

25-26 - Week 3 Nursery & Primary Menu Report

Date: 17/03/2025

Midlothian

Title	Ingredients	Allergens (Single Column)
Apple	Apples, eating, raw, flesh and skin	
Baked Beans	Sysco Classic Reduced Salt & Sugar Baked Beans in Tomato Sauce Haricot Beans (53%), Tomatoes (33%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Flavouring, Paprika Powder.	
Baked Potato	Potato	
Banana	Bananas, flesh only	
Boiled White Rice	Brakes Easy Cook Long Grain Rice Parboiled ;Long Grain Rice (100%). Water	
Broccoli Pasta Bake	Milk, semi-skimmed, pasteurised, average Milk 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 Ground Black Pepper Ground Black Pepper. Sysco Classic Cornflour Maize Starch. Water Osprio Macaroni (Scotland Only) Durum WHEAT semolina Florets Broccoli 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 Grated Mature Coloured Cheddar Cheese Coloured Cheddar(Milk) Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch).	Allergens: Gluten, Milk, Mustard, Wheat.
Carrot & Coriander Soup	Potatoes, old, raw, flesh only Water Coriander leaves, fresh carrots . Onions 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. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). Sysco Classic Ground Coriander Coriander. Pepper White Pepper.	May Contain: Gluten, Wheat.
Carrot & Lentil Soup	Brakes Red Lentils Mixed Vegetables Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2.0%). Parsley, fresh Water carrots Sysco Classic Ground Black Pepper Ground Black Pepper. 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.	
Carrot Cake	Brakes Caster Sugar sugar Egg - George Andersons Egg Sysco Classic Self Raising Flour Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates). Carrots, old, raw Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	Allergens: Eggs, Gluten, Wheat.
Cheese Best of Both Sandwich	Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese(Milk), ;Colour(Beta-carotene). Hovis Best of Both Medium Sliced Water, Wheat Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal (Wheat) Flour (Wheat) (32%), Yeast, Calcium Sulphate, Salt, Wheat Protein, Soya Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid. Margarine Vegetable oils in varying	Allergens: Gluten, Milk, Soya, Wheat.

Title	Ingredients	Allergens (Single Column)
	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.	
Chicken Best of Both Sandwich	Sliced British Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates). Hovis Best of Both Medium Sliced Water, Wheat Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal (Wheat) Flour (Wheat) (32%), Yeast, Calcium Sulphate, Salt, Wheat Protein, Soya Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid. 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, Soya, Wheat.
Chicken Meatballs in Tomato Sauce	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) Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). . Onions Greens Chopped Garlic 250g Garlic (100%) Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). carrots Chopped Tomatoes Tomatoes, tomato juice, acidity regulator (citric acid). Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Water Brakes Caster Sugar 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. Sysco Classic Cornflour Maize Starch. Sysco Classic Ground Black Pepper Ground Black Pepper. Sysco Classic Tomato Paste Tomatoes.	
Chicken Tikka Masala	Green Gourmet British Red Tractor Cooked Diced Chicken Breast Chicken Breast (92%), Water, Potato Starch, Salt, Stabiliser (Triphosphates), Antioxidants (Sodium Ascorbate). Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). . Onions Greens Chopped Garlic 250g Garlic (100%) Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). carrots Sysco Classic Ground Ginger Ground ;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 Tomatoes.	Allergens: Milk. May Contain: Gluten, Wheat.
Chips	Oven Chips Potato (98%) (Origin: EU),Palm Oil. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	
Chocolate Sponge	Plain Flour 1 WHEAT Flour (with Calcium, Iron, Niacin, Thiamin) Caster Sugar Cane Sugar Egg - George Andersons Egg Green Valley Dairy Greek Style Yogurt Skimmed MILK , Cream (MILK), MILK Solids, Culture. Preema Natural Vanilla Extract WATER , MONOPROPYLENE GLYCOL , NATURAL VANILLA EXTRACT . Baking Powder Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate). Sysco Classic Bicarbonate of Soda Sodium Bicarbonate. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). Freshers Fat Reduced Cocoa Powder Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum	Allergens: Eggs, Gluten, Milk, Wheat.
Cosmo Wholemeal Pizza	Wholemeal (Wheat) Cheese (Milk) & Tomato Pizza Wholemeal WHEAT Flour, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, MAIZE Flour, Mozzarella Cheese (MILK) (26%), Tomato Sauces (23%) (Concentrated Crushed	Allergens: Gluten, Milk, Wheat.

Title	Ingredients	Allergens (Single Column)
	Tomatoes, Acidity Regulator (Citric Acid), Water, Rapeseed Oil, Salt, Oregano, Garlic Granules). SOURCE OF FIBRE	
Egg Mayo Best of Both Sandwich	Hovis Best of Both Medium Sliced Water, Wheat Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal (Wheat) Flour (Wheat) (32%), Yeast, Calcium Sulphate, Salt, Wheat Protein, Soya Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid. Egg - George Andersons Egg 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.	Allergens: Eggs, Gluten, Milk, Mustard, Soya, Wheat.
Grated cheese filling (for Baked Potato)	Sysco Classic Grated Mature Coloured Cheddar Cheese Coloured Cheddar(Milk) Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch).	Allergens: Milk.
Iced Smoothie (Allergy menus only)	Brakes Essentials Strawberry Flavoured Iced Smoothie Desserts Water, Strawberry Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Tara Gum, Guar Gum, Methyl Cellulose, Pectin, Locust Bean Gum), Dextrose, Flavouring.	
Leek & Potato Soup	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. Water . Leeks (100%) McCain Chef's Solutions Simply Potato Dice POTATOES, SALT Sysco Classic Ground Black Pepper Ground Black Pepper. Parsley, fresh Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). . Onions	
Lentil & Vegetable Soup	. Leeks (100%) Brakes Red Lentils 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. Water Sysco Classic Ground Black Pepper Ground Black Pepper. carrots	
Lentil Soup	. Leeks (100%) Water 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. carrots Pepper White Pepper. Brakes Red Lentils	
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.
Meat Free Cottage Pie	. Onions carrots McCain Chef's Solutions Simply Mash Potato POTATOES Milk, semi-skimmed, pasteurised, average Milk Water Katerveg! Meat Free Mince Rehydrated Textured SOYA Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper]. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). . Peas Sysco Classic Ground Black Pepper Ground Black Pepper. 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.	Allergens: Milk, Soya.
Mixed Salad	Lettuce, average, raw Tomatoes, standard, raw Cucumber, raw, flesh and skin	

Title	Ingredients	Allergens (Single Column)
Muller Healthy Balance Yoghurt	Müller Healthy Balance mixed Strawberry & Peach Yogurt Smooth Strawberry Yogurt (MILK), Water, Strawberry Puree (5%) , Sugar, Corn Flour, Natural Flavourings, Colouring Food: Beetroot Juice Concentrate; Culture : Bifidobacterium, BB-12©. Smooth Peach Yogurt (MILK), Water, Peach Puree (5%) , Sugar, Corn Flour, Natural Flavourings, Culture : Bifidobacterium, BB-12©.	Allergens: Milk.
Peach Slices	Brakes Peach Slices in Fruit Juice Concentrate with Added Water Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid).	
Peas	. Peas	
Penne Pasta	Sysco Classic Penne Durum Wheat Semolina (100%).	Allergens: Gluten, Wheat. May Contain: Mustard, Soya.
Quorn Vegan Dippers	Quorn Vegan Dippers Mycoprotein (55%), Water, Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, Wheat Gluten, Maize Flour, Stabiliser: Carrageenan; Wheat Starch, Raising Agents: Ammonium Carbonate, Diphosphates, Sodium Bicarbonate; Dextrose, Durum Wheat Semolina, Turmeric Extract. Allergy Advice: For allergens, including cereals containing gluten, see ingredients in bold .	Allergens: Gluten, Wheat.
Reduced Sugar Flapjack	Golden Syrup Partially inverted refiners syrup Tate & Lyle Light Soft Brown Sugar 3kg Cane Sugar Osprio Flaked Porridge Oats Flaked OATS Oranges, flesh only 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, Oats.
Sliced Carrots	Sysco Classic Carrot Roundels Carrots	
Sweetcorn	. sweetcorn	
Traditional Mince	Campbell Brothers Beef Mince - 01BEEMI1171E 95 vl beef trim. . Onions Water Diced Swede Swede (100%). 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.	
Tuna Mayo Best of Both Sandwich	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. Brakes Tuna Chunks In Brine Tuna (Fish), Water, Salt. Hovis Best of Both Medium Sliced Water, Wheat Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal (Wheat) Flour (Wheat) (32%), Yeast, Calcium Sulphate, Salt, Wheat Protein, Soya Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid.	Allergens: Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.
Vanilla Ice Cream (Reduced Sugar)	Brakes Essentials Reduced Sugar & Fat Vanilla Flavour Ice Cream Water, Skimmed Milk Powder, Oligofructose, Polydextrose, Sweetener(Sorbitol), Maltodextrin, Sugar, Vegetable Fat(Palm Oil, Palm Kernel Oil), Milk Proteins, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Guar Gum, Cellulose Gum, Carrageenan), Flavouring, Colour(Carotenes).	Allergens: Milk.
Yellow Split Pea Soup	Brakes Yellow Split Peas Yellow Split Peas . Onions carrots McCain Chef's Solutions Simply Potato Dice POTATOES, SALT Water Sysco Classic Ground Black Pepper Ground Black Pepper. Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder,	

Title	Ingredients	Allergens (Single Column)
	Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.	