Autumn Winter 2023/2024

Primary Dairy Free 10 portion in Kilo

Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatballs in Tomato Sauce (DF) --- Steamed Rice Mixed Vegetables --- Fresh Fruit -- Alpro Chocolate Mousse (DF) Chocolate Crackle (DF)(VG) Alpro Custard (DF)	Tasty Cheesy Pasta Bake (DF)(V)(VE) --- Garlic Bread Slices Sweetcorn --- Melting Moment Biscuit(DF) Mandarin Segments in Juice Fresh Fruit --	Roast Chicken Breast Fillet Gourmet Chicken Fillet (DF) --- Gravy(DF)(GF)(V)(VE) Stuffing(DF)(V)(VE) Oven baked Roast Potatoes Baby Carrots Broccoli --- Chocolate Sponge-(DF) Pear Halves in Juice Plant Cream	Mince Beef Hot Pot (DF) --- Green Beans Cauliflower --- Shortbread Fingers-(DF)(VG) Ice Cream (DF)(VG) Jam Sauce	Breaded Fish Square (DF) --- Tomato Sauce Sticks Chunky Chips Garden Peas --- Lemon Drizzle Muffins (DF)(VG)

Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Ham, Mediterranean Pasta Bake (DF)	Italian Style Pepperoni Pizza (DF)	Slow Braised Diced Beef	Chicken Curry (DF)	Crispy Nugget Dippers (DF)(VE)
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Crusty Roll(DF)(V)(VE) Sweetcorn	Jacket Wedges Baked Beans	Yorkshire Pudding (DF) Mashed Potato Spring Cabbage Baby Carrots	Mini Teardrop Naan (DF)(V)(VE) Mixed Vegetables	Tomato Sauce Sticks Chunky Chips Garden Peas
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Alpro Chocolate Mousse (DF) Chocolate Oat Delight(DF) Alpro Custard (DF)	Viennese Biscuits(DF) Peach Slices in Juice	Chocolate Orange Sponge (DF) Plant Cream	Ice Cream (DF)(VG) Fresh Fruit -- Fruit Cocktail in Juice	Raspberry Buns (DF)(VG)

Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Yorkshire All Day Breakfast- (DF)(V)(VE) --- Hash Browns Baked Beans --- Chocolate Cookie Mandarin Segments in Juice	Italian Style Mince Beef Pasta Bolognese(DF) --- Crusty Roll(DF)(V)(VE) Baby Carrots Garden Peas --- Shortcake Alpro Custard (DF)	Roast Pork Loin Roast Pork Loin Steaks --- Gravy(DF)(GF)(V)(VE) Mashed Potato Broccoli Baby Carrots Stuffing(DF)(V)(VE) Apple Sauce --- Chocolate Crackle (DF)(VG) Plant Cream	Mexican Style Chicken Enchiladas (DF) --- Vegetable Rice Vegetable Sticks --- Steamed/Baked Jam Sponge (DF)(VG) Alpro Custard (DF)	Fish Fingers (GF) & (DF) --- Tomato Sauce Sticks Chunky Chips Garden Peas --- Oaty Fruit Crunch (DF)(VG) Alpro Custard (DF)

Alpro Chocolate Mousse (DF)

Junior: 10 Portions

Ingredients

Alpro Chocolate Dessert SAU132 **10 pieces**
Mousse, Chocolate - 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):	**103.8**
Fat (g):	**2.4**
Saturated Fat (g):	**0.6**
Carbohydrate: (g):	**16.2**
of which Sugars:	**13.1**
Protein (g):	**3.8**
Fibre (g):	**1.4**
Sodium (mg):	**0.2**
Salt (g):	**0.0**

Food Safety

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

Alpro Custard (DF)

Junior: 10 Portions

Ingredients

Alpro - Custard CUS004 Custard - Alpro	**800 g**

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.

Apple Sauce

Junior: 10 Portions

Ingredients

Apples (tinned) FRC002 C/R SOLID PACK APPLE (ITALIAN)	**280 g**

Method

1. Cook in a small amount of water, until soft.

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):	**11.7**
Fat (g):	**0.0**
Saturated Fat (g):	**0.0**
Carbohydrate: (g):	**2.5**
of which Sugars:	**2.4**
Protein (g):	**0.1**
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.

Baby Carrots

Junior: 10 Portions

Ingredients

baby carrots Whole baby carrots	**500 g**

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**18.0**
Fat (g):	**0.2**
Saturated Fat (g):	**0.0**
Carbohydrate: (g):	**3.0**
of which Sugars:	**2.8**
Protein (g):	**0.4**
Fibre (g):	**1.2**
Salt (g):	**0.0**

Food Safety

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

Baked Beans

Junior: 10 Portions

Ingredients

Baked Beans C/R VGC136 **504 g**
Baked Beans In Tomato Sauce

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 (DF) Junior: 10 Portions

Ingredients

Oil (sunflower) OIL075 KTC SUNFLOWER OIL	**30 ml**
Diced Onion FFV071 Onions, Diced	**114 g**
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	**199 g**
Mixed Herbs SPI402 Dried Mixed Herbs	**1 tspn**
Black Pepper SPI334 Ground Black Pepper	**1 To taste**
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	**43 g**
Beef Meatballs (23g each)470030 Beef Meatballs (23g each)	**30 pieces**

Method

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

Allergens

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):	**221.3**
Fat (g):	**15.9**
Saturated Fat (g):	**5.3**
Carbohydrate: (g):	**9.1**
of which Sugars:	**3.1**
Protein (g):	**10.5**
Fibre (g):	**1.0**
Salt (g):	**0.0**

Food Safety

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

Breaded Fish Square (DF)

Junior: 10 Portions

Ingredients

Young's Breaded Fishwich Fillet Squares MSC 50x85g 330007 Young's Breaded Fishwich Fillet Squares MSC 50x85g	**10 pieces**

Method

1. Refer to manufactures instructions.

Allergens

Contains:

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

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

Nutritional Content (portion)

Energy (kcal):	**165.8**
Fat (g):	**6.5**
Saturated Fat (g):	**1.1**
Carbohydrate: (g):	**16.7**
of which Sugars:	**0.8**
Protein (g):	**9.9**
Fibre (g):	**0.8**
Salt (g):	**0.9**

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.

Broccoli

Junior: 10 Portions

Ingredients

Broccoli Florets 2.5kg Broccoli	**500 g**

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**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 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.

Cauliflower

Junior: 10 Portions

Ingredients

Cauliflower 1kg Cauliflower	**500 g**

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**15.0**
Fat (g):	**0.2**
Saturated Fat (g):	**0.0**
Carbohydrate: (g):	**2.2**
of which Sugars:	**1.4**
Protein (g):	**1.2**
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 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.

Chicken Curry (DF)

Junior: 10 Portions

Ingredients

Diced Onion FFV071 Onions, Diced	**91 g**
Tinned chopped tomatoes VGC830 Royal Crown Chopped Tomatoes 6x800g	**320 g**
Grated Carrot FFP080 Carrots, Grated	**91 g**
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	**24 ml**
Peppers, mixed (diced, frozen) 100138 RED AND GREEN PEPPER 10X10	**91 g**
Chicken (diced) (970104) DICED CHICKEN BREAST	**500 g**
Curry Powder SPI412 Curry Powder	**20 g**
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	**11 g**

Method

1. Heat oil in a pan, add the meat and seal.
2. Add the chopped onions, peppers, carrots and tinned tomatoes, Heat throughly.
3. Add the curry powder and tomato puree.
4. simmer on a gente heat for approximatley 20 minutes until cooked.

Allergens

Contains:

- **Mustard**

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Nutritional Content (portion)

Energy (kcal):	**98.0**
Fat (g):	**3.3**
Saturated Fat (g):	**0.5**
Carbohydrate: (g):	**3.9**
of which Sugars:	**2.1**
Protein (g):	**12.9**
Fibre (g):	**1.0**
Sodium (mg):	**0.2**
Salt (g):	**0.0**

Food Safety

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

Chocolate Cookie

Junior: 10 Portions

Ingredients

Flour, Plain FLO154 C/R PLAIN FLOUR	**102 g**
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	**34 g**
Sugar, White SUG150 GRANULATED SUGAR	**91 g**
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	**11 g**
Cornflakes BRK095 Cornflakes Bag - Kellogga€™s	**17 g**
Margarine MRG020 Cooking & Baking Margarine	**136 g**

Method

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:

- **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):	**184.6**
Fat (g):	**10.6**
Saturated Fat (g):	**4.2**
Carbohydrate: (g):	**21.1**
of which Sugars:	**9.3**
Protein (g):	**1.8**
Fibre (g):	**0.7**
Salt (g):	**0.1**

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.

Chocolate Crackle (DF)(VG)

Junior: 10 Portions

Ingredients

Margarine MRG020 Cooking & Baking Margarine	**106 g**
Syrup SYR012 T/LYLE GOLDEN SYRUP	**160 g**
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	**27 g**
Rice Krispies BRK130 KELLOGGS RICE KRISPIES BAG PACK	**195 g**

Method

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:

- **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):	**206.4**
Fat (g):	**8.4**
Saturated Fat (g):	**3.4**
Carbohydrate: (g):	**30.2**
of which Sugars:	**14.8**
Protein (g):	**1.8**
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. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.

Chocolate Oat Delight(DF)

Junior: 10 Portions

Ingredients

Margarine MRG020 Cooking & Baking Margarine	**113 g**
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	**11 g**
Oats BRK210 Superfast Oats	**96 g**
Flour, Plain FLO154 C/R PLAIN FLOUR	**128 g**
Sugar, White SUG150 GRANULATED SUGAR	**64 g**
Sugar, Icing SUG250 Sugar Icing - Whitworths	**43 g**
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	**7 g**
Boiling water Boiling water	**10 ml**
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	**43 g**

Method

1. Melt Margarine, stir in rest of ingredients and mix well
2. Press into a greased shallow tin
3. bake in a moderate oven until brown (15/20mins)
4. Portion while warm
5. mix sieved icing sugar and cocoa with water into a icing, ice once cooled
6. leave icing to set before serving

Allergens

Contains:

- **Barley**
- **Cereals**
- **Gluten**
- **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):	**217.0**
Fat (g):	**9.7**
Saturated Fat (g):	**3.7**
Carbohydrate: (g):	**29.3**
of which Sugars:	**10.9**
Protein (g):	**3.3**
Fibre (g):	**1.7**
Salt (g):	**0.1**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Probe cooked dish to confirm a minimum temperature of 82C.

Chocolate Orange Sponge (DF)

Junior: 10 Portions

Ingredients

Flour, Plain FLO154 C/R PLAIN FLOUR	**177 g**
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	**41 g**
Baking Powder BAK441 Baking Powder	**18 g**
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	**18 g**
Margarine MRG020 Cooking & Baking Margarine	**106 g**
Sugar, White SUG150 GRANULATED SUGAR	**106 g**
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	**50 g**
Orange zest/Juice FFM060/S Oranges	**73 g**
Soya Milk (unsweetened) MLK024 SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	**72 ml**

Method

1. Cream the margarine and sugar together until light and fluffy.
2. Lightly beat the eggs. Beat the eggs into the mixture a little at a time to prevent curdling.
3. Sieve together the white flour, cocoa and baking powder. Add the wholemeal flour.
4. Fold the flour into the creamed mixture on speed 1, alternating with the water to keep the mixture to a soft dropping consistency.
5. Zest & juice oranges and add into the sponge mixture.
6. Put into greased tins.
7. Bake in a moderate oven for 30-40 minutes.

Allergens

Contains:

- **Barley**
- **Cereals**
- **Eggs**
- **Gluten**
- **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):	**206.8**
Fat (g):	**8.9**
Saturated Fat (g):	**3.5**
Carbohydrate: (g):	**29.5**
of which Sugars:	**10.8**
Protein (g):	**3.3**
Fibre (g):	**1.4**
Salt (g):	**0.1**

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

Chocolate Sponge-(DF)

Junior: 10 Portions

Ingredients

Flour, Plain FLO154 C/R PLAIN FLOUR	**177 g**
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	**41 g**
Baking Powder BAK441 Baking Powder	**18 g**
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	**18 g**
Margarine MRG020 Cooking & Baking Margarine	**106 g**
Sugar, White SUG150 GRANULATED SUGAR	**106 g**
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	**50 g**
Alpro Unsweetned Soya Milk (MLK 024) SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	**71 ml**

Method

1. Cream the margarine and sugar together until light and fluffy.
2. Lightly beat the eggs. Beat the eggs into the mixture a little at a time to prevent curdling.
3. Sieve together the white flour, cocoa and baking powder. Add the wholemeal flour.
4. Fold the flour into the creamed mixture on speed 1, alternating with the water to keep the mixture to a soft dropping consistency.
5. Put into greased tins.
6. Bake in a moderate oven for 30-40 minutes.
7. Serve with tinned sliced pears.

Allergens

Contains:

- **Barley**
- **Cereals**
- **Eggs**
- **Gluten**
- **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):	**202.2**
Fat (g):	**8.9**
Saturated Fat (g):	**3.5**
Carbohydrate: (g):	**28.3**
of which Sugars:	**10.8**
Protein (g):	**3.2**
Fibre (g):	**1.0**
Salt (g):	**0.1**

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

Chunky Chips

Junior: 10 Portions

Ingredients

Chips (frozen) 150016 **1000 g**
Steakhouse 4x2500g Farm Frites IBP

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 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.

Crispy Nugget Dippers (DF)(VE)

Junior: 10 Portions

Ingredients

Vegetable Nuggets 20g 420028 **30 pieces**
Vegetable Nuggets

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- **Cereals**
- **Gluten**
- **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):	**132.0**
Fat (g):	**6.5**
Saturated Fat (g):	**0.6**
Carbohydrate: (g):	**15.2**
of which Sugars:	**2.9**
Protein (g):	**2.2**
Fibre (g):	**1.7**
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. 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.
8. Ensure that there are no ice crystals present prior to cooking.

Crusty Roll(DF)(V)(VE)

Junior: 10 Portions

Ingredients

Petit Pan Rolls 640254 **10 pieces**
Le Pain Chic Part Baked White Petit Pain

Method

1. Refer to manufactures instructions

Allergens

Contains:

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

May Contain:

- **Sesame seeds**

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

Nutritional Content (portion)

Energy (kcal):	**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.

Fish Fingers (GF) & (DF)

Junior: 10 Portions

Ingredients

Young's Never Fried Gluten & Milk Free Fish Finger 330023 Gluten & Milk Free Fish Finger	**30 pieces**

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.

Fresh Fruit --

Junior: 10 Portions

Ingredients

Bananas SCH033 Bananas	**375 g**
Oranges FFM060/S Orange Wedges	**425 g**
Apples SCH031 Apples, Golden Delicious	**200 g**

Method

1. Wash & 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):	**71.6**
Fat (g):	**0.3**
Saturated Fat (g):	**0.0**
Carbohydrate: (g):	**18.2**
of which Sugars:	**6.5**
Protein (g):	**1.0**
Fibre (g):	**3.4**
Salt (g):	**0.0**

Food Safety

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

Fruit Cocktail in Juice

Junior: 10 Portions

Ingredients

Fruit Cocktail in juice FRC212 **683 g**
FRUIT COCKTAIL IN JUICE

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**36.9**
Fat (g):	**0.1**
Saturated Fat (g):	**0.0**
Carbohydrate: (g):	**8.5**
of which Sugars:	**8.5**
Protein (g):	**0.2**
Fibre (g):	**0.7**
Salt (g):	**0.0**

Food Safety

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

Garden Peas

Junior: 10 Portions

Ingredients

Peas 1kg (Frozen) Peas	**500 g**

Method

1. Refer to maunufactures guidlines

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):	**39.0**
Fat (g):	**0.4**
Saturated Fat (g):	**0.0**
Carbohydrate: (g):	**5.0**
of which Sugars:	**2.7**
Protein (g):	**2.6**
Fibre (g):	**2.6**
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.

Garlic Bread Slices

Junior: 10 Portions

Ingredients

Garlic slices 30g 640033 **10 pieces**
Garlic Bread Slices

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):	**119.4**
Fat (g):	**6.2**
Saturated Fat (g):	**1.9**
Carbohydrate: (g):	**13.1**
of which Sugars:	**1.0**
Protein (g):	**2.4**
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 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.

Gourmet Chicken Fillet (DF)

Junior: 10 Portions

Ingredients

G Gourmet Chicken Fillet 57g 410114 **570 g**
Red Tractor Raw Chicken Breast Fillet Portion 57g

Method

1. Refer to manufacures 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 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.
8. Ensure that there are no ice crystals present prior to cooking.

Gravy(DF)(GF)(V)(VE)

Junior: 10 Portions

Ingredients

Water Water	**250 ml**
Gravy Granules GRV020 Gluten Free Gravy Granules for Meat Dishes	**50 g**

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):	**1.3**
Fat (g):	**0.0**
Saturated Fat (g):	**0.0**
Carbohydrate: (g):	**0.3**
of which Sugars:	**0.0**
Protein (g):	**0.0**
Fibre (g):	**0.0**
Salt (g):	**0.0**

Food Safety

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

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):	**12.0**
Fat (g):	**0.2**
Saturated Fat (g):	**0.0**
Carbohydrate: (g):	**1.6**
of which Sugars:	**1.1**
Protein (g):	**1.0**
Fibre (g):	**0.0**
Salt (g):	**0.0**

Food Safety

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

Ham, Mediterranean Pasta Bake (DF) Junior: 10 Portions

Ingredients

Tinned chopped tomatoes VGC830 Royal Crown Chopped Tomatoes 6x800g	**397 g**
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	**29 ml**
Diced Onion FFV071 Onions, Diced	**113 g**
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	**199 g**
Mixed Herbs SPI402 Dried Mixed Herbs	**1 tspn**
Black Pepper - ERC SPI334 Ground Black Pepper	**0 tspn**
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	**43 g**
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	**2 pieces**
Worcestershire Sauce SAU547 Worcestershire Sauce - Lea & Perrins	**1 tspn**
Ham (cooked) MCC080 Gammon Ham	**450 g**
Vegan Cheese (CHF020) Vegan Cheese	**57 g**
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	**450 g**

Method

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:

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

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

Nutritional Content (portion)

Energy (kcal):	**285.6**
Fat (g):	**7.3**
Saturated Fat (g):	**2.4**
Carbohydrate: (g):	**39.2**
of which Sugars:	**4.5**
Protein (g):	**13.9**
Fibre (g):	**1.9**
Salt (g):	**0.1**

Food Safety

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

Hash Browns

Junior: 10 Portions

Ingredients

Hash Brown 150057 **20 pieces**
Hash Browns

Method

1. Refer to manufactures instructions.
2. OVEN Place Hashbrowns on a baking sheet and place in a pre-heated oven at 220ºC/Gas mark 7 for 15- 20 minutes. Turning once during cooking. GRILL Place Hashbrowns on a rack under a pre-heated grill and cook under a moderate heat for 8-10 minutes. Turning halfway through cooking. SHALLOW FRY Pre-heat a little oil in a frying pan. Add hashbrowns and fry over a moderate heat for 10-12 minutes, turning occasionally. DEEP FRYER Preheat the oil to 175°C/347°F. Fry small quantities at a time for 3 - 4.5 minutes until crisp. Drain on absorbent paper before serving. Do not refreeze once thawed.

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):	**149.0**
Fat (g):	**6.7**
Saturated Fat (g):	**0.7**
Carbohydrate: (g):	**18.9**
of which Sugars:	**0.6**
Protein (g):	**2.0**
Fibre (g):	**2.5**
Salt (g):	**0.5**

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.

Ice Cream (DF)(VG)

Junior: 10 Portions

Ingredients

Vegan Ice Cream (810091) **800 ml**
Vegan Vanilla Ice Cream (810091)

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.

Italian Style Mince Beef Pasta Bolognese(DF)

Junior: 10 Portions

Ingredients

Diced Onion FFV071 Onions, Diced	**85 g**
Grated Carrot FFP080 Carrots, Grated	**85 g**
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	**397 g**
Tomatoes, Chopped (tinned) VGC830 Royal Crown Chopped Tomatoes 6x800g	**340 g**
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	**43 g**
Black Pepper - ERC SPI334 Ground Black Pepper	**0 tspn**
Worcestershire Sauce SAU547 Worcestershire Sauce - Lea & Perrins	**1 tspn**
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	**1 pieces**
Minced Beef 970085 Minced Beef	**500 g**
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	**450 g**

Method

1. Place minced beef in pan, add diced onions, lightly seal until brown.
2. Add grated carrots, chopped tomatoes, tomato puree and maggi sauce
3. Season with veg bouillon, Worcester sauce & black pepper.
4. Simmer on a gentle heat for approximately 20 minutes until cooked or alternatively place in steamer.
5. Cook the pasta as per manufactures instructions. Once cooked can be mixed together or served separately.

Allergens

Contains:

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

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

Nutritional Content (portion)

Energy (kcal):	**320.4**
Fat (g):	**10.9**
Saturated Fat (g):	**0.3**
Carbohydrate: (g):	**39.2**
of which Sugars:	**5.8**
Protein (g):	**15.5**
Fibre (g):	**2.2**
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 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.

Italian Style Pepperoni Pizza (DF) Junior: 10 Portions

Ingredients

Flour, Plain FLO154 C/R PLAIN FLOUR	**124 g**
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	**53 g**
Baking Powder BAK441 Baking Powder	**13 g**
Margarine MRG020 Cooking & Baking Margarine	**53 g**
Pepperoni Slices 630152 Sliced Pepperoni	**142 g**
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	**142 g**
Mixed Herbs SPI402 Dried Mixed Herbs	**1 tspn**
Vegan Cheese (CHF020) Vegan Cheese	**142 g**
Alpro Unsweetned Soya Milk (MLK 024) SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	**106 ml**

Method

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 cheese over the tomato sauce. Place pepperoni slices on the top.
8. Bake in a moderate oven for 15-20 minutes.

Allergens

Contains:

- **Barley**
- **Cereals**
- **Gluten**
- **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):	**228.6**
Fat (g):	**15.3**
Saturated Fat (g):	**7.6**
Carbohydrate: (g):	**18.3**
of which Sugars:	**1.1**
Protein (g):	**5.2**
Fibre (g):	**1.2**
Salt (g):	**0.4**

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.

Jacket Wedges

Junior: 10 Portions

Ingredients

LW Jacket Wedges 150099 LW Jacket Wedges	**1000 g**

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**123.0**
Fat (g):	**3.5**
Saturated Fat (g):	**0.4**
Carbohydrate: (g):	**19.0**
of which Sugars:	**0.6**
Protein (g):	**2.3**
Fibre (g):	**2.9**
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 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.

Jam Sauce

Junior: 10 Portions

Ingredients

Jam MIXED FRUIT PRE160 C/R MIXED FRUIT JAM	**136 g**
Cornflour FLO048 C/R CORNFLOUR	**11 g**
Water Water	**114 ml**

Method

1. Warm jam in a pan.
2. mix together water and cornflour in a bowl.
3. add the cornflour to the jam and stir in, simmer gently.
4. once cooked place into a container and cool slightly prior to serve.
5. temperature should not be above 63ºC for 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):	**40.0**
Fat (g):	**0.0**
Saturated Fat (g):	**0.0**
Carbohydrate: (g):	**9.9**
of which Sugars:	**7.5**
Protein (g):	**0.0**
Fibre (g):	**0.2**
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.

Lemon Drizzle Muffins (DF)(VG)

Junior: 10 Portions

Ingredients

Self Raising Flour FLO032 Self Raising Flour (FLO 032)	**275 g**
Sugar, White SUG150 GRANULATED SUGAR	**200 g**
Baking Powder BAK441 Baking Powder	**5 g**
Vanilla Essence FLV080 DR OETKER VANILLA ESSENCE	**2 ml**
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	**67 ml**
Water Water	**113 ml**
Lemons/Juice/zest FFM051/S Lemons	**1 pieces**
Sugar, Icing SUG250 Sugar Icing - Whitworths	**95 g**

Method

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.
6. When cool, mix icing sugar with lemon juice and ice muffins.

Allergens

Contains:

- **Barley**
- **Cereals**
- **Gluten**
- **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):	**280.0**
Fat (g):	**7.2**
Saturated Fat (g):	**0.9**
Carbohydrate: (g):	**51.1**
of which Sugars:	**30.0**
Protein (g):	**2.8**
Fibre (g):	**1.9**
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.

Mandarin Segments in Juice

Junior: 10 Portions

Ingredients

Mandarin Oranges FRC314 **667 g**
Mandarin Segments in Juice

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**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 Lutosa Potato dice	**1250 g**

Method

1. Cook according to manufacturer's instructions.
2. When cooked, place in mixer bowl and beat using paddle attachement.
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 â€“ always cook from frozen.
4. Probe cooked dish to confirm a minimum temperature of 82C.

Melting Moment Biscuit(DF)

Junior: 10 Portions

Ingredients

Flour, Plain FLO154 C/R PLAIN FLOUR	**91 g**
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	**30 g**
Baking Powder BAK441 Baking Powder	**5 g**
Margarine MRG020 Cooking & Baking Margarine	**91 g**
Sugar, White SUG150 GRANULATED SUGAR	**71 g**
Oats BRK210 Superfast Oats	**20 g**
Cherries, Glace DFR400 Glace Cherries	**5 g**
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	**18 g**

Method

1. Cream margarine and sugar. Add eggs to mixture.
2. Mix in baking powder and flours. Portion and form into balls. Roll in oats.
3. Place on baking sheet and flatten slightly. Decorate with a piece of cherry.
4. Bake in a moderate oven.

Allergens

Contains:

- **Barley**
- **Cereals**
- **Eggs**
- **Gluten**
- **Kamut**
- **Oats**
- **Rye**
- **Spelt**
- **Sulphur dioxide**
- **Wheat**

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

Nutritional Content (portion)

Energy (kcal):	**142.0**
Fat (g):	**7.3**
Saturated Fat (g):	**2.8**
Carbohydrate: (g):	**18.0**
of which Sugars:	**7.5**
Protein (g):	**1.7**
Fibre (g):	**0.8**
Salt (g):	**0.1**

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

Mexican Style Chicken Enchiladas (DF) Junior: 10 Portions

Ingredients

Oil (sunflower) OIL075 KTC SUNFLOWER OIL	**19 ml**
Onions - Red FFV141 Onions, Red	**80 g**
Peppers, mixed (diced, frozen) 100138 RED AND GREEN PEPPER 10X10	**156 g**
Garlic powder SPI415 Garlic Powder	**1 tspn**
Paprika SPI351 Paprika	**4 g**
Diced Chicken JWY32 Diced Chicken Breast	**600 g**
Maggi Rlch & Rustic Sauce VGC864 MAGGI RICH & RUSTIC TOMATO SAUCE	**375 g**
Tortilla Wraps (10inch) 440001 Flour Tortilla	**10 pieces**
Vegan Cheese (CHF020) Vegan Cheese	**200 g**

Method

1. Heat oil in a frying pan
2. Sauté Chicken & onions in a pan.
3. Add the seasoning, mixed peppers and 3/4's of the maggie sauce cook for a further 10 minutes.
4. Spoon the chicken and pepper filling into the middle of each tortilla wrap and roll up to make fat cigar shapes. Transfer to the oiled baking dish, seam-side down.
5. Spoon over the remaining maggie sauce, and scatter over the cheese. Bake for 20-25 mins until the cheese is golden and bubbling, and any exposed tortilla is golden and crisp.

Allergens

Contains:

- **Cereals**
- **Gluten**
- **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):	**246.6**
Fat (g):	**10.5**
Saturated Fat (g):	**5.1**
Carbohydrate: (g):	**32.8**
of which Sugars:	**4.4**
Protein (g):	**3.9**
Fibre (g):	**2.5**
Salt (g):	**0.5**

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

Mince Beef Hot Pot (DF)

Junior: 10 Portions

Ingredients

Diced carrot 1KG Carrots	**156 g**
Diced swede 1KG Diced Swede	**156 g**
Mince Beef JWY5 Minced Beef	**500 g**
Onions FFV144 Onions, Cooking Medium	**156 g**
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	**0 pieces**
Gravy Granules GRV020 Gluten Free Gravy Granules for Meat Dishes	**36 g**
Water Water	**313 ml**
Black Pepper - ERC SPI334 Ground Black Pepper	**0 tspn**
Sliced Potatoes FFP051 Potatoes, Sliced	**1250 g**

Method

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

Allergens

Contains:

- **Sulphur dioxide**

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

Nutritional Content (portion)

Energy (kcal):	**113.1**
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

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

Mini Teardrop Naan (DF)(V)(VE)

Junior: 10 Portions

Ingredients

Mini Teardrop Naan Vegan 65g 440039 **650 g**
Mini Teardrop Naan Vegan 440039

Method

1. Cook according to manufacturers instructions.

Allergens

Contains:

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

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

Nutritional Content (portion)

Energy (kcal):	**182.6**
Fat (g):	**2.3**
Saturated Fat (g):	**0.3**
Carbohydrate: (g):	**34.8**
of which Sugars:	**0.4**
Protein (g):	**5.0**
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 â€“ always cook from frozen.

Mixed Vegetables

Junior: 10 Portions

Ingredients

Mixed Veg 1kg Mixed Vegetables	**500 g**

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**31.5**
Fat (g):	**0.4**
Saturated Fat (g):	**0.2**
Carbohydrate: (g):	**4.0**
of which Sugars:	**2.2**
Protein (g):	**1.6**
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 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.

Oaty Fruit Crunch (DF)(VG)

Junior: 10 Portions

Ingredients

Oats BRK210 Superfast Oats	**150 g**
Flour, Plain FLO154 C/R PLAIN FLOUR	**153 g**
Margarine MRG020 Cooking & Baking Margarine	**113 g**
Sugar, White SUG150 GRANULATED SUGAR	**80 g**
Apples (tinned) FRC002 C/R SOLID PACK APPLE (ITALIAN)	**500 g**

Method

1. Pre-heat the oven to 180oC/350oF/Gas 4. Lightly grease tins.
2. Put all the ingredients except the apples into a large mixing bowl and combine well to form bread crumbs
3. Press half of the mixture into the tins and then spread the apples over the top.
4. Sprinkle the remaining mixture over the apples.
5. Bake in the oven for 25-30 minutes.

Allergens

Contains:

- **Barley**
- **Cereals**
- **Gluten**
- **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):	**238.4**
Fat (g):	**10.0**
Saturated Fat (g):	**3.7**
Carbohydrate: (g):	**33.4**
of which Sugars:	**12.6**
Protein (g):	**3.3**
Fibre (g):	**2.8**
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. Dispose of any surplus reheated products after service is finished.
5. Wash all fresh fruit prior to service.
6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
7. 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.

Oven baked Roast Potatoes

Junior: 10 Portions

Ingredients

Aunt Bessies Roast Potatoes 150021 **1000 g**
Aunt Bessie Roast Potatoes

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**128.0**
Fat (g):	**4.9**
Saturated Fat (g):	**1.4**
Carbohydrate: (g):	**18.0**
of which Sugars:	**0.5**
Protein (g):	**1.9**
Fibre (g):	**23.0**
Sodium (mg):	**0.3**
Salt (g):	**0.0**

Food Safety

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

Peach Slices in Juice

Junior: 10 Portions

Ingredients

Peaches (tinned) FRC362 PEACH SLICES IN JUICE	**685 g**

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**38.4**
Fat (g):	**0.1**
Saturated Fat (g):	**0.0**
Carbohydrate: (g):	**9.6**
of which Sugars:	**9.6**
Protein (g):	**0.3**
Fibre (g):	**0.6**
Salt (g):	**0.0**

Food Safety

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

Pear Halves in Juice

Junior: 10 Portions

Ingredients

Pears (tinned) FRC410 Pear Halves In Juice	**685 g**

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.

Plant Cream

Junior: 10 Portions

Ingredients

Flora Plant Double MLK360 Flora Plant Double	**500 ml**

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.

Raspberry Buns (DF)(VG)

Junior: 10 Portions

Ingredients

Flour, Plain FLO154 C/R PLAIN FLOUR	**136 g**
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	**45 g**
Baking Powder BAK441 Baking Powder	**11 g**
Margarine MRG020 Cooking & Baking Margarine	**68 g**
Sugar, White SUG150 GRANULATED SUGAR	**91 g**
Jam MIXED FRUIT PRE160 C/R MIXED FRUIT JAM	**23 g**
Alpro Unsweetned Soya Milk (MLK 024) SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	**57 ml**

Method

1. Rub Margarine into sieved white flour and baking powder. Add wholemeal flour.
2. Add Sugar.
3. Mix to a sort dough with Soya milk.
4. Form into round buns and place on greased trays.
5. Make a small hole in the centre of each bun and spoon in a little jam.
6. Bake in a moderate oven for 10-15 minutes until golden brown.
7. Sprinkle with sugar after cooking.

Allergens

Contains:

- **Barley**
- **Cereals**
- **Gluten**
- **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):	**153.0**
Fat (g):	**5.5**
Saturated Fat (g):	**2.1**
Carbohydrate: (g):	**24.7**
of which Sugars:	**10.5**
Protein (g):	**2.1**
Fibre (g):	**0.9**
Salt (g):	**0.1**

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.

Roast Chicken Breast Fillet

Junior: 10 Portions

Ingredients

Chicken breast(uncooked) 900059 **10 pieces**
Red Tractor Cooked 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):	**47.0**
Fat (g):	**0.8**
Saturated Fat (g):	**0.2**
Carbohydrate: (g):	**1.4**
of which Sugars:	**0.8**
Protein (g):	**10.8**
Fibre (g):	**0.2**
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 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.
8. Ensure that there are no ice crystals present prior to cooking.

Roast Pork Loin

Junior: 10 Portions

Ingredients

Roast Pork Loin JWY82 PORK LOIN BONELESS	**750 g**

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**129.8**
Fat (g):	**4.5**
Saturated Fat (g):	**1.6**
Carbohydrate: (g):	**0.0**
of which Sugars:	**0.0**
Protein (g):	**20.7**
Fibre (g):	**0.0**
Salt (g):	**0.0**

Food Safety

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

Roast Pork Loin Steaks

Junior: 10 Portions

Ingredients

Pork Loin Steak JWY82B **10 pieces**
PORK STEAKS, RIND ON

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**139.2**
Fat (g):	**8.8**
Saturated Fat (g):	**2.6**
Carbohydrate: (g):	**0.0**
of which Sugars:	**0.0**
Protein (g):	**10.7**
Fibre (g):	**0.0**
Salt (g):	**0.0**

Food Safety

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

Shortbread Fingers- (DF)(VG)

Junior: 10 Portions

Ingredients

Margarine MRG020 Cooking & Baking Margarine	**120 g**
Sugar, White SUG150 GRANULATED SUGAR	**64 g**
Cornflour FLO048 C/R CORNFLOUR	**64 g**
Sugar, White SUG150 GRANULATED SUGAR	**20 g**
Flour, Plain FLO154 C/R PLAIN FLOUR	**90 g**
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	**30 g**

Method

1. mix flour, margarine, sugar and cornflour
2. press into tins. Score with a fork and bake in slow oven for 30 mins
3. sprinkle with remaining sugar

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):	**178.2**
Fat (g):	**9.2**
Saturated Fat (g):	**3.6**
Carbohydrate: (g):	**23.2**
of which Sugars:	**8.5**
Protein (g):	**1.3**
Fibre (g):	**0.6**
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.

Shortcake

Junior: 10 Portions

Ingredients

Flour, Plain FLO154 C/R PLAIN FLOUR	**213 g**
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	**71 g**
Baking Powder BAK441 Baking Powder	**14 g**
Margarine MRG020 Cooking & Baking Margarine	**181 g**
Sugar, White SUG150 GRANULATED SUGAR	**136 g**
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	**25 g**

Method

1. Cream margarine and sugar together, add dry ingredients and beaten eggs.
2. Press into greased tins and portion
3. 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:

- **Barley**
- **Cereals**
- **Eggs**
- **Gluten**
- **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):	**276.8**
Fat (g):	**14.2**
Saturated Fat (g):	**5.6**
Carbohydrate: (g):	**35.7**
of which Sugars:	**13.9**
Protein (g):	**3.2**
Fibre (g):	**1.4**
Salt (g):	**0.2**

Food Safety

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.

Slow Braised Diced Beef

Junior: 10 Portions

Ingredients

Diced Onion FFV071 Onions, Diced	**142 g**
Grated Carrot FFP080 Carrots, Grated	**142 g**
Celery FFV163/S Celery, Head, Single	**142 g**
Tinned chopped tomatoes VGC830 Royal Crown Chopped Tomatoes 6x800g	**411 g**
Water Water	**1135 ml**
Black Pepper - ERC SPI334 Ground Black Pepper	**0 tspn**
Gravy Granules GRV020 Gluten Free Gravy Granules for Meat Dishes	**57 g**
Beef, Diced JWY1 FREE FLOW DICED BEEF (98% VL) - 2.5KG	**570 g**

Method

1. Prepare the gravy as per instructions on the packet. Add tomatoes to the gravy.
2. Portion meat and prepared vegetables into tins. Season with pepper.
3. Cover meat and vegetables with the gravy and tomato mixture.
4. Cook in covered tins in a moderate oven or cook in steamer until meat is tender.
5. Adjust thickening if necessary.

Allergens

Contains:

- **Celery**

This information was correct to 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):	**97.0**
Fat (g):	**2.7**
Saturated Fat (g):	**1.1**
Carbohydrate: (g):	**4.9**
of which Sugars:	**2.7**
Protein (g):	**12.8**
Fibre (g):	**0.9**
Sodium (mg):	**0.3**
Salt (g):	**0.0**

Food Safety

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

Spring Cabbage

Junior: 10 Portions

Ingredients

Spring Cabbage FFP057 Cabbage, Green, Sliced	**500 g**

Method

1. Shred, wash and cook in hot boiling water.
2. Alternatively cook in the steamer.

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):	**12.5**
Fat (g):	**0.0**
Saturated Fat (g):	**0.0**
Carbohydrate: (g):	**3.0**
of which Sugars:	**1.6**
Protein (g):	**0.6**
Fibre (g):	**1.2**
Sodium (mg):	**9.0**
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.

Steamed Rice

Junior: 10 Portions

Ingredients

Rice (Patna) CRP230 **450 g**
Rice, Patna, Long Grain - Country Range

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**158.4**
Fat (g):	**0.3**
Saturated Fat (g):	**0.1**
Carbohydrate: (g):	**35.4**
of which Sugars:	**0.0**
Protein (g):	**3.2**
Fibre (g):	**0.6**
Salt (g):	**0.0**

Food Safety

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

Steamed/Baked Jam Sponge (DF)(VG) Junior: 10 Portions

Ingredients

Self Raising Flour FLO032 Self Raising Flour (FLO 032)	**275 g**
Sugar, White SUG150 GRANULATED SUGAR	**200 g**
Baking Powder BAK441 Baking Powder	**5 g**
Vanilla Essence FLV080 DR OETKER VANILLA ESSENCE	**2 ml**
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	**67 ml**
Water Water	**113 ml**
Jam, Raspberry PRE164 C/R RASPBERRY JAM	**218 g**

Method

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. Place the jam in the bottom of the tin and spread.
5. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.

Allergens

Contains:

- **Barley**
- **Cereals**
- **Gluten**
- **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):	**237.7**
Fat (g):	**7.1**
Saturated Fat (g):	**0.9**
Carbohydrate: (g):	**40.2**
of which Sugars:	**20.1**
Protein (g):	**2.7**
Fibre (g):	**0.9**
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.

Stuffing(DF)(V)(VE)

Junior: 10 Portions

Ingredients

Stuffing STF024 Sage and Onion Stuffing Mix	**250 g**

Method

1. Use as per manufacturers instructions.

Allergens

Contains:

- **Gluten**
- **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):	**91.8**
Fat (g):	**1.2**
Saturated Fat (g):	**0.4**
Carbohydrate: (g):	**18.8**
of which Sugars:	**0.8**
Protein (g):	**2.8**
Fibre (g):	**2.3**
Sodium (mg):	**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.

Sweetcorn

Junior: 10 Portions

Ingredients

Sweetcorn 1kg (Frozen) Sweetcorn	**500 g**

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**58.0**
Fat (g):	**1.2**
Saturated Fat (g):	**0.2**
Carbohydrate: (g):	**9.0**
of which Sugars:	**1.0**
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 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.

Tasty Cheesy Pasta Bake (DF)(V)(VE) Junior: 10 Portions

Ingredients

Onions FFV144 Onions, Cooking Medium	**151 g**
Margarine MRG020 Cooking & Baking Margarine	**19 g**
Flour, Plain FLO154 C/R PLAIN FLOUR	**75 g**
Black Pepper - ERC SPI334 Ground Black Pepper	**0 tspn**
Soya Milk (unsweetened) MLK024 SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	**760 ml**
Vegan Cheese (CHF020) Vegan Cheese	**227 g**
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	**600 g**

Method

1. Saute' the onions in a pan with the margarine until soft and without colour.
2. Make up the white sauce using the reconstitued milk, white flour and black pepper.
3. Add the cheese t the sauce retaining some to sprinkle on top of the finished dish.
4. Cook pasta in boiling water.
5. Once cooked, drain and add to the sauce whilst still hot.
6. Portion into tins and sprinkle with remaining cheese.

Allergens

Contains:

- **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):	**351.8**
Fat (g):	**9.3**
Saturated Fat (g):	**6.0**
Carbohydrate: (g):	**57.0**
of which Sugars:	**2.7**
Protein (g):	**9.7**
Fibre (g):	**2.5**
Salt (g):	**0.6**

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.

Tomato Sauce Sticks

Junior: 10 Portions

Ingredients

Tomato Sauce POR045 C/R TOMATO KETCHUP SACHET	**100 g**

Method

1. Use as per manufacturers instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**11.9**
Fat (g):	**0.0**
Saturated Fat (g):	**0.0**
Carbohydrate: (g):	**2.8**
of which Sugars:	**2.4**
Protein (g):	**0.1**
Fibre (g):	**0.1**
Sodium (mg):	**0.1**
Salt (g):	**0.0**

Food Safety

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

Vegetable Rice

Junior: 10 Portions

Ingredients

Rice (Patna) CRP230 Rice, Patna, Long Grain - Country Range	**400 g**
Peppers, mixed (diced, frozen) 100138 RED AND GREEN PEPPER 10X10	**200 g**
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	**2 ml**

Method

1. Cook rice according to manufactures instructions.
2. Stir fry peppers in oil, and mix into cooked rice 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):	**147.2**
Fat (g):	**0.5**
Saturated Fat (g):	**0.1**
Carbohydrate: (g):	**32.2**
of which Sugars:	**0.7**
Protein (g):	**3.0**
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. 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.

Vegetable Sticks

Junior: 10 Portions

Ingredients

Cucumber FFV160/S Cucumber Single	**267 g**
Baton Carrots FFP053 Carrots, Baton	**200 g**

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	**12.2**
Fat (g):	**0.1**
Saturated Fat (g):	**0.0**
Carbohydrate: (g):	**2.9**
of which Sugars:	**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.

Viennese Biscuits(DF)

Junior: 10 Portions

Ingredients

Flour, Plain FLO154 C/R PLAIN FLOUR	**128 g**
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	**42 g**
Margarine MRG020 Cooking & Baking Margarine	**151 g**
Sugar, White SUG150 GRANULATED SUGAR	**57 g**
Cherries, Glace DFR400 Glace Cherries	**5 g**

Method

1. Cream margarine and sugar.
2. Add sieved white flour and wholemeal flour.
3. Pipe in fingers on tray and decorate with a piece of cherry.
4. Bake in a moderate to slow oven.
5. The biscuits should only be slightly coloured.

Allergens

Contains:

- **Barley**
- **Cereals**
- **Kamut**
- **Oats**
- **Rye**
- **Spelt**
- **Sulphur dioxide**
- **Wheat**

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

Nutritional Content (portion)

Energy (kcal):	**184.3**
Fat (g):	**11.6**
Saturated Fat (g):	**4.6**
Carbohydrate: (g):	**19.1**
of which Sugars:	**6.1**
Protein (g):	**1.8**
Fibre (g):	**0.8**
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.

Yorkshire All Day Breakfast- (DF)(V)(VE) Junior: 10 Portions

Ingredients

Tomatoes FFV031 Tomatoes	**200 g**
Vegan sausage (420038) Vegan Sausage(420038)	**560 g**

Method

1. Oven baked the Sausages.
2. Chop a fresh tomato in half, place cut side up lightly grease tray place onto the tray and bake in the oven. 1 tomato cut = 2 portions.

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):	**108.9**
Fat (g):	**0.4**
Saturated Fat (g):	**0.2**
Carbohydrate: (g):	**13.6**
of which Sugars:	**1.5**
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 â€“ always cook from frozen.
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. Dispose of any surplus reheated products after service is finished.
6. The service temperature must be maintained at above 65C throughout the service period.
7. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.
8. Salad products: wash raw products before preparation and store in a refrigerator until required.

Yorkshire Pudding (DF)

Junior: 10 Portions

Ingredients

Flour, Plain FLO154 C/R PLAIN FLOUR	**167 g**
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	**42 g**
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	**167 g**
Alpro Unsweetned Soya Milk (MLK 024) SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	**250 ml**
Oil (vegetable) OIL013 C/R VEGETABLE OIL	**17 ml**

Method

1. Preheat the oven on high.
2. Beat together Eggs Flour, Soya milk until the mixture is smooth.
3. Using 12 portion muffin tin and put a 2 tsp of oil in each one.
4. Once the oven is up to temp put the tin into the oven so that the oil can heat up.
5. After about 5 mins take out the tin. Shut the oven door! (the oil should be piping hot so be really careful) pour an equal amount of batter into each section. Try and work as fast as you can.
6. Put the tin back in the oven on the middle shelf and close the door.
7. Cook for 20 Mins or until they have risen, golden & crisp.

Allergens

Contains:

- **Barley**
- **Cereals**
- **Eggs**
- **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):	**104.6**
Fat (g):	**3.2**
Saturated Fat (g):	**0.4**
Carbohydrate: (g):	**16.2**
of which Sugars:	**0.2**
Protein (g):	**3.9**
Fibre (g):	**1.1**
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.
5. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.