

Amendments to Primary Main Cooks Pack

Menu Week 1

Monday

Mince Beef Hot Pot
Quorn Vegan Fillet (DF)(V)(VE)
Roast Chicken Breast Fillet
Gourmet Chicken Fillet (DF)

Yorkshire Puddings
Yorkshire Pudding

Chocolate Cake/Muffin - Macphie
Vanilla Cake/Muffin-Macphie
Peach Slices in Juice
Cream -

Tuesday

Pizza Pepperoni
Pizza Pepperoni
Pizza Pepperoni

Wednesday

Pizza Margherita (Homemade)(V)
Pizza Margaherita
Pizza Margherita

Yorkshire Pudding- Homemade

Chocolate Cake/Muffin - Macphie

Junior: 100 Portions

Ingredients

Macphie chocolate mix MXS140 Chocolate muffin/cake mix	3125 g
Water Water	1420 ml
Oil (vegetable) OIL013 C/R VEGETABLE OIL	512 ml

Method

1. Refer to manufactures instructions

2. Makes 400 tray bake or 360 muffins per 12.5KG

Allergens

Contains:

Cereals

Eggs

Gluten

Soya

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):	171.3
Fat (g):	8.7
Saturated Fat (g):	1.0
Carbohydrate: (g):	18.2
of which Sugars:	9.4
Protein (g):	2.6
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.

Cream -

Junior: 100 Portions

Ingredients

Cream, Double - meadowland MLK350

5000 ml

Meadowland Tetrapack Double 12x1L

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): **163.0**

Fat (g): **15.5**

Saturated Fat (g): **14.5**

Carbohydrate: (g): **2.2**

of which Sugars: **1.8**

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.

Gourmet Chicken Fillet (DF)

Junior: 100 Portions

Ingredients	Method
<div><div><div>G Gourmet Chicken Fillet 57g 410114</div><div>Red Tractor Raw Chicken Breast Fillet Portion 57g</div></div><div>5700 g</div></div>	<div>1. Refer to manufactures instructions.</div>

Allergens	Nutritional Content (portion)	Food Safety
<div><div>There are no allergens in ingredients for this recipe according to information provided by the suppliers.</div><div><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></div></div>	<div><div>Energy (kcal): 62.7</div><div>Fat (g): 1.1</div><div>Saturated Fat (g): 0.3</div><div>Carbohydrate: (g): 0.5</div><div>of which Sugars: 0.0</div><div>Protein (g): 12.9</div><div>Fibre (g): 0.0</div><div>Sodium (mg): 0.2</div><div>Salt (g): 0.0</div></div>	<div><div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div><div>2. Check storage temperature / product date / packaging and quality.</div><div>3. Individual frozen products “always cook from frozen.”</div><div>4. Probe cooked dish to confirm a minimum temperature of 82C.</div><div>5. Dispose of any surplus reheated products after service is finished.</div><div>6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.</div><div>7. The service temperature must be maintained at above 65C throughout the service period.</div><div>8. Ensure that there are no ice crystals present prior to cooking.</div></div>

Mince Beef Hot Pot

Junior: 100 Portions

Ingredients	
Diced carrot 1KG Carrots	1563 g
Diced swede 1KG Diced Swede	1563 g
Mince Beef JWY5 Minced Beef	5000 g
Onions FFV144 Onions, Cooking Medium	1563 g
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	3 pieces
Gravy Granules GRV020 Gluten Free Gravy Granules for Meat Dishes	359 g
Water Water	3125 ml
Black Pepper - ERC SPI334 Ground Black Pepper	3 tspn
Sliced Potatoes FFP051 Potatoes, Sliced	12500 g

Method
<div><div>1. Cook the mince & onions on steam or in a pan until browned, drain off any fat in a colander.</div><div>2. Place the cooked mince & onions into containers adding all the remaining ingredients (except the slice potatoes).</div><div>3. Mix the ingredients together well.</div><div>4. Layer the sliced potatoes on the top of the ingredients and lid place into a moderate oven for 1 hour.</div><div>5. After 1 hour remove the lids and allow the potatoes to colour for a further 30 minutes.</div></div>

Allergens
Contains: <div><div>• Sulphur dioxide</div></div> <div><div><div><div>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</div></div></div></div>

Nutritional Content (portion)
Energy (kcal): 113.1
Fat (g): 0.3
Saturated Fat (g): 0.0
Carbohydrate (g): 24.9
of which Sugars: 3.3
Protein (g): 3.0
Fibre (g): 3.8
Sodium (mg): 0.1
Salt (g): 0.0

Food Safety
<div><div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div><div>2. Check storage temperature / product date / packaging and quality.</div><div>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.</div><div>4. Probe cooked dish to confirm a minimum temperature of 82C.</div><div>5. Dispose of any surplus reheated products after service is finished.</div><div>6. The service temperature must be maintained at above 65C throughout the service period.</div></div>

Peach Slices in Juice

Junior: 100 Portions

Ingredients		Method	
Peaches (tinned) FRC362 PEACH SLICES IN JUICE		1. Refer to manufactures instructions.	
6850 g			

Allergens	Nutritional Content (portion)	Food Safety
<div>There are no allergens in ingredients for this recipe according to information provided by the suppliers.</div>	<div>Energy (kcal): 38.4</div> <div>Fat (g): 0.1</div> <div>Saturated Fat (g): 0.0</div> <div>Carbohydrate: (g): 9.6</div> <div>of which Sugars: 9.6</div> <div>Protein (g): 0.3</div> <div>Fibre (g): 0.6</div> <div>Salt (g): 0.0</div>	<div><div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div><div>2. Check storage temperature / product date / packaging and quality.</div></div>
<div><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></div>		

Pizza Margaherita

Junior: 100 Portions

Ingredients	Method
<div><div>CHEESE/TOM PIZZA SLAB 6301148083 g</div><div>Cheese & Tomato Caterslab with Added Wholemeal</div></div>	<div>1. Refer to manufactures instructions</div>

Allergens	Nutritional Content (portion)	Food Safety
<div><div>Contains:</div><div><ul style="list-style-type: none">CerealsGlutenMilkWheat</div><div><div><div>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</div></div></div></div>	<div><div>Energy (kcal): 211.0</div><div>Fat (g): 6.5</div><div>Saturated Fat (g): 2.8</div><div>Carbohydrate: (g): 28.3</div><div>of which Sugars: 2.0</div><div>Protein (g): 9.0</div><div>Fibre (g): 2.1</div><div>Sodium (mg): 0.2</div><div>Salt (g): 0.0</div></div>	<div><div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div><div>2. Check storage temperature / product date / packaging and quality.</div><div>3. Individual frozen products “always cook from frozen.”</div><div>4. The service temperature must be maintained at above 65C throughout the service period.</div></div>

Pizza Margherita

Junior: 100
Portions

Ingredients	
11 Inch Cheese & Tomato Pizza 630046	6375 g
Margherita Pizza	

Method
1. Refer to manufacturer instructions

Allergens
Contains: <ul style="list-style-type: none">CerealsGlutenMilkWheat
<div><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></div>

Nutritional Content (portion)
Energy (kcal): 149.2
Fat (g): 3.6
Saturated Fat (g): 1.7
Carbohydrate (g): 21.4
of which Sugars: 1.9
Protein (g): 7.9
Fibre (g): 0.9
Sodium (mg): 0.3
Salt (g): 0.0

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

Pizza Margherita (Homemade)(V)

Junior: 100 Portions

Ingredients	
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	529 g
Baking Powder BAK441 Baking Powder	133 g
Margarine MRG020 Cooking & Baking Margarine	529 g
Water Water	1063 ml
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	1417 g
Mozzarella Cheese CHF408 Shredded 80/20 Mozzarella / Cheddar 6x2kg	1417 g
Flour, Plain FLO154 C/R PLAIN FLOUR	1229 g
Mixed Herbs SPI402 Dried Mixed Herbs	4 tspn
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	133 g

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

Allergens
<div>Contains:</div> <div><div><div>• Barley</div><div>• Cereals</div><div>• Gluten</div><div>• Kamut</div><div>• Milk</div><div>• Oats</div><div>• Rye</div><div>• Spelt</div><div>• Wheat</div></div></div> <div><div><div>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</div></div></div>

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

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

Pizza Pepperoni

Junior: 100
Portions

Ingredients	
11 Inch Cheese & Tomato Pizza 630046 Margherita Pizza	6800 g
Pepperoni Slices 630152 Sliced Pepperoni	1267 g

Method
<ol style="list-style-type: none">1. Place pizza on baking tray. Place pepperoni on top.2. Cook according to manufacturers instructions.3. Please note that this is required to be cooked as close to service time as possible.

Allergens
Contains: <ul style="list-style-type: none">• Cereals• Gluten• Milk• Wheat <div><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></div>

Nutritional Content (portion)
Energy (kcal): 225.1
Fat (g): 10.0
Saturated Fat (g): 4.2
Carbohydrate (g): 22.9
of which Sugars: 2.1
Protein (g): 10.8
Fibre (g): 1.0
Sodium (mg): 0.3
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. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.5. The service temperature must be maintained at above 65C throughout the service period.

Pizza Pepperoni

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	1240 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	531 g
Baking Powder BAK441 Baking Powder	133 g
Margarine MRG020 Cooking & Baking Margarine	531 g
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	133 g
Water Water	1062 ml
Pepperoni Slices 630152 Sliced Pepperoni	1417 g
Mozzarella Cheese CHF408 Shredded 80/20 Mozzarella / Cheddar 6x2kg	1417 g
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	1417 g
Mixed Herbs SPI402 Dried Mixed Herbs	6 tspn

Method
<ol style="list-style-type: none">1. Cut margarine into dry ingredients.2. With the hook attachment on the mixer, rub the fat into the flour.3. Mix to a soft scone dough.4. Block and portion into tins.5. Mix the maggi sauce and herbs together.6. Spread over the pizza base.7. Sprinkle the mozzarella cheese over the sauce. Place pepperoni slices on top.8. Bake in a moderate oven for 15-20 minutes.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Gluten• Kamut• Milk• Oats• Rye• Spelt• Wheat
<div><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></div>

Nutritional Content (portion)
Energy (kcal): 232.9
Fat (g): 15.4
Saturated Fat (g): 7.0
Carbohydrate: (g): 15.8
<i>of which Sugars:</i> 1.8
Protein (g): 8.7
Fibre (g): 1.3
Salt (g): 0.1

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

Pizza Pepperoni

Junior: 100
Portions

Ingredients	
CHEESE/TOM PIZZA SLAB 630114	5850 g
Cheese & Tomato Caterslab with Added Wholemeal	
Pepperoni Slices 630152	1417 g
Sliced Pepperoni	

Method
<div>1. Place izza on a greased baking tray. Place pepperoni on top.</div> <div>2. Bake in a moderate oven until cooked through.</div> <div>3. Portion and serve. Please note these should be cooked as close to service time as possible.</div>

Allergens
<div>Contains:</div> <div><div>Cereals</div><div>Gluten</div><div>Milk</div><div>Wheat</div></div> <div><div><div>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</div></div></div>

Nutritional Content (portion)
Energy (kcal): 226.5
Fat (g): 11.7
Saturated Fat (g): 4.7
Carbohydrate (g): 20.5
of which Sugars: 1.5
Protein (g): 9.2
Fibre (g): 1.5
Sodium (mg): 0.2
Salt (g): 0.0

Food Safety
<div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div> <div>2. Check storage temperature / product date / packaging and quality.</div> <div>3. Individual frozen products “ always cook from frozen.</div> <div>4. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.</div> <div>5. The service temperature must be maintained at above 65C throughout the service period.</div>

Quorn Vegan Fillet (DF)(V)(VE)

Junior: 100 Portions

Ingredients		Method	
Quorn Vegan Fillets 69g 410156 Vegan Fillets		100 pieces	
		1. Refer to manufactures instructions.	

Allergens	Nutritional Content (portion)	Food Safety
Contains: <ul style="list-style-type: none">CerealsGlutenWheat <div><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></div>	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	<ol style="list-style-type: none">Maintain a high standard of hygiene and wash your hands at the appropriate times.Check storage temperature / product date / packaging and quality.Individual frozen products “always cook from frozen.For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.The service temperature must be maintained at above 65C throughout the service period.Ensure that there are no ice crystals present prior to cooking.

Roast Chicken Breast Fillet

Junior: 100 Portions

Ingredients	Method
<div>Chicken breast(uncooked) 900059100 pieces</div> <div>Red Tractor Cooked Chicken Breast Flattened (50g)</div>	<div>1. Refer to manufactures instructions</div>

Allergens	Nutritional Content (portion)	Food Safety
<div>There are no allergens in ingredients for this recipe according to information provided by the suppliers.</div> <div><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></div>	<div>Energy (kcal): 47.0</div> <div>Fat (g): 0.8</div> <div>Saturated Fat (g): 0.2</div> <div>Carbohydrate: (g): 1.4</div> <div>of which Sugars: 0.8</div> <div>Protein (g): 10.8</div> <div>Fibre (g): 0.2</div> <div>Sodium (mg): 0.1</div> <div>Salt (g): 0.0</div>	<div><div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div><div>2. Check storage temperature / product date / packaging and quality.</div><div>3. Individual frozen products “always cook from frozen.”</div><div>4. Probe cooked dish to confirm a minimum temperature of 82C.</div><div>5. Dispose of any surplus reheated products after service is finished.</div><div>6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.</div><div>7. The service temperature must be maintained at above 65C throughout the service period.</div><div>8. Ensure that there are no ice crystals present prior to cooking.</div></div>

Vanilla Cake/Muffin-Macphie

Junior: 100 Portions

Ingredients

Macphie Plain Mix MXS142

3125 g

Macphie Plain Muffin/ cake mix

Oil (vegetable) OIL013

442 ml

C/R VEGETABLE OIL

Water

1420 ml

Water

Method

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

Allergens

Contains:

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

May Contain:

- **Milk**

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

Nutritional Content (portion)

Energy (kcal): **175.6**

Fat (g): **8.2**

Saturated Fat (g): **0.7**

Carbohydrate: (g): **23.4**

of which Sugars: **13.1**

Protein (g): **2.2**

Fibre (g): **0.3**

Salt (g): **0.2**

Food Safety

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

Ingredients	
Yorkshire Pudding Aunt Bessie 640076	3000 g
Yorkshire Puddings	

Method
1. Refer to manufactures instructions.

Allergens	
Contains: <ul style="list-style-type: none">CerealsEggsGlutenMilkWheat <div><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></div>	

Nutritional Content (portion)	
Energy (kcal):	75.6
Fat (g):	2.2
Saturated Fat (g):	0.2
Carbohydrate (g):	11.1
of which Sugars:	0.6
Protein (g):	2.5
Fibre (g):	0.7
Salt (g):	0.0

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

Yorkshire Pudding- Homemade

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	794 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	263 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	625 g
Water Water	2500 ml
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	0.0000 g

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

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Eggs• Kamut• Milk• Oats• Rye• Spelt• Wheat
<div><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></div>

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

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

Yorkshire Puddings

Junior: 100
Portions

Ingredients	
Yorkshire Puddings Roberts 640183 Roberts Yorkshire Pudding	100 pieces

Method
1. Refer to manufactures instructions.

Allergens
Contains: <ul style="list-style-type: none">CerealsEggsMilkWheat <div><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></div>

Nutritional Content (portion)
Energy (kcal): 42.6
Fat (g): 0.5
Saturated Fat (g): 0.2
Carbohydrate: (g): 8.2
of which Sugars: 0.4
Protein (g): 1.9
Fibre (g): 0.3
Salt (g): 0.1

Food Safety
<ol style="list-style-type: none">Maintain a high standard of hygiene and wash your hands at the appropriate times.Check storage temperature / product date / packaging and quality.Individual frozen products “always cook from frozen.”Probe cooked dish to confirm a minimum temperature of 82C.Dispose of any surplus reheated products after service is finished.For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.The service temperature must be maintained at above 65C throughout the service period.Ensure that there are no ice crystals present prior to cooking.For allergen friendly foods, wash equipment prior to use and sanitise work stations. Cover and store (hot or cold) away from other foods until service.