

Diabetic 1 portion Menu Spring Summer 2023

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

Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breaded Chicken Goujons-(GF)(DF) Quorn vegan Nuggets (VG) Cheese & Bacon Pasta Cheese Pasta Bake ---	Chicken Breast Fillet Quorn vegan fillet (VG) (DF) NO- Meat -balls in Tomato sauce Wrap Beef Meatballs in Tomato sauce Wrap ---	Breaded Salmon Fingers (GF) Vegetable Fingers Cheese & Tomato Pasta Pasta Chicken & Tomato Pasta Bake ---	Pizza Margherita (Homemade) Pizza Margherita Pizza-Margaherita Roast Pork Loin Steaks ---	Roast Pork Loin Savoury Mince Veggie Savoury Mince (VG) Battered Fish Fillet ---
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Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Oven Baked Sausages	Veggie Bolognese	Jumbo Fish Finger	Pizza Ham & Cheese	Battered Fish Fillet
Oven Baked Sausages	Pasta	Vegetable Fingers	Pizza Ham & Cheese(Homemade)	Vegan Vegetable Curry (DF) (VG)
Vegetarian Sausage	Roast Gammon	Chicken Tikka	Pizza Ham & Cheese	Gammon & Pineapple
Bolognese Pasta	Gammon Steaks	Chicken Korma	Quorn Sausage Twist	
---	Quorn Vegan Fishless Fingers (VG)	---	---	---
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Menu Week 3

Monday

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

Tuesday

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

Wednesday

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

Thursday

Cauliflower
Oven Chips
Mixed vegetables
Savoury Vegetable Rice
Mini teardrop naan

Pineapple rings in juice

Menu Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
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---	Vanilla ice cream Block	Chocolate Crusha Milkshake	Fresh Fruit Mandarin segments	Cream Custard
Pear halves in juice Yoghurts, assorted, Fat free	Vanilla Ice Cream Tub	Strawberry Crusha milkshake	---	---
Caramel Fudge Flan Shortcake	---	---	Summer Cupcake Blueberry Muffin	Melting Moment Biscuit Orange Wedges
	Chocolate Brownie Sultanas	Jelly & Ice cream.	Chocolate Crackle Chocolate Sponge	Vanilla cake/muffin- Macphie
	Toffee apple crumble Chocolate Cookie	Fruit cocktail in juice Lemon Drizzle Chocolate Crunch		Chocolate cake/muffin - Macphie

Custard

Junior: 1 Portions

Ingredients	
Water Water	91 ml
Custard Powder CUS018 C/R CUSTARD POWDER	5 g
Sugar, White SUG150 GRANULATED SUGAR	3 g
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	11 g

Method
<ol style="list-style-type: none">1. Reconstitute the dried milk, retaining sufficient water to mix custard powder2. Bring the milk to the boil, DO NOT OVER COOK3. Make the custard powder into a paste with a little water4. Add the sugar5. Pour the milk over the custard and sugar mixture6. Allow to cook

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

Nutritional Content (portion)
Energy (kcal): 66.9
Fat (g): 2.3
Saturated Fat (g): 2.0
Carbohydrate: (g): 14.2
<i>of which Sugars:</i> 9.2
Protein (g): 1.4
Fibre (g): 0.0
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.

Baby Carrots

Junior: 1 Portions

Ingredients

baby carrots

50 g

Whole Baby Carrots (6-14mm each)

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **18.1**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **3.0**

of which Sugars: **2.8**

Protein (g): **0.4**

Fibre (g): **1.2**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Individual frozen products "â€" always cook from frozen.
4. Probe cooked dish to confirm a minimum temperature of 82C.

Baked Beans

Junior: 1 Portions

Ingredients

Baked Beans C/R VGC136

50 g

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: 1 Portions

Ingredients

Hr Junior Fish Fillet 310081

Battered Fish Fillets (50-70g each)

1 pieces

Method

1. Refer to manufacturers instructions.

Allergens

Contains:

- **Cereals**
- **Fish**
- **Wheat**

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

Nutritional Content (portion)

Energy (kcal): **113.4**

Fat (g): **5.6**

Saturated Fat (g): **1.5**

Carbohydrate: (g): **9.0**

of which Sugars: **0.4**

Protein (g): **6.2**

Fibre (g): **1.0**

Salt (g): **0.0**

Food Safety

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

Battered Fish Fillet

Junior: 1 Portions

Ingredients

Battered White Fish 320035

60 g

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: 1 Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	3 ml
Diced Onion FFV071 Onions, Diced	11 g
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	20 g
Mixed Herbs SPI402 C/R MIXED HERBS	0 tspn
Black Pepper SPI334 Country Range Ground Black Pepper (500G)	0 To taste
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	4 g
Tortillas (6inch) 440023 6" Flour Tortilla	1 pieces
Beef Meatballs (23g each)470030 Beef Meatballs (23g each)	3 pieces

Method
<ol style="list-style-type: none">1. Heat oil in a pan and gently fry the chopped onions.2. Add chopped tomatoes, tomato puree and Maggi Sauce. Season to taste with the oxa, pepper and mixed herbs and simmer gently.3. Place meatballs on a greased baking tray, and follow manufacturers cooking instructions4. Place the cooked balls in a serving tin. Cover with the tomato sauce and serve.

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

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

Blueberry Muffin

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	14 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	5 g
Baking Powder BAK441 C/RANGE BAKING POWDER	1 g
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	1 g
Margarine MRG020 Cooking & Baking Margarine	6 g
Sugar, White SUG150 GRANULATED SUGAR	6 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	2 g
Water Water	12 ml
Vanilla Essence FLV080 DR OETKER VANILLA ESSENCE	0 ml
Blueberries 110057 Blueberries	7 g

Method
<ol style="list-style-type: none">1. Cream the margarine and sugar together until the mixture is light and fluffy.2. Break eggs and whisk lightly. Beat the eggs into the mixture a little at a time.3. Add the essence / flavouring4. Sieve together the white flour and baking powder, add the wholemeal flour5. Using the machine on speed number 1 fold the flour into the creamed mixture alternating with the water to keep the mixture in a soft dropping consistency6. Add blueberries, just stir in, do not over mix7. Place in the muffin cases8. Bake in a moderate oven for approx 25 minutes

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

Nutritional Content (portion)
Energy (kcal): 135.6
Fat (g): 4.9
Saturated Fat (g): 2.0
Carbohydrate: (g): 21.6
<i>of which Sugars:</i> 7.3
Protein (g): 2.2
Fibre (g): 1.1
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. Wash all fresh fruit prior to service.5. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Bolognese Pasta

Junior: 1 Portions

Ingredients	
Diced Onion FFV071 Onions, Diced	9 g
Grated Carrot FFP080 Carrots, Grated	9 g
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	40 g
Tomatoes, Chopped (tinned) VGC830 Tomatoes, Chopped - Country Range	34 g
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	4 g
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	0 tspn
Worcestershire Sauce SAU547 Worcestershire Sauce - Lea & Perrins	0 tspn
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	0 pieces
Minced Beef 970085 Minced Beef (90% VL)	50 g
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	50 g

Method

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

Contains:

- Barley
- Cereals
- Fish
- 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):	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

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: 1 Portions

Ingredients

GF Breaded Chicken Goujons 40g 890103 **2 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 "â€" 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: 1 Portions

Ingredients

GF Brd Salmon Fingers 410036

60 g

GF Brd Salmon Fingers

Method

1. Refer to manufactures instructions

Allergens

Contains:

- **Fish**

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Nutritional Content (portion)

Energy (kcal): **157.2**

Fat (g): **6.6**

Saturated Fat (g): **1.0**

Carbohydrate: (g): **17.3**

of which Sugars: **0.4**

Protein (g): **6.7**

Fibre (g): **0.7**

Salt (g): **0.2**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Individual frozen products "à€" 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: 1 Portions

Ingredients

Broccoli Florets 2.5kg **50 g**
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

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	10 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	3 g
Margarine MRG020 Cooking & Baking Margarine	7 g
Water Water	2 ml
Flour, Plain FLO154 C/R PLAIN FLOUR	3 g
Margarine MRG020 Cooking & Baking Margarine	11 g
Sugar, Demerara SUG182 T & L DEMERARA SUGAR	11 g
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	1 g
Water Water	7 ml
Bananas FFM113 Bananas	12 g

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. Reconstitute dried milk with water.
5. Melt margarine with the milk in a double saucepan.
6. When hot, add sieved flour and sugar.
7. Allow to cook, taking care to ensure the flour is cooked. (The mixture should be a thick fudge texture).
8. Cool mixture slightly, and then spread over pastry and sliced bananas.
9. Decorate.

Allergens

Contains:

- Barley
- Cereals
- Kamut
- Milk
- Oats
- Rye
- Spelt
- Wheat

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

Nutritional Content (portion)

Energy (kcal):	238.6
Fat (g):	14.1
Saturated Fat (g):	5.7
Carbohydrate: (g):	27.2
<i>of which Sugars:</i>	13.2
Protein (g):	1.9
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: 1 Portions

Ingredients

Cauliflower 1kg	50 g
Cauliflower	

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

Junior: 1 Portions

Ingredients	
Onions FFV144 Onions, Cooking Medium	11 g
Margarine MRG020 Cooking & Baking Margarine	1 g
Flour, Plain FLO154 C/R PLAIN FLOUR	6 g
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	6 g
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	0 tspn
Cheese - Grated CHF402 C/R *WHITE*CHEDDAR GRATED (V)	20 g
Minced Bacon JWY93 BACON FREE FLOW FORE MINCED - 2.5KG	40 g
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	48 g
Water Water	57 ml

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

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

Nutritional Content (portion)
Energy (kcal): 475.4
Fat (g): 25.2
Saturated Fat (g): 10.9
Carbohydrate: (g): 44.2
<i>of which Sugars:</i> 5.0
Protein (g): 16.9
Fibre (g): 1.7
Sodium (mg): 6.0
Salt (g): 0.0

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

Cheese & Tomato Pasta

Junior: 1 Portions

Ingredients	
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	40 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	3 ml
Diced Onion FFV071 Onions, Diced	11 g
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	20 g
Mixed Herbs SPI402 C/R MIXED HERBS	0 tspn
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	4 g
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	0 pieces
Cheese - Grated CHF402 C/R *WHITE*CHEDDAR GRATED (V)	28 g
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	0 tspn
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	28 g

Method

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

Allergens

Contains:

- Barley
- Cereals
- Kamut
- Milk
- Oats
- Rye
- Spelt
- Wheat

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

Nutritional Content (portion)

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

Food Safety

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

Cheese Pasta Bake

Junior: 1 Portions

Ingredients	
Onions FFV144 Onions, Cooking Medium	15 g
Cheese - Grated CHF402 C/R *WHITE*CHEDDAR GRATED (V)	23 g
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	30 g
Margarine MRG020 Cooking & Baking Margarine	2 g
Flour, Plain FLO154 C/R PLAIN FLOUR	8 g
Water Water	76 ml
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	0 tspn
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	8 g

Method
<ol style="list-style-type: none">1. Saute' the onions in a pan with the margarine until soft and without colour.2. Make up the white sauce using the reconstituted milk, white flour and black pepper.3. Add the cheese t the sauce retaining some to sprinkle on top of the finished dish.4. Cook pasta in boiling water.5. Once cooked, drain and add to the sauce whilst still hot.6. Portion into tins and sprinkle with remaining cheese.

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

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

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

Chicken Breast Fillet

Junior: 1 Portions

Ingredients

Chicken breast(uncooked) 900059 **1 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€" always cook from frozen.
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. Dispose of any surplus reheated products after service is finished.
6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
7. The service temperature must be maintained at above 65C throughout the service period.
8. Ensure that there are no ice crystals present prior to cooking.

Chicken Korma

Junior: 1 Portions

Ingredients	
Korma Sauce SAU682 Korma - Homepride	72 g
Diced Onion FFV071 Onions, Diced	9 g
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	32 g
Grated Carrot FFP080 Carrots, Grated	9 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	2 ml
Peppers, mixed (diced, frozen) 100138 Diced Mixed Pepper	9 g
Diced Chicken JWY32 Diced Chicken Breast	50 g

Method

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

Allergens

Contains:

- Eggs
- Milk
- Mustard
- Sesame seeds

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

Nutritional Content (portion)

Energy (kcal):	155.1
Fat (g):	11.2
Saturated Fat (g):	4.0
Carbohydrate: (g):	10.7
of which Sugars:	7.9
Protein (g):	2.2
Fibre (g):	2.0
Sodium (mg):	0.6
Salt (g):	0.0

Food Safety

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

Chicken Tikka

Junior: 1 Portions

Ingredients	
Diced Onion FFV071 Onions, Diced	9 g
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	32 g
Grated Carrot FFP080 Carrots, Grated	9 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	2 ml
Peppers, mixed (diced, frozen) 100138 Diced Mixed Pepper	9 g
Diced Chicken JWY32 Diced Chicken Breast	50 g
Tikka Sauce SAU686 Tikka Masala - Homepride	72 g

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 sauce and bring to the boil.4. simmer on a gentle heat for approximately 20 minutes until cooked.5. if desired before serving add natural yoghurt and stir well.

Allergens
Contains: <ul style="list-style-type: none">• Eggs• Milk• Mustard• Sesame seeds
<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): 134.2
Fat (g): 9.8
Saturated Fat (g): 2.9
Carbohydrate: (g): 9.8
<i>of which Sugars:</i> 5.5
Protein (g): 1.3
Fibre (g): 1.0
Sodium (mg): 0.6
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 Crusha Milkshake

Junior: 1 Portions

Ingredients	
Milk Semi-skimmed MLK017 Fresh Semi-Skimmed Milk Polybottle (2Ltr) - Paynes	150 ml
Chocolate Crusha NAS MLS043 Chocolate - Crusha NAS	50 ml

Method
<ol style="list-style-type: none">1. Mix crusha in to milk and shake well to mix.2. Pour and serve.

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

Nutritional Content (portion)
Energy (kcal): 74.5
Fat (g): 2.6
Saturated Fat (g): 1.6
Carbohydrate (g): 8.4
of which Sugars: 7.0
Protein (g): 5.2
Fibre (g): 0.0
Salt (g): 0.2

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.3. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

Chocolate Brownie

Junior: 1 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	7 g
Sugar, Demerara SUG182 T & L DEMERARA SUGAR	14 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	7 g
Sultanas DFR300 C/R SULTANAS	6 g
Flour, Plain FLO154 C/R PLAIN FLOUR	7 g
Baking Powder BAK441 C/RANGE BAKING POWDER	0 g
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	1 g
Margarine MRG020 Cooking & Baking Margarine	3 g
Dried Milk Milfresh C/R MILK POWDER	3 g
Sugar, Icing SUG250 Sugar Icing - Whitworths	3 g
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	2 g
Boiling water Boiling water	2 ml

Method
<ol style="list-style-type: none">1. *the bottom 5 ingredients in this recipe is for the topping*2. Cream margarine and sugar; add beaten eggs, then sultanas3. Sift flour, baking powder and cocoa; fold into mixture to a soft consistency4. Spread evenly into tin (greased, lined and greased again)5. Bake in moderate oven for 25minutes. Leave to cool, turn out, remove paper6. Spread with chocolate fudge topping if required and cut into squares7. Chocolate Fudge Topping8. 1. Cream margarine and sieved icing sugar9. 2. Add dried milk and sieved cocoa10. 3. Add boiling water to make a thick spreading consistency

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

Nutritional Content (portion)
Energy (kcal): 206.5
Fat (g): 8.9
Saturated Fat (g): 3.9
Carbohydrate (g): 29.2
<i>of which Sugars:</i> 22.9
Protein (g): 2.2
Fibre (g): 0.4
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. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Chocolate cake/muffin - Macphie

Junior: 1 Portions

Ingredients	
Macphie chocolate mix MXS140 MacPhie Red Sugar Chocolate Cake/Muffin Mix	31 g
Water Water	14 ml
Oil (vegetable) OIL013 C/R VEGETABLE OIL	5 ml

Method
1. Refer to manufactures instructions
2. Makes 400 tray bake or 360 muffins per 12.5KG

Allergens
Contains:
<ul style="list-style-type: none">• Barley• Cereals• Eggs• Kamut• Milk• 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): 181.9
Fat (g): 8.7
Saturated Fat (g): 1.0
Carbohydrate: (g): 23.0
<i>of which Sugars:</i> 13.6
Protein (g): 2.5
Fibre (g): 0.9
Sodium (mg): 0.3
Salt (g): 0.0

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

Chocolate Cookie

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	10 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	3 g
Sugar, White SUG150 GRANULATED SUGAR	9 g
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	1 g
Cornflakes BRK095 Cornflakes Bag - Kelloggâ€™s	2 g
Margarine MRG020 Cooking & Baking Margarine	14 g

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 Crackle

Junior: 1 Portions

Ingredients	
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	2 g
Syrup SYR012 T/LYLE GOLDEN SYRUP	13 g
Margarine MRG020 Cooking & Baking Margarine	9 g
Rice Krispies BRK130 KELLOGGS RICE KRISPIES BAG PACK	16 g
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	6 g

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. Add the dried milk and mix well.4. Stir in the krispies making sure they are coated with the chocolate mxture.5. Spread the mixture into shallow tins, leaving the surface smooth and flat.6. place in a refrigerator to set and cut when cold.

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

Nutritional Content (portion)
Energy (kcal): 192.0
Fat (g): 7.9
Saturated Fat (g): 3.7
Carbohydrate: (g): 27.6
<i>of which Sugars:</i> 14.8
Protein (g): 2.1
Fibre (g): 0.2
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 Crunch

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	14 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	5 g
Baking Powder BAK441 C/RANGE BAKING POWDER	1 g
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	1 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	2 g
Margarine MRG020 Cooking & Baking Margarine	14 g
Sugar, White SUG150 GRANULATED SUGAR	14 g

Method
<ol style="list-style-type: none">1. Cream margarine and sugar together.2. Add dry ingredients and beaten eggs.3. Press into greased tins and bake in a moderate oven until cooked.4. Portion while warm and sprinkle with sugar.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Eggs• 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): 223.0
Fat (g): 11.2
Saturated Fat (g): 4.4
Carbohydrate: (g): 29.1
<i>of which Sugars:</i> 14.4
Protein (g): 2.4
Fibre (g): 0.9
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.3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Chocolate Sponge

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	18 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	4 g
Baking Powder BAK441 C/RANGE BAKING POWDER	2 g
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	2 g
Margarine MRG020 Cooking & Baking Margarine	11 g
Sugar, White SUG150 GRANULATED SUGAR	11 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	5 g
Water Water	7 ml
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	1 g

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

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

Nutritional Content (portion)
Energy (kcal): 204.6
Fat (g): 8.9
Saturated Fat (g): 3.6
Carbohydrate: (g): 28.9
<i>of which Sugars:</i> 11.3
Protein (g): 3.1
Fibre (g): 1.0
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.3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Chunky Chips

Junior: 1 Portions

Ingredients

Chips (frozen) 150016

100 g

Steakhouse Fries

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.

Coleslaw

Junior: 1 Portions

Ingredients	
Coleslaw Mix FFP072 Coleslaw Mix	50 g
Mayonnaise SCM004 Mayonnaise - Country Range	17 g

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

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

Nutritional Content (portion)
Energy (kcal): 156.5
Fat (g): 11.4
Saturated Fat (g): 0.8
Carbohydrate: (g): 12.5
of which Sugars: 4.9
Protein (g): 1.8
Fibre (g): 3.3
Salt (g): 0.1

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.4. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

Cream

Junior: 1 Portions

Ingredients

Cream, Double - meadowland MLK350 50 ml
MEADOWLAND DOUBLE (V) (GF)

Method

No methods have been set for this recipe.

Allergens

Contains:

- Milk
- 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): **155.0**

Fat (g): **15.5**

Saturated Fat (g): **14.5**

Carbohydrate: (g): **2.0**

of which Sugars: **1.5**

Protein (g): **1.2**

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.

No instructions have been set for this recipe.

Crusty Roll

Junior: 1 Portions

Ingredients

Petit Pan Rolls 640254

1 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.

Fresh Fruit

Junior: 1 Portions

Ingredients	
Bananas SCH033 Bananas	38 g
Oranges FFM060/S Orange Wedges	43 g
Apples SCH031 Apples, Golden Delicious	20 g

Method
1. Wash & serve.

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): 71.6
Fat (g): 0.3
Saturated Fat (g): 0.0
Carbohydrate (g): 18.2
<i>of which Sugars:</i> 6.5
Protein (g): 1.0
Fibre (g): 3.4
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Wash all fresh fruit prior to service.3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.

Fruit cocktail in juice

Junior: 1 Portions

Ingredients

Fruit Cocktail in juice FRC212

68 g

FRUIT COCKTAIL IN JUICE

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: 1 Portions

Ingredients	
Pineapple Rings FRC454 Pineapple Rings In Juice 50/55	1 pieces
Gammon Steak JWY96 GAMMON HORSESHOE	70 g

Method
<ol style="list-style-type: none">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
<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): 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
<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.

Gammon Steaks

Junior: 1 Portions

Ingredients

Gammon Steak JWY96

70 g

GAMMON HORSESHOE

Method

1. Cook gammon steak according to manufacturer's instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **119.0**

Fat (g): **6.3**

Saturated Fat (g): **2.1**

Carbohydrate: (g): **3.4**

of which Sugars: **0.0**

Protein (g): **15.4**

Fibre (g): **0.0**

Sodium (mg): **1.5**

Salt (g): **0.0**

Food Safety

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

Garden peas

Junior: 1 Portions

Ingredients

Peas 1kg (Frozen)

50 g

Garden Peas

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: 1 Portions

Ingredients	
Water Water	25 ml
Gravy Granules GRV020 KNORR MEAT GRAVY GRANULES (GF) (V)	5 g

Method
1. Follow manufacturer's instructions.

Allergens
<p>There are no allergens in ingredients for this recipe according to information provided by the suppliers.</p>
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): 17.5
Fat (g): 0.2
Saturated Fat (g): 0.1
Carbohydrate (g): 3.5
<i>of which Sugars: 0.6</i>
Protein (g): 0.4
Fibre (g): 0.1
Sodium (mg): 0.2
Salt (g): 0.0

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

Green Beans

Junior: 1 Portions

Ingredients

Green Beans 1kg (frozen)

50 g

Sliced Green Beans

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.

Jacket Wedges

Junior: 1 Portions

Ingredients

LW Jacket Wedges 150099

125 g

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 & Ice cream.

Junior: 1 Portions

Ingredients	
Jelly Crystals Strawberry JEL044 Jelly Crystals (Vegetarian), Strawberry - McD	28 g
Water Water	142 ml
Vanilla Ice Cream Tubs (820060) Vanilla Ice Cream Insulated Tub	1 pieces

Method
1. Follow the instructions on the packet

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

Nutritional Content (portion)
Energy (kcal): 147.1
Fat (g): 6.6
Saturated Fat (g): 3.2
Carbohydrate (g): 19.4
of which Sugars: 17.8
Protein (g): 2.4
Fibre (g): 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. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

Jumbo Fish Finger

Junior: 1 Portions

Ingredients

Jumbo Battered Fish Finger 70g-320169 **70 g**
Jumbo Battered Pollock Fillet Fish Fingers

Method

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

Allergens

Contains:

- Cereals
- Fish
- Milk
- Mustard
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **190.4**

Fat (g): **11.7**

Saturated Fat (g): **0.9**

Carbohydrate: (g): **12.1**

of which Sugars: **0.2**

Protein (g): **8.9**

Fibre (g): **0.6**

Salt (g): **0.0**

Food Safety

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

Lemon Drizzle

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	14 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	5 g
Baking Powder BAK441 C/RANGE BAKING POWDER	1 g
Margarine MRG020 Cooking & Baking Margarine	8 g
Sugar, White SUG150 GRANULATED SUGAR	8 g
Water Water	8 ml
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	1 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	5 g
Sugar, Icing SUG250 Sugar Icing - Whitworths	8 g
Lemons/Juice/zest FFM051/S Lemons	0 pieces

Method
<ol style="list-style-type: none">1. Cream the margarine and sugar together until light and fluffy.2. Lightly beat the eggs and beat into mixture a little at a time.3. Sieve together the white flour and baking powder. Add the wholemeal flour and dried milk.4. Fold the flour into the creamed mixture on speed 1, alternating with the water to keep the mixture to a soft dropping consistency.5. Portion into greased tins. Bake in a moderate oven for 30-40 minutes. When cool, mix icing sugar with lemon juice and ice sponges.

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

Nutritional Content (portion)
Energy (kcal): 195.6
Fat (g): 7.1
Saturated Fat (g): 2.8
Carbohydrate: (g): 31.8
<i>of which Sugars:</i> 16.7
Protein (g): 2.5
Fibre (g): 1.3
Salt (g): 0.1

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

Mandarin segments

Junior: 1 Portions

Ingredients

Mandarin Oranges FRC314
MANDARIN SEGMENTS IN JUICE

67 g

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: 1 Portions

Ingredients

Lutosa Potato dice 150130

125 g

Lutosa Potato dice

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **105.0**

Fat (g): **0.2**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **22.5**

of which Sugars: **1.2**

Protein (g): **1.9**

Fibre (g): **2.5**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Individual frozen products "always cook from frozen."
4. Probe cooked dish to confirm a minimum temperature of 82C.

Mayonnaise Sticks

Junior: 1 Portions

Ingredients

Mayonnaise Portions (sticks) POR044 **1 pieces**
Mayonnaise Sticks - Country Range

Method

1. Use as per manufacturers instructions.

Allergens

Contains:

- Eggs
- Milk

May Contain:

- Barley
- Cereals
- Kamut
- Mustard
- Oats
- Rye
- Spelt
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **47.6**

Fat (g): **5.1**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **0.4**

of which Sugars: **0.3**

Protein (g): **0.1**

Fibre (g): **0.0**

Sodium (mg): **0.2**

Salt (g): **0.0**

Food Safety

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

Melting Moment Biscuit

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	9 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	3 g
Baking Powder BAK441 C/RANGE BAKING POWDER	0 g
Margarine MRG020 Cooking & Baking Margarine	9 g
Sugar, White SUG150 GRANULATED SUGAR	7 g
Oats BRK210 Rolled Oats - Mornflake	2 g
Cherries, Glace DFR400 Glace Cherries - Country Range	0 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	2 g

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

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

Nutritional Content (portion)
Energy (kcal): 141.7
Fat (g): 7.3
Saturated Fat (g): 2.8
Carbohydrate (g): 18.0
<i>of which Sugars:</i> 7.5
Protein (g): 1.6
Fibre (g): 0.8
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.3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Mini teardrop naan

Junior: 1 Portions

Ingredients

Mini Teardrop Naan Vegan 65g

65 g

Mini Teardrop Naan Vegan 440039

Method

1. Cook according to manufacturers instructions.

Allergens

Contains:

- Barley
- Kamut
- Oats
- Rye
- Spelt
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **182.6**

Fat (g): **2.3**

Saturated Fat (g): **0.3**

Carbohydrate: (g): **34.8**

of which Sugars: **0.2**

Protein (g): **5.0**

Fibre (g): **0.0**

Sodium (mg): **0.2**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Individual frozen products "â€" always cook from frozen.

Mixed vegetables

Junior: 1 Portions

Ingredients

Mixed Veg 1kg

50 g

Mixed Vegetables

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 "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.

NO- Meat -balls in Tomato sauce Wrap

Junior: 1 Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	3 ml
Diced Onion FFV071 Onions, Diced	11 g
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	20 g
Mixed Herbs SPI402 C/R MIXED HERBS	0 tspn
Black Pepper SPI334 Country Range Ground Black Pepper (500G)	0 To taste
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	4 g
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	0 pieces
Vegan Plant Balls (410045) Vegan Plant Balls (410045)	57 g
Tortillas (6inch) 440023 6" Flour Tortilla	1 pieces

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

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

Nutritional Content (portion)
Energy (kcal): 253.8
Fat (g): 10.9
Saturated Fat (g): 1.7
Carbohydrate: (g): 24.0
of which Sugars: 5.5
Protein (g): 12.9
Fibre (g): 3.4
Sodium (mg): 0.4
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products "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.

Orange Wedges

Junior: 1 Portions

Ingredients

Oranges FFM060/S **130 g**
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: 1 Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	3 ml
Lutosa Potato dice 150130 Lutosa Potato dice	125 g

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: 1 Portions

Ingredients

Aunt Bessies Roast Potatoes 150020 **100 g**
Aunt Bessie Roast Potatoes

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **130.0**

Fat (g): **4.5**

Saturated Fat (g): **1.4**

Carbohydrate: (g): **19.0**

of which Sugars: **0.5**

Protein (g): **2.2**

Fibre (g): **1.9**

Sodium (mg): **0.3**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Individual frozen products "â€" always cook from frozen.
4. Probe cooked dish to confirm a minimum temperature of 82C.

Oven Baked Sausages

Junior: 1 Portions

Ingredients

Sausages 8's 400124

1 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: 1 Portions

Ingredients

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

1 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.

Oven Chips

Junior: 1 Portions

Ingredients

Oven Chips 150046

Oven Chips 3/8 (10mm)

100 g

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **155.0**

Fat (g): **4.4**

Saturated Fat (g): **2.2**

Carbohydrate: (g): **25.1**

of which Sugars: **1.0**

Protein (g): **2.3**

Fibre (g): **3.1**

Salt (g): **0.0**

Food Safety

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

Pasta Chicken & Tomato Pasta Bake

Junior: 1 Portions

Ingredients	
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	40 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	3 ml
Diced Onion FFV071 Onions, Diced	11 g
Mixed Herbs SPI402 C/R MIXED HERBS	0 g
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	0 tspn
Tomato Sauce POR045 C/R TOMATO KETCHUP SACHET	4 g
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	0 pieces
Cheese - Grated CHF402 C/R *WHITE*CHEDDAR GRATED (V)	6 g
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	40 g
Chicken (diced) (970104) Diced Chicken Breast (20-25mm)	45 g
Maggi Rich & Rustic Sauce VGC864 MAGGI RICH & RUSTIC TOMATO SAUCE	20 g

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

Nutritional Content (portion)
Energy (kcal): 267.9
Fat (g): 6.3
Saturated Fat (g): 1.8
Carbohydrate (g): 34.5
<i>of which Sugars:</i> 5.1
Protein (g): 17.5
Fibre (g): 1.6
Sodium (mg): 0.1
Salt (g): 0.0

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

Pear halves in juice

Junior: 1 Portions

Ingredients

Pears (tinned) FRC410 **68 g**
Pear Halves In Juice

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.

Pineapple rings in juice

Junior: 1 Portions

Ingredients

Pineapple Rings FRC454

Pineapple Rings In Juice 50/55

1 pieces

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **34.2**

Fat (g): **0.1**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **7.8**

of which Sugars: **6.7**

Protein (g): **0.2**

Fibre (g): **0.6**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

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

Pizza Ham & Cheese

Junior: 1 Portions

Ingredients	
11 Inch Cheese & Tomato Pizza 630046 11" Margherita Pizza	67 g
Ham (cooked) MCC080 C/R COOKED GAMMON HAM SLICED	50 g

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

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

Nutritional Content (portion)
Energy (kcal): 215.8
Fat (g): 5.8
Saturated Fat (g): 2.5
Carbohydrate (g): 22.8
of which Sugars: 2.0
Protein (g): 17.2
Fibre (g): 0.9
Sodium (mg): 0.8
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products "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.

Pizza Ham & Cheese

Junior: 1 Portions

Ingredients	
CHEESE/TOM PIZZA SLAB 630114 7"x9" Wholemeal Slab Cheese & Tom Pizzas	58 g
Ham (cooked) MCC080 C/R COOKED GAMMON HAM SLICED	52 g

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

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

Nutritional Content (portion)
Energy (kcal): 214.1
Fat (g): 6.9
Saturated Fat (g): 2.8
Carbohydrate: (g): 20.7
of which Sugars: 1.5
Protein (g): 15.7
Fibre (g): 1.5
Sodium (mg): 0.7
Salt (g): 0.0

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

Pizza Ham & Cheese(Homemade)

Junior: 1 Portions

Ingredients	
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	5 g
Baking Powder BAK441 C/RANGE BAKING POWDER	1 g
Margarine MRG020 Cooking & Baking Margarine	5 g
Water Water	11 ml
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	14 g
Mozzarella Cheese CHF408 MOZZARELLA CHEDDAR MIX 80/20	14 g
Flour, Plain FLO154 C/R PLAIN FLOUR	12 g
Mixed Herbs SPI402 C/R MIXED HERBS	0 tspn
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	1 g
Ham (cooked) MCC080 C/R COOKED GAMMON HAM SLICED	50 g

Method

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

Allergens

Contains:

- Barley
- Cereals
- Kamut
- Milk
- Oats
- Rye
- Spelt
- Wheat

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

Nutritional Content (portion)

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

Food Safety

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

Pizza Margherita

Junior: 1 Portions

Ingredients

11 Inch Cheese & Tomato Pizza 630046 **64 g**
11" Margherita Pizza

Method

1. Refer to manufacturer instructions

Allergens

Contains:

- Cereals
- Milk
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **149.2**

Fat (g): **3.6**

Saturated Fat (g): **1.7**

Carbohydrate: (g): **21.4**

of which Sugars: **1.9**

Protein (g): **7.9**

Fibre (g): **0.9**

Sodium (mg): **0.3**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. The service temperature must be maintained at above 65C throughout the service period.

Pizza Margherita (Homemade)

Junior: 1 Portions

Ingredients	
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	5 g
Baking Powder BAK441 C/RANGE BAKING POWDER	1 g
Margarine MRG020 Cooking & Baking Margarine	5 g
Water Water	11 ml
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	14 g
Mozzarella Cheese CHF408 MOZZARELLA CHEDDAR MIX 80/20	14 g
Flour, Plain FLO154 C/R PLAIN FLOUR	12 g
Mixed Herbs SPI402 C/R MIXED HERBS	0 tspn
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	1 g

Method

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

Allergens

Contains:

- Barley
- Cereals
- Kamut
- Milk
- Oats
- Rye
- Spelt
- Wheat

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

Nutritional Content (portion)

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

Food Safety

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

Pizza-Margaherita

Junior: 1 Portions

Ingredients

CHEESE/TOM PIZZA SLAB 630114 **81 g**
7"x9" Wholemeal Slab Cheese & Tom Pizzas

Method

1. Refer to manufactures instructions

Allergens

Contains:

- Cereals
- Milk
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **211.0**

Fat (g): **6.5**

Saturated Fat (g): **2.8**

Carbohydrate: (g): **28.3**

of which Sugars: **2.0**

Protein (g): **9.0**

Fibre (g): **2.1**

Sodium (mg): **0.2**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Individual frozen products "always cook from frozen."
4. The service temperature must be maintained at above 65C throughout the service period.

Quorn Sausage Twist

Junior: 1 Portions

Ingredients

Quorn sausage 410091 Quorn Sausages	1 pieces
Puff Pastry 670013 Puff Pastry Slab	38 g
Flour, Plain FLO154 C/R PLAIN FLOUR	3 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	13 g

Method

1. Preheat the oven to 200C /400F/Gas 6
2. Place the pastry onto a lightly floured board, spread with red onion chutney and cut into 4 long strips
3. Wrap the Quorn Sausage in a strip of pastry to create a spiral effect. Place onto a lightly greased baking sheet and brush with the beaten egg
4. Bake for 25 minutes until the pastry is golden and the Quorn Sausage is piping hot

Allergens

Contains:

- Barley
- Cereals
- Eggs
- Kamut
- Milk
- Oats
- Rye
- Spelt
- Wheat

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

Nutritional Content (portion)

Energy (kcal):	220.8
Fat (g):	11.5
Saturated Fat (g):	4.9
Carbohydrate: (g):	19.1
<i>of which Sugars:</i>	1.7
Protein (g):	8.7
Fibre (g):	3.4
Sodium (mg):	0.2
Salt (g):	0.0

Food Safety

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. The service temperature must be maintained at above 65C throughout the service period.
7. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.
8. For allergen friendly foods, wash equipment prior to use and sanitise work stations. Cover and store (hot or cold) away from other foods until service.

Quorn vegan fillet (VG)(DF)

Junior: 1 Portions

Ingredients

Quorn Vegan Fillets 69g 410156 **1 pieces**
Quorn Vegan Fillets (69g each)

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- Cereals
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **67.6**

Fat (g): **0.8**

Saturated Fat (g): **0.3**

Carbohydrate: (g): **3.4**

of which Sugars: **0.0**

Protein (g): **9.7**

Fibre (g): **4.3**

Sodium (mg): **0.3**

Salt (g): **0.0**

Food Safety

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

Quorn Vegan Fishless Fingers (VG)

Junior: 1 Portions

Ingredients

Quorn Vegan Fishless Fingers 410108 **3 pieces**
Quorn Vegan Fishless Fingers 8x200g

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- **Cereals**
- **Wheat**

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

Nutritional Content (portion)

Energy (kcal): **128.4**

Fat (g): **4.7**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **17.5**

of which Sugars: **1.0**

Protein (g): **2.7**

Fibre (g): **2.5**

Salt (g): **0.8**

Food Safety

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

Quorn vegan Nuggets (VG)

Junior: 1 Portions

Ingredients

Quorn Vegan Nuggets 410097

3 pieces

Quorn Vegan Nuggets

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): **122.4**

Fat (g): **1.9**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **15.4**

of which Sugars: **1.3**

Protein (g): **7.4**

Fibre (g): **7.3**

Sodium (mg): **0.4**

Salt (g): **0.0**

Food Safety

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.

Roast Gammon

Junior: 1 Portions

Ingredients

Gammon (joint) JWY92	75
GAMMON RINDLESS, BONED & ROLLED JOINT - 1.5KG JOINTS	g

Method

1. Cook Gammon according to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	127.5
Fat (g):	6.8
Saturated Fat (g):	2.2
Carbohydrate (g):	3.7
of which Sugars:	0.0
Protein (g):	16.5
Fibre (g):	0.0
Sodium (mg):	1.6
Salt (g):	0.0

Food Safety

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

Roast Pork Loin

Junior: 1 Portions

Ingredients

Roast Pork Loin JWY82 **75 g**
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.

Roast Pork Loin Steaks

Junior: 1 Portions

Ingredients

Pork Loin Steak JWY82B

1 pieces

PORK STEAKS, RIND ON

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **139.2**

Fat (g): **8.8**

Saturated Fat (g): **2.6**

Carbohydrate: (g): **0.0**

of which Sugars: **0.0**

Protein (g): **10.7**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

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

Savoury Mince

Junior: 1 Portions

Ingredients	
Diced Onion FFV071 Onions, Diced	11 g
Diced carrot 1KG Diced Carrots	11 g
Peas 1kg (Frozen) Garden Peas	11 g
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	4 g
Water Water	43 ml
Gravy Granules GRV020 KNORR MEAT GRAVY GRANULES (GF) (V)	5 g
Black pepper SPI334 Country Range Ground Black Pepper (500G)	0 To taste
Minced Beef 970085 Minced Beef (90% VL)	60 g

Method
<ol style="list-style-type: none">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 minutes4. Once the meat is cooked, thicken with gravy mix adjusting the consistency accordingly and portion into tins

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

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

Savoury Vegetable Rice

Junior: 1 Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	2 ml
Onions FFV144 Onions, Cooking Medium	17 g
Mushrooms FFV065 Mushroom Cups	17 g
Rice (Patna) CRP230 Rice, Patna, Long Grain - Country Range	25 g
Water Water	50 ml
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	0 pieces
Mixed Veg 1kg Mixed Vegetables	29 g
Curry Powder SPI412 Curry Powder - Country Range	2 g

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.

Shortcake

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	21 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	7 g
Baking Powder BAK441 C/RANGE BAKING POWDER	1 g
Margarine MRG020 Cooking & Baking Margarine	18 g
Sugar, White SUG150 GRANULATED SUGAR	14 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	3 g

Method
<ol style="list-style-type: none">1. Cream margarine and sugar together, add dry ingredients and beaten eggs.2. Press into greased tins and portion3. Bake in a moderate oven.4. Portion whilst still warm.5. Sprinkle with sugar.6. Cover with lid, otherwise shortcake will set hard.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Eggs• 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): 276.8
Fat (g): 14.2
Saturated Fat (g): 5.6
Carbohydrate: (g): 35.7
<i>of which Sugars:</i> 13.9
Protein (g): 3.2
Fibre (g): 1.4
Salt (g): 0.2

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Steamed Rice

Junior: 1 Portions

Ingredients

Rice (Patna) CRP230

40 g

Rice, Patna, Long Grain - Country Range

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.

Strawberry Crusha milkshake

Junior: 1 Portions

Ingredients	
Milk Semi-skimmed MLK017	150 ml
Fresh Semi-Skimmed Milk Polybottle (2Ltr) - Paynes	
Strawberry Crusha NAS MLS045	50 ml
Strawberry - Crusha NAS	

Method
No methods have been set for this recipe.

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

Nutritional Content (portion)
Energy (kcal): 72.0
Fat (g): 2.6
Saturated Fat (g): 1.6
Carbohydrate (g): 7.6
of which Sugars: 7.0
Protein (g): 5.2
Fibre (g): 0.0
Salt (g): 0.2

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.
No instructions have been set for this recipe.

Stuffing

Junior: 1 Portions

Ingredients

Stuffing STF024

C/R SAGE & ONION STUFFING

25 g

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: 1 Portions

Ingredients

Sultanas DFR300
C/R SULTANAS

10 g

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 Cupcake

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	17 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	6 g
Baking Powder BAK441 C/RANGE BAKING POWDER	1 g
Margarine MRG020 Cooking & Baking Margarine	7 g
Sugar, White SUG150 GRANULATED SUGAR	7 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	3 g
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	1 g
Water Water	17 ml
Sugar, Icing SUG250 Sugar Icing - Whitworths	6 g
Margarine MRG020 Cooking & Baking Margarine	6 g
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	3 g
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	6 g
Boiling water Boiling water	1 ml
Cherries, Glace DFR400 Glace Cherries - Country Range	2 g

Method

1. Cream the margarine and sugar together until the mixture is light and fluffy
2. Break eggs and whisk lightly. Beat the eggs into the mixture a little at a time.
3. Add the essence / flavouring
4. Sieve together the white flour and baking powder, add the wholemeal flour
5. Using the machine on speed number 1 fold the flour into the creamed mixture alternating with the water to keep the mixture in a soft dropping consistency
6. Place in the muffin cases
7. Bake in a moderate oven for approx 25 minutes
8. Frosted Topping- Bottom 5 ingredients of this recipe
9. Cream the margarine and sieved icing sugar.
10. Add dried milk and sieved cocoa.
11. Add boiling water to make a thick piping consistency.
12. Place the butter icing in an icing bag and pipe the top of each cupcake Decorate with cherry to serve.

Allergens

Contains:

- Barley
- Cereals
- Eggs
- Kamut
- Milk
- 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): **267.4**

Fat (g): **12.0**

Saturated Fat (g): **5.5**

Carbohydrate: (g): **36.5**

of which Sugars: **18.0**

Protein (g): **4.1**

Fibre (g): **1.1**

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. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Summer Salad

Junior: 1 Portions

Ingredients	
Tomatoes (cherry) FFV032/S Tomatoes, Cherry, 250Gm	14 g
Cucumber FFV160/S Cucumber Single	9 g
Lettuce FFV091/S Lettuce, Iceberg, Single	51 g
Mustard Cress FFV200/S Mustard Cress Single	0 g
Peppers - Red Peppers, Mixed (Green, Red, Yellow)	14 g

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: 2.1</i>
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: 1 Portions

Ingredients

Sweetcorn 1kg (Frozen)

50 g

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

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	18 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	6 g
Margarine MRG020 Cooking & Baking Margarine	9 g
Sugar, White SUG150 GRANULATED SUGAR	9 g
Apples (tinned) FRC002 C/R SOLID PACK APPLE (ITALIAN)	47 g
Margarine MRG020 Cooking & Baking Margarine	4 g
Meadowland MLK350 (V) (GF) MEADOWLAND DOUBLE (V) (GF)	4 ml
Sugar, Demerara SUG182 T & L DEMERARA SUGAR	4 g

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
- Milk
- 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):	251.0
Fat (g):	11.3
Saturated Fat (g):	5.0
Carbohydrate: (g):	35.5
of which Sugars:	17.4
Protein (g):	2.7
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: 1 Portions

Ingredients

Tomato Sauce POR045
C/R TOMATO KETCHUP SACHET

10 g

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 cake/muffin-Macphie

Junior: 1 Portions

Ingredients

Macphie Plain Mix MXS142 Macphie Plain Muffin/ cake mix	31 g
Oil (vegetable) OIL013 C/R VEGETABLE OIL	4 ml
Water Water	14 ml

Method

1. Refer to manufactures instructions
2. Makes 400 tray bake or 360 muffins per 12.5KG

Allergens

Contains:

- Barley
- Cereals
- Eggs
- Kamut
- Oats
- Rye
- Soya
- Spelt
- Wheat

May Contain:

- Milk

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):	175.6
Fat (g):	8.2
Saturated Fat (g):	0.7
Carbohydrate (g):	23.4
<i>of which Sugars:</i>	13.1
Protein (g):	2.2
Fibre (g):	0.3
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.

Vanilla ice cream Block

Junior: 1 Portions

Ingredients

Vanilla Block 820055

1 pieces

Vanilla Ice Cream Brick

Method

1. Refer to manufactures instructions

Allergens

Contains:

- Cereals
- Milk
- Wheat

May Contain:

- Almonds
- Brazil nuts
- Cashews
- Hazelnuts
- Macadamia
- Peanuts
- Pecans
- Pistachio
- Walnut

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

Nutritional Content (portion)

Energy (kcal): **151.1**

Fat (g): **7.8**

Saturated Fat (g): **5.2**

Carbohydrate (g): **17.2**

of which Sugars: **13.5**

Protein (g): **2.6**

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.

Vanilla Ice Cream Tub

Junior: 1 Portions

Ingredients

Vanilla Ice Cream Tubs (820060) **1 pieces**
Vanilla Ice Cream Insulated Tub

Method

No methods have been set for this recipe.

Allergens

Contains:

- **Milk**

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): **129.6**

Fat (g): **6.5**

Saturated Fat (g): **3.2**

Carbohydrate (g): **15.3**

of which Sugars: **13.7**

Protein (g): **2.3**

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.

Vegan Vegetable Curry (DF) (VG)

Junior: 1 Portions

Ingredients	
Diced Onion FFV071 Onions, Diced	9 g
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	32 g
Grated Carrot FFP080 Carrots, Grated	9 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	2 ml
Peppers, mixed (diced, frozen) 100138 Diced Mixed Pepper	9 g
Diced Potato 150130 Lutosa Potato dice	36 g
Cauliflower/Broccoli Caul/Broccoli Mix	12 g
Curry Powder SPI412 Curry Powder - Country Range	2 g
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	1 g

Method
<ol style="list-style-type: none">1. Heat oil in a pan and sauté the diced potatoes, cauliflower & broccoli.2. Add the chopped onions, peppers, carrots and tinned tomatoes, Heat throughly.3. Add the curry powder and tomato puree.4. simmer on a gentle heat for 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): 78.9
Fat (g): 2.7
Saturated Fat (g): 0.6
Carbohydrate: (g): 17.3
of which Sugars: 3.2
Protein (g): 1.5
Fibre (g): 2.0
Sodium (mg): 0.5
Salt (g): 0.0

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

Vegetable Fingers

Junior: 1 Portions

Ingredients

Vegetable Fingers 390033

3 pieces

Vegetable fingers

Method

1. Follow manufacturers guidelines

Allergens

Contains:

- Barley
- Cereals
- Kamut
- Oats
- Rye
- Spelt
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **141.0**

Fat (g): **6.1**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **18.0**

of which Sugars: **1.9**

Protein (g): **2.6**

Fibre (g): **1.9**

Salt (g): **0.1**

Food Safety

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

Vegetable Sticks

Junior: 1 Portions

Ingredients

Cucumber FFV160/S Cucumber Single	27 g
Baton Carrots FFP053 Carrots, Baton	20 g

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.

Vegetarian Sausage

Junior: 1 Portions

Ingredients

Vegetarian Sausages 400094 (frozen) **1 pieces**
Linda McCartney Vegetarian Sausages

Method

1. One sausage per child cut in half

Allergens

Contains:

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

May Contain:

- Almonds
- Brazil nuts
- Cashews
- Hazelnuts
- Macadamia
- Pecans
- Pistachio
- Walnut

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

Nutritional Content (portion)

Energy (kcal): **1.5**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate (g): **0.0**

of which Sugars: **0.0**

Protein (g): **0.2**

Fibre (g): **0.0**

Sodium (mg): **5.7**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Individual frozen products "always cook from frozen."
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. The service temperature must be maintained at above 65C throughout the service period.

Veggie Bolognese Pasta

Junior: 1 Portions

Ingredients	
Diced Onion FFF071 Onions, Diced	9 g
Grated Carrot FFP080 Carrots, Grated	9 g
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	34 g
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	4 g
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	0 pieces
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	0 tspn
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	50 g
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	40 g
Vegan Mince 390039 Meat The Alternative Beef Style Mince	34 g

Method

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

Allergens

Contains:

- Barley
- Cereals
- Kamut
- Oats
- Rye
- Soya
- Spelt
- Wheat

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

Nutritional Content (portion)

Energy (kcal):	268.2
Fat (g):	2.8
Saturated Fat (g):	0.5
Carbohydrate: (g):	45.5
<i>of which Sugars:</i>	6.9
Protein (g):	12.6
Fibre (g):	4.1
Sodium (mg):	0.1
Salt (g):	0.0

Food Safety

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

Veggie Savoury Mince (VG)

Junior: 1 Portions

Ingredients	
Diced Onion FFV071 Onions, Diced	11 g
Diced carrot 1KG Diced Carrots	11 g
Peas 1kg (Frozen) Garden Peas	11 g
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	4 g
Water Water	43 ml
Gravy Granules GRV020 KNORR MEAT GRAVY GRANULES (GF) (V)	5 g
Black pepper SPI334 Country Range Ground Black Pepper (500G)	0 To taste
Vegan Mince 390039 Meat The Alternative Beef Style Mince	40 g

Method

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

Allergens

Contains:

- Soya

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

Nutritional Content (portion)

Energy (kcal):	94.9
Fat (g):	1.5
Saturated Fat (g):	0.4
Carbohydrate (g):	10.1
of which Sugars:	3.7
Protein (g):	8.1
Fibre (g):	3.4
Sodium (mg):	0.2
Salt (g):	0.0

Food Safety

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

Yoghurts, assorted, Fat free

Junior: 1 Portions

Ingredients

Fat free assorted yoghurt YOGO05 **100 g**
GOLDEN ACRE FAT FREE ASSORTED YOGHURTS

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- **Milk**

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): **91.0**

Fat (g): **0.3**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **19.6**

of which Sugars: **18.3**

Protein (g): **2.6**

Fibre (g): **0.5**

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.

Yorkshire pudding

Junior: 1 Portions

Ingredients

Yorkshire Pudding 640076

30 g

2.5" Yorkshire Puddings

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- Cereals
- Eggs
- Milk
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **75.6**

Fat (g): **2.2**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **11.1**

of which Sugars: **0.6**

Protein (g): **2.5**

Fibre (g): **0.7**

Salt (g): **0.0**

Food Safety

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

Yorkshire Pudding- Homemade

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	8 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	3 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	6 g
Water Water	25 ml
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	0.0000 g

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

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

Nutritional Content (portion)
Energy (kcal): 40.2
Fat (g): 0.5
Saturated Fat (g): 0.1
Carbohydrate: (g): 8.1
<i>of which Sugars: 0.1</i>
Protein (g): 1.5
Fibre (g): 0.5
Sodium (mg): 0.1
Salt (g): 0.0

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