

# Dairy Free 10 portion Spring-Summer 2023 Menu 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

---

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Beef Meatballs in Tomato sauce Wrap	Cheese & Bacon Pasta (DF)	Chicken Breast Fillet Stuffing Gravy	Pizza Ham & Cheese ( Homemade) (DF)	Breaded Salmon Fingers (GF)
---	---	---	---	---
Steamed Rice Mixed vegetables	Crusty Roll Summer Salad	Oven Baked Diced Potatoes Broccoli Baby Carrots	Jacket Wedges Baked Beans	Tomato Sauce Sticks Chunky Chips Garden peas Sweetcorn
---	---	---	---	---
Chocolate Cake/ Cupcakes/Muffin(DF) (VG)	Shortbread fingers- (DF)(VG) Alpro Custard (DF)	Ice Cream (DF)(VG) Fruit cocktail in juice	Caramel Fudge Flan (DF) (VG)	Toffee apple crumble(DF) (VG) Plant Cream

## Menu Week 2

---

Monday	Tuesday	Wednesday	Thursday	Friday
Savoury Mince Gravy  ---	Breaded Chicken Goujons-(GF)(DF)  ---	Gammon & Pineapple Gravy  ---	Pasta Chicken & Tomato Pasta Bake (DF)  ---	Battered Fish Fillet  ---
Yorkshire pudding (DF) Mashed Potato Cauliflower Green Beans  ---	Tomato Sauce Sticks Vegan Mayonnaise Savoury Vegetable Rice Vegan Coleslaw (VG) (DF) Vegetable Sticks  ---	Oven baked Roast Potatoes Baby Carrots Broccoli  ---	Crusty Roll Sweetcorn  ---	Tomato Sauce Sticks Chunky Chips Garden peas  ---
Chocolate Cake/ Cupcakes/Muffin(DF) (VG) Plant Cream	---	Lemon Cake (DF)(VG) Alpro Custard (DF)	Chocolate Cookie Orange Wedges	Vanilla Sponge / Muffins/ Cupcakes (DF)(VG) Alpro Chocolate drink - (DF)

## Menu Week 3

---

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Oven Baked Sausages	Bolognese Pasta	Roast Pork Loin	Chicken Curry (DF)	Fish Fingers (GF) & (DF)
Oven Baked Sausages	---	Stuffing	---	---
---	Crusty Roll	Gravy	---	---
Yorkshire pudding (DF)	Mixed vegetables	---	Steamed Rice	Tomato Sauce Sticks
Mashed Potato	---	Oven baked Roast Potatoes	Mini teardrop naan	Chunky Chips
Baby Carrots	Chocolate Crackle (DF)(VG)	Baby Carrots	Sweetcorn	Garden peas
Broccoli	Mandarin segments in juice	Green Beans	---	Baked Beans
---	---	---	Chocolate Sponge-(DF)	---
Blueberry Muffin (DF) (VG)	---	Shortbread fingers-(DF)(VG)	Pear halves in juice	Melting Moment Biscuit
---	---	Sultanas	Plant Cream	Alpro Chocolate drink - (DF)
---	---	Alpro Custard (DF)	---	---

# Alpro Chocolate drink -(DF)

Junior: 10 Portions

## Ingredients

**Alpro Chocolate Drink MLK056**

**88.0 fl oz**

Chocolate Drink - Alpro

## Method

1. Refer to manufactures instructions

## 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): **157.5**

Fat (g): **4.5**

Saturated Fat (g): **1.0**

Carbohydrate: (g): **20.8**

*of which Sugars:* **20.2**

Protein (g): **7.5**

Fibre (g): **2.0**

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.

# Alpro Custard (DF)

# Junior: 10 Portions

## Ingredients

**Alpro - Custard CUS004**  
Custard - Alpro

**1 lb 12 oz**

## Method

1. Refer to manufactures instructions.

## 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): **64.8**

Fat (g): **1.4**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **10.5**

*of which Sugars:* **8.0**

Protein (g): **2.4**

Fibre (g): **0.4**

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.

# Baby Carrots

# Junior: 10 Portions

## Ingredients

### **baby carrots**

Whole Baby Carrots (6-14mm each)

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

# Baked Beans

Junior: 10 Portions

## Ingredients

**Baked Beans C/R VGC136**

**1 lb 2 oz**

C/R BAKED BEANS

## 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.



# Battered Fish Fillet

## Junior: 10 Portions

### Ingredients

**Battered White Fish 320035**

**1 lb 5 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: 10 Portions

Ingredients	
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>1.1 fl oz</b>
<b>Diced Onion FFV071</b> Onions, Diced	<b>4 oz</b>
<b>Maggi sauce VGC859</b> MAGGI RICH & RUSTIC TOMATO SAUCE	<b>7 oz</b>
<b>Mixed Herbs SPI402</b> C/R MIXED HERBS	<b>0.50 tspn</b>
<b>Black Pepper SPI334</b> Country Range Ground Black Pepper (500G)	<b>0.50 To taste</b>
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>2 oz</b>
<b>Tortillas ( 6inch) 440023</b> 6" Flour Tortilla	<b>10 pieces</b>
<b>Beef Meatballs (23g each)470030</b> Beef Meatballs (23g each)	<b>30 pieces</b>

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Cereals</li><li>• Wheat</li></ul>
<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): <b>310.7</b>
Fat (g): <b>17.6</b>
Saturated Fat (g): <b>5.6</b>
Carbohydrate: (g): <b>25.0</b>
of which Sugars: <b>4.0</b>
Protein (g): <b>12.5</b>
Fibre (g): <b>2.2</b>
Sodium (mg): <b>0.2</b>
Salt (g): <b>0.0</b>

Food Safety
<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Individual frozen products "always cook from frozen."</li><li>4. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>5. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>6. The service temperature must be maintained at above 65C throughout the service period.</li><li>7. Ensure that there are no ice crystals present prior to cooking.</li></ol>

# Blueberry Muffin (DF)(VG)

## Junior: 10 Portions

Ingredients	
<b>Self Raising Flour FLO032</b> Self Raising Flour ( FLO 032)	<b>8 oz</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>6 oz</b>
<b>Baking Powder BAK441</b> C/RANGE BAKING POWDER	<b>0.1 oz</b>
<b>Vanilla Essence FLV080</b> DR OETKER VANILLA ESSENCE	<b>0.1 fl oz</b>
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>2.9 fl oz</b>
<b>Blueberries 110057</b> Blueberries	<b>2 oz</b>

Method
<ol style="list-style-type: none"><li>1. Heat oven to 200 degrees. Oil a loaf tin and line with baking parchment.</li><li>2. Mix flour, sugar &amp; Baking powder in a bowl.</li><li>3. Add the oil and water mix until smooth.</li><li>4. Add the blueberries.</li><li>5. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.</li><li>6. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Wheat</li></ul>
<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): <b>225.7</b>
Fat (g): <b>8.7</b>
Saturated Fat (g): <b>1.0</b>
Carbohydrate: (g): <b>34.2</b>
<i>of which Sugars:</i> <b>17.3</b>
Protein (g): <b>2.3</b>
Fibre (g): <b>0.9</b>
Sodium (mg): <b>0.1</b>
Salt (g): <b>0.0</b>

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

# Bolognese Pasta

# Junior: 10 Portions

Ingredients	
<b>Diced Onion FFV071</b> Onions, Diced	<b>3 oz</b>
<b>Grated Carrot FFP080</b> Carrots, Grated	<b>3 oz</b>
<b>Maggi sauce VGC859</b> MAGGI RICH & RUSTIC TOMATO SAUCE	<b>14 oz</b>
<b>Tomatoes, Chopped (tinned) VGC830</b> Tomatoes, Chopped - Country Range	<b>12 oz</b>
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>2 oz</b>
<b>Black Pepper - ERC SPI334</b> Country Range Ground Black Pepper (500G)	<b>0.250 tspn</b>
<b>Worcestershire Sauce SAU547</b> Worcestershire Sauce - Lea & Perrins	<b>1 tspn</b>
<b>Vegetable Bouillon BOU014 Piece = 1 tsp</b> BOU014-Vegetable Bouillon	<b>1 pieces</b>
<b>Minced Beef 970085</b> Minced Beef (90% VL)	<b>1 lb 2 oz</b>
<b>Pasta Shapes PST312</b> C/R SHELLS CONCHIGLIE	<b>1 lb 2 oz</b>

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Fish</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Wheat</li></ul>
<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): <b>338.1</b>
Fat (g): <b>10.9</b>
Saturated Fat (g): <b>0.3</b>
Carbohydrate: (g): <b>42.9</b>
<i>of which Sugars:</i> <b>5.9</b>
Protein (g): <b>16.0</b>
Fibre (g): <b>2.4</b>
Sodium (mg): <b>0.1</b>
Salt (g): <b>0.0</b>

Food Safety
<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Individual frozen products "à€" always cook from frozen.</li><li>4. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>5. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>6. The service temperature must be maintained at above 65C throughout the service period.</li></ol>

# Breaded Chicken Goujons-(GF)(DF)

## Junior: 10 Portions

### Ingredients

**GF Breaded Chicken Goujons 40g 890103 20 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 "à€" 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: 10 Portions

### Ingredients

**GF Brd Salmon Fingers 410036**

**1 lb 5 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 "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.

# Broccoli

# Junior: 10 Portions

## Ingredients

**Broccoli Florets 2.5kg**

**1 lb 2 oz**

Broccoli

## 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.

# Caramel Fudge Flan (DF) (VG)

## Junior: 10 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>4 oz</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>1 oz</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>2 oz</b>
<b>Water</b> Water	<b>0.6 fl oz</b>
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>1.0 oz</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>4 oz</b>
<b>Sugar, Demerara SUG182</b> T & L DEMERARA SUGAR	<b>4 oz</b>
<b>Bananas FFM113</b> Bananas	<b>4 oz</b>
<b>Alpro Unsweetned Soya Milk ( MLK 024)</b> SOYA MILK UNSWEETENED ALPRO	<b>2.4 fl oz</b>

### Method

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

### 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): **236.6**

Fat (g): **14.0**

Saturated Fat (g): **5.5**

Carbohydrate: (g): **26.7**

*of which Sugars:* **12.8**

Protein (g): **2.0**

Fibre (g): **1.1**

Salt (g): **0.2**

### Food Safety

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



# Cauliflower

# Junior: 10 Portions

## Ingredients

**Cauliflower 1kg**

Cauliflower

**1 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 "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 (DF)

## Junior: 10 Portions

Ingredients	
<b>Onions FFV144</b> Onions, Cooking Medium	<b>4 oz</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>0.5 oz</b>
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>2 oz</b>
<b>Black Pepper - ERC SPI334</b> Country Range Ground Black Pepper (500G)	<b>0.50 tspn</b>
<b>Minced Bacon JWY93</b> BACON FREE FLOW FORE MINCED - 2.5KG	<b>14 oz</b>
<b>Pasta Shapes PST312</b> C/R SHELLS CONCHIGLIE	<b>1 lb 1 oz</b>
<b>Soya Milk (unsweetened) MLK024</b> SOYA MILK UNSWEETENED ALPRO	<b>20.1 fl oz</b>
<b>Vegan Cheese ( CHF020)</b> Vegan Cheese	<b>7 oz</b>

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Soya</li><li>• Spelt</li><li>• Wheat</li></ul>
<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): <b>451.0</b>
Fat (g): <b>23.6</b>
Saturated Fat (g): <b>10.5</b>
Carbohydrate: (g): <b>45.7</b>
<i>of which Sugars:</i> <b>2.1</b>
Protein (g): <b>12.6</b>
Fibre (g): <b>2.0</b>
Salt (g): <b>0.5</b>

Food Safety
<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>4. The service temperature must be maintained at above 65C throughout the service period.</li></ol>

# Chicken Breast Fillet

# Junior: 10 Portions

## Ingredients

**Chicken breast( uncooked) 900059**      **10 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 "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.
8. Ensure that there are no ice crystals present prior to cooking.

# Chicken Curry (DF)

## Junior: 10 Portions

Ingredients	
<b>Diced Onion FFV071</b> Onions, Diced	<b>3 oz</b>
<b>Tinned chopped tomatoes VGC830</b> Tomatoes, Chopped - Country Range	<b>11 oz</b>
<b>Grated Carrot FFP080</b> Carrots, Grated	<b>3 oz</b>
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>0.8 fl oz</b>
<b>Peppers, mixed (diced, frozen) 100138</b> Diced Mixed Pepper	<b>3 oz</b>
<b>Chicken (diced) ( 970104)</b> Diced Chicken Breast (20-25mm)	<b>1 lb 2 oz</b>
<b>Curry Powder SPI412</b> Curry Powder - Country Range	<b>0.7 oz</b>
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>0.4 oz</b>

Method
<ol style="list-style-type: none"><li>1. Heat oil in a pan, add the meat and seal.</li><li>2. Add the chopped onions, peppers, carrots and tinned tomatoes, Heat throughly.</li><li>3. Add the curry powder and tomato puree.</li><li>4. simmer on a gentle heat for approximately 20 minutes until cooked.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• <b>Mustard</b></li></ul>
<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): <b>98.0</b>
Fat (g): <b>3.1</b>
Saturated Fat (g): <b>0.7</b>
Carbohydrate: (g): <b>10.5</b>
of which Sugars: <b>2.7</b>
Protein (g): <b>12.7</b>
Fibre (g): <b>0.9</b>
Sodium (mg): <b>0.5</b>
Salt (g): <b>0.0</b>

Food Safety
<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>4. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>5. The service temperature must be maintained at above 65C throughout the service period.</li><li>6. Ensure that there are no ice crystals present prior to cooking.</li></ol>

# Chocolate Cake/ Cupcakes/Muffin(DF) (VG)

Junior: 10 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>5 oz</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>5 oz</b>
<b>Cocoa BEV070</b> FRESHERS LOW FAT COCOA POWDER	<b>0.7 oz</b>
<b>Bicarbonate of Soda BAK501</b> C/RANGE BICARBONATE OF SODA	<b>0.4 oz</b>
<b>Oil (vegetable) OIL013</b> C/R VEGETABLE OIL	<b>1.6 fl oz</b>
<b>Vanilla Essence FLV080</b> DR OETKER VANILLA ESSENCE	<b>0.1 fl oz</b>
<b>Water</b> Water	<b>5.9 fl oz</b>

## Method

1. Preheat oven 180 degrees. Lightly grease a 13 x 23 cm loaf tin or 20cm round cake tin.
2. Sieve together flour, sugar, cocoa bicarbonate of soda. Add the oil, vanilla & water. mix together until smooth.
3. Pour into prepared tin and bake at 180 degrees for 45 minutes. Remove from oven and allow to cool.

## 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):	<b>147.8</b>
Fat (g):	<b>4.9</b>
Saturated Fat (g):	<b>0.2</b>
Carbohydrate: (g):	<b>24.4</b>
<i>of which Sugars:</i>	<b>13.4</b>
Protein (g):	<b>1.7</b>
Fibre (g):	<b>0.5</b>
Sodium (mg):	<b>0.3</b>
Salt (g):	<b>0.0</b>

## Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Food requiring preparation / shaping / finishing off or cooling; the maximum time for preparation is 60 mins. Store in a refrigerator between tasks and cover to reduce the risk of contamination.

# Chocolate Cookie

## Junior: 10 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>4 oz</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>1 oz</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>3 oz</b>
<b>Cocoa BEV070</b> FRESHERS LOW FAT COCOA POWDER	<b>0.4 oz</b>
<b>Cornflakes BRK095</b> Cornflakes Bag - Kelloggâ€™s	<b>0.6 oz</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>5 oz</b>

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Wheat</li></ul>
<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): <b>184.6</b>
Fat (g): <b>10.6</b>
Saturated Fat (g): <b>4.2</b>
Carbohydrate: (g): <b>21.1</b>
<i>of which Sugars:</i> <b>9.3</b>
Protein (g): <b>1.8</b>
Fibre (g): <b>0.7</b>
Salt (g): <b>0.1</b>

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

# Chocolate Crackle (DF)(VG)

## Junior: 10 Portions

Ingredients	
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>4 oz</b>
<b>Syrup SYR012</b> T/LYLE GOLDEN SYRUP	<b>6 oz</b>
<b>Cocoa BEV070</b> FRESHERS LOW FAT COCOA POWDER	<b>1.0 oz</b>
<b>Rice Krispies BRK130</b> KELLOGGS RICE KRISPIES BAG PACK	<b>7 oz</b>

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Wheat</li></ul>
<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): <b>206.4</b>
Fat (g): <b>8.4</b>
Saturated Fat (g): <b>3.4</b>
Carbohydrate: (g): <b>30.2</b>
<i>of which Sugars:</i> <b>14.8</b>
Protein (g): <b>1.8</b>
Fibre (g): <b>0.2</b>
Salt (g): <b>0.1</b>

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

# Chocolate Sponge-(DF)

## Junior: 10 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>6 oz</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>1 oz</b>
<b>Baking Powder BAK441</b> C/RANGE BAKING POWDER	<b>0.6 oz</b>
<b>Cocoa BEV070</b> FRESHERS LOW FAT COCOA POWDER	<b>0.6 oz</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>4 oz</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>4 oz</b>
<b>Eggs EGG112</b> Eggs, Medium, Free Range - Kfresh	<b>2 oz</b>
<b>Alpro Unsweetned Soya Milk ( MLK 024)</b> SOYA MILK UNSWEETENED ALPRO	<b>2.5 fl oz</b>

Method
<ol style="list-style-type: none"><li>1. Cream the margarine and sugar together until light and fluffy.</li><li>2. Lightly beat the eggs. Beat the eggs into the mixture a little at a time to prevent curdling.</li><li>3. Sieve together the white flour, cocoa and baking powder. Add the wholemeal flour.</li><li>4. Fold the flour into the creamed mixture on speed 1, alternating with the water to keep the mixture to a soft dropping consistency.</li><li>5. Put into greased tins.</li><li>6. Bake in a moderate oven for 30-40 minutes.</li><li>7. Serve with tinned sliced pears.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Eggs</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Soya</li><li>• Spelt</li><li>• Wheat</li></ul>
<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): <b>202.2</b>
Fat (g): <b>8.9</b>
Saturated Fat (g): <b>3.5</b>
Carbohydrate: (g): <b>28.3</b>
<i>of which Sugars:</i> <b>10.8</b>
Protein (g): <b>3.2</b>
Fibre (g): <b>1.0</b>
Salt (g): <b>0.1</b>

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



# Chunky Chips

# Junior: 10 Portions

## Ingredients

**Chips (frozen) 150016**

Steakhouse Fries

**2 lb 3 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 "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.

# Crusty Roll

# Junior: 10 Portions

## Ingredients

**Petit Pan Rolls 640254**

**10 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 "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.

# Fish Fingers (GF) & (DF)

# Junior: 10 Portions

## Ingredients

**Young's Never Fried Gluten & Milk Free Fish Finger 330023**      **30 pieces**  
Ultimate Pollock Fillet Fish 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): **141.3**

Fat (g): **2.7**

Saturated Fat (g): **0.3**

Carbohydrate: (g): **18.1**

*of which Sugars:* **0.3**

Protein (g): **10.9**

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. 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.

# Fruit cocktail in juice

## Junior: 10 Portions

### Ingredients

**Fruit Cocktail in juice FRC212**  
FRUIT COCKTAIL IN JUICE

**1 lb 8 oz**

### Method

1. Refer to manufactures instructions.

### Allergens

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

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

### Nutritional Content (portion)

Energy (kcal): **36.9**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **8.5**

*of which Sugars:* **8.5**

Protein (g): **0.2**

Fibre (g): **0.7**

Salt (g): **0.0**

### Food Safety

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

# Gammon & Pineapple

# Junior: 10 Portions

## Ingredients

<b>Pineapple Rings FRC454</b> Pineapple Rings In Juice 50/55	<b>10 pieces</b>
<b>Gammon Steak JWY96</b> GAMMON HORSESHOE	<b>1 lb 9 oz</b>

## 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):	<b>153.2</b>
Fat (g):	<b>6.4</b>
Saturated Fat (g):	<b>2.2</b>
Carbohydrate (g):	<b>11.2</b>
of which Sugars:	<b>6.7</b>
Protein (g):	<b>15.6</b>
Fibre (g):	<b>0.6</b>
Sodium (mg):	<b>1.5</b>
Salt (g):	<b>0.0</b>

## 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.

# Garden peas

# Junior: 10 Portions

## Ingredients

**Peas 1kg (Frozen)**

Garden Peas

**1 lb 2 oz**

## Method

1. Refer to manufactures 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: 10 Portions

### Ingredients

<b>Water</b> Water	<b>8.8 fl oz</b>
<b>Gravy Granules GRV020</b> KNORR MEAT GRAVY GRANULES (GF) (V)	<b>2 oz</b>

### Method

1. Follow 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):	<b>17.5</b>
Fat (g):	<b>0.2</b>
Saturated Fat (g):	<b>0.1</b>
Carbohydrate (g):	<b>3.5</b>
<i>of which Sugars:</i>	<b>0.6</b>
Protein (g):	<b>0.4</b>
Fibre (g):	<b>0.1</b>
Sodium (mg):	<b>0.2</b>
Salt (g):	<b>0.0</b>

### 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.

# Green Beans

# Junior: 10 Portions

## Ingredients

**Green Beans 1kg (frozen)**

Sliced Green Beans

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



# Ice Cream (DF)(VG)

## Junior: 10 Portions

### Ingredients

**Vegan Ice Cream ( 810091)**  
Vegan Vanilla Ice Cream ( 810091)

**28.2 fl oz**

### Method

No methods have been set for this recipe.

### Allergens

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

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

### Nutritional Content (portion)

Energy (kcal): **190.4**

Fat (g): **7.9**

Saturated Fat (g): **6.6**

Carbohydrate: (g): **24.6**

*of which Sugars:* **15.6**

Protein (g): **0.3**

Fibre (g): **8.8**

Salt (g): **0.0**

### Food Safety

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

No instructions have been set for this recipe.

# Jacket Wedges

# Junior: 10 Portions

## Ingredients

**LW Jacket Wedges 150099**

**2 lb 12 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 "â€" 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.

# Jelly -Orange

# Junior: 10 Portions

## Ingredients

<b>Water</b> Water	<b>50.0 fl oz</b>
<b>Jelly Crystals, Orange JEL045</b> Jelly Crystals Vegetarian, Orange - McDougalls	<b>10 oz</b>

## Method

1. Follow the instructions on the packet

## 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): **17.5**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate (g): **4.2**

*of which Sugars:* **4.2**

Protein (g): **0.1**

Fibre (g): **0.1**

Salt (g): **0.0**

## Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

# Lemon Cake (DF)(VG)

## Junior: 10 Portions

Ingredients	
<b>Oil (vegetable) OIL013</b> C/R VEGETABLE OIL	<b>2.4 fl oz</b>
<b>Self Raising Flour FLO032</b> Self Raising Flour ( FLO 032)	<b>6 oz</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>5 oz</b>
<b>Baking Powder BAK441</b> C/RANGE BAKING POWDER	<b>0.1 oz</b>
<b>Water</b> Water	<b>4.0 fl oz</b>
<b>Lemons/Juice/zest FFM051/S</b> Lemons	<b>1 pieces</b>

Method
<ol style="list-style-type: none"><li>1. Heat oven to 200 degrees. Oil a loaf tin and line with baking parchment.</li><li>2. Mix the flour, sugar, baking powder and lemon zest in a bowl.</li><li>3. Add the oil, lemon juice from the lemon and 170ml cold water, then mix until smooth.</li><li>4. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.</li><li>5. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Soya</li><li>• Spelt</li><li>• Wheat</li></ul>
<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): <b>183.8</b>
Fat (g): <b>7.0</b>
Saturated Fat (g): <b>0.0</b>
Carbohydrate: (g): <b>28.7</b>
<i>of which Sugars:</i> <b>13.9</b>
Protein (g): <b>2.0</b>
Fibre (g): <b>1.9</b>
Sodium (mg): <b>0.1</b>
Salt (g): <b>0.0</b>

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

# Mandarin segments in juice

## Junior: 10 Portions

### Ingredients

**Mandarin Oranges FRC314**  
MANDARIN SEGMENTS IN JUICE

**1 lb 8 oz**

### Method

1. Refer to manufactures instructions.

### Allergens

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

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

### Nutritional Content (portion)

Energy (kcal): **21.3**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **5.1**

*of which Sugars:* **5.1**

Protein (g): **0.5**

Fibre (g): **0.2**

Salt (g): **0.0**

### Food Safety

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

# Mashed Potato

# Junior: 10 Portions

## Ingredients

**Lutosa Potato dice 150130**

**2 lb 12 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.

# Melting Moment Biscuit

## Junior: 10 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>3 oz</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>1 oz</b>
<b>Baking Powder BAK441</b> C/RANGE BAKING POWDER	<b>0.2 oz</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>3 oz</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>3 oz</b>
<b>Oats BRK210</b> Rolled Oats - Mornflake	<b>0.7 oz</b>
<b>Cherries, Glace DFR400</b> Glace Cherries - Country Range	<b>0.2 oz</b>
<b>Eggs EGG112</b> Eggs, Medium, Free Range - Kfresh	<b>0.6 oz</b>

Method
<ol style="list-style-type: none"><li>1. Cream margarine and sugar. Add eggs to mixture.</li><li>2. Mix in baking powder and flours. Portion and form into balls. Roll in oats.</li><li>3. Place on baking sheet and flatten slightly. Decorate with a piece of cherry.</li><li>4. Bake in a moderate oven.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Eggs</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Sulphur dioxide</li><li>• Wheat</li></ul>
<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): <b>141.7</b>
Fat (g): <b>7.3</b>
Saturated Fat (g): <b>2.8</b>
Carbohydrate: (g): <b>18.0</b>
<i>of which Sugars:</i> <b>7.5</b>
Protein (g): <b>1.6</b>
Fibre (g): <b>0.8</b>
Salt (g): <b>0.1</b>

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

# Mini teardrop naan

# Junior: 10 Portions

## Ingredients

**Mini Teardrop Naan Vegan 65g**

Mini Teardrop Naan Vegan 440039

**1 lb 7 oz**

## 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 "always cook from frozen."



# Mixed vegetables

# Junior: 10 Portions

## Ingredients

**Mixed Veg 1kg**

Mixed Vegetables

**1 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.

# Orange Wedges

## Junior: 10 Portions

### Ingredients

**Oranges FFM060/S**

**2 lb 14 oz**

Orange Wedges

### Method

No methods have been set for this recipe.

### Allergens

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

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

### Nutritional Content (portion)

Energy (kcal): **81.9**

Fat (g): **0.4**

Saturated Fat (g): **0.0**

Carbohydrate (g): **20.8**

*of which Sugars:* **0.0**

Protein (g): **1.7**

Fibre (g): **5.8**

Salt (g): **0.0**

### Food Safety

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

No instructions have been set for this recipe.

# Oven Baked Diced Potatoes

## Junior: 10 Portions

Ingredients	
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>1.1 fl oz</b>
<b>Lutosa Potato dice 150130</b> Lutosa Potato dice	<b>2 lb 12 oz</b>

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): <b>132.0</b>
Fat (g): <b>3.2</b>
Saturated Fat (g): <b>0.5</b>
Carbohydrate (g): <b>22.5</b>
<i>of which Sugars:</i> <b>1.2</b>
Protein (g): <b>1.9</b>
Fibre (g): <b>2.5</b>
Sodium (mg): <b>0.1</b>
Salt (g): <b>0.0</b>

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

# Oven baked Roast Potatoes

## Junior: 10 Portions

### Ingredients

**Aunt Bessies Roast Potatoes 150020**

**2 lb 3 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 "always cook from frozen."
4. Probe cooked dish to confirm a minimum temperature of 82C.

# Oven Baked Sausages

# Junior: 10 Portions

## Ingredients

**Sausages 8's 400124**

**10 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: 10 Portions

## Ingredients

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

**10 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 (DF) Junior: 10 Portions

Ingredients	
<b>Tinned chopped tomatoes VGC830</b> Tomatoes, Chopped - Country Range	<b>14 oz</b>
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>1.0 fl oz</b>
<b>Diced Onion FFV071</b> Onions, Diced	<b>4 oz</b>
<b>Mixed Herbs SPI402</b> C/R MIXED HERBS	<b>0.0 oz</b>
<b>Black Pepper - ERC SPI334</b> Country Range Ground Black Pepper (500G)	<b>0.30 tspn</b>
<b>Tomato Sauce POR045</b> C/R TOMATO KETCHUP SACHET	<b>2 oz</b>
<b>Vegetable Bouillon BOU014 Piece = 1 tsp</b> BOU014-Vegetable Bouillon	<b>2 pieces</b>
<b>Pasta Shapes PST312</b> C/R SHELLS CONCHIGLIE	<b>14 oz</b>
<b>Chicken (diced) ( 970104)</b> Diced Chicken Breast (20-25mm)	<b>16 oz</b>
<b>Maggi Rich &amp; Rustic Sauce VGC864</b> MAGGI RICH & RUSTIC TOMATO SAUCE	<b>7 oz</b>
<b>Vegan Cheese ( CHF020)</b> Vegan Cheese	<b>2 oz</b>

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

Allergens
<p>Contains:</p> <ul style="list-style-type: none"> <li>• Barley</li> <li>• Cereals</li> <li>• Kamut</li> <li>• Oats</li> <li>• Rye</li> <li>• Spelt</li> <li>• Wheat</li> </ul>
<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): <b>264.0</b>
Fat (g): <b>5.9</b>
Saturated Fat (g): <b>1.9</b>
Carbohydrate: (g): <b>35.9</b>
<i>of which Sugars:</i> <b>5.1</b>
Protein (g): <b>16.1</b>
Fibre (g): <b>1.6</b>
Salt (g): <b>0.1</b>

Food Safety
<ol style="list-style-type: none"> <li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li> <li>2. Check storage temperature / product date / packaging and quality.</li> <li>3. Probe cooked dish to confirm a minimum temperature of 82C.</li> <li>4. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li> <li>5. The service temperature must be maintained at above 65C throughout the service period.</li> </ol>

# Pear halves in juice

## Junior: 10 Portions

### Ingredients

**Pears (tinned) FRC410**

Pear Halves In Juice

**1 lb 8 oz**

### Method

1. Serve according to manufacturer's instructions.

### Allergens

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

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

### Nutritional Content (portion)

Energy (kcal): **35.6**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate (g): **8.6**

*of which Sugars:* **7.7**

Protein (g): **0.1**

Fibre (g): **0.7**

Salt (g): **0.0**

### Food Safety

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





## 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): **203.2**

Fat (g): **10.1**

Saturated Fat (g): **5.4**

Carbohydrate: (g): **18.3**

*of which Sugars:* **1.0**

Protein (g): **9.8**

Fibre (g): **1.1**

Salt (g): **0.4**

## 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.

# Plant Cream

# Junior: 10 Portions

## Ingredients

**Flora Plant Double MLK360**

Flora Plant Double

**17.6 fl oz**

## Method

1. Refer to manufactures 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): **144.5**

Fat (g): **15.7**

Saturated Fat (g): **9.0**

Carbohydrate: (g): **1.2**

*of which Sugars:* **0.6**

Protein (g): **0.3**

Fibre (g): **0.2**

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.

# Roast Pork Loin

# Junior: 10 Portions

## Ingredients

**Roast Pork Loin JWY82**

**1 lb 10 oz**

PORK LOIN BONELESS

## 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.

# Savoury Mince

## Junior: 10 Portions

Ingredients	
<b>Diced Onion FFV071</b> Onions, Diced	<b>4 oz</b>
<b>Diced carrot 1KG</b> Diced Carrots	<b>4 oz</b>
<b>Peas 1kg (Frozen)</b> Garden Peas	<b>4 oz</b>
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>1 oz</b>
<b>Water</b> Water	<b>15.0 fl oz</b>
<b>Gravy Granules GRV020</b> KNORR MEAT GRAVY GRANULES (GF) (V)	<b>2 oz</b>
<b>Black pepper SPI334</b> Country Range Ground Black Pepper (500G)	<b>0.250 To taste</b>
<b>Minced Beef 970085</b> Minced Beef (90% VL)	<b>1 lb 5 oz</b>

Method
<ol style="list-style-type: none"><li>1. Place minced beef in pan, add diced onions, lightly seal until brown. Add tomato puree and water to the meat.</li><li>2. Simmer on a gentle heat for approximately 20 minutes until cooked.</li><li>3. Add vegetables and continue to simmer for 5 minutes</li><li>4. Once the meat is cooked, thicken with gravy mix adjusting the consistency accordingly and portion into tins</li></ol>

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): <b>179.7</b>
Fat (g): <b>11.3</b>
Saturated Fat (g): <b>0.2</b>
Carbohydrate: (g): <b>7.0</b>
<i>of which Sugars:</i> <b>2.5</b>
Protein (g): <b>12.4</b>
Fibre (g): <b>1.3</b>
Sodium (mg): <b>0.2</b>
Salt (g): <b>0.0</b>

Food Safety
<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>4. The service temperature must be maintained at above 65C throughout the service period.</li><li>5. Ensure that there are no ice crystals present prior to cooking.</li></ol>

# Savoury Vegetable Rice

## Junior: 10 Portions

Ingredients	
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>0.6 fl oz</b>
<b>Onions FFV144</b> Onions, Cooking Medium	<b>6 oz</b>
<b>Mushrooms FFV065</b> Mushroom Cups	<b>6 oz</b>
<b>Rice (Patna) CRP230</b> Rice, Patna, Long Grain - Country Range	<b>9 oz</b>
<b>Water</b> Water	<b>17.6 fl oz</b>
<b>Vegetable Bouillon BOU014 Piece = 1 tsp</b> BOU014-Vegetable Bouillon	<b>3 pieces</b>
<b>Mixed Veg 1kg</b> Mixed Vegetables	<b>10 oz</b>
<b>Curry Powder SPI412</b> Curry Powder - Country Range	<b>0.6 oz</b>

### 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**

*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):	<b>138.0</b>
Fat (g):	<b>2.2</b>
Saturated Fat (g):	<b>0.6</b>
Carbohydrate: (g):	<b>30.4</b>
of which Sugars:	<b>2.9</b>
Protein (g):	<b>3.5</b>
Fibre (g):	<b>2.3</b>
Sodium (mg):	<b>0.4</b>
Salt (g):	<b>0.0</b>

### 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.

# Shortbread fingers- (DF)(VG)

## Junior: 10 Portions

Ingredients	
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>4 oz</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>2 oz</b>
<b>Cornflour FLO048</b> C/R CORNFLOUR	<b>2 oz</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>0.7 oz</b>
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>3 oz</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>1 oz</b>

Method
<ol style="list-style-type: none"><li>1. mix flour, margarine, sugar and cornflour</li><li>2. press into tins. Score with a fork and bake in slow oven for 30 mins</li><li>3. sprinkle with remaining sugar</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Wheat</li></ul>
<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): <b>178.2</b>
Fat (g): <b>9.2</b>
Saturated Fat (g): <b>3.6</b>
Carbohydrate: (g): <b>23.2</b>
<i>of which Sugars:</i> <b>8.5</b>
Protein (g): <b>1.3</b>
Fibre (g): <b>0.6</b>
Salt (g): <b>0.1</b>

Food Safety
<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li></ol>

# Steamed Rice

# Junior: 10 Portions

## Ingredients

### Rice (Patna) CRP230

Rice, Patna, Long Grain - Country Range

**14 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: 10 Portions

## Ingredients

### Stuffing STF024

C/R SAGE & ONION STUFFING

9 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.

# Sultanas

# Junior: 10 Portions

## Ingredients

**Sultanas DFR300**  
C/R SULTANAS

**4 oz**

## Method

1. Refer to packaging information.

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal): **29.6**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate (g): **6.9**

*of which Sugars:* **6.9**

Protein (g): **0.3**

Fibre (g): **0.2**

Salt (g): **0.0**

## Food Safety

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

# Summer Salad

## Junior: 10 Portions

Ingredients	
<b>Tomatoes (cherry) FFV032/S</b> Tomatoes, Cherry, 250Gm	<b>5 oz</b>
<b>Cucumber FFV160/S</b> Cucumber Single	<b>3 oz</b>
<b>Lettuce FFV091/S</b> Lettuce, Iceberg, Single	<b>1 lb 2 oz</b>
<b>Mustard Cress FFV200/S</b> Mustard Cress Single	<b>0.0 oz</b>
<b>Peppers - Red</b> Peppers, Mixed (Green, Red, Yellow)	<b>5 oz</b>

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

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): <b>15.2</b>
Fat (g): <b>0.1</b>
Saturated Fat (g): <b>0.0</b>
Carbohydrate: (g): <b>3.2</b>
<i>of which Sugars:</i> <b>2.1</b>
Protein (g): <b>0.7</b>
Fibre (g): <b>1.1</b>
Sodium (mg): <b>0.1</b>
Salt (g): <b>0.0</b>

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

# Sweetcorn

# Junior: 10 Portions

## Ingredients

**Sweetcorn 1kg (Frozen)**

**1 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 "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.

# Toffee apple crumble(DF) (VG)

## Junior: 10 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>6 oz</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>2 oz</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>3 oz</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>3 oz</b>
<b>Apples (tinned) FRC002</b> C/R SOLID PACK APPLE (ITALIAN)	<b>1 lb 1 oz</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>1 oz</b>
<b>Sugar, Demerara SUG182</b> T & L DEMERARA SUGAR	<b>1 oz</b>
<b>Flora Plant Double MLK360</b> Flora Plant Double	<b>1.2 fl oz</b>

### Method

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

### Allergens

Contains:

- Barley
- Cereals
- Kamut
- 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):	<b>250.2</b>
Fat (g):	<b>11.3</b>
Saturated Fat (g):	<b>4.6</b>
Carbohydrate: (g):	<b>35.4</b>
<i>of which Sugars:</i>	<b>17.3</b>
Protein (g):	<b>2.6</b>
Fibre (g):	<b>2.0</b>
Salt (g):	<b>0.1</b>

### 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.

# Tomato Sauce Sticks

## Junior: 10 Portions

### Ingredients

**Tomato Sauce POR045**  
C/R TOMATO KETCHUP SACHET

**4 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.

*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): **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.

# Vanilla Sponge / Muffins/ Cupcakes (DF) (VG)

Junior: 10 Portions

Ingredients	
<b>Self Raising Flour FLO032</b> Self Raising Flour ( FLO 032)	<b>10 oz</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>7 oz</b>
<b>Baking Powder BAK441</b> C/RANGE BAKING POWDER	<b>0.2 oz</b>
<b>Vanilla Essence FLV080</b> DR OETKER VANILLA ESSENCE	<b>0.1 fl oz</b>
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>3.5 fl oz</b>

Method
<ol style="list-style-type: none"><li>1. Heat oven to 200 degrees. Oil a loaf tin and line with baking parchment.</li><li>2. Mix flour, sugar &amp; Baking powder in a bowl.</li><li>3. Add the oil and water mix until smooth.</li><li>4. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.</li><li>5. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Wheat</li></ul>
<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): <b>267.4</b>
Fat (g): <b>10.4</b>
Saturated Fat (g): <b>1.2</b>
Carbohydrate: (g): <b>40.2</b>
<i>of which Sugars:</i> <b>20.1</b>
Protein (g): <b>2.7</b>
Fibre (g): <b>0.9</b>
Sodium (mg): <b>0.1</b>
Salt (g): <b>0.0</b>

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

# Vegan Coleslaw (VG) (DF)

## Junior: 10 Portions

### Ingredients

<b>Coleslaw Mix FFP072</b> Coleslaw Mix	<b>1 lb 2 oz</b>
<b>Country Range Vegan Mayonnaise (2.27 Litres) SCM010</b> Country Range Vegan Mayonnaise (2.27 Litres)	<b>6 oz</b>

### Method

1. Mix dry mix coleslaw and mayonaise together
2. place in a suitable container and refridgerate until service

### 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):	<b>147.5</b>
Fat (g):	<b>10.4</b>
Saturated Fat (g):	<b>0.7</b>
Carbohydrate: (g):	<b>12.6</b>
<i>of which Sugars:</i>	<b>4.7</b>
Protein (g):	<b>1.7</b>
Fibre (g):	<b>3.3</b>
Salt (g):	<b>0.3</b>

### 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. 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.



# Vegan Mayonnaise

## Junior: 10 Portions

### Ingredients

**Country Range Vegan Mayonnaise (2.27 Litres)**    **4**  
**SCM010**    **oz**  
Country Range Vegan Mayonnaise (2.27 Litres)

### Method

No methods have been set for this recipe.

### Allergens

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

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

### Nutritional Content (portion)

Energy (kcal): **55.0**

Fat (g): **6.0**

Saturated Fat (g): **0.4**

Carbohydrate (g): **0.3**

*of which Sugars:* **0.2**

Protein (g): **0.0**

Fibre (g): **0.0**

Salt (g): **0.1**

### Food Safety

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

No instructions have been set for this recipe.

# Vegetable Sticks

# Junior: 10 Portions

## Ingredients

<b>Cucumber FFV160/S</b> Cucumber Single	<b>9 oz</b>
<b>Baton Carrots FFP053</b> Carrots, Baton	<b>7 oz</b>

## 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.

*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):	<b>12.2</b>
Fat (g):	<b>0.1</b>
Saturated Fat (g):	<b>0.0</b>
Carbohydrate (g):	<b>2.9</b>
<i>of which Sugars:</i>	<b>1.4</b>
Protein (g):	<b>0.4</b>
Fibre (g):	<b>0.7</b>
Sodium (mg):	<b>0.1</b>
Salt (g):	<b>0.0</b>

## 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 (DF)

# Junior: 10 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>6 oz</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>1 oz</b>
<b>Eggs EGG112</b> Eggs, Medium, Free Range - Kfresh	<b>6 oz</b>
<b>Alpro Unsweetned Soya Milk ( MLK 024)</b> SOYA MILK UNSWEETENED ALPRO	<b>8.8 fl oz</b>
<b>Oil (vegetable) OIL013</b> C/R VEGETABLE OIL	<b>0.6 fl oz</b>

Method
<ol style="list-style-type: none"><li>1. Preheat the oven on high.</li><li>2. Beat together Eggs Flour, Soya milk until the mixture is smooth.</li><li>3. Using 12 portion muffin tin and put a 2 tsp of oil in each one.</li><li>4. Once the oven is up to temp put the tin into the oven so that the oil can heat up.</li><li>5. After about 5 mins take out the tin. Shut the oven door! (the oil should be piping hot so be really careful) pour an equal amount of batter into each section. Try and work as fast as you can.</li><li>6. Put the tin back in the oven on the middle shelf and close the door.</li><li>7. Cook for 20 Mins or until they have risen, golden &amp; crisp.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Eggs</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Soya</li><li>• Spelt</li><li>• Wheat</li></ul>
<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): <b>104.6</b>
Fat (g): <b>3.2</b>
Saturated Fat (g): <b>0.4</b>
Carbohydrate: (g): <b>16.2</b>
<i>of which Sugars:</i> <b>0.2</b>
Protein (g): <b>3.9</b>
Fibre (g): <b>1.1</b>
Sodium (mg): <b>0.2</b>
Salt (g): <b>0.0</b>

Food Safety
<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>4. The service temperature must be maintained at above 65C throughout the service period.</li><li>5. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.</li></ol>