



Ingredient & Allergen Detail

February 2026 to July 2026

PRIMARY SCHOOL MENU

WEEK ONE

CUPCAKES CATERING INGREDIENT & ALLERGEN DETAIL

Monday

Lunch

Vegetable Pasta Bake with Cheese (V)

- ◇ Sweetcorn
- ◇ Courgette
- ◇ 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

Swiss Roll (Chocolate/Vanilla)

- ◇ 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 Flour**, Extra Virgin Olive Oil (4.5%), Yeast, Salt, Malt: **BARLEY** Malt Extract. **May Contact Sesame, Soya, Mustard & Milk**
- ◇ 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

Sweet & Sour Chicken

- ◇ Chicken Breast
- ◇ Green Beans
- ◇ 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 & Mixed Vegetables (Carrots, Sweetcorn, Peas, Green beans)

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

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

WEEK ONE

CUPCAKES CATERING INGREDIENT & ALLERGEN DETAIL

wednesday

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.

Chocolate 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
- ◇ Cocoa

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

Chicken Korma Curry – Lentil & Chickpea

- ◇ 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.
- ◇ Naan Bread (**Wheat**)

Ice Cream & 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).
Contains Coconut

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

Friday 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 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

- ◇ 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

Monday

Lunch

Cheese & Tomato Pizza

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

Swiss Roll (Strawberry or Chocolate)

- ◇ Vanilla Flavoured Filling (26%), **Wheat Flour**, Sugar, Strawberry Flavoured Filling (15%) or Cocoa Flavoured Filling Pasteurised **Whole Egg**, INGREDIENTS: Sugar, Wheat Flour, Strawberry Flavoured Filling (Glucose-Fructose Syrup, Water, Sugar, Strawberry Purée or Cocoa, 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 Flour**, Extra Virgin Olive Oil (4.5%), Yeast, Salt, Malt: **BARLEY** Malt Extract. **May Contact Sesame, Soya, Mustard & Milk**
- ◇ 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

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

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

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

BBQ Pork

- ◇ Pork
- ◇ Mixed Vegetables (Carrots, Sweetcorn, Peas, Green beans)
- ◇ BBQ Sauce
- ◇ Water, Sugar, Tomatoes (15%), Acidity Regulator: Acetic Acid, Modified Starch, Salt, Colour: Caramel, Spices, Smoke Flavouring, Preservative: Potassium Sorbate, Tamarind Extract, Molasses, Stabilisers: Xanthan Gum & Guar Gum
- ◇ 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**)
- ◇ New Potatoes

Ice Cream & 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). **Contain Coconut**

Yoghurt

- ◇ **Milk** / Citric Acid

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

Vegetable Pasta Bake with Cheese (V)

- ◇ Spinach
- ◇ Peas
- ◇ 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

Vanilla 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)
- ◇ **Eggs**
- ◇ **Flour (Wheat/Gluten)**
- ◇ Vanilla Essence

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**)
- ◇ Sliced Ham

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

Lunch

Friday

Pork Sausage & Bean Ragu

- ◇ 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**

Melon

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

Chicken Korma Curry

- ◇ Chicken Breast
- ◇ Cauliflower
- ◇ Butternut Squash
- ◇ Broccoli
- ◇ Peas
- ◇ 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.
- ◇ ½ Jacket Potato

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

- ◇ Pork Sausage in Gravy
- ◇ 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**
- ◇ 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.
- ◇ Peas
- ◇ New Potatoes

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

Wednesday

Lunch

Pork & Vegetable Casserole

- ◇ Pork
- ◇ Sweetcorn
- ◇ 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

- ◇ Crusty Bread
Wheat Flour (White Flour) Water, Yeast, Improver (**may contain Soya**), Bread Fat and Salt

Oranges

Yoghurt

- ◇ **Milk** / Citric Acid

Cold Option

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

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

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

CUPCAKES CATERING INGREDIENT & ALLERGEN DETAIL

Friday

Lunch

Hot Dogs

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**

◇ 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**

◇ Sweetcorn

◇ Ketchup Dip

Water, Tomato Puree (24%), Sugar, Acidity Regulator: Acetic Acid, Spirit Vinegar, Modified Starch, Salt, Herbs and Spices, Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum

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

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

