

Spring Summer 2024 Dairy free 1 portion metric

# Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatballs in Tomato Sauce BBQ Marinade	Cod Fillet Fish Fingers Pizza - Homemade Margarita (DF)(VE)	Italian Style Mince Beef Pasta Bolognese(DF)	Roast Chicken Chinese Style Sticky Pork	---
Chicken Wrap(DF) Roast Pork Loin Ham, Mediterranean Pasta Bake (DF)	Breaded Chicken Goujons-(GF)(DF) Roast Gammon	Battered Fish Fillet Summer Brunch Wrap(GF)(DF)(Egg & Soya free)	Crispy Fish Nuggets ---	Southern Fried Gravy dip ---
---	---	Cheeseburger Pasta bake(DF)	Stuffing(DF)(V)(VE) Tomato Sauce Sticks	Iced Cornflake Special (DF)(VG)
Apple Sauce	Yorkshire Pudding (DF)	---	---	Strawberry Iced Smoothie (DF)
---	---	---	Blueberry Muffin (DF) (VG)	Jam Buns (DF)(VG)
Shortbread Fingers- (DF)(VG) Alpro Custard (DF) Chocolate Sponge- (DF) Alpro Chocolate drink - (DF)	Melting Moment Biscuit(DF) Jelly -Orange Jelly -Strawberry Oaty Fruit Crunch (DF) (VG)	Plant Cream Vanilla Sponge / Muffins/ Cupcakes (DF)(VG) Peach Melba (DF)(GF) (VE)(Soya & Egg free ) Chocolate Cookie	Chocolate Crunch & Cream (DF) Ice Cream (DF)(VG) Fruit Cocktail in Juice	

# Alpro Chocolate drink -(DF)

Junior: 1 Portions

## Ingredients

**Alpro Chocolate Drink MLK056** **250 ml**  
ALPRO SOYA CHOCOLATE 5X3X250ML 80004545

## Method

1. Refer to manufactures instructions

## Allergens

Contains:

- Soya

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

## Nutritional Content (portion)

Energy (kcal): **150.0**

Fat (g): **4.5**

Saturated Fat (g): **1.0**

Carbohydrate: (g): **19.2**

*of which Sugars:* **18.5**

Protein (g): **7.8**

Fibre (g): **2.2**

Sodium (mg): **0.2**

Salt (g): **0.0**

## Food Safety

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

# Alpro Custard (DF)

## Junior: 1 Portions

### Ingredients

**Alpro - Custard CUS004**

**80 g**

Custard - Alpro

### Method

1. Refer to manufactures instructions.

### Allergens

Contains:

- **Soya**

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

### Nutritional Content (portion)

Energy (kcal): **64.8**

Fat (g): **1.4**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **10.5**

*of which Sugars:* **8.0**

Protein (g): **2.4**

Fibre (g): **0.4**

Sodium (mg): **0.1**

Salt (g): **0.0**

### Food Safety

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

# Apple Sauce

# Junior: 1 Portions

## Ingredients

**Apples (tinned) FRC002** **28 g**  
C/R SOLID PACK APPLE (ITALIAN)

## Method

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

## Allergens

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

*This information was correct to 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): **11.7**

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.

# Battered Fish Fillet

# Junior: 1 Portions

## Ingredients

**Hr Junior Fish Fillet 310081**

**1 pieces**

Battered Pollock Fillet

## Method

1. Refer to manufacturers instructions.

## Allergens

Contains:

- Cereals
- Fish
- Gluten
- Wheat

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

## Nutritional Content (portion)

Energy (kcal): **123.5**

Fat (g): **5.8**

Saturated Fat (g): **0.5**

Carbohydrate: (g): **12.0**

*of which Sugars:* **0.2**

Protein (g): **5.3**

Fibre (g): **0.6**

Salt (g): **0.0**

## Food Safety

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

# BBQ Marinade Chicken Wrap(DF)

## Junior: 1 Portions

Ingredients	
<b>Tortillas ( 6inch) 440023</b> Flour Tortilla	<b>1 pieces</b>
<b>BBQ Marinade chicken CHI033</b> BBQ Marinade chicken	<b>60 g</b>

Method
<ol style="list-style-type: none"><li>1. Cook the chicken (refer to manufactures instructions)</li><li>2. Serve with a warm wrap.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• <b>Cereals</b></li><li>• <b>Gluten</b></li><li>• <b>Wheat</b></li></ul>
<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): <b>205.8</b>
Fat (g): <b>6.0</b>
Saturated Fat (g): <b>1.5</b>
Carbohydrate: (g): <b>20.9</b>
of which Sugars: <b>4.5</b>
Protein (g): <b>15.2</b>
Fibre (g): <b>1.3</b>
Salt (g): <b>0.7</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. 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>

# Beef Meatballs in Tomato Sauce

## Junior: 1 Portions

Ingredients	
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>3 ml</b>
<b>Diced Onion FFV071</b> Onions, Diced	<b>11 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>20 g</b>
<b>Mixed Herbs SPI402</b> Dried Mixed Herbs	<b>0 tspn</b>
<b>Black Pepper SPI334</b> Ground Black Pepper	<b>0 To taste</b>
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>4 g</b>
<b>Beef Meatballs (23g each)470030</b> Beef Meatballs (23g each)	<b>3 pieces</b>
<b>Tinned chopped tomatoes VGC830</b> Royal Crown Chopped Tomatoes 6x800g	<b>40 g</b>

### Method

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

### Allergens

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

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

### Nutritional Content (portion)

Energy (kcal): **229.4**

Fat (g): **16.0**

Saturated Fat (g): **5.3**

Carbohydrate: (g): **10.6**

*of which Sugars:* **4.2**

Protein (g): **10.8**

Fibre (g): **0.8**

Salt (g): **0.1**

### Food Safety

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



# Blueberry Muffin (DF)(VG)

## Junior: 1 Portions

Ingredients	
<b>Self Raising Flour FLO032</b> Self Raising Flour ( FLO 032)	<b>23 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>17 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>0 g</b>
<b>Vanilla Essence FLV080</b> DR OETKER VANILLA ESSENCE	<b>0 ml</b>
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>8 ml</b>
<b>Blueberries 110084</b> Blueberries	<b>6 g</b>

Method
<ol style="list-style-type: none"><li>1. Heat oven to 200 degrees. Oil a loaf tin and line with baking parchment.</li><li>2. Mix flour, sugar &amp; Baking powder in a bowl.</li><li>3. Add the oil and water mix until smooth.</li><li>4. Add the blueberries.</li><li>5. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.</li><li>6. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.</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>• Sulphur dioxide</li><li>• Wheat</li></ul>
<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): <b>224.8</b>
Fat (g): <b>8.7</b>
Saturated Fat (g): <b>1.0</b>
Carbohydrate: (g): <b>33.9</b>
<i>of which Sugars:</i> <b>17.2</b>
Protein (g): <b>2.3</b>
Fibre (g): <b>0.8</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></ol>

# Breaded Chicken Goujons-(GF)(DF)

Junior: 1 Portions

## Ingredients

**GF Breaded Chicken Goujons 40g 890103**      **2 pieces**  
GF Breaded Chicken Goujons 40g

## 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): **174.4**

Fat (g): **7.9**

Saturated Fat (g): **0.9**

Carbohydrate: (g): **8.8**

*of which Sugars:* **0.1**

Protein (g): **16.8**

Fibre (g): **0.0**

Salt (g): **0.6**

## Food Safety

1. Check storage temperature / product date / packaging and quality.
2. Individual frozen products "à€" always cook from frozen.
3. Probe cooked dish to confirm a minimum temperature of 82C.
4. Dispose of any surplus reheated products after service is finished.
5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
6. The service temperature must be maintained at above 65C throughout the service period.

# Cheeseburger Pasta bake(DF)

## Junior: 1 Portions

Ingredients	
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>3 ml</b>
<b>ONION DICED FFP071</b> Onions, Diced	<b>17 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>67 g</b>
<b>Mince Beef JWY5</b> Minced Beef	<b>30 g</b>
<b>Pasta Shapes PST377</b> Pasta Conchiglie	<b>45 g</b>
<b>Vegan Cheese ( CHF020)</b> Vegan Cheese	<b>30 g</b>
<b>SAUCE</b>	<b>0 g</b>
<b>Coconut Milk (AIM016)</b> KOKO Dairy Free Original	<b>83 ml</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>7 g</b>
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>4 g</b>
<b>Vegan Cheese ( CHF020)</b> Vegan Cheese	<b>8 g</b>

### Method

1. In a large saucepan, heat the oil and add the mince lightly brown.
2. Add the chopped onion to the saucepan and fry over medium heat until soft.
3. Add the tomato sauce, and simmer.
4. Cook the pasta.
5. Mix the mince mixture and pasta together and add to cooking containers.
6. Make the cheese sauce according to the recipe, once cooked divided between the cooking containers and mix all the ingredient together.
7. Sauce Recipe.
8. 1. Place in a saucepan the dairy-free milk. 2. Heat the milk to a gentle simmer. 3. Melt the margarine in a saucepan over a medium heat. Add the flour and stir. Cook gently for 2 minutes. 4. Add the milk little by little, stirring each time you add more, to get rid of any lumps.
5. When all the milk has been added, cook over a gentle heat for 5 minutes until thick and glossy. Remove from the heat and stir through the cheese.
9. Using half the quantity of vegan grated cheese mix into the pasta & vegan mince mixture.
10. Sprinkle over the remaining cheese and bake in the oven until temperature of 75 & the cheese has melted on the top.

## Allergens

The supplier information for this recipe is incomplete and so some allergens may be present. Please contact the school kitchen for full details.

Contains:

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

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

## Nutritional Content (portion)

Energy (kcal): **436.4**

Fat (g): **21.5**

Saturated Fat (g): **12.7**

Carbohydrate: (g): **53.8**

*of which Sugars:* **7.4**

Protein (g): **6.7**

Fibre (g): **2.2**

Salt (g): **1.4**

## Food Safety

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

# Chinese Style Sticky Pork

Junior: 1 Portions

Ingredients	
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>3 g</b>
<b>Oil (vegetable) OIL013</b> C/R VEGETABLE OIL	<b>2 ml</b>
<b>Soy Sauce SAU152</b> SOY SAUCE	<b>1 ml</b>
<b>Honey PRE182</b> Clear Honey	<b>1 g</b>
<b>Pork Diced JWY72</b> FREE FLOW DICED PORK (98% VL) - 2.5KG	<b>57 g</b>

Method
<ol style="list-style-type: none"><li>1. Mix tomato puree, oil, soy sauce and honey together and pour onto pork and mix well.</li><li>2. Leave to marinade for an hour.</li><li>3. Preheat the oven to 180°C/gas mark 4.</li><li>4. Place marinated pork onto a tray and cook until cooked through.</li><li>5. Serve with vegetable rice.</li></ol>

Allergens
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>
<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): <b>84.0</b>
Fat (g): <b>2.6</b>
Saturated Fat (g): <b>1.2</b>
Carbohydrate: (g): <b>1.7</b>
<i>of which Sugars:</i> <b>1.0</b>
Protein (g): <b>12.3</b>
Fibre (g): <b>0.1</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. Individual frozen products "à€" always cook from frozen.</li><li>4. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>5. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>6. The service temperature must be maintained at above 65C throughout the service period.</li></ol>

# Chocolate Cookie

## Junior: 1 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>10 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>3 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>9 g</b>
<b>Cocoa BEV070</b> Freshers Fat Reduced Cocoa Powder	<b>1 g</b>
<b>Cornflakes BRK095</b> Cornflakes Bag - Kelloggâ€™s	<b>2 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>14 g</b>

Method
<ol style="list-style-type: none"><li>1. Cream margarine and sugar.</li><li>2. Sieve together the flour and cocoa, add to the creamed mixture.</li><li>3. Add cornflakes.</li><li>4. Portion the mixture and form into balls, flatten slightly.</li><li>5. Place on a greasedbtray and bake at 165C, 350F, Reg 4-5 for 10 to 15 minutes.</li><li>6. Allow to cool before lifting from the tray.</li></ol>

Allergens
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>• Sulphur dioxide</li><li>• Wheat</li></ul>
<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): <b>184.6</b>
Fat (g): <b>10.6</b>
Saturated Fat (g): <b>4.2</b>
Carbohydrate: (g): <b>21.1</b>
<i>of which Sugars:</i> <b>9.3</b>
Protein (g): <b>1.8</b>
Fibre (g): <b>0.7</b>
Salt (g): <b>0.1</b>

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

# Chocolate Crunch & Cream (DF)

Junior: 1 Portions

Ingredients	
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>5 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>1 g</b>
<b>Cocoa BEV070</b> Freshers Fat Reduced Cocoa Powder	<b>1 g</b>
<b>Eggs EGG112 1 Egg =50g</b> Eggs, Medium, Free Range - Kfresh	<b>2 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>14 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>14 g</b>
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>14 g</b>
<b>Flora Plant Double MLK360</b> Flora Plant Double	<b>50 ml</b>

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Eggs</li><li>• Gluten</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Sulphur dioxide</li><li>• Wheat</li></ul>
<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): <b>367.5</b>
Fat (g): <b>26.8</b>
Saturated Fat (g): <b>13.4</b>
Carbohydrate: (g): <b>30.2</b>
<i>of which Sugars:</i> <b>15.0</b>
Protein (g): <b>2.7</b>
Fibre (g): <b>1.2</b>
Salt (g): <b>0.2</b>

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

# Chocolate Sponge-(DF)

## Junior: 1 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>18 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>4 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>2 g</b>
<b>Cocoa BEV070</b> Freshers Fat Reduced Cocoa Powder	<b>2 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>11 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>11 g</b>
<b>Eggs EGG112 1 Egg =50g</b> Eggs, Medium, Free Range - Kfresh	<b>5 g</b>
<b>Alpro Unsweetned Soya Milk ( MLK 024)</b> SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	<b>7 ml</b>

### Method

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

### Allergens

Contains:

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

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

### Nutritional Content (portion)

Energy (kcal):	<b>202.2</b>
Fat (g):	<b>8.9</b>
Saturated Fat (g):	<b>3.5</b>
Carbohydrate: (g):	<b>28.3</b>
of which Sugars:	<b>10.9</b>
Protein (g):	<b>3.2</b>
Fibre (g):	<b>1.0</b>
Salt (g):	<b>0.1</b>

### Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.



# Cod Fillet Fish Fingers

## Junior: 1 Portions

### Ingredients

**Cod Fish Finger 330031**

**3 pieces**

30 Cod Fillet Finger

### Method

1. Refer to manufactures instructions

### Allergens

Contains:

- Cereals
- Fish
- Gluten
- Sulphur dioxide
- Wheat

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

### Nutritional Content (portion)

Energy (kcal): **158.2**

Fat (g): **6.8**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **15.0**

*of which Sugars:* **0.7**

Protein (g): **9.0**

Fibre (g): **0.6**

Salt (g): **0.0**

### Food Safety

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

# Junior: 1 Portions

## Ingredients

**Salmon Bites 320058**

**60 g**

BREADED SALMON BITES.

## Method

1. Refer to manufactures instructions

## Allergens

Contains:

- Cereals
- Fish
- Gluten
- Wheat

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

## Nutritional Content (portion)

Energy (kcal): **136.8**

Fat (g): **6.6**

Saturated Fat (g): **0.6**

Carbohydrate: (g): **14.4**

*of which Sugars:* **0.4**

Protein (g): **5.2**

Fibre (g): **0.7**

Salt (g): **0.0**

## Food Safety

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

# Fruit Cocktail in Juice

## Junior: 1 Portions

### Ingredients

**Fruit Cocktail in juice FRC212**

**68 g**

FRUIT COCKTAIL IN JUICE

### Method

1. Refer to manufactures instructions.

### Allergens

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

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

### Nutritional Content (portion)

Energy (kcal): **36.9**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **8.5**

*of which Sugars:* **8.5**

Protein (g): **0.2**

Fibre (g): **0.7**

Salt (g): **0.0**

### Food Safety

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

# Ham, Mediterranean Pasta Bake (DF)

Junior: 1 Portions

Ingredients	
<b>Tinned chopped tomatoes VGC830</b> Royal Crown Chopped Tomatoes 6x800g	<b>40 g</b>
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>3 ml</b>
<b>Diced Onion FFV071</b> Onions, Diced	<b>11 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>20 g</b>
<b>Mixed Herbs SPI402</b> Dried Mixed Herbs	<b>0 tspn</b>
<b>Black Pepper - ERC SPI334</b> Ground Black Pepper	<b>0 tspn</b>
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>4 g</b>
<b>Vegetable Bouillon BOU133 Piece = 1 tsp</b> Vegetable Bouillon Powder (2kg)	<b>0 pieces</b>
<b>Worcestershire Sauce SAU547</b> Worcester Sauce	<b>0 tspn</b>
<b>Ham (cooked) MCC080</b> Gammon Ham	<b>45 g</b>
<b>Vegan Cheese ( CHF020)</b> Vegan Cheese	<b>6 g</b>
<b>Pasta Shapes PST377</b> Pasta Conchiglie	<b>45 g</b>

Method
<ol style="list-style-type: none"><li>1. Make the tomato sauce: heat the oil in a large pan, add the diced onion and saute.</li><li>2. Add chopped tomatoes, tomato puree, maggie sauce. Season to taste with vegetable bouillon &amp; black pepper.</li><li>3. and Worcester sauce and mixed herbs and simmer gently.</li><li>4. Cook pasta following the manufacturers instructions.</li><li>5. Drain the pasta and mix into tomato mix, add chopped ham and stir well.</li><li>6. Portion into tins, sprinkle with cheese and place in a moderate oven for 15 minutes.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Fish</li><li>• Gluten</li><li>• Wheat</li></ul>
<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): <b>287.7</b>
Fat (g): <b>7.5</b>
Saturated Fat (g): <b>2.4</b>
Carbohydrate: (g): <b>39.4</b>
<i>of which Sugars:</i> <b>4.7</b>
Protein (g): <b>14.1</b>
Fibre (g): <b>1.8</b>
Salt (g): <b>0.3</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></ol>

# Ice Cream (DF)(VG)

## Junior: 1 Portions

### Ingredients

#### Vegan Ice Cream ( 810091)

Vegan Vanilla Ice Cream ( 810091)

1 Portions

### Method

No methods have been set for this recipe.

### Allergens

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

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

### Nutritional Content (portion)

Energy (kcal): **190.4**

Fat (g): **7.9**

Saturated Fat (g): **6.6**

Carbohydrate: (g): **24.6**

*of which Sugars:* **15.6**

Protein (g): **0.3**

Fibre (g): **8.8**

Salt (g): **0.0**

### Food Safety

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

No instructions have been set for this recipe.

# Iced Cornflake Special (DF)(VG)

## Junior: 1 Portions

Ingredients	
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>14 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>7 g</b>
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>7 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>2 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>1 g</b>
<b>Cocoa BEV070</b> Freshers Fat Reduced Cocoa Powder	<b>1 g</b>
<b>Coconut BAK660</b> Coconut	<b>9 g</b>
<b>Cornflakes BRK095</b> Cornflakes Bag - Kellogg's™	<b>2 g</b>
<b>To Make Topping</b>	<b>0</b>
<b>Sugar, Icing SUG250</b> ICING SUGAR	<b>5 g</b>
<b>Cocoa BEV070</b> Freshers Fat Reduced Cocoa Powder	<b>1 g</b>
<b>Boiling water</b> Boiling water	<b>1 ml</b>

### Method

1. Melt the margarine. Add the flour, sugar, cornflakes, cocoa and baking powder.
2. Press into greases tins.
3. cook in a moderate oven for about 15 minutes
4. Cut whilst warm.
5. Ice with chocolate icing when cold.

## Allergens

The supplier information for this recipe is incomplete and so some allergens may be present. Please contact the school kitchen for full details.

Contains:

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

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

## Nutritional Content (portion)

Energy (kcal): **249.3**

Fat (g): **16.8**

Saturated Fat (g): **9.4**

Carbohydrate: (g): **22.0**

*of which Sugars:* **12.6**

Protein (g): **2.0**

Fibre (g): **1.8**

Salt (g): **0.1**

## Food Safety

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

# Italian Style Mince Beef Pasta Bolognese(DF)

## Junior: 1 Portions

Ingredients	
<b>Diced Onion FFF071</b> Onions, Diced	<b>9 g</b>
<b>Grated Carrot FFP080</b> Carrots, Grated	<b>9 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>40 g</b>
<b>Tomatoes, Chopped (tinned) VGC830</b> Royal Crown Chopped Tomatoes 6x800g	<b>34 g</b>
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>4 g</b>
<b>Black Pepper - ERC SPI334</b> Ground Black Pepper	<b>0 tspn</b>
<b>Worcestershire Sauce SAU547</b> Worcester Sauce	<b>0 tspn</b>
<b>Vegetable Bouillon BOU133 Piece = 1 tsp</b> Vegetable Bouillon Powder (2kg)	<b>0 pieces</b>
<b>Minced Beef 970085</b> Minced Beef	<b>50 g</b>
<b>Pasta Shapes PST377</b> Pasta Conchiglie	<b>45 g</b>

### Method

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

### Allergens

Contains:

- Barley
- Cereals
- Fish
- Gluten
- Wheat

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

### Nutritional Content (portion)

Energy (kcal):	<b>322.4</b>
Fat (g):	<b>11.1</b>
Saturated Fat (g):	<b>0.3</b>
Carbohydrate: (g):	<b>39.6</b>
<i>of which Sugars:</i>	<b>5.9</b>
Protein (g):	<b>15.6</b>
Fibre (g):	<b>1.9</b>
Salt (g):	<b>0.2</b>

### Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Individual frozen products "à€" always cook from frozen.
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
6. The service temperature must be maintained at above 65C throughout the service period.



# Jam Buns (DF)(VG)

## Junior: 1 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>14 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>5 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>1 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>7 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>9 g</b>
<b>Jam MIXED FRUIT PRE160</b> C/R MIXED FRUIT JAM	<b>2 g</b>
<b>Alpro Unsweetned Soya Milk ( MLK 024)</b> SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	<b>6 ml</b>

Method
<ol style="list-style-type: none"><li>1. Rub Margarine into sieved white flour and baking powder. Add wholemeal flour.</li><li>2. Add Sugar.</li><li>3. Mix to a sort dough with Soya milk.</li><li>4. Form into round buns and place on greased trays.</li><li>5. Make a small hole in the centre of each bun and spoon in a little jam.</li><li>6. Bake in a moderate oven for 10-15 minutes until golden brown.</li><li>7. Sprinkle with sugar after cooking.</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>• Soya</li><li>• Spelt</li><li>• Sulphur dioxide</li><li>• Wheat</li></ul>
<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): <b>153.0</b>
Fat (g): <b>5.5</b>
Saturated Fat (g): <b>2.1</b>
Carbohydrate: (g): <b>24.7</b>
<i>of which Sugars:</i> <b>10.5</b>
Protein (g): <b>2.1</b>
Fibre (g): <b>0.9</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. 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.</li></ol>

# Jelly -Orange

# Junior: 1 Portions

Ingredients	
<b>Water</b> Water	<b>142 ml</b>
<b>Jelly Crystals, Orange JEL045</b> Orange Flavour Jelly	<b>28 g</b>

Method
1. Follow the instructions on the packet

Allergens
Contains: <ul style="list-style-type: none"><li>• <b>Sulphur dioxide</b></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>18.1</b>
Fat (g): <b>0.1</b>
Saturated Fat (g): <b>0.0</b>
Carbohydrate (g): <b>4.5</b>
of which Sugars: <b>4.5</b>
Protein (g): <b>0.1</b>
Fibre (g): <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. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.</li></ol>

# Jelly -Strawberry

# Junior: 1 Portions

Ingredients	
<b>Jelly Crystals Strawberry JEL044</b> Strawberry Flavour Jelly	<b>28 g</b>
<b>Water</b> Water	<b>142 ml</b>

Method
1. Follow the instructions on the packet

Allergens
Contains: <ul style="list-style-type: none"><li>• <b>Sulphur dioxide</b></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>18.1</b>
Fat (g): <b>0.1</b>
Saturated Fat (g): <b>0.0</b>
Carbohydrate (g): <b>4.5</b>
of which Sugars: <b>4.4</b>
Protein (g): <b>0.1</b>
Fibre (g): <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. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.</li></ol>

# Melting Moment Biscuit(DF)

Junior: 1 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>9 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>3 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>0 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>9 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>7 g</b>
<b>Oats BRK210</b> Superfast Oats	<b>2 g</b>
<b>Cherries, Glace DFR400</b> Glace Cherries	<b>0 g</b>
<b>Eggs EGG112 1 Egg =50g</b> Eggs, Medium, Free Range - Kfresh	<b>2 g</b>

Method
<ol style="list-style-type: none"><li>1. Cream margarine and sugar. Add eggs to mixture.</li><li>2. Mix in baking powder and flours. Portion and form into balls. Roll in oats.</li><li>3. Place on baking sheet and flatten slightly. Decorate with a piece of cherry.</li><li>4. Bake in a moderate oven.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Eggs</li><li>• Gluten</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Sulphur dioxide</li><li>• Wheat</li></ul>
<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): <b>142.0</b>
Fat (g): <b>7.3</b>
Saturated Fat (g): <b>2.8</b>
Carbohydrate: (g): <b>18.0</b>
<i>of which Sugars:</i> <b>7.5</b>
Protein (g): <b>1.7</b>
Fibre (g): <b>0.8</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. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.</li></ol>

# Oaty Fruit Crunch (DF)(VG)

## Junior: 1 Portions

Ingredients	
<b>Oats BRK210</b> Superfast Oats	<b>15 g</b>
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>15 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>11 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>8 g</b>
<b>Apples (tinned) FRC002</b> C/R SOLID PACK APPLE (ITALIAN)	<b>50 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>• Sulphur dioxide</li><li>• Wheat</li></ul>
<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): <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>

# Peach Melba (DF)(GF)(VE)(Soya & Egg free )

Junior: 1 Portions

Ingredients	
<b>Peaches (tinned) FRC362</b> Riverdene Peach Slices in juice 6 x 825g	<b>46 g</b>
<b>Cornflour FLO048</b> C/R CORNFLOUR	<b>1 g</b>
<b>Water</b> Water	<b>8 ml</b>
<b>Jam MIXED FRUIT PRE160</b> C/R MIXED FRUIT JAM	<b>9 g</b>
<b>Vegan Ice Cream ( 810091)</b> Vegan Vanilla Ice Cream ( 810091)	<b>1 Portions</b>

## Method

1. Drain Peaches.
2. To make the Melba sauce - Mix the cornflour with some of the water to make a paste.
3. Heat the water and jam and bring to boiling point. Add the cornflour paste and stir.
4. Continue to stir over heat until the sauce has thickened.
5. Serve with ice cream & peaches.
6. Vegan Ice Cream 1 portion =80g

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal):	<b>235.1</b>
Fat (g):	<b>8.0</b>
Saturated Fat (g):	<b>6.6</b>
Carbohydrate: (g):	<b>35.6</b>
<i>of which Sugars:</i>	<b>25.0</b>
Protein (g):	<b>0.6</b>
Fibre (g):	<b>9.3</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.
2. Check storage temperature / product date / packaging and quality.
3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
4. Transfer any part used tinned products to a suitable lidded container. Fix a date label and indicate any allergens.

# Pizza - Homemade Margarita (DF)(VE)

## Junior: 1 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>12 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>5 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>1 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>5 g</b>
<b>Water</b> Water	<b>11 ml</b>
<b>Mixed Herbs SPI402</b> Dried Mixed Herbs	<b>0 g</b>
<b>Vegan Cheese ( CHF020)</b> Vegan Cheese	<b>14 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>14 g</b>

Method
<ol style="list-style-type: none"><li>1. Rub margarine into flours and baking powder until it resembles bread crumbs.</li><li>2. Mix to a soft dough with the water.</li><li>3. Portion into containers.</li><li>4. Spread maggi sauce on to base, sprinkle the herbs on top, sprinkle cheese on top.</li><li>5. Bake in a moderate oven until base is cooked through and cheese is melted.</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>
<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): <b>152.5</b>
Fat (g): <b>8.3</b>
Saturated Fat (g): <b>4.8</b>
Carbohydrate: (g): <b>18.3</b>
<i>of which Sugars:</i> <b>1.0</b>
Protein (g): <b>2.2</b>
Fibre (g): <b>1.1</b>
Salt (g): <b>0.5</b>

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

# Plant Cream

# Junior: 1 Portions

## Ingredients

**Flora Plant Double MLK360**

**50 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.

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

## Nutritional Content (portion)

Energy (kcal): **144.5**

Fat (g): **15.7**

Saturated Fat (g): **9.0**

Carbohydrate: (g): **1.2**

*of which Sugars:* **0.6**

Protein (g): **0.3**

Fibre (g): **0.2**

Salt (g): **0.1**

## Food Safety

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



# Roast Chicken

# Junior: 1 Portions

## Ingredients

**chicken joint 900039**

**75 g**

Ready to Roast Chicken Breast

## Method

1. Refer to manufactures instructions.

## Allergens

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

*This information was correct to 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): **75.4**

Fat (g): **0.7**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **2.1**

*of which Sugars:* **0.2**

Protein (g): **15.2**

Fibre (g): **0.0**

Sodium (mg): **0.2**

Salt (g): **0.0**

## Food Safety

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

# Roast Gammon

# Junior: 1 Portions

## Ingredients

<b>Gammon (joint) JWY92</b>	<b>75</b>
GAMMON RINDLESS, BONED & ROLLED JOINT - 1.5KG JOINTS	<b>g</b>

## Method

1. Cook Gammon according to manufactures instructions.

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal):	<b>127.5</b>
Fat (g):	<b>6.8</b>
Saturated Fat (g):	<b>2.2</b>
Carbohydrate (g):	<b>3.7</b>
<i>of which Sugars:</i>	<b>0.0</b>
Protein (g):	<b>16.5</b>
Fibre (g):	<b>0.0</b>
Sodium (mg):	<b>1.6</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. 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.

# Roast Pork Loin

# Junior: 1 Portions

## Ingredients

**Roast Pork Loin JWY82** **75 g**  
PORK LOIN BONELESS

## Method

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

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal): **129.8**

Fat (g): **4.5**

Saturated Fat (g): **1.6**

Carbohydrate: (g): **0.0**

*of which Sugars:* **0.0**

Protein (g): **20.7**

Fibre (g): **0.0**

Salt (g): **0.0**

## Food Safety

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

# Shortbread Fingers- (DF)(VG)

## Junior: 1 Portions

Ingredients	
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>12 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>6 g</b>
<b>Cornflour FLO048</b> C/R CORNFLOUR	<b>6 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>2 g</b>
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>9 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>3 g</b>

Method
<ol style="list-style-type: none"><li>1. mix flour, margarine, sugar and cornflour</li><li>2. press into tins. Score with a fork and bake in slow oven for 30 mins</li><li>3. sprinkle with remaining sugar</li></ol>

Allergens
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>• Sulphur dioxide</li><li>• Wheat</li></ul>
<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): <b>178.2</b>
Fat (g): <b>9.2</b>
Saturated Fat (g): <b>3.6</b>
Carbohydrate: (g): <b>23.2</b>
<i>of which Sugars:</i> <b>8.5</b>
Protein (g): <b>1.3</b>
Fibre (g): <b>0.6</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></ol>

# Southern Fried Gravy dip

## Junior: 1 Portions

### Ingredients

**Bisto Southern Fried Gravy Granules GRV142** 5 g  
Bisto Southern Fried Gravy Granules

**Boiling water** 25 ml  
Boiling water

### Method

1. Add the gravy granules to boiling water.
2. stir vigorously and continually until you get an extra thick gravy.

### Allergens

Contains:

- Barley
- Soya
- 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): **21.1**

Fat (g): **0.8**

Saturated Fat (g): **0.5**

Carbohydrate (g): **3.2**

of which Sugars: **1.1**

Protein (g): **0.3**

Fibre (g): **0.1**

Salt (g): **0.3**

### Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Probe cooked dish to confirm a minimum temperature of 82C.
4. The service temperature must be maintained at above 65C throughout the service period.
5. 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.

# Strawberry Iced Smoothie (DF)

## Junior: 1 Portions

### Ingredients

**Strawberry Iced Smoothie 820052**      **1 pieces**  
Strawberry Iced Smoothie

### Method

1. Remove from the freezer & serve
2. Serve with tinned fruit.

### 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): **65.6**

Fat (g): **0.2**

Saturated Fat (g): **0.0**

Carbohydrate (g): **15.0**

*of which Sugars:* **14.3**

Protein (g): **0.7**

Fibre (g): **0.4**

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.

# Stuffing(DF)(V)(VE)

## Junior: 1 Portions

### Ingredients

#### Stuffing STF024

Sage and Onion Stuffing Mix

**25 g**

### Method

1. Use as per manufacturers instructions.

### Allergens

Contains:

- Cereals
- Gluten
- Sulphur dioxide
- Wheat

May Contain:

- Soya

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

### Nutritional Content (portion)

Energy (kcal): **91.8**

Fat (g): **1.2**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **18.8**

*of which Sugars:* **0.8**

Protein (g): **2.8**

Fibre (g): **2.3**

Sodium (mg): **0.5**

Salt (g): **0.0**

### Food Safety

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

# Summer Brunch Wrap(GF)(DF)(Egg & Soya free)

Junior: 1 Portions

Ingredients	
<b>10.5 Vegan gluten free wraps FBK299</b>	<b>1 pieces</b>
10.5 Vegan gluten free wraps	
<b>Sliced bacon JWY112</b>	<b>50 g</b>
Bacon	
<b>Vegan Cheese ( CHF020)</b>	<b>20 g</b>
Vegan Cheese	

Method
<ol style="list-style-type: none"><li>1. Cook the bacon.</li><li>2. Warm the wrap.</li><li>3. Once the bacon is cooked place into the warm wrap with the grated cheese &amp; fold.</li></ol>

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): <b>262.0</b>
Fat (g): <b>58.1</b>
Saturated Fat (g): <b>7.0</b>
Carbohydrate: (g): <b>20.6</b>
<i>of which Sugars:</i> <b>3.5</b>
Protein (g): <b>10.8</b>
Fibre (g): <b>8.7</b>
Salt (g): <b>1.5</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. Individual frozen products "always cook from frozen."</li><li>4. 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>



# Tomato Sauce Sticks

# Junior: 1 Portions

## Ingredients

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

**10 g**

## Method

1. Use as per manufacturers instructions.

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal): **11.9**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **2.8**

*of which Sugars:* **2.4**

Protein (g): **0.1**

Fibre (g): **0.1**

Sodium (mg): **0.1**

Salt (g): **0.0**

## Food Safety

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

# Vanilla Sponge / Muffins/ Cupcakes (DF) (VG)

Junior: 1 Portions

Ingredients	
<b>Self Raising Flour FLO032</b> Self Raising Flour ( FLO 032)	<b>28 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>20 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>0 g</b>
<b>Vanilla Essence FLV080</b> DR OETKER VANILLA ESSENCE	<b>0 ml</b>
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>7 ml</b>
<b>Water</b> Water	<b>11 ml</b>

Method
<ol style="list-style-type: none"><li>1. Heat oven to 200 degrees. Oil a loaf tin and line with baking parchment.</li><li>2. Mix flour, sugar &amp; Baking powder in a bowl.</li><li>3. Add the oil and water mix until smooth.</li><li>4. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.</li><li>5. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.</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>• Sulphur dioxide</li><li>• Wheat</li></ul>
<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): <b>237.7</b>
Fat (g): <b>7.1</b>
Saturated Fat (g): <b>0.9</b>
Carbohydrate: (g): <b>40.2</b>
<i>of which Sugars:</i> <b>20.1</b>
Protein (g): <b>2.7</b>
Fibre (g): <b>0.9</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></ol>

# Yorkshire Pudding (DF)

# Junior: 1 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>17 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>4 g</b>
<b>Eggs EGG112 1 Egg =50g</b> Eggs, Medium, Free Range - Kfresh	<b>17 g</b>
<b>Alpro Unsweetned Soya Milk ( MLK 024)</b> SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	<b>25 ml</b>
<b>Oil (vegetable) OIL013</b> C/R VEGETABLE OIL	<b>2 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>
<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): <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>