

24-25 - Week 1 Nursery & Primary Menu Report

Date: 11/03/2024

Midlothian

Title	Ingredients	Simple Allergens
Apple	Apples, eating, raw, flesh and skin	
Baked Beans	Brakes 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.	
Baked Potato	Potato	
Boiled White Rice	Brakes Easy Cook Long Grain Rice Parboiled ;Long Grain Rice (100%). Water	
Carrot & Lentil Soup	Brakes Red Lentils Mixed Vegetables Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2%). 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.	
Cheese Best of Both Sandwich	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. 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) (31%), Wholemeal Flour (Wheat) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, Wheat Protein, Soya Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.	Allergens: Gluten, Milk, Soya, Wheat.
Chicken Best of Both Sandwich	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. Sliced British Chicken 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) (31%), Wholemeal Flour (Wheat) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, Wheat Protein, Soya Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.	Allergens: Gluten, Soya, Wheat.

Title	Ingredients	Simple Allergens
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 Chillli Powder Paprika, Chillli 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 Brownie	Plain Flour 1WHEAT 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 Wheat 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 Cheese & Tomato Pizza Pizza Base: Wholemeal (WHEAT) Flour, WHEAT Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizza Topping: Mozzarella Cheese (MILK), (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive, Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic]. SOURCE OF FIBRE	Allergens: Gluten, Milk, Wheat.
Cottage Pie	Campbell Brothers Beef Mince - 01BEEMI1171E 95 vl beef trim. . Onions carrots McCain Chef's Solutions Simply Mash Potato POTATOES Milk, semi-skimmed, pasteurised, average Milk 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.
Egg Mayo Best of Both Sandwich	Hovis Best of Both Medium Sliced Water, Wheat Flour (with added Calcium, Iron, Niacin, Thiamin) (31%), Wholemeal Flour (Wheat) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, Wheat Protein, Soya Flour, Emulsifiers: E472e, E471; Preservative: E282, 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.
Garlic Bread	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.

Title	Ingredients	Simple Allergens
Grated cheese filling (for Baked Potato)	McLelland Mild Coloured Grated Cheddar 1Kg (Scotland Only) Pasteurised cow's MILK , salt, anti-caking agent (potato starch), colour (beta-carotene), rennet, cultures.	Allergens: Milk.
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.
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	
Madeira Cake Slice GF	La Boulangerie Gluten Free Madeira Cake Slice Sugar, Rice Flour, Rapeseed Oil, Egg , Water, Humectant(Vegetable Glycerine), Modified Maize Starch, Rice Starch, Potato Starch, Raising Agents(Disodium Diphosphate, Sodium Carbonate), Stabilisers(Sodium Stearoyl-2-Lactylate, Xanthan Gum), Salt, Preservative(Potassium Sorbate), Flavouring, Acidity Regulator(Citric Acid).	Allergens: Eggs. May Contain: Almonds, Pecan Nuts, Walnuts.
Meat Free Chilli	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). . Onions Greens Chopped Garlic 250g Garlic (100%) Sysco Classic Mild Chilli Powder Paprika, Chilli Powder (20%). Sysco Classic Paprika Ground ;Paprika. Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). Brakes Red Kidney Beans in Water Red Kidney Beans, Water, Firming Agent: Calcium chloride. 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. Katervegl 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]. Tomato Puree Tomatoes.	Allergens: Soya.
Melon Wedges	Melon, Honeydew, flesh only, weighed with skin	
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.

Title	Ingredients	Simple Allergens
Pasta Salad [Mayo-Free]	Brakes Italian Penne Pasta Durum Wheat 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.	Allergens: Gluten, Wheat.
Peach Slices	Brakes Peach Slices in Fruit Juice Concentrate with Added Water Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid).	
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	
Potato 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.	
Quorn Dog Roll	Quorn Frankfurters Mycoprotein (49%), Rehydrated Free Range EGG White, Rapeseed Oil, Pea Protein, Flavourings (contains Smoke Flavouring, Colour: Iron Oxide.) Smoked Water, Gelling Agent: Pectin. Sysco Essentials 6.5" Hot Dog Rolls Ingredients List: Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).	Allergens: Eggs, Gluten, Wheat. May Contain: Sesame Seeds.
Salmon Fish Fingers	Green Gourmet MSC Gluten-Free Breaded Salmon Fillet Finger 30g Salmon (Oncorhynchus spp) (50%)(FISH), 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.
Sweetcorn	. sweetcorn	
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.

Title	Ingredients	Simple Allergens
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.
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) (31%), Wholemeal Flour (Wheat) (31%), Yeast (Yeast, Vitamin D Yeast), Salt, Calcium Sulphate, Wheat Protein, Soya Flour, Emulsifiers: E472e, E471; Preservative: E282, Flour Treatment Agent: Ascorbic Acid.	Allergens: Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.