

# 26-27 - Week 2 Nursery & Primary Menu Report

Date: 03/03/2026

## Midlothian

Title	Ingredients	Allergens (Single Column)
Apple	Apples, eating, raw, flesh and skin	
Baked Beans	Sysco Classic Haricot Beans (53%), Tomatoes (33%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Flavouring, Paprika Powder.	
Baked Potato	Potato	
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.	
Broccoli	Florets Broccoli	
Broccoli Pasta Bake	Milk, semi-skimmed, pasteurised, average <b>Milk</b> Colman's English Mustard 100g Water, <b>MUSTARD</b> flour (21%), sugar, salt, <b>WHEAT</b> 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 <b>WHEAT</b> 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( <b>Milk</b> ) Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch).	Allergens: Gluten, Milk, Mustard, Wheat.
Bubble Salmon	Crown Foods MSC Gluten Free Bubble Crumb Salmon Fillet, 60g, IQF - 3kg MSC Certified Pacific pink salmon ( <b>FISH</b> ) 52.0%, 48% coating (19.8% crumbs (rice flour, vegetable fibre (bamboo fibre), dextrose (maize)), rapeseed oil, starch (maize, potato), flour (maize, rice), salt, spices, onion powder (White Pepper, paprika), onion powder, thickeners (xanthan gum), water, black pepper extract).	Allergens: Fish.
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.	

Title	Ingredients	Allergens (Single Column)
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.
Chicken Burger	Green Gourmet British Red Tractor Breaded Chicken Grill Chicken (46%), Water, Breadcrumb [ <b>WHEAT</b> Flour, Water, Yeast, Salt, Spice, Rapeseed Oil, Paprika], Batter [ <b>WHEAT</b> Flour, <b>WHEAT</b> Starch, Maize Flour, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate)], Rapeseed Oil, Breadcrumb [ <b>WHEAT</b> Flour, Salt, Yeast, Rice Flour, Stabiliser (Methylcellulose), Sunflower Oil], Seasoning [ <b>WHEAT</b> Flour, Dextrose, Salt, Onion Powder, Spices (Black Pepper, Paprika, White Pepper, Chilli, Fennel), Tomato Powder, Garlic Powder, Herb Extract (Sage)], Burnt Sugar, Vegetable Fibre, <b>WHEAT</b> Protein, Colour (Paprika Extract), Emulsifier (Polyglycerol Polyricinoleate). 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: Gluten, Soya, Wheat. May Contain: Barley, Eggs, Milk, Oats, Rye, Sesame Seeds.
Chicken Burger (NURSERY)	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). Green Gourmet British Red Tractor Raw Chicken Breast Fillet Portion Chicken Breast (90%), Water, Salt, Potato Starch, Stabilisers (Triphosphates).	Allergens: Gluten, Soya, Wheat. May Contain: Barley, Eggs, Milk, Oats, Rye, Sesame Seeds.
Chicken Korma	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). Sliced Courgettes 100% Courgette Sysco Classic Diced Mixed Peppers Green Pepper, Red Pepper Milk, semi-skimmed, pasteurised, average <b>Milk</b> Brakes Low Fat Natural Yogurt Low Fat Natural Yogurt ( <b>Milk</b> ). 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). Sysco Classic Diced Onions Onions (EU Origin) Darta Chopped Garlic 250g Garlic (100%) 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 Garam Masala Coriander (38%), Cumin (34%), Dill (7%), Black Pepper, Cinnamon (Cassia), Ginger (6%), Clove. Ground Cumin Cumin. Sysco Classic Carrot Roundels Carrots Sysco Classic Cornflour Maize Starch.	Allergens: Milk. May Contain: Gluten, Wheat.

Title	Ingredients	Allergens (Single Column)
Chocolate Brownie	Plain Flour <b>WHEAT</b> Flour (with Calcium, Iron, Niacin, Thiamin) Tate & Lyle Light Soft Brown Sugar 3kg Cane Sugar Freshers Fat Reduced Cocoa Powder Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum Baking Powder <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate). Costa Fine Sea Salt 750g Sea Salt, Anti-caking agent (Magnesium Oxide) Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). Preema Natural Vanilla Extract WATER, MONOPROPYLENE GLYCOL, NATURAL VANILLA EXTRACT.	Allergens: Gluten, Wheat.
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.
Crusty Bread	10" Part Baked White Sandwich Baguettes <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).	Allergens: Gluten, Wheat. May Contain: Barley, Sesame Seeds.
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, 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.
Genius Gluten Free Sliced Soft Brown Farmhouse Loaves	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 Treacle, Dried <b>EGG</b> White, Iodised Salt (Salt, Potassium Iodate), Apple Extract, Fermented Maize Starch, Millet Flakes.	Allergens: Eggs.
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.
La Boulangerie Chapati	La Boulangerie Chapati Water,Wheat Flour( <b>Wheat</b> Flour,Calcium Carbonate,Niacin,Iron,Thiamin),Wholemeal Wheat Flour( <b>Wheat</b> Flour, <b>Wheat Gluten</b> ),Rapeseed Oil,Salt.	Allergens: Gluten, Wheat.
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	

Title	Ingredients	Allergens (Single Column)
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	
Macaroni Cheese	Osprio Macaroni (Scotland Only) Durum <b>WHEAT</b> semolina Sysco Classic Cornflour Maize Starch. Water Colman's English Mustard 100g Water, <b>MUSTARD</b> flour (21%), sugar, salt, <b>WHEAT</b> flour (contains: calcium carbonate, iron, niacin, thiamin), turmeric, acidity regulator (citric acid), thickener (xanthan gum). Sysco Classic Grated Mature Coloured Cheddar Cheese Coloured Cheddar( <b>Milk</b> Contains ;Colour(Annatto Norbixin)), Anti-caking Agent(Potato Starch). 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. 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 <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.
Melon Wedges	Melon, Honeydew, flesh only, weighed with skin	
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.
Prepared Skin-On Wedges	Prepared Skin On Potato Wedges Potatoes, Preservative (Sodium <b>Metabisulphite</b> ) Rapeseed Oil Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane). Sysco Classic Paprika Ground ;Paprika.	Allergens: Sulphites.
Quorn Vegan Dippers	QuornPro Vegan Dippers Mycoprotein (61%), Water, <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Pea Fibre, Natural Flavouring, Durum <b>Wheat</b> Semolina, Potato Protein, Pea Protein, <b>Wheat</b> Gluten, Maize Flour, <b>Wheat</b> Starch, Dextrose, Raising Agents: Disodium Bicarbonate, Sodium Bicarbonate; Salt, Turmeric Extract. For allergens, including cereals containing gluten, see ingredients in <b>bold</b> .	Allergens: Gluten, Wheat.
Shortbread	Icing Sugar Sugar (97%), Maize Starch 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. Plain Flour 1 <b>WHEAT</b> Flour (with Calcium, Iron, Niacin, Thiamin) Sysco Classic Cornflour Maize Starch.	Allergens: Gluten, Wheat.
Strawberry Jelly with Berries	McDougalls Jelly Crystals Strawberry Vegan Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavourings. Water Strawberries, raw	

Title	Ingredients	Allergens (Single Column)
Sweetcorn Cobettes	Brakes Supersweet Sweetcorn Cobettes Sweetcorn	
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.	
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.	