

High School SF Summer 2024 Week 1

Date: 20/03/2024

Title	Simple Allergens	Ingredients
Beef Lasagne with Garlic Bread	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Eggs, Mustard, Soya.	Semi Skimmed Milk (2L) [100% fresh milk], Minced Beef (Shaws) [100% Beef], 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.]], Lasagne Sheets [Durum WHEAT semolina], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Diced Carrots [carrots], Mature White Cheddar Cheese [Cheddar Cheese (Milk) .], Diced Onions (frozen) [Onions], Cornflour [Maize Starch.], Tomato Paste [Tomatoes], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], Ground Black Pepper [Ground Black Pepper.], Garlic (pk 2) [Garlic]
Beef Tacos with Savoury Rice	Allergens: Milk. May Contain: Cereals, Gluten, Wheat.	Savoury Rice [Water [Water], Long Grain Rice [Parboiled Long Grain Rice (100%).], Diced Onions (frozen) [Onions], Pre-pack Spinach [Spinach], Peas [Peas], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Sweetcorn [sweetcorn], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], 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 Powder [Garlic powder.], Minced Beef (Shaws) [100% Beef], Large Onions (kg) [Onions], Water [Water], Taco Shells [Corn flour, high oleic sunflower oil (25%).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Mature White Cheddar Cheese [Cheddar Cheese (Milk) .], Tomato Paste [Tomatoes], 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 Powder [Garlic powder.], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Paprika [Ground Paprika.], Ground Black Pepper [Ground Black Pepper.], Olive Oil [extra Virgin olive oil]
Cheese and Tomato Omelette, Chips and Peas	Allergens: Eggs, Milk.	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Omelette [Free Rang Egg (62%), Milk , Rapeseed Oil, Salt, Stabiliser(Xanthan Gum), White Pepper.], Peas [Peas [Peas]], Tomatoes (loose) [Tomatoes], Mature Coloured Cheddar Cheese [Cheddar Cheese&nbsp; (Milk), Contains Colour (Annatto Norbixin)]
Chicken Fajita Style Rice		Water [Water], Diced Chicken (Shaws) [100% Chicken], Long Grain Rice [Parboiled Long Grain Rice (100%).], Sweetcorn [sweetcorn], Red Pepper (each) [Dutch" Red Peppers], Green Peppers (each) [Green Peppers], Diced Onions (frozen) [Onions], Fajita Seasoning [Salt [Salt, Anticaking Agent (Sodium Ferrocyanide)], Chilli Powder (23%), Onion Powder, Sugar, Cumin Powder, Garlic Powder (8%), Oregano (0.5%), Flavouring, Paprika Extract, Lime Extract (0.5%), Cassia, Nutmeg, Coriander Leaf, Anticaking Agent (Silicon Dioxide).], Garlic (pk 2) [Garlic], 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.], Ground Black Pepper [Ground Black Pepper.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).]

Title	Simple Allergens	Ingredients
Chicken Korma with Rice and Chapatti	Allergens: Cereals, Gluten, Wheat.	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], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Pre-pack Spinach [Spinach], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Brakes Korma Paste [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.], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Diced Onions (frozen) [Onions], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Cornflour [Maize Starch.]
Chicken Tikka with Rice and Chapatti	Allergens: Cereals, Gluten, Milk, Wheat.	Tikka Sauce [Water, Tomatoes, Tomato Purée from Concentrate (12%), Onion (10%), Low Fat Yogurt (Milk) (5%), Single Cream (Milk) (4%), Modified Maize Starch, Sugar, Lemon Juice from Concentrate, Rapeseed Oil, Dried Onion, Ground Cumin, Coriander Leaf, Salt, Ginger Purée, Garlic Purée, Ground Coriander, Acidity Regulator (Lactic Acid), Colour (Paprika Extract), Ground Turmeric, Ground Cardamom, Chilli Powder, Dried Fenugreek, Paprika, Ground Cassia, Ground Fenugreek.], Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Pre-pack Spinach [Spinach], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).]
Fish, Chips and Peas	Allergens: Cereals, Fish, Gluten, Wheat.	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Peas [Peas], Battered Pollock 80g [Alaska POLLOCK (Gadus chalcogrammus) FISH (50%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents: Sodium Carbonates, Diphosphates, Ammonium Carbonates; Salt, Dextrose, Maize Flour, WHEAT Starch, WHEAT Gluten, Maize Starch, Paprika, Turmeric Extract, Sunflower Oil, Emulsifier (Sunflower Lecithins).]
Grilled Salmon with Savoury Rice	Allergens: Fish.	Savoury Rice [Water [Water], Long Grain Rice [ParboiledLong Grain Rice (100%).], Diced Onions (frozen) [Onions], Pre-pack Spinach [Spinach], Peas [Peas], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Sweetcorn [sweetcorn], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], 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 Powder [Garlic powder.]], Salmon (skin off) [100% Salmon (Fish)]
Hot and Spicy Chicken Steak with Chips and Peas	Allergens: Gluten, Kamut (Wheat), Sulphites. May Contain: Celery, Eggs, Milk, Sulphur Dioxide.	MCCAIN CHEF'S SOLUTIONS OVEN CHIPS (47.62%) (150g) POTATOES, SUNFLOWER OIL Hot and Spicy Chicken Steak (26.98%) (85g) Chicken Breast Fillet (RTA) (55.5%), Water, Fortified WHEAT Flour, Salt, Yeast Extract (SULPHITES), Rapeseed Oil, Durum WHEAT Semolina, Potato Starch, WHEAT Gluten , Stabilisers (E451), Maize Starch, Breadcrumb [Fortified WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt], Garlic Powder, Raising Agent: (E450, E500(II), E341), Spices (Chilli Powder, White Pepper, Cayenne Chilli), Spice Extracts (Black Pepper, Capsicum Extract, Paprika), WHEAT Flour, Onion Powder, Dextrose, Paprika Extract, Thickener (E415), White Pepper, Capsicum Extract, Garlic Extract, Vegetable Oil (Sunflower) Scottish Choice Garden Peas (Scotland Only) (25.4%) (80g) Peas

Title	Simple Allergens	Ingredients
Lentil Soup		Water [Water], Diced Carrots [carrots], Red Lentils , Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Turnip [Turnip], 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.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Macaroni Cheese with Garlic Bread	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.	Semi Skimmed Milk (2L) [100% fresh milk], Macaroni Pasta [Durum Wheat Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], 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.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]
Roasted Red Pepper and Tomato Soup		Water [Water], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Tomato Paste [Tomatoes], Diced Carrots [carrots], Large Onions (kg) [Onions], 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.]
Sweet Potato Soup		Water [Water], Orange Sweet Potato [Orange Sweet Potatoes], Red Onion [Red Salad Onions [Red Onions]], 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.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Garlic (pk 2) [Garlic], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]
Vegetable Curry, Rice and a Chapatti	Allergens: Cereals, Gluten, Wheat.	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], 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 , Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], 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 Lasagne and Garlic Bread	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Eggs, Mustard, Soya.	Semi Skimmed Milk (2L) [100% fresh milk], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Lasagne Sheets [Durum WHEAT semolina], 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.]], Diced Onions (frozen) [Onions], Sweetcorn [sweetcorn], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Courgettes (loose) [Courgettes], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Cornflour [Maize Starch.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Tomato Paste [Tomatoes], Garlic (pk 2) [Garlic]

Title	Simple Allergens	Ingredients
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.]

High School SF Summer 2024 Week 2

Date: 20/03/2024

Title	Simple Allergens	Ingredients
BBQ Pulled Pork, Chips and Peas	Allergens: Barley, Celery, Cereals, Fish, Gluten, Soya, Wheat.	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Pork Leg [Pork], Peas [Peas [Peas]], Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, BARLEY Malt Vinegar, Soy Sauce (Water, SOYA Extract (Water, SOYA Beans, Salt, WHEAT Flour), Salt, Glucose, Spirit Vinegar, BARLEY Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain WHEAT , CELERY), Smoked Maltodextrin, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder.], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.], Light Brown Sugar [Cane sugar], Sweet Chilli Sauce [Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate).], Distilled Malt Vinegar [Distilled Malt Vinegar (from Barley)(Acidity 5%).], Worcester Sauce [Malt Vinegar (from BARLEY), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies, (FISH) Tamarind Extract, Onions, Garlic, Spices, Flavourings]
Chicken and Broccoli Pasta with Garlic Bread	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.	Water [Water], Chicken Meat (Diced) [Chicken], Broccoli Florets [Broccoli], 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.]], 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 Korma with Rice and Chapatti	Allergens: Cereals, Gluten, Wheat.	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], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Pre-pack Spinach [Spinach], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Brakes Korma Paste [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.], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Diced Onions (frozen) [Onions], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Cornflour [Maize Starch.]

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).], Pasta Spirals [Fusilli Pasta Spirals [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]
Fish, Chips and Peas	Allergens: Cereals, Fish, Gluten, Wheat.	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Peas [Peas], Battered Pollock 80g [Alaska POLLOCK (Gadus chalcogrammus) FISH (50%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents: Sodium Carbonates, Diphosphates, Ammonium Carbonates; Salt, Dextrose, Maize Flour, WHEAT Starch, WHEAT Gluten, Maize Starch, Paprika, Turmeric Extract, Sunflower Oil, Emulsifier (Sunflower Lecithins).]
Katsu Chicken Curry, Rice and Chapatti	Allergens: Cereals, Gluten, Soya, Wheat.	Water [Water], 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).], 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.], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], 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).], Kikkoman GF Soy Sauce [Water, SOYbeans , Salt, Spirit vinegar]
Lentil Soup		Water [Water], Diced Carrots [carrots], Red Lentils , Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Turnip [Turnip], 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.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Macaroni Cheese with Garlic Bread	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.	Semi Skimmed Milk (2L) [100% fresh milk], Macaroni Pasta [Durum Wheat Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], 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.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]

Title	Simple Allergens	Ingredients
Roasted Red Pepper and Tomato Soup		Water [Water], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Tomato Paste [Tomatoes], Diced Carrots [carrots], Large Onions (kg) [Onions], 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.]
Spicy Bean Burger, Chips and Peas	Allergens: Cereals, Gluten, Wheat.	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Spicy Bean Burger [Cooked Red Kidney Beans (31%), Water, Breadcrumbs (14%) [Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)], Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetables (13%) (Onion, Green Pepper, Carrot, Potato), Sunflower Oil, Rapeseed Oil, WHEAT Semolina, Tomato Powder, Spices (Cayenne Red Chilli Pepper, Paprika Powder, Cumin, Black Pepper), Modified Maize Starch, Salt, Sugar, Onion Powder, Garlic Powder, Acid (Citric Acid), Raising Agent (Ammonium Carbonates), Paprika Extract, Oregano, Colour (Paprika Extract).], Peas [Peas [Peas]]
Steak Pie with Mashed Potato	Allergens: Cereals, Gluten, Milk, Wheat.	Mashed Potato [McCains Simply Mash [Potatoes], Semi Skimmed Milk (2L) [100% fresh milk], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]], Water [Water], Diced Steak (Shaws) [100% Beef], Large Onions (kg) [Onions], Puff Pastry [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate).], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Semi Skimmed Milk (2L) [100% fresh milk]
Sweet and Sour Chicken with Rice	Allergens: Celery, Sulphites, Sulphur Dioxide.	Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Pineapple Slices , Carrots (loose) [Carrot], Large Onions (kg) [Onions], White Wine Vinegar [White Wine Vinegar, Preservative(Potassium Metab isulphite).(Acidity 6%).], Mushrooms (loose) [Mushrooms], Green Peppers (each) [Green Peppers], Caster Sugar [Sugar], Light Brown Sugar [Cane sugar], Cornflour [Maize Starch.], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.]
Sweet Potato and Coconut Curry, Rice and Chapatti	Allergens: Cereals, Gluten, Wheat.	Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Orange Sweet Potato [Orange Sweet Potatoes], Water [Water], Chick Peas [Chickpeas, Water, Antioxidant(Ascorbic Acid).], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Large Onions (kg) [Onions], Sliced Green Beans [Green Beans], 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.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Ginger [Ginger], Salt [Salt, Anti-caking Agent E535.], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], 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.], Ground Cinnamon [Ground Cinnamon (Cassia)]
Sweet Potato Soup		Water [Water], Orange Sweet Potato [Orange Sweet Potatoes], Red Onion [Red Salad Onions [Red Onions]], 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.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Garlic (pk 2) [Garlic], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]

Title	Simple Allergens	Ingredients
Vegan Sausages, Gravy, Mash and Yorkshire Pudding	Allergens: Cereals, Eggs, Gluten, Milk, Soya, Wheat.	Mashed Potato [McCains Simply Mash [Potatoes], Semi Skimmed Milk (2L) [100% fresh milk], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]], 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).], 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.]]
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.]

High School SF Summer 2024 Week 3

Date: 20/03/2024

Title	Simple Allergens	Ingredients
Chicken and Broccoli Pasta with Garlic Bread	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.	Water [Water], Chicken Meat (Diced) [Chicken], Broccoli Florets [Broccoli], 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.]], 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 and Tomato Pasta with Garlic Bread	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.	Water [Water], Chicken Meat (Diced) [Chicken], Penne Pasta [Durum Wheat Semolina (100%).], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], 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.]], Large Onions (kg) [Onions], Carrots (loose) [Carrot], Tomato Paste [Tomatoes], Olive Oil [extra Virgin olive oil], 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.], Cornflour [Maize Starch.]
Chicken Korma with Rice and Chapatti	Allergens: Cereals, Gluten, Wheat.	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], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Pre-pack Spinach [Spinach], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Brakes Korma Paste 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.], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Diced Onions (frozen) [Onions], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Cornflour [Maize Starch.]
Chicken Sausages, Chips and Baked Beans		Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract], 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]

Title	Simple Allergens	Ingredients
Chicken Tikka with Rice and Chapatti	Allergens: Cereals, Gluten, Milk, Wheat.	Tikka Sauce [Water, Tomatoes, Tomato Purée from Concentrate (12%), Onion (10%), Low Fat Yogurt (Milk) (5%), Single Cream (Milk) (4%), Modified Maize Starch, Sugar, Lemon Juice from Concentrate, Rapeseed Oil, Dried Onion, Ground Cumin, Coriander Leaf, Salt, Ginger Purée, Garlic Purée, Ground Coriander, Acidity Regulator (Lactic Acid), Colour (Paprika Extract), Ground Turmeric, Ground Cardamom, Chilli Powder, Dried Fenugreek, Paprika, Ground Cassia, Ground Fenugreek.], Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Pre-pack Spinach [Spinach], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).]
Fish and Chips with Baked Beans	Allergens: Cereals, Fish, Gluten, Wheat.	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]], Battered Pollock 80g [Alaska POLLOCK (Gadus chalcogrammus) FISH (50%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents: Sodium Carbonates, Diphosphates, Ammonium Carbonates; Salt, Dextrose, Maize Flour, WHEAT Starch, WHEAT Gluten, Maize Starch, Paprika, Turmeric Extract, Sunflower Oil, Emulsifier (Sunflower Lecithins).]
Grilled Salmon with Savoury Rice	Allergens: Fish.	Savoury Rice [Water [Water], Long Grain Rice [Parboiled Long Grain Rice (100%).], Diced Onions (frozen) [Onions], Pre-pack Spinach [Spinach], Peas [Peas], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Sweetcorn [sweetcorn], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], 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 Powder [Garlic powder.]], Salmon (skin off) [100% Salmon (Fish)]
Lentil Soup		Water [Water], Diced Carrots [carrots], Red Lentils , Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Turnip [Turnip], 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.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]
Macaroni Cheese with Garlic Bread	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.	Semi Skimmed Milk (2L) [100% fresh milk], Macaroni Pasta [Durum Wheat Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar Cheese&nbsp;(Milk) , Contains Colour (Annatto Norbixin)], 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.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]
Omelette with Chips and Peas	Allergens: Eggs, Milk.	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Omelette [Free Rang Egg (62%), Milk , Rapeseed Oil, Salt, Stabiliser(Xanthan Gum), White Pepper.], Peas [Peas]
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.]]

Title	Simple Allergens	Ingredients
Roast Beef in Gravy, Roast Potatoes, Yorkshire Pud	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Sliced Roast Beef (QMS) [Beef Silverside (80%), Water, Pea Protein, Salt, Stabilisers (E450, E451).], 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.]]
Roasted Red Pepper and Tomato Soup		Water [Water], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Tomato Paste [Tomatoes], Diced Carrots [carrots], Large Onions (kg) [Onions], 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.]
Sweet Potato Soup		Water [Water], Orange Sweet Potato [Orange Sweet Potatoes], Red Onion [Red Salad Onions [Red Onions]], 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.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Garlic (pk 2) [Garlic], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]
Vegetable Curry, Rice and a Chapatti	Allergens: Cereals, Gluten, Wheat.	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], 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 , Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], 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.]

High School SF Summer 2024 Week 4

Date: 20/03/2024

Title	Simple Allergens	Ingredients
BBQ Chicken Fillet with Savoury Rice	Allergens: Barley, Cereals, Gluten.	Savoury Rice [Water [Water], Long Grain Rice [Parboiled Long Grain Rice (100%).], Diced Onions (frozen) [Onions], Pre-pack Spinach [Spinach], Peas [Peas], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Sweetcorn [sweetcorn], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], 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 Powder [Garlic powder.]], BBQ Chicken Fillet (85g) [Chicken Breast (84%), (Chicken Breast, Water, Salt, Potato Starch, Stabiliser (Triphosphates)), BBQ Glaze (5%) (Sugar, Maize Starch, Salt, Tomato Powder, Yeast Extract, Onion Powder, Garlic Powder, Paprika, Smoke Flavourings, Malt Extract (BARLEY), Thickener (Xanthan Gum), Parsley)]
BBQ Pulled Jackfruit in Wrap, Chips and Peas	Allergens: Barley, Celery, Cereals, Gluten, Soya, Wheat.	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], BBQ Pulled Jackfruit [Jackfruit [Jackfruit, Water, Acidity Regulator: Citric Acid.], BBQ Sauce [Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, BARLEY Malt Vinegar, Soy Sauce (Water, SOYA Extract (Water, SOYA Beans, Salt, WHEAT Flour), Salt, Glucose, Spirit Vinegar, BARLEY Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain WHEAT , CELERY), Smoked Maltodextrin, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder.], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain CELERY), spice.], Distilled Malt Vinegar [Distilled Malt Vinegar (from Barley)(Acidity 5%).], Sweet Chilli Sauce [Water, Sugar, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, Acidity Regulator (Acetic Acid), Preservative (Potassium Sorbate).], Light Brown Sugar [Cane sugar], Paprika [Ground Paprika.], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]], Peas [Peas [Peas]], 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.]]
Beef Meatballs in Ikea Style Sauce, Chips and Peas	Allergens: Cereals, Gluten, Milk, Mustard, Soya, Wheat. May Contain: Celery, Sesame Seeds, Sulphites, Sulphur Dioxide.	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], 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.], Peas [Peas [Peas]], Water [Water], Cream Cheese [Cream (MILK) , Skimmed MILK , MILK Solids, Modified Starch E1442, Salt E535, Potassium Sorbate E202, Culture], Semi Skimmed Milk (2L) [100% fresh milk], 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).], 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.], Mustard Powder [MUSTARD (100%)]

Title	Simple Allergens	Ingredients
Chicken Korma with Rice and Chapatti	Allergens: Cereals, Gluten, Wheat.	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], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Pre-pack Spinach [Spinach], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Brakes Korma Paste [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.], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Diced Onions (frozen) [Onions], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Cornflour [Maize Starch.]
Chicken Paella	May Contain: Cereals, Gluten, Wheat.	Water [Water], Diced Chicken (Shaws) [100% Chicken], Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Red Pepper (each [Dutch" Red Peppers], Peas [Peas], Diced Onions (frozen) [Onions], Garlic (pk 2) [Garlic], 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.], Tomato Paste [Tomatoes], Cumin [Ground Cumin.], Turmeric [Ground Turmeric.], Paprika [Ground Paprika.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).]
Crispy Topped Vegetable Pie	Allergens: Milk.	Potatoes [Washed & peeled potatoes], Cannellini Beans [Cannellini Beans, Water, Antioxidant(Ascorbic Acid).], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Broccoli (pks) [Broccoli], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], 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).]
Fish, Chips and Peas	Allergens: Cereals, Fish, Gluten, Wheat.	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Peas [Peas], Battered Pollock 80g [Alaska POLLOCK (Gadus chalcogrammus) FISH (50%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents: Sodium Carbonates, Diphosphates, Ammonium Carbonates; Salt, Dextrose, Maize Flour, WHEAT Starch, WHEAT Gluten, Maize Starch, Paprika, Turmeric Extract, Sunflower Oil, Emulsifier (Sunflower Lecithins).]
Fruity Chicken Curry with Rice and a Chapatti	Allergens: Cereals, Gluten, Wheat.	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Large Onions (kg) [Onions], Carrots (loose) [Carrot], Cauliflower Florets , Tomato Paste [Tomatoes], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], 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.], Olive Oil [extra Virgin olive oil]
Lentil Soup		Water [Water], Diced Carrots [carrots], Red Lentils , Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Turnip [Turnip], 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.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]

Title	Simple Allergens	Ingredients
Macaroni Cheese with Garlic Bread	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.	Semi Skimmed Milk (2L) [100% fresh milk], Macaroni Pasta [Durum Wheat Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], 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.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]
Roasted Red Pepper and Tomato Soup		Water [Water], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Tomato Paste [Tomatoes], Diced Carrots [carrots], Large Onions (kg) [Onions], 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.]
Steak Pie with Mashed Potato	Allergens: Cereals, Gluten, Milk, Wheat.	Mashed Potato [McCains Simply Mash [Potatoes], Semi Skimmed Milk (2L) [100% fresh milk], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]], Water [Water], Diced Steak (Shaws) [100% Beef], Large Onions (kg) [Onions], Puff Pastry [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate).], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Semi Skimmed Milk (2L) [100% fresh milk]
Sweet Potato and Coconut Curry, Rice and Chapatti	Allergens: Cereals, Gluten, Wheat.	Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Orange Sweet Potato [Orange Sweet Potatoes], Water [Water], Chick Peas [Chickpeas, Water, Antioxidant(Ascorbic Acid).], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Chapatti [Chapatti [Water, Wholemeal Wheat Flour, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Large Onions (kg) [Onions], Sliced Green Beans [Green Beans], 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.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Ginger [Ginger], Salt [Salt, Anti-caking Agent E535.], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], 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.], Ground Cinnamon [Ground Cinnamon (Cassia)]
Sweet Potato Soup		Water [Water], Orange Sweet Potato [Orange Sweet Potatoes], Red Onion [Red Salad Onions [Red Onions]], 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.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Garlic (pk 2) [Garlic], Salt [Salt, Anti-caking Agent E535.], Ground Black Pepper [Ground Black Pepper.]

Title	Simple Allergens	Ingredients
Vegan Meatballs in Tomato Sauce with Pasta	Allergens: Cereals, Gluten, Soya, Wheat. May Contain: Mustard.	Spaghetti Pasta [Water [Water], Spaghetti Pasta [Durum Wheat Semolina (100%).]], Vegan Meatballs 14g [Water, SOYA Protein (19%), Onion, Sunflower Oil, Tomato Paste, Chickpea Flour, Thickener (Methyl Cellulose), Brown Sugar, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Garlic Powder, Colour (Caramel), Natural Flavouring, Black Pepper.], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Tomato Paste [Tomatoes], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], 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.]