

## Ingredients List School Lunch Menu from 14<sup>th</sup> November 2022

### Week One

**Tomato Pasta Bake** – (durum **WHEAT** semolina), **Tomato Sauce** - Onion, Peppers, Garlic Powder, Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savoury). Ground Black Pepper, Tomatoes, Sugar, Vegetable Bouillon (salt, vegetable oil (palm, sunflower), potato starch, sugar, maltodextrin, yeast extract, flavourings (contain **CELERY**), carrots (2.4%), onion Powder (2%), spices (**CELERY** seeds, turmeric, pepper), parsley, soya bean oil (**SOYA**), anti-foaming agent E900). Chopped tomatoes (tomatoes, tomato juice, acidity regulator: citric acid. Cheddar Cheese (**MILK**

**Ham and Cheese Panini** – **WHEAT** flour (with calcium, iron, niacin and thiamin), Water, Yeast, Extra virgin olive oil, Salt, Flour treatment agent (E300). , **Ham** - Pork (80g pork per 100g finished product), water (11%), cure mix (pea starch, dried glucose syrup, dextrose, tapioca starch, stabilisers (E451, E450)), salt, yeast extract, antioxidant (E301), potato fibre, preservative (E250)), waxy maize starch), **Cheese** - (whole **MILK**, salt, starter culture, non-animal rennet).

**Garlic Bread** - (**WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, margarine (15%), (rapeseed oil, palm oil, water, emulsifier: (mono and diglycerides of fatty acids), flavourings, colours: (annatto bixin, curcumin)), garlic puree (2.5%), salt, yeast, parsley, flour treatment agent (ascorbic acid) **WHEAT** Flour).

**Strawberry frozen yoghurt ice cream** – Water, Sugar, Palm oil, Whey solids (**MILK**), Whey powder (**MILK**), Yoghurt powder (**MILK**) Dextrose, Skimmed **MILK** powder, **BUTTERMILK** powder, Emulsifier: mono and diglycerides of fatty acids, Stabilisers: Guar gum, Xanthan gum, locust bean gum, Colour: beetroot red, Flavouring.

**Raspberry frozen yoghurt ice cream** - Water, Sugar, Palm oil, Whey solids (**MILK**), Whey powder (**MILK**), Yoghurt powder (**MILK**) Dextrose, Skimmed **MILK** powder, **BUTTERMILK** powder, Emulsifier: mono and diglycerides of fatty acids, Stabilisers: Guar gum, Xanthan gum, locust bean gum, colour: beetroot red, Flavouring.

**Chocolate frozen yoghurt ice cream** - Water, Sugar, Palm oil, Whey solids (**MILK**), Whey powder (**MILK**), Yoghurt powder (**MILK**) Dextrose, Skimmed **MILK** powder, **BUTTERMILK** powder, Emulsifier: mono and diglycerides of fatty acids, Stabilisers: Guar gum, Xanthan gum, locust bean gum

**Toffee frozen yoghurt ice cream** - Water, Sugar, Palm oil, Whey solids (**MILK**), Whey powder (**MILK**), Yoghurt powder (**MILK**) Dextrose, Skimmed **MILK** powder, **BUTTERMILK** powder, Emulsifier: mono and diglycerides of fatty acids, Stabilisers: Guar gum, Xanthan gum, locust bean gum, colour: Caramel, flavouring.

**Meatballs** - Pork (65%), Water, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Spices, Dextrose, Sugar, Raising Agent: Ammonium Bicarbonate; Flavouring, Stabiliser, Diphosphates, Preservative, Sodium METABISULPHITE, Marjoram. **Rice**

**Vegetable Curry** - Onion, Carrot, Peas, Sweetcorn, **Knorr Tikka Curry Sauce** - (water, concentrated tomato puree (14%), single cream (**MILK**) (10.5%), yogurt (**MILK**) (7%), rapeseed oil, spices (4%) (cumin powder, coriander powder, paprika powder, turmeric powder, green cardamom, ground black pepper, chilli powder, cinnamon powder), modified maize starch, dried onions, sugar, ginger puree (1.7%), garlic puree, salt, paprika extract, acid (lactic acid), cumin seeds, dried coriander leaf. May contain mustard, nuts and peanuts. **Rice**

**Mini Naan Bread** - Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Rapeseed Oil, Yeast, Spirit Vinegar, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphate), Kalonji Seed, Salt, Preservative (Calcium Propionate)

**Shortbread** – **WHEAT** Flour. Dairy free spread (plant oils (sunflower, rapeseed, palm)), Water, Salt, Plant based emulsifier (sunflower lecithin), Vinegar, Natural flavouring, Vitamin A. Sugar.

**Meat and Potato Pie** - Mince Beef, Onion, Potato, Gravy (maltodextrin, potato starch, flavourings, sugar, salt, yeast extract, vegetables (onion powder, tomato puree powder) caramel syrup, palm fat, thickener (guar gum), sunflower oil, sage)). Pastry (**WHEAT** Flour (contains calcium carbonate, iron, niacin, thiamine)), Vegetable Oils and Fats (rapeseed, palm), Water, Sugar, Salt, Emulsifier (mono– and diglycerides of fatty acids), Acidity Regulator (citric acid), Lemon Juice. Pickled Red Cabbage (red cabbage, water, Acidity regulator: Acetic acid; Spirit vinegar, Salt, Flavouring), Mushy Peas (Rehydrated peas (99%), Bicarbonate of Soda, Contains Naturally Occurring Sugars).

**Cheese and Onion Pie** - Cheddar Cheese (**MILK**), Onion, Potato, Dairy Free Spread (Plant oils (sunflower, rapeseed, palm), Water, Salt, Plant Based Emulsifier (sunflower lecithin), Vinegar, Natural flavouring, Vitamin A. **Pastry** (**WHEAT** Flour (contains calcium carbonate, iron, niacin, thiamine)), Vegetable Oils and Fats (rapeseed, palm), Water, Sugar, Salt, Emulsifier (mono– and diglycerides of fatty acids), Acidity Regulator (citric acid), Lemon Juice. Pickled Red Cabbage (red cabbage, water, Acidity regulator: Acetic acid; Spirit vinegar, Salt, Flavouring) Mushy Peas (Rehydrated peas (99%), Bicarbonate of Soda, Contains Naturally Occurring Sugars).).

**Flapjack** - Mornflake Oat Flakes (100% oat flakes (**WHEAT**)), Golden Syrup (partially inverted sugar syrup), Light Brown Sugar (sugar, humectant: glycerol), Dairy Free Spread (plant oils (sunflower, rapeseed, palm), water, salt, plant-based emulsifier (sunflower lecithin), vinegar, natural flavouring, vitamin A).

**Roast Turkey** – 100% MEAT **Roast Potatoes** – Potato, sulphites, **Carrots, Broccoli, Gravy - Maltodextrin** Potato Starch, Salt, Sugar, Flavourings, Yeast Extract Vegetables (Onion Powder, Tomato Puree Powder), Caramel Syrup, Palm Fat, Thickener (Guar Gum), Sunflower Oil, Sage

**Yorkshire Pudding** – Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Whole EGG, EGG white, Water, Rapeseed Oil, Skimmed MILK Powder, Salt

**Leek and Potato Soup** - Leek, Potato, Onion, Vegetable Bouillon (salt, vegetable oil (palm, sunflower), potato starch, sugar, maltodextrin, yeast extract, flavourings (contain **CELERY**), carrots (2.4%), onion powder (2%), spices (**CELERY** seeds, turmeric, pepper), parsley), **Part- Baked Petit Pain** - **WHEAT** Flour (with calcium, iron, niacin, thiamin), water, yeast, salt, flour treatment agent (E300). May also contain traces of **SESAME** seeds). **Garlic Bread** - (**WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, margarine (15%), (rapeseed oil, palm oil, water, emulsifier: (mono and diglycerides of fatty acids), flavourings, colours: (annatto bixin, curcumin)), garlic puree (2.5%), salt, yeast, parsley, flour treatment agent (ascorbic acid) **WHEAT** Flour).

**Peach Crumble** – **WHEAT** Flour, Dairy Free Spread (plant oils (sunflower, rapeseed, palm), water, salt, plant

based emulsifier (sunflower lecithin), vinegar, natural flavouring, vitamin A). Sugar **Custard** – Custard Powder - Maize starch, Colour: annatto, flavouring. **MILK**, Sugar.

**Pizza Crust** (**WHEAT** flour, calcium carbonate, niacin, thiamine, water, pre-mix [**WHEAT**

flour, calcium carbonate, niacin, iron, thiamine, sugar, potassium chloride, salt, emulsifier: mono and diacetyltartaric acid esters of mono- and diglycerides of fatty acids, Flour treatment agent: ascorbic acid) Rapeseed oil, Yeast), **Tomato sauce** (sun-ripened tomatoes (48.5%), puree of sun ripened tomatoes (41.5%) onion, sunflower oil, sugar, salt, herbs and spices (black pepper, basil, oregano) Garlic, Acid (citric acid), Firming agent (calcium chloride). **Cheddar Cheese** –Cheddar Cheese (**MILK**) 100%. **Chips** (potatoes (97%), palm Oil). **Peas**.

**Frozen chips** – Potatoes (97%), Palm oil

**MSC Battered fish fillets** – MSC Pollock (theragra chalcogramme) (**FISH**) (50%), Water, Fortified **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), Maize starch, Rapeseed oil, Dextrose, Yeast extract, Stabiliser (xanthan gum).

**Baked Beans** - Beans (49%), Tomatoes (24%), Water, Sugar, Salt, Modified Maize Starch, Glucose-Fructose Syrup, Onion Powder, Ground Paprika, Flavouring.

**Raspberry Jelly crystals** – Sugar, Bovine Gelatine, Acidity regulator (citric acid), Antioxidant (trisodium citrate), Colour (beetroot juice powder), Flavouring

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### **Week Two**

**Sausage Roll** – Water | **WHEAT** Flour (contains Calcium carbonate | Iron | Niacin | & Thiamin) | Pork (20%) | Margarine [Palm Oil | Palm Stearin | Water | Salt | Rapeseed Oil | Emulsifier (E471) | Acidity Regulator (E330) | Lemon Juice] | Rusk [**WHEAT** Flour | Water | Salt | Raising Agent (E503ii)] | Pork Fat | **WHEAT** Starch | Glaze [Water | Modified Starch | Rapeseed Oil | MILK Proteins | Emulsifiers (**SOYA** Lecithin | E471) | Acidity Regulator (E339iii) | Colour (E160a)] | Lincolnshire Seasoning [**WHEAT** Flour (contains Calcium carbonate | Iron | Niacin | & Thiamin) | Salt | Lo Salt (Potassium Chloride | Salt) | Spices (White Pepper | **MUSTARD** | Nutmeg) | Herbs (Sage | Marjoram | Thyme | Oregano) | Dextrose | Preservative (Sodium **SULPHITE**) | Emulsifier (E451) | Yeast Extract | Antioxidant | (E301) | Spice & Herb Extracts (Bouquet Garni | Pepper | Sage | Ginger | Nutmeg | Cayenne)] | Pea Starch | Salt | Rubbed Sage | Ground White Pepper. **Potatoes** – Potato, **SOYA** bean oil. **Corn on the cob**

**Apple Crumble and Custard** – Apples, Crumble - Flour (**WHEAT**), Dairy Free Spread (plant oils (sunflower, rapeseed, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavouring, vitamin A), Soft Brown Sugar, Caster Sugar. Custard - Custard Powder (maize starch, colour: annatto, flavouring), Caster Sugar, **MILK**.

**Tomato Soup** – Tinned Tomatoes, Onion. **CELERY**, Carrot, Mixed Herbs, Vegetable Stock – ((Salt, vegetable oil (palm, sunflower), potato starch, sugar, maltodextrin, flavourings (contains CELERY), yeast extract,

carrot powder (2.4%), onion powder (2%), Spices (CELERY seeds (1%), turmeric, pepper), parsley)). Salt, Pepper.

**Beef burger** – Beef (62%), Beef Heart, Water, Rusk (contains WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium Bicarbonate)), Seasoning (contains Salt, Dextrose, Hydrolysed **SOYA** Protein, Preservative (Sodium **METABISULPHITE**), Antioxidants (Sodium Ascorbate, Ascorbyl Palmitate, Alpha-Tocopherol), Natural Flavouring, Emulsifiers (Diphosphate, Triphosphate, Polyphosphate)), Isolated **SOYA** Protein (**SULPHUR DIOXIDE**), Onion.

**Bun** – **WHEAT** Flour (with Calcium, Iron, Niacin and Thiamin), Water, Sugar, Yeast, Vegetable Oils (Palm and Rapeseed), Salt, Emulsifiers (E472e, E471), Preservative (E282), Flour Treatment Agent (E300).

**Fruit Platter** – Kiwi Fruit, Satsuma, Watermelon, Honeydew Melon, Blueberries, Peaches in Syrup.

**Cottage Pie** – Mince Beef, Onion, Potatoes, Carrot, Dairy Free Spread (plant oils (sunflower, rapeseed, palm), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavouring, vitamin A), **Peas**

**Cheese Savoury Sub Roll** – Cheddar Cheese (**MILK**), Mayonnaise (**EGG**), Spring Onion, Peppers, Tomato. **WHEAT** Flour (Fortified with Calcium, Iron, Thiamin, Niacin), Water, Emulsifier [Vegetable Oils (Rapeseed Oil, Palm Oil), Glucose, Salt, Sodium Stearoyl-2-Lactylate, Mono- and Di-Glycerides of Fatty Acids, Flour Treatment Agent (Ascorbic Acid)], Yeast, Semolina (**WHEAT**) (2%).

**Jam Sponge** – Raspberry Jam – Raspberries, Glucose– Fructose Syrup, Sugar, Gelling Agent: Pectin, Acid: Citric Acid, Acidity regulator: Sodium Citrates. Prepared with 35g of fruit per 100g. Total sugar content 61g per 100g, Dairy Free Spread - Plant Oils (sunflower, rapeseed, palm), Water, Salt, Plant Based Emulsifier (sunflower lecithin) Self raising Flour - **WHEAT Flour**; Raising Agents (monocalcium phosphate, sodium hydrogen carbonate); calcium carbonate; niacin; iron; thiamine), Vinegar, Natural flavouring, Vitamin A. Free Range Egg, (**EGG**),

**Tuna Pasta** – Pasta – Durum **WHEAT**, Semolina.

**Chicken Wrap** – Chicken breast fillet (60%). Water. Rapeseed Oil, Pea Flour, Maize Flour, Tapioca Starch, Rice Flour, Pea Protein, Maize Flour, Salt, Glucose syrup, Pea Fibre, Pea Starch, Acidity Regulator Sodium Carbonates, Emulsifier, Guar gum. **WHEAT** flour Tortilla (WHEAT Flour (60%), Water, Palm oil, Stabilisers, E422. E412. **WHEAT** Gluten, Salt, Bean Flour, Raising Agent E450 E500, sugar, Glucose syrup, Acid E296, Malt (**WHEAT, BARLEY**), emulsifier E471; Preservatives E282, E202; **OAT** Flour, Yeast, Flour treatment agent E920

**Flapjack** - Mornflake Oat Flakes (100% oat flakes (**WHEAT**)), Golden Syrup (partially inverted sugar syrup), Light Brown Sugar (sugar, humectant: glycerol), Dairy Free Spread (plant oils (sunflower, rapeseed, palm), water, salt, plant-based emulsifier (sunflower lecithin), vinegar, natural flavouring, vitamin A).

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### Week Three

**Sausage and Mash** - Pork Sausage - (pork, 56%), Water, Rusk (**WHEAT** flour, calcium carbonate, iron, niacin, thamin), Stabiliser E451, Preservative E221 (**SULPHITES**), Flavour Enhancer; E621, Spices (white pepper, black pepper, cayenne chilli), Flavourings (**SULPHITES**), Yeast Extract, Spice Extracts (black pepper, nutmeg, capsicum, ginger), Sunflower Oil, Maltodextrin, Antioxidants: E307; E304, Acid: E330, Colour: E120, Filled into a natural hog casing. Mashed Potato - Potato, Dairy Free Spread (Plant oils (sunflower, rapeseed, palm)), Water, Salt, Plant Based Emulsifier (sunflower lecithin), Vinegar, Natural flavouring, Vitamin A.

**Vegetable Fingers** - Vegetable Filling (74%), Breadcrumbs, Vegetable Oil, Batter, Vegetable Filling: Vegetables (56%) (Sweetcorn, Carrot, Peas), Water, Potato Flakes, **WHEAT** Flour, Salt, Onion Powder, Rice Starch, Turmeric, Breadcrumb: **WHEAT** Flour, Water, Yeast, Salt, Batter: **WHEAT** Flour, Water, Potato Starch, Salt, Total Vegetable content of Finger is 41%

**Cheesecake** – Cheesecake filling (sugar, **BUTTERMILK** powder, cheese powder (**MILK**, modified potato starch, vegetable oil (palm), emulsifiers (propane-1, 2-diol esters of fatty acids, sunflower lecithin), Lactose (**MILK**), Sodium caseinates (**MILK**), Gelling agents (tetrasodium, diphosphate, disodium diphosphate), Whey powder (**MILK**), Flavourings, Acidity regulator (fumaric acid), Anti-caking agent (silicon dioxide), Colour (beta-carotene). Digestive Biscuits (fortified **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, nicotinamide, thiamin), Vegetable oils (palm, rapeseed in varying proportions), Wholemeal **WHEAT** flour, Sugar, partially inverted refiners syrup, Whey powder (**MILK**), Raising agents (sodium hydrogen carbonate, ammonium hydrogen carbonate), Salt. Dairy free spread (plant oils (sunflower, rapeseed, palm)), Water, Salt, Plant based emulsifier (sunflower lecithin), Vinegar, Natural flavouring, Vitamin A.

**Beef Chilli** – Tinned Tomatoes, Cumin, Coriander, Onion, Kidney Beans, Celery, Carrot, Salt, Pepper. Mild Chilli Powder, Vegetable Stock, Garlic Powder.

**Meat Free Mince** - Rehydrated Textured **SOYA** Protein (96%), Rapeseed Oil, Yeast Extract, Malted **BARLEY** Extract, Onion Powder, Garlic Powder, Cornflour, Dextrose, Salt, White Pepper

**Rice pudding** – Pudding Rice, **MILK**, Sugar, **EGG**

**Bolognese** – Tomatoes, Mixed Herbs, Onion, Salt, Sugar, Black Pepper, Garlic Powder

**Ravioli** - Ravioli (51%), (Water, Durum **WHEAT** Semolina, Breadcrumbs (**WHEAT** Flour, Water, Salt), Pork (2%), Carrots, Onions, Pork Broth, Sunflower Oil, Yeast Extract, Salt, Flavourings), Tomato Sauce (49%) (Water, Tomato Paste, Sugar, Modified Maize Starch, Salt, Glucose-Fructose Syrup, Yeast Extract, Wine Vinegar.

**Chocolate Sponge Cake** – **WHEAT** Flour, **EGG**, Sugar, Dairy free spread (plant oils (sunflower, rapeseed, palm)), Water, Salt, Plant based emulsifier (sunflower lecithin), Vinegar, Natural flavouring, Vitamin A. Cocoa Powder.