

Primary School Menu Ingredients

WEEK 1

MACARONI CHEESE (Roux) : Brakes Italian Short Cut Macaroni Durum **WHEAT** Semolina (100%) Fresh Semi Skimmed Milk Plain Flour **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin) Sunflower Light Spread Water, Vegetable oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Salt, Emulsifiers (Mono and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives (Potassium Sorbate), Flavouring, Vitamin A, Colour (Beta-Carotene), Vitamin D. Cheese Reduced Fat Cheese (**MILK**), Anti-caking Agent (Potato Starch)

Allergens: Cereals, Gluten, Milk, Wheat

MACARONI CHEESE (Cornflour & Dried Milk) : Brakes Cornflour Maize Starch. Millac Classic Milk Powder 2kg Skimmed **MILK** Powder (53%), Vegetable Oils (Coconut, Palm), Whey Powder* (**MILK**), Dried Glucose Syrup, Sugar, **MILK** Protein, Acidity Regulator E340(b) Emulsifier E471, Vitamin D *contains no animal rennet. Cheese Reduced Fat Cheese (Milk*)*, Anti-caking Agent (Potato Starch). Italian Short Cut Macaroni Durum **WHEAT** Semolina (100%).

Allergens: Cereals, Gluten, Milk, Wheat

BUBBLE COATED SALMON : Crown Foods MSC Gluten Free Bubble Crumb Salmon Fillet, 60g, IQF - 3kg MSC Certified Pink salmon 52% (*Oncorhynchus gorbusha*), (**FISH**), coating (rice flour, vegetable fibre (bamboo fibre), dextrose (maize)), rapeseed oil, starch (maize, potato), flour (rice, maize), cornmeal, salt, spices (white pepper, paprika), onion powder, thickener (xanthan gum), water, black pepper extract.

Allergens: Fish

SAUTEED POTATO : Brakes Pre-fried Sauté Potatoes Potato, Sunflower Oil.

BROCCOLI : Florets Broccoli

PEAS : Peas

LENTIL & SPINACH HOTPOT : Brakes Red Lentils Red Lentils Whole Leaf Spinach Portions Spinach Potato Vegetable Oil **SOYA**bean Oil, Antifoaming Agent (Dimethyl polysiloxane). Onions Carrots Leeks (100%) Brakes Garlic Purée Water, Garlic Powder; (22%), Acidity Regulator (Citric Acid). Curry Powder Coriander, Turmeric (24%), Cumin Powder (7%), Salt, Rice Flour, Fenugreek (7%), **MUSTARD** Powder (7%), White Pepper, Chilli Powder, Ginger, Fennel, Paprika, Mace. Tomato Puree Tomatoes. Tomatoes Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.

Allergens: Mustard, Soya

QUORN MEATBALL'S in GRAVY : Meatless Farm Plant-Based Meatballs Water, Pea Protein (22%), Vegetable Oils (Rapeseed Oil, Shea Oil, Coconut Oil), Thickener (E461), Vegetable Fibres (Pea Fibre, Potato), Dried Onion, Vegetable Concentrates (Caramelised Carrot, Beetroot, Carrot), Garlic, Yeast Extract, Natural Flavouring, Salt, Potato Starch, Black Pepper, Parsley, Acidity Regulator (E300). Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper. Maggi Gluten Free Vegetarian Gravy Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic

May Contain: Celery, Eggs, Milk, Mustard, Soya

POTATO : Potato

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MINCE in GRAVY : Beef Mince (100%) . Onions Maggi Gluten Free Vegetarian Gravy Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic. Brakes Cornflour Maize Starch. Brakes Beef Flavour 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.

May Contain: Celery, Eggs, Milk, Mustard, Soya

QUORN MINCE in VEGETABLE GRAVY : Quorn Mince Mycoprotein (88%), Rehydrated Free Range **EGG** White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free **BARLEY** Malt Extract. Onions Maggi Gluten Free Vegetarian Gravy Potato Starch, Rice Flour, Salt, Sugar, Caramelised Sugar, Maltodextrin, Yeast Extract, Flavourings, Onion, Herbs (Coriander, Sage, Bay Leaf), Sunflower Oil, Acid (Citric Acid), Garlic. Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper. Brakes Cornflour Maize Starch

Allergens: Eggs, Barley

May Contain: Celery, Egg, Milk, Mustard, Soya

TURNIP : Swede

POTATO : Potato

YORKSHIRE PUDDING : Brakes 3" Fully Baked Yorkshire Puddings Wheat Flour (**WHEAT** Flour, Calcium Carbonates, Iron, Niacin, Thiamin), **EGG** White, Water, **EGG**, Rapeseed Oil, Skimmed **MILK** Powder, Salt.

Allergens: Gluten, Cereals, Wheat, Eggs, Milk

VEGETARIAN HAGGIS : MacSween Vegetarian Haggis Oats, Water, Lentils (8%), Rapeseed Oil, Kidney Beans (5%), Rehydrated Onions, Carrot (3%), Swede (3%), Mushrooms, Sunflower Seeds, Pumpkin Seeds, Salt, Spices, Pepper.

Allergens: Cereals, Gluten

May Contain: Wheat

COSMO WHOLEMEAL PIZZA : Wholemeal Cheese & Tomato Pizza Pizza Base: Wholemeal (**WHEAT**) Flour, **WHEAT** Flour, Additives, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Salt, Rapeseed Oil, Maize Flour. Pizza Topping: Mozzarella Cheese (**MILK**), (26%) Tomato Sauce (23%) [Concentrated Crushed Tomatoes, Additive, Citric Acid, Water, Rapeseed Oil, Salt, Oregano, Garlic]

Allergens: Cereals, Gluten, Milk, Wheat

SEASONAL VEGETABLE CRUMBLE : Sunflower Light Spread Water, Vegetable oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives (Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D. Plain Flour **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin) Brakes Vegetable Stewpack Carrot (35%), Turnip (20%), Swede (20%), Onion (15%), **CELERY** (10%). Florets Broccoli Florets cauliflower. Onions Chopped Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Brakes Vegetable Flavour Bouillon Paste Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour (Plain Caramel), Antioxidant (Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper. Brakes Wholemeal Flour Wholemeal **WHEAT** Flour. Osprio Flaked Porridge Oats Flaked **OATS**

Allergens: Celery, Cereals, Gluten, Wheat

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ORANGE WEDGES : Oranges

ROWAN GLEN STRAWBERRY YOGHURT : Rowan Glen Smoothly Low Fat Strawberry Yogurt (Scotland Only) Low Fat Yogurt (**MILK**), Strawberry Puree from Concentrate (4.2%), Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Concentrated Beetroot Juice, Natural Flavouring, Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), Stabiliser (Locust Bean Gum).

Allergens: Milk

ROWAN GLEN APRICOT YOGHURT : Rowan Glen Smoothly Low Fat Apricot Yogurt (Scotland Only) Low Fat Yogurt (**MILK**), Apricot Puree from Concentrate (4.2%), Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulator (Citric Acid), Natural Flavouring, Preservative (Potassium Sorbate), Stabiliser (Locust Bean Gum).

Allergens: Milk

APPLE CRUMBLE : Plain Flour **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin) Sunflower Light Spread Water, Vegetable oils (Rapeseed Oil, Palm Oil, Sunflower Oil), Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives (Potassium Sorbate), Flavouring, Vitamin A, Colour (Beta-Carotene), Vitamin D. Desiccated Coconut, Preservative (**Sodium Metabisulphite**). Tate & Lyle Mississippi Inspired Dark Soft Brown Cane Sugar 3kg Cane Sugar Brakes Solid Pack Apple Apple (88%), Water, Acidity Regulator (Citric Acid)

Allergens: Cereals, Gluten, Sulphites, Wheat.

CUSTARD : Brakes Complete Custard Mix Cornflour, Sugar, Whey Powder (**MILK**), Palm Oil, Lactose (**MILK**), **MILK** Proteins, Flavourings (**MILK**), Colour (Annatto Norbixin)

Allergens: Milk.

SEASONAL FRUIT SALAD : Mandarin Peaches Pineapple : Brakes Whole Mandarin Segments in Grape Juice Mandarins, Water, Grape Concentrate, Acidity Regulator (Citric Acid). Brakes Peach Slices in Fruit Juice Concentrate with Added Water Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid). Brakes 8 Pineapple Slices in Pineapple Juice Pineapple, Pineapple Juice.

STRAWBERRY JELLY & MIXED BERRIES : Brakes Strawberry Flavour Jellies Water, Sugar, Flavouring, Stabilisers (Carrageenan, Locust Bean Gum), Acidity Regulators (Citric Acid, Potassium Citrate), Colour (Beetroot Red). Brakes Raspberries Greens Fresh Frozen Strawberries 1000g Strawberries Greens Blackcurrants Black currants (100%)