



## **Ingredient & Allergen Detail**

**September 2025 to February 2026**

# **PRIMARY SCHOOL MENU**

# WEEK ONE

## CUPCAKES CATERING INGREDIENT & ALLERGEN DETAIL

### Monday

#### Lunch

##### Vegetable Pasta Bake with Cheese (V)

- ◇ Spinach
- ◇ Mixed Peppers
- ◇ Pasta Twists
- ◇ **Durum Wheat & Semolina**
- ◇ Tinned Tomatoes
- ◇ Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
- ◇ Tomato Puree
- ◇ Mixed Herbs
- ◇ Garlic Puree (Contain Citric Acid)
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil.
- ◇ Thickening Granules  
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)
- ◇ Cheddar Cheese (**Milk / Potato Starch**)
- ◇ Carrots

##### Swiss Roll

- ◇ Vanilla Flavoured Filling (26%), **Wheat Flour**, Sugar, Strawberry Flavoured Filling (15%), Pasteurised **Whole Egg**,  
INGREDIENTS: Sugar, Wheat Flour, Strawberry Flavoured Filling (Glucose-Fructose Syrup, Water, Sugar, Strawberry Purée, Modified Maize Starch, Acidity Regulators (E330, E331), Gelling Agent (E440), Colours (E163, E100), Flavouring, Preservative (E202)), Palm Oil, Glucose Syrup, **Whole Egg**, Water, Humectants (E422, E420), **Soya** Flour, Whey Powder (**Milk**), Raising Agents (E450, E500), Salt, Preservatives (E262, E202), Emulsifiers (E471, E475), Acidity Regulators (E330, E260), Flavouring. Allergy advice: For allergens, including cereals containing gluten, see ingredients in bold. **May also contain nuts.**

##### Yoghurt

- ◇ **Milk** / Citric Acid

#### Cold Option

- ◇ Cream Crackers  
Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Salt, Raising Agent (Sodium Bicarbonate), Yeast.
- ◇ Breadsticks (**Wheat**)  
WHEAT Flour, Extra Virgin Olive Oil (6.5%), Yeast, Salt, Malt: **BARLEY** Malt Extract.
- ◇ Cream Cheese (**Milk**)  
**Cream (MILK)**, **Skimmed MILK**, **MILK Solids**, Modified Starch E1442, Salt, Potassium Sorbate E202, Culture
- ◇ Cheddar Cheese (**Milk / Potato Starch**)
- ◇ Hummus (**Sesame**)  
Cooked Chickpeas (46%) [Water, Chickpeas], Rapeseed Oil, Water, Tahini (14%) **Sesame Seed Paste**], Salt, Garlic Granules, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate.

#### Jacket Potato

- ◇ Cheddar Cheese (**Milk / Potato Starch**)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

### Tuesday

#### Lunch

##### Minced Beef Hot Pot

- ◇ 5% Fat Lean Minced Beef
- ◇ Courgette & Peas
- ◇ Potatoes
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil.
- ◇ Crusty Bread  
**Wheat Flour** (White Flour) Water, Yeast, Improver (**may contain Soya**), Bread Fat and Salt

##### Vanilla Ice Cream with Sprinkles and Wafers

- ◇ Soft Scoop Ice Cream  
Water, Sugar, Palm Oil, Buttermilk Powder (**MILK**), Whey Powder (**MILK**), Dextrose, Skimmed Milk Powder (**MILK**), Emulsifier ( Mono & Di Glycerides of Fatty Acids) , Stabilisers (Carboxymethyl Cellulose, Guar Gum, Locust Bean Gum) , Flavourings, Colours (Annatto Norbixin , Curcumin) .
- ◇ Wafers
- ◇ **WHEAT flour (WHEAT flour**, calcium carbonate, iron, niacin, thiamin), rapeseed oil, raising agent (sodium bicarbonate), emulsifier ( **SOYA** lecithin), salt, sweetener (saccharin), colour (annatto norbixin).
- ◇ Sponge Crumbly Sprinkles  
Flour (**Wheat/Gluten**),  
Sugar  
**Egg**  
Cocoa  
Vanilla Essence
- ◇ Margarine (No Dairy)  
Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil) Water, Salt Emulsifier (E471 - Mono- & Di-glycerides - derived from fatty acids) Acid (Citric Acid) -Natural Flavour, Vitamin A, Vitamin D, Colour (Beta-carotene)

##### Yoghurt

- ◇ **Milk** / Citric Acid

#### Cold Option

- ◇ Flatbreads  
**WHEAT Flour**, Water, Yeast, Sugar, Salt.
- ◇ Cheddar Cheese (**Milk / Potato Starch**)
- ◇ Sliced Chicken
- ◇ Cheddar Cheese (**Milk / Potato Starch**)

#### Jacket Potato

- ◇ Cheddar Cheese (**Milk / Potato Starch**)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

# WEEK ONE

# CUPCAKES CATERING INGREDIENT & ALLERGEN DETAIL

## Wednesday

### Lunch

#### Chicken Korma Curry – Lentil & Chickpea

- ◇ 100% Chicken Breast
- ◇ Red Split Lentils (**Gluten**)
- ◇ Chickpeas
- ◇ Mixed Vegetables (Carrots, Sweetcorn, Peas, Green beans)
- ◇ SPICE MIX: Ground Ginger / Turmeric / Cumin/ Coriander / Sugar / Cardamon / Paprika / Garlic Salt / Onion / Black Pepper / Cinnamon / Cloves / Oregano / Nutmeg / Citric Acid
- ◇ Coconut Milk
- ◇ Tinned Tomatoes
- ◇ Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil.
- ◇ Rice

#### Vanilla Cookie

- ◇ Margarine (No Dairy)  
Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil) Water, Salt Emulsifier (E471 - Mono- & Di-glycerides - derived from fatty acids) Acid (Citric Acid) -Natural Flavour, Vitamin A, Vitamin D, Colour (Beta-carotene)
- ◇ Flour (**Wheat Gluten**)
- ◇ Sugar
- ◇ Vanilla Essence

#### Yoghurt

- ◇ **Milk** / Citric Acid

### Cold Option

- ◇ Cheese & Tomato Pizza Fingers (**Wheat Milk**)
- ◇ Tomato Dip
- ◇ Water, Glucose-Fructose Syrup, Tomato Paste (17%), Sugar, Modified Maize Starch, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Preservative (Potassium Sorbate), Tomato Spice (Salt, Natural Clove Flavourings, Natural Flavourings, Spice Extract).

### Jacket Potato

- ◇ Cheddar Cheese (**Milk** / Potato Starch)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

## Thursday

### Lunch

#### Pork Sausage & Bean Ragù

- ◇ 2 sausages per child Pork Sausages
- ◇ Pork,, Water, Rusk ( Contains **Wheat flour**, fortified with Calcium Carbonate, Iron, Nicotinamide, Thiamin), Pork fat, Pork Rind, **SOYA**, Protein Concentrate, Potato Starch, Salt, Flavourings, Stabiliser, E450(iii) Preservative (sodium **SULPHITE**) Dextrose, Spices (White Pepper,), Sunflower Oil, Antioxidant)E300
- ◇ Sausage skin contains **BEEF**
- ◇ Butter Beans, Water, Firming Agent (Calcium Chloride), Antioxidant (Sodium **Metabisulphite**).
- ◇ Red Kidney Beans, Water, Ascorbic acid
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.
- ◇ Tinned Tomato
- ◇ Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil.
- ◇ Thickening Granules  
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)
- ◇ Pitta Bread Fingers (**Wheat**) **May Contain Nuts**

#### Sliced Melon

#### Yoghurt

- ◇ **Milk** / Citric Acid

### Cold Option

- ◇ Soft Rolls (**Wheat, Milk, Eggs, Sesame Soya**)
- ◇ Margarine (No Dairy)  
Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil) Water, Salt Emulsifier (E471 - Mono- & Di-glycerides - derived from fatty acids) Acid (Citric Acid) -Natural Flavour, Vitamin A, Vitamin D, Colour (Beta-carotene)
- ◇ Cheddar Cheese (**Milk** / Potato Starch)

### Jacket Potato

- ◇ Cheddar Cheese (**Milk** / Potato Starch)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

# WEEK ONE

## CUPCAKES CATERING INGREDIENT & ALLERGEN DETAIL

### Friday

#### Lunch

##### Cheese & Tomato Pizza

- ◇ Pizza
- ◇ **Wheat Milk**
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

##### Vanilla Sponge Cake

- ◇ Margarine (No Dairy)  
Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil) Water, Salt Emulsifier (E471 - Mono- & Di-glycerides - derived from fatty acids) Acid (Citric Acid) -Natural Flavour, Vitamin A, Vitamin D, Colour (Beta-carotene)
- ◇ Flour (**Wheat/Gluten**)
- ◇ Egg (**Egg**)
- ◇ Sugar
- ◇ Vanilla Essence

##### Yoghurt

- ◇ **Milk** / Citric Acid

#### Cold Option

Oven Baked Sausage Rolls

**Wheat Flour (WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Pork (23%), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Concentrated Lemon Juice), Seasoning Mix (Wheat Flour (**WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Ammonium carbonates, Dried Onion, Spices

Side Salad

#### Jacket Potato

- ◇ Cheddar Cheese (**Milk** / Potato Starch)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

# WEEK TWO

## CUPCAKES CATERING INGREDIENT & ALLERGEN DETAIL

### Monday

#### Lunch

##### Hot Dogs

- ◇ Sausages  
Pork, \***Sausage Skin Contains Beef** Water, Rusk ( Contains **Wheat flour**, fortified with Calcium Carbonate, Iron, Nicotinamide, Thiamin), Pork fat, Pork Rind, **SOYA**, Protein Concentrate, Potato Starch, Salt, Flavourings, Stabiliser, E450(iii) Preservative (sodium **SULPHITE**) Dextrose, Spices (White Pepper, Sunflower Oil, Antioxidant)E300
- ◇ Hot Dog Bun  
**WHEAT Flour (WHEAT Flour**, Calcium Carbonate, Iron, Niacin & Thiamin), Water, Sugar, Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifiers: E471, E472(e). Flour Treatment Agents: E300, E920. **May Contain Sesame**
- ◇ Tomato Sauce  
Water, Glucose-Fructose Syrup, Tomato Paste (17%), Sugar, Modified Maize Starch, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Preservative (Potassium Sorbate), Tomato Spice (Salt, Natural Clove Flavourings, Natural Flavourings, Spice Extract).
- ◇ Sweetcorn

##### Swiss Roll

- ◇ Vanilla Flavoured Filling (26%), **Wheat Flour**, Sugar, Strawberry Flavoured Filling (15%), Pasteurised **Whole Egg**, INGREDIENTS: Sugar, Wheat Flour, Strawberry Flavoured Filling (Glucose-Fructose Syrup, Water, Sugar, Strawberry Purée, Modified Maize Starch, Acidity Regulators (E330, E331), Gelling Agent (E440), Colours (E163, E100), Flavouring, Preservative (E202)), Palm Oil, Glucose Syrup, **Whole Egg**, Water, Humectants (E422, E420), **Soya** Flour, Whey Powder (**Milk**), Raising Agents (E450, E500), Salt, Preservatives (E262, E202), Emulsifiers (E471, E475), Acidity Regulators (E330, E260), Flavouring. Allergy advice: For allergens, including cereals containing gluten, see ingredients in bold. **May also contain nuts.**

##### Yoghurt

- ◇ **Milk** / Citric Acid

#### Cold Option

- ◇ Cream Crackers  
Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Salt, Raising Agent (Sodium Bicarbonate), Yeast.
- ◇ Breadsticks (**Wheat**)  
**WHEAT** Flour, Extra Virgin Olive Oil (6.5%), Yeast, Salt, Malt: **BARLEY** Malt Extract.
- ◇ Cream Cheese (**Milk**)  
Cream (MILK), Skimmed MILK, MILK Solids, Modified Starch E1442, Salt, Potassium Sorbate E202, Culture
- ◇ Cheddar Cheese (**Milk** / **Potato Starch**)
- ◇ Hummus (**Sesame**)  
Cooked Chickpeas (46%) [Water, Chickpeas], Rapeseed Oil, Water, Tahini (14%) **Sesame Seed Paste**], Salt, Garlic Granules, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate.

#### Jacket Potato

- ◇ Cheddar Cheese (**Milk** / Potato Starch)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

### Tuesday

#### Lunch

##### Pork Meatballs in Gravy

- ◇ Pork Meatballs  
Pork (80%), Onion, Rusk (Fortified **WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium Bicarbonate)), **SOYA Protein**, Onion Powder, Salt, Black Pepper.  
**(May Contain Celery Egg Milk Mustard & Sulphites)**
- ◇ Peas
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil. Lactose Free)
- ◇ New Potatoes

##### Vanilla Flapjack

- ◇ Rolled Oats (**Wheat Gluten**)
- ◇ Golden Syrup
- ◇ Brown Sugar
- ◇ Vanilla Essence
- ◇ Margarine (No Dairy)  
Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil) Water, Salt Emulsifier (E471 - Mono- & Di-glycerides - derived from fatty acids) Acid (Citric Acid) -Natural Flavour, Vitamin A, Vitamin D, Colour (Beta-carotene)

##### Yoghurt

- ◇ **Milk** / Citric Acid

#### Cold Option

- ◇ Bagels  
**WHEAT Flour**, Water, Sugar, Malt Flour, Yeast, Salt, **SOYA Flour**, Flour Treatment Agent: Ascorbic Acid.
- ◇ Sliced Chicken
- ◇ Cheddar Cheese (**Milk** / **Potato Starch**)

#### Jacket Potato

- ◇ Cheddar Cheese (**Milk** / Potato Starch)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

# WEEK TWO

## CUPCAKES CATERING INGREDIENT & ALLERGEN DETAIL

### Wednesday Lunch

#### Beef Bolognese Pasta Bake

- ◇ 5% Fat Minced Beef
- ◇ Pasta Twists  
**Durum Wheat** Semolina
- ◇ Tinned Tomatoes
- ◇ Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
- ◇ Tomato Puree
- ◇ Mixed Herbs
- ◇ Garlic Puree (contains Citric Acid)
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil.
- ◇ Thickening Granules
- ◇ Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)
- ◇ Carrots

#### Vanilla Cookie

- ◇ Margarine (No Dairy)  
Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil) Water, Salt Emulsifier (E471 - Mono- & Di-glycerides - derived from fatty acids) Acid (Citric Acid) -Natural Flavour, Vitamin A, Vitamin D, Colour (Beta-carotene).
- ◇ Flour (**Wheat Gluten**)
- ◇ Sugar
- ◇ Vanilla Essence

### Cold Options

- ◇ Tortilla Wraps (**Wheat**)  
**WHEAT flour** (66%) (**WHEAT flour**, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, WHEAT fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT gluten**, preservative (E282).
- ◇ Ham
- ◇ Cheddar Cheese (**Milk / Potato Starch**)

### Jacket Potato

- ◇ Cheddar Cheese (**Milk / Potato Starch**)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

### Thursday Lunch

#### Mac & Cheese

- ◇ Macaroni Pasta (**Wheat, Semolina**)
- ◇ Bechamel Sauce
- ◇ **Wheat Flour** (**WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Cornflour, **Whey Powder (MILK)**, Palm Oil, **Whole MILK Powder**, Sugar, Salt, Rapeseed Oil, Yeast Extract, Onion Powder, Spices, Herb.
- ◇ Cheddar Cheese (**Milk / Potato Starch**)
- ◇ Peas

#### Garlic & Parsley Slices

- ◇ **WHEAT Flour** (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Garlic Purée (4%), Yeast, Parsley, Salt, Dextrose, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Natural Flavouring, Natural Colour (Beta Carotene).  
**May Contain Milk & Sesame**

#### Vanilla Ice Cream with Wafers

- ◇ Soft Scoop Ice Cream  
Water, Sugar, Palm Oil, Buttermilk Powder (**MILK**), Whey Powder (**MILK**), Dextrose, Skimmed Milk Powder (**MILK**), Emulsifier ( Mono & Di Glycerides of Fatty Acids) , Stabilisers (Carboxymethyl Cellulose, Guar Gum, Locust Bean Gum) , Flavourings, Colours (Annatto Norbixin , Curcumin) .
- ◇ Wafers  
**WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), rapeseed oil, raising agent (sodium bicarbonate), emulsifier (**SOYA** lecithin), salt, sweetener (saccharin), colour (annatto norbixin).

#### Yoghurt

- ◇ **Milk / Citric Acid**

### Cold Option

- ◇ Wholemeal Sandwich  
Wholemeal **Wheat** Flour, Water, **Wheat** Protein, Yeast, **Wheat** Bran, Salt, Vegetable Oils and Fat [Rapeseed Oil, Palm Fat, Palm Oil], Malted **Barley**Flour, Sugar, Spirit Vinegar, **Soya** Flour, Preservative (Calcium Propionate), Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)
- ◇ (Margarine (No Dairy)  
Vegetable Oil Blend - Palm Oil, Rapeseed Oil, Coconut Oil, Palm Stearin - 82.28% Water - 16.07% Salt - 1.21% Emulsifier (E471 - Mono- & Di-glycerides - derived from Palm oil) - 0.41% Flavouring - 0.02% Colour (Beta-carotene E160a) - 0.02%
- ◇ Cheddar Cheese (**Milk / Potato Starch**)
- ◇ Chicken

### Jacket Potato

- ◇ Cheddar Cheese (**Milk / Potato Starch**)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

# WEEK TWO

## CUPCAKES CATERING INGREDIENT & ALLERGEN DETAIL

### Friday Lunch

#### Sweet & Sour Pork

- ◇ Pork
- ◇ Green Beans
- ◇ Mixed Peppers
- ◇ Sweetcorn
- ◇ Sweet & Sour Sauce  
Water, Sugar (13%), Onion (9%), Tomato Paste (5%), Pineapple (5%), Carrot (4%), Thickener (Modified Maize Starch), Water Chestnuts (3%), Bamboo Shoots (3%), Red Peppers (3%), Green Peppers (3%), Sweetcorn (3%), Acidity Regulator (Acetic Acid), Salt, Ginger Powder, Paprika, Black Pepper, Paprika Extract.
- ◇ Tinned Tomatoes  
Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil.
- ◇ Thickening Granules  
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)
- ◇ Rice

#### Fruit Jelly with Whipped Cream

- ◇ Jelly Crystals  
Sugar, Dextrose, Beef Gelatine, Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.
- ◇ **Whipped Cream**  
**BUTTERMILK (40%)**, Water, Vegetable Oils in varying proportions (24%) (Palm, Coconut, Hydrogenated Palm, Rapeseed), Sugar, **Skimmed MILK Powder**, **MILK Proteins**, Emulsifiers (E435, E471), Stabiliser (E407), Natural Flavouring (contains MILK), Colour (E 160a), Propellant Gas (E 942).

#### Yoghurt

- ◇ **Milk** / Citric Acid

#### Cold Option

- ◇ Cheese & Tomato Pizza Fingers (**Wheat Milk**)
- ◇ Tomato Dip  
Water, Glucose-Fructose Syrup, Tomato Paste (17%), Sugar, Modified Maize Starch, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Preservative (Potassium Sorbate), Tomato Spice (Salt, Natural Clove Flavourings, Natural Flavourings, Spice Extract).

#### Jacket Potato

- ◇ Cheddar Cheese (**Milk** / Potato Starch)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

# WEEK THREE

## CUPCAKES CATERING INGREDIENT & ALLERGEN DETAIL

### Monday Lunch

#### Pork Sausage Rolls

- ◇ **Wheat Flour** (**WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Pork (23%), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Concentrated Lemon Juice), Seasoning Mix (**Wheat Flour** (**WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Ammonium Carbonate, Dried Onion, Spices Sunflower Oil, Glaze (Water, **Milk Proteins**, Dextrose, Rapeseed Oil, Salt, Yeast Extract, Sage)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

#### Swiss Roll

- ◇ Vanilla Flavoured Filling (26%), **Wheat Flour**, Sugar, Strawberry Flavoured Filling (15%), Pasteurised **Whole Egg**, INGREDIENTS: Sugar, Wheat Flour, Strawberry Flavoured Filling (Glucose-Fructose Syrup, Water, Sugar, Strawberry Purée, Modified Maize Starch, Acidity Regulators (E330, E331), Gelling Agent (E440), Colours (E163, E100), Flavouring, Preservative (E202)), Palm Oil, Glucose Syrup, **Whole Egg**, Water, Humectants (E422, E420), **Soya** Flour, Whey Powder (**Milk**), Raising Agents (E450, E500), Salt, Preservatives (E262, E202), Emulsifiers (E471, E475), Acidity Regulators (E330, E260), Flavouring. Allergy advice: For allergens, including cereals containing gluten, see ingredients in bold. **May also contain nuts.**

#### Yoghurt

- ◇ **Milk** / Citric Acid

### Cold Option

- ◇ Tortilla Wraps (**Wheat**)  
**WHEAT flour** (66%) (**WHEAT flour**, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, WHEAT fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT gluten**, preservative (E282).
- ◇ Ham
- ◇ Cheddar Cheese (**Milk** / **Potato Starch**)

### Jacket Potato

- ◇ Cheddar Cheese (**Milk** / Potato Starch)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

### Tuesday Lunch

#### BBQ Pork

- ◇ Pork
- ◇ Mixed Vegetables (Carrots, Sweetcorn, Peas, Green beans)
- ◇ BBQ Sauce  
Demerara Sugar, Smoked Paprika, Tomato Powder, Salt, Cumin, Garlic Powder, Yeast Extract, Modified Tapioca Starch, Black Pepper, Coriander, Chilli Flakes, Green Bell Pepper, Citric Acid, Smoke Flavour, Sunflower Oil.
- ◇ Tinned Tomatoes  
Tomatoes, Tomsweetato Juice, Acidity Regulator (Citric Acid)
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil.
- ◇ Thickening Granules  
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)
- ◇ Rice

#### Fruit Jelly with Whipped Cream

- ◇ Jelly Crystals  
Sugar, Dextrose, Beef Gelatine, Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavouring.
- ◇ **Whipped Cream**  
**BUTTERMILK (40%)**, Water, Vegetable Oils in varying proportions (24%) (Palm, Coconut, Hydrogenated Palm, Rapeseed), Sugar, **Skimmed MILK Powder**, **MILK Proteins**, Emulsifiers (E435, E471), Stabiliser (E407), Natural Flavouring (contains MILK), Colour (E 160a), Propellant Gas (E 942).

#### Yoghurt

- ◇ **Milk** / Citric Acid

### Cold Option

- ◇ Pasta Twists in Herby Tomato Sauce (**Wheat**)
- ◇ Cheddar Cheese (**Milk** / **Potato Starch**)

### Jacket Potato

- ◇ Cheddar Cheese (**Milk** / Potato Starch)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

# WEEK THREE

## CUPCAKES CATERING INGREDIENT & ALLERGEN DETAIL

### Wednesday Lunch

#### Vegetable Pasta Bake with Cheese (V)

- ◇ Courgette
- ◇ Spinach
- ◇ Pasta Twists
- ◇ **Durum Wheat & Semolina**
- ◇ Tinned Tomatoes
- ◇ Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)
- ◇ Tomato Puree
- ◇ Mixed Herbs
- ◇ Garlic Puree (Contain Citric Acid)
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil.
- ◇ Thickening Granules  
Potato Starch, Maltodextrin, Vegetable Oil (Palm), Dried Glucose Syrup, Emulsifier (**Soya Lecithin**)
- ◇ Cheddar Cheese (**Milk / Potato Starch**)
- ◇ Peas

#### Chocolate Cake

- ◇ Margarine (No Dairy)  
Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil) Water, Salt Emulsifier (E471 - Mono- & Di-glycerides - derived from fatty acids) Acid (Citric Acid) -Natural Flavour, Vitamin A, Vitamin D, Colour (Beta-carotene)
- ◇ Flour (**Wheat / Gluten**)
- ◇ **EGGS**
- ◇ Cocoa
- ◇ Sugar

#### Yoghurt

- ◇ **Milk** / Citric Acid

#### Cold Option

- ◇ Flatbreads  
**WHEAT Flour**, Water, Yeast, Sugar, Salt.
- ◇ Cheddar Cheese (**Milk / Potato Starch**)
- ◇ Sliced Chicken

#### Jacket Potato

- ◇ Cheddar Cheese (**Milk** / Potato Starch)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

### Thursday Lunch

#### Root Vegetable Casserole

- ◇ Butternut Squash
- ◇ Onions
- ◇ **Celery**
- ◇ Carrots
- ◇ Swede
- ◇ Turnip
- ◇ Low Salt Gravy (Bisto Low Salt)  
(Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Flavourings, Sugar, Emulsifier (**Soya Lecithin**), Black Pepper Extract, Rosemary Extract, Onion Oil.

#### Herby Roasted New Potatoes

- ◇ Potato
- ◇ Rapeseed Oil
- ◇ Mixed Herbs

#### Sliced Oranges

#### Yoghurt

- ◇ **Milk** / Citric Acid

#### Cold Option

- ◇ Soft Rolls (**Wheat, Milk, Eggs, Sesame Soya**)
- ◇ Margarine (No Dairy)  
Vegetable Oil Blend - Palm Oil, Rapeseed Oil, Coconut Oil, Palm Stearin - 82.28% Water - 16.07% Salt - 1.21% Emulsifier (E471 - Mono- & Di-glycerides - derived from Palm oil) - 0.41% Flavouring - 0.02% Colour (Beta-carotene E160a) - 0.02%
- ◇ Cheddar Cheese (**Milk** / Potato Starch)
- ◇ Chicken

#### Jacket Potato

- ◇ Cheddar Cheese (**Milk** / Potato Starch)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

# WEEK THREE

## Friday

### Lunch

#### Oven Bakes Fishcakes

- ◇ Minced Whitefish (FISH) (36%), Water, Potato Flake, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Salt, Raising agent (Sodium Phosphates), Onion, Sage, Parsley, Yeast, Mono- and diglycerides of Fatty Acids, Pepper Extract.
- ◇ Rice
- ◇ Mixed Vegetables (Carrots, Sweetcorn, Peas, Green beans)

#### Apricot Flapjack

- ◇ Margarine (No Dairy)  
Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil) Water, Salt Emulsifier (E471 - Mono- & Diglycerides - derived from fatty acids) Acid (Citric Acid) -Natural Flavour, Vitamin A, Vitamin D, Colour (Beta-carotene)
- ◇ Oats (**Gluten**)
- ◇ Golden Syrup
- ◇ Brown Sugar
- ◇ Dried Apricot (**Sulphites**)

#### Yoghurt

- ◇ **Milk** / Citric Acid

### Cold Option

- ◇ Wholemeal Sandwich  
Wholemeal **Wheat** Flour, Water, **Wheat** Protein, Yeast, **Wheat** Bran, Salt, Vegetable Oils and Fat [Rapeseed Oil, Palm Fat, Palm Oil], Malted **Barley** Flour, Sugar, Spirit  
Vinegar, **Soya** Flour, Preservative (Calcium Propionate), Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid)
- ◇ Margarine (No Dairy)  
Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil) Water, Salt Emulsifier (E471 - Mono- & Diglycerides - derived from fatty acids) Acid (Citric Acid) -Natural Flavour, Vitamin A, Vitamin D, Colour (Beta-carotene)
- ◇ Cheddar Cheese (**Milk** / Potato Starch)

### Jacket Potato

- ◇ Cheddar Cheese (**Milk** / Potato Starch)
- ◇ Low Sugar Baked Beans  
Beans (49%), Tomatoes (30%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavourings.

