

Spring Summer 2024 Dairy egg free including meat 1
portion

Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatballs in Tomato Sauce BBQ Marinade Chicken Wrap(DF) Roast Pork Loin Ham, Mediterranean Pasta Bake (DF)	Cod Fillet Fish Fingers Pizza - Homemade Margarita (DF)(VE) Breaded Chicken Goujons-(GF)(DF) Roast Gammon	Italian Style Mince Beef Pasta Bolognese(DF) Battered Fish Fillet	Roast Chicken Chinese Style Sticky Pork Crispy Fish Nuggets	Summer Brunch Wrap(GF)(DF)(Egg & Soya free) Cheeseburger Pasta bake(DF)(V)(VE)
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Apple Sauce	Yorkshire Pudding (VG)	Plant Cream Vanilla Sponge / Muffins/ Cupcakes (DF)(VG)	Tomato Sauce Sticks	Southern Fried Gravy dip
---	---	Chocolate Cookie	Blueberry Muffin (DF) (VG)	---
Shortbread Fingers- (DF)(VG) Alpro Custard (DF) Chocolate Sponge / Muffins/ Cupcakes (DF)(VG) Alpro Chocolate drink - (DF)	Oaty Biscuit (DF)(VG) Jelly -Orange Jelly -Strawberry Oaty Fruit Crunch (DF) (VG)	Chocolate Cookie	Ice Cream (DF)(VG) Fruit Cocktail in Juice	Iced Cornflake Special (DF)(VG) Strawberry Iced Smoothie (DF) Jam Buns (DF)(VG) Peach Melba (DF)(GF) (VE)(Soya & Egg free)

Alpro Chocolate drink -(DF)

Junior: 1 Portions

Ingredients

Alpro Chocolate Drink MLK056 **250 ml**
ALPRO SOYA CHOCOLATE 5X3X250ML 80004545

Method

1. Refer to manufactures instructions

Allergens

Contains:

- **Soya**

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

Nutritional Content (portion)

Energy (kcal): **150.0**

Fat (g): **4.5**

Saturated Fat (g): **1.0**

Carbohydrate: (g): **19.2**

of which Sugars: **18.5**

Protein (g): **7.8**

Fibre (g): **2.2**

Sodium (mg): **0.2**

Salt (g): **0.0**

Food Safety

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

Alpro Custard (DF)

Junior: 1 Portions

Ingredients

Alpro - Custard CUS004

80 g

Custard - Alpro

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- **Soya**

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

Nutritional Content (portion)

Energy (kcal): **64.8**

Fat (g): **1.4**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **10.5**

of which Sugars: **8.0**

Protein (g): **2.4**

Fibre (g): **0.4**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

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

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	
Tortillas (6inch) 440023 Flour Tortilla	1 pieces
BBQ Marinade chicken CHI033 BBQ Marinade chicken	60 g

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

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

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

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

Junior: 1 Portions

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

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)

Junior: 1 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): 224.8
Fat (g): 8.7
Saturated Fat (g): 1.0
Carbohydrate: (g): 33.9
<i>of which Sugars:</i> 17.2
Protein (g): 2.3
Fibre (g): 0.8
Sodium (mg): 0.1
Salt (g): 0.0

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

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 "â€" 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(DF)(V)(VE)

Junior: 1 Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	3 ml
ONION DICED FFP071 Onions, Diced	17 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	67 g
Vegan Mince 390067 MTA04A - Meat Alt Beef Style Mince 1kg (4 x 1kg)	30 g
Pasta Shapes PST377 Pasta Conchiglie	45 g
Vegan Cheese (CHF020) Vegan Cheese	30 g
SAUCE	0 g
Coconut Milk (AIM016) KOKO Dairy Free Original	83 ml
Margarine MRG020 Cooking & Baking Margarine	7 g
Flour, Plain FLO154 C/R PLAIN FLOUR	4 g
Vegan Cheese (CHF020) Vegan Cheese	8 g

Method

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

Allergens

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

Contains:

- **Barley**
- **Cereals**
- **Gluten**
- **Kamut**
- **Oats**
- **Rye**
- **Soya**
- **Spelt**
- **Wheat**

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

Nutritional Content (portion)

Energy (kcal): **479.9**

Fat (g): **22.3**

Saturated Fat (g): **12.8**

Carbohydrate: (g): **56.1**

of which Sugars: **8.3**

Protein (g): **11.8**

Fibre (g): **3.8**

Salt (g): **1.4**

Food Safety

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

Chinese Style Sticky Pork

Junior: 1 Portions

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

Method
<ol style="list-style-type: none">1. Mix tomato puree, oil, soy sauce and honey together and pour onto pork and mix well.2. Leave to marinade for an hour.3. Preheat the oven to 180°C/gas mark 4.4. Place marinated pork onto a tray and cook until cooked through.5. Serve with vegetable rice.

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

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

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.3. Individual frozen products “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.

Chocolate Cookie

Junior: 1 Portions

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

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

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

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

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

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

Junior: 1 Portions

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

Method

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:

- 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):	245.6
Fat (g):	7.4
Saturated Fat (g):	1.0
Carbohydrate (g):	40.6
<i>of which Sugars:</i>	20.2
Protein (g):	3.3
Fibre (g):	0.9
Sodium (mg):	0.1
Salt (g):	0.0

Food Safety

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

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.

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.

Ham, Mediterranean Pasta Bake (DF)

Junior: 1 Portions

Ingredients	
Tinned chopped tomatoes VGC830 Royal Crown Chopped Tomatoes 6x800g	40 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	3 ml
Diced Onion FFV071 Onions, Diced	11 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	20 g
Mixed Herbs SPI402 Dried Mixed Herbs	0 tspn
Black Pepper - ERC SPI334 Ground Black Pepper	0 tspn
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	4 g
Vegetable Bouillon BOU133 Piece = 1 tsp Vegetable Bouillon Powder (2kg)	0 pieces
Worcestershire Sauce SAU547 Worcester Sauce	0 tspn
Ham (cooked) MCC080 Gammon Ham	45 g
Vegan Cheese (CHF020) Vegan Cheese	6 g
Pasta Shapes PST377 Pasta Conchiglie	45 g

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

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

Nutritional Content (portion)
Energy (kcal): 287.7
Fat (g): 7.5
Saturated Fat (g): 2.4
Carbohydrate: (g): 39.4
<i>of which Sugars:</i> 4.7
Protein (g): 14.1
Fibre (g): 1.8
Salt (g): 0.3

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

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.

Iced Cornflake Special (DF)(VG)

Junior: 1 Portions

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

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.

Italian Style Mince Beef Pasta Bolognese(DF)

Junior: 1 Portions

Ingredients	
Diced Onion FFF071 Onions, Diced	9 g
Grated Carrot FFP080 Carrots, Grated	9 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	40 g
Tomatoes, Chopped (tinned) VGC830 Royal Crown Chopped Tomatoes 6x800g	34 g
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	4 g
Black Pepper - ERC SPI334 Ground Black Pepper	0 tspn
Worcestershire Sauce SAU547 Worcester Sauce	0 tspn
Vegetable Bouillon BOU133 Piece = 1 tsp Vegetable Bouillon Powder (2kg)	0 pieces
Minced Beef 970085 Minced Beef	50 g
Pasta Shapes PST377 Pasta Conchiglie	45 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

Contains:

- Barley
- 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):	322.4
Fat (g):	11.1
Saturated Fat (g):	0.3
Carbohydrate: (g):	39.6
<i>of which Sugars:</i>	5.9
Protein (g):	15.6
Fibre (g):	1.9
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. 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.

Jam Buns (DF)(VG)

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	14 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	5 g
Baking Powder BAK441 Baking Powder	1 g
Margarine MRG020 Cooking & Baking Margarine	7 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	9 g
Jam MIXED FRUIT PRE160 C/R MIXED FRUIT JAM	2 g
Alpro Unsweetned Soya Milk (MLK 024) SOYA SOLEIL UNSWEETENED 8X1LTR 80003167	6 ml

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

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

Nutritional Content (portion)
Energy (kcal): 153.0
Fat (g): 5.5
Saturated Fat (g): 2.1
Carbohydrate: (g): 24.7
<i>of which Sugars:</i> 10.5
Protein (g): 2.1
Fibre (g): 0.9
Salt (g): 0.1

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

Jelly -Orange

Junior: 1 Portions

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

Method
1. Follow the instructions on the packet

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

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

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

Jelly -Strawberry

Junior: 1 Portions

Ingredients

Jelly Crystals Strawberry JEL044 **28 g**
Strawberry Flavour Jelly

Water **142 ml**
Water

Method

1. Follow the instructions on the packet

Allergens

Contains:

- **Sulphur dioxide**

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

Nutritional Content (portion)

Energy (kcal): **18.1**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate (g): **4.5**

of which Sugars: **4.4**

Protein (g): **0.1**

Fibre (g): **0.1**

Salt (g): **0.0**

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

Oaty Biscuit (DF)(VG)

Junior: 1 Portions

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

Method

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

Allergens

Contains:

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

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

Nutritional Content (portion)

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

Food Safety

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

Oaty Fruit Crunch (DF)(VG)

Junior: 1 Portions

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

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

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

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

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

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

Junior: 1 Portions

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

Method

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

Allergens

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

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

Nutritional Content (portion)

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

Food Safety

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

Pizza - Homemade Margarita (DF)(VE)

Junior: 1 Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	12 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	5 g
Baking Powder BAK441 Baking Powder	1 g
Margarine MRG020 Cooking & Baking Margarine	5 g
Water Water	11 ml
Mixed Herbs SPI402 Dried Mixed Herbs	0 g
Vegan Cheese (CHF020) Vegan Cheese	14 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	14 g

Method
<ol style="list-style-type: none">1. Rub margarine into flours and baking powder until it resembles bread crumbs.2. Mix to a soft dough with the water.3. Portion into containers.4. Spread maggi sauce on to base, sprinkle the herbs on top, sprinkle cheese on top.5. Bake in a moderate oven until base is cooked through and cheese is melted.

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

Nutritional Content (portion)
Energy (kcal): 152.5
Fat (g): 8.3
Saturated Fat (g): 4.8
Carbohydrate: (g): 18.3
<i>of which Sugars:</i> 1.0
Protein (g): 2.2
Fibre (g): 1.1
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. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.3. The service temperature must be maintained at above 65C throughout the service period.

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 "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: 1 Portions

Ingredients

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

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
<i>of which Sugars:</i>	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: 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 Fingers- (DF)(VG)

Junior: 1 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): 178.2
Fat (g): 9.2
Saturated Fat (g): 3.6
Carbohydrate: (g): 23.2
<i>of which Sugars:</i> 8.5
Protein (g): 1.3
Fibre (g): 0.6
Salt (g): 0.1

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. Check storage temperature / product date / packaging and quality.

Southern Fried Gravy dip

Junior: 1 Portions

Ingredients	
Bisto Southern Fried Gravy Granules GRV142	5 g
Bisto Southern Fried Gravy Granules	
Boiling water	25 ml
Boiling water	

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

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

Nutritional Content (portion)
Energy (kcal): 21.1
Fat (g): 0.8
Saturated Fat (g): 0.5
Carbohydrate (g): 3.2
of which Sugars: 1.1
Protein (g): 0.3
Fibre (g): 0.1
Salt (g): 0.3

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

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.

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

Junior: 1 Portions

Ingredients	
10.5 Vegan gluten free wraps FBK299	1 pieces
10.5 Vegan gluten free wraps	
Sliced bacon JWY112	50 g
Bacon	
Vegan Cheese (CHF020)	20 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: 1 Portions

Ingredients

Tomato Sauce POR045
C/R TOMATO KETCHUP SACHET

10 g

Method

1. Use as per manufacturers instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **11.9**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **2.8**

of which Sugars: **2.4**

Protein (g): **0.1**

Fibre (g): **0.1**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

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

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

Junior: 1 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): 237.7
Fat (g): 7.1
Saturated Fat (g): 0.9
Carbohydrate: (g): 40.2
<i>of which Sugars:</i> 20.1
Protein (g): 2.7
Fibre (g): 0.9
Sodium (mg): 0.1
Salt (g): 0.0

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

Yorkshire Pudding (VG)

Junior: 1 Portions

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

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

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

Nutritional Content (portion)
Energy (kcal): 121.6
Fat (g): 2.3
Saturated Fat (g): 0.3
Carbohydrate: (g): 20.8
<i>of which Sugars:</i> 0.2
Protein (g): 3.9
Fibre (g): 1.1
Sodium (mg): 0.1
Salt (g): 0.0

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