

# School Lunches Ingredient List

## Week 2

- Macaroni Cheese/Ham:** Pasta, Cheddar Cheese, Ham, salt and pepper, water, Rapeseed Oil, Double Cream (Milk) (4%), Modified Maize Starch, Cheddar Cheese (Milk) (3.5%), Monterey Jack Full Fat Hard Cheese (Milk) (3%), Whey Powder (Milk), Sugar, Dried Egg Yolk, Salt, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Yeast Extract, Maltodextrin, Onion Powder, White Pepper, Flavouring
- 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.
- Burgers:** Beef (80%), Water, Rusk, Salt, Raising Agent (Ammonium Bicarbonate), Seasoning (contains Salt, Isolated Soya Protein, Dextrose, Hydrolysed Soya Protein, Salt, Raising Agent (Ammonium Bicarbonate)), Sugar, Preservative (Sodium Metabisulphite), Antioxidants (Sodium Ascorbate, Ascorbyl Palmitate, Alpha-Tocopherol), Natural Flavouring, Emulsifiers, Isolated Soya Protein.
- Vegetarian Burgers:** Rehydrated Textured Soya Protein (59%), Water, Onion Purée (8.4%), Onion (4.9%), Rapeseed Oil, Soya Protein Concentrate (2.3%), Chickpea Flour, Yeast Extract, Stabiliser (Methyl Cellulose), Tomato Purée, Onion Powder, Garlic Purée, Garlic Powder, Maltodextrin, Barley Malt Extract, Salt, Dextrose, Tomato Powder, Flavouring, Black Pepper, White Pepper.
- Burger Buns:** Wheat Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Vegetable Oil (Rapeseed, Sustainable Palm), Yeast, Salt, Sugar, Emulsifiers: E472e, E471, E481, Soya Flour, Gelling Agent: E466, Preservative: Calcium Propionate, Flour Treatment Agents: Ascorbic Acid (Vitamin C), E920 (Vegetarian)
- Cowboy Pie:** 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), 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. Haricot Beans (53%), Tomatoes (29%), Water, Sugar, Modified Maize Starch, Glucose - Fructose Syrup, Salt, Onion Powder, Paprika, Yeast Extract, Flavouring, Clove Extract.

<b><u>Vegetarian Cowboy Pie:</u></b>	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. 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. Haricot Beans (53%), Tomatoes (29%), Water, Sugar, Modified Maize Starch, Glucose - Fructose Syrup, Salt, Onion Powder, Paprika, Yeast Extract, Flavouring, Clove Extract.
<b><u>Fish Fingers:</u></b>	Minced Cod 75%, Batter (Wheat Flour: contains Calcium Carbonate, Iron Nicotinamide, Thiamin; Water), Breadcrumb (Wheat Flour: contains Calcium Carbonate, Iron, Nicotinamide, Thiamin; Yeast, Salt, Turmeric, Colours: Paprika Extract, Curcumin), Sunflower Oil.
<b><u>Vegetable Fingers:</u></b>	Vegetables (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (Wheat, Flour, Water, Yeast, Salt), Rapeseed Oil, Potato Flakes, Wheat Flour, Salt, Starch (Rice, Potato), Onion Powder, Turmeric.
<b><u>Pasta:</u></b>	Durum Wheat Semolina (100%)
<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>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>Iced Fairy Cake:</u></b>	Icing Sugar, Sugar, Potato Starch, Glucose Syrup, Sunflower Oil, Flavourings, Glazing Agent: E901 (Beeswax), Acidity Regulator: E330 (Citric Acid), Colours: E120 (Cochineal), E160a (Alfa-, Beta- and Gamma- Carotene), E131 (Patent Blue V), Antioxidant: E300 (Ascorbic Acid) FORTIFIED WHEAT FLOUR (wheat flour, calcium carbonate, iron, niacin, thiamin), sugar, rapeseed oil, pasteurised free range egg, pasteurised free range egg white, humectant (vegetable glycerol), raising agents (disodium diphosphate and potassium bicarbonate), wheat starch, emulsifiers (mono- and diglycerides of fatty acids and polyglycerol esters of fatty acids), flavouring.
<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>Jelly:</u></b>	Dextrose, Sugar, Beef Gelatine, Acid (Citric Acid), Colours (Beetroot Juice Concentrate, Annatto), Acidity Regulator (Trisodium Citrate), Flavouring

**Rice Crispy Cake:** Rice, Sugar, Malted Barley Extract, Salt, Vitamin and Mineral Mix [Iron, Niacin (B3), Pantothenic Acid (B5), Riboflavin (B2), Vitamin B6, Thiamin (B1), Folic Acid (B9), Vitamin D, Vitamin B12] Sugar, Cocoa Mass\*, Whole Milk Powder, Cocoa Butter\*, Lactose (Milk), Emulsifier (Soya Lecithins), Vanilla Extract, Milk Chocolate contains: Cocoa Solids 28% minimum and Milk Solids 14% minimum, \*Rainforest Alliance Certified. Butter (Milk), Minimum 80% Milk Fat content. Partially Inverted Refiners Syrup

**Apple Crumble:** 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.

**Custard:** Sugar, Whey Powder (from Milk), Modified Maize Starch, Palm Kernel Oil, Palm Oil, Milk Proteins, Anti-Caking Agent (Silicon Dioxide), Flavourings, Colour (Annatto)

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

**GF/DF Fish Fingers:** Alaska Pollock (Fish) (65%), Breadcrumbs (Rice Flour, Gram Flour, Salt, Cornflour), Rapeseed Oil, Potato Starch, Cornflour, Water, Rice Semolina, Potato Flakes, Salt, Pea Fibre, Pea Starch