

Primary main/dessert 100 portion metric

Menu Week 1

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

Menu Week 2

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

Menu Week 3

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

Apple Sauce

Junior: 100
Portions

Ingredients

Apples (tinned) FRC002 2800 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: 100
Portions**

Ingredients

Hr Junior Fish Fillet 310081

100 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 "à la carte" 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: 100
Portions

Ingredients	
Tortillas (6inch) 440023 Flour Tortilla	100 pieces
BBQ Marinade chicken CHI033 BBQ Marinade chicken	6000 g

Method
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 “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.

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

Junior: 100
Portions

Ingredients	
Peppers, mixed (diced, frozen) 100138 RED AND GREEN PEPPER 10X10	3000 g
Sliced onions FFP032 Onions, Sliced	600 g
Sliced mushrooms FFV065 Mushroom Cups	1980 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	70 ml
Garlic powder SPI415 Garlic Powder	30 tspn
Vegan Cheese (CHF020) Vegan Cheese	1150 g
Mixed Herbs SPI402 Dried Mixed Herbs	100 g
Black Pepper - ERC SPI334 Ground Black Pepper	5 tspn
BBQ Sauce SAU056 Barbecue Sauce	2800 g
Tortillas (6inch) 440023 Flour Tortilla	100 pieces
Tortilla Wraps (10inch) 440001 Flour Tortilla	0.0 pieces

Method

1. Roast vegetables and garlic lightly in oil until soft.
2. Mix roasted vegetables with mixed herbs and season to taste.
3. Place roasted vegetable mixture on to wrap.
4. Place grated cheese mix over vegetables, roll up wrap and cut in half.
5. Place in tin and place in to the oven to slightly melt the cheese.

Allergens

Contains:

- Cereals
- Gluten
- Wheat

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

Nutritional Content (portion)

Energy (kcal):	195.0
Fat (g):	5.5
Saturated Fat (g):	2.9
Carbohydrate: (g):	29.8
of which Sugars:	9.5
Protein (g):	3.5
Fibre (g):	2.2
Salt (g):	0.3

Food Safety

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

Beef Meatballs in Tomato Sauce

Junior: 100
Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	300 ml
Diced Onion FFV071 Onions, Diced	1135 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	1985 g
Mixed Herbs SPI402 Dried Mixed Herbs	5 tspn
Black Pepper SPI334 Ground Black Pepper	5 To taste
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	425 g
Beef Meatballs (23g each)470030 Beef Meatballs (23g each)	300 pieces
Tinned chopped tomatoes VGC830 Royal Crown Chopped Tomatoes 6x800g	3970 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**

of which Sugars: **4.2**

Protein (g): **10.8**

Fibre (g): **0.8**

Salt (g): **0.1**

Food Safety

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

Blueberry Muffin

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	1360 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	454 g
Baking Powder BAK441 Baking Powder	114 g
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	114 g
Margarine MRG020 Cooking & Baking Margarine	568 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	596 g
Eggs EGG112 1 Egg =50g Eggs, Medium, Free Range - Kfresh	200 g
Water Water	1160 ml
Vanilla Essence FLV080 DR OETKER VANILLA ESSENCE	16 ml
Blueberries 110084 Blueberries	680 g

Method

1. Cream the margarine and sugar together until the mixture is light and fluffy.
2. Break eggs and whisk lightly. Beat the eggs into the mixture a little at a time.
3. Add the essence / flavouring
4. Sieve together the white flour and baking powder, add the wholemeal flour
5. Using the machine on speed number 1 fold the flour into the creamed mixture alternating with the water to keep the mixture in a soft dropping consistency
6. Add blueberries, just stir in, do not over mix
7. Place in the muffin cases
8. Bake in a moderate oven for approx 25 minutes

Allergens

Contains:

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

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):	134.5
Fat (g):	4.9
Saturated Fat (g):	2.0
Carbohydrate: (g):	21.3
<i>of which Sugars:</i>	7.2
Protein (g):	2.2
Fibre (g):	1.0
Salt (g):	0.1

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Check storage temperature / product date / packaging and quality.
3. Probe cooked dish to confirm a minimum temperature of 82C.
4. Wash all fresh fruit prior to service.
5. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Breaded Chicken Goujons-(GF)(DF)

Junior: 100
Portions

Ingredients

GF Breaded Chicken Goujons 40g 890103 200 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.

Cheeseburger Pasta bake

Junior: 100
Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	250 ml
ONION DICED FFP071 Onions, Diced	1667 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	6667 g
Mince Beef JWY5 Minced Beef	3000 g
Pasta Shapes PST377 Pasta Conchiglie	4500 g
Coloured Grated Cheddar Cheese CHF400 Grated Coloured Cheddar	3000 g
SAUCE	2 g
Knorr Cheese Sauce Mix SAM075 Knorr Cheese Sauce Mix	1067 g
Water Water	6667 ml

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. Once the meat mix and pasta are cooked add to cooking containers.
6. Using half the quantity of grated cheese mix into the pasta & meat mixture.
7. Make the cheese sauce according to the manufactures instructions, once cooked divided between the cooking containers and mix all ingredients together.
8. 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:

- **Cereals**
- **Gluten**
- **Milk**
- **Mustard**
- **Wheat**

May Contain:

- **Celery**
- **Eggs**
- **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): **405.8**

Fat (g): **18.0**

Saturated Fat (g): **8.7**

Carbohydrate: (g): **45.2**

of which Sugars: **7.4**

Protein (g): **15.3**

Fibre (g): **1.7**

Salt (g): **0.8**

Food Safety

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

Cheeseburger Pasta bake(V)

Junior: 100
Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	250 ml
ONION DICED FFP071 Onions, Diced	1667 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	6667 g
Vegan Mince 390067 MTA04A - Meat Alt Beef Style Mince 1kg (4 x 1kg)	3000 g
Pasta Shapes PST377 Pasta Conchiglie	4500 g
Coloured Grated Cheddar Cheese CHF400 Grated Coloured Cheddar	3000 g
SAUCE	2 g
Knorr Cheese Sauce Mix SAM075 Knorr Cheese Sauce Mix	1067 g
Water Water	6667 ml

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. Once the meat mix and pasta are cooked add to cooking containers.
6. Using half the quantity of grated cheese mix into the pasta & meat mixture.
7. Make the cheese sauce according to the manufactures instructions, once cooked divided between the cooking containers and mix all ingredients together.
8. 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:

- **Cereals**
- **Gluten**
- **Milk**
- **Mustard**
- **Soya**
- **Wheat**

May Contain:

- **Celery**
- **Eggs**

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): **449.3**

Fat (g): **18.8**

Saturated Fat (g): **8.9**

Carbohydrate: (g): **47.5**

of which Sugars: **8.3**

Protein (g): **20.5**

Fibre (g): **3.3**

Salt (g): **0.8**

Food Safety

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

Junior: 100
Portions

Ingredients	
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	250 g
Oil (vegetable) OIL013 C/R VEGETABLE OIL	150 ml
Soy Sauce SAU152 SOY SAUCE	125 ml
Honey PRE182 Clear Honey	70 g
Quorn pieces 410084 Quorn Pieces 1kg	5700 g

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

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Eggs• 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): 73.7
Fat (g): 2.9
Saturated Fat (g): 0.6
Carbohydrate: (g): 1.9
<i>of which Sugars:</i> 1.5
Protein (g): 8.1
Fibre (g): 4.0
Sodium (mg): 0.3
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.

Chinese Style Sticky Pork

Junior: 100
Portions

Ingredients	
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	250 g
Oil (vegetable) OIL013 C/R VEGETABLE OIL	150 ml
Soy Sauce SAU152 SOY SAUCE	125 ml
Honey PRE182 Clear Honey	70 g
Pork Diced JWY72 FREE FLOW DICED PORK (98% VL) - 2.5KG	5700 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 Cake/Muffin - Macphie

Junior: 100
Portions

Ingredients	
Macphie chocolate mix MXS140 Chocolate muffin/cake mix	3125 g
Water Water	1420 ml
Oil (vegetable) OIL013 C/R VEGETABLE OIL	512 ml

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

Allergens
Contains: <ul style="list-style-type: none">• Cereals• Eggs• Gluten• Soya• Wheat
<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): 171.3
Fat (g): 8.7
Saturated Fat (g): 1.0
Carbohydrate: (g): 18.2
<i>of which Sugars:</i> 9.4
Protein (g): 2.6
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.

Chocolate Cookie

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	1021 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	340 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	907 g
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	113 g
Cornflakes BRK095 Cornflakes Bag - Kelloggâ€™s	170 g
Margarine MRG020 Cooking & Baking Margarine	1361 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 Crunch

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	1417 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	472 g
Baking Powder BAK441 Baking Powder	94 g
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	118 g
Eggs EGG112 1 Egg =50g Eggs, Medium, Free Range - Kfresh	208 g
Margarine MRG020 Cooking & Baking Margarine	1417 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	1417 g

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

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Eggs• 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): 223.0
Fat (g): 11.2
Saturated Fat (g): 4.4
Carbohydrate: (g): 29.1
<i>of which Sugars:</i> 14.4
Protein (g): 2.4
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. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Chocolate Milkshake

Junior: 100
Portions

Ingredients	
Milk Semi-skimmed MLK017 Fresh Semi-Skimmed Milk Polybottle (2Ltr) - Paynes	15000 ml
Chocolate Crusha NAS MLS043 Chocolate - Crusha NAS	5000 ml

Method
1. Mix crusha in to milk and shake well to mix. 2. Pour and serve.

Allergens
Contains: <ul style="list-style-type: none">• Milk
<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): 74.5
Fat (g): 2.6
Saturated Fat (g): 1.6
Carbohydrate: (g): 8.4
of which Sugars: 7.0
Protein (g): 5.2
Fibre (g): 0.0
Salt (g): 0.2

Food Safety
1. Maintain a high standard of hygiene and wash your hands at the appropriate times. 2. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours. 3. Once prepared, cover to reduce the risk of cross contamination and store in a refrigerator until service time.

Chocolate Milkshake

Junior: 100
Portions

Ingredients

Chocolate Milkshake MLK028

20000 ml

Viva Chocolate Milkshake

Method

No methods have been set for this recipe.

Allergens

Contains:

- **Milk**

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

Nutritional Content (portion)

Energy (kcal): **94.0**

Fat (g): **3.0**

Saturated Fat (g): **2.2**

Carbohydrate: (g): **9.6**

of which Sugars: **9.4**

Protein (g): **7.2**

Fibre (g): **0.0**

Salt (g): **0.3**

Food Safety

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

No instructions have been set for this recipe.

Chocolate Sponge

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	1772 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	413 g
Baking Powder BAK441 Baking Powder	177 g
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	177 g
Margarine MRG020 Cooking & Baking Margarine	1063 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	1063 g
Eggs EGG112 1 Egg =50g Eggs, Medium, Free Range - Kfresh	500 g
Water Water	712 ml
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	94 g

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

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Eggs• Gluten• Kamut• Milk• 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): 204.6
Fat (g): 8.9
Saturated Fat (g): 3.6
Carbohydrate: (g): 28.9
<i>of which Sugars:</i> 11.3
Protein (g): 3.1
Fibre (g): 1.0
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.3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Cod Fillet Fish Fingers

**Junior: 100
Portions**

Ingredients

Cod Fish Finger 330031

300 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 "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.

Crispy Fish Nuggets

Junior: 100
Portions

Ingredients

Salmon Bites 320058 6000 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 "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.

Crispy Nugget Dippers (DF)(VE)

Junior: 100
Portions

Ingredients

Vegetable Nuggets 20g 420028

300 pieces

Vegetable Nuggets

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- Cereals
- Gluten
- Sulphur dioxide
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **118.2**

Fat (g): **5.5**

Saturated Fat (g): **0.5**

Carbohydrate: (g): **14.4**

of which Sugars: **2.3**

Protein (g): **1.9**

Fibre (g): **1.6**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

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

Crispy Rainbow Fingers (DF)(V)(VE)

Junior: 100
Portions

Ingredients	
Vegetable Fingers 390033	300 pieces
Vegetable fingers	

Method
1. Follow manufacturers guidelines

Allergens
Contains:
<ul style="list-style-type: none">• Barley• Cereals• Kamut• Oats• Rye• Spelt• Wheat
<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): 141.0
Fat (g): 6.1
Saturated Fat (g): 0.4
Carbohydrate: (g): 18.0
<i>of which Sugars:</i> 1.9
Protein (g): 2.6
Fibre (g): 1.9
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. 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.

Fresh Fruit --

**Junior: 100
Portions**

Ingredients	
Bananas SCH033 Bananas	3750 g
Oranges FFM060/S Orange Wedges	4250 g
Apples SCH031 Apples, Golden Delicious	2000 g

Method
1. Wash & serve.

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

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

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

Frosted Chocolate Cake

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	1417 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	330 g
Baking Powder BAK441 Baking Powder	142 g
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	142 g
Margarine MRG020 Cooking & Baking Margarine	850 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	850 g
Eggs EGG112 1 Egg =50g Eggs, Medium, Free Range - Kfresh	333 g
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	70 g
Water Water	950 ml
Sugar, Icing SUG250 ICING SUGAR	378 g
Margarine MRG020 Cooking & Baking Margarine	378 g
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	188 g
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	378 g
Boiling water Boiling water	17 ml

Method

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

Allergens

Contains:

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

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

Nutritional Content (portion)

Energy (kcal):	227.3
Fat (g):	10.9
Saturated Fat (g):	4.8
Carbohydrate (g):	29.4
<i>of which Sugars:</i>	14.7
Protein (g):	3.3
Fibre (g):	0.8
Salt (g):	0.1

Food Safety

1. Maintain a high standard of hygiene and wash your hands at the appropriate times.
2. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Fruit Cocktail in Juice

Junior: 100
Portions

Ingredients

Fruit Cocktail in juice FRC212
FRUIT COCKTAIL IN JUICE

6833 g

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **36.9**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate (g): **8.5**

of which Sugars: **8.5**

Protein (g): **0.2**

Fibre (g): **0.7**

Salt (g): **0.0**

Food Safety

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

Gammon Steaks

**Junior: 100
Portions**

Ingredients

Gammon Steak JWY96 **7000 g**
GAMMON HORSESHOE

Method

1. Cook gammon steak according to manufacturer's instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **119.0**

Fat (g): **6.3**

Saturated Fat (g): **2.1**

Carbohydrate: (g): **3.4**

of which Sugars: **0.0**

Protein (g): **15.4**

Fibre (g): **0.0**

Sodium (mg): **1.5**

Salt (g): **0.0**

Food Safety

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

Iced Cornflake Special (DF)(VG)

Junior: 100
Portions

Ingredients	
Margarine MRG020 Cooking & Baking Margarine	1417 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	709 g
Flour, Plain FLO154 C/R PLAIN FLOUR	709 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	237 g
Baking Powder BAK441 Baking Powder	59 g
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	88 g
Coconut BAK660 Coconut	945 g
Cornflakes BRK095 Cornflakes Bag - Kelloggâ€™s	237 g
To Make Topping	0
Sugar, Icing SUG250 ICING SUGAR	472 g
Cocoa BEV070 Freshers Fat Reduced Cocoa Powder	59 g
Boiling water Boiling water	117 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.

Iced Lemon Sponge

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	1417 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	473 g
Baking Powder BAK441 Baking Powder	140 g
Margarine MRG020 Cooking & Baking Margarine	850 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	850 g
Water Water	767 ml
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	70 g
Eggs EGG112 1 Egg =50g Eggs, Medium, Free Range - Kfresh	500 g
Sugar, Icing SUG250 ICING SUGAR	757 g
Lemons/Juice/zest FFM051/S Lemons	3 pieces

Method

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

Allergens

Contains:

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

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

Nutritional Content (portion)

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

Food Safety

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

Italian Style Pizza Pocket

**Junior: 100
Portions**

Ingredients	
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	1417 g
Mozzarella Cheese CHF408 Shredded 80/20 Mozzarella / Cheddar 6x2kg	1417 g
Mixed Herbs SPI402 Dried Mixed Herbs	4 tspn
7" Piegatta Calzone Pizza 630049 Piegatta Calzone Pizza	50 pieces

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

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

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

Italian Style Mince Beef Pasta Bolognese

Junior: 100
Portions

Ingredients	
Diced Onion FFF071 Onions, Diced	850 g
Grated Carrot FFP080 Carrots, Grated	850 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	3970 g
Tomatoes, Chopped (tinned) VGC830 Royal Crown Chopped Tomatoes 6x800g	3400 g
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	425 g
Black Pepper - ERC SPI334 Ground Black Pepper	3 tspn
Worcestershire Sauce SAU547 Worcester Sauce	10 tspn
Vegetable Bouillon BOU133 Piece = 1 tsp Vegetable Bouillon Powder (2kg)	10 pieces
Minced Beef 970085 Minced Beef	5000 g
Pasta Shapes PST377 Pasta Conchiglie	4500 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**

of which Sugars: **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.

Italian Style Pepperoni Pizza Pocket

Junior: 100
Portions

Ingredients	
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	1417 g
Mozzarella Cheese CHF408 Shredded 80/20 Mozzarella / Cheddar 6x2kg	1417 g
Mixed Herbs SPI402 Dried Mixed Herbs	4 tspn
7" Piegatta Calzone Pizza 630049 Piegatta Calzone Pizza	50 pieces
Pepperoni Slices 630152 Sliced Pepperoni	1417 g

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

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Gluten• Milk• Wheat
May Contain: <ul style="list-style-type: none">• Eggs• Oats• Rye
<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): 221.4
Fat (g): 13.4
Saturated Fat (g): 5.3
Carbohydrate: (g): 16.1
<i>of which Sugars:</i> 1.3
Protein (g): 9.0
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. 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.

Jam Buns

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	1361 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	454 g
Baking Powder BAK441 Baking Powder	113 g
Margarine MRG020 Cooking & Baking Margarine	680 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	907 g
Jam MIXED FRUIT PRE160 C/R MIXED FRUIT JAM	227 g
Water Water	570 ml
Milk, Dried CR milk powder MLP040 Dried Skimmed Milk with Vegetable Fat	57 g

Method
<ol style="list-style-type: none">1. Rub Margarine into sieved white flour and baking powder. Add wholemeal flour.2. Add sugar and dried milk.3. Mix to a soft dough with the water.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• Milk• 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): 154.0
Fat (g): 5.5
Saturated Fat (g): 2.2
Carbohydrate (g): 25.1
<i>of which Sugars:</i> 10.8
Protein (g): 2.0
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: 100
Portions**

Ingredients	
Water Water	14206 ml
Jelly Crystals, Orange JEL045 Orange Flavour Jelly	2778 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: 100
Portions

Ingredients	
Jelly Crystals Strawberry JEL044 Strawberry Flavour Jelly	2778 g
Water Water	14206 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.

Mandarin Segments in Juice

Junior: 100
Portions

Ingredients

Mandarin Oranges FRC314

6667 g

Mandarin Segments in Juice

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **21.3**

Fat (g): **0.3**

Saturated Fat (g): **0.1**

Carbohydrate: (g): **5.1**

of which Sugars: **5.1**

Protein (g): **0.5**

Fibre (g): **0.2**

Salt (g): **0.0**

Food Safety

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

Melting Moment Biscuit

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	911 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	304 g
Baking Powder BAK441 Baking Powder	50 g
Margarine MRG020 Cooking & Baking Margarine	911 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	707 g
Oats BRK210 Superfast Oats	204 g
Cherries, Glace DFR400 Glace Cherries	50 g
Eggs EGG112 1 Egg =50g Eggs, Medium, Free Range - Kfresh	179 g

Method

1. Cream margarine and sugar. Add eggs to mixture.
2. Mix in baking powder and flours. Portion and form into balls. Roll in oats.
3. Place on baking sheet and flatten slightly. Decorate with a piece of cherry.
4. Bake in a moderate oven.

Allergens

Contains:

- Barley
- Cereals
- Eggs
- 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):	142.0
Fat (g):	7.3
Saturated Fat (g):	2.8
Carbohydrate (g):	18.0
<i>of which Sugars:</i>	7.5
Protein (g):	1.7
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. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours.
3. Eggs: check dates, rotate and refrigerate at the bottom of the refrigerator.

Oaty Fruit Crunch

**Junior: 100
Portions**

Ingredients	
Oats BRK210 Superfast Oats	1500 g
Flour, Plain FLO154 C/R PLAIN FLOUR	1533 g
Margarine MRG020 Cooking & Baking Margarine	1133 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	800 g
Apples (tinned) FRC002 C/R SOLID PACK APPLE (ITALIAN)	5000 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.

Ocean Friendly Fingers (VG)

**Junior: 100
Portions**

Ingredients

Quorn Vegan Fishless Fingers 410108 **300 pieces**
Quorn Vegan Fishless Fingers 8x200g

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- **Cereals**
- **Wheat**

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

Nutritional Content (portion)

Energy (kcal): **128.4**

Fat (g): **4.7**

Saturated Fat (g): **0.4**

Carbohydrate: (g): **17.5**

of which Sugars: **1.0**

Protein (g): **2.7**

Fibre (g): **2.5**

Salt (g): **0.8**

Food Safety

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

Orange Wedges

Junior: 100
Portions

Ingredients

Oranges FFM060/S	13000 g
Orange Wedges	

Method

No methods have been set for this recipe.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **81.9**

Fat (g): **0.4**

Saturated Fat (g): **0.0**

Carbohydrate: (g): **20.8**

of which Sugars: 0.0

Protein (g): **1.7**

Fibre (g): **5.8**

Salt (g): **0.0**

Food Safety

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

No instructions have been set for this recipe.

Peach Melba

**Junior: 100
Portions**

Ingredients	
Peaches (tinned) FRC362 Riverdene Peach Slices in juice 6 x 825g	4567 g
Cornflour FLO048 C/R CORNFLOUR	75 g
Water Water	760 ml
Jam MIXED FRUIT PRE160 C/R MIXED FRUIT JAM	907 g
Vanilla Ice Cream Tubs (820108) Vanilla Flavour Ice Cream	100 pieces

Method
<ol style="list-style-type: none">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.

Allergens
Contains: <ul style="list-style-type: none">• Milk
<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): 164.7
Fat (g): 6.0
Saturated Fat (g): 3.9
Carbohydrate (g): 25.5
of which Sugars: 23.8
Protein (g): 2.3
Fibre (g): 0.6
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. 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.

Peach Slices in Juice

Junior: 100
Portions

Ingredients

Peaches (tinned) FRC362 **6850 g**
Riverdene Peach Slices in juice 6 x 825g

Method

1. Refer to manufactures instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **26.7**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate (g): **6.6**

of which Sugars: **6.6**

Protein (g): **0.4**

Fibre (g): **0.5**

Salt (g): **0.0**

Food Safety

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

Pear Halves in Juice

Junior: 100
Portions

Ingredients

Pears (tinned) FRC410	6850 g
Pear Halves In Juice	

Method

1. Serve according to manufacturer's instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **35.6**

Fat (g): **0.1**

Saturated Fat (g): **0.0**

Carbohydrate (g): **8.6**

of which Sugars: 7.7

Protein (g): **0.1**

Fibre (g): **0.7**

Salt (g): **0.0**

Food Safety

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

Pizza Pasta Bake (V)

Junior: 100
Portions

Ingredients	
Tinned chopped tomatoes VGC830 Royal Crown Chopped Tomatoes 6x800g	3970 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	300 ml
Diced Onion FFF071 Onions, Diced	1135 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	1985 g
Mixed Herbs SPI402 Dried Mixed Herbs	5 tspn
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	425 g
Vegetable Bouillon BOU133 Piece = 1 tsp Vegetable Bouillon Powder (2kg)	15 pieces
Cheese - Grated CHF402 Mild White Cheddar	2835 g
Black Pepper - ERC SPI334 Ground Black Pepper	10 tspn
Pasta Shapes PST377 Pasta Conchiglie	4500 g

Method

1. Make the tomato sauce: heat the oil in a pan, add the diced onions and saute'.
2. Add chopped tomatoes, tomato puree, maggie sauce. Season to taste with vegetable bouillon, Herbs & black pepper. Simmer gently..
3. Cook pasta following the manufacturer's instructions.
4. Drain the pasta and mix into tomato mix and stir well.
5. Portion into tins and sprinkle with cheese and place in a moderate oven for 15 minutes.

Allergens

Contains:

- Cereals
- Gluten
- Milk
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **335.3**

Fat (g): **14.1**

Saturated Fat (g): **6.6**

Carbohydrate: (g): **38.3**

of which Sugars: **4.6**

Protein (g): **13.2**

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. 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.

Pizza Pasta Bake

Junior: 100
Portions

Ingredients	
Tinned chopped tomatoes VGC830 Royal Crown Chopped Tomatoes 6x800g	3970 g
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	285 ml
Diced Onion FFF071 Onions, Diced	1134 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	1990 g
Mixed Herbs SPI402 Dried Mixed Herbs	5 tspn
Black Pepper - ERC SPI334 Ground Black Pepper	3 tspn
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	425 g
Vegetable Bouillon BOU133 Piece = 1 tsp Vegetable Bouillon Powder (2kg)	15 pieces
Worcestershire Sauce SAU547 Worcester Sauce	10 tspn
Cheese - Grated CHF402 Mild White Cheddar	570 g
Ham (cooked) MCC080 Gammon Ham	4500 g
Pasta Shapes PST377 Pasta Conchiglie	4500 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. 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:

- Barley
- Cereals
- Fish
- Gluten
- Milk
- Wheat

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

Nutritional Content (portion)

Energy (kcal):	293.1
Fat (g):	8.0
Saturated Fat (g):	2.4
Carbohydrate: (g):	38.1
<i>of which Sugars:</i>	4.7
Protein (g):	15.5
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. 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.

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

Junior: 100
Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	300 ml
Diced Onion FFF071 Onions, Diced	1135 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	1985 g
Mixed Herbs SPI402 Dried Mixed Herbs	5 tspn
Black Pepper - ERC SPI334 Ground Black Pepper	5 tspn
Vegetable Bouillon BOU133 Piece = 1 tsp Vegetable Bouillon Powder (2kg)	15 pieces
Vegan Plant Balls (410219 Plant Balls 17g	7600 g

Method
<ol style="list-style-type: none"> 1. Heat oil in a pan and gently fry the chopped onions. 2. Add chopped tomatoes, tomato puree and maggie sauce. Season to taste with the vegetable bouillon, black pepper and mixed herbs and simmer gently. 3. Place the plant balls on a grease baking tray. cook as per manufactures instructions. 4. Place the cooked balls in a serving tin. Cover with the tomato sauce and serve.

Allergens
Contains:
<ul style="list-style-type: none"> • Sulphur dioxide
<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): 184.5
Fat (g): 11.4
Saturated Fat (g): 1.1
Carbohydrate: (g): 10.2
of which Sugars: 4.3
Protein (g): 11.4
Fibre (g): 3.6
Salt (g): 0.1

Food Safety
<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. For distributed meals, holding time (packing & travelling time) must not exceed 4 hours. 6. The service temperature must be maintained at above 65C throughout the service period. 7. Ensure that there are no ice crystals present prior to cooking.

Quorn Vegan Fillet (DF)(V)(VE)

**Junior: 100
Portions**

Ingredients

Quorn Vegan Fillets 69g 410156
Vegan Fillets

100 pieces

Method

1. Refer to manufactures instructions.

Allergens

Contains:

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

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

Nutritional Content (portion)

Energy (kcal): **67.6**

Fat (g): **0.8**

Saturated Fat (g): **0.3**

Carbohydrate: (g): **3.4**

of which Sugars: **0.0**

Protein (g): **9.7**

Fibre (g): **4.3**

Sodium (mg): **0.3**

Salt (g): **0.0**

Food Safety

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

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

Junior: 100
Portions

Ingredients	
Oil (sunflower) OIL075 KTC SUNFLOWER OIL	300 ml
Diced Onion FFV071 Onions, Diced	1135 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	1985 g
Mixed Herbs SPI402 Dried Mixed Herbs	5 tspn
Black Pepper - ERC SPI334 Ground Black Pepper	5 tspn
Vegetable Bouillon BOU133 Piece = 1 tsp Vegetable Bouillon Powder (2kg)	15 pieces
Quorn Vegan Meatballs 410192 Quorn Vegan Balls	7600 g

Method

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

Allergens

Contains:

- Barley
- Cereals
- Gluten
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **145.0**

Fat (g): **6.2**

Saturated Fat (g): **1.2**

Carbohydrate: (g): **10.3**

of which Sugars: **1.7**

Protein (g): **10.3**

Fibre (g): **4.1**

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.

Raspberry Ripple Mousse

Junior: 100
Portions

Ingredients

Raspberry Ripple Mousse (810074) **100 pieces**
Raspberry Ripple Mousse

Method

No methods have been set for this recipe.

Allergens

Contains:

- **Milk**

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

Nutritional Content (portion)

Energy (kcal): **188.0**

Fat (g): **8.6**

Saturated Fat (g): **4.2**

Carbohydrate: (g): **24.9**

of which Sugars: **22.2**

Protein (g): **2.7**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

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

No instructions have been set for this recipe.

Roast Chicken

**Junior: 100
Portions**

Ingredients

chicken joint 900039 **7500 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 Chicken Breast Fillet

**Junior: 100
Portions**

Ingredients

Chicken breast(uncooked) 900059 **100 pieces**
Red Tractor Cooked Chicken Breast Flattened (50g)

Method

1. Refer to manufactures instructions

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **47.0**

Fat (g): **0.8**

Saturated Fat (g): **0.2**

Carbohydrate: (g): **1.4**

of which Sugars: **0.8**

Protein (g): **10.8**

Fibre (g): **0.2**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

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

Roast Gammon

Junior: 100
Portions

Ingredients

Gammon (joint) JWY92	7500
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: 100
Portions**

Ingredients

Roast Pork Loin JWY82 **7500 g**
PORK LOIN BONELESS

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **129.8**

Fat (g): **4.5**

Saturated Fat (g): **1.6**

Carbohydrate: (g): **0.0**

of which Sugars: **0.0**

Protein (g): **20.7**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

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

Roast Pork Loin Steaks

**Junior: 100
Portions**

Ingredients

Pork Loin Steak JWY82B
PORK STEAKS, RIND ON

100 pieces

Method

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

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **139.2**

Fat (g): **8.8**

Saturated Fat (g): **2.6**

Carbohydrate: (g): **0.0**

of which Sugars: **0.0**

Protein (g): **10.7**

Fibre (g): **0.0**

Salt (g): **0.0**

Food Safety

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

Shortcake

Junior: 100
Portions

Ingredients	
Flour, Plain FLO154 C/R PLAIN FLOUR	2126 g
Flour, Wholemeal FLO150 Flour, Wholemeal - Bradona	709 g
Baking Powder BAK441 Baking Powder	142 g
Margarine MRG020 Cooking & Baking Margarine	1814 g
Sugar, White SUG150 TL GRAN SUGAR 15X1KG PAPER BAG	1361 g
Eggs EGG112 1 Egg =50g Eggs, Medium, Free Range - Kfresh	250 g

Method
<ol style="list-style-type: none">1. Cream margarine and sugar together, add dry ingredients and beaten eggs.2. Press into greased tins and portion3. Bake in a moderate oven.4. Portion whilst still warm.5. Sprinkle with sugar.6. Cover with lid, otherwise shortcake will set hard.

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Eggs• 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): 276.8
Fat (g): 14.2
Saturated Fat (g): 5.6
Carbohydrate: (g): 35.7
<i>of which Sugars:</i> 13.9
Protein (g): 3.2
Fibre (g): 1.4
Salt (g): 0.2

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

Strawberry Milkshake

Junior: 100
Portions

Ingredients	
Milk Semi-skimmed MLK017	15000 ml
Fresh Semi-Skimmed Milk Polybottle (2Ltr) - Paynes	
Strawberry Crusha NAS MLS045	5000 ml
Strawberry - Crusha NAS	

Method
No methods have been set for this recipe.

Allergens
Contains:
<ul style="list-style-type: none">• Milk
<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): 72.0
Fat (g): 2.6
Saturated Fat (g): 1.6
Carbohydrate: (g): 7.6
<i>of which Sugars:</i> 7.0
Protein (g): 5.2
Fibre (g): 0.0
Salt (g): 0.2

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.
No instructions have been set for this recipe.

Strawberry Milkshake*

Junior: 100
Portions

Ingredients

Strawberry Milkshake MLK029

20000 ml

Viva Strawberry Milkshake

Method

No methods have been set for this recipe.

Allergens

Contains:

- **Milk**

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

Nutritional Content (portion)

Energy (kcal): **92.0**

Fat (g): **2.8**

Saturated Fat (g): **2.0**

Carbohydrate: (g): **9.6**

of which Sugars: **9.6**

Protein (g): **6.8**

Fibre (g): **0.0**

Salt (g): **0.3**

Food Safety

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

No instructions have been set for this recipe.

Stuffing(DF)(V)(VE)

Junior: 100
Portions

Ingredients

Stuffing STF024

2500 g

Sage and Onion Stuffing Mix

Method

1. Use as per manufacturers instructions.

Allergens

Contains:

- Cereals
- Gluten
- Sulphur dioxide
- Wheat

May Contain:

- Soya

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

Nutritional Content (portion)

Energy (kcal): **91.8**

Fat (g): **1.2**

Saturated Fat (g): **0.4**

Carbohydrate (g): **18.8**

of which Sugars: **0.8**

Protein (g): **2.8**

Fibre (g): **2.3**

Sodium (mg): **0.5**

Salt (g): **0.0**

Food Safety

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

Summer Brunch Muffin

Junior: 100
Portions

Ingredients	
English muffins 640032 Kara English White Muffins x6	100 pieces
Big AL's Sausage Pattie Fully Cooked Sausage Patties	100 pieces
Coloured Grated Cheddar Cheese CHF400 Grated Coloured Cheddar	2000 g

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

Allergens
Contains: <ul style="list-style-type: none">• Cereals• Gluten• Milk• Soya• Wheat
May Contain: <ul style="list-style-type: none">• Sesame seeds
<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): 393.2
Fat (g): 19.6
Saturated Fat (g): 9.0
Carbohydrate: (g): 32.0
<i>of which Sugars:</i> 3.6
Protein (g): 20.5
Fibre (g): 1.9
Sodium (mg): 0.3
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.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.

Summer Brunch Muffin(V)

Junior: 100
Portions

Ingredients	
English muffins 640032 Kara English White Muffins x6	100 pieces
Quorn Sausage Patties 410104 Quorn Sausage Patties 2kg	100 pieces
Coloured Grated Cheddar Cheese CHF400 Grated Coloured Cheddar	2000 g

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

Allergens
Contains: <ul style="list-style-type: none">• Barley• Cereals• Eggs• Gluten• Milk• Soya• Wheat
May Contain: <ul style="list-style-type: none">• Sesame seeds
<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): 294.7
Fat (g): 10.0
Saturated Fat (g): 4.8
Carbohydrate: (g): 32.8
<i>of which Sugars:</i> 3.6
Protein (g): 16.5
Fibre (g): 3.9
Sodium (mg): 0.5
Salt (g): 0.0

Food Safety
<ol style="list-style-type: none">1. Maintain a high standard of hygiene and wash your hands at the appropriate times.2. 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. 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: 100
Portions

Ingredients

Tomato Sauce POR045 1000 g
C/R TOMATO KETCHUP SACHET

Method

1. Use as per manufacturers instructions.

Allergens

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

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

Nutritional Content (portion)

Energy (kcal): **11.9**

Fat (g): **0.0**

Saturated Fat (g): **0.0**

Carbohydrate (g): **2.8**

of which Sugars: **2.4**

Protein (g): **0.1**

Fibre (g): **0.1**

Sodium (mg): **0.1**

Salt (g): **0.0**

Food Safety

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

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

Junior: 100
Portions

Ingredients	
Diced Onion FFF071 Onions, Diced	850 g
Grated Carrot FFP080 Carrots, Grated	850 g
Tinned chopped tomatoes VGC830 Royal Crown Chopped Tomatoes 6x800g	3400 g
Tomato Puree VGC230 Tomato Puree (Tubes) - Cirio	425 g
Vegetable Bouillon BOU133 Piece = 1 tsp Vegetable Bouillon Powder (2kg)	10 pieces
Black Pepper - ERC SPI334 Ground Black Pepper	5 tspn
Vegan Mince 390067 MTA04A - Meat Alt Beef Style Mince 1kg (4 x 1kg)	3400 g
Pomodora Sauce VGC015 Silbury Pomodoro Rich & Rustic Pasta Sauce Pouch 1.5kg	3970 g
Pasta Shapes PST377 Pasta Conchiglie	4500 g

Method

1. Place veggie mince in a pan, add diced onions, lightly seal until brown.
2. Add grated carrot, chopped tomatoes, maggie sauce & tomato puree.
3. Season to taste with veg bouillon & black pepper.
4. Simmer on a gentle heat.
5. Cook the pasta as per the manufactures instructions. Mixed together or serve separately.

Allergens

Contains:

- Cereals
- Gluten
- Soya
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **252.5**

Fat (g): **2.9**

Saturated Fat (g): **0.5**

Carbohydrate (g): **42.2**

of which Sugars: **6.9**

Protein (g): **12.2**

Fibre (g): **3.7**

Salt (g): **0.2**

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.

Waffle & Soft Scoop Ice Cream*

**Junior: 100
Portions**

Ingredients

Vanilla S/Scoop Ice Cream 810081 Vanilla Ice Cream	100 Portions
Wafflemeister Classic Waffle 35g DEF489 35g Classic Waffle	100 pieces

Method

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

Allergens

Contains:

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

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

Nutritional Content (portion)

Energy (kcal):	294.8
Fat (g):	15.5
Saturated Fat (g):	7.1
Carbohydrate: (g):	34.4
<i>of which Sugars:</i>	24.0
Protein (g):	4.1
Fibre (g):	0.8
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.

Waffle & Ice Cream Tub *

**Junior: 100
Portions**

Ingredients

Wafflemeister Classic Waffle 35g DEF489 **100 pieces**
35g Classic Waffle

Vanilla Ice Cream Tubs (820108) **100 pieces**
Vanilla Flavour Ice Cream

Method

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

Allergens

Contains:

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

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

Nutritional Content (portion)

Energy (kcal): **277.2**

Fat (g): **13.7**

Saturated Fat (g): **7.5**

Carbohydrate: (g): **34.0**

of which Sugars: **23.7**

Protein (g): **4.1**

Fibre (g): **0.7**

Salt (g): **0.0**

Food Safety

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

Waffle & Vanilla Block Ice Cream*

**Junior: 100
Portions**

Ingredients

Wafflemeister Classic Waffle 35g DEF489 100 pieces
35g Classic Waffle

Vanilla Block 820055 60 pieces
Cheshire Creamery CCVanilla BrickSR 12x1L

Method

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

Allergens

Contains:

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

May Contain:

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

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

Nutritional Content (portion)

Energy (kcal): **247.8**

Fat (g): **12.4**

Saturated Fat (g): **6.7**

Carbohydrate: (g): **29.9**

of which Sugars: **17.4**

Protein (g): **3.6**

Fibre (g): **0.7**

Salt (g): **0.0**

Food Safety

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

Yorkshire Pudding

**Junior: 100
Portions**

Ingredients

Yorkshire Pudding Aunt Bessie 640076 3000 g
Yorkshire Puddings

Method

1. Refer to manufactures instructions.

Allergens

Contains:

- Cereals
- Eggs
- Gluten
- Milk
- Wheat

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

Nutritional Content (portion)

Energy (kcal): **75.6**

Fat (g): **2.2**

Saturated Fat (g): **0.2**

Carbohydrate (g): **11.1**

of which Sugars: **0.6**

Protein (g): **2.5**

Fibre (g): **0.7**

Salt (g): **0.0**

Food Safety

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