

Autumn Winter 2023/2024

Primary Main Menu & Desserts 100 portion in Metric

Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatballs in Tomato Sauce	Tasty Cheesy Ham Pasta Bake	Roast Chicken	Classic Minced Beef Hotpot	Breaded Fish Square
Protein Power Balls in Tomato Sauce(DF)(V) (VE)	Tasty Cheesy Pasta Bake(V)	Quorn Vegan Fillet (DF)(V)(VE)	Harvest Hot Pot (V) (VE)	Ocean Friendly Fingers (VG)
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---	---	---	---	---
---	---	Chocolate Sponge & Cream	---	Lemon Drizzle Muffin
Chocolate Crunch Custard	Melting Moment Biscuit	Pear Halves in Juice	Waffle & Jam Sauce & Ice Cream	
Fresh Fruit --	Mandarin Segments in Juice			
Yoghurts, Assorted, Fat free				

Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Ham, Mediterranean Pasta Bake	Italian Style Pepperoni Pizza Pocket	Slow Braised Diced Beef	Gourmet Chicken Fillet (DF)	Crispy Fish Nuggets
Mediterranean Pasta Bake (V)	Italian Style Pizza Pocket	Harvest Savoury Mince (VE)	Roast Chicken Breast Fillet	Crispy Nugget Dippers (DF)(VE)
---	---	---	Vegetable Korma (V)	---
---	---	---	---	---
---	---	---	---	Raspberry Buns
Chocolate Oat Delight	Viennese Biscuits	Chocolate Orange Sponge & Cream	Ice Cream Roll Fruit Cocktail in Juice	

Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Yorkshire All Day Breakfast	Italian Style Mince Beef Pasta Bolognese	Roast Pork Loin Quorn Vegan Fillet	Mexican Style Chicken Enchiladas	Jumbo Fish Finger Crispy Rainbow
Yorkshire All Day Breakfast- (DF)(V)(VE)	Italian Style Neapolitan Pasta (V)	(DF)(V)(VE) Roast Pork Loin Steaks	Mexican Style Enchiladas	Fingers (DF)(V)(VE)
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---	---	---	---	---
Chocolate Cookie Mandarin Segments in Juice	Shortcake Custard	Chocolate Crackle	Steamed / Baked Jam Sponge	Oaty Fruit Crunch

Classic Minced Beef Hotpot

Junior: 100 Portions

Ingredients

Mince Beef JWY5 Minced Beef	5000 g
Onions FFV144 Onions, Cooking Medium	10000 g
Carrots SLICED FRESH FFP054 Carrots, Sliced, Peeled	5000 g
Sliced Potatoes FFP051 Potatoes, Sliced	12500 g

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):	156.8
Fat (g):	0.3
Saturated Fat (g):	0.0
Carbohydrate: (g):	35.4
of which Sugars:	7.6
Protein (g):	4.2
Fibre (g):	5.7
Sodium (mg):	0.5
Salt (g):	0.0

Food Safety

- Maintain a high standard of hygiene and wash your hands at the appropriate times.
- Check storage temperature / product date / packaging and quality.
- Probe cooked dish to confirm a minimum temperature of 82C.
- Dispose of any surplus reheated products after service is finished.
- For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
- The service temperature must be maintained at above 65C throughout the service period.
- Ensure that there are no ice crystals present prior to cooking.
- For allergen friendly foods, wash equipment prior to use and sanitise work stations. Cover and store (hot or cold) away from other foods until service.

No instructions have been set for this recipe.

Beef Meatballs in Tomato Sauce

Junior: 100 Portions

Ingredients		Method	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	300 ml	<div><div></div><div><ol style="list-style-type: none">Heat oil in a pan and gently fry the chopped onions.Add chopped tomatoes, tomato puree and Maggi Sauce. Season to taste with the oxo, pepper and mixed herbs and simmer gently.Place meatballs on a greased baking tray, and follow manufacturers cooking instructionsPlace the cooked balls in a serving tin. Cover with the tomato sauce and serve.</div></div>	
Diced Onion FFV071 Onions, Diced	1135 g		
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	1985 g		
Mixed Herbs SPI402 Dried Mixed Herbs	5 tspn		
Black Pepper SPI334 Ground Black Pepper	5 To taste		
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	425 g		
Beef Meatballs (23g each)470030 Beef Meatballs (23g each)	300 pieces		

Allergens	Nutritional Content (portion)	Food Safety
<div>There are no allergens in ingredients for this recipe according to information provided by the suppliers.</div> <div><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></div>	<div>Energy (kcal): 221.3</div> <div>Fat (g): 15.9</div> <div>Saturated Fat (g): 5.3</div> <div>Carbohydrate: (g): 9.1</div> <div><i>of which Sugars:</i> 3.1</div> <div>Protein (g): 10.5</div> <div>Fibre (g): 1.0</div> <div>Salt (g): 0.0</div>	<div><ol style="list-style-type: none">Maintain a high standard of hygiene and wash your hands at the appropriate times.Check storage temperature / product date / packaging and quality.Individual frozen products “always cook from frozen.Probe cooked dish to confirm a minimum temperature of 82C.For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.The service temperature must be maintained at above 65C throughout the service period.Ensure that there are no ice crystals present prior to cooking.</div>

Breaded Fish Square

Junior: 100 Portions

Ingredients

Young's Breaded Fishwich Fillet Squares
MSC 50x85g 330007

100 pieces

Young's Breaded Fishwich Fillet Squares MSC 50x85g

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 “ 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.

AW23/24

Chocolate Cookie

Junior: 100 Portions

Ingredients	Method
<div><div>Flour, Plain FLO1541021 g</div><div>C/R PLAIN FLOUR</div></div>	<div><div>1. Cream margarine and sugar.</div><div>2. Sieve together the flour and cocoa, add to the creamed mixture.</div><div>3. Add cornflakes.</div><div>4. Portion the mixture and form into balls, flatten slightly.</div><div>5. Place on a greasedbtray and bake at 165C, 350F, Reg 4-5 for 10 to 15 minutes.</div><div>6. Allow to cool before lifting from the tray.</div></div>
<div><div>Flour, Wholemeal FLO150340 g</div><div>Flour, Wholemeal - Bradona</div></div>	
<div><div>Sugar, White SUG150907 g</div><div>GRANULATED SUGAR</div></div>	
<div><div>Cocoa BEV070113 g</div><div>Freshers Fat Reduced Cocoa Powder</div></div>	
<div><div>Cornflakes BRK095170 g</div><div>Cornflakes Bag - Kelloggâ€™s</div></div>	
<div><div>Margarine MRG0201361 g</div><div>Cooking & Baking Margarine</div></div>	
Allergens	Nutritional Content (portion)
<div>Contains:<ul style="list-style-type: none">• Barley• Cereals• Kamut• Oats• Rye• Spelt• Wheat</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>Energy (kcal): 184.6</div><div>Fat (g): 10.6</div><div>Saturated Fat (g): 4.2</div><div>Carbohydrate: (g): 21.1</div><div>of which Sugars: 9.3</div><div>Protein (g): 1.8</div><div>Fibre (g): 0.7</div><div>Salt (g): 0.1</div></div>
	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 & travelling time) must not exceed 4 hours.</div></div>

Chocolate Crackle

Junior: 100 Portions

Ingredients	
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	212 g
Syrup SYR012 T/LYLE GOLDEN SYRUP	1276 g
Margarine MRG020 Cooking & Baking Margarine	851 g
Rice Krispies BRK130 KELLOGGS RICE KRISPIES BAG PACK	1559 g
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	567 g

Method
<div><div>1. melt the margarine and syrup in a pan.</div><div>2. Stir in the cocoa, when mixed remove from the heat.</div><div>3. Add the dried milk and mix well.</div><div>4. Stir in the krispies making sure they are coated with the chocolate mxture.</div><div>5. Spread the mixture into shallow tins, leaving the surface smooth and flat.</div><div>6. place in a refrigerator to set and cut when cold.</div></div>

Allergens	Nutritional Content (portion)	Food Safety																
<p>Contains:</p> <ul style="list-style-type: none">• Barley• Cereals• Kamut• Milk• Oats• Rye• Spelt• Wheat <div><p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p></div>	<table><tr><td>Energy (kcal):</td><td>192.0</td></tr><tr><td>Fat (g):</td><td>7.9</td></tr><tr><td>Saturated Fat (g):</td><td>3.7</td></tr><tr><td>Carbohydrate: (g):</td><td>27.6</td></tr><tr><td>of which Sugars:</td><td>14.8</td></tr><tr><td>Protein (g):</td><td>2.1</td></tr><tr><td>Fibre (g):</td><td>0.2</td></tr><tr><td>Salt (g):</td><td>0.1</td></tr></table>	Energy (kcal):	192.0	Fat (g):	7.9	Saturated Fat (g):	3.7	Carbohydrate: (g):	27.6	of which Sugars:	14.8	Protein (g):	2.1	Fibre (g):	0.2	Salt (g):	0.1	<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
Energy (kcal):	192.0																	
Fat (g):	7.9																	
Saturated Fat (g):	3.7																	
Carbohydrate: (g):	27.6																	
of which Sugars:	14.8																	
Protein (g):	2.1																	
Fibre (g):	0.2																	
Salt (g):	0.1																	

Chocolate Crunch

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	1417 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	472 g
Baking Powder BAK441 Baking Powder	94 g
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	118 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	208 g
Margarine MRG020 Cooking & Baking Margarine	1417 g
Sugar, White SUG150 GRANULATED SUGAR	1417 g

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

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

Nutritional Content (portion)
Energy (kcal): 223.0
Fat (g): 11.2
Saturated Fat (g): 4.4
Carbohydrate (g): 29.1
<i>of which Sugars:</i> 14.4
Protein (g): 2.4
Fibre (g): 0.9
Salt (g): 0.1

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

Chocolate Oat Delight

Junior: 100 Portions

Ingredients		Method	
Margarine MRG020	1125 g	<div><div>1. Melt Margarine, stir in rest of ingredients and mix well</div><div>2. Press into a greased shallow tin</div><div>3. bake in a moderate oven until brown (15/20mins)</div><div>4. Portion while warm</div><div>5. mix sieved icing sugar and cocoa with water into a icing, ice once cooled</div><div>6. leave icing to set before serving</div></div>	
Cooking & Baking Margarine			
Cocoa BEV070	105 g		
Freshers Fat Reduced Cocoa Powder			
Oats BRK210	955 g		
Superfast Oats			
Flour, Plain FLO154	1275 g		
C/R PLAIN FLOUR			
Sugar, White SUG150	635 g		
GRANULATED SUGAR			
Sugar, Icing SUG250	425 g		
Sugar Icing - Whitworths			
Cocoa BEV070	70 g		
Freshers Fat Reduced Cocoa Powder			
Boiling water	100 ml		
Boiling water			
Flour, Wholemeal FLO150	425 g		
Flour, Wholemeal - Bradona			

Allergens	Nutritional Content (portion)	Food Safety
Contains: <ul style="list-style-type: none">BarleyCerealsGlutenKamutOatsRyeSpeltWheat <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>Energy (kcal): 217.0</div><div>Fat (g): 9.7</div><div>Saturated Fat (g): 3.7</div><div>Carbohydrate (g): 29.3</div><div>of which Sugars: 10.9</div><div>Protein (g): 3.3</div><div>Fibre (g): 1.7</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>

Chocolate Orange Sponge & Cream

Junior: 100 Portions

Ingredients		Method	
Flour, Plain FLO154	1772 g	<ol style="list-style-type: none">1. Cream the margarine and sugar together until light and fluffy.2. Lightly beat the eggs. Beat the eggs into the mixture a little at a time to prevent curdling.3. Sieve 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.8. Serve with Cream	
C/R PLAIN FLOUR			
Flour, Wholemeal FLO150	413 g		
Flour, Wholemeal - Bradona			
Baking Powder BAK441	177 g		
Baking Powder			
Cocoa BEV070	177 g		
Freshers Fat Reduced Cocoa Powder			
Margarine MRG020	1063 g		
Cooking & Baking Margarine			
Sugar, White SUG150	1063 g		
GRANULATED SUGAR			
Eggs EGG112	500 g		
Eggs, Medium, Free Range - Kfresh			
Water	712 ml		
Water			
Milk, Dried CR milk powder MLP040	94 g		
Dried Skimmed Milk with Vegetable Fat			
Orange zest/Juice FFM060/S	729 g		
Oranges			
Meadowland MLK350 (V) (GF)	5000 ml		
Meadowland Tetrapack Double 12x1L			

Allergens

Contains:

- Barley
- Cereals
- Eggs
- Gluten
- Kamut
- Milk
- 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):	372.2
Fat (g):	24.5
Saturated Fat (g):	18.1
Carbohydrate: (g):	32.2
of which Sugars:	13.1
Protein (g):	4.4
Fibre (g):	1.6
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 & Cream

Junior: 100 Portions

Ingredients		Method	
Flour, Plain FLO154	1772 g	<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. Put into greased tins.</div> <div>6. Bake in a moderate oven for 30-40 minutes.</div> <div>7. Serve with Cream</div>	
C/R PLAIN FLOUR			
Flour, Wholemeal FLO150	413 g		
Flour, Wholemeal - Bradona			
Baking Powder BAK441	177 g		
Baking Powder			
Cocoa BEV070	177 g		
Freshers Fat Reduced Cocoa Powder			
Margarine MRG020	1063 g		
Cooking & Baking Margarine			
Sugar, White SUG150	1063 g		
GRANULATED SUGAR			
Eggs EGG112	500 g		
Eggs, Medium, Free Range - Kfresh			
Water	712 ml		
Water			
Milk, Dried CR milk powder MLP040	94 g		
Dried Skimmed Milk with Vegetable Fat			
Cream, Double - meadowland MLK350	5000 ml		
Meadowland Tetrapack Double 12x1L			

Allergens	Nutritional Content (portion)	Food Safety
Contains: <ul style="list-style-type: none">• Barley• Cereals• Eggs• Gluten• Kamut• Milk• Oats• Rye• Soya• Spelt• Wheat	Energy (kcal): 367.6	<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.
	Fat (g): 24.4	
	Saturated Fat (g): 18.1	
	Carbohydrate: (g): 31.1	
	<i>of which Sugars:</i> 13.1	
	Protein (g): 4.3	
	Fibre (g): 1.2	
	Salt (g): 0.1	
<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>		

Crispy Fish Nuggets

Junior: 100
Portions

Ingredients	
Salmon Bites 320058 BREADED SALMON BITES.	300 g

Method
1. Refer to manufactures instructions

Allergens
Contains: <ul style="list-style-type: none">CerealsFishGlutenWheat <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):	166.8
Fat (g):	6.5
Saturated Fat (g):	1.0
Carbohydrate: (g):	18.9
of which Sugars:	1.1
Protein (g):	8.3
Fibre (g):	1.0
Salt (g):	0.0

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

Crispy Nugget Dippers (DF)(VE)

Junior: 100 Portions

Ingredients		Method	
Vegetable Nuggets 20g 420028		1. Refer to manufactures instructions.	
Vegetable Nuggets			
300 pieces			
Allergens		Nutritional Content (portion)	
Contains:		Energy (kcal): 132.0	
<ul style="list-style-type: none">• Cereals• Gluten• Wheat		Fat (g): 6.5	
<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>		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	
		<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products “always cook from frozen.”4. Probe cooked dish to confirm a minimum temperature of 82C.5. 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.	

Crispy Rainbow Fingers (DF)(V)(VE)

Junior: 100 Portions

Ingredients		Method
Vegetable Fingers 390033	300 pieces	1. Follow manufacturers guidelines
Vegetable fingers		

Allergens	Nutritional Content (portion)	Food Safety																
<p>Contains:</p> <ul style="list-style-type: none">• Barley• Cereals• Kamut• Oats• Rye• Spelt• Wheat <div><p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p></div>	<table><tr><td>Energy (kcal):</td><td>141.0</td></tr><tr><td>Fat (g):</td><td>6.1</td></tr><tr><td>Saturated Fat (g):</td><td>0.4</td></tr><tr><td>Carbohydrate: (g):</td><td>18.0</td></tr><tr><td>of which Sugars:</td><td>1.9</td></tr><tr><td>Protein (g):</td><td>2.6</td></tr><tr><td>Fibre (g):</td><td>1.9</td></tr><tr><td>Salt (g):</td><td>0.1</td></tr></table>	Energy (kcal):	141.0	Fat (g):	6.1	Saturated Fat (g):	0.4	Carbohydrate: (g):	18.0	of which Sugars:	1.9	Protein (g):	2.6	Fibre (g):	1.9	Salt (g):	0.1	<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products “always cook from frozen.”4. Probe cooked dish to confirm a minimum temperature of 82C.5. 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.
Energy (kcal):	141.0																	
Fat (g):	6.1																	
Saturated Fat (g):	0.4																	
Carbohydrate: (g):	18.0																	
of which Sugars:	1.9																	
Protein (g):	2.6																	
Fibre (g):	1.9																	
Salt (g):	0.1																	

Custard

Junior: 100
Portions

Ingredients	
Water Water	9095 ml
Custard Powder CUS018 C/R CUSTARD POWDER	455 g
Sugar, White SUG150 GRANULATED SUGAR	340 g
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	1135 g

Method
<ol style="list-style-type: none">1. Reconstitute the dried milk, retaining sufficient water to mix custard powder2. Bring the milk to the boil, DO NOT OVER COOK3. Make the custard powder into a paste with a little water4. Add the sugar5. Pour the milk over the custard and sugar mixture6. Allow to cook

Allergens
Contains: <ul style="list-style-type: none">• Milk <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): 66.9
Fat (g): 2.3
Saturated Fat (g): 2.0
Carbohydrate: (g): 14.2
of which Sugars: 9.2
Protein (g): 1.4
Fibre (g): 0.0
Sodium (mg): 0.1
Salt (g): 0.0

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

Ingredients	
Bananas SCH033 Bananas	3750 g
Oranges FFM060/S Orange Wedges	4250 g
Apples SCH031 Apples, Golden Delicious	2000 g

Method
1. Wash & serve.

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

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

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. 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: 100
Portions

Ingredients	
Fruit Cocktail in juice FRC212	6833 g
FRUIT COCKTAIL IN JUICE	

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): 36.9
Fat (g): 0.1
Saturated Fat (g): 0.0
Carbohydrate: (g): 8.5
<i>of which Sugars:</i> 8.5
Protein (g): 0.2
Fibre (g): 0.7
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>

Gourmet Chicken Fillet (DF)

Junior: 100 Portions

Ingredients		Method	
G Gourmet Chicken Fillet 57g 410114 5700 g		1. Refer to manufactures instructions.	
Red Tractor Raw Chicken Breast Fillet Portion 57g			
Allergens		Nutritional Content (portion)	
There are no allergens in ingredients for this recipe according to information provided by the suppliers.		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	
<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>		Food Safety	
		<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products “always cook from frozen.”4. Probe cooked dish to confirm a minimum temperature of 82C.5. 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.	

Ham, Mediterranean Pasta Bake

Junior: 100
Portions

Ingredients		
Tinned chopped tomatoes VGC830	3970 g	
Royal Crown Chopped Tomatoes 6x800g		
Oil (sunflower) OIL075	285 ml	
KTC SUNFLOWER OIL		
Diced Onion FFV071	1134 g	
Onions, Diced		
Maggi sauce VGC859	1990 g	
MAGGI RICH & RUSTIC TOMATO SAUCE		
Mixed Herbs SPI402	5 tspn	
Dried Mixed Herbs		
Black Pepper - ERC SPI334	3 tspn	
Ground Black Pepper		
Tomato Puree VGC230	425 g	
Tomato Puree (Tubes) - Cirio		
Vegetable Bouillon BOU014 Piece = 1 tsp	15 pieces	
BOU014-Vegetable Bouillon		
Worcestershire Sauce SAU547	10 tspn	
Worcestershire Sauce - Lea & Perrins		
Cheese - Grated CHF402	570 g	
Mild White Cheddar		
Ham (cooked) MCC080	4500 g	
Gammon Ham		
Pasta Shapes PST312	4500 g	
C/R SHELLS CONCHIGLIE		

Method
<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 & black pepper.</div> <div>3. and Worcester sauce and mixed herbs and simmer gently.</div> <div>4. Cook 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>

Allergens

Contains:

- Barley
- Cereals
- Fish
- Kamut
- Milk
- 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):	291.0
Fat (g):	7.9
Saturated Fat (g):	2.4
Carbohydrate (g):	37.9
<i>of which Sugars:</i>	4.5
Protein (g):	15.3
Fibre (g):	1.9
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.
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.

Harvest Hot Pot (V)(VE)

Junior: 100
Portions

Ingredients	
Diced carrot 1KG Carrots	1563 g
Diced swede 1KG Diced Swede	1563 g
Onions FFV144 Onions, Cooking Medium	1563 g
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	3 pieces
Gravy Granules GRV020 Gluten Free Gravy Granules for Meat Dishes	359 g
Water Water	3125 ml
Black Pepper - ERC SPI334 Ground Black Pepper	3 tspn
Sliced Potatoes FFP051 Potatoes, Sliced	12500 g
Vegan Mince 390039 MTA04 - Meat Alt Beef Style Mince 500g (10 x 500g) (F10421750)	5000 g

Method
<ol style="list-style-type: none">1. Place all the ingredients into containers(except the sliced potatoes).2. Mix the ingredients together well.3. Layer the sliced potatoes on the top of the ingredients and lid place into a moderate oven for 1 hour.4. After 1 hour remove the lids and allow the potatoes to colour for a further 30 minutes.

Allergens
Contains: <ul style="list-style-type: none">• Soya• Sulphur dioxide <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): 185.6
Fat (g): 1.7
Saturated Fat (g): 0.3
Carbohydrate: (g): 28.7
of which Sugars: 4.8
Protein (g): 11.6
Fibre (g): 6.4
Sodium (mg): 0.1
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. 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.

Harvest Savoury Mince (VE)

Junior: 100 Portions

Ingredients	
Diced Onion FFV071	1063 g
Onions, Diced	
Diced carrot 1KG	1063 g
Carrots	
Peas 1kg (Frozen)	1063 g
Peas	
Tomato Puree VGC230	355 g
Tomato Puree (Tubes) - Cirio	
Water	4263 ml
Water	
Gravy Granules GRV020	530 g
Gluten Free Gravy Granules for Meat Dishes	
Black pepper SPI334	3 To taste
Ground Black Pepper	
Vegan Mince 390039	4000 g
MTA04 - Meat Alt Beef Style Mince 500g (10 x 500g) (F10421750)	

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

Allergens
Contains: <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): 77.7
Fat (g): 1.3
Saturated Fat (g): 0.3
Carbohydrate: (g): 6.6
of which Sugars: 3.1
Protein (g): 7.8
Fibre (g): 3.3
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. The service temperature must be maintained at above 65C throughout the service period.</div><div>5. Ensure that there are no ice crystals present prior to cooking.</div></div>

Ice Cream Roll

Junior: 100 Portions

Ingredients		Method	
Vanilla I/C Sponge Roll 800060 Raspberry Ripple Ice Cream Rolls		100 Portions No methods have been set for this recipe.	
Allergens		Nutritional Content (portion)	
Contains:		Energy (kcal): 110.4	
<ul style="list-style-type: none">• Cereals• Eggs• Gluten• Milk• Soya• Wheat		Fat (g): 3.9	
		Saturated Fat (g): 1.8	
		Carbohydrate: (g): 16.8	
		of which Sugars: 11.5	
		Protein (g): 1.9	
		Fibre (g): 0.4	
		Salt (g): 0.0	
<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>		Food Safety	
		<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.	
		No instructions have been set for this recipe.	

Italian Style Mince Beef Pasta Bolognese

Junior: 100 Portions

Ingredients		Method	
Diced Onion FFF071	850 g	<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 with veg bouillon, Worcester sauce & 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>	
Onions, Diced			
Grated Carrot FFP080	850 g		
Carrots, Grated			
Maggi sauce VGC859	3970 g		
MAGGI RICH & RUSTIC TOMATO SAUCE			
Tomatoes, Chopped (tinned) VGC830	3400 g		
Royal Crown Chopped Tomatoes 6x800g			
Tomato Puree VGC230	425 g		
Tomato Puree (Tubes) - Cirio			
Black Pepper - ERC SPI334	3 tspn		
Ground Black Pepper			
Worcestershire Sauce SAU547	10 tspn		
Worcestershire Sauce - Lea & Perrins			
Vegetable Bouillon BOU014 Piece = 1 tsp	10 pieces		
BOU014-Vegetable Bouillon			
Minced Beef 970085	5000 g		
Minced Beef			
Pasta Shapes PST312	4500 g		
C/R SHELLS CONCHIGLIE			
Allergens		Nutritional Content (portion)	
<div>Contains:</div> <div><ul style="list-style-type: none">BarleyCerealsFishKamutOatsRyeSpeltWheat</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>		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	
		<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 â€“ 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 & travelling time) must not exceed 4 hours.</div> <div>6. The service temperature must be maintained at above 65C throughout the service period.</div>	

Italian Style Neapolitan Pasta (V)

Junior: 100 Portions

Ingredients	
Tinned chopped tomatoes VGC830 Royal Crown Chopped Tomatoes 6x800g	3970 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	300 ml
Diced Onion FFV071 Onions, Diced	1135 g
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	1985 g
Mixed Herbs SPI402 Dried Mixed Herbs	5 tspn
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	425 g
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	15 pieces
Cheese - Grated CHF402 Mild White Cheddar	2835 g
Black Pepper - ERC SPI334 Ground Black Pepper	10 tspn
Spaghetti PTS309 C/R SPAGHETTI	4500 g

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

Allergens	Nutritional Content (portion)	Food Safety																		
<p>Contains:</p> <ul style="list-style-type: none">• Barley• Cereals• Kamut• Milk• Oats• Rye• Spelt• Wheat <div><p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p></div>	<table><tr><td>Energy (kcal):</td><td>333.3</td></tr><tr><td>Fat (g):</td><td>13.9</td></tr><tr><td>Saturated Fat (g):</td><td>6.6</td></tr><tr><td>Carbohydrate: (g):</td><td>38.1</td></tr><tr><td><i>of which Sugars:</i></td><td>4.5</td></tr><tr><td>Protein (g):</td><td>13.0</td></tr><tr><td>Fibre (g):</td><td>1.9</td></tr><tr><td>Sodium (mg):</td><td>0.2</td></tr><tr><td>Salt (g):</td><td>0.0</td></tr></table>	Energy (kcal):	333.3	Fat (g):	13.9	Saturated Fat (g):	6.6	Carbohydrate: (g):	38.1	<i>of which Sugars:</i>	4.5	Protein (g):	13.0	Fibre (g):	1.9	Sodium (mg):	0.2	Salt (g):	0.0	<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Probe cooked dish to confirm a minimum temperature of 82C.3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.4. The service temperature must be maintained at above 65C throughout the service period.
Energy (kcal):	333.3																			
Fat (g):	13.9																			
Saturated Fat (g):	6.6																			
Carbohydrate: (g):	38.1																			
<i>of which Sugars:</i>	4.5																			
Protein (g):	13.0																			
Fibre (g):	1.9																			
Sodium (mg):	0.2																			
Salt (g):	0.0																			

Italian Style Pepperoni Pizza Pocket

Junior: 100 Portions

Ingredients	Method
<div><div>Maggi sauce VGC8591417 g</div><div>MAGGI RICH & RUSTIC TOMATO SAUCE</div></div>	<div><div>1. Mix maggie sauce and herbs together.</div><div>2. For a primary serving cut in half.</div><div>3. Place the sauce, pepperoni & Cheese into the pizza pocket.</div><div>4. Bake in a moderate oven for 10-15 mins.</div><div>5. Primary 1 pocket = 2 portions Secondary 1 pocket per portion.</div></div>
<div><div>Mozzarella Cheese CHF4081417 g</div><div>Shredded 80/20 Mozzarella / Cheddar 6x2kg</div></div>	
<div><div>Mixed Herbs SPI4024 tspn</div><div>Dried Mixed Herbs</div></div>	
<div><div>7" Piegatta Calzone Pizza 63004950 pieces</div><div>Piegatta Calzone Pizza</div></div>	
<div><div>Pepperoni Slices 6301521417 g</div><div>Sliced Pepperoni</div></div>	
Allergens	Nutritional Content (portion)
<div>Contains:<ul style="list-style-type: none">BarleyCerealsGlutenKamutMilkOatsRyeSpeltWheat</div> <div>May Contain:<ul style="list-style-type: none">Eggs</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>Energy (kcal): 221.5</div><div>Fat (g): 13.4</div><div>Saturated Fat (g): 5.3</div><div>Carbohydrate: (g): 16.1</div><div>of which Sugars: 1.3</div><div>Protein (g): 9.0</div><div>Fibre (g): 0.9</div><div>Sodium (mg): 0.1</div><div>Salt (g): 0.0</div></div>
	Food Safety
	<div><div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div><div>2. Probe cooked dish to confirm a minimum temperature of 82C.</div><div>3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.</div><div>4. The service temperature must be maintained at above 65C throughout the service period.</div></div>

Italian Style Pizza Pocket

Junior: 100 Portions

Ingredients		Method	
Maggi sauce VGC859	1417 g	<div>1. Mix maggie sauce and herbs together.</div> <div>2. For a primary serving cut in half.</div> <div>3. Place sauce and cheese into the pizza pocket.</div> <div>4. Bake in a moderate oven for 10-15 mins.</div> <div>5. Primary 1 pocket = 2 portions Secondary 1 pocket per portion.</div>	
MAGGI RICH & RUSTIC TOMATO SAUCE			
Mozzarella Cheese CHF408	1417 g		
Shredded 80/20 Mozzarella / Cheddar 6x2kg			
Mixed Herbs SPI402	4 tspn		
Dried Mixed Herbs			
7" Piegatta Calzone Pizza 630049	50 pieces		
Piegatta Calzone Pizza			

Allergens	Nutritional Content (portion)	Food Safety
Contains: <ul style="list-style-type: none">• Barley• Cereals• Gluten• Milk• Wheat May Contain: <ul style="list-style-type: none">• Eggs• Oats• Rye <div><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></div>	<div>Energy (kcal): 147.7</div> <div>Fat (g): 6.5</div> <div>Saturated Fat (g): 2.6</div> <div>Carbohydrate: (g): 16.0</div> <div>of which Sugars: 1.2</div> <div>Protein (g): 6.3</div> <div>Fibre (g): 0.9</div> <div>Sodium (mg): 0.1</div> <div>Salt (g): 0.0</div>	<div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div> <div>2. Probe cooked dish to confirm a minimum temperature of 82C.</div> <div>3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.</div> <div>4. The service temperature must be maintained at above 65C throughout the service period.</div>

Jumbo Fish Finger

Junior: 100
Portions

Ingredients	
Jumbo Battered Fish Finger 70g-320169	7000 g
Jumbo Battered Alaska Pollock MSC Fillet Fingers	

Method
<ol style="list-style-type: none">1. Place fish fingers on a lightly greased baking tray, in a preheated moderate oven for 12-15 minutes.2. Spread mayonnaise on wrap. Once cooked placed fishfingers onto wrap and fold and serve immediately.

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

Nutritional Content (portion)
Energy (kcal): 190.4
Fat (g): 11.7
Saturated Fat (g): 0.9
Carbohydrate: (g): 12.1
<i>of which Sugars:</i> 0.2
Protein (g): 8.9
Fibre (g): 0.6
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products “always cook from frozen.”4. Probe cooked dish to confirm a minimum temperature of 82C.5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.6. The service temperature must be maintained at above 65C throughout the service period.7. Ensure that there are no ice crystals present prior to cooking.

Lemon Drizzle Muffin

Junior: 100 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	1417 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	473 g
Baking Powder BAK441 Baking Powder	140 g
Margarine MRG020 Cooking & Baking Margarine	850 g
Sugar, White SUG150 GRANULATED SUGAR	850 g
Water Water	767 ml
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	70 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	500 g
Sugar, Icing SUG250 Sugar Icing - Whitworths	757 g
Lemons/Juice/zest FFM051/S Lemons	3 pieces

Method
<div><div>1. Cream the margarine and sugar together until light and fluffy.</div><div>2. Lightly beat the eggs and beat into mixture a little at a time.</div><div>3. Sieve together the white flour and baking powder. Add the wholemeal flour and dried milk.</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. Divide into muffin cases bake in a moderate oven for 20 minutes.</div><div>6. When cool, mix icing sugar with lemon juice and ice muffins.</div></div>

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

Nutritional Content (portion)
Energy (kcal): 195.6
Fat (g): 7.1
Saturated Fat (g): 2.8
Carbohydrate: (g): 31.8
<i>of which Sugars:</i> 16.7
Protein (g): 2.5
Fibre (g): 1.3
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 & travelling time) must not exceed 4 hours.</div><div>3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.</div></div>

Mandarin Segments in Juice

Junior: 100 Portions

Ingredients	
Mandarin Oranges FRC314	6667 g
Mandarin Segments in Juice	

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): 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
<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>

Mediterranean Pasta Bake (V)

Junior: 100 Portions

Ingredients	
Tinned chopped tomatoes VGC830 Royal Crown Chopped Tomatoes 6x800g	3970 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	300 ml
Diced Onion FFF071 Onions, Diced	1135 g
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE	1985 g
Mixed Herbs SPI402 Dried Mixed Herbs	5 tspn
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	425 g
Vegetable Bouillon BOU014 Piece = 1 tsp BOU014-Vegetable Bouillon	15 pieces
Cheese - Grated CHF402 Mild White Cheddar	2835 g
Black Pepper - ERC SPI334 Ground Black Pepper	10 tspn
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	4500 g

Method
<div><div>1. Make the tomato sauce: heat the oil in a pan, add the diced onions and saute'.</div><div>2. Add chopped tomatoes, tomato puree, maggie sauce. Season to taste with vegetable bouillon, Herbs & black pepper. Simmer gently..</div><div>3. Cook pasta following the manufacturer's instructions.</div><div>4. Drain the pasta and mix into tomato mix and stir well.</div><div>5. Portion into tins and sprinkle with cheese and place in a moderate oven for 15 minutes.</div></div>

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

Nutritional Content (portion)
Energy (kcal): 333.3
Fat (g): 13.9
Saturated Fat (g): 6.6
Carbohydrate: (g): 38.1
<i>of which Sugars:</i> 4.5
Protein (g): 13.0
Fibre (g): 1.9
Sodium (mg): 0.2
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. Probe cooked dish to confirm a minimum temperature of 82C.</div><div>3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.</div><div>4. The service temperature must be maintained at above 65C throughout the service period.</div></div>

Melting Moment Biscuit

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	911 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	304 g
Baking Powder BAK441 Baking Powder	50 g
Margarine MRG020 Cooking & Baking Margarine	911 g
Sugar, White SUG150 GRANULATED SUGAR	707 g
Oats BRK210 Superfast Oats	204 g
Cherries, Glace DFR400 Glace Cherries	50 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	179 g

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

Nutritional Content (portion)
Energy (kcal): 142.0
Fat (g): 7.3
Saturated Fat (g): 2.8
Carbohydrate (g): 18.0
<i>of which Sugars:</i> 7.5
Protein (g): 1.7
Fibre (g): 0.8
Salt (g): 0.1

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. 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

Junior: 100 Portions

Ingredients		
Oil (sunflower) OIL075		
KTC SUNFLOWER OIL	188 ml	
Onions - Red FFV141		
Onions, Red	800 g	
Peppers, mixed (diced, frozen) 100138		
RED AND GREEN PEPPER 10X10	1563 g	
Garlic powder SPI415		
Garlic Powder	6 tspn	
Paprika SPI351		
Paprika	44 g	
Diced Chicken JWY32		
Diced Chicken Breast	6000 g	
Cheese - Grated CHF402		
Mild White Cheddar	2000 g	
Maggi Rich & Rustic Sauce VGC864		
MAGGI RICH & RUSTIC TOMATO SAUCE	3750 g	
Tortilla Wraps (10inch) 440001		
Flour Tortilla	100 pieces	

Method
<div><div>1. Heat oil in a frying pan</div><div>2. Sauté Chicken & onions in a pan.</div><div>3. Add the seasoning, mixed peppers and 3/4's of the maggie sauce cook for a further 10 minutes.</div><div>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.</div><div>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.</div></div>

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

Nutritional Content (portion)
Energy (kcal): 265.4
Fat (g): 12.3
Saturated Fat (g): 5.0
Carbohydrate: (g): 28.4
of which Sugars: 4.4
Protein (g): 8.9
Fibre (g): 2.5
Sodium (mg): 0.8
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. Dispose of any surplus reheated products after service is finished.</div><div>4. The service temperature must be maintained at above 65C throughout the service period.</div></div>

Mexican Style Enchiladas

Junior: 100 Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	188 ml
Onions - Red FFV141 Onions, Red	800 g
Peppers, mixed (diced, frozen) 100138 RED AND GREEN PEPPER 10X10	1875 g
Sliced mushrooms FFV065 Mushroom Cups	1875 g
Sweetcorn 1kg (Frozen) Sweetcorn	1250 g
Diced carrot 1KG Carrots	1250 g
Garlic powder SPI415 Garlic Powder	6 tspn
Paprika SPI351 Paprika	44 g
Cheese - Grated CHF402 Mild White Cheddar	2000 g
Maggi Rich & Rustic Sauce VGC864 MAGGI RICH & RUSTIC TOMATO SAUCE	3750 g
Tortilla Wraps (10inch) 440001 Flour Tortilla	100 pieces

Method
<div><div>1. Heat oil in a frying pan</div><div>2. saute the vegetables in a pan.</div><div>3. Add the seasoning, mixed peppers and 3/4's of the maggie sauce cook for a further 10 minutes.</div><div>4. Spoon over the vegetable 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.</div><div>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.</div></div>

Allergens
<div>Contains:<ul style="list-style-type: none">CerealsGlutenMilkWheat</div> <div><div><div>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</div></div></div>

Nutritional Content (portion)
Energy (kcal): 288.4
Fat (g): 12.7
Saturated Fat (g): 5.0
Carbohydrate: (g): 32.3
of which Sugars: 5.8
Protein (g): 10.1
Fibre (g): 3.0
Sodium (mg): 0.8
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. Dispose of any surplus reheated products after service is finished.</div><div>4. The service temperature must be maintained at above 65C throughout the service period.</div></div>

Oaty Fruit Crunch

Junior: 100 Portions

Ingredients		Method	
Oats BRK210 Superfast Oats	1500 g	<ol style="list-style-type: none">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 crumbs3. 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.	
Flour, Plain FLO154 C/R PLAIN FLOUR	1533 g		
Margarine MRG020 Cooking & Baking Margarine	1133 g		
Sugar, White SUG150 GRANULATED SUGAR	800 g		
Apples (tinned) FRC002 C/R SOLID PACK APPLE (ITALIAN)	5000 g		

Allergens	Nutritional Content (portion)	Food Safety																
<p>Contains:</p> <ul style="list-style-type: none">• Barley• Cereals• Gluten• Kamut• Oats• Rye• Spelt• Wheat <div><p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p></div>	<table><tr><td>Energy (kcal):</td><td>238.4</td></tr><tr><td>Fat (g):</td><td>10.0</td></tr><tr><td>Saturated Fat (g):</td><td>3.7</td></tr><tr><td>Carbohydrate: (g):</td><td>33.4</td></tr><tr><td>of which Sugars:</td><td>12.6</td></tr><tr><td>Protein (g):</td><td>3.3</td></tr><tr><td>Fibre (g):</td><td>2.8</td></tr><tr><td>Salt (g):</td><td>0.1</td></tr></table>	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	<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Probe cooked dish to confirm a minimum temperature of 82C.4. 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.
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																	

Ocean Friendly Fingers (VG)

Junior: 100 Portions

Ingredients		Method	
Quorn Vegan Fishless Fingers 410108 300 pieces Quorn Vegan Fishless Fingers 8x200g		1. Refer to manufactures instructions.	
Allergens		Nutritional Content (portion)	
Contains:		Energy (kcal): 128.4	
<ul style="list-style-type: none">• Cereals• Wheat		Fat (g): 4.7	
<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>		Saturated Fat (g): 0.4	
		Carbohydrate: (g): 17.5	
		of which Sugars: 1.0	
		Protein (g): 2.7	
		Fibre (g): 2.5	
		Salt (g): 0.8	
		Food Safety	
		<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Probe cooked dish to confirm a minimum temperature of 82C.4. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.5. The service temperature must be maintained at above 65C throughout the service period.6. Ensure that there are no ice crystals present prior to cooking.	

Pear Halves in Juice

Junior: 100
Portions

Ingredients	
Pears (tinned) FRC410	6850 g
Pear Halves In Juice	

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.
<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): 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.

Protein Power Balls in Tomato Sauce(DF)
(V)(VE)

Junior: 100
Portions

Ingredients		
Oil (sunflower) OIL075 KTC SUNFLOWER OIL		300 ml
Diced Onion FFF071 Onions, Diced		1135 g
Maggi sauce VGC859 MAGGI RICH & RUSTIC TOMATO SAUCE		1985 g
Mixed Herbs SPI402 Dried Mixed Herbs		5 tspn
Black Pepper - ERC SPI334 Ground Black Pepper		5 tspn
Vegetable Bouillon BOU014 Piece = 1 tsp	15 pieces	
BOU014-Vegetable Bouillon		
Vegan Plant Balls (410045) Vegan Plant Balls (410045)		7600 g

Method
<div><div>1. Heat oil in a pan and gently fry the chopped onions.</div><div>2. Add chopped tomatoes, tomato puree and maggie sauce. Season to taste with the vegetable bouillon, black pepper and mixed herbs and simmer gently.</div><div>3. Place the plant balls on a grease baking tray. cook as per manufactures instructions.</div><div>4. Place the cooked balls in a serving tin. Cover with the tomato sauce 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): 200.4
Fat (g): 11.2
Saturated Fat (g): 1.9
Carbohydrate: (g): 9.3
<i>of which Sugars:</i> 5.2
Protein (g): 14.1
Fibre (g): 2.5
Sodium (mg): 0.3
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 “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 & 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>

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

Junior: 100
Portions

Ingredients	
Quorn Vegan Fillets 69g 410156 Vegan Fillets	100 pieces

Method
1. Refer to manufactures instructions.

Allergens
Contains: <ul style="list-style-type: none">CerealsGlutenWheat <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): 67.6
Fat (g): 0.8
Saturated Fat (g): 0.3
Carbohydrate (g): 3.4
of which Sugars: 0.0
Protein (g): 9.7
Fibre (g): 4.3
Sodium (mg): 0.3
Salt (g): 0.0

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

Raspberry Buns

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	1361 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	454 g
Baking Powder BAK441 Baking Powder	113 g
Margarine MRG020 Cooking & Baking Margarine	680 g
Sugar, White SUG150 GRANULATED SUGAR	907 g
Jam MIXED FRUIT PRE160 C/R MIXED FRUIT JAM	227 g
Water Water	570 ml
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	57 g

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

Nutritional Content (portion)
Energy (kcal): 154.0
Fat (g): 5.5
Saturated Fat (g): 2.2
Carbohydrate (g): 25.1
<i>of which Sugars:</i> 10.8
Protein (g): 2.0
Fibre (g): 0.9
Salt (g): 0.1

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. 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

Junior: 100
Portions

Ingredients	
chicken joint 900039	7500 g
Ready to Roast Chicken Breast	

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): 75.4
Fat (g): 0.7
Saturated Fat (g): 0.2
Carbohydrate (g): 2.1
of which Sugars: 0.2
Protein (g): 15.2
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 “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.

Roast Chicken Breast Fillet

Junior: 100 Portions

Ingredients		Method	
Chicken breast(uncooked) 900059 100 pieces Red Tractor Cooked Chicken Breast Flattened (50g)		1. Refer to manufactures instructions	
Allergens		Nutritional Content (portion)	
There are no allergens in ingredients for this recipe according to information provided by the suppliers.		Energy (kcal): 47.0	
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): 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	
		<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products â€œ 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: 100
Portions

Ingredients	
Roast Pork Loin JWY82 PORK LOIN BONELESS	7500 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.
<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):	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: 100
Portions

Ingredients	
Pork Loin Steak JWY82B PORK STEAKS, RIND ON	100 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.
<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):	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

Junior: 100 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	2126 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	709 g
Baking Powder BAK441 Baking Powder	142 g
Margarine MRG020 Cooking & Baking Margarine	1814 g
Sugar, White SUG150 GRANULATED SUGAR	1361 g
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	250 g

Method
<div><div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div></div> <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div><div></div><div></div><div></div><div></div></div> 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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: 100 Portions

Ingredients		Method	
Diced Onion FFV071	1420 g	<div>1. Prepare the gravy as per instructions on the packet. Add tomatoes to the gravy.</div> <div>2. Portion meat and prepared vegetables into tins. Season with pepper.</div> <div>3. Cover meat and vegetables with the gravy and tomato mixture.</div> <div>4. Cook in covered tins in a moderate oven or cook in steamer until meat is tender.</div> <div>5. Adjust thickening if necessary.</div>	
Onions, Diced			
Grated Carrot FFP080	1420 g		
Carrots, Grated			
Celery FFV163/S	1420 g		
Celery, Head, Single			
Tinned chopped tomatoes VGC830	4110 g		
Royal Crown Chopped Tomatoes 6x800g			
Water	11350 ml		
Water			
Black Pepper - ERC SPI334	3 tspn		
Ground Black Pepper			
Gravy Granules GRV020	565 g		
Gluten Free Gravy Granules for Meat Dishes			
Beef, Diced JWY1	5700 g		
FREE FLOW DICED BEEF (98% VL) - 2.5KG			
Allergens		Nutritional Content (portion)	
Contains:		Energy (kcal): 97.0	
• Celery		Fat (g): 2.7	
<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>		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	
		<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. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.</div> <div>7. The service temperature must be maintained at above 65C throughout the service period.</div> <div>8. Ensure that there are no ice crystals present prior to cooking.</div>	

Steamed / Baked Jam Sponge

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	1342 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	447 g
Baking Powder BAK441 Baking Powder	111 g
Margarine MRG020 Cooking & Baking Margarine	597 g
Sugar, White SUG150 GRANULATED SUGAR	597 g
Water Water	1118 ml
Eggs EGG112 Eggs, Medium, Free Range - Kfresh	526 g
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	111 g
Jam MIXED FRUIT PRE160 C/R MIXED FRUIT JAM	1492 g

Method
<ol style="list-style-type: none">1. Rub the margarine into the dry ingredients.2. Add the sugar.3. Add the beaten eggs and water to gradually make a soft consistency.4. Spread jam in the base of greased deep tins.5. Divide into tins and cover with lids.6. Steam for 1 1/2 to 2 hours.7. Alternatively remove lids and bake in the oven for 30-40 mins.

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

Nutritional Content (portion)
Energy (kcal): 174.9
Fat (g): 5.2
Saturated Fat (g): 2.1
Carbohydrate (g): 30.4
of which Sugars: 15.0
Protein (g): 2.4
Fibre (g): 1.1
Salt (g): 0.1

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

Tasty Cheesy Ham Pasta Bake

Junior: 100
Portions

Ingredients	
Onions FFV144 Onions, Cooking Medium	1135 g
Margarine MRG020 Cooking & Baking Margarine	140 g
Flour, Plain FLO154 C/R PLAIN FLOUR	565 g
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	565 g
Black Pepper - ERC SPI334 Ground Black Pepper	5 tspn
Cheese - Grated CHF402 Mild White Cheddar	2000 g
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	4800 g
Water Water	5700 ml
Ham (cooked) MCC080 Gammon Ham	4000 g

Method
<ol style="list-style-type: none">1. Sweat the onions in the margarine. Add the diced bacon and cook.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.3. Make the white sauce and add onions, bacon and grated cheese.4. Cook pasta rings/shells in boiling salted water.5. Drain and add to the white sauce mixture whilst still hot.6. Portion into tins and return to the oven for 10 - 20 minutes.

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

Nutritional Content (portion)
Energy (kcal): 360.8
Fat (g): 11.4
Saturated Fat (g): 6.4
Carbohydrate (g): 44.8
<i>of which Sugars:</i> 5.0
Protein (g): 18.7
Fibre (g): 1.7
Sodium (mg): 6.2
Salt (g): 0.0

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

Tasty Cheesy Pasta Bake(V)

Junior: 100 Portions

Ingredients	
Cheese - Grated CHF402 Mild White Cheddar	2267 g
Margarine MRG020 Cooking & Baking Margarine	187 g
Flour, Plain FLO154 C/R PLAIN FLOUR	753 g
Water Water	7600 ml
Black Pepper - ERC SPI334 Ground Black Pepper	3 tspn
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	753 g
Pasta Shapes PST312 C/R SHELLS CONCHIGLIE	6000 g
Onions FFV144 Onions, Cooking Medium	1513 g

Method
<div><div>1. Saute' the onions in a pan with the margarine until soft and without colour.</div><div>2. Make up the white sauce using the reconstituted milk, margarine white flour and black pepper.</div><div>3. Add the cheese to the sauce retaining some to sprinkle on top of the finished dish.</div><div>4. Cook pasta in water in the combi/ steamer.</div><div>5. Once cooked, drain and add to the sauce whilst still hot.</div><div>6. Portion into tins and sprinkle with remaining cheese.</div></div>

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

Nutritional Content (portion)
Energy (kcal): 387.2
Fat (g): 11.6
Saturated Fat (g): 7.0
Carbohydrate (g): 56.4
<i>of which Sugars:</i> 6.5
Protein (g): 14.0
Fibre (g): 2.2
Sodium (mg): 7.7
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. Probe cooked dish to confirm a minimum temperature of 82C.</div><div>3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.</div><div>4. The service temperature must be maintained at above 65C throughout the service period.</div></div>

Vegetable Korma (V)

Junior: 100 Portions

Ingredients		Method	
Onions FFV144	680 g	<div><div>1. prepare all vegetables</div><div>2. placed diced carrot and potatoes in a deep tin, do not add any water, cover and steam until just cooked.DO NOT OVERCOOK</div><div>3. Place broccoli, peas and baby sweetcorn in a pan of boiling water, bring back to the boil, and simmer for three minutes then drain</div><div>4. Heat the oil in a pan and add the carrots, potatoes , broccoli, peas and sweetcorn. Mix together</div><div>5. Add the tinned tomatoes and korma sauce . Simmer gently for 5 minutes.</div><div>6. Portion and serve.</div></div>	
Onions, Cooking Medium			
Mushrooms FFV065	680 g		
Mushroom Cups			
Courgettes	680 g		
Courgettes			
cauli/Broccoli	680 g		
Broccoli & Cauliflower Floret Mix			
Peas 1kg (Frozen)	680 g		
Peas			
Baby Corn Cobs 100030	680 g		
Baby Corn Cobs			
Tinned chopped tomatoes VGC830	3288 g		
Royal Crown Chopped Tomatoes 6x800g			
Oil (sunflower) OIL075	280 ml		
KTC SUNFLOWER OIL			
Diced carrot 1KG	680 g		
Carrots			
Potato Mids (New)FFV019	680 g		
Potato Mids (New)			
Sharwoods Korma Curry SAU689	7256 g		
Korma Curry Cooking Sauce			

Allergens	Nutritional Content (portion)	Food Safety
Contains: <ul style="list-style-type: none">MilkSulphur dioxide <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>Energy (kcal): 138.7</div><div>Fat (g): 8.9</div><div>Saturated Fat (g): 3.9</div><div>Carbohydrate: (g): 10.4</div><div>of which Sugars: 6.4</div><div>Protein (g): 3.2</div><div>Fibre (g): 2.7</div><div>Sodium (mg): 0.9</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. 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>

Viennese Biscuits

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	1276 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	425 g
Margarine MRG020 Cooking & Baking Margarine	1512 g
Sugar, White SUG150 GRANULATED SUGAR	567 g
Cherries, Glace DFR400 Glace Cherries	47 g

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

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

Nutritional Content (portion)
Energy (kcal): 184.3
Fat (g): 11.6
Saturated Fat (g): 4.6
Carbohydrate: (g): 19.1
<i>of which Sugars:</i> 6.1
Protein (g): 1.8
Fibre (g): 0.8
Salt (g): 0.2

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>

Waffle & Jam Sauce & Ice Cream

Junior: 100 Portions

Ingredients	Method
<div><div>Wafflemeister 55g Classic Liege Waffle100 pieces</div><div>800076</div><div>Wafflemeister 55g Classic Liege Waffle</div></div>	<div><div>1. Place Waffle on tray and warm for 5 min in the oven at 150'c</div><div>2. Serve with ice cream.</div></div>
<div><div>Vanilla S/Scoop Ice Cream 810081100</div><div>Vanilla Ice Cream</div><div>Portions</div></div>	
<div><div>Jam MIXED FRUIT PRE1601360 g</div><div>C/R MIXED FRUIT JAM</div></div>	
<div><div>Cornflour FLO048105 g</div><div>C/R CORNFLOUR</div></div>	
<div><div>Water1140 ml</div><div>Water</div></div>	

Allergens	Nutritional Content (portion)	Food Safety
<div>Contains:<ul style="list-style-type: none">CerealsEggsMilkSoyaWheat</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>Energy (kcal): 425.6</div><div>Fat (g): 20.3</div><div>Saturated Fat (g): 9.5</div><div>Carbohydrate: (g): 54.4</div><div>of which Sugars: 36.1</div><div>Protein (g): 5.5</div><div>Fibre (g): 1.3</div><div>Salt (g): 0.5</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>

Yoghurts, Assorted, Fat free

Junior: 100 Portions

Ingredients	Method
<div><div>Fat free assorted yoghurt YOGO05</div><div>GOLDEN ACRE FAT FREE ASSORTED YOGHURTS</div><div>10000 g</div></div>	<div>1. Refer to manufactures instructions.</div>

Allergens	Nutritional Content (portion)	Food Safety
<div><div>Contains:</div><div><div>• Milk</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></div></div>	<div><div>Energy (kcal): 91.0</div><div>Fat (g): 0.3</div><div>Saturated Fat (g): 0.2</div><div>Carbohydrate: (g): 19.6</div><div>of which Sugars: 18.3</div><div>Protein (g): 2.6</div><div>Fibre (g): 0.5</div><div>Sodium (mg): 0.1</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>

Yorkshire All Day Breakfast

Junior: 100
Portions

Ingredients	
Tomatoes FFV031 Tomatoes	2000 g
Sliced bacon JWY112 Bacon	5000 g
Pork Sausages 8's JWY152 IQF PORK SAUSAGES 8 PER 454G	100 pieces

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

Nutritional Content (portion)
Energy (kcal): 265.8
Fat (g): 65.0
Saturated Fat (g): 7.3
Carbohydrate: (g): 6.3
of which Sugars: 0.5
Protein (g): 15.1
Fibre (g): 0.2
Sodium (mg): 2.3
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products “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 All Day Breakfast- (DF)(V)(VE)

**Junior: 100
Portions**

Ingredients

Tomatoes FFV031 **2000 g**
Tomatoes

Vegan sausage (420038) **5600 g**
Vegan Sausage(420038)

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 "à la carte" always cook from frozen.
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. Dispose of any surplus reheated products after service is finished.
6. 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.