

Primary Summer 2025 Week 1 Report

Date: 05/02/2025

Title	Ingredients	Allergens (Single Column)
Beef Burger in a Roll	Simon Howie Beef Burger (57g) [Beef (86%), Water, Dried Potato, Potato Starch, Salt, Rice Flour, Spices (Black Pepper, Cinnamon, Nutmeg, Clove, Cassia), Preservative (Sodium Metabi SULPHITE), Hydrolysed Maize Protein, Herbs (Coriander, Marjoram, Sage, Thyme, Oregano), Yeast Extract, Dextrose, Flavouring, Spice Extract.], Pre-Slice High Fibre Bun (4") [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]	Allergens: Cereals, Gluten, Sulphites, Sulphur Dioxide, Wheat. May Contain: Sesame Seeds.
Brownie	Plain Flour [WHEAT Flour (with Calcium, Niacin, Iron, Thiamin).], Caster Sugar [Cane Sugar], Water [Water], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]	Allergens: Cereals, Gluten, Wheat.
Cheese Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk) , Contains Colour(Annatto Norbixin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Milk, Soya, Wheat.
Chicken Meatballs in a Tomato Sauce with Pasta	Water [Water], Chicken Meatballs [Chicken (70%), Water, Gluten Free Crumb (Rice Flour, Gram Flour, Water, Maize Starch, Salt, Dextrose Monohydrate). Seasoning (Potato Starch, Salt, Spices, Onion Powder, Sugar, Yeast Extract, Spice Extracts)], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Spaghetti Pasta [Durum Wheat Semolina (100%).], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Diced Swede [Swede], Leeks (loose) [Leeks], Garlic (pk 2) [Garlic], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Olive Oil [extra Virgin olive oil]	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Soya.
Chicken Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.
Chicken Sausages, Chips and Baked Beans	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract]], Chicken Sausage [Chicken 65%, Chicken Skin, Water, Pea Flour, Potato Starch, Salt, Rice Flour, Yeast Extract, Stabiliser E451, Sugar, Spices, Onion Powder, Antioxidant E301, Spice Extract, Herb Extract, Filled in to a Beef Collagen Casing]	

Title	Ingredients	Allergens (Single Column)
Custard Creams Recipe	Plain Flour [WHEAT Flour (with Calcium, Niacin, Iron, Thiamin).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Custard Powder [Maize Starch, Colour(Annatto Norbixin), Flavouring.], Caster Sugar [Cane Sugar], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Icing Sugar [Sugar (97%), Maize Starch], Vanilla Essence [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.]	Allergens: Cereals, Gluten, Wheat.
Egg Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK , MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.
Free-Range Omelette, Chips and Baked Beans	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Baked Beans [Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract]], Free-Range Mini Round Omelette [Pasteurised free range whole EGG Pasteurised whole MILK Rapeseed Oil, Thickener(Xanthan Gum) Salt Ground White Pepper]	Allergens: Eggs, Milk.
Garlic Bread	Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Soya.
Ham Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.

Title	Ingredients	Allergens (Single Column)
Katsu Chicken Curry with Rice	Breaded Chicken Goujons [Chicken Goujons [Chicken Breast (58%), WHEAT flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Breadcrumb (WHEAT flour with added Calcium Carbonate, Iron, Niacin, Thiamin, Water, Salt, Yeast), Rice Flour, Rapeseed Oil, WHEAT Starch, Stabiliser (Hydroxypropyl Methylcellulose), Salt, Caramel Sugar, Potato Starch, Stabiliser (Triphosphates), Yeast, Dextrose, Dried Glucose, Oligofructose (from chicory), Maize Flour, Sunflower Oil, Gluten (WHEAT), Raising Agents (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Paprika, Emulsifier (Polyglycerol Polyricinoleate).]], Water [Water], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Diced Onions (frozen) [Onions], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], 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.], Kikkoman GF Soy Sauce [Water, SOYbeans , Salt, Spirit vinegar], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Caster Sugar [Cane Sugar]	Allergens: Cereals, Gluten, Soya, Wheat.
Leek and Potato Soup	Water [Water], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Onions [Onions White], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Ground Black Pepper [Ground Black Pepper.]	
Lentil Soup	Water [Water], Diced Carrots [carrots], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Low Fat Natural Yoghurt	Low Fat Natural Yoghurt [Low Fat Natural Yogurt (Milk).]	Allergens: Milk.
Low Fat Strawberry Yoghurt	Low Fat Strawberry Yoghurt [Low Fat Yogurt (MILK), Strawberry (8%), Sugar, Strawberry Puree (1.7%), Modified Maize Starch, Natural Flavourings, Natural Colour (Anthocyanins), Acidity Regulators (Citric Acid, Trisodium Citrate), , Preservative (Potassium Sorbate).]	Allergens: Milk.
Macaroni Cheese with Broccoli	Semi Skimmed Milk (2L) [100% fresh milk], Broccoli (pks) [Broccoli], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk) , Contains Colour(Annatto Norbixin).], Macaroni Pasta [Durum Wheat Semolina (100%).], Plain Flour [WHEAT 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. May Contain: Mustard, Soya.

Title	Ingredients	Allergens (Single Column)
Quorn Vegan Nuggets in a Roll	Quorn Vegan Nuggets [Mycoprotein (51%), Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Water, Wheat Starch, Pea Fibre, Natural Flavouring, Potato Protein, Pea Protein, Salt, Wheat Gluten, Durum Wheat Semolina, Yeast, Sage, Garlic Powder, White Pepper, Colour: Paprika Extract; Sage Extract, Onion Powder, Onion Oil, Raising Agent: Ammonium Bicarbonate. For allergens, including cereals containing gluten, see ingredients in bold.], Pre-Slice High Fibre Bun (4") [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]	Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.
Roast Beef in Gravy, Roast Pots, Yorkshire Pud	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Sliced Roast Beef (QMS) [Beef Silverside (80%), Water, Pea Protein, Salt, Stabilisers (E450, E451).], Yorkshire Pudding [Yorkshire Pudding [Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Egg White, Egg , Water, Rapeseed Oil, Skimmed Milk Powder, Salt.]]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Sponge Cake	(2.5 Doz) "medium" Free Range Eggs [100% Egg], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Caster Sugar [Cane Sugar], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]	Allergens: Cereals, Eggs, Gluten, Wheat.
Sweet Potato and Coconut Curry with Rice	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], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Chick Peas [Chickpeas, Water, Antioxidant(Ascorbic Acid).], 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, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], Ground Cinnamon [Ground Cinnamon (Cassia)]	
Tuna Mayonnaise Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Tuna (In Brine) [Skipjack Tuna (Fish), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK , MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.

Title	Ingredients	Allergens (Single Column)
Vegan Sausages, Gravy, Roast Pot, Yorkshire Pud	Katerveg Vegan Sausages [Rehydrated Textured SOYA Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural Flavouring, Dextrose, Flavouring, Herb, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre).], Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]], Yorkshire Pudding [Wheat Flour(Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Egg White, Egg , Water, Rapeseed Oil, Skimmed Milk Powder, Salt.]	Allergens: Cereals, Eggs, Gluten, Milk, Soya, 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.]	

Primary Summer 2025 Week 2 Report

Date: 05/02/2025

Title	Ingredients	Allergens (Single Column)
BBQ Chicken Fillet in a Roll	BBQ Chicken Breast [Chicken (88%), [Chicken Breast (90%), Water, Salt, Potato Starch, Stabilisers (Triphosphates)], BBQ Glaze (Water, Sugar, Maize Starch, Salt, Tomato Powder, Yeast Extract, Onion Powder, Garlic Powder, Paprika, Smoke Flavouring, Caramelised Sugar, Thickener (Carrageenan), Parsley, Rapeseed Oil).], Pre-Slice High Fibre Bun (4") [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]	Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.
Cheese and Tomato Pizza, Potato Smiles and Peas	Potato Smiles [Potato Smiles [Potatoes (85.3%), Dehydrated Potato, Sunflower Oil (6.7%), Potato Starch, Salt, White Pepper]], Cheese and Tomato Pizza [Wholemeal Cheese and Tomato Pizza [Wholemeal WHEAT Flour, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, MAIZE Flour, Mozzarella Cheese (MILK) (26%), Tomato Sauces (23%) (Concentrated Crushed Tomatoes, Acidity Regulator (Citric Acid), Water, Rapeseed Oil, Salt, Oregano, Garlic Granules). SOURCE OF FIBRE]], Peas [Peas]	Allergens: Cereals, Gluten, Milk, Wheat.
Cheese Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk) , Contains Colour(Annatto Norbixin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Milk, Soya, Wheat.
Chicken and Ham Carbonara, Garlic Bread	Water [Water], Spaghetti Pasta [Durum Wheat Semolina (100%).], Chicken Meat (Diced) [Chicken], Garlic Bread [Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.]], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.], Plain Flour [WHEAT Flour (with Calcium, Niacin, Iron, Thiamin).], Red Salad Onions [Red Onions], Mature White Cheddar Cheese [Cheddar Cheese (Milk) .], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Chicken Fajitas with Rice	Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Large Onions (kg) [Onions], Green Peppers (each) [Green Peppers], Yellow Pepper (each) [Yellow Peppers], Tomato Paste [Tomatoes], Spring Onion (bunch) [Spring onions], Fajita Seasoning [Salt [Salt, Anticaking Agent (Sodium Ferrocyanide)], Chilli Powder (23%), Onion Powder, Sugar, Cumin Powder, Garlic Powder (8%), Oregano (0.5%), Flavouring, Paprika Extract, Lime Extract (0.5%), Cassia, Nutmeg, Coriander Leaf, Anticaking Agent (Silicon Dioxide).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).]	

Title	Ingredients	Allergens (Single Column)
Chicken Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.
Chocolate Sponge Cake	(2.5 Doz) "medium" Free Range Eggs [100% Egg], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Caster Sugar [Cane Sugar], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]	Allergens: Cereals, Eggs, Gluten, Wheat.
Egg Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.
Ham Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.
Jacket Potato with Cheese and Baked Beans	60 Size Baking Potato [Potato], Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk) , Contains Colour(Annatto Norbixin).]	Allergens: Milk.
Leek and Potato Soup	Water [Water], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Onions [Onions White], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Ground Black Pepper [Ground Black Pepper.]	
Lentil Soup	Water [Water], Diced Carrots [carrots], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Low Fat Natural Yoghurt	Low Fat Natural Yoghurt [Low Fat Natural Yogurt (Milk).]	Allergens: Milk.

Title	Ingredients	Allergens (Single Column)
Low Fat Strawberry Yoghurt	Low Fat Strawberry Yoghurt [Low Fat Yogurt (MILK), Strawberry (8%), Sugar, Strawberry Puree (1.7%), Modified Maize Starch, Natural Flavourings, Natural Colour (Anthocyanins), Acidity Regulators (Citric Acid, Trisodium Citrate), , Preservative (Potassium Sorbate).]	Allergens: Milk.
Meat Free Bolognaise, Pasta and Garlic Bread	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Katerveg Meat Free Mince [Rehydrated Textured SOYA Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].], Spaghetti Pasta [Durum Wheat Semolina (100%).], Garlic Bread [Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.]], Diced Carrots [carrots], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Red Lentils [Red Lentils], Sliced Mushrooms [Mushroom.], Water [Water], Tomato Paste [Tomatoes], Beef Bouillon Paste [Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil), Salt, Potato Starch, Maltodextrin, Flavouring, Yeast Extract, Sugar, Beef Fat, Colour (Plain Caramel), Beef Extract, Caramelised Sugar Syrup.], Garlic (pk 2) [Garlic], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], Black Pepper [Black Pepper.]	Allergens: Cereals, Gluten, Milk, Soya, Wheat. May Contain: Mustard.
Meat Free Savoury Mince and Mash	Mashed Potatoes [McCains Simply Mash [POTATOES], Semi Skimmed Milk (2L) [100% fresh milk], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], Water [Water], Katerveg Meat Free Mince [Rehydrated Textured SOYA Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].], 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, Soya.
Peach Crumble and Custard	Custard [Semi Skimmed Milk (2L) [100% fresh milk], Custard Powder [Maize Starch, Colour(Annatto Norbixin), Flavouring.], Caster Sugar [Cane Sugar]], Peach Slices in Juice [Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid).], Plain Flour [WHEAT Flour (with Calcium, Niacin, Iron, Thiamin).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Light Brown Sugar [Cane sugar], Wholemeal Flour [Wholemeal Wheat Flour.], Osprio Porridge Oats [Flaked OATS]	Allergens: Cereals, Gluten, Milk, Oats, Wheat.
Salmon Nibbles, Potato Smiles and Peas	Potato Smiles [Potato Smiles [Potatoes (85.3%), Dehydrated Potato, Sunflower Oil (6.7%), Potato Starch, Salt, White Pepper]], Salmon Nibbles [Salmon Nibbles [Skinless and boneless Salmon Fillet (Oncorhynchus spp)(50%)(FISH), Breadcrumb (WHEAT Flour, Salt, Yeast, Modified Maize Starch, Rapeseed Oil), Water, Batter (WHEAT Flour(with added Calcium Carbonate, Iron, Niacin, Thiamine)), WHEAT Starch, Maize Flour, Salt, Raising Agents (Disodium Diphosphate and Sodium Bicarbonate), Rapeseed Oil, Seasoning (Dextrose, Stabiliser (Methylcellulose), Salt, Onion Powder, Tomato Powder, Garlic Powder, White Pepper, Black Pepper, Fennel), Lemon Juice, Colour (Burnt Sugar), Vegetable Fibre, WHEAT PProtein, Colour (Paprika Extract), Stabiliser (Methylcellulose), Emulsifier (Polyglycerol Polyricinoleate)]]], Peas [Peas]	Allergens: Cereals, Fish, Gluten, Wheat.

Title	Ingredients	Allergens (Single Column)
Savoury Mince and Tatties	Mashed Potatoes [McCains Simply Mash [POTATOES], Semi Skimmed Milk (2L) [100% fresh milk], 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.
Shortbread	Plain Flour [WHEAT Flour (with Calcium, Niacin, Iron, Thiamin).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Caster Sugar [Cane Sugar], Cornflour [Maize Starch.]	Allergens: Cereals, Gluten, Wheat.
Tuna Mayonnaise Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Tuna (In Brine) [Skipjack Tuna (Fish), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK , MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.
Vegetable Burger in a Roll	Sysco Essentials Crispy Crumbed Vegetable Burger [Wheat Flour(Wheat Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Carrot (11%),Peas (10%),Sweetcorn (9%),Onion (8%),Red Pepper (6%),Dried Potato,Green Beans (4.5%),Rapeseed Oil,Leek (3%),Cauliflower Florets (2.5%),Potato,Salt,Yeast,Sugar,Yeast Extract,Garlic Powder,Onion Powder,Tomato Powder,Red Pepper Powder,Parsley,Sage,Flavouring,White Pepper,Black Pepper Extract,Sage Extract.], Pre-Slice High Fibre Bun (4") [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]	Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.
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.]	

Primary Summer 2025 Week 3 Report

Date: 19/02/2025

Title	Ingredients	Allergens (Single Column)
4" Vegan Sausage Roll	Vegan Sausage Roll (pastry) [Puff Pastry(Wheat Flour[Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin], Pastry Margarine[Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier(Mono- and Diglycerides of Fatty Acids)], Water), Filling(Water, Soya Protein Concentrate (13%), Sage and Onion Stuffing[Wheat Flour{ Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin}, Onion, Salt, Sage, Water, Raising Agent(Ammonium Carbonate, Sodium Hydrogen Carbonate), Yeast, Parsley, Barley Malt], Rapeseed Oil, Modified Maize Starch, Stabiliser(Methyl Cellulose), Salt, Mushroom Stock[Mushroom Concentrate, Salt, Rapeseed Oil, Water, Porcini Mushroom Powder, Onion Concentrate, Sugar, Cornflour], Onion Powder, White Pepper, Sage, Nutmeg, Cayenne Pepper[Chilli, Paprika]), Glaze(Water, Wheat Protein, Natural Colour[Carotenes])]	Allergens: Barley, Cereals, Gluten, Soya, Wheat. May Contain: Milk.
Banana Muffin	Small Bananas (loose) [Bananas], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Semi Skimmed Milk (2L) [100% fresh milk], Caster Sugar [Cane Sugar], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1.4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Butchers Pork Sausage in a Finger Roll	Pork Sausages 57g (Shaws) [pork(73%), rusk (WHEAT FLOUR, thiamin, iron, niacin), water, salt, spices, E221 SULPHITES], Hot Dog Rolls (Side Sliced) [Ingredients List: Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid).]	Allergens: Cereals, Gluten, Sulphites, Sulphur Dioxide, Wheat. May Contain: Sesame Seeds.
Cheese Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk) , Contains Colour(Annatto Norbixin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Milk, Soya, Wheat.
Chicken Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.

Title	Ingredients	Allergens (Single Column)
Chicken Tikka with Rice	Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Diced Carrots [carrots], Brakes Tikka Paste [Water, Tomatoes (11%), Concentrated Tomato Purée (8%), Coriander (4.5%), Ground Cumin, Ground Coriander (4%), Ginger Purée (4%), Garlic Purée (4%), Sugar, Rapeseed Oil, Modified Maize Starch, Salt, Chilli Powder, Ground Cardamom, Acidity Regulator (Citric Acid), Ground Turmeric, Dried Fenugreek, Ground Nutmeg, Ground Fenugreek, Ground Black Pepper, Colour (Paprika Extract).], Diced Onions (frozen) [Onions], Tomato Paste [Tomatoes], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%) [chicken fat, antioxidant (extracts of rosemary)], yeast extract, chicken (1%) [chicken, salt, antioxidant (extracts of rosemary)], turmeric*, garlic*, onion juice concentrate*, lovage roots*. *made from sustainably grown ingredients.], Garlic (pk 2) [Garlic]	May Contain: Mustard, Sulphites, Sulphur Dioxide.
Egg Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK , MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.
Fish and Chips with Peas	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Battered Pollock Fillet 60g [Alaska Pollock (Fish) (50%),Rice Flour,Water,Rapeseed Oil,Potato Starch,Maize Flour,Maize Starch,Tapioca Starch,Dextrose,Vegetable Fibre,Salt,Raising Agent(Sodium Polyphosphate,Sodium Carbonate),Emulsifier(Mono- and Di-Glycerides of Fatty Acids),Stabiliser(Xanthan Gum),Caramelised Sugar Syrup,Paprika Extract.], Peas [Peas]	Allergens: Fish.
Ham Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.
Jelly and Ice cream	Raspberry Jelly Crystals [Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acidity Regulator (Tripotassium Citrate), Acid (Citric Acid), Colour (Beetroot Red), Flavouring.], Skimmed Milk and Milk Proteins, Oligofructose, Polydextrose, Sorbitol, Maltodextrin, Sugar, Vegetable Fat (Palm Kernel Oil & Palm Oil), Emulsifier: (Mono & Di-Glycerides of Fatty Acids), Stabilisers: (Tara Gum, Cellulose Gum, Carrageenan), Colour: (Carotenes), Salt	Allergens: Milk.
Leek and Potato Soup	Water [Water], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Onions [Onions White], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Ground Black Pepper [Ground Black Pepper.]	

Title	Ingredients	Allergens (Single Column)
Lentil Soup	Water [Water], Diced Carrots [carrots], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Low Fat Natural Yoghurt	Low Fat Natural Yoghurt [Low Fat Natural Yogurt (Milk).]	Allergens: Milk.
Low Fat Strawberry Yoghurt	Low Fat Strawberry Yoghurt [Low Fat Yogurt (MILK), Strawberry (8%), Sugar, Strawberry Puree (1.7%), Modified Maize Starch, Natural Flavourings, Natural Colour (Anthocyanins), Acidity Regulators (Citric Acid, Trisodium Citrate), , Preservative (Potassium Sorbate).]	Allergens: Milk.
Macaroni Cheese with Broccoli	Semi Skimmed Milk (2L) [100% fresh milk], Broccoli (pks) [Broccoli], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk) , Contains Colour(Annatto Norbixin).], Macaroni Pasta [Durum Wheat Semolina (100%).], Plain Flour [WHEAT 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. May Contain: Mustard, Soya.
Marble Cake	(2.5 Doz) "medium" Free Range Eggs [100% Egg], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Caster Sugar [Cane Sugar], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], Vanilla Extract [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.]	Allergens: Cereals, Eggs, Gluten, Wheat.
Pasta Bolognese with Garlic Bread	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Minced Beef (Shaws) [100% Beef], Spaghetti [Spaghetti Pasta [Durum Wheat Semolina (100%).]], Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.], Diced Carrots [carrots], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Red Lentils [Red Lentils], Sliced Mushrooms [Mushroom.], Water [Water], Tomato Paste [Tomatoes], Beef Bouillon Paste [Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil), Salt, Potato Starch, Maltodextrin, Flavouring, Yeast Extract, Sugar, Beef Fat, Colour (Plain Caramel), Beef Extract, Caramelised Sugar Syrup.], Garlic (pk 2) [Garlic], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], Black Pepper [Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Potato Topped Chicken and Ham Pie	Mashed Potatoes [McCains Simply Mash [POTATOES], Semi Skimmed Milk (2L) [100% fresh milk], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]], Semi Skimmed Milk (2L) [100% fresh milk], Diced Chicken (Shaws) [100% Chicken], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Plain Flour [WHEAT 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.

Title	Ingredients	Allergens (Single Column)
Quorn Korma with Rice	Quorn Strips [Mycoprotein (95%), Rehydrated Free Range Egg 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], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Brakes Korma Paste [Water, Sugar, Tomato Purée from Concentrate, Creamed Coconut (5%), Rapeseed Oil, Desiccated Coconut (4%), Ground Cumin, Ground Coriander, Garlic Purée, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.], Diced Onions (frozen) [Onions], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Olive Oil [extra Virgin olive oil], Cornflour [Maize Starch.]	Allergens: Eggs. May Contain: Mustard, Sulphites, Sulphur Dioxide.
Quorn Vegan Dippers with Chips and Peas	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Quorn Vegan Dippers [Mycoprotein (55%), Water, Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, Wheat Gluten, Maize Flour, Stabiliser: Carrageenan; Wheat Starch, Raising Agents: Ammonium Carbonate, Diphosphates, Sodium Bicarbonate; Dextrose, Durum Wheat Semolina, Turmeric Extract. Allergy Advice: For allergens, including cereals containing gluten, see ingredients in bold.], Peas [Peas]	Allergens: Cereals, Gluten, Wheat.
Tuna Mayonnaise Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Tuna (In Brine) [Skipjack Tuna (Fish), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK , MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.
Vegan Sausages, Baked Beans and Mash Potato	Katerveg Vegan Sausages [Rehydrated Textured SOYA Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural Flavouring, Dextrose, Flavouring, Herb, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre).], Mashed Potatoes [McCains Simply Mash [POTATOES], Semi Skimmed Milk (2L) [100% fresh milk], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]], Baked Beans [Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract]]	Allergens: Milk, 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.]	

Primary Summer 2025 Week 4 Report

Date: 05/02/2025

Title	Ingredients	Allergens (Single Column)
Beef Lasagne with Garlic Bread	Semi Skimmed Milk (2L) [100% fresh milk], Minced Beef (Shaws) [100% Beef], Garlic Bread [Wheat Flour(Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), Butter (Milk) (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), Wheat Flour.], Lasagne Sheets [Durum WHEAT semolina], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Diced Carrots [carrots], Diced Onions (frozen) [Onions], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk) , Contains Colour(Annatto Norbixin).], 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.
Beef Meatballs in Gravy with Roast Potatoes	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]], Beef Meatballs [Beef (70%), Water, WHEAT flour (with calcium carbonate, iron, niacin and thiamin), Potato Starch, Onion Powder, Salt, Stabilisers: diphosphate, triphosphate; Yeast Extract, Ground Spices, Spice Extract.]	Allergens: Cereals, Gluten, Wheat.
Cauliflower Cheese and Roast Potatoes	Semi Skimmed Milk (2L) [100% fresh milk], Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Cauliflower (loose) [Cauliflower], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk) , Contains Colour(Annatto Norbixin).], Plain Flour [WHEAT 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.
Cheese and Tomato Pizza, Potato Smiles and Peas	Potato Smiles [Potato Smiles [Potatoes (85.3%), Dehydrated Potato, Sunflower Oil (6.7%), Potato Starch, Salt, White Pepper]], Cheese and Tomato Pizza [Wholemeal Cheese and Tomato Pizza [Wholemeal WHEAT Flour, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Rapeseed Oil, MAIZE Flour, Mozzarella Cheese (MILK) (26%), Tomato Sauces (23%) (Concentrated Crushed Tomatoes, Acidity Regulator (Citric Acid), Water, Rapeseed Oil, Salt, Oregano, Garlic Granules). SOURCE OF FIBRE]], Peas [Peas]	Allergens: Cereals, Gluten, Milk, Wheat.
Cheese Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk) , Contains Colour(Annatto Norbixin).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Milk, Soya, Wheat.

Title	Ingredients	Allergens (Single Column)
Chicken Grill in a Roll	Chicken Grill [Chicken (46%), Water, Breadcrumb [WHEAT Flour, Water, Yeast, Salt, Spice, Rapeseed Oil, Paprika], Batter [WHEAT Flour, WHEAT Starch, Maize Flour, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate)], Rapeseed Oil, Breadcrumb [WHEAT Flour, Salt, Yeast, Rice Flour, Stabiliser (Methylcellulose), Sunflower Oil], Seasoning [WHEAT Flour, Dextrose, Salt, Onion Powder, Spices (Black Pepper, Paprika, White Pepper, Chilli, Fennel), Tomato Powder, Garlic Powder, Herb Extract (Sage)], Burnt Sugar, Vegetable Fibre, WHEAT Protein, Colour (Paprika Extract), Emulsifier (Polyglycerol Polyricinoleate).], Pre-Slice High Fibre Bun (4") [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]	Allergens: Cereals, Gluten, Wheat. May Contain: Sesame Seeds.
Chicken Korma with Rice	Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Water [Water], Red Lentils [Red Lentils], Diced Carrots [carrots], 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.], Diced Onions (frozen) [Onions], Garlic (pk 2) [Garlic], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%) [chicken fat, antioxidant (extracts of rosemary)], yeast extract, chicken (1%) [chicken, salt, antioxidant (extracts of rosemary)], turmeric*, garlic*, onion juice concentrate*, lovage roots*. *made from sustainably grown ingredients.], Granulated Sugar [Cane Sugar]	
Chicken Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates, Triphosphates).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.
Chocolate Cookie	Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Granulated Sugar [Cane Sugar], Reduced Fat Cocoa Powder [Fat Reduced Cocoa Powder. Contains Cocoa Butter 10% Minimum], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]	Allergens: Cereals, Eggs, Gluten, Wheat.
Egg Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK , MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]	Allergens: Cereals, Eggs, Gluten, Milk, Mustard, Soya, Wheat.

Title	Ingredients	Allergens (Single Column)
Flapjack	Osprio Porridge Oats [Flaked OATS], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], Light Brown Sugar [Cane sugar], Golden Syrup [Partially Inverted Refiners Syrup.]	Allergens: Cereals, Gluten, Oats.
Ham Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], British Sliced Ham [Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Flora Margarine [Plant Oils (rapeseed, sunflower 18%, palm), water, salt, plant based emulsifier (lecithin), vinegar, natural flavourings, vitamin A.]	Allergens: Cereals, Gluten, Soya, Wheat.
Jacket Potato with Cheese and Baked Beans	60 Size Baking Potato [Potato], Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk) , Contains Colour(Annatto Norbixin).]	Allergens: Milk.
Leek and Potato Soup	Water [Water], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Onions [Onions White], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Ground Black Pepper [Ground Black Pepper.]	
Lemon Muffin	Lemons (each) [Lemons], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Stork [Vegetable oils in varying proportions (70%) (rapeseed, palm, sunflower), water, salt (1,4%), preservative (potassium sorbate), acid (citric acid) emulsifier (mono- and diglycerides of fatty acid), flavourings, vitamin A and D.], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Caster Sugar [Cane Sugar], Semi Skimmed Milk (2L) [100% fresh milk], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agent(Disodium Diphosphate, Sodium Hydrogen Carbonate).]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Lentil Soup	Water [Water], Diced Carrots [carrots], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Turnip [Turnip], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Low Fat Natural Yoghurt	Low Fat Natural Yoghurt [Low Fat Natural Yogurt (Milk).]	Allergens: Milk.
Low Fat Strawberry Yoghurt	Low Fat Strawberry Yoghurt [Low Fat Yogurt (MILK), Strawberry (8%), Sugar, Strawberry Puree (1.7%), Modified Maize Starch, Natural Flavourings, Natural Colour (Anthocyanins), Acidity Regulators (Citric Acid, Trisodium Citrate), , Preservative (Potassium Sorbate).]	Allergens: Milk.

Title	Ingredients	Allergens (Single Column)
Meat Free Fajitas and Rice	Katerveg Meat Free Mince [Rehydrated Textured SOYA Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].], Tortilla Wraps [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Acidity Regulators(Citric Acid, Malic Acid), Rapeseed Oil, Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Raising Agent (Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt.], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Large Onions (kg) [Onions], Green Peppers (each) [Green Peppers], Yellow Pepper (each) [Yellow Peppers], Tomato Paste [Tomatoes], Spring Onion (bunch) [Spring onions], Fajita Seasoning [Salt [Salt, Anticaking Agent (Sodium Ferrocyanide)], Chilli Powder (23%), Onion Powder, Sugar, Cumin Powder, Garlic Powder (8%), Oregano (0.5%), Flavouring, Paprika Extract, Lime Extract (0.5%), Cassia, Nutmeg, Coriander Leaf, Anticaking Agent (Silicon Dioxide).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).]	Allergens: Cereals, Gluten, Soya, Wheat.
Quorn Burger in a Roll	Quorn Burgers [Mycoprotein (44%), Rehydrated Free Range EGG White, Textured WHEAT Protein, [WHEAT Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Plain Caramel. Stabiliser: Sodium Alginate.], Onion, MILK Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted BARLEY Malt Extract], Pre-Slice High Fibre Bun (4") [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, WHEAT Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), WHEAT Gluten, Flour Treatment Agents (E300, E920).]	Allergens: Barley, Cereals, Eggs, Gluten, Milk, Wheat. May Contain: Sesame Seeds.
Salmon Fish Fingers, Potato Smiles and Peas	Potato Smiles [Potato Smiles [Potatoes (85.3%), Dehydrated Potato, Sunflower Oil (6.7%), Potato Starch, Salt, White Pepper]], Salmon Fish Finger [Salmon (Oncorhynchus spp) (50%)(FISH), Rice Flour, Water, Maize Flour, Sunflower Oil, Modified Starch, Maize Starch, Stabiliser (Methylcellulose), Dextrose, Vegetable Fibre (Bamboo), Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, Raising Agents (Sodium Carbonates, Diphosphates)], Peas [Peas]	Allergens: Fish.
Tuna Mayonnaise Sandwich	Hovis Best Of Both Medium 750G [Wheat Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Wheatgerm (5%), Calcium Sulphate, Yeast, Salt, Wheat Protein, Soya Flour, Vegetable Fibre (Inulin), Emulsifiers- E472e, E471, E322 (Rapeseed) Preservative- E282, Flour Treatment Agent- Ascorbic Acid.], Tuna (In Brine) [Skipjack Tuna (Fish), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK , MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract.]	Allergens: Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, 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.]	