

Spring Summer 2024 NGCP 1 portion

Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatballs in Tomato Sauce (GF) BBQ Marinade Chicken Wrap(GF) Roast Pork Loin Roast Pork Loin Steaks	Pizza Pasta (GF) Fish Fingers (GF) & (DF) Homemade Pizza (GF) Breaded Chicken Goujons-(GF)(DF)	Roast Gammon Italian Style Mince Beef Pasta Bolognese (GF) Breaded Fish Fillet (GF)	Summer Brunch Wrap(GF) Roast Chicken Chinese Style Pork (GF)(DF) Breaded Salmon Fingers (GF)	Cheeseburger Pasta bake (GF) --- --- Jam Buns (GF) Pear Halves in Juice Peach Slices in Juice Mandarin Segments in Juice
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Apple Sauce Strawberry Crusha Milkshake	---	Tomato Sauce Sticks	Gravy(DF)(GF)(V)(VE)	
---	Jelly -Strawberry Lemon Drizzle (GF) Peach Melba Viennese Biscuits (GF)	---	---	
Shortcake (GF) Chocolate Sponge(GF) Melting Moment (GF) Apple Crumble (GF)		Orange Wedges Blueberry Muffin (GF) Chocolate Crunch (GF) Chocolate Sponge(GF)	Shortbread Biscuit (GF) Ice Cream Tub Fruit Cocktail in Juice Raspberry Ripple Mousse	

Apple Crumble (GF)

Junior: 1 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	9 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	9 g
Sugar, Demerara SUG182 T & L DEMERARA SUGAR	1 g
Apples (tinned) FRC002 C/R SOLID PACK APPLE (ITALIAN)	57 g
Gluten Free Plain Flour (FLO 151) Gluten Free Plain Flour (FLO 151)	24 g

Method
<ol style="list-style-type: none">1. Peel, core, wash and slice apples. Alternatively use tinned apples.2. Lightly cook the apples with a little water.3. Portion the cooked apple into the tins.4. Rub fat and sugar into the flour.5. Cover apples with the mixture.6. Sprinkle tops with demerara sugar.7. Bake in a moderate oven for approximately 30 minutes until cooked through and lightly golden.

Allergens
Contains: <ul style="list-style-type: none">• Sulphur dioxide
<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): 216.1
Fat (g): 7.8
Saturated Fat (g): 3.0
Carbohydrate: (g): 34.7
<i>of which Sugars:</i> 15.6
Protein (g): 1.4
Fibre (g): 1.0
Salt (g): 0.1

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

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.

BBQ Marinade Chicken Wrap(GF)

Junior: 1 Portions

Ingredients

BBQ Marinade chicken CHI033 BBQ Marinade chicken	60 g
10.5 Vegan gluten free wraps FBK299 10.5 Vegan gluten free wraps	1 pieces

Method

1. Cook the chicken (refer to manufactures instructions)
2. Serve with a warm wrap.

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):	224.8
Fat (g):	6.2
Saturated Fat (g):	1.5
Carbohydrate: (g):	20.8
<i>of which Sugars:</i>	7.1
Protein (g):	15.8
Fibre (g):	8.8
Salt (g):	1.6

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. The service temperature must be maintained at above 65C throughout the service period.
6. Ensure that there are no ice crystals present prior to cooking.

Beef Meatballs in Tomato Sauce (GF)

Junior: 1 Portions

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

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 oxa, 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 (GF)

Junior: 1 Portions

Ingredients	
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	1 g
Margarine MRG020 Cooking & Baking Margarine	6 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	6 g
Eggs EGG112 1 Egg =50g Eggs, Medium, Free Range - Kfresh	2 g
Water Water	12 ml
Vanilla Essence FLV080 DR OETKER VANILLA ESSENCE	0 ml
Blueberries 110084 Blueberries	7 g
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	19 g

Method

1. Cream the margarine and sugar together until the mixture is light and fluffy.
2. Break eggs and whisk lightly. Beat the eggs into the mixture a little at a time.
3. Add the essence / flavouring
4. Sieve the white flour.
5. Using the machine on speed number 1 fold the flour into the creamed mixture alternating with the water to keep the mixture in a soft dropping consistency
6. Add blueberries, just stir in, do not over mix
7. Place in the muffin cases
8. Bake in a moderate oven for approx 25 minutes

Allergens

Contains:

- Eggs
- Milk
- Sulphur dioxide

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

Nutritional Content (portion)

Energy (kcal): **137.9**

Fat (g): **5.1**

Saturated Fat (g): **2.1**

Carbohydrate: (g): **21.8**

of which Sugars: **7.0**

Protein (g): **1.3**

Fibre (g): **0.1**

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. Probe cooked dish to confirm a minimum temperature of 82C.
4. Wash all fresh fruit prior to service.
5. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

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.

Breaded Fish Fillet (GF)

Junior: 1 Portions

Ingredients

GF BRD Pollock Fillet 410035 **60 g**
MSC Gluten-Free Breaded Pollock Fillet 60g

Method

1. Refer to manufacturers instructions

Allergens

Contains:

- **Fish**

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): **138.6**

Fat (g): **5.9**

Saturated Fat (g): **0.7**

Carbohydrate: (g): **15.0**

of which Sugars: **0.4**

Protein (g): **5.8**

Fibre (g): **1.1**

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.
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.

Breaded Salmon Fingers (GF)

Junior: 1 Portions

Ingredients

GF Brd Salmon Fingers 410036

60 g

GF Brd Salmon Fingers

Method

1. Refer to manufactures instructions

Allergens

Contains:

- **Fish**

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): **157.2**

Fat (g): **6.6**

Saturated Fat (g): **1.0**

Carbohydrate: (g): **17.3**

of which Sugars: **0.4**

Protein (g): **6.7**

Fibre (g): **0.7**

Salt (g): **0.2**

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. 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.

Cheeseburger Pasta bake (GF)

Junior: 1 Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	3 ml
ONION DICED FFP071 Onions, Diced	17 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	67 g
Mince Beef JWY5 Minced Beef	30 g
Gluten Free Pasta PST018 Gluten Free Pasta (PST018)	45 g
Coloured Grated Cheddar Cheese CHF400 Grated Coloured Cheddar	30 g
SAUCE	0 g
Coconut Milk (AIM016) KOKO Dairy Free Original	83 ml
Margarine MRG020 Cooking & Baking Margarine	7 g
Gluten Free Plain Flour (FLO 151) Gluten Free Plain Flour (FLO 151)	4 g
Coloured Grated Cheddar Cheese CHF400 Grated Coloured Cheddar	8 g

Method
<ol style="list-style-type: none"> 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
<p>The supplier information for this recipe is incomplete and so some allergens may be present. Please contact the school kitchen for full details.</p>
<p>Contains:</p> <ul style="list-style-type: none"> • Milk
<p>May Contain:</p> <ul style="list-style-type: none"> • Lupin • Soya
<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): 471.1
Fat (g): 25.1
Saturated Fat (g): 12.5
Carbohydrate: (g): 47.5
<i>of which Sugars:</i> 6.1
Protein (g): 13.7
Fibre (g): 1.4
Salt (g): 0.4

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.

Chinese Style Pork (GF)(DF)

Junior: 1 Portions

Ingredients	
Pork Diced JWY72 FREE FLOW DICED PORK (98% VL) - 2.5KG	62 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	5 ml
Peas 1kg (Frozen) Peas	12 g
Diced carrot 1KG Carrots	12 g
Gravy Granules GRV020 Gluten Free Gravy Granules for Meat Dishes	33 g
Water Water	83 ml
Peppers, mixed (diced, frozen) 100138 RED AND GREEN PEPPER 10X10	12 g
Black Pepper - ERC SPI334 Ground Black Pepper	0 tspn
Garlic Clove (6g per clove) FFV274 Garlic Single Bulb	0 pieces

Method

1. Heat oil in a saucepan, add diced pork and brown, simmer for 5 mins
2. Add peppers, peas carrots and crushed garlic cook for a further 5 minutes.
3. Add water, gravy and seasoning heat thoroughly for further 20 minutes (preferably in the steamer).
4. Check the consistency of gravy sauce and adjust if required.

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): **246.0**

Fat (g): **7.2**

Saturated Fat (g): **2.0**

Carbohydrate: (g): **28.3**

of which Sugars: **4.3**

Protein (g): **15.0**

Fibre (g): **1.5**

Salt (g): **0.0**

Food Safety

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

Chocolate Crunch (GF)

Junior: 1 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	14 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	14 g
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	1 g
Eggs EGG112 1 Egg =50g Eggs, Medium, Free Range - Kfresh	2 g
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	19 g

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

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

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

Chocolate Sponge(GF)

Junior: 1 Portions

Ingredients	
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	1 g
Margarine MRG020 Cooking & Baking Margarine	8 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	8 g
Water Water	7 ml
Eggs EGG112 1 Egg =50g Eggs, Medium, Free Range - Kfresh	3 g
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	17 g
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	1 g

Method
<ol style="list-style-type: none">1. Cream the margarine and sugar together until light and fluffy.2. Lightly beat the eggs. Beat the eggs into the mixture a little at a time to prevent curdling.3. Sieve the flour and cocoa powder.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.

Allergens
Contains: <ul style="list-style-type: none">• Eggs• Milk• Sulphur dioxide
<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): 161.7
Fat (g): 7.3
Saturated Fat (g): 2.9
Carbohydrate: (g): 22.5
of which Sugars: 8.9
Protein (g): 1.5
Fibre (g): 0.0
Salt (g): 0.1

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

Fish Fingers (GF) & (DF)

Junior: 1 Portions

Ingredients

Young's Never Fried Gluten & Milk Free Fish Finger 330023 **3**
Gluten & Milk Free Fish Finger **pieces**

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- **Fish**

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): **141.3**

Fat (g): **2.7**

Saturated Fat (g): **0.3**

Carbohydrate: (g): **18.1**

of which Sugars: **0.3**

Protein (g): **10.9**

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. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
5. The service temperature must be maintained at above 65C throughout the service period.
6. Ensure that there are no ice crystals present prior to cooking.

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.

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

Junior: 1 Portions

Ingredients	
Water Water	25 ml
Gravy Granules GRV020 Gluten Free Gravy Granules for Meat Dishes	5 g

Method
1. Follow manufacturer's 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): 17.0
Fat (g): 0.1
Saturated Fat (g): 0.0
Carbohydrate (g): 3.8
<i>of which Sugars: 0.4</i>
Protein (g): 0.1
Fibre (g): 0.1
Salt (g): 0.0

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

Homemade Pizza (GF)

Junior: 1 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	5 g
Water Water	11 ml
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	14 g
Mozzarella Cheese CHF408 Shredded 80/20 Mozzarella / Cheddar 6x2kg	14 g
Mixed Herbs SPI402 Dried Mixed Herbs	0 tspn
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	18 g
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	1 g

Method
<ol style="list-style-type: none">1. Sieve all dried ingredients.2. Rub fat into flour and mix to a soft scone dough.3. Block and portion into tins.4. Mix maggie sauce and herbs together.5. Spread over the pizza base, sprinkle cheese over the sauce.6. Bake in a moderate oven for 15-20 minutes.

Allergens
Contains: <ul style="list-style-type: none">• Milk
<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): 157.8
Fat (g): 8.6
Saturated Fat (g): 4.3
Carbohydrate: (g): 15.4
of which Sugars: 1.6
Protein (g): 4.9
Fibre (g): 0.2
Salt (g): 0.1

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

Ice Cream Tub

Junior: 1 Portions

Ingredients

Vanilla Ice Cream Tubs (820108) **1 pieces**
Vanilla Flavour Ice Cream

Method

No methods have been set for this recipe.

Allergens

Contains:

- **Milk**

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

Nutritional Content (portion)

Energy (kcal): **120.0**

Fat (g): **6.0**

Saturated Fat (g): **3.9**

Carbohydrate: (g): **14.4**

of which Sugars: **14.4**

Protein (g): **2.0**

Fibre (g): **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.

No instructions have been set for this recipe.

Italian Style Mince Beef Pasta Bolognese (GF)

Junior: 1 Portions

Ingredients	
Minced Beef 970085 Minced Beef	57 g
Diced Onion FFV071 Onions, Diced	9 g
Grated Carrot FFP080 Carrots, Grated	9 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	40 g
Tomatoes, Chopped (tinned) VGC830 Royal Crown Chopped Tomatoes 6x800g	34 g
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	4 g
Black Pepper - ERC SPI334 Ground Black Pepper	0 tspn
Vegetable Bouillon BOU133 Piece = 1 tsp Vegetable Bouillon Powder (2kg)	0 pieces
Gluten Free Pasta PST018 Gluten Free Pasta (PST018)	50 g

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 to taste with vegetable bouillon and 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

May Contain:

- **Lupin**
- **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): **354.1**

Fat (g): **12.3**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **45.7**

of which Sugars: **4.5**

Protein (g): **14.8**

Fibre (g): **1.4**

Salt (g): **0.2**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. 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.

Jam Buns (GF)

Junior: 1 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	7 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	9 g
Jam MIXED FRUIT PRE160 C/R MIXED FRUIT JAM	2 g
Water Water	6 ml
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	1 g
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	19 g

Method
<ol style="list-style-type: none">1. Rub Margarine into sieved white flour and baking powder. Add wholemeal flour.2. Add sugar and dried milk.3. Mix to a soft dough with the water.4. Form into round buns and place on greased trays.5. Make a small hole in the centre of each bun and spoon in a little jam.6. Bake in a moderate oven for 10-15 minutes until golden brown.7. Sprinkle with sugar after cooking.

Allergens
Contains: <ul style="list-style-type: none">• Milk• Sulphur dioxide
<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): 157.4
Fat (g): 5.7
Saturated Fat (g): 2.3
Carbohydrate: (g): 25.6
of which Sugars: 10.6
Protein (g): 1.1
Fibre (g): 0.0
Salt (g): 0.1

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Food requiring preparation / shaping / finishing off or cooling; the maximum time for preparation is 60 mins. Store in a refrigerator between tasks and cover to reduce the risk of contamination.

Jelly -Strawberry

Junior: 1 Portions

Ingredients

Jelly Crystals Strawberry JEL044 **28 g**
Strawberry Flavour Jelly

Water **142 ml**
Water

Method

1. Follow the instructions on the packet

Allergens

Contains:

- **Sulphur dioxide**

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

Nutritional Content (portion)

Energy (kcal): **18.1**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate (g): **4.5**

of which Sugars: **4.4**

Protein (g): **0.1**

Fibre (g): **0.1**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

Lemon Drizzle (GF)

Junior: 1 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	11 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	11 g
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	24 g
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	1 g
Water Water	10 ml
Eggs EGG112 1 Egg =50g Eggs, Medium, Free Range - Kfresh	6 g
Sugar, Icing SUG250 ICING SUGAR	9 g
Lemons/Juice/zest FFM051/S Lemons	0 pieces

Method

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

Allergens

Contains:

- Eggs
- Milk
- Sulphur dioxide

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

Nutritional Content (portion)

Energy (kcal):	244.8
Fat (g):	9.0
Saturated Fat (g):	3.6
Carbohydrate: (g):	39.7
of which Sugars:	20.5
Protein (g):	1.9
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. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Mandarin Segments in Juice

Junior: 1 Portions

Ingredients

Mandarin Oranges FRC314

67 g

Mandarin Segments 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): **21.3**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **5.1**

of which Sugars: **5.1**

Protein (g): **0.5**

Fibre (g): **0.2**

Salt (g): **0.0**

Food Safety

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

Melting Moment (GF)

Junior: 1 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	10 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	8 g
Eggs EGG112 1 Egg =50g Eggs, Medium, Free Range - Kfresh	2 g
Cherries, Glace DFR400 Glace Cherries	1 g
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	14 g

Method
<ol style="list-style-type: none">1. Cream together margarine and sugar. Add eggs to mixture.2. Mix in the flour. portion, roll into a ball and place on a baking tray and lightly flatten, decorate with a cherry.3. Bake in a moderate oven. Do not over cook.

Allergens
Contains: <ul style="list-style-type: none">• Eggs• Sulphur dioxide
<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): 150.6
Fat (g): 8.1
Saturated Fat (g): 3.2
Carbohydrate: (g): 18.7
of which Sugars: 8.3
Protein (g): 0.8
Fibre (g): 0.0
Salt (g): 0.1

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Orange Wedges

Junior: 1 Portions

Ingredients

Oranges FFM060/S **130 g**
Orange Wedges

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): **81.9**

Fat (g): **0.4**

Saturated Fat (g): **0.0**

Carbohydrate (g): **20.8**

of which Sugars: **0.0**

Protein (g): **1.7**

Fibre (g): **5.8**

Salt (g): **0.0**

Food Safety

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

No instructions have been set for this recipe.

Peach Melba

Junior: 1 Portions

Ingredients	
Peaches (tinned) FRC362 Riverdene Peach Slices in juice 6 x 825g	46 g
Cornflour FLO048 C/R CORNFLOUR	1 g
Water Water	8 ml
Jam MIXED FRUIT PRE160 C/R MIXED FRUIT JAM	9 g
Vanilla Ice Cream Tubs (820108) Vanilla Flavour Ice Cream	1 pieces

Method
<ol style="list-style-type: none">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.

Allergens
Contains: <ul style="list-style-type: none">• Milk
<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): 164.7
Fat (g): 6.0
Saturated Fat (g): 3.9
Carbohydrate: (g): 25.5
of which Sugars: 23.8
Protein (g): 2.3
Fibre (g): 0.6
Sodium (mg): 0.1
Salt (g): 0.0

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

Peach Slices in Juice

Junior: 1 Portions

Ingredients

Peaches (tinned) FRC362 **68 g**
Riverdene Peach Slices in juice 6 x 825g

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): **26.7**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **6.6**

of which Sugars: **6.6**

Protein (g): **0.4**

Fibre (g): **0.5**

Salt (g): **0.0**

Food Safety

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

Pear Halves in Juice

Junior: 1 Portions

Ingredients	
Pears (tinned) FRC410	68 g
Pear Halves In Juice	

Method
1. Serve according to manufacturer's 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): 35.6
Fat (g): 0.1
Saturated Fat (g): 0.0
Carbohydrate: (g): 8.6
<i>of which Sugars: 7.7</i>
Protein (g): 0.1
Fibre (g): 0.7
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.

Pizza Pasta (GF)

Junior: 1 Portions

Ingredients	
Tinned chopped tomatoes VGC830 Royal Crown Chopped Tomatoes 6x800g	40 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	3 ml
Diced Onion FFV071 Onions, Diced	11 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	20 g
Mixed Herbs SPI402 Dried Mixed Herbs	0 tspn
Black Pepper - ERC SPI334 Ground Black Pepper	0 tspn
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	4 g
Cheese - Grated CHF402 Mild White Cheddar	6 g
Peppers, mixed (diced, frozen) 100138 RED AND GREEN PEPPER 10X10	20 g
Ham (cooked) MCC080 Gammon Ham	25 g
Vegetable Bouillon BOU133 Piece = 1 tsp Vegetable Bouillon Powder (2kg)	0 pieces
Gluten Free Pasta PST018 Gluten Free Pasta (PST018)	45 g

Method
<ol style="list-style-type: none"> 1. Make the tomato sauce: heat the oil in a large pan, add the diced onion and saute. 2. Add Chopped tomatoes, tomato puree and Maggie sauce. 3. Add Peppers & Ham. 4. Cook pasta following the manufacturers instructions. 5. drain pasta and add to into the tomato mix and stir well 6. Portion into tins, sprinkle with cheese and place in a moderate oven for 15 minutes.

Allergens
Contains:
<ul style="list-style-type: none"> • Milk
May Contain:
<ul style="list-style-type: none"> • Lupin • Soya
<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): 272.0
Fat (g): 7.2
Saturated Fat (g): 2.2
Carbohydrate: (g): 41.0
<i>of which Sugars:</i> 3.9
Protein (g): 9.8
Fibre (g): 1.2
Salt (g): 0.2

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. 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.

Raspberry Ripple Mousse

Junior: 1 Portions

Ingredients

Raspberry Ripple Mousse (810074) 1 pieces
Raspberry Ripple Mousse

Method

No methods have been set for this recipe.

Allergens

Contains:

- **Milk**

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

Nutritional Content (portion)

Energy (kcal): **188.0**

Fat (g): **8.6**

Saturated Fat (g): **4.2**

Carbohydrate: (g): **24.9**

of which Sugars: **22.2**

Protein (g): **2.7**

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.

No instructions have been set for this recipe.

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

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

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

Roast Pork Loin Steaks

Junior: 1 Portions

Ingredients

Pork Loin Steak JWY82B

1 pieces

PORK STEAKS, RIND ON

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **139.2**

Fat (g): **8.8**

Saturated Fat (g): **2.6**

Carbohydrate: (g): **0.0**

of which Sugars: **0.0**

Protein (g): **10.7**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

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

Shortbread Biscuit (GF)

Junior: 1 Portions

Ingredients	
Ground Rice CRP200 Ground Rice	5 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	5 g
Margarine MRG020 Cooking & Baking Margarine	10 g
Gluten Free Plain Flour (FLO 151) Gluten Free Plain Flour (FLO 151)	10 g

Method
<ol style="list-style-type: none">1. Mix dry ingredients together.2. Rub in fat and mix until mixture binds together.3. Roll out and cut into biscuits.4. Bake in a moderate oven.

Allergens
Contains: <ul style="list-style-type: none">• Sulphur dioxide
<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): 143.2
Fat (g): 8.0
Saturated Fat (g): 3.1
Carbohydrate: (g): 16.8
<i>of which Sugars:</i> 5.1
Protein (g): 1.0
Fibre (g): 0.1
Salt (g): 0.1

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

Shortcake (GF)

Junior: 1 Portions

Ingredients	
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	11 g
Eggs EGG112 1 Egg =50g Eggs, Medium, Free Range - Kfresh	2 g
Margarine MRG020 Cooking & Baking Margarine	15 g
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	28 g

Method
<ol style="list-style-type: none">1. Cream margarine and sugar together, add dry ingredients and beaten eggs.2. Press into greased tins and portion3. Bake in a moderate oven.4. Portion whilst still warm.5. Sprinkle with sugar.6. Cover with lid, otherwise shortcake will set hard.

Allergens
Contains: <ul style="list-style-type: none">• Eggs• Sulphur dioxide
<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): 246.5
Fat (g): 12.1
Saturated Fat (g): 4.7
Carbohydrate: (g): 32.9
of which Sugars: 11.4
Protein (g): 1.6
Fibre (g): 0.0
Salt (g): 0.2

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Strawberry Crusha Milkshake

Junior: 1 Portions

Ingredients

Milk Semi-skimmed MLK017	150 ml
Fresh Semi-Skimmed Milk Polybottle (2Ltr) - Paynes	
Strawberry Crusha NAS MLS045	50 ml
Strawberry - Crusha NAS	

Method

No methods have been set for this recipe.

Allergens

Contains:

- **Milk**

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

Nutritional Content (portion)

Energy (kcal): **72.0**

Fat (g): **2.6**

Saturated Fat (g): **1.6**

Carbohydrate (g): **7.6**

of which Sugars: **7.0**

Protein (g): **5.2**

Fibre (g): **0.0**

Salt (g): **0.2**

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.

Summer Brunch Wrap(GF)

Junior: 1 Portions

Ingredients

GF Sausages 8's 430017 Gluten Free Sausages 8's	1 pieces
10.5 Vegan gluten free wraps FBK299 10.5 Vegan gluten free wraps	1 pieces
Coloured Grated Cheddar Cheese CHF400 Grated Coloured Cheddar	20 g

Method

1. Cook the sausages.
2. Warm the wrap.
3. Once the sausage is cooked place into the warm wrap with grated cheese & Fold.

Allergens

Contains:

- **Milk**
- **Sulphur dioxide**

May Contain:

- **Soya**

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

Nutritional Content (portion)

Energy (kcal):	286.0
Fat (g):	14.0
Saturated Fat (g):	6.4
Carbohydrate: (g):	21.1
<i>of which Sugars:</i>	3.5
Protein (g):	16.0
Fibre (g):	10.2
Salt (g):	1.0

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. 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.

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.

Viennese Biscuits (GF)

Junior: 1 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	15 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	6 g
Cherries, Glace DFR400 Glace Cherries	0 g
Gluten Free Plain Flour (FLO 151) Gluten Free Plain Flour (FLO 151)	17 g

Method
<ol style="list-style-type: none">1. Cream margarine and sugar.2. Add sieved flour.3. Pipe in fingers on tray and decorate with a piece of cherry.4. Bake in a moderate to slow oven.5. The biscuits should only be slightly coloured.

Allergens
Contains: <ul style="list-style-type: none">• Sulphur dioxide
<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): 188.3
Fat (g): 11.8
Saturated Fat (g): 4.6
Carbohydrate: (g): 19.6
of which Sugars: 6.0
Protein (g): 0.9
Fibre (g): 0.0
Salt (g): 0.2

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.