

# 26-27 - Week 3 Nursery & Primary Menu Report

Date: 03/03/2026

Midlothian

Title	Ingredients	Allergens (Single Column)
Baby Boiled Potatoes	Potatoes, new and salad, boiled in salted water, flesh and skin	
Baked Potato	Potato	
Banana	Bananas, flesh only	
Boiled White Rice	Brakes Easy Cook Long Grain Rice Long Grain Rice (100%). Water	
Brakes Essentials Strawberry Flavoured Iced Smoothie Desserts	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.	
Carrot & Coriander Soup	Carrot (origin: EU). . 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. Sysco Classic Ground Coriander Coriander.	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 Carrot (origin: EU). 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.	
Cheese Best of Both Sandwich	Brakes Mild Coloured Cheddar Cheese Slices Cheddar Cheese( <b>Milk</b> ) Contains Colour(Beta-carotene)). Hovis Best of Both Medium Sliced Water, <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal ( <b>Wheat</b> ) Flour ( <b>Wheat</b> ) (32%), Yeast, Calcium Sulphate, Salt, <b>Wheat</b> Protein, <b>Soya</b> 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, Milk, Soya, Wheat.
Chicken Best of Both Sandwich	Sliced British Chicken Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates). Hovis Best of Both Medium Sliced Water, <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal ( <b>Wheat</b> ) Flour ( <b>Wheat</b> ) (32%), Yeast, Calcium Sulphate, Salt, <b>Wheat</b> Protein, <b>Soya</b> 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.

Title	Ingredients	Allergens (Single Column)
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.	
Chips	Oven Chips Potato (97%) (origin: EU), Sunflower Oil. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	
Chocolate Sponge	Plain Flour <b>1WHEAT</b> Flour (with Calcium, Iron, Niacin, Thiamin) Caster Sugar Cane Sugar Egg - George Andersons <b>Egg</b> Green Valley Dairy Greek Style Yogurt Skimmed <b>MILK</b> , Cream ( <b>MILK</b> ), <b>MILK</b> Solids, Culture. Preema Natural Vanilla Extract WATER, MONOPROPYLENE GLYCOL, NATURAL VANILLA EXTRACT. Baking Powder <b>Wheat</b> 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.
Cooldelight Vanilla Ice Cream	Cooldelight Vanilla Ice Cream Tub Water, Sugar, Palm Oil, Whey Solids ( <b>MILK</b> ), Whey Powder ( <b>MILK</b> ), Skimmed <b>MILK</b> Powder, <b>BUTTERMILK</b> Powder, Emulsifier ( Mono – and Di-Glycerides of Fatty Acids ), Stabilisers ( Guar Gum, Xanthan Gum, Locust Bean Gum ), Flavouring, Colour ( Beta Carotene ).	Allergens: Milk.
Cosmo Wholemeal Pizza	Wholemeal ( <b>Wheat</b> ) Cheese ( <b>Milk</b> ) & Tomato Pizza Wholemeal <b>WHEAT</b> Flour, <b>WHEAT</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Yeast, Salt, Rapeseed Oil, Mozzarella Cheese ( <b>MILK</b> ) (26%), Tomato Sauce (23%) (Concentrated Crushed Tomatoes, Acidity Regulator (Citric Acid), Water, Rapeseed Oil, Salt, Oregano, Garlic Granules). SOURCE OF FIBRE	Allergens: Gluten, Milk, Wheat.
Dairy Free Cheese Slices	Violife Original Sliced Water, Modified Starch, Coconut Oil (23%), Sea Salt, Rowanberry extract, Flavourings, Acidity regulator: Citric acid, Olive Extract, Colour: B- Carotene, Vitamin B12.	
Egg Mayo Best of Both Sandwich	Hovis Best of Both Medium Sliced Water, <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal ( <b>Wheat</b> ) Flour ( <b>Wheat</b> ) (32%), Yeast, Calcium Sulphate, Salt, <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid. Egg - George Andersons <b>Egg</b> Hellmann's Light Mayonnaise 5L Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK</b> , <b>MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.	Allergens: Eggs, Gluten, Milk, Mustard, Soya, Wheat.
Garlic Bread	10" Part Baked White Sandwich Baguettes <b>Wheat</b> 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.
Genius Gluten Free Sliced Soft Brown	Genius Gluten Free Sliced Soft Brown Farmhouse Loaves Water, Starches (Maize, Potato, Tapioca), Rice Flour, Rapeseed Oil, Humectant (Vegetable Glycerol), Linseed, Psyllium Husk, Yeast, Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Black	Allergens: Eggs.

Title	Ingredients	Allergens (Single Column)
Farmhouse Loaves	Trecele, Dried <b>EGG</b> White, Iodised Salt (Salt, Potassium Iodate), Apple Extract, Fermented Maize Starch, Millet Flakes.	
Grated cheese filling (for Baked Potato)	Sysco Classic Grated Mature Coloured Cheddar Cheese Coloured Cheddar( <b>Milk</b> ) Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch).	Allergens: Milk.
Katerveg! Meat Free Mince	Katerveg! Meat Free Mince Rehydrated Textured <b>SOYA</b> Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].	Allergens: Soya.
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 <b>POTATOES</b> Sysco Classic Ground Black Pepper Ground Black Pepper. Parsley, fresh Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). . Onions	
Lemon Sponge	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). Sysco Classic Self Raising Flour <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates). Caster Sugar Cane Sugar Baking Powder <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate). Lemon juice, fresh, weighed as whole fruit	Allergens: Gluten, Wheat.
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. Carrot (origin: EU).	
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. Carrot (origin: EU). Pepper White Pepper. Brakes Red Lentils	
Mashed Potatoes	McCain Chef's Solutions Simply Mash Potato <b>POTATOES</b> Milk, semi-skimmed, pasteurised, average <b>Milk</b> 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	
Muller Healthy Balance Yoghurt	Müller Healthy Balance mixed Strawberry & Peach Yogurt Smooth Strawberry Yogurt ( <b>MILK</b> ), Water, Strawberry Puree (5%) , Sugar, Corn Flour, Natural Flavourings, Colouring Food: Beetroot Juice Concentrate;, Culture : Bifidobacterium, BB-12©. Smooth Peach Yogurt ( <b>MILK</b> ), Water, Peach Puree (5%) , Sugar, Corn Flour, Natural Flavourings, Culture : Bifidobacterium, BB-12©.	Allergens: Milk.
Pasta Salad [Mayo-Free]	Brakes Italian Penne Pasta Durum <b>Wheat</b> Semolina (100%). Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). Sweetcorn in Water Sweetcorn, Water. Sysco Classic Ground Black Pepper Ground Black Pepper. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). Lemon juice, fresh, weighed as whole fruit	Allergens: Gluten, Wheat.
Peach Slices	Brakes Peach Slices in Fruit Juice Concentrate with Added Water Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid).	

Title	Ingredients	Allergens (Single Column)
Peas	. Peas	
Pollock Fish Fingers (Crown Foods)	Crown Foods MSC Bread Alaska Pollock Fish Finger MSC Certified Alaska Pollock Fillet ( <b>FISH</b> )(55%)(Theragra Chalcogramma), <b>WHEAT</b> Flour, <b>SOYA</b> Bean Oil, Corn Starch, Salt, Yeast, Modified Tapioca Starch, Baking Powder (Sodium Carbonate), Paprika Oleoresin, Guar Gum. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	Allergens: Fish, Gluten, Soya, Wheat.
Quorn Burger	QuornPro 50gr Burger Mycoprotein (44%), Rehydrated Free Range <b>EGG</b> White, Textured <b>WHEAT</b> Protein, [ <b>WHEAT</b> Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Plain Caramel. Stabiliser: Sodium Alginate.], Onion, <b>MILK</b> Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted <b>BARLEY</b> Malt Extract Sysco Classic Sliced Oval Buns Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Maize (4%), Palm Oil, Salt, <b>Soya</b> 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: Barley, Eggs, Gluten, Milk, Soya, Wheat. May Contain: Oats, Rye, Sesame Seeds.
Salmon Fish Fingers	Green Gourmet MSC Gluten-Free Breaded Salmon Fillet Finger 30g Salmon (Oncorhynchus spp) (50%)( <b>FISH</b> ), Rice Flour, Water, Maize Flour, Sunflower Oil, Modified Starch, Maize Starch, Stabiliser (Methylcellulose), Dextrose, Vegetable Fibre (Bamboo), Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, Raising Agents (Sodium Carbonates, Diphosphates) Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).	Allergens: Fish.
Sliced Carrots	Sysco Classic Carrot Roundels Carrots	
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 <b>Wheat</b> 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	. Sweetcorn.	
Sweetcorn Cobettes	Brakes Supersweet Sweetcorn Cobettes Sweetcorn	
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 <b>WHEAT</b> semolina Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). Sysco Classic Tomato Paste 4.5kg Tomatoes.	Allergens: Gluten, Wheat.

Title	Ingredients	Allergens (Single Column)
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 <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract. Portico Tuna Chunks In Brine Tuna ( <b>Fish</b> ), Water, Salt. Hovis Best of Both Medium Sliced Water, <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal ( <b>Wheat</b> ) Flour ( <b>Wheat</b> ) (32%), Yeast, Calcium Sulphate, Salt, <b>Wheat</b> Protein, <b>Soya</b> Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid.	Allergens: Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.
Vegan Gluten Free Pizza Base	White Rabbit Gluten Free 10" Pizza Base Flour blend (Corn Starch, Sorghum, Red Teff, Buckwheat, Potato Starch, Seed Flours (Flax, Chia), Powder Sugar, Vegetable Fibers (Psyllium, Inulin), Fructose, Apple Extract, Toasted Corn, Thickener (Guar), Hypromellose, Maize Flour), Sourdough Blend (4%) (Quinoa, Rice Flour), Water, Pomace Olive Oil, Salt, Yeast.	
Vegetable Curry	Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. Diced Butternut Squash 20mm Diced Butternut Squash Sysco Classic Sliced Mixed Peppers Green Pepper, Red Pepper, Yellow Pepper Brakes Red Lentils Sysco Classic Ground Black Pepper Ground Black Pepper. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). Sysco Classic Diced Onions Onions (EU Origin) Sysco Classic Madras Curry Powder Coriander (40%), Turmeric (22%), Rice Flour, Fenugreek (5%), Ginger, Salt(Salt, Anticaking Agent(Sodium Ferrocyanide)), Cumin, Black Pepper, Paprika, Colour(Paprika Extract), Nutmeg, Fennel. Sysco Classic Mild Chilli Powder Paprika, Chilli Powder (20%). Ground Cumin Cumin. Sysco Classic Ground Turmeric Ground Turmeric. Carrot (origin: EU). 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 Ground Coriander Coriander. Chopped Tomatoes Tomatoes, tomato juice, acidity regulator (citric acid). Sysco Classic Tomato Paste 4.5kg Tomatoes.	May Contain: Gluten, Wheat.
Violife Original Grated Vegan Cheese	Violife Original Grated Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Rowanberry Extract, Flavourings, Acidity regulator (Citric Acid), Olive Extract, Colour (B-Carotene), Vitamin B12.	
Yellow Split Pea Soup	Brakes Yellow Split Peas . Onions Carrot (origin: EU). McCain Chef's Solutions Simply Potato Dice <b>POTATOES</b> 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, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.	