

# Primary School Menu Ingredients

## WEEK 2

**BAKED POTATO** : Potato

**TUNA MAYONNAISE** : Tuna Chunks In Brine Tuna (**FISH**), Water, Salt, Brakes Light Mayonnaise Water, Rapeseed Oil, Sugar, Spirit Vinegar, Stabilisers (Modified Maize Starch, Xanthan Gum), **EGG** Yolk Powder (1.5%), Salt, Acidity Regulators (Acetic Acid, Lactic Acid), Preservative (Potassium Sorbate), Colour (Mixed Carotenoids)

**Allergens: Eggs, Fish**

**CHEESE** : Cheese Reduced Fat Cheese (**MILK**), Anti-caking Agent(Potato Starch)

**Allergens: Milk**

**CORN ON THE COB** : Cobettes Sweetcorn

**FISH FINGERS** : Fish Fingers Cod (**FISH**) (58%), Wheat Flour (**WHEAT** Flour, Calcium Carbonates, Iron, Niacin, Thiamin), Sunflower Oil, Water, Yeast, Salt, Colour (Paprika Extract, Curcumin), Turmeric

**Allergens: Cereals, Fish, Gluten, Wheat**

**CHIPS** : Oven Chips Potato, Sunflower Oil

**PEAS** : Peas

**PORK SAUSAGE** : Pork Sausages Pork (65%), Water, Rusk [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agent (Ammonium Bicarbonate)], Salt, Dextrose, Spice (White Pepper, Nutmeg, Mace), Yeast Extract, Onion Powder, Preservative (**SODIUM METABISULPHITE**), Emulsifier (Disodium Diphosphate, Tetrasodium Diphosphate), Antioxidant (Ascorbic Acid), Herb (Majoram), Flavouring (Onion Extract.) Filled into Beef Collagen Casing

**Allergens: Cereals, Gluten, Sulphites, Wheat**

**QUORN SAUSAGE** : Quorn Sausages Mycoprotein (51%), Rehydrated Free Range **EGG** White, Textured **WHEAT** Protein (**WHEAT** Flour, Stabiliser: Sodium Alginate.), Rusk (**WHEAT** Flour, Salt, Yeast), Onion, Casing (Stabiliser: Sodium Alginate, Cellulose, Modified Starch.), Rapeseed Oil, Flavouring (contains Colours: Iron & Brown Iron Oxide.), **MILK** Proteins, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Pea Fibre, Roast **BARLEY** Malt Extract

**Allergens: Cereals, Eggs, Gluten, Milk, Wheat**

**POTATO** : Potato

**BAKED BEANS** : Brakes Baked Beans in Tomato Sauce Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring

**QUORN NUGGETS** : Quorn Dippers Mycoprotein (56%), Water, Sunflower Oil, **WHEAT** Flour (contains added Calcium, Iron, Niacin & Thiamine), Rehydrated Free Range **EGG** White, Maize Flour, **WHEAT** Starch, **MILK** Proteins, Natural Flavouring, Dextrose, Firming Agents: Calcium Chloride, Calcium Acetate. Raising Agents: Trisodium Diphosphate, Sodium Carbonate. Turmeric Extract, Gelling Agent: Pectin

**Allergens: Cereals, Eggs, Gluten, Milk, Wheat**

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**CHICKEN & VEGETABLE CURRY (Plain Flour)** : Green Gourmet Red Tractor Raw Chicken Breast Fillet Portion 50g Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates). Water Kingfisher Oriental Light Coconut Milk 400ml Water, Coconut Extract (27%), Stabiliser (Guar Gum), Emulsifier (Polysorbate 60), Antioxidant (Citric Acid) Broccoli Florets Cauliflower Florets. Onions. Leeks (100%) Carrots 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). Plain Flour **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin) Ground Cumin Ground Cumin. Brakes Ground Ginger Ground Ginger. Curry Powder Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace.

**Allergens: Cereals, Gluten, Mustard, Wheat**

**CHICKEN & VEGETABLE CURRY (Corn Flour)** : Green Gourmet Red Tractor Raw Chicken Breast Fillet Portion 50g Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates). Water Kingfisher Oriental Light Coconut Milk 400ml Water, Coconut Extract (27%), Stabiliser (Guar Gum), Emulsifier (Polysorbate 60), Antioxidant (Citric Acid) Broccoli Florets Cauliflower Florets. Onions. Leeks (100%) Carrots 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). Ground Cumin Ground Cumin. Brakes Ground Ginger Ground Ginger. Curry Powder Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace. Brakes Cornflour Maize Starch

**Allergens: Cereals, Gluten, Mustard, Wheat**

**BROWN RICE** : Osprio Long Grain Brown Rice Brown Rice

**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]

**Allergens: Cereals, Gluten, Milk, Wheat**

**POTATO WAFFLE** : Potato Waffles Potato , vegetable oil (Sunflower), **WHEAT** starch, salt, dextrose, emulsifier: hydroxypropyl methylcellulose (E464), spices (pepper-turmeric).

**Allergens : Gluten, Wheat**

**May Contain : Egg, Milk**

**MINI POTATO WAFFLE** : Mini Potato Waffles Potato 89,8% , vegetable oil (Sunflower) 8%, **WHEAT** starch 1,2%, salt 0,6%, dextrose 0,3%, emulsifier: hydroxypropyl methylcellulose (E464) 0,08%, spices (pepper, turmeric) 0,02%.

**Allergens : Gluten, Wheat**

**May Contain : Egg, Milk**

**BEEF BOLOGNAISE** : Onions Tomato Puree Tomatoes. Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Vegetable Paste Bouillon Salt, Vegetable Oil (Palm, Sunflower), Potato Starch, Sugar, Maltodextrin, Yeast Extract, Flavourings (contain **CELERY**), Carrots (2.4%), Onion Powder (2%), Spices (**CELERY** Seeds, Turmeric, Pepper), Parsley. Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). Brakes Garlic Purée Water, Garlic Powder; (22%), Acidity Regulator (Citric Acid). Carrots. Beef Mince (100%)

**Allergens: Celery**

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**QUORN BOLOGNAISE :** Quorn Mince Mycoprotein (88%), Rehydrated Free Range **EGG** White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free **BARLEY** Malt Extract. . Onions Tomato Puree Tomatoes. Chopped Tomatoes Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Mixed Herbs Marjoram, Thyme, Parsley, Basil, Savory. Vegetable Paste Bouillon Salt, Vegetable Oil (Palm, Sunflower), Potato Starch, Sugar, Maltodextrin, Yeast Extract, Flavourings (contain **CELERY**), Carrots (2.4%), Onion Powder (2%), Spices (**CELERY** Seeds, Turmeric, Pepper), Parsley. Brakes Diced Mixed Peppers Green Pepper (50%), Red Pepper (50%). Brakes Garlic Purée Water, Garlic Powder; (22%), Acidity Regulator (Citric Acid). Carrots  
**Allergens: Celery, Eggs**

**PASTA :** Fusilli Pasta Whole **WHEAT** Flour, Water.  
**Allergens: Cereals, Gluten, Wheat**

**CARROTS :** Baby Carrots

**QUORN BURGER :** Quorn Burgers Mycoprotein (44%), Rehydrated Free Range **EGG** White, Textured **WHEAT** Protein, [**WHEAT** Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Caramel. Stabiliser: Sodium Alginate.], Onion, **MILK** Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, and Firming Agents: Calcium Chloride, Calcium Acetate. Roasted **BARLEY** Malt Extract  
**Allergens : Gluten, Wheat, Barley, Egg, Milk**

**SWEET POTATO :** Sweet Potato

**POTATO :** Potato

**ORANGE JELLY & MIXED BERRIES :** Brakes Orange Flavour Jellies Water, Sugar, Flavouring, Stabilisers (Carrageenan, Locust Bean Gum), Acidity Regulators(Citric Acid, Potassium Citrate), Colour(Paprika Extract). Brakes Raspberries Greens Blackcurrants (100%) Greens Fresh Frozen Strawberries 1000g

**SEASONAL FRUIT SALAD : Mandarin, Peaches & Pineapple :** Brakes Whole Mandarin Segments in Grape Juice Mandarins, Water, Grape Concentrate, Acidity Regulator(Citric Acid). Brakes Peach Slices in Fruit Juice Concentrate with Added Water Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid). Brakes 8 Pineapple Slices in Pineapple Juice Pineapple, Pineapple Juice

**MELON WEDGES :** Melon

**ROWAN GLEN STRAWBERRY YOGHURT :** Rowan Glen Smoothly Low Fat Strawberry Yogurt (Scotland Only) Low Fat Yogurt (**MILK**), Strawberry Puree from Concentrate (4.2%), Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Concentrated Beetroot Juice, Natural Flavouring, Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), Stabiliser (Locust Bean Gum)  
**Allergens: Milk**

**ROWAN GLEN APRICOT YOGHURT :** Rowan Glen Smoothly Low Fat Apricot Yogurt (Scotland Only) Low Fat Yogurt (**MILK**), Apricot Puree from Concentrate (4.2%), Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Citric Acid), Natural Flavouring, Preservative (Potassium Sorbate), Stabiliser (Locust Bean Gum)  
**Allergens: Milk**

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**STEWED APPLE & CINNAMON MUFFIN** : Brakes Solid Pack Apple Apple (88%), Water, Acidity Regulator(Citric Acid). Vanilla Essence Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings. Caster Sugar Cane Sugar Sponge Mix **wheat** Flour (**WHEAT**, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Whole **EGG** Powder, Whey (**MILK**) Powder (**MILK**), Palm Oil, Dextrose, Raising Agent (E500(ii)), Butter (**MILK**) **MILK** Powder, Leavening Agent (E450(vii), E341(i)), Maltodextrin, Dried **EGG** White Powder, Raising Agent (E450(i), E526, E341), Emulsifier (Rice Starch, E475, E471), Whey (**MILK**) Powder (**MILK**), Acid Casein (**MILK**), Sodium Carbonate, Disodium Phosphate, Thickener (Xanthan Gum) Cinnamon, ground  
**Allergens: Cereals, Eggs, Gluten, Milk, Wheat**  
**May Contain: Soya**