

Primary Summer 2024 Week 1

Date: 20/03/2024

Title	Simple Allergens	Ingredients
4" Vegan Sausage Roll	Allergens: Cereals, Gluten, Wheat.	Vegan Sausage Roll (pastry) [PUFF PASTRY: Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids).FILLING: Water, Textured Wheat Protein (4%) [Wheat Gluten], Wholewheat Rusk [Wholewheat Flour], Palm Oil, Dextrose, Stabiliser (Hydroxypropyl Methyl Cellulose), Potato Starch, Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Rusk [Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Salt], Yeast Extract, Rice Flour, Salt, Black Pepper, Colour (Beetroot Red), Spice & Herb Extracts (Pepper Extract, Nutmeg Extract, Mace Extract, Pimento Extract, Ginger Extract, Coriander Extract, Sage Extract, Capsicum Extract), Sage.GLAZE: Water, Dextrose, Colours (Carotenes, Paprika Extract).]
Beef Burger in a Roll	Allergens: Cereals, Gluten, Sulphites, Sulphur Dioxide, Wheat. May Contain: Sesame Seeds.	Simon Howie Beef Burger (57g) [Beef (86%), Water, Dried Potato, Potato Starch, Salt, Rice Flour, Spices (Black Pepper, Cinnamon, Nutmeg, Clove, Cassia), Preservative (Sodium Metabi SULPHITE), Hydrolysed Maize Protein, Herbs (Coriander, Marjoram, Sage, Thyme, Oregano), Yeast Extract, Dextrose, Flavouring, Spice Extract.], Pre-Slice High Fibre Bun (4") [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]
Brownie	Allergens: Cereals, Gluten, Wheat.	Water [Water], Plain Flour [Wheat Flour (with Calcium, Niacin, Iron, Thiamin).], Caster Sugar [Sugar], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Salt [Salt, Anti-caking Agent E535.], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]
Cheese Sandwich	Allergens: Cereals, Gluten, Milk, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Chicken Korma with Rice		Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Water [Water], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Red Lentils , Brakes Korma Paste [Wheat Flour, Water, Sugar, Tomato Purée from Concentrate, Creamed Coconut (5%), Rapeseed Oil, Desiccated Coconut (4%), Ground Cumin, Ground Coriander, Garlic Purée, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.], Diced Carrots [carrots], Diced Onions (frozen) [Onions], Garlic (pk 2) [Garlic], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%) [chicken fat, antioxidant (extracts of rosemary)], yeast extract, chicken (1%) [chicken, salt, antioxidant (extracts of rosemary)], turmeric*, garlic*, onion juice concentrate*, lovage roots*. *made from sustainably grown ingredients.], Granulated Sugar [Cane Sugar]

Title	Simple Allergens	Ingredients
Chicken Meatballs in a Tomato Sauce with Pasta	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Soya.	Water [Water], 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)], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Spaghetti Pasta [Durum Wheat Semolina (100%).], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Leeks (loose) [Leeks], Diced Swede [Swede], Garlic (pk 2) [Garlic], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Olive Oil [extra Virgin olive oil]
Chicken Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Egg Sandwich	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Light Mayonnaise [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.]
Fish Goujons, Baked Beans and Chips	Allergens: Cereals, Fish, Gluten, Wheat.	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Baked Beans [Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract]], Fish Goujons [Pollock (Theragra chalcogramma) (60%) (FISH); Breadcrumb [WHEAT Flour, Water, Yeast, Salt, Spice, Rapeseed Oil, Paprika], Water, Rapeseed oil, Batter [WHEAT Flour, WHEAT Starch, Maize Flour, Salt, Raising Agents (Sodium Bicarbonates and Disodium Diphosphates)], Seasoning [Maltodextrine, Dextrose, WHEAT Gluten, Citrus Fibre, Stabiliser (Methylcellulose), Potassium Chloride, Salt, Onion Powder, White Pepper, Tomato Powder, Garlic Powder, Dried Dill], Colour (Burnt Sugar), Vegetable Fibre, WHEAT Protein, Colour (Paprika Extract), Lemon Juice, Emulsifier (Polyglycerol Polyricinoleate).]
Flapjack	Allergens: Cereals, Gluten, Oats.	Ospryo Porridge Oats [Flaked OATS], Stork [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).], Light Brown Sugar [Cane sugar], Golden Syrup [Partially Inverted Refiners Syrup.]
Free-Range Omelette, Chips and Baked Beans	Allergens: Eggs, Milk.	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Baked Beans [Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract]], Free-Range Mini Round Omelette [Free Range Egg (62%), Milk ,Rapeseed Oil,Salt,Stabiliser(Xanthan Gum),White Pepper.]
Fresh Fruit Selection		Red Apples (each) [Apples], Water Melons (Each) [Water Melon], Cantelope Melons (loose) [Melons], Small Bananas (loose) [Bananas], Golden Delicious (each) [Golden Delicious], Pineapple (each) [Pineapple], Green Grapes [Grapes Green], Red Grapes [Grapes Red]

Title	Simple Allergens	Ingredients
Ham Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Leek and Potato Soup	Allergens: Celery.	Water [Water], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Celery (each) [Celery], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Ground Black Pepper [Ground Black Pepper.]
Lentil Soup		Water [Water], Diced Carrots [carrots], Red Lentils , Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Low Fat Natural Yoghurt	Allergens: Milk.	Low Fat Natural Yoghurt [Low Fat Natural Yogurt (Milk).]
Low Fat Strawberry Yoghurt	Allergens: Milk.	Low Fat Strawberry Yoghurt [Low Fat Yogurt (MILK), Strawberry (8%), Sugar, Strawberry Puree (1.5%), Modified Maize Starch, Flavouring, Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), Preservative (Potassium Sorbate).]
Macaroni Cheese with Broccoli	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.	Semi Skimmed Milk (2L) [100% fresh milk], Broccoli (pks) [Broccoli], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Macaroni Pasta [Durum Wheat Semolina (100%).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.], Plain Flour [Wheat Flour (with Calcium, Niacin, Iron, Thiamin).]
Roast Beef in Gravy, Roast Pots, Yorkshire Pud	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Sliced Roast Beef (QMS) [Beef Silverside (80%), Water, Pea Protein, Salt, Stabilisers (E450, E451).], Yorkshire Pudding [Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Egg White, Egg , Water, Rapeseed Oil, Skimmed Milk Powder, Salt.]
Tuna Mayonnaise Sandwich	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Tuna (In Brine) [Tuna (Fish), Water, Salt.], Light Mayonnaise [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.]
Vanilla Ice Cream	Allergens: Milk.	Coodelights Vanilla Ice Cream [Skimmed Milk and Milk Proteins, Oligofructose, Polydextrose, Sorbitol, Maltodextrin, Sugar, Vegetable Fat (Palm Kernel Oil & Palm Oil), Emulsifier: (Mono & Di-Glycerides of Fatty Acids), Stabilisers: (Tara Gum, Cellulose Gum, Carrageenan), Colour: (Carotenes), Salt]

Title	Simple Allergens	Ingredients
Vegan Sausages, Gravy, Roast Pot, Yorkshire Pud	Allergens: Cereals, Eggs, Gluten, Milk, Soya, Wheat.	Katerveg Vegan Sausages [Rehydrated Textured SOYA Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural Flavouring, Dextrose, Flavouring, Herb, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre).], Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Yorkshire Pudding [Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Egg White, Egg , Water, Rapeseed Oil, Skimmed Milk Powder, Salt.]
Vegetable Curry with Rice and Broccoli		Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Broccoli (pks) [Broccoli], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Diced Onions (frozen) [Onions], Cauliflower Florets , Mushrooms (loose) [Mushrooms], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Garlic (pk 2) [Garlic]
Vegetable Soup		Water [Water], Leeks (loose) [Leeks], Turnip [Turnip], Potatoes [Washed & peeled potatoes], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Dutch Cabbage (loose) [English "Dutch" Cabbage], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]

Primary Summer 2024 Week 2

Date: 20/03/2024

Title	Simple Allergens	Ingredients
Beef Meatballs in Gravy with Roast Potatoes	Allergens: Cereals, Gluten, Wheat.	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]], Beef Meatballs [Beef (70%), Water, WHEAT flour (with calcium carbonate, iron, niacin and thiamin), Potato Starch, Onion Powder, Salt, Stabilisers: diphosphate, triphosphate; Yeast Extract, Ground Spices, Spice Extract.]
Cheese and Tomato Pizza with Chips and Peas	Allergens: Cereals, Gluten, Milk, Wheat.	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Wholemeal Cheese and 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], Peas [Peas]
Cheese Sandwich	Allergens: Cereals, Gluten, Milk, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Chicken and Broccoli Pasta and Garlic Bread	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.	Water [Water], Chicken Meat (Diced) [Chicken], Fusilli Pasta Spirals [Durum Wheat Semolina (100%).], Garlic Bread [Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.]], Broccoli Florets [Broccoli], Diced Onions (frozen) [Onions], Stork [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, Niacin, Iron, Thiamin).], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).]
Chicken Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]

Title	Simple Allergens	Ingredients
Chicken Sausage in a Finger Roll	Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.	Hot Dog Rolls (Top Sliced) [Wheat Flour (with Calcium, Iron, Niacin, 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).], Chicken Sausage [Chicken 65%, Chicken Skin, Water, Pea Flour, Potato Starch, Salt, Rice Flour, Yeast Extract, Stabiliser E451, Sugar, Spices, Onion Powder, Antioxidant E301, Spice Extract, Herb Extract, Filled in to a Beef Collagen Casing]
Chilli Con Carne and Rice	May Contain: Cereals, Gluten, Wheat.	Minced Beef (Shaws) [100% Beef], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Red Kidney Beans [Red Kidney Beans, Water, Firming Agent: Calcium chloride.], Diced Onions (frozen) [Onions], Red Lentils , Diced Carrots [carrots], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Tomato Paste [Tomatoes], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Knorr Beef Bouillon Powder [Maltodextrin, salt, flavourings, yeast extract, beef broth (2,3%), beef fat (1,9%) [beef fat, antioxidant (extracts of rosemary)], sugar, toasted onion*, lovage roots*. *made from sustainably grown ingredients], Cumin [Ground Cumin.], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Coriander [Ground Coriander.], Paprika [Ground Paprika.]
Crispy Topped Vegetable Pie	Allergens: Milk.	Mashed Potatoes [McCains Simply Mash [Potatoes], Semi Skimmed Milk (2L) [100% fresh milk], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.], Cannellini Beans [Cannellini Beans, Water, Antioxidant(Ascorbic Acid).], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Mature Coloured Cheddar Cheese [Cheddar Cheese&nbsp;(Milk) , Contains Colour (Annatto Norbixin)], Broccoli (pks) [Broccoli], Diced Carrots [carrots], Cauliflower Florets , Large Onions (kg) [Onions], Tomato Paste [Tomatoes], Garlic (pk 2) [Garlic], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).]
Egg Sandwich	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Light Mayonnaise [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.]
Fresh Fruit Selection		Red Apples (each) [Apples], Water Melons (Each) [Water Melon], Cantelope Melons (loose) [Melons], Small Bananas (loose) [Bananas], Golden Delicious (each) [Golden Delicious], Pineapple (each) [Pineapple], Green Grapes [Grapes Green], Red Grapes [Grapes Red]
Ham Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Jacket Potato with Cheese and Baked Beans	Allergens: Milk.	60 Size Baking Potato [Potato], Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract], Mature Coloured Cheddar Cheese [Cheddar Cheese&nbsp;(Milk) , Contains Colour (Annatto Norbixin)]

Title	Simple Allergens	Ingredients
Leek and Potato Soup	Allergens: Celery.	Water [Water], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Celery (each) [Celery], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Ground Black Pepper [Ground Black Pepper.]
Lentil Soup		Water [Water], Diced Carrots [carrots], Red Lentils , Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Low Fat Natural Yoghurt	Allergens: Milk.	Low Fat Natural Yoghurt [Low Fat Natural Yogurt (Milk).]
Low Fat Strawberry Yoghurt	Allergens: Milk.	Low Fat Strawberry Yoghurt [Low Fat Yogurt (MILK), Strawberry (8%), Sugar, Strawberry Puree (1.5%), Modified Maize Starch, Flavouring, Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), Preservative (Potassium Sorbate).]
Marble Cake	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.	(2.5 Doz) "medium" Free Range Eggs [100% Egg], Stork [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).], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Caster Sugar [Sugar], Semi Skimmed Milk (2L) [100% fresh milk], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.]
Oat Biscuit	Allergens: Cereals, Gluten, Oats, Wheat.	Osprio Porridge Oats [Flaked OATS], Stork [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).], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Light Brown Sugar [Cane sugar], Wholemeal Flour [Wheat Flour.]
Peach Crumble and Custard	Allergens: Cereals, Gluten, Milk, Oats, Wheat.	Custard [Semi Skimmed Milk (2L) [100% fresh milk], Custard Powder [Maize Starch, Colour(Annatto Norbixin), Flavouring.], Caster Sugar [Sugar]], Peach Slices in Juice [Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid).], Plain Flour [Wheat Flour (with Calcium, Niacin, Iron, Thiamin).], Stork [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).], Light Brown Sugar [Cane sugar], Wholemeal Flour [Wheat Flour.], Osprio Porridge Oats [Flaked OATS]
Pesto Pasta with Garlic Bead	Allergens: Cereals, Gluten, Milk, Sulphites, Sulphur Dioxide, Wheat. May Contain: Mustard, Soya.	Penne Pasta [Durum Wheat Semolina (100%).], Garlic Bread [Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.]], Peas [Peas], Pre-pack Spinach [Spinach], Mild White Cheddar Cheese [Cheddar Cheese (Milk)], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Lemon Juice [Water, Concentrate Lemon Juice, Preservative (Potassium Metabisulphite).], Basil [Basil], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).]

Title	Simple Allergens	Ingredients
Salmon Fish Fingers, Chips and Peas	Allergens: Fish.	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Salmon Fish Finger [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)], Peas [Peas]
Tuna Mayonnaise Sandwich	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Tuna (In Brine) [Tuna (Fish), Water, Salt.], Light Mayonnaise [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.]
Vegetable Burger in a Roll	Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.	Sysco Essentials Crispy Crumbed Vegetable Burger, Pre-Slice High Fibre Bun (4") [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]
Vegetable Soup		Water [Water], Leeks (loose) [Leeks], Turnip [Turnip], Potatoes [Washed & peeled potatoes], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Dutch Cabbage (loose) [English "Dutch" Cabbage], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]

Primary Summer 2024 Week 3

Date: 20/03/2024

Title	Simple Allergens	Ingredients
Butchers Pork Sausage in a Finger Roll	Allergens: Cereals, Gluten, Sulphites, Sulphur Dioxide, Wheat. May Contain: Sesame Seeds.	Pork Sausages 57g (Shaws) [pork(73%), rusk (WHEAT FLOUR, thiamin, iron, niacin), water, salt, spices, E221 SULPHITES], Hot Dog Rolls (Top Sliced) [Wheat Flour (with Calcium, Iron, Niacin, 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).]
Cheese Sandwich	Allergens: Cereals, Gluten, Milk, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Chicken Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Coronation Chicken in a Wrap	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Wheat.	Tomato Wrap [Tortilla Wraps [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Acidity Regulators(Citric Acid, Malic Acid), Rapeseed Oil, Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Raising Agent (Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt.]], Chicken Meat (Diced) [Chicken], Sweetcorn [Sweetcorn, Water.], Light Mayonnaise [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.], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Garlic Powder [Garlic powder.]
Egg Sandwich	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Light Mayonnaise [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.]

Title	Simple Allergens	Ingredients
Fresh Fruit Selection		Red Apples (each) [Apples], Water Melons (Each) [Water Melon], Cantelope Melons (loose) [Melons], Small Bananas (loose) [Bananas], Golden Delicious (each) [Golden Delicious], Pineapple (each) [Pineapple], Green Grapes [Grapes Green], Red Grapes [Grapes Red]
Ham Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Homemade BBQ Chicken, Chips and Peas	Allergens: Celery, Soya, Sulphites, Sulphur Dioxide.	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Chicken Breast Fillet [Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates)], Peas [Peas]], Homemade BBQ Sauce [Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.], Black Treacle [Cane molasses (sulphites)], Kikkoman GF Soy Sauce [Water, SOYbeans , Salt, Spirit vinegar], Paprika [Ground Paprika.]]
Jam Doughnut	Allergens: Cereals, Gluten, Soya, Wheat. May Contain: Eggs, Milk, Sesame Seeds.	Mini Jam Ball Doughnuts [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Apple and Raspberry Jam (22%) [Glucose Syrup, Apple Pureé, Sugar, Raspberry Pureé, Acidity Regulator (Citric Acid, Trisodium Citrate), Colour (Anthocyanins), Gelling Agent (Pectin), Flavouring], Palm Oil, Rapeseed Oil, Sweet Dust (Glucose, Cornflour, Palm Oil), Sugar, Dextrose, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphates), Salt, Wheat Gluten, Soya Flour, Yeast, Flour Treatment Agent (Ascorbic Acid).]
Katerveg Vegan Sausage in a Roll	Allergens: Cereals, Gluten, Soya, Wheat. May Contain: Sesame Seeds.	Katerveg Vegan Sausages [Rehydrated Textured SOYA Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural Flavouring, Dextrose, Flavouring, Herb, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre).], Hot Dog Rolls (Top Sliced) [Wheat Flour (with Calcium, Iron, Niacin, 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).]
Low Fat Natural Yoghurt	Allergens: Milk.	Low Fat Natural Yoghurt [Low Fat Natural Yogurt (Milk).]
Low Fat Strawberry Yoghurt	Allergens: Milk.	Low Fat Strawberry Yoghurt [Low Fat Yogurt (MILK), Strawberry (8%), Sugar, Strawberry Puree (1.5%), Modified Maize Starch, Flavouring, Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), Preservative (Potassium Sorbate).]
Macaroni Cheese with Broccoli	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.	Semi Skimmed Milk (2L) [100% fresh milk], Broccoli (pks) [Broccoli], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Macaroni Pasta [Durum Wheat Semolina (100%).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.], Plain Flour [Wheat Flour (with Calcium, Niacin, Iron, Thiamin).]

Title	Simple Allergens	Ingredients
Pineapple Sponge Cake	Allergens: Cereals, Eggs, Gluten, Wheat.	Pineapple Slices , Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Stork [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).], Caster Sugar [Sugar], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Vanilla Essence [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.]
Quorn Fillet, Gravy, Roasties, Yorkshire Pud	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Quorn Vegan Fillet [Quorn Vegan Fillet [Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, WHEAT Gluten, Stabiliser: Carrageenan.], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Yorkshire Pudding [Yorkshire Pudding [Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Egg White, Egg , Water, Rapeseed Oil, Skimmed Milk Powder, Salt.]]
Quorn Fishless Fingers, Chips and Peas	Allergens: Cereals, Gluten, Wheat.	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Quorn Vegan Fishless Fingers [Rice Flake (Rice, Emulsifier: Sodium Alginate.) WHEAT Flour (contains added Calcium, Iron, Niacin & Thiamine), Mycoprotein (12%), Water, Natural Flavouring, Rapeseed Oil, Stabiliser: Methylcellulose. Yeast, Salt, Paprika, Colour: Paprika Extract.], Peas [Peas]
Roast Turkey in Gravy with Roast Potatoes		Sliced Turkey Breast [Turkey Breast (80%), Water, Salt, Dextrose, Potato Starch, Stabilisers (Diphosphates, Triphosphates), Acidity Regulators (Sodium Acetate, Sodium Citrate), Pepper.], McCain Simply Roast Potatoes [POTATOES, SALT], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]]
Spaghetti Bolognaise	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Soya.	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Minced Beef (Shaws) [100% Beef], Spaghetti Pasta [Durum Wheat Semolina (100%).], Diced Carrots [carrots], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Water [Water], Red Lentils , Sliced Mushrooms [Mushroom.], Tomato Paste [Tomatoes], Garlic (pk 2) [Garlic], Beef Bouillon Paste [Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil), Salt, Potato Starch, Maltodextrin, Flavouring, Yeast Extract, Sugar, Beef Fat, Colour (Plain Caramel), Beef Extract, Caramelised Sugar Syrup.], Black Pepper [Black Pepper.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Tuna Mayonnaise Sandwich	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Tuna (In Brine) [Tuna (Fish), Water, Salt.], Light Mayonnaise [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.]
Vegan Lemon Cake	Allergens: Cereals, Gluten, Wheat.	Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Caster Sugar [Sugar], Lemons (each) [Lemons], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]

Title	Simple Allergens	Ingredients
Vegetable Fried Rice	Allergens: Eggs.	Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice], Diced Carrots [carrots], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Tomatoes (loose) [Tomatoes], Sweetcorn [sweetcorn], Mushrooms (loose) [Mushrooms], Peas [Peas], Spring Onion (bunch) [Spring onions], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Garlic (pk 2) [Garlic], Parsley [Parsley]

Primary Summer 2024 Week 4

Date: 20/03/2024

Title	Simple Allergens	Ingredients
Banana Muffin	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.	Small Bananas (loose) [Bananas], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.], Caster Sugar [Sugar], Semi Skimmed Milk (2L) [100% fresh milk], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]
Breaded Chicken Burger in a Roll	Allergens: Gluten, Wheat. May Contain: Sesame Seeds.	Breaded Chicken Breast Steak (50%) (1g) Chicken (60%), WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Rapeseed oil, Cornflour, Pea fibre, Salt, Yeast, WHEAT gluten, WHEAT starch, Raising agents (Disodium diphosphate, Sodium bicarbonate), Spirit vinegar, Yeast extract, Onion powder, Garlic powder, Sugar, Maltodextrin, White pepper, Dried sage, Flavouring, Concentrated lemon juice, Colour (Paprika extract), Cane sugar syrup, Sage extract. Kara 4" Pre-Sliced High Fibre Bun (50%) (1g) Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).
Cheese and Tomato Pizza with Potato Wedges	Allergens: Cereals, Gluten, Milk, Wheat.	Potato Wedges [Potatoes.], Wholemeal Cheese and 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]
Cheese Sandwich	Allergens: Cereals, Gluten, Milk, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Chicken and Ham Pie with Mashed Potato	Allergens: Cereals, Gluten, Milk, Wheat.	Mashed Potatoes [McCains Simply Mash [Potatoes], Semi Skimmed Milk (2L) [100% fresh milk], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.], Semi Skimmed Milk (2L) [100% fresh milk], Chicken Meat (Diced) [Chicken], Puff Pastry [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate).], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.], Plain Flour [Wheat Flour (with Calcium, Niacin, Iron, Thiamin).]
Chicken Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]

Title	Simple Allergens	Ingredients
Chocolate Cookie	Allergens: Cereals, Eggs, Gluten, Wheat.	Granulated Sugar [Cane Sugar], Stork [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).], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agent (Disodium Diphosphate, Sodium Hydrogen Carbonate).]
Egg Sandwich	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Light Mayonnaise [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.]
Free-Range Mini Omelette in a Roll	Allergens: Cereals, Eggs, Gluten, Milk, Wheat. May Contain: Sesame Seeds.	Free-Range Mini Round Omelette [Free Range Egg (62%), Milk, Rapeseed Oil, Salt, Stabiliser (Xanthan Gum), White Pepper.], 4" Pre-Slice Bun [Pre-Slice High Fibre Bun (4") [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]]
Fresh Fruit Selection		Red Apples (each) [Apples], Water Melons (Each) [Water Melon], Cantelope Melons (loose) [Melons], Small Bananas (loose) [Bananas], Golden Delicious (each) [Golden Delicious], Pineapple (each) [Pineapple], Green Grapes [Grapes Green], Red Grapes [Grapes Red]
Gammon Steak, Chips and Peas		Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], GG Raw Gammon Steaks [Pork (79%); Water (18%); Salt; Dextrose; Modified Starch; Sugar; Stabiliser (Polyphosphates); Gelling Agent (Carrageenan); Antioxidant (Sodium Ascorbate); Preservatives (Sodium Nitrite, Potassium Nitrate).], Peas [Peas [Peas]]
Ham Sandwich	Allergens: Cereals, Gluten, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.]
Jacket Potato with Cheese and Baked Beans	Allergens: Milk.	60 Size Baking Potato [Potato], Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)]

Title	Simple Allergens	Ingredients
Katsu Chicken Curry with Rice	Allergens: Cereals, Gluten, Soya, Wheat.	Breaded Chicken Goujons [Chicken Goujons [Chicken Breast (58%), WHEAT flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Breadcrumb (WHEAT flour with added Calcium Carbonate, Iron, Niacin, Thiamin, Water, Salt, Yeast), Rice Flour, Rapeseed Oil, WHEAT Starch, Stabiliser (Hydroxypropyl Methylcellulose), Salt, Caramel Sugar, Potato Starch, Stabiliser (Triphosphates), Yeast, Dextrose, Dried Glucose, Oligofructose (from chicory), Maize Flour, Sunflower Oil, Gluten (WHEAT), Raising Agents (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Paprika, Emulsifier (Polyglycerol Polyricinoleate).]], Water [Water], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Diced Onions (frozen) [Onions], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Kikkoman GF Soy Sauce [Water, SOYbeans , Salt, Spirit vinegar], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Cornflour [Maize Starch.], Caster Sugar [Sugar], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).]
Leek and Potato Soup	Allergens: Celery.	Water [Water], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Celery (each) [Celery], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Ground Black Pepper [Ground Black Pepper.]
Lentil Soup		Water [Water], Diced Carrots [carrots], Red Lentils , Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Low Fat Natural Yoghurt	Allergens: Milk.	Low Fat Natural Yoghurt [Low Fat Natural Yogurt (Milk).]
Low Fat Strawberry Yoghurt	Allergens: Milk.	Low Fat Strawberry Yoghurt [Low Fat Yogurt (MILK), Strawberry (8%), Sugar, Strawberry Puree (1.5%), Modified Maize Starch, Flavouring, Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), Preservative (Potassium Sorbate).]
Salmon & Sweet Potato Fish Cake and Potato Wedges	Allergens: Cereals, Fish, Gluten, Wheat.	Non Fried Potato Wedges [Potato Wedges [Potatoes.]], Harry Ramsden Salmon and Sweet Potato Fish Cake [Minced Salmon (FISH) (21%), Sweet Potato (14%), Dehydrated Potato Flake (Dried Potato, Emulsifier: Mono- and Di-Glycerides of Fatty Acids (E471).); Wheat Flour (WHEAT Flour, Calcium Carbonates, Iron, Niacin, Thiamin), Rapeseed Oil, Salt, Yeast, Dried Onion, Parsley, Oregano, Acid: Citric Acid (E330); Black Pepper, Flavouring, Garlic.]
Shortbread	Allergens: Cereals, Gluten, Wheat.	Stork [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, Niacin, Iron, Thiamin).], Caster Sugar [Sugar], Cornflour [Maize Starch.]

Title	Simple Allergens	Ingredients
Tomato Pasta with Garlic Bread	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Penne Pasta [Durum Wheat Semolina (100%).], Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Leeks (loose) [Leeks], Diced Swede [Swede], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Garlic (pk 2) [Garlic], Olive Oil [extra Virgin olive oil]
Tuna Mayonnaise Sandwich	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Tuna (In Brine) [Tuna (Fish), Water, Salt.], Light Mayonnaise [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.]
Vegetable Soup		Water [Water], Leeks (loose) [Leeks], Turnip [Turnip], Potatoes [Washed & peeled potatoes], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Dutch Cabbage (loose) [English "Dutch" Cabbage], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Veggie Nuggets, Chips and Peas	Allergens: Cereals, Gluten, Wheat.	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Sysco Vegetable Nuggets [Wheat Flour(Wheat Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Carrot (12%),Peas (10%),Sweetcorn (9%),Onion (9%),Red Pepper (6%),Dried Potato,Green Beans (5%),Rapeseed Oil,Leek (3%),Cauliflower Florets (3%),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.], Peas [Peas]