

100 Portion Desserts Primary Menu Spring Summer 2023 LBs

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients.

Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
---	---	---	---	---
---	Vanilla ice cream Block Vanilla Ice Cream Tub	Chocolate Crusha Milkshake Strawberry Crusha milkshake	Fresh Fruit Mandarin segments	Cream Custard
Pear halves in juice Yoghurts, assorted, Fat free Caramel Fudge Flan Shortcake	---	---	---	---
	Chocolate Brownie Sultanas Toffee apple crumble Chocolate Cookie	Jelly & Ice cream. Fruit cocktail in juice Lemon Drizzle Chocolate Crunch	Summer Cupcake Blueberry Muffin Chocolate Crackle Chocolate Sponge	Melting Moment Biscuit Orange Wedges Vanilla cake/muffin- Macphie Chocolate cake/muffin - Macphie

Custard

Junior: 100
Portions

Ingredients	
Water Water	320.1 fl oz
Custard Powder CUS018 C/R CUSTARD POWDER	1 lb 0 oz
Sugar, White SUG150 GRANULATED SUGAR	12 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	2 lb 8 oz

Method
<ol style="list-style-type: none">1. Reconstitute the dried milk, retaining sufficient water to mix custard powder2. Bring the milk to the boil, DO NOT OVER COOK3. Make the custard powder into a paste with a little water4. Add the sugar5. Pour the milk over the custard and sugar mixture6. Allow to cook

Allergens
Contains: <ul style="list-style-type: none">• Milk
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): 66.9
Fat (g): 2.3
Saturated Fat (g): 2.0
Carbohydrate: (g): 14.2
of which Sugars: 9.2
Protein (g): 1.4
Fibre (g): 0.0
Sodium (mg): 0.1
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.

Blueberry Muffin

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	2 lb 16 oz
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	1 lb 0 oz
Baking Powder BAK441 C/RANGE BAKING POWDER	4 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	4 oz
Margarine MRG020 Cooking & Baking Margarine	1 lb 4 oz
Sugar, White SUG150 GRANULATED SUGAR	1 lb 5 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	7 oz
Water Water	40.8 fl oz
Vanilla Essence FLV080 DR OETKER VANILLA ESSENCE	0.6 fl oz
Blueberries 110057 Blueberries	1 lb 8 oz

Method

1. Cream the margarine and sugar together until the mixture is light and fluffy.
2. Break eggs and whisk lightly. Beat the eggs into the mixture a little at a time.
3. Add the essence / flavouring
4. Sieve together the white flour and baking powder, add the wholemeal flour
5. Using the machine on speed number 1 fold the flour into the creamed mixture alternating with the water to keep the mixture in a soft dropping consistency
6. Add blueberries, just stir in, do not over mix
7. Place in the muffin cases
8. Bake in a moderate oven for approx 25 minutes

Allergens

Contains:

- Barley
- Cereals
- Eggs
- Kamut
- Milk
- Oats
- Rye
- Spelt
- Wheat

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal):	135.6
Fat (g):	4.9
Saturated Fat (g):	2.0
Carbohydrate: (g):	21.6
<i>of which Sugars:</i>	7.3
Protein (g):	2.2
Fibre (g):	1.1
Salt (g):	0.1

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Probe cooked dish to confirm a minimum temperature of 82C.
4. Wash all fresh fruit prior to service.
5. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Caramel Fudge Flan

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	2 lb 4 oz
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	12 oz
Margarine MRG020 Cooking & Baking Margarine	1 lb 8 oz
Water Water	5.6 fl oz
Flour, Plain FLO154 C/R PLAIN FLOUR	10 oz
Margarine MRG020 Cooking & Baking Margarine	2 lb 8 oz
Sugar, Demerara SUG182 T & L DEMERARA SUGAR	2 lb 8 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	3 oz
Water Water	23.9 fl oz
Bananas FFM113 Bananas	2 lb 10 oz

Method

1. With the first 4 ingredients of this recipe, Make pastry, block and portion or scale according to tins required.
2. Line tins with pastry, decorate edges and bake blind.
3. Slice the bananas and lay onto the cooked pastry when cool.
4. Reconstitute dried milk with water.
5. Melt margarine with the milk in a double saucepan.
6. When hot, add sieved flour and sugar.
7. Allow to cook, taking care to ensure the flour is cooked. (The mixture should be a thick fudge texture).
8. Cool mixture slightly, and then spread over pastry and sliced bananas.
9. Decorate.

Allergens

Contains:

- Barley
- Cereals
- Kamut
- Milk
- Oats
- Rye
- Spelt
- Wheat

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal):	238.6
Fat (g):	14.1
Saturated Fat (g):	5.7
Carbohydrate: (g):	27.2
<i>of which Sugars:</i>	13.2
Protein (g):	1.9
Fibre (g):	1.1
Salt (g):	0.2

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Food requiring preparation / shaping / finishing off or cooling; the maximum time for preparation is 60 mins. Store in a refrigerator between tasks and cover to reduce the risk of contamination.
4. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

Chocolate Crusha Milkshake

Junior: 100
Portions

Ingredients	
Milk Semi-skimmed MLK017	527.9 fl oz
Fresh Semi-Skimmed Milk Polybottle (2Ltr) - Paynes	
Chocolate Crusha NAS MLS043	176.0 fl oz
Chocolate - Crusha NAS	

Method
1. Mix crusha in to milk and shake well to mix.
2. Pour and serve.

Allergens
Contains:
<ul style="list-style-type: none">• Milk
<i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i>

Nutritional Content (portion)
Energy (kcal): 74.5
Fat (g): 2.6
Saturated Fat (g): 1.6
Carbohydrate: (g): 8.4
<i>of which Sugars:</i> 7.0
Protein (g): 5.2
Fibre (g): 0.0
Salt (g): 0.2

Food Safety
1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
3. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

Chocolate Brownie

Junior: 100
Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	1 lb 9 oz
Sugar, Demerara SUG182 T & L DEMERARA SUGAR	3 lb 1 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	1 lb 8 oz
Sultanas DFR300 C/R SULTANAS	1 lb 6 oz
Flour, Plain FLO154 C/R PLAIN FLOUR	1 lb 9 oz
Baking Powder BAK441 C/RANGE BAKING POWDER	0.7 oz
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	3 oz
Margarine MRG020 Cooking & Baking Margarine	11 oz
Dried Milk Milfresh C/R MILK POWDER	11 oz
Sugar, Icing SUG250 Sugar Icing - Whitworths	11 oz
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	6 oz
Boiling water Boiling water	5.9 fl oz

Method

1. *the bottom 5 ingredients in this recipe is for the topping*
2. Cream margarine and sugar; add beaten eggs, then sultanas
3. Sift flour, baking powder and cocoa; fold into mixture to a soft consistency
4. Spread evenly into tin (greased, lined and greased again)
5. Bake in moderate oven for 25minutes. Leave to cool, turn out, remove paper
6. Spread with chocolate fudge topping if required and cut into squares
7. Chocolate Fudge Topping
8. 1. Cream margarine and sieved icing sugar
9. 2. Add dried milk and sieved cocoa
10. 3. Add boiling water to make a thick spreading consistency

Allergens

Contains:

- Barley
- Cereals
- Eggs
- Kamut
- Milk
- Oats
- Rye
- Spelt
- Wheat

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal): **206.5**

Fat (g): **8.9**

Saturated Fat (g): **3.9**

Carbohydrate: (g): **29.2**

of which Sugars: **22.9**

Protein (g): **2.2**

Fibre (g): **0.4**

Salt (g): **0.1**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Chocolate cake/muffin - Macphie

Junior: 100
Portions

Ingredients	
Macphie chocolate mix MXS140 MacPhie Red Sugar Chocolate Cake/Muffin Mix	6 lb 14 oz
Water Water	50.0 fl oz
Oil (vegetable) OIL013 C/R VEGETABLE OIL	18.0 fl oz

Method
1. Refer to manufactures instructions
2. Makes 400 tray bake or 360 muffins per 12.5KG

Allergens
Contains:
<ul style="list-style-type: none">• Barley• Cereals• Eggs• Kamut• Milk• Oats• Rye• Soya• Spelt• Wheat
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): 181.9
Fat (g): 8.7
Saturated Fat (g): 1.0
Carbohydrate: (g): 23.0
<i>of which Sugars:</i> 13.6
Protein (g): 2.5
Fibre (g): 0.9
Sodium (mg): 0.3
Salt (g): 0.0

Food Safety
1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.

Chocolate Cookie

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	2 lb 4 oz
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	12 oz
Sugar, White SUG150 GRANULATED SUGAR	1 lb 16 oz
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	4 oz
Cornflakes BRK095 Cornflakes Bag - Kelloggâ€™s	6 oz
Margarine MRG020 Cooking & Baking Margarine	3 lb 0 oz

Method
<ol style="list-style-type: none">1. Cream margarine and sugar.2. Sieve together the flour and cocoa, add to the creamed mixture.3. Add cornflakes.4. Portion the mixture and form into balls, flatten slightly.5. Place on a greasedbtray and bake at 165C, 350F, Reg 4-5 for 10 to 15 minutes.6. Allow to cool before lifting from the tray.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Kamut• Oats• Rye• Spelt• Wheat
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): 184.6
Fat (g): 10.6
Saturated Fat (g): 4.2
Carbohydrate: (g): 21.1
<i>of which Sugars:</i> 9.3
Protein (g): 1.8
Fibre (g): 0.7
Salt (g): 0.1

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.

Chocolate Crackle

Junior: 100
Portions

Ingredients	
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	7 oz
Syrup SYR012 T/LYLE GOLDEN SYRUP	2 lb 13 oz
Margarine MRG020 Cooking & Baking Margarine	1 lb 14 oz
Rice Krispies BRK130 KELLOGGS RICE KRISPIES BAG PACK	3 lb 7 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	1 lb 4 oz

Method
<ol style="list-style-type: none">1. melt the margarine and syrup in a pan.2. Stir in the cocoa, when mixed remove from the heat.3. Add the dried milk and mix well.4. Stir in the krispies making sure they are coated with the chocolate mxture.5. Spread the mixture into shallow tins, leaving the surface smooth and flat.6. place in a refrigerator to set and cut when cold.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Kamut• Milk• Oats• Rye• Spelt• Wheat
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): 192.0
Fat (g): 7.9
Saturated Fat (g): 3.7
Carbohydrate: (g): 27.6
<i>of which Sugars:</i> 14.8
Protein (g): 2.1
Fibre (g): 0.2
Salt (g): 0.1

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.

Chocolate Crunch

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	3 lb 2 oz
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	1 lb 1 oz
Baking Powder BAK441 C/RANGE BAKING POWDER	3 oz
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	4 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	7 oz
Margarine MRG020 Cooking & Baking Margarine	3 lb 2 oz
Sugar, White SUG150 GRANULATED SUGAR	3 lb 2 oz

Method
<ol style="list-style-type: none">1. Cream margarine and sugar together.2. Add dry ingredients and beaten eggs.3. Press into greased tins and bake in a moderate oven until cooked.4. Portion while warm and sprinkle with sugar.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Eggs• Kamut• Oats• Rye• Spelt• Wheat
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): 223.0
Fat (g): 11.2
Saturated Fat (g): 4.4
Carbohydrate: (g): 29.1
<i>of which Sugars:</i> 14.4
Protein (g): 2.4
Fibre (g): 0.9
Salt (g): 0.1

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Chocolate Sponge

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	3 lb 15 oz
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	15 oz
Baking Powder BAK441 C/RANGE BAKING POWDER	6 oz
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	6 oz
Margarine MRG020 Cooking & Baking Margarine	2 lb 5 oz
Sugar, White SUG150 GRANULATED SUGAR	2 lb 5 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	1 lb 2 oz
Water Water	25.1 fl oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	3 oz

Method

1. Cream the margarine and sugar together until light and fluffy.
2. Lightly beat the eggs. Beat the eggs into the mixture a little at a time to prevent curdling.
3. Sieve together the white flour, cocoa and baking powder. Add the wholemeal flour.
4. Fold the flour into the creamed mixture on speed 1, alternating with the water to keep the mixture to a soft dropping consistency.
5. Put into greased tins.
6. Bake in a moderate oven for 30-40 minutes.
7. Serve with tinned sliced pears.

Allergens

Contains:

- Barley
- Cereals
- Eggs
- Kamut
- Milk
- Oats
- Rye
- Spelt
- Wheat

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal):	204.6
Fat (g):	8.9
Saturated Fat (g):	3.6
Carbohydrate (g):	28.9
<i>of which Sugars:</i>	11.3
Protein (g):	3.1
Fibre (g):	1.0
Salt (g):	0.1

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Cream

Junior: 100
Portions

Ingredients

Cream, Double - meadowland MLK350 176.0 fl oz
MEADOWLAND DOUBLE (V) (GF)

Method

No methods have been set for this recipe.

Allergens

Contains:

- Milk
- Soya

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal): **155.0**

Fat (g): **15.5**

Saturated Fat (g): **14.5**

Carbohydrate (g): **2.0**

of which Sugars: **1.5**

Protein (g): **1.2**

Fibre (g): **0.2**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.

No instructions have been set for this recipe.

Fresh Fruit

Junior: 100
Portions

Ingredients	
Bananas SCH033 Bananas	8 lb 4 oz
Oranges FFM060/S Orange Wedges	9 lb 6 oz
Apples SCH031 Apples, Golden Delicious	4 lb 7 oz

Method
1. Wash & serve.

Allergens
<p>There are no allergens in ingredients for this recipe according to information provided by the suppliers.</p>
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): 71.6
Fat (g): 0.3
Saturated Fat (g): 0.0
Carbohydrate: (g): 18.2
<i>of which Sugars:</i> 6.5
Protein (g): 1.0
Fibre (g): 3.4
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Wash all fresh fruit prior to service.3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.

Fruit cocktail in juice

Junior: 100
Portions

Ingredients

Fruit Cocktail in juice FRC212
FRUIT COCKTAIL IN JUICE

15 lb 1 oz

Method

1. Refer to manufactures instructions.

Allergens

There are no allergens in ingredients for this recipe according to information provided by the suppliers.

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal): **36.9**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **8.5**

of which Sugars: **8.5**

Protein (g): **0.2**

Fibre (g): **0.7**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.

Jelly & Ice cream.

**Junior: 100
Portions**

Ingredients	
Jelly Crystals Strawberry JEL044 Jelly Crystals (Vegetarian), Strawberry - McD	6 lb 2 oz
Water Water	500.0 fl oz
Vanilla Ice Cream Tub (820060) Vanilla Ice Cream Insulated Tub	100 pieces

Method
1. Follow the instructions on the packet

Allergens
Contains: <ul style="list-style-type: none">• Milk
<i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i>

Nutritional Content (portion)
Energy (kcal): 147.1
Fat (g): 6.6
Saturated Fat (g): 3.2
Carbohydrate: (g): 19.4
of which Sugars: 17.8
Protein (g): 2.4
Fibre (g): 0.1
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

Lemon Drizzle

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	3 lb 2 oz
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	1 lb 1 oz
Baking Powder BAK441 C/RANGE BAKING POWDER	5 oz
Margarine MRG020 Cooking & Baking Margarine	1 lb 14 oz
Sugar, White SUG150 GRANULATED SUGAR	1 lb 14 oz
Water Water	27.0 fl oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	2 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	1 lb 2 oz
Sugar, Icing SUG250 Sugar Icing - Whitworths	1 lb 11 oz
Lemons/Juice/zest FFM051/S Lemons	3 pieces

Method

1. Cream the margarine and sugar together until light and fluffy.
2. Lightly beat the eggs and beat into mixture a little at a time.
3. Sieve together the white flour and baking powder. Add the wholemeal flour and dried milk.
4. Fold the flour into the creamed mixture on speed 1, alternating with the water to keep the mixture to a soft dropping consistency.
5. Portion into greased tins. Bake in a moderate oven for 30-40 minutes. When cool, mix icing sugar with lemon juice and ice sponges.

Allergens

Contains:

- Barley
- Cereals
- Eggs
- Kamut
- Milk
- Oats
- Rye
- Spelt
- Wheat

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal):	195.6
Fat (g):	7.1
Saturated Fat (g):	2.8
Carbohydrate: (g):	31.8
<i>of which Sugars:</i>	16.7
Protein (g):	2.5
Fibre (g):	1.3
Salt (g):	0.1

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Mandarin segments

Junior: 100
Portions

Ingredients

Mandarin Oranges FRC314
MANDARIN SEGMENTS IN JUICE

14 lb 11 oz

Method

1. Refer to manufactures instructions.

Allergens

There are no allergens in ingredients for this recipe according to information provided by the suppliers.

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal): **21.3**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate (g): **5.1**

of which Sugars: **5.1**

Protein (g): **0.5**

Fibre (g): **0.2**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.

Melting Moment Biscuit

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	2 lb 0 oz
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	11 oz
Baking Powder BAK441 C/RANGE BAKING POWDER	2 oz
Margarine MRG020 Cooking & Baking Margarine	2 lb 0 oz
Sugar, White SUG150 GRANULATED SUGAR	1 lb 9 oz
Oats BRK210 Rolled Oats - Mornflake	7 oz
Cherries, Glace DFR400 Glace Cherries - Country Range	2 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	6 oz

Method

1. Cream margarine and sugar. Add eggs to mixture.
2. Mix in baking powder and flours. Portion and form into balls. Roll in oats.
3. Place on baking sheet and flatten slightly. Decorate with a piece of cherry.
4. Bake in a moderate oven.

Allergens

Contains:

- Barley
- Cereals
- Eggs
- Kamut
- Oats
- Rye
- Spelt
- Sulphur dioxide
- Wheat

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal): **141.7**

Fat (g): **7.3**

Saturated Fat (g): **2.8**

Carbohydrate (g): **18.0**

of which Sugars: **7.5**

Protein (g): **1.6**

Fibre (g): **0.8**

Salt (g): **0.1**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Orange Wedges

Junior: 100
Portions

Ingredients

Oranges FFM060/S
Orange Wedges

28 lb 11 oz

Method

No methods have been set for this recipe.

Allergens

There are no allergens in ingredients for this recipe according to information provided by the suppliers.

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal): **81.9**

Fat (g): **0.4**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **20.8**

of which Sugars: **0.0**

Protein (g): **1.7**

Fibre (g): **5.8**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.

No instructions have been set for this recipe.

Pear halves in juice

Junior: 100
Portions

Ingredients

Pears (tinned) FRC410

15 lb 2 oz

Pear Halves In Juice

Method

1. Serve according to manufacturer's instructions.

Allergens

There are no allergens in ingredients for this recipe according to information provided by the suppliers.

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal): **35.6**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate (g): **8.6**

of which Sugars: 7.7

Protein (g): **0.1**

Fibre (g): **0.7**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.

Shortcake

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	4 lb 11 oz
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	1 lb 9 oz
Baking Powder BAK441 C/RANGE BAKING POWDER	5 oz
Margarine MRG020 Cooking & Baking Margarine	3 lb 16 oz
Sugar, White SUG150 GRANULATED SUGAR	3 lb 0 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	9 oz

Method
<ol style="list-style-type: none">1. Cream margarine and sugar together, add dry ingredients and beaten eggs.2. Press into greased tins and portion3. Bake in a moderate oven.4. Portion whilst still warm.5. Sprinkle with sugar.6. Cover with lid, otherwise shortcake will set hard.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Eggs• Kamut• Oats• Rye• Spelt• Wheat
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): 276.8
Fat (g): 14.2
Saturated Fat (g): 5.6
Carbohydrate: (g): 35.7
<i>of which Sugars:</i> 13.9
Protein (g): 3.2
Fibre (g): 1.4
Salt (g): 0.2

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Strawberry Crusha milkshake

Junior: 100
Portions

Ingredients	
Milk Semi-skimmed MLK017	527.9 fl oz
Fresh Semi-Skimmed Milk Polybottle (2Ltr) - Paynes	
Strawberry Crusha NAS MLS045	176.0 fl oz
Strawberry - Crusha NAS	

Method
No methods have been set for this recipe.

Allergens
Contains:
<ul style="list-style-type: none">• Milk
<i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i>

Nutritional Content (portion)
Energy (kcal): 72.0
Fat (g): 2.6
Saturated Fat (g): 1.6
Carbohydrate: (g): 7.6
<i>of which Sugars:</i> 7.0
Protein (g): 5.2
Fibre (g): 0.0
Salt (g): 0.2

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.
No instructions have been set for this recipe.

Sultanas

Junior: 100
Portions

Ingredients

Sultanas DFR300
C/R SULTANAS

2 lb 3 oz

Method

1. Refer to packaging information.

Allergens

There are no allergens in ingredients for this recipe according to information provided by the suppliers.

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal): **29.6**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate (g): **6.9**

of which Sugars: **6.9**

Protein (g): **0.3**

Fibre (g): **0.2**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Wash all fresh fruit prior to service.

Summer Cupcake

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	3 lb 12 oz
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	1 lb 4 oz
Baking Powder BAK441 C/RANGE BAKING POWDER	5 oz
Margarine MRG020 Cooking & Baking Margarine	1 lb 10 oz
Sugar, White SUG150 GRANULATED SUGAR	1 lb 10 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	9 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	5 oz
Water Water	59.8 fl oz
Sugar, Icing SUG250 Sugar Icing - Whitworths	1 lb 4 oz
Margarine MRG020 Cooking & Baking Margarine	1 lb 4 oz
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	10 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	1 lb 4 oz
Boiling water Boiling water	1.8 fl oz
Cherries, Glace DFR400 Glace Cherries - Country Range	5 oz

Method

1. Cream the margarine and sugar together until the mixture is light and fluffy
2. Break eggs and whisk lightly. Beat the eggs into the mixture a little at a time.
3. Add the essence / flavouring
4. Sieve together the white flour and baking powder, add the wholemeal flour
5. Using the machine on speed number 1 fold the flour into the creamed mixture alternating with the water to keep the mixture in a soft dropping consistency
6. Place in the muffin cases
7. Bake in a moderate oven for approx 25 minutes
8. Frosted Topping- Bottom 5 ingredients of this recipe
9. Cream the margarine and sieved icing sugar.
10. Add dried milk and sieved cocoa.
11. Add boiling water to make a thick piping consistency.
12. Place the butter icing in an icing bag and pipe the top of each cupcake Decorate with cherry to serve.

Allergens

Contains:

- Barley
- Cereals
- Eggs
- Kamut
- Milk
- Oats
- Rye
- Spelt
- Sulphur dioxide
- Wheat

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal): **267.4**

Fat (g): **12.0**

Saturated Fat (g): **5.5**

Carbohydrate: (g): **36.5**

of which Sugars: **18.0**

Protein (g): **4.1**

Fibre (g): **1.1**

Salt (g): **0.1**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Toffee apple crumble

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	3 lb 14 oz
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	1 lb 5 oz
Margarine MRG020 Cooking & Baking Margarine	2 lb 1 oz
Sugar, White SUG150 GRANULATED SUGAR	2 lb 1 oz
Apples (tinned) FRC002 C/R SOLID PACK APPLE (ITALIAN)	10 lb 7 oz
Margarine MRG020 Cooking & Baking Margarine	12 oz
Meadowland MLK350 (V) (GF) MEADOWLAND DOUBLE (V) (GF)	12.5 fl oz
Sugar, Demerara SUG182 T & L DEMERARA SUGAR	12 oz

Method

1. Portion the fruit into the tins. Rub the fat into the flour then and the sugar and mix well.
2. For the sauce heat together the butter and the sugar then add the cream. Pour over the apples and cover with the crumble mix.
3. Bake in a moderate oven for approximately 30 minutes.

Allergens

Contains:

- Barley
- Cereals
- Kamut
- Milk
- Oats
- Rye
- Soya
- Spelt
- Wheat

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal):	251.0
Fat (g):	11.3
Saturated Fat (g):	5.0
Carbohydrate (g):	35.5
<i>of which Sugars:</i>	17.4
Protein (g):	2.7
Fibre (g):	2.0
Salt (g):	0.1

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Probe cooked dish to confirm a minimum temperature of 82C.
4. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
5. The service temperature must be maintained at above 65C throughout the service period.

Vanilla cake/muffin-Macphie

Junior: 100
Portions

Ingredients	
Macphie Plain Mix MXS142 Macphie Plain Muffin/ cake mix	6 lb 14 oz
Oil (vegetable) OIL013 C/R VEGETABLE OIL	15.6 fl oz
Water Water	50.0 fl oz

Method
1. Refer to manufactures instructions
2. Makes 400 tray bake or 360 muffins per 12.5KG

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Eggs• Kamut• Oats• Rye• Soya• Spelt• Wheat
May Contain: <ul style="list-style-type: none">• Milk
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): 175.6
Fat (g): 8.2
Saturated Fat (g): 0.7
Carbohydrate: (g): 23.4
<i>of which Sugars:</i> 13.1
Protein (g): 2.2
Fibre (g): 0.3
Salt (g): 0.2

Food Safety
1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.

Vanilla ice cream Block

**Junior: 100
Portions**

Ingredients

Vanilla Block 820055

100 pieces

Vanilla Ice Cream Brick

Method

1. Refer to manufactures instructions

Allergens

Contains:

- Cereals
- Milk
- Wheat

May Contain:

- Almonds
- Brazil nuts
- Cashews
- Hazelnuts
- Macadamia
- Peanuts
- Pecans
- Pistachio
- Walnut

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal): **151.1**

Fat (g): **7.8**

Saturated Fat (g): **5.2**

Carbohydrate: (g): **17.2**

of which Sugars: **13.5**

Protein (g): **2.6**

Fibre (g): **0.1**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.

Vanilla Ice Cream Tub

Junior: 100
Portions

Ingredients

Vanilla Ice Cream Tubs (820060)	100 pieces
Vanilla Ice Cream Insulated Tub	

Method

No methods have been set for this recipe.

Allergens

Contains:

- **Milk**

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal): **129.6**

Fat (g): **6.5**

Saturated Fat (g): **3.2**

Carbohydrate: (g): **15.3**

of which Sugars: **13.7**

Protein (g): **2.3**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.

No instructions have been set for this recipe.

Yoghurts, assorted, Fat free

**Junior: 100
Portions**

Ingredients

Fat free assorted yoghurt YOGO05 **22 lb 1 oz**
GOLDEN ACRE FAT FREE ASSORTED YOGHURTS

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- **Milk**

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.

Nutritional Content (portion)

Energy (kcal): **91.0**

Fat (g): **0.3**

Saturated Fat (g): **0.2**

Carbohydrate (g): **19.6**

of which Sugars: **18.3**

Protein (g): **2.6**

Fibre (g): **0.5**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.