

# Autumn Winter 2023/2024

Primary Gluten Free 10 portion in Kilo

## Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatballs in Tomato Sauce (GF)	Tasty Cheesy Ham Pasta Bake (GF)	Roast Chicken Breast Fillet	Mince Beef Hot Pot	Breaded Fish Fillet (GF)
---	---	Gourmet Chicken Fillet (DF)	---	---
Steamed Rice Mixed Vegetables	(GF) White Sliced Bread	---	Green Beans Cauliflower	Tomato Sauce Sticks
---	Sweetcorn	Oven baked Roast Potatoes	---	Chunky Chips
Chocolate Crunch (GF)	---	Broccoli	Shortcake (GF)	---
Custard	Melting Moment (GF)	Baby Carrots	Ice Cream Tub	Lemon Drizzle (GF)
Fresh Fruit --	Mandarin Segments in Juice	---	Jam Sauce	
Yoghurts, Assorted, Fat free		Chocolate Sponge(GF) Pear Halves in Juice Cream -		

## Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Ham, Mediterranean Pasta Bake (GF)	Italian Style Pizza Homemade (GF)	Slow Braised Diced Beef	Gourmet Chicken Fillet (DF)	Breaded Salmon Fingers (GF)
---	---	---	Roast Chicken Breast Fillet	---
(GF) White Sliced Bread	Jacket Wedges Baked Beans	Yorkshire Pudding (GF)	---	Tomato Sauce Sticks
Sweetcorn	---	Mashed Potato	(GF) White Sliced Bread	Chunky Chips
---	Viennese Biscuits (GF)	Spring Cabbage	Mixed Vegetables	Garden Peas
Chocolate Crunch (GF)	Peach Slices in Juice	Baby Carrots	Rainbow Rice	---
		---	Korma Sauce	Raspberry Buns (GF)
		Chocolate Orange Sponge(GF)	Korma Sauce*	
		Cream -	---	
			Ice Cream Tub	
			Peach Slices in Juice	

## Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Yorkshire All Day Breakfast (GF)	Italian Style Mince Beef Pasta Bolognese (GF)	Roast Pork Loin Roast Pork Loin Steaks	Mexican Style Chicken Enchiladas (GF)	Fish Fingers (GF) & (DF)
---	---	---	---	---
Hash Browns Baked Beans	(GF) White Sliced Bread Baby Carrots Garden Peas	Mashed Potato Broccoli Baby Carrots	Vegetable Rice Vegetable Sticks	Tomato Sauce Sticks Chunky Chips Garden Peas
---	---	---	---	---
Melting Moment (GF) Mandarin Segments in Juice	Shortcake (GF) Custard	Chocolate Crunch (GF) Cream -	Steamed / Baked Jam Sponge(GF) Custard	Apple Crumble (GF) Custard

# (GF) White Sliced Bread

# Junior: 10 Portions

Ingredients	
Genius GF White sliced Bread 640140	10 pieces
Genius NGB White Bread 1 X 6	

Method
No methods have been set for this recipe.

Allergens
Contains:
<ul style="list-style-type: none"><li>Eggs</li></ul>
<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): 88.9
Fat (g): 1.8
Saturated Fat (g): 0.1
Carbohydrate: (g): 17.8
of which Sugars: 1.4
Protein (g): 0.6
Fibre (g): 3.0
Sodium (mg): 0.2
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none"><li>Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>Check storage temperature / product date / packaging and quality.</li></ol>
No instructions have been set for this recipe.

# Apple Crumble (GF)

# Junior: 10 Portions

Ingredients	
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>94 g</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>94 g</b>
<b>Sugar, Demerara SUG182</b> T & L DEMERARA SUGAR	<b>12 g</b>
<b>Apples (tinned) FRC002</b> C/R SOLID PACK APPLE (ITALIAN)	<b>567 g</b>
<b>Gluten Free Plain Flour ( FLO 151)</b> Gluten Free Plain Flour ( FLO 151)	<b>236 g</b>

Method
<div><div>1. Peel, core, wash and slice apples. Alternatively use tinned apples.</div><div>2. Lightly cook the apples with a little water.</div><div>3. Portion the cooked apple into the tins.</div><div>4. Rub fat and sugar into the flour.</div><div>5. Cover apples with the mixture.</div><div>6. Sprinkle tops with demerara sugar.</div><div>7. Bake in a moderate oven for approximately 30 minutes until cooked through and lightly golden.</div></div>

Allergens
<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>

Nutritional Content (portion)
Energy (kcal): <b>216.1</b>
Fat (g): <b>7.8</b>
Saturated Fat (g): <b>3.0</b>
Carbohydrate: (g): <b>34.7</b>
<i>of which Sugars:</i> <b>15.6</b>
Protein (g): <b>1.4</b>
Fibre (g): <b>1.0</b>
Salt (g): <b>0.1</b>

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. The service temperature must be maintained at above 65C throughout the service period.</div></div>

# Baby Carrots

# Junior: 10 Portions

Ingredients	
<b>baby carrots</b>	<b>500 g</b>
Whole baby carrots	

Method
1. Refer to manufactures instructions.

Allergens
<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>

Nutritional Content (portion)
Energy (kcal): <b>18.0</b>
Fat (g): <b>0.2</b>
Saturated Fat (g): <b>0.0</b>
Carbohydrate: (g): <b>3.0</b>
<i>of which Sugars:</i> <b>2.8</b>
Protein (g): <b>0.4</b>
Fibre (g): <b>1.2</b>
Salt (g): <b>0.0</b>

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. Probe cooked dish to confirm a minimum temperature of 82C.</div>

Baked Beans

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Baked Beans C/R VGC136</b> Baked Beans In Tomato Sauce		1. Cook according to manufacturers instructions.	
<b>504 g</b>			
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
There are no allergens in ingredients for this recipe according to information provided by the suppliers.		Energy (kcal): <b>46.4</b>	
		Fat (g): <b>0.3</b>	
		Saturated Fat (g): <b>0.1</b>	
		Carbohydrate: (g): <b>7.7</b>	
		of which Sugars: <b>3.1</b>	
		Protein (g): <b>2.3</b>	
		Fibre (g): <b>2.0</b>	
		Sodium (mg): <b>0.2</b>	
		Salt (g): <b>0.0</b>	
<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>		<b>Food Safety</b>	
		<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>3. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>4. The service temperature must be maintained at above 65C throughout the service period.</li></ol>	



Beef Meatballs in Tomato Sauce (GF)

Junior: 10 Portions

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

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

Allergens
<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>

Nutritional Content (portion)
Energy (kcal): <b>221.3</b>
Fat (g): <b>15.9</b>
Saturated Fat (g): <b>5.3</b>
Carbohydrate: (g): <b>9.1</b>
<i>of which Sugars:</i> <b>3.1</b>
Protein (g): <b>10.5</b>
Fibre (g): <b>1.0</b>
Salt (g): <b>0.0</b>

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. Individual frozen products “always cook from frozen.</div><div>4. Probe cooked dish to confirm a minimum temperature of 82C.</div><div>5. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</div><div>6. The service temperature must be maintained at above 65C throughout the service period.</div><div>7. Ensure that there are no ice crystals present prior to cooking.</div></div>

Breaded Fish Fillet (GF)

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>GF BRD Pollock Fillet 410035</b> MSC Gluten-Free Breaded Pollock Fillet 60g		1. Refer to manufacturers instructions	
<b>600 g</b>			
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
Contains:		Energy (kcal): <b>138.6</b>	
• <b>Fish</b>		Fat (g): <b>5.9</b>	
<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>		Saturated Fat (g): <b>0.7</b>	
		Carbohydrate: (g): <b>15.0</b>	
		of which Sugars: <b>0.4</b>	
		Protein (g): <b>5.8</b>	
		Fibre (g): <b>1.1</b>	
		Sodium (mg): <b>0.1</b>	
		Salt (g): <b>0.0</b>	
		<b>Food Safety</b>	
		<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Individual frozen products “always cook from frozen.”</li><li>4. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>5. Dispose of any surplus reheated products after service is finished.</li><li>6. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>7. The service temperature must be maintained at above 65C throughout the service period.</li></ol>	

Breaded Salmon Fingers (GF)

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>GF Brd Salmon Fingers 410036</b> GF Brd Salmon Fingers		1. Refer to manufactures instructions	
<b>600 g</b>			
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
Contains:		Energy (kcal): <b>157.2</b>	
• <b>Fish</b>		Fat (g): <b>6.6</b>	
<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>		Saturated Fat (g): <b>1.0</b>	
		Carbohydrate: (g): <b>17.3</b>	
		of which Sugars: <b>0.4</b>	
		Protein (g): <b>6.7</b>	
		Fibre (g): <b>0.7</b>	
		Salt (g): <b>0.2</b>	
		<b>Food Safety</b>	
		<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Individual frozen products “always cook from frozen.</li><li>4. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>5. Dispose of any surplus reheated products after service is finished.</li><li>6. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>7. The service temperature must be maintained at above 65C throughout the service period.</li></ol>	

Broccoli

Junior: 10 Portions

Ingredients	Method
<div>Broccoli Florets 2.5kg500 gBroccoli</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>Energy (kcal): 17.0</div> <div>Fat (g): 0.3</div> <div>Saturated Fat (g): 0.1</div> <div>Carbohydrate: (g): 1.6</div> <div>of which Sugars: 1.0</div> <div>Protein (g): 2.2</div> <div>Fibre (g): 2.0</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 &amp; 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>

# Cauliflower

# Junior: 10 Portions

Ingredients	
Cauliflower 1kg	500 g
Cauliflower	

Method
1. Refer to manufactures instructions.

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

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

# Chocolate Crunch (GF)

# Junior: 10 Portions

Ingredients	
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>142 g</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>142 g</b>
<b>Cocoa BEV070</b> Freshers Fat Reduced Cocoa Powder	<b>12 g</b>
<b>Eggs EGG112</b> Eggs, Medium, Free Range - Kfresh	<b>21 g</b>
<b>Gluten Free SR Flour ( FLO 152)</b> Gluten Free SR Flour ( FLO 152)	<b>188 g</b>

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Eggs</li></ul> <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): <b>222.3</b>
Fat (g): <b>11.3</b>
Saturated Fat (g): <b>4.5</b>
Carbohydrate: (g): <b>28.7</b>
of which Sugars: <b>14.2</b>
Protein (g): <b>1.4</b>
Fibre (g): <b>0.0</b>
Salt (g): <b>0.1</b>

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

Chocolate Orange Sponge(GF)

Junior: 10 Portions

Ingredients	
<b>Cocoa BEV070</b> Freshers Fat Reduced Cocoa Powder	<b>18 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>106 g</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>106 g</b>
<b>Eggs EGG112</b> Eggs, Medium, Free Range - Kfresh	<b>50 g</b>
<b>Water</b> Water	<b>71 ml</b>
<b>Milk, Dried CR milk powder MLP040</b> Dried Skimmed Milk with Vegetable Fat	<b>9 g</b>
<b>Orange zest/Juice FFM060/S</b> Oranges	<b>73 g</b>
<b>Gluten Free SR Flour ( FLO 152)</b> Gluten Free SR Flour ( FLO 152)	<b>236 g</b>

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

Allergens
<div>Contains:</div> <div><div><div>• Eggs</div><div>• Milk</div></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): 213.7
Fat (g): 9.2
Saturated Fat (g): 3.7
Carbohydrate: (g): 30.6
of which Sugars: 11.1
Protein (g): 2.2
Fibre (g): 0.3
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. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</div><div>3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.</div></div>

# Chocolate Sponge(GF)

# Junior: 10 Portions

Ingredients	
<b>Cocoa BEV070</b> Freshers Fat Reduced Cocoa Powder	<b>14 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>85 g</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>85 g</b>
<b>Water</b> Water	<b>67 ml</b>
<b>Eggs EGG112</b> Eggs, Medium, Free Range - Kfresh	<b>33 g</b>
<b>Gluten Free SR Flour ( FLO 152)</b> Gluten Free SR Flour ( FLO 152)	<b>175 g</b>
<b>Milk, Dried CR milk powder MLP040</b> Dried Skimmed Milk with Vegetable Fat	<b>7 g</b>

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Eggs</li><li>• Milk</li></ul> <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): <b>161.7</b>
Fat (g): <b>7.3</b>
Saturated Fat (g): <b>2.9</b>
Carbohydrate: (g): <b>22.4</b>
of which Sugars: <b>8.9</b>
Protein (g): <b>1.5</b>
Fibre (g): <b>0.0</b>
Salt (g): <b>0.1</b>

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



# Chunky Chips

# Junior: 10 Portions

**Ingredients**

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

**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):	<b>130.0</b>
Fat (g):	<b>3.2</b>
Saturated Fat (g):	<b>1.6</b>
Carbohydrate: (g):	<b>21.6</b>
of which Sugars:	<b>1.0</b>
Protein (g):	<b>2.2</b>
Fibre (g):	<b>3.0</b>
Salt (g):	<b>0.0</b>

**Food Safety**

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

2. Check storage temperature / product date / packaging and quality.

3. Individual frozen products “always cook from frozen.”

4. Probe cooked dish to confirm a minimum temperature of 82C.

5. Dispose of any surplus reheated products after service is finished.

6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.

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

Cream -

Junior: 10 Portions

Ingredients	Method
<div><div><div>Cream, Double - meadowland MLK350</div><div>Meadowland Tetrapack Double 12x1L</div></div><div>500 ml</div></div>	<div>No methods have been set for this recipe.</div>

Allergens	Nutritional Content (portion)	Food Safety
<div><div>Contains:</div><div><ul style="list-style-type: none"><li>Milk</li><li>Soya</li></ul></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></div></div>	<div><div><div>Energy (kcal): 163.0</div><div>Fat (g): 15.5</div><div>Saturated Fat (g): 14.5</div><div>Carbohydrate: (g): 2.2</div><div>of which Sugars: 1.8</div><div>Protein (g): 1.2</div><div>Fibre (g): 0.2</div><div>Salt (g): 0.0</div></div></div>	<div><div><div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div></div><div>No instructions have been set for this recipe.</div></div>

Custard

Junior: 10 Portions

Ingredients		Method	
<b>Water</b>	<b>910 ml</b>	<ol style="list-style-type: none"><li>1. Reconstitute the dried milk, retaining sufficient water to mix custard powder</li><li>2. Bring the milk to the boil, DO NOT OVER COOK</li><li>3. Make the custard powder into a paste with a little water</li><li>4. Add the sugar</li><li>5. Pour the milk over the custard and sugar mixture</li><li>6. Allow to cook</li></ol>	
Water			
<b>Custard Powder CUS018</b>	<b>46 g</b>		
C/R CUSTARD POWDER			
<b>Sugar, White SUG150</b>	<b>34 g</b>		
GRANULATED SUGAR			
<b>Milk, Dried CR milk powder MLP040</b>	<b>114 g</b>		
Dried Skimmed Milk with Vegetable Fat			

Allergens	Nutritional Content (portion)	Food Safety
Contains:	Energy (kcal): <b>66.9</b>	<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li></ol>
• <b>Milk</b>	Fat (g): <b>2.3</b>	
<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>	Saturated Fat (g): <b>2.0</b>	
	Carbohydrate: (g): <b>14.2</b>	
	of which Sugars: <b>9.2</b>	
	Protein (g): <b>1.4</b>	
	Fibre (g): <b>0.0</b>	
	Sodium (mg): <b>0.1</b>	
	Salt (g): <b>0.0</b>	

Fish Fingers (GF) & (DF)

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Young's Never Fried Gluten &amp; Milk Free Fish Finger 330023</b>		1. Refer to manufactures instructions.	
Gluten & Milk Free Fish Finger			
30 pieces			
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
Contains:		Energy (kcal): <b>141.3</b>	
• <b>Fish</b>		Fat (g): <b>2.7</b>	
<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>		Saturated Fat (g): <b>0.3</b>	
		Carbohydrate: (g): <b>18.1</b>	
		of which Sugars: <b>0.3</b>	
		Protein (g): <b>10.9</b>	
		Fibre (g): <b>0.7</b>	
		Salt (g): <b>0.0</b>	
		<b>Food Safety</b>	
		<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Individual frozen products “always cook from frozen.</li><li>4. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>5. The service temperature must be maintained at above 65C throughout the service period.</li><li>6. Ensure that there are no ice crystals present prior to cooking.</li></ol>	

# Fresh Fruit --

# Junior: 10 Portions

Ingredients		
<b>Bananas SCH033</b>	<b>375 g</b>	
Bananas		
<b>Oranges FFM060/S</b>	<b>425 g</b>	
Orange Wedges		
<b>Apples SCH031</b>	<b>200 g</b>	
Apples, Golden Delicious		

Method
1. Wash & serve.

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

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

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.

# Garden Peas

# Junior: 10 Portions

Ingredients	
Peas 1kg (Frozen)	500 g
Peas	

Method
1. Refer to maunufactures guidlines

Allergens
<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>

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
<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>

Gourmet Chicken Fillet (DF)

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>G Gourmet Chicken Fillet 57g 410114</b> <b>570 g</b> Red Tractor Raw Chicken Breast Fillet Portion 57g		1. Refer to manufactures instructions.	
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
There are no allergens in ingredients for this recipe according to information provided by the suppliers.		Energy (kcal): <b>62.7</b>	
This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.		Fat (g): <b>1.1</b>	
		Saturated Fat (g): <b>0.3</b>	
		Carbohydrate: (g): <b>0.5</b>	
		of which Sugars: <b>0.0</b>	
		Protein (g): <b>12.9</b>	
		Fibre (g): <b>0.0</b>	
		Sodium (mg): <b>0.2</b>	
		Salt (g): <b>0.0</b>	
		<b>Food Safety</b>	
		<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Individual frozen products “always cook from frozen.”</li><li>4. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>5. Dispose of any surplus reheated products after service is finished.</li><li>6. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>7. The service temperature must be maintained at above 65C throughout the service period.</li><li>8. Ensure that there are no ice crystals present prior to cooking.</li></ol>	

# Green Beans

# Junior: 10 Portions

Ingredients	
Green Beans 1kg (frozen)	500 g
Sliced Green Beans	

Method
1. Refer to manufacturer's instructions.

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

Nutritional Content (portion)
Energy (kcal): 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 “always cook from frozen.”
4. Ensure that there are no ice crystals present prior to cooking.



Ham, Mediterranean Pasta Bake (GF)

Junior: 10 Portions

Ingredients		
<b>Tinned chopped tomatoes VGC830</b>	<b>397 g</b>	
Royal Crown Chopped Tomatoes 6x800g		
<b>Oil (sunflower) OIL075</b>	<b>29 ml</b>	
KTC SUNFLOWER OIL		
<b>Diced Onion FFV071</b>	<b>113 g</b>	
Onions, Diced		
<b>Maggi sauce VGC859</b>	<b>199 g</b>	
MAGGI RICH & RUSTIC TOMATO SAUCE		
<b>Mixed Herbs SPI402</b>	<b>1 tspn</b>	
Dried Mixed Herbs		
<b>Black Pepper - ERC SPI334</b>	<b>0 tspn</b>	
Ground Black Pepper		
<b>Tomato Puree VGC230</b>	<b>43 g</b>	
Tomato Puree (Tubes) - Cirio		
<b>Cheese - Grated CHF402</b>	<b>57 g</b>	
Mild White Cheddar		
<b>Ham (cooked) MCC080</b>	<b>450 g</b>	
Gammon Ham		
<b>Vegetable Bouillon BOU014 Piece = 1 tsp</b>	<b>2 pieces</b>	
BOU014-Vegetable Bouillon		
<b>Gluten Free Pasta PST018</b>	<b>450 g</b>	
Gluten Free Pasta ( PST018)		

Method
<div><div>1. Make the tomato sauce: heat the oil in a large pan, add the diced onion and saute.</div><div>2. Add chopped tomatoes, tomato puree, maggie sauce. Season to taste with vegetable bouillon &amp; black pepper.</div><div>3. Add mixed herbs and simmer gently</div><div>4. Cook GF pasta following the manufacturers instructions.</div><div>5. Drain the pasta and mix into tomato mix, add chopped ham and stir well.</div><div>6. Portion into tins, sprinkle with cheese and place in a moderate oven for 15 minutes.</div></div>

Allergens
<div>Contains:</div> <div><div>• Milk</div></div> <div>May Contain:</div> <div><div>• Lupin</div><div>• Soya</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): 291.6
Fat (g): 8.0
Saturated Fat (g): 2.5
Carbohydrate: (g): 40.3
of which Sugars: 3.3
Protein (g): 13.2
Fibre (g): 1.4
Sodium (mg): 5.9
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. Probe cooked dish to confirm a minimum temperature of 82C.</div><div>4. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</div><div>5. The service temperature must be maintained at above 65C throughout the service period.</div></div>

# Hash Browns

# Junior: 10 Portions

Ingredients	
Hash Brown 150057	20 pieces
Hash Browns	

Method
<div>1. Refer to manufactures instructions.</div> <div>2. OVEN Place Hashbrowns on a baking sheet and place in a pre-heated oven at 220°C/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.</div>

Allergens
<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>

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
<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 &amp; travelling time) must not exceed 4 hours.</div> <div>7. The service temperature must be maintained at above 65C throughout the service period.</div>

## Ice Cream Tub

## Junior: 10 Portions

## Ingredients

### Vanilla Ice Cream Tubs (820060)

### Vanilla Flavour Ice Cream

**10 pieces**

## Method

No methods have been set for this recipe.

## Allergens

Contains:

- **Milk**

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

### Nutritional Content (portion)

Energy (kcal): **129.6**

Fat (g): **6.6**

Saturated Fat (g): **3.4**

Carbohydrate: (g): **14.5**

*of which Sugars:* **11.8**

Protein (g): **2.7**

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.

No instructions have been set for this recipe.

Italian Style Mince Beef Pasta Bolognese (GF)

Junior: 10 Portions

Ingredients	
<b>Minced Beef 970085</b> Minced Beef	<b>567 g</b>
<b>Diced Onion FFF071</b> Onions, Diced	<b>85 g</b>
<b>Grated Carrot FFP080</b> Carrots, Grated	<b>85 g</b>
<b>Maggi sauce VGC859</b> MAGGI RICH & RUSTIC TOMATO SAUCE	<b>397 g</b>
<b>Tomatoes, Chopped (tinned) VGC830</b> Royal Crown Chopped Tomatoes 6x800g	<b>340 g</b>
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>43 g</b>
<b>Black Pepper - ERC SPI334</b> Ground Black Pepper	<b>0 tspn</b>
<b>Vegetable Bouillon BOU014 Piece = 1 tsp</b> BOU014-Vegetable Bouillon	<b>1 pieces</b>
<b>Gluten Free Pasta PST018</b> Gluten Free Pasta ( PST018)	<b>500 g</b>

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

Allergens
<div>May Contain:</div> <div><div><div>• Lupin</div><div>• Soya</div></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): 354.7
Fat (g): 12.3
Saturated Fat (g): 0.5
Carbohydrate (g): 45.5
of which Sugars: 4.5
Protein (g): 14.8
Fibre (g): 1.8
Sodium (mg): 6.1
Salt (g): 0.0

Food Safety
<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 “à€” always cook from frozen.</div><div>4. Probe cooked dish to confirm a minimum temperature of 82C.</div><div>5. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</div><div>6. The service temperature must be maintained at above 65C throughout the service period.</div></div>

Italian Style Pizza Homemade (GF)

Junior: 10 Portions

Ingredients	Method
<div><div>Margarine MRG020</div><div>Cooking &amp; Baking Margarine</div><div>53 g</div></div>	<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>
<div><div>Water</div><div>Water</div><div>106 ml</div></div>	
<div><div>Maggi sauce VGC859</div><div>MAGGI RICH &amp; RUSTIC TOMATO SAUCE</div><div>142 g</div></div>	
<div><div>Mozzarella Cheese CHF408</div><div>Shredded 80/20 Mozzarella / Cheddar 6x2kg</div><div>142 g</div></div>	
<div><div>Mixed Herbs SPI402</div><div>Dried Mixed Herbs</div><div>0 tspn</div></div>	
<div><div>Gluten Free SR Flour ( FLO 152)</div><div>Gluten Free SR Flour ( FLO 152)</div><div>176 g</div></div>	
<div><div>Milk, Dried CR milk powder MLP040</div><div>Dried Skimmed Milk with Vegetable Fat</div><div>13 g</div></div>	

Allergens	Nutritional Content (portion)	Food Safety
<div>Contains:</div> <div><div>• Milk</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>	<div><div>Energy (kcal): 158.0</div><div>Fat (g): 8.6</div><div>Saturated Fat (g): 4.3</div><div>Carbohydrate: (g): 15.3</div><div>of which Sugars: 1.6</div><div>Protein (g): 4.9</div><div>Fibre (g): 0.3</div><div>Salt (g): 0.1</div></div>	<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 &amp; 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>

# Jacket Wedges

# Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>LW Jacket Wedges 150099</b> LW Jacket Wedges		1. Refer to manufactures instructions.	
<b>1000 g</b>			
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
There are no allergens in ingredients for this recipe according to information provided by the suppliers.		Energy (kcal): <b>123.0</b>	
This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.		Fat (g): <b>3.5</b>	
		Saturated Fat (g): <b>0.4</b>	
		Carbohydrate: (g): <b>19.0</b>	
		of which Sugars: <b>0.6</b>	
		Protein (g): <b>2.3</b>	
		Fibre (g): <b>2.9</b>	
		Salt (g): <b>0.0</b>	
		<b>Food Safety</b>	
		<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Individual frozen products “always cook from frozen.”</li><li>4. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>5. Dispose of any surplus reheated products after service is finished.</li><li>6. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>7. The service temperature must be maintained at above 65C throughout the service period.</li></ol>	

# Jam Sauce

# Junior: 10 Portions

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

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 63°C for service.

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

Nutritional Content (portion)
Energy (kcal): 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.

# Korma Sauce

# Junior: 10 Portions

Ingredients	
CR Korma Sauce SAU797	800 g
Korma Curry Sauce	

Method
1. Refer to manufactures instructions.

Allergens
Contains:
<ul style="list-style-type: none"><li>Milk</li></ul>
<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): 84.8
Fat (g): 3.4
Saturated Fat (g): 2.6
Carbohydrate: (g): 11.0
of which Sugars: 8.6
Protein (g): 1.6
Fibre (g): 0.9
Sodium (mg): 0.3
Salt (g): 0.0

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



Korma Sauce\*

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Sharwoods Korma Curry SAU689</b> Korma Curry Cooking Sauce		1. Refer to manufactures instructions.	
800 g			
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
Contains:		Energy (kcal): <b>93.6</b>	
<ul style="list-style-type: none"><li>• <b>Milk</b></li><li>• <b>Sulphur dioxide</b></li></ul>		Fat (g): <b>6.5</b>	
<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>		Saturated Fat (g): <b>3.9</b>	
		Carbohydrate: (g): <b>6.2</b>	
		of which Sugars: <b>4.2</b>	
		Protein (g): <b>1.8</b>	
		Fibre (g): <b>1.8</b>	
		Sodium (mg): <b>0.2</b>	
		Salt (g): <b>0.0</b>	
		<b>Food Safety</b>	
		<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>4. The service temperature must be maintained at above 65C throughout the service period.</li><li>5. 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.</li></ol>	

# Lemon Drizzle (GF)

# Junior: 10 Portions

Ingredients	
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>106 g</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>106 g</b>
<b>Gluten Free SR Flour ( FLO 152)</b> Gluten Free SR Flour ( FLO 152)	<b>236 g</b>
<b>Milk, Dried CR milk powder MLP040</b> Dried Skimmed Milk with Vegetable Fat	<b>9 g</b>
<b>Water</b> Water	<b>96 ml</b>
<b>Eggs EGG112</b> Eggs, Medium, Free Range - Kfresh	<b>62 g</b>
<b>Sugar, Icing SUG250</b> Sugar Icing - Whitworths	<b>94 g</b>
<b>Lemons/Juice/zest FFM051/S</b> Lemons	<b>1 pieces</b>

Method
<div><div>1. Cream the margarine and sugar together until light and fluffy.</div><div>2. Beat the eggs into the mixture a little at a time.</div><div>3. Fold the dry ingredients into the creamed mixture, alternating with the water to keep the mixture to a soft dropping consistency.</div><div>4. Portion into a greased tin. Bake in a moderate oven for 30-40 minutes. When cool, mix icing sugar with the lemon juice and spread over the top of the sponge.</div></div>

Allergens
<div>Contains:</div> <div><div><div>• Eggs</div><div>• Milk</div></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): <b>244.8</b>
Fat (g): <b>9.0</b>
Saturated Fat (g): <b>3.6</b>
Carbohydrate (g): <b>39.7</b>
of which Sugars: <b>20.8</b>
Protein (g): <b>1.9</b>
Fibre (g): <b>0.8</b>
Salt (g): <b>0.1</b>

Food Safety
<div><div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div><div>2. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.</div></div>

Mandarin Segments in Juice

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Mandarin Oranges FRC314</b>		1. Refer to manufactures instructions.	
Mandarin Segments in Juice			
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
There are no allergens in ingredients for this recipe according to information provided by the suppliers.		Energy (kcal): <b>21.3</b>	
This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.		Fat (g): <b>0.3</b>	
		Saturated Fat (g): <b>0.1</b>	
		Carbohydrate: (g): <b>5.1</b>	
		of which Sugars: <b>5.1</b>	
		Protein (g): <b>0.5</b>	
		Fibre (g): <b>0.2</b>	
		Salt (g): <b>0.0</b>	
		<b>Food Safety</b>	
		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	1250 g
Lutosa Potato dice	

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

Allergens
<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>

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
<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>

Melting Moment (GF)

Junior: 10 Portions

Ingredients	
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>102 g</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>79 g</b>
<b>Eggs EGG112</b> Eggs, Medium, Free Range - Kfresh	<b>20 g</b>
<b>Cherries, Glace DFR400</b> Glace Cherries	<b>6 g</b>
<b>Gluten Free SR Flour ( FLO 152)</b> Gluten Free SR Flour ( FLO 152)	<b>136 g</b>

Method
<div><div>1. Cream together margarine and sugar. Add eggs to mixture.</div><div>2. Mix in the flour. portion, roll into a ball and place on a baking tray and lightly flatten, decorate with a cherry.</div><div>3. Bake in a moderate oven. Do not over cook.</div></div>

Allergens
<div>Contains:</div> <div><div><div>Eggs</div><div>Sulphur dioxide</div></div></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></div>

Nutritional Content (portion)
Energy (kcal): 150.6
Fat (g): 8.1
Saturated Fat (g): 3.2
Carbohydrate: (g): 18.7
of which Sugars: 8.2
Protein (g): 0.8
Fibre (g): 0.0
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. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.</div></div>

## Junior: 10 Portions

## 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.

<b>Nutritional Content</b> (portion)	
Energy (kcal):	<b>239.7</b>
Fat (g):	<b>11.7</b>
Saturated Fat (g):	<b>4.9</b>
Carbohydrate (g):	<b>20.3</b>
<i>of which Sugars:</i>	<b>6.5</b>
Protein (g):	<b>8.5</b>
Fibre (g):	<b>9.4</b>
Salt (g):	<b>1.0</b>

## 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

Junior: 10 Portions

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

Method
<div><div>1. Cook the mince &amp; onions on steam or in a pan until browned, drain off any fat in a colander.</div><div>2. Place the cooked mince &amp; 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>

Mixed Vegetables

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Mixed Veg 1kg</b> Mixed Vegetables		1. Refer to manufactures instructions.	
500 g			
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
There are no allergens in ingredients for this recipe according to information provided by the suppliers.		Energy (kcal): <b>31.5</b>	
This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.		Fat (g): <b>0.4</b>	
		Saturated Fat (g): <b>0.2</b>	
		Carbohydrate: (g): <b>4.0</b>	
		of which Sugars: <b>2.2</b>	
		Protein (g): <b>1.6</b>	
		Fibre (g): <b>2.2</b>	
		Salt (g): <b>0.0</b>	
		<b>Food Safety</b>	
		<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Individual frozen products “always cook from frozen.</li><li>4. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>5. Dispose of any surplus reheated products after service is finished.</li><li>6. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>7. The service temperature must be maintained at above 65C throughout the service period.</li></ol>	



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 “ always cook from frozen.

4. Probe cooked dish to confirm a minimum temperature of 82C.

AW23/24

Peach Slices in Juice

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Peaches (tinned) FRC362</b> PEACH SLICES IN JUICE		1. Refer to manufactures instructions.	
685 g			
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
There are no allergens in ingredients for this recipe according to information provided by the suppliers.		Energy (kcal): <b>38.4</b>	
		Fat (g): <b>0.1</b>	
		Saturated Fat (g): <b>0.0</b>	
		Carbohydrate: (g): <b>9.6</b>	
		of which Sugars: <b>9.6</b>	
		Protein (g): <b>0.3</b>	
		Fibre (g): <b>0.6</b>	
		Salt (g): <b>0.0</b>	
This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.		<b>Food Safety</b>	
		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

<b>Ingredients</b>		<b>Method</b>	
<b>Pears (tinned) FRC410</b> Pear Halves In Juice		1. Serve according to manufacturer's instructions.	
685 g			
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
There are no allergens in ingredients for this recipe according to information provided by the suppliers.		Energy (kcal): <b>35.6</b>	
		Fat (g): <b>0.1</b>	
		Saturated Fat (g): <b>0.0</b>	
		Carbohydrate: (g): <b>8.6</b>	
		of which Sugars: <b>7.7</b>	
		Protein (g): <b>0.1</b>	
		Fibre (g): <b>0.7</b>	
		Salt (g): <b>0.0</b>	
<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>		<b>Food Safety</b>	
		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.	

Rainbow Rice

Junior: 10 Portions

Ingredients		Method	
<b>Rice (Patna) CRP230</b>	<b>400 g</b>	<div><div>1. Cook rice according to manufactures instructions.</div><div>2. Stir fry peppers in oil, and mix into cooked rice and serve.</div></div>	
Rice, Patna, Long Grain - Country Range			
<b>Peppers, mixed (diced, frozen) 100138</b>	<b>200 g</b>		
RED AND GREEN PEPPER 10X10			
<b>Oil (sunflower) OIL075</b>	<b>2 ml</b>		
KTC SUNFLOWER OIL			

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): <b>147.2</b></div>	<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 &amp; 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>
<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>Fat (g): <b>0.5</b></div>	
	<div>Saturated Fat (g): <b>0.1</b></div>	
	<div>Carbohydrate: (g): <b>32.2</b></div>	
	<div><i>of which Sugars:</i> <b>0.7</b></div>	
	<div>Protein (g): <b>3.0</b></div>	
	<div>Fibre (g): <b>0.5</b></div>	
	<div>Salt (g): <b>0.0</b></div>	

## Raspberry Buns (GF)

## Junior: 10 Portions

Ingredients	
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>68 g</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>91 g</b>
<b>Jam MIXED FRUIT PRE160</b> C/R MIXED FRUIT JAM	<b>23 g</b>
<b>Water</b> Water	<b>57 ml</b>
<b>Milk, Dried CR milk powder MLP040</b> Dried Skimmed Milk with Vegetable Fat	<b>6 g</b>
<b>Gluten Free SR Flour ( FLO 152)</b> Gluten Free SR Flour ( FLO 152)	<b>193 g</b>

## Method

1. Rub Margarine into sieved white flour and baking powder. Add wholemeal flour.
2. Add sugar and dried milk.
3. Mix to a soft dough with the water.
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:

- **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):	<b>157.4</b>
Fat (g):	<b>5.7</b>
Saturated Fat (g):	<b>2.3</b>
Carbohydrate: (g):	<b>25.6</b>
<i>of which Sugars:</i>	<b>10.6</b>
Protein (g):	<b>1.1</b>
Fibre (g):	<b>0.0</b>
Salt (g):	<b>0.1</b>

## **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

<b>Ingredients</b>		<b>Method</b>	
<b>Chicken breast( uncooked) 900059</b> <b>10 pieces</b> Red Tractor Cooked Chicken Breast Flattened (50g)		1. Refer to manufactures instructions	
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
There are no allergens in ingredients for this recipe according to information provided by the suppliers.		Energy (kcal): <b>47.0</b>	
This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.		Fat (g): <b>0.8</b>	
		Saturated Fat (g): <b>0.2</b>	
		Carbohydrate: (g): <b>1.4</b>	
		of which Sugars: <b>0.8</b>	
		Protein (g): <b>10.8</b>	
		Fibre (g): <b>0.2</b>	
		Sodium (mg): <b>0.1</b>	
		Salt (g): <b>0.0</b>	
		<b>Food Safety</b>	
		<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Individual frozen products “always cook from frozen.”</li><li>4. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>5. Dispose of any surplus reheated products after service is finished.</li><li>6. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>7. The service temperature must be maintained at above 65C throughout the service period.</li><li>8. Ensure that there are no ice crystals present prior to cooking.</li></ol>	

# Roast Pork Loin

# Junior: 10 Portions

Ingredients

Roast Pork Loin JWY82

750 g

PORK LOIN BONELESS

Method

1. Follow manufacture's instruction.

2. Place into a warm serving dish.

Allergens

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

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

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

Food Safety

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

2. Check storage temperature / product date / packaging and quality.

3. Allow time to defrost in a suitable lidded container in the bottom of the refrigerator (approximately 24-48 hrs). Apply a second date label on defrost day and use by that date.

4. Probe cooked dish to confirm a minimum temperature of 82C.

5. Dispose of any surplus reheated products after service is finished.

6. Wash all fresh fruit prior to service.

7. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.

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

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

10. Ensure that there are no ice crystals present prior to cooking.

# Roast Pork Loin Steaks

# Junior: 10 Portions

**Ingredients**

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

**10 pieces**

**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.



## Shortcake (GF)

## Junior: 10 Portions

## Ingredients

<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>113 g</b>
<b>Eggs EGG112</b> Eggs, Medium, Free Range - Kfresh	<b>20 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>151 g</b>
<b>Gluten Free SR Flour ( FLO 152)</b> Gluten Free SR Flour ( FLO 152)	<b>284 g</b>

## 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:

- Eggs

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

**Nutritional Content** (portion)

Energy (kcal):	<b>246.5</b>
Fat (g):	<b>12.1</b>
Saturated Fat (g):	<b>4.7</b>
Carbohydrate: (g):	<b>32.9</b>
<i>of which Sugars:</i>	<b>11.4</b>
Protein (g):	<b>1.6</b>
Fibre (g):	<b>0.0</b>
Salt (g):	<b>0.2</b>

## 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	
<b>Diced Onion FFP071</b> Onions, Diced	<b>142 g</b>
<b>Grated Carrot FFP080</b> Carrots, Grated	<b>142 g</b>
<b>Celery FFP163/S</b> Celery, Head, Single	<b>142 g</b>
<b>Tinned chopped tomatoes VGC830</b> Royal Crown Chopped Tomatoes 6x800g	<b>411 g</b>
<b>Water</b> Water	<b>1135 ml</b>
<b>Black Pepper - ERC SPI334</b> Ground Black Pepper	<b>0 tspn</b>
<b>Gravy Granules GRV020</b> Gluten Free Gravy Granules for Meat Dishes	<b>57 g</b>
<b>Beef, Diced JWY1</b> FREE FLOW DICED BEEF (98% VL) - 2.5KG	<b>570 g</b>

### 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):	<b>97.0</b>
Fat (g):	<b>2.7</b>
Saturated Fat (g):	<b>1.1</b>
Carbohydrate: (g):	<b>4.9</b>
of which Sugars:	<b>2.7</b>
Protein (g):	<b>12.8</b>
Fibre (g):	<b>0.9</b>
Sodium (mg):	<b>0.3</b>
Salt (g):	<b>0.0</b>

### 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	500 g
Cabbage, Green, Sliced	

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

Nutritional Content (portion)
Energy (kcal): 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 / Baked Jam Sponge(GF)

Junior: 10 Portions

Ingredients		Method	
Margarine MRG020	60 g	<div>1. Rub the margarine into the dry ingredients.</div> <div>2. Add the sugar.</div> <div>3. Add the beaten eggs and water to gradually make a soft consistency.</div> <div>4. Spread jam in the base of greased deep tins.</div> <div>5. Divide into tins and cover with lids.</div> <div>6. Steam for 1 1/2 to 2 hours.</div> <div>7. Alternatively remove lids and bake in the oven for 30-40 mins.</div>	
Cooking & Baking Margarine			
Sugar, White SUG150	60 g		
GRANULATED SUGAR			
Water	112 ml		
Water			
Eggs EGG112	53 g		
Eggs, Medium, Free Range - Kfresh			
Milk, Dried CR milk powder MLP040	11 g		
Dried Skimmed Milk with Vegetable Fat			
Jam MIXED FRUIT PRE160	149 g		
C/R MIXED FRUIT JAM			
Gluten Free SR Flour ( FLO 152)	190 g		
Gluten Free SR Flour ( FLO 152)			

Allergens	Nutritional Content (portion)	Food Safety
Contains:	Energy (kcal): 178.2	<div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div> <div>2. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</div> <div>3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.</div>
• Eggs	Fat (g): 5.4	
• Milk	Saturated Fat (g): 2.2	
<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>	Carbohydrate: (g): 30.9	
	of which Sugars: 14.8	
	Protein (g): 1.5	
	Fibre (g): 0.2	
	Salt (g): 0.1	

Steamed Rice

Junior: 10 Portions

Ingredients	Method
<div><div><div>Rice (Patna) CRP230</div><div>Rice, Patna, Long Grain - Country Range</div></div><div>450 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): 158.4</div><div>Fat (g): 0.3</div><div>Saturated Fat (g): 0.1</div><div>Carbohydrate: (g): 35.4</div><div>of which Sugars: 0.0</div><div>Protein (g): 3.2</div><div>Fibre (g): 0.6</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. Probe cooked dish to confirm a minimum temperature of 82C.</div><div>4. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</div><div>5. The service temperature must be maintained at above 65C throughout the service period.</div><div>6. Rice dishes must be free from liquid during service and probed to verify a temperature above 82C.</div></div>

Sweetcorn

Junior: 10 Portions

Ingredients	Method
<div><div>Sweetcorn 1kg (Frozen)</div><div>Sweetcorn</div><div>500 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): 58.0</div><div>Fat (g): 1.2</div><div>Saturated Fat (g): 0.2</div><div>Carbohydrate: (g): 9.0</div><div>of which Sugars: 1.0</div><div>Protein (g): 2.2</div><div>Fibre (g): 0.0</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 &amp; 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>

Tasty Cheesy Ham Pasta Bake (GF)

Junior: 10 Portions

Ingredients	Method
<b>Onions FFV144</b> 114 g Onions, Cooking Medium	1. Sweat the onions in the margarine. Add the diced bacon and cook.
<b>Margarine MRG020</b> 14 g Cooking & Baking Margarine	2. How to make a white sauce -1. Melt the margarine and beat in the flour to form a roux. 2. Gradually add the reconstituted milk and stir until thickened.
<b>Milk, Dried CR milk powder MLP040</b> 57 g Dried Skimmed Milk with Vegetable Fat	3. Make the white sauce and add onions, bacon and grated cheese.
<b>Black Pepper - ERC SPI334</b> 1 tspn Ground Black Pepper	4. Cook pasta rings/shells in boiling salted water.
<b>Cheese - Grated CHF402</b> 200 g Mild White Cheddar	5. Drain and add to the white sauce mixture whilst still hot.
<b>Water</b> 570 ml Water	6. Portion into tins and return to the oven for 10 - 20 minutes.
<b>Gluten Free Pasta PST018</b> 480 g Gluten Free Pasta ( PST018)	
<b>Gluten Free Plain Flour ( FLO 151)</b> 57 g Gluten Free Plain Flour ( FLO 151)	
<b>Ham (cooked) MCC080</b> 400 g Gammon Ham	

Allergens	Nutritional Content (portion)	Food Safety
Contains: <ul style="list-style-type: none"><li>Milk</li></ul> May Contain: <ul style="list-style-type: none"><li>Lupin</li><li>Soya</li></ul> <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>	Energy (kcal): 362.5 Fat (g): 11.5 Saturated Fat (g): 6.6 Carbohydrate: (g): 47.3 of which Sugars: 3.7 Protein (g): 16.2 Fibre (g): 1.0 Sodium (mg): 12.0 Salt (g): 0.0	<ol style="list-style-type: none"><li>Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>Check storage temperature / product date / packaging and quality.</li><li>Probe cooked dish to confirm a minimum temperature of 82C.</li><li>The service temperature must be maintained at above 65C throughout the service period.</li></ol>

# 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
<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>

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

Method
<div><div>1. Cook rice according to manufactures instructions.</div><div>2. Stir fry peppers in oil, and mix into cooked rice and serve.</div></div>

Allergens
<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>

Nutritional Content (portion)
Energy (kcal): <b>147.2</b>
Fat (g): <b>0.5</b>
Saturated Fat (g): <b>0.1</b>
Carbohydrate: (g): <b>32.2</b>
<i>of which Sugars:</i> <b>0.7</b>
Protein (g): <b>3.0</b>
Fibre (g): <b>0.5</b>
Salt (g): <b>0.0</b>

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 &amp; 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>

# Vegetable Sticks

# Junior: 10 Portions

Ingredients		
<b>Cucumber FFV160/S</b>		
Cucumber Single		<b>267 g</b>
<b>Baton Carrots FFP053</b>		
Carrots, Baton		<b>200 g</b>

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

Allergens
<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>

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

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

## Viennese Biscuits (GF)

## Junior: 10 Portions

## Ingredients

<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>151 g</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>57 g</b>
<b>Cherries, Glace DFR400</b> Glace Cherries	<b>5 g</b>
<b>Gluten Free Plain Flour ( FLO 151)</b> Gluten Free Plain Flour ( FLO 151)	<b>170 g</b>

## Method

1. Cream margarine and sugar.
2. Add sieved 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:

- **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):	<b>188.3</b>
Fat (g):	<b>11.8</b>
Saturated Fat (g):	<b>4.6</b>
Carbohydrate: (g):	<b>19.6</b>
<i>of which Sugars:</i>	<b>6.0</b>
Protein (g):	<b>0.9</b>
Fibre (g):	<b>0.0</b>
Salt (g):	<b>0.2</b>

## 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.

Yoghurts, Assorted, Fat free

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Fat free assorted yoghurt YOGO05</b> <b>1000 g</b> GOLDEN ACRE FAT FREE ASSORTED YOGHURTS		1. Refer to manufactures instructions.	
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
Contains:		Energy (kcal): <b>91.0</b>	
• <b>Milk</b>		Fat (g): <b>0.3</b>	
<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>		Saturated Fat (g): <b>0.2</b>	
		Carbohydrate: (g): <b>19.6</b>	
		of which Sugars: <b>18.3</b>	
		Protein (g): <b>2.6</b>	
		Fibre (g): <b>0.5</b>	
		Sodium (mg): <b>0.1</b>	
		Salt (g): <b>0.0</b>	
		<b>Food Safety</b>	
		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 (GF)

## Junior: 10 Portions

### Ingredients

<b>Tomatoes FFV031</b> Tomatoes	<b>200 g</b>
<b>Sliced bacon JWY112</b> Bacon	<b>500 g</b>
<b>GF Sausages 8's 430017</b> Gluten Free Sausages 8's	<b>10 pieces</b>

### Method

1. Oven baked the Sausages.
2. Oven bake the bacon (do not over or under cook)
3. 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:

- **Sulphur dioxide**

May Contain:

- **Soya**

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

### Nutritional Content (portion)

Energy (kcal):	<b>187.7</b>
Fat (g):	<b>56.6</b>
Saturated Fat (g):	<b>4.3</b>
Carbohydrate (g):	<b>5.8</b>
of which Sugars:	<b>0.5</b>
Protein (g):	<b>16.6</b>
Fibre (g):	<b>1.8</b>
Sodium (mg):	<b>1.7</b>
Salt (g):	<b>0.0</b>

### Food Safety

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

# Junior: 10 Portions

Ingredients	
<b>Eggs EGG112</b> Eggs, Medium, Free Range - Kfresh	<b>63 g</b>
<b>Water</b> Water	<b>250 ml</b>
<b>Gluten Free Plain Flour ( FLO 151)</b> Gluten Free Plain Flour ( FLO 151)	<b>106 g</b>
<b>Milk, Dried CR milk powder MLP040</b> Dried Skimmed Milk with Vegetable Fat	<b>13 g</b>

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

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

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