



Westfield NurSery

Ingredients list for Westfield NurSery menu

Week 1

Breadsticks	Wheat flour, extra virgin olive oil (7%), salt, sugar, dextrose, and emulsifier: mono and diacetyl tartaric acid esters of mono and diglycerides of fatty acids; yeast, barley malt flour, flour treatment agent: ascorbic acid
Salmon fish cakes	Rehydrated potato flake, (water, dried potato, preservative (Sodium Sulphite) Salmon fish, wheat (flour with calcium, iron, niacin, tiamin) water, yeast extract, rapeseed oil, salt, colour (plain caramel, paprika extract cummin), sunflower oil, onion powder, sugar, pepper
Vegetable & chickpea risotto	Risotto rice, chickpeas, onion, olive oil, mixed veg (peas, carrot, cut beans, sweetcorn, board beans) vegetable stock
Parsley sauce	Milk, lemon juice, margarine, parsley, flour
Plain sponge	Flour, margarine, sugar, eggs, baking powder
Raspberry Coulis	Fresh raspberries, fresh lemon, water, icing sugar
Bread	Bread (wholemeal wheat flour, water, salt, vegetable fat, emulsifiers (mono- and di-glycerides of fatty acids, mono- and di-acetyl tartaric esters of mono- and di-glycerides of fatty acids) yeast, spirit vinegar, preservative (calcium propionate), soya flour, wheat flour, flour treatment agent (ascorbic acid)
Margarine	Vegetable oils (seed oils 85%), water, salt (1.4%), buttermilk, emulsifier: mono- and di-glycerides of fatty acids, preservative: potassium sorbate, citric acid, vitamin E, vitamin B6, Flavouring, colour: beta-carotene, folic acid, vitamins A, D B12
Grated mild white cheese	Cheddar cheese (milk 98%), anti-caking agent (potato starch)

Reduced sugar and salt bake beans in tomato sauce	Beans (53%) tomatoes 25%, water, sugar, modified Maize starch, glucose-fructose syrup, salt, onion powder, paprika, and flavourings
Plain popcorn	Corn
Chicken & vegetable pasta bake	Chicken, mixed peppers, courgettes, tomato, tomato puree, basil, penne pasta (wheat), garlic, mixed herbs
Roasted vegetable & tofu pasta bake	Tofu, mixed peppers, penne pasta, (wheat), tomato, tomato puree, garlic, mixed herbs
Greek yoghurt with strawberry purée	Greek style natural yogurt, milk, strawberries, water
Crumpets	Water, wheat, flour (with calcium, iron, salt, sugary, baking powder, (Sodium Carbonate, Disodium Diphosphate) Fermented wheat flour
Strawberry Jam	Sugar, gelling agents (E407, E508) Acidity regulator (E332), citric acid, maltodextrin, flavouring, colours (E160 (B) E162
Cheese & Onion Quiche	Short crust pastry: Flour, margarine, sugar, water. Cheddar cheese (milk 98%) anti caking agent (potato starch), milk, eggs, margarine, chopped Spanish onion
Oil Herb Dressing	Olive oil and fresh oregano
Custard powder	Corn flour, salt, colour, (Annatto), flavouring (cow's milk added)
Carrot & coriander soup	Onion, carrots, fresh coriander, potato, ground coriander, vegetable stock, vegetable oil
Brown baguette slices	Wheat flour, wholemeal wheat flour (34%), water, sea salt, rye flour, yeast powder, deactivated yeast, malted wheat flour, yeast, stabiliser (Xanthan gum)
Rice cakes	Wholegrain brown rice
Shepherd's pie	Lamb, onion, mixed herbs, potatoes
Lamb stock (made from paste)	Vegetable oil (palm sunflower) potato starch, salt, maltodextrin, yeast extract, sugar, flavourings, lamb (0.8%) onion powder (0.5%) spices: garlic, pepper, paprika, turmeric, celery seeds rosemary
Quorn pie	Quorn mince, (Mycoprotein (95%) Rehydrated free range egg white, natural caramelised sugar, firming agents, calcium chloride, calcium acetate, gluten free, roasted barley malt extract, onion, mixed herbs, potatoes

Vegetable stock (made from paste)	Vegetable paste (Salt, vegetable oil (palm/sunflower) potato starch, maltodextrin, yeast extract, flavourings (contain celery seeds, turmeric, pepper, parsley)
Vegetarian gravy	Celery, onion, leek, carrot, corn flour, spices, celery seeds, herb flavourings extract
Apple & blackberry pie	Short crust pastry: Flour, margarine, sugar, water. Apples (88%) water, acidity, regulator, citric acid
Cheese puffs	Wheat flour, with Calcium, iron, niacin, thiamine, margarine, palm oil, water, rapeseed oil, salt, water, preservative (potassium sorbate) Grated cheddar cheese (milk 98 %) anti caking agent (potato starch)
Turkey Curry (Mild)	Turkey, onion, garlic, coriander, ginger, turmeric, cumin, chilli, rapeseed oil, tomato, chicken stock
Chicken Stock (made from paste)	Salt, potato starch, vegetable oil (sunflower/palm) maltodextrin, flavourings, fat (8%) sugar, yeast extract, chicken extract (1.3%) chicken (0.7) carrots. (0.4%) sage, spices (turmeric, pepper, celery seeds) antioxidants (extracts of rosemary, <i>butylated hydroxyanisole</i> (BHA) propyl gallate
Vegetable curry (Mild)	Potato, aubergine, spinach, cauliflower, onion, garlic, coriander, ginger, turmeric, cumin, chilli, rapeseed oil, tomato
Plain naan bread	Wheat flour, water, rapeseed oil, sugar, yeast, salt, black onion seeds, raising agent, (disodium, diphosphate, sodium bicarbonate/soya flour, skimmed milk powder, preservative, calcium propionate, mono and diglycerides, fatty acids, and flour treatment agent
Wholemeal rice	Whole grain basmati rice
Finger rolls	Wheat flour, water, sugar, palm oil, rapeseed oil, salt, yeast, soya, flour, emulsifiers (E472e, E471), preservatives (E282), flour treatment agent (300)
Tinned Tuna (sunflower oil)	Tuna (fish), sunflower oil
Water thin chicken	Chicken (85%), water, modified maize starch, antioxidant (potassium lactate, dried glucose syrup, salt stabilisers, diphosphates, triphosphates

Week 2

Guacamole	Avocado Puree (47%) (Avocado, antioxidant) (Ascorbic Acid) Stabiliser (Xanthan gum) Acidity regulator (citric acid) double cream (milk) tomatoes (7%) red onion (3%), coriander, garlic puree, salt, acidity regulator (acetic acid) water concentrated lime juice, antioxidant (ascorbic acid), Acidity regulator citric acid, preservative (potassium sorbate)
Pitta bread	Wholemeal wheat flour, water, yeast, salt
Lamb Bolognese	Lamb, onions, mixed, herbs, garlic, white pepper, tomato, tomato puree
Lamb stock (made from paste)	Salt, potato starch, vegetable oil, (sunflower/palm) potato starch, maltodextrin, yeast extract, sugar, flavourings, lamb (0.8%) onion powder (0.5%) spices (garlic, pepper, paprika, turmeric, celery seeds, rosemary)
Quorn Bolognese	Quorn mince, onion, mixed herbs, white pepper, garlic, tomato, tomato puree
Vegetable stock (made from paste)	Salt vegetable oil (sunflower/palm) potato starch, sugar, maltodextrin, yeast extract, flavourings (contain celery, carrots (4%) onion powder (2%) spices (celery seeds turmeric, pepper, parsley)
Spaghetti	Durum wheat, whole-wheat, semolina
Tomato Paste	Tomatoes, salt
Garlic bread	Wheat flour, water, butter (11%) margarine, (palm oil, rapeseed oil, water, emulsifier 9mono –and di-glycerides of fatty acids), flavouring, colours (annatto, curcumin), yeast, salt, garlic powder (1%), garlic paste (1%), parsley, marjoram, sage, oregano, vegetable fat, onion powder, flour treatment agent (ascorbic acid) garlic extract
Bagels	Wheat flour, water, rye flour, sugar, salt, rapeseed oil, yeast, wheat gluten, malt flour, emulsifier (mono- and di-acetyl tartaric esters of mono- and di-glycerides of fatty acids), flour treatment agent (ascorbic acid), maize
Cream cheese	Milk, stabilisers (E410, E407), citric acid
Cheese, onion & mash potato pie in pastry	Potato, onion, flour, margarine, vegetable stock, milk, cheese, pepper, dextrose, stabilisers (E450, E451), potato starch, preservative (E250), antioxidant (E301), salt
Lentil & onion potato pie	Onion, lentils, potato, vegetable stock, pepper, mixed herbs
Mash Potato	Boiled potato mashed

Puff pastry	Wheat flour, with calcium, iron, niacin, thiamine, margarine, palm oil, water, rapeseed oil, salt, water, preservative (potassium sorbate)
Peach crumble	Peach slices, water, sugar, acidity regulator, citric acid, flour, margarine, sugar
Cream	Buttermilk (68%) hydrogenated vegetable oil (18%), vegetable (12%), Buttermilk powder (0%), modified maize starch, emulsifiers (sucrose ester of fatty acids, mono and diglycerides of fatty acids, soya lecithin), stabilisers (Guar gum, locust bean gum)
Cheese and mixed peppers pizza	Pizza base, cheddar cheese, tomato puree, sliced mushrooms, green peppers
Pizza base	Wheat flour, water, rapeseed oil yeast, extra virgin olive oil, salt, sugar
Roast Turkey	Turkey, oil herb rub (white pepper, vegetable oil, mixed herbs of marjoram, thyme, parsley, basil)
Lentil roast	Red lentils, water, onions, garlic powder, chilli powder, eggs, cheddar cheese, margarine
Cauliflower cheese	Cauliflower, plain flour, cheese, margarine, milk
Vegetarian Jelly	Sugar, gelling agents (E407, E508), Acidity regulator (E332,) citric acid, maltodextrin, flavouring, colours (E160 (B), E162)
Mixed sandwiches	Please see the ingredients list above for wholemeal bread/ margarine/ grated mild cheese. Fresh free range eggs
Fish Pie (Haddock & salmon)	Haddock, salmon, in white sauce (milk, lemon juice, margarine, parsley, flour)
Thickening Granules	Potato starch, maltodextrin, vegetable oil (palm) dried glucose syrup, emulsifier (sugar Lecithin)
Gnocchi & tomato bake	Potato dumpling- mashed potatoes 805 (water reconstituted potato flakes containing emulsifiers: mono & diglycerides of fat acids, wheat flour (granite) potato starch, common salt, preservative: potassium sorbate, natural, flavouring, spices, acidity corrector, lactic acid a sprinkle of rice meal. Olive oil, onion, red pepper, garlic paste, chopped tomatoes, basil leaves, mozzarella (pasteurised milk, salt, rennet, acidity regulator, citric acid)
Chopped tomatoes in tomato juice	Chopped tomatoes (60%) Tomato juice acidity, regulator, citric acid
Rice pudding	Sort grain rice, milk, sugar, cinnamon

Sweet potato & lentil soup	Garam masala spice (Coriander, cumin, cinnamon, black pepper, dill, ginger, gloves.) Olive oil, onion, eating apples, garlic, fresh coriander, sweet potatoes, red lentils, fresh lime, vegetable paste (Salt, vegetable oil (palm/sunflower) potato starch, maltodextrin, yeast extract, flavourings (contain celery)
Wholemeal petit pain	Wheat flour (with Calcium, iron, niacin, Thiamin) water, Matted wheat flakes (3.5%) malted barley, salt, wheat bran, wheat gluten, yeast, barley fibre, Emulsifier (mono and di-acetyl tartaric acid esters of mono and diglycerides of fatty acids) flour treatment agent (ascorbic acid)
Chicken & mushroom lasagne	Diced chicken, sliced fresh mushroom, onion, mixed herbs, pepper, tomato puree, flour, milk, cheese, margarine, lasagne pasta (durum wheat may contain egg)
Vegetable Lasagne	Mixed peppers, swede, broccoli, mixed herbs, onion, tomato puree, flour, milk, cheese, margarine, lasagne pasta (durum wheat may contain egg)
Fruit Salad in natural juice	Kiwi, Honey dew melon, pineapple, banana
Toasted Teacakes	Wheat flour (with calcium, iron, niacin, thiamin) water, sultanas (8%) currants (8%) yeast, sugar, palm oil, salt, rapeseed oil, Emulsifiers (mono and di-acetyl, tartaric acid, esters of mono and di-glyceryls of fatty acids, flour treatment agent (ascorbic acid)

Birthday Cakes

Plain Sponge	Flour, margarine, sugar, eggs, baking powder, vanilla flavouring (water, propylene glycol, flavourings, and colour: plain caramel
Dairy and egg free cake	Caster sugar, plain flour, bicarbonate of soda, water, vegetable oil, vanilla extract/ flavouring(water, propylene glycol, flavourings, and colour: plain caramel
Lemon Sponge	Flour, margarine, sugar, eggs, lemon, baking powder