

# High School Summer 2026 Week 1 Report

Date: 26/03/2026

Title	Ingredients	Allergens (Single Column)
BBQ Pulled Quorn, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Peas [Peas [Peas]], 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.], 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).], Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, <b>BARLEY</b> Malt Vinegar, <b>Soy</b> Sauce (Water, <b>SOYA</b> Extract (Water, <b>SOYA</b> Beans, Salt, <b>WHEAT</b> Flour), Salt, Glucose, Spirit Vinegar, <b>BARLEY</b> Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain <b>WHEAT</b> , <b>CELERY</b> ), Smoked Maltodextrin, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder.], Paprika [Ground&nbsp;Paprika.]	Allergens: Barley, Celery, Cereals, Gluten, Soya, Wheat. May Contain: Sesame Seeds.
Chicken and Tomato Pasta with Crusty Bread	Water [Water], Crusty Bread [White Baguette 10inch [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).], Chicken Meat (Diced) [Chicken], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Penne Pasta [Durum <b>Wheat</b> Semolina (100%).], Large Onions (kg) [Onions], Carrots (loose) [Carrot], Tomato Paste [Tomatoes], Olive Oil [Refined Olive Oil, Virgin Olive Oil.], Cornflour [Maize Starch.], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%), yeast extract, chicken (1%), spices (turmeric, garlic powder, lovage roots), antioxidant (extracts of rosemary).]	Allergens: Cereals, Gluten, Wheat. May Contain: Barley, Mustard, Sesame Seeds, Soya.
Chicken Burger, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], GF Chicken Burger [Chicken (67.5%), Water, Crumb (Rice Flour, Water, Dextrose Monohydrate, Bamboo Fibre, Salt, Caramelised Sugar Syrup, Paprika Extract), Batter (Potato Starch, Maize Flour, Maize Starch, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose), Paprika Extract), Rapeseed Oil, Potato Starch, Stabiliser (Triphosphate), Salt, Caramelised Sugar Powder, Glucose, Fructose, Thickener (Xanthan Gum), Paprika.], 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], Amoy Light Coconut Milk [Coconut Extract (82%), Water, Thickener (Cellulose Gum), 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 Puree, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.&nbsp;&nbsp;], Diced Onions (frozen) [Onions (EU Origin)], 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.

Title	Ingredients	Allergens (Single Column)
Chicken Pasta Bake	Diced Chicken (Shaws) [100% Chicken], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Penne Pasta [Durum <b>Wheat</b> Semolina (100%).], Diced Onions (frozen) [Onions (EU Origin)], Brakes Low Fat Soft Cream Cheese [Skimmed <b>MILK</b> , <b>MILK</b> Solids, <b>Cream (MILK)</b> , Starch, Locust Bean Gum E410, Salt E535, Potassium Sorbate, Culture.], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Mild White Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> ], Sweetcorn [Sweetcorn.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Garlic [Garlic], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], Paprika [Ground&nbsp;Paprika.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide).)], Black Pepper [Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Chicken Supreme	Diced Chicken (Shaws) [100% Chicken], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Water [Water], Diced Onions (frozen) [Onions (EU Origin)], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.], Plain Flour [ <b>WHEAT</b> &nbsp;Flour (with Calcium, Niacin, Iron, Thiamin).], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%), yeast extract, chicken (1%), spices (turmeric, garlic powder, lovage roots), antioxidant (extracts of rosemary).], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, 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 (EU Origin)], 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, Salt, Raising Agent (Sodium Phosphates, Sodium Carbonate, Ammonium Carbonate), Dextrose, Maize Flour, <b>Wheat</b> Starch, <b>Wheat</b> Gluten, Colour (Paprika Extract), Turmeric Extract, Sunflower Oil, Emulsifier (Sunflower Lecithin).], Peas [Peas]	Allergens: Cereals, Fish, Gluten, Wheat.
Macaroni Cheese with Crusty Bread	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Crusty Bread [White Baguette 10inch [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]], Macaroni Pasta [Durum <b>Wheat</b> Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Barley, Mustard, Sesame Seeds, Soya.
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.

Title	Ingredients	Allergens (Single Column)
Vegan Sausages in Gravy, Potatoes, Yorkshire Pud	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], 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).], 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, Soya, Wheat.
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 [Carrot (origin: EU).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Diced Onions (frozen) [Onions (EU Origin)], 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.

# High School Summer 2026 Week 2 Report

Date: 26/03/2026

Title	Ingredients	Allergens (Single Column)
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], Amoy Light Coconut Milk [Coconut Extract (82%), Water, Thickener (Cellulose Gum), 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 Puree, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.&nbsp;&nbsp; ], Diced Onions (frozen) [Onions (EU Origin)], 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, Tom Sauce, Pasta, Crusty Bread	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)], Crusty Bread [White Baguette 10inch [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]], 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 [Carrot (origin: EU).], Diced Swede [Swede], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Garlic (pk 2) [Garlic], Olive Oil [Refined Olive Oil, Virgin Olive Oil.]	Allergens: Cereals, Gluten, Wheat. May Contain: Barley, Mustard, Sesame Seeds, Soya.
Chicken Sausages, Chips and Baked Beans	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]], 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]	
Chinese Chicken Curry, Rice and Chapatti	Water [Water], Diced Chicken (Shaws) [100% Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Peas [Peas], Chapatti [Chapatti [Water, Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Large Onions (kg) [Onions], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%), yeast extract, chicken (1%), spices (turmeric, garlic powder, lovage roots), antioxidant (extracts of rosemary).], 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.], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Turmeric [Ground Turmeric.], Caster Sugar [Cane Sugar], Kikkoman GF Soy Sauce [Water, <b>SOYBEANS</b> , Salt, Spirit vinegar], Ground Ginger [Ginger.]	Allergens: Cereals, Gluten, Soya, 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, Salt, Raising Agent (Sodium Phosphates, Sodium Carbonate, Ammonium	Allergens: Cereals, Fish, Gluten, Wheat.

Title	Ingredients	Allergens (Single Column)
	Carbonate), Dextrose, Maize Flour, <b>Wheat</b> Starch, <b>Wheat</b> Gluten, Colour (Paprika Extract), Turmeric Extract, Sunflower Oil, Emulsifier (Sunflower Lecithin).], Peas [Peas]	
Grilled Salmon with Savoury Rice	Savoury Rice [Water [Water], Long Grain Rice [Long Grain Rice (100%).], Diced Onions (frozen) [Onions (EU Origin)], 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, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Garlic Powder [Garlic.]], Salmon (skin off) [100% Salmon ( <b>Fish</b> )]	Allergens: Fish.
Macaroni Cheese with Crusty Bread	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Crusty Bread [White Baguette 10inch [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]], Macaroni Pasta [Durum <b>Wheat</b> Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Barley, Mustard, Sesame Seeds, Soya.
Omelette, Chips and Baked Beans	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]], Omelette [Pasteurised free range whole <b>EGG</b> Pasteurised whole <b>MILK</b> Rapeseed Oil, Thickener(Xanthan Gum) Salt Ground White Pepper]	Allergens: Eggs, Milk.
Spaghetti Bolognese with Crusty Bread	Spaghetti Pasta [Water [Water], Spaghetti Pasta [Durum <b>Wheat</b> Semolina (100%).]], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Crusty Bread [White Baguette 10inch [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]], Minced Beef (Shaws) [100% Beef], Diced Onions (frozen) [Onions (EU Origin)], Diced Carrots [Carrot (origin: EU).], 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, Wheat. May Contain: Barley, Mustard, Sesame Seeds, Soya.
Steak Pie with Mashed Potato	Mashed Potato [McCains Simply Mash [POTATOES], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide).)], Water [Water], Diced Steak (Shaws) [100% Beef], Puff Pastry [Ingredients: <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, 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 Coconut Curry, Rice and Chapatti	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], Amoy Light Coconut Milk [Coconut Extract (82%), Water, Thickener (Cellulose Gum), Emulsifier (Polysorbate 60).], Chick Peas [Chickpeas, Water, Antioxidant: Ascorbic Acid.], Chapatti [Chapatti [Water, Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Large Onions (kg) [Onions], Sliced Green Beans [Green beans], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Ginger [Ginger], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Curry Powder [Coriander, Turmeric (26%), Cumin Powder	Allergens: Cereals, Gluten, Wheat.

Title	Ingredients	Allergens (Single Column)
	(8%), Salt(Salt, Anticaking agent(Sodium Ferrocyanide)), Rice Flour, Fenugreek (8%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace.], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], Ground Cinnamon [Ground Cinnamon (Cassia)]	
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 (EU Origin)], 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.

# High School Summer 2026 Week 3 Report

Date: 26/03/2026

Title	Ingredients	Allergens (Single Column)
BBQ Chicken in a Bun, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], RT Chicken Strips [Chicken Breast (98%), Salt, Potato Starch, Stabiliser (Triphosphates).], Peas [Peas [Peas]], 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).], Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, <b>BARLEY</b> Malt Vinegar, <b>Soy</b> Sauce (Water, <b>SOYA</b> Extract (Water, <b>SOYA</b> Beans, Salt, <b>WHEAT</b> Flour), Salt, Glucose, Spirit Vinegar, <b>BARLEY</b> Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain <b>WHEAT</b> , <b>CELERY</b> ), Smoked Maltodextrin, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder.]	Allergens: Barley, Celery, Cereals, Gluten, Soya, Wheat. May Contain: Sesame Seeds.
Beef Fajitas	Minced Beef (Shaws) [100% Beef], Tomato Flour Tortillas [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Large Onions (kg) [Onions], Green Peppers (each) [Green Peppers], Yellow Pepper (each) [Yellow Peppers], Spring Onion (bunch) [Spring onions], Tomato Paste [Tomatoes], 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).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).]	Allergens: Cereals, Gluten, Wheat.
Beef Lasagne with Crusty Bread	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Minced Beef (Shaws) [100% Beef], Crusty Bread [White Baguette 10inch [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]], Lasagne Sheets [Durum <b>WHEAT</b> semolina], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Diced Carrots [Carrot (origin: EU).], Diced Onions (frozen) [Onions (EU Origin)], 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: Barley, Eggs, Mustard, Sesame Seeds, Soya.
Chicken Casserole, Mashed Potato, YP	Mashed Potato [McCains Simply Mash [POTATOES], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide).)], Water [Water], Chicken Meat (Diced) [Chicken], 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.]], Peas [Peas], Sliced Mushrooms [Mushroom.], Diced Carrots [Carrot (origin: EU).], Diced Onions (frozen) [Onions (EU Origin)], Cornflour [Maize Starch.], Tomato Paste [Tomatoes], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%), yeast extract, chicken (1%), spices (turmeric, garlic powder, lovage roots), antioxidant (extracts of rosemary).]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Chicken Fajita Style Rice	Water [Water], Diced Chicken (Shaws) [100% Chicken], Long Grain Rice [Long Grain Rice (100%).], Diced Onions (frozen) [Onions (EU Origin)], Red Pepper (each) [Dutch" Red Peppers], Green Peppers (each) [Green Peppers], Sweetcorn [Sweetcorn.], 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).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%), yeast extract,	

Title	Ingredients	Allergens (Single Column)
	chicken (1%), spices (turmeric, garlic powder, lovage roots), antioxidant (extracts of rosemary).], Garlic (pk 2) [Garlic], Ground Black Pepper [Ground Black Pepper.]	
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 (EU Origin)], 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.
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, Salt, Raising Agent (Sodium Phosphates, Sodium Carbonate, Ammonium Carbonate), Dextrose, Maize Flour, <b>Wheat</b> Starch, <b>Wheat</b> Gluten, Colour (Paprika Extract), Turmeric Extract, Sunflower Oil, Emulsifier (Sunflower Lecithin).], Peas [Peas]	Allergens: Cereals, Fish, Gluten, Wheat.
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, Breadcrumbs ( <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 (EU Origin)], Amoy Light Coconut Milk [Coconut Extract (82%), Water, Thickener (Cellulose Gum), 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, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], 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.
Macaroni Cheese with Crusty Bread	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Crusty Bread [White Baguette 10inch [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]], Macaroni Pasta [Durum <b>Wheat</b> Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Barley,



Title	Ingredients	Allergens (Single Column)
		Mustard, Sesame Seeds, Soya.
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 [Carrot (origin: EU).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Diced Onions (frozen) [Onions (EU Origin)], 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 Lasagne and Crusty Bread	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Crusty Bread [White Baguette 10inch [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Lasagne Sheets [Durum <b>WHEAT</b> semolina], Diced Onions (frozen) [Onions (EU Origin)], Sweetcorn [Sweetcorn.], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Courgettes (loose) [Courgettes], Cornflour [Maize Starch.], Tomato Paste [Tomatoes], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Garlic (pk 2) [Garlic]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Barley, Eggs, Mustard, Sesame Seeds, Soya.

# High School Summer 2026 Week 4 Report

Date: 26/03/2026

Title	Ingredients	Allergens (Single Column)
BBQ Pulled Pork Wrap, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Pork Leg [Pork], Peas [Peas [Peas]], Barbecue Sauce [Water, Sugar, Tomato Paste, Spirit Vinegar, <b>BARLEY</b> Malt Vinegar, <b>Soy</b> Sauce (Water, <b>SOYA</b> Extract (Water, <b>SOYA</b> Beans, Salt, <b>WHEAT</b> Flour), Salt, Glucose, Spirit Vinegar, <b>BARLEY</b> Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain <b>WHEAT</b> , <b>CELERY</b> ), 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 <b>CELERY</b> ), spice.], Distilled Malt Vinegar [Distilled Malt Vinegar (from <b>Barley</b> ) gluten], Sweet Chilli Sauce [Water, Sugar, Red Chilli (14%)(Red Chilli, Salt, Water, Acetic Acid), Garlic (4.0%) (Water, Garlic), Modified Corn Starch, Salt, Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate).], Light Brown Sugar [Cane sugar], Worcester Sauce [Malt Vinegar (from <b>BARLEY</b> ), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies, ( <b>FISH</b> ) Tamarind Extract, Onions, Garlic, Spices, Flavourings], Tomato Wrap [Tomato Flour Tortillas [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.]]	Allergens: Barley, Celery, Cereals, Fish, Gluten, Soya, 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 (EU Origin)], 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, Salt, Raising Agent (Sodium Phosphates, Sodium Carbonate, Ammonium Carbonate), Dextrose, Maize Flour, <b>Wheat</b> Starch, <b>Wheat</b> Gluten, Colour (Paprika Extract), Turmeric Extract, Sunflower Oil, Emulsifier (Sunflower Lecithin).], Peas [Peas]	Allergens: Cereals, Fish, Gluten, Wheat.
Grilled Salmon with Savoury Rice	Savoury Rice [Water [Water], Long Grain Rice [Long Grain Rice (100%).], Diced Onions (frozen) [Onions (EU Origin)], 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, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Garlic Powder [Garlic.], Salmon (skin off) [100% Salmon ( <b>Fish</b> )]	Allergens: Fish.

Title	Ingredients	Allergens (Single Column)
Macaroni Cheese with Crusty Bread	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Crusty Bread [White Baguette 10inch [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]], Macaroni Pasta [Durum <b>Wheat</b> Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Barley, Mustard, Sesame Seeds, Soya.
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]], Amoy Light Coconut Milk [Coconut Extract (82%), Water, Thickener (Cellulose Gum), 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%), yeast extract, chicken (1%), spices (turmeric, garlic powder, lovage roots), antioxidant (extracts of rosemary).], 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.
Omelette with 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]	Allergens: Eggs, Milk.
Quorn Korma with Rice and a Chapatti	Quorn Vegan Pieces [Mycoprotein (93%), Rapeseed Protein, Natural Flavouring, Potato Protein, Mushroom Extract (Maltodextrin, Mushroom Extract). 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.]], Amoy Light Coconut Milk [Coconut Extract (82%), Water, Thickener (Cellulose Gum), 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 Puree, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.&nbsp;&nbsp; ], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Diced Onions (frozen) [Onions (EU Origin)], Cornflour [Maize Starch.], Olive Oil [Refined Olive Oil, Virgin Olive Oil.]	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Sulphites, Sulphur Dioxide.
Roast Turkey in Gravy with Roast Potatoes	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Turkey Saddle [Turkey Breast (91%), Water, Potato Starch, Dextrose, Salt, Thickener(Carrageenan), Stabiliser(Disodium Diphosphate, Pentasodium Triphosphate), Colour(Plain Caramel), White Pepper.], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]]	
Steak Pie with Roast Potatoes	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Water [Water], Diced Steak (Shaws) [100% Beef], Puff Pastry [Ingredients: <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, 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 and Sour	Diced Chicken (Shaws) [100% Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Pineapple Slices	Allergens: Celery,

Title	Ingredients	Allergens (Single Column)
Chicken with Rice	[Pineapple Slices, Pineapple Juice /Pineapple Juice from concentrate (Depending on the supplier), Acidity Regulator: Citric Acid.], Carrots (loose) [Carrot], Large Onions (kg) [Onions], White Wine Vinegar [White Wine Vinegar, Preservative(Potassium Metabisulphite).(Acidity 6%).], Green Peppers (each) [Green Peppers], Red Pepper (each) [Dutch" Red Peppers], Light Brown Sugar [Cane sugar], Caster 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 <b>CELERY</b> ), spice.]	Sulphites, Sulphur Dioxide.
Three Bean Chilli with Rice and Crusty Bread	Crusty Bread [White Baguette 10inch [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid).]], 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]], Red Kidney Beans [Red Kidney Beans, Water, Firming Agent: Calcium chloride.], Cannellini Beans [Cannellini Beans, Water, Antioxidant(Ascorbic Acid).], Borlotti Beans [Borlotti Beans, Water, Antioxidant(Ascorbic Acid).], Large Onions (kg) [Onions], Red Pepper (each) [Dutch" Red Peppers], Olive Oil [Refined Olive Oil, Virgin Olive Oil.], Garlic (pk 2) [Garlic], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Corriander [Corriander], Cumin [Cumin.], Paprika [Ground&nbsp;Paprika.]	Allergens: Cereals, Gluten, Wheat. May Contain: Barley, Sesame Seeds.

# High School Summer 2026 Soup Report

Date: 16/03/2026

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Title	Ingredients	Allergens (Single Column)
Lentil Soup	Water [Water], Carrots (loose) [Carrot], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions (EU Origin)], Leeks (loose) [Leeks], Turnip [Turnip], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Tomato Soup	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Diced Carrots [Carrot (origin: EU).], Diced Onions (frozen) [Onions (EU Origin)], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Tomato Ketchup [Tomatoes (148 g per 100 g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain <b>CELERY</b> ), spice.], Tomato Paste [Tomatoes], Garlic (pk 2) [Garlic], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]	Allergens: Celery, Milk.
Vegetable Soup	Water [Water], Diced Onions (frozen) [Onions (EU Origin)], Diced Carrots [Carrot (origin: EU).], Turnip [Turnip], Dutch Cabbage (loose) [English "Dutch" Cabbage], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, starch, sugar, flavourings, onion (2.5%), extra virgin olive oil, carrot juice powder (1.3%), parsley root, parsnip, garlic powder, pepper, lovage roots, bay leaves, turmeric.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	