

# Autumn Winter 2023/2024

Primary Vegan 10 portion in Kilo

# Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Protein Power Balls in Tomato Sauce(DF)(V) (VE)	Tasty Cheesy Pasta Bake (DF)(V)(VE)	Quorn Vegan Fillet (DF)(V)(VE)	Harvest Hot Pot (V) (VE)	Ocean Friendly Fingers (VG)
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---	Garlic Bread Slices Sweetcorn	Gravy(DF)(GF)(V)(VE) Stuffing(DF)(V)(VE) Oven baked Roast Potatoes	Green Beans Cauliflower	Tomato Sauce Sticks Chunky Chips Garden Peas
Steamed Rice Mixed Vegetables	---	Baby Carrots Broccoli	---	---
---	Oaty Biscuit (DF)(VG) Mandarin Segments in Juice Fresh Fruit --	---	Shortbread Fingers- (DF)(VG) Ice Cream (DF)(VG) Jam Sauce	Lemon Drizzle Muffins (DF)(VG)
Fresh Fruit -- Alpro Chocolate Mousse (DF) Chocolate Crackle (DF)(VG) Alpro Custard (DF)		Chocolate Sponge / Muffins/ Cupcakes (DF)(VG) Pear Halves in Juice Plant Cream		

## Menu Week 2

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

## Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Yorkshire All Day Breakfast- (DF)(V)(VE)	Italian Style Neapolitan Pasta (DF)(VE)	Quorn Vegan Fillet (DF)(V)(VE)	Mexican Style Enchiladas (DF)(VE)	Crispy Rainbow Fingers (DF)(V)(VE)
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Hash Browns Baked Beans	Crusty Roll(DF)(V)(VE) Baby Carrots Garden Peas	Gravy(DF)(GF)(V)(VE) Mashed Potato Broccoli Baby Carrots Stuffing(DF)(V)(VE) Apple Sauce	Vegetable Rice Vegetable Sticks	Tomato Sauce Sticks Chunky Chips Garden Peas
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Chocolate Cookie Mandarin Segments in Juice	Shortbread Fingers- (DF)(VG) Alpro Custard (DF)	---	Steamed/Baked Jam Sponge (DF)(VG) Alpro Custard (DF)	Oaty Fruit Crunch (DF) (VG) Alpro Custard (DF)
		Chocolate Crackle (DF)(VG) Plant Cream		

# Alpro Chocolate Mousse (DF)

Junior: 10 Portions

Ingredients	
Alpro Chocolate Dessert SAU132	10 pieces
Mousse, Chocolate - Alpro	

Method
1. refer to manufactures instructions.

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

Nutritional Content (portion)
Energy (kcal): 103.8
Fat (g): 2.4
Saturated Fat (g): 0.6
Carbohydrate: (g): 16.2
of which Sugars: 13.1
Protein (g): 3.8
Fibre (g): 1.4
Sodium (mg): 0.2
Salt (g): 0.0

Food Safety
<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>

Alpro Custard (DF)

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Alpro - Custard CUS004</b> Custard - Alpro		1. Refer to manufactures instructions.	
<b>800 g</b>			
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
Contains:		Energy (kcal): <b>64.8</b>	
• <b>Soya</b>		Fat (g): <b>1.4</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>10.5</b>	
		of which Sugars: <b>8.0</b>	
		Protein (g): <b>2.4</b>	
		Fibre (g): <b>0.4</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.	

# Apple Sauce

# Junior: 10 Portions

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

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

Allergens
<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): 11.7
Fat (g): 0.0
Saturated Fat (g): 0.0
Carbohydrate (g): 2.5
of which Sugars: 2.4
Protein (g): 0.1
Fibre (g): 0.5
Salt (g): 0.0

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

# Baby Carrots

# Junior: 10 Portions

Ingredients	
<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

Ingredients	Method
<div><div><b>Baked Beans C/R VGC136</b></div><div>Baked Beans In Tomato Sauce</div><div>504 g</div></div>	<div>1. Cook according to manufacturers 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): 46.4</div><div>Fat (g): 0.3</div><div>Saturated Fat (g): 0.1</div><div>Carbohydrate: (g): 7.7</div><div><i>of which Sugars:</i> 3.1</div><div>Protein (g): 2.3</div><div>Fibre (g): 2.0</div><div>Sodium (mg): 0.2</div><div>Salt (g): 0.0</div></div>	<div><div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div><div>2. 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>

Broccoli

Junior: 10 Portions

Ingredients	Method
<div>Broccoli Florets 2.5kg500 g</div> <div>Broccoli</div>	<div>1. Refer to manufactures instructions.</div>

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

# Cauliflower

# Junior: 10 Portions

Ingredients	
Cauliflower 1kg	500 g
Cauliflower	

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): 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
<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>

Chocolate Cookie

Junior: 10 Portions

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

Allergens	Nutritional Content (portion)	Food Safety
Contains: <ul style="list-style-type: none"><li>Barley</li><li>Cereals</li><li>Kamut</li><li>Oats</li><li>Rye</li><li>Spelt</li><li>Wheat</li></ul> <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>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><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>

Chocolate Crackle (DF)(VG)

Junior: 10 Portions

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

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. Stir in the krispies making sure they are coated with the chocolate mxture.</div><div>4. Spread the mixture into shallow tins, leaving the surface smooth and flat.</div><div>5. place in a refrigerator to set and cut when cold.</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>• 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): <b>206.4</b>
Fat (g): <b>8.4</b>
Saturated Fat (g): <b>3.4</b>
Carbohydrate: (g): <b>30.2</b>
<i>of which Sugars:</i> <b>14.8</b>
Protein (g): <b>1.8</b>
Fibre (g): <b>0.2</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. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</div></div>

Chocolate Oat Delight(DF)

Junior: 10 Portions

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

Method
<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>

Allergens
<div>Contains:</div> <div><div><div>• Barley</div><div>• Cereals</div><div>• Gluten</div><div>• Kamut</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): <b>217.0</b>
Fat (g): <b>9.7</b>
Saturated Fat (g): <b>3.7</b>
Carbohydrate: (g): <b>29.3</b>
<i>of which Sugars:</i> <b>10.9</b>
Protein (g): <b>3.3</b>
Fibre (g): <b>1.7</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>

Chocolate Orange Sponge (DF)(VG)

Junior: 10 Portions

Ingredients		
<b>Self Raising Flour FLO032</b>	<b>275 g</b>	
Self Raising Flour ( FLO 032)		
<b>Sugar, White SUG150</b>	<b>200 g</b>	
GRANULATED SUGAR		
<b>Baking Powder BAK441</b>	<b>5 g</b>	
Baking Powder		
<b>Vanilla Essence FLV080</b>	<b>2 ml</b>	
DR OETKER VANILLA ESSENCE		
<b>Oil (sunflower) OIL075</b>	<b>67 ml</b>	
KTC SUNFLOWER OIL		
<b>Water</b>	<b>113 ml</b>	
Water		
<b>Cocoa BEV070</b>	<b>25 g</b>	
Freshers Fat Reduced Cocoa Powder		
<b>Orange zest FFM060/S</b>	<b>86 g</b>	
Oranges		

Method
1. Heat oven to 200 degrees. Oil a loaf tin and line with baking parchment.
2. Mix flour, sugar & Baking powder in a bowl.
3. Zest & juice oranges and add into the sponge mixture.
4. Add the oil and water mix until smooth.
5. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.
6. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.

Allergens
Contains:
<ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Gluten</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Wheat</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>251.1</b>
Fat (g): <b>7.4</b>
Saturated Fat (g): <b>1.0</b>
Carbohydrate: (g): <b>42.0</b>
<i>of which Sugars:</i> <b>20.1</b>
Protein (g): <b>3.4</b>
Fibre (g): <b>1.3</b>
Sodium (mg): <b>0.1</b>
Salt (g): <b>0.0</b>

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

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

Junior: 10 Portions

Ingredients	
<b>Self Raising Flour FLO032</b> Self Raising Flour ( FLO 032)	<b>275 g</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>200 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>5 g</b>
<b>Vanilla Essence FLV080</b> DR OETKER VANILLA ESSENCE	<b>2 ml</b>
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>67 ml</b>
<b>Water</b> Water	<b>113 ml</b>
<b>Cocoa BEV070</b> Freshers Fat Reduced Cocoa Powder	<b>25 g</b>

Method
<div><div>1. Heat oven to 200 degrees. Oil a loaf tin and line with baking parchment.</div><div>2. Mix flour, sugar &amp; Baking powder in a bowl.</div><div>3. Add the oil and water mix until smooth.</div><div>4. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.</div><div>5. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.</div></div>

Allergens
<div>Contains:</div> <div><div><div>• Barley</div><div>• Cereals</div><div>• Gluten</div><div>• Kamut</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): <b>245.6</b>
Fat (g): <b>7.4</b>
Saturated Fat (g): <b>1.0</b>
Carbohydrate: (g): <b>40.6</b>
<i>of which Sugars:</i> <b>20.1</b>
Protein (g): <b>3.3</b>
Fibre (g): <b>0.9</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>



# 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):	130.0
Fat (g):	3.2
Saturated Fat (g):	1.6
Carbohydrate: (g):	21.6
of which Sugars:	1.0
Protein (g):	2.2
Fibre (g):	3.0
Salt (g):	0.0

**Food Safety**

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

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

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

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

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

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

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

Crispy Nugget Dippers (DF)(VE)

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Vegetable Nuggets 20g 420028</b> Vegetable Nuggets		1. Refer to manufactures instructions.	
<b>30 pieces</b>			
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
Contains:		Energy (kcal): <b>132.0</b>	
<ul style="list-style-type: none"><li>• <b>Cereals</b></li><li>• <b>Gluten</b></li><li>• <b>Wheat</b></li></ul>		Fat (g): <b>6.5</b>	
<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): <b>0.6</b>	
		Carbohydrate: (g): <b>15.2</b>	
		of which Sugars: <b>2.9</b>	
		Protein (g): <b>2.2</b>	
		Fibre (g): <b>1.7</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 â€œ 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>	

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

Junior: 10 Portions

Ingredients		Method	
<b>Vegetable Fingers 390033</b> Vegetable fingers		1. Follow manufacturers guidelines	
30 pieces			

Allergens	Nutritional Content (portion)	Food Safety																
<p>Contains:</p> <ul style="list-style-type: none"><li>• <b>Barley</b></li><li>• <b>Cereals</b></li><li>• <b>Kamut</b></li><li>• <b>Oats</b></li><li>• <b>Rye</b></li><li>• <b>Spelt</b></li><li>• <b>Wheat</b></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>	<table><tr><td>Energy (kcal):</td><td><b>141.0</b></td></tr><tr><td>Fat (g):</td><td><b>6.1</b></td></tr><tr><td>Saturated Fat (g):</td><td><b>0.4</b></td></tr><tr><td>Carbohydrate: (g):</td><td><b>18.0</b></td></tr><tr><td>of which Sugars:</td><td><b>1.9</b></td></tr><tr><td>Protein (g):</td><td><b>2.6</b></td></tr><tr><td>Fibre (g):</td><td><b>1.9</b></td></tr><tr><td>Salt (g):</td><td><b>0.1</b></td></tr></table>	Energy (kcal):	<b>141.0</b>	Fat (g):	<b>6.1</b>	Saturated Fat (g):	<b>0.4</b>	Carbohydrate: (g):	<b>18.0</b>	of which Sugars:	<b>1.9</b>	Protein (g):	<b>2.6</b>	Fibre (g):	<b>1.9</b>	Salt (g):	<b>0.1</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. 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>
Energy (kcal):	<b>141.0</b>																	
Fat (g):	<b>6.1</b>																	
Saturated Fat (g):	<b>0.4</b>																	
Carbohydrate: (g):	<b>18.0</b>																	
of which Sugars:	<b>1.9</b>																	
Protein (g):	<b>2.6</b>																	
Fibre (g):	<b>1.9</b>																	
Salt (g):	<b>0.1</b>																	

# Crusty Roll(DF)(V)(VE)

# Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Petit Pan Rolls 640254</b> Le Pain Chic Part Baked White Petit Pain		<b>10 pieces</b>  1. Refer to manufactures instructions	
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
Contains:		Energy (kcal): <b>135.3</b>	
<ul style="list-style-type: none"><li>• <b>Cereals</b></li><li>• <b>Gluten</b></li><li>• <b>Wheat</b></li></ul>		Fat (g): <b>1.3</b>	
May Contain:		Saturated Fat (g): <b>0.2</b>	
<ul style="list-style-type: none"><li>• <b>Sesame seeds</b></li></ul>		Carbohydrate: (g): <b>25.5</b>	
<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>		of which Sugars: <b>2.9</b>	
		Protein (g): <b>4.2</b>	
		Fibre (g): <b>2.3</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. Dispose of any surplus reheated products after service is finished.</li><li>5. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li></ol>	

# Fresh Fruit --

# Junior: 10 Portions

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

Method
1. Wash & serve.

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

Fruit Cocktail in Juice

Junior: 10 Portions

Ingredients	Method
<div><div>Fruit Cocktail in juice FRC212</div><div>FRUIT COCKTAIL IN JUICE</div><div>683 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): 36.9</div><div>Fat (g): 0.1</div><div>Saturated Fat (g): 0.0</div><div>Carbohydrate: (g): 8.5</div><div>of which Sugars: 8.5</div><div>Protein (g): 0.2</div><div>Fibre (g): 0.7</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>

# 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>

Garlic Bread Slices

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Garlic slices 30g 640033</b> Garlic Bread Slices		<b>10 pieces</b> 1. Refer to manufactures instructions.	
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
Contains:		Energy (kcal): <b>119.4</b>	
<ul style="list-style-type: none"><li>• Cereals</li><li>• Wheat</li></ul>		Fat (g): <b>6.2</b>	
<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): <b>1.9</b>	
		Carbohydrate: (g): <b>13.1</b>	
		of which Sugars: <b>1.0</b>	
		Protein (g): <b>2.4</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. 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>	



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

Junior: 10 Portions

Ingredients		Method	
Water	250 ml	1. Follow manufacturer's instructions.	
Water			
Gravy Granules GRV020	50 g		
Gluten Free Gravy Granules for Meat Dishes			
Allergens		Nutritional Content (portion)	
There are no allergens in ingredients for this recipe according to information provided by the suppliers.		Energy (kcal): 1.3	
		Fat (g): 0.0	
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.		Saturated Fat (g): 0.0	
		Carbohydrate: (g): 0.3	
		of which Sugars: 0.0	
		Protein (g): 0.0	
		Fibre (g): 0.0	
		Salt (g): 0.0	
		Food Safety	
		1. Maintain a high standard of hygiene and wash your hands at the appropriate times.	
		2. Check storage temperature / product date / packaging and quality.	
		3. Probe cooked dish to confirm a minimum temperature of 82C.	
		4. The service temperature must be maintained at above 65C throughout the service period.	

Green Beans

Junior: 10 Portions

Ingredients	Method
<div><div>Green Beans 1kg (frozen)</div><div>Sliced Green Beans</div><div>500 g</div></div>	<div>1. Refer to manufacturer's 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): 12.0</div><div>Fat (g): 0.2</div><div>Saturated Fat (g): 0.0</div><div>Carbohydrate: (g): 1.6</div><div><i>of which Sugars:</i> 1.1</div><div>Protein (g): 1.0</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. Ensure that there are no ice crystals present prior to cooking.</div></div>

# Harvest Hot Pot (V)(VE)

# Junior: 10 Portions

Ingredients		
Diced carrot 1KG	156 g	
Carrots		
Diced swede 1KG	156 g	
Diced Swede		
Onions FFV144	156 g	
Onions, Cooking Medium		
Vegetable Bouillon BOU014 Piece = 1 tsp	0	
BOU014-Vegetable Bouillon		pieces
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		
Vegan Mince 390039	500 g	
MTA04 - Meat Alt Beef Style Mince 500g (10 x 500g) (F10421750)		

Method
<div>1. Place all the ingredients into containers(except the sliced potatoes).</div> <div>2. Mix the ingredients together well.</div> <div>3. Layer the sliced potatoes on the top of the ingredients and lid place into a moderate oven for 1 hour.</div> <div>4. After 1 hour remove the lids and allow the potatoes to colour for a further 30 minutes.</div>

Allergens
Contains: <ul style="list-style-type: none"><li>Soya</li><li>Sulphur dioxide</li></ul> <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>

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
<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>

Harvest Savoury Mince (VE)

Junior: 10 Portions

Ingredients		
Diced Onion FFV071	106 g	
Onions, Diced		
Diced carrot 1KG	106 g	
Carrots		
Peas 1kg (Frozen)	106 g	
Peas		
Tomato Puree VGC230	36 g	
Tomato Puree (Tubes) - Cirio		
Water	426 ml	
Water		
Gravy Granules GRV020	53 g	
Gluten Free Gravy Granules for Meat Dishes		
Black pepper SPI334	0 To taste	
Ground Black Pepper		
Vegan Mince 390039	400 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
<div>Contains:</div> <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>

Hash Browns

Junior: 10 Portions

Ingredients

Hash Brown 150057

Hash Browns

20 pieces

Method

1. Refer to manufactures instructions.

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.

Allergens

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

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

Nutritional Content (portion)

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

Food Safety

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

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

3. Individual frozen products “ always cook from frozen.

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

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

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

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

# Ice Cream (DF)(VG)

# Junior: 10 Portions

Ingredients	Method
<div><div><b>Vegan Ice Cream ( 810091)</b></div><div>Vegan Vanilla Ice Cream ( 810091)</div></div> <div>800 ml</div>	<div>No methods have been set for this recipe.</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): 190.4</div><div>Fat (g): 7.9</div><div>Saturated Fat (g): 6.6</div><div>Carbohydrate: (g): 24.6</div><div><i>of which Sugars:</i> 15.6</div><div>Protein (g): 0.3</div><div>Fibre (g): 8.8</div><div>Salt (g): 0.0</div></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><div>No instructions have been set for this recipe.</div></div>

Italian Style Neapolitan Pasta (DF)(VE)

Junior: 10 Portions

Ingredients	
<b>Tinned chopped tomatoes VGC830</b> Royal Crown Chopped Tomatoes 6x800g	<b>397 g</b>
<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>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>43 g</b>
<b>Vegetable Bouillon BOU014 Piece = 1 tsp</b> BOU014-Vegetable Bouillon	<b>2 pieces</b>
<b>Black Pepper - ERC SPI334</b> Ground Black Pepper	<b>1 tspn</b>
<b>Vegan Cheese ( CHF020)</b> Vegan Cheese	<b>284 g</b>
<b>Mixed Herbs SPI402</b> Dried Mixed Herbs	<b>10 g</b>
<b>Spaghetti PTS309</b> C/R SPAGHETTI	<b>450 g</b>

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
<div>Contains:</div> <div><div><div>• Barley</div><div>• Cereals</div><div>• Kamut</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): <b>309.1</b>
Fat (g): <b>11.4</b>
Saturated Fat (g): <b>6.8</b>
Carbohydrate: (g): <b>44.6</b>
<i>of which Sugars:</i> <b>4.5</b>
Protein (g): <b>6.1</b>
Fibre (g): <b>2.2</b>
Salt (g): <b>0.7</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>

Italian Style Pizza ( Homemade) (DF)(VE)

Junior: 10 Portions

Ingredients	
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>53 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>13 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>53 g</b>
<b>Maggi sauce VGC859</b> MAGGI RICH & RUSTIC TOMATO SAUCE	<b>142 g</b>
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>123 g</b>
<b>Vegan Cheese ( CHF020)</b> Vegan Cheese	<b>142 g</b>
<b>Alpro Unsweetned Soya Milk ( MLK 024)</b> SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	<b>106 ml</b>
<b>Mixed Herbs SPI402</b> Dried Mixed Herbs	<b>0 tspn</b>

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

Allergens
<div>Contains:</div> <div><div><div>• Barley</div><div>• Cereals</div><div>• Gluten</div><div>• Kamut</div><div>• Oats</div><div>• Rye</div><div>• Soya</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): <b>154.1</b>
Fat (g): <b>8.4</b>
Saturated Fat (g): <b>4.9</b>
Carbohydrate: (g): <b>18.1</b>
<i>of which Sugars:</i> <b>1.0</b>
Protein (g): <b>2.4</b>
Fibre (g): <b>1.1</b>
Salt (g): <b>0.4</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>



# Jacket Wedges

# Junior: 10 Portions

Ingredients	
LW Jacket Wedges 150099	1000 g
LW Jacket Wedges	

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): 123.0
Fat (g): 3.5
Saturated Fat (g): 0.4
Carbohydrate: (g): 19.0
of which Sugars: 0.6
Protein (g): 2.3
Fibre (g): 2.9
Salt (g): 0.0

Food Safety
<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>

# 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
<div><div>1. Warm jam in a pan.</div><div>2. mix together water and cornflour in a bowl.</div><div>3. add the cornflour to the jam and stir in, simmer gently.</div><div>4. once cooked place into a container and cool slightly prior to serve.</div><div>5. temperature should not be above 63°C for service.</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): 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
<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>

Lemon Drizzle Muffins (DF)(VG)

Junior: 10 Portions

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

Method
<div><div>1. Heat oven to 200 degrees. Oil a loaf tin and line with baking parchment.</div><div>2. Mix flour, sugar &amp; Baking powder in a bowl.</div><div>3. Add the oil and water mix until smooth.</div><div>4. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.</div><div>5. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.</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>• Gluten</div><div>• Kamut</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): 280.0
Fat (g): 7.2
Saturated Fat (g): 0.9
Carbohydrate: (g): 51.1
of which Sugars: 30.0
Protein (g): 2.8
Fibre (g): 1.9
Sodium (mg): 0.1
Salt (g): 0.0

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

Mandarin Segments in Juice

Junior: 10 Portions

Ingredients	Method
<div><div>Mandarin Oranges FRC314</div><div>Mandarin Segments in Juice</div><div>667 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): 21.3</div><div>Fat (g): 0.3</div><div>Saturated Fat (g): 0.1</div><div>Carbohydrate: (g): 5.1</div><div><i>of which Sugars:</i> 5.1</div><div>Protein (g): 0.5</div><div>Fibre (g): 0.2</div><div>Salt (g): 0.0</div></div>	<div><div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div><div>2. Check storage temperature / product date / packaging and quality.</div></div>

# Mashed Potato

# Junior: 10 Portions

**Ingredients**

**Lutosa Potato dice 150130**

Lutosa Potato dice

**1250 g**

**Method**

1. Cook according to manufacturer's instructions.

2. When cooked, place in mixer bowl and beat using paddle attachment.

3. Place in tins and serve.

**Allergens**

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

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

Nutritional Content (portion)	
Energy (kcal):	105.0
Fat (g):	0.2
Saturated Fat (g):	0.1
Carbohydrate: (g):	22.5
of which Sugars:	1.2
Protein (g):	1.9
Fibre (g):	2.5
Sodium (mg):	0.1
Salt (g):	0.0

**Food Safety**

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

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

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

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

Mediterranean Pasta Bake (DF)(VE)

Junior: 10 Portions

Ingredients	Method
<b>Tinned chopped tomatoes VGC830</b> 397 g Royal Crown Chopped Tomatoes 6x800g	<ol style="list-style-type: none"><li>1. Make the tomato sauce: heat the oil in a pan, add the diced onions and saute'.</li><li>2. Add chopped tomatoes, tomato puree, maggie sauce. Season to taste with vegetable bouillon, herbs &amp; black pepper. Simmer gently.</li><li>3. Cook pasta following the manufacturer's instructions.</li><li>4. Drain the pasta and mix into tomato mix and stir well.</li><li>5. Portion into tins and sprinkle with cheese and place in a moderate oven for 15 minutes.</li><li>6. Add chopped tomatoes, tomato puree, maggie sauce. Season to taste with vegetable bouillon &amp; black pepper. Simmer gently.</li></ol>
<b>Oil (sunflower) OIL075</b> 30 ml KTC SUNFLOWER OIL	
<b>Diced Onion FFF071</b> 114 g Onions, Diced	
<b>Maggi sauce VGC859</b> 199 g MAGGI RICH & RUSTIC TOMATO SAUCE	
<b>Tomato Puree VGC230</b> 43 g Tomato Puree (Tubes) - Cirio	
<b>Vegetable Bouillon BOU014 Piece = 1 tsp</b> 2 pieces BOU014-Vegetable Bouillon	
<b>Black Pepper - ERC SPI334</b> 1 tspn Ground Black Pepper	
<b>Vegan Cheese ( CHF020)</b> 284 g Vegan Cheese	
<b>Mixed Herbs SPI402</b> 10 g Dried Mixed Herbs	
<b>Pasta Shapes PST312</b> 450 g C/R SHELLS CONCHIGLIE	

Allergens	Nutritional Content (portion)	Food Safety																
<p>Contains:</p> <ul style="list-style-type: none"><li>• <b>Barley</b></li><li>• <b>Cereals</b></li><li>• <b>Kamut</b></li><li>• <b>Oats</b></li><li>• <b>Rye</b></li><li>• <b>Spelt</b></li><li>• <b>Wheat</b></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>	<table><tr><td>Energy (kcal):</td><td><b>309.1</b></td></tr><tr><td>Fat (g):</td><td><b>11.4</b></td></tr><tr><td>Saturated Fat (g):</td><td><b>6.8</b></td></tr><tr><td>Carbohydrate: (g):</td><td><b>44.6</b></td></tr><tr><td><i>of which Sugars:</i></td><td><b>4.5</b></td></tr><tr><td>Protein (g):</td><td><b>6.1</b></td></tr><tr><td>Fibre (g):</td><td><b>2.2</b></td></tr><tr><td>Salt (g):</td><td><b>0.7</b></td></tr></table>	Energy (kcal):	<b>309.1</b>	Fat (g):	<b>11.4</b>	Saturated Fat (g):	<b>6.8</b>	Carbohydrate: (g):	<b>44.6</b>	<i>of which Sugars:</i>	<b>4.5</b>	Protein (g):	<b>6.1</b>	Fibre (g):	<b>2.2</b>	Salt (g):	<b>0.7</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>
Energy (kcal):	<b>309.1</b>																	
Fat (g):	<b>11.4</b>																	
Saturated Fat (g):	<b>6.8</b>																	
Carbohydrate: (g):	<b>44.6</b>																	
<i>of which Sugars:</i>	<b>4.5</b>																	
Protein (g):	<b>6.1</b>																	
Fibre (g):	<b>2.2</b>																	
Salt (g):	<b>0.7</b>																	

Mexican Style Enchiladas (DF)(VE)

Junior: 10 Portions

Ingredients		
<b>Oil (sunflower) OIL075</b>	<b>19 ml</b>	
KTC SUNFLOWER OIL		
<b>Onions - Red FFV141</b>	<b>80 g</b>	
Onions, Red		
<b>Peppers, mixed (diced, frozen) 100138</b>	<b>188 g</b>	
RED AND GREEN PEPPER 10X10		
<b>Sliced mushrooms FFV065</b>	<b>188 g</b>	
Mushroom Cups		
<b>Sweetcorn 1kg (Frozen)</b>	<b>125 g</b>	
Sweetcorn		
<b>Diced carrot 1KG</b>	<b>125 g</b>	
Carrots		
<b>Garlic powder SPI415</b>	<b>1 tspn</b>	
Garlic Powder		
<b>Paprika SPI351</b>	<b>4 g</b>	
Paprika		
<b>Maggi Rich &amp; Rustic Sauce VGC864</b>	<b>375 g</b>	
MAGGI RICH & RUSTIC TOMATO SAUCE		
<b>Tortilla Wraps ( 10inch) 440001</b>	<b>10 pieces</b>	
Flour Tortilla		
<b>Vegan Cheese ( CHF020)</b>	<b>200 g</b>	
Vegan Cheese		

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:</div> <div><div><div>Cereals</div><div>Gluten</div><div>Wheat</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): 269.6
Fat (g): 10.9
Saturated Fat (g): 5.2
Carbohydrate: (g): 36.7
of which Sugars: 5.8
Protein (g): 5.2
Fibre (g): 3.0
Salt (g): 0.5

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>

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

Junior: 10 Portions

Ingredients	Method
<div><div>Mini Teardrop Naan Vegan 65g 440039</div><div>Mini Teardrop Naan Vegan 440039</div><div>650 g</div></div>	<div>1. Cook according to manufacturers instructions.</div>

Allergens	Nutritional Content (portion)	Food Safety
<div>Contains:<ul style="list-style-type: none"><li>• Barley</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Wheat</li></ul><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>Energy (kcal): 182.6</div><div>Fat (g): 2.3</div><div>Saturated Fat (g): 0.3</div><div>Carbohydrate: (g): 34.8</div><div>of which Sugars: 0.4</div><div>Protein (g): 5.0</div><div>Fibre (g): 1.5</div><div>Sodium (mg): 0.2</div><div>Salt (g): 0.0</div></div>	<div><div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div><div>2. Check storage temperature / product date / packaging and quality.</div><div>3. Individual frozen products “ always cook from frozen.</div></div>



Mixed Vegetables

Junior: 10 Portions

Ingredients	Method
<div><div>Mixed Veg 1kg</div><div>Mixed Vegetables</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): 31.5</div><div>Fat (g): 0.4</div><div>Saturated Fat (g): 0.2</div><div>Carbohydrate: (g): 4.0</div><div>of which Sugars: 2.2</div><div>Protein (g): 1.6</div><div>Fibre (g): 2.2</div><div>Salt (g): 0.0</div></div>	<div><div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div><div>2. Check storage temperature / product date / packaging and quality.</div><div>3. Individual frozen products “always cook from frozen.”</div><div>4. Probe cooked dish to confirm a minimum temperature of 82C.</div><div>5. Dispose of any surplus reheated products after service is finished.</div><div>6. For distributed meals, holding time (packing &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>

Oaty Biscuit (DF)(VG)

Junior: 10 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>51 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>17 g</b>
<b>Bicarbonate of Soda BAK501</b> Bicarbonate of soda	<b>2 g</b>
<b>Sugar, White SUG150</b> GRANULATED SUGAR	<b>68 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>68 g</b>
<b>Oats BRK210</b> Superfast Oats	<b>68 g</b>
<b>Syrup SYR012</b> T/LYLE GOLDEN SYRUP	<b>28 g</b>
<b>Alpro Unsweetned Soya Milk ( MLK 024)</b> SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	<b>2 ml</b>

Method
<div><div>1. Sieve the white flour and bicarbonate of soda. Mix with wholemeal flour. Sir in the sugar and oats.</div><div>2. Heat the margarine, milk and syrup. DO NOT OVER HEAT. Pour into dry mixture and beat well.</div><div>3. Roll into balls and place on greased lids 100 mm apart. Flatten slightly and bake for 25-30 mins.</div><div>4. Remove from the oven while still slightly soft and risen.</div><div>5. NB: MUST BE COOKED IMMEDIATELY AFTER PREPARATION TO ACHIEVE A GOOD RESULT.</div></div>

Allergens
<div>Contains:</div> <div><div><div>• Barley</div><div>• Cereals</div><div>• Gluten</div><div>• Kamut</div><div>• Oats</div><div>• Rye</div><div>• Soya</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): <b>130.6</b>
Fat (g): <b>5.8</b>
Saturated Fat (g): <b>2.2</b>
Carbohydrate: (g): <b>18.1</b>
<i>of which Sugars:</i> <b>9.2</b>
Protein (g): <b>1.5</b>
Fibre (g): <b>0.9</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. 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.</div></div>

# Oaty Fruit Crunch (DF)(VG)

Junior: 10 Portions

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

Method
<ol style="list-style-type: none"><li>1. Pre-heat the oven to 180oC/350oF/Gas 4. Lightly grease tins.</li><li>2. Put all the ingredients except the apples into a large mixing bowl and combine well to form bread crumbs</li><li>3. Press half of the mixture into the tins and then spread the apples over the top.</li><li>4. Sprinkle the remaining mixture over the apples.</li><li>5. Bake in the oven for 25-30 minutes.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Gluten</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Wheat</li></ul>
<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>238.4</b>
Fat (g): <b>10.0</b>
Saturated Fat (g): <b>3.7</b>
Carbohydrate: (g): <b>33.4</b>
<i>of which Sugars:</i> <b>12.6</b>
Protein (g): <b>3.3</b>
Fibre (g): <b>2.8</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. Check storage temperature / product date / packaging and quality.</li><li>3. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>4. Dispose of any surplus reheated products after service is finished.</li><li>5. Wash all fresh fruit prior to service.</li><li>6. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>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.</li></ol>

Ocean Friendly Fingers (VG)

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Quorn Vegan Fishless Fingers 410108</b> <b>30 pieces</b> Quorn Vegan Fishless Fingers 8x200g		1. Refer to manufactures instructions.	
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
Contains:		Energy (kcal): <b>128.4</b>	
<ul style="list-style-type: none"><li>• <b>Cereals</b></li><li>• <b>Wheat</b></li></ul>		Fat (g): <b>4.7</b>	
<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): <b>0.4</b>	
		Carbohydrate: (g): <b>17.5</b>	
		of which Sugars: <b>1.0</b>	
		Protein (g): <b>2.7</b>	
		Fibre (g): <b>2.5</b>	
		Salt (g): <b>0.8</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. 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>	

Oven baked Roast Potatoes

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Aunt Bessies Roast Potatoes 150021</b> <b>1000 g</b>		1. Refer to manufactures instructions.	
Aunt Bessie Roast Potatoes			
<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>128.0</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>4.9</b>	
		Saturated Fat (g): <b>1.4</b>	
		Carbohydrate: (g): <b>18.0</b>	
		of which Sugars: <b>0.5</b>	
		Protein (g): <b>1.9</b>	
		Fibre (g): <b>23.0</b>	
		Sodium (mg): <b>0.3</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.	
		3. Individual frozen products “ always cook from frozen.	
		4. Probe cooked dish to confirm a minimum temperature of 82C.	

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>	
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>0.1</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>	
		<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

Ingredients	
Pears (tinned) FRC410	685 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.

# Plant Cream

# Junior: 10 Portions

Ingredients	
Flora Plant Double MLK360	500 ml
Flora Plant Double	

Method
1. Refer to manufactures guidelines.

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): 144.5
Fat (g): 15.7
Saturated Fat (g): 9.0
Carbohydrate (g): 1.2
of which Sugars: 0.6
Protein (g): 0.3
Fibre (g): 0.2
Salt (g): 0.1

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



Protein Power Balls in Tomato Sauce(DF) Junior: 10 Portions

(V)(VE)

Ingredients		
<b>Oil (sunflower) OIL075</b>	<b>30 ml</b>	
KTC SUNFLOWER OIL		
<b>Diced Onion FFF071</b>	<b>114 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>1 tspn</b>	
Ground Black Pepper		
<b>Vegetable Bouillon BOU014 Piece = 1 tsp</b>	<b>2 pieces</b>	
BOU014-Vegetable Bouillon		
<b>Vegan Plant Balls ( 410045)</b>	<b>760 g</b>	
Vegan Plant Balls ( 410045)		

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>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>200.4</b>
Fat (g): <b>11.2</b>
Saturated Fat (g): <b>1.9</b>
Carbohydrate: (g): <b>9.3</b>
<i>of which Sugars:</i> <b>5.2</b>
Protein (g): <b>14.1</b>
Fibre (g): <b>2.5</b>
Sodium (mg): <b>0.3</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>

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

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Quorn Vegan Fillets 69g 410156</b> Vegan Fillets		1. Refer to manufactures instructions.	
<b>10 pieces</b>			
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
Contains:		Energy (kcal): <b>67.6</b>	
<ul style="list-style-type: none"><li>• <b>Cereals</b></li><li>• <b>Gluten</b></li><li>• <b>Wheat</b></li></ul>		Fat (g): <b>0.8</b>	
<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): <b>0.3</b>	
		Carbohydrate: (g): <b>3.4</b>	
		of which Sugars: <b>0.0</b>	
		Protein (g): <b>9.7</b>	
		Fibre (g): <b>4.3</b>	
		Sodium (mg): <b>0.3</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>	

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

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

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

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

Food Safety

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

Raspberry Buns (DF)(VG)

Junior: 10 Portions

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

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

Allergens
<div>Contains:</div> <div><div><div>• Barley</div><div>• Cereals</div><div>• Gluten</div><div>• Kamut</div><div>• Oats</div><div>• Rye</div><div>• Soya</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): 153.0
Fat (g): 5.5
Saturated Fat (g): 2.1
Carbohydrate: (g): 24.7
of which Sugars: 10.5
Protein (g): 2.1
Fibre (g): 0.9
Salt (g): 0.1

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

Shortbread Fingers- (DF)(VG)

Junior: 10 Portions

Ingredients	Method
<div><div>Margarine MRG020</div><div>Cooking &amp; Baking Margarine</div><div>120 g</div></div>	<div><div>1. mix flour, margarine, sugar and cornflour</div><div>2. press into tins. Score with a fork and bake in slow oven for 30 mins</div><div>3. sprinkle with remaining sugar</div></div>
<div><div>Sugar, White SUG150</div><div>GRANULATED SUGAR</div><div>64 g</div></div>	
<div><div>Cornflour FLO048</div><div>C/R CORNFLOUR</div><div>64 g</div></div>	
<div><div>Sugar, White SUG150</div><div>GRANULATED SUGAR</div><div>20 g</div></div>	
<div><div>Flour, Plain FLO154</div><div>C/R PLAIN FLOUR</div><div>90 g</div></div>	
<div><div>Flour, Wholemeal FLO150</div><div>Flour, Wholemeal - Bradona</div><div>30 g</div></div>	

Allergens	Nutritional Content (portion)	Food Safety
<div>Contains:<ul style="list-style-type: none"><li>Barley</li><li>Cereals</li><li>Kamut</li><li>Oats</li><li>Rye</li><li>Spelt</li><li>Wheat</li></ul></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>Energy (kcal): 178.2</div><div>Fat (g): 9.2</div><div>Saturated Fat (g): 3.6</div><div>Carbohydrate: (g): 23.2</div><div>of which Sugars: 8.5</div><div>Protein (g): 1.3</div><div>Fibre (g): 0.6</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. Check storage temperature / product date / packaging and quality.</div></div>

# Spring Cabbage

# Junior: 10 Portions

Ingredients

Spring Cabbage FFP057

Cabbage, Green, Sliced

500 g

Method

1. Shred, wash and cook in hot boiling water.

2. Alternatively cook in the steamer.

Allergens

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

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

Nutritional Content (portion)	
Energy (kcal):	12.5
Fat (g):	0.0
Saturated Fat (g):	0.0
Carbohydrate: (g):	3.0
of which Sugars:	1.6
Protein (g):	0.6
Fibre (g):	1.2
Sodium (mg):	9.0
Salt (g):	0.0

Food Safety

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

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

Steamed Rice

Junior: 10 Portions

Ingredients	Method
<div><div>Rice (Patna) CRP230</div><div>Rice, Patna, Long Grain - Country Range</div><div>450 g</div></div>	<div>1. Refer to manufactures instructions.</div>

Allergens	Nutritional Content (portion)	Food Safety																
<div>There are no allergens in ingredients for this recipe according to information provided by the suppliers.</div> <div><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></div>	<table><tr><td>Energy (kcal):</td><td>158.4</td></tr><tr><td>Fat (g):</td><td>0.3</td></tr><tr><td>Saturated Fat (g):</td><td>0.1</td></tr><tr><td>Carbohydrate: (g):</td><td>35.4</td></tr><tr><td>of which Sugars:</td><td>0.0</td></tr><tr><td>Protein (g):</td><td>3.2</td></tr><tr><td>Fibre (g):</td><td>0.6</td></tr><tr><td>Salt (g):</td><td>0.0</td></tr></table>	Energy (kcal):	158.4	Fat (g):	0.3	Saturated Fat (g):	0.1	Carbohydrate: (g):	35.4	of which Sugars:	0.0	Protein (g):	3.2	Fibre (g):	0.6	Salt (g):	0.0	<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>
Energy (kcal):	158.4																	
Fat (g):	0.3																	
Saturated Fat (g):	0.1																	
Carbohydrate: (g):	35.4																	
of which Sugars:	0.0																	
Protein (g):	3.2																	
Fibre (g):	0.6																	
Salt (g):	0.0																	

Steamed/Baked Jam Sponge (DF)(VG)

Junior: 10 Portions

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

Method
<div><div>1. Heat oven to 200 degrees. Oil a loaf tin and line with baking parchment.</div><div>2. Mix flour, sugar &amp; Baking powder in a bowl.</div><div>3. Add the oil and water mix until smooth.</div><div>4. Place the jam in the bottom of the tin and spread.</div><div>5. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.</div></div>

Allergens
<div>Contains:</div> <div><div><div>• Barley</div><div>• Cereals</div><div>• Gluten</div><div>• Kamut</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): 237.7
Fat (g): 7.1
Saturated Fat (g): 0.9
Carbohydrate: (g): 40.2
of which Sugars: 20.1
Protein (g): 2.7
Fibre (g): 0.9
Sodium (mg): 0.1
Salt (g): 0.0

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



Stuffing(DF)(V)(VE)

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
<b>Stuffing STF024</b> Sage and Onion Stuffing Mix		1. Use as per manufacturers instructions.	
250 g			
<b>Allergens</b>		<b>Nutritional Content</b> (portion)	
Contains:		Energy (kcal): <b>91.8</b>	
<ul style="list-style-type: none"><li>• <b>Gluten</b></li><li>• <b>Wheat</b></li></ul>		Fat (g): <b>1.2</b>	
May Contain:		Saturated Fat (g): <b>0.4</b>	
<ul style="list-style-type: none"><li>• <b>Soya</b></li></ul>		Carbohydrate (g): <b>18.8</b>	
<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>		of which Sugars: <b>0.8</b>	
		Protein (g): <b>2.8</b>	
		Fibre (g): <b>2.3</b>	
		Sodium (mg): <b>0.5</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></ol>	

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 Pasta Bake (DF)(V)(VE)

Junior: 10 Portions

Ingredients		Method	
<b>Onions FFV144</b>	<b>151 g</b>	<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, white flour and black pepper.</div> <div>3. Add the cheese t the sauce retaining some to sprinkle on top of the finished dish.</div> <div>4. Cook pasta in boiling water.</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>	
Onions, Cooking Medium			
<b>Margarine MRG020</b>	<b>19 g</b>		
Cooking & Baking Margarine			
<b>Flour, Plain FLO154</b>	<b>75 g</b>		
C/R PLAIN FLOUR			
<b>Black Pepper - ERC SPI334</b>	<b>0 tspn</b>		
Ground Black Pepper			
<b>Soya Milk (unsweetened) MLK024</b>	<b>760 ml</b>		
SOYA SOLEIL UNSWEETENED 8X1LTR 80003167			
<b>Vegan Cheese ( CHF020)</b>	<b>227 g</b>		
Vegan Cheese			
<b>Pasta Shapes PST312</b>	<b>600 g</b>		
C/R SHELLS CONCHIGLIE			

Allergens	Nutritional Content (portion)	Food Safety
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Soya</li><li>• Spelt</li><li>• Wheat</li></ul> <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): 351.8</div> <div>Fat (g): 9.3</div> <div>Saturated Fat (g): 6.0</div> <div>Carbohydrate: (g): 57.0</div> <div>of which Sugars: 2.7</div> <div>Protein (g): 9.7</div> <div>Fibre (g): 2.5</div> <div>Salt (g): 0.6</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>

Tomato Sauce Sticks

Junior: 10 Portions

<b>Ingredients</b>		<b>Method</b>	
Tomato Sauce POR045 C/R TOMATO KETCHUP SACHET		100 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): 11.9	
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): 0.0	
		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	
		<b>Food Safety</b>	
		1. Maintain a high standard of hygiene and wash your hands at the appropriate times.	

# Vegan Vegetable Curry (DF)(V)(VE)

Junior: 10 Portions

Ingredients	
<b>Diced Onion FFV071</b> Onions, Diced	<b>91 g</b>
<b>Tinned chopped tomatoes VGC830</b> Royal Crown Chopped Tomatoes 6x800g	<b>320 g</b>
<b>Grated Carrot FFP080</b> Carrots, Grated	<b>91 g</b>
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>24 ml</b>
<b>Peppers, mixed (diced, frozen) 100138</b> RED AND GREEN PEPPER 10X10	<b>91 g</b>
<b>Diced Potato 150130</b> Lutosa Potato dice	<b>360 g</b>
<b>Cauliflower/Broccoli</b> Broccoli & Cauliflower Floret Mix	<b>120 g</b>
<b>Curry Powder SPI412</b> Curry Powder	<b>20 g</b>
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>11 g</b>

Method
<ol style="list-style-type: none"><li>1. Heat oil in a pan and sauté the diced potatoes, cauliflower &amp; broccoli.</li><li>2. Add the chopped onions, peppers, carrots and tinned tomatoes, Heat thoroughly.</li><li>3. Add the curry powder and tomato puree.</li><li>4. simmer on a gentle heat for approximately 20 minutes until cooked.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• <b>Mustard</b></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>79.8</b>
Fat (g): <b>2.9</b>
Saturated Fat (g): <b>0.4</b>
Carbohydrate: (g): <b>10.8</b>
of which Sugars: <b>2.8</b>
Protein (g): <b>1.8</b>
Fibre (g): <b>2.0</b>
Sodium (mg): <b>0.1</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. Ensure that there are no ice crystals present prior to cooking.</li></ol>

# 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>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>

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>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>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>

# Viennese Biscuits(VG)

# Junior: 10 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>128 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>42 g</b>
<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>

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



# Yorkshire All Day Breakfast- (DF)(V)(VE)

Junior: 10 Portions

## Ingredients

<b>Tomatoes FFV031</b> Tomatoes	<b>200 g</b>
<b>Vegan sausage ( 420038)</b> Vegan Sausage( 420038)	<b>560 g</b>

## 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):	<b>108.9</b>
Fat (g):	<b>0.4</b>
Saturated Fat (g):	<b>0.2</b>
Carbohydrate: (g):	<b>13.6</b>
of which Sugars:	<b>1.5</b>
Protein (g):	<b>2.2</b>
Fibre (g):	<b>2.0</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. The service temperature must be maintained at above 65C throughout the service period.
7. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.
8. Salad products: wash raw products before preparation and store in a refrigerator until required.

# Yorkshire Pudding (DF)

# Junior: 10 Portions

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

Method
<ol style="list-style-type: none"><li>1. Preheat the oven on high.</li><li>2. Beat together Eggs Flour, Soya milk until the mixture is smooth.</li><li>3. Using 12 portion muffin tin and put a 2 tsp of oil in each one.</li><li>4. Once the oven is up to temp put the tin into the oven so that the oil can heat up.</li><li>5. After about 5 mins take out the tin. Shut the oven door! (the oil should be piping hot so be really careful) pour an equal amount of batter into each section. Try and work as fast as you can.</li><li>6. Put the tin back in the oven on the middle shelf and close the door.</li><li>7. Cook for 20 Mins or until they have risen, golden &amp; crisp.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Eggs</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Soya</li><li>• Spelt</li><li>• Wheat</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>104.6</b>
Fat (g): <b>3.2</b>
Saturated Fat (g): <b>0.4</b>
Carbohydrate: (g): <b>16.2</b>
<i>of which Sugars:</i> <b>0.2</b>
Protein (g): <b>3.9</b>
Fibre (g): <b>1.1</b>
Sodium (mg): <b>0.2</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. The service temperature must be maintained at above 65C throughout the service period.</li><li>5. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.</li></ol>