

Request Reference: FOI/029/23

Published: 28 August 2023

Information requested:

I am writing to make a formal request under the Freedom of Information (Scotland) Act 2002, for information held by your Trust about the food production methods and catering procedures employed within the Trust's healthcare facilities.

For the purposes of clarity, I am referring to food that is prepared for, or otherwise supplied to patients by the Trust. This would likely, predominantly, be food supplied to in-patients; but it may well also include any restaurants supplied by your catering department (e.g., Aroma Coffee Houses, or cafés, where supplied).

Food Production Methods:

RFI 1: Does the Trust produce food for patients in-house? If so, please clarify whether this is carried out on a central site (e.g., central production unit), or within each individual hospital. If there is a mixture of both, please clarify, where possible.

RFI 2: If food is not produced in-house, please provide details on whether it is produced by a third-party facilities contractor (e.g., under a PFI agreement), or purchased from external sources, in frozen (or chilled) format.

Where possible, for RFI 1 and 2, please also clarify the arrangements for delivery-to-patient (e.g., is the food supplied to wards and then reheated on-site, or is some other reheating method used).

RFI 3: For in-patient meals, what is the average cost per meal, to the Trust?

Recipe and Cooking Method Information:

RFI 4: In the event that the Trust produces food in-house, please supply a copy of the recipes, and cooking / preparation methods utilised by the catering department for standardised food items. I would imagine that this information would be readily available, owing to standardisation of menu items [1].

This would include information on ingredients, preparation steps, cooking temperatures, and any relevant nutritional considerations (e.g., it might be noted on menus that certain items are suitable for those on restricted diets, or that some menu items have specific allergens).

RFI 5: If you do not produce food in-house, please confirm whether you hold standardised information as to what items are available (e.g., menus, and nutritional / allergen information), and supply a copy, where possible.

My preference would be to receive any correspondence electronically (as afforded under §11(2)(a) of FoISA), ideally in a format that allows for contents to be interpreted using screen reading software.

If the Trust intends to supply redacted correspondence, I should be grateful if it would ensure that the text itself is "readable", e.g., by ensuring that content is not supplied merely in image format. Similarly, if there is data held in a spreadsheet format, please supply Excel or CSV files - a PDF may for example, not allow for easy interpretation of the data.

I would hope that the bulk of this information is readily available, given the standardised nature of hospital catering services; however, if it is likely that a "costs" issue will come into play, I would be happy, in the first instance, to limit my request solely to your in-patient facilities (e.g. excluding any retail / staff catering offer).

Response:

RFI 1 We are a single site Health Board and the production of food for patients is carried out in-house.

RFI 2 As per RFI 1, food for patients is produced in house.

Food is supplied to the wards in heated food trolleys. There is no requirement for meal to be reheated.

RFI 3. We give notice under section 17 of FOISA that we do not hold the information requested.

However, in quarter 1 of 2023/24 the average provisions cost per patient day was £8.50.

RFI 4. Enclosed with email response

RFI 5 As per RFI 1, food for patients is produced in house.

Mainpasta80**Ravioli**

To make 100 portion(s):

Item Code	Description	Quantity	Unit
53245	Tinned ravioli	10.00	2.5kg

- 1/ Place ravioli into serving tins
- 2/ Heat in combi oven for 30min
- 3/ Serve

Recipe Name: Ravioli	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Pas700

Quorn & Tomato Pasta

To make 100 portion(s):

Item Code	Description	Quantity	Unit
70486	Tri colour spiral pasta	2.00	3kg
8055	Diced onions	2.50	Kg
8024	Grated carrots	2.50	Kg
8106	Diced turnip	1.50	Kg
5634	Tomato puree	400.00	Gm
Litre	Water	7.70	Litre
17576	Chopped tomatoes(tin)		Gm
70358	Mixed herbs	50.00	Gm
01456	Garlic puree	15.00	Gm
Grate lfc	Low fat cheese	1.00	Kg
4034	Quorn pieces	4.00	1kg

- 1/ Place all vegetables into bratt pan and sweat off
- 2/ Add tomatoes
- 3/ Cook off pasta and mix through tomato sauce, stir through cheese and quorn pieces
- 4/ Place into serving containers

Recipe Name: Quorn & Tomato Pasta	NONE
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Vegmain05

Savoury Rice & Chickpeas (V)

To make 100 portion(s):

Item Code	Description	Quantity	Unit
14418	Roland long grain rice	10.00	Kilo
8142	Fresh tomatoes	2.00	1 kilo
01456	Garlic puree	25.00	Gm
41033	Knorr bouillon veg	250.00	Gm
Flora 500	Flora light	1.00	250g
106762	Ratatouille mix	3.00	1.5kilo
70299	Tumeric	20.00	Gm
49333	Mixed herbs	20.00	Gm
98544	Chickpeas	2.50	3kg
8055	Diced onions	0.25	5kg
70403	Curry powder	20.00	Gm
19897	Sultanas	500.00	gm

- 1/ Boil rice for 20 min strain and leave to cool.
- 2/ Sweat of onions and ratatouille in the flora and add rice.
- 3/ Stir continuously and add remaining ingredients.
- 4/ Stir and cook for 10 min.
- 5/ Serve in appropriate containers with lids.

Recipe Name: Savoury Rice & Chickpeas (V)	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Vegmain13

Vegetable Enchilada (V)

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4034	Quorn pieces	4.00	1kg
6004	Mushrooms	2.00	1box
5634	Tomato puree lg tin	0.50	800g
17576	Chopped tomatoes (tin)	1.00	2.5kg
4381	Tortilla 10 inch (flour)	100.00	56g
Grated lfc	Low fat cheese	1.50	Kg
8055	Diced onions 10mm	2.00	Kg
01456	Garlic puree	25.00	Gm
106762	Ratatouille mix	2.00	1.5kg
50236	Kidney beans	0.50	2.5kg
litre	water	1.00	litre

- 1/ Cook off vegetable garlic and quorn in bratt pan
- 2/ Add tomatoes, water, tomato puree and remaining vegetables and herbs
- 3/ Chill
- 4/ Lay out tortillas and sprinkle with cheese and add a spoonful of vegetable mix
- 5/ Roll and place in serving tins
- 6/ Heat in serving trolley

Recipe Name: Vegetable Enchilada (V)	
Allergen	Tick if present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Vegmain 29**Vegetable Burgers**

To make 100 portion(s):

Item Code	Description	Quantity	Unit
3231	Wholemeal Roll	100.00	roll
4030	Vegetable Burger		

1/ Cook from frozen in the oven

2/ Serve with roll

Recipe Name: Vegetable Burgers	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Vegmain39

Potato & Bean Bake (V)

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8055	Diced onions	0.50	5kg
1800	Celery head	3.00	300g
8035	Diced carrots	0.50	5kg
01456	Garlic puree	20.00	Gm
70378	Ground coriander	20.00	Gm
Flora500	Flora light	1.00	250g
8075	Sliced potato	2.00	5kg
7261	Five bean salad	8.00	800g
17576	Chopped tomatoes	1.00	2.5kg
Grate lfc	Low fat cheese	2.38	Kg
70358	Mixed herbs	20.00	gm

- 1/ Sweat of garlic, onions and vegetable
- 2/ Add tomatoes, coriander, herbs and beans
- 3/ place in serving dish and cool
- 4/ Place sliced potato on top and sprinkle with cheese.
- 5/ Bake in oven until golden brown

Recipe Name: Potato & Bean Bake	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Vegmain38

Thai Vegetable & Lentil Curry

To make 100 portion(s):

Item Code	Description	Quantity	Unit
106762	Ratatouille mix	2.00	1.5kg
56614	Lentils split	6.00	Kg
4785	Thai veg stir fry	4.50	1kg
80596	Thai green paste	2.00	850g
70403	Curry powder	15.00	Gm
41033	Knorr bouillon veg	120.00	Gm
litre	Water	1.00	litre

1/ Soften lentils.

2/ Cook of curry powder, bouillon, and veg mix in the boiler with a little water until soft.

3/ Add curry paste and heat thoroughly.

4/ Serve in appropriate serving tins.

Recipe Name: Thai Vegetable & Lentil Curry	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as SO ₂)	

Wk1 Tue

Vegside06

Sweetcorn

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4782	Sweetcorn Kernals (frozen)	3.50	2.5kg

1/ Tray up appropriate for each ward.

2/ Cook off in a combi oven on steam for 10 minutes

3/ Serve in appropriate tins

Recipe Name: Sweetcorn	NONE
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Thur

Vegside19

Corn on the Cob

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4942	Corn on the Cob	100.00	each

1/ Unwrap the corn, place on steamer racks and cook for 15 min in combi oven on steam

2/ Place in appropriate serving containers

Recipe Name: Corn on the Cob	NONE
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Sun

Vegside04

Green Beans

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4758	Green beans	8.00	kg

- 1/ Tray up appropriate for each ward.
- 2/ Cook in a combi oven on steam for 10 minutes
- 3/ Serve in appropriate tins

Recipe Name: Green Beans	None
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Sat

Vegside01

Brussel Sprouts

To make 100 portion(s):

Item Code	Description	Quantity	Unit	
4766	Brussel Sprouts	4.00	2.5kg	

- 1/ Tray up on appropriate trays
- 2/ Cook off in combi steamer for 10 min
- 3/ Serve

Recipe Name: Brussel Sprouts	None
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Mon

Vegside11

Broccoli

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4748	Broccoli florets (frozen)	9.00	1 bag

- 1/ Tray up broccoli
- 2/ Cook in a combi oven on steam for 10 minutes
- 3/ Serve in appropriate tins

Recipe Name: Broccoli	NONE
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Vegside12**Cauliflower Cheese (V)**

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4768	Cauliflower (frozen)	12.00	Kilo
Flora500	Flora light	2.50	250g
405522	Milk powder	1.00	Kilo
GRATE FC	Low fat cheese	3.75	Kg
42018	Plain flour	625.00	grams
Litre	Water	10.00	litre

- 1/ Melt flora, add flour to make roux, cook out and add milk and melt in cheese.
 2/ Steam cauliflower and add to sauce.
 3/ Tray up and top with a little cheese.

Recipe Name: Cauliflower Cheese (V)	
Allergen	Tick if present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input checked="" type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Cooked Onions

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8055	Diced onions	0.75	5kg
Flora500	Flora light	2.00	250g

Recipe Name: Cooked Onions	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Mushy Peas

To make 100 portion(s):

Item Code	Description	Quantity	Unit
56624	Dried peas	0.50	12.5kg
litre	water	10.00	litre

- 1/ Pre-soak peas overnight
- 2/ Place drained peas in boiler and add water
- 3/ Simmer until soft and cooked
- 4/ Transfer into serving containers

Recipe Name: Mushy Peas	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Fri

vegside02

Carrots

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4775	Sliced carrots	8.00	kg

- 1/ Tray up appropriate for each ward.
- 2/ Cook off in a combi oven on steam for 10 minutes
- 3/ Serve in appropriate tins

Recipe Name: Carrots	None
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Wed

Vegside15

Turnip

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8106	Turnip small diced	1.75	5kg

- 1/ Tray up appropriate for each ward.
- 2/ Cook in a combi oven on steam for 10 minutes
- 3/ Serve in appropriate tins

Recipe Name: Turnip	None
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

WK 1 Wed

Spiced Onions

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8055	Diced onions 10mm		
46354	Sweet chilli sauce		
4393	Tomato ketchup		
70358	mint		

Recipe Name : Spicy Onions	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Vegmain14

Stuffed Peppers

To make 100 portion(s):

Item Code	Description	Quantity	Unit
7505	Green peppers	100.00	160g
14418	Long grain rice	8.00	Kilo
4779	Sliced courgettes	1.00	Kilo
8055	Diced onion	0.25	5kg
70403	Curry powder	50.00	Gm
18068	Soy sauce	1.00	150ml
19897	Sultanas	0.50	Kg
1800	Celery head	2.00	Head
Grate lfc	Low fat cheese	2.00	Kg
50236	Kidney beans	6.00	Kg
52620	Worcester sauce	200.00	ml
Flora500	Flora light	250.00	Gm
98544	Chick pea	3.00	kg

- 1/ Cook rice and cool
- 2/ Sweat of all vegetables and stir in liquid
- 3/ Add rice and cook for 10/15 min
- 4/ Remove the top from peppers and remove seeds
- 5/ Place on baking tray and fill with mixture and sprinkle with cheese
- 6/ Place the top on and cook in the oven until peppers are soft and slightly coloured

Recipe Name: Stuffed Peppers	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	
Soya	
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Savoury Rice

To make 100 portion(s):

Item Code	Description	Quantity	Unit
14418	Roland long grain rice	7.00	Kilo
Litre	Water	8.00	Litre
01456	Garlic puree	25.00	Gm
05426	Knorr boullion veg	180.00	250g
24097	Tumeric	1.00	Gm
49333	Mixed herbs	20.00	Gm
8055	Diced onions	20.00	5kg
33800	Curry powder	0.50	Gm
4789	Mixed vegetables	25.00	2.5kg
6004	mushrooms	1.00	1 box

- 1/ Place rice, vegetables and spices into large metal container
- 2/ Cover with water
- 3/ Cook in steamer for 15 min
- 4/ Serve

Recipe Name: Savoury Rice	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Wed

Pot10

Potato Wedges

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4268	Jacket wedges	7.00	2.5kg

- 1/ Fry wedges in deep fat fryer
- 2/ Serve in uncovered serving tins

Recipe Name: Potato Wedges	NONE
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Wed

Pot08

Mashed Potato

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flor500 8075 Litre 52603	Flora Light Potatoes Water Potato Powder	2.00	250g

- 1/ Place potatoes in the steam and cook until soft.
- 2/ Put flora and potato mix into large bowl
- 3/ Add potatoes and mix until soft
- 4/ Serve in appropriate tins

Recipe Name: Mashed Potato	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Wk1 Tue

rice boil

Boiled Rice

To make 100 portion(s):

Item Code	Description	Quantity	Unit
14418	Roland long grain rice	7.00	Kilo
litre	Water	8.00	litre

- 1/ Cook rice in boiling water until soft
- 2/ Drain and rinse.
- 3/ Transfer into containers and serve

Recipe Name: Boiled Rice	NONE
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Thur

side01

Garlic Bread

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4660	Garlic & Herb slice	100.00	2 slice

- 1/ Remove garlic bread from freezer and place onto trays.
- 2/ Place in oven until cooked.
- 3/ Remove and place in appropriate containers.

Recipe Name: Garlic Bread	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Wk1 Sun

pot18

Parsley Potatoes

To make 100 portion(s):

Item Code	Description	Quantity	Unit
70355	Parsley dried	10.00	Gm
Flora500	Flora light	2.00	250g
8075	Pre washed and peeled potatoes	10.00	10kg

- 1/ Tray up appropriate for each ward.
- 2/ Cook in a combi oven on steam for 40 minutes
- 3/ Serve in appropriate tins

Recipe Name: Boiled Potatoes	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Mon

Naan Bread

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4198			

- 1/ Put frozen naan's into serving tins
- 2/ Place in serving trolleys to heat up

Recipe Name: Naan Bread	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Wk 1 Fri

Pot11

Chips

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Chips	Chips fresh	3.00	box

- 1/ Fry chips in deep fat fryer
- 2/ Place in appropriate containers

Recipe Name: Chips	None
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

French Bread Pizza

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Grate lfc 49398	Low fat cheese	2.50	kg
70358	Tomato & Basil sauce		
5055	Mixed herbs		
4590	Diced onions		
	Pre baked baguette		

- 1/ Defrost rolls and slice in half
- 2/ Coat with tomato sauce and add vegetables
- 3/ Heat through in oven until cheese goes brown

Recipe Name:	French Bread Pizza	
Allergen		Tick if Present
Cereals containing gluten		✓
Peanuts (also called groundnuts)		✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)		✓
Fish		
Shellfish		
Molluscs		
Sesame seeds		✓
Eggs		
Milk		✓
Soya		✓
Celery and celeriac		
Lupine		
Mustard		
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)		

Wk1 Thur

Frt003

Fruit Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
6099	Orange juice	4.00	Litre
1453	Single green apples	12.00	60gm
5016	Honeydew melon	12.00	200g
50357	Fruit cocktail (tin)	6.00	2.65kg
15430	Peach Slice in juice(tin)	2.00	2.5kg
1948	Pineapple (tinned)	2.00	Kg
4078	Mandarin segments	1.00	2.5kg
9000	Green grapes	0.25	5kg
2212	Kiwi fruit	12.00	60g
1501	bananas	12.00	200g

1/ Slice and chop all fruit and add to large plastic container.

2/ Open tinned fruit and add to container

3/ Add juice

4/ Serve in appropriate containers

Recipe Name: Fruit Salad	NONE
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Thur

Side salad

Side Salad Vegetable Dish

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4523	Lettuce Iceberg	7.50	250g
8142	Tomatoes fresh	3.63	1 kilo
7505	Peppers	20.00	160g
2086	Sliced cucumber	5.00	1 ind
8024	Sliced carrots	1.50	Kg
8062	Sliced onions	1.50	kg

1/ Shed lettuce was. Rinse and drain.

2/ Sliced cucumber, slice onions and grate carrot.

3/ Half tomatoes and slice peppers.

4/ Transfer to appropriate containers and place in fridge prior to transfer into trolleys.

Recipe Name: Side Salad Vegetable Dish	NONE
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Sat

Cheese & Broccoli Quiche Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
3611			

- 1/ Cook quiches until lightly brown
- 2/ Allow to cool slightly before cutting into portions
- 3/ Place into serving contains

Recipe Name: Cheese & Broccoli Quiche Salad	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Sa1028

Ham & Pineapple Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Honeyc	Honey Roast Ham	7.00	Kg
Main salad	Main course salad	100.00	Portion
01948	Pineapple (tinned)	3.00	kg

1/ 3oz portion ham per person wrap in greaseproof paper and place in appropriate containers.

2/ Drain pineapple chunks (approx 4oz per person), place in appropriate containers.

Serve with main salad

Recipe Name : Ham & Pineapple Salad	None
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Frt003

Fruit Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
93880	Orange juice	4.00	Litre
1453	Single green apples	12.00	60gm
5016	Honeydew melon	12.00	200g
50357	Fruit cocktail (tin)	6.00	2.65kg
15430	Peach Slice in juice(tin)	2.00	2.5kg
01948	Pineapple (tinned)	2.00	Kg
04078	Mandarin segments	1.00	2.5kg
9000	Green grapes	0.25	5kg
2212	Kiwi fruit	12.00	60g
1501	bananas	12.00	200g

- 1/ Slice and chop all fruit and add to large plastic container.
- 2/ Open tinned fruit and add to container
- 3/ Add juice
- 4/ Serve in appropriate containers

Recipe Name: Fruit Salad	NONE
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

WK3 Sat

SaI006

Peach & Cheese Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Grate lfc	Low fat grated cheese	8.40	Kilo
Main salad	Main course salad	1.00	Portio
15430	Peach slices in juice	2.00	n 2.5kg

- 1/ Wash lettuce, and shred finally
 - 2/ Wash tomatoes and cut in half
 - 3/ Wash cucumbers and slice thinly
 - 4/ Slice peppers and prepare cress
- Portioning
2oz Cheese
2oz Peaches
Serve with salad

Recipe Name: Peach & Cheese Salad	NONE
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Sal002

Ploughmans Lunch (V)

To make 100 portion(s):

Item Code	Description	Quantity	Unit
1453	Green apples	100.00	Each
57683	Branston pickle	1.5kg	23.5g
4590	Pete pan rolls	100.00	Each
Hard48	Hard boiled eggs	50.00	each
Grate lfc	Low fat cheese	1.00	4.75kg
8142	Tomatoes fresh	50.00	100g
4523	Iceberg lettuce	10.00	each

- 1/ Shred lettuce and place in plastic individual serving tubs
- 2/ Add half a tomato, pickle, cheese and half an egg the secure lids
- 3/ Cook rolls and place in bags labelled for each ward total
- 4/ do the same with the apples

Recipe Name: Ploughman's Lunch (V)	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk2 Tue

Mexican Bean Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Donions5	Diced onions	0.25	5kg
01456	Garlic puree	20.00	Gm
17576	Chopped tomatoes	1.00	2.5kg
7505	Green peppers	8.00	160g
7512	Yellow peppers	8.00	160g
24133	Chilli powder	25.00	Gm
Main salad	Main course salad	100.00	portion
17571	Five bean salad	14.00	800g

- 1/ Cook off onions and garlic and add remaining ingredients
- 2/ Dice peppers and drain beans and mix all together
- 3/ Place in serving tins and serve cold with main course salad

Recipe Name: Mexican Bean Salad	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Tue

Sal017

Egg Mayonnaise Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Hard48	Hard boiled eggs	140.00	Each
18279	Light mayonnaise	1.50	Litre
Main salad	Main course salad	100.00	Portion
70375	paprika	5.00	gm

1/ Half all eggs allow 3 per portion

2/ Place in serving container and cover with mayonnaise (can be thinned with water)

3/ Sprinkle with paprika

Recipe Name: Egg Mayonnaise Salad	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Sal048**Prawn Salad**

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4216	Prawns (frozen)	6.00	Kg
4393	Tomato ketchup	0.25	Litre
Main salad	Main course salad	100.00	Portion
18279	Light mayonnaise	2.00	litre

- 1/ Defrost prawns, rinse with cold water and drain
- 2/ Mix prawns with tomato sauce and mayonnaise place in serving containers
- 3/ Serve with main course salad

Recipe Name: Prawn Salad	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	✓
Molluscs	✓
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Ham & Peach Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
honeyc	York ham whole	7.00	Kg
Main salad	Main course salad	100.00	Portion
15340	Peach slices (tinned)	2.00	2.5kg
Hard48	Egg		

1/ 3oz portion ham per person wrap in greaseproof paper and place in appropriate containers.

2/ Drain peaches (approx 4oz per person), place in appropriate containers.

Serve with main salad

Recipe Name : Ham & Pineapple Salad	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Coronation Chicken Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
30137	Chicken strips (frozen)	3.50	2kg
50747	Mixed dried fruit	1.00	Kg
18279	Light Mayonnaise	1.50	Litre
7315	Jif lemon juice	100.00	ml
Main salad	Main course salad	1.00	portion
40055	Tikka masala paste	250.00	gm

- 1/ Defrost chicken.
- 2/ Place all ingredients into a container and mix well.
- 3/ Place in appropriate containers.
- 4/ Serve with main salad.

Recipe Name: Coronation Chicken Salad	Tick if Present
Allergen	
Cereals containing gluten	
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as SO₂)	✓

Gammon Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Honeyc	Honey Roast Ham	7.00	Kg
Main salad	Main course salad	100.00	Portion

1/ 3oz portion ham per person wrap in greaseproof paper and place in appropriate containers.

Serve with main salad

Recipe Name : Ham Salad	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Sardine Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
72615	Tinned pilchards	20.00	425g
Main salad	Main course salad	100.00	portion
Hard48	Hard boiled eggs		

- 1/ Open sardines and place in serving containers
- 2/ Serve with main course salad

Recipe Name: Sardine Salad	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Ham & Peach Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
honeyc	York ham whole	7.00	Kg
Main salad	Main course salad	100.00	Portion
15340	Peach slices (tinned)	2.00	2.5kg
Hard48	Egg		

1/ 3oz portion ham per person wrap in greaseproof paper and place in appropriate containers.

2/ Drain peaches (approx 4oz per person), place in appropriate containers. Serve with main salad

Recipe Name : Ham & Pineapple Salad	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Prawn Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4216	Prawns (frozen)	6.00	Kg
4393	Tomato ketchup	0.25	Litre
Main salad	Main course salad	100.00	Portion
18279	Light mayonnaise	2.00	litre

- 1/ Defrost prawns, rinse with cold water and drain
- 2/ Mix prawns with tomato sauce and mayonnaise place in serving containers
- 3/ Serve with main course salad

Recipe Name: Prawn Salad	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	✓
Molluscs	✓
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Roast Beef Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Main salad	Main course salad	100.00	Portion
Roastb	Roast beef	8.00	kg
Hard48	Hard boiled eggs		

1/ Slice the roast beef and place 2 slices per portion into greaseproof paper , label and serve.

3/ Make up main course salad and place in serving container

Recipe Name: Roast Beef Salad	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Quorn Tikka Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
18279	Light mayonnaise	2.00	Litre
40055	Tikka masala paste	1.00	1kg
4034	Quorn pieces	10.00	1kg
Main salad	Main course salad	100.00	portion

- 1/ Mix defrosted quorn with mayonnaise and tikka paste
- 2/ Serve in appropriate dish
- 3/ Make up main course salad and place in serving container

Recipe Name: Quorn Tikka Salad	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Salad100

Quorn Coronation Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
18279	Light mayonnaise	2.00	Litre
70403	Curry Powder	1.00	1kg
4034	Quorn pieces	10.00	1kg
Main salad	Main course salad	100.00	portion

- 1/ Mix defrosted quorn with mayonnaise and curry powder
- 2/ Serve in appropriate dish
- 3/ Make up main course salad and place in serving container

Recipe Name: Quorn Coronation Salad	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input checked="" type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input checked="" type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input checked="" type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Turkey Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
turkecd	Cooked turkey	7.00	Kg
Main salad	Main course salad	100.00	Portion

1/ 3oz portion Turkey per person wrap in greaseproof paper and place in appropriate containers.

2/ Place coleslaw into 2oz portion containers

3/ Serve with main salad

Recipe Name Turkey Salad	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Sal018

Turkey & Coleslaw Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
turkecd	Cooked turkey	7.00	Kg
Main salad 71199	Main course salad coleslaw	100.00	Portion 2kg

1/ 3oz portion Turkey per person wrap in greaseproof paper and place in appropriate containers.

2/ Place coleslaw into 2oz portion containers

3/ Serve with main salad

Recipe Name Turkey & Coleslaw Salad	Tick if Present
Allergen	
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Sal047

Corned Beef & Tomato Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Main salad	Main course salad	1.00	Portion
8142	Fresh tomatoes	100.00	85g
22744	Tinned corned beef	5.00	kg

- 1/ 3oz x sliced corned beef
- 2/ Place in greeseproof fold and label
- 3/ Serve with main salad

Recipe Name: Corned Beef & Tomato Salad	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	✓
Soya	
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

SaI040

Sardine Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
72615	Tinned sardines	20.00	425g
Main salad	Main course salad	100.00	portion

- 1/ Open sardines and place in serving containers
- 2/ Serve with main course salad

Recipe Name: Sardine Salad	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Sal027

Chicken Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Main salad	Main course salad	100.00	Portion
CHICKWB	Cooked chicken breast	100.00	each

- 1/ Place chicken in appropriate dish
- 2/ Serve with main course salad

Recipe Name: Chicken Salad	None
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Salad corchick**Coronation Chicken Salad**

To make 100 portion(s):

Item Code	Description	Quantity	Unit
30137	Chicken strips (frozen)	3.50	2kg
50747	Mixed dried fruit	1.00	Kg
18279	Light Mayonnaise	1.50	Litre
7315	Jif lemon juice	100.00	MI
Main salad	Main course salad	1.00	portion
40055	Tikka masala paste	250.00	gm

1/ Defrost chicken.

2/ Place all ingredients into a container and mix well.

3/ Place in appropriate containers.

4/ Serve with main salad.

Recipe Name: Coronation Chicken Salad	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Wk 1 Fri

Sal027

Turkey Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Main salad	Main salad	100.00	Portion
Turkecb	Shaved turkey	10.00	500g

- 1/ Place Turkey into greaseproof paper 2 slices per portion
- 2/ Serve with salad

Recipe Name: Turkey Salad	None
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Mon

Sal007

Corned Beef Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
22744	Tinned corned beef	5.44	Kg
Main salad	Main course salad	100.00	Portion

1/ 3oz portion corned beef per person wrap in greaseproof paper and place in appropriate containers.

2/ Serve with main salad

Recipe Name Corned Beef Salad	None
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Wk1 Sun

Sal011 Roast Beef Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Main salad	Main course salad	100.00	Portion
roastb	Roast beef	8.00	kg

1/ Slice the roast beef and place 2 slices per portion into greaseproof paper , label and serve.

3/ Make up main course salad and place in serving container

Recipe Name: Roast Beef Salad	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Thur

Sal012 Tuna Fish Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
93230	Tuna chunks in brine	5.00	1.7kg
Main salad	Main course salad	100.00	Portion
18279	Light mayonnaise	2.00	litre

- 1/ Mix tuna fish with mayonnaise, blast chill to below 5c and refrigerator until required.
- 2/ Wash lettuce and finely shred, refrigerate until required.
- 3/ Wash tomatoes and cut in half, refrigerate until required.
- 4/ Wash cucumbers and slice thinly, refrigerate until required.

Recipe Name: Tuna Fish Salad	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Wed

Sal024

Smoked Mackerel Salad

To make 100 portion(s):

Item Code	Description	Quantity	Unit
32411	Smoked mackerel fillet	100.00	100g
Main salad	Main course salad	100.00	portion

- 1/ Open mackerel fillets and place in serving containers
- 2/ 1 fillet per person
- 3/ Serve with main course salad

Recipe Name: Smoked Mackerel Salad	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Vegmain40

Chicken Biryani

To make 100 portion(s):

Item Code	Description	Quantity	Unit
14418	Long grain rice	7.00	Kilo
8142	Fresh tomatoes	2.00	1kilo
1456	Garlic puree	25.00	Gm
41033	Vegetable bouillion	150.00	Gm
106762	Ratatouille mix	5.00	Kilo
70299	Tumeric	10.00	Gm
70358	Mixed herbs	10.00	Gm
8055	Diced onions	0.50	5kg
70403	Curry powder	250.00	Gm
30137	Chichen strips	6.00	Kg
Flora500	Flora light	1.00	250g

- 1/ Cook rice in steamer for 15 min and leave to cool
- 2/ Cook onions and vegetable in the bratt pan and add a little water
- 3/Add chopped tomatoes, chicken, rice,spices and stock
- 4/ Cook until tender
- 5/ Serve in appropriate containers

Recipe Name: Chicken Biryani	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Vegmain30**Chickpea & Vegetable Curry**

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4779	Courgettes frozen	1.00	1.5kg
3342	Mushrooms (tin)	1.00	1box
4748	Broccoli florets	0.75	2kg
01456	Garlic puree	25.00	Gm
17576	Chopped tomatoes (tin)	2.00	2.5kg
41033	Vegetable Bouillon	100.00	Gm
56614	Lentils	6.00	Kilo
Litre	Water	1.00	Litre
70403	Curry powder	40.00	Gm
70299	Turmeric	20.00	Gm
8055	Diced onion	1.00	5kg
70378	Ground coriander	20.00	Gm
7505	Green peppers	10.00	160g
98544	Chick peas	8.00	Kg
Flora500	Flora light	1.00	250g

- 1/ Cook off garlic, onions, peppers and spices with flora
- 2/ Add vegetables, water, bouillon, tomatoes and tomato puree lentils and chick peas.
- 3/Cook until soft and serve in appropriate containers

Recipe Name: Chickpea & Vegetable Curry	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Chi002 Chicken Supreme

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	4.00	250g
41034	Knorr chicken bouillon	600.00	Gm
Chickwb	Cooked Chicken Breast	.100	each
8055	Diced onions 10mm	1.00	5kg
111	Cream	1.00	Litre
405522	Silverflow milk powder	1.00	Kg
Litre	Water	10.00	Litre
24132	Dried parsley	500.00	Gm
Mushbm	Mushrooms	0.50	1box
7505	Green peppers	10.00	160g
42018	Plain flour	1,000.00	gm

- 1/ Cook onions in flora and add flour to make a roux.
- 2/ Mix up milk as instructions and gradually add to roux
- 3/ Add in other ingredients except the cream and cook until vegetables are soft
- 4/ Add the cream and parsley
- 5/ Place in serving containers

Recipe Name: Chicken Supreme	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk3 Sat

chi008

BBQ Chicken

To make 100 portion(s):

Item Code	Description	Quantity	Unit
6099	Orange juice	3.00	1 lit
4393	Tomato ketchup	1.00	Litre
66032	Soft brown sugar	250.00	Gm
52620	Worcester sauce	2.00	300ml
70372	Chilli powder	15.00	Gm
01456	Garlic puree	15.00	Gm
Chickwb	Cooked chicken breast	100.00	Each
litre	Water	1.00	litre

- 1/ Place all ingredients for BBQ sauce into mixing container.
- 2/ Coat the defrosted chicken breasts with the sauce and place into tins for cooking.
- 3/ Cook on a dry heat at 110oc for approx 40min.

Recipe Name: BBQ Chicken	
Allergen	Tick if present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input checked="" type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input type="checkbox"/>
Soya	<input type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Wk1 Mon

Chic201 Chicken Curry

To make 100 portion(s):

Item Code	Description	Quantity	Unit
17576	Chopped tomatoes (tin)	2.00	2.5kg
42018	Plain flour	0.50	1.5kg
Flora500	Flora light	2.00	250g
40055	Tikka paste	0.50	1kg
70299	Turmeric	75.00	Gm
8055	Diced onions	1.00	5kg
70372	Chill powder	75.00	Gm
70378	Ground coriander	75.00	Gm
Litre	Water	5.00	Litre
4789	Mixed vegetables	1.00	2.5kg
30137	Chicken strips frozen	10.00	Kg
41034	Knorr bouillon chicken	240.00	Gm
56614	Lentils	1.50	Kg
70403	Curry powder	50.00	gm

- 1/ Sweat off onions in flora and add chicken
- 2/ Add paste, all spices and flour and cook out
- 3/ Add tomatoes and vegetables
- 4/ Add water and bouillon and cook
- 5/ Serve in appropriate serving tins

Recipe Name: Chicken Curry	
Allergen	Tick if present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input checked="" type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input checked="" type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Wk1 Sun

Chi003 Chicken & Gravy

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	5.00	Litre
202777	Bisto gravy mix	1.00	343g
chickwb	Cooked chicken breast	100.00	each

- 1/ Place chicken into serving tins
- 2/ Mix up gravy mix and coat the chicken
- 3/ Cover with lid and cook in oven for 20min

Recipe Name: Chicken & Gravy	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Chicken lasagne

To make 100 portion(s):

Item Code	Description	Quantity	Unit
6615	Chicken	9.00	Kg
5634	Tomato Paste TT	1.00	800g
6004	Mushrooms	2.00	Kg
40552	Milk power	1.00	Kg
Grate lfc	Low fat cheese	2.00	Kg
Flora 500	Flora light	2.00	250g
17576	Chopped tomatoes Ltin	2.00	2.5kg
42018	Plain flour	700.00	Gm
8055	Onions diced	0.50	5kg
01456	3663 Garlic puree	50.00	Gm
99646	Lasagne	12.00	500g
52620	Lea & Perrin Worcester sauce	1.00	300
Litre	Water	10.00	Litre
49333	Chef Williams Mixed herbs	50.00	Gm
		150.00	Gm
41033	Knorr bullion Veg		160g
10mixpepe	Mixed peppers	10.00	

Bolognaise Sauce:

1/ Sweat of onions and Chicken in brat pan until browned.

2/ Add onions, mushrooms, peppers, herbs, garlic and bouillon and stir well.

3/ Add tomatoes and tomato puree, stir and bring to the boil then simmer. Cook for 1 hour and blast Chill.

Cheese Sauce:

1/ Make up milk powder as per instructions.

2/ Melt flora and make a roux with the flour, cook out for a minute.

3/ gradually add the milk stirring continuously until thick, remove from heat and add ¾ of cheese. Chill.

Place a layer of mince into appropriate tins then a layer of pasta then repeat process, cover the top with sauce and sprinkle with cheese. Cook in dry oven at 180oc for 45/50 min until golden brown, check core temperature before serving.

Recipe Name: Chicken Lasagne	
Allergen	Tick if present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Thai Chilli Chicken

To make 100 portion(s):

Item Code	Description	Quantity	Unit
56354	Sweet chilli sauce	2.00	2kg
8024	Diced onions	0.50	5kg
7505	Green peppers	10.00	160g
01948	Pineapple	3.00	Kg
30137	Chicken strips	9.00	Kg
107021	Oriental vegetables	3.00	Kg
01456	Garlic puree	25.00	gram

1/Defrost chicken meat

2/ Sweat off onions, peppers and oriental vegetables

3/ Once vegetables are cooked stir in the chicken and sauce stir well

4/ Add pineapple and cook until thicken

5/ Serve in appropriate tins

Recipe Name:	Thai Chilli Chicken	
Allergen		Tick if present
Cereals containing gluten		✓
Peanuts (also called groundnuts)		
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)		
Fish		
Shellfish		
Molluscs		
Sesame seeds		
Eggs		
Milk		
Soya		✓
Celery and celeriac		✓
Lupine		
Mustard		✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as SO₂)		

Turkey & Gravy

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	5.00	Litre
202777	Bisto gravy mix	1.00	343g
Turkecb	Shaved Turkey	9.00	kg

- 1/ Slice turkey and place 2 slices per portion into serving tins
- 2/ Mix up gravy mix and coat the Turkey
- 3/ Cover with lid and cook in oven for 20min

Recipe Name: Turkey & Gravy	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Bef003

Cottage Pie

To make 100 portion(s):

Item Code	Description	Quantity	Unit
10MINCEST	Mince	9.00	Kg
Litre	Water	3.00	Litre
8055	Diced onions	3.00	Kg
8024	Diced carrots	3.00	Kg
20277	Bisto gravy mix	1.00	343g
24	Semi skimmed milk	1.00	500ml
8106	Diced turnip	1.50	kg
8075	Potatoes		
Flora500	Flora light		
52603	Potato powder		

- 1/ Brown off mince and add onions, carrots, turnip and stir well
- 2/ Add water and cook for 30 min
- 3/ Make up bisto mix and add to mince.
- 4/ Place in serving containers and cool
- 5/ Steam potatoes and make up mash with flora, milk and potato powder.
- 6/ Coat top of mince dishes with potato mix
- 7/ Cook in oven until golden brown

Recipe Name: Cottage Pie	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Wk1 Tue

Beefmain35

Chilli Con Carne

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	3.00	Litre
5634	Tomato puree(tin)	1.00	800g
17576	Chopped tomatoes (tin)	1.50	2.5kg
1456	Garlic puree	50.00	Gm
8055	Diced onion	0.50	5kg
70372	Chilli powder	20.00	Gm
70358	Mixed herbs	20.00	Gm
50236	Kidney beans	1.50	2.5kg
41032	Knorr beef bouillon	150.00	gm
10MINCEST	Minced beef	9.00	kg

- 1/ Brown mince and add remaining ingredients except kidney beans
- 2/ Cook for 50 min then add kidney beans
- 3/ Cook for another 10 min then serve

Recipe Name: Chilli Con Carne	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Bef005

Roast Beef & Yorkshire Pudding

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Roastb	Roast beef whole	9.00	Kg
20277	Bisto gravy mix	2.00	343g
Litre	Water	10.00	Litre
3090	Yorkshire puddings	100.00	15g

- 1/ Slice beef and place in serving dish
- 2/ Mix up gravy mix and coat beef
- 3/ Cover with lid and cook in oven for 20min
- 4/ Put Yorkshire's in separate serving dish and heat in serving trolley

Recipe Name: Roast Beef & Yorkshire Pudding	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Gammon Steak & Pineapple

To make 100 portion(s):

Item Code	Description	Quantity	Unit
1948	Pineapples (tin)	1.00	3kg
20277	Bisto gravy mix	1.00	343g
Gs6	Gammon steak	100.00	113g
litre	water	6.00	litre

- 1/ Place gammon and pineapple into tins
- 2/ Make up gravy
- 3/ Coat gammon with gravy then cook in the oven

Recipe Name Gammon Steak & Pineapple	Tick if Present
Allergen	
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Meat Brunch Bacon

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	1.00	250g
3342	Mushrooms(tin)	3.00	Kilo
3120	Black pudding slices	100.00	40g sli
3334	Baked beans	3.00	2.6kg
31222	Potato scones	100.00	50g
8142	Fresh tomatoes	50.00	85g
bbus	Back Bacon	6.30	Kg

- 1/Cut tomatoes in half, place in serving tins and cook
- 2/ Deep fry potato scones and place in serving dish
- 3/ Open beans, place in tins and heat in oven
- 4/ Place black pudding and bacon (allow 2 rashers per portion) on trays cook and put in serving tins.
- 5/ Put mushrooms into a pot with flora and cook before placing in serving tins

Recipe Name: Meat Brunch Bacon	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Quorn Chilli Con Carne

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	3.00	Litre
5634	Tomato puree(tin)	1.00	800g
17576	Chopped tomatoes (tin)	1.50	2.5kg
1456	Garlic puree	50.00	Gm
8055	Diced onion	0.50	5kg
70372	Chilli powder	20.00	Gm
70358	Mixed herbs	20.00	Gm
50236	Kidney beans	1.50	2.5kg
30825	Quorn mince	6.00	1kg
20277	Bisto gravy mix	1.00	343g

- 1/ Brown quorn and add remaining ingredients except kidney beans
- 2/ Cook for 50 min then add kidney beans
- 3/ Cook for another 10 min then serve

Recipe Name: Quorn Chilli Con Carne	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Savoury Mince

To make 100 portion(s):

Item Code	Description	Quantity	Unit
SM	Mince	9.00	Kg
LITRE	Water	4.13	Litre
8055	Diced onions	3.00	Kg
8045	Diced carrots	3.00	Kg
8106	Diced turnip	2.00	Kg
20277	Bisto gravy mix	1.00	343g

- 1/ Brown off mince add water and vegetables and cook
- 2/ Bisto with a little water and add to mince
- 3/ Thicken and serve

Recipe Name: Savoury Mince	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Meat Brunch link Sausage

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	1.00	250g
6004	Mushrooms	3.00	Kilo
3120	Black pudding slices	100.00	40g sli
3334	Baked beans	3.00	2.6kg
31222	Potato scones	100.00	50g
8142	Fresh tomatoes	50.00	85g
SPL	Sausage pork links	11.00	Kg

- 1/ Cut tomatoes in half, place in serving tins and cook
- 2/ Deep fry potato scones and place in serving dish
- 3/ Open beans, place in tins and heat in oven
- 4/ Place black pudding and links (allow 2 per portion) on trays cook and put in serving tins.
- 5/ Put mushrooms into a pot with flora and cook before placing in serving tins

Recipe Name: Meat Brunch Link Sausage	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Cottage Pie

To make 100 portion(s):

Item Code	Description	Quantity	Unit
SM	Mince	9.00	Kg
Litre	Water	3.00	Litre
8055	Diced onions	3.00	Kg
8024	Diced carrots	3.00	Kg
20277	Bisto gravy mix	1.00	343g
24	Semi skimmed milk	1.00	500ml
8106	Diced turnip	1.50	kg
8075	Potatoes		
Flora500	Flora light		
52603	Potato powder		

- 1/ Brown off mince and add onions, carrots, turnip and stir well
- 2/ Add water and cook for 30 min
- 3/ Make up bisto mix and add to mince.
- 4/ Place in serving containers and cool
- 5/ Steam potatoes and make up mash with flora, milk and potato powder.
- 6/ Coat top of mince dishes with potato mix
- 7/ Cook in oven until golden brown

Recipe Name: Cottage Pie	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as SO ₂)	

Mince and Onions

To make 100 portion(s):

Item Code	Description	Quantity	Unit
SM	Mince	9.00	Kg
Litre	Water	3.00	Litre
8055	Diced onions	3.00	Kg
20277	Bisto gravy mix		343g

- 1/ Brown off mince and add onions, stir well
- 2/ Add water and cook for 30 min
- 3/ Make up bisto mix and add to mince.
- 4/ Place in serving containers

Recipe Name: Cottage Pie	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Beef800**Meatballs in Tomato Sauce**

To make 100 portion(s):

Item Code	Description	Quantity	Unit
5634	Tomato puree (tin)	1.00	800g
17576	Chopped tomatoes (tin)	3.00	2.5kg
1456	Garlic puree	50.00	Gm
8055	Diced onions	0.25	5kg
70358	Mixed herbs	20.00	Gm
52620	Worcester sauce	1.00	300ml
3675	Frozen meatballs	800.00	each

1/ Put frozen meatballs into serving tins

2/ Make sauce by adding all ingredients together and simmering for 30 min

3/ Pour sauce over meatballs and cook for 30min in oven

Recipe Name: Meatballs in Tomato Sauce	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Beef Burger in a Bun

To make 100 portion(s):

Item Code	Description	Quantity	Unit
3516	Beef burgers	100	113g
3608	Burger Bun	100	25g

- 1/ Tray up frozen burgers.
- 2/ Cook off in a combi oven on cook for 20 minutes
- 3/ Portion and Serve in appropriate tins
- 4/ Put rolls into bags per ward numbers and send with cold food bags

Recipe Name: Beef Burger in a Bun	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Beef500

Beef, Vegetable & Bean Stew

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8055	Diced onions	0.50	5kg
41032	Beef bouillon	250.00	Gm
10STEWDI	Shoulder beef diced	8.00	Kg
Litre	Water	5.00	Litre
42018	Plain flour	750.00	Gm
8024	Sliced carrots	205.00	Kg
8106	Small diced turnip	2.50	Kg
50237	Butter beans (tin)	2.50	kg

- 1/ Cook of onions and add beef then brown
- 2/ Add all spices, flour and bouillon and make a roux
- 3/ Add remaining ingredients and cook until beef is tender
- 4/ Place in containers and serve

Recipe Name: Beef, Vegetable & Butter Bean Stew	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

pas001 Beef Lasagne

To make 100 portion(s):

Item Code	Description	Quantity	Unit
10MINCEST	Mince	9.00	Kg
5634	Tomato Paste TT	1.00	800g
6004	Mushrooms	2.00	Kg
40552	Milk power	1.00	Kg
Grate lfc	Low fat cheese	2.00	Kg
Flora 500	Flora light	2.00	250g
17576	Chopped tomatoes Ltin	2.00	2.5kg
42018	Plain flour	700.00	Gm
8055	Onions diced	0.50	5kg
01456	3663 Garlic puree	50.00	Gm
99646	Lasagne	12.00	500g
52620	Lea & Perrin Worcester sauce	1.00	300
Litre	Water	10.00	Litre
49333	Chef Williams Mixed herbs	50.00	Gm
		150.00	Gm
41033	Knorr bullion Veg		160g
10mixpepe	Mixed peppers	10.00	

Bolognaise Sauce:

- 1/ Sweat of onions and beef in brat pan until browned.
- 2/ Add onions, mushrooms, peppers, herbs, garlic and bouillon and stir well.
- 3/ Add tomatoes and tomato puree, stir and bring to the boil then simmer. Cook for 1 hour and blast Chill.

Cheese Sauce:

- 1/ Make up milk powder as per instructions.
- 2/ Melt flora and make a roux with the flour, cook out for a minute.
- 3/ gradually add the milk stirring continuously until thick, remove from heat and add ¾ of cheese. Chill.

Place a layer of mince into appropriate tins then a layer of pasta then repeat process, cover the top with sauce and sprinkle with cheese. Cook in dry oven at 180oc for 45/50 min until golden brown, check core temperature before serving.

Recipe Name: Beef Lasagne	
Allergen	Tick if present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Bef004

Meat Brunch link Sausage

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	1.00	250g
6004	Mushrooms	3.00	Kilo
3120	Black pudding slices	100.00	40g sli
3334	Baked beans	3.00	2.6kg
31222	Potato scones	100.00	50g
8142	Fresh tomatoes	50.00	85g
20PBLIN8	Sausage pork links	11.00	Kg

- 1/Cut tomatoes in half, place in serving tins and cook
- 2/ Deep fry potato scones and place in serving dish
- 3/ Open beans, place in tins and heat in oven
- 4/ Place black pudding and links (allow 2 per portion) on trays cook and put in serving tins.
- 5/ Put mushrooms into a pot with flora and cook before placing in serving tins

Recipe Name: Meat Brunch Link Sausage	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Sausage and Onion

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8055	Diced onions	2.50	Kg
20lorne	Lorne sausage	10.00	kg
20277	Bisto gravy mix		
litre	Water		

- 1/ Brown sausages in the fryer.
- 2/ Place onions and cook in a pot.
- 3/ Stir in cooked sausage.
- 4/ Place into appropriate containers.

Recipe Name: Sausage & Onions.	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Fri

Petit Pan Rolls

To make 100 portion(s):

Item Code	Description	Quantity	Unit
3636	Petit pan rolls		

- 1/ Cook and cool rolls
- 2/ Place rolls in bags and label per ward

Recipe Name: Petit Pan Rolls	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input checked="" type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input type="checkbox"/>
Soya	<input type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

San0520

Roll & Quorn Sausage

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4581	White bap	100.00	Each
34199	Quorn sausages		

1/ Place rolls in bags and label per ward

2/ Cook sausages on trays in oven then portion into serving tins allowing two slices per serving.

Recipe Name: Roll & Quorn Sausage	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

San0520

Roll & Bacon

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4581 18BACKUN	White bap Back bacon	100.00	Each

- 1/ Place rolls in bags and label per ward
- 2/ Cook bacon on trays in oven then portion into serving tins allowing two slices per serving.

Recipe Name: Bacon Roll	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

San076

Roll & Boiled Egg

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4581	White bap	100.00	Roll
Hard48	Hard-boiled egg	100.00	50g

- 1/ Place rolls into labelled bag
- 2/ Put eggs into serving container 1 per portion

Recipe Name: Roll & Boiled Egg	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

San045

Roll & Sausage

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4581	White bap	100.00	Each
20LORNE	Beef lorne	2.00	1.8kg

1/ Place rolls in bags and label per ward

2/ Cook sausages on trays in oven then portion into serving tins allowing one slice per serving.

Recipe Name: Roll & Sausage	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Cheese Salad Roll

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
4581	White bap	100.00	50g
Grate lfc	Low fat grated cheese	2.00	Kilo
4523	Iceberg lettuce (each)	3.00	250g
8142	Tomatoes	50.00	Each
2086	Cucumber	2.00	Ind

1/ Coat bap with flora.

2/ Put filling in between, cling, label and serve.

Recipe Name: Cheese & Salad Roll	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

San019

Cheese & Coleslaw Roll

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
4581	White bap	100.00	50g
Grate lfc	Low fat grated cheese	2.00	Kilo
71199	coleslaw	4.00	2kg

1/ Coat bap with flora.

2/ Put filling in between, cling, label and serve.

Recipe Name: Cheese & Coleslaw Salad Roll	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Cheese Salad Roll

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Grate lfc	Low fat grated cheese	1.50	Gm
4581	White bap	100.00	50g
4523	Iceberg lettuce (each)	3.00	250g
8142	Tomatoes	50.00	Each
2086	Cucumber	2.00	Ind

1/ Coat bap with flora.

2/ Put filling in between, cling, label and serve.

Recipe Name: Cheese Salad Roll	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as SO₂)	

Wk3 Fri

Corned Beef & Pickle Roll

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
4581	White bap	100.00	50g
22744	Tinned corned beef	3.00	Kg
57683	Sweet pickle	4.00	250g

- 1/ Coat bap with flora and pickle.
- 2/ Put filling in between, cling, label and serve.

Recipe Name: Corned Beef & Pickle Roll	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

San120

Coronation Chicken Bap

To make 100 portion(s):

Item Code	Description	Quantity	Unit
30137	Cooked Chicken	5.00	1kg
Flora500	Flora light	2.00	250g
18279	Light Mayonnaise	0.50	Litre
4581	White Bap	100.00	50g

- 1/ Coat bap with flora
- 2/ Mix chicken with mayonnaise
- 3/ Place filling in bap
- 4/ Cling and label

Recipe Name: Coronation Chicken Bap	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Chicken Ceasar Bap

To make 100 portion(s):

Item Code	Description	Quantity	Unit
30137	Cooked Chicken	5.00	1kg
Flora500	Flora light	2.00	250g
18279	Light Mayonnaise	0.50	Litre
4581	White Bap	100.00	50g

- 1/ Coat bap with flora
- 2/ Mix chicken with mayonnaise
- 3/ Place filling in bap
- 4/ Cling and label

Recipe Name: Chicken Ceaser Bap	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Egg Bap

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
4581	White bap	100.00	50g
Hard 48	Hard boiled Egg	75.00	50g

- 1/ Coat bap with flora.
- 2/ Put filling in between, cling, label and serve.

Recipe Name: Egg Bap	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Ham Bap

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	1kg
4581	White Bap	100.00	250g
honeyc	York ham whole	4.00	kg

- 1/ Coat bap with flora
- 2/ Mix chicken with mayonnaise
- 3/ Place filling in bap
- 4/ Cling and label

Recipe Name: Chicken Mayonnaise Bap	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Corned Beef & Tomato Bap

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
4581	White bap	100.00	50g
8142	Fresh tomatoes	25.00	85g
22744	Tinned corned beef	3.00	kg

- 1/ Coat bap with flora.
- 2/ Put filling in between, cling, label and serve.

Recipe Name: Corned Beef & Tomato Bap	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Egg & Tomato Bap

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
4581	White bap	100.00	50g
8142	Fresh tomatoes	25.00	85g
Hard 48	Hard boiled Egg	75.00	50g

- 1/ Coat bap with flora.
- 2/ Put filling in between, cling, label and serve.

Recipe Name: Egg & Tomato Bap	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Cheese & Tomato Croissant

To make 100 portion(s):

Item Code	Description	Quantity	Unit
3647	Croissant	200.00	35g
Grate lfc	Low fat grated cheese	2.00	250g
8142	Fresh tomatoes	100.00	50g
		1.00	litre

- 1/ Slice open croissants.
- 2/ thinly slice tomatoes.
- 2/ Put filling between the croissants.
- 3/ Place in serving tins.

Recipe Name: Cheese & Tomato Croissant	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Cheese & Ham Croissant

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Honeysc	Honey Roast Ham	3.00	Kg
3647	Croissant	100.00	45g
Grate lfc	Low fat grated cheese	1.50	gm

- 1/ Slice open croissants.
- 2/ Put filling between the croissants.
- 3/ Place in serving tins.

Recipe Name: Cheese & Ham Croissant	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Pan004

Roasted Pepper & Mozzarella Panini

To make 100 portion(s):

Item Code	Description	Quantity	Unit
32378	Panini pr-marked bread	100.00	130g
7505	Green peppers	10.00	160g
Gratedm	Grated mozzarella	2.50	1kg
7510	Red peppers	10.00	160g

- 1/ Cook and slice the Panini's
- 2/ Sliced pepper and sweat off until soft
- 3/ Place 3oz of cheese and some peppers in each Panini
- 4/ Wrap in greaseproof, label and place in appropriate tins

Recipe Name: Roasted Pepper & Mozzarella Panini	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input checked="" type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input checked="" type="checkbox"/>

Pan0112 Chicken & Pepper Panini

To make 100 portion(s):

Item Code	Description	Quantity	Unit
32378	Panini pre-marked	100.00	125g
7505	Green peppers	10.00	160g
7510	Red peppers	10.00	160g
30137	Chicken strips	4.00	Kg
18279	Light mayonnaise	1.50	litre

- 1/ Cook and slice paninis
- 2/ Chop peppers and add to defrosted chicken and coat in mayonnaise
- 3/ Wrap in greaseproof, label and serve in appropriate tins

Recipe Name: Chicken & Pepper Panini	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Pan0120

Quorn & Pepper Panini

To make 100 portion(s):

Item Code	Description	Quantity	Unit
32378	Panini-pre marked	100.00	125g
7505	Green peppers	10.00	160g
7510	Red peppers	10.00	160g
4034	Quorn pieces	4.00	1kg
18279	Light Mayonnaise	1.50	litre

- 1/ Cook and slice paninis
- 2/ Chop peppers
- 3/ Add quorn and mix altogether with mayonnaise
- 4/ Place in serving containers and heat through

Recipe Name: Quorn & Pepper Panini	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk2 Wed

Pan006

Cheese & Ham Panini

To make 100 portion(s):

Item Code	Description	Quantity	Unit
32378	Panini pr-marked bread	100.00	125g
Grate lfc	Low fat grated cheese	2.00	Kilo
honeyc	York ham whole	4.00	kg

- 1/ Cook and slice the Panini's
- 2/ Place 3oz of cheese and 1 slice of ham in each Panini
- 4/ Wrap in greaseproof, label and place in appropriate tins

Recipe Name: Cheese & Ham Panini	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Mozzarella & Pepper Panini

To make 100 portion(s):

Item Code	Description	Quantity	Unit
7505	Green peppers	10.00	160g
Gratedm	Grated mozzarella	2.50	1kg
7510	Red peppers	10.00	160g
4381	Tortilla 10 inch (flour)	100.00	56g

Recipe Name: Mozzarella & Pepper Panini	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Tuna Melt Panini

To make 100 portion(s):

Item Code	Description	Quantity	Unit
32378	Panini pre-marked	100.00	125g
83329	Tuna Chunks		
Grate lft	Grated low fat cheese		
Grate dm	Grated mozzarella cheese		

- 1/ Defrost paninis
- 2/ Drain tuna and add both cheeses
- 3/ Fill paninis with filling
- 4/ Place in serving tins and heat through

Recipe Name: Tuna Melt Panini	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Thur

Pan004

Mozzarella & Tomato Panini

To make 100 portion(s):

Item Code	Description	Quantity	Unit
32378	Panini pr-marked bread	100.00	130g
Grate dm	Grated mozzarella	2.50	1kg
8142	Fresh tomatoes	50.00	85g

- 1/ Cook and slice the Panini's
- 2/ Sliced tomatoes
- 3/ Place 3oz of cheese and some sliced tomato in each Panini
- 4/ Wrap in greaseproof, label and place in appropriate tins

Recipe Name: Mozzarella & Tomato Panini	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Vegetable Wraps

To make 100 portion(s):

Item Code	Description	Quantity	Unit
41033	Knorr bouillon veg	0.10	1.5kg
4381	Tortilla 10 inch (flour)	100.00	56g
106762	Ratatouille mix	2.00	1.5 kilo
17576	Chopped tomatoes (tin)	1.00	2.5kg
5634	Tomato puree tin large	0.05	800g
1456	Garlic puree	25.00	Gm
70372	Chilli powder	20.00	Gm
8055	Diced onions	0.50	Kg
70358	Mixed herbs	15.00	Gm
4523	Lettuce iceberg	4.00	250g
50236	Kidney beans	1.00	2.5kg
Grate lfc	Low fat grated cheese	1.00	kg

- 1/ Cook of all vegetables
- 2/ Add herbs, bouillon, tomatoes and puree
- 3/ Allow to cool and wrap individually in tortillas
- 4/ Arrange in appropriate tins

Recipe Name: Vegetable Wraps	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as SO ₂)	

Wrap05**Chicken Wraps**

To make 100 portion(s):

Item Code	Description	Quantity	Unit
5634	Tomato puree tin	1.00	800g
4381	Tortilla 10 inch (flour)	100.00	56g
8055	Diced onions 10mm	2.50	Kg
30137	Chicken strips frozen	4.00	Kilo
52620	Worcester sauce	0.50	300ml
7505	Green peppers	10.00	160g

- 1/ Sauté chicken & vegetables
- 2/ Add chilli powder, tomatos puree and continue to cook until vegetables are soft
- 3/ Allow to cool and wrap individually in tortillas
- 4/ Arrange in appropriate tins

Recipe Name: Chicken Wraps	NONE
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input checked="" type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input type="checkbox"/>
Soya	<input type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Mozzarella & Mixed Pepper Wrap

Item Code	Description	Quantity	Unit
7505	Green peppers	10.00	160g
Gratedm	Grated mozzarella	2.50	1kg
7510	Red peppers	10.00	160g
4381	Tortilla 10 inch (flour)	100.00	56g

1/ Cook of all vegetables

3/ Allow to cool and add cheese wrap individually in tortillas

4/ Arrange in appropriate tins

Recipe Name: Mozzarella & Mixed Pepper Wrap	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Wed

Wrap04

Hot Spicy Chicken Wraps

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4381	Tortilla 10 inch (flour)	100.00	56g
8055	Diced onions Chicken	1.50	Kg
30137	strips frozen	4.00	Kilo
56354	Sweet chilli sauce	0.50	2.5kg
7505	Green peppers	10.00	Kilo
4523	Lettuce iceberg	4.00	250g

1/ Sauté chicken & vegetables

2/ Add chilli sauce and continue to cook until vegetables are soft

3/ Allow to cool

4/ Shred the lettuce and wrap with chicken into individually tortillas

4/ Arrange in appropriate tins

Recipe Name: Chicken Wraps	NONE
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input checked="" type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input checked="" type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input checked="" type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Wk1 Wed

Baked Potato Tuna & Sweetcorn

To make 100 portion(s):

Item Code	Description	Quantity	Unit
1300	Baked potato	100.00	1potato
92320	Tuna chunks in brine	3.00	1.7kg
4782	Sweetcorn	1.00	2.5kg
18279	Light mayonnaise	1.50	litre

- 1/ Mix tuna and corn with mayonnaise place in serving containers
- 2/ Place baked potatoes in the steamer and cook
- 3/ Serve in appropriate containers

Recipe Name: Baked Potato Tuna & Sweetcorn	Tick if Present
Allergen	
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Baked Potato Chicken Tikka

To make 100 portion(s):

Item Code	Description	Quantity	Unit
18279	Light Mayonnaise	1.50	Litre
40055	Tikka masala paste	0.50	1kg
30137	Chicken pieces	4.00	1kg
1300	Baked potato	100.00	200g

1/ Chicken pieces.

2/ Mix with tikka paste and mayonnaise, put into serving dishes.

3/ Place baking potatoes into convection oven remove when ready and place in serving tins.

Recipe Name: Baked Potato Chicken Tikka	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

WK1 Mon

vegside0

Baby Jacket Potatoes

To make 100 portion(s):

Item Code	Description	Quantity	Unit
1312			

- 1/ Tray up appropriate for each ward.
- 2/ Cook in a combi oven on steam for 40 minutes
- 3/ Serve in appropriate tins

Recipe Name: Baby Jacket Potatoes	NONE
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Mon
 bkdpotchscs

Baked Potato Cheese & Coleslaw

To make 100 portion(s):

Item Code	Description	Quantity	Unit
1300	Baked potato	100.00	1potato
Grate lfc	Low fat cheese	3.50	Kg
71199	coleslaw	4.00	2kg

- 1/ Place potatoes on trays and cook for 40 min.
- 2/ Place cheese and coleslaw into serving containers

Recipe Name: Baked Potato Cheese & Coleslaw	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Bkdpotbns

Baked Potato & Beans (V)

To make 100 portion(s):

Item Code	Description	Quantity	Unit
1300	Baked potato	100.00	1
03334	3663 Baked beans	5.00	2.6kg

- 1/ Place potatoes on appropriate trays and steam on combi heat until cooked through.
- 2/ Heat beans.
- 3/ Transfer beans and potatoes to containers
- 4/ Serve

Recipe Name: Baked Potato & Beans (V)	None
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

bkdpotegg

Baked Potato and Egg Mayonnaise

To make 100 portion(s):

Item Code	Description	Quantity	Unit
1300	Baked potato	100.00	1potato
18279	Light mayonnaise	1.50	Litre
Hard48	Hard boiled egg	100.00	55g

- 1/ Place potatoes on trays and cook for 40 min.
- 2/ Place Egg mayonnaise into serving containers

Recipe Name: Baked Potato Egg Mayonnaise	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

bkdptchscs

Baked Potato Tuna & Sweetcorn

To make 100 portion(s):

Item Code	Description	Quantity	Unit
1300	Baked potato	100.00	1potato
92320	Tuna chunks in brine	3.00	1.7kg
4782	Sweetcorn	1.00	2.5kg
18279	Light mayonnaise	1.50	litre

- 1/ Mix tuna and corn with mayonnaise place in serving containers
- 2/ Place baked potatoes in the steamer and cook
- 3/ Serve in appropriate containers

Recipe Name: Baked Potato Tuna & Sweetcorn	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Baked Potato Chicken & Sweetcorn

To make 100 portion(s):

Item Code	Description	Quantity	Unit
1300	Baked potato	100.00	1potato
4782	Sweetcorn		2.5kg
18279	Light mayonnaise	1.00	Litre
30137	Cooked Chicken	1.50	
		5.00	1kg

- 1/ Mix tuna and corn with mayonnaise place in serving containers
- 2/ Place baked potatoes in the steamer and cook
- 3/ Serve in appropriate containers

Recipe Name: Baked Potato Chicken & Sweetcorn	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Baked Potato Cheese & Beans

To make 100 portion(s):

Item Code	Description	Quantity	Unit
1300	Baked potato	100.00	2002
3334	Baked Beans	3.00	2.6kil
Grate ifc	Low fat cheese	2.00	kg

- 1/ Place beans into serving tins
- 2/ Portion cheese into boxes
- 2/ Place baking potatoes into convection oven remove when ready and place in serving tins.

Recipe Name: Baked Potato Cheese & Beans	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Bakedpotchilli**Baked Potato with Chilli**

To make 100 portion(s):

Item Code	Description	Quantity	Unit
30825	Quorn mince	5.00	1kg
3342	Mushrooms (tin)	1.00	Kilo
5634	Tomato puree (tin)	1.00	800g
17576	Chopped tomatoes (tin)	1.00	2.5kg
01456	Garlic puree	25.00	Gm
8055	Diced onions	1.00	Kg
70372	Chilli powder	10.00	Gm
70358	Mixed herbs	10.00	Gm
50236	Kidney beans	0.50	2.5kg
1300	Baked potatoes	100.00	200g

1/ Brown mince

2/ Add onions,garlic and mushrooms and soften

3/ Add tomato puree, tomatoes,chilli powder and beans

4/ Simmer until cooked then place in serving containers

5/ Cook potatoes in the steamer and place in serving tins

Recipe Name: Baked Potato with Chilli	None
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Sat

Prk006

Pork and Tomato Casserole

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	3.00	Litre
8055	Diced onions 10mm	0.50	5kg
12PSDIC	Pork shoulder diced	9.00	Kg
17576	Chopped tomatoes	1.00	2.5kg
40133	Knorr bouillon veg	240.00	Gm
8024	Grated carrots	2.50	Kg
8142	Fresh tomatoes	20.00	85g
Flora500g	Flora light	3.00	250g
42018	Plain flour	750.00	gm

- 1/ Brown off pork and onions in boiler with flora and add flour to make a roux
- 2/ Add carrots, chopped tomatoes, water, bouillon and cook until tender
- 3/ Serve in appropriate serving containers

Recipe Name: Pork and Tomato Casserole	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Lamb and Salad Pitta

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4523	Lettuce iceberg	4.00	250g
3600	Pitta bread	100.00	60g
2086	Cucumber	4.00	1
8142	Fresh tomatoes	25.00	85g
10mixpepe	Mixed peppers	10.00	160g
40698	Sweet chilli sauce	0.50	2.5kg
	Cooked lamb		

1/ Shred the lettuce, cube tomatoes, cucumber and chopped peppers. Mix together.

2/ Split pitta bread

3/ Place diced cooked lamb into the vegetable mix and add sauce

4/ Fill each pitta with mixture

5/ Place in serving containers and heat through

Recipe Name: Lamb and Salad Pitta	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	
Soya	
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Roast Pork and Apple Sauce

To make 100 portion(s):

Item Code	Description	Quantity	Unit
pork 10451	Roast Pork		
20277	Tinned apples		
litre	Bisto gravy mix		
	Water		

- 1/ Place cooked in serving tins
- 2/ Make up gravy and cover the chops and heat in the oven
- 3/ Blend apples with hand blender and place in silver foil serving tins

Recipe Name: Roast Pork and Apple Sauce	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Fri

Fish002

Breaded Haddock

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Leme 6300	Lemons Breaded Haddock	100.00 10.00	wedge each

- 1/ Cut lemons into wedges (6 per lemon) place in silvers
- 2/ Fry fish in deep fat fryer until cooked
- 3/ Serve in uncovered tins

Recipe Name: Breaded Haddock	NONE
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input checked="" type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input type="checkbox"/>
Soya	<input type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input checked="" type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Fish in Parsley Sauce

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	4.00	250g
40552	Silverflow milk powder	500.00	Gm
Litre	Water	5.00	Litre
42018	Plain flour	1.00	1.5kg
70355	Parsley dried	2.00	250g
5925	Whiting frozen	4.50	4.54

- 1/ Make a white sauce and add the parsley
- 2/ Steam fish on trays
- 3/ Place cooked fish in serving tins
- 4/ coat with sauce and heat through before serving

Recipe Name:	Fish in Parsley Sauce	
Allergen		Tick if Present
Cereals containing gluten		✓
Peanuts (also called groundnuts)		
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)		
Fish		✓
Shellfish		
Molluscs		
Sesame seeds		
Eggs		
Milk		✓
Soya		✓
Celery and celeriac		
Lupine		
Mustard		
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)		

Fish004

Salmon Fish Cakes

To make 100 portion(s):

Item Code	Description	Quantity	Unit
42018	Plain flour	150.00	Gm
70358	Mixed herbs	20.00	Gm
wholelel	Liquid egg	1.00	Kg
5969	Salmon	12.00	418g
7315	Jif Lemon		
40552	Milk powder	0.50	500ml
6934	50/50 bread	40.00	35g
93230	Tuna tinned	12.00	418g
70372	Chilli powder		
52603	potatoes		

- 1/ Steam the potatoes and add to the mixing bowl
- 2/ Add drained fish and add herbs, lemon and chilli Mix altogether
- 3/ Make bread crumbs with bread
- 4/ Make fish mix into patties and coat in flour,egg and bread crumbs
- 5/ Flash deep fry until brown then transfer into serving containers
- 6/ Place in oven until cooked

Recipe Name: Salmon Fish Cakes	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input checked="" type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input checked="" type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Smoked Haddock in milk

To make 100 portion(s):

Item Code	Description	Quantity	Unit
32411	Smoked haddock fillets	100.00	100g
40552	Silverflow milk powder	500.00	Gm
litre	water	5.00	litre

- 1/ Make up milk
- 2/ Place fish in serving dish and coat with milk
- 3/ Bake in oven until fish is tender

Recipe Name: Smoked Haddock in Milk	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Tue

Pas600

Vegetable & Sausage Casserole

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8055	Diced onions	2.50	Kg
8024	Grated carrots	2.50	Kg
8106	Diced turnip	1.50	Kg
5634	Tomato puree (tin)	400.00	Gm
Litre	Water	7.50	Litre
17576	Chopped tomatoes (tin)	12,500.00	Gm
70358	Mixed herbs	50.00	Gm
34199	Vegetable link Quorn sausages	10.00	kg

- 1/ Cook sausages in the fryer until coloured
- 2/ Place remaining ingredients into a pot and simmer
- 3/ Place sausages in tins and cover with the vegetable sauce
- 4/ heat in oven for 30 min and serve

Recipe Name: Vegetable & Sausage Casserole	
Allergen	Tick if present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Wk1 Thur

pas100

Pasta Bolognaise

To make 100 portion(s):

Item Code	Description	Quantity	Unit
10MINCEST	Mince	9.00	Kg
5634	Tomato puree Ltin	1.00	800g
3342	Mushrooms (tin)	2.00	Kg
42018	Chopped tomatoes Ltin	2.00	2.5kg
4218	Plain flour	700.00	Gm
8055	Onions diced	0.50	5kg
1456	Garlic puree	50.00	Gm
Litre	Water	10.00	Litre
70358	Mixed herbs	50.00	Gm
41032	Knorr bullion beef	150.00	Gm
70486	Tri colour spiral pasta	2.50	3kg

Bolognaise Sauce:

- 1/ Sweat of onions and beef in brat pan until browned.
- 2/ Add onions, mushrooms, peppers, herbs, garlic and bouillon and stir well.
- 3/ Add tomatoes and tomato puree, stir and bring to the boil then simmer. Cook for 1 hour and place in serving tins.

Pasta:

- 1/ Place pasta in boiling water and cook until transparent.
- 2/ Drain and place in serving tins

Recipe Name: Pasta Bolognaise	
Allergen	Tick if present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Pas003

Macaroni Cheese

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
405522	Milk powder	1.00	Kilo
Litre	Water	10.00	Litre
Grate lfc	Low fat cheese	3.50	Kg
42018	Plain flour	700.00	Gm
70488	Macaroni	6.00	kg

- 1/ Make up milk powder as per instructions.
- 2/ Melt flora and make a roux with the flour, cook out for a minute.
- 3/ gradually add the milk stirring continuously until thick, remove from heat and add $\frac{3}{4}$ of cheese
- 4/ Boil and drain the macaroni and add to the sauce
- 5/ Place in serving containers and sprinkle with cheese
- 6/ Brown in the oven and serve

Recipe Name: Macaroni Cheese	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input checked="" type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

bkdpotquorntikka

Baked Potato Quorn Tikka

To make 100 portion(s):

Item Code	Description	Quantity	Unit
18279	Light Mayonnaise	1.50	Litre
40055	Tikka masala paste	0.50	1kg
4034	Quorn pieces	4.00	1kg
1300	Baked potato	100.00	200g

- 1/ Defrost the quorn and chop into pieces.
- 2/ Mix with tikka paste and mayonnaise, put into serving dishes.
- 3/ Place baking potatoes into convection oven remove when ready and place in serving tins.

Recipe Name: Baked Potato Quorn Tikka	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Vegmain20

Vegetable Brunch

To make 100 portion(s):

Item Code	Description	Quantity	Unit
3135	Plain omelette	100.00	Each
17576	Chopped tomatoes (tin)	2.00	2.5kg
3334	Baked beans	3.00	2.5kg
31222	Potato scones	100.00	50g
34199	Vegetable sausages	10.00	kg

- 1/ Place omelettes in serving tins and heat in the oven
- 2/ Cut the tomatoes in half and place in serving tins and heat in the oven
- 3/ Place beans in serving tins and heat in the oven
- 4/ Deep fry potato scones and place in serving tins
- 5/ Cook sausages in the oven and place in serving tins

Recipe Name: Vegetable Brunch	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	✓
Soya	
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Cauliflower Cheese (V)

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4768	Cauliflower (frozen)	12.00	Kilo
Flora500	Flora light	2.50	250g
405522	Milk powder	1.00	Kilo
GRATE FC	Low fat cheese	3.75	Kg
42018	Plain flour	625.00	grams
Litre	Water	10.00	litre

- 1/ Melt flora, add flour to make roux, cook out and add milk and melt in cheese.
- 2/ Steam cauliflower and add to sauce.
- 3/ Tray up and top with a little cheese.

Recipe Name: Cauliflower Cheese (V)	
Allergen	Tick if present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Fri

Vegmain39

Lentil Bake (V)

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8055	Diced onions	0.50	5kg
1800	Celery head	3.00	300g
8035	Diced carrots	0.50	5kg
01456	Garlic puree	20.00	Gm
70378	Ground coriander	20.00	Gm
Flora500	Flora light	1.00	250g
8075	Sliced potato	2.00	5kg
17576	Chopped tomatoes	1.00	2.5kg
Grate lfc	Low fat cheese	2.38	Kg
70358	Mixed herbs	20.00	Gm
56614	Lentils	7.0	kg

- 1/ Sweat of garlic, onions and vegetable
- 2/ Add tomatoes, coriander, herbs, lentils and beans
- 3/ place in serving dish and cool
- 4/ Place sliced potato on top and sprinkle with cheese.
- 5/ Bake in oven until golden brown

Recipe Name: Lentil Bake	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Wk1 Mon

Vegmain28

Spicy Bean Stew (V)

To make 100 portion(s):

Item Code	Description	Quantity	Unit
17576	Chopped tomatoes (tin)	2.00	2.5kg
5634	Tomato puree (lg tin)	1.00	800g
41033	Knorr boullion veg	0.25	1.5kg
70372	Chilli powder	100.00	Gm
8055	Diced onions 10mm	0.25	5kg
7261	Five bean salad	10.00	800g
80477	Diced carrots	0.25	5kg
1456	Garlic puree	20.00	Gm
Litre	Water	3.00	Litre
70358	Mixed herbs	20.00	gm

- 1/ Sweat of onions and vegetables in the flora
- 2/ Add remaining ingredients and simmer
- 3/ cook for 30 min and serve in appropriate tins

Recipe Name: Spicy Bean Stew (V)	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Sat

Vegmain04

Vegetable Dansak

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Mushbm	Mushrooms	1.00	1box
4748	Broccoli florets frozen	1.00	2kg
1456	Garlic puree	25.00	Gm
17576	Chopped tomatoes (tin)	2.00	2.5kg
41033	Knorr boullion veg	0.68	1.5kg
56614	Lentils	1.50	Kilo
Litre	Water	2.50	Litre
70403	Curry powder	250.00	Gm
70299	Turmeric	40.00	Gm
8055	Diced onions	1.00	Kg
70378	Ground coriander	250.00	Gm
4768	Cauliflower frozen	1.00	Kilo
8078	Diced potatoes	1.00	Kg
5634	Tomato puree (lg tin)	0.50	800g
7505	Mixed peppers	10.00	160g

1/ Boil lentils until soft and drain

2/ Cook off garlic, onions, peppers and spices

3/ Add broccoli, potato and cauliflower then the remaining ingredient

4/ Cook out and serve in appropriate serving tins

Recipe Name: Vegetable Dansak	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Sun

Vegmain19

Cauliflower & Broccoli Mornay

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4748	Broccoli Florets	3.00	2kg
4768	Cauliflower	6.00	Kilo
Grate lfc	Low fat cheese	3.25	Kg
Fora500	Flora light	2.00	250g
42018	Plain flour	700.00	Gm
405522	Silverflow milk powder	1.00	Kilo
litre	Water	10.00	litre

- 1/ Cook the frozen vegetables and place in serving dish
- 2/ Make up the sauce by making a roux and cooking out with the milk mix and blend in the cheese
- 3/ Coat the vegetables in the sauce, sprinkle with cheese and heat in the oven

Recipe Name: Cauliflower & Broccoli Mornay	
Allergen	Tick if present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input checked="" type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Wk1 Thur

Pas008

Quorn Mince with Tomato & Basil

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8055	Diced onions	2.50	Kg
8024	Grated carrots	2.50	Kg
8106	Diced turnip	1.50	Kg
5634	Tomato puree	400.00	Gm
Litre	Water	7.70	Litre
17576	Chopped tomatoes(tin)		Gm
70358	Mixed herbs	50.00	Gm
1456	Garlic puree	15.00	Gm
30825	Quorn mince	9.00	Kg
49398	Dolmio tomato/basil sauce	1.00	2.29kg

- 1/ Place quorn and onions into pan and brown
- 2/ Place remaining ingredients into pan and heat through
- 3/ Serve in appropriate containers

Recipe Name: Quorn Mince with Tomato & Basil	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input checked="" type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input checked="" type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Wk1 Thur

Wk1 Wed

Vegetable Haggis

To make 100 portion(s):

Item Code	Description	Quantity	Unit
20VEGHAG	Vegetable haggis	3.0	

- 1/ Cut haggis into cubes and place 6oz per portion into serving tins
- 2/ Seal the tins and steam in combi for 40 min until soft and at temperature.

Recipe Name: Vegetable Haggis	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Quorn Mince & Gravy

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8055	Diced onions	2.50	Kg
30825	Quorn Mince	9.00	Kg
20277	Gravy Mix Bisto	1.00	lt

- 1/ Place quorn and onions into pan and brown
- 2/ Place remaining ingredients into pan and heat through
- 43 Serve in appropriate containers

Recipe Name:	Quorn Mince & Gravy	
Allergen		Tick if Present
Cereals containing gluten		✓
Peanuts (also called groundnuts)		✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)		✓
Fish		
Shellfish		
Molluscs		
Sesame seeds		
Eggs		✓
Milk		✓
Soya		✓
Celery and celeriac		
Lupine		
Mustard		
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)		

Thai Vegetable & Lentil Curry

To make 100 portion(s):

Item Code	Description	Quantity	Unit
106762	Ratatouille mix	2.00	1.5kg
56614	Lentils split	6.00	Kg
4785	Thai veg stir fry	4.50	1kg
80596	Thai green paste	2.00	850g
70403	Curry powder	15.00	Gm
41033	Knorr bouillon veg	120.00	Gm
litre	Water	1.00	litre

1/ Soften lentils.

2/ Cook of curry powder, bouillon, and veg mix in the boiler with a little water until soft.

3/ Add curry paste and heat thoroughly.

4/ Serve in appropriate serving tins.

Recipe Name: Thai Vegetable & Lentil Curry	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Potato & Bean Bake (V)

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8055	Diced onions	0.50	5kg
1800	Celery head	3.00	300g
8035	Diced carrots	0.50	5kg
01456	Garlic puree	20.00	Gm
70378	Ground coriander	20.00	Gm
Flora500	Flora light	1.00	250g
8075	Sliced potato	2.00	5kg
7261	Five bean salad	8.00	800g
17576	Chopped tomatoes	1.00	2.5kg
Grate lfc	Low fat cheese	2.38	Kg
70358	Mixed herbs	20.00	gm

- 1/ Sweat of garlic, onions and vegetable
- 2/ Add tomatoes, coriander, herbs and beans
- 3/ place in serving dish and cool
- 4/ Place sliced potato on top and sprinkle with cheese.
- 5/ Bake in oven until golden brown

Recipe Name: Potato & Bean Bake	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Baked Potato & Vegetable Curry

To make 100 portion(s):

Item Code	Description	Quantity	Unit
1300	Baked potato	100.00	1pota
Mushbm	Mushrooms	1.00	to
4748	Broccoli florets frozen	1.00	1.5kg
1456	Garlic puree	25.00	1box
17576	Chopped tomatoes (tin)	2.00	2kg
41033	Knorr boullion veg	0.68	Gm
56614	Lentils	1.50	2.5kg
Litre	Water	2.50	Gm
70403	Curry powder	250.00	Kilo
70299	Turmeric	40.00	Litre
8055	Diced onions	1.00	Gm
70378	Ground coriander	250.00	Gm
4768	Cauliflower frozen	1.00	5kg
8078	Diced potatoes	1.00	Gm
5634	Tomato puree (lg tin)	0.50	160g
7505	Mixed peppers	10.00	Kg
			250g

1/Boil lentils until soft and drain

2/ Cook off garlic, onions, peppers and spices

3/ Add broccoli, potato and cauliflower then the remaining ingredient

4/ Place baked potatoes in the steamer and cook

5/ Serve in appropriate containers

Recipe Name: Baked Potato & Vegetable Curry	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Vegetable Lasagne

To make 100 portion(s):

Item Code	Description	Quantity	Unit
17576	Chopped tomatoes (tin)	2.00	2.5kg
3342	Mushrooms (tin)	1.00	1box
5364	Tomato puree (tin)	3.00	800g
Grate lfc	Low fat cheese	2.50	Kg
405522	Milk powder	0.46	Kg
Flora500	Flora light	2.00	250g
4779	Sliced courgettes	1.00	Kg
42018	Plain flour	0.25	1.5kg
99646	Lasagne	3.00	500g
1456	Garlic puree	25.00	Gm
7505	Green peppers	8.00	160g
8055	Diced onions	1.00	5kg
30825	Quorn mince	7.00	1kg
70358	Mixed herbs	25.00	gm

- 1/ Melt flora and make a roux with flour and add the milk and cook
- 2/ Add $\frac{3}{4}$ of the cheese and melt
- 3/ in a separate pot make up the vegetable mix with garlic, tomatoes, puree, herbs and vegetable and cook until vegetables are soft.
- 3/ In a serving dish place a layer of vegetables top with lasagne then vegetables then lasagne and coat with cheese sauce and sprinkle top with remaining cheese.
- 4/ Do the same for each serving tin the cook in oven until golden brown

Recipe Name: Vegetable Lasagne	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Quorn Mince

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	5.00	Litre
20277	Bisto gravy mix	1.00	343g
8055	Diced onions	2.50	5kg
8024	Diced carrots	2.50	5kg
30825	Quorn mince	6.00	1kg
8106	Small diced turnip	3.00	Kg
Grate lfc	Low fat cheese	600.00	gm
8075	potatoes		

- 1/ Brown mince and onions and add vegetables cook for 30min and thicken with gravy mix
 2/ Serve into tins

Recipe Name: Quorn Mince	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as SO ₂)	

Cheese & Tomato Omelette

To make 100 portion(s):

Item Code	Description	Quantity	Unit
3135	Plain omelette	100.00	84g
8142	Fresh tomatoes	25.00	85g
Grate lfc	Low fat cheese	3.50	Kg

- 1/ Slice tomatoes
- 2/ Place filling into omelettes
- 3/ Place in serving tins
- 4/ Cook until golden
- 5/ Serve

Recipe Name: Cheese & Tomato Omelette	
Allergen	Tick if present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Vegetable Chow Mein

To make 100 portion(s):

Item Code	Description	Quantity	Unit
04342	Black bean sauce	1.00	2.3kg
01456	Garlic puree	20.00	Gm
26041	Noodles dried	3.00	250g
5634	Tomato puree	0.50	800g
106762	Ratatouille mix	3.00	1.5kg
Litre	Water	3.00	1kg
107021	Oriental veg	2.00	Litre
8062	Sliced onions	0.25	1kg

- 1/ Plane noodles in water and leave to soak for approx 1hr
- 2/ Sweat off ratatouille mix and vegetables with a little water
- 3/ Stir in black bean sauce, tomato puree
- 4/ Stir through noodles and heat until temperature is reached
- 5/ serve in appropriate container

Recipe Name: Vegetable Chow Mein	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as SO ₂)	

Tortellini Riccotta Cheese

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	10.00	Litre
31769	Cheese tortellini	15.00	Kg
Flora500	Flora light	3.00	250g
42018	Plain flour	1,200.00	Gm
40552	Silverflow milk powder	1.00	Kilo
Grate lfc	Low fat grated cheese	0.50	4.75k g

- 1/ Cook tortellini water for 15 mins
- 2/ Place flour into boiler and make a roux with the flour
- 3/ Cook for 1 minute then gradually add made up milk powder
- 4/ Remove from heat and add grated cheese
- 5/ Stir in tortellini and heat and serve

Recipe Name: Tortellini Riccotta Cheese	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Country Vegetable Bake

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4748	Broccoli Florets	3.00	2kg
4768	Cauliflower	6.00	Kilo
Grate lfc	Low fat cheese	3.25	Kg
Fora500	Flora light	2.00	250g
42018	Plain flour	700.00	Gm
405522	Silverflow milk	1.00	Kilo
litre	powder	10.00	litre
	Water		

- 1/ Cook the frozen vegetables and place in serving dish
- 2/ Make up the sauce by making a roux and cooking out with the milk mix and blend in the cheese
- 3/ Coat the vegetables in the sauce, sprinkle with cheese and heat in the oven

Recipe Name: Country Vegetable Bake	
Allergen	Tick if present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Bean & Sweet Potato Cottage Pie

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	5.00	Litre
20277	Bisto gravy mix	1.00	343g
8055	Diced onions	2.50	5kg
8024	Diced carrots	2.50	5kg
Flora500	Flora light	1.00	250g
8106	Small diced turnip	3.00	Kg
Grate lfc	Low fat cheese	600.00	Gm
7261	Five bean salad	8.00	800g
1259	Sweet potato	12.00	Kg
41033	Knorr bouliion vegetable	250.00	Gm
70358	Mixed herbs	25.00	gm
5634	Tomato puree	1.00	800g
17576	Chopped tomatoes	2.00	2.5kg

- 1/ Brown and add vegetables and beans cook for 30min and thicken with gravy mix
- 2/ Serve into tins and cool
- 3/ Steam potatoes and sweet potatoes(remove skins) in combi for 40min and mix with flora to make a smooth mash
- 4/ Place on top of mix and sprinkle with cheese
- 5/ Place into the oven until golden brown

Recipe Name: Bean & Sweet Potato Cottage Pie	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Pasta Bolognaise

To make 100 portion(s):

Item Code	Description	Quantity	Unit
sm	Mince	9.00	Kg
5634	Tomato puree Ltin	1.00	800g
3342	Mushrooms (tin)	2.00	Kg
42018	Chopped tomatoes Ltin	2.00	2.5kg
4218	Plain flour	700.00	Gm
8055	Onions diced	0.50	5kg
1456	Garlic puree	50.00	Gm
Litre	Water	10.00	Litre
70358	Mixed herbs	50.00	Gm
41032	Knorr bullion beef	150.00	Gm
70486	Tri colour spiral pasta	2.50	3kg

Bolognaise Sauce:

1/ Sweat of onions and beef in brat pan until browned.

2/ Add onions, mushrooms, peppers, herbs, garlic and bouillon and stir well.

3/ Add tomatoes and tomato puree, stir and bring to the boil then simmer. Cook for 1 hour and place in serving tins.

Pasta:

1/ Place pasta in boiling water and cook until transparent.

2/ Drain and place in serving tins

Recipe Name: Pasta Bolognaise	
Allergen	Tick if present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Cheese Omelette

To make 100 portion(s):

3135	Plain omelette	100.00	84g
Grate lfc	Low fat cheese	3.50	Kg

- 1/ Place filling into omelettes
- 2/ Place in serving tins
- 3/ Cook until golden
- 4/ Serve

Recipe Name: Spanish Omelette(V)	
Allergen	Tick if present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Vegmain23

Spanish Omelette

To make 100 portion(s):

Item Code	Description	Quantity	Unit
3135	Plain omelette	100.00	84g
Mushbm	Mushrooms	2.00	1box
7505	Mixed peppers	20.00	160g
8055	Diced onions	0.50	5kg
70358	Mixed herbs	20.00	Gm
Flora500	Flora light	1.00	250g

- 1/ Cook of vegetables
- 2/ Place filling into omelettes
- 3/ Place in serving tins
- 4/ Cook until golden
- 5/ Serve

Recipe Name: Spanish Omelette(V)	
Allergen	Tick if present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Pasta Twirls

To make 100 portion(s):

Item Code	Description	Quantity	Unit
70486	Pasta	8.50	Kilo
litre	Water	8.00	litre

- 1/ Cook past in boiling water until soft
- 2/ Drain and rinse.
- 3/ Transfer into containers and serve

Recipe Name: Pasta Twirls	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Pas700

Tomato Pasta

To make 100 portion(s):

Item Code	Description	Quantity	Unit
70486	Tri colour spiral pasta	2.00	3kg
8055	Diced onions	2.50	Kg
8024	Grated carrots	2.50	Kg
8106	Diced turnip	1.50	Kg
5634	Tomato puree	400.00	Gm
Litre	Water	7.70	Litre
17576	Chopped tomatoes(tin)		Gm
70358	Mixed herbs	50.00	Gm
01456	Garlic puree	15.00	Gm
Grate lfc	Low fat cheese	1.00	Kg

1/ Place all vegetables into bratt pan and sweat off

2/ Add tomatoes

3/ Cook off pasta and mix through tomato sauce, stir through cheese 4/ Place into serving containers

Recipe Name: Tomato Pasta	NONE
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Vegmain03

Vegetable Cottage Pie

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	5.00	Litre
20277	Bisto gravy mix	1.00	343g
8055	Diced onions	2.50	5kg
8024	Diced carrots	2.50	5kg
30825	Quorn mince	6.00	1kg
Flora500	Flora light	1.00	250g
8106	Small diced turnip	3.00	Kg
Grate lfc	Low fat cheese	600.00	gm
8075	potatoes		

- 1/ Brown mince and onions and add vegetables cook for 30min and thicken with gravy mix
- 2/ Serve into tins and cool
- 3/ Steam potatoes in combi for 40min and mix with flora to make a smooth mash
- 4/ Place on top of mince and sprinkle with cheese
- 5/ Place into the oven until golden brown

Recipe Name: Vegetable Cottage Pie	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as SO2)	

Potato & Leek Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8047	Sliced leeks	1.00	5kg
Litre	Water	30.00	Litre
8055	Diced onions	1.00	5kg
8078	Diced potato	1.00	5kg
49427	Knorr leek soup	400.00	Gm
49328	Black pepper	25.00	Gm
01456	Garlic puree	30.00	gm

- 1/ Place water and bouillon into boiler
- 2/ Add onions, leeks and potatoes
- 3/ Simmer until vegetables have softened
- 4/ Transfer into appropriate serving containers
- 5/ Secure with lids

Recipe Name: Potato & Leek Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Farmhouse Broth Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
41033	Knorr bouillon veg	240.00	Gm
8055	Diced onions 10mm	0.50	5kg
8024	Diced carrots 10mm	1.00	5kg
8078	Potatoes diced	0.25	5kg
8047	Leeks(5kilo)	1.25	Kg
8106	Turnip diced	0.50	5kg
1800	Celery head	2.00	300g
56618	Broth mix	2.00	Kg
49328	Black pepper	20.00	gm

- 1/ Soak broth mix rinse thoroughly and drain.
- 2/ Place water and bouillon into boiler
- 3/ Add vegetables and broth mix to boiler
- 4/ Bring to the boil and simmer until vegetables are soft
- 5/ Transfer into serving containers and secure lids

Recipe Name: Farmhouse Broth Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Lentil Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
41033	Knorr bouillon veg	240.00	Gm
8055	Diced onion	1.00	5kg
Litre	Water	30.00	Litre
56614	Lentils	3.00	Kg
8024	Diced carrots	1.00	5kg
70242	Black peppercorns	20.00	Gm
70358	Mixed herbs	15.00	gm

- 1/ Pre-soak lentils and rinse
- 2/ Place drained lentils into boiler and appropriate amount of water
- 3/ Add onions and carrots and bouillon and stir well
- 4/ Bring to boil, simmer until vegetables are cooked
- 5/ Transfer to appropriate bulk containers and secure lids.

Recipe Name: Lentil Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as SO ₂)	

Scotch Broth Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
41033	Knorr bouillon veg	240.00	Gm
8055	Diced onions	0.50	5kg
8024	Diced carrots	0.50	5kg
8078	Diced potatoes	0.25	5kg
8047	Prepared leeks	0.25	5kg
8106	Diced turnip	0.50	5kg
1800	Celery head	2.00	300g
56618	Broth mix	3.00	Kg
49328	Black pepper	20.00	gm

- 1/ Soak broth mix and rinse and drain
- 2/ Place water and bouillon into boiler and add broth mix and vegetables
- 3/ Bring to the boils and simmer until vegetables are soft.
- 4/ Transfer into serving dishes and secure lid.

Recipe Name: Scotch Broth Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Vegetable Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
40033	Knorr bouillon veg	240.00	Gm
8055	Diced onions 10mm	0,50	5kg
8024	Diced carrots 10mm	0.50	5kg
8047	Prepared leeks	0.50	5kg
8078	Diced potatoes	0.50	5kg
8106	Diced turnip	2.00	Kg
405522	Celery head	1.00	Kg
1800	Mixed herbs	2.00	300g
70358		75.00	gm

1/ Fill boiler with water add onions carrots, celery, turnip, potatoes and leeks and also bouillon.

2/ Bring to the boil and simmer till cooked.

3/ Blend with a stick blender.

4/ Transfer to appropriate containers.

Recipe Name: Vegetable Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Tomato Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
17576	Chopped tomatoes (tin)	3.00	2.5kg
5634	Tomato puree (tin)	2.00	800g
93939	Maggie's soup Tomato	400.00	Gm
8055	Diced onions	0.50	5kg
80477	Diced carrots	0.50	5kg
1800	Celery head	2.00	300g
2747	Granulated sugar	100.00	Gm
Flora500	Flora light	500.00	gm

- 1/ Sweat off vegetables and add sugar to flora
- 2/ Place soup power and water in boiler
- 3/ Add onions, carrots, tomatoes, tomato puree, celery and bring to the boil
- 4/ Simmer until vegetables are soften. Blend with stick
- 5/ Transfer into appropriate portions

Recipe Name: Tomato Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Chicken & Rice Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8047	Sliced leeks	0.50	0.50
Litre	Water	30.00	Litre
8055	Diced onions	0.50	5kg
49328	Black peppercorns	25.00	Gm
30137	Diced chicken meat	1.25	2.5kg
8024	Diced carrots	0.50	5kg
1448	Long grain rice	1.50	Kilo
91667	Chicken soup	500.00	gm

- 1/ Sweat off vegetables
- 2/ Place soup power and water in boiler
- 3/ Bring to the boil and add the rice
- 4/ Simmer until vegetables are soften.
- 5/ Transfer into appropriate portions

Recipe Name: Chicken & Rice Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Mushroom Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre 49429	Water	30.00	Litre
	Knorr mushroom soup mix	1.00	gm
3342	Tinned sliced mushroom	2.00	

- 1/ Mix soup mix with water in boiler
- 2/ Whisk until comes to boil
- 3/ Add drained mushrooms
- 4/ Simmer and serve

Recipe Name: Mushroom Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Cock-a-leekie Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8047	Sliced leeks	0.50	0.50
Litre	Water	30.00	Litre
8055	Diced onions	0.50	5kg
49328	Black peppercorns	25.00	Gm
30137	Diced chicken meat	1.25	2.5kg
8024	Diced carrots	0.50	5kg
1448	Long grain rice	1.50	Kilo
91667	Chicken soup	500.00	gm

- 1/ Sweat off vegetables
- 2/ Place soup power and water in boiler
- 3/ Bring to the boil and add the rice
- 4/ Simmer until vegetables are soften.
- 5/ Transfer into appropriate portions

Recipe Name: Cock-a-leekie Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Tomato & Basil Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
17576	Chopped tomatoes (tin)	3.00	2.5kg
5634	Tomato puree (tin)	2.00	800g
8062	Maggie's soup Tomato	400.00	Gm
8055	Diced onions	0.50	5kg
8024	Diced carrots	0.50	5kg
1800	Celery head	2.00	300g
2747	Granulated sugar	100.00	Gm
Flora500	Flora light	500.00	gm

- 1/ Sweat off vegetables and add sugar to flora
- 2/ Place soup power and water in boiler
- 3/ Add onions, carrots, tomatoes, tomato puree, celery and bring to the boil
- 4/ Simmer until vegetables are soften. Blend with stick
- 5/ Transfer into appropriate portions

Recipe Name: Tomato & Basil Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	



Chicken Noodle Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
26041	Sharwoods Noodles	4.00	250g
Litre	Water	30.00	Litre
41034	Knorr bouillon Chicken	240.00	gm
8055	Onion diced 10mm(5ki	0.75	5kg
8024	Carrot shredded	0.50	5kg
8047	Leek prepared	0.50	5kg
30137	Chicken strips frozen	2.50	2kg
70355	Chef Williams Dried Parsley	20.00	gram
70358	Chef Williams Mixed herbs	75.00	gram
01456	3663 Garlic puree	75.00	gram

- 1/ Defrost chicken and chop into small pieces and put to one side.
- 2/ Mix bullion and add it and all vegetables to the boiler with appropriate amount of water.
- 3/ Bring to the boil, brake up noodles and add to the boiler, add chicken, stir well and simmer.

Recipe Name: Chicken Noodle Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Carrot & Parsnip Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
41033	Knorr bouillon veg	240.00	Gm
8055	Diced onions 10mm	0.75	5kg
Flora500	Flora light	1.00	250g
42018	Plain flour	0.50	1.5kg
8024	Shredded carrot	2.00	5kg
405522	Silverflow milk powder	1.00	Kg
8106	Diced parsnip	0.75	5kg

- 1/ Melt flora and cook onions and carrots.
- 2/ Add milk powder, bouillon into water and stir well.
- 3/ Bring to the boil stir well and simmer.
- 4/ Blend with stick blender

Recipe Name: Carrot & Parsnip Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Sou027

Cullen Skink Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
31036	Smoked haddock	0.75	4.5kilo
8055	Diced onion	0.50	5kg
Litre	Water	30.00	Litre
1800	Celery head	2.00	Head
8078	Diced potato	0.50	5kg
41033	Vegetable boullion	240.00	Gm
70355	Dried parsley	20.00	Gm
405522	Milk powder	1.00	kg

- 1/ Place water and bouillon into boiler
- 2/ Steam Haddock in combi
- 3/ Add onions and potatoes
- 4/ Simmer until vegetables have softened Blend with stick blender
- 5/ Flake in fish and sprinkle with parsley
- 6/ Transfer into appropriate serving containers
- 7/ Secure with lids

Recipe Name: Cullen Skink Soup	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Sou029

Thick Vegetable Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
41033	Knorr boullion veg	240.00	Gm
8055	Diced onions	0.75	5kg
8024	carrots	0.75	5kg
8078	Diced potatoes	0.25	5kg
8047	Prepared leeks	0.75	5kg
8106	Small diced turnip	0.50	5kg
1800	Celery head	2.00	300g
49328	Black pepper	50.00	gm

- 1/ Mix bullion, water and add all vegetables to the boiler
- 2/ Bring to the boil, stir well and simmer.
- 3/ Place in serving containers with secure lids.

Recipe Name: Thick Vegetable Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Sou003

Carrot & Parsnip Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
41033	Knorr bouillon veg	240.00	Gm
8055	Diced onions 10mm	0.75	5kg
Flora500	Flora light	1.00	250g
42018	Plain flour	0.50	1.5kg
8024	Shredded carrot	2.00	5kg
405522	Silverflow milk powder	1.00	Kg
8106	Diced parsnip	0.75	5kg

- 1/ Melt flora and cook onions and carrots.
- 2/ Add milk powder, bouillon into water and stir well.
- 3/ Bring to the boil stir well and simmer.
- 4/ Blend with stick blender

Recipe Name: Carrot & Parsnip Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Sou300

Chicken & Rice Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8047	Sliced leeks	0.50	0.50
Litre	Water	30.00	Litre
8055	Diced onions	0.50	5kg
49328	Black peppercorns	25.00	Gm
30137	Diced chicken meat	1.25	2.5kg
8024	Diced carrots	0.50	5kg
1448	Long grain rice	1.50	Kilo
91667	Chicken soup	500.00	gm

- 1/ Sweat off vegetables
- 2/ Place soup power and water in boiler
- 3/ Bring to the boil and add the rice
- 4/ Simmer until vegetables are soften.
- 5/ Transfer into appropriate portions

Recipe Name: Chicken & Rice Soup	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Sou036

Yellow Split Pea Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
41033	Knorr bouillon veg	240.00	Gm
8055	Diced onions 10mm	0.75	5kg
8024	Shredded carrot	0.75	5kg
52655	yellow split peas	3.00	Kg
1800	Celery head	2.00	300g

1/ Soak peas and rinse

2/ Mix bouillon and add it and all vegetables to the boiler with appropriate amount of water.

3/ Bring to the boil stir well and simmer.

4/ Serve in appropriate containers

Recipe Name: Yellow Split Pea Soup	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Sou033

French Onion Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora 500	Flora light	0.50	250g
Litre	Water	30.00	Litre
8062	Sliced onion	1.50	1kg
20277	Bisto gravy mix	1.00	343g
	Lea & Perrins		
52620	Worcester sauce	75.00	MI
02875	3663 French Mustard	500.00	ml

- 1/ Brown sliced onions in flora in the bottom of the boiler.
 - 2/ Add gravy mix, mustard and Worcester sauce until smooth.
 - 3/ Add water gradually, stirring constantly and simmer.
 - 4/ Transfer appropriate portions into bulk containers and secure lids.
- Cooking: Cook on a medium heat for approx 1 hour

Recipe Name: French Onion Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Sou201

Scotch Broth Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
41033	Knorr bouillon veg	240.00	Gm
8055	Diced onions	0.50	5kg
8024	Diced carrots	0.50	5kg
8078	Diced potatoes	0.25	5kg
8047	Prepared leeks	0.25	5kg
8106	Diced turnip	0.50	5kg
1800	Celery head	2.00	300g
56618	Broth mix	3.00	Kg
49328	Black pepper	20.00	gm

- 1/ Soak broth mix and rinse and drain
- 2/ Place water and bouillon into boiler and add broth mix and vegetables
- 3/ Bring to the boils and simmer until vegetables are soft.
- 4/ Transfer into serving dishes and secure lid.

Recipe Name: Scotch Broth Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Sou006

Cream of Chicken Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
91667	chicken soup	0.50	1x2kg
Litre	Water	30.00	Litre
8055	Onions diced	0.50	5kg
70358	Mixed herbs	50.00	Gm
30137	Chicken strips	1.00	2kg

- 1/ Defrost chicken and chop into small pieces and put to one side.
- 2/ Add milk powder, soup mix into water and stir well add vegetables.
- 3/ Bring to the boil, add chicken, stir well and simmer.

Recipe Name: Cream of Chicken Soup	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input type="checkbox"/>
Celery and celeriac	<input checked="" type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input checked="" type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Sou024

Minestrone Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
8055	Diced onions	0.50	5kg
8024	Diced carrots	0.50	5kg
1800	Celery head	2.00	300g
17576	Chopped tomatoes Ltin	4.00	2.5kg
5634	Tomato puree	2.00	800g
2747	Granulated sugar	100.00	Gm
01456	Garlic puree	20.00	Gm
70358	Mixed herbs	20.00	Gm
41033	Knorr veg bouillon	240.00	Gm
70242	Black peppercorns	20.00	Gm
70483	Spaghetti	0.50	3kg

- 1/ Sweat of all vegetable, herbs, sugar and garlic in flora until soften.
- 2/ Add water and stir well, mix bouillon in a little water and add to boiler.
- 3/ Brake up spaghetti and add to boiler
- 3/ Bring to the boil and simmer for approx 1 hour.
- 4/ Transfer into containers and secure the lids before serving.

Recipe Name: Minestrone Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Sou017

Cream of Vegetable Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
41033	Knorr bouillon veg	240.00	Gm
8055	Diced onions	0.50	5kg
8024	Diced carrots	0.50	5kg
8047	Prepared leeks	0.50	5kg
8075	Diced potatoes	0.50	5kg
8106	Diced turnip	2.00	Kg
1800	Celery head	1.00	Kg
70358	Mixed herbs	2.00	300g
		75.00	gm

1/ Fill boiler with water add onions carrots, celery, turnip, potatoes and leeks and also bouillon.

2/ Bring to the boil and simmer till cooked.

3/ Blend with a stick blender.

4/ Transfer to appropriate containers.

Recipe Name: Cream of Vegetable Soup	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input checked="" type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Sou40

Lentil & Ham Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Honeyc	Honey Roast Ham	500.00	Gm
41033	Knorr boullion ham	240.00	Gm
8055	Diced onion	1.00	5kg
8024	Shredded carrot	0.50	5kg
56614	Lentil split	3.00	Kilo
litre	Water	30.00	litre

- 1/ Add water to boiler and add all ingredients.
- 2/ Bring to the boil and cook through until veg is soft.
- 3/ Add the chopped ham.
- 4/ Transfer to containers and secure lids before serving.

Recipe Name: Lentil & Ham Soup	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Sou022

Tomato & Vegetable Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
93939	Maggie's tomato soup	400.00	Gm
8055	Diced onions	0.50	5kg
8035	Diced carrots	0.50	5kg
1800	Celery head	2.00	300g
17576	Chopped tomatoes Ltin	4.00	2.5kg
5634	Tomato Paste	2.00	800g
2747	Granulated sugar	100.00	Gm
01456	Garlic puree	20.00	Gm
70358	Mixed herbs	20.00	Gm
Flora500	Flora light	500.00	Gm
70242	Black peppercorns	20.00	gm

- 1/ Sweat of all vegetable, herbs, sugar and garlic in flora until soften.
- 2/ Add water and stir well, mix the soup mix in a little water and add to boiler.
- 3/ Bring to the boil and simmer for approx 1 hour.
- 4/ Transfer into containers and secure the lids before serving.

Recipe Name: Tomato & Vegetable Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Fri

Sou006

Chicken & Sweetcorn Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
91667	Chicken soup	0.50	1x2kg
Litre	Water	30.00	Litre
4782	Onions diced	0.50	5kg
8055	Sweetcorn	1.00	
70358	Mixed herbs	50.00	Gm
30137	Chicken strips	1.00	2kg
5427	Knorr bouillon chicken	240	gm

- 1/ Defrost chicken and chop into small pieces and put to one side.
- 2/ Add water, soup mix into water and stir well adding vegetables.
- 3/ Bring to the boil, add chicken, stir well and simmer.

Recipe Name: Chicken & Sweetcorn Soup	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input type="checkbox"/>
Celery and celeriac	<input checked="" type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input checked="" type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Wk1 Fri

Sou030

Country Vegetable Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
41033	Knorr bouillon veg	240.00	Gm
8055	Diced onions10mm	0.50	5kg
8024	Diced carrots 10mm	1.00	5kg
8078	Potatoes diced	0.25	5kg
8047	Leeks(5kilo)	1.25	Kg
8106	Turnip diced	0.50	5kg
1800	Celery head	2.00	300g
49328	Black pepper	20.00	gm

- 1/ Soak broth mix rinse thoroughly and drain.
- 2/ Place water and bouillon into boiler
- 3/ Add vegetables and broth mix to boiler
- 4/ Bring to the boil and simmer until vegetables are soft
- 5/ Transfer into serving containers and secure lids

Recipe Name: Country Vegetable Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Wk1 Sun

Sou036

Green Split Pea Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
41033	Knorr bouillon veg	240.00	Gm
8055	Diced onion	0.75	5kg
8024	Shredded carrots	0.75	5kg
56626	Green split pea	3.00	Kg
1800	celery	2.00	300g

- 1/ Soak split peas then rinse
- 2/ Add peas and vegetables into the boiler with water and bouillon.
- 3/ Simmer and cook until vegetables are soft.
- 4/ Serve in appropriate containers

Recipe Name: Green Split Pea Soup	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input checked="" type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Wk1 Thur

Sou200

Lamb Broth Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
43594	Knorr bouillon veg	240.00	Gm
8055	Diced onions	0.50	5kg
8024	Diced carrots	1.00	5kg
8078	Potatoes diced	0.25	5kg
8047	Leeks(5kilo)	1.25	Kg
8106	Turnip diced	0.50	5kg
1800	Celery head	2.00	300g
56618	Broth mix	2.00	Kg
49328	Black pepper	20.00	gm
lambr	Roast lamb	1.00	1kg

- 1/ Soak broth mix rinse thoroughly and drain.
- 2/ Place water and bouillon into boiler
- 3/ Add vegetables and broth mix to boiler
- 4/ Bring to the boil and simmer until vegetables are soft
- 5/ Add diced cooked lamb 10min before serving
- 6/ Transfer into serving containers and secure lids

Recipe Name: Farmhouse Broth Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Wk1 Thur

Sou003

Cream of Carrot Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	30.00	Litre
41033	Knorr bouillon veg	240.00	Gm
8055	Diced onions 10mm	0.75	5kg
Flora500	Flora light	1.00	250g
42018	Plain flour	0.50	1.5kg
8024	Shredded carrot	2.00	5kg
405522	Silverflow milk powder	1.00	kg

- 1/ Melt flora and cook onions and carrots.
- 2/ Add milk powder, bouillon into water and stir well.
- 3/ Bring to the boil, stir well and simmer.
- 4/ Blend with stick blender

Recipe Name: Cream of Vegetable Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Tue

Sou001

Oxtail Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
83583	Knorr oxtail soup	1.10	Kg
Litre	Water	30.00	Litre
8055	Diced onion 10mm	2.00	Kg
02875	French mustard	20.00	MI
49328	Black pepper	25.00	gm

1/ Mix soup powder, onions and water in boiler and stir

2/ Boil until onions are soft

Cooking: Cook on a medium heat for approx 1 hour

Recipe Name: Oxtail Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Wed

Sou008

Cauliflower & Broccoli Soup

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4768	Cauliflower	4.00	Kg
8078	Small diced potatoes	1.00	2kg
41033	Knorr bouillon veg	240.00	Gm
Litre	Water	30.00	Litre
8055	Diced onions 10mm	0.50	5kg
4748	Broccoli florets(frozen)	2.00	2kg
405522	Milk powder	500.00	gm

- 1/ Make up milk powder as per instructions, add to boiler.
- 2/ Stir in veg bouillon, vegetables and bring to the boil.
- 3/ Simmer for 1 hour approx until vegetables are cooked and blend with stick blender.
- 3/ Place in containers and secure lids.

Recipe Name: Cauliflower & Broccoli Soup	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

San500

Turkey Baguette

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
Turkecb	Cooked turkey cold	4.50	Kg
4591	White baguette 16"	5.00	1x20

- 1/ Split baguettes and spread with flora.
- 2/ Put turkey into baguette
- 3/ Cling and label

Recipe Name: Turkey Baguette	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Baguette03

Chicken Salad Baguette

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4523	Lettuce iceberg	6.00	Each
2086	Cucumber	4.00	200g
80555	Diced onions	1.00	Kg
8042	Fresh tomatoes	20.00	80g
30137	Chicken strips	0.50	Litre
4590	Peti pan baguette	3.00	Kilo
		100.00	each

- 1/ Split the baguettes when cooked and cooled
- 2/ Chop chicken add onions, tomatoes, cucumber and shredded lettuce
- 3/ Place the mixture in the baguette
- 4/ Place in serving dish

Recipe Name: Chicken Salad Baguette	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Ham Salad Baguette

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
Turkecb	Cooked turkey cold	4.50	Kg
4591	White baguette 16"	5.00	1x20
Honeyc	Honey Roast Ham	7.00	Kg
4523	Iceberg lettuce (each)	3.00	250g
8142	Tomatoes	50.00	Each
2086	Cucumber	2.00	Ind

- 1/ Split baguettes and spread with flora.
- 2/ Put ham into baguette
- 3/ Cling and label

Recipe Name: Ham Salad Baguette	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Prawn Salad Baguette

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4523	Lettuce iceberg	6.00	Each
2086	Cucumber	4.00	200g
80555	Diced onions	1.00	Kg
8042	Fresh tomatoes	20.00	80g
4590	Peti pan baguette	100.00	each
4216	Prawns (frozen)		

- 1/ Split the baguettes when cooked and cooled
- 2/ Add defrosted prawns, onions, tomatoes, cucumber and shredded lettuce
- 3/ Place the mixture in the baguette
- 4/ Place in serving dish

Recipe Name: Prawn Salad Baguette	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Cheese Salad Baguette

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4523	Lettuce iceberg	6.00	Each
2086	Cucumber	4.00	200g
80555	Diced onions	1.00	Kg
8042	Fresh tomatoes	20.00	80g
30137	Chicken strips	0.50	Litre
4590	Peti pan baguette	3.00	Kilo
Grate lfc	Low fat grated cheese	100.00	each

- 1/ Split the baguettes when cooked and cooled
- 2/ Chop chicken add onions, tomatoes, cucumber and shredded lettuce
- 3/ Place the mixture in the baguette
- 4/ Place in serving dish

Recipe Name: Chicken Salad Baguette	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Wed

Turkey Burgers in a Bun

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4247	Turkey burgers	200.00	
3608	Sesame Bun	100.00	

- 1/ Bag burger buns and label per ward
- 2/ Fry burgers in deep fat fryer and place in serving tins
- 3/ 2 burgers per portion

Recipe Name: Turkey Burger & Buns	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Sat

San0520

Roll & Quorn Sausage

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4581	White bap Quorn sausages	100.00	Each

1/ Place rolls in bags and label per ward

2/ Cook sausages on trays in oven then portion into serving tins allowing two slices per serving.

Recipe Name: Bacon Roll	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Trifle

To make 100 portion(s):

Item Code	Description	Quantity	Unit
42019	Self raising flour	1.00	Kg
25611	Baking powder	25.00	Gm
Flora500	Flora light	750.00	Gm
2747	Granulated sugar	375.00	Gm
15407	Canderel	37.50	Gm
Wholele1	Liquid egg	600.00	ml
40552	Silverflow milk powder	16.00	gm
Litre	Water	160.00	ml
7792	Custard powder	375.00	gm
7792	Silverflow milk powder	750.00	gm
Litre	Water	7.50	litre
2747	Granulated sugar	37.00	gm
15407	Canderel	33.00	gm
50357	Fruit cocktail reduced	1.70	2.65
01809	sugar jelly crystals	1.05	Kg
Litre	Water	5.25	Litre
40551	cream	2.00	litre

- 1/ Make up sponge in "all in one" method, cook in oven in large trays.
- 2/ Make custard as per usual recipe
- 3/ Break up sponge and place in bottom of containers
- 4/ Place fruit on top of sponge and cover with jelly and leave to set
- 5/ Cover with custard leave to set
- 6/ Cover with whipped cream

Recipe Name: Trifle	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Rice Pudding

To make 100 portion(s):

Item Code	Description	Quantity	Unit
2747	Granulated sugar	0.25	Kg
405522	Silverflow milk powder	1.00	Kg
Litre	Water	10.00	Litre
5766	Rice	2.50	Kg
15407	Canderel	0.15	kg

- 1/ Mix powder with water and slowly bring to the boil, stirring constantly.
- 2/ Add rice and simmer.
- 3/ Add Canderel
- 4/ Transfer into serving containers with secure lids.

Recipe Name: Rice Pudding	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Semolina

To make 100 portion(s):

Item Code	Description	Quantity	Unit
2747	Granulated sugar	0.25	Kg
405522	Silverflow milk powder	1.00	Kg
Litre	Water	10.00	Litre
5766	Semolina	2.50	Kg
15407	Canderel	0.15	kg

- 1/ Mix powder with water and slowly bring to the boil, stirring constantly.
- 2/ Add semolina and simmer.
- 3/ Add Canderel
- 4/ Transfer into serving containers with secure lids.

Recipe Name: Semolina	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Banana Angel Delight

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	7.00	Litre
305	Banana angel delight	2.46	Kg

- 1/ Mix angel delight with water as per instructions.
- 2/ Place into appropriate containers.

Recipe Name: Banana Angel Delight	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Custard

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	10.00	Litre
66033	Canderel	45.00	Gm
405522	Silverflow milk powder	1.00	Kg
03418	Custard powder	0.50	Kg
2747	Granulated sugar	50.00	Gm

- 1/ Heat the made up milk powder and water in a saucepan/boiler.
- 2/ Mix the custard power with a little water until smooth.
- 3/ Return to the saucepan/boiler and stir over the stove until thick and creamy.
- 4/ Withdraw immediately and serve.

Recipe Name: Custard	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Swe012

Pear Fool

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	10.00	Litre
15407	Canderel	45.00	Gm
405522	Silverflow milk powder	1.00	Kg
7792	Custard powder	0.50	Kg
2747	Granulated sugar	50.00	Gm
50360	Pear halves	3.00	2.65kg
40551	Cream	2.40	Litre

- 1/ Heat the made up milk powder and water in a saucepan/boiler.
- 2/ Mix the custard power with a little water until smooth.
- 3/ Return to the saucepan/boiler and stir over the stove until thick and creamy.
- 4/ Leave to go cold
- 5/ Drain fruit and place in mixing bowl and add cream and cold custard
- 6/ Mix until smooth
- 7/ Place in serving tins and chill

Recipe Name: Pear Fool	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Fri

Sna001

Rice Pudding

To make 100 portion(s):

Item Code	Description	Quantity	Unit
2747	Granulated sugar	0.25	Kg
405522	Silverflow milk powder	1.00	Kg
Litre	Water	10.00	Litre
5766	Rice	2.50	Kg
15407	Canderel	0.15	kg

- 1/ Mix powder with water and slowly bring to the boil, stirring constantly.
- 2/ Add rice and simmer.
- 3/ Add Canderel
- 4/ Transfer into serving containers with secure lids.

Recipe Name: Rice Pudding	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk 1 Fri

Peaches in Juice

To make 100 portion(s):

Item Code	Description	Quantity	Unit
15430	Peach slices		

1/ Place in serving tins

Recipe Name: Peaches in Juice	None
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Fri

Swe035

Jelly

To make 100 portion(s):

Item Code	Description	Quantity	Unit
01813	Reduced Sugar Jelly	3.50	kg
50357	Fruit Cocktail		

- 1/ Prepare as instructions
- 2/ Pour into serving dishes
- 3/ Add fruit cocktail

Recipe Name: Jelly	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

WK1 Sun

Chocolate Mousse

To make 100 portion(s):

Item Code	Description	Quantity	Unit
0299	Angel delight Water		

- 1/ Mix the mousse per instructions
- 2/ Place in serving tins
- 3/ Chill

Recipe Name: Chocolate Mousse	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Tue

Swe036

Chocolate Custard

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	10.00	Litre
405522	Silverflow milk powder	1.00	750ml
28274	Drinking chocolate	2.00	500g
86811	Cornflour	500.00	Gm

- 1/ Heat the made up milk powder and water in a saucepan/boiler.
- 2/ Add in chocolate and melt
- 3/ Mix the cornflour with a little water until smooth.
- 4/ Return to the saucepan/boiler and stir over the stove until thick and creamy.
- 5/ Withdraw immediately and serve.

Recipe Name: Chocolate Custard	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Frt11

Jelly Whip

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	10.00	Litre
1813	Reduced sugar jelly	2.00	Kg
40551	cream	1.00	kg

- 1/ Make up jelly and cool
- 2/ Whisk in cream and place in serving containers
- 3/ Allow to set.

Recipe Name: Jelly Whip	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Fruit Sponge

To make 100 portion(s):

Item Code	Description	Quantity	Unit
50360	Pear halves in grape juice	4.00	Kilo
Litre	Water	1.25	Litre
07023	Flora light	2.00	Kg
46887	Granulated sugar	1.00	Kg
15407	Canderel	100.00	Gm
40552	Silverflow milk powder	125.00	Gm
42019	Self raising flour	4.00	Kg
25611	Baking powder	125.00	Gm
Whole1.	Liquid egg	800.00	ml

- 1/ Cream sugars and flora together
- 2/ Add eggs, flour and milk and stir well
- 3/ Place drained fruit and cover with the sponge mix

Recipe Name: Fruit Sponge	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Apricot Muffin

To make 100 portion(s):

Item Code	Description	Quantity	Unit
42018	Plain flour	2,250.00	Gm
27477	Granulated sugar	200.00	Gm
15407	Canderel	50.00	Gm
24	Semi skimmed milk	1.50	Litre
Flora500	Flora light	750.00	Gm
25611	Baking powder	1.25	Kg
wholelel	Liquid egg	500.00	MI
24	Semi skimmed milk	1.50	Litre
99192	Dried apricots	700.00	Gm
2228	Rolled Oats	250.00	gm

- 1/ Melt flora milk and sugar and add egg
- 2/ Pour in flour, oats and other dry ingredients and stir in apricots
- 3/ Place in muffin cases and cook until golden brown

Recipe Name: Apricot Muffins	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Maderia Cake

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	320.00	MI
405522	Milk power	32.00	Gm
07023	Flora light	1.50	Kg
66033	Canderel	75.00	Gm
46887	Granulated sugar	750.00	Gm
07132	Jif lemon juice	100.00	MI
Leme	Lemons	4.00	1only
3140a	Liquid egg	1.20	Litre
42019a	Self raising flour	2.00	kg

- 1/ Cream sugars and flora together and add lemon rind
- 2/ Fold in flour & egg then add remaining liquid
- 3/ Place in lined tins and bake until golden brown

Recipe Name: Maderia Cake	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Bread and Butter Pudding

Swe011

To make 100 portion(s):

Item Code	Description	Quantity	Unit
6932	Wholemeal Medium	50.00	35g
66032	Soft brown sugar	200.00	Gm
6930	Bread pan white	50.00	35g
Litre	Water	10.00	Litre
405522	Milk powder	1.00	Kg
70367	Mixed spice	14.00	Gm
19817	Sultanas	1.00	Kg
Flora500	Flora light	2.00	250g
wholelel	Liquid egg	1.00	Kg
15407	canderel	80.00	gm

- 1/ Place slices of bread buttered into trays
- 2/ Sprinkle sultanas, currants and raisins over bread and dust with spices and sugar.
- 3/ Mix milk powder and egg together then cover bread trays
- 4/ Cook until golden brown

Recipe Name: Bread and Butter Pudding	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Cheese Scones

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Grate lfc	Low fat cheese	1.50	Kilo
Litre	Water	1.87	Litre
Flora500	Flora light	750.00	Gm
405522	Milk powder	187.00	Gm
2873	English mustard	20.00	MI
49328	Black pepper	20.00	Gm
42019	Self raising flour	2.00	each

- 1/ Rub fat into flour and add cheese mustard and pepper
- 2/ Add milk and mix until bound together
- 3/ Cut into scones with dough cutter
- 4/ Place on tray and cook in oven until golden brown

Recipe Name: Cheese Scones	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Banana Loaf

To make 200 portion(s):

Item Code	Description	Quantity	Unit
1501	Bananas	2.50	Kg
Litre	Water	0.50	Litre
Wholele	Liquid Egg	830.00	Gm
Flora500	Flora light	415.00	Gm
15407	Canderel	125.00	Gm
42019	Self raising flour	1.66	kg

- 1/ Prepare sponge as normal, mixing in mashed bananas.
- 2/ Place in greased and lined loaf tins.
- 3/ Cook on a dry heat until sponge is cooked in the middle and golden brown.
- 4/ Turn out onto wire cooling racks and cool.

Recipe Name: Banana Loaf	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Apple Crumble

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	3.00	250g
42018	Plain flour	1.00	1.5kg
42228	Oats	1.00	Kg
15047	Canderel	50.00	Gm
2747	Granulated sugar	0.50	Kg
15047	Canderel	100.00	Gm
10451	Apple solid pack	12.00	2.5kg

- 1/ Spread apple into tins and cover with 10gms Canderel each.
- 2/ Combine all dry ingredients and mix with flora
- 3/ Cover rhubarb with crumble mix
- 4/ Bake until golden brown

Recipe Name: Apple Crumble	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as SO₂)	

Chocolate Cake

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	320.00	l
40552	Milk powder	32.00	Gm
Flora500	Flora light	1.50	Kg
15407	Canderel	75.00	Gm
2747	Granulated sugar	750.00	Gm
28274	Drinking chocolate	500.00	Gm
Wholelel	Liquid egg	1.20	Litre
42019	Self raising flour	1.50	Kg
25611	Baking powder	50.00	gm

1/ Cream sugar, Canderel and flora.

2/ Fold in dry ingredients.

3/ Add egg, water and mix until thick and smooth.

4/ Place into appropriate tins and bake for 40/45 min until firm to touch and golden brown.

Recipe Name: Chocolate Cake	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as SO₂)	

Fruit Scone

To make 100 portion(s):

Item Code	Description	Quantity	Unit
50747	Mixed dried fruit	0.50	Kg
Litre	Water	1.87	Litre
Flora500	Flora light	750.00	Gm
19897	Sultanas	500.00	Gm
405522	Silverflow milk powder	187.00	Gm
15407	Canderel	45.00	Gm
2747	Granulated sugar	300.00	Gm
42018	Plain flour	4.00	1.5kg

- 1/ Rub fat into flour and add the dry ingredients
- 2/ Add milk and mix
- 3/ Cut into shapes and cook until golden brown

Recipe Name: Fruit Scone	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Carrot Cake

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8024	Carrot shredded	3.50	Kg
42018	Plain Flour	2,500.00	Gm
66033	Canderel	50.00	Gm
25611	Baking powder	100.00	Gm
70367	Mixed spice	200.00	Gm
66032	Soft brown sugar	500.00	Gm
Wholele1	Liquid egg	1.50	litre
03444	Vegetable oil	1.00	Litre
2660	Bicarbonate of soda	50.00	gm

- 1/ Mix all dry ingredients together (first6)
- 2/ Add in the grated carrot, eggs and oil.
- 3/ Pour into lined tins
- 4/ Bake at 180 for about 1-1.5 hours
- 5/ Leave to cool.

Recipe Name: Carrot Cake	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Rhubarb Fool

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	10.00	Litre
15407	Canderel	45.00	Gm
405522	Silverflow milk powder	1.00	Kg
7792	Custard powder	0.50	Kg
2747	Granulated sugar	50.00	Gm
3326	Rhubarb	3.00	2.65kg
40551	Cream	2.40	Litre

- 1/ Heat the made up milk powder and water in a saucepan/boiler.
- 2/ Mix the custard power with a little water until smooth.
- 3/ Return to the saucepan/boiler and stir over the stove until thick and creamy.
- 4/ Leave to go cold
- 5/ Drain fruit and place in mixing bowl and add cream and cold custard
- 6/ Mix until smooth
- 7/ Place in serving tins and chill

Recipe Name: Rhubarb Fool	
Allergen	Tick if Present
Cereals containing gluten	
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Eves Pudding

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	1.25	Litre
Flora500	Flora light	2.00	Kg
2747	Granulated sugar	1.00	Kg
15407	Canderel	100.00	Gm
405522	Silverflow milk powder	125.00	Gm
42019	Self raising flour	4.00	Kg
25611	Baking powder	125.00	Gm
Wholelell	Liquid egg	800.00	MI
10451	Apple solid pack	4.00	2.5kg

- 1/ Cream sugar and flora together add eggs, flour, milk and stir well
- 2/ Drain fruit and place in serving containers and sprinkle with Canderel
- 3/ Cover with sponge mixture and bake until golden brown and firm to the touch

Recipe Name: Eves Pudding	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Nut Roast

To make 100 portion(s):

Item Code	Description	Quantity	Unit
4294	Nut Roast		

- 1/ Put individual nut roasts into serving tins
- 2/ Cook in oven until golden brown
- 3/ Serve

Recipe Name: Nut Roast	
Allergen	Tick if present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Trifle

To make 100 portion(s):

Item Code	Description	Quantity	Unit
42019	Self raising flour	1.00	Kg
25611	Baking powder	25.00	Gm
Flora500	Flora light	750.00	Gm
2747	Granulated sugar	375.00	Gm
15407	Canderel	37.50	Gm
Wholele1	Liquid egg	600.00	ml
40552	Silverflow milk powder	16.00	gm
Litre	Water	160.00	ml
7792	Custard powder	375.00	gm
7792	Silverflow milk powder	750.00	gm
Litre	Water	7.50	litre
2747	Granulated sugar	37.00	gm
15407	Canderel	33.00	gm
50357	Fruit cocktail reduced	1.70	2.65
01809	sugar jelly crystals	1.05	Kg
Litre	Water	5.25	Litre
40551	cream	2.00	litre

- 1/ Make up sponge in "all in one" method, cook in oven in large trays.
- 2/ Make custard as per usual recipe
- 3/ Break up sponge and place in bottom of containers
- 4/ Place fruit on top of sponge and cover with jelly and leave to set
- 5/ Cover with custard leave to set
- 6/ Cover with whipped cream

Recipe Name: Trifle	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Swe006

Apple Crumble

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	3.00	250g
42018	Plain flour	1.00	1.5kg
42228	Oats	1.00	Kg
15047	Canderel	50.00	Gm
2747	Granulated sugar	0.50	Kg
15047	Canderel	100.00	Gm
10451	Apple solid pack	12.00	2.5kg

- 1/ Spread apple into tins and cover with 10gms Canderel each.
- 2/ Combine all dry ingredients and mix with flora
- 3/ Cover rhubarb with crumble mix
- 4/ Bake until golden brown

Recipe Name: Apple Crumble	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Oats & Apricot Muffin

To make 100 portion(s):

Item Code	Description	Quantity	Unit
42018	Plain flour	2,250.00	Gm
27477	Granulated sugar	200.00	Gm
15407	Canderel	50.00	Gm
24	Semi skimmed milk	1.50	Litre
Flora500	Flora light	750.00	Gm
25611	Baking powder	1.25	Kg
wholelel	Liquid egg	500.00	MI
24	Semi skimmed milk	1.50	Litre
99192	Dried apricots	700.00	Gm
42228	Dried Oats	500	gm

1/ Melt flora milk and sugar and add egg

2/ Pour in flour, oats and other dry ingredients and stir in apricots

3/ Place in muffin cases and cook until golden brown

Recipe Name: Apricot Muffins	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Swe251

Fruit Loaf

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	320.00	l
405522	Silverflow milk power	32.00	Gm
Flora500	Flora	1.50	Kg
Wholele1	Liquid egg	1.20	Kg
15407	Canderel	75.00	Gm
2747	Granulated sugar	200.00	Gm
50747	Mixed dried fruit	300.00	Gm
70367	Mixed spices	50	Gm
42019	Self raising flour	1.00	each

- 1/ Cream sugars and flora together
- 2/ Fold in flour and remaining ingredients
- 3/ Place in loaf tins and cook until golden brown

Recipe Name: Fruit Loaf	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input checked="" type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input checked="" type="checkbox"/>

Cake01

Carrot Cake

To make 100 portion(s):

Item Code	Description	Quantity	Unit
8024	Carrot shredded	3.50	Kg
42018	Plain Flour	2,500.00	Gm
66033	Canderel	50.00	Gm
25611	Baking powder	100.00	Gm
70367	Mixed spice	200.00	Gm
66032	Soft brown sugar	500.00	Gm
Wholele1	Liquid egg	1.50	litre
03444	Vegetable oil	1.00	Litre
2660	Bicarbonate of soda	50.00	gm

- 1/ Mix all dry ingredients together (first6)
- 2/ Add in the grated carrot, eggs and oil.
- 3/ Pour into lined tins
- 4/ Bake at 180 for about 1-1.5 hours
- 5/ Leave to cool.

Recipe Name: Carrot Cake	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input type="checkbox"/>
Soya	<input type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

vegside0

Treacle Scone

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	3.74	Litre
Flora500	Flora light	1,500.00	Gm
40552	Silverflow milk powder	374.00	Gm
15407	Canderel	90.00	Gm
2747	Granulated sugar	600.00	Gm
42019	Self raising flour	4.00	Each
90028	treacle	1,000.00	Gm

- 1/ Mix flora and flour with sultanas and sugar
- 2/ Add milk and make stiff dough
- 3/ Cut into shapes with cutter
- 4/ Bake and allow to cool

Recipe Name: Treacle Scone	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Swe1000

Chocolate Cake

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Litre	Water	320.00	MI
40552	Milk powder	32.00	Gm
Flora500	Flora light	1.50	Kg
15407	Canderel	75.00	Gm
2747	Granulated sugar	750.00	Gm
28274	Drinking chocolate	500.00	Gm
Wholelel	Liquid egg	1.20	Litre
42019	Self raising flour	1.50	Kg
25611	Baking powder	50.00	gm

1/ Cream sugar, Canderel and flora.

2/ Fold in dry ingredients.

3/ Add egg, water and mix until thick and smooth.

4/ Place into appropriate tins and bake for 40/45 min until firm to touch and golden brown.

Recipe Name: Chocolate Cake	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Sna001

Banana Loaf

To make 200 portion(s):

Item Code	Description	Quantity	Unit
1501	Bananas	2.50	Kg
Litre	Water	0.50	Litre
Wholele	Liquid Egg	830.00	Gm
Flora500	Flora light	415.00	Gm
15407	Canderel	125.00	Gm
42019	Self raising flour	1.66	kg

- 1/ Prepare sponge as normal, mixing in mashed bananas.
- 2/ Place in greased and lined loaf tins.
- 3/ Cook on a dry heat until sponge is cooked in the middle and golden brown.
- 4/ Turn out onto wire cooling racks and cool.

Recipe Name: Banana Loaf	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

Wk1 Mon

Cake2

Oat & Chocolate Chip Muffin

To make 100 portion(s):

Item Code	Description	Quantity	Unit
42018	Plain flour	2,250.00	Gm
2747	Granulated sugar	200.00	Gm
15407	Canderel	50.00	Gm
24	Semi skimmed milk	1.50	Litre
42228	Oats	500.00	Gm
Flora500	Flora light	750.00	Gm
25611	Baking powder	1.25	Kg
Wholelel	Liquid egg	500.00	MI
24	Semi skimmed milk	1.50	Litre
38123	Chocolate chips	0.35	pack
99192	Dried apricots	0.35	

1/ Melt flora milk and sugar and add egg

2/ Pour in flour, oats and other dry ingredients and stir in apricots

3/ Place in muffin cases and cook until golden brown

Recipe Name: Oat & Chocolate muffins	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac,	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Mon

Swe006

Rhubarb Crumble

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	3.00	250g
42018	Plain flour	1.00	1.5kg
42228	Oats	1.00	Kg
15407	Canderel	50.00	Gm
2747	Granulated sugar	0.50	Kg
15407	Canderel	100.00	Gm
03326	Rhubarb solid pack	6.00	2.86kg

- 1/ Spread rhubarb into tins and cover with 10gms Canderel each.
- 2/ Combine all dry ingredients and mix with flora
- 3/ Cover rhubarb with crumble mix
- 4/ Bake until golden brown

Recipe Name: Rhubarb Crumble	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

WK1 Sun

Tea Cake

To make 100 portion(s):

Item Code	Description	Quantity	Unit
3685	Tea cake (frozen)		

Recipe Name: Tea Cake (frozen)	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Wk1 Thur

Sna009

Fruit Scone

To make 100 portion(s):

Item Code	Description	Quantity	Unit
50747	Mixed dried fruit	0.50	Kg
Litre	Water	1.87	Litre
Flora500	Flora light	750.00	Gm
19897	Sultanas	500.00	Gm
405522	Silverflow milk powder	187.00	Gm
15407	Canderel	45.00	Gm
2747	Granulated sugar	300.00	Gm
42018	Plain flour	4.00	1.5kg

- 1/ Rub fat into flour and add the dry ingredients
- 2/ Add milk and mix
- 3/ Cut into shapes and cook until golden brown

Recipe Name: Fruit Scone	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Wk1 Tue

San010

Ham Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
honeyc	York Ham	4.00	Kg
6934	Bread 50/50	200.00	36g

1/Coat slices of bread with flora.

2/ Put filing between two slices of bread.

3/ Cut and place inside sandwich wedge then secure and label.

4/ Serve

Recipe Name: Ham Sandwich	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input checked="" type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input checked="" type="checkbox"/>

Wk1 Sun

San036 Gammon & Tomato Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
6934	Bread 50/50	200.00	35g
honeyc	York ham	4.00	Kg
8142	Fresh tomatoes	50.00	85g

- 1/ Coat slices of bread with flora
- 2/ Put filling inside two slices
- 3/ Cut into wedges and place in boxes
- 4/ Serve

Recipe Name: Gammon & Tomato Sandwich	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Wk1 Sat

San020

Chicken Salad Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
07023	Flora light	2.00	250g
Icelete	Iceberg lettuce	4.00	Each
8142	Fresh tomatoes	40.00	85g
2086	Cucumber	4.00	1
6615	Chicken strips frozen 50/50 Bread	3.00	2kg

- 1/ Coat slices of bread with flora.
- 2/ Put filling between the two slices
- 3/ Cut into wedges and place in sandwich boxes

Recipe Name: Chicken Salad Sandwich	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk 1 Fri

San011 Tuna Mayonnaise & Onion Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora 500	Flora light	2.00	250g
18279	Light Mayonnaise	0.50	Litre
5969	Tinned Tuna	11.00	418g
8055	Diced onions	0.15	
6934	Bread 50/50	200.00	35g

- 1/ Coat slices of bread with flora.
- 2/ Put filling between two slices of bread.
- 3/ Cut and place inside sandwich wedge then close.
- 4/ Serve

Recipe Name: Tuna Mayonnaise & Onion Sandwich	Tick if Present
Allergen	
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Tuna & Salad Sandwich (white)

To make 100 portion(s):

Item Code	Description	Quantity	Unit
92320	Tuna (tinned)		
6934	50/50 Bread Mixed Salad		

- 1/ Coat both slices of bread add tuna and salads
- 2/ Cut into wedges put in boxes and label

Recipe Name: Tuna & Salad Sandwich (white)	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

San200

Turkey Salad Sandwich (White)

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
4523	Iceberg lettuce	5.00	Each
8142	Tomatoes	1.50	1 kilo
2086	Cucumber	2.23	1 ech
Turkecb	Shaved turkey	10.00	500g
6934	Bread 50/50	200.00	35g

- 1/ Coat slices of bread with flora
- 2/ Put filling inside two slices
- 3/ Cut into wedges and place in boxes
- 4/ Serve

Recipe Name: Turkey Salad Sandwich	Tick if Present
Allergen	
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input checked="" type="checkbox"/>

San010

Ham Sandwich (White)

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora 500	Flora light	2.00	250g
Honeyc	Honey Cotswold Ham	4.00	Kg
6934	Kings Mill Bread 50/50	200.00	36g

1/Coat slices of bread with flora.

2/ Put filing between two slices of bread.

3/ Cut and place inside sandwich wedge then secure and label.

4/ Serve

Recipe Name: Ham Sandwich	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Tuna Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora 500	Flora light	2.00	250g
5969	Tinned Tuna	11.00	418g
6934	Bread 50/50	200.00	35g

- 1/ Coat slices of bread with flora.
- 2/ Put filling between two slices of bread.
- 3/ Cut and place inside sandwich wedge then close.
- 4/ Serve

Recipe Name: Tuna Sandwich	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Thur

San200 Turkey Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
turkecb	Shaved turkey	10.00	500g
6934	Bread 50/50	200.00	35g

- 1/ Coat slices of bread with flora
- 2/ Put filling inside two slices
- 3/ Cut into wedges and place in boxes
- 4/ Serve

Recipe Name: Turkey Salad Sandwich	
Allergen	Tick if Present
Cereals containing gluten	<input checked="" type="checkbox"/>
Peanuts (also called groundnuts)	<input type="checkbox"/>
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>
Molluscs	<input type="checkbox"/>
Sesame seeds	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Milk	<input checked="" type="checkbox"/>
Soya	<input checked="" type="checkbox"/>
Celery and celeriac	<input type="checkbox"/>
Lupine	<input type="checkbox"/>
Mustard	<input type="checkbox"/>
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	<input type="checkbox"/>

BLT Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
4523	Iceberg lettuce	3.00	Each
bbus	Back bacon	4.00	Kg
8142	Fresh tomatoes	50.00	Each
6934	50/50 bread	200.00	35g

- 1/ Coat bread with flora
- 2/ Cook the bacon and allow to cool
- 3/ Shred lettuce, slice tomatoes
- 4/ Place the filling in the bread and cut into wedges
- 5/ place in sandwich boxes and label

Recipe Name: BLT Sandwich	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Wk1 Tue

San018 Prawn Salad Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
4216	Prawns (frozen)	3.00	1kg
4523	Iceberg lettuce (each)	3.00	250g
8142	Tomatoes	50.00	Each
2086	Cucumber	2.00	Ind
18279	Light Mayonnaise	500.00	MI
4393	Tomato Ketchup	200.00	MI
6934	Bread 50/50	200.00	35g

- 1/ Coat slices of bread with flora.
- 2/ Put filling between two slices of bread.
- 3/ Cut and place inside sandwich wedge then close and serve.

Recipe Name: Prawn Salad Sandwich (White)	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	✓
Molluscs	✓
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

San003

Roast Beef Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
Roast b	Roast Beef	4.00	Kg
6934	Bread 50/50	200.00	36g

1/Coat slices of bread with flora.

2/ Put filing between two slices of bread.

3/ Cut and place inside sandwich wedge then secure and label.

4/ Serve

Recipe Name: Roast Beef Sandwich	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Quorn Mayo Salad Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
18279	Light mayonnaise	1.00	Litre
4034	Quorn pieces	2.00	1kg
50/50	50/50 bread	200.00	Slice
Flora500	Flora light	2.00	250g
4523	Iceberg lettuce	5.00	Each
8142	Tomato	1.50	1 kilo
2086	cucumber	2.23	1

Recipe Name: Quorn Mayo Salad Sandwich	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	✓
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	✓
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Salmon Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
18279	Light Mayonnaise	0.50	Litre
06453	Tinned Salmon	11.00	418g
6934	Bread 50/50	200.00	35g

- 1/ Coat slices of bread with flora.
- 2/ Put filling between two slices of bread.
- 3/ Cut and place inside sandwich wedge then close.
- 4/ Serve

Recipe Name: Salmon Sandwich (White)	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Gammon Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
6934	Bread 50/50	200.00	35g
honeyc	York ham	4.00	Kg

- 1/ Coat slices of bread with flora
- 2/ Put filling inside two slices
- 3/ Cut into wedges and place in boxes
- 4/ Serve

Recipe Name: Gammon Sandwich	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓

Chicken Mayo Salad Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
07023	Flora light	2.00	250g
Icelete	Iceberg lettuce	4.00	Each
8142	Fresh tomatoes	40.00	85g
2086	Cucumber	4.00	1
6615	Chicken strips frozen	3.00	2kg
6934	50/50 Bread		
18279	Light Mayonnaise		

- 1/ Coat slices of bread with flora.
- 2/ Put filling between the two slices
- 3/ Cut into wedges and place in sandwich boxes

Recipe Name: Chicken Mayonnaise Sandwich	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	✓
Eggs	✓
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as SO ₂)	

Egg Mayonnaise Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
Hard 48	Hard boiled Egg	100.00	50g
6934	50/50 bread	200.00	35g
18279	Light mayonnaise	1.00	litre

- 1/ Coat bread with flora.
- 2/ Place filling in between, and cut into wedges
- 3/ Label and serve.

Recipe Name: Egg Mayonnaise Sandwich	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	✓
Lupine	
Mustard	✓
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Tuna Mayonnaise Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora 500	Flora light	2.00	250g
5969	Tinned Tuna	11.00	418g
6934	Bread 50/50	200.00	35g

- 1/ Coat slices of bread with flora.
- 2/ Put filling between two slices of bread.
- 3/ Cut and place inside sandwich wedge then close.
- 4/ Serve

Recipe Name: Tuna Mayonnaise & Sandwich	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	✓
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	

Corned Beef Sandwich

To make 100 portion(s):

Item Code	Description	Quantity	Unit
Flora500	Flora light	2.00	250g
8142	Fresh tomatoes	25.00	85g
22744	Tinned corned beef	3.00	Kg
6934	50/50 bread	200.00	35g

1/ Coat bread with flora.

2/ Put filling in between, cling, label and serve.

Recipe Name: Corned Beef Sandwich	
Allergen	Tick if Present
Cereals containing gluten	✓
Peanuts (also called groundnuts)	
Nuts (Such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	
Fish	
Shellfish	
Molluscs	
Sesame seeds	
Eggs	
Milk	✓
Soya	✓
Celery and celeriac	
Lupine	
Mustard	
Sulphur dioxide and sulphites (at levels above 10mg/kg or 10mg/litre expressed as S02)	✓