

24-25 - Week 3 Nursery & Primary Menu Report

Date: 11/03/2024

Midlothian

Title	Ingredients	Simple Allergens
Baby Boiled Potatoes	Potatoes, new and salad, boiled in salted water, flesh and skin	
Baked Potato	Potato	
Broccoli & Cauliflower	Florets Broccoli Cauliflower Florets	
Bubble Fish	Crown Foods MSC Gluten Free bubble crumb fish fillet, 60g MSC Certified Alaska Pollock (Theragra Chalcogramma) (FISH), 52.0%, coating 48% (19.8% crumbs (rice flour, vegetable fibre (bamboo), maize dextrose), rapeseed oil, water, starch (maize, potato), flour (maize, rice), salt, spices (white pepper, paprika), onion powder, thickeners (xanthan gum), black pepper extract).	Allergens: Fish.
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 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. Tomato Puree Tomatoes.	
Chips	Oven Chips Potato (98%) (Origin: EU),Palm Oil. Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).	
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.
Diced Potatoes	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). McCain Chef's Solutions Simply Potato Dice POTATOES, SALT Sysco Classic Paprika Ground ;Paprika.	
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.
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.

Title	Ingredients	Simple Allergens
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	
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, vitamins (A and D).	Allergens: Milk.
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	Brakes Italian Penne Pasta Durum Wheat Semolina (100%).	Allergens: Gluten, Wheat.
Peach Slices	Brakes Peach Slices in Fruit Juice Concentrate with Added Water Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid).	
Pear Halves in Juice	Brakes Pear Halves in Juice Pear, Water, Pear Juice from Concentrate, Acidity Regulator(Citric Acid).	
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	
Reduced Sugar Flapjack	Brakes Margarine Vegetable Oils (80%)(Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Emulsifiers(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. Golden Syrup Partially inverted refiners syrup Tate & Lyle Light Soft Brown Sugar 3kg Cane Sugar Osprio Flaked Porridge Oats Flaked OATS Oranges, flesh only	Allergens: Gluten, Oats.

Title	Ingredients	Simple Allergens
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.
Sliced Carrots	Brakes Carrot Roundels Carrots	
Steak Pie	Diced Beef QMS - 01BEEDI2126E 100% Beef . Onions Brakes Carrot Roundels Carrots Brakes Puff Pastry Squares Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate). 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: Gluten, Wheat.
Tomato Bolognaise (with Spaghetti)	. Onions 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 Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). 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]. Cirio Supercirio Double Concentrated Tomato Puree 140g Tomatoes. Sysco Classic Spaghetti Durum Wheat Semolina (100%). 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.	Allergens: Gluten, Soya, Wheat. May Contain: Mustard.
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.

Title	Ingredients	Simple Allergens
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.
Vegan Lemon Cake	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Brakes Self Raising Flour Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates). Caster Sugar Cane Sugar Baking Powder Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agent (Disodium Diphosphate, Sodium Hydrogen Carbonate). Lemon juice, fresh, weighed as whole fruit	Allergens: Gluten, Wheat.
Vegetable Crumble	Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane). Brakes Ratatouille Mix Courgette (30%), Tomatoes (22.5%), Green Pepper (12.5%), Red Pepper (12.5%), Onion (12.5%), Aubergine (10%) . ; Brakes Chickpeas in Water Chickpeas, Water, Antioxidant (Ascorbic 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. Water Plain Flour 1WHEAT Flour (with Calcium, Iron, Niacin, Thiamin) Brakes Margarine Vegetable Oils (80%) (Rapeseed Oil, Palm Oil, Sunflower Oil), Water, Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator (Citric Acid), Flavouring, Colour (Beta-Carotene), Vitamin A, Vitamin D. Sysco Classic Grated Mild White Cheddar Cheddar Cheese (98%) (Milk), Anti-caking Agent (Potato Starch). Cooks & Co Garlic Puree Garlic (98%), Acidity Regulator: Citric acid. Sysco Classic Thyme Dried Thyme. Sysco Classic Basil Dried Basil Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).	Allergens: Gluten, Milk, Wheat.
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, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.	