

Primary main/dessert 1 portion metric

# Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatballs in Tomato Sauce	BBQ Marinade Chicken Wrap(DF)	Roast Pork Loin Roast Pork Loin	Pizza Pasta Bake Pizza Pasta Bake (V)	Cod Fillet Fish Fingers Ocean Friendly Fingers (VG)
Protein Power Balls in Tomato Sauce(DF)(V) (VE)	BBQ Roasted Vegetable Wrap (DF) (V)(VE)	Steaks Quorn Vegan Fillet (DF)(V)(VE)	---	---
Quorn Vegan Meatballs in Tomato Sauce(DF)(V)(VE)	---	---	---	---
---	---	Apple Sauce Strawberry Milkshake*	Jelly -Strawberry Jelly -Orange Fresh Fruit --	Oaty Fruit Crunch
---	Frosted Chocolate Cake	---		
Shortcake		Melting Moment Biscuit Strawberry Milkshake		

## Menu Week 2

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Italian Style Pepperoni Pizza Pocket	Breaded Chicken Goujons-(GF)(DF)	Roast Gammon Gammon Steaks	Italian Style Mince Beef Pasta Bolognese	Battered Fish Fillet Crispy Rainbow Fingers (DF)(V)(VE)
Italian Style Pizza Pocket	Crispy Nugget Dippers (DF)(VE)	Quorn Vegan Fillet (DF)(V)(VE)	Veggie Bolognese Pasta Bake(DF)(V) (VE)	---
---	---	---	---	Tomato Sauce Sticks
---	---	Yorkshire Pudding	---	---
---	---	---	---	---
Iced Lemon Sponge	Peach Melba	Chocolate Cookie Orange Wedges	Blueberry Muffin	Chocolate Crunch

## Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Summer Brunch Muffin(V)	Cheeseburger Pasta bake	Roast Chicken	Chinese Style Sticky Pork	Crispy Fish Nuggets
Summer Brunch Muffin	Cheeseburger Pasta bake(V)	Roast Chicken Breast Fillet	Chinese Style Sticky Diced Quorn	Crispy Nugget Dippers (DF)(VE)
---	---	---	---	---
---	---	Stuffing(DF)(V)(VE)	---	Tomato Sauce Sticks
---	---	---	---	---
Chocolate Sponge	Waffle & Ice Cream Tub *	Iced Cornflake Special (DF)(VG)	Raspberry Ripple Mousse	Jam Buns
Chocolate Cake/Muffin - Macphie	Fruit Cocktail in Juice	Strawberry Milkshake	Mandarin Segments in Juice	
	Waffle & Soft Scoop Ice Cream*	Chocolate Milkshake	Peach Slices in Juice	
	Waffle & Vanilla Block Ice Cream*	Chocolate Milkshake	Pear Halves in Juice	

# Apple Sauce

# Junior: 1 Portions

## Ingredients

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

## Method

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

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal): **11.7**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate (g): **2.5**

*of which Sugars:* **2.4**

Protein (g): **0.1**

Fibre (g): **0.5**

Salt (g): **0.0**

## Food Safety

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

# Battered Fish Fillet

# Junior: 1 Portions

## Ingredients

**Hr Junior Fish Fillet 310081**

**1 pieces**

Battered Pollock Fillet

## Method

1. Refer to manufacturers instructions.

## Allergens

Contains:

- Cereals
- Fish
- Gluten
- Wheat

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

## Nutritional Content (portion)

Energy (kcal): **123.5**

Fat (g): **5.8**

Saturated Fat (g): **0.5**

Carbohydrate: (g): **12.0**

*of which Sugars:* **0.2**

Protein (g): **5.3**

Fibre (g): **0.6**

Salt (g): **0.0**

## Food Safety

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

# BBQ Marinade Chicken Wrap(DF)

## Junior: 1 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): <b>205.8</b>
Fat (g): <b>6.0</b>
Saturated Fat (g): <b>1.5</b>
Carbohydrate: (g): <b>20.9</b>
of which Sugars: <b>4.5</b>
Protein (g): <b>15.2</b>
Fibre (g): <b>1.3</b>
Salt (g): <b>0.7</b>

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

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

## Junior: 1 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): <b>195.0</b>
Fat (g): <b>5.5</b>
Saturated Fat (g): <b>2.9</b>
Carbohydrate (g): <b>29.8</b>
of which Sugars: <b>9.5</b>
Protein (g): <b>3.5</b>
Fibre (g): <b>2.2</b>
Salt (g): <b>0.3</b>

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



# Beef Meatballs in Tomato Sauce

# Junior: 1 Portions

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

## Method

1. Heat oil in a pan and gently fry the chopped onions.
2. Add chopped tomatoes, tomato puree and Maggi Sauce. Season to taste with the 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.

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## 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

## Junior: 1 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>14 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>5 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>1 g</b>
<b>Milk, Dried CR milk powder MLP040</b> Dried Skimmed Milk with Vegetable Fat	<b>1 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>6 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>6 g</b>
<b>Eggs EGG112 1 Egg =50g</b> Eggs, Medium, Free Range - Kfresh	<b>2 g</b>
<b>Water</b> Water	<b>12 ml</b>
<b>Vanilla Essence FLV080</b> DR OETKER VANILLA ESSENCE	<b>0 ml</b>
<b>Blueberries 110084</b> Blueberries	<b>7 g</b>

### 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 together the white flour and baking powder, add the wholemeal 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:

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

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### Nutritional Content (portion)

Energy (kcal): **134.5**

Fat (g): **4.9**

Saturated Fat (g): **2.0**

Carbohydrate: (g): **21.3**

*of which Sugars:* **7.2**

Protein (g): **2.2**

Fibre (g): **1.0**

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.

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## Nutritional Content (portion)

Energy (kcal): **174.4**

Fat (g): **7.9**

Saturated Fat (g): **0.9**

Carbohydrate: (g): **8.8**

*of which Sugars:* **0.1**

Protein (g): **16.8**

Fibre (g): **0.0**

Salt (g): **0.6**

## Food Safety

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

# Cheeseburger Pasta bake

## Junior: 1 Portions

Ingredients	
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>3 ml</b>
<b>ONION DICED FFP071</b> Onions, Diced	<b>17 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>67 g</b>
<b>Mince Beef JWY5</b> Minced Beef	<b>30 g</b>
<b>Pasta Shapes PST377</b> Pasta Conchiglie	<b>45 g</b>
<b>Coloured Grated Cheddar Cheese CHF400</b> Grated Coloured Cheddar	<b>30 g</b>
<b>SAUCE</b>	<b>0 g</b>
<b>Knorr Cheese Sauce Mix SAM075</b> Knorr Cheese Sauce Mix	<b>11 g</b>
<b>Water</b> Water	<b>67 ml</b>

Method
<ol style="list-style-type: none"><li>1. In a large saucepan, heat the oil and add the mince lightly brown.</li><li>2. Add the chopped onion to the saucepan and fry over medium heat until soft.</li><li>3. Add the tomato sauce, and simmer.</li><li>4. Cook the pasta.</li><li>5. Once the meat mix and pasta are cooked add to cooking containers.</li><li>6. Using half the quantity of grated cheese mix into the pasta &amp; meat mixture.</li><li>7. Make the cheese sauce according to the manufactures instructions, once cooked divided between the cooking containers and mix all ingredients together.</li><li>8. Sprinkle over the remaining cheese and bake in the oven until temperature of 75 &amp; the cheese has melted on the top.</li></ol>

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>
Contains:
<ul style="list-style-type: none"><li>• Cereals</li><li>• Gluten</li><li>• Milk</li><li>• Mustard</li><li>• Wheat</li></ul>
May Contain:
<ul style="list-style-type: none"><li>• Celery</li><li>• Eggs</li><li>• Soya</li></ul>
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): <b>405.8</b>
Fat (g): <b>18.0</b>
Saturated Fat (g): <b>8.7</b>
Carbohydrate: (g): <b>45.2</b>
<i>of which Sugars:</i> <b>7.4</b>
Protein (g): <b>15.3</b>
Fibre (g): <b>1.7</b>
Salt (g): <b>0.8</b>

Food Safety
<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>4. The service temperature must be maintained at above 65C throughout the service period.</li><li>5. For allergen friendly foods, wash equipment prior to use and sanitise work stations. Cover and store (hot or cold) away from other foods until service.</li></ol>

# Cheeseburger Pasta bake(V)

## Junior: 1 Portions

Ingredients	
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>3 ml</b>
<b>ONION DICED FFP071</b> Onions, Diced	<b>17 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>67 g</b>
<b>Vegan Mince 390067</b> MTA04A - Meat Alt Beef Style Mince 1kg (4 x 1kg)	<b>30 g</b>
<b>Pasta Shapes PST377</b> Pasta Conchiglie	<b>45 g</b>
<b>Coloured Grated Cheddar Cheese CHF400</b> Grated Coloured Cheddar	<b>30 g</b>
<b>SAUCE</b>	<b>0 g</b>
<b>Knorr Cheese Sauce Mix SAM075</b> Knorr Cheese Sauce Mix	<b>11 g</b>
<b>Water</b> Water	<b>67 ml</b>

Method
<ol style="list-style-type: none"><li>1. In a large saucepan, heat the oil and add the mince lightly brown.</li><li>2. Add the chopped onion to the saucepan and fry over medium heat until soft.</li><li>3. Add the tomato sauce, and simmer.</li><li>4. Cook the pasta.</li><li>5. Once the meat mix and pasta are cooked add to cooking containers.</li><li>6. Using half the quantity of grated cheese mix into the pasta &amp; meat mixture.</li><li>7. Make the cheese sauce according to the manufactures instructions, once cooked divided between the cooking containers and mix all ingredients together.</li><li>8. Sprinkle over the remaining cheese and bake in the oven until temperature of 75 &amp; the cheese has melted on the top.</li></ol>

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>
Contains:
<ul style="list-style-type: none"><li>• Cereals</li><li>• Gluten</li><li>• Milk</li><li>• Mustard</li><li>• Soya</li><li>• Wheat</li></ul>
May Contain:
<ul style="list-style-type: none"><li>• Celery</li><li>• Eggs</li></ul>
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): <b>449.3</b>
Fat (g): <b>18.8</b>
Saturated Fat (g): <b>8.9</b>
Carbohydrate: (g): <b>47.5</b>
<i>of which Sugars:</i> <b>8.3</b>
Protein (g): <b>20.5</b>
Fibre (g): <b>3.3</b>
Salt (g): <b>0.8</b>

Food Safety
<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Probe cooked dish to confirm a minimum temperature of 82C.</li><li>4. The service temperature must be maintained at above 65C throughout the service period.</li><li>5. For allergen friendly foods, wash equipment prior to use and sanitise work stations. Cover and store (hot or cold) away from other foods until service.</li></ol>

# Chinese Style Sticky Diced Quorn

Junior: 1 Portions

Ingredients	
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>3 g</b>
<b>Oil (vegetable) OIL013</b> C/R VEGETABLE OIL	<b>2 ml</b>
<b>Soy Sauce SAU152</b> SOY SAUCE	<b>1 ml</b>
<b>Honey PRE182</b> Clear Honey	<b>1 g</b>
<b>Quorn pieces 410084</b> Quorn Pieces 1kg	<b>57 g</b>

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Eggs</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Soya</li><li>• Spelt</li><li>• Wheat</li></ul>
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): <b>73.7</b>
Fat (g): <b>2.9</b>
Saturated Fat (g): <b>0.6</b>
Carbohydrate: (g): <b>1.9</b>
<i>of which Sugars:</i> <b>1.5</b>
Protein (g): <b>8.1</b>
Fibre (g): <b>4.0</b>
Sodium (mg): <b>0.3</b>
Salt (g): <b>0.0</b>

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

# Chinese Style Sticky Pork

## Junior: 1 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): <b>84.0</b>
Fat (g): <b>2.6</b>
Saturated Fat (g): <b>1.2</b>
Carbohydrate: (g): <b>1.7</b>
<i>of which Sugars:</i> <b>1.0</b>
Protein (g): <b>12.3</b>
Fibre (g): <b>0.1</b>
Sodium (mg): <b>0.2</b>
Salt (g): <b>0.0</b>

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

# Chocolate Cake/Muffin - Macphie

Junior: 1 Portions

Ingredients	
<b>Macphie chocolate mix MXS140</b> Chocolate muffin/cake mix	<b>31 g</b>
<b>Water</b> Water	<b>14 ml</b>
<b>Oil (vegetable) OIL013</b> C/R VEGETABLE OIL	<b>5 ml</b>

Method
1. Refer to manufactures instructions 2. Makes 400 tray bake or 360 muffins per 12.5KG

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

Nutritional Content (portion)
Energy (kcal): <b>171.3</b>
Fat (g): <b>8.7</b>
Saturated Fat (g): <b>1.0</b>
Carbohydrate: (g): <b>18.2</b>
<i>of which Sugars:</i> <b>9.4</b>
Protein (g): <b>2.6</b>
Fibre (g): <b>0.0</b>
Salt (g): <b>0.0</b>

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



# Chocolate Cookie

# Junior: 1 Portions

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

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Sulphur dioxide</li><li>• Wheat</li></ul>
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): <b>184.6</b>
Fat (g): <b>10.6</b>
Saturated Fat (g): <b>4.2</b>
Carbohydrate: (g): <b>21.1</b>
<i>of which Sugars:</i> <b>9.3</b>
Protein (g): <b>1.8</b>
Fibre (g): <b>0.7</b>
Salt (g): <b>0.1</b>

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

# Chocolate Crunch

# Junior: 1 Portions

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

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Eggs</li><li>• Gluten</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Sulphur dioxide</li><li>• Wheat</li></ul>
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): <b>223.0</b>
Fat (g): <b>11.2</b>
Saturated Fat (g): <b>4.4</b>
Carbohydrate: (g): <b>29.1</b>
<i>of which Sugars:</i> <b>14.4</b>
Protein (g): <b>2.4</b>
Fibre (g): <b>0.9</b>
Salt (g): <b>0.1</b>

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

# Chocolate Milkshake

# Junior: 1 Portions

Ingredients	
<b>Milk Semi-skimmed MLK017</b> Fresh Semi-Skimmed Milk Polybottle (2Ltr) - Paynes	<b>150 ml</b>
<b>Chocolate Crusha NAS MLS043</b> Chocolate - Crusha NAS	<b>50 ml</b>

Method
<ol style="list-style-type: none"><li>1. Mix crusha in to milk and shake well to mix.</li><li>2. Pour and serve.</li></ol>

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

Nutritional Content (portion)
Energy (kcal): <b>74.5</b>
Fat (g): <b>2.6</b>
Saturated Fat (g): <b>1.6</b>
Carbohydrate (g): <b>8.4</b>
of which Sugars: <b>7.0</b>
Protein (g): <b>5.2</b>
Fibre (g): <b>0.0</b>
Salt (g): <b>0.2</b>

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

# Chocolate Milkshake

Junior: 1 Portions

## Ingredients

**Chocolate Milkshake MLK028**

**200 ml**

Viva Chocolate Milkshake

## 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): **94.0**

Fat (g): **3.0**

Saturated Fat (g): **2.2**

Carbohydrate (g): **9.6**

*of which Sugars:* **9.4**

Protein (g): **7.2**

Fibre (g): **0.0**

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.

No instructions have been set for this recipe.

# Chocolate Sponge

## Junior: 1 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>18 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>4 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>2 g</b>
<b>Cocoa BEV070</b> Freshers Fat Reduced Cocoa Powder	<b>2 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>11 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>11 g</b>
<b>Eggs EGG112 1 Egg =50g</b> Eggs, Medium, Free Range - Kfresh	<b>5 g</b>
<b>Water</b> Water	<b>7 ml</b>
<b>Milk, Dried CR milk powder MLP040</b> Dried Skimmed Milk with Vegetable Fat	<b>1 g</b>

Method
<ol style="list-style-type: none"><li>1. Cream the margarine and sugar together until light and fluffy.</li><li>2. Lightly beat the eggs. Beat the eggs into the mixture a little at a time to prevent curdling.</li><li>3. Sieve together the white flour, cocoa and baking powder. Add the wholemeal flour.</li><li>4. Fold the flour into the creamed mixture on speed 1, alternating with the water to keep the mixture to a soft dropping consistency.</li><li>5. Put into greased tins.</li><li>6. Bake in a moderate oven for 30-40 minutes.</li><li>7. Serve with tinned sliced pears.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Eggs</li><li>• Gluten</li><li>• Kamut</li><li>• Milk</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Sulphur dioxide</li><li>• Wheat</li></ul>
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): <b>204.6</b>
Fat (g): <b>8.9</b>
Saturated Fat (g): <b>3.6</b>
Carbohydrate: (g): <b>28.9</b>
<i>of which Sugars:</i> <b>11.3</b>
Protein (g): <b>3.1</b>
Fibre (g): <b>1.0</b>
Salt (g): <b>0.1</b>

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

# Cod Fillet Fish Fingers

## Junior: 1 Portions

### Ingredients

**Cod Fish Finger 330031**

**3 pieces**

30 Cod Fillet Finger

### Method

1. Refer to manufactures instructions

### Allergens

Contains:

- Cereals
- Fish
- Gluten
- Sulphur dioxide
- Wheat

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

### Nutritional Content (portion)

Energy (kcal): **158.2**

Fat (g): **6.8**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **15.0**

*of which Sugars:* **0.7**

Protein (g): **9.0**

Fibre (g): **0.6**

Salt (g): **0.0**

### Food Safety

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

# Crispy Fish Nuggets

# Junior: 1 Portions

## Ingredients

**Salmon Bites 320058** **60 g**  
BREADED SALMON BITES.

## Method

1. Refer to manufactures instructions

## Allergens

Contains:

- Cereals
- Fish
- Gluten
- Wheat

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

## Nutritional Content (portion)

Energy (kcal): **136.8**

Fat (g): **6.6**

Saturated Fat (g): **0.6**

Carbohydrate: (g): **14.4**

*of which Sugars:* **0.4**

Protein (g): **5.2**

Fibre (g): **0.7**

Salt (g): **0.0**

## Food Safety

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

# 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	
<b>Vegetable Fingers 390033</b>	<b>3 pieces</b>
Vegetable fingers	

Method
1. Follow manufacturers guidelines

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

Nutritional Content (portion)
Energy (kcal): <b>141.0</b>
Fat (g): <b>6.1</b>
Saturated Fat (g): <b>0.4</b>
Carbohydrate (g): <b>18.0</b>
<i>of which Sugars:</i> <b>1.9</b>
Protein (g): <b>2.6</b>
Fibre (g): <b>1.9</b>
Salt (g): <b>0.1</b>

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

# Fresh Fruit --

# Junior: 1 Portions

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

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): <b>71.6</b>
Fat (g): <b>0.3</b>
Saturated Fat (g): <b>0.0</b>
Carbohydrate (g): <b>18.2</b>
<i>of which Sugars: 6.5</i>
Protein (g): <b>1.0</b>
Fibre (g): <b>3.4</b>
Salt (g): <b>0.0</b>

Food Safety
<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Wash all fresh fruit prior to service.</li><li>3. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li></ol>

# Frosted Chocolate Cake

# Junior: 1 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>14 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>3 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>1 g</b>
<b>Cocoa BEV070</b> Freshers Fat Reduced Cocoa Powder	<b>1 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>9 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>9 g</b>
<b>Eggs EGG112 1 Egg =50g</b> Eggs, Medium, Free Range - Kfresh	<b>3 g</b>
<b>Milk, Dried CR milk powder MLP040</b> Dried Skimmed Milk with Vegetable Fat	<b>1 g</b>
<b>Water</b> Water	<b>10 ml</b>
<b>Sugar, Icing SUG250</b> ICING SUGAR	<b>4 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>4 g</b>
<b>Cocoa BEV070</b> Freshers Fat Reduced Cocoa Powder	<b>2 g</b>
<b>Milk, Dried CR milk powder MLP040</b> Dried Skimmed Milk with Vegetable Fat	<b>4 g</b>
<b>Boiling water</b> Boiling water	<b>0 ml</b>

## Method

1. Cream the margarine and sugar together until light and fluffy.
2. Break the eggs and beat lightly. Beat the eggs into the mixture, a little at a time to prevent curdling.
3. Sieve together the white flour, cocoa and baking powder. Add the wholemeal flour.
4. Fold the flour into the creamed mixture on Speed No. 1, alternating with the water to keep the mixture to a soft dropping consistency.
5. Put into greased tins.
6. Bake in a moderate oven for 30 - 40 minutes.
7. Frosted Topping
8. Cream the margarine and sieved icing sugar.
9. Add dried milk and sieved cocoa.
10. Add boiling water to make a thick spreading consistency.
11. Spread onto sponges and fork up.

## Allergens

Contains:

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

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

## Nutritional Content (portion)

Energy (kcal): **227.3**

Fat (g): **10.9**

Saturated Fat (g): **4.8**

Carbohydrate (g): **29.4**

*of which Sugars:* **14.7**

Protein (g): **3.3**

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.

# 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.

# Gammon Steaks

# Junior: 1 Portions

## Ingredients

**Gammon Steak JWY96**

**70 g**

GAMMON HORSESHOE

## Method

1. Cook gammon steak according 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): **119.0**

Fat (g): **6.3**

Saturated Fat (g): **2.1**

Carbohydrate: (g): **3.4**

*of which Sugars:* **0.0**

Protein (g): **15.4**

Fibre (g): **0.0**

Sodium (mg): **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. 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.

# Iced Cornflake Special (DF)(VG)

Junior: 1 Portions

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

## Method

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

## Allergens

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

Contains:

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

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

## Nutritional Content (portion)

Energy (kcal): **249.3**

Fat (g): **16.8**

Saturated Fat (g): **9.4**

Carbohydrate: (g): **22.0**

*of which Sugars:* **12.6**

Protein (g): **2.0**

Fibre (g): **1.8**

Salt (g): **0.1**

## Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Food requiring preparation / shaping / finishing off or cooling; the maximum time for preparation is 60 mins. Store in a refrigerator between tasks and cover to reduce the risk of contamination.



# Iced Lemon Sponge

## Junior: 1 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>14 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>5 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>1 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>8 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>8 g</b>
<b>Water</b> Water	<b>8 ml</b>
<b>Milk, Dried CR milk powder MLP040</b> Dried Skimmed Milk with Vegetable Fat	<b>1 g</b>
<b>Eggs EGG112 1 Egg =50g</b> Eggs, Medium, Free Range - Kfresh	<b>5 g</b>
<b>Sugar, Icing SUG250</b> ICING SUGAR	<b>8 g</b>
<b>Lemons/Juice/zest FFM051/S</b> Lemons	<b>0 pieces</b>

### Method

1. Cream the margarine and sugar together until light and fluffy.
2. Lightly beat the eggs and beat into mixture a little at a time.
3. Sieve together the white flour and baking powder. Add the wholemeal flour and dried milk.
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. Portion into greased tins. Bake in a moderate oven for 30-40 minutes. When cool, mix icing sugar with lemon juice and ice sponges.

### Allergens

Contains:

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

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

### Nutritional Content (portion)

Energy (kcal):	<b>195.6</b>
Fat (g):	<b>7.1</b>
Saturated Fat (g):	<b>2.8</b>
Carbohydrate: (g):	<b>31.8</b>
<i>of which Sugars:</i>	<b>16.5</b>
Protein (g):	<b>2.5</b>
Fibre (g):	<b>1.3</b>
Salt (g):	<b>0.1</b>

### Food Safety

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

# Italian Style Pizza Pocket

# Junior: 1 Portions

Ingredients	
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>14 g</b>
<b>Mozzarella Cheese CHF408</b> Shredded 80/20 Mozzarella / Cheddar 6x2kg	<b>14 g</b>
<b>Mixed Herbs SPI402</b> Dried Mixed Herbs	<b>0 tspn</b>
<b>7" Piegatta Calzone Pizza 630049</b> Piegatta Calzone Pizza	<b>1 pieces</b>

Method
<ol style="list-style-type: none"><li>1. Mix maggie sauce and herbs together.</li><li>2. For a primary serving cut in half.</li><li>3. Place the sauce, pepperoni &amp; Cheese into the pizza pocket.</li><li>4. Bake in a moderate oven for 10-15 mins.</li><li>5. Primary 1 pocket = 2 portions Secondary 1 pocket per portion.</li></ol>

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

Nutritional Content (portion)
Energy (kcal): <b>147.6</b>
Fat (g): <b>6.5</b>
Saturated Fat (g): <b>2.6</b>
Carbohydrate: (g): <b>16.1</b>
<i>of which Sugars:</i> <b>1.2</b>
Protein (g): <b>6.3</b>
Fibre (g): <b>0.7</b>
Salt (g): <b>0.1</b>

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

# Italian Style Mince Beef Pasta Bolognese

## Junior: 1 Portions

Ingredients	
<b>Diced Onion FFP071</b> Onions, Diced	<b>9 g</b>
<b>Grated Carrot FFP080</b> Carrots, Grated	<b>9 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>40 g</b>
<b>Tomatoes, Chopped (tinned) VGC830</b> Royal Crown Chopped Tomatoes 6x800g	<b>34 g</b>
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>4 g</b>
<b>Black Pepper - ERC SPI334</b> Ground Black Pepper	<b>0 tspn</b>
<b>Worcestershire Sauce SAU547</b> Worcester Sauce	<b>0 tspn</b>
<b>Vegetable Bouillon BOU133 Piece = 1 tsp</b> Vegetable Bouillon Powder (2kg)	<b>0 pieces</b>
<b>Minced Beef 970085</b> Minced Beef	<b>50 g</b>
<b>Pasta Shapes PST377</b> Pasta Conchiglie	<b>45 g</b>

Method
<ol style="list-style-type: none"><li>1. Place minced beef in pan, add diced onions, lightly seal until brown.</li><li>2. Add grated carrots, chopped tomatoes, tomato puree and maggi sauce</li><li>3. Season with veg bouillon, Worcester sauce &amp; black pepper.</li><li>4. Simmer on a gentle heat for approximately 20 minutes until cooked or alternatively place in steamer.</li><li>5. Cook the pasta as per manufactures instructions. Once cooked can be mixed together or served separately.</li></ol>

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

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

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

# Italian Style Pepperoni Pizza Pocket

## Junior: 1 Portions

Ingredients	
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>14 g</b>
<b>Mozzarella Cheese CHF408</b> Shredded 80/20 Mozzarella / Cheddar 6x2kg	<b>14 g</b>
<b>Mixed Herbs SPI402</b> Dried Mixed Herbs	<b>0 tspn</b>
<b>7" Piegatta Calzone Pizza 630049</b> Piegatta Calzone Pizza	<b>1 pieces</b>
<b>Pepperoni Slices 630152</b> Sliced Pepperoni	<b>14 g</b>

Method
<ol style="list-style-type: none"><li>1. Mix maggie sauce and herbs together.</li><li>2. For a primary serving cut in half.</li><li>3. Place the sauce, pepperoni &amp; Cheese into the pizza pocket.</li><li>4. Bake in a moderate oven for 10-15 mins.</li><li>5. Primary 1 pocket = 2 portions Secondary 1 pocket per portion.</li></ol>

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

Nutritional Content (portion)
Energy (kcal): <b>221.4</b>
Fat (g): <b>13.4</b>
Saturated Fat (g): <b>5.3</b>
Carbohydrate: (g): <b>16.1</b>
<i>of which Sugars:</i> <b>1.3</b>
Protein (g): <b>9.0</b>
Fibre (g): <b>0.7</b>
Salt (g): <b>0.1</b>

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

# Jam Buns

# Junior: 1 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>14 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>5 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>1 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>7 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>9 g</b>
<b>Jam MIXED FRUIT PRE160</b> C/R MIXED FRUIT JAM	<b>2 g</b>
<b>Water</b> Water	<b>6 ml</b>
<b>Milk, Dried CR milk powder MLP040</b> Dried Skimmed Milk with Vegetable Fat	<b>1 g</b>

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Gluten</li><li>• Kamut</li><li>• Milk</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Sulphur dioxide</li><li>• Wheat</li></ul>
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): <b>154.0</b>
Fat (g): <b>5.5</b>
Saturated Fat (g): <b>2.2</b>
Carbohydrate: (g): <b>25.1</b>
<i>of which Sugars:</i> <b>10.8</b>
Protein (g): <b>2.0</b>
Fibre (g): <b>0.9</b>
Salt (g): <b>0.1</b>

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

# Jelly -Orange

# Junior: 1 Portions

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

Method
1. Follow the instructions on the packet

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

Nutritional Content (portion)
Energy (kcal): <b>18.1</b>
Fat (g): <b>0.1</b>
Saturated Fat (g): <b>0.0</b>
Carbohydrate (g): <b>4.5</b>
of which Sugars: <b>4.5</b>
Protein (g): <b>0.1</b>
Fibre (g): <b>0.1</b>
Salt (g): <b>0.0</b>

Food Safety
<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.</li></ol>

# Jelly -Strawberry

# Junior: 1 Portions

## Ingredients

**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.

# 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 Biscuit

Junior: 1 Portions

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

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Eggs</li><li>• Gluten</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Sulphur dioxide</li><li>• Wheat</li></ul>
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): <b>142.0</b>
Fat (g): <b>7.3</b>
Saturated Fat (g): <b>2.8</b>
Carbohydrate: (g): <b>18.0</b>
<i>of which Sugars:</i> <b>7.5</b>
Protein (g): <b>1.7</b>
Fibre (g): <b>0.8</b>
Salt (g): <b>0.1</b>

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

# Oaty Fruit Crunch

## Junior: 1 Portions

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

Method
<ol style="list-style-type: none"><li>1. Pre-heat the oven to 180oC/350oF/Gas 4. Lightly grease tins.</li><li>2. Put all the ingredients except the apples into a large mixing bowl and combine well to form bread crumbs</li><li>3. Press half of the mixture into the tins and then spread the apples over the top.</li><li>4. Sprinkle the remaining mixture over the apples.</li><li>5. Bake in the oven for 25-30 minutes.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Gluten</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Sulphur dioxide</li><li>• Wheat</li></ul>
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): <b>238.4</b>
Fat (g): <b>10.0</b>
Saturated Fat (g): <b>3.7</b>
Carbohydrate: (g): <b>33.4</b>
<i>of which Sugars:</i> <b>12.6</b>
Protein (g): <b>3.3</b>
Fibre (g): <b>2.8</b>
Salt (g): <b>0.1</b>

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

# 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.

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

Method
<ol style="list-style-type: none"><li>1. Drain Peaches.</li><li>2. To make the Melba sauce - Mix the cornflour with some of the water to make a paste.</li><li>3. Heat the water and jam and bring to boiling point. Add the cornflour paste and stir.</li><li>4. Continue to stir over heat until the sauce has thickened.</li><li>5. Serve with ice cream &amp; peaches.</li></ol>

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

Nutritional Content (portion)
Energy (kcal): <b>164.7</b>
Fat (g): <b>6.0</b>
Saturated Fat (g): <b>3.9</b>
Carbohydrate: (g): <b>25.5</b>
of which Sugars: <b>23.8</b>
Protein (g): <b>2.3</b>
Fibre (g): <b>0.6</b>
Sodium (mg): <b>0.1</b>
Salt (g): <b>0.0</b>

Food Safety
<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. For distributed meals, holding time (packing &amp; travelling time) must not exceed 4 hours.</li><li>4. Transfer any part used tinned products to a suitable lidded container. Fix a date label and indicate any allergens.</li></ol>

# 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	
<b>Pears (tinned) FRC410</b>	<b>68 g</b>
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): <b>35.6</b>
Fat (g): <b>0.1</b>
Saturated Fat (g): <b>0.0</b>
Carbohydrate: (g): <b>8.6</b>
<i>of which Sugars: 7.7</i>
Protein (g): <b>0.1</b>
Fibre (g): <b>0.7</b>
Salt (g): <b>0.0</b>

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

# Pizza Pasta Bake (V)

# Junior: 1 Portions

Ingredients	
<b>Tinned chopped tomatoes VGC830</b> Royal Crown Chopped Tomatoes 6x800g	<b>40 g</b>
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>3 ml</b>
<b>Diced Onion FFV071</b> Onions, Diced	<b>11 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>20 g</b>
<b>Mixed Herbs SPI402</b> Dried Mixed Herbs	<b>0 tspn</b>
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>4 g</b>
<b>Vegetable Bouillon BOU133 Piece = 1 tsp</b> Vegetable Bouillon Powder (2kg)	<b>0 pieces</b>
<b>Cheese - Grated CHF402</b> Mild White Cheddar	<b>28 g</b>
<b>Black Pepper - ERC SPI334</b> Ground Black Pepper	<b>0 tspn</b>
<b>Pasta Shapes PST377</b> Pasta Conchiglie	<b>45 g</b>

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

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

Nutritional Content (portion)
Energy (kcal): <b>335.3</b>
Fat (g): <b>14.1</b>
Saturated Fat (g): <b>6.6</b>
Carbohydrate: (g): <b>38.3</b>
of which Sugars: <b>4.6</b>
Protein (g): <b>13.2</b>
Fibre (g): <b>1.8</b>
Salt (g): <b>0.1</b>

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



# Pizza Pasta Bake

# Junior: 1 Portions

Ingredients	
<b>Tinned chopped tomatoes VGC830</b> Royal Crown Chopped Tomatoes 6x800g	<b>40 g</b>
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>3 ml</b>
<b>Diced Onion FFV071</b> Onions, Diced	<b>11 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>20 g</b>
<b>Mixed Herbs SPI402</b> Dried Mixed Herbs	<b>0 tspn</b>
<b>Black Pepper - ERC SPI334</b> Ground Black Pepper	<b>0 tspn</b>
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>4 g</b>
<b>Vegetable Bouillon BOU133 Piece = 1 tsp</b> Vegetable Bouillon Powder (2kg)	<b>0 pieces</b>
<b>Worcestershire Sauce SAU547</b> Worcester Sauce	<b>0 tspn</b>
<b>Cheese - Grated CHF402</b> Mild White Cheddar	<b>6 g</b>
<b>Ham (cooked) MCC080</b> Gammon Ham	<b>45 g</b>
<b>Pasta Shapes PST377</b> Pasta Conchiglie	<b>45 g</b>

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

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

Nutritional Content (portion)
Energy (kcal): <b>293.1</b>
Fat (g): <b>8.0</b>
Saturated Fat (g): <b>2.4</b>
Carbohydrate: (g): <b>38.1</b>
<i>of which Sugars:</i> <b>4.7</b>
Protein (g): <b>15.5</b>
Fibre (g): <b>1.8</b>
Salt (g): <b>0.1</b>

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

# Protein Power Balls in Tomato Sauce(DF) (V)(VE)

Junior: 1 Portions

Ingredients	
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>3 ml</b>
<b>Diced Onion FFF071</b> Onions, Diced	<b>11 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>20 g</b>
<b>Mixed Herbs SPI402</b> Dried Mixed Herbs	<b>0 tspn</b>
<b>Black Pepper - ERC SPI334</b> Ground Black Pepper	<b>0 tspn</b>
<b>Vegetable Bouillon BOU133 Piece = 1 tsp</b> Vegetable Bouillon Powder (2kg)	<b>0 pieces</b>
<b>Vegan Plant Balls ( 410219</b> Plant Balls 17g	<b>76 g</b>

## Method

1. Heat oil in a pan and gently fry the chopped onions.
2. Add chopped tomatoes, tomato puree and maggie sauce. Season to taste with the vegetable bouillon, black pepper and mixed herbs and simmer gently.
3. Place the plant balls on a grease baking tray. cook as per manufactures instructions.
4. Place the cooked balls in a serving tin. Cover with the tomato sauce and serve.

## 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): **184.5**

Fat (g): **11.4**

Saturated Fat (g): **1.1**

Carbohydrate: (g): **10.2**

of which Sugars: **4.3**

Protein (g): **11.4**

Fibre (g): **3.6**

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 "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. 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.

# Quorn Vegan Meatballs in Tomato Sauce(DF)(V)(VE)

Junior: 1 Portions

Ingredients	
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>3 ml</b>
<b>Diced Onion FFV071</b> Onions, Diced	<b>11 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>20 g</b>
<b>Mixed Herbs SPI402</b> Dried Mixed Herbs	<b>0 tspn</b>
<b>Black Pepper - ERC SPI334</b> Ground Black Pepper	<b>0 tspn</b>
<b>Vegetable Bouillon BOU133 Piece = 1 tsp</b> Vegetable Bouillon Powder (2kg)	<b>0 pieces</b>
<b>Quorn Vegan Meatballs 410192</b> Quorn Vegan Balls	<b>76 g</b>

## Method

1. Heat oil in a pan and gently fry the chopped onions.
2. Add chopped tomatoes, tomato puree and maggie sauce. Season to taste with the vegetable bouillon, black pepper and mixed herbs and simmer gently.
3. Place the plant balls on a grease baking tray. cook as per manufactures instructions.
4. Place the cooked balls in a serving tin. Cover with the tomato sauce and serve.

## Allergens

Contains:

- **Barley**
- **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):	<b>145.0</b>
Fat (g):	<b>6.2</b>
Saturated Fat (g):	<b>1.2</b>
Carbohydrate: (g):	<b>10.3</b>
of which Sugars:	<b>1.7</b>
Protein (g):	<b>10.3</b>
Fibre (g):	<b>4.1</b>
Salt (g):	<b>0.1</b>

## Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. 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. Ensure that there are no ice crystals present prior to cooking.

# 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 Chicken Breast Fillet

## Junior: 1 Portions

### Ingredients

**Chicken breast( uncooked) 900059** **1 pieces**  
Red Tractor Cooked Chicken Breast Flattened (50g)

### 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): **47.0**

Fat (g): **0.8**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **1.4**

*of which Sugars:* **0.8**

Protein (g): **10.8**

Fibre (g): **0.2**

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.

# Roast Gammon

# Junior: 1 Portions

## Ingredients

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

## Method

1. Cook Gammon according to manufactures instructions.

## Allergens

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

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

## Nutritional Content (portion)

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

## Food Safety

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



# Roast Pork Loin

# Junior: 1 Portions

## Ingredients

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

## Method

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

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal): **129.8**

Fat (g): **4.5**

Saturated Fat (g): **1.6**

Carbohydrate: (g): **0.0**

*of which Sugars:* **0.0**

Protein (g): **20.7**

Fibre (g): **0.0**

Salt (g): **0.0**

## Food Safety

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

# 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.

# Shortcake

# Junior: 1 Portions

Ingredients	
<b>Flour, Plain FLO154</b> C/R PLAIN FLOUR	<b>21 g</b>
<b>Flour, Wholemeal FLO150</b> Flour, Wholemeal - Bradona	<b>7 g</b>
<b>Baking Powder BAK441</b> Baking Powder	<b>1 g</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>18 g</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>14 g</b>
<b>Eggs EGG112 1 Egg =50g</b> Eggs, Medium, Free Range - Kfresh	<b>3 g</b>

Method
<ol style="list-style-type: none"><li>1. Cream margarine and sugar together, add dry ingredients and beaten eggs.</li><li>2. Press into greased tins and portion</li><li>3. Bake in a moderate oven.</li><li>4. Portion whilst still warm.</li><li>5. Sprinkle with sugar.</li><li>6. Cover with lid, otherwise shortcake will set hard.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Eggs</li><li>• Gluten</li><li>• Kamut</li><li>• Oats</li><li>• Rye</li><li>• Spelt</li><li>• Sulphur dioxide</li><li>• Wheat</li></ul>
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): <b>276.8</b>
Fat (g): <b>14.2</b>
Saturated Fat (g): <b>5.6</b>
Carbohydrate: (g): <b>35.7</b>
<i>of which Sugars:</i> <b>13.9</b>
Protein (g): <b>3.2</b>
Fibre (g): <b>1.4</b>
Salt (g): <b>0.2</b>

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

# Strawberry Milkshake

## Junior: 1 Portions

### Ingredients

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

# Strawberry Milkshake\*

Junior: 1 Portions

## Ingredients

**Strawberry Milkshake MLK029** 200 ml  
Viva Strawberry Milkshake

## 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): **92.0**

Fat (g): **2.8**

Saturated Fat (g): **2.0**

Carbohydrate (g): **9.6**

*of which Sugars:* **9.6**

Protein (g): **6.8**

Fibre (g): **0.0**

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.

No instructions have been set for this recipe.

# Stuffing(DF)(V)(VE)

## Junior: 1 Portions

### Ingredients

#### Stuffing STF024

Sage and Onion Stuffing Mix

**25 g**

### Method

1. Use as per manufacturers instructions.

### Allergens

Contains:

- Cereals
- Gluten
- Sulphur dioxide
- Wheat

May Contain:

- Soya

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

### Nutritional Content (portion)

Energy (kcal): **91.8**

Fat (g): **1.2**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **18.8**

*of which Sugars:* **0.8**

Protein (g): **2.8**

Fibre (g): **2.3**

Sodium (mg): **0.5**

Salt (g): **0.0**

### Food Safety

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

# Summer Brunch Muffin

# Junior: 1 Portions

Ingredients	
<b>English muffins 640032</b> Kara English White Muffins x6	<b>1 pieces</b>
<b>Big AL's Sausage Pattie</b> Fully Cooked Sausage Patties	<b>1 pieces</b>
<b>Coloured Grated Cheddar Cheese CHF400</b> Grated Coloured Cheddar	<b>20 g</b>

Method
<ol style="list-style-type: none"><li>1. Cook the patties to manufactures instructions.</li><li>2. Once patties are cooked add the grated cheese and return to the oven for 2 minutes for cheese to melt.</li><li>3. Slice the muffins and just prior to service/packing place into the oven for 3-4 mins to warm and slightly toast.</li><li>4. Remove the muffins once cooked and place in the cheese topped pattie for either packing/service.</li></ol>

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

Nutritional Content (portion)
Energy (kcal): <b>393.2</b>
Fat (g): <b>19.6</b>
Saturated Fat (g): <b>9.0</b>
Carbohydrate: (g): <b>32.0</b>
<i>of which Sugars:</i> <b>3.6</b>
Protein (g): <b>20.5</b>
Fibre (g): <b>1.9</b>
Sodium (mg): <b>0.3</b>
Salt (g): <b>0.0</b>

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

# Summer Brunch Muffin(V)

## Junior: 1 Portions

Ingredients	
<b>English muffins 640032</b> Kara English White Muffins x6	<b>1 pieces</b>
<b>Quorn Sausage Patties 410104</b> Quorn Sausage Patties 2kg	<b>1 pieces</b>
<b>Coloured Grated Cheddar Cheese CHF400</b> Grated Coloured Cheddar	<b>20 g</b>

Method
<ol style="list-style-type: none"><li>1. Cook the patties to manufactures instructions.</li><li>2. Once patties are cooked add the grated cheese and return to the over for 2 minutes for cheese to melt.</li><li>3. Slice the muffins and just prior to service/packing place into the oven for 3-4 mins to warm and slightly toast.</li><li>4. Remove the muffins once cooked and place in the cheese topped pattie for either packing/service.</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Barley</li><li>• Cereals</li><li>• Eggs</li><li>• Gluten</li><li>• Milk</li><li>• Soya</li><li>• Wheat</li></ul>
May Contain: <ul style="list-style-type: none"><li>• Sesame seeds</li></ul>
<p><i>This information was correct to the best of our knowledge at the time of publishing. It may be subject to change, and should only be used as a guide.</i></p>

Nutritional Content (portion)
Energy (kcal): <b>294.7</b>
Fat (g): <b>10.0</b>
Saturated Fat (g): <b>4.8</b>
Carbohydrate: (g): <b>32.8</b>
of which Sugars: <b>3.6</b>
Protein (g): <b>16.5</b>
Fibre (g): <b>3.9</b>
Sodium (mg): <b>0.5</b>
Salt (g): <b>0.0</b>

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



# 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.

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

## Junior: 1 Portions

Ingredients	
<b>Diced Onion FFP071</b> Onions, Diced	<b>9 g</b>
<b>Grated Carrot FFP080</b> Carrots, Grated	<b>9 g</b>
<b>Tinned chopped tomatoes VGC830</b> Royal Crown Chopped Tomatoes 6x800g	<b>34 g</b>
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>4 g</b>
<b>Vegetable Bouillon BOU133 Piece = 1 tsp</b> Vegetable Bouillon Powder (2kg)	<b>0 pieces</b>
<b>Black Pepper - ERC SPI334</b> Ground Black Pepper	<b>0 tspn</b>
<b>Vegan Mince 390067</b> MTA04A - Meat Alt Beef Style Mince 1kg (4 x 1kg)	<b>34 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>40 g</b>
<b>Pasta Shapes PST377</b> Pasta Conchiglie	<b>45 g</b>

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

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

Nutritional Content (portion)
Energy (kcal): <b>252.5</b>
Fat (g): <b>2.9</b>
Saturated Fat (g): <b>0.5</b>
Carbohydrate: (g): <b>42.2</b>
<i>of which Sugars:</i> <b>6.9</b>
Protein (g): <b>12.2</b>
Fibre (g): <b>3.7</b>
Salt (g): <b>0.2</b>

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

# Waffle & Soft Scoop Ice Cream\*

## Junior: 1 Portions

### Ingredients

<b>Vanilla S/Scoop Ice Cream 810081</b> Vanilla Ice Cream	<b>1 Portions</b>
<b>Wafflemeister Classic Waffle 35g DEF489</b> 35g Classic Waffle	<b>1 pieces</b>

### Method

1. Place Waffle on tray and warm for 5 min in the oven at 150°c
2. Serve with ice cream.

### Allergens

Contains:

- Cereals
- Eggs
- Gluten
- Milk
- Soya
- Sulphur dioxide
- Wheat

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

### Nutritional Content (portion)

Energy (kcal):	<b>294.8</b>
Fat (g):	<b>15.5</b>
Saturated Fat (g):	<b>7.1</b>
Carbohydrate (g):	<b>34.4</b>
<i>of which Sugars:</i>	<b>24.0</b>
Protein (g):	<b>4.1</b>
Fibre (g):	<b>0.8</b>
Sodium (mg):	<b>0.1</b>
Salt (g):	<b>0.0</b>

### Food Safety

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

# Waffle & Ice Cream Tub \*

# Junior: 1 Portions

## Ingredients

**Wafflemeister Classic Waffle 35g DEF489**      **1 pieces**  
35g Classic Waffle

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

## Method

1. Place Waffle on tray and warm for 5 min in the oven at 150°C
2. Serve with ice cream.

## Allergens

Contains:

- Cereals
- Eggs
- Gluten
- Milk
- 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): **277.2**

Fat (g): **13.7**

Saturated Fat (g): **7.5**

Carbohydrate (g): **34.0**

*of which Sugars:* **23.7**

Protein (g): **4.1**

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.

# Waffle & Vanilla Block Ice Cream\*

## Junior: 1 Portions

### Ingredients

**Wafflemeister Classic Waffle 35g DEF489**      **1 pieces**  
35g Classic Waffle

**Vanilla Block 820055**      **1 pieces**  
Cheshire Creamery CCVanilla BrickSR 12x1L

### Method

1. Place Waffle on tray and warm for 5 min in the oven at 150°c
2. Serve with ice cream.

### Allergens

Contains:

- Cereals
- Eggs
- Gluten
- Milk
- Soya
- Wheat

May Contain:

- Almonds
- Brazil nuts
- Cashews
- Hazelnuts
- Macadamia
- Nuts
- Peanuts
- Pecans
- Pistachio
- Walnut

*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): **247.8**

Fat (g): **12.4**

Saturated Fat (g): **6.7**

Carbohydrate (g): **29.9**

*of which Sugars:* **17.4**

Protein (g): **3.6**

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.

# Yorkshire Pudding

## Junior: 1 Portions

### Ingredients

**Yorkshire Pudding Aunt Bessie 640076** 30 g  
Yorkshire Puddings

### Method

1. Refer to manufactures instructions.

### Allergens

Contains:

- Cereals
- Eggs
- Gluten
- Milk
- 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): **75.6**

Fat (g): **2.2**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **11.1**

*of which Sugars:* **0.6**

Protein (g): **2.5**

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 "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.