

# High School Winter 2024 Week 1 Report

Date: 10/10/2024

scotborders

Title	Ingredients	Simple Allergens
BBQ Pulled Pork in Wrap with Coleslaw	Homemade Coleslaw [Shredded Savoy Cabbage (Brakes) [Savoy Cabbage], Diced Carrots [carrots], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.], Granny Smith Apples (Each) [Granny Smith], Diced Onions (frozen) [Onions]], Pork Leg [Pork], 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.]], 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, 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, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, 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]	Allergens: Barley, Celery, Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.
Cheese and Tomato Omelette, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Omelette [Free Rang <b>Egg</b> (62%), <b>Milk</b> , Rapeseed Oil, Salt, Stabiliser(Xanthan Gum), White Pepper.], Peas [Peas [Peas]], Tomatoes (loose) [Tomatoes], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).]	Allergens: Eggs, Milk.
Chicken Goujons, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Chicken Goujons [Chicken Goujons [Chicken Breast (58%), <b>WHEAT</b> flour ( with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Breadcrumb ( <b>WHEAT</b> flour with added Calcium Carbonate, Iron, Niacin, Thiamin, Water, Salt, Yeast), Rice Flour, Rapeseed Oil, <b>WHEAT</b> Starch, Stabiliser (Hydroxypropyl Methylcellulose), Salt, Caramel Sugar, Potato Starch, Stabiliser (Triphosphates), Yeast, Dextrose, Dried Glucose, Oligofructose (from chicory), Maize Flour, Sunflower Oil, Gluten ( <b>WHEAT</b> ), Raising Agents (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Paprika, Emulsifier (Polyglycerol Polyricinoleate).]], Peas [Peas [Peas]]	Allergens: Cereals, Gluten, Wheat.
Chicken Korma with Rice and Chapatti	Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Water [Water], Chapatti [Chapatti [Water, Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Pre-pack Spinach [Spinach], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Brakes Korma Paste [Water, Sugar, Tomato Purée from Concentrate, Creamed Coconut (5%), Rapeseed Oil, Desiccated Coconut (4%), Ground Cumin, Ground Coriander, Garlic Purée, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.], Diced Onions (frozen) [Onions], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Cornflour [Maize Starch.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethyl)polysiloxane).]	Allergens: Cereals, Gluten, Wheat.

Title	Ingredients	Simple Allergens
Chicken Tikka with Rice and Chapatti	Tikka Sauce [Water, Tomatoes, Tomato Purée from Concentrate (12%), Onion (10%), Low Fat Yogurt ( <b>Milk</b> ) (5%), Single <b>Cream (Milk)</b> (4%), Modified Maize Starch, Sugar, Lemon Juice from Concentrate, Rapeseed Oil, Dried Onion, Ground Cumin, Coriander Leaf, Salt, Ginger Purée, Garlic Purée, Ground Coriander, Acidity Regulator (Lactic Acid), Colour (Paprika Extract), Ground Turmeric, Ground Cardamom, Chilli Powder, Dried Fenugreek, Paprika, Ground Cassia, Ground Fenugreek.], Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Chapatti [Chapatti [Water, Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Pre-pack Spinach [Spinach], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).]	Allergens: Cereals, Gluten, Milk, Wheat.
Fish, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Battered Pollock 80g [Pollock ( <b>Fish</b> ) (50%), <b>Wheat</b> Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, 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.
Leek and Potato Soup	Water [Water], Leeks (loose) [Leeks], 60 Size Baking Potato [Potato], 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.], Parsley [Parsley]	
Lentil Soup	Water [Water], Diced Carrots [carrots], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Turnip [Turnip], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Macaroni Cheese with Garlic Bread	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Macaroni Pasta [Durum <b>Wheat</b> Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Pesto Style Pasta with Garlic Bread	Penne Pasta [Durum <b>Wheat</b> Semolina (100%).], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Peas [Peas], Lemons (each) [Lemons], Pre-pack Spinach [Spinach], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Mild White Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> ], Basil [Basil], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Roast Chicken in Gravy with Mashed Potato	Mashed Potato [McCains Simply Mash [POTATOES], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide).)], Chicken Breast Fillet [Chicken Breast (90%), Water, Salt, Potato Starch, Stabiliser (Triphosphates)], Gravy [Water [Water], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.]]	Allergens: Milk.

Title	Ingredients	Simple Allergens
Steak Pie with Mashed Potato	Mashed Potato [McCains Simply Mash [POTATOES], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]], Water [Water], Diced Steak (Shaws) [100% Beef], Puff Pastry [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(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], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, 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, 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)]	Allergens: Cereals, Gluten, Wheat.
Tomato Soup	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Diced Carrots [carrots], Diced Onions (frozen) [Onions], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], 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 Lasagne and Garlic Bread	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Lasagne Sheets [Durum <b>WHEAT</b> semolina], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Diced Onions (frozen) [Onions], 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: Eggs, Mustard, 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.]	

# High School Winter 2024 Week 2 Report

Date: 10/10/2024

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Title	Ingredients	Simple Allergens
Chicken Enchiladas	Diced Chicken (Shaws) [100% Chicken], Tomato and Basil Sauce [Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Basil, Modified Maize Starch, Salt, Rapeseed Oil, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Oregano, Black Pepper.], 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.], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Red Salad Onions [Red Onions], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], 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).]	Allergens: Cereals, Gluten, Milk, Wheat.
Chicken Korma with Rice and Chapatti	Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Water [Water], Chapatti [Chapatti [Water, Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Pre-pack Spinach [Spinach], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Brakes Korma Paste [Water, Sugar, Tomato Purée from Concentrate, Creamed Coconut (5%), Rapeseed Oil, Desiccated Coconut (4%), Ground Cumin, Ground Coriander, Garlic Purée, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.], Diced Onions (frozen) [Onions], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Cornflour [Maize Starch.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).]	Allergens: Cereals, Gluten, Wheat.
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]	
Crispy Crumb Vegetable Burger, Chips & 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]], 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.]	Allergens: Cereals, Gluten, Sulphites, Sulphur Dioxide, Wheat.
Fish and Chips with 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]], 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).]	Allergens: Cereals, Fish, Gluten, Wheat.

Title	Ingredients	Simple Allergens
Grilled Salmon with Savoury Rice	Savoury Rice [Water [Water], Long Grain Rice [Parboiled&nbsp;Long Grain Rice (100%).], Diced Onions (frozen) [Onions], Pre-pack Spinach [Spinach], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Peas [Peas], Sweetcorn [sweetcorn], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Garlic Powder [Garlic.]], Salmon (skin off) [100% Salmon ( <b>Fish</b> )]	Allergens: Fish.
Leek and Potato Soup	Water [Water], Leeks (loose) [Leeks], 60 Size Baking Potato [Potato], 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.], Parsley [Parsley]	
Lentil Soup	Water [Water], Diced Carrots [carrots], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Turnip [Turnip], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Macaroni Cheese with Garlic Bread	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Macaroni Pasta [Durum <b>Wheat</b> Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Meat Free Enchiladas	Katerveg Meat Free Mince [Rehydrated Textured <b>SOYA</b> Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].], Tomato and Basil Sauce [Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Basil, Modified Maize Starch, Salt, Rapeseed Oil, Garlic Purée, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Oregano, Black Pepper.], 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.], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Red Salad Onions [Red Onions], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], 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).]	Allergens: Cereals, Gluten, Milk, Soya, Wheat.

Title	Ingredients	Simple Allergens
Nut Free Chicken Satay with Rice and Chapatti	Diced Chicken (Shaws) [100% Chicken], Water [Water], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Onions [Onions White], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Cornflour [Maize Starch.], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Coriander [Coriander.], Knorr Chicken Bouillon Powder [Maltodextrin, flavourings, salt, sugar, chicken fat (4%) [chicken fat, antioxidant (extracts of rosemary)], yeast extract, chicken (1%) [chicken, salt, antioxidant (extracts of rosemary)], turmeric*, garlic*, onion juice concentrate*, lovage roots*. *made from sustainably grown ingredients.], Ginger [Ginger], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Caster Sugar [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.
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.
Tomato Soup	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Diced Carrots [carrots], Diced Onions (frozen) [Onions], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], 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.
Vegan Sausages, Gravy, Mash and Yorkshire Pudding	Mashed Potato [McCains Simply Mash [POTATOES], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], 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 [carrots], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Diced Onions (frozen) [Onions], Cauliflower (loose) [Cauliflower], Chapatti [Chapatti [Water, Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Mushrooms (loose) [Mushrooms], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Garlic (pk 2) [Garlic]	Allergens: Cereals, Gluten, Wheat.

Title	Ingredients	Simple Allergens
Vegetable Soup	Water [Water], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Turnip [Turnip], Dutch Cabbage (loose) [English "Dutch" Cabbage], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	

# High School Winter 2024 Week 3 Report

Date: 10/10/2024

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Title	Ingredients	Simple Allergens
BBQ Pulled Chicken in a Wrap with Coleslaw	Homemade Coleslaw [Shredded Savoy Cabbage (Brakes) [Savoy Cabbage], Diced Carrots [carrots], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.], Granny Smith Apples (Each) [Granny Smith], Diced Onions (frozen) [Onions]], Diced Chicken (Shaws) [100% Chicken], 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.]], 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, 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, Pickled Red Chilli(14%), Garlic(4%), Salt, Modified Starch, 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]	Allergens: Barley, Celery, Cereals, Eggs, Fish, Gluten, Milk, Mustard, Soya, Wheat.
Chicken and Broccoli Pasta with Garlic Bread	Water [Water], Chicken Meat (Diced) [Chicken], Broccoli Florets [Broccoli], Fusilli Pasta Spirals [Durum <b>Wheat</b> Semolina (100%).], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Diced Onions (frozen) [Onions], 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, vitamins (A and D).], Plain Flour [ <b>WHEAT</b> &nbsp;Flour (with Calcium, Niacin, Iron, Thiamin).], 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).], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide))]., Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Chicken Burger, Chips and Peas	Oven Chips (47.77%) (150g) <b>POTATOES, SUNFLOWER OIL</b> Golden Valley Battered Chicken Steak (27.07%) (85g) Chicken (54%), Water, Rapeseed Oil, <b>WHEAT</b> Flour, <b>WHEAT</b> Semolina, Maize Flour, Starch (contains <b>WHEAT</b> ), Modified Starch, Salt, Raising Agents (Diphosphates, Sodium Carbonates), Potassium Chloride, <b>WHEAT</b> Gluten, Dextrose, Spice. Scottish Choice Garden Peas (Scotland Only) (25.16%) (79g) Peas	Allergens: Gluten, Wheat.



Title	Ingredients	Simple Allergens
Chicken Korma with Rice and Chapatti	Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Water [Water], Chapatti [Chapatti [Water, Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Pre-pack Spinach [Spinach], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Brakes Korma Paste [Water, Sugar, Tomato Purée from Concentrate, Creamed Coconut (5%), Rapeseed Oil, Desiccated Coconut (4%), Ground Cumin, Ground Coriander, Garlic Purée, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.], Diced Onions (frozen) [Onions], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Cornflour [Maize Starch.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).]	Allergens: Cereals, Gluten, Wheat.
Chicken Meatballs, Tomato Sauce, Pasta, Garlic Bre	Water [Water], Chicken Meatballs [Chicken (70%), Water, Gluten Free Crumb (Rice Flour, Gram Flour, Water, Maize Starch, Salt, Dextrose Monohydrate). Seasoning (Potato Starch, Salt, Spices, Onion Powder, Sugar, Yeast Extract, Spice Extracts)], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Pasta Spirals [Fusilli Pasta Spirals [Durum <b>Wheat</b> Semolina (100%).]], Potatoes [Washed & peeled potatoes], Diced Carrots [carrots], Diced Swede [Swede], Leeks (loose) [Leeks], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Garlic (pk 2) [Garlic], Olive Oil [extra Virgin olive oil]	Allergens: Cereals, Gluten, Wheat. May Contain: Mustard, Soya.
Chicken Tikka with Rice and Chapatti	Tikka Sauce [Water, Tomatoes, Tomato Purée from Concentrate (12%), Onion (10%), Low Fat Yogurt ( <b>Milk</b> ) (5%), Single <b>Cream (Milk)</b> (4%), Modified Maize Starch, Sugar, Lemon Juice from Concentrate, Rapeseed Oil, Dried Onion, Ground Cumin, Coriander Leaf, Salt, Ginger Purée, Garlic Purée, Ground Coriander, Acidity Regulator (Lactic Acid), Colour (Paprika Extract), Ground Turmeric, Ground Cardamom, Chilli Powder, Dried Fenugreek, Paprika, Ground Cassia, Ground Fenugreek.], Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Chapatti [Chapatti [Water, Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Pre-pack Spinach [Spinach], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).]	Allergens: Cereals, Gluten, Milk, Wheat.
Fish, Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Battered Pollock 80g [Pollock ( <b>Fish</b> ) (50%), <b>Wheat</b> Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, 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.
Leek and Potato Soup	Water [Water], Leeks (loose) [Leeks], 60 Size Baking Potato [Potato], 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.], Parsley [Parsley]	
Lentil Soup	Water [Water], Diced Carrots [carrots], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Turnip [Turnip], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	

Title	Ingredients	Simple Allergens
Macaroni Cheese with Garlic Bread	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Macaroni Pasta [Durum <b>Wheat</b> Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Pesto Style Pasta with Garlic Bread	Penne Pasta [Durum <b>Wheat</b> Semolina (100%).], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.], Peas [Peas], Lemons (each) [Lemons], Pre-pack Spinach [Spinach], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Mild White Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> ], Basil [Basil], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Steak Pie with Mashed Potato	Mashed Potato [McCains Simply Mash [POTATOES], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], Water [Water], Diced Steak (Shaws) [100% Beef], Puff Pastry [ <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(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], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, 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, 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)]	Allergens: Cereals, Gluten, Wheat.
Tomato Soup	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Diced Carrots [carrots], Diced Onions (frozen) [Onions], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], 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.

Title	Ingredients	Simple Allergens
Vegan Sausages, Chips and Peas	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Katerveg Vegan Sausages [Rehydrated Textured <b>SOYA</b> Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural Flavouring, Dextrose, Flavouring, Herb, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre).], Peas [Peas]	Allergens: Soya.
Vegetable Soup	Water [Water], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Turnip [Turnip], Dutch Cabbage (loose) [English "Dutch" Cabbage], Leeks (loose) [Leeks], Potatoes [Washed & peeled potatoes], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Parsley [Parsley], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	

# High School Winter 2024 Week 4 Report

Date: 10/10/2024

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Title	Ingredients	Simple Allergens
Beef Lasagne with Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Peas [Peas [Peas]], Minced Beef (Shaws) [100% Beef], Lasagne Sheets [Durum <b>WHEAT</b> semolina], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Diced Carrots [carrots], Diced Onions (frozen) [Onions], Mature White Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> .], Cornflour [Maize Starch.], Tomato Paste [Tomatoes], Garlic (pk 2) [Garlic], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Eggs, Mustard, Soya.
Chicken Korma with Rice and Chapatti	Chicken Meat (Diced) [Chicken], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Water [Water], Chapatti [Chapatti [Water, Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.], Pre-pack Spinach [Spinach], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Brakes Korma Paste [Water, Sugar, Tomato Purée from Concentrate, Creamed Coconut (5%), Rapeseed Oil, Desiccated Coconut (4%), Ground Cumin, Ground Coriander, Garlic Purée, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom.], Diced Onions (frozen) [Onions], Mango Chutney [Sugar, peeled mango slices, sugar cane vinegar, salt, chili powder, ginger powder, ground garlic, turmeric powder], Cornflour [Maize Starch.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).]	Allergens: Cereals, Gluten, Wheat.
Chicken Toad in the Hole, Gravy and Mash Potato	Mashed Potato [McCains Simply Mash [POTATOES], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], 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], Gravy [Water [Water], 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> ], Plain Flour [ <b>WHEAT</b> &nbsp;Flour (with Calcium, Niacin, Iron, Thiamin).], (2.5 Doz) "medium" Free Range Eggs [100% <b>Egg</b> ], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], Black Pepper [Black Pepper.]	Allergens: Cereals, Eggs, 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 [Parboiled&nbsp;Long Grain Rice (100%).], Diced Onions (frozen) [Onions], Pre-pack Spinach [Spinach], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Peas [Peas], Sweetcorn [sweetcorn], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Garlic Powder [Garlic.], Salmon (skin off) [100% Salmon ( <b>Fish</b> )]	Allergens: Fish.

Title	Ingredients	Simple Allergens
Katsu Chicken Curry, Rice and Chapatti	Water [Water], Chicken Goujons [Chicken Breast (58%), <b>WHEAT</b> flour ( with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Breadcrumb ( <b>WHEAT</b> flour with added Calcium Carbonate, Iron, Niacin, Thiamin, Water, Salt, Yeast), Rice Flour, Rapeseed Oil, <b>WHEAT</b> Starch, Stabiliser (Hydroxypropyl Methylcellulose), Salt, Caramel Sugar, Potato Starch, Stabiliser (Triphosphates), Yeast, Dextrose, Dried Glucose, Oligofructose (from chicory), Maize Flour, Sunflower Oil, Gluten ( <b>WHEAT</b> ), Raising Agents (Sodium Hydrogen Carbonate), Emulsifier (Disodium Diphosphate), Paprika, Emulsifier (Polyglycerol Polyricinoleate).], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Diced Onions (frozen) [Onions], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Chapatti [Chapatti [Water, Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Cornflour [Maize Starch.], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Kikkoman GF Soy Sauce [Water, <b>SOYbeans</b> , Salt, Spirit vinegar], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Caster Sugar [Sugar]	Allergens: Cereals, Gluten, Soya, Wheat.
Leek and Potato Soup	Water [Water], Leeks (loose) [Leeks], 60 Size Baking Potato [Potato], 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.], Parsley [Parsley]	
Lentil Bolognese with Pasta and Garlic Bread	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Pasta Spirals [Fusilli Pasta Spirals [Durum <b>Wheat</b> Semolina (100%).]], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Diced Carrots [carrots], Green Peppers (each) [Green Peppers], Tomato Paste [Tomatoes], Olive Oil [extra Virgin olive oil], 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.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.], Black Pepper [Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Lentil Soup	Water [Water], Diced Carrots [carrots], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Turnip [Turnip], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Macaroni Cheese with Garlic Bread	Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Macaroni Pasta [Durum <b>Wheat</b> Semolina (100%).], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese (Milk)</b> , Contains Colour(Annatto Norbixin).], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Cornflour [Maize Starch.], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.

Title	Ingredients	Simple Allergens
Nut Free Quorn Satay with Rice and Chapatti	Quorn Vegan Fillet [Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, <b>Wheat</b> Gluten, Stabiliser: Carrageenan. Allergy Advice: For allergens, including cereals containing gluten, see ingredients in bold.], Water [Water], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Light Coconut Milk [Coconut extract (55%), Water, Thickener - Carboxy Methyl Cellulose, Emulsifier - Polysorbate 60.], Chapatti [Chapatti [Water, Wholemeal <b>Wheat</b> Flour, <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Salt.]], Onions [Onions White], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Cornflour [Maize Starch.], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Coriander [Coriander.], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Ginger [Ginger], Garlic Puree [Water, Garlic Powder (22%), Acidity Regulator (Citric Acid).], Mild Chilli Powder [Paprika, Chilli Powder (20%).], Caster Sugar [Sugar]	Allergens: Cereals, Gluten, Wheat.
Omelette with Chips and Peas	Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], Omelette [Free Rang <b>Egg</b> (62%), <b>Milk</b> , Rapeseed Oil, Salt, Stabiliser(Xanthan Gum), White Pepper.], Peas [Peas]	Allergens: Eggs, Milk.
Spaghetti Bolognese with Garlic Bread	Spaghetti Pasta [Water [Water], Spaghetti Pasta [Durum <b>Wheat</b> Semolina (100%).]], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Minced Beef (Shaws) [100% Beef], Garlic Bread [Garlic Bread [ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine(Rapeseed Oil, Palm Oil, Water, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Flavouring, Colour(Carotenes)), <b>Butter (Milk)</b> (7%), Garlic Puree (2.5%), Salt, Yeast, Parsley, Marjoram, Oregano, Sage, Flour Treatment Agent(Ascorbic Acid), <b>Wheat</b> Flour.]], Diced Onions (frozen) [Onions], Diced Carrots [carrots], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Sliced Mushrooms [Mushroom.], Celery (each) [ <b>Celery</b> ], Tomato Paste [Tomatoes], Cornflour [Maize Starch.], Gravy Granules [Maltodextrin, starch, flavourings, salt, onion powder*, sugar, caramel syrup, thickener (guar gum), sage*. *Made from sustainably grown ingredients.], Garlic (pk 2) [Garlic], Black Pepper [Black Pepper.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	Allergens: Celery, Cereals, Gluten, Milk, Wheat. May Contain: Mustard, Soya.
Tomato Soup	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Diced Carrots [carrots], Diced Onions (frozen) [Onions], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], 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], 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.]	

Title	Ingredients	Simple Allergens
Veggie Toad in the Hole, Gravy and Mash	Mashed Potato [McCains Simply Mash [POTATOES], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Ground Black Pepper [Ground Black Pepper.], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]], 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.]], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Plain Flour [ <b>WHEAT</b> &nbsp;Flour (with Calcium, Niacin, Iron, Thiamin).], (2.5 Doz) "medium" Free Range Eggs [100% <b>Egg</b> ], Salt [Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], Black Pepper [Black Pepper.]	Allergens: Cereals, Eggs, Gluten, Milk, Soya, Wheat.

# High School W24 Soup Report

Date: 10/10/2024

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Title	Ingredients	Simple Allergens
Leek and Potato Soup	Water [Water], Leeks (loose) [Leeks], 60 Size Baking Potato [Potato], 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.], Parsley [Parsley]	
Lentil Soup	Water [Water], Diced Carrots [carrots], Red Lentils [Red Lentils], Diced Onions (frozen) [Onions], Leeks (loose) [Leeks], Turnip [Turnip], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], Mixed Herbs [Marjoram, Thyme, Parsley, Basil, Savory.]	
Tomato Soup	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk (2L) [100% fresh <b>milk</b> ], Diced Carrots [carrots], Diced Onions (frozen) [Onions], Knorr Vegetable Bouillon Powder [Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric*. *made from sustainably grown ingredients.], 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], 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.]	