

100 Portion Vegetables/Potatoes and accompaniments 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

Tomato Sauce Sticks
Mayonnaise Sticks
Jacket Wedges
Coleslaw
Baked Beans
Crusty Roll
Summer Salad
Stuffing

Tuesday

Gravy
Mashed Potato
Broccoli
Baby Carrots
Steamed Rice
Chunky Chips
Garden peas
Sweetcorn

Wednesday

Baked Beans
Green Beans
Oven Baked Diced Potatoes
Yorkshire Pudding-
Homemade
Yorkshire pudding
Oven baked Roast Potatoes
Vegetable Sticks
Broccoli

Thursday

Cauliflower
Oven Chips
Mixed vegetables
Savoury Vegetable Rice
Mini teardrop naan

Pineapple rings in juice

Baby Carrots

Junior: 100
Portions

Ingredients

baby carrots

Whole Baby Carrots (6-14mm each)

11 lb 2 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): **18.1**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **3.0**

of which Sugars: **2.8**

Protein (g): **0.4**

Fibre (g): **1.2**

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. Probe cooked dish to confirm a minimum temperature of 82C.

Baked Beans

Junior: 100
Portions

Ingredients

Baked Beans C/R VGC136
C/R BAKED BEANS

11 lb 2 oz

Method

1. Cook according to manufacturers 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): **46.4**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **7.7**

of which Sugars: **3.1**

Protein (g): **2.3**

Fibre (g): **2.0**

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. 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.

Broccoli

Junior: 100
Portions

Ingredients

Broccoli Florets 2.5kg
Broccoli

11 lb 0 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): **17.0**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **1.6**

of which Sugars: **1.0**

Protein (g): **2.2**

Fibre (g): **2.0**

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.

Cauliflower

Junior: 100
Portions

Ingredients

Cauliflower 1kg
Cauliflower

11 lb 2 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): **15.1**

Fat (g): **0.2**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **2.2**

of which Sugars: **1.5**

Protein (g): **1.3**

Fibre (g): **0.9**

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. 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.

Chunky Chips

Junior: 100
Portions

Ingredients

Chips (frozen) 150016
Steakhouse Fries

22 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): **130.0**

Fat (g): **3.2**

Saturated Fat (g): **1.6**

Carbohydrate: (g): **21.6**

of which Sugars: **1.0**

Protein (g): **2.2**

Fibre (g): **3.0**

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. 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.

Coleslaw

Junior: 100
Portions

Ingredients	
Coleslaw Mix FFP072 Coleslaw Mix	11 lb 0 oz
Mayonnaise SCM004 Mayonnaise - Country Range	3 lb 12 oz

Method
<ol style="list-style-type: none">1. Mix dry mix coleslaw and mayonaise together2. place in a suitable container and refridgerate until service

Allergens
Contains: <ul style="list-style-type: none">• Eggs
<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): 156.5
Fat (g): 11.4
Saturated Fat (g): 0.8
Carbohydrate: (g): 12.5
of which Sugars: 4.9
Protein (g): 1.8
Fibre (g): 3.3
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. Check storage temperature / product date / packaging and quality.3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.4. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

Crusty Roll

**Junior: 100
Portions**

Ingredients

Petit Pan Rolls 640254

100 pieces

Petit Pain White

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): **135.3**

Fat (g): **1.3**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **25.5**

of which Sugars: **2.9**

Protein (g): **4.2**

Fibre (g): **2.3**

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. Individual frozen products "à€" always cook from frozen.
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.

Garden peas

Junior: 100
Portions

Ingredients

Peas 1kg (Frozen)

Garden Peas

11 lb 2 oz

Method

1. Refer to maunufactures guidelines

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): **39.3**

Fat (g): **0.4**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **5.0**

of which Sugars: **2.7**

Protein (g): **2.7**

Fibre (g): **2.7**

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 "â€" always cook from frozen.
4. Probe cooked dish to confirm a minimum temperature of 82C.

Gravy

Junior: 100
Portions

Ingredients	
Water Water	88.0 fl oz
Gravy Granules GRV020 KNORR MEAT GRAVY GRANULES (GF) (V)	1 lb 2 oz

Method
1. Follow manufacturer's instructions.

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): 17.5
Fat (g): 0.2
Saturated Fat (g): 0.1
Carbohydrate: (g): 3.5
<i>of which Sugars:</i> 0.6
Protein (g): 0.4
Fibre (g): 0.1
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. Probe cooked dish to confirm a minimum temperature of 82C.4. The service temperature must be maintained at above 65C throughout the service period.

Green Beans

Junior: 100
Portions

Ingredients

Green Beans 1kg (frozen)

Sliced Green Beans

11 lb 2 oz

Method

1. Refer 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): **12.1**

Fat (g): **0.2**

Saturated Fat (g): **0.1**

Carbohydrate (g): **1.6**

of which Sugars: **1.1**

Protein (g): **1.1**

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 "â€" always cook from frozen.
4. Ensure that there are no ice crystals present prior to cooking.

Jacket Wedges

**Junior: 100
Portions**

Ingredients

LW Jacket Wedges 150099

27 lb 9 oz

LW Jacket Wedges

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): **153.8**

Fat (g): **4.4**

Saturated Fat (g): **0.5**

Carbohydrate: (g): **23.8**

of which Sugars: **0.8**

Protein (g): **2.9**

Fibre (g): **3.6**

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 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.

Mashed Potato

Junior: 100
Portions

Ingredients

Lutosa Potato dice 150130

27 lb 9 oz

Lutosa Potato dice

Method

1. Cook according to manufacturer's instructions.
2. When cooked, place in mixer bowl and beat using paddle attachment.
3. Place in tins and serve.

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): **105.0**

Fat (g): **0.2**

Saturated Fat (g): **0.1**

Carbohydrate (g): **22.5**

of which Sugars: **1.2**

Protein (g): **1.9**

Fibre (g): **2.5**

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.
3. Individual frozen products "always cook from frozen."
4. Probe cooked dish to confirm a minimum temperature of 82C.

Mayonnaise Sticks

Junior: 100
Portions

Ingredients

Mayonnaise Portions (sticks) POR044 **100 pieces**
Mayonnaise Sticks - Country Range

Method

1. Use as per manufacturers instructions.

Allergens

Contains:

- Eggs
- Milk

May Contain:

- Barley
- Cereals
- Kamut
- Mustard
- 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): **47.6**

Fat (g): **5.1**

Saturated Fat (g): **0.4**

Carbohydrate (g): **0.4**

of which Sugars: **0.3**

Protein (g): **0.1**

Fibre (g): **0.0**

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.

Mini teardrop naan

Junior: 100
Portions

Ingredients

Mini Teardrop Naan Vegan 65g

14 lb 5 oz

Mini Teardrop Naan Vegan 440039

Method

1. Cook according to manufacturers instructions.

Allergens

Contains:

- **Barley**
- **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): **182.6**

Fat (g): **2.3**

Saturated Fat (g): **0.3**

Carbohydrate: (g): **34.8**

of which Sugars: **0.2**

Protein (g): **5.0**

Fibre (g): **0.0**

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. Individual frozen products "â€" always cook from frozen.

Mixed vegetables

Junior: 100
Portions

Ingredients

Mixed Veg 1kg
Mixed Vegetables

11 lb 2 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): **31.7**

Fat (g): **0.5**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **4.1**

of which Sugars: **2.2**

Protein (g): **1.7**

Fibre (g): **2.2**

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. 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.

Oven Baked Diced Potatoes

Junior: 100
Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	10.6 fl oz
Lutosa Potato dice 150130 Lutosa Potato dice	27 lb 9 oz

Method
1. Refer to manufacturers instructions

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): 132.0
Fat (g): 3.2
Saturated Fat (g): 0.5
Carbohydrate: (g): 22.5
<i>of which Sugars: 1.2</i>
Protein (g): 1.9
Fibre (g): 2.5
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.

Oven baked Roast Potatoes

Junior: 100
Portions

Ingredients

Aunt Bessies Roast Potatoes 150020 **22 lb 1 oz**
Aunt Bessie Roast Potatoes

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): **130.0**

Fat (g): **4.5**

Saturated Fat (g): **1.4**

Carbohydrate: (g): **19.0**

of which Sugars: **0.5**

Protein (g): **2.2**

Fibre (g): **1.9**

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. Individual frozen products "â€" always cook from frozen.
4. Probe cooked dish to confirm a minimum temperature of 82C.

Oven Chips

**Junior: 100
Portions**

Ingredients

Oven Chips 150046

Oven Chips 3/8 (10mm)

22 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): **155.0**

Fat (g): **4.4**

Saturated Fat (g): **2.2**

Carbohydrate: (g): **25.1**

of which Sugars: **1.0**

Protein (g): **2.3**

Fibre (g): **3.1**

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.
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.

Pineapple rings in juice

Junior: 100
Portions

Ingredients

Pineapple Rings FRC454

100 pieces

Pineapple Rings In Juice 50/55

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): **34.2**

Fat (g): **0.1**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **7.8**

of which Sugars: 6.7

Protein (g): **0.2**

Fibre (g): **0.6**

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.

Savoury Vegetable Rice

**Junior: 100
Portions**

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	5.9 fl oz
Onions FFV144 Onions, Cooking Medium	3 lb 11 oz
Mushrooms FFV065 Mushroom Cups	3 lb 11 oz
Rice (Patna) CRP230 Rice, Patna, Long Grain - Country Range	5 lb 8 oz
Water Water	176.0 fl oz
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	33 pieces
Mixed Veg 1kg Mixed Vegetables	6 lb 7 oz
Curry Powder SPI412 Curry Powder - Country Range	6 oz

Method

1. Heat the oil in a saucepan and fry the onion for 2 to 3 minutes, then add the mushrooms and cook for a further 2 minutes.
2. Stir in the rice, then add the stock, Mixed vegetables and curry powder. Stir well. Bring to the boil, turn down the heat and simmer for about 15 to 20 minutes, until the rice is tender, adding more water if necessary.

Allergens

Contains:

- **Mustard**

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Nutritional Content (portion)

Energy (kcal):	138.0
Fat (g):	2.2
Saturated Fat (g):	0.6
Carbohydrate (g):	30.4
of which Sugars:	2.9
Protein (g):	3.5
Fibre (g):	2.3
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. 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. Rice dishes must be free from liquid during service and probed to verify a temperature above 82C.

Steamed Rice

**Junior: 100
Portions**

Ingredients

Rice (Patna) CRP230

Rice, Patna, Long Grain - Country Range

8 lb 13 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): **140.8**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **31.5**

of which Sugars: **0.0**

Protein (g): **2.8**

Fibre (g): **0.5**

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.
6. Rice dishes must be free from liquid during service and probed to verify a temperature above 82C.

Stuffing

Junior: 100
Portions

Ingredients

Stuffing STF024

C/R SAGE & ONION STUFFING

5 lb 8 oz

Method

1. Use as per manufacturers instructions.

Allergens

Contains:

- **Wheat**

May Contain:

- **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): **81.0**

Fat (g): **0.9**

Saturated Fat (g): **0.4**

Carbohydrate (g): **20.0**

of which Sugars: **0.6**

Protein (g): **2.0**

Fibre (g): **0.8**

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.

Summer Salad

**Junior: 100
Portions**

Ingredients	
Tomatoes (cherry) FFV032/S Tomatoes, Cherry, 250Gm	3 lb 0 oz
Cucumber FFV160/S Cucumber Single	1 lb 16 oz
Lettuce FFV091/S Lettuce, Iceberg, Single	11 lb 4 oz
Mustard Cress FFV200/S Mustard Cress Single	0.4 oz
Peppers - Red Peppers, Mixed (Green, Red, Yellow)	3 lb 0 oz

Method
<ol style="list-style-type: none">1. Wash and prepare all salad items.2. Serve salad to suit your site.

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): 15.2
Fat (g): 0.1
Saturated Fat (g): 0.0
Carbohydrate: (g): 3.2
<i>of which Sugars:</i> 2.1
Protein (g): 0.7
Fibre (g): 1.1
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. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.

Sweetcorn

Junior: 100
Portions

Ingredients

Sweetcorn 1kg (Frozen)

11 lb 2 oz

Sweetcorn

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): **58.5**

Fat (g): **1.2**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **9.0**

of which Sugars: **1.1**

Protein (g): **2.2**

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 "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.

Tomato Sauce Sticks

Junior: 100
Portions

Ingredients

Tomato Sauce POR045
C/R TOMATO KETCHUP SACHET

2 lb 3 oz

Method

1. Use as per manufacturers instructions.

Allergens

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

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Nutritional Content (portion)

Energy (kcal): **11.9**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate (g): **2.8**

of which Sugars: **2.4**

Protein (g): **0.1**

Fibre (g): **0.1**

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.

Vegetable Sticks

**Junior: 100
Portions**

Ingredients

Cucumber FFV160/S **5 lb 14 oz**
Cucumber Single

Baton Carrots FFP053 **4 lb 7 oz**
Carrots, Baton

Method

1. Cut cucumber into battons.
2. Place the carrot batons in colander and rinse thoroughly.
3. Place cucumber and carrots into suitable container to serve.

Allergens

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

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Nutritional Content (portion)

Energy (kcal): **12.2**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **2.9**

of which Sugars: **1.4**

Protein (g): **0.4**

Fibre (g): **0.7**

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. 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.
4. Salad products: wash raw products before preparation and store in a refrigerator until required.

Yorkshire pudding

**Junior: 100
Portions**

Ingredients

Yorkshire Pudding 640076

2.5" Yorkshire Puddings

6 lb 10 oz

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- **Cereals**
- **Eggs**
- **Milk**
- **Wheat**

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Nutritional Content (portion)

Energy (kcal): **75.6**

Fat (g): **2.2**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **11.1**

of which Sugars: **0.6**

Protein (g): **2.5**

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.
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.

Yorkshire Pudding- Homemade

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	1 lb 12 oz
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	9 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	1 lb 6 oz
Water Water	88.0 fl oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	0.0 oz

Method
<ol style="list-style-type: none">1. Sieve the flour and seasoning.2. Add the beaten egg and gradually work in the flour, adding the reconstituted dried milk as required.3. Whisk to a smooth consistency.4. Grease bun tins.5. Heat - pour the batter into the tins and cook in a hot oven.

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): 40.2
Fat (g): 0.5
Saturated Fat (g): 0.1
Carbohydrate: (g): 8.1
<i>of which Sugars:</i> 0.1
Protein (g): 1.5
Fibre (g): 0.5
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.6. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.