

Autumn Winter 2023/2024

Primary Vegetables/Sides & Sauce's 100 portion in Kilo

Menu Week 1

Monday

Tomato Sauce Sticks
Mayonnaise Sticks
Steamed Rice
Mixed Vegetables
Garlic Bread Slices
Sweetcorn
Stuffing(DF)(V)(VE)
Gravy(DF)(GF)(V)(VE)

Tuesday

Oven baked Roast Potatoes
Broccoli
Baby Carrots
Green Beans
Cauliflower
Chunky Chips
Garden Peas
Baked Beans

Wednesday

Mini Teardrop Naan (DF)(V)
(VE)
Jacket Wedges
Spring Cabbage
Mashed Potato
Hash Browns
Vegetable Rice
Rainbow Rice
Crusty Roll(DF)(V)(VE)

Thursday

Homemade Custard
Custard
Cream
Korma Sauce
Korma Sauce*
Vegetable Sticks
Malted Crusty Roll(DF)(V)
(VE)

Custard

Junior: 100
Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): 66.9
Fat (g): 2.3
Saturated Fat (g): 2.0
Carbohydrate: (g): 14.2
of which Sugars: 9.2
Protein (g): 1.4
Fibre (g): 0.0
Sodium (mg): 0.1
Salt (g): 0.0

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

Baby Carrots

Junior: 100
Portions

Ingredients	
baby carrots	5000 g
Whole baby carrots	

Method
1. Refer to manufactures instructions.

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

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

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

Baked Beans

Junior: 100 Portions

Ingredients	Method
<div><div>Baked Beans C/R VGC136</div><div>Baked Beans In Tomato Sauce</div><div>5038 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>of which Sugars: 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 & 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: 100
Portions

Ingredients	
Broccoli Florets 2.5kg	5000 g
Broccoli	

Method
1. Refer to manufactures instructions.

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

Nutritional Content (portion)
Energy (kcal): 17.0
Fat (g): 0.3
Saturated Fat (g): 0.1
Carbohydrate (g): 1.6
of which Sugars: 1.0
Protein (g): 2.2
Fibre (g): 2.0
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products “always cook from frozen.”4. Probe cooked dish to confirm a minimum temperature of 82C.5. Dispose of any surplus reheated products after service is finished.6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.7. The service temperature must be maintained at above 65C throughout the service period.

Cauliflower

Junior: 100
Portions

Ingredients	
Cauliflower 1kg	5000 g
Cauliflower	

Method
1. Refer to manufactures instructions.

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

Nutritional Content (portion)
Energy (kcal): 15.0
Fat (g): 0.2
Saturated Fat (g): 0.0
Carbohydrate (g): 2.2
of which Sugars: 1.4
Protein (g): 1.2
Fibre (g): 0.9
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products “always cook from frozen.”4. Probe cooked dish to confirm a minimum temperature of 82C.5. Dispose of any surplus reheated products after service is finished.6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.7. The service temperature must be maintained at above 65C throughout the service period.

Chunky Chips

Junior: 100
Portions

Ingredients	
Chips (frozen) 150016	10000 g
Steakhouse 4x2500g Farm Frites IBP	

Method
1. Refer to manufactures instructions.

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

Nutritional Content (portion)	
Energy (kcal):	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
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products “à la carte” always cook from frozen.4. Probe cooked dish to confirm a minimum temperature of 82C.5. Dispose of any surplus reheated products after service is finished.6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.7. The service temperature must be maintained at above 65C throughout the service period.

Cream

Junior: 100
Portions

Ingredients	
Cream, Double - meadowland MLK350	5000 ml
Meadowland Tetrapack Double 12x1L	

Method
No methods have been set for this recipe.

Allergens
Contains: <ul style="list-style-type: none">MilkSoya
<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): 163.0
Fat (g): 15.5
Saturated Fat (g): 14.5
Carbohydrate (g): 2.2
of which Sugars: 1.8
Protein (g): 1.2
Fibre (g): 0.2
Salt (g): 0.0

Food Safety
<div><div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div></div> <div>No instructions have been set for this recipe.</div>

Crusty Roll(DF)(V)(VE)

Junior: 100
Portions

Ingredients

Petit Pan Rolls 640254
Le Pain Chic Part Baked White Petit Pain

100 pieces

Method

1. Refer to manufactures instructions

Allergens

Contains:

- Cereals
- Gluten
- Wheat

May Contain:

- Sesame seeds

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

Nutritional Content (portion)	
Energy (kcal):	135.3
Fat (g):	1.3
Saturated Fat (g):	0.2
Carbohydrate: (g):	25.5
of which Sugars:	2.9
Protein (g):	4.2
Fibre (g):	2.3
Sodium (mg):	0.2
Salt (g):	0.0

Food Safety

- Maintain a high standard of hygiene and wash your hands at the appropriate times.
- Check storage temperature / product date / packaging and quality.
- Individual frozen products “always cook from frozen.”
- Dispose of any surplus reheated products after service is finished.
- For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.

Ingredients		Method	
Peas 1kg (Frozen)	5000 g	1. Refer to maunufactures guidlines	
Peas			

Allergens	Nutritional Content (portion)	Food Safety
<div>There are no allergens in ingredients for this recipe according to information provided by the suppliers.</div>	Energy (kcal): 39.0	<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>
<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>	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	

Garlic Bread Slices

Junior: 100
Portions

Ingredients	
Garlic slices 30g 640033	100 pieces
Garlic Bread Slices	

Method
1. Refer to manufactures instructions.

Allergens
Contains: <ul style="list-style-type: none">CerealsWheat <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): 119.4
Fat (g): 6.2
Saturated Fat (g): 1.9
Carbohydrate: (g): 13.1
of which Sugars: 1.0
Protein (g): 2.4
Fibre (g): 1.1
Sodium (mg): 0.1
Salt (g): 0.0

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

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

Junior: 100
Portions

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Green Beans

Junior: 100
Portions

Ingredients	
Green Beans 1kg (frozen)	5000 g
Sliced Green Beans	

Method
1. Refer to manufacturer's instructions.

Allergens
There are no allergens in ingredients for this recipe according to information provided by the suppliers.
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Nutritional Content (portion)
Energy (kcal): 12.0
Fat (g): 0.2
Saturated Fat (g): 0.0
Carbohydrate (g): 1.6
of which Sugars: 1.1
Protein (g): 1.0
Fibre (g): 0.0
Salt (g): 0.0

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

Hash Browns

Junior: 100
Portions

Ingredients	
Hash Brown 150057	200 pieces
Hash Browns	

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

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

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

Food Safety
<div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div> <div>2. Check storage temperature / product date / packaging and quality.</div> <div>3. Individual frozen products “always cook from frozen.”</div> <div>4. Probe cooked dish to confirm a minimum temperature of 82C.</div> <div>5. Dispose of any surplus reheated products after service is finished.</div> <div>6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.</div> <div>7. The service temperature must be maintained at above 65C throughout the service period.</div>

Homemade Custard

Junior: 100 Portions

Ingredients

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

Method

1. Reconstitute the dried milk, retaining sufficient water to mix custard powder
2. Bring the milk to the boil, DO NOT OVER COOK
3. Make the custard powder into a paste with a little water
4. Add the sugar
5. Pour the milk over the custard and sugar mixture
6. Allow to cook

Allergens

Contains:

- Milk

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Nutritional Content (portion)

Energy (kcal):	66.9
Fat (g):	2.3
Saturated Fat (g):	2.0
Carbohydrate: (g):	14.2
of which Sugars:	9.2
Protein (g):	1.4
Fibre (g):	0.0
Sodium (mg):	0.1
Salt (g):	0.0

Food Safety

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

Jacket Wedges

Junior: 100
Portions

Ingredients	
LW Jacket Wedges 150099	10000 g
LW Jacket Wedges	

Method
1. Refer to manufactures instructions.

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

Nutritional Content (portion)
Energy (kcal): 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
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products “always cook from frozen.”4. Probe cooked dish to confirm a minimum temperature of 82C.5. Dispose of any surplus reheated products after service is finished.6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.7. The service temperature must be maintained at above 65C throughout the service period.

Ingredients		Method	
CR Korma Sauce SAU797 Korma Curry Sauce		1. Refer to manufactures instructions.	
8000 g			

Allergens	Nutritional Content (portion)	Food Safety																		
<div>Contains:</div> <div><ul style="list-style-type: none">• Milk</div> <div><p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p></div>	<table><tr><td>Energy (kcal):</td><td>84.8</td></tr><tr><td>Fat (g):</td><td>3.4</td></tr><tr><td>Saturated Fat (g):</td><td>2.6</td></tr><tr><td>Carbohydrate: (g):</td><td>11.0</td></tr><tr><td>of which Sugars:</td><td>8.6</td></tr><tr><td>Protein (g):</td><td>1.6</td></tr><tr><td>Fibre (g):</td><td>0.9</td></tr><tr><td>Sodium (mg):</td><td>0.3</td></tr><tr><td>Salt (g):</td><td>0.0</td></tr></table>	Energy (kcal):	84.8	Fat (g):	3.4	Saturated Fat (g):	2.6	Carbohydrate: (g):	11.0	of which Sugars:	8.6	Protein (g):	1.6	Fibre (g):	0.9	Sodium (mg):	0.3	Salt (g):	0.0	<div><ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Probe cooked dish to confirm a minimum temperature of 82C.4. The service temperature must be maintained at above 65C throughout the service period.5. For allergen friendly foods, wash equipment prior to use and sanitise work stations. Cover and store (hot or cold) away from other foods until service.</div>
Energy (kcal):	84.8																			
Fat (g):	3.4																			
Saturated Fat (g):	2.6																			
Carbohydrate: (g):	11.0																			
of which Sugars:	8.6																			
Protein (g):	1.6																			
Fibre (g):	0.9																			
Sodium (mg):	0.3																			
Salt (g):	0.0																			

Ingredients		Method	
Sharwoods Korma Curry SAU689 Korma Curry Cooking Sauce		8000 g	
Allergens		Nutritional Content (portion)	
Contains:		Energy (kcal): 93.6	
<ul style="list-style-type: none">• Milk• Sulphur dioxide		Fat (g): 6.5	
<div><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></div>		Saturated Fat (g): 3.9	
		Carbohydrate: (g): 6.2	
		of which Sugars: 4.2	
		Protein (g): 1.8	
		Fibre (g): 1.8	
		Sodium (mg): 0.2	
		Salt (g): 0.0	
		Food Safety	
		<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Probe cooked dish to confirm a minimum temperature of 82C.4. The service temperature must be maintained at above 65C throughout the service period.5. For allergen friendly foods, wash equipment prior to use and sanitise work stations. Cover and store (hot or cold) away from other foods until service.	

Malted Crusty Roll(DF)(V)(VE)

Junior: 100 Portions

Ingredients	Method
<div>Malted Petit Roll 640256100 pieces</div> <div>Part Baked Malted Wheat Petit Pain</div>	<div>1. Refer to the manufactures instructions</div>

Allergens	Nutritional Content (portion)	Food Safety
<div>Contains:<ul style="list-style-type: none">• Barley• Cereals• Gluten• Wheat</div> <div>May Contain:<ul style="list-style-type: none">• Oats• Rye• Sesame seeds</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>Energy (kcal): 146.3</div> <div>Fat (g): 1.0</div> <div>Saturated Fat (g): 0.2</div> <div>Carbohydrate: (g): 27.7</div> <div>of which Sugars: 1.9</div> <div>Protein (g): 5.7</div> <div>Fibre (g): 2.0</div> <div>Sodium (mg): 0.2</div> <div>Salt (g): 0.0</div>	<div><div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div><div>2. Check storage temperature / product date / packaging and quality.</div><div>3. Individual frozen products “always cook from frozen.”</div><div>4. Dispose of any surplus reheated products after service is finished.</div><div>5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.</div></div>

Mashed Potato

Junior: 100
Portions

Ingredients	
Lutosa Potato dice 150130	12500 g
Lutosa Potato dice	

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

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

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

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

Mayonnaise Sticks

Junior: 100 Portions

Ingredients	
Mayonnaise Portions (sticks) POR044	100 pieces
Mayonnaise Sticks - Country Range	

Method
1. Use as per manufacturers instructions.

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

Junior: 100 Portions

Ingredients	Method
<div><div>Mini Teardrop Naan Vegan 65g 4400396500 g</div><div>Mini Teardrop Naan Vegan 440039</div></div>	<div>1. Cook according to manufacturers instructions.</div>

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

Ingredients	
Mixed Veg 1kg	5000 g
Mixed Vegetables	

Method	
1. Refer to manufactures instructions.	

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

Nutritional Content (portion)	
Energy (kcal):	31.5
Fat (g):	0.4
Saturated Fat (g):	0.2
Carbohydrate (g):	4.0
of which Sugars:	2.2
Protein (g):	1.6
Fibre (g):	2.2
Salt (g):	0.0

Food Safety	
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products “always cook from frozen.”4. Probe cooked dish to confirm a minimum temperature of 82C.5. Dispose of any surplus reheated products after service is finished.6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.7. The service temperature must be maintained at above 65C throughout the service period.	

Oven baked Roast Potatoes

Junior: 100
Portions

Ingredients	
Aunt Bessies Roast Potatoes 150021	10000 g
Aunt Bessie Roast Potatoes	

Method
1. Refer to manufactures instructions.

Allergens
There are no allergens in ingredients for this recipe according to information provided by the suppliers.
<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): 128.0
Fat (g): 4.9
Saturated Fat (g): 1.4
Carbohydrate: (g): 18.0
of which Sugars: 0.5
Protein (g): 1.9
Fibre (g): 23.0
Sodium (mg): 0.3
Salt (g): 0.0

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

Rainbow Rice

Junior: 100 Portions

Ingredients		Method	
Rice (Patna) CRP230	4000 g	<div>1. Cook rice according to manufactures instructions.</div> <div>2. Stir fry peppers in oil, and mix into cooked rice and serve.</div>	
Rice, Patna, Long Grain - Country Range			
Peppers, mixed (diced, frozen) 100138	2000 g		
RED AND GREEN PEPPER 10X10			
Oil (sunflower) OIL075	20 ml		
KTC SUNFLOWER OIL			

Allergens	Nutritional Content (portion)	Food Safety
<div>There are no allergens in ingredients for this recipe according to information provided by the suppliers.</div>	<div>Energy (kcal): 147.2</div>	<div>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div> <div>2. Probe cooked dish to confirm a minimum temperature of 82C.</div> <div>3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.</div> <div>4. The service temperature must be maintained at above 65C throughout the service period.</div>
<div><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></div>	<div>Fat (g): 0.5</div>	
	<div>Saturated Fat (g): 0.1</div>	
	<div>Carbohydrate: (g): 32.2</div>	
	<div><i>of which Sugars:</i> 0.7</div>	
	<div>Protein (g): 3.0</div>	
	<div>Fibre (g): 0.5</div>	
	<div>Salt (g): 0.0</div>	

Spring Cabbage

Junior: 100
Portions

Ingredients	
Spring Cabbage FFP057	5000 g
Cabbage, Green, Sliced	

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

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

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

Food Safety
1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.

Steamed Rice

Junior: 100
Portions

Ingredients	
Rice (Patna) CRP230	4500 g
Rice, Patna, Long Grain - Country Range	

Method
1. Refer to manufactures instructions.

Allergens
There are no allergens in ingredients for this recipe according to information provided by the suppliers.
<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): 158.4
Fat (g): 0.3
Saturated Fat (g): 0.1
Carbohydrate: (g): 35.4
<i>of which Sugars:</i> 0.0
Protein (g): 3.2
Fibre (g): 0.6
Salt (g): 0.0

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

Stuffing(DF)(V)(VE)

Junior: 100 Portions

Ingredients	Method
<div><div>Stuffing STF024</div><div>Sage and Onion Stuffing Mix</div><div>2500 g</div></div>	<div>1. Use as per manufacturers instructions.</div>

Allergens	Nutritional Content (portion)	Food Safety
<div><div>Contains:</div><div><ul style="list-style-type: none">GlutenWheat</div><div>May Contain:</div><div><ul style="list-style-type: none">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>	<div><div>Energy (kcal): 91.8</div><div>Fat (g): 1.2</div><div>Saturated Fat (g): 0.4</div><div>Carbohydrate (g): 18.8</div><div>of which Sugars: 0.8</div><div>Protein (g): 2.8</div><div>Fibre (g): 2.3</div><div>Sodium (mg): 0.5</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>

Ingredients		Method	
Sweetcorn 1kg (Frozen)		1. Refer to manufactures instructions.	
Sweetcorn			
5000 g			

Allergens	Nutritional Content (portion)	Food Safety
<div>There are no allergens in ingredients for this recipe according to information provided by the suppliers.</div> <div><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): 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>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</div><div>2. Check storage temperature / product date / packaging and quality.</div><div>3. Individual frozen products “always cook from frozen.”</div><div>4. Probe cooked dish to confirm a minimum temperature of 82C.</div><div>5. Dispose of any surplus reheated products after service is finished.</div><div>6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.</div><div>7. The service temperature must be maintained at above 65C throughout the service period.</div></div>

Tomato Sauce Sticks

Junior: 100 Portions

Ingredients	
Tomato Sauce POR045	1000 g
C/R TOMATO KETCHUP SACHET	

Method
1. Use as per manufacturers instructions.

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

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

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

Vegetable Rice

Junior: 100
Portions

Ingredients	
Rice (Patna) CRP230 Rice, Patna, Long Grain - Country Range	4000 g
Peppers, mixed (diced, frozen) 100138 RED AND GREEN PEPPER 10X10	2000 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	20 ml

Method
<ol style="list-style-type: none">1. Cook rice according to manufactures instructions.2. Stir fry peppers in oil, and mix into cooked rice and serve.

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

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

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

Vegetable Sticks

Junior: 100
Portions

Ingredients	
Cucumber FFV160/S Cucumber Single	2667 g
Baton Carrots FFP053 Carrots, Baton	2000 g

Method
<ol style="list-style-type: none">1. Cut cucumber into battons.2. Place the carrot batons in colander and rinse thoroughly.3. Place cucumber and carrots into suitable container to serve.

Allergens
<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): 12.2
Fat (g): 0.1
Saturated Fat (g): 0.0
Carbohydrate (g): 2.9
of which Sugars: 1.4
Protein (g): 0.4
Fibre (g): 0.7
Sodium (mg): 0.1
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.3. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.4. Salad products: wash raw products before preparation and store in a refrigerator until required.