

2024-25 - Week 1 Secondary Menu Report

Date: 14/03/2024

Midlothian

Title	Ingredients	Simple Allergens
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, Paprika, Flavouring.	
Bean Burger	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.	Allergens: Gluten, Wheat.
Boiled White Rice	Brakes Easy Cook Long Grain Rice Parboiled ;Long Grain Rice (100%). Water	
Broccoli Pasta Bake	Milk, semi-skimmed, pasteurised, average Milk Sunflower Light Spread Water, Vegetable oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives (Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D. 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 McLelland Mild Coloured Grated Cheddar 1Kg (Scotland Only) Pasteurised cow's MILK , salt, anti-caking agent (potato starch), colour (beta-carotene), rennet, cultures. Osprio Macaroni (Scotland Only) Durum WHEAT semolina Florets Broccoli	Allergens: Gluten, Milk, Mustard, Wheat.
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 Ground 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. Tomato Puree 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 Cookie	Middleton Chocolate Cookie Mix (Scotland Only) WHEAT Flour (WHEAT , Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder (3.5%), Raising Agents (E500(ii), E450(ii)), Dextrose, Maltodextrin, Colour (Caramel Powder), Dried Whole EGG Powder, Dried EGG White Powder, Chocolate Flavouring (0.35%), Flavouring. Water	Allergens: Eggs, Gluten, Wheat. May Contain: Milk, Soya.

Title	Ingredients	Simple Allergens
Cod Fillet Fish Fingers	Fish Fingers Cod (fish) (58%), wheat flour (wheat ;flour, calcium carbonate, iron, niacin,thiamin), rapeseed oil, water, yeast, salt, colour (paprika extract, curcumin),turmeric. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).	Allergens: Fish, Gluten, Wheat.
Coleslaw	Cabbage, white, raw Carrots, old, raw Onions, 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. Sysco Classic Ground Black Pepper Ground Black Pepper.	Allergens: Eggs, Milk, Mustard.
Crusty Bread (Baguette)	La Boulangerie 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.
Fajita Veggie Wrap	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane) . Onions carrots Sysco Classic Ground Black Pepper Ground Black Pepper. Mushroom. Spring onions, bulbs and tops, raw Brakes Sliced Mixed Peppers Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%). Beansprouts, mung, raw Mission 30cm Bran Tortilla Wrap Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin) (59%), Water, Vegetable Oils (Rapeseed Oil, Palm Oil), WHEAT Bran (2.4%), Raising Agents (E500, E450), Sugar, Acidity Regulator (E296), Stabiliser (E466), Salt. Brakes Barbecue Sauce Water, Sugar, Tomato Paste, Spirit Vinegar, BARLEY Malt Vinegar, Soy Sauce (Water, SOYA Extract (Water, SOYA Beans, Salt, WHEAT Flour), Salt, Glucose, Spirit Vinegar, BARLEY Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain WHEAT, CELERY), Smoked Maltodextrin, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder.	Allergens: Barley, Celery, Gluten, Soya, Wheat.
Garlic Bread (Baguette)	La Boulangerie 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. Sunflower Light Spread Water, Vegetable oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives (Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D. Parsley, fresh	Allergens: Gluten, Wheat. May Contain: Barley, Sesame Seeds.
Mixed Salad	Lettuce, average, raw Tomatoes, standard, raw Cucumber, raw, flesh and skin	
Mixed Vegetables	Brakes Mixed Vegetables Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2.0%).	
Muller Healthy Balance Yoghurt	Müller Healthy Balance Smooth Mixed Case 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.
Pasta Bolognese	. Onions carrots Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). 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. Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. Sysco Classic Ground Black Pepper Ground Black Pepper. Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Sysco Classic Cornflour Maize Starch. Osprio Penne Pasta (SCOTLAND ONLY) Durum WHEAT semolina Tomato Puree Tomatoes. Campbell Brothers Beef Mince - 01BEEMI1171E 95 vl beef trim.	Allergens: Gluten, Wheat.

Title	Ingredients	Simple Allergens
Peas	. Peas	
Peas & Sweetcorn	. sweetcorn . Peas	
Potato & Leek 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. . Leeks (100%) McCain Chef's Solutions Simply Potato Dice POTATOES, SALT Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). . Onions Sysco Classic Ground Black Pepper Ground Black Pepper. Parsley, fresh	
Seasoned Wedges (George Anderson)	Potatoes, new and salad, boiled in unsalted water, flesh and skin Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Sysco Classic Paprika Ground ;Paprika.	
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, vitamins (A and D). Plain Flour WHEAT Flour (with Calcium, Iron, Niacin, Thiamin) Sysco Classic Cornflour Maize Starch.	Allergens: Gluten, Wheat.
Sweet Chilli Chicken Noodles	Brakes 12mm Cooked Chicken Breast Strips Chicken Breast, Modified Tapioca Starch, Salt, Stabiliser (Pentasodium Triphosphate). Pan Asia Sweet Chilli Dipping Sauce 1L Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate). Brakes Medium Egg Noodles Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Egg (5%), Salt, Colour (Carotenes), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid). Pinguin Oriental Vegetable Stir Fry Mix Carrot (20%), Onion (20%), Peppers (15%), Bamboo Shoots (15%), Baby Corn (13%), Mushrooms (11%), Mangetout (6%)	Allergens: Eggs, Gluten, Wheat.
Tomato Pasta	. Onions Greens Chopped Garlic 250g Garlic (100%) Sysco Classic Ground Black Pepper Ground Black Pepper. carrots 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). Tomato Puree Tomatoes.	Allergens: Gluten, Wheat.
Tomato Soup	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. 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 Vegetable Stewpack Carrot (35%), Turnip (20%), Swede (20%), Onion (15%), Celery (10%). Sysco Classic Ground Black Pepper Ground Black Pepper. Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Caster Sugar Cane Sugar Tomato Puree Tomatoes.	Allergens: Celery.