

# School Lunches Ingredient List

## Week 3

- Beef Lasagna:** Pasta, Minced Beef (10% fat), Tomato Puree, Chopped Tomatoes, Beef Stock, Beef Gravy Granules, White Lasagna Sauce, Salt & Pepper.
- Vegetable Lasagna:** Pasta, Courgette, Aubergine, Peppers, Red Onions, Chopped Tomatoes, White Lasagna Sauce, Salt & Pepper.
- Beef Gravy Granules:** Maltodextrin, Potato Starch, Salt, Colour (Ammonia Caramel), Beef Dripping (2%), Flavouring, Onion Powder, Flavour Enhancer (Disodium 5'-Ribonucleotides)
- White Lasagna Sauce:** Water, Mature Cheddar Cheese (Milk) (7%), Rapeseed Oil, Modified Maize Starch, Double Cream (Milk), Cornflour, Yeast Extract, Stabilisers (Sodium Polyphosphate, Trisodium Phosphate), Salt, Mustard Powder, White Pepper
- 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.
- Spaghetti Hoops :** Cooked Spaghetti (46%) (Water, Durum Wheat Semolina), Tomatoes (44%), Water, Sugar, Modified Maize Starch, Maize Starch, Salt, Wheat Flour, Rapeseed Oil, Acidity Regulator (Citric Acid), Onion Powder, Paprika, Paprika Extract, Flavouring
- Roast Chicken:** Chicken Breast
- Cauliflower Cheese Grills:** Cauliflower (22%), Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Potato, Mature Cheddar Cheese (Milk) (8%), Rapeseed Oil, Dried Potato, Leek, Onion, Full Fat Soft Cheese (Milk), Spring Onion, Salt, Yeast, Yeast Extract, Malted Barley Flour.
- Beef Chili:** Minced Beef (10% fat), Chopped Tomatoes, Chilli powder, Paprika, Cumin, Beef Gravy Granules.
- Quorn Chili:** Mycoprotein (88%), Rehydrated Free Range Egg White, Pea Fibre, Natural Caramelised Sugar, Firming Agents: Calcium Chloride, Calcium Acetate, Gluten Free Barley Malt Extract, Chopped Tomatoes, Chilli powder, Paprika, Cumin.

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| <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>Pasta:</u></b>                     | Durum Wheat Semolina (100%)   |
| <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>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>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>Jelly:</u></b>                     | Dextrose, Sugar, Beef Gelatine, Acid (Citric Acid), Colours (Beetroot Juice Concentrate, Annatto), Acidity Regulator (Trisodium Citrate), Flavouring  |
| <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.  |
| <b><u>Chocolate Sauce:</u></b>           | Glucose-Fructose Syrup, Powdered Chocolate (13%), Water, Flavouring   |
| <b><u>Syrup 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), Golden Syrup.   |

**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.

**G/F 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