

# School Lunches Ingredient List

## Week 1

- Pasta Bolognese:** Pasta, Minced Beef (10% fat), Tomato Puree, Chopped Tomatoes, Beef Stock, Beef Gravy Granules, Bolognese Sauce, Salt & Pepper.
- Beef Gravy Granules:** Maltodextrin, Potato Starch, Salt, Colour (Ammonia Caramel), Beef Dripping (2%), Flavouring, Onion Powder, Flavour Enhancer (Disodium 5'-Ribonucleotides)
- Vegetable Pasta:** Pasta, Courgette, Aubergine, Peppers, Red Onions, Chopped Tomatoes, Bolognese Sauce, Salt & Pepper.
- Bolognese Sauce:** Tomatoes (78%), Tomato Paste (11%), Onions, Lemon Juice, Cornflour, Salt, Basil (0.3%), Sugar, Garlic, Parsley, Herb, Spices.
- Garlic Bread:** Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid), Sunflower Oil, Wheat Flour, Margarine (Rapeseed Oil, Palm Oil, Water, Emulsifiers: Mono- and Di-Glycerides of Fatty Acids) Colours (Annatto, Curcumin) Flavouring), Garlic Purée (11%), Water, Parsley, Salt
- Sausages:** Pork (80%), Water, Rusk (Wheat Flour: contains Calcium Carbonate, Iron, Nicotinamide, Thiamin; Ammonium Carbonate), Pork Fat, Pork Rind, Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Salt, Flavourings, Stabilisers (Disodium Diphosphate, Tetrasodium Diphosphate), Yeast Extract, Preservative (Sodium Sulphite), White Pepper, Dextrose, Sunflower Oil, Antioxidant (Ascorbic Acid)
- Vegetarian Sausages:** Rehydrated Textured Wheat Protein (84%), Palm Oil, Seasoning (Sulphites) (Dextrose, Salt, Flavorings, Onion Powder, Yeast Extract, Colour: Red Iron Oxide), Rusk (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent: Ammonium Hydrogen Carbonate), Pea Protein, Rapeseed Oil, Stabiliser: Methyl Cellulose, Wheat Gluten, Sunflower Oil.
- Mash Potato:** Potato (87.5%), Skimmed Milk Powder, Vegetable Fat (Palm), Lactose (from Milk), Sodium Caseinate (from Milk), Emulsifier: Mono- and Di-Glycerides of Fatty Acids, Salt, Thickening Agent (Xanthan), Flavouring, Stabilisers (Sodium Citrates and Diphosphates), Curcuma Extract, Preservatives: Sodium Metabisulphite, Citric Acid.
- Baked Beans:** Haricot Beans (53%), Tomatoes (29%), Water, Sugar, Modified Maize Starch, Glucose - Fructose Syrup, Salt, Onion Powder, Paprika, Yeast Extract, Flavouring, Clove Extract
- Chicken Goujons:** Chicken Breast Fillet (62%), Water, Wheat Flour, Thickeners (Modified Tapioca Starch, Xanthan Gum, Guar Gum), Salt, Corn Starch, Sugar, Yeast, Fully Refined Soya Oil.
- Quorn Goujons:** Mycoprotein™ (53%), Wheat & Wholewheat Flours (contain added Calcium, Iron, Niacin & Thiamine), Vegetable Oils (Sunflower, Rapeseed), Water, Rehydrated Free Range Egg White, Wheatgerm, Wheat Starch, Wheat Gluten, Milk Proteins, Natural Flavouring, Salt, Rice Flour, Yeast, Firming Agents: Calcium Chloride, Calcium Acetate; Gelling Agent: Pectin.

<b><u>Chicken Curry:</u></b>	Chicken, Cream, 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.
<b><u>Vegetable Curry:</u></b>	Peppers, Red Onion, Courgette, Aubergine, Chopped Tomatoes, Cream, 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.
<b><u>Pasta:</u></b>	Durum Wheat Semolina (100%)
<b><u>Cheese &amp; Tomato Pizza:</u></b>	Pizza Dough Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Extra Virgin Olive Oil (2.5%), Dried Yeast (Yeast, Emulsifier: Sorbitan Monostearate), Salt, Tomato Puree, Cheddar Cheese, mozzarella cheese.
<b><u>Tuna Mayonnaise:</u></b>	Tuna Chunks, Mayonnaise, Salt and Pepper.
<b><u>Mayonnaise:</u></b>	Rapeseed Oil, Water, Sugar, Stabiliser: Modified Maize Starch (E1422), Preservative: Acetic Acid (E260), Egg Yolk Powder, (Pasteurised Egg Yolk, Salt, Maltodextrin), Stabiliser: Xanthan Gum (E415), Salt, Preservative: Potassium Sorbate (E202)
<b><u>Tomato Sauce:</u></b>	Water, Tomato Paste, Glucose-Fructose Syrup, Modified Maize Starch, Sugar, Acidity Regulator (Acetic Acid), Salt, Preservative (Potassium Sorbate), Natural Flavouring, Sweetener (Sodium Saccharin)
<b><u>Baguette:</u></b>	Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Fermented Wheat Flour, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid)
<b><u>Dairy Free Spread:</u></b>	Vegetable Oils in varying proportions (Rapeseed, Sustainable Palm, Sunflower), Water, Salt, Emulsifiers - E471, Lecithins, Preservative - Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto Bixin, Curcumin
<b><u>Yoghurt:</u></b>	Skimmed Milk, Sugar 7.2%, Cream (Milk), Skimmed Milk Powder, Modified Manioc and Maize Starch, Calcium Citrate, Natural Flavourings, Stabiliser: Guar Gum, Natural Flavouring, Acid: Citric Acid, Preservative: Potassium Sorbate, Lactic Cultures (Milk), Vitamin D
<b><u>Jam Sponge:</u></b>	Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Caster Sugar, Palm Oil, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Dried Skimmed Milk, Dried Egg, Dried Egg White, Dextrose, Rapeseed Oil, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Strawberry Jam.
<b><u>Fruit Crumble:</u></b>	Apples, water, Acidity Regulator, Citric Acid, Castor Sugar, Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Palm Oil, Demerara Sugar (12%), Sugar, Rapeseed Oil, Dextrose, Salt, Yeast. Mixed Fruit in variable Proportions (Pears, Peaches, Pineapple, Grapes, Cherries [E127]), Water, Sugar, Acidity Regulator: Citric Acid
<b><u>Custard:</u></b>	Sugar, Whey Powder (from Milk), Modified Maize Starch, Palm Kernel Oil, Palm Oil, Milk Proteins, Anti-Caking Agent (Silicon Dioxide), Flavourings, Colour (Annatto)
<b><u>Chocolate Sponge:</u></b>	WHEAT Flour (WHEAT, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Reduced Fat Cocoa Powder (4.8%), Dried Whole EGG

Powder, Raising Agents (E450(i), E341(i)), Raising Agent (E500(ii)), Dextrose, Skimmed MILK Powder, Butter MILK Powder, Whey Powder (MILK), Acid Casein (MILK), Sodium Carbonate, Disodium Phosphate, Dried EGG White Powder, Chocolate Flavour (0.4%), Maltodextrin, Thickener (Xanthan Gum), Colour (Caramel Powder), Emulsifier (Glucose Syrup, E472b, E477, SOYA Flour), Flavouring.

**Chocolate Sauce:** Glucose-Fructose Syrup, Powdered Chocolate (13%), Water, Flavouring

**Jelly:** Dextrose, Sugar, Beef Gelatine, Acid (Citric Acid), Colours (Beetroot Juice Concentrate, Annatto), Acidity Regulator (Trisodium Citrate), Flavouring

**GF/DF Sausages:** Pork (80%), Water, Rice Flour, Gram Flour, Salt, Maize Starch, Pepper, Sage, Dextrose, Emulsifier (Sodium Triphosphates), Antioxidant (Ascorbic Acid). Filled into beef protein casings.

**GF/DF Pasta:** Rice Flour, White Maize Flour, Yellow Maize Flour, Emulsifier (Mono- and Di-Glycerides of Fatty Acids).

**GF/DF Chicken Strips:** Chicken Breast (54%), Rice Flour, Rapeseed Oil, Water, Gram Flour, Maize Flour, Maize Starch, Potato Starch, Salt, Pea Starch, Pea Fibre, Dextrose, Spices, Sage.

**GF/DF Pizza:** Dough 57.1% Starches (Corn, Potato), Water, Rice Flour, Tapioca Starch, Sunflower Oil, Fibres (Pea Fibre, Rice Fibre, Potato Fibre, Psyllium Fibre), Raising Agents (Diphosphates, Sodium Carbonates), Buckwheat Flour, Pea Flour, Sugar, Flavourings, Millet Flour, Whole Flax Seeds Flour, Stabilizer (Hydroxypropyl Methyl Cellulose), Salt, Thickener (Xanthan Gum), Topping 42.9% Non-Dairy Sunflower Oil-Based Food preparation 18.7% \* (Water, Sunflower Oil, Modified Starch, Stabilizers (Carrageenan, Tricalcium Phosphate, Locust Bean Gum), Aroma, Salt, Citric Fibre, Preservative (Sorbic Acid), Colour (Beta-Carotene)), Tomato Puree 14.7%\*, Water, Sunflower Oil, Modified Starch, Salt, Oregano