

Primary vegetable, potato & accompaniments 1 portion
metric

Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
---	---	Italian Tomato Pasta Salad	---	---
Sweetcorn Garlic Wedges Vegetable Sticks Mashed Potato Broccoli Baby Carrots Mixed Vegetables Crusty Roll(DF)(V)(VE)	Malted Crusty Roll(DF) (V)(VE) Summer Salad Chunky Chips Garden Peas Jacket Wedges Steamed Rice Spring Cabbage Oven baked Roast Potatoes	Italian Tomato Pasta Salad(GF)	Gravy(DF)(GF)(V)(VE) Tomato Sauce Sticks Mayonnaise Sticks	Southern Fried Gravy dip
---	---	Hash Browns Baked Beans Cauliflower Green Beans Vegetable Sticks Rainbow Rice Frozen Mashed Potato*	---	---
		---	Cream - Plant Cream	Fresh Fruit -- Yoghurts, Assorted, Fat free Custard

Baby Carrots

Junior: 1 Portions

Ingredients

baby carrots

50 g

Whole baby carrots

Method

1. Refer to manufactures instructions.

Allergens

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

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): **18.0**

Fat (g): **0.2**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **3.0**

of which Sugars: **2.8**

Protein (g): **0.4**

Fibre (g): **1.2**

Salt (g): **0.0**

Food Safety

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

Baked Beans

Junior: 1 Portions

Ingredients

Baked Beans C/R VGC136

50 g

Baked Beans In Tomato Sauce

Method

1. Cook according to 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): **46.4**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **7.7**

of which Sugars: **3.1**

Protein (g): **2.3**

Fibre (g): **2.0**

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. 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.

Broccoli

Junior: 1 Portions

Ingredients

Broccoli Florets 1kg

50 g

Broccoli

Method

1. Refer to manufactures instructions.

Allergens

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

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): **21.5**

Fat (g): **0.3**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **1.6**

of which Sugars: **1.0**

Protein (g): **2.2**

Fibre (g): **2.0**

Salt (g): **0.0**

Food Safety

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

Cauliflower

Junior: 1 Portions

Ingredients

Cauliflower 1kg

50 g

Cauliflower

Method

1. Refer to manufactures instructions.

Allergens

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

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): **15.0**

Fat (g): **0.2**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **2.2**

of which Sugars: **1.4**

Protein (g): **1.2**

Fibre (g): **0.9**

Salt (g): **0.0**

Food Safety

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

Chunky Chips

Junior: 1 Portions

Ingredients

Chips (frozen) 150016

100 g

Steakhouse 4x2500g Farm Frites IBP

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **130.0**

Fat (g): **3.2**

Saturated Fat (g): **1.6**

Carbohydrate: (g): **21.6**

of which Sugars: **1.0**

Protein (g): **2.2**

Fibre (g): **3.0**

Salt (g): **0.0**

Food Safety

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

Cream -

Junior: 1 Portions

Ingredients

Cream, Double - meadowland MLK350 50 ml
Meadowland Tetrapack Double 12x1L

Method

No methods have been set for this recipe.

Allergens

Contains:

- Milk
- 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): **163.0**

Fat (g): **15.5**

Saturated Fat (g): **14.5**

Carbohydrate: (g): **2.2**

of which Sugars: **1.8**

Protein (g): **1.2**

Fibre (g): **0.2**

Salt (g): **0.0**

Food Safety

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

No instructions have been set for this recipe.

Crusty Roll(DF)(V)(VE)

Junior: 1 Portions

Ingredients

Petit Pan Rolls 640254

Le Pain Chic Part Baked White Petit Pain

1 pieces

Method

1. Refer to manufactures instructions

Allergens

Contains:

- Cereals
- Gluten
- Wheat

May Contain:

- Sesame seeds

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

Nutritional Content (portion)

Energy (kcal): **135.3**

Fat (g): **1.3**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **25.5**

of which Sugars: **2.9**

Protein (g): **4.2**

Fibre (g): **2.3**

Sodium (mg): **0.2**

Salt (g): **0.0**

Food Safety

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. Dispose of any surplus reheated products after service is finished.
5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.

Custard

Junior: 1 Portions

Ingredients	
Water Water	91 ml
Custard Powder CUS018 Custard Powder	5 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	3 g
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	11 g

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

Allergens
Contains: <ul style="list-style-type: none">• Milk• 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): 82.8
Fat (g): 2.3
Saturated Fat (g): 2.0
Carbohydrate: (g): 14.2
<i>of which Sugars:</i> 9.2
Protein (g): 1.4
Fibre (g): 0.0
Sodium (mg): 0.1
Salt (g): 0.0

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

Fresh Fruit --

Junior: 1 Portions

Ingredients	
Bananas SCH033 Bananas	38 g
Oranges FFM060/S Orange Wedges	43 g
Apples SCH031 Apples, Golden Delicious	20 g

Method
1. Wash & serve.

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

Nutritional Content (portion)
Energy (kcal): 71.6
Fat (g): 0.3
Saturated Fat (g): 0.0
Carbohydrate (g): 18.2
<i>of which Sugars:</i> 6.5
Protein (g): 1.0
Fibre (g): 3.4
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. Wash all fresh fruit prior to service.3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.

Frozen Mashed Potato*

Junior: 1 Portions

Ingredients

Mashed potato (Farm Frites) 150030 **125 g**
Mashed Potato (farm Frites Frozen)

Method

1. Follow manufacturers instructions on pack

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): **137.5**

Fat (g): **4.4**

Saturated Fat (g): **0.8**

Carbohydrate: (g): **20.4**

of which Sugars: **1.1**

Protein (g): **2.1**

Fibre (g): **3.4**

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.
3. Individual frozen products "always cook from frozen."
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. Dispose of any surplus reheated products after service is finished.
6. The service temperature must be maintained at above 65C throughout the service period.

Garden Peas

Junior: 1 Portions

Ingredients

Peas 1kg (Frozen) **50 g**
Peas

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): **39.0**

Fat (g): **0.4**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **5.0**

of which Sugars: **2.7**

Protein (g): **2.6**

Fibre (g): **2.6**

Salt (g): **0.0**

Food Safety

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.

Garlic Wedges

Junior: 1 Portions

Ingredients	
Garlic powder SPI415 Garlic Powder	0 tspn
LW Jacket Wedges 150099 LW Jacket Wedges	100 g

Method
<ol style="list-style-type: none">1. Cook the wedges according to manufactures instructions.2. Once cooked sprinkle with the garlic powder.

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): 124.1
Fat (g): 3.5
Saturated Fat (g): 0.4
Carbohydrate: (g): 19.2
<i>of which Sugars:</i> 0.6
Protein (g): 2.4
Fibre (g): 2.9
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. 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.5. 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.

Green Beans

Junior: 1 Portions

Ingredients

Green Beans 1kg (frozen)

50 g

Sliced Green Beans

Method

1. Refer to manufacturer's instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **12.0**

Fat (g): **0.2**

Saturated Fat (g): **0.0**

Carbohydrate (g): **1.6**

of which Sugars: **1.1**

Protein (g): **1.0**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

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

Hash Browns

Junior: 1 Portions

Ingredients

Hash Brown 150057

2 pieces

Hash Browns

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **149.0**

Fat (g): **6.7**

Saturated Fat (g): **0.7**

Carbohydrate: (g): **18.9**

of which Sugars: **0.6**

Protein (g): **2.0**

Fibre (g): **2.5**

Salt (g): **0.5**

Food Safety

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

Italian Tomato Pasta Salad

Junior: 1 Portions

Ingredients

Pomodora Sauce VGC015	20 g
Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	
Pasta Shapes PST377	45 g
Pasta Conchiglie	

Method

1. Cook the past.
2. Heat the sauce.
3. Mix together. Can be served hot or cold.

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):	173.9
Fat (g):	1.3
Saturated Fat (g):	0.2
Carbohydrate: (g):	34.6
of which Sugars:	2.7
Protein (g):	5.4
Fibre (g):	1.4
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. Dispose of any surplus reheated products after service is finished.
5. The service temperature must be maintained at above 65C throughout the service period.

Italian Tomato Pasta Salad(GF)

Junior: 1 Portions

Ingredients

Pomodora Sauce VGC015	20 g
Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	
Gluten Free Pasta PST018	45 g
Gluten Free Pasta (PST018)	

Method

1. Cook the past.
2. Heat the sauce.
3. Mix together. Can be served hot or cold.

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):	172.1
Fat (g):	1.3
Saturated Fat (g):	0.3
Carbohydrate: (g):	36.9
of which Sugars:	1.4
Protein (g):	3.0
Fibre (g):	0.7
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. Dispose of any surplus reheated products after service is finished.
5. The service temperature must be maintained at above 65C throughout the service period.

Jacket Wedges

Junior: 1 Portions

Ingredients

LW Jacket Wedges 150099

100 g

LW Jacket Wedges

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **123.0**

Fat (g): **3.5**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **19.0**

of which Sugars: **0.6**

Protein (g): **2.3**

Fibre (g): **2.9**

Salt (g): **0.0**

Food Safety

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.

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

Junior: 1 Portions

Ingredients

Malted Petit Roll 640256

1 pieces

Part Baked Malted Wheat Petit Pain

Method

1. Refer to the manufactures instructions

Allergens

Contains:

- **Barley**
- **Cereals**
- **Gluten**
- **Wheat**

May Contain:

- **Oats**
- **Rye**
- **Sesame seeds**

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

Nutritional Content (portion)

Energy (kcal): **146.3**

Fat (g): **1.0**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **27.7**

of which Sugars: **1.9**

Protein (g): **5.7**

Fibre (g): **2.0**

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. Dispose of any surplus reheated products after service is finished.
5. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.

Mashed Potato

Junior: 1 Portions

Ingredients

Lutosa Potato dice 150130

125 g

Lutosa Potato dice

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **105.0**

Fat (g): **0.2**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **22.5**

of which Sugars: **1.2**

Protein (g): **1.9**

Fibre (g): **2.5**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

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

Mayonnaise Sticks

Junior: 1 Portions

Ingredients

Mayonnaise Portions (sticks) POR044 **1 pieces**
Mayonnaise

Method

1. Use as per manufacturers instructions.

Allergens

Contains:

- Eggs
- Milk

May Contain:

- Barley
- Cereals
- Kamut
- Mustard
- Oats
- Rye
- Spelt
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **47.6**

Fat (g): **5.1**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **0.4**

of which Sugars: **0.3**

Protein (g): **0.1**

Fibre (g): **0.0**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

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

Mixed Vegetables

Junior: 1 Portions

Ingredients

Mixed Veg 1kg

50 g

Mixed Vegetables

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **31.5**

Fat (g): **0.4**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **4.0**

of which Sugars: **2.2**

Protein (g): **1.6**

Fibre (g): **2.2**

Salt (g): **0.0**

Food Safety

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.

Oven baked Roast Potatoes

Junior: 1 Portions

Ingredients

Aunt Bessies Roast Potatoes 150021 **100 g**
Aunt Bessie Roast Potatoes

Method

1. Refer to manufactures instructions.

Allergens

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

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): **128.0**

Fat (g): **4.9**

Saturated Fat (g): **1.4**

Carbohydrate: (g): **18.0**

of which Sugars: **0.5**

Protein (g): **1.9**

Fibre (g): **23.0**

Sodium (mg): **0.3**

Salt (g): **0.0**

Food Safety

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

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.

Rainbow Rice

Junior: 1 Portions

Ingredients	
Rice (Patna) CRP230 Rice, Patna, Long Grain - Country Range	40 g
Peppers, mixed (diced, frozen) 100138 RED AND GREEN PEPPER 10X10	20 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	0 ml

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

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

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

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

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
<ol style="list-style-type: none">1. Add the gravy granules to boiling water.2. stir vigorously and continually until you get an extra thick gravy.

Allergens
Contains:
<ul style="list-style-type: none">• Barley• 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): 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
<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.

Spring Cabbage

Junior: 1 Portions

Ingredients

Spring Cabbage FFP057

50 g

Cabbage, Green, Sliced

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **12.5**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **3.0**

of which Sugars: **1.6**

Protein (g): **0.6**

Fibre (g): **1.2**

Sodium (mg): **9.0**

Salt (g): **0.0**

Food Safety

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

Steamed Rice

Junior: 1 Portions

Ingredients

Rice (Patna) CRP230 **45 g**
Rice, Patna, Long Grain - Country Range

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **158.4**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **35.4**

of which Sugars: **0.0**

Protein (g): **3.2**

Fibre (g): **0.6**

Salt (g): **0.0**

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. Rice dishes must be free from liquid during service and probed to verify a temperature above 82C.

Summer Salad

Junior: 1 Portions

Ingredients	
Tomatoes (cherry) FFV032/S Tomatoes, Cherry, 250Gm	9 g
Cucumber FFV160/S Cucumber Single	6 g
Lettuce FFV091/S Lettuce, Iceberg, Single	35 g
Mustard Cress FFV200/S Mustard Cress Single	0 g
Peppers - Red Peppers, Mixed (Green, Red, Yellow)	9 g

Method
<ol style="list-style-type: none">1. Wash and prepare all salad items.2. Serve salad to suit your site.

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): 10.5
Fat (g): 0.1
Saturated Fat (g): 0.0
Carbohydrate: (g): 2.2
<i>of which Sugars:</i> 1.5
Protein (g): 0.5
Fibre (g): 0.8
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.

Sweetcorn

Junior: 1 Portions

Ingredients

Sweetcorn 1kg (Frozen)

50 g

Sweetcorn

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): **58.0**

Fat (g): **1.2**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **9.0**

of which Sugars: **1.0**

Protein (g): **2.2**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Individual frozen products "always cook from frozen."
4. 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.

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.

Vegetable Sticks

Junior: 1 Portions

Ingredients

Cucumber FFV160/S Cucumber Single	27 g
Baton Carrots FFP053 Carrots, Baton	20 g

Method

1. Cut cucumber into battons.
2. Place the carrot batons in colander and rinse thoroughly.
3. Place cucumber and carrots into suitable container to serve.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal):	12.2
Fat (g):	0.1
Saturated Fat (g):	0.0
Carbohydrate (g):	2.9
<i>of which Sugars:</i>	1.4
Protein (g):	0.4
Fibre (g):	0.7
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. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
3. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.
4. Salad products: wash raw products before preparation and store in a refrigerator until required.

Yoghurts, Assorted, Fat free

Junior: 1 Portions

Ingredients

Fat free assorted yoghurt YOGO05 **100 g**
Golden Acre Fat Free Yogurt 20x100g

Method

1. Refer to manufactures instructions.

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): **50.0**

Fat (g): **0.5**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **7.6**

of which Sugars: **3.6**

Protein (g): **3.0**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

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