

# High School Summer 2025 Week 1 Report

Date: 12/03/2025

Title	Ingredients	Allergens (Single Column)
Cheese and Tomato Omelette, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Omelette [Pasteurised free range whole <b>EGG</b> Pasteurised whole <b>MILK</b> Rapeseed Oil, Thickener(Xanthan Gum) Salt Ground White Pepper], Peas [Peas [Peas]], Tomatoes (loose) [Tomatoes], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).]	Allergens: Eggs, Milk.
Chicken Burger, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Chicken Burger 85g [Chicken (54%), Water, Rapeseed Oil, <b>WHEAT</b> Flour, <b>WHEAT</b> Semolina, Maize Flour, Starch (contains <b>WHEAT</b> ), Modified Starch, Salt, Raising Agents (Diphosphates, Sodium Carbonates), Potassium Chloride, <b>WHEAT</b> Gluten, Dextrose, Spice.], Peas [Peas [Peas]], 4" Pre-Slice Bun [Pre-Slice High Fibre Bun (4") [ <b>Wheat</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>WHEAT</b> Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), <b>WHEAT</b> Gluten, Flour Treatment Agents (E300, E920).]]	Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.
Chicken Korma with Rice and Chapatti	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 <b>Wheat</b> Flour, <b>Wheat</b> 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 &nbsp;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 Onions (frozen) [Onions], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Cornflour [Maize Starch.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).]	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Sulphites, Sulphur Dioxide.
Chicken Meatballs, Tomato Sauce, Pasta, Garlic Bre	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 <b>Wheat</b> Semolina (100%).]], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Diced Swede [Swede], 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.], Garlic (pk 2) [Garlic], Olive Oil [extra Virgin olive oil]	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Soya.
Chicken Sausages with Savoury Rice	Savoury Rice [Water [Water], Long Grain Rice [Parboiled&nbsp;Long Grain Rice (100%).], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Peas [Peas], Sweetcorn [sweetcorn], Pre-pack Spinach [Spinach], 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.]], 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	Ingredients	Allergens (Single Column)
Chicken Tikka with Rice and Chapatti	Tikka Sauce [Water, Tomatoes, Tomato Purée from Concentrate (12%), Onion (10%), Low Fat Yogurt ( <b>Milk</b> ) (5%), Single <b>Cream (Milk)</b> (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 <b>Wheat</b> Flour, <b>Wheat</b> 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).]	Allergens: Cereals, Gluten, Milk, Wheat.
Fish, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Battered Pollock 80g [Pollock ( <b>Fish</b> ) (50%), <b>WHEAT</b> Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed oil, Maize flour, <b>WHEAT</b> Starch, Salt, Maize Starch, Sodium Phosphates, Sodium Bicarbonate, <b>WHEAT</b> Gluten, Dextrose, Sunflower Oil, Sodium Carbonate, Ammonium Carbonates, Paprika, Turmeric Extract, Sunflower Lecithin.], Peas [Peas]	Allergens: Cereals, Fish, Gluten, Wheat.
Lentil Soup	Water [Water], Carrots (loose) [Carrot], Red Lentils [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	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Macaroni Pasta [Durum <b>Wheat</b> Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Spaghetti Bolognaise with Garlic Bread	Spaghetti Pasta [Water [Water], Spaghetti Pasta [Durum <b>Wheat</b> Semolina (100%).]], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Minced Beef (Shaws) [100% Beef], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Sliced Mushrooms [Mushroom.], Celery (each) [ <b>Celery</b> ], Tomato Paste [Tomatoes], Cornflour [Maize Starch.], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Garlic (pk 2) [Garlic], Black Pepper [Black Pepper.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	Allergens: Celery, Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Steak Pie with Mashed Potato	Mashed Potatoes [McCains Simply Mash [POTATOES], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]], Water [Water], Diced Steak (Shaws) [100% Beef], Puff Pastry [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Potassium Sorbate.], Large Onions (kg) [Onions], Carrots (loose) [Carrot], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from	Allergens: Cereals, Gluten, Milk, Wheat.

Title	Ingredients	Allergens (Single Column)
	sustainably grown ingredients.], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Cornflour [Maize Starch.], Diced Swede [Swede]	
Sweet Potato and Chilli 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.], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Garlic (pk 2) [Garlic], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], Ground Black Pepper [Ground Black Pepper.]	
Vegan Meatballs in Tomato Sauce with Pasta	Spaghetti Pasta [Water [Water], Spaghetti Pasta [Durum <b>Wheat</b> Semolina (100%).]], Vegan Meatballs 14g [Water, <b>SOYA</b> 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], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Garlic (pk 2) [Garlic], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	Allergens: Cereals, Gluten, Soya, Wheat. May Contain: Mustard.
Vegetable Curry, Rice and a Chapatti	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 (loose) [Cauliflower], Chapatti [Chapatti [Water, Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> 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]	Allergens: Cereals, Gluten, Wheat.
Vegetable Soup	Water [Water], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Turnip [Turnip], Dutch Cabbage (loose) [English "Dutch" Cabbage], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], 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 Summer 2025 Week 2 Report

Date: 12/03/2025

Title	Ingredients	Allergens (Single Column)
Chicken and Leek Pie with Mash Potato	Mashed Potato [McCains Simply Mash [POTATOES], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Leeks (loose) [Leeks], Diced Chicken (Shaws) [100% Chicken], Puff Pastry [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Potassium Sorbate.], Plain Flour [ <b>WHEAT</b> &nbsp;Flour (with Calcium, Niacin, Iron, Thiamin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Milk, Wheat.
Chicken and Tomato Pasta with Garlic Bread	Water [Water], Chicken Meat (Diced) [Chicken], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Penne Pasta [Durum <b>Wheat</b> Semolina (100%).], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Large Onions (kg) [Onions], Carrots (loose) [Carrot], Tomato Paste [Tomatoes], Olive Oil [extra Virgin olive oil], Cornflour [Maize Starch.], 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.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Chicken Goujons, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Chicken Goujons [Chicken Goujons [Chicken Breast (58%), <b>WHEAT</b> flour ( with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Breadcrumb ( <b>WHEAT</b> flour with added Calcium Carbonate, Iron, Niacin, Thiamin, Water, Salt, Yeast), Rice Flour, Rapeseed Oil, <b>WHEAT</b> Starch, Stabiliser (Hydroxypropyl Methylcellulose), Salt, Caramel Sugar, Potato Starch, Stabiliser (Triphosphates), Yeast, Dextrose, Dried Glucose, Oligofructose (from chicory), Maize Flour, Sunflower Oil, Gluten ( <b>WHEAT</b> ), Raising Agents (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Paprika, Emulsifier (Polyglycerol Polyricinoleate).]], Peas [Peas [Peas]]	Allergens: Cereals, Gluten, Wheat.
Chicken Tikka with Rice and Chapatti	Tikka Sauce [Water, Tomatoes, Tomato Purée from Concentrate (12%), Onion (10%), Low Fat Yogurt ( <b>Milk</b> ) (5%), Single <b>Cream (Milk)</b> (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 <b>Wheat</b> Flour, <b>Wheat</b> 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).]	Allergens: Cereals, Gluten, Milk, Wheat.

Title	Ingredients	Allergens (Single Column)
Crispy Crumb Vegetable Burger, Chips & Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Crispy Crumb Vegetable Burger [Potato (24%) [Potato, Antioxidant (Sodium Metabisulphite)], <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Sweetcorn (12%), Carrot (10%), Water, Peas (10%), Rapeseed Oil, Dried Potato [Dried Potato, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)], Salt, Rice Starch, Yeast, Dextrose, Stabilisers (Cellulose, Methyl Cellulose), White Pepper, Turmeric, Yeast Extract.], Peas [Peas [Peas]], White Morning Rolls (Anderson) [White <b>Wheat</b> Flour (with calcium, iron, niacin, thiamine), Water, Vegetable Shortening (Palm oil, Palm Stearin, Rapeseed Oil), Palm Oil, Yeast, Salt, Sugar, E516, E170, <b>Soya</b> Flour, Dextrose, Oil (Rapeseed), Emulsifiers: E481, E472e, Flour Treatment Agent E300, Enzymes]	Allergens: Cereals, Gluten, Soya, Sulphites, Sulphur Dioxide, Wheat.
Fish, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Battered Pollock 80g [Pollock ( <b>Fish</b> ) (50%), <b>WHEAT</b> Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed oil, Maize flour, <b>WHEAT</b> Starch, Salt, Maize Starch, Sodium Phosphates, Sodium Bicarbonate, <b>WHEAT</b> Gluten, Dextrose, Sunflower Oil, Sodium Carbonate, Ammonium Carbonates, Paprika, Turmeric Extract, Sunflower Lecithin.], Peas [Peas]	Allergens: Cereals, Fish, Gluten, Wheat.
Grilled Salmon with Savoury Rice	Savoury Rice [Water [Water], Long Grain Rice [Parboiled&nbsp;Long Grain Rice (100%).], Diced Onions (frozen) [Onions], Pre-pack Spinach [Spinach], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Peas [Peas], 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.], Salmon (skin off) [100% Salmon ( <b>Fish</b> )]	Allergens: Fish.
Lentil Soup	Water [Water], Carrots (loose) [Carrot], Red Lentils [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	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Macaroni Pasta [Durum <b>Wheat</b> Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.

Title	Ingredients	Allergens (Single Column)
Nut Free Chicken Satay with Rice and Chapatti	Diced Chicken (Shaws) [100% Chicken], Water [Water], 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.], Onions [Onions White], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Cornflour [Maize Starch.], 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.], Coriander [Coriander.], 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.], Ginger [Ginger], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Caster Sugar [Cane Sugar], Chapatti [Chapatti [Water, Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]]	Allergens: Cereals, Gluten, Wheat.
Quorn Fillet, Gravy, Roasties, Yorkshire Pud	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Quorn Vegan Fillet [Quorn Vegan Fillet [Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, <b>Wheat</b> Gluten, Stabiliser: Carrageenan. Allergy Advice: For allergens, including cereals containing gluten, see ingredients in bold.]], 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 [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), <b>Egg</b> White, <b>Egg</b> , Water, Rapeseed Oil, Skimmed <b>Milk</b> Powder, Salt.]]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Quorn Korma with Rice and a Chapatti	Quorn Strips [Mycoprotein (95%), Rehydrated Free Range <b>Egg</b> White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate. Allergy Advice: For allergens, see ingredients in bold.], 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 <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Pre-pack Spinach [Spinach], 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], Cornflour [Maize Starch.], Olive Oil [extra Virgin olive oil]	Allergens: Cereals, Eggs, Gluten, Wheat. May Contain: Mustard, Sulphites, Sulphur Dioxide.
Roast Beef in Gravy, Roast Potatoes, Yorkshire Pud	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 [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), <b>Egg</b> White, <b>Egg</b> , Water, Rapeseed Oil, Skimmed <b>Milk</b> Powder, Salt.]]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Sweet Potato and Chilli 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.], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Garlic (pk 2) [Garlic], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], Ground Black Pepper [Ground Black Pepper.]	

Title	Ingredients	Allergens (Single Column)
Vegetable Soup	Water [Water], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Turnip [Turnip], Dutch Cabbage (loose) [English "Dutch" Cabbage], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], 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 Summer 2025 Week 3 Report

Date: 12/03/2025

Title	Ingredients	Allergens (Single Column)
Beef Tacos with Savoury Rice	Savoury Rice [Water [Water], Long Grain Rice [Parboiled&nbsp;Long Grain Rice (100%).], Diced Onions (frozen) [Onions], Pre-pack Spinach [Spinach], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Peas [Peas], 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.], Minced Beef (Shaws) [100% Beef], Taco Shells [Corn flour, high oleic sunflower oil (25%).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Water [Water], Large Onions (kg) [Onions], Mature White Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> .], Tomato Paste [Tomatoes], Olive Oil [extra Virgin olive oil], 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], Garlic Powder [Garlic.], Ground Black Pepper [Ground Black Pepper.], Paprika [Ground&nbsp;Paprika.], Cumin [Cumin.], Mild Chilli Powder [Paprika, Chilli Powder (20%).]	Allergens: Milk. May Contain: Cereals, Gluten, Wheat.
Chicken Burger, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Chicken Burger 85g [Chicken (54%), Water, Rapeseed Oil, <b>WHEAT</b> Flour, <b>WHEAT</b> Semolina, Maize Flour, Starch (contains <b>WHEAT</b> ), Modified Starch, Salt, Raising Agents (Diphosphates, Sodium Carbonates), Potassium Chloride, <b>WHEAT</b> Gluten, Dextrose, Spice.], Peas [Peas [Peas]], 4" Pre-Slice Bun [Pre-Slice High Fibre Bun (4") [ <b>Wheat</b> Flour ( <b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, <b>WHEAT</b> Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), <b>WHEAT</b> Gluten, Flour Treatment Agents (E300, E920).]]	Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.
Chicken Korma with Rice and Chapatti	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 <b>Wheat</b> Flour, <b>Wheat</b> 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 [&nbsp;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 Onions (frozen) [Onions], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Cornflour [Maize Starch.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).]	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Sulphites, Sulphur Dioxide.
Chicken Tikka with Rice and Chapatti	Tikka Sauce [Water, Tomatoes, Tomato Purée from Concentrate (12%), Onion (10%), Low Fat Yogurt ( <b>Milk</b> ) (5%), Single <b>Cream (Milk)</b> (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 <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Pre-pack Spinach [Spinach], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red	Allergens: Cereals, Gluten, Milk, Wheat.



Title	Ingredients	Allergens (Single Column)
	Pepper (33%), Yellow Pepper (33%).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).]	
Fish, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Battered Pollock 80g [Pollock ( <b>Fish</b> ) (50%), <b>WHEAT</b> Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed oil, Maize flour, <b>WHEAT</b> Starch, Salt, Maize Starch, Sodium Phosphates, Sodium Bicarbonate, <b>WHEAT</b> Gluten, Dextrose, Sunflower Oil, Sodium Carbonate, Ammonium Carbonates, Paprika, Turmeric Extract, Sunflower Lecithin.], Peas [Peas]	Allergens: Cereals, Fish, Gluten, Wheat.
Grilled Quorn Burger, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Quorn Burgers [Mycoprotein (44%), Rehydrated Free Range <b>EGG</b> White, Textured <b>WHEAT</b> Protein, [ <b>WHEAT</b> Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Plain Caramel. Stabiliser: Sodium Alginate.], Onion, <b>MILK</b> Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted <b>BARLEY</b> Malt Extract], Peas [Peas]	Allergens: Barley, Cereals, Eggs, Gluten, Milk, Wheat.
Lentil Soup	Water [Water], Carrots (loose) [Carrot], Red Lentils [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	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Macaroni Pasta [Durum <b>Wheat</b> Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Meat Free Bolognese with Garlic Bread	Spaghetti Pasta [Water [Water], Spaghetti Pasta [Durum <b>Wheat</b> Semolina (100%).], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Katerveg Meat Free Mince [Rehydrated Textured <b>SOYA</b> Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Sliced Mushrooms [Mushroom.], Tomato Paste [Tomatoes], Cornflour [Maize Starch.], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Garlic (pk 2) [Garlic], Black Pepper [Black Pepper.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	Allergens: Cereals, Gluten, Milk, Soya, Wheat. May Contain: Mustard.
Meat Free Tacos	Katerveg Meat Free Mince [Rehydrated Textured <b>SOYA</b> Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].], Taco Shells [Corn flour, high oleic sunflower oil (25%).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Large Onions (kg) [Onions], Mature White Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> .], Tomato Paste [Tomatoes], Olive Oil [extra Virgin olive oil], Garlic Powder [Garlic.], Ground Black Pepper [Ground Black Pepper.], Paprika [Ground   Paprika.], Cumin [Cumin.], Mild Chilli Powder [Paprika, Chilli Powder (20%).]	Allergens: Milk, Soya. May Contain: Cereals, Gluten, Wheat.

Title	Ingredients	Allergens (Single Column)
Nut Free Quorn Satay with Rice and Chapatti	Quorn Vegan Fillet [Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, <b>Wheat</b> Gluten, Stabiliser: Carrageenan. Allergy Advice: For allergens, including cereals containing gluten, see ingredients in bold.], Water [Water], 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 <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Onions [Onions White], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Cornflour [Maize Starch.], 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.], Coriander [Coriander.], 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.], Ginger [Ginger], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Caster Sugar [Cane Sugar]	Allergens: Cereals, Gluten, Wheat.
Savoury Mince and Tatties	Mashed Potatoes [McCains Simply Mash [POTATOES], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]], Minced Beef (Shaws) [100% Beef], Water [Water], Large Onions (kg) [Onions], Carrots (loose) [Carrot], Diced Swede [Swede], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Cornflour [Maize Starch.], 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]	Allergens: Milk.
Steak Pie with Mashed Potato	Mashed Potato [McCains Simply Mash [POTATOES], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]], Water [Water], Diced Steak (Shaws) [100% Beef], Puff Pastry [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Potassium Sorbate.], Large Onions (kg) [Onions], 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 <b>milk</b> ]	Allergens: Cereals, Gluten, Milk, Wheat.
Sweet Potato and Chilli 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.], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Garlic (pk 2) [Garlic], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], Ground Black Pepper [Ground Black Pepper.]	
Vegetable Soup	Water [Water], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Turnip [Turnip], Dutch Cabbage (loose) [English "Dutch" Cabbage], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], 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 Summer 2025 Week 4 Report

Date: 12/03/2025

Title	Ingredients	Allergens (Single Column)
Beef Lasagne with Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Peas [Peas [Peas]], Minced Beef (Shaws) [100% Beef], Lasagne Sheets [Durum <b>WHEAT</b> semolina], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Diced Carrots [carrots], Diced Onions (frozen) [Onions], Mature White Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> .], Cornflour [Maize Starch.], Tomato Paste [Tomatoes], Garlic (pk 2) [Garlic], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Eggs, Mustard, Soya.
Cheese and Tomato Quiche with Roast Potatoes	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Tomatoes (loose) [Tomatoes], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Shortcrust Pastry [Plain Flour <b>[WHEAT]</b> Flour (with Calcium, Niacin, Iron, Thiamin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.], Water [Water]], (2.5 Doz) "medium" Free Range Eggs [100% <b>Egg</b> ], Mild White Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> ], Water [Water]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Chicken and Tomato Pasta with Garlic Bread	Water [Water], Chicken Meat (Diced) [Chicken], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Penne Pasta [Durum <b>Wheat</b> Semolina (100%).], Garlic Bread [Garlic Bread <b>[Wheat]</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Large Onions (kg) [Onions], Carrots (loose) [Carrot], Tomato Paste [Tomatoes], Olive Oil [extra Virgin olive oil], Cornflour [Maize Starch.], 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.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Chicken Tikka with Rice and Chapatti	Tikka Sauce [Water, Tomatoes, Tomato Purée from Concentrate (12%), Onion (10%), Low Fat Yogurt ( <b>Milk</b> ) (5%), Single <b>Cream (Milk)</b> (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 <b>Wheat</b> Flour, <b>Wheat</b> 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).]	Allergens: Cereals, Gluten, Milk, Wheat.
Chilli con Carne, Rice and Garlic Bread	Minced Beef (Shaws) [100% Beef], Water [Water], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Garlic Bread [Garlic Bread <b>[Wheat]</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Diced Onions (frozen) [Onions], Red Kidney Beans [Red Kidney Beans, Water, Firming Agent: Calcium chloride.], Cornflour [Maize Starch.], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Soya.

Title	Ingredients	Allergens (Single Column)
Fish, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Battered Pollock 80g [Pollock ( <b>Fish</b> ) (50%), <b>WHEAT</b> Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed oil, Maize flour, <b>WHEAT</b> Starch, Salt, Maize Starch, Sodium Phosphates, Sodium Bicarbonate, <b>WHEAT</b> Gluten, Dextrose, Sunflower Oil, Sodium Carbonate, Ammonium Carbonates, Paprika, Turmeric Extract, Sunflower Lecithin.], Peas [Peas]	Allergens: Cereals, Fish, Gluten, Wheat.
Grilled Salmon with Savoury Rice	Savoury Rice [Water [Water], Long Grain Rice [Parboiled&nbsp;Long Grain Rice (100%).], Diced Onions (frozen) [Onions], Pre-pack Spinach [Spinach], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Peas [Peas], 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.]], Salmon (skin off) [100% Salmon ( <b>Fish</b> )]	Allergens: Fish.
Katsu Chicken Curry, Rice and Chapatti	Water [Water], Chicken Goujons [Chicken Breast (58%), <b>WHEAT</b> flour ( with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Breadcrumb ( <b>WHEAT</b> flour with added Calcium Carbonate, Iron, Niacin, Thiamin, Water, Salt, Yeast), Rice Flour, Rapeseed Oil, <b>WHEAT</b> Starch, Stabiliser (Hydroxypropyl Methylcellulose), Salt, Caramel Sugar, Potato Starch, Stabiliser (Triphosphates), Yeast, Dextrose, Dried Glucose, Oligofructose (from chicory), Maize Flour, Sunflower Oil, Gluten ( <b>WHEAT</b> ), 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 <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], 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.], 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.], Kikkoman GF Soy Sauce [Water, <b>SOYBEANS</b> , Salt, Spirit vinegar], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Caster Sugar [Cane Sugar]	Allergens: Cereals, Gluten, Soya, Wheat.
Lentil Soup	Water [Water], Carrots (loose) [Carrot], Red Lentils [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	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Macaroni Pasta [Durum <b>Wheat</b> Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Quorn Korma with Rice	Quorn Strips [Mycoprotein (95%), Rehydrated Free Range <b>Egg</b> White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate. Allergy Advice: For allergens, see ingredients in bold.], Brown and White Rice [Brown and White Rice [50% wholegrain	Allergens: Cereals, Eggs, Gluten, Wheat.

Title	Ingredients	Allergens (Single Column)
and a Chapatti	parboiled long grain rice 50% white parboiled long grain rice]], Water [Water], Chapatti [Chapatti [Water, Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Pre-pack Spinach [Spinach], 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], Cornflour [Maize Starch.], Olive Oil [extra Virgin olive oil]	May Contain: Mustard, Sulphites, Sulphur Dioxide.
Roast Chicken in Gravy, Roast Pots, Yorkshire Pud	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Chicken Breast Fillet [Chicken Breast (90%), Water, Salt, Potato Starch, Stabilisers (Triphosphates).], 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 [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), <b>Egg</b> White, <b>Egg</b> , Water, Rapeseed Oil, Skimmed <b>Milk</b> Powder, Salt.]]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Sweet Potato and Chilli 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.], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Garlic (pk 2) [Garlic], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], Ground Black Pepper [Ground Black Pepper.]	
Vegan Sausages, Chips and Peas	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Katerveg Vegan Sausages [Rehydrated Textured <b>SOYA</b> 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).], Peas [Peas]	Allergens: Soya.
Vegetable Soup	Water [Water], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Turnip [Turnip], Dutch Cabbage (loose) [English "Dutch" Cabbage], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], 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.]	