

Spring Summer 2024 Dairy/egg/soya/gluten free 1  
portion metric

# Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatballs in Tomato Sauce (GF) BBQ Marinade Chicken Wrap(GF) Roast Pork Loin Pizza pasta Sauce (DF) (VE) (GF)  ---	Fish Fingers (GF) & (DF) Italian Style Pepperoni Pizza Homemade (GF) (DF)(SoyaFree) Breaded Chicken Goujons-(GF)(DF) Roast Gammon  ---	Bolognese Pasta Sauce (GF)(DF)(Soya Free) Breaded Fish Fillet (GF)  ---  Yorkshire Pudding (DF)(GF)(Egg & Soya free) Tomato Sauce Sticks  ---	Roast Chicken Chinese Style Pork (GF)(DF) Breaded Salmon Fingers (GF)  ---  ---	Summer Brunch Wrap(GF)(DF)(Egg & Soya free) Cheeseburger Pasta bake Sauce(DF) (GF) (Soya &Egg free)  ---  Gravy(DF)(GF)(V)(VE)  ---
Apple Sauce  ---	---	---	---	Peach Melba (DF)(GF) (VE)(Soya & Egg free )
Shortbread Biscuit (GF) Chocolate Sponge / Muffins/ Cupcakes (DF)(VG)(GF)** Viennese Biscuits (GF) Jelly -Orange	Jelly -Strawberry Apple Crumble (GF) Plant Cream Vanilla Sponge / Muffins/ Cupcakes (DF)(VG)(GF)	Blueberry Muffin (DF) (VG)(GF) Ice Cream (DF)(VG) Strawberry Iced Smoothie (DF)		

# Apple Crumble (GF)

## Junior: 1 Portions

### Ingredients

<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>Sugar, Demerara SUG182</b> T & L DEMERARA SUGAR	<b>1 g</b>
<b>Apples (tinned) FRC002</b> C/R SOLID PACK APPLE (ITALIAN)	<b>57 g</b>
<b>Gluten Free Plain Flour ( FLO 151)</b> Gluten Free Plain Flour ( FLO 151)	<b>24 g</b>

### Method

1. Peel, core, wash and slice apples. Alternatively use tinned apples.
2. Lightly cook the apples with a little water.
3. Portion the cooked apple into the tins.
4. Rub fat and sugar into the flour.
5. Cover apples with the mixture.
6. Sprinkle tops with demerara sugar.
7. Bake in a moderate oven for approximately 30 minutes until cooked through and lightly golden.

### Allergens

Contains:

- **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):	<b>216.1</b>
Fat (g):	<b>7.8</b>
Saturated Fat (g):	<b>3.0</b>
Carbohydrate: (g):	<b>34.7</b>
of which Sugars:	<b>15.6</b>
Protein (g):	<b>1.4</b>
Fibre (g):	<b>1.0</b>
Salt (g):	<b>0.1</b>

### Food Safety

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

# Apple Sauce

# Junior: 1 Portions

## Ingredients

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

## Method

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

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal): **11.7**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate (g): **2.5**

*of which Sugars:* **2.4**

Protein (g): **0.1**

Fibre (g): **0.5**

Salt (g): **0.0**

## Food Safety

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

# BBQ Marinade Chicken Wrap(GF)

Junior: 1 Portions

## Ingredients

<b>BBQ Marinade chicken CHI033</b>	<b>60 g</b>
BBQ Marinade chicken	
<b>10.5 Vegan gluten free wraps FBK299</b>	<b>1 pieces</b>
10.5 Vegan gluten free wraps	

## Method

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

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal): **224.8**

Fat (g): **6.2**

Saturated Fat (g): **1.5**

Carbohydrate: (g): **20.8**

*of which Sugars:* **7.1**

Protein (g): **15.8**

Fibre (g): **8.8**

Salt (g): **1.6**

## Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Individual frozen products "always cook from frozen."
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. The service temperature must be maintained at above 65C throughout the service period.
6. Ensure that there are no ice crystals present prior to cooking.

# Beef Meatballs in Tomato Sauce (GF)

Junior: 1 Portions

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

## Method

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

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal): **229.4**

Fat (g): **16.0**

Saturated Fat (g): **5.3**

Carbohydrate: (g): **10.6**

*of which Sugars:* **4.2**

Protein (g): **10.8**

Fibre (g): **0.8**

Salt (g): **0.1**

## Food Safety

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

# Blueberry Muffin (DF)(VG)(GF)

## Junior: 1 Portions

Ingredients	
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>10 ml</b>
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>20 g</b>
<b>Water</b> Water	<b>17 ml</b>
<b>Vanilla Essence FLV080</b> DR OETKER VANILLA ESSENCE	<b>0 ml</b>
<b>Gluten Free SR Flour ( FLO 152)</b> Gluten Free SR Flour ( FLO 152)	<b>28 g</b>
<b>Blueberries 110084</b> Blueberries	<b>6 g</b>

Method
<ol style="list-style-type: none"><li>1. Heat oven to 200 degrees.</li><li>2. Mix the flour, r sugar, vanilla &amp; oil in a bowl until smooth .</li><li>3. Add the blueberries and stir in carefully.</li><li>4. Divide in to muffin cases and bake for 20-30 minute</li></ol>

Allergens
Contains: <ul style="list-style-type: none"><li>• Sulphur dioxide</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>267.0</b>
Fat (g): <b>10.7</b>
Saturated Fat (g): <b>1.4</b>
Carbohydrate: (g): <b>41.3</b>
<i>of which Sugars:</i> <b>20.4</b>
Protein (g): <b>1.5</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></ol>

# Bolognese Pasta Sauce (GF)(DF)(Soya Free)

Junior: 1 Portions

Ingredients	
<b>Diced Onion FFF071</b> Onions, Diced	<b>9 g</b>
<b>Grated Carrot FFP080</b> Carrots, Grated	<b>9 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>40 g</b>
<b>Tomatoes, Chopped (tinned) VGC830</b> Royal Crown Chopped Tomatoes 6x800g	<b>34 g</b>
<b>Tomato Puree VGC230</b> Tomato Puree (Tubes) - Cirio	<b>4 g</b>
<b>Black Pepper - ERC SPI334</b> Ground Black Pepper	<b>0 tspn</b>
<b>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>

## Method

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

## Allergens

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): **160.1**

Fat (g): **10.4**

Saturated Fat (g): **0.1**

Carbohydrate (g): **6.4**

*of which Sugars:* **4.3**

Protein (g): **10.4**

Fibre (g): **0.6**

Salt (g): **0.2**

## Food Safety

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



# Breaded Chicken Goujons-(GF)(DF)

Junior: 1 Portions

## Ingredients

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

## Method

1. Refer to manufactures instructions.

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal): **174.4**

Fat (g): **7.9**

Saturated Fat (g): **0.9**

Carbohydrate: (g): **8.8**

*of which Sugars:* **0.1**

Protein (g): **16.8**

Fibre (g): **0.0**

Salt (g): **0.6**

## Food Safety

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

# Breaded Fish Fillet (GF)

## Junior: 1 Portions

### Ingredients

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

### Method

1. Refer to manufacturers instructions

### Allergens

Contains:

- Fish

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### Nutritional Content (portion)

Energy (kcal): **138.6**

Fat (g): **5.9**

Saturated Fat (g): **0.7**

Carbohydrate: (g): **15.0**

*of which Sugars:* **0.4**

Protein (g): **5.8**

Fibre (g): **1.1**

Sodium (mg): **0.1**

Salt (g): **0.0**

### Food Safety

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

# Breaded Salmon Fingers (GF)

Junior: 1 Portions

## Ingredients

**GF Brd Salmon Fingers 410036**

**60 g**

GF Brd Salmon Fingers

## Method

1. Refer to manufactures instructions

## Allergens

Contains:

- **Fish**

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

## Nutritional Content (portion)

Energy (kcal): **157.2**

Fat (g): **6.6**

Saturated Fat (g): **1.0**

Carbohydrate: (g): **17.3**

*of which Sugars:* **0.4**

Protein (g): **6.7**

Fibre (g): **0.7**

Salt (g): **0.2**

## Food Safety

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

# Cheeseburger Pasta bake Sauce(DF) (GF) (Soya & Egg free)

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>Vegan Cheese ( CHF020)</b> Vegan Cheese	<b>30 g</b>
<b>SAUCE</b>	<b>0 g</b>
<b>Coconut Milk (AIM016)</b> KOKO Dairy Free Original	<b>83 ml</b>
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>7 g</b>
<b>Gluten Free Plain Flour ( FLO 151)</b> Gluten Free Plain Flour ( FLO 151)	<b>4 g</b>
<b>Vegan Cheese ( CHF020)</b> Vegan Cheese	<b>8 g</b>

## Method

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

## Allergens

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

*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): **274.9**

Fat (g): **20.9**

Saturated Fat (g): **12.5**

Carbohydrate: (g): **20.7**

*of which Sugars:* **5.8**

Protein (g): **1.4**

Fibre (g): **0.7**

Salt (g): **1.4**

## Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Probe cooked dish to confirm a minimum temperature of 82C.
4. The service temperature must be maintained at above 65C throughout the service period.
5. For allergen friendly foods, wash equipment prior to use and sanitise work stations. Cover and store (hot or cold) away from other foods until service.

# Chinese Style Pork (GF)(DF)

## Junior: 1 Portions

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

### Method

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

### Allergens

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

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

### Nutritional Content (portion)

Energy (kcal): **246.0**

Fat (g): **7.2**

Saturated Fat (g): **2.0**

Carbohydrate: (g): **28.3**

*of which Sugars:* **4.3**

Protein (g): **15.0**

Fibre (g): **1.5**

Salt (g): **0.0**

### Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Allow time to defrost in a suitable lidded container in the bottom of the refrigerator (approximately 24-48 hrs). Apply a second date label on defrost day and use by that date.
4. Probe cooked dish to confirm a minimum temperature of 82C.
5. The service temperature must be maintained at above 65C throughout the service period.

# Chocolate Sponge / Muffins/ Cupcakes (DF)(VG)(GF)\*\*

Junior: 1 Portions

Ingredients	
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>20 g</b>
<b>Vanilla Essence FLV080</b> DR OETKER VANILLA ESSENCE	<b>0 ml</b>
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>7 ml</b>
<b>Water</b> Water	<b>11 ml</b>
<b>Gluten Free SR Flour ( FLO 152)</b> Gluten Free SR Flour ( FLO 152)	<b>28 g</b>
<b>Cocoa BEV070</b> Freshers Fat Reduced Cocoa Powder	<b>3 g</b>

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Sulphur dioxide</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>243.2</b>
Fat (g): <b>7.7</b>
Saturated Fat (g): <b>1.1</b>
Carbohydrate: (g): <b>41.3</b>
of which Sugars: <b>20.0</b>
Protein (g): <b>2.0</b>
Fibre (g): <b>0.0</b>
Salt (g): <b>0.0</b>

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

# Fish Fingers (GF) & (DF)

# Junior: 1 Portions

## Ingredients

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

## Method

1. Refer to manufactures instructions.

## Allergens

Contains:

- **Fish**

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

## Nutritional Content (portion)

Energy (kcal): **141.3**

Fat (g): **2.7**

Saturated Fat (g): **0.3**

Carbohydrate: (g): **18.1**

*of which Sugars:* **0.3**

Protein (g): **10.9**

Fibre (g): **0.7**

Salt (g): **0.0**

## Food Safety

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

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

## Junior: 1 Portions

Ingredients	
<b>Water</b> Water	<b>25 ml</b>
<b>Gravy Granules GRV020</b> Gluten Free Gravy Granules for Meat Dishes	<b>5 g</b>

Method
1. Follow manufacturer's instructions.

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

Nutritional Content (portion)
Energy (kcal): <b>17.0</b>
Fat (g): <b>0.1</b>
Saturated Fat (g): <b>0.0</b>
Carbohydrate: (g): <b>3.8</b>
<i>of which Sugars: 0.4</i>
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. 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></ol>



# Ice Cream (DF)(VG)

**Junior: 1 Portions**

## Ingredients

**Vegan Ice Cream ( 810091)**  
Vegan Vanilla Ice Cream ( 810091)

**1 Portions**

## Method

No methods have been set for this recipe.

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal): **190.4**

Fat (g): **7.9**

Saturated Fat (g): **6.6**

Carbohydrate: (g): **24.6**

*of which Sugars:* **15.6**

Protein (g): **0.3**

Fibre (g): **8.8**

Salt (g): **0.0**

## Food Safety

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

No instructions have been set for this recipe.

# Italian Style Pepperoni Pizza Homemade (GF) (DF)(SoyaFree)

Junior: 1 Portions

Ingredients	
<b>Margarine MRG020</b> Cooking & Baking Margarine	<b>5 g</b>
<b>Pomodora Sauce VGC015</b> Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	<b>14 g</b>
<b>Mixed Herbs SPI402</b> Dried Mixed Herbs	<b>0 tspn</b>
<b>Gluten Free SR Flour ( FLO 152)</b> Gluten Free SR Flour ( FLO 152)	<b>18 g</b>
<b>Coconut milk AIM016</b> KOKO Dairy Free Original	<b>11 ml</b>
<b>Vegan Cheese ( CHF020)</b> Vegan Cheese	<b>14 g</b>
<b>Pepperoni Slices 630152</b> Sliced Pepperoni	<b>14 g</b>

## Method

1. Sieve all dried ingredients.
2. Rub fat into flour and mix to a soft scone dough.
3. Block and portion into tins.
4. Mix maggie sauce and herbs together.
5. Spread over the pizza base, sprinkle cheese over the sauce.
6. Add pepperoni.
7. Bake in a moderate oven for 15-20 minutes.

## 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): **227.3**

Fat (g): **15.5**

Saturated Fat (g): **7.7**

Carbohydrate: (g): **18.1**

*of which Sugars:* **1.1**

Protein (g): **3.8**

Fibre (g): **0.1**

Salt (g): **0.5**

## Food Safety

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

# 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.

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

## Junior: 1 Portions

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

### Method

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

### Allergens

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

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

### Nutritional Content (portion)

Energy (kcal):	<b>235.1</b>
Fat (g):	<b>8.0</b>
Saturated Fat (g):	<b>6.6</b>
Carbohydrate: (g):	<b>35.6</b>
<i>of which Sugars:</i>	<b>25.0</b>
Protein (g):	<b>0.6</b>
Fibre (g):	<b>9.3</b>
Sodium (mg):	<b>0.1</b>
Salt (g):	<b>0.0</b>

### Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
4. Transfer any part used tinned products to a suitable lidded container. Fix a date label and indicate any allergens.

# Pizza pasta Sauce (DF) (VE) (GF)

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>Peppers, mixed (diced, frozen) 100138</b> RED AND GREEN PEPPER 10X10	<b>20 g</b>
<b>Vegan Cheese ( CHF020)</b> Vegan Cheese	<b>6 g</b>

## Method

1. Make the tomato sauce: heat the oil in a large pan, add the diced onion and saute.
2. Add chopped tomatoes, tomato puree, maggie sauce and veg bouillon.
3. add diced peppers
4. Add mixed herbs and simmer gently
5. Portion into tins, sprinkle with cheese and place in a moderate oven for 15 minutes.

## 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): **76.9**

Fat (g): **5.0**

Saturated Fat (g): **1.7**

Carbohydrate: (g): **6.7**

*of which Sugars: 3.7*

Protein (g): **1.1**

Fibre (g): **0.4**

Salt (g): **0.3**

## Food Safety

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

# Plant Cream

# Junior: 1 Portions

## Ingredients

**Flora Plant Double MLK360**

**50 ml**

Flora Plant Double

## Method

1. Refer to manufactures guidelines.

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal): **144.5**

Fat (g): **15.7**

Saturated Fat (g): **9.0**

Carbohydrate: (g): **1.2**

*of which Sugars:* **0.6**

Protein (g): **0.3**

Fibre (g): **0.2**

Salt (g): **0.1**

## Food Safety

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

# Roast Chicken

# Junior: 1 Portions

## Ingredients

**chicken joint 900039**

**75 g**

Ready to Roast Chicken Breast

## Method

1. Refer to manufactures instructions.

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal): **75.4**

Fat (g): **0.7**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **2.1**

*of which Sugars:* **0.2**

Protein (g): **15.2**

Fibre (g): **0.0**

Sodium (mg): **0.2**

Salt (g): **0.0**

## Food Safety

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



# Roast Gammon

# Junior: 1 Portions

## Ingredients

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

## Method

1. Cook Gammon according to manufactures instructions.

## Allergens

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

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

## Nutritional Content (portion)

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

## Food Safety

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

# Roast Pork Loin

# Junior: 1 Portions

## Ingredients

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

## Method

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

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal): **129.8**

Fat (g): **4.5**

Saturated Fat (g): **1.6**

Carbohydrate: (g): **0.0**

*of which Sugars:* **0.0**

Protein (g): **20.7**

Fibre (g): **0.0**

Salt (g): **0.0**

## Food Safety

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

# Shortbread Biscuit (GF)

## Junior: 1 Portions

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

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

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>143.2</b>
Fat (g): <b>8.0</b>
Saturated Fat (g): <b>3.1</b>
Carbohydrate: (g): <b>16.8</b>
of which Sugars: <b>5.1</b>
Protein (g): <b>1.0</b>
Fibre (g): <b>0.1</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. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.</li></ol>

# Strawberry Iced Smoothie (DF)

## Junior: 1 Portions

### Ingredients

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

### Method

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

### Allergens

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

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

### Nutritional Content (portion)

Energy (kcal): **65.6**

Fat (g): **0.2**

Saturated Fat (g): **0.0**

Carbohydrate (g): **15.0**

*of which Sugars:* **14.3**

Protein (g): **0.7**

Fibre (g): **0.4**

Salt (g): **0.0**

### Food Safety

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

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

Junior: 1 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): <b>262.0</b>
Fat (g): <b>58.1</b>
Saturated Fat (g): <b>7.0</b>
Carbohydrate: (g): <b>20.6</b>
<i>of which Sugars:</i> <b>3.5</b>
Protein (g): <b>10.8</b>
Fibre (g): <b>8.7</b>
Salt (g): <b>1.5</b>

Food Safety
<ol style="list-style-type: none"><li>1. Maintain a high standard of hygiene and wash your hands at the appropriate times.</li><li>2. Check storage temperature / product date / packaging and quality.</li><li>3. Individual frozen products "always cook from frozen."</li><li>4. For allergen friendly foods, wash equipment prior to use and sanitise work stations. Cover and store (hot or cold) away from other foods until service.</li></ol>

# Tomato Sauce Sticks

# Junior: 1 Portions

## Ingredients

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

**10 g**

## Method

1. Use as per manufacturers instructions.

## Allergens

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

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

## Nutritional Content (portion)

Energy (kcal): **11.9**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **2.8**

*of which Sugars:* **2.4**

Protein (g): **0.1**

Fibre (g): **0.1**

Sodium (mg): **0.1**

Salt (g): **0.0**

## Food Safety

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

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

Junior: 1 Portions

Ingredients	
<b>Sugar, White SUG150</b> TL GRAN SUGAR 15X1KG PAPER BAG	<b>20 g</b>
<b>Vanilla Essence FLV080</b> DR OETKER VANILLA ESSENCE	<b>0 ml</b>
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>7 ml</b>
<b>Water</b> Water	<b>11 ml</b>
<b>Gluten Free SR Flour ( FLO 152)</b> Gluten Free SR Flour ( FLO 152)	<b>28 g</b>

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

Allergens
Contains: <ul style="list-style-type: none"><li>• Sulphur dioxide</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>235.3</b>
Fat (g): <b>7.4</b>
Saturated Fat (g): <b>1.0</b>
Carbohydrate: (g): <b>40.9</b>
of which Sugars: <b>20.0</b>
Protein (g): <b>1.4</b>
Fibre (g): <b>0.0</b>
Salt (g): <b>0.0</b>

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

# Viennese Biscuits (GF)

# Junior: 1 Portions

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

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

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>188.3</b>
Fat (g): <b>11.8</b>
Saturated Fat (g): <b>4.6</b>
Carbohydrate: (g): <b>19.6</b>
<i>of which Sugars:</i> <b>6.0</b>
Protein (g): <b>0.9</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. Check storage temperature / product date / packaging and quality.</li></ol>



# Yorkshire Pudding (DF)(GF)(Egg & Soya free)

## Junior: 1 Portions

Ingredients	
<b>Warm boiled water</b> Warm boiled water	<b>13 ml</b>
<b>Oil (sunflower) OIL075</b> KTC SUNFLOWER OIL	<b>1 ml</b>
<b>Gluten Free SR Flour ( FLO 152)</b> Gluten Free SR Flour ( FLO 152)	<b>28 g</b>
<b>Coconut Milk (AIM016)</b> KOKO Dairy Free Original	<b>38 ml</b>

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

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

Nutritional Content (portion)
Energy (kcal): <b>118.4</b>
Fat (g): <b>2.7</b>
Saturated Fat (g): <b>1.0</b>
Carbohydrate: (g): <b>22.1</b>
<i>of which Sugars:</i> <b>0.6</b>
Protein (g): <b>1.5</b>
Fibre (g): <b>0.2</b>
Salt (g): <b>0.0</b>

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