

100 Portion Mains 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
Breaded Chicken Goujons-(GF)(DF) Quorn vegan Nuggets (VG) Cheese & Bacon Pasta Cheese Pasta Bake	Chicken Breast Fillet Quorn vegan fillet (VG) (DF) NO- Meat -balls in Tomato sauce Wrap Beef Meatballs in Tomato sauce Wrap	Breaded Salmon Fingers (GF) Vegetable Fingers Cheese & Tomato Pasta Pasta Chicken & Tomato Pasta Bake	Pizza Margherita (Homemade) Pizza Margherita Pizza-Margaherita Roast Pork Loin Steaks	Roast Pork Loin Savoury Mince Veggie Savoury Mince (VG) Battered Fish Fillet
---	---	---	---	---
---	---	---	---	---

Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Oven Baked Sausages	Veggie Bolognese	Jumbo Fish Finger	Pizza Ham & Cheese	Battered Fish Fillet
Oven Baked Sausages	Pasta	Vegetable Fingers	Pizza Ham & Cheese(Homemade)	Vegan Vegetable Curry (DF) (VG)
Vegetarian Sausage	Roast Gammon	Chicken Tikka	Pizza Ham & Cheese	Gammon & Pineapple
Bolognese Pasta	Gammon Steaks	Chicken Korma	Quorn Sausage Twist	
---	Quorn Vegan Fishless Fingers (VG)	---	---	---
---	---	---	---	---
---	---	---	---	---

Battered Fish Fillet

**Junior: 100
Portions**

Ingredients

Hr Junior Fish Fillet 310081
Battered Fish Fillets (50-70g each)

100 pieces

Method

1. Refer to manufacturers instructions.

Allergens

Contains:

- **Cereals**
- **Fish**
- **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): **113.4**

Fat (g): **5.6**

Saturated Fat (g): **1.5**

Carbohydrate: (g): **9.0**

of which Sugars: **0.4**

Protein (g): **6.2**

Fibre (g): **1.0**

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.
3. Individual frozen products "à la carte" always cook from frozen.
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
6. The service temperature must be maintained at above 65C throughout the service period.

Battered Fish Fillet

Junior: 100
Portions

Ingredients

Battered White Fish 320035

13 lb 4 oz

Battered White Fish

Method

1. Cook according to manufacturer's instructions.

Allergens

Contains:

- Cereals
- Fish
- 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): **94.2**

Fat (g): **3.5**

Saturated Fat (g): **0.4**

Carbohydrate (g): **9.4**

of which Sugars: **0.2**

Protein (g): **5.5**

Fibre (g): **1.4**

Sodium (mg): **0.4**

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. Individual frozen products "always cook from frozen."
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
6. The service temperature must be maintained at above 65C throughout the service period.
7. Ensure that there are no ice crystals present prior to cooking.

Beef Meatballs in Tomato sauce Wrap

Junior: 100
Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	10.6 fl oz
Diced Onion FFV071 Onions, Diced	2 lb 8 oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	4 lb 6 oz
Mixed Herbs SPI402 C/R MIXED HERBS	5 tspn
Black Pepper SPI334 Country Range Ground Black Pepper (500G)	5 To taste
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	15 oz
Tortillas (6inch) 440023 6" Flour Tortilla	100 pieces
Beef Meatballs (23g each)470030 Beef Meatballs (23g each)	300 pieces

Method

1. Heat oil in a pan and gently fry the chopped onions.
2. Add chopped tomatoes, tomato puree and Maggi Sauce. Season to taste with the oxo, pepper and mixed herbs and simmer gently.
3. Place meatballs on a greased baking tray, and follow manufacturers cooking instructions
4. Place the cooked balls in a serving tin. Cover with the tomato sauce and serve.

Allergens

Contains:

- Cereals
- 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): **310.7**

Fat (g): **17.6**

Saturated Fat (g): **5.6**

Carbohydrate: (g): **25.0**

of which Sugars: **4.0**

Protein (g): **12.5**

Fibre (g): **2.2**

Sodium (mg): **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. Individual frozen products "always cook from frozen."
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
6. The service temperature must be maintained at above 65C throughout the service period.
7. Ensure that there are no ice crystals present prior to cooking.

Bolognese Pasta

**Junior: 100
Portions**

Ingredients	
Diced Onion FFF071 Onions, Diced	1 lb 14 oz
Grated Carrot FFP080 Carrots, Grated	1 lb 14 oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	8 lb 12 oz
Tomatoes, Chopped (tinned) VGC830 Tomatoes, Chopped - Country Range	7 lb 8 oz
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	15 oz
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	3 tspn
Worcestershire Sauce SAU547 Worcestershire Sauce - Lea & Perrins	10 tspn
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	10 pieces
Minced Beef 970085 Minced Beef (90% VL)	11 lb 0 oz
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	11 lb 0 oz

Method
<ol style="list-style-type: none"> 1. Place minced beef in pan, add diced onions, lightly seal until brown. 2. Add grated carrots, chopped tomatoes, tomato puree and maggi sauce 3. Season with veg bouillon, Worcester sauce & black pepper. 4. Simmer on a gentle heat for approximately 20 minutes until cooked or alternatively place in steamer. 5. Cook the pasta as per manufactures instructions. Once cooked can be mixed together or served separately.

Allergens
<p>Contains:</p> <ul style="list-style-type: none"> • Barley • Cereals • Fish • 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): 338.1
Fat (g): 10.9
Saturated Fat (g): 0.3
Carbohydrate: (g): 42.9
<i>of which Sugars:</i> 5.9
Protein (g): 16.0
Fibre (g): 2.4
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. 2. Check storage temperature / product date / packaging and quality. 3. Individual frozen products “always cook from frozen.” 4. Probe cooked dish to confirm a minimum temperature of 82C. 5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours. 6. The service temperature must be maintained at above 65C throughout the service period.

Breaded Chicken Goujons-(GF)(DF)

Junior: 100
Portions

Ingredients

GF Breaded Chicken Goujons 40g 890103 200 pieces
GF Breaded Chicken Goujons 40g

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): **174.4**

Fat (g): **7.9**

Saturated Fat (g): **0.9**

Carbohydrate: (g): **8.8**

of which Sugars: **0.1**

Protein (g): **16.8**

Fibre (g): **0.0**

Salt (g): **0.6**

Food Safety

1. Check storage temperature / product date / packaging and quality.
2. Individual frozen products "always cook from frozen."
3. Probe cooked dish to confirm a minimum temperature of 82C.
4. Dispose of any surplus reheated products after service is finished.
5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
6. The service temperature must be maintained at above 65C throughout the service period.

Breaded Salmon Fingers (GF)

Junior: 100
Portions

Ingredients

GF Brd Salmon Fingers 410036

13 lb 4 oz

GF Brd Salmon Fingers

Method

1. Refer to manufactures instructions

Allergens

Contains:

- **Fish**

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): **157.2**

Fat (g): **6.6**

Saturated Fat (g): **1.0**

Carbohydrate: (g): **17.3**

of which Sugars: **0.4**

Protein (g): **6.7**

Fibre (g): **0.7**

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. Individual frozen products "à la carte" always cook from frozen.
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. Dispose of any surplus reheated products after service is finished.
6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
7. The service temperature must be maintained at above 65C throughout the service period.

Cheese & Bacon Pasta

Junior: 100
Portions

Ingredients	
Onions FFV144 Onions, Cooking Medium	2 lb 8 oz
Margarine MRG020 Cooking & Baking Margarine	5 oz
Flour, Plain FLO154 C/R PLAIN FLOUR	1 lb 4 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	1 lb 4 oz
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	5 tspn
Cheese - Grated CHF402 C/R *WHITE*CHEDDAR GRATED (V)	4 lb 7 oz
Minced Bacon JWY93 BACON FREE FLOW FORE MINCED - 2.5KG	8 lb 13 oz
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	10 lb 9 oz
Water Water	200.6 fl oz

Method
<ol style="list-style-type: none">1. Sweat the onions in the margarine. Add the diced bacon and cook.2. Make the white sauce and add onions, bacon and grated cheese.3. Cook pasta rings/shells in boiling salted water.4. Drain and add to the white sauce mixture whilst still hot.5. Portion into tins and return to the oven for 10 - 20 minutes.

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): 475.4
Fat (g): 25.2
Saturated Fat (g): 10.9
Carbohydrate: (g): 44.2
<i>of which Sugars:</i> 5.0
Protein (g): 16.9
Fibre (g): 1.7
Sodium (mg): 6.0
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. Probe cooked dish to confirm a minimum temperature of 82C.4. The service temperature must be maintained at above 65C throughout the service period.

Cheese & Tomato Pasta

Junior: 100
Portions

Ingredients	
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	8 lb 12 oz
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	10.6 fl oz
Diced Onion FFF071 Onions, Diced	2 lb 8 oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	4 lb 6 oz
Mixed Herbs SPI402 C/R MIXED HERBS	5 tspn
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	15 oz
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	15 pieces
Cheese - Grated CHF402 C/R *WHITE*CHEDDAR GRATED (V)	6 lb 4 oz
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	10 tspn
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	6 lb 4 oz

Method

1. Make the tomato sauce: heat the oil in a pan, add the diced onions and saute'.
2. Add chopped tomatoes, tomato puree, maggi sauce. Season to taste with vegetable bouillon, Herbs & black pepper. Simmer gently..
3. Cook pasta following the manufacturer's instructions.
4. Drain the pasta and mix into tomato mix and stir well.
5. Portion into tins and sprinkle with cheese and place in a moderate oven for 15 minutes.

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):	267.2
Fat (g):	13.1
Saturated Fat (g):	6.1
Carbohydrate: (g):	25.4
<i>of which Sugars:</i>	4.0
Protein (g):	11.5
Fibre (g):	1.4
Sodium (mg):	0.2
Salt (g):	0.0

Food Safety

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

Cheese Pasta Bake

**Junior: 100
Portions**

Ingredients	
Onions FFV144 Onions, Cooking Medium	3 lb 5 oz
Cheese - Grated CHF402 C/R *WHITE*CHEDDAR GRATED (V)	4 lb 16 oz
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	6 lb 11 oz
Margarine MRG020 Cooking & Baking Margarine	7 oz
Flour, Plain FLO154 C/R PLAIN FLOUR	1 lb 11 oz
Water Water	267.5 fl oz
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	3 tspn
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	1 lb 11 oz

Method

1. Saute' the onions in a pan with the margarine until soft and without colour.
2. Make up the white sauce using the reconstituted milk, white flour and black pepper.
3. Add the cheese t the sauce retaining some to sprinkle on top of the finished dish.
4. Cook pasta in boiling water.
5. Once cooked, drain and add to the sauce whilst still hot.
6. Portion into tins and sprinkle with remaining cheese.

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):	276.3
Fat (g):	10.7
Saturated Fat (g):	6.5
Carbohydrate: (g):	34.2
<i>of which Sugars:</i>	5.6
Protein (g):	11.0
Fibre (g):	1.3
Sodium (mg):	7.7
Salt (g):	0.0

Food Safety

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

Chicken Breast Fillet

**Junior: 100
Portions**

Ingredients

Chicken breast(uncooked) 900059 **100 pieces**
Chicken Breast Flattened (50g)

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): **46.5**

Fat (g): **0.8**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **1.4**

of which Sugars: **0.8**

Protein (g): **8.4**

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.
3. Individual frozen products "always cook from frozen."
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. Dispose of any surplus reheated products after service is finished.
6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
7. The service temperature must be maintained at above 65C throughout the service period.
8. Ensure that there are no ice crystals present prior to cooking.

Chicken Korma

**Junior: 100
Portions**

Ingredients	
Korma Sauce SAU682 Korma - Homepride	15 lb 14 oz
Diced Onion FFF071 Onions, Diced	2 lb 0 oz
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	7 lb 1 oz
Grated Carrot FFP080 Carrots, Grated	2 lb 0 oz
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	8.4 fl oz
Peppers, mixed (diced, frozen) 100138 Diced Mixed Pepper	2 lb 0 oz
Diced Chicken JWY32 Diced Chicken Breast	11 lb 0 oz

Method

1. Heat oil in a pan, add the meat and seal.
2. Add the chopped onions, peppers, carrots and tinned tomatoes, Heat throughly.
3. Add the sauce and bring to the boil.
4. simmer on a gentle heat for approximatley 20 minutes until cooked.
5. if desired before serving add natural yoghurt and stir well.

Allergens

Contains:

- **Eggs**
- **Milk**
- **Mustard**
- **Sesame seeds**

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):	155.1
Fat (g):	11.2
Saturated Fat (g):	4.0
Carbohydrate: (g):	10.7
<i>of which Sugars:</i>	7.9
Protein (g):	2.2
Fibre (g):	2.0
Sodium (mg):	0.6
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. 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.
6. Ensure that there are no ice crystals present prior to cooking.

Chicken Tikka

**Junior: 100
Portions**

Ingredients	
Diced Onion FFFV071 Onions, Diced	2 lb 0 oz
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	7 lb 1 oz
Grated Carrot FFP080 Carrots, Grated	2 lb 0 oz
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	8.4 fl oz
Peppers, mixed (diced, frozen) 100138 Diced Mixed Pepper	2 lb 0 oz
Diced Chicken JWY32 Diced Chicken Breast	11 lb 0 oz
Tikka Sauce SAU686 Tikka Masala - Homepride	15 lb 14 oz

Method

1. Heat oil in a pan, add the meat and seal.
2. Add the chopped onions, peppers, carrots and tinned tomatoes, Heat throughly.
3. Add the sauce and bring to the boil.
4. simmer on a gentle heat for approximately 20 minutes until cooked.
5. if desired before serving add natural yoghurt and stir well.

Allergens

Contains:

- **Eggs**
- **Milk**
- **Mustard**
- **Sesame seeds**

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):	134.2
Fat (g):	9.8
Saturated Fat (g):	2.9
Carbohydrate: (g):	9.8
of which Sugars:	5.5
Protein (g):	1.3
Fibre (g):	1.0
Sodium (mg):	0.6
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. 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.
6. Ensure that there are no ice crystals present prior to cooking.

Gammon & Pineapple

**Junior: 100
Portions**

Ingredients

Pineapple Rings FRC454 **100 pieces**

Pineapple Rings In Juice 50/55

Gammon Steak JWY96 **15 lb 7 oz**

GAMMON HORSESHOE

Method

1. Cook gammon steak according to manufacturer's instructions.
2. Do not over cook, add pineapple to gammon a couple of minutes before removing from oven.

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): **153.2**

Fat (g): **6.4**

Saturated Fat (g): **2.2**

Carbohydrate: (g): **11.2**

of which Sugars: **6.7**

Protein (g): **15.6**

Fibre (g): **0.6**

Sodium (mg): **1.5**

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. 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.

Gammon Steaks

Junior: 100
Portions

Ingredients

Gammon Steak JWY96
GAMMON HORSESHOE

15 lb 7 oz

Method

1. Cook gammon steak 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): **119.0**

Fat (g): **6.3**

Saturated Fat (g): **2.1**

Carbohydrate: (g): **3.4**

of which Sugars: **0.0**

Protein (g): **15.4**

Fibre (g): **0.0**

Sodium (mg): **1.5**

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. 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.

Jumbo Fish Finger

Junior: 100
Portions

Ingredients

Jumbo Battered Fish Finger 70g-320169 **15 lb 7 oz**
Jumbo Battered Pollock Fillet Fish Fingers

Method

1. Place fish fingers on a lightly greased baking tray, in a preheated moderate oven for 12-15 minutes.
2. Spread mayonnaise on wrap. Once cooked placed fishfingers onto wrap and fold and serve immediately.

Allergens

Contains:

- Cereals
- Fish
- Milk
- Mustard
- 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): **190.4**

Fat (g): **11.7**

Saturated Fat (g): **0.9**

Carbohydrate: (g): **12.1**

of which Sugars: **0.2**

Protein (g): **8.9**

Fibre (g): **0.6**

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. Individual frozen products "à€" always cook from frozen.
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
6. The service temperature must be maintained at above 65C throughout the service period.
7. Ensure that there are no ice crystals present prior to cooking.

NO- Meat -balls in Tomato sauce Wrap

Junior: 100 Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	10.6 fl oz
Diced Onion FV071 Onions, Diced	2 lb 8 oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	4 lb 6 oz
Mixed Herbs SPI402 C/R MIXED HERBS	5 tspn
Black Pepper SPI334 Country Range Ground Black Pepper (500G)	5 To taste
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	15 oz
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	15 pieces
Vegan Plant Balls (410045) Vegan Plant Balls (410045)	12 lb 9 oz
Tortillas (6inch) 440023 6" Flour Tortilla	100 pieces

Method
<ol style="list-style-type: none"> 1. Heat oil in a pan and gently fry the chopped onions. 2. Add chopped tomatoes, tomato puree and Maggi Sauce. Season to taste with the oxo, pepper and mixed herbs and simmer gently. 3. Place the plant balls on a grease baking tray. cook as per manufactures instructions. 4. Place the cooked balls in a serving tin. Cover with the tomato sauce and serve.

Allergens
<p>Contains:</p> <ul style="list-style-type: none"> • Cereals • 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): 253.8
Fat (g): 10.9
Saturated Fat (g): 1.7
Carbohydrate: (g): 24.0
of which Sugars: 5.5
Protein (g): 12.9
Fibre (g): 3.4
Sodium (mg): 0.4
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. Check storage temperature / product date / packaging and quality. 3. Individual frozen products "à€" always cook from frozen. 4. Probe cooked dish to confirm a minimum temperature of 82C. 5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours. 6. The service temperature must be maintained at above 65C throughout the service period. 7. Ensure that there are no ice crystals present prior to cooking.

Oven Baked Sausages

**Junior: 100
Portions**

Ingredients

Sausages 8's 400124

100 pieces

Healthier Schools Sausages 8's

Method

1. Refer to manufactures instructions

Allergens

Contains:

- **Cereals**
- **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): **93.5**

Fat (g): **3.8**

Saturated Fat (g): **1.2**

Carbohydrate: (g): **6.3**

of which Sugars: **0.8**

Protein (g): **8.0**

Fibre (g): **1.0**

Sodium (mg): **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. 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.
6. Ensure that there are no ice crystals present prior to cooking.

Oven Baked Sausages

Junior: 100
Portions

Ingredients

Pork Sausages 8's JWY152
IQF PORK SAUSAGES 8 PER 454G

100 pieces

Method

1. Refer to manufactures instructions

Allergens

Contains:

- Barley
- Cereals
- 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): **172.7**

Fat (g): **13.7**

Saturated Fat (g): **5.0**

Carbohydrate: (g): **5.5**

of which Sugars: **0.0**

Protein (g): **6.8**

Fibre (g): **0.0**

Sodium (mg): **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.
3. Individual frozen products "always cook from frozen."
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. The service temperature must be maintained at above 65C throughout the service period.

Pasta Chicken & Tomato Pasta Bake

**Junior: 100
Portions**

Ingredients	
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	8 lb 12 oz
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	10.0 fl oz
Diced Onion FFV071 Onions, Diced	2 lb 8 oz
Mixed Herbs SPI402 C/R MIXED HERBS	0.2 oz
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	3 tspn
Tomato Sauce POR045 C/R TOMATO KETCHUP SACHET	15 oz
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	15 pieces
Cheese - Grated CHF402 C/R *WHITE*CHEDDAR GRATED (V)	1 lb 4 oz
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	8 lb 13 oz
Chicken (diced) (970104) Diced Chicken Breast (20-25mm)	9 lb 15 oz
Maggi Rich & Rustic Sauce VGC864 MAGGI RICH & RUSTIC TOMATO SAUCE	4 lb 6 oz

Method
<ol style="list-style-type: none"> 1. Make the tomato sauce: heat the oil in a large pan, add the diced onion and saute. 2. Add chopped tomatoes, tomato puree, maggie sauce. Season to taste with vegetable bouillon & black pepper. 3. and Worcester sauce and mixed herbs and simmer gently. 4. Cook pasta following the manufacturers instructions. 5. Drain the pasta and mix into tomato mix, add chopped ham and stir well. 6. Portion into tins, sprinkle with cheese and place in a moderate oven for 15 minutes.

Allergens
<p>Contains:</p> <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): 267.9
Fat (g): 6.3
Saturated Fat (g): 1.8
Carbohydrate: (g): 34.5
<i>of which Sugars:</i> 5.1
Protein (g): 17.5
Fibre (g): 1.6
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. 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.

Pizza Ham & Cheese

**Junior: 100
Portions**

Ingredients	
11 Inch Cheese & Tomato Pizza 630046 11" Margherita Pizza	14 lb 12 oz
Ham (cooked) MCC080 C/R COOKED GAMMON HAM SLICED	11 lb 0 oz

Method
1. Top with ham and cook according to manufacturers instructions.

Allergens
Contains: <ul style="list-style-type: none">• Cereals• Milk• Wheat
<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): 215.8
Fat (g): 5.8
Saturated Fat (g): 2.5
Carbohydrate: (g): 22.8
of which Sugars: 2.0
Protein (g): 17.2
Fibre (g): 0.9
Sodium (mg): 0.8
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. Individual frozen products "always cook from frozen."4. Probe cooked dish to confirm a minimum temperature of 82C.5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.6. The service temperature must be maintained at above 65C throughout the service period.

Pizza Ham & Cheese

Junior: 100 Portions

Ingredients	
CHEESE/TOM PIZZA SLAB 630114 7"x9" Wholemeal Slab Cheese & Tom Pizzas	12 lb 14 oz
Ham (cooked) MCC080 C/R COOKED GAMMON HAM SLICED	11 lb 8 oz

Method
<ol style="list-style-type: none">1. Place Pizza on a greased baking tray, place on the toppings.2. Bake in a moderate oven until cooked through.3. Portion and serve. Please note these should be cooked as close to service time as possible.

Allergens
Contains: <ul style="list-style-type: none">• Cereals• Milk• 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): 214.1
Fat (g): 6.9
Saturated Fat (g): 2.8
Carbohydrate (g): 20.7
of which Sugars: 1.5
Protein (g): 15.7
Fibre (g): 1.5
Sodium (mg): 0.7
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. Individual frozen products "â€" always cook from frozen.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.

Pizza Ham & Cheese(Homemade)

Junior: 100
Portions

Ingredients	
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	1 lb 3 oz
Baking Powder BAK441 C/RANGE BAKING POWDER	5 oz
Margarine MRG020 Cooking & Baking Margarine	1 lb 3 oz
Water Water	37.4 fl oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	3 lb 2 oz
Mozzarella Cheese CHF408 MOZZARELLA CHEDDAR MIX 80/20	3 lb 2 oz
Flour, Plain FLO154 C/R PLAIN FLOUR	2 lb 11 oz
Mixed Herbs SPI402 C/R MIXED HERBS	4 tspn
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	5 oz
Ham (cooked) MCC080 C/R COOKED GAMMON HAM SLICED	11 lb 0 oz

Method

1. Sieve all dried ingredients.
2. Rub fat into flour and mix to a soft scone dough.
3. Block and portion into tins.
4. Mix maggie sauce and herbs together.
5. Spread over the pizza base, sprinkle cheese over the sauce.
6. Bake in a moderate oven for 15-20 minutes.

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):	217.4
Fat (g):	10.5
Saturated Fat (g):	5.0
Carbohydrate: (g):	15.8
<i>of which Sugars:</i>	1.8
Protein (g):	14.8
Fibre (g):	1.2
Salt (g):	0.1

Food Safety

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

Pizza Margherita

Junior: 100
Portions

Ingredients

11 Inch Cheese & Tomato Pizza 630046 **14 lb 1 oz**
11" Margherita Pizza

Method

1. Refer to manufacturer instructions

Allergens

Contains:

- **Cereals**
- **Milk**
- **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): **149.2**

Fat (g): **3.6**

Saturated Fat (g): **1.7**

Carbohydrate: (g): **21.4**

of which Sugars: **1.9**

Protein (g): **7.9**

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.
3. The service temperature must be maintained at above 65C throughout the service period.

Pizza Margherita (Homemade)

Junior: 100
Portions

Ingredients	
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	1 lb 3 oz
Baking Powder BAK441 C/RANGE BAKING POWDER	5 oz
Margarine MRG020 Cooking & Baking Margarine	1 lb 3 oz
Water Water	37.4 fl oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	3 lb 2 oz
Mozzarella Cheese CHF408 MOZZARELLA CHEDDAR MIX 80/20	3 lb 2 oz
Flour, Plain FLO154 C/R PLAIN FLOUR	2 lb 11 oz
Mixed Herbs SPI402 C/R MIXED HERBS	4 tspn
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	5 oz

Method

1. Sieve all dried ingredients.
2. Rub fat into flour and mix to a soft scone dough.
3. Block and portion into tins.
4. Mix maggie sauce and herbs together.
5. Spread over the pizza base, sprinkle cheese over the sauce.
6. Bake in a moderate oven for 15-20 minutes.

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):	158.4
Fat (g):	8.4
Saturated Fat (g):	4.3
Carbohydrate (g):	15.6
<i>of which Sugars:</i>	1.8
Protein (g):	5.9
Fibre (g):	1.2
Salt (g):	0.1

Food Safety

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

Pizza-Margaherita

Junior: 100
Portions

Ingredients

CHEESE/TOM PIZZA SLAB 630114 **17 lb 13 oz**
7"x9" Wholemeal Slab Cheese & Tom Pizzas

Method

1. Refer to manufactures instructions

Allergens

Contains:

- Cereals
- Milk
- 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): **211.0**

Fat (g): **6.5**

Saturated Fat (g): **2.8**

Carbohydrate: (g): **28.3**

of which Sugars: **2.0**

Protein (g): **9.0**

Fibre (g): **2.1**

Sodium (mg): **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. Individual frozen products "â€" always cook from frozen.
4. The service temperature must be maintained at above 65C throughout the service period.

Quorn Sausage Twist

**Junior: 100
Portions**

Ingredients	
Quorn sausage 410091 Quorn Sausages	100 pieces
Puff Pastry 670013 Puff Pastry Slab	8 lb 4 oz
Flour, Plain FLO154 C/R PLAIN FLOUR	9 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	2 lb 12 oz

Method
<ol style="list-style-type: none">1. Preheat the oven to 200C /400F/Gas 62. Place the pastry onto a lightly floured board, spread with red onion chutney and cut into 4 long strips3. Wrap the Quorn Sausage in a strip of pastry to create a spiral effect. Place onto a lightly greased baking sheet and brush with the beaten egg4. Bake for 25 minutes until the pastry is golden and the Quorn Sausage is piping hot

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Eggs• 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): 220.8
Fat (g): 11.5
Saturated Fat (g): 4.9
Carbohydrate: (g): 19.1
<i>of which Sugars:</i> 1.7
Protein (g): 8.7
Fibre (g): 3.4
Sodium (mg): 0.2
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. Individual frozen products "always cook from frozen."4. Probe cooked dish to confirm a minimum temperature of 82C.5. Dispose of any surplus reheated products after service is finished.6. The service temperature must be maintained at above 65C throughout the service period.7. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.8. For allergen friendly foods, wash equipment prior to use and sanitise work stations. Cover and store (hot or cold) away from other foods until service.

Quorn vegan fillet (VG)(DF)

**Junior: 100
Portions**

Ingredients

Quorn Vegan Fillets 69g 410156

100 pieces

Quorn Vegan Fillets (69g each)

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- Cereals
- 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): **67.6**

Fat (g): **0.8**

Saturated Fat (g): **0.3**

Carbohydrate: (g): **3.4**

of which Sugars: **0.0**

Protein (g): **9.7**

Fibre (g): **4.3**

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.
3. Individual frozen products "â€" always cook from frozen.
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.
6. Ensure that there are no ice crystals present prior to cooking.

Quorn Vegan Fishless Fingers (VG)

**Junior: 100
Portions**

Ingredients

Quorn Vegan Fishless Fingers 410108 **300 pieces**
Quorn Vegan Fishless Fingers 8x200g

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- **Cereals**
- **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): **128.4**

Fat (g): **4.7**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **17.5**

of which Sugars: **1.0**

Protein (g): **2.7**

Fibre (g): **2.5**

Salt (g): **0.8**

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.
6. Ensure that there are no ice crystals present prior to cooking.

Quorn vegan Nuggets (VG)

Junior: 100
Portions

Ingredients	
Quorn Vegan Nuggets 410097	300 pieces
Quorn Vegan Nuggets	

Method
1. Refer to manufactures instructions.

Allergens
Contains:
<ul style="list-style-type: none">• Cereals• Sulphur dioxide• Wheat
<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): 122.4
Fat (g): 1.9
Saturated Fat (g): 0.2
Carbohydrate: (g): 15.4
of which Sugars: 1.3
Protein (g): 7.4
Fibre (g): 7.3
Sodium (mg): 0.4
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. Check storage temperature / product date / packaging and quality.3. Individual frozen products "â€" always cook from frozen.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.6. Ensure that there are no ice crystals present prior to cooking.

Roast Gammon

Junior: 100
Portions

Ingredients

Gammon (joint) JWY92 **16 lb 9 oz**
GAMMON RINDLESS, BONED & ROLLED JOINT -
1.5KG JOINTS

Method

1. Cook Gammon according 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): **127.5**

Fat (g): **6.8**

Saturated Fat (g): **2.2**

Carbohydrate: (g): **3.7**

of which Sugars: **0.0**

Protein (g): **16.5**

Fibre (g): **0.0**

Sodium (mg): **1.6**

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. 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.

Roast Pork Loin

**Junior: 100
Portions**

Ingredients

Roast Pork Loin JWY82
PORK LOIN BONELESS

16 lb 9 oz

Method

1. Follow manufacture's instruction.
2. Place into a warm serving dish.

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): **129.8**

Fat (g): **4.5**

Saturated Fat (g): **1.6**

Carbohydrate: (g): **0.0**

of which Sugars: **0.0**

Protein (g): **20.7**

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.
3. Allow time to defrost in a suitable lidded container in the bottom of the refrigerator (approximately 24-48 hrs). Apply a second date label on defrost day and use by that date.
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. Dispose of any surplus reheated products after service is finished.
6. Wash all fresh fruit prior to service.
7. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
8. The service temperature must be maintained at above 65C throughout the service period.
9. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.
10. Ensure that there are no ice crystals present prior to cooking.

Roast Pork Loin Steaks

**Junior: 100
Portions**

Ingredients

Pork Loin Steak JWY82B **100 pieces**
PORK STEAKS, RIND ON

Method

1. Follow manufacture's instruction.
2. Place into a warm serving dish.

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): **139.2**

Fat (g): **8.8**

Saturated Fat (g): **2.6**

Carbohydrate: (g): **0.0**

of which Sugars: **0.0**

Protein (g): **10.7**

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.
3. Allow time to defrost in a suitable lidded container in the bottom of the refrigerator (approximately 24-48 hrs). Apply a second date label on defrost day and use by that date.
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. Dispose of any surplus reheated products after service is finished.
6. Wash all fresh fruit prior to service.
7. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
8. The service temperature must be maintained at above 65C throughout the service period.
9. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.
10. Ensure that there are no ice crystals present prior to cooking.

Savoury Mince

Junior: 100
Portions

Ingredients	
Diced Onion FFV071 Onions, Diced	2 lb 5 oz
Diced carrot 1KG Diced Carrots	2 lb 5 oz
Peas 1kg (Frozen) Garden Peas	2 lb 5 oz
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	13 oz
Water Water	150.0 fl oz
Gravy Granules GRV020 KNORR MEAT GRAVY GRANULES (GF) (V)	1 lb 3 oz
Black pepper SPI334 Country Range Ground Black Pepper (500G)	3 To taste
Minced Beef 970085 Minced Beef (90% VL)	13 lb 4 oz

Method

1. Place minced beef in pan, add diced onions, lightly seal until brown. Add tomato puree and water to the meat.
2. Simmer on a gentle heat for approximately 20 minutes until cooked.
3. Add vegetables and continue to simmer for 5 minutes
4. Once the meat is cooked, thicken with gravy mix adjusting the consistency accordingly and portion into tins

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): **179.7**

Fat (g): **11.3**

Saturated Fat (g): **0.2**

Carbohydrate (g): **7.0**

of which Sugars: **2.5**

Protein (g): **12.4**

Fibre (g): **1.3**

Sodium (mg): **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. Probe cooked dish to confirm a minimum temperature of 82C.
4. The service temperature must be maintained at above 65C throughout the service period.
5. Ensure that there are no ice crystals present prior to cooking.

Vegan Vegetable Curry (DF) (VG)

Junior: 100
Portions

Ingredients	
Diced Onion FFF071 Onions, Diced	2 lb 0 oz
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	7 lb 1 oz
Grated Carrot FFP080 Carrots, Grated	2 lb 0 oz
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	8.4 fl oz
Peppers, mixed (diced, frozen) 100138 Diced Mixed Pepper	2 lb 0 oz
Diced Potato 150130 Lutosa Potato dice	7 lb 15 oz
Cauliflower/Broccoli Caul/Broccoli Mix	2 lb 10 oz
Curry Powder SPI412 Curry Powder - Country Range	7 oz
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	4 oz

Method
<ol style="list-style-type: none">1. Heat oil in a pan and sauté the diced potatoes, cauliflower & broccoli.2. Add the chopped onions, peppers, carrots and tinned tomatoes, Heat throughly.3. Add the curry powder and tomato puree.4. simmer on a gentle heat for approximatley 20 minutes until cooked.

Allergens
Contains: <ul style="list-style-type: none">• Mustard
<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): 78.9
Fat (g): 2.7
Saturated Fat (g): 0.6
Carbohydrate: (g): 17.3
of which Sugars: 3.2
Protein (g): 1.5
Fibre (g): 2.0
Sodium (mg): 0.5
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. 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.6. Ensure that there are no ice crystals present prior to cooking.

Vegetable Fingers

Junior: 100
Portions

Ingredients

Vegetable Fingers 390033

300 pieces

Vegetable fingers

Method

1. Follow manufacturers guidelines

Allergens

Contains:

- Barley
- Cereals
- Kamut
- 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): **141.0**

Fat (g): **6.1**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **18.0**

of which Sugars: **1.9**

Protein (g): **2.6**

Fibre (g): **1.9**

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. Individual frozen products "à la carte" always cook from frozen.
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. The service temperature must be maintained at above 65C throughout the service period.
6. Ensure that there are no ice crystals present prior to cooking.

Vegetarian Sausage

Junior: 100
Portions

Ingredients

Vegetarian Sausages 400094 (frozen) **100 pieces**
Linda McCartney Vegetarian Sausages

Method

1. One sausage per child cut in half

Allergens

Contains:

- Barley
- Cereals
- Gluten
- Kamut
- Oats
- Rye
- Soya
- Spelt
- Sulphur dioxide
- Wheat

May Contain:

- Almonds
- Brazil nuts
- Cashews
- Hazelnuts
- Macadamia
- 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): **1.5**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **0.0**

of which Sugars: **0.0**

Protein (g): **0.2**

Fibre (g): **0.0**

Sodium (mg): **5.7**

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.
3. Individual frozen products "always cook from frozen."
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. The service temperature must be maintained at above 65C throughout the service period.

Veggie Bolognese Pasta

Junior: 100
Portions

Ingredients	
Diced Onion FFF071 Onions, Diced	1 lb 14 oz
Grated Carrot FFP080 Carrots, Grated	1 lb 14 oz
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	7 lb 8 oz
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	15 oz
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	10 pieces
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	5 tspn
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	11 lb 0 oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	8 lb 12 oz
Vegan Mince 390039 Meat The Alternative Beef Style Mince	7 lb 8 oz

Method

1. Place veggie mince in a pan, add diced onions, lightly seal until brown.
2. Add grated carrot, chopped tomatoes, maggi sauce & tomato puree.
3. Season to taste with veg bouillon & black pepper.
4. Simmer on a gentle heat.
5. cook the pasta as per manufactures instructions. once cooked can be mixed together or served separately.

Allergens

Contains:

- Barley
- Cereals
- Kamut
- 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): **268.2**

Fat (g): **2.8**

Saturated Fat (g): **0.5**

Carbohydrate (g): **45.5**

of which Sugars: **6.9**

Protein (g): **12.6**

Fibre (g): **4.1**

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. Probe cooked dish to confirm a minimum temperature of 82C.
3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
4. The service temperature must be maintained at above 65C throughout the service period.

Veggie Savoury Mince (VG)

Junior: 100
Portions

Ingredients	
Diced Onion FFV071 Onions, Diced	2 lb 5 oz
Diced carrot 1KG Diced Carrots	2 lb 5 oz
Peas 1kg (Frozen) Garden Peas	2 lb 5 oz
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	13 oz
Water Water	150.0 fl oz
Gravy Granules GRV020 KNORR MEAT GRAVY GRANULES (GF) (V)	1 lb 3 oz
Black pepper SPI334 Country Range Ground Black Pepper (500G)	3 To taste
Vegan Mince 390039 Meat The Alternative Beef Style Mince	8 lb 13 oz

Method

1. Place minced beef in pan, add diced onions, lightly seal until brown. Add tomato puree and water to the meat.
2. Simmer on a gentle heat for approximately 20 minutes until cooked.
3. Add vegetables and continue to simmer for 5 minutes
4. Once the meat is cooked, thicken with gravy mix adjusting the consistency accordingly and portion into tins

Allergens

Contains:

- 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): **94.9**

Fat (g): **1.5**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **10.1**

of which Sugars: **3.7**

Protein (g): **8.1**

Fibre (g): **3.4**

Sodium (mg): **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. Probe cooked dish to confirm a minimum temperature of 82C.
4. The service temperature must be maintained at above 65C throughout the service period.
5. Ensure that there are no ice crystals present prior to cooking.