

26-27 - Week 3 Secondary Menu Report

Date: 12/03/2026

Midlothian

Title	Ingredients	Allergens (Single Column)
Broccoli	Florets Broccoli	
Cheese & Onion Stuffed Baked Potato	Sysco Classic Diced Onions Onions (EU Origin), Potato, Milk, semi-skimmed, pasteurised, average Milk , Sysco Classic Grated Mature Coloured Cheddar Cheese Coloured Cheddar(Milk) Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch).	Allergens: Milk.
Chicken Meatballs in Gravy	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)., Green Gourmet British Red Tractor Raw Chicken Meatballs Chicken (70%); Water; Gluten Free Crumb (rice flour, gram flour, water, maize starch, salt, dextrose monohydrate); Seasoning (potato starch, salt, spices, onion powder, sugar, yeast extract, spice extracts), Knorr Gluten Free Gravy Granules for Meat Dishes 25L Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.	
Chicken Tikka Massala	Green Gourmet British Red Tractor Cooked Diced Chicken Breast Chicken Breast (98%), Salt, Potato Starch, Stabiliser (Triphosphates)., Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)., . Onions, Darta Chopped Garlic 250g Garlic (100%), Carrot (origin: EU)., Sysco Classic Ground Ginger Ginger., Ground Cumin Cumin., Sysco Classic Garam Masala Coriander (38%), Cumin (34%), Dill (7%), Black Pepper, Cinnamon (Cassia), Ginger (6%), Clove., Sysco Classic Ground Turmeric Ground Turmeric., Sysco Classic Mild Chilli Powder Paprika, Chilli Powder (20%)., Sysco Classic Ground Black Pepper Ground Black Pepper., Chopped Tomatoes Tomatoes, tomato juice, acidity regulator (citric acid)., Milk, semi-skimmed, pasteurised, average Milk , Coriander leaves, fresh, Brakes Chicken Flavour Bouillon Paste Potato Starch, Salt, Maltodextrin, Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Chicken Fat, Sugar, Yeast Extract, Flavouring, Herbs (Sage, Rosemary), Chicken Powder(Chicken, Antioxidant(Rosemary Extract)), Carrot Powder, Black Pepper, Antioxidant(Rosemary Extract), Colour(Curcumin)., Ubley Low Fat Natural Yogurt Low Fat Yogurt (MILK)., Sysco Classic Cornflour Maize Starch., Sysco Classic Tomato Paste 4.5kg Tomatoes., Sysco Classic Diced Mixed Peppers Green Pepper, Red Pepper	Allergens: Milk. May Contain: Gluten, Wheat.
Coleslaw	Cabbage, white, raw, Carrots, old, raw, Hellmann's Light Mayonnaise 5L Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract., Red Onions, Sysco Classic Ground Black Pepper Ground Black Pepper.	Allergens: Eggs, Milk, Mustard.
Crusty Bread (Baguette)	10" Part Baked White Sandwich Baguettes Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).	Allergens: Gluten, Wheat. May Contain: Barley, Sesame Seeds.
Fish Pie	Portico Classic MSC Fish Pie Mix Alaska Pollock (Fish) (<i>Theragra chalcogramma</i>) (70%), Pacific Salmon (Fish) (<i>Oncorhynchus gorboscha</i>) (30%)., McCain Chef's Solutions Simply Mash Potato POTATOES, Milk, semi-skimmed, pasteurised, average Milk , Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water,	Allergens: Fish, Gluten, Milk, Mustard, Wheat.

Title	Ingredients	Allergens (Single Column)
	salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D., Sysco Classic Plain Flour ; Wheat Flour (with Calcium, Iron, Niacin, Thiamin)., Sysco Classic Choice Garden Peas, . Sweetcorn., Colman's English Mustard 100g Water, MUSTARD flour (21%), sugar, salt, WHEAT flour (contains: calcium carbonate, iron, niacin, thiamin), turmeric, acidity regulator (citric acid), thickener (xanthan gum)., Sysco Classic Grated Mature Coloured Cheddar Cheese Coloured Cheddar(Milk) Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch).	
Garlic Bread (Baguette)	10" Part Baked White Sandwich Baguettes Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid)., Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory., Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid., Parsley, fresh, Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.	Allergens: Gluten, Wheat. May Contain: Barley, Sesame Seeds.
Macaroni Cheese	Osprio Macaroni (Scotland Only) Durum WHEAT semolina, Sysco Classic Cornflour Maize Starch., Water, Colman's English Mustard 100g Water, MUSTARD flour (21%), sugar, salt, WHEAT flour (contains: calcium carbonate, iron, niacin, thiamin), turmeric, acidity regulator (citric acid), thickener (xanthan gum)., Sysco Classic Grated Mature Coloured Cheddar Cheese Coloured Cheddar(Milk) Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch)., Milk, semi-skimmed, pasteurised, average Milk , Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D., Sysco Classic Ground Black Pepper Ground Black Pepper.	Allergens: Gluten, Milk, Mustard, Wheat.
Mashed Potatoes	McCain Chef's Solutions Simply Mash Potato POTATOES, Milk, semi-skimmed, pasteurised, average Milk , Margarine Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.	Allergens: Milk.
Mixed Salad	Lettuce, average, raw, Tomatoes, standard, raw, Cucumber, raw, flesh and skin	
Naan Bread	La Boulangerie Chapati Water,Wheat Flour(Wheat Flour,Calcium Carbonate,Niacin,Iron,Thiamin),Wholemeal Wheat Flour(Wheat Flour, Wheat Gluten),Rapeseed Oil,Salt.	Allergens: Gluten, Wheat.
Peas	. Peas	
Prepared Skin-on Wedges	Prepared Skin On Potato Wedges Potatoes, Preservative (Sodium Metabisulphite), Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)., Sysco Classic Paprika Ground ;Paprika.	Allergens: Sulphites.
Spaghetti Bolognese	Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid., Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory., Chopped Tomatoes Tomatoes, tomato juice, acidity regulator (citric acid)., Carrots, old, raw, Sysco Classic Diced Mixed Peppers Green Pepper, Red Pepper, Sysco Classic Spaghetti 5kg Durum Wheat Semolina (100%)., Campbell Brothers Beef Mince - 01BEEM1171E 95 vl beef trim., Brakes Beef Flavour Bouillon Paste Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil), Salt, Potato Starch, Maltodextrin, Flavouring, Yeast Extract, Sugar, Beef Fat, Colour (Plain Caramel), Beef Extract, Caramelised Sugar Syrup., Sysco Classic Diced Onions Onions (EU Origin), Sysco Classic Tomato Paste Tomatoes.	Allergens: Gluten, Wheat. May Contain: Mustard, Soya.
Sweetcorn Cobettes	Brakes Supersweet Sweetcorn Cobettes Sweetcorn	

Title	Ingredients	Allergens (Single Column)
Tomato Pasta	. Onions, Darta Chopped Garlic 250g Garlic (100%), Sysco Classic Ground Black Pepper Ground Black Pepper., Carrot (origin: EU)., Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%)., Chopped Tomatoes Tomatoes, tomato juice, acidity regulator (citric acid)., Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory., Caster Sugar Cane Sugar, Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper., Brakes Sliced Mixed Peppers Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%)., . Sweetcorn., Osprio Macaroni (Scotland Only) Durum WHEAT semolina, Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane)., Sysco Classic Tomato Paste 4.5kg Tomatoes.	Allergens: Gluten, Wheat.
Vegetable Burger in a Bun	Sysco Essentials Crispy Crumbed Vegetable Burger Wheat Flour(Wheat Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Carrot (11%),Peas (10%),Sweetcorn (9%),Onion (8%),Red Pepper (6%),Dried Potato,Green Beans (4.5%),Rapeseed Oil,Leek (3%),Cauliflower Florets (2.5%),Potato,Salt,Yeast,Sugar,Yeast Extract,Garlic Powder,Onion Powder,Tomato Powder,Red Pepper Powder,Parsley,Sage,Flavouring,White Pepper,Black Pepper Extract,Sage Extract., Sysco Classic Sliced Oval Buns Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Maize (4%), Palm Oil, Salt, Soya Flour, Yeast, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agents (Ascorbic Acid, L-Cysteine Hydrochloride).	Allergens: Gluten, Soya, Wheat. May Contain: Barley, Eggs, Milk, Oats, Rye, Sesame Seeds.