

Primary Winter 2024 Week 1 Report

Date: 17/09/2024

Title	Ingredients	Simple Allergens
Apple Muffin	Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Solid Pack Apples [Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid).], 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).], (2.5 Doz) "medium" Free Range Eggs [100% Egg], White Sugar [White Sugar], Semi Skimmed Milk (2L) [100% fresh milk], Vanilla Essence [Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.], Ground Cinnamon [Ground Cinnamon (Cassia)], 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 (Top Sliced) [Wheat Flour (with Calcium, Iron, Niacin, 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 Fried Rice	Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice], Diced Chicken (Shaws) [100% Chicken], (2.5 Doz) "medium" Free Range Eggs [100% Egg], Peas [Peas], Diced Onions (frozen) [Onions], Sweetcorn [sweetcorn], Diced Carrots [carrots], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane).], Kikkoman GF Soy Sauce [Water, SOYbeans, Salt, Spirit vinegar], Garlic [Garlic]	Allergens: Eggs, Soya.
Chicken Goujons, Potato Smiles and Peas	Potato Smiles [Potato Smiles [Potatoes (85%), Dehydrated Potato, Vegetable Oils (Rapeseed, Sunflower) - in varying proportions, Potato Starch, Salt, White Pepper]], Breaded Chicken Goujons [Chicken Goujons [Chicken Breast (58%), WHEAT flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Breadcrumbs (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).]], Peas [Peas]	Allergens: Cereals, Gluten, Wheat.

Title	Ingredients	Simple Allergens
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.
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.
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, vitamins (A and D).], Light Brown Sugar [Cane sugar], Golden Syrup [Partially Inverted Refiners Syrup.]	Allergens: Cereals, Gluten, Oats.
Free-Range Omelette, Potato Smiles and Peas	Potato Smiles [Potato Smiles [Potatoes (85%), Dehydrated Potato, Vegetable Oils (Rapeseed, Sunflower) - in varying proportions, Potato Starch, Salt, White Pepper]], Free-Range Mini Round Omelette [HEN'S EGG (63%), lactose-free MILK (3.5% fat), drinking water, EGG WHITE, maltodextrin, stabilizer (E1422), salt, acidifying agent: citric acid (25% solution), rapeseed oil.], Peas [Peas]	Allergens: Eggs, Milk.
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.
Katerveg Vegan Sausage in a Roll	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).], Hot Dog Rolls (Top Sliced) [Wheat Flour (with Calcium, Iron, Niacin, 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, Soya, Wheat. May Contain: Sesame Seeds.
Lentil Soup	Water [Water], Diced Carrots [carrots], 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.]	

Title	Ingredients	Simple Allergens
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 (1.5%), Modified Maize Starch, Flavouring, Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), 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.
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 [Ingredients: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.
Savoury Mince and Tatties	Mashed Potatoes [McCains Simply Mash [Potatoes], Semi Skimmed Milk (2L) [100% fresh milk], Ground Black Pepper [Ground Black Pepper.], Salt [Ingredients: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.
Sponge Cake and Custard	Custard [Semi Skimmed Milk (2L) [100% fresh milk], Custard Powder [Maize Starch, Colour(Annatto Norbixin), Flavouring.], Caster Sugar [Sugar]], (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, vitamins (A and D).], Caster Sugar [Sugar], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]	Allergens: Cereals, Eggs, Gluten, Milk, Wheat.
Sweet Potato Soup	Water [Water], Orange Sweet Potato [Orange Sweet Potatoes], Parsnips (loose) [Parsnips], 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.], Garlic (pk 2) [Garlic], Mild Chilli Powder [Paprika, Chilli Powder (20%).]	

Title	Ingredients	Simple Allergens
Tomato Soup	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk (2L) [100% fresh milk], 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 CELERY), spice.], Tomato Paste [Tomatoes], Garlic (pk 2) [Garlic], Ground Black Pepper [Ground Black Pepper.], Salt [Ingredients:Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]	Allergens: Celery, Milk.
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) [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.
Tuna Pasta Bake	Semi Skimmed Milk (2L) [100% fresh milk], Tuna (In Brine) [Tuna (Fish), Water, Salt.], Sweetcorn [sweetcorn], Penne Pasta [Durum Wheat Semolina (100%).], 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.], Diced Onions (frozen) [Onions], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Ground Black Pepper [Ground Black Pepper.]	Allergens: Cereals, Fish, Gluten, Milk, Wheat. May Contain: Mustard, Soya.

Primary Winter 2024 Week 2 Report

Date: 17/09/2024

Title	Ingredients	Simple Allergens
BBQ Chicken in a Wrap	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).], Iceberg Lettuce (each) [Iceberg], Tomato Flour Tortillas [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, 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, Gluten, Milk, Mustard, Wheat.
Cheese and Tomato Pizza, Potato Smiles and Peas	Potato Smiles [Potato Smiles [Potatoes (85%), Dehydrated Potato, Vegetable Oils (Rapeseed, Sunflower) - in varying proportions, 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 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 , 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.

Title	Ingredients	Simple Allergens
Chicken Sausages, Mash Potato and Baked Beans	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], Mashed Potatoes [McCains Simply Mash [Potatoes], Semi Skimmed Milk (2L) [100% fresh milk], Ground Black Pepper [Ground Black Pepper.], Salt [Ingredients: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.
Chocolate Cupcakes	(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, vitamins (A and D).], Caster Sugar [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.
Jam Doughnut	Mini Jam Ball Doughnuts [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Apple and Raspberry Jam (22%) [Glucose Syrup, Apple Pureé, Sugar, Raspberry Pureé, Acidity Regulator (Citric Acid, Trisodium Citrate), Colour (Anthocyanins), Gelling Agent (Pectin), Flavouring], Palm Oil, Rapeseed Oil, Sweet Dust (Glucose, Cornflour, Palm Oil), Sugar, Dextrose, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Calcium Phosphates), Salt, Wheat Gluten, Soya Flour, Yeast, Flour Treatment Agent (Ascorbic Acid).]	Allergens: Cereals, Gluten, Soya, Wheat. May Contain: Eggs, Milk, Sesame Seeds.
Lentil Soup	Water [Water], Diced Carrots [carrots], 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	Simple Allergens
Low Fat Strawberry Yoghurt	Low Fat Strawberry Yoghurt [Low Fat Yogurt (MILK), Strawberry (8%), Sugar, Strawberry Puree (1.5%), Modified Maize Starch, Flavouring, Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), Preservative (Potassium Sorbate).]	Allergens: Milk.
Pasta Bolognaise with Garlic Bread, Broccoli	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Minced Beef (Shaws) [100% Beef], Spaghetti [Spaghetti Pasta [Durum Wheat Semolina (100%).]], Broccoli [Broccoli (pks) [Broccoli]], 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 , 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.
Quorn Vegan Dippers in a Wrap	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], 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.], Iceberg Lettuce (each) [Iceberg], 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, Wheat.
Salmon Nibbles, Potato Smiles and Peas	Potato Smiles [Potato Smiles [Potatoes (85%), Dehydrated Potato, Vegetable Oils (Rapeseed, Sunflower) - in varying proportions, Potato Starch, Salt, White Pepper]], Salmon Nibbles [Salmon Nibbles [Skinless and boneless Salmon Fillet (Oncorhynchus spp) (50%)(FISH), Breadcrumbs (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 PRotein, Colour (Paprika Extract), Stabiliser (Methylcellulose), Emulsifier (Polyglycerol Polyricinoleate)], Peas [Peas]	Allergens: Cereals, Fish, Gluten, Wheat.
Strawberry Jelly	Strawberry Jelly Crystals [Sugar, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.]	

Title	Ingredients	Simple Allergens
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 [Ingredients:Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).], Ground Cinnamon [Ground Cinnamon (Cassia)]	
Sweet Potato Soup	Water [Water], Orange Sweet Potato [Orange Sweet Potatoes], Parsnips (loose) [Parsnips], 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.], Garlic (pk 2) [Garlic], Mild Chilli Powder [Paprika, Chilli Powder (20%).]	
Tomato Pasta with Garlic Bread	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Penne 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.], 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, 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 milk], 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 CELERY), spice.], Tomato Paste [Tomatoes], Garlic (pk 2) [Garlic], Ground Black Pepper [Ground Black Pepper.], Salt [Ingredients:Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]	Allergens: Celery, Milk.
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) [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.

Primary Winter 2024 Week 3 Report

Date: 17/09/2024

Title	Ingredients	Simple Allergens
Apple Crumble and Custard	Custard [Semi Skimmed Milk (2L) [100% fresh milk], Custard Powder [Maize Starch, Colour(Annatto Norbixin), Flavouring.], Caster Sugar [Sugar]], Solid Pack Apples [Apple, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic 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, vitamins (A and D).], Light Brown Sugar [Cane sugar], Wholemeal Flour [Wheat Flour.], Osprio Porridge Oats [Flaked OATS]	Allergens: Cereals, Gluten, Milk, Oats, Wheat.
Banana Bread	Small Bananas (loose) [Bananas], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Caster Sugar [Sugar], (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, vitamins (A and D).]	Allergens: Cereals, Eggs, Gluten, Wheat.
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.
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 Enchiladas	Tomato Pasta Sauce [Water [Water], Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], 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]], Tomato Flour Tortillas [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt.], Diced Chicken (Shaws) [100% Chicken], Mature Coloured Cheddar Cheese [Cheddar Cheese (Milk), Contains Colour (Annatto Norbixin)], Cumin [Cumin.], Oregano [Ingredients:Oregano.]	Allergens: Cereals, Gluten, Milk, Wheat.

Title	Ingredients	Simple Allergens
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 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]	
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 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 [Alaska POLLOCK (Gadus chalcogrammus) FISH (50%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents: Sodium Carbonates, Diphosphates, Ammonium Carbonates; Salt, Dextrose, Maize Flour, WHEAT Starch, WHEAT Gluten, Maize Starch, Paprika, Turmeric Extract, Sunflower Oil, Emulsifier (Sunflower Lecithins).]	Allergens: Cereals, Fish, Gluten, 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.

Title	Ingredients	Simple Allergens
Lentil Soup	Water [Water], Diced Carrots [carrots], 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 (1.5%), Modified Maize Starch, Flavouring, Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), 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, vitamins (A and D).], Caster Sugar [Sugar], Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Semi Skimmed Milk (2L) [100% fresh milk], 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, Milk, Wheat.
Meat Free Tacos	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].], Taco Shells [Corn flour, high oleic sunflower oil (25%).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Large Onions (kg) [Onions], Mature White Cheddar Cheese [Cheddar Cheese (Milk).], Tomato Paste [Tomatoes], Olive Oil [extra Virgin olive oil], Garlic Powder [Garlic.], Ground Black Pepper [Ground Black Pepper.], Paprika [Ground Paprika.], Cumin [Cumin.], Mild Chilli Powder [Paprika, Chilli Powder (20%).]	Allergens: Milk, Soya. May Contain: Cereals, Gluten, Wheat.
Quorn Fillet, Gravy, Roasties, Yorkshire Pud	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Quorn Vegan Fillet [Quorn Vegan Fillet [Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, Wheat Gluten, Stabiliser: Carrageenan. Allergy Advice: For allergens, including cereals containing gluten, see ingredients in bold.], 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 [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.
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 [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.

Title	Ingredients	Simple Allergens
Sweet Potato Soup	Water [Water], Orange Sweet Potato [Orange Sweet Potatoes], Parsnips (loose) [Parsnips], 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.], Garlic (pk 2) [Garlic], Mild Chilli Powder [Paprika, Chilli Powder (20%).]	
Tomato Soup	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk (2L) [100% fresh milk], 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 CELERY), spice.], Tomato Paste [Tomatoes], Garlic (pk 2) [Garlic], Ground Black Pepper [Ground Black Pepper.], Salt [Ingredients:Salt(Salt, Anti-caking Agent(Sodium Ferrocyanide)).]	Allergens: Celery, Milk.
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) [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.
Veggie Nuggets, Chips and Baked Beans	McCain Oven Chips [POTATOES, SUNFLOWER OIL], Sysco Vegetable Nuggets [Wheat Flour(Wheat Flour,Calcium Carbonate,Iron,Niacin,Thiamin),Water,Carrot (12%),Peas (10%),Sweetcorn (9%),Onion (9%),Red Pepper (6%),Dried Potato,Green Beans (5%),Rapeseed Oil,Leek (3%),Cauliflower Florets (3%),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.], Baked Beans [Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract]	Allergens: Cereals, Gluten, Wheat.

Primary Winter 2024 Week 4 Report

Date: 09/10/2024

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Title	Ingredients	Simple Allergens
Beef Tacos and Rice	Minced Beef (Shaws) [100% Beef], Brown and White Rice [Brown and White Rice [50% wholegrain parboiled long grain rice 50% white parboiled long grain rice]], Taco Shells [Corn flour, high oleic sunflower oil (25%).], Sliced Mixed Peppers [Green Pepper (33%), Red Pepper (33%), Yellow Pepper (33%).], Large Onions (kg) [Onions], Mature White Cheddar Cheese [Cheddar Cheese (Milk)], Tomato Paste [Tomatoes], Olive Oil [extra Virgin olive oil], Garlic Powder [Garlic.], Ground Black Pepper [Ground Black Pepper.], Paprika [Ground Paprika.], Cumin [Cumin.], Mild Chilli Powder [Paprika, Chilli Powder (20%).]	Allergens: Milk. May Contain: Cereals, Gluten, Wheat.
Breaded Chicken Burger in a Bun	Breaded Chicken Breast Steak [Chicken (60%), WHEAT flour (WHEAT flour, Calcium carbonate, Iron, Niacin, Thiamin), Water, Rapeseed oil, Cornflour, Pea fibre, Salt, Yeast, WHEAT gluten, WHEAT starch, Raising agents (Disodium diphosphate, Sodium bicarbonate), Spirit vinegar, Yeast extract, Onion powder, Garlic powder, Sugar, Maltodextrin, White pepper, Dried sage, Flavouring, Concentrated lemon juice, Colour (Paprika extract), Cane sugar syrup, 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.
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 with Chips and Peas	Oven Chips [McCain Oven Chips [POTATOES, SUNFLOWER OIL]], 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 Sweetcorn Potato Bake	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], Sweetcorn [sweetcorn], 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	Simple Allergens
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, vitamins (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.
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.
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 (1.5%), Modified Maize Starch, Flavouring, Acidity Regulators (Sodium Citrate, Citric Acid), Natural Colour (Anthocyanins), Preservative (Potassium Sorbate).]	Allergens: Milk.

Title	Ingredients	Simple Allergens
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.
Salmon & Sweet Potato Fish Cake, Chips and Peas	Harry Ramsden Salmon and Sweet Potato Fish Cake [Salmon (FISH) (21%), Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sweet Potato (14%), Potato, Rapeseed Oil, Salt, Yeast, Emulsifier (Mono- and Diglycerides of Fatty Acids), Onion, Sage, Parsley, Raising Agent (Sodium Phosphates, Ammonium Carbonate), Pepper Extract, Flavouring.], Peas [Peas [Peas]], McCain Oven Chips [POTATOES, SUNFLOWER OIL]	Allergens: Cereals, Fish, Gluten, Wheat.
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, vitamins (A and D).], Cornflour [Maize Starch.], Caster Sugar [Sugar]	Allergens: Cereals, Gluten, Wheat.
Steak Pie and Roast Potatoes	Roast Potatoes [McCain Simply Roast Potatoes [POTATOES, SALT]], Water [Water], Diced Steak (Shaws) [100% Beef], Puff Pastry [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Margarine(Palm Oil, Water, Rapeseed Oil, Salt), Water, Preservative(Potassium Sorbate).], Large Onions (kg) [Onions], Carrots (loose) [Carrot], 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 milk], Cornflour [Maize Starch.], Diced Swede [Swede]	Allergens: Cereals, Gluten, Milk, Wheat.
Sweet Potato Soup	Water [Water], Orange Sweet Potato [Orange Sweet Potatoes], Parsnips (loose) [Parsnips], 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.], Garlic (pk 2) [Garlic], Mild Chilli Powder [Paprika, Chilli Powder (20%).]	
Tomato Pasta with Garlic Bread	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Penne 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.], 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, Milk, Wheat. May Contain: Mustard, Soya.

Title	Ingredients	Simple Allergens
Tomato Soup	Chopped Tomatoes [Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).], Water [Water], Semi Skimmed Milk (2L) [100% fresh milk], 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 CELERY), 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.
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) [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 Lemon Cake	Self Raising Flour [Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Sodium Bicarbonate, Monocalcium Phosphates).], Lemons (each) [Lemons], Caster Sugar [Sugar], Extended Life Oil [Rapeseed Oil, Anti-foaming Agent(Dimethylpolysiloxane).], Baking Powder [Wheat Flour (with Calcium, Iron, Niacin, Thiamin),Raising Agent(Disodium Diphosphate,Sodium Hydrogen Carbonate).]	Allergens: Cereals, Gluten, Wheat.
Vegetable Curry with Rice and Broccoli	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]], Broccoli (pks) [Broccoli], 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], 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]	