

Spring Summer 2024 Dairy/egg/soya/gluten free 10
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: 10 Portions

Ingredients

Margarine MRG020 Cooking & Baking Margarine	94 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	94 g
Sugar, Demerara SUG182 T & L DEMERARA SUGAR	12 g
Apples (tinned) FRC002 C/R SOLID PACK APPLE (ITALIAN)	567 g
Gluten Free Plain Flour (FLO 151) Gluten Free Plain Flour (FLO 151)	236 g

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 demerera 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):	216.1
Fat (g):	7.8
Saturated Fat (g):	3.0
Carbohydrate: (g):	34.7
of which Sugars:	15.6
Protein (g):	1.4
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. 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: 10 Portions

Ingredients

Apples (tinned) FRC002 **280 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: 10 Portions

Ingredients	
BBQ Marinade chicken CHI033 BBQ Marinade chicken	600 g
10.5 Vegan gluten free wraps FBK299 10.5 Vegan gluten free wraps	10 pieces

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

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

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products "à€" always cook from frozen.4. Probe cooked dish to confirm a minimum temperature of 82C.5. 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: 10 Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	30 ml
Diced Onion FFV071 Onions, Diced	114 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	199 g
Mixed Herbs SPI402 Dried Mixed Herbs	1 tspn
Black Pepper SPI334 Ground Black Pepper	1 To taste
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	43 g
Beef Meatballs (23g each)470030 Beef Meatballs (23g each)	30 pieces
Tinned chopped tomatoes VGC830 Royal Crown Chopped Tomatoes 6x800g	397 g

Method

1. Heat oil in a pan and gently fry the chopped onions.
2. Add chopped tomatoes, tomato puree and Maggi Sauce. Season to taste with the 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
<i>of which Sugars:</i>	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 "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.

Blueberry Muffin (DF)(VG)(GF)

Junior: 10 Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	100 ml
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	200 g
Water Water	170 ml
Vanilla Essence FLV080 DR OETKER VANILLA ESSENCE	2 ml
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	275 g
Blueberries 110084 Blueberries	57 g

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

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

Nutritional Content (portion)
Energy (kcal): 267.0
Fat (g): 10.7
Saturated Fat (g): 1.4
Carbohydrate: (g): 41.3
<i>of which Sugars:</i> 20.4
Protein (g): 1.5
Fibre (g): 0.1
Salt (g): 0.0

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

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

Junior: 10 Portions

Ingredients	
Diced Onion FFF071 Onions, Diced	85 g
Grated Carrot FFP080 Carrots, Grated	85 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	397 g
Tomatoes, Chopped (tinned) VGC830 Royal Crown Chopped Tomatoes 6x800g	340 g
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	43 g
Black Pepper - ERC SPI334 Ground Black Pepper	0 tspn
Vegetable Bouillon BOU133 Piece = 1 tsp Vegetable Bouillon Powder (2kg)	1 pieces
Minced Beef 970085 Minced Beef	500 g

Method

1. Place minced beef in pan, add diced onions, lightly seal until brown.
2. Add grated carrots, chopped tomatoes, tomato puree and maggi sauce
3. Season 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: 10 Portions

Ingredients

GF Breaded Chicken Goujons 40g 890103 **20 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: 10 Portions

Ingredients

GF BRD Pollock Fillet 410035

600 g

MSC Gluten-Free Breaded Pollock Fillet 60g

Method

1. Refer to manufacturers instructions

Allergens

Contains:

- **Fish**

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

Nutritional Content (portion)

Energy (kcal): **138.6**

Fat (g): **5.9**

Saturated Fat (g): **0.7**

Carbohydrate: (g): **15.0**

of which Sugars: **0.4**

Protein (g): **5.8**

Fibre (g): **1.1**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Individual frozen products "à€" 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: 10 Portions

Ingredients

GF Brd Salmon Fingers 410036

600 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) Junior: 10 Portions (Soya & Egg free)

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	25 ml
ONION DICED FFP071 Onions, Diced	167 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	667 g
Mince Beef JWY5 Minced Beef	300 g
Vegan Cheese (CHF020) Vegan Cheese	300 g
SAUCE	0 g
Coconut Milk (AIM016) KOKO Dairy Free Original	833 ml
Margarine MRG020 Cooking & Baking Margarine	67 g
Gluten Free Plain Flour (FLO 151) Gluten Free Plain Flour (FLO 151)	42 g
Vegan Cheese (CHF020) Vegan Cheese	83 g

Method
<ol style="list-style-type: none"> 1. In a large saucepan, heat the oil and add the mince lightly brown. 2. Add the chopped onion to the saucepan and fry over medium heat until soft. 3. Add the tomato sauce, and simmer. 4. Cook the pasta. 5. Mix the mince mixture and pasta together and add to cooking containers. 6. Make the cheese sauce according to the recipe, once cooked divided between the cooking containers and mix all the ingredient together. 7. Sauce Recipe. 8. 1. Place in a saucepan the dairy-free milk. 2. Heat the milk to a gentle simmer. 3. Melt the margarine in a saucepan over a medium heat. Add the flour and stir. Cook gently for 2 minutes. 4. Add the milk little by little, stirring each time you add more, to get rid of any lumps. 5. When all the milk has been added, cook over a gentle heat for 5 minutes until thick and glossy. Remove from the heat and stir through the cheese. 9. Using half the quantity of vegan grated cheese mix into the pasta & vegan mince mixture. 10. Sprinkle over the remaining cheese and bake in the oven until temperature of 75 & the cheese has melted on the top.

Allergens
<p>The supplier information for this recipe is incomplete and so some allergens may be present. Please contact the school kitchen for full details.</p>
<p><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): 274.9
Fat (g): 20.9
Saturated Fat (g): 12.5
Carbohydrate: (g): 20.7
<i>of which Sugars: 5.8</i>
Protein (g): 1.4
Fibre (g): 0.7
Salt (g): 1.4

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

Chinese Style Pork (GF)(DF)

Junior: 10 Portions

Ingredients	
Pork Diced JWY72 FREE FLOW DICED PORK (98% VL) - 2.5KG	625 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	50 ml
Peas 1kg (Frozen) Peas	117 g
Diced carrot 1KG Carrots	117 g
Gravy Granules GRV020 Gluten Free Gravy Granules for Meat Dishes	333 g
Water Water	833 ml
Peppers, mixed (diced, frozen) 100138 RED AND GREEN PEPPER 10X10	117 g
Black Pepper - ERC SPI334 Ground Black Pepper	0 tspn
Garlic Clove (6g per clove) FFV274 Garlic Single Bulb	1 pieces

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **246.0**

Fat (g): **7.2**

Saturated Fat (g): **2.0**

Carbohydrate: (g): **28.3**

of which Sugars: **4.3**

Protein (g): **15.0**

Fibre (g): **1.5**

Salt (g): **0.0**

Food Safety

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

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

Junior: 10 Portions

Ingredients	
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	200 g
Vanilla Essence FLV080 DR OETKER VANILLA ESSENCE	2 ml
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	67 ml
Water Water	113 ml
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	275 g
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	25 g

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

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

Nutritional Content (portion)
Energy (kcal): 243.2
Fat (g): 7.7
Saturated Fat (g): 1.1
Carbohydrate: (g): 41.3
of which Sugars: 20.0
Protein (g): 2.0
Fibre (g): 0.0
Salt (g): 0.0

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

Fish Fingers (GF) & (DF)

Junior: 10 Portions

Ingredients

Young's Never Fried Gluten & Milk Free Fish Finger 330023 **30 pieces**
Gluten & Milk Free Fish Finger

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: 10 Portions

Ingredients	
Water Water	250 ml
Gravy Granules GRV020 Gluten Free Gravy Granules for Meat Dishes	50 g

Method
1. Follow manufacturer's instructions.

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

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

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

Ice Cream (DF)(VG)

Junior: 10 Portions

Ingredients

Vegan Ice Cream (810091)

10 Portions

Vegan Vanilla Ice Cream (810091)

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: 10 Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	53 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	142 g
Mixed Herbs SPI402 Dried Mixed Herbs	0 tspn
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	176 g
Coconut milk AIM016 KOKO Dairy Free Original	106 ml
Vegan Cheese (CHF020) Vegan Cheese	142 g
Pepperoni Slices 630152 Sliced Pepperoni	142 g

Method
<ol style="list-style-type: none">1. Sieve all dried ingredients.2. Rub fat into flour and mix to a soft scone dough.3. Block and portion into tins.4. Mix maggie sauce and herbs together.5. Spread over the pizza base, sprinkle cheese over the sauce.6. Add pepperoni.7. Bake in a moderate oven for 15-20 minutes.

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): 227.3
Fat (g): 15.5
Saturated Fat (g): 7.7
Carbohydrate: (g): 18.1
<i>of which Sugars:</i> 1.1
Protein (g): 3.8
Fibre (g): 0.1
Salt (g): 0.5

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

Jelly -Orange

Junior: 10 Portions

Ingredients	
Water Water	1421 ml
Jelly Crystals, Orange JEL045 Orange Flavour Jelly	278 g

Method
1. Follow the instructions on the packet

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

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

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

Jelly -Strawberry

Junior: 10 Portions

Ingredients	
Jelly Crystals Strawberry JEL044 Strawberry Flavour Jelly	278 g
Water Water	1421 ml

Method
1. Follow the instructions on the packet

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

Nutritional Content (portion)
Energy (kcal): 18.1
Fat (g): 0.1
Saturated Fat (g): 0.0
Carbohydrate (g): 4.5
of which Sugars: 4.4
Protein (g): 0.1
Fibre (g): 0.1
Salt (g): 0.0

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

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

Junior: 10 Portions

Ingredients	
Peaches (tinned) FRC362 Riverdene Peach Slices in juice 6 x 825g	457 g
Cornflour FLO048 C/R CORNFLOUR	8 g
Water Water	76 ml
Jam MIXED FRUIT PRE160 C/R MIXED FRUIT JAM	91 g
Vegan Ice Cream (810091) Vegan Vanilla Ice Cream (810091)	10 Portions

Method

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

Allergens

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

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

Nutritional Content (portion)

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

Food Safety

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

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

Junior: 10 Portions

Ingredients	
Tinned chopped tomatoes VGC830 Royal Crown Chopped Tomatoes 6x800g	397 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	29 ml
Diced Onion FFV071 Onions, Diced	113 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	199 g
Mixed Herbs SPI402 Dried Mixed Herbs	1 tspn
Black Pepper - ERC SPI334 Ground Black Pepper	0 tspn
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	43 g
Vegetable Bouillon BOU133 Piece = 1 tsp Vegetable Bouillon Powder (2kg)	2 pieces
Peppers, mixed (diced, frozen) 100138 RED AND GREEN PEPPER 10X10	200 g
Vegan Cheese (CHF020) Vegan Cheese	57 g

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: 10 Portions

Ingredients

Flora Plant Double MLK360

500 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: 10 Portions

Ingredients

chicken joint 900039

750 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 "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.

Roast Gammon

Junior: 10 Portions

Ingredients

Gammon (joint) JWY92 **750**
GAMMON RINDLESS, BONED & ROLLED JOINT - 1.5KG **g**
JOINTS

Method

1. Cook Gammon according to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **127.5**

Fat (g): **6.8**

Saturated Fat (g): **2.2**

Carbohydrate (g): **3.7**

of which Sugars: **0.0**

Protein (g): **16.5**

Fibre (g): **0.0**

Sodium (mg): **1.6**

Salt (g): **0.0**

Food Safety

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

Roast Pork Loin

Junior: 10 Portions

Ingredients

Roast Pork Loin JWY82 **750 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: 10 Portions

Ingredients	
Ground Rice CRP200 Ground Rice	50 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	50 g
Margarine MRG020 Cooking & Baking Margarine	101 g
Gluten Free Plain Flour (FLO 151) Gluten Free Plain Flour (FLO 151)	101 g

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

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

Nutritional Content (portion)
Energy (kcal): 143.2
Fat (g): 8.0
Saturated Fat (g): 3.1
Carbohydrate: (g): 16.8
of which Sugars: 5.1
Protein (g): 1.0
Fibre (g): 0.1
Salt (g): 0.1

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

Strawberry Iced Smoothie (DF)

Junior: 10 Portions

Ingredients

Strawberry Iced Smoothie 820052 **10 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: 10 Portions

Ingredients	
10.5 Vegan gluten free wraps FBK299	10 pieces
10.5 Vegan gluten free wraps	
Sliced bacon JWY112	500 g
Bacon	
Vegan Cheese (CHF020)	200 g
Vegan Cheese	

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

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

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

Tomato Sauce Sticks

Junior: 10 Portions

Ingredients

Tomato Sauce POR045
C/R TOMATO KETCHUP SACHET

100 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: 10 Portions

Ingredients	
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	200 g
Vanilla Essence FLV080 DR OETKER VANILLA ESSENCE	2 ml
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	67 ml
Water Water	113 ml
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	275 g

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

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

Nutritional Content (portion)
Energy (kcal): 235.3
Fat (g): 7.4
Saturated Fat (g): 1.0
Carbohydrate: (g): 40.9
of which Sugars: 20.0
Protein (g): 1.4
Fibre (g): 0.0
Salt (g): 0.0

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

Viennese Biscuits (GF)

Junior: 10 Portions

Ingredients

Margarine MRG020 Cooking & Baking Margarine	151 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	57 g
Cherries, Glace DFR400 Glace Cherries	5 g
Gluten Free Plain Flour (FLO 151) Gluten Free Plain Flour (FLO 151)	170 g

Method

1. Cream margarine and sugar.
2. Add sieved flour.
3. Pipe in fingers on tray and decorate with a piece of cherry.
4. Bake in a moderate to slow oven.
5. The biscuits should only be slightly coloured.

Allergens

Contains:

- **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):	188.3
Fat (g):	11.8
Saturated Fat (g):	4.6
Carbohydrate: (g):	19.6
of which Sugars:	6.0
Protein (g):	0.9
Fibre (g):	0.0
Salt (g):	0.2

Food Safety

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 (DF)(GF)(Egg & Soya free)

Junior: 10 Portions

Ingredients

Warm boiled water Warm boiled water	125 ml
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	13 ml
Gluten Free SR Flour (FLO 152) Gluten Free SR Flour (FLO 152)	281 g
Coconut Milk (AIM016) KOKO Dairy Free Original	375 ml

Method

1. Add all the ingredients except the oil to a bowl and whisk until smooth.
2. Transfer the batter to a jug, cover with cling film and leave to rest in the fridge for 1 hr.
3. Heat oven to 220C/200C fan/gas 7. Spoon a tsp of oil into eight holes of a muffin tin and place in the oven for 5 mins to get really hot.
4. Remove the tin from the oven and carefully pour the batter into the hot oil. Return to the oven and bake for 25-30 mins until risen and deep golden brown.

Allergens

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):	118.4
Fat (g):	2.7
Saturated Fat (g):	1.0
Carbohydrate (g):	22.1
<i>of which Sugars:</i>	0.6
Protein (g):	1.5
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.
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.