

Vegan 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
NO- Meat -balls in Tomato sauce Wrap	Cheese Pasta Bake (DF)(VG)	Quorn vegan fillet (VG) (DF) Stuffing Gravy	Pizza - Homemade Margarita (DF)(VG)	Quorn Vegan Fishless Fingers (VG)
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Steamed Rice Mixed vegetables	Crusty Roll Summer Salad	Oven Baked Diced Potatoes Broccoli Baby Carrots	Jacket Wedges Baked Beans	Tomato Sauce Sticks Chunky Chips Garden peas Sweetcorn
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Chocolate Cake/ Cupcakes/Muffin(DF) (VG)	Shortbread fingers- (DF)(VG) Alpro Custard (DF)	Ice Cream (DF)(VG) Fruit cocktail in juice	Caramel Fudge Flan (DF) (VG)	Toffee apple crumble(DF) (VG) Plant Cream

Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Savoury Mince (VG) Gravy --- Yorkshire Pudding (VG) Oven baked Roast Potatoes Baby Carrots Broccoli --- Chocolate Cake/ Cupcakes/Muffin(DF) (VG) Plant Cream	Vegan Nuggets --- Savoury Vegetable Rice Vegan Coleslaw (VG) (DF) Vegetable Sticks Tomato Sauce Sticks Vegan Mayonnaise --- Jelly -Orange Fruit cocktail in juice Ice Cream (DF)(VG)	Quorn vegan fillet (VG) (DF) Stuffing Gravy --- Oven baked Roast Potatoes Baby Carrots Broccoli --- Lemon Cake (DF)(VG) Alpro Custard (DF)	Cheese & Tomato Pasta (DF)(VG) --- Crusty Roll Sweetcorn --- Chocolate Cookie Orange Wedges	Quorn Vegan Fishless Fingers (VG) --- Tomato Sauce Sticks Chunky Chips Garden peas --- Vanilla Sponge / Muffins/ Cupcakes (DF)(VG) Alpro Chocolate drink - (DF)

Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Vegan sausages (DF) (VG) Gravy --- Yorkshire Pudding (VG) Mashed Potato Baby Carrots Broccoli --- Blueberry Muffin (DF) (VG)	Veggie Bolognese Pasta Bake(VG) --- Crusty Roll Mixed vegetables --- Chocolate Crackle (DF)(VG) Mandarin segments in juice	Quorn vegan fillet (VG) (DF) Stuffing Gravy --- Oven baked Roast Potatoes Baby Carrots Green Beans --- Shortbread fingers- (DF)(VG) Sultanas Alpro Custard (DF)	Vegan Vegetable Curry (DF) (VG) --- Mini teardrop naan Steamed Rice Sweetcorn --- Chocolate Cake/ Cupcakes/Muffin(DF) (VG) Pear halves in juice Plant Cream	Quorn Vegan Fishless Fingers (VG) --- Tomato Sauce Sticks Chunky Chips Garden peas Baked Beans --- Vanilla Sponge / Muffins/ Cupcakes (DF)(VG) Alpro Chocolate drink - (DF)

Alpro Chocolate drink -(DF)

Junior: 10 Portions

Ingredients

Alpro Chocolate Drink MLK056

88.0 fl oz

Chocolate Drink - Alpro

Method

1. Refer to manufactures instructions

Allergens

Contains:

- **Soya**

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

Nutritional Content (portion)

Energy (kcal): **157.5**

Fat (g): **4.5**

Saturated Fat (g): **1.0**

Carbohydrate: (g): **20.8**

of which Sugars: **20.2**

Protein (g): **7.5**

Fibre (g): **2.0**

Sodium (mg): **0.4**

Salt (g): **0.0**

Food Safety

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

Alpro Custard (DF)

Junior: 10 Portions

Ingredients

Alpro - Custard CUS004
Custard - Alpro

1 lb 12 oz

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- **Soya**

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

Nutritional Content (portion)

Energy (kcal): **64.8**

Fat (g): **1.4**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **10.5**

of which Sugars: **8.0**

Protein (g): **2.4**

Fibre (g): **0.4**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

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

Baby Carrots

Junior: 10 Portions

Ingredients

baby carrots

Whole Baby Carrots (6-14mm each)

1 lb 2 oz

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **18.1**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **3.0**

of which Sugars: **2.8**

Protein (g): **0.4**

Fibre (g): **1.2**

Salt (g): **0.0**

Food Safety

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

Baked Beans

Junior: 10 Portions

Ingredients

Baked Beans C/R VGC136

1 lb 2 oz

C/R BAKED BEANS

Method

1. Cook according to manufacturers instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **46.4**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **7.7**

of which Sugars: **3.1**

Protein (g): **2.3**

Fibre (g): **2.0**

Sodium (mg): **0.2**

Salt (g): **0.0**

Food Safety

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

Blueberry Muffin (DF)(VG)

Junior: 10 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): 225.7
Fat (g): 8.7
Saturated Fat (g): 1.0
Carbohydrate: (g): 34.2
<i>of which Sugars:</i> 17.3
Protein (g): 2.3
Fibre (g): 0.9
Sodium (mg): 0.1
Salt (g): 0.0

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

Broccoli

Junior: 10 Portions

Ingredients

Broccoli Florets 2.5kg

1 lb 2 oz

Broccoli

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **17.0**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **1.6**

of which Sugars: **1.0**

Protein (g): **2.2**

Fibre (g): **2.0**

Salt (g): **0.0**

Food Safety

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

Caramel Fudge Flan (DF) (VG)

Junior: 10 Portions

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

Method

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

Allergens

Contains:

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

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

Nutritional Content (portion)

Energy (kcal): **236.6**

Fat (g): **14.0**

Saturated Fat (g): **5.5**

Carbohydrate: (g): **26.7**

of which Sugars: **12.8**

Protein (g): **2.0**

Fibre (g): **1.1**

Salt (g): **0.2**

Food Safety

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

Cheese & Tomato Pasta (DF)(VG)

Junior: 10 Portions

Ingredients	
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	14 oz
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	1.1 fl oz
Diced Onion FFF071 Onions, Diced	4 oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	7 oz
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	2 oz
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	2 pieces
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	1 tspn
Vegan Cheese (CHF020) Vegan Cheese	10 oz
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	10 oz
Mixed Herbs SPI402 C/R MIXED HERBS	0.4 oz

Method
<ol style="list-style-type: none"> 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. 6. Add chopped tomatoes, tomato puree, maggie sauce. Season to taste with vegetable bouillon & black pepper. Simmer gently.

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

Nutritional Content (portion)
Energy (kcal): 250.2
Fat (g): 11.2
Saturated Fat (g): 6.8
Carbohydrate: (g): 32.4
<i>of which Sugars:</i> 4.0
Protein (g): 4.3
Fibre (g): 1.8
Salt (g): 0.7

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.

Cheese Pasta Bake (DF)(VG)

Junior: 10 Portions

Ingredients	
Onions FFV144 Onions, Cooking Medium	5 oz
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	11 oz
Margarine MRG020 Cooking & Baking Margarine	0.7 oz
Flour, Plain FLO154 C/R PLAIN FLOUR	3 oz
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	0.33333333333333333333333333333340 tspn
Soya Milk (unsweetened) MLK024 SOYA MILK UNSWEETENED ALPRO	26.7 fl oz
Vegan Cheese (CHF020) Vegan Cheese	8 oz

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

Nutritional Content (portion)
Energy (kcal): 246.5
Fat (g): 8.9
Saturated Fat (g): 5.9
Carbohydrate: (g): 35.3
<i>of which Sugars:</i> 1.7
Protein (g): 6.4
Fibre (g): 1.7
Salt (g): 0.6

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 Cake/ Cupcakes/Muffin(DF) (VG)

Junior: 10 Portions

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

Method

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

Allergens

Contains:

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

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

Nutritional Content (portion)

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

Food Safety

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

Chocolate Cookie

Junior: 10 Portions

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

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

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

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

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

Chocolate Crackle (DF)(VG)

Junior: 10 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): 206.4
Fat (g): 8.4
Saturated Fat (g): 3.4
Carbohydrate: (g): 30.2
<i>of which Sugars:</i> 14.8
Protein (g): 1.8
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.

Chunky Chips

Junior: 10 Portions

Ingredients

Chips (frozen) 150016

Steakhouse Fries

2 lb 3 oz

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **130.0**

Fat (g): **3.2**

Saturated Fat (g): **1.6**

Carbohydrate: (g): **21.6**

of which Sugars: **1.0**

Protein (g): **2.2**

Fibre (g): **3.0**

Salt (g): **0.0**

Food Safety

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

Crusty Roll

Junior: 10 Portions

Ingredients

Petit Pan Rolls 640254

10 pieces

Petit Pain White

Method

1. Refer to manufactures instructions

Allergens

Contains:

- Cereals
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **135.3**

Fat (g): **1.3**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **25.5**

of which Sugars: **2.9**

Protein (g): **4.2**

Fibre (g): **2.3**

Sodium (mg): **0.2**

Salt (g): **0.0**

Food Safety

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

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.

Garden peas

Junior: 10 Portions

Ingredients

Peas 1kg (Frozen)

Garden Peas

1 lb 2 oz

Method

1. Refer to manufactures guidelines

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **39.3**

Fat (g): **0.4**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **5.0**

of which Sugars: **2.7**

Protein (g): **2.7**

Fibre (g): **2.7**

Salt (g): **0.0**

Food Safety

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

Gravy

Junior: 10 Portions

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

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: 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.

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Nutritional Content (portion)

Energy (kcal): **12.1**

Fat (g): **0.2**

Saturated Fat (g): **0.1**

Carbohydrate (g): **1.6**

of which Sugars: **1.1**

Protein (g): **1.1**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

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

Ice Cream (DF)(VG)

Junior: 10 Portions

Ingredients

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

28.2 fl oz

Method

No methods have been set for this recipe.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **190.4**

Fat (g): **7.9**

Saturated Fat (g): **6.6**

Carbohydrate: (g): **24.6**

of which Sugars: **15.6**

Protein (g): **0.3**

Fibre (g): **8.8**

Salt (g): **0.0**

Food Safety

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

No instructions have been set for this recipe.

Jacket Wedges

Junior: 10 Portions

Ingredients

LW Jacket Wedges 150099

2 lb 12 oz

LW Jacket Wedges

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **153.8**

Fat (g): **4.4**

Saturated Fat (g): **0.5**

Carbohydrate: (g): **23.8**

of which Sugars: **0.8**

Protein (g): **2.9**

Fibre (g): **3.6**

Salt (g): **0.0**

Food Safety

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

Jelly -Orange

Junior: 10 Portions

Ingredients

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

Method

1. Follow the instructions on the packet

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	17.5
Fat (g):	0.1
Saturated Fat (g):	0.0
Carbohydrate (g):	4.2
<i>of which Sugars:</i>	4.2
Protein (g):	0.1
Fibre (g):	0.1
Salt (g):	0.0

Food Safety

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

Lemon Cake (DF)(VG)

Junior: 10 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): 183.8
Fat (g): 7.0
Saturated Fat (g): 0.0
Carbohydrate: (g): 28.7
<i>of which Sugars:</i> 13.9
Protein (g): 2.0
Fibre (g): 1.9
Sodium (mg): 0.1
Salt (g): 0.0

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

Mandarin segments in juice

Junior: 10 Portions

Ingredients

Mandarin Oranges FRC314
MANDARIN SEGMENTS IN JUICE

1 lb 8 oz

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **21.3**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **5.1**

of which Sugars: **5.1**

Protein (g): **0.5**

Fibre (g): **0.2**

Salt (g): **0.0**

Food Safety

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

Mashed Potato

Junior: 10 Portions

Ingredients

Lutosa Potato dice 150130

2 lb 12 oz

Lutosa Potato dice

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **105.0**

Fat (g): **0.2**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **22.5**

of which Sugars: **1.2**

Protein (g): **1.9**

Fibre (g): **2.5**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

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

Mini teardrop naan

Junior: 10 Portions

Ingredients

Mini Teardrop Naan Vegan 65g

Mini Teardrop Naan Vegan 440039

1 lb 7 oz

Method

1. Cook according to manufacturers instructions.

Allergens

Contains:

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

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

Nutritional Content (portion)

Energy (kcal): **182.6**

Fat (g): **2.3**

Saturated Fat (g): **0.3**

Carbohydrate (g): **34.8**

of which Sugars: **0.2**

Protein (g): **5.0**

Fibre (g): **0.0**

Sodium (mg): **0.2**

Salt (g): **0.0**

Food Safety

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

Mixed vegetables

Junior: 10 Portions

Ingredients

Mixed Veg 1kg

Mixed Vegetables

1 lb 2 oz

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **31.7**

Fat (g): **0.5**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **4.1**

of which Sugars: **2.2**

Protein (g): **1.7**

Fibre (g): **2.2**

Salt (g): **0.0**

Food Safety

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

NO- Meat -balls in Tomato sauce Wrap

Junior: 10 Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	1.1 fl oz
Diced Onion FFV071 Onions, Diced	4 oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	7 oz
Mixed Herbs SPI402 C/R MIXED HERBS	0.50 tspn
Black Pepper SPI334 Country Range Ground Black Pepper (500G)	0.50 To taste
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	2 oz
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	2 pieces
Vegan Plant Balls (410045) Vegan Plant Balls (410045)	1 lb 4 oz
Tortillas (6inch) 440023 6" Flour Tortilla	10 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
<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): 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 "â€" 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: 10 Portions

Ingredients

Oranges FFM060/S

2 lb 14 oz

Orange Wedges

Method

No methods have been set for this recipe.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **81.9**

Fat (g): **0.4**

Saturated Fat (g): **0.0**

Carbohydrate (g): **20.8**

of which Sugars: **0.0**

Protein (g): **1.7**

Fibre (g): **5.8**

Salt (g): **0.0**

Food Safety

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

No instructions have been set for this recipe.

Oven Baked Diced Potatoes

Junior: 10 Portions

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

Method
1. Refer to manufacturers instructions

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

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

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

Oven baked Roast Potatoes

Junior: 10 Portions

Ingredients

Aunt Bessies Roast Potatoes 150020

2 lb 3 oz

Aunt Bessie Roast Potatoes

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **130.0**

Fat (g): **4.5**

Saturated Fat (g): **1.4**

Carbohydrate: (g): **19.0**

of which Sugars: **0.5**

Protein (g): **2.2**

Fibre (g): **1.9**

Sodium (mg): **0.3**

Salt (g): **0.0**

Food Safety

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

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.

Pizza - Homemade Margarita (DF)(VG)

Junior: 10 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	4 oz
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	2 oz
Baking Powder BAK441 C/RANGE BAKING POWDER	0.5 oz
Margarine MRG020 Cooking & Baking Margarine	2 oz
Water Water	3.7 fl oz
Mixed Herbs SPI402 C/R MIXED HERBS	0.1 oz
Vegan Cheese (CHF020) Vegan Cheese	5 oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	5 oz

Method
<ol style="list-style-type: none">1. Rub margarine into flours and baking powder until it resembles bread crumbs.2. Mix to a soft dough with the water.3. Portion into containers.4. Spread maggi sauce on to base, sprinkle the herbs on top, sprinkle cheese on top.5. Bake in a moderate oven until base is cooked through and cheese is melted.

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): 152.7
Fat (g): 8.3
Saturated Fat (g): 4.8
Carbohydrate: (g): 18.2
<i>of which Sugars:</i> 1.0
Protein (g): 2.2
Fibre (g): 1.2
Salt (g): 0.4

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. The service temperature must be maintained at above 65C throughout the service period.

Plant Cream

Junior: 10 Portions

Ingredients

Flora Plant Double MLK360

Flora Plant Double

17.6 fl oz

Method

1. Refer to manufactures guidelines.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **144.5**

Fat (g): **15.7**

Saturated Fat (g): **9.0**

Carbohydrate: (g): **1.2**

of which Sugars: **0.6**

Protein (g): **0.3**

Fibre (g): **0.2**

Salt (g): **0.1**

Food Safety

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

Quorn vegan fillet (VG)(DF)

Junior: 10 Portions

Ingredients

Quorn Vegan Fillets 69g 410156

10 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: 10 Portions

Ingredients

Quorn Vegan Fishless Fingers 410108 **30 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.

Savoury Vegetable Rice

Junior: 10 Portions

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

Method

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

Allergens

Contains:

- **Mustard**

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

Nutritional Content (portion)

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

Food Safety

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

Shortbread fingers- (DF)(VG)

Junior: 10 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): 178.2
Fat (g): 9.2
Saturated Fat (g): 3.6
Carbohydrate: (g): 23.2
<i>of which Sugars:</i> 8.5
Protein (g): 1.3
Fibre (g): 0.6
Salt (g): 0.1

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

Steamed Rice

Junior: 10 Portions

Ingredients

Rice (Patna) CRP230

Rice, Patna, Long Grain - Country Range

14 oz

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **140.8**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **31.5**

of which Sugars: **0.0**

Protein (g): **2.8**

Fibre (g): **0.5**

Salt (g): **0.0**

Food Safety

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

Stuffing

Junior: 10 Portions

Ingredients

Stuffing STF024

C/R SAGE & ONION STUFFING

9 oz

Method

1. Use as per manufacturers instructions.

Allergens

Contains:

- **Wheat**

May Contain:

- **Soya**

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

Nutritional Content (portion)

Energy (kcal): **81.0**

Fat (g): **0.9**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **20.0**

of which Sugars: **0.6**

Protein (g): **2.0**

Fibre (g): **0.8**

Sodium (mg): **0.6**

Salt (g): **0.0**

Food Safety

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

Sultanas

Junior: 10 Portions

Ingredients

Sultanas DFR300
C/R SULTANAS

4 oz

Method

1. Refer to packaging information.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **29.6**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate (g): **6.9**

of which Sugars: **6.9**

Protein (g): **0.3**

Fibre (g): **0.2**

Salt (g): **0.0**

Food Safety

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

Summer Salad

Junior: 10 Portions

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

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

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

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

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

Sweetcorn

Junior: 10 Portions

Ingredients

Sweetcorn 1kg (Frozen)

1 lb 2 oz

Sweetcorn

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **58.5**

Fat (g): **1.2**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **9.0**

of which Sugars: **1.1**

Protein (g): **2.2**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

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

Toffee apple crumble(DF) (VG)

Junior: 10 Portions

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

Method

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

Allergens

Contains:

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

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

Nutritional Content (portion)

Energy (kcal):	250.2
Fat (g):	11.3
Saturated Fat (g):	4.6
Carbohydrate: (g):	35.4
of which Sugars:	17.3
Protein (g):	2.6
Fibre (g):	2.0
Salt (g):	0.1

Food Safety

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

Tomato Sauce Sticks

Junior: 10 Portions

Ingredients

Tomato Sauce POR045
C/R TOMATO KETCHUP SACHET

4 oz

Method

1. Use as per manufacturers instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **11.9**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **2.8**

of which Sugars: **2.4**

Protein (g): **0.1**

Fibre (g): **0.1**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

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

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

Junior: 10 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): 267.4
Fat (g): 10.4
Saturated Fat (g): 1.2
Carbohydrate: (g): 40.2
<i>of which Sugars:</i> 20.1
Protein (g): 2.7
Fibre (g): 0.9
Sodium (mg): 0.1
Salt (g): 0.0

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

Vegan Coleslaw (VG) (DF)

Junior: 10 Portions

Ingredients

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

Method

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

Allergens

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

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

Nutritional Content (portion)

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

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
4. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

Vegan Mayonnaise

Junior: 10 Portions

Ingredients

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

Method

No methods have been set for this recipe.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **55.0**

Fat (g): **6.0**

Saturated Fat (g): **0.4**

Carbohydrate (g): **0.3**

of which Sugars: **0.2**

Protein (g): **0.0**

Fibre (g): **0.0**

Salt (g): **0.1**

Food Safety

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

No instructions have been set for this recipe.

Vegan Nuggets

Junior: 10 Portions

Ingredients

Vegan Nugget (410097)

30 pieces

Vegan Nugget (410097)

Method

1. Refer to Manufactures instructions

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): **120.0**

Fat (g): **2.6**

Saturated Fat (g): **0.3**

Carbohydrate: (g): **15.1**

of which Sugars: **0.5**

Protein (g): **7.7**

Fibre (g): **2.8**

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.

Vegan sausages (DF) (VG)

Junior: 10 Portions

Ingredients

Vegan sausage (420038)

1 lb 4 oz

Vegan Sausage(420038)

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- Barley
- Celery
- 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): **105.3**

Fat (g): **0.3**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **12.8**

of which Sugars: **1.0**

Protein (g): **2.0**

Fibre (g): **1.7**

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. Dispose of any surplus reheated products after service is finished.
6. The service temperature must be maintained at above 65C throughout the service period.

Vegan Vegetable Curry (DF) (VG)

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 Potato 150130 Lutosa Potato dice	13 oz
Cauliflower/Broccoli Caul/Broccoli Mix	4 oz
Curry Powder SPI412 Curry Powder - Country Range	0.7 oz
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	0.4 oz

Method
<ol style="list-style-type: none">1. Heat oil in a pan 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 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.

Veggie Bolognese Pasta Bake(VG)

Junior: 10 Portions

Ingredients	
Diced Onion FFF071 Onions, Diced	3 oz
Grated Carrot FFP080 Carrots, Grated	3 oz
Tinned chopped tomatoes VGC830 Tomatoes, Chopped - Country Range	12 oz
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	2 oz
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	1 pieces
Black Pepper - ERC SPI334 Country Range Ground Black Pepper (500G)	0.50 tspn
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	1 lb 2 oz
Vegan Mince 390039 Meat The Alternative Beef Style Mince	12 oz
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	14 oz

Method
<ol style="list-style-type: none">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 the manufactures instructions. Mixed together or serve separately.

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

Nutritional Content (portion)
Energy (kcal): 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
<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.

Veggie Savoury Mince (VG)

Junior: 10 Portions

Ingredients	
Diced Onion FFV071 Onions, Diced	4 oz
Diced carrot 1KG Diced Carrots	4 oz
Peas 1kg (Frozen) Garden Peas	4 oz
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	1 oz
Water Water	15.0 fl oz
Gravy Granules GRV020 KNORR MEAT GRAVY GRANULES (GF) (V)	2 oz
Black pepper SPI334 Country Range Ground Black Pepper (500G)	0.250 To taste
Vegan Mince 390039 Meat The Alternative Beef Style Mince	14 oz

Method

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

Allergens

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.

Yorkshire Pudding (VG)

Junior: 10 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): 121.6
Fat (g): 2.3
Saturated Fat (g): 0.3
Carbohydrate: (g): 20.8
<i>of which Sugars:</i> 0.2
Protein (g): 3.9
Fibre (g): 1.1
Sodium (mg): 0.1
Salt (g): 0.0

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