

Dairy Free- Egg Free Including Meat 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

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatballs in Tomato sauce Wrap	Cheese & Bacon Pasta (DF)	Gourmet chicken fillet 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	Jacket Wedges Baked Beans	Chunky Chips Garden peas Sweetcorn Tomato Sauce Sticks
---	---	Baby Carrots	---	---
Chocolate Cake/ Cupcakes/Muffin(DF) (VG)	Shortbread fingers- (DF)(VG) Alpro Custard (DF)	---	Caramel Fudge Flan (DF) (VG)	---
		Ice Cream (DF)(VG) Fruit cocktail in juice		Toffee apple crumble(DF) (VG) Plant Cream

Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Savoury Mince</p> <p style="text-align: center;">---</p> <p>Yorkshire Pudding (VG)</p> <p>Mashed Potato</p> <p>Cauliflower</p> <p>Green Beans</p> <p style="text-align: center;">---</p> <p>Chocolate Cake/ Cupcakes/Muffin(DF) (VG)</p> <p>Plant Cream</p>	<p>Breaded Chicken Goujons-(GF)(DF)</p> <p style="text-align: center;">---</p> <p>Savoury Vegetable Rice</p> <p>Vegan Coleslaw (VG) (DF)</p> <p>Vegetable Sticks</p> <p>Tartare Sauce sticks</p> <p>Vegan Mayonnaise</p> <p style="text-align: center;">---</p> <p>Jelly -Orange</p> <p>Fruit cocktail in juice</p> <p>Ice Cream (DF)(VG)</p>	<p>Gammon & Pineapple Gravy</p> <p style="text-align: center;">---</p> <p>Oven baked Roast Potatoes</p> <p>Baby Carrots</p> <p>Broccoli</p> <p style="text-align: center;">---</p> <p>Lemon Cake (DF)(VG)</p> <p>Alpro Custard (DF)</p>	<p>Pasta Chicken & Tomato Pasta Bake (DF)</p> <p style="text-align: center;">---</p> <p>Crusty Roll</p> <p>Sweetcorn</p> <p style="text-align: center;">---</p> <p>Chocolate Cookie</p> <p>Orange Wedges</p>	<p>Battered Fish Fillet</p> <p style="text-align: center;">---</p> <p>Chunky Chips</p> <p>Garden peas</p> <p>Tomato Sauce Sticks</p> <p style="text-align: center;">---</p> <p>Vanilla Sponge / Muffins/ Cupcakes (DF)(VG)</p> <p>Alpro Chocolate drink - (DF)</p>

Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Oven Baked Sausages	Bolognese Pasta	Roast Pork Loin	Chicken Curry (DF)	Fish Fingers (GF) & (DF)
Oven Baked Sausages		Stuffing		
Gravy	---	Gravy	---	---
---	Crusty Roll	---	Steamed Rice	---
	Mixed vegetables		Mini teardrop naan	Chunky Chips
Yorkshire Pudding (VG)	---	Oven baked Roast Potatoes	Sweetcorn	Garden peas
Mashed Potato		Baby Carrots	---	Baked Beans
Baby Carrots	Chocolate Cornflake Crackle-(DF)(VG)	Green Beans		Tomato Sauce Sticks
Broccoli	Mandarin segments in juice	---	Chocolate Cake/ Cupcakes/Muffin(DF) (VG)	---
---		Shortbread fingers-(DF)(VG)	Pear halves in juice	Vanilla Sponge / Muffins/ Cupcakes (DF)(VG)
Blueberry Muffin (DF) (VG)		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	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	1.1 fl oz
Diced Onion FFV071 Onions, Diced	4 oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	7 oz
Mixed Herbs SPI402 C/R MIXED HERBS	0.50 tspn
Black Pepper SPI334 Country Range Ground Black Pepper (500G)	0.50 To taste
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	2 oz
Tortillas (6inch) 440023 6" Flour Tortilla	10 pieces
Beef Meatballs (23g each)470030 Beef Meatballs (23g each)	30 pieces

Method

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

Allergens

Contains:

- Cereals
- Wheat

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

Nutritional Content (portion)

Energy (kcal):	310.7
Fat (g):	17.6
Saturated Fat (g):	5.6
Carbohydrate: (g):	25.0
of which Sugars:	4.0
Protein (g):	12.5
Fibre (g):	2.2
Sodium (mg):	0.2
Salt (g):	0.0

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Individual frozen products "à la carte" always cook from frozen.
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
6. The service temperature must be maintained at above 65C throughout the service period.
7. Ensure that there are no ice crystals present prior to cooking.

Blueberry Muffin (DF)(VG)

Junior: 10 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): 225.7
Fat (g): 8.7
Saturated Fat (g): 1.0
Carbohydrate: (g): 34.2
<i>of which Sugars:</i> 17.3
Protein (g): 2.3
Fibre (g): 0.9
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.

Bolognese Pasta

Junior: 10 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): 338.1
Fat (g): 10.9
Saturated Fat (g): 0.3
Carbohydrate: (g): 42.9
<i>of which Sugars:</i> 5.9
Protein (g): 16.0
Fibre (g): 2.4
Sodium (mg): 0.1
Salt (g): 0.0

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

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

Method

1. With the first 4 ingredients of this recipe, Make pastry, block and portion or scale according to tins required.
2. Line tins with pastry, decorate edges and bake blind.
3. Slice the bananas and lay onto the cooked pastry when cool.
4. 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	
Onions FFV144 Onions, Cooking Medium	4 oz
Margarine MRG020 Cooking & Baking Margarine	0.5 oz
Flour, Plain FLO154 C/R PLAIN FLOUR	2 oz
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	0.50 tspn
Minced Bacon JWY93 BACON FREE FLOW FORE MINCED - 2.5KG	14 oz
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	1 lb 1 oz
Soya Milk (unsweetened) MLK024 SOYA MILK UNSWEETENED ALPRO	20.1 fl oz
Vegan Cheese (CHF020) Vegan Cheese	7 oz

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

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

Nutritional Content (portion)
Energy (kcal): 451.0
Fat (g): 23.6
Saturated Fat (g): 10.5
Carbohydrate: (g): 45.7
<i>of which Sugars:</i> 2.1
Protein (g): 12.6
Fibre (g): 2.0
Salt (g): 0.5

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.

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

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

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

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

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

Junior: 10 Portions

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

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):	147.8
Fat (g):	4.9
Saturated Fat (g):	0.2
Carbohydrate: (g):	24.4
<i>of which Sugars:</i>	13.4
Protein (g):	1.7
Fibre (g):	0.5
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. 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	
Flour, Plain FLO154 C/R PLAIN FLOUR	4 oz
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	1 oz
Sugar, White SUG150 GRANULATED SUGAR	3 oz
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	0.4 oz
Cornflakes BRK095 Cornflakes Bag - Kelloggâ€™s	0.6 oz
Margarine MRG020 Cooking & Baking Margarine	5 oz

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

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

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

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

Chocolate Cornflake Crackle-(DF)(VG)

Junior: 10 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	4 oz
Syrup SYR012 T/LYLE GOLDEN SYRUP	6 oz
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	1.0 oz
Cornflakes BRK095 Cornflakes Bag - Kelloggâ€™s	7 oz

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

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

Nutritional Content (portion)
Energy (kcal): 205.5
Fat (g): 8.4
Saturated Fat (g): 3.4
Carbohydrate: (g): 29.7
<i>of which Sugars:</i> 14.4
Protein (g): 2.0
Fibre (g): 0.6
Salt (g): 0.1

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

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

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

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	153.2
Fat (g):	6.4
Saturated Fat (g):	2.2
Carbohydrate (g):	11.2
of which Sugars:	6.7
Protein (g):	15.6
Fibre (g):	0.6
Sodium (mg):	1.5
Salt (g):	0.0

Food Safety

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

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.

Gourmet chicken fillet

Junior: 10 Portions

Ingredients

G Gourmet Chicken Fillet 57g 410114

1 lb 4 oz

Chicken Breast Fillet Portions

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): **62.7**

Fat (g): **1.1**

Saturated Fat (g): **0.3**

Carbohydrate: (g): **0.5**

of which Sugars: **0.0**

Protein (g): **12.9**

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 "à€" 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.

Gravy

Junior: 10 Portions

Ingredients

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

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): **17.5**

Fat (g): **0.2**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **3.5**

of which Sugars: **0.6**

Protein (g): **0.4**

Fibre (g): **0.1**

Sodium (mg): **0.2**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. 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 "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

Water Water	50.0 fl oz
Jelly Crystals, Orange JEL045 Jelly Crystals Vegetarian, Orange - McDougalls	10 oz

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

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

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

Nutritional Content (portion)
Energy (kcal): 183.8
Fat (g): 7.0
Saturated Fat (g): 0.0
Carbohydrate: (g): 28.7
<i>of which Sugars:</i> 13.9
Protein (g): 2.0
Fibre (g): 1.9
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.

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.

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

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

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

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

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

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **179.7**

Fat (g): **11.3**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **7.0**

of which Sugars: **2.5**

Protein (g): **12.4**

Fibre (g): **1.3**

Sodium (mg): **0.2**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Probe cooked dish to confirm a minimum temperature of 82C.
4. The service temperature must be maintained at above 65C throughout the service period.
5. Ensure that there are no ice crystals present prior to cooking.

Savoury Vegetable Rice

Junior: 10 Portions

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

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):	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.

Shortbread fingers- (DF)(VG)

Junior: 10 Portions

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

Method
<ol style="list-style-type: none">1. mix flour, margarine, sugar and cornflour2. press into tins. Score with a fork and bake in slow oven for 30 mins3. sprinkle with remaining sugar

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

Nutritional Content (portion)
Energy (kcal): 178.2
Fat (g): 9.2
Saturated Fat (g): 3.6
Carbohydrate: (g): 23.2
<i>of which Sugars:</i> 8.5
Protein (g): 1.3
Fibre (g): 0.6
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.

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

Tartare Sauce sticks

Junior: 10 Portions

Ingredients

Tartare Sauce sticks
C/R TARTARE SAUCE SACHET

0 pieces

Method

No methods have been set for this recipe.

Allergens

Contains:

- **Eggs**
- **Milk**
- **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): **0.0**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **0.0**

of which Sugars: **0.0**

Protein (g): **0.0**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

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

No instructions have been set for this recipe.

Toffee apple crumble(DF) (VG)

Junior: 10 Portions

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

Method

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

Allergens

Contains:

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

Food Safety

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

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

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

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

Nutritional Content (portion)
Energy (kcal): 267.4
Fat (g): 10.4
Saturated Fat (g): 1.2
Carbohydrate: (g): 40.2
<i>of which Sugars:</i> 20.1
Protein (g): 2.7
Fibre (g): 0.9
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.

Vegan Coleslaw (VG) (DF)

Junior: 10 Portions

Ingredients

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

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):	147.5
Fat (g):	10.4
Saturated Fat (g):	0.7
Carbohydrate: (g):	12.6
of which Sugars:	4.7
Protein (g):	1.7
Fibre (g):	3.3
Salt (g):	0.3

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

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

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):	12.2
Fat (g):	0.1
Saturated Fat (g):	0.0
Carbohydrate (g):	2.9
<i>of which Sugars:</i>	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 (VG)

Junior: 10 Portions

Ingredients	
Self Raising Flour FLO032 Self Raising Flour (FLO 032)	10 oz
Baking Powder BAK441 C/RANGE BAKING POWDER	0.3 oz
Alpro Unsweetned Soya Milk (MLK 024) SOYA MILK UNSWEETENED ALPRO	13.2 fl oz
Warm boiled water Warm boiled water	4.4 fl oz
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	0.5 fl oz

Method
<ol style="list-style-type: none">1. Add all the ingredients except the oil to a bowl and whisk until smooth.2. Transfer the batter to a jug, cover with cling film and leave to rest in the fridge for 1 hr.3. Heat oven to 220C/200C fan/gas 7. Spoon a tsp of oil into eight holes of a muffin tin and place in the oven for 5 mins to get really hot.4. Remove the tin from the oven and carefully pour the batter into the hot oil. Return to the oven and bake for 25-30 mins until risen and deep golden brown.

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

Nutritional Content (portion)
Energy (kcal): 121.6
Fat (g): 2.3
Saturated Fat (g): 0.3
Carbohydrate: (g): 20.8
<i>of which Sugars:</i> 0.2
Protein (g): 3.9
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. 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.