

Additional Recipes for menu changes

Menu Week 1

Monday

Pizza Margherita

All Day Breakfast

Veggie Hot Dog (DF) (VG)

Hot Dog in a Roll (DF)

Hash browns

All Day Breakfast

**Junior: 100
Portions**

Ingredients	
Tomatoes FFV031 Tomatoes	4 lb 7 oz
Sliced bacon JWY112 Bacon	11 lb 0 oz
Pork Sausages 8's JWY152 IQF PORK SAUSAGES 8 PER 454G	100 pieces

Method
<ol style="list-style-type: none">1. Oven baked the Sausages.2. Oven bake the bacon (do not over or under cook)3. Chop a fresh tomato in half, place cut side up lightly grease tray place onto the tray and bake in the oven. 1 tomato cut = 2 portions.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Kamut• Oats• Rye• Spelt• Sulphur dioxide• 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): 265.8
Fat (g): 65.0
Saturated Fat (g): 7.3
Carbohydrate: (g): 6.3
<i>of which Sugars:</i> 0.5
Protein (g): 15.1
Fibre (g): 0.2
Sodium (mg): 2.3
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. Salad products: wash raw products before preparation and store in a refrigerator until required.

Hash browns

**Junior: 100
Portions**

Ingredients

Hash Brown 150057

200 pieces

Hash Browns

Method

1. Refer to manufactures instructions.
2. **OVEN** Place Hashbrowns on a baking sheet and place in a pre-heated oven at 220°C/Gas mark 7 for 15- 20 minutes. Turning once during cooking. **GRILL** Place Hashbrowns on a rack under a pre-heated grill and cook under a moderate heat for 8-10 minutes. Turning halfway through cooking. **SHALLOW FRY** Pre-heat a little oil in a frying pan. Add hashbrowns and fry over a moderate heat for 10-12 minutes, turning occasionally. **DEEP FRYER** Preheat the oil to 175°C/347°F. Fry small quantities at a time for 3 - 4.5 minutes until crisp. Drain on absorbent paper before serving. Do not refreeze once thawed.

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): **149.0**

Fat (g): **6.7**

Saturated Fat (g): **0.7**

Carbohydrate: (g): **18.9**

of which Sugars: **0.6**

Protein (g): **2.0**

Fibre (g): **2.5**

Salt (g): **0.5**

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.

Hot Dog in a Roll (DF)

Junior: 100
Portions

Ingredients	
Sausages 8's 400124 Healthier Schools Sausages 8's	100 pieces
Bread (top sliced rolls 4x12)(48G) 640220 6.5" Hot Dog Rolls (Top-Sliced)	100 pieces

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): 224.5
Fat (g): 5.7
Saturated Fat (g): 1.7
Carbohydrate: (g): 29.8
of which Sugars: 2.7
Protein (g): 12.4
Fibre (g): 2.4
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. 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.

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**

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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.

Veggie Hot Dog (DF) (VG)

Junior: 100
Portions

Ingredients

Vegan sausage (420038) 12 lb 6 oz
Vegan Sausage(420038)

Bread (top sliced rolls 4x12)(48G) 640220 100 pieces
6.5" Hot Dog Rolls (Top-Sliced)

Method

1. Refer to manufactures instructions.

Allergens

Contains:

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

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Nutritional Content (portion)

Energy (kcal): **236.3**

Fat (g): **2.2**

Saturated Fat (g): **0.7**

Carbohydrate: (g): **36.3**

of which Sugars: **2.9**

Protein (g): **6.4**

Fibre (g): **3.1**

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.
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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.