

NGCI (Non-Gluten Containing ingredients) 10 portion Spring-Summer 2023 Menu LBs

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

Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatballs in Tomato sauce (GF)	Cheese & Bacon Pasta (GF)	Gourmet chicken fillet Chicken Breast Fillet Gravy	Homemade Ham & Cheese Pizza (GF)	Breaded Salmon Fingers (GF)
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10.5 Vegan-Gluten free wrap Steamed Rice Mixed vegetables	Summer Salad (GF) White Sliced Bread	Oven Baked Diced Potatoes Broccoli Baby Carrots	Jacket Wedges Baked Beans	Tomato Sauce Sticks Chunky Chips Garden peas Sweetcorn
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Chocolate Brownie (GF)	Shortcake (GF) Custard	Ice Cream Tub Fruit cocktail in juice	Caramel Fudge Flan (GF)	Toffee apple crumble (GF) Cream -

Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Savoury Mince (GF) Gravy	Breaded Chicken Goujons-(GF)(DF)	Gammon & Pineapple Gravy	Pasta Chicken & Tomato Pasta Bake (GF)	Breaded Fish Fillet (GF)
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Yorkshire Pudding (GF) Mashed Potato Cauliflower Green Beans	Tomato Sauce Sticks Savoury Vegetable Rice Coleslaw Vegetable Sticks	Oven baked Roast Potatoes Baby Carrots Broccoli	Sweetcorn (GF) White Sliced Bread	Tomato Sauce Sticks Chunky Chips Garden peas
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Chocolate Crunch (GF) Cream -	Jelly -Orange Ice Cream Tub Fruit cocktail in juice	Lemon Drizzle (GF) Custard	Chocolate Brownie (GF) Orange Wedges	Vanilla muffin (GF) Chocolate Milkshake Strawberry milkshake

Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Oven Baked Sausages (GF) Gravy	Bolognese pasta Bake (GF)	Roast Pork Loin Gravy	Chicken Korma Chicken Tikka	Fish Fingers (GF) & (DF)
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Yorkshire Pudding (GF) Mashed Potato Baby Carrots Broccoli	Mixed vegetables (GF) White Sliced Bread	Oven baked Roast Potatoes Baby Carrots Green Beans	Steamed Rice Sweetcorn 10.5 Vegan-Gluten free wrap	Tomato Sauce Sticks Chunky Chips Garden peas Baked Beans
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Blueberry Muffin (GF)	Chocolate Crunch (GF) Mandarin segments in juice	Shortcake (GF) Sultanas Custard	Chocolate Sponge(GF) Pear halves in juice Cream -	Shortcake (GF) Strawberry milkshake Chocolate Milkshake

(GF) White Sliced Bread

Junior: 10 Portions

Ingredients

Genius GF White sliced Bread 640140 **10 pieces**
GF White Sliced Bread

Method

No methods have been set for this recipe.

Allergens

Contains:

- **Eggs**

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): **95.2**

Fat (g): **2.1**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **16.5**

of which Sugars: **1.4**

Protein (g): **0.8**

Fibre (g): **3.3**

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.

No instructions have been set for this recipe.

10.5 Vegan-Gluten free wrap

Junior: 10 Portions

Ingredients

10.5 Vegan gluten free wraps FBK299 **10 pieces**
10.5 Vegan gluten free wraps

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): **108.4**

Fat (g): **1.9**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **15.8**

of which Sugars: **3.5**

Protein (g): **2.7**

Fibre (g): **8.7**

Salt (g): **1.0**

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.

Baby Carrots

Junior: 10 Portions

Ingredients

baby carrots

Whole Baby Carrots (6-14mm each)

1 lb 2 oz

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **18.1**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **3.0**

of which Sugars: **2.8**

Protein (g): **0.4**

Fibre (g): **1.2**

Salt (g): **0.0**

Food Safety

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

Baked Beans

Junior: 10 Portions

Ingredients

Baked Beans C/R VGC136

1 lb 2 oz

C/R BAKED BEANS

Method

1. Cook according to manufacturers instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **46.4**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **7.7**

of which Sugars: **3.1**

Protein (g): **2.3**

Fibre (g): **2.0**

Sodium (mg): **0.2**

Salt (g): **0.0**

Food Safety

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

Beef Meatballs in Tomato sauce (GF)

Junior: 10 Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	1.1 fl oz
Diced Onion FFV071 Onions, Diced	4 oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	7 oz
Mixed Herbs SPI402 C/R MIXED HERBS	0.50 tspn
Black Pepper SPI334 Country Range Ground Black Pepper (500G)	0.50 To taste
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	2 oz
Beef Meatballs (23g each)470030 Beef Meatballs (23g each)	30 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 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
<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): 221.3
Fat (g): 15.9
Saturated Fat (g): 5.3
Carbohydrate: (g): 9.1
<i>of which Sugars:</i> 3.1
Protein (g): 10.5
Fibre (g): 1.0
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. 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 (GF)

Junior: 10 Portions

Ingredients	
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	0.4 oz
Margarine MRG020 Cooking & Baking Margarine	2 oz
Sugar, White SUG150 GRANULATED SUGAR	2 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	0.7 oz
Water Water	4.1 fl oz
Vanilla Essence FLV080 DR OETKER VANILLA ESSENCE	0.1 fl oz
Blueberries 110057 Blueberries	2 oz
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	7 oz

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 the white 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 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">• Eggs• Milk
<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): 139.0
Fat (g): 5.1
Saturated Fat (g): 2.1
Carbohydrate: (g): 22.1
of which Sugars: 7.1
Protein (g): 1.3
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. 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 Bake (GF)

Junior: 10 Portions

Ingredients	
Minced Beef 970085 Minced Beef (90% VL)	1 lb 4 oz
Diced Onion FFV071 Onions, Diced	3 oz
Grated Carrot FFP080 Carrots, Grated	3 oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	14 oz
Tomatoes, Chopped (tinned) VGC830 Tomatoes, Chopped - Country Range	12 oz
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	2 oz
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	0.250 tspn
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	1 pieces
Gluten Free Pasta PST018 Gluten Free Pasta (PST018)	1 lb 2 oz

Method
<ol style="list-style-type: none">1. Place minced beef in pan, add diced onions, lightly seal until brown.2. Add grated carrots, chopped tomatoes, tomato puree and maggi sauce3. Season to taste with vegetable bouillon and 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
May Contain: <ul style="list-style-type: none">• Lupin• Soya
<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): 354.7
Fat (g): 12.3
Saturated Fat (g): 0.5
Carbohydrate: (g): 45.5
of which Sugars: 4.5
Protein (g): 14.8
Fibre (g): 1.8
Sodium (mg): 6.1
Salt (g): 0.0

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

Breaded Chicken Goujons-(GF)(DF)

Junior: 10 Portions

Ingredients

GF Breaded Chicken Goujons 40g 890103 20 pieces

GF Breaded Chicken Goujons 40g

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **174.4**

Fat (g): **7.9**

Saturated Fat (g): **0.9**

Carbohydrate: (g): **8.8**

of which Sugars: **0.1**

Protein (g): **16.8**

Fibre (g): **0.0**

Salt (g): **0.6**

Food Safety

1. Check storage temperature / product date / packaging and quality.
2. Individual frozen products "à€" always cook from frozen.
3. Probe cooked dish to confirm a minimum temperature of 82C.
4. Dispose of any surplus reheated products after service is finished.
5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
6. The service temperature must be maintained at above 65C throughout the service period.

Breaded Fish Fillet (GF)

Junior: 10 Portions

Ingredients

GF BRD Pollock Fillet 410035

1 lb 5 oz

GF Breaded Pollock Fillet

Method

1. Refer to manufacturers instructions

Allergens

Contains:

- **Fish**

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

Nutritional Content (portion)

Energy (kcal): **138.6**

Fat (g): **5.9**

Saturated Fat (g): **0.7**

Carbohydrate: (g): **15.0**

of which Sugars: **0.4**

Protein (g): **5.8**

Fibre (g): **1.1**

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. 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.

Breaded Salmon Fingers (GF)

Junior: 10 Portions

Ingredients

GF Brd Salmon Fingers 410036

1 lb 5 oz

GF Brd Salmon Fingers

Method

1. Refer to manufactures instructions

Allergens

Contains:

- **Fish**

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

Nutritional Content (portion)

Energy (kcal): **157.2**

Fat (g): **6.6**

Saturated Fat (g): **1.0**

Carbohydrate: (g): **17.3**

of which Sugars: **0.4**

Protein (g): **6.7**

Fibre (g): **0.7**

Salt (g): **0.2**

Food Safety

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

Broccoli

Junior: 10 Portions

Ingredients

Broccoli Florets 2.5kg

Broccoli

1 lb 2 oz

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **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 (GF)

Junior: 10 Portions

Ingredients	
Gluten Free Plain Flour (FLO 151) Gluten Free Plain Flour (FLO 151)	5 oz
Margarine MRG020 Cooking & Baking Margarine	2 oz
Water Water	0.6 fl oz
Gluten Free Plain Flour (FLO 151) Gluten Free Plain Flour (FLO 151)	1.0 oz
Margarine MRG020 Cooking & Baking Margarine	4 oz
Sugar, Demerara SUG182 T & L DEMERARA SUGAR	4 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	0.3 oz
Water Water	23.9 fl oz
Bananas FFM113 Bananas	4 oz

Method

1. With the first 4 ingredients of this recipe, Make pastry, block and portion or scale according to tins required.
2. Line tins with pastry, decorate edges and bake blind.
3. Slice the bananas and lay onto the cooked pastry when cool.
4. 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:

- 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): **242.2**

Fat (g): **14.3**

Saturated Fat (g): **5.7**

Carbohydrate: (g): **27.6**

of which Sugars: **13.1**

Protein (g): **1.1**

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.
3. Food requiring preparation / shaping / finishing off or cooling; the maximum time for preparation is 60 mins. Store in a refrigerator between tasks and cover to reduce the risk of contamination.
4. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

Cauliflower

Junior: 10 Portions

Ingredients

Cauliflower 1kg

Cauliflower

1 lb 2 oz

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **15.1**

Fat (g): **0.2**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **2.2**

of which Sugars: **1.5**

Protein (g): **1.3**

Fibre (g): **0.9**

Salt (g): **0.0**

Food Safety

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

Cheese & Bacon Pasta (GF)

Junior: 10 Portions

Ingredients	
Onions FFV144 Onions, Cooking Medium	4 oz
Margarine MRG020 Cooking & Baking Margarine	0.5 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	2 oz
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	0.50 tspn
Cheese - Grated CHF402 C/R *WHITE*CHEDDAR GRATED (V)	7 oz
Minced Bacon JWY93 BACON FREE FLOW FORE MINCED - 2.5KG	14 oz
Water Water	20.1 fl oz
Gluten Free Pasta PST018 Gluten Free Pasta (PST018)	1 lb 1 oz
Gluten Free Plain Flour (FLO 151) Gluten Free Plain Flour (FLO 151)	2 oz

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

Allergens
Contains: <ul style="list-style-type: none">• Milk
May Contain: <ul style="list-style-type: none">• Lupin• Soya
<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): 477.1
Fat (g): 25.3
Saturated Fat (g): 11.0
Carbohydrate: (g): 46.8
<i>of which Sugars:</i> 3.7
Protein (g): 14.4
Fibre (g): 1.0
Sodium (mg): 11.8
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. Probe cooked dish to confirm a minimum temperature of 82C.4. The service temperature must be maintained at above 65C throughout the service period.

Chicken Breast Fillet

Junior: 10 Portions

Ingredients

Chicken breast(uncooked) 900059 **10 pieces**
Chicken Breast Flattened (50g)

Method

1. Refer to manufactures instructions

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **46.5**

Fat (g): **0.8**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **1.4**

of which Sugars: **0.8**

Protein (g): **8.4**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

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

Chicken Korma

Junior: 10 Portions

Ingredients	
Korma Sauce SAU682 Korma - Homepride	1 lb 9 oz
Diced Onion FFV071 Onions, Diced	3 oz
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	11 oz
Grated Carrot FFP080 Carrots, Grated	3 oz
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	0.8 fl oz
Peppers, mixed (diced, frozen) 100138 Diced Mixed Pepper	3 oz
Diced Chicken JWY32 Diced Chicken Breast	1 lb 2 oz

Method
<ol style="list-style-type: none">1. Heat oil in a pan, add the meat and seal.2. Add the chopped onions, peppers, carrots and tinned tomatoes, Heat throughly.3. Add the 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): 155.1
Fat (g): 11.2
Saturated Fat (g): 4.0
Carbohydrate: (g): 10.7
<i>of which Sugars:</i> 7.9
Protein (g): 2.2
Fibre (g): 2.0
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.

Chicken Tikka

Junior: 10 Portions

Ingredients	
Diced Onion FFV071 Onions, Diced	3 oz
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	11 oz
Grated Carrot FFP080 Carrots, Grated	3 oz
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	0.8 fl oz
Peppers, mixed (diced, frozen) 100138 Diced Mixed Pepper	3 oz
Diced Chicken JWY32 Diced Chicken Breast	1 lb 2 oz
Tikka Sauce SAU686 Tikka Masala - Homepride	1 lb 9 oz

Method
<ol style="list-style-type: none">1. Heat oil in a pan, add the meat and seal.2. Add the chopped onions, peppers, carrots and tinned tomatoes, Heat throughly.3. Add the 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 Brownie (GF)

Junior: 10 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	2 oz
Sugar, Demerara SUG182 T & L DEMERARA SUGAR	5 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	2 oz
Sultanas DFR300 C/R SULTANAS	2 oz
Gluten Free Plain Flour (FLO 151) Gluten Free Plain Flour (FLO 151)	2 oz
Gluten Free Baking Powder BAK362 Gluten Free Baking Powder	0.1 oz
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	0.3 oz
Margarine MRG020 Cooking & Baking Margarine	1 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	1 oz
Sugar, Icing SUG250 Sugar Icing - Whitworths	1 oz
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	0.6 oz
Boiling water Boiling water	0.6 fl oz

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">• Eggs• 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): 207.3
Fat (g): 9.0
Saturated Fat (g): 3.9
Carbohydrate: (g): 29.2
of which Sugars: 22.9
Protein (g): 1.9
Fibre (g): 0.1
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.3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Chocolate Crunch (GF)

Junior: 10 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	5 oz
Sugar, White SUG150 GRANULATED SUGAR	5 oz
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	0.4 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	0.7 oz
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	7 oz

Method
<ol style="list-style-type: none">1. Cream margarine and sugar together.2. Add dry ingredients and beaten egg.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">• 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): 222.3
Fat (g): 11.3
Saturated Fat (g): 4.5
Carbohydrate: (g): 28.7
of which Sugars: 14.2
Protein (g): 1.4
Fibre (g): 0.0
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. 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.

Chocolate Milkshake

Junior: 10 Portions

Ingredients	
Milk Semi-skimmed MLK017 Fresh Semi-Skimmed Milk Polybottle (2Ltr) - Paynes	52.8 fl oz
Chocolate Crusha NAS MLS043 Chocolate - Crusha NAS	17.6 fl oz

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 Sponge(GF)

Junior: 10 Portions

Ingredients	
Cocoa BEV070 FRESHERS LOW FAT COCOA POWDER	0.5 oz
Margarine MRG020 Cooking & Baking Margarine	3 oz
Sugar, White SUG150 GRANULATED SUGAR	3 oz
Water Water	2.4 fl oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	1 oz
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	6 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	0.2 oz

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 the flour and cocoa powder.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.

Allergens
Contains: <ul style="list-style-type: none">• Eggs• Milk
<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): 161.7
Fat (g): 7.3
Saturated Fat (g): 2.9
Carbohydrate: (g): 22.4
<i>of which Sugars:</i> 8.9
Protein (g): 1.5
Fibre (g): 0.0
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: 10 Portions

Ingredients

Chips (frozen) 150016

Steakhouse Fries

2 lb 3 oz

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **130.0**

Fat (g): **3.2**

Saturated Fat (g): **1.6**

Carbohydrate: (g): **21.6**

of which Sugars: **1.0**

Protein (g): **2.2**

Fibre (g): **3.0**

Salt (g): **0.0**

Food Safety

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

Coleslaw

Junior: 10 Portions

Ingredients	
Coleslaw Mix FFP072 Coleslaw Mix	1 lb 2 oz
Mayonnaise SCM004 Mayonnaise - Country Range	6 oz

Method
<ol style="list-style-type: none">1. Mix dry mix coleslaw and mayonnaise together2. place in a suitable container and refrigerate 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: 10 Portions

Ingredients

Cream, Double - meadowland MLK350 17.6 fl oz
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.

Custard

Junior: 10 Portions

Ingredients	
Water Water	32.0 fl oz
Custard Powder CUS018 C/R CUSTARD POWDER	2 oz
Sugar, White SUG150 GRANULATED SUGAR	1 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	4 oz

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.

Fish Fingers (GF) & (DF)

Junior: 10 Portions

Ingredients

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

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- **Fish**

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

Nutritional Content (portion)

Energy (kcal): **141.3**

Fat (g): **2.7**

Saturated Fat (g): **0.3**

Carbohydrate: (g): **18.1**

of which Sugars: **0.3**

Protein (g): **10.9**

Fibre (g): **0.7**

Salt (g): **0.0**

Food Safety

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

Fruit cocktail in juice

Junior: 10 Portions

Ingredients

Fruit Cocktail in juice FRC212
FRUIT COCKTAIL IN JUICE

1 lb 8 oz

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **36.9**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **8.5**

of which Sugars: **8.5**

Protein (g): **0.2**

Fibre (g): **0.7**

Salt (g): **0.0**

Food Safety

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

Gammon & Pineapple

Junior: 10 Portions

Ingredients

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

Method

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

Allergens

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

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

Nutritional Content (portion)

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

Food Safety

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

Garden peas

Junior: 10 Portions

Ingredients

Peas 1kg (Frozen)

Garden Peas

1 lb 2 oz

Method

1. Refer to manufactures guidelines

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **39.3**

Fat (g): **0.4**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **5.0**

of which Sugars: **2.7**

Protein (g): **2.7**

Fibre (g): **2.7**

Salt (g): **0.0**

Food Safety

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

Gourmet chicken fillet

Junior: 10 Portions

Ingredients

G Gourmet Chicken Fillet 57g 410114

1 lb 4 oz

Chicken Breast Fillet Portions

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **62.7**

Fat (g): **1.1**

Saturated Fat (g): **0.3**

Carbohydrate: (g): **0.5**

of which Sugars: **0.0**

Protein (g): **12.9**

Fibre (g): **0.0**

Sodium (mg): **0.2**

Salt (g): **0.0**

Food Safety

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

Gravy

Junior: 10 Portions

Ingredients

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

Method

1. Follow manufacturer's instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **17.5**

Fat (g): **0.2**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **3.5**

of which Sugars: **0.6**

Protein (g): **0.4**

Fibre (g): **0.1**

Sodium (mg): **0.2**

Salt (g): **0.0**

Food Safety

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

Green Beans

Junior: 10 Portions

Ingredients

Green Beans 1kg (frozen)

Sliced Green Beans

1 lb 2 oz

Method

1. Refer to manufacturer's instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **12.1**

Fat (g): **0.2**

Saturated Fat (g): **0.1**

Carbohydrate (g): **1.6**

of which Sugars: **1.1**

Protein (g): **1.1**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Individual frozen products "always cook from frozen."
4. Ensure that there are no ice crystals present prior to cooking.

Homemade Ham & Cheese Pizza (GF)

Junior: 10 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	2 oz
Water Water	3.7 fl oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	5 oz
Mozzarella Cheese CHF408 MOZZARELLA CHEDDAR MIX 80/20	5 oz
Mixed Herbs SPI402 C/R MIXED HERBS	0.4166666666666666666666666666670 tspn
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	6 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	0.5 oz
Ham (cooked) MCC080 C/R COOKED GAMMON HAM SLICED	15 oz

Method
<ol style="list-style-type: none">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. Chop the ham.6. Spread over the pizza base add the chopped ham and sprinkle over grated cheese.7. Bake in a moderate oven for 15-20 minutes.

Allergens
Contains: <ul style="list-style-type: none">• Milk
<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): 207.2
Fat (g): 10.3
Saturated Fat (g): 4.9
Carbohydrate: (g): 15.5
of which Sugars: 1.6
Protein (g): 12.3
Fibre (g): 0.3
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. 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.

Ice Cream Tub

Junior: 10 Portions

Ingredients

Vanilla Ice Cream Tubs (820060)

10 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.

Jacket Wedges

Junior: 10 Portions

Ingredients

LW Jacket Wedges 150099

2 lb 12 oz

LW Jacket Wedges

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **153.8**

Fat (g): **4.4**

Saturated Fat (g): **0.5**

Carbohydrate: (g): **23.8**

of which Sugars: **0.8**

Protein (g): **2.9**

Fibre (g): **3.6**

Salt (g): **0.0**

Food Safety

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

Jelly -Orange

Junior: 10 Portions

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

Method
1. Follow the instructions on the packet

Allergens
<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): 0.1
Saturated Fat (g): 0.0
Carbohydrate (g): 4.2
<i>of which Sugars: 4.2</i>
Protein (g): 0.1
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.

Lemon Drizzle (GF)

Junior: 10 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	4 oz
Sugar, White SUG150 GRANULATED SUGAR	4 oz
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	8 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	0.3 oz
Water Water	3.4 fl oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	2 oz
Sugar, Icing SUG250 Sugar Icing - Whitworths	3 oz
Lemons/Juice/zest FFM051/S Lemons	0.83333333333333333333333333333330 pieces

Method
<ol style="list-style-type: none"> 1. Cream the margarine and sugar together until light and fluffy. 2. Beat the eggs into the mixture a little at a time. 3. Fold the dry ingredients into the creamed mixture, alternating with the water to keep the mixture to a soft dropping consistency. 4. Portion into a greased tin. Bake in a moderate oven for 30-40 minutes. When cool, mix icing sugar with the lemon juice and spread over the top of the sponge.

Allergens
Contains:
<ul style="list-style-type: none"> • Eggs • Milk
<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): 244.8
Fat (g): 9.0
Saturated Fat (g): 3.6
Carbohydrate: (g): 39.7
of which Sugars: 20.8
Protein (g): 1.9
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. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Mandarin segments in juice

Junior: 10 Portions

Ingredients

Mandarin Oranges FRC314
MANDARIN SEGMENTS IN JUICE

1 lb 8 oz

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **21.3**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **5.1**

of which Sugars: **5.1**

Protein (g): **0.5**

Fibre (g): **0.2**

Salt (g): **0.0**

Food Safety

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

Mashed Potato

Junior: 10 Portions

Ingredients

Lutosa Potato dice 150130

2 lb 12 oz

Lutosa Potato dice

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **105.0**

Fat (g): **0.2**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **22.5**

of which Sugars: **1.2**

Protein (g): **1.9**

Fibre (g): **2.5**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

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

Mixed vegetables

Junior: 10 Portions

Ingredients

Mixed Veg 1kg
Mixed Vegetables

1 lb 2 oz

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **31.7**

Fat (g): **0.5**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **4.1**

of which Sugars: **2.2**

Protein (g): **1.7**

Fibre (g): **2.2**

Salt (g): **0.0**

Food Safety

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

Orange Wedges

Junior: 10 Portions

Ingredients

Oranges FFM060/S

2 lb 14 oz

Orange Wedges

Method

No methods have been set for this recipe.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **81.9**

Fat (g): **0.4**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **20.8**

of which Sugars: **0.0**

Protein (g): **1.7**

Fibre (g): **5.8**

Salt (g): **0.0**

Food Safety

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

No instructions have been set for this recipe.

Oven Baked Diced Potatoes

Junior: 10 Portions

Ingredients

Oil (sunflower) OIL075 KTC SUNFLOWER OIL	1.1 fl oz
Lutosa Potato dice 150130 Lutosa Potato dice	2 lb 12 oz

Method

1. Refer to manufacturers instructions

Allergens

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

Food Safety

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

Oven baked Roast Potatoes

Junior: 10 Portions

Ingredients

Aunt Bessies Roast Potatoes 150020

2 lb 3 oz

Aunt Bessie Roast Potatoes

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **130.0**

Fat (g): **4.5**

Saturated Fat (g): **1.4**

Carbohydrate: (g): **19.0**

of which Sugars: **0.5**

Protein (g): **2.2**

Fibre (g): **1.9**

Sodium (mg): **0.3**

Salt (g): **0.0**

Food Safety

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

Oven Baked Sausages (GF)

Junior: 10 Portions

Ingredients

GF Sausages 8's 430017

10 pieces

Gluten Free Sausages 8's

Method

1. Refer to manufactures instructions

Allergens

Contains:

- **Sulphur dioxide**

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): **94.6**

Fat (g): **5.3**

Saturated Fat (g): **1.9**

Carbohydrate: (g): **5.0**

of which Sugars: **0.0**

Protein (g): **8.3**

Fibre (g): **1.5**

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. 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.

Pasta Chicken & Tomato Pasta Bake (GF) Junior: 10 Portions

Ingredients	
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	14 oz
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	1.0 fl oz
Diced Onion FFV071 Onions, Diced	4 oz
Mixed Herbs SPI402 C/R MIXED HERBS	0.0 oz
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	0.30 tspn
Tomato Sauce POR045 C/R TOMATO KETCHUP SACHET	2 oz
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	2 pieces
Cheese - Grated CHF402 C/R *WHITE*CHEDDAR GRATED (V)	2 oz
Chicken (diced) (970104) Diced Chicken Breast (20-25mm)	16 oz
Maggi Rich & Rustic Sauce VGC864 MAGGI RICH & RUSTIC TOMATO SAUCE	7 oz
Gluten Free Pasta PST018 Gluten Free Pasta (PST018)	14 oz

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

Allergens
Contains:
<ul style="list-style-type: none"> • Milk
May Contain:
<ul style="list-style-type: none"> • Lupin • Soya
<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): 268.7
Fat (g): 6.4
Saturated Fat (g): 1.9
Carbohydrate (g): 36.7
<i>of which Sugars:</i> 4.0
Protein (g): 15.6
Fibre (g): 1.1
Sodium (mg): 4.9
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: 10 Portions

Ingredients

Pears (tinned) FRC410

Pear Halves In Juice

1 lb 8 oz

Method

1. Serve according to manufacturer's instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **35.6**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **8.6**

of which Sugars: **7.7**

Protein (g): **0.1**

Fibre (g): **0.7**

Salt (g): **0.0**

Food Safety

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

Roast Pork Loin

Junior: 10 Portions

Ingredients

Roast Pork Loin JWY82

1 lb 10 oz

PORK LOIN BONELESS

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **129.8**

Fat (g): **4.5**

Saturated Fat (g): **1.6**

Carbohydrate: (g): **0.0**

of which Sugars: **0.0**

Protein (g): **20.7**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

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

Savoury Mince (GF)

Junior: 10 Portions

Ingredients	
Minced Beef 970085 Minced Beef (90% VL)	1 lb 5 oz
Diced Onion FFV071 Onions, Diced	4 oz
Peas 1kg (Frozen) Garden Peas	4 oz
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	1 oz
Water Water	15.0 fl oz
Gravy Granules GRV020 KNORR MEAT GRAVY GRANULES (GF) (V)	2 oz
Diced carrot 1KG Diced Carrots	4 oz

Method

1. Lightly fry the diced onion. Add minced beef and seal.
2. Add carrots, tomato puree and water, simmer on a gentle heat for approximately 20 minutes until cooked.
3. Add peas and continue to cook for 5 minutes.
4. Thicken with gravy granules adjust the consistency and season.
5. Portion into tins.
6. Cook in the oven for approximately 20-30 minutes or until golden brown.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **179.6**

Fat (g): **11.3**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **7.0**

of which Sugars: **2.5**

Protein (g): **12.4**

Fibre (g): **1.3**

Sodium (mg): **0.2**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. 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.

Savoury Vegetable Rice

Junior: 10 Portions

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

Method

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

Allergens

Contains:

- **Mustard**

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

Nutritional Content (portion)

Energy (kcal):	138.0
Fat (g):	2.2
Saturated Fat (g):	0.6
Carbohydrate: (g):	30.4
of which Sugars:	2.9
Protein (g):	3.5
Fibre (g):	2.3
Sodium (mg):	0.4
Salt (g):	0.0

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Probe cooked dish to confirm a minimum temperature of 82C.
4. The service temperature must be maintained at above 65C throughout the service period.
5. Rice dishes must be free from liquid during service and probed to verify a temperature above 82C.

Shortcake (GF)

Junior: 10 Portions

Ingredients	
Sugar, White SUG150 GRANULATED SUGAR	4 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	0.7 oz
Margarine MRG020 Cooking & Baking Margarine	5 oz
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	10 oz

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">• 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): 246.5
Fat (g): 12.1
Saturated Fat (g): 4.7
Carbohydrate: (g): 32.9
of which Sugars: 11.4
Protein (g): 1.6
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. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Steamed Rice

Junior: 10 Portions

Ingredients

Rice (Patna) CRP230

Rice, Patna, Long Grain - Country Range

14 oz

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **140.8**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **31.5**

of which Sugars: **0.0**

Protein (g): **2.8**

Fibre (g): **0.5**

Salt (g): **0.0**

Food Safety

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

Strawberry milkshake

Junior: 10 Portions

Ingredients

Milk Semi-skimmed MLK017	52.8 fl oz
Fresh Semi-Skimmed Milk Polybottle (2Ltr) - Paynes	
Strawberry Crusha NAS MLS045	17.6 fl oz
Strawberry - Crusha NAS	

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): **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

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.

Sultanas

Junior: 10 Portions

Ingredients

Sultanas DFR300
C/R SULTANAS

4 oz

Method

1. Refer to packaging information.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **29.6**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate (g): **6.9**

of which Sugars: **6.9**

Protein (g): **0.3**

Fibre (g): **0.2**

Salt (g): **0.0**

Food Safety

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

Summer Salad

Junior: 10 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): 15.2
Fat (g): 0.1
Saturated Fat (g): 0.0
Carbohydrate: (g): 3.2
<i>of which Sugars: 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: 10 Portions

Ingredients

Sweetcorn 1kg (Frozen)

1 lb 2 oz

Sweetcorn

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **58.5**

Fat (g): **1.2**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **9.0**

of which Sugars: **1.1**

Protein (g): **2.2**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

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

Toffee apple crumble (GF)

Junior: 10 Portions

Ingredients	
Sugar, White SUG150 GRANULATED SUGAR	3 oz
Apples (tinned) FRC002 C/R SOLID PACK APPLE (ITALIAN)	1 lb 1 oz
Margarine MRG020 Cooking & Baking Margarine	1 oz
Meadowland MLK350 (V) (GF) MEADOWLAND DOUBLE (V) (GF)	1.2 fl oz
Sugar, Demerara SUG182 T & L DEMERARA SUGAR	1 oz
Gluten Free Plain Flour (FLO 151) Gluten Free Plain Flour (FLO 151)	8 oz

Method
<ol style="list-style-type: none">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: <ul style="list-style-type: none">• Milk• Soya
<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): 192.7
Fat (g): 4.4
Saturated Fat (g): 2.3
Carbohydrate: (g): 36.3
of which Sugars: 17.2
Protein (g): 1.5
Fibre (g): 0.9
Sodium (mg): 14.2
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. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.5. The service temperature must be maintained at above 65C throughout the service period.

Tomato Sauce Sticks

Junior: 10 Portions

Ingredients

Tomato Sauce POR045
C/R TOMATO KETCHUP SACHET

4 oz

Method

1. Use as per manufacturers instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **11.9**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **2.8**

of which Sugars: **2.4**

Protein (g): **0.1**

Fibre (g): **0.1**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

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

Vanilla muffin (GF)

Junior: 10 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	2 oz
Sugar, White SUG150 GRANULATED SUGAR	2 oz
Water Water	4.3 fl oz
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	6 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	0.4 oz
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	2 oz

Method
<ol style="list-style-type: none">1. cream margarine and sugar together until light and fluffy2. break the eggs and whisk lightly. beat the eggs into the mixture a little at a time3. using the machine on speed number 1 , fold the flour into the creamed mixture4. add water gradually to create a soft dropping consistency5. place into muffin cases6. bake in a moderate oven for 20/30 mins

Allergens
Contains: <ul style="list-style-type: none">• Eggs• 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): 123.6
Fat (g): 4.8
Saturated Fat (g): 1.9
Carbohydrate: (g): 18.8
of which Sugars: 5.8
Protein (g): 1.3
Fibre (g): 0.0
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. Check storage temperature / product date / packaging and quality.3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Vegetable Sticks

Junior: 10 Portions

Ingredients

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

Method

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

Allergens

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

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

Nutritional Content (portion)

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

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
3. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.
4. Salad products: wash raw products before preparation and store in a refrigerator until required.

Yorkshire Pudding (GF)

Junior: 10 Portions

Ingredients	
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	2 oz
Water Water	8.8 fl oz
Gluten Free Plain Flour (FLO 151) Gluten Free Plain Flour (FLO 151)	4 oz
Milk, Dried CR milk powder MLP040 C/R MILK POWDER	0.5 oz

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

Allergens
Contains: <ul style="list-style-type: none">• Eggs• 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): 48.8
Fat (g): 0.8
Saturated Fat (g): 0.4
Carbohydrate (g): 9.2
of which Sugars: 0.7
Protein (g): 1.1
Fibre (g): 0.0
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. 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.