

Spring Summer 2024 Vegan 1 portion

Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Protein Power Balls(DF)(V)(VE)	Italian Style Pizza (Homemade) (DF)(VE)	Ocean Friendly Fingers (VG)	---	---
BBQ Roasted Vegetable Wrap (DF) (V)(VE)	Crispy Nugget Dippers (DF)(VE)	Summer Brunch Muffin(VE)	Yorkshire Pudding (VG)	Southern Fried Gravy dip
Quorn Vegan Fillet (DF)(V)(VE)	Veggie Bolognese Pasta (DF)(V)(VE)	Cheeseburger Pasta bake(DF)(V)(VE)	Gravy(DF)(GF)(V)(VE)	---
Pizza Pasta Bake (DF) (VE)	Crispy Rainbow Fingers (DF)(V)(VE)	Chinese Style Sticky Vegetables	Alpro Soya Milk Sweetened	---
---	---	---	---	---
Apple Sauce	Tomato Sauce Sticks	---	Alpro Custard (DF) Alpro Chocolate drink - (DF)	---
---	---	Strawberry Iced Smoothie (DF)	Jam Buns (DF)(VG) Peach Melba (DF)(GF) (VE)(Soya & Egg free)	---
Shortbread Fingers- (DF)(VG)	Jelly -Strawberry Oaty Fruit Crunch (DF) (VG)	Chocolate Cookie Blueberry Muffin (DF) (VG)	---	---
Chocolate Sponge / Muffins/ Cupcakes (DF)(VG)	Plant Cream Vanilla Sponge / Muffins/ Cupcakes (DF)(VG)	Ice Cream (DF)(VG)	---	---
Oaty Biscuit (DF)(VG) Jelly -Orange	---	---	---	---

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.

Alpro Soya Milk Sweetened

Junior: 1 Portions

Ingredients

Alpro Unsweetned Soya Milk (MLK 024) **200 ml**
SOYA SOLEIL UNSWEETENED 8X1LTR 80003167

Method

1. SO, Soya milk Sweetened, Alpro

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): **56.0**

Fat (g): **3.4**

Saturated Fat (g): **0.6**

Carbohydrate: (g): **0.4**

of which Sugars: **0.2**

Protein (g): **5.8**

Fibre (g): **1.0**

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.

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 Roasted Vegetable Wrap (DF)(V)(VE)

Junior: 1 Portions

Ingredients	
Peppers, mixed (diced, frozen) 100138 RED AND GREEN PEPPER 10X10	30 g
Sliced onions FFP032 Onions, Sliced	6 g
Sliced mushrooms FFF065 Mushroom Cups	20 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	1 ml
Garlic powder SPI415 Garlic Powder	0 tspn
Vegan Cheese (CHF020) Vegan Cheese	12 g
Mixed Herbs SPI402 Dried Mixed Herbs	1 g
Black Pepper - ERC SPI334 Ground Black Pepper	0 tspn
BBQ Sauce SAU056 Barbecue Sauce	28 g
Tortillas (6inch) 440023 Flour Tortilla	1 pieces
Tortilla Wraps (10inch) 440001 Flour Tortilla	0.0 pieces

Method
<ol style="list-style-type: none">1. Roast vegetables and garlic lightly in oil until soft.2. Mix roasted vegetables with mixed herbs and season to taste.3. Place roasted vegetable mixture on to wrap.4. Place grated cheese mix over vegetables, roll up wrap and cut in half.5. Place in tin and place in to the oven to slightly melt the cheese.

Allergens
Contains: <ul style="list-style-type: none">• Cereals• Gluten• Wheat
<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): 195.0
Fat (g): 5.5
Saturated Fat (g): 2.9
Carbohydrate (g): 29.8
of which Sugars: 9.5
Protein (g): 3.5
Fibre (g): 2.2
Salt (g): 0.3

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

Blueberry Muffin (DF)(VG)

Junior: 1 Portions

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

Method
<ol style="list-style-type: none">1. Heat oven to 200 degrees. Oil a loaf tin and line with baking parchment.2. Mix flour, sugar & Baking powder in a bowl.3. Add the oil and water mix until smooth.4. Add the blueberries.5. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.6. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Gluten• Kamut• Oats• Rye• Spelt• Sulphur dioxide• Wheat
<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): 224.8
Fat (g): 8.7
Saturated Fat (g): 1.0
Carbohydrate: (g): 33.9
<i>of which Sugars:</i> 17.2
Protein (g): 2.3
Fibre (g): 0.8
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.

Cheeseburger Pasta bake(DF)(V)(VE)

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
Vegan Mince 390067 MTA04A - Meat Alt Beef Style Mince 1kg (4 x 1kg)	30 g
Pasta Shapes PST377 Pasta Conchiglie	45 g
Vegan Cheese (CHF020) Vegan Cheese	30 g
SAUCE	0 g
Coconut Milk (AIM016) KOKO Dairy Free Original	83 ml
Margarine MRG020 Cooking & Baking Margarine	7 g
Flour, Plain FLO154 C/R PLAIN FLOUR	4 g
Vegan Cheese (CHF020) Vegan Cheese	8 g

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 vegan mince mixture and pasta together and add to the 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**
- **Soya**
- **Spelt**
- **Wheat**

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

Nutritional Content (portion)

Energy (kcal): **479.9**

Fat (g): **22.3**

Saturated Fat (g): **12.8**

Carbohydrate: (g): **56.1**

of which Sugars: **8.3**

Protein (g): **11.8**

Fibre (g): **3.8**

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 Vegetables

Junior: 1 Portions

Ingredients	
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	3 g
Oil (vegetable) OIL013 C/R VEGETABLE OIL	2 ml
Soy Sauce SAU152 SOY SAUCE	1 ml
Honey PRE182 Clear Honey	1 g
Green Beans 1kg (frozen) Sliced Green Beans	13 g
Peppers, mixed (diced, frozen) 100138 RED AND GREEN PEPPER 10X10	13 g
baby carrots Whole baby carrots	13 g
Baby Corn Cobs 100030 Baby Corn Cobs	13 g
Mushrooms FFV065 Mushroom Cups	7 g

Method
<ol style="list-style-type: none">1. Make up marinade by mixing tomato puree, soy sauce and honey mix well.2. Heat oil in a pan add in vegetables and stir fry.3. Add the marinade and simmer gently until all the vegetables are coated and cooked.4. Serve with rice.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Kamut• Oats• Rye• Soya• Spelt• Wheat
<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): 34.4
Fat (g): 1.7
Saturated Fat (g): 0.0
Carbohydrate: (g): 3.3
<i>of which Sugars:</i> 2.7
Protein (g): 1.1
Fibre (g): 0.5
Sodium (mg): 0.2
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. 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.7. Salad products: wash raw products before preparation and store in a refrigerator until required.

Chocolate Cookie

Junior: 1 Portions

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

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

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Kamut• Oats• Rye• Spelt• Sulphur dioxide• Wheat
<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): 184.6
Fat (g): 10.6
Saturated Fat (g): 4.2
Carbohydrate: (g): 21.1
<i>of which Sugars:</i> 9.3
Protein (g): 1.8
Fibre (g): 0.7
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.

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

Junior: 1 Portions

Ingredients	
Self Raising Flour FLO032 Self Raising Flour (FLO 032)	28 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	20 g
Baking Powder BAK441 Baking Powder	0 g
Vanilla Essence FLV080 DR OETKER VANILLA ESSENCE	0 ml
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	7 ml
Water Water	11 ml
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	3 g

Method
<ol style="list-style-type: none">1. Heat oven to 200 degrees. Oil a loaf tin and line with baking parchment.2. Mix flour, sugar & Baking powder in a bowl.3. Add the oil and water mix until smooth.4. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.5. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Gluten• Kamut• Oats• Rye• Spelt• Sulphur dioxide• Wheat
<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): 245.6
Fat (g): 7.4
Saturated Fat (g): 1.0
Carbohydrate (g): 40.6
<i>of which Sugars:</i> 20.2
Protein (g): 3.3
Fibre (g): 0.9
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.

Crispy Nugget Dippers (DF)(VE)

Junior: 1 Portions

Ingredients

Vegetable Nuggets 20g 420028

3 pieces

Vegetable Nuggets

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- Cereals
- 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): **118.2**

Fat (g): **5.5**

Saturated Fat (g): **0.5**

Carbohydrate: (g): **14.4**

of which Sugars: **2.3**

Protein (g): **1.9**

Fibre (g): **1.6**

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.
8. Ensure that there are no ice crystals present prior to cooking.

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

Junior: 1 Portions

Ingredients	
Vegetable Fingers 390033	3 pieces
Vegetable fingers	

Method
1. Follow manufacturers guidelines

Allergens
Contains:
<ul style="list-style-type: none">• Barley• Cereals• Kamut• Oats• Rye• Spelt• Wheat
<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): 141.0
Fat (g): 6.1
Saturated Fat (g): 0.4
Carbohydrate (g): 18.0
<i>of which Sugars:</i> 1.9
Protein (g): 2.6
Fibre (g): 1.9
Salt (g): 0.1

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products “always cook from frozen.”4. Probe cooked dish to confirm a minimum temperature of 82C.5. The service temperature must be maintained at above 65C throughout the service period.6. Ensure that there are no ice crystals present prior to cooking.

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.

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.

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

Junior: 1 Portions

Ingredients	
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	5 g
Baking Powder BAK441 Baking Powder	1 g
Margarine MRG020 Cooking & Baking Margarine	5 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	14 g
Flour, Plain FLO154 C/R PLAIN FLOUR	12 g
Vegan Cheese (CHF020) Vegan Cheese	14 g
Alpro Unsweetned Soya Milk (MLK 024) SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	11 ml
Mixed Herbs SPI402 Dried Mixed Herbs	0 tspn

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">• Barley• Cereals• Gluten• Kamut• Oats• Rye• Soya• Spelt• Wheat
<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): 153.9
Fat (g): 8.4
Saturated Fat (g): 4.8
Carbohydrate: (g): 18.1
<i>of which Sugars:</i> 1.0
Protein (g): 2.4
Fibre (g): 1.0
Salt (g): 0.5

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.

Jam Buns (DF)(VG)

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	14 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	5 g
Baking Powder BAK441 Baking Powder	1 g
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
Alpro Unsweetned Soya Milk (MLK 024) SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	6 ml

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

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Gluten• Kamut• Oats• Rye• Soya• Spelt• Sulphur dioxide• Wheat
<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): 153.0
Fat (g): 5.5
Saturated Fat (g): 2.1
Carbohydrate: (g): 24.7
<i>of which Sugars:</i> 10.5
Protein (g): 2.1
Fibre (g): 0.9
Salt (g): 0.1

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

Jelly -Orange

Junior: 1 Portions

Ingredients	
Water Water	142 ml
Jelly Crystals, Orange JEL045 Orange Flavour Jelly	28 g

Method
1. Follow the instructions on the packet

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): 18.1
Fat (g): 0.1
Saturated Fat (g): 0.0
Carbohydrate (g): 4.5
of which Sugars: 4.5
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. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

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.

Oaty Biscuit (DF)(VG)

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	5 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	2 g
Bicarbonate of Soda BAK501 Bicarbonate of soda	0 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	7 g
Margarine MRG020 Cooking & Baking Margarine	7 g
Oats BRK210 Superfast Oats	7 g
Syrup SYR012 T/LYLE GOLDEN SYRUP	3 g
Alpro Unsweetned Soya Milk (MLK 024) SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	0 ml

Method

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

Allergens

Contains:

- Barley
- Cereals
- 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):	130.6
Fat (g):	5.8
Saturated Fat (g):	2.2
Carbohydrate: (g):	18.1
<i>of which Sugars:</i>	9.2
Protein (g):	1.5
Fibre (g):	0.9
Salt (g):	0.1

Food Safety

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.

Oaty Fruit Crunch (DF)(VG)

Junior: 1 Portions

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

Method
<ol style="list-style-type: none">1. Pre-heat the oven to 180oC/350oF/Gas 4. Lightly grease tins.2. Put all the ingredients except the apples into a large mixing bowl and combine well to form bread crumbs3. Press half of the mixture into the tins and then spread the apples over the top.4. Sprinkle the remaining mixture over the apples.5. Bake in the oven for 25-30 minutes.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Gluten• Kamut• Oats• Rye• Spelt• Sulphur dioxide• Wheat
<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): 238.4
Fat (g): 10.0
Saturated Fat (g): 3.7
Carbohydrate: (g): 33.4
<i>of which Sugars:</i> 12.6
Protein (g): 3.3
Fibre (g): 2.8
Salt (g): 0.1

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Probe cooked dish to confirm a minimum temperature of 82C.4. Dispose of any surplus reheated products after service is finished.5. Wash all fresh fruit prior to service.6. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.7. For allergen friendly foods, wash equipment prior to use and sanitise work stations. Cover and store (hot or cold) away from other foods until service.

Ocean Friendly Fingers (VG)

Junior: 1 Portions

Ingredients

Quorn Vegan Fishless Fingers 410108 **3 pieces**
Quorn Vegan Fishless Fingers 8x200g

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- Cereals
- 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): **128.4**

Fat (g): **4.7**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **17.5**

of which Sugars: **1.0**

Protein (g): **2.7**

Fibre (g): **2.5**

Salt (g): **0.8**

Food Safety

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

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

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
Vegan Ice Cream (810091) Vegan Vanilla Ice Cream (810091)	1 Portions

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):	235.1
Fat (g):	8.0
Saturated Fat (g):	6.6
Carbohydrate: (g):	35.6
<i>of which Sugars:</i>	25.0
Protein (g):	0.6
Fibre (g):	9.3
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. 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 Pasta Bake (DF)(VE)

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
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	4 g
Vegetable Bouillon BOU133 Piece = 1 tsp Vegetable Bouillon Powder (2kg)	0 pieces
Black Pepper - ERC SPI334 Ground Black Pepper	0 tspn
Vegan Cheese (CHF020) Vegan Cheese	28 g
Mixed Herbs SPI402 Dried Mixed Herbs	1 g
Pasta Shapes PST377 Pasta Conchiglie	45 g

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

Allergens
<p>Contains:</p> <ul style="list-style-type: none"> • Cereals • Gluten • Wheat
<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): 311.2
Fat (g): 11.5
Saturated Fat (g): 6.8
Carbohydrate: (g): 44.8
of which Sugars: 4.6
Protein (g): 6.3
Fibre (g): 2.1
Salt (g): 0.9

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.

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.

Protein Power Balls(DF)(V)(VE)

Junior: 1 Portions

Ingredients

Vegan Plant Balls (410219

60 g

Plant Balls 17g

Method

1. Refer to Manufactures instructions

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): **111.0**

Fat (g): **6.2**

Saturated Fat (g): **0.5**

Carbohydrate: (g): **5.9**

of which Sugars: **2.1**

Protein (g): **8.7**

Fibre (g): **2.6**

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. Ensure that there are no ice crystals present prior to cooking.

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

Junior: 1 Portions

Ingredients

Quorn Vegan Fillets 69g 410156

1 pieces

Vegan Fillets

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- **Cereals**
- **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): **67.6**

Fat (g): **0.8**

Saturated Fat (g): **0.3**

Carbohydrate: (g): **3.4**

of which Sugars: **0.0**

Protein (g): **9.7**

Fibre (g): **4.3**

Sodium (mg): **0.3**

Salt (g): **0.0**

Food Safety

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.

Shortbread Fingers- (DF)(VG)

Junior: 1 Portions

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

Method
<ol style="list-style-type: none">1. mix flour, margarine, sugar and cornflour2. press into tins. Score with a fork and bake in slow oven for 30 mins3. sprinkle with remaining sugar

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Kamut• Oats• Rye• Spelt• Sulphur dioxide• Wheat
<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): 178.2
Fat (g): 9.2
Saturated Fat (g): 3.6
Carbohydrate: (g): 23.2
<i>of which Sugars:</i> 8.5
Protein (g): 1.3
Fibre (g): 0.6
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. Check storage temperature / product date / packaging and quality.

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.

Summer Brunch Muffin(VE)

Junior: 1 Portions

Ingredients	
English muffins 640032 Kara English White Muffins x6	1 pieces
Quorn Vegan Sausage (410174) Quorn Vegan Sausage 410174	1 pieces
Vegan Cheese (CHF020) Vegan Cheese	20 g

Method
<ol style="list-style-type: none">1. Cook the vegan sausage as manufactures instructions.2. Once cooked slice in half the sausage down the middle length wise.3. Add grated cheese and return to the oven for 2 minutes to melt the cheese.4. Slice the muffins and just prior to service/packing place into the oven for 3-4 mins to warm and slightly toast.5. Remove the muffins once cooked and place in the cheese topped sausage for either packing/service.

Allergens
Contains: <ul style="list-style-type: none">• Cereals• Gluten• Soya• Wheat
May Contain: <ul style="list-style-type: none">• Sesame seeds
<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): 291.6
Fat (g): 8.4
Saturated Fat (g): 5.6
Carbohydrate: (g): 38.9
<i>of which Sugars:</i> 3.2
Protein (g): 13.3
Fibre (g): 3.6
Salt (g): 0.5

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

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

Junior: 1 Portions

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

Method
<ol style="list-style-type: none">1. Heat oven to 200 degrees. Oil a loaf tin and line with baking parchment.2. Mix flour, sugar & Baking powder in a bowl.3. Add the oil and water mix until smooth.4. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.5. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Gluten• Kamut• Oats• Rye• Spelt• Sulphur dioxide• Wheat
<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): 237.7
Fat (g): 7.1
Saturated Fat (g): 0.9
Carbohydrate: (g): 40.2
<i>of which Sugars:</i> 20.1
Protein (g): 2.7
Fibre (g): 0.9
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.

Veggie Bolognese Pasta (DF)(V)(VE)

Junior: 1 Portions

Ingredients	
Diced Onion FFF071 Onions, Diced	9 g
Grated Carrot FFP080 Carrots, Grated	9 g
Tinned chopped tomatoes VGC830 Royal Crown Chopped Tomatoes 6x800g	34 g
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	4 g
Vegetable Bouillon BOU133 Piece = 1 tsp Vegetable Bouillon Powder (2kg)	0 pieces
Black Pepper - ERC SPI334 Ground Black Pepper	0 tspn
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	40 g
Vegan Mince 390067 MTA04A - Meat Alt Beef Style Mince 1kg (4 x 1kg)	34 g
Pasta Shapes PST377 Pasta Conchiglie	45 g

Method
<ol style="list-style-type: none"> 1. Place veggie mince in a pan, add diced onions, lightly seal until brown. 2. Add grated carrot, chopped tomatoes, maggie sauce & tomato puree. 3. Season to taste with veg bouillon & black pepper. 4. Simmer on a gentle heat. 5. cook the pasta as per manufactures instructions. once cooked can be mixed together or served separately.

Allergens
<p>Contains:</p> <ul style="list-style-type: none"> • Cereals • Gluten • Soya • Wheat
<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): 252.5
Fat (g): 2.9
Saturated Fat (g): 0.5
Carbohydrate: (g): 42.2
of which Sugars: 6.9
Protein (g): 12.2
Fibre (g): 3.7
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. 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.

Yorkshire Pudding (VG)

Junior: 1 Portions

Ingredients	
Self Raising Flour FLO032 Self Raising Flour (FLO 032)	28 g
Baking Powder BAK441 Baking Powder	1 g
Alpro Unsweetned Soya Milk (MLK 024) SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	38 ml
Warm boiled water Warm boiled water	13 ml
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	1 ml

Method
<ol style="list-style-type: none">1. Add all the ingredients except the oil to a bowl and whisk until smooth.2. Transfer the batter to a jug, cover with cling film and leave to rest in the fridge for 1 hr.3. Heat oven to 220C/200C fan/gas 7. Spoon a tsp of oil into eight holes of a muffin tin and place in the oven for 5 mins to get really hot.4. Remove the tin from the oven and carefully pour the batter into the hot oil. Return to the oven and bake for 25-30 mins until risen and deep golden brown.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Gluten• Kamut• Oats• Rye• Soya• Spelt• Wheat
<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): 121.6
Fat (g): 2.3
Saturated Fat (g): 0.3
Carbohydrate: (g): 20.8
<i>of which Sugars:</i> 0.2
Protein (g): 3.9
Fibre (g): 1.1
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. Probe cooked dish to confirm a minimum temperature of 82C.4. The service temperature must be maintained at above 65C throughout the service period.