

SS23 Primary Menu Wk 1

Plan Cost per Serving: 18.54



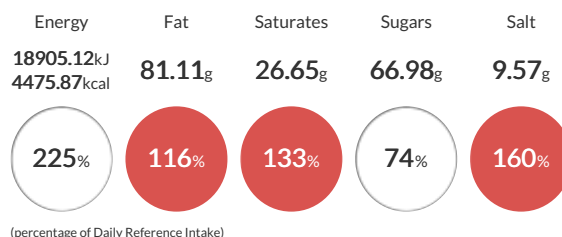
| OPTION 1 | OPTION 2 (V) | SIDES | DESSERTS | PL/JP |
|-----------------------|-------------------------|--------------------------|--------------------------------------|-----------------------------|
| Monday | | | | |
| Cheese & Tomato Pizza | Quorn hot dog | Baked Beans | Allergen Free Apple Flapjack (Fruit) | Falafel Wrap |
| | Tomato Relish | Herby Diced Potatoes | | Jacket Potato & Cheese |
| | | Crunchy Salad | | Jacket Potato & Baked beans |
| | | | | Jacket Potato & Tuna Mayo |
| Tuesday | | | | |
| Beef Burger Bap | Quorn Hot Dog in a roll | Sweetcorn | Apple & Cinnamon Muffins | Mini Ploughmans |
| Tomato Relish | | Coleslaw | | Jacket Potato & Tuna Mayo |
| | | Potato Wedges | | Jacket Potato & Cheese |
| | | | | Jacket Potato & Baked beans |
| Wednesday | | | | |
| Roast Chicken | Lentil Loaf | Broccoli | Pip Ice Lolly | Tuna Mayo & Cucumber Wrap |
| | | Gravy | | Jacket Potato & Tuna Mayo |
| | | Carrots | | Jacket Potato & Cheese |
| | | Roast Potatoes | | Jacket Potato & Baked beans |
| Thursday | | | | |
| Bolognese | Mediterranean Bolognese | Green Beans | Chocolate Brownie Surprise | Cheese & Salad Sandwich |
| Wholemeal Pasta | | Crusty Bread | | Jacket Potato & Tuna Mayo |
| | | | | Jacket Potato & Cheese |
| | | | | Jacket Potato & Baked beans |
| Friday | | | | |
| Battered Fish Fillet | Vegetable Fingers | Baked Beans | Custard Biscuit | Ham & Salad Baguette |
| | | Crunchy Veg/Salad Sticks | | Jacket Potato & Tuna Mayo |
| | | Wholemeal Pasta | | Jacket Potato & Cheese |
| | | Chips | | Jacket Potato & Baked beans |

Monday

Total Cost Per Serving:

£ 6.04

Nutritional Intake



Nutritional Summary

| Property | Per Serving | % of Daily Reference Intake |
|---------------------------|---------------------------|-----------------------------|
| Energy | 18905.12kJ 4475.87kCal | 225% |
| Carbohydrates | 778.07g | 259% |
| of which sugars | 66.98g | 74% |
| Fat | 81.11g | 116% |
| of which saturates | 26.65g | 133% |
| Fibre | 94.38g | 524% |
| Protein | 141.17g | 282% |
| Salt | 9.57g | 160% |
| Sodium | 1.79g | 112% |
| Iron | 1.12mg | 13% |
| Calcium | 110.63mg | 16% |
| Zinc | 0.54mg | 5% |
| Vitamin A | 35.01µg | 5% |
| Vitamin C | 49.47mg | 124% |
| Folate | 22.71µg | 11% |
| Non Milk Extrinsic Sugars | 0g | 0% |

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Cheese & Tomato Pizza

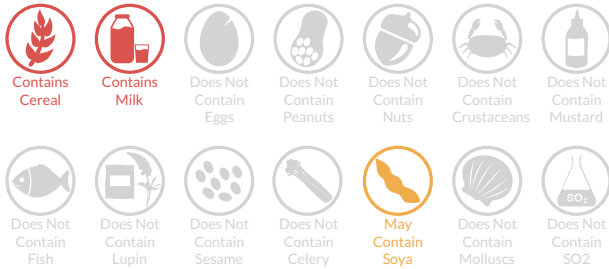
Ingredients

| Product | Quantity | Cost |
|----------------------------------|-----------|-------|
| Plain Flour | 350.00 g | £0.23 |
| Caterers Pride Plain Pizza Sauce | 1560.00 g | £2.47 |
| Semi Skimmed Milk | 200.00 g | £0.17 |
| Marigold for Baking (250g x 40) | 120.00 g | £0.35 |
| Tomatoes | 225.00 g | £0.40 |
| Baking powder | 30.00 g | £0.07 |
| MIXED HERBS 6x130g | 14.00 g | £0.21 |
| Grated Mild Cheddar 6x2kg | 300.00 g | £2.23 |
| Total Cost: £6.13 | | |
| Per Serving: £0.51 | | |

Serves: 12

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients
Caterers Pride Plain Pizza Sauce (56%) (Tomatoes (99.1%), Salt, Acidity Regulator (Citric Acid)), Plain Flour (13%) (**Wheat Flour (WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)). Grated Mild Cheddar 6x2kg (11%) (**MILK**, Salt, Rennet, Starter Culture Anticaking Agent - Cellulose). Tomatoes (8%) (Tomatoes). Semi Skimmed **Milk** (7%) (Cornish Cows **MILK**). Marigold for Baking (250g x 40) (4%) (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring.). Baking powder (1%) (**WHEAT** starch, sodium acid pyrophosphate, bicarbonate of soda.). MIXED HERBS 6x130g (1%) (Marjoram, Thyme, Parsley, Basil, Savoury).

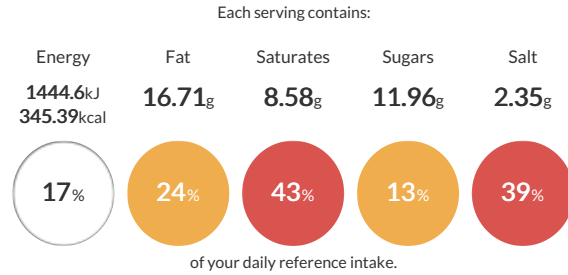
Method & Recipe Notes

1. Make the pizza base by mixing the flour, baking powder and margarine to resemble breadcrumbs and add a little milk at a time to form a dough. 2. Roll out the dough into a greased BS or 1/2 GN tin. 3. Spread the tomato sauce thinly over the base and sprinkle with grated Cheese. 4. Thinly slice the tomato and lay evenly, then sprinkle over mixed herbs. 5. Bake in the oven for 20 minutes at 190 °C. Make sure the core temperature reaches above 75°C.

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Reference Intake



Nutritional Summary

| | |
|---------------------------|------------------------|
| Energy | 1444.6kJ 345.39kCal |
| Protein | 13.12g |
| Carbohydrates | 36.69g |
| of which sugars | 11.96g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 16.71g |
| of which saturates | 8.58g |
| Fibre | 4.96g |
| Salt | 2.35g |
| Sodium | 0.37g |
| Iron | 0.63mg |
| Calcium | 42.33mg |
| Zinc | 0.19mg |
| Folate | 10.73µg |
| Vitamin A | 0µg |
| Vitamin C | 4.13mg |

Quorn hot dog

Ingredients

| Product | Quantity | Cost |
|-------------------------|---------------------|--------------|
| Quorn Burgers 5x2kg Cat | 50.00 g | £0.33 |
| Plain Burger Buns | 70.00 g | £0.12 |
| | Total Cost: | £0.45 |
| | Per Serving: | £0.45 |

Serves: 1

Allergy Information

Key: Contains May Contain

| | | | | | | |
|--|--|--|--|---|--|--|
|  Contains Cereal |  Contains Milk |  Contains Eggs |  Does Not Contain Peanuts |  Does Not Contain Nuts |  Does Not Contain Crustaceans |  Does Not Contain Mustard |
|  Does Not Contain Fish |  Does Not Contain Lupin |  May Contain Sesame |  Does Not Contain Celery |  Does Not Contain Soya |  Does Not Contain Molluscs |  Does Not Contain SO2 |

Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | Yes |
| Kamut: | No |

Dietary Information

Key: Suitable for

| | | | |
|--|---|--|---|
|  Suitable for Vegetarian |  May not be suitable for Vegan |  May not be suitable for Kosher |  May not be suitable for Halal |
|--|---|--|---|

Label Information

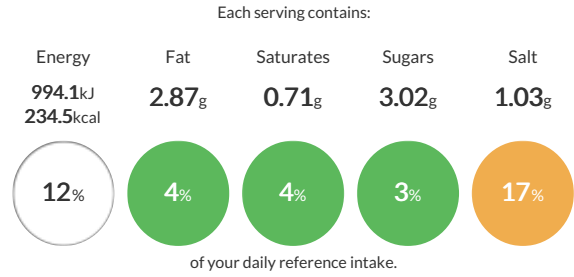
Ingredients

Plain Burger Buns (58%) (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Water, Sugar, Salt, Yeast, Dextrose, Vegetable Oil, Emulsifiers: E471, E472(e). Flour Treatment Agents: E300, E920.). Quorn Burgers 5x2kg Cat (42%) (Mycoprotein (44%), Rehydrated Free Range **EGG** White, Textured **WHEAT** Protein, [**WHEAT** Flour (contains added Calcium, Iron, Niacin & Thiamine), Colour: Caramel. Stabiliser: Sodium Alginate.], Onion, **MILK** Proteins, Flavouring (contains Potassium Chloride), Rapeseed Oil, Tapioca Starch, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted **BARLEY** Malt Extract).

Method & Recipe Notes

follow manufacturers cooking instructions.

Reference Intake



Nutritional Summary

| | |
|---------------------------|----------------------|
| Energy | 994.1kJ 234.5kcal |
| Protein | 14.09g |
| Carbohydrates | 37.28g |
| of which sugars | 3.02g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 2.87g |
| of which saturates | 0.71g |
| Fibre | 4.1g |
| Salt | 1.03g |
| Sodium | 0.42g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

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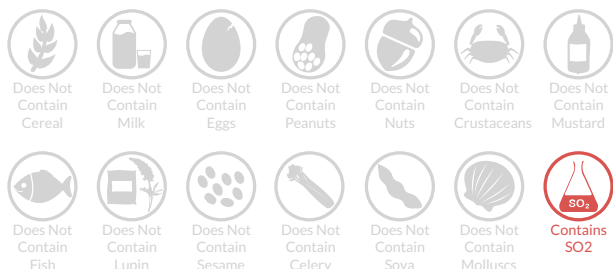
Tomato Relish

Ingredients

| Product | Quantity | Cost |
|------------------------|-----------|---------------------------|
| Tomatoes | 1000.00 g | £0.00 |
| 2 x Red Onions | 340.00 g | £0.00 |
| Extra Virgin Olive Oil | 150.00 g | £0.00 |
| 2 x Garlic cloves | 5.00 g | |
| Parsley | 3.00 g | |
| Balsamic Vinegar 2L | 10.00 g | |
| | | Total Cost: £0.00 |
| Serves: 24 | | Per Serving: £0.00 |

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Tomatoes (66%) (Tomato). 2 x Red Onions (23%) (Onions). Extra Virgin Olive Oil (10%) (Extra virgin olive oil). Balsamic Vinegar 2L (1%) (wine vinegar (contains **SULPHITES**), concentrated grape must (contains **SULPHITES**), colour (E150d)). 2 x Garlic cloves (0%) (100% IQF Garlic cloves). Parsley (0%) (Parsley).

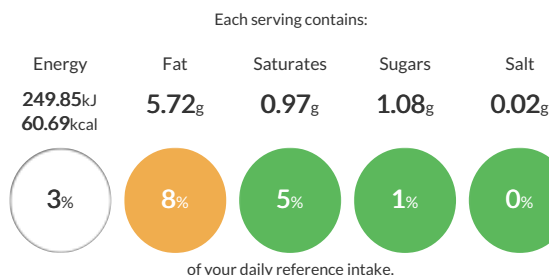
Method & Recipe Notes

Dice Tomatoes and Onions mix with oil Cook 10 mins in hot oven Put into a bowl Stir in crushed garlic and parsley and balsamic vinegar Salt & sugar to taste serv

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Reference Intake



of your daily reference intake.

Nutritional Summary

| | |
|---------------------------|-----------------------|
| Energy | 249.85kJ 60.69kCal |
| Protein | 0.64g |
| Carbohydrates | 1.14g |
| of which sugars | 1.08g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 5.72g |
| of which saturates | 0.97g |
| Fibre | 1.01g |
| Salt | 0.02g |
| Sodium | 0g |
| Iron | 0.15mg |
| Calcium | 8.13mg |
| Zinc | 0.1mg |
| Folate | 0µg |
| Vitamin A | 35µg |
| Vitamin C | 6.97mg |

Baked Beans

Ingredients

| | | |
|--|----------------------------|----------------------|
| Product Reduced Salt & Sugar Baked Beans in tomato sauce | Quantity 50.00 g | Cost £0.05 |
| | Total Cost: £0.05 | |
| Serves: 1 | Per Serving: £0.05 | |

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: Suitable for



Label Information

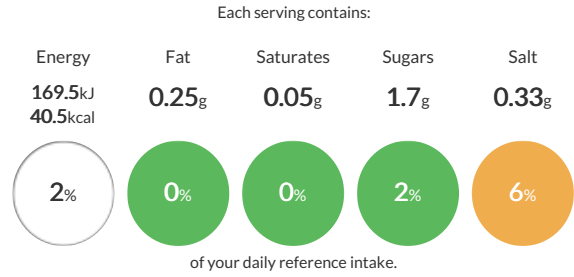
Ingredients

Reduced Salt & Sugar Baked Beans in tomato sauce (100%) (Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.).

Method & Recipe Notes

Cook as per manufacturers instructions

Reference Intake



Nutritional Summary

| | |
|---------------------------|---------------------|
| Energy | 169.5kJ 40.5kcal |
| Protein | 2.05g |
| Carbohydrates | 6.35g |
| of which sugars | 1.7g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 0.25g |
| of which saturates | 0.05g |
| Fibre | 2.2g |
| Salt | 0.33g |
| Sodium | 0g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

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Herby Diced Potatoes

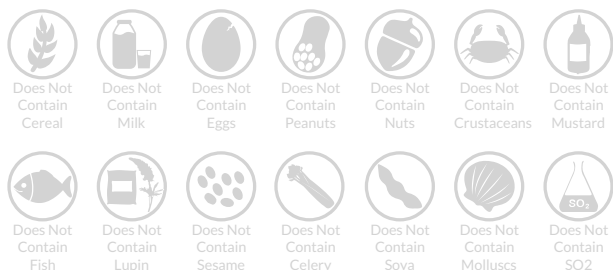
Ingredients

| Product | Quantity | Cost |
|--------------------|---------------------------|-------|
| MIXED HERBS 6x130g | 5.00 g | £0.07 |
| Diced Potatoes | 2500.00 g | £2.50 |
| | Total Cost: £2.57 | |
| | Per Serving: £2.57 | |

Serves: 1

Allergy Information

Key: **Contains** **May Contain**



Nuts:

| | | | |
|-----------------|----|---------|----|
| Almond Nuts: | No | Wheat: | No |
| Hazelnuts: | No | Rye: | No |
| Walnuts: | No | Spelt: | No |
| Cashew Nuts: | No | Oats: | No |
| Pecan Nuts: | No | Barley: | No |
| Brazil Nuts: | No | Kamut: | No |
| Pistachio Nuts: | No | | |

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

Diced Potatoes (100%) (Potatoes). MIXED HERBS 6x130g (0%) (Marjoram, Thyme, Parsley, Basil, Savoury).

Method & Recipe Notes

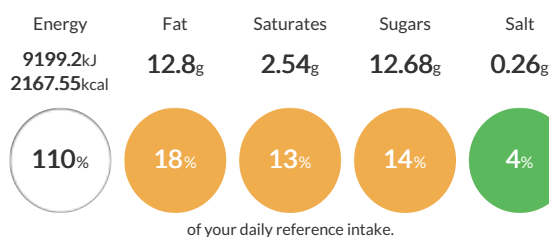
Wash potatoes under cold water, then boil or steam for 10 minutes and drain well. Line a baking tray with parchment paper and lay potatoes evenly across. Roast @ 200°C until golden, crisp and a core temperature of 75°C has been achieved. Use a little vegetable oil if sticking.

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Reference Intake

Each serving contains:



of your daily reference intake.

Nutritional Summary

| | |
|---------------------------|-------------------------|
| Energy | 9199.2kJ 2167.55kCal |
| Protein | 50.7g |
| Carbohydrates | 450.51g |
| of which sugars | 12.68g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 12.8g |
| of which saturates | 2.54g |
| Fibre | 51.83g |
| Salt | 0.26g |
| Sodium | 0.25g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

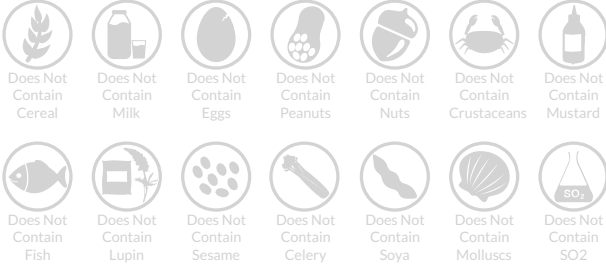
Crunchy Salad

Ingredients

| Product | Quantity | Cost |
|------------------------|-----------|---------------------------|
| White Cababge | 2000.00 g | £0.65 |
| Beetroot | 1000.00 g | £0.85 |
| Carrots, young, raw | 1000.00 g | £0.82 |
| Extra Virgin Olive Oil | 50.00 g | £0.14 |
| Lemon juice, fresh (1) | 58.00 g | £17.40 |
| Total Cost: | | £19.86 |
| Serves: 24 | | Per Serving: £0.83 |

Allergy Information

Key: Contains May Contain

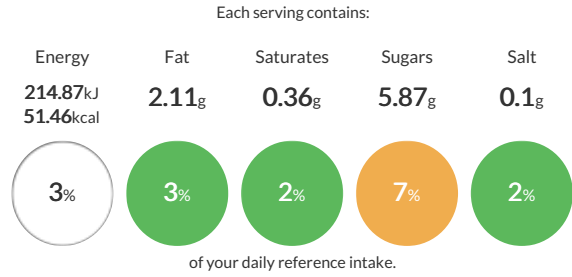


Nuts:

| | | | |
|-----------------|----|---------|----|
| Almond Nuts: | No | Wheat: | No |
| Hazelnuts: | No | Rye: | No |
| Walnuts: | No | Spelt: | No |
| Cashew Nuts: | No | Oats: | No |
| Pecan Nuts: | No | Barley: | No |
| Brazil Nuts: | No | Kamut: | No |
| Pistachio Nuts: | No | | |

Cereals:

Reference Intake



Nutritional Summary

| | |
|---------------------------|-----------------------|
| Energy | 214.87kJ 51.46kCal |
| Protein | 1.38g |
| Carbohydrates | 6.21g |
| of which sugars | 5.87g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 2.11g |
| of which saturates | 0.36g |
| Fibre | 1.33g |
| Salt | 0.1g |
| Sodium | 0.04g |
| Iron | 0.34mg |
| Calcium | 60.17mg |
| Zinc | 0.25mg |
| Folate | 11.98µg |
| Vitamin A | 0.01µg |
| Vitamin C | 38.37mg |

Dietary Information

Key: Suitable for



Label Information

Ingredients

White Cababge (49%) (White cabbage). Beetroot (24%). Carrots, young, raw (24%). Lemon juice, fresh (1) (1%). Extra Virgin Olive Oil (1%) (Extra virgin olive oil).

Method & Recipe Notes

Wash All vegetables Peel and top Thinly slice cabbage Peel strips of veg Mix oil and lemon juice to make dressing toss and leave until service

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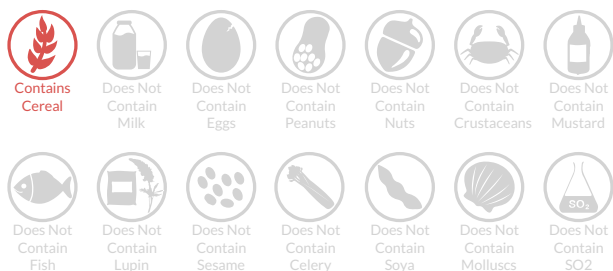
Allergen Free Apple Flapjack (Fruit)

Ingredients

| Product | Quantity | Cost |
|--|----------|---------------------------|
| GOLDEN SYRUP | 170.00 g | £0.31 |
| Raisins | 85.00 g | £0.22 |
| Marigold for Baking (250g x 40) | 340.00 g | £0.99 |
| GROUND CINNAMON 6x450g | 2.50 g | £0.03 |
| Solid Pack Apples | 397.00 g | £0.58 |
| LIGHT SOFT BROWN SUGAR 4X3KG FILM | 170.00 g | £0.34 |
| Glebe Farm Gluten Free Porridge Oats 5kg | 567.00 g | £1.90 |
| | | Total Cost: £4.37 |
| Serves: 24 | | Per Serving: £0.18 |

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | Yes |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Glebe Farm **Gluten Free Porridge Oats** 5kg (33%) (Gluten Free **OATS**). Solid Pack Apples (23%) (Apples, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)). Marigold for Baking (250g x 40) (20%) (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring.). GOLDEN SYRUP (10%) (Partially Inverted Refiners Syrup). LIGHT SOFT BROWN SUGAR 4X3KG FILM (10%) (Cane Sugar). Raisins (5%) (Raisins (99.5%), Sunflower oil.). GROUND CINNAMON 6x450g (0%) (Ground Cassia Cinnamon).

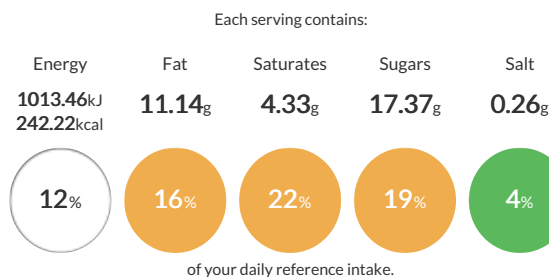
Method & Recipe Notes

1. Put the margarine, sugar and syrup in a pan over a medium heat to melt. 2. Meanwhile grate the apple, with skin still on, put in a bowl. 3. Add the porridge oats, raisins and cinnamon to the grates apple, stir to combine. 4. Once the margarine and sugar has melted, mix well together and then pour in to the oats, soak up the moisture. 5. Pour out into a lined baking tray, spread the mixture and push down into the tin with the back of a spoon. 6. Put into the oven at 180c for 15-20 minutes until slightly golden brown. 7. Remove from the oven, cut into portions while still in the tin and put back in the oven for another 5 minutes to cook until more golden brown then remove and allow to cool.

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Reference Intake



Nutritional Summary

| | |
|---------------------------|-------------------------|
| Energy | 1013.46kJ 242.22kCal |
| Protein | 3.67g |
| Carbohydrates | 33.05g |
| of which sugars | 17.37g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 11.14g |
| of which saturates | 4.33g |
| Fibre | 2.57g |
| Salt | 0.26g |
| Sodium | 0.11g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Falafel Wrap

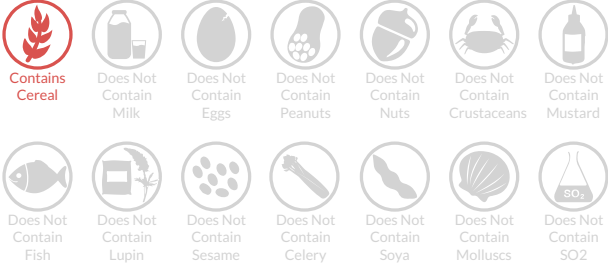
Ingredients

| Product | Quantity | Cost |
|--|---------------------------|------|
| Santa Maria Long Life Tortilla Wraps 58g 12" (1) | 580.00 g | |
| Classic Falafels (3) | 1000.00 g | |
| Mango Chutney | 10.00 g | |
| Spinach | 500.00 g | |
| 1 x Mini Sweet Red Peppers | 15.00 g | |
| | Total Cost: £0.00 | |
| | Per Serving: £0.00 | |

Serves: 10

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | Yes |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Classic Falafels (3) (48%) (Chickpeas (33%), broad beans, Onion, Vegetable Oil (Rapeseed), garlic, coriander, salt, parsley, ginger, cumin, citric acid, preservative: potassium sorbate, bicarbonate soda, chilli powder, black pepper.). Santa Maria Long Life Tortilla Wraps 58g 12" (1) (28%) (**WHEAT** flour (with calcium, iron, niacin, thiamin), water, rapeseed oil, humectant (glycerine), **WHEAT** gluten, raising agents (E450, E500), salt, acidity regulator (E296), preservatives (E202, E282), emulsifier (E471), stabilisers (E466, E412), **WHEAT** fibre, **OAT** fibre.). Spinach (24%) (Spinach). 1 x Mini Sweet Red Peppers (1%) (Mini red peppers, water, sugar, vinegar, salt, antioxidant: ascorbic acid E300. firming agent: calcium chlorure E509.). Mango Chutney (0%) (Sugar, Mango (46%), Salt, Acidity Regulator (Acetic Acid), Ground Chillies, Ground Ginger.).

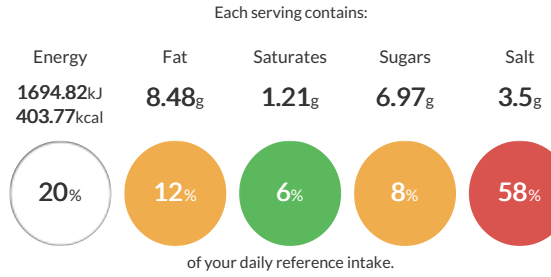
Method & Recipe Notes

Take Wrap spread with mango chutney Put three falafel on top of chutney Add some spinach and 3 strips of pepper roll up and serve

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Reference Intake



Nutritional Summary

| | |
|---------------------------|-------------------------|
| Energy | 1694.82kJ 403.77kCal |
| Protein | 17.56g |
| Carbohydrates | 63.96g |
| of which sugars | 6.97g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 8.48g |
| of which saturates | 1.21g |
| Fibre | 8.88g |
| Salt | 3.5g |
| Sodium | 0.51g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Jacket Potato & Cheese

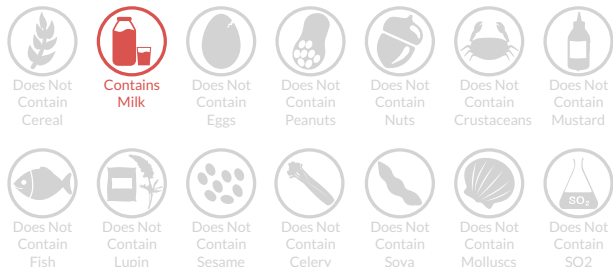
Ingredients

| Product | Quantity | Cost |
|---------------------------|----------|-------|
| Grated Mild Cheddar 6x2kg | 30.00 g | £0.22 |
| Jacket Potato | 250.00 g | £0.25 |
| Total Cost: £0.47 | | |
| Per Serving: £0.47 | | |

Serves: 1

Allergy Information

Key: **Contains** **May Contain**



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

Jacket Potato (89%) (Baking Potatoes (100%) (Potatoes)), Grated Mild Cheddar 6x2kg (11%) (MILK, Salt, Rennet, Starter Culture Anticaking Agent - Cellulose).

Method & Recipe Notes

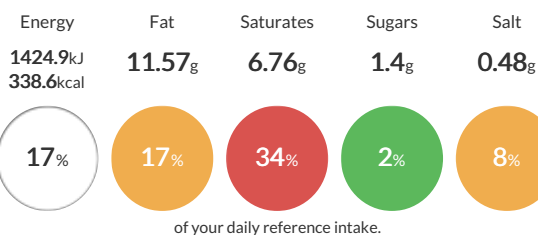
1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

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Reference Intake

Each serving contains:



Nutritional Summary

| | |
|---------------------------|-----------------------|
| Energy | 1424.9kJ 338.6kcal |
| Protein | 12.65g |
| Carbohydrates | 45.35g |
| of which sugars | 1.4g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 11.57g |
| of which saturates | 6.76g |
| Fibre | 5.3g |
| Salt | 0.48g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Jacket Potato & Baked beans

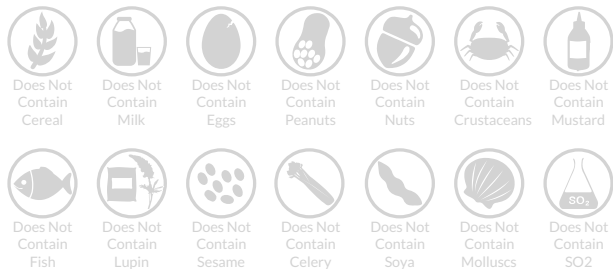
Ingredients

| Product | Quantity | Cost |
|--|---------------------------|-------|
| Reduced Salt & Sugar Baked Beans in tomato sauce | 50.00 g | £0.05 |
| Jacket Potato | 250.00 g | £0.25 |
| | Total Cost: £0.30 | |
| | Per Serving: £0.30 | |

Serves: 1

Allergy Information

Key: **Contains** **May Contain**



Nuts:

| | | | |
|-----------------|----|---------|----|
| Almond Nuts: | No | Wheat: | No |
| Hazelnuts: | No | Rye: | No |
| Walnuts: | No | Spelt: | No |
| Cashew Nuts: | No | Oats: | No |
| Pecan Nuts: | No | Barley: | No |
| Brazil Nuts: | No | Kamut: | No |
| Pistachio Nuts: | No | | |

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

Jacket Potato (83%) (Baking Potatoes (100%) (Potatoes)). Reduced Salt & Sugar Baked Beans in tomato sauce (17%) (Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoursing.).

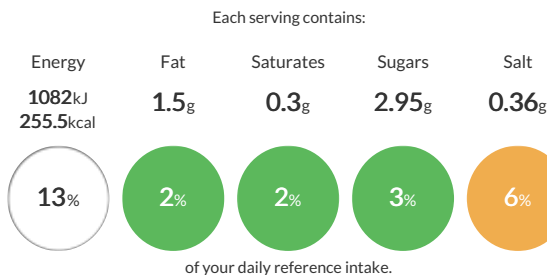
Method & Recipe Notes

1. Wash potato in clean cold water, bake using combination setting @ 180Å°c for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75Å°c. 2. Encourage the addition of todays vegetables or salad.

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Reference Intake



Nutritional Summary

| | |
|---------------------------|---------------------|
| Energy | 1082kJ 255.5kcal |
| Protein | 7.05g |
| Carbohydrates | 51.1g |
| of which sugars | 2.95g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 1.5g |
| of which saturates | 0.3g |
| Fibre | 7.2g |
| Salt | 0.36g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Jacket Potato & Tuna Mayo

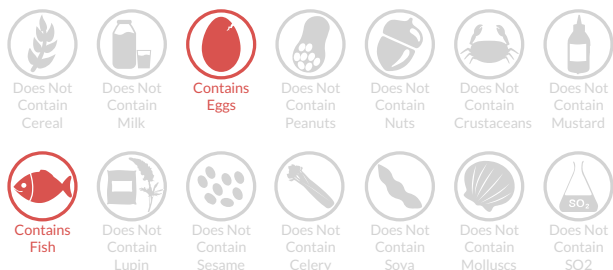
Ingredients

| Product | Quantity | Cost |
|---------------------------|----------|-------|
| Tuna Mayonnaise | 81.00 g | £0.43 |
| Jacket Potato | 250.00 g | £0.25 |
| Total Cost: £0.68 | | |
| Per Serving: £0.68 | | |

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Jacket Potato (76%) (Baking Potatoes (100%) (Potatoes)), Tuna Mayonnaise (24%) (Tuna Chunks in Brine (69%) (Skipjack Tuna (FISH), Water, Salt), MJ BAKER LIGHT MAYONNAISE 5L (31%) (Water, Rapeseed Oil, Thickener (Modified Starch), Sugar,, Pasteurised EGG Yolk, Salt, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate, Sodium Benzoate), Natural Flavouring)).

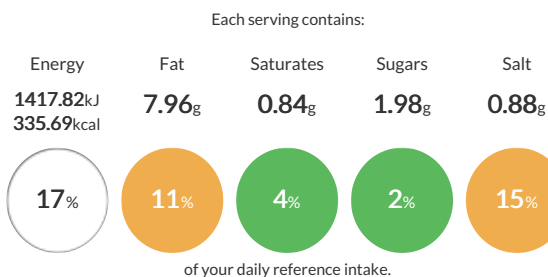
Method & Recipe Notes

1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

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Reference Intake



Nutritional Summary

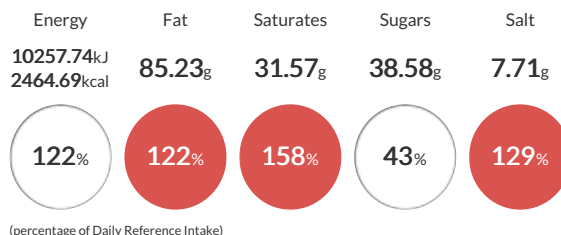
| | |
|---------------------------|-------------------------|
| Energy | 1417.82kJ 335.69kcal |
| Protein | 18.26g |
| Carbohydrates | 46.43g |
| of which sugars | 1.98g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 7.96g |
| of which saturates | 0.84g |
| Fibre | 5g |
| Salt | 0.88g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Tuesday

Total Cost Per Serving:

£ 3.07

Nutritional Intake



Nutritional Summary

| Property | Per Serving | % of Daily Reference Intake |
|---------------------------|---------------------------|-----------------------------|
| Energy | 10257.74kJ 2464.69kCal | 122% |
| Carbohydrates | 320.31g | 107% |
| of which sugars | 38.58g | 43% |
| Fat | 85.23g | 122% |
| of which saturates | 31.57g | 158% |
| Fibre | 32.42g | 180% |
| Protein | 94.48g | 189% |
| Salt | 7.71g | 129% |
| Sodium | 0.82g | 51% |
| Iron | 1.32mg | 15% |
| Calcium | 218.62mg | 31% |
| Zinc | 0.95mg | 10% |
| Vitamin A | 35µg | 5% |
| Vitamin C | 30.63mg | 77% |
| Folate | 43.73µg | 22% |
| Non Milk Extrinsic Sugars | 0g | 0% |

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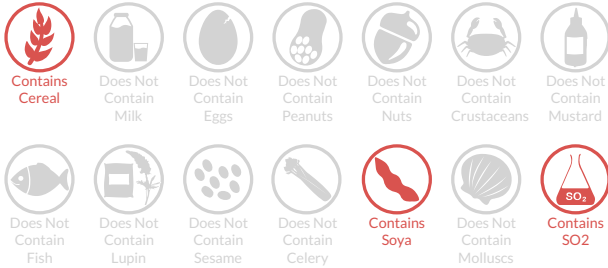
Beef Burger Bap

Ingredients

| Product | Quantity | Cost |
|-----------------------|---------------------------|------|
| Brioche Baps - 823201 | 50.00 g | |
| Beef Burger - Scorse | 100.00 g | |
| | Total Cost: £0.00 | |
| Serves: 1 | Per Serving: £0.00 | |

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

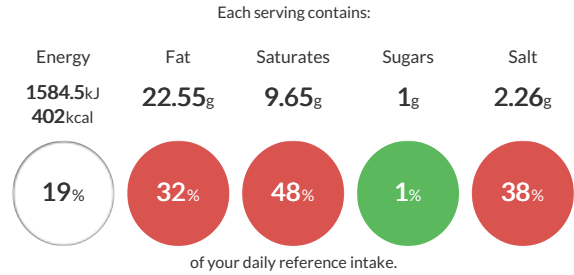
Ingredients

Beef Burger - Scorse (67%) (Beef (62%), Water, Beef Hearts, Onion, Rusk (**WHEAT**), Beef Protein, Vegetable starch, **SOYA** Concentrate, Potato fibre, Salt, **WHEAT** flour (Containing calcium carbonate, iron, thiamine & nicotinamide), Sodium triphosphate, (E451), Hydrolysed vegetable protein (**SOYA**), Flavour enhancer (E621), Preservative (E221) (Sodium **SULPHITE**), Colour (E150c), Anti-oxidant (E301), Flavourings (Spice and Herb extracts). Brioche Baps - 823201 (33%) (**WHEAT** flour (with calcium, iron, niacin, thiamine), Water, Yeast, Palm/Rapeseed fats and oils, Salt, Dextrose, Emulsifiers E481, E471, Full fat **SOYA** flour, Preservative E282, Flour treatment agent E300).

Method & Recipe Notes

Place burger on tray cook 15mins check temp when at 75 degrees

Reference Intake



Nutritional Summary

| | |
|---------------------------|---------------------|
| Energy | 1584.5kJ 402kCal |
| Protein | 20.2g |
| Carbohydrates | 28.75g |
| of which sugars | 1g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 22.55g |
| of which saturates | 9.65g |
| Fibre | 1.2g |
| Salt | 2.26g |
| Sodium | 0g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

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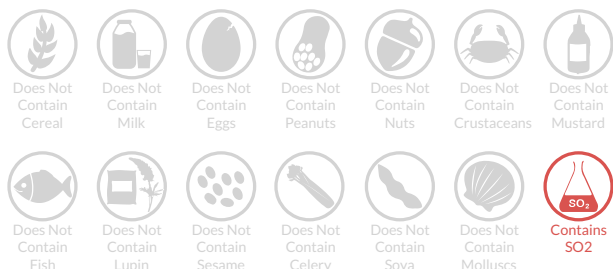
Tomato Relish

Ingredients

| Product | Quantity | Cost |
|------------------------|-----------|---------------------------|
| Tomatoes | 1000.00 g | £0.00 |
| 2 x Red Onions | 340.00 g | £0.00 |
| Extra Virgin Olive Oil | 150.00 g | £0.00 |
| 2 x Garlic cloves | 5.00 g | |
| Parsley | 3.00 g | |
| Balsamic Vinegar 2L | 10.00 g | |
| Total Cost: | | £0.00 |
| Serves: 24 | | Per Serving: £0.00 |

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Tomatoes (66%) (Tomato). 2 x Red Onions (23%) (Onions). Extra Virgin Olive Oil (10%) (Extra virgin olive oil). Balsamic Vinegar 2L (1%) (wine vinegar (contains **SULPHITES**), concentrated grape must (contains **SULPHITES**), colour (E150d)). 2 x Garlic cloves (0%) (100% IQF Garlic cloves). Parsley (0%) (Parsley).

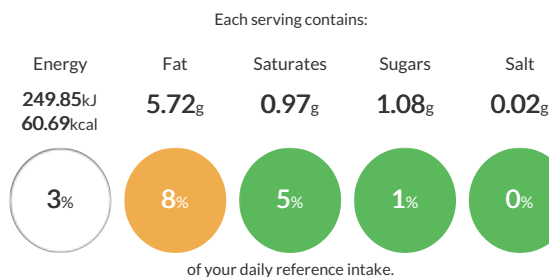
Method & Recipe Notes

Dice Tomatoes and Onions mix with oil Cook 10 mins in hot oven Put into a bowl Stir in crushed garlic and parsley and balsamic vinegar Salt & sugar to taste serv

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Reference Intake



Nutritional Summary

| | |
|---------------------------|-----------------------|
| Energy | 249.85kJ 60.69kCal |
| Protein | 0.64g |
| Carbohydrates | 1.14g |
| of which sugars | 1.08g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 5.72g |
| of which saturates | 0.97g |
| Fibre | 1.01g |
| Salt | 0.02g |
| Sodium | 0g |
| Iron | 0.15mg |
| Calcium | 8.13mg |
| Zinc | 0.1mg |
| Folate | 0µg |
| Vitamin A | 35µg |
| Vitamin C | 6.97mg |

Quorn Hot Dog in a roll

Ingredients

| Product | Quantity | Cost |
|--------------------------|---------------------|--------------|
| Vegan Cumberland Sausage | 50.00 g | £0.33 |
| White Hotdog | 90.00 g | £0.31 |
| | Total Cost: | £0.64 |
| | Per Serving: | £0.64 |

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | Yes |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

White Hotdog (64%) (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Yeast, Sugar, Rapeseed Oil, Salt, **WHEAT** Gluten, Emulsifiers [Mono and di-glycerides of fatty acids, Mono and di-acetyltartaric acid esters of mono and di-glycerides of fatty acids], Flour treatment agent [Ascorbic Acid]). Vegan Cumberland Sausage (36%) (Mycoprotein (32%), Textured **WHEAT** Protein (**WHEAT** Flour, Stabiliser (Sodium Alginate)), Water, Vegetable Oils (Rapeseed, Palm), Onions, Seasoning (Yeast Extract, Salt, Potassium Chloride, Herbs (Sage, Parsley), Fructose, White Pepper, Rusk (**WHEAT** Flour, Salt), **BARLEY** Malt Extract, Carrot Powder, Leek Powder, Sage Extract, Nutmeg Extract), Potato Protein, Rusk (**WHEAT** Flour, Salt, Yeast), **WHEAT** Gluten, Casing (Stabiliser (Sodium Alginate), Cellulose, Modified Starch), Potato Starch, Tapioca Starch, Firming Agent (Calcium Chloride), Pea Fibre).

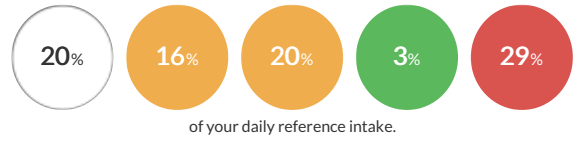
Method & Recipe Notes

1. Cook Sausages above 75c2. Place in sliced Hot Dog Roll and serve

Reference Intake

Each serving contains:

| Energy | Fat | Saturates | Sugars | Salt |
|-----------------------|--------|-----------|--------|-------|
| 1661.4kJ 396.3kcal | 11.16g | 3.92g | 2.98g | 1.73g |



of your daily reference intake.

Nutritional Summary

| | |
|---------------------------|-----------------------|
| Energy | 1661.4kJ 396.3kcal |
| Protein | 17.19g |
| Carbohydrates | 55.64g |
| of which sugars | 2.98g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 11.16g |
| of which saturates | 3.92g |
| Fibre | 5.2g |
| Salt | 1.73g |
| Sodium | 0.3g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

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Sweetcorn

Ingredients

| | | |
|-----------------------------|----------------------------|----------------------|
| Product Sweetcorn | Quantity 50.00 g | Cost £0.09 |
| | Total Cost: £0.09 | |
| Serves: 1 | Per Serving: £0.09 | |

Allergy Information

Key: **Contains** **May Contain**



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: **Suitable for**



Label Information

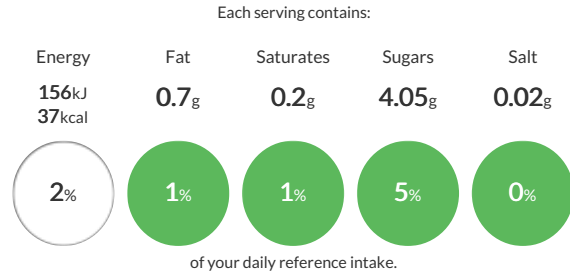
Ingredients

Sweetcorn (100%) (Sweetcorn (100%)).

Method & Recipe Notes

cook as per Manufacturers instructions

Reference Intake



Nutritional Summary

| | |
|---------------------------|-----------------|
| Energy | 156kJ 37kcal |
| Protein | 1.25g |
| Carbohydrates | 6g |
| of which sugars | 4.05g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 0.7g |
| of which saturates | 0.2g |
| Fibre | 1.25g |
| Salt | 0.02g |
| Sodium | 0.01g |
| Iron | 0.25mg |
| Calcium | 5.5mg |
| Zinc | 0.5mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

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Coleslaw

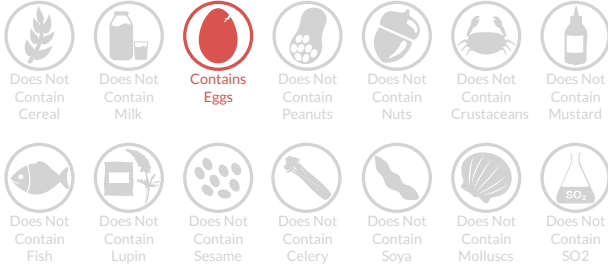
Ingredients

| Product | Quantity | Cost |
|---------------------------|----------|-------|
| White Cabbage | 408.00 g | £0.31 |
| Carrots | 271.20 g | £0.20 |
| Onions | 33.60 g | £0.03 |
| Mayonnaise | 8.00 g | £0.02 |
| Total Cost: £0.56 | | |
| Per Serving: £0.05 | | |

Serves: 12

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

White Cabbage (57%) (Cabbage, average, raw), Carrots (38%) (Carrots, old, raw), Onions (5%) (Onions), Mayonnaise (1%) (Water, Rapeseed Oil, Thickener (Modified Starch), Sugar, Salt, Pasteurised EGG Yolk, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Preservatives (Potassium Sorbate, Sodium Benzoate), Flavouring, Natural Colour (Beta Carotene)).

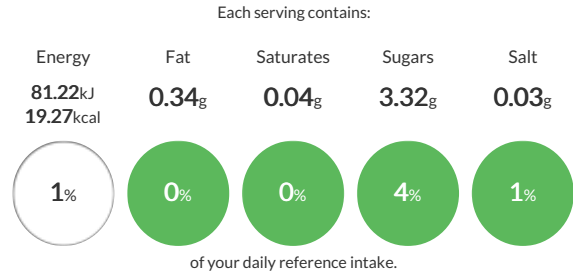
Method & Recipe Notes

1. Wash and prep the vegetables. 2. Mix with the mayonnaise and chill in the fridge before service.

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Reference Intake



Nutritional Summary

| | |
|---------------------------|----------------------|
| Energy | 81.22kJ 19.27kCal |
| Protein | 0.76g |
| Carbohydrates | 3.5g |
| of which sugars | 3.32g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 0.34g |
| of which saturates | 0.04g |
| Fibre | 0g |
| Salt | 0.03g |
| Sodium | 0.01g |
| Iron | 0.21mg |
| Calcium | 25.76mg |
| Zinc | 0.09mg |
| Folate | 24.22µg |
| Vitamin A | 0µg |
| Vitamin C | 16.86mg |

Potato Wedges

Ingredients

| | | |
|--|-----------------------------|----------------------|
| Product Lutosa Foodservice Skin-on Wedges Potatoes | Quantity 113.00 g | Cost £0.20 |
| | Total Cost: £0.20 | |
| Serves: 1 | Per Serving: £0.20 | |

Allergy Information

Key: Contains May Contain



Nuts:

| | | | |
|-----------------|----|---------|----|
| Almond Nuts: | No | Wheat: | No |
| Hazelnuts: | No | Rye: | No |
| Walnuts: | No | Spelt: | No |
| Cashew Nuts: | No | Oats: | No |
| Pecan Nuts: | No | Barley: | No |
| Brazil Nuts: | No | Kamut: | No |
| Pistachio Nuts: | No | | |

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: Suitable for



Label Information

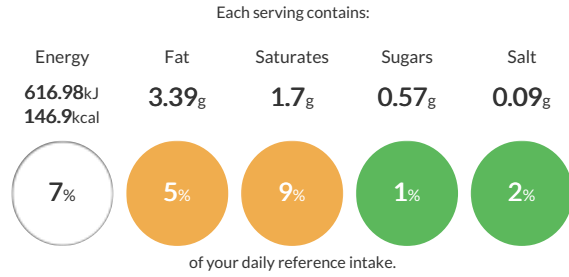
Ingredients

Lutosa Foodservice Skin-on Wedges Potatoes (100%) (Potatoes (97%), palm oil).

Method & Recipe Notes

Cook as per manufacturers instructions

Reference Intake



Nutritional Summary

| | |
|---------------------------|-----------------------|
| Energy | 616.98kJ 146.9kcal |
| Protein | 2.71g |
| Carbohydrates | 24.86g |
| of which sugars | 0.57g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 3.39g |
| of which saturates | 1.7g |
| Fibre | 2.83g |
| Salt | 0.09g |
| Sodium | 0g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

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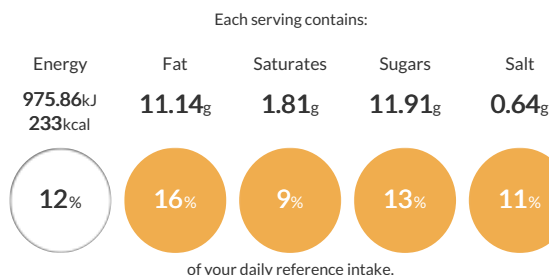
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Apple & Cinnamon Muffins

Ingredients

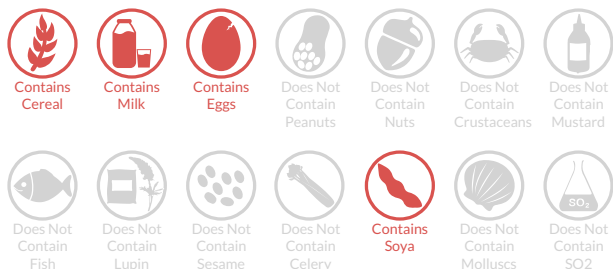
| Product | Quantity | Cost |
|-----------------------------------|----------|---------------------------|
| Medium Free Range Eggs | 180.00 g | £0.45 |
| Semi Skimmed Milk | 473.00 g | £0.41 |
| Baking powder | 28.00 g | £0.07 |
| Rayner's Vanilla Flavouring 500ml | 10.00 g | £0.08 |
| Self Raising Flour | 544.00 g | £0.40 |
| Solid Pack Apples | 250.00 g | £0.38 |
| Vegetable Oil | 266.00 g | £0.66 |
| GROUND CINNAMON 6x450g | 3.00 g | £0.03 |
| CASTER SUGAR | 226.00 g | £0.30 |
| Total Cost: | | £2.78 |
| Serves: 24 | | Per Serving: £0.12 |

Reference Intake



Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Nutritional Summary

| | |
|---------------------------|---------------------|
| Energy | 975.86kJ 233kCal |
| Protein | 2.96g |
| Carbohydrates | 29.44g |
| of which sugars | 11.91g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 11.14g |
| of which saturates | 1.81g |
| Fibre | 0.96g |
| Salt | 0.64g |
| Sodium | 0.15g |
| Iron | 0.45mg |
| Calcium | 79.33mg |
| Zinc | 0.14mg |
| Folate | 4.31µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Self Raising Flour (27%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Acid Calcium Phosphate, Sodium Bicarbonate)). Semi Skimmed Milk (24%) (Cornish Cows MILK). Vegetable Oil (13%) (Soyabean Oil (produced from Genetically Modified Soyabean), Antifoaming Agent (E900)). Solid Pack Apples (13%) (Apples, Water, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)). CASTER SUGAR (11%) (Cane Sugar). Medium Free Range Eggs (9%) (EGGS). Baking powder (1%) (WHEAT starch, sodium acid pyrophosphate, bicarbonate of soda). Rayner's Vanilla Flavouring 500ml (1%) (Water, Propylene Glycol, Flavouring, Colour (E150d), Citric Acid (E330), Preservative (E211)). GROUND CINNAMON 6x450g (0%) (Ground Cassia Cinnamon).

Method & Recipe Notes

Preheat oven to 180 degrees. Line muffin tins with paper cases. Method: 1. Place the flour, baking powder, sugar in a bowl and mix together. 2. In another bowl mix together the oil, eggs and milk. 3. Pour the dry ingredients into the wet ingredients and mix to a smooth paste, do not beat as the muffins will not rise. 4. Add pureed Apples and cinnamon 5. Scoop the required amount of batter into each muffin case and leave to stand for 30 minutes 6. Bake at 180c for 15-20 minutes until a cocktail stick inserted into the cake comes out clean.

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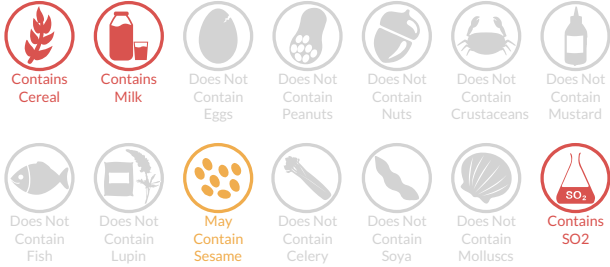
Mini Ploughmans

Ingredients

| Product | Quantity | Cost |
|---|----------|---------------------------|
| Brockmoor White Mature | 15.00 g | £0.11 |
| Laughing Cow 8P 133g x 16 | 17.50 g | £0.11 |
| Fairway Assured Vive Le Pain White Demi Baguette (Part Baked) | 50.00 g | £0.08 |
| Cucumber | 40.00 g | £0.07 |
| Tomatoes, cherry | 40.00 g | £0.13 |
| Pickle | 7.00 g | £0.02 |
| Total Cost: | | £0.52 |
| Serves: 1 | | Per Serving: £0.52 |

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | Yes |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Fairway Assured Vive Le Pain White Demi Baguette (Part Baked) (29%) (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (E300)). Cucumber (24%) (Cucumber). Tomatoes, cherry (24%) (Tomatoes, cherry). Laughing Cow 8P 133g x 16 (10%) (Rehydrated skimmed **MILK, CHEESES, BUTTER, MILK** mineral concentrate.). Brockmoor White Mature (9%) (**MILK, Cheese** lactic starter culture, Microbial rennet, Salt.). Pickle (4%) (Vegetables in Variable Proportions (52%) (Carrot, Rutabaga, Onion, Cauliflower), Sugar, **BARLEY** Malt Vinegar, Water, Spirit Vinegar, Tomato PurÃ©e, Date Paste (Dates, Rice Flour), Salt, Apple Pulp, Modified Maize Starch, Colour (**SULPHITE** Ammonia Caramel), Onion Powder, Concentrated Lemon Juice, Spices, Colouring Food (Roasted **BARLEY** Malt Extract), Herb and Spice Extracts.).

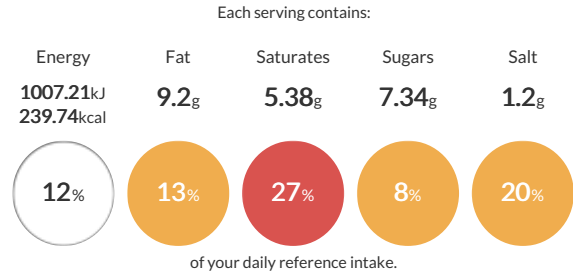
Method & Recipe Notes

1. Bake baguette as per manufactures instructions or use a wedge of homemade bread. 2. Cut cheddar into triangle, baton cucumber and half the cherry tomatoes. 3. Portion pickle into appropriate sized pot.

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Reference Intake



Nutritional Summary

| | |
|---------------------------|-------------------------|
| Energy | 1007.21kJ 239.74kCal |
| Protein | 10.81g |
| Carbohydrates | 28.1g |
| of which sugars | 7.34g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 9.2g |
| of which saturates | 5.38g |
| Fibre | 2.47g |
| Salt | 1.2g |
| Sodium | 0.26g |
| Iron | 0.26mg |
| Calcium | 99.9mg |
| Zinc | 0.12mg |
| Folate | 15.2µg |
| Vitamin A | 0µg |
| Vitamin C | 6.8mg |

Jacket Potato & Tuna Mayo

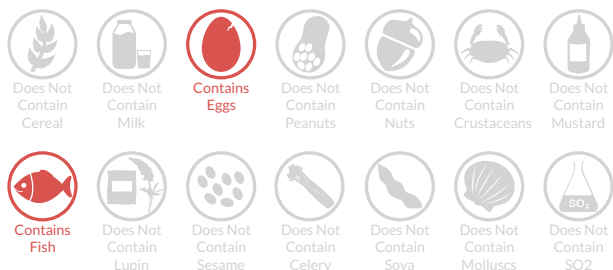
Ingredients

| Product | Quantity | Cost |
|-----------------|---------------------------|-------|
| Tuna Mayonnaise | 81.00 g | £0.43 |
| Jacket Potato | 250.00 g | £0.25 |
| | Total Cost: £0.68 | |
| | Per Serving: £0.68 | |

Serves: 1

Allergy Information

Key: **Contains** **May Contain**



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

Jacket Potato (76%) (Baking Potatoes (100%) (Potatoes)), Tuna Mayonnaise (24%) (Tuna Chunks in Brine (69%) (Skipjack Tuna (FISH), Water, Salt), MJ BAKER LIGHT MAYONNAISE 5L (31%) (Water, Rapeseed Oil, Thickener (Modified Starch), Sugar,, Pasteurised EGG Yolk, Salt, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate, Sodium Benzoate), Natural Flavouring)).

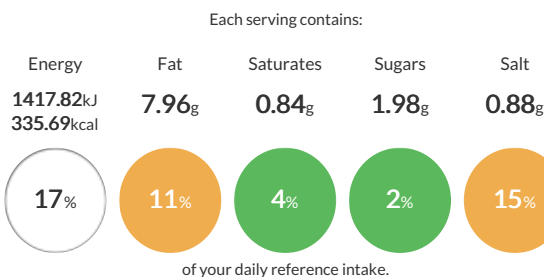
Method & Recipe Notes

1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

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Reference Intake



Nutritional Summary

| | |
|---------------------------|-------------------------|
| Energy | 1417.82kJ 335.69kcal |
| Protein | 18.26g |
| Carbohydrates | 46.43g |
| of which sugars | 1.98g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 7.96g |
| of which saturates | 0.84g |
| Fibre | 5g |
| Salt | 0.88g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Jacket Potato & Cheese

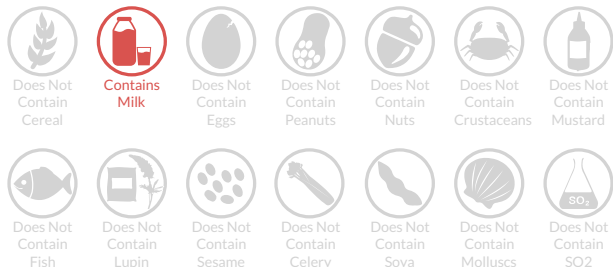
Ingredients

| Product | Quantity | Cost |
|---------------------------|----------|-------|
| Grated Mild Cheddar 6x2kg | 30.00 g | £0.22 |
| Jacket Potato | 250.00 g | £0.25 |
| Total Cost: £0.47 | | |
| Per Serving: £0.47 | | |

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Jacket Potato (89%) (Baking Potatoes (100%) (Potatoes)), Grated Mild Cheddar 6x2kg (11%) (MILK, Salt, Rennet, Starter Culture Anticaking Agent - Cellulose).

Method & Recipe Notes

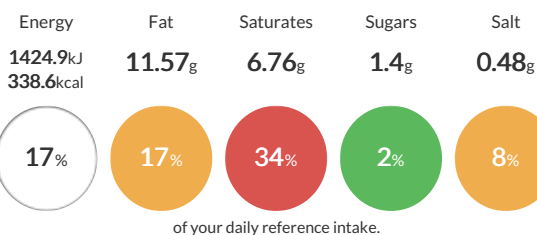
1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

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Reference Intake

Each serving contains:



Nutritional Summary

| | |
|---------------------------|-----------------------|
| Energy | 1424.9kJ 338.6kcal |
| Protein | 12.65g |
| Carbohydrates | 45.35g |
| of which sugars | 1.4g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 11.57g |
| of which saturates | 6.76g |
| Fibre | 5.3g |
| Salt | 0.48g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Jacket Potato & Baked beans

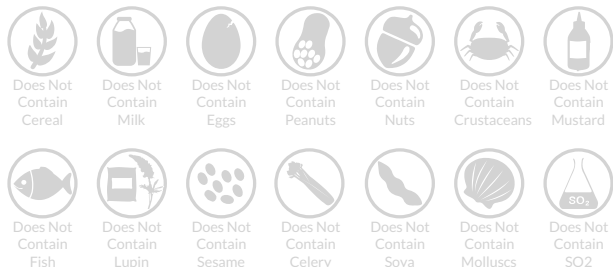
Ingredients

| Product | Quantity | Cost |
|--|---------------------------|-------|
| Reduced Salt & Sugar Baked Beans in tomato sauce | 50.00 g | £0.05 |
| Jacket Potato | 250.00 g | £0.25 |
| | Total Cost: £0.30 | |
| | Per Serving: £0.30 | |

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

| | | | |
|-----------------|----|---------|----|
| Almond Nuts: | No | Wheat: | No |
| Hazelnuts: | No | Rye: | No |
| Walnuts: | No | Spelt: | No |
| Cashew Nuts: | No | Oats: | No |
| Pecan Nuts: | No | Barley: | No |
| Brazil Nuts: | No | Kamut: | No |
| Pistachio Nuts: | No | | |

Gluten Content:

Gluten < 20ppm

Dietary Information

Key: Suitable for



Label Information

Ingredients

Jacket Potato (83%) (Baking Potatoes (100%) (Potatoes)). Reduced Salt & Sugar Baked Beans in tomato sauce (17%) (Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoursing.).

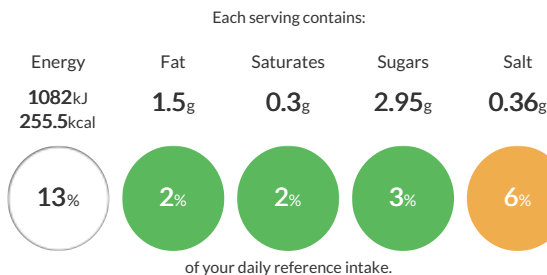
Method & Recipe Notes

1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

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Reference Intake



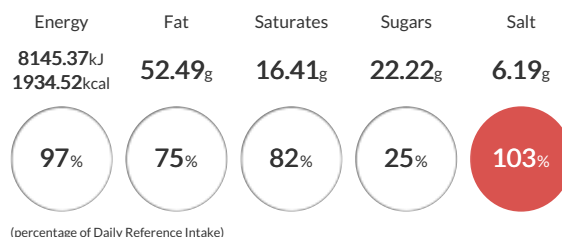
Nutritional Summary

| | |
|---------------------------|---------------------|
| Energy | 1082kJ 255.5kcal |
| Protein | 7.05g |
| Carbohydrates | 51.1g |
| of which sugars | 2.95g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 1.5g |
| of which saturates | 0.3g |
| Fibre | 7.2g |
| Salt | 0.36g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Total Cost Per Serving:

£ 3.36

Nutritional Intake



Nutritional Summary

| Property | Per Serving | % of Daily Reference Intake |
|---------------------------|--------------------------|-----------------------------|
| Energy | 8145.37kJ 1934.52kCal | 97% |
| Carbohydrates | 266.26g | 89% |
| of which sugars | 22.22g | 25% |
| Fat | 52.49g | 75% |
| of which saturates | 16.41g | 82% |
| Fibre | 32.06g | 178% |
| Protein | 89.55g | 179% |
| Salt | 6.19g | 103% |
| Sodium | 0.58g | 36% |
| Iron | 1.26mg | 14% |
| Calcium | 59.05mg | 8% |
| Zinc | 1.01mg | 10% |
| Vitamin A | 0.11µg | 0% |
| Vitamin C | 43.65mg | 109% |
| Folate | 76.93µg | 38% |
| Non Milk Extrinsic Sugars | 0g | 0% |

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Roast Chicken

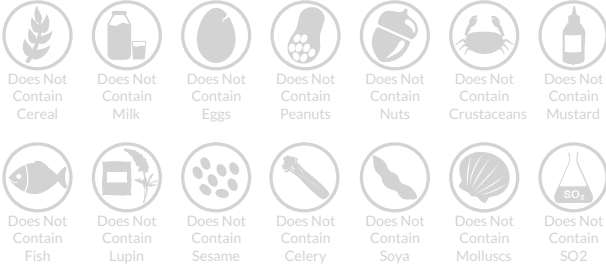
Ingredients

| Product | Quantity | Cost |
|---|----------|---------------------------|
| Chicken | 70.00 g | £0.55 |
| La Espanola Olive Pomace Oil and Sunflower Oil 3x5L | 3.00 g | £0.01 |
| | | Total Cost: £0.56 |
| | | Per Serving: £0.56 |

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Chicken (96%) (Chicken Breast Fill 20x55-70g British*P*). La Espanola Olive Pomace Oil and Sunflower Oil 3x5L (4%) (Refined Pomace Olive Oil (51%), Refined Sunflower Oil (49%)).

Method & Recipe Notes

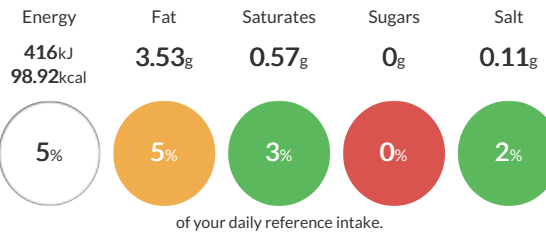
Coat chicken in the oil and roast @180°C until a core temperature of 75°C is achieved.

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Reference Intake

Each serving contains:



Nutritional Summary

| | |
|---------------------------|--------------------|
| Energy | 416kJ 98.92kCal |
| Protein | 16.8g |
| Carbohydrates | 0g |
| of which sugars | 0g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 3.53g |
| of which saturates | 0.57g |
| Fibre | 0g |
| Salt | 0.11g |
| Sodium | 0.04g |
| Iron | 0.35mg |
| Calcium | 3.5mg |
| Zinc | 0.49mg |
| Folate | 9.8µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Lentil Loaf

Ingredients

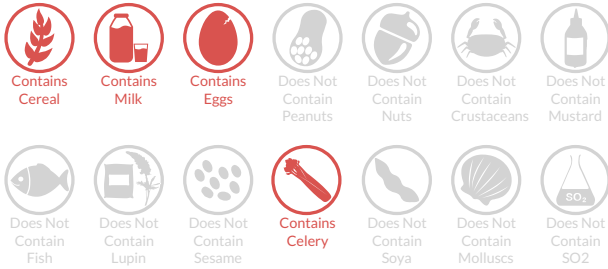
| Product | Quantity | Cost |
|---------------------------------|----------|-------|
| Water | 850.00 g | |
| Lentils, Red, Split | 500.00 g | £1.00 |
| Onions | 125.00 g | £0.16 |
| Diced Carrots | 125.00 g | £0.09 |
| MOZZARELLA/CHEDDAR 70/30 | 200.00 g | £1.49 |
| CLASSIC WHITE BREADCRUMBS 4x3kg | 200.00 g | £0.40 |
| Marigold for Baking (250g x 40) | 125.00 g | £0.37 |
| Vegetable Bouillon Paste | 30.00 g | £0.19 |
| Medium Free Range Eggs | 174.00 g | £0.44 |
| MIXED HERBS 6x130g | 7.00 g | £0.10 |
| Garlic | 7.00 g | £0.04 |

Serves: 12

Total Cost: £4.27
Per Serving: £0.36

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

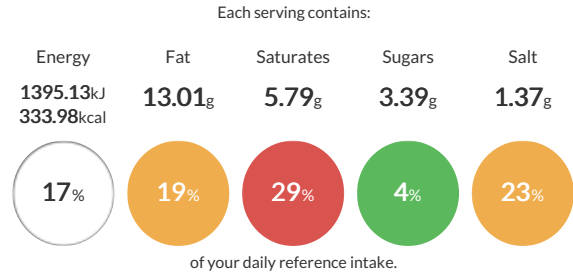
Ingredients

Water (36%) (Water, Tap). Lentils, Red, Split (21%) (Dried Red Split Lentils). **MOZZARELLA/CHEDDAR 70/30 (9%)** (**Mozzarella (MILK)**, Pizza **Cheddar** Topping (Water, **Cheddar (MILK)**, **Mozzarella (MILK)**, **Butter (MILK)**, **MILK** Protein, Modified Potato Starch, Salt, Skimmed **MILK** Powder, Emulsifying Salt E331(iii), E339(ii), Maltodextrin, Potato Starch, Preservative (E202) and Potato Starch (Anti-caking agent)). **CLASSIC WHITE BREADCRUMBS 4x3kg (9%)** (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Salt, Yeast). Medium Free Range **Eggs (7%)** (**EGGS**). Onions (5%) (Onions). Diced Carrots (5%) (Carrots). Marigold for Baking (250g x 40) (5%) (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring.). Vegetable Bouillon Paste (1%) (Ingredients (as sold): Salt, Vegetable Oils (Rapeseed, Palm, Sunflower), Vegetable Powders (13%) (Onion, Carrot, Red Pepper), Yeast Extract, Cornflour, Potato Starch, Sugar, Tomato Powder, Garlic Powder, Ground **CELERY** Seeds, Dried Parsley, Flavouring, Acid (Succinic Acid), Ground Turmeric, Antioxidant (Rosemary Extract)). **MIXED HERBS 6x130g (0%)** (Marjoram, Thyme, Parsley, Basil, Savoury.). Garlic (0%) (Garlic).

Method & Recipe Notes

1. Place the lentils in a sauce pan and cover with water, add stock and bring to the boil then simmer until all the liquid is absorbed. 2. Melt the kerrymaid and fry of the onions, carrots and garlic until soft. 3. Add the lentils, mix well, remove from heat and allow to cool for 10 minutes 4. Add the cheese, breadcrumbs and egg. 5. Transfer to a lined loaf tin. 6. Bake at 170Å°c for approximately 1 hour or until a core temperature of 75Å° is achieved. *Do not add salt

Reference Intake



Nutritional Summary

| | |
|---------------------------|-------------------------|
| Energy | 1395.13kJ 333.98kCal |
| Protein | 14.18g |
| Carbohydrates | 37.43g |
| of which sugars | 3.39g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 13.01g |
| of which saturates | 5.79g |
| Fibre | 7.62g |
| Salt | 1.37g |
| Sodium | 0.43g |
| Iron | 0.06mg |
| Calcium | 6.15mg |
| Zinc | 0.03mg |
| Folate | 0.03µg |
| Vitamin A | 0.11µg |
| Vitamin C | 1.35mg |

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Broccoli

Ingredients

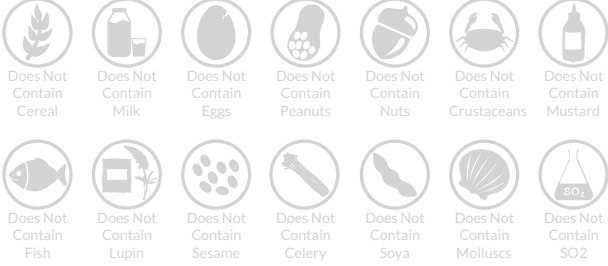
Product
Broccoli, green, raw

Quantity
1000.00 g
Cost
£2.25
Total Cost: £2.25
Per Serving: £0.11

Serves: 20

Allergy Information

Key: **Contains** **May Contain**



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

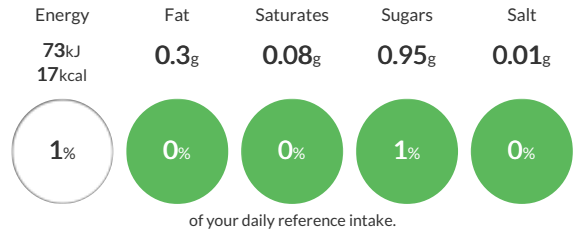
Broccoli, green, raw (100%).

Method & Recipe Notes

Method Please do not over cook

Reference Intake

Each serving contains:



Nutritional Summary

| | |
|---------------------------|----------------|
| Energy | 73kJ 17kcal |
| Protein | 2.15g |
| Carbohydrates | 1.6g |
| of which sugars | 0.95g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 0.3g |
| of which saturates | 0.08g |
| Fibre | 0g |
| Salt | 0.01g |
| Sodium | 0g |
| Iron | 0.53mg |
| Calcium | 24mg |
| Zinc | 0.35mg |
| Folate | 47.5µg |
| Vitamin A | 0µg |
| Vitamin C | 39.5mg |

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Gravy

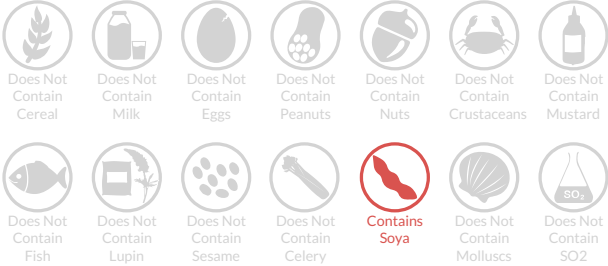
Ingredients

| Product | Quantity | Cost |
|-----------------------------|---------------------------|-------|
| Reduced Salt Gravy Granules | 75.00 g | £0.03 |
| Water, tap | 1000.00 g | |
| | Total Cost: £0.03 | |
| | Per Serving: £0.00 | |

Serves: 25

Allergy Information

Key: **Contains** **May Contain**



Nuts:

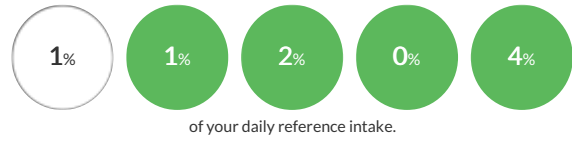
| | | | |
|-----------------|----|---------|----|
| Almond Nuts: | No | Wheat: | No |
| Hazelnuts: | No | Rye: | No |
| Walnuts: | No | Spelt: | No |
| Cashew Nuts: | No | Oats: | No |
| Pecan Nuts: | No | Barley: | No |
| Brazil Nuts: | No | Kamut: | No |
| Pistachio Nuts: | No | | |

Cereals:

Reference Intake

Each serving contains:

| Energy | Fat | Saturates | Sugars | Salt |
|----------------------|-------|-----------|--------|-------|
| 52.05kJ 12.39kcal | 0.47g | 0.32g | 0.08g | 0.26g |



Nutritional Summary

| | |
|---------------------------|----------------------|
| Energy | 52.05kJ 12.39kcal |
| Protein | 0.04g |
| Carbohydrates | 1.97g |
| of which sugars | 0.08g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 0.47g |
| of which saturates | 0.32g |
| Fibre | 0.04g |
| Salt | 0.26g |
| Sodium | 0g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

Water, tap (93%) (water, tap), Reduced Salt Gravy Granules (7%) (Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Sugar, Flavourings, Emulsifier (SOYA Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil.).

Method & Recipe Notes

Bring 900 ml of water to a simmer. Mix 100ml of water with the gravy powder, until a smooth paste is formed. Whisk gravy mix into the water, until thickened.

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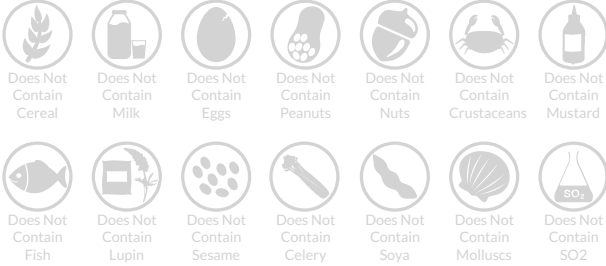
Carrots

Ingredients

| | | |
|---------------------------|---|----------------------|
| Product Carrots | Quantity 50.00 g | Cost £0.04 |
| Serves: 1 | Total Cost: £0.04 Per Serving: £0.04 | |

Allergy Information

Key: **Contains** **May Contain**

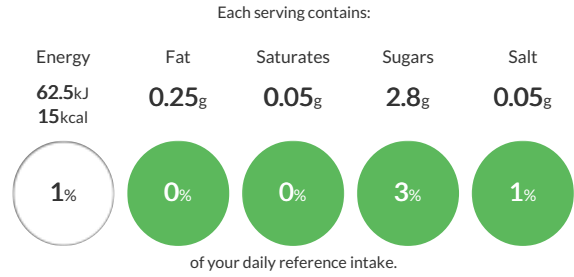


Nuts:

| | | | |
|-----------------|----|---------|----|
| Almond Nuts: | No | Wheat: | No |
| Hazelnuts: | No | Rye: | No |
| Walnuts: | No | Spelt: | No |
| Cashew Nuts: | No | Oats: | No |
| Pecan Nuts: | No | Barley: | No |
| Brazil Nuts: | No | Kamut: | No |
| Pistachio Nuts: | No | | |

Cereals:

Reference Intake



Nutritional Summary

| | |
|---------------------------|------------------|
| Energy | 62.5kJ 15kcal |
| Protein | 0.35g |
| Carbohydrates | 3g |
| of which sugars | 2.8g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 0.25g |
| of which saturates | 0.05g |
| Fibre | 0g |
| Salt | 0.05g |
| Sodium | 0.02g |
| Iron | 0.2mg |
| Calcium | 17mg |
| Zinc | 0.1mg |
| Folate | 14µg |
| Vitamin A | 0µg |
| Vitamin C | 2mg |

Dietary Information

Key: **Suitable for**



Label Information

Ingredients
Carrots (100%) (Carrots).

Method & Recipe Notes

Peel and slice carrots. Steam or boil until slightly soft and a core temperature of 75Å°c is achieved.

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Roast Potatoes

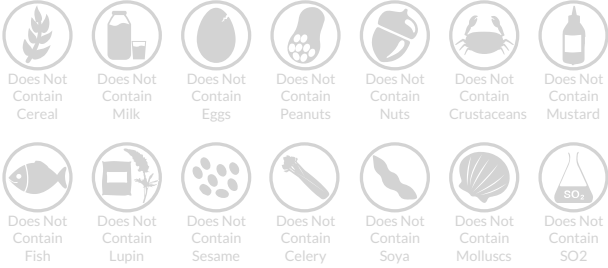
Ingredients

| Product | Quantity | Cost |
|---|----------|-------|
| La Espanola Olive Pomace Oil and Sunflower Oil 3x5L | 3.00 g | £0.01 |
| Potatoes | 90.00 g | £0.27 |
| Total Cost: £0.28 | | |
| Per Serving: £0.28 | | |

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

| | | | |
|-----------------|----|---------|----|
| Almond Nuts: | No | Wheat: | No |
| Hazelnuts: | No | Rye: | No |
| Walnuts: | No | Spelt: | No |
| Cashew Nuts: | No | Oats: | No |
| Pecan Nuts: | No | Barley: | No |
| Brazil Nuts: | No | Kamut: | No |
| Pistachio Nuts: | No | | |

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: Suitable for



Label Information

Ingredients

Potatoes (97%) (Potatoes, water, salt, firming agent: calcium chloride.), La Espanola Olive Pomace Oil and Sunflower Oil 3x5L (3%) (Refined Pomace Olive Oil (51%), Refined Sunflower Oil (49%)).

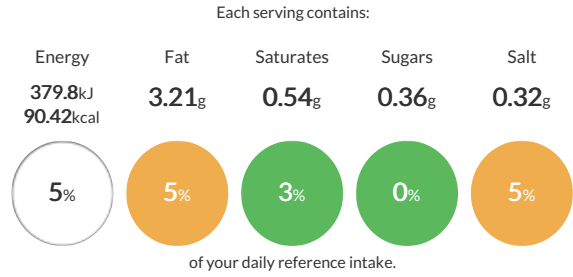
Method & Recipe Notes

Cut potatoes into evenly sized pieces, approximately 30 g each. Steam or boil for 20 minutes and drain well. Combine potato and oil. Lay on a roasting tray, single layer only. roast @ 190Å°c until golden and crisp and a core temperature of 75Å°c is achieved.

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Reference Intake



Nutritional Summary

| | |
|---------------------------|----------------------|
| Energy | 379.8kJ 90.42kCal |
| Protein | 1.62g |
| Carbohydrates | 13.05g |
| of which sugars | 0.36g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 3.21g |
| of which saturates | 0.54g |
| Fibre | 2.34g |
| Salt | 0.32g |
| Sodium | 0g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Pip Ice Lolly

Ingredients

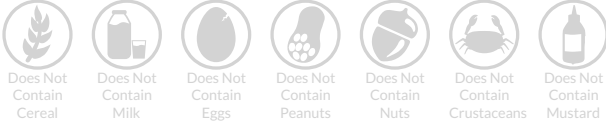
Product
FRUITY ICE LOLLY

Quantity
40.00 g
Cost
£0.39
Total Cost: £0.39
Per Serving: £0.39

Serves: 1

Allergy Information

Key: **Contains** **May Contain**



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

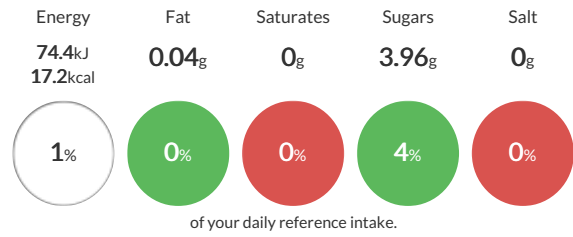
FRUITY ICE LOLLY (100%) (NOTHING BUT THE JUICE OF ORGANIC APPLE (90%), ORGANIC GRAPE (10%) AND A DROP OF ORGANIC GUAR GUM.).

Method & Recipe Notes

Serve from Frozen.

Reference Intake

Each serving contains:



Nutritional Summary

| | |
|---------------------------|--------------------|
| Energy | 74.4kJ 17.2kcal |
| Protein | 0g |
| Carbohydrates | 4.16g |
| of which sugars | 3.96g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 0.04g |
| of which saturates | 0g |
| Fibre | 0g |
| Salt | 0g |
| Sodium | 0g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

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Tuna Mayo & Cucumber Wrap















Ingredients

| Product | Quantity | Cost |
|-----------------|---------------------------|-------|
| Tuna Mayonnaise | 50.00 g | £0.25 |
| Cucumber | 40.00 g | £0.07 |
| Flour Tortilla | 114.00 g | £0.21 |
| | Total Cost: £0.53 | |
| | Per Serving: £0.53 | |

Serves: 1

Allergy Information

Key: Contains May Contain

| | | | | | | |
|--|--|---|--|---|--|--|
|  Contains Cereal |  Does Not Contain Milk |  Contains Eggs |  Does Not Contain Peanuts |  Does Not Contain Nuts |  Does Not Contain Crustaceans |  Does Not Contain Mustard |
|  Contains Fish |  Does Not Contain Lupin |  Does Not Contain Sesame |  Does Not Contain Celery |  Does Not Contain Soya |  Does Not Contain Molluscs |  Does Not Contain SO ₂ |

Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for

| | | | |
|---|---|--|---|
|  May not be suitable for Vegetarian |  May not be suitable for Vegan |  May not be suitable for Kosher |  May not be suitable for Halal |
|---|---|--|---|

Label Information

Ingredients

Flour Tortilla (56%) (**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).), **Tuna** Mayonnaise (25%) (**Tuna** Chunks in Brine (69%) (Skipjack **Tuna** (**FISH**), Water, Salt), MJ BAKER LIGHT MAYONNAISE 5L (31%) (Water, Rapeseed Oil, Thickener (Modified Starch), Sugar, Pasteurised **EGG** Yolk, Salt, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate, Sodium Benzoate), Natural Flavouring.)). Cucumber (20%) (Cucumber).

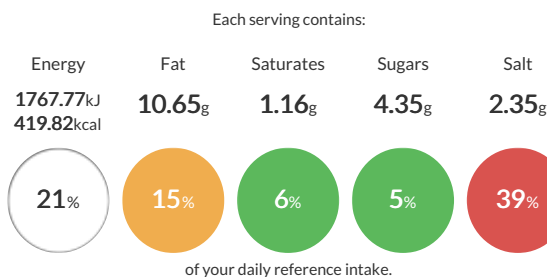
Method & Recipe Notes

Warm the tortilla, then spread the Tuna mayonnaise evenly Arrange and top with the cucumber Fold one side in by one eighth, then roll up from the bottom. Wrap with cling film and label.

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Reference Intake



Nutritional Summary

| | |
|---------------------------|-------------------------|
| Energy | 1767.77kJ 419.82kCal |
| Protein | 16.45g |
| Carbohydrates | 62.17g |
| of which sugars | 4.35g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 10.65g |
| of which saturates | 1.16g |
| Fibre | 4.56g |
| Salt | 2.35g |
| Sodium | 0g |
| Iron | 0.12mg |
| Calcium | 8.4mg |
| Zinc | 0.04mg |
| Folate | 5.6µg |
| Vitamin A | 0µg |
| Vitamin C | 0.8mg |

Jacket Potato & Tuna Mayo

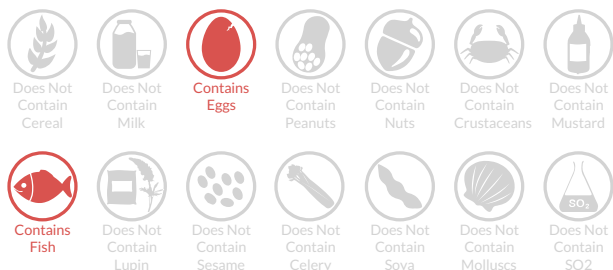
Ingredients

| Product | Quantity | Cost |
|-----------------|---------------------------|-------|
| Tuna Mayonnaise | 81.00 g | £0.43 |
| Jacket Potato | 250.00 g | £0.25 |
| | Total Cost: £0.68 | |
| | Per Serving: £0.68 | |

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Jacket Potato (76%) (Baking Potatoes (100%) (Potatoes)), Tuna Mayonnaise (24%) (Tuna Chunks in Brine (69%) (Skipjack Tuna (FISH), Water, Salt), MJ BAKER LIGHT MAYONNAISE 5L (31%) (Water, Rapeseed Oil, Thickener (Modified Starch), Sugar,, Pasteurised EGG Yolk, Salt, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate, Sodium Benzoate), Natural Flavouring,,)).

Method & Recipe Notes

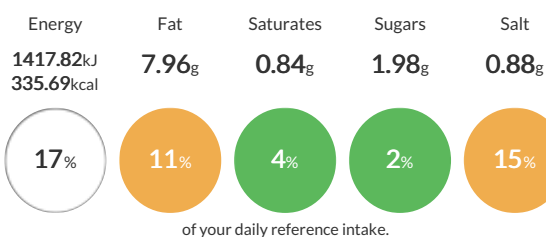
1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

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Reference Intake

Each serving contains:



Nutritional Summary

| | |
|---------------------------|-------------------------|
| Energy | 1417.82kJ 335.69kcal |
| Protein | 18.26g |
| Carbohydrates | 46.43g |
| of which sugars | 1.98g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 7.96g |
| of which saturates | 0.84g |
| Fibre | 5g |
| Salt | 0.88g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Jacket Potato & Cheese

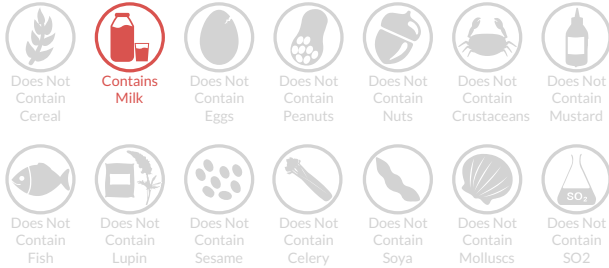
Ingredients

| Product | Quantity | Cost |
|---------------------------|----------|-------|
| Grated Mild Cheddar 6x2kg | 30.00 g | £0.22 |
| Jacket Potato | 250.00 g | £0.25 |
| Total Cost: £0.47 | | |
| Per Serving: £0.47 | | |

Serves: 1

Allergy Information

Key: **Contains** **May Contain**



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

Jacket Potato (89%) (Baking Potatoes (100%) (Potatoes)), Grated Mild Cheddar 6x2kg (11%) (MILK, Salt, Rennet, Starter Culture Anticaking Agent - Cellulose).

Method & Recipe Notes

1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

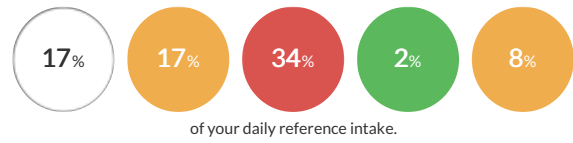
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Reference Intake

Each serving contains:

| Energy | Fat | Saturates | Sugars | Salt |
|-----------------------|--------|-----------|--------|-------|
| 1424.9kJ 338.6kcal | 11.57g | 6.76g | 1.4g | 0.48g |



of your daily reference intake.

Nutritional Summary

| | |
|---------------------------|-----------------------|
| Energy | 1424.9kJ 338.6kcal |
| Protein | 12.65g |
| Carbohydrates | 45.35g |
| of which sugars | 1.4g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 11.57g |
| of which saturates | 6.76g |
| Fibre | 5.3g |
| Salt | 0.48g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Jacket Potato & Baked beans

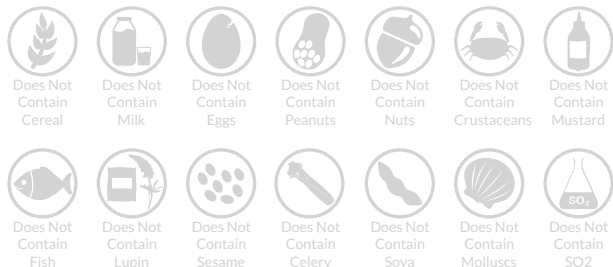
Ingredients

| Product | Quantity | Cost |
|--|---------------------------|-------|
| Reduced Salt & Sugar Baked Beans in tomato sauce | 50.00 g | £0.05 |
| Jacket Potato | 250.00 g | £0.25 |
| | Total Cost: £0.30 | |
| | Per Serving: £0.30 | |

Serves: 1

Allergy Information

Key: **Contains** **May Contain**



Nuts:

| | | | |
|-----------------|----|---------|----|
| Almond Nuts: | No | Wheat: | No |
| Hazelnuts: | No | Rye: | No |
| Walnuts: | No | Spelt: | No |
| Cashew Nuts: | No | Oats: | No |
| Pecan Nuts: | No | Barley: | No |
| Brazil Nuts: | No | Kamut: | No |
| Pistachio Nuts: | No | | |

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

Jacket Potato (83%) (Baking Potatoes (100%) (Potatoes)). Reduced Salt & Sugar Baked Beans in tomato sauce (17%) (Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoursing.).

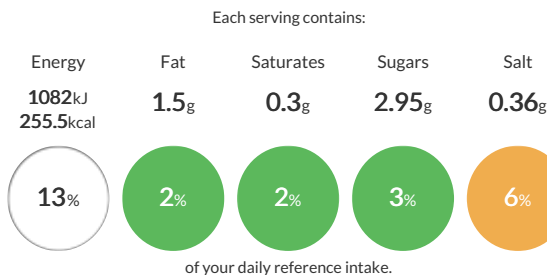
Method & Recipe Notes

1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

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Reference Intake



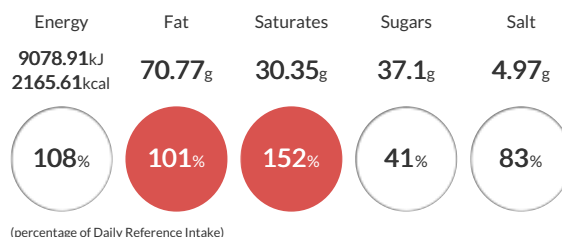
Nutritional Summary

| | |
|---------------------------|---------------------|
| Energy | 1082kJ 255.5kcal |
| Protein | 7.05g |
| Carbohydrates | 51.1g |
| of which sugars | 2.95g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 1.5g |
| of which saturates | 0.3g |
| Fibre | 7.2g |
| Salt | 0.36g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Total Cost Per Serving:

£ 2.82

Nutritional Intake



Nutritional Summary

| Property | Per Serving | % of Daily Reference Intake |
|---------------------------|--------------------------|-----------------------------|
| Energy | 9078.91kJ 2165.61kCal | 108% |
| Carbohydrates | 279.26g | 93% |
| of which sugars | 37.1g | 41% |
| Fat | 70.77g | 101% |
| of which saturates | 30.35g | 152% |
| Fibre | 29.39g | 163% |
| Protein | 93.71g | 187% |
| Salt | 4.97g | 83% |
| Sodium | 0.82g | 51% |
| Iron | 1.95mg | 22% |
| Calcium | 143.46mg | 20% |
| Zinc | 2.58mg | 26% |
| Vitamin A | 0.06µg | 0% |
| Vitamin C | 22.52mg | 56% |
| Folate | 17.69µg | 9% |
| Non Milk Extrinsic Sugars | 0g | 0% |

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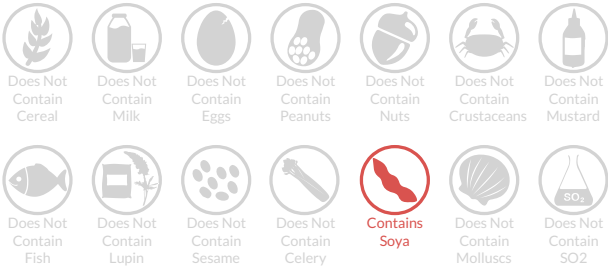
Bolognaise

Ingredients

| Product | Quantity | Cost |
|---|----------|---------------------------|
| Minced Beef RT | 500.00 g | £3.24 |
| Caterers Kitchen Chopped Tomatoes 6 x 2550g | 100.00 g | £0.09 |
| Tomato Puree | 100.00 g | £0.70 |
| Vegetable Oil | 10.00 g | £0.02 |
| Garlic Puree | 50.00 g | £0.17 |
| MIXED HERBS 6x130g | 10.00 g | £0.15 |
| Onions | 100.00 g | £0.10 |
| | | Total Cost: £4.47 |
| Serves: 10 | | Per Serving: £0.45 |

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Minced Beef RT (57%), Caterers Kitchen Chopped Tomatoes 6 x 2550g (11%) (Chopped tomatoes(60%), Tomato Juice, Acidity Regulator (Citric Acid)), Tomato Puree (11%) (Tomatoes, Salt), Onions (11%) (Onions), Garlic Puree (6%) (Rehydrated Garlic Granules, Citric Acid E330), Vegetable Oil (1%) (Soyabean Oil (produced from Genetically Modified **Soybeans**), Antifoaming Agent (E900)), MIXED HERBS 6x130g (1%) (Marjoram, Thyme, Parsley, Basil, Savoury).

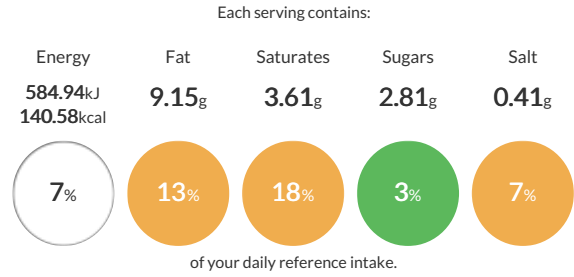
Method & Recipe Notes

1. Place a large pan over a medium heat, add the minced beef and fry without oil for 10-15 minutes. Discard fat if necessary then return mince to the pan 2. Add the onions and fry for 5 minutes until translucent. Now add the garlic, mixed herbs and tomato paste and stir for a few minutes. 3. Add the chopped tomatoes and simmer gently 20-30 minutes until the beef is tender. 4. Cook the pasta 5. Serve together

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Reference Intake



Nutritional Summary

| | |
|---------------------------|------------------------|
| Energy | 584.94kJ 140.58kCal |
| Protein | 10.76g |
| Carbohydrates | 3.62g |
| of which sugars | 2.81g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 9.15g |
| of which saturates | 3.61g |
| Fibre | 0.73g |
| Salt | 0.41g |
| Sodium | 0.04g |
| Iron | 0.73mg |
| Calcium | 7.5mg |
| Zinc | 1.96mg |
| Folate | 8.1µg |
| Vitamin A | 0µg |
| Vitamin C | 0.3mg |

Wholemeal Pasta

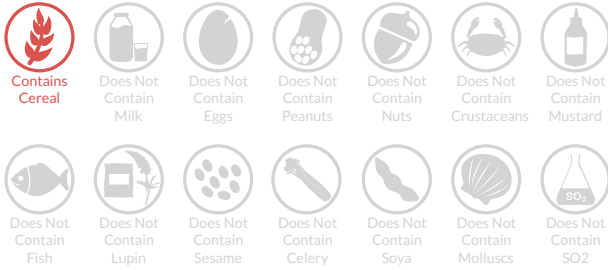
Ingredients

| Product | Quantity | Cost |
|---------------|----------|---------------------------|
| Water, Tap | 56.00 g | |
| Pasta Fusilli | 56.00 g | |
| | | Total Cost: £0.00 |
| | | Per Serving: £0.00 |

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

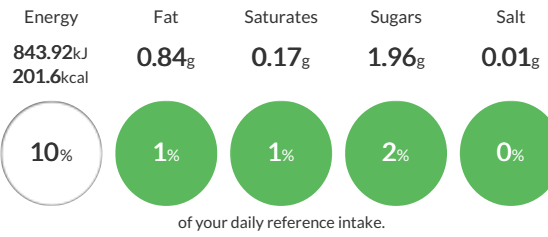
Water, Tap (50%) (Water). Pasta Fusilli (50%) (DURUM WHEAT SEMOLINA, WATER).

Method & Recipe Notes

Cook as per manufactures instructions.

Reference Intake

Each serving contains:



Nutritional Summary

| | |
|---------------------------|-----------------------|
| Energy | 843.92kJ 201.6kCal |
| Protein | 6.44g |
| Carbohydrates | 41.22g |
| of which sugars | 1.96g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 0.84g |
| of which saturates | 0.17g |
| Fibre | 1.68g |
| Salt | 0.01g |
| Sodium | 0.01g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

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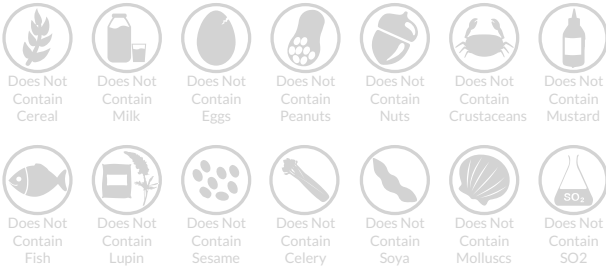
Mediterranean Bolognese

Ingredients

| Product | Quantity | Cost |
|--|-----------|---------------------------|
| Red Onions | 250.00 g | |
| Garlic cloves | 12.00 g | |
| Courgettes | 750.00 g | |
| Mini Red Sweet Peppers | 100.00 g | |
| MIXED HERBS | 10.00 g | |
| MAGGIÀ® Rich and Rustic Tomato Sauce 3kg | 1000.00 g | |
| Green Laird Lentils | 250.00 g | |
| | | Total Cost: £0.00 |
| Serves: 12 | | Per Serving: £0.00 |

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

MAGGIÀ® Rich and Rustic Tomato Sauce 3kg (42%) (Sun Ripened Tomatoes (48.5%), Puree of Sun Ripened Tomatoes (41.5%), Onion, Sunflower Oil, Sugar, Salt, Herbs and Spices (Black Pepper, Basil, Oregano), Garlic, Acid (Citric Acid), Firming Agent (Calcium Chloride).). Courgettes (32%) (Courgettes). Red Onions (11%) (Onions). Green Laird Lentils (11%) (Green Laird Lentils). Mini Red Sweet Peppers (4%) (Mini red peppers, water, sugar, salt, vinegar, firming agent, calcium chlorure E509, acidifier, E330.). Garlic cloves (1%) (100% IQF Garlic cloves). MIXED HERBS (0%) (Thyme, Parsley, Marjoram.).

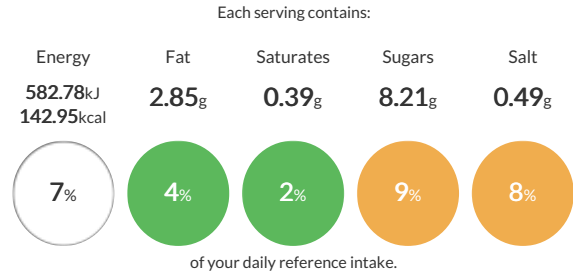
Method & Recipe Notes

Peel and dice onions slice garlic Roughly dice veg Place in large Pan add oil soften onions and garlic add Veggies, herbs cook for 15 mins or until soft Add lentils and tomato sauce bring to the boil add 200ml water lower heat and simmer for 40mins Taste and season add sugar to take of bitterness serve

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Reference Intake



Nutritional Summary

| | |
|---------------------------|------------------------|
| Energy | 582.78kJ 142.95kCal |
| Protein | 7.59g |
| Carbohydrates | 19.99g |
| of which sugars | 8.21g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 2.85g |
| of which saturates | 0.39g |
| Fibre | 2.54g |
| Salt | 0.49g |
| Sodium | 0g |
| Iron | 0.35mg |
| Calcium | 15.83mg |
| Zinc | 0.15mg |
| Folate | 0µg |
| Vitamin A | 0.02µg |
| Vitamin C | 11.04mg |

Green Beans

Ingredients

| | | |
|-------------------------|----------------------------|----------------------|
| Product Beans | Quantity 50.00 g | Cost £0.08 |
| | Total Cost: £0.08 | |
| Serves: 1 | Per Serving: £0.08 | |

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: Suitable for



Label Information

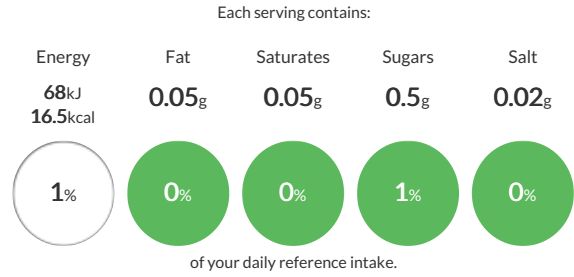
Ingredients

Beans (100%) (Sliced beans (100%)).

Method & Recipe Notes

Steam or boil beans for approximately 5/10 minutes or until a core temperature of 75Å° has been achieved.

Reference Intake



Nutritional Summary

| | |
|---------------------------|------------------|
| Energy | 68kJ 16.5kCal |
| Protein | 1g |
| Carbohydrates | 1.85g |
| of which sugars | 0.5g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 0.05g |
| of which saturates | 0.05g |
| Fibre | 2.2g |
| Salt | 0.02g |
| Sodium | 0.01g |
| Iron | 0.4mg |
| Calcium | 22mg |
| Zinc | 0.2mg |
| Folate | 0µg |
| Vitamin A | 0.04µg |
| Vitamin C | 5.5mg |

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Crusty Bread

Ingredients

| Product | Quantity | Cost |
|-------------------------------|----------|---------------------------|
| Best of Both Bread & Roll Mix | 583.00 g | £0.95 |
| | | Total Cost: £0.95 |
| Serves: 25 | | Per Serving: £0.04 |

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Best of Both Bread & Roll Mix (100%) (**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Wholemeal Flour (**WHEAT**), Dried Yeast, **WHEAT** Protein, WHEATGERM (2.0%), Dextrose, **WHEAT** Fibre, Vegetable Oils (Palm, Rapeseed), Salt, **SOYA** Flour, Calcium Carbonate, **WHEAT** Flour, Emulsifiers (E472e, E491), Flour Treatment Agents: E300, Alpha Amylase, Amyloglucosidase, Glucose Oxidase, Hemicellulase).

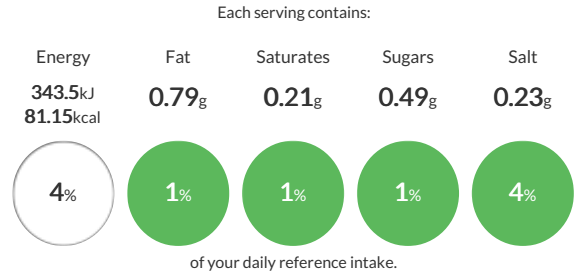
Method & Recipe Notes

1. Place the Hovis Best Of Both Bread & Roll Mix into a bowl fitted with a dough hook attachment. 2. Blend in nearly all the warm (30C/86F) water. Using a dough hook mix on a SLOW speed for 1 minute. Continue to mix for 6 minutes on MEDIUM speed adding the remaining water a little at a time ensuring the dough is kneaded and stretched thoroughly during mixing (you may not need to add all the water). 3. Cut and shape as required. Leave to prove in a warm place until the dough has risen and doubled in size. Bake rolls for 10-15 minutes in a pre-heated oven at 220C/425F/Gas Mark 7. Loaves will take 25-35 minutes. For fan-assisted ovens bake at 200C/400F/ Gas Mark 6

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Reference Intake



Nutritional Summary

| | |
|---------------------------|----------------------|
| Energy | 343.5kJ 81.15kcal |
| Protein | 3.08g |
| Carbohydrates | 14.55g |
| of which sugars | 0.49g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 0.79g |
| of which saturates | 0.21g |
| Fibre | 1.8g |
| Salt | 0.23g |
| Sodium | 0g |
| Iron | 0mg |
| Calcium | 87.68mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

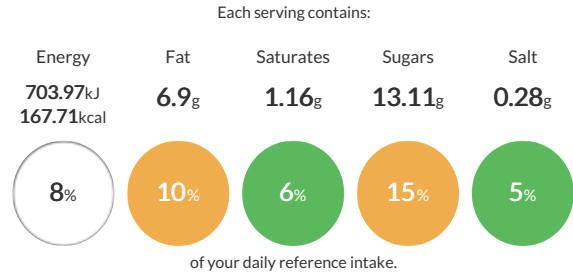
Chocolate Brownie Surprise

Ingredients

| Product | Quantity | Cost |
|---|----------|---------------------------|
| Plain Flour | 350.00 g | |
| BAKING POWDER GLUTEN FREE - 2 tsp | 7.00 g | |
| Dr Oetker Food Service Sodium Bicarbonate of Soda (500g) - 4.00g 1tsp | | |
| Castor Sugar | 300.00 g | |
| Cocoa powder | 80.00 g | |
| Sunflower Oil | 150.00 g | |
| Vac Pac BEETROOT - Grate | 200.00 g | |
| Vanilla Essence - 2 tsp | 8.00 g | |
| 2 x Medium Free Range Eggs | 112.00 g | |
| | | Total Cost: £0.00 |
| | | Per Serving: £0.00 |

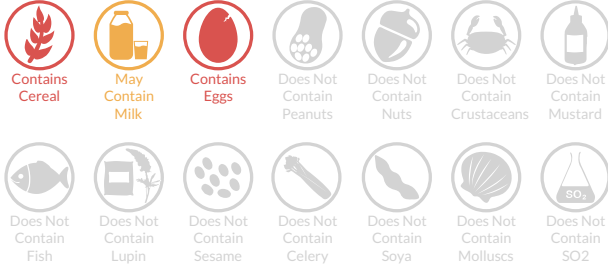
Serves: 24

Reference Intake



Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | May |
| Barley: | Yes |
| Kamut: | No |

Nutritional Summary

| | |
|---------------------------|------------------------|
| Energy | 703.97kJ 167.71kCal |
| Protein | 2.24g |
| Carbohydrates | 23.63g |
| of which sugars | 13.11g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 6.9g |
| of which saturates | 1.16g |
| Fibre | 0.63g |
| Salt | 0.28g |
| Sodium | 0g |
| Iron | 0.35mg |
| Calcium | 4.33mg |
| Zinc | 0.23mg |
| Folate | 1.27µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Plain Flour (29%) (**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin)). Castor Sugar (25%) (Sugar). Vac Pac BEETROOT - Grate (17%) (Beetroot, Water, **BARLEY** Malt Vinegar, Acid (Acetic Acid), Salt, Sugar, Sweetener (Saccharin)). Sunflower Oil (12%) (Sunflower Oil). 2 x Medium Free Range Eggs (9%) (**EGGS**). Cocoa powder (7%). Vanilla Essence - 2 tsp (1%) (Water, Vanillin, Approved Flavouring, Caramel, Glycerine, Sodium Benzoate, Citric Acid.). BAKING POWDER GLUTEN FREE - 2 tsp (1%) (Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), starch.). Dr Oetker Food Service Sodium Bicarbonate of Soda (500g) - 1tsp (0%) (Raising agents (E 500 (Sodium Carbonates))).

Method & Recipe Notes

Sieve all dry ingredients together Note 2tsp BP 1/2tsp BS Mix all wet Ingredients 150ml oil including grated beetroot - set aside beetroot juice 2 tsp vanilla and eggs Add the dry ingredients to wet mix place in prepared tray bake tin cook 30mins in 180C oven Mix beetroot juice with icing sugar add water to make enough icing to drizzle over cake

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Cheese & Salad Sandwich

Ingredients

| Product | Quantity | Cost |
|------------------------|---------------------------|-------|
| Cheese & Salad filling | 148.00 g | £0.69 |
| White Sandwich Bread | 62.50 g | £0.12 |
| | Total Cost: £0.81 | |
| | Per Serving: £0.81 | |

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | May |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Cheese & Salad filling (70%) (Brockmoor White Mature (51%) (**MILK**, **Cheese** lactic starter culture, Microbial rennet, Salt), Tomatoes (16%) (Tomatoes), Lettuce Iceberg (14%) (Iceberg lettuce), Cucumber (14%) (Cucumber), Light Mayonnaise (5%) (Water, Rapeseed Oil, Thickener (Modified Starch), Sugar, Salt, Pasteurised **EGG** Yolk, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum) Preservatives (Potassium Sorbate, Sodium Benzoate), Flavouring, Natural Colour (Beta Carotene)). White Sandwich Bread (30%) (**Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, Yeast, Emulsifier (E472e), Spirit Vinegar, **SOYA** Flour, Preservative (E282), Flour Treatment Agent (E300)).

Method & Recipe Notes

Slice Tomato, Cucumber and Lettuce thinly. Bake the baguette @ 200°C for 8/10 minutes. Allow to cool, then slice 2/3 length ways and spread the butter Arrange the cheese, tomato, cucumber and top with lettuce. Wrap with cling film and label.

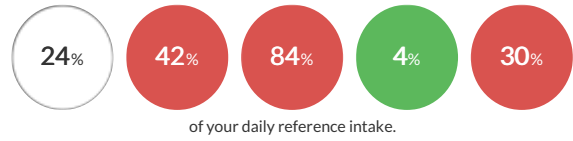
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Reference Intake

Each serving contains:

| Energy | Fat | Saturates | Sugars | Salt |
|-------------------------|--------|-----------|--------|-------|
| 2027.08kJ 485.33kcal | 29.16g | 16.86g | 3.69g | 1.81g |



Nutritional Summary

| | |
|---------------------------|-------------------------|
| Energy | 2027.08kJ 485.33kCal |
| Protein | 24.64g |
| Carbohydrates | 31.52g |
| of which sugars | 3.69g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 29.16g |
| of which saturates | 16.86g |
| Fibre | 2.31g |
| Salt | 1.81g |
| Sodium | 0.67g |
| Iron | 0.12mg |
| Calcium | 6.12mg |
| Zinc | 0.04mg |
| Folate | 8.32µg |
| Vitamin A | 0µg |
| Vitamin C | 5.68mg |

Jacket Potato & Tuna Mayo

Ingredients

| Product | Quantity | Cost |
|---------------------------|----------|-------|
| Tuna Mayonnaise | 81.00 g | £0.43 |
| Jacket Potato | 250.00 g | £0.25 |
| Total Cost: £0.68 | | |
| Per Serving: £0.68 | | |

Serves: 1

Allergy Information

Key: Contains May Contain

| | | | | | | |
|-------------------------|------------------------|-------------------------|--------------------------|-----------------------|------------------------------|--------------------------|
| | | | | | | |
| Does Not Contain Cereal | Does Not Contain Milk | Contains Eggs | Does Not Contain Peanuts | Does Not Contain Nuts | Does Not Contain Crustaceans | Does Not Contain Mustard |
| | | | | | | |
| Contains Fish | Does Not Contain Lupin | Does Not Contain Sesame | Does Not Contain Celery | Does Not Contain Soya | Does Not Contain Molluscs | Does Not Contain SO2 |

Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for

| | | | |
|------------------------------------|-------------------------------|--------------------------------|-------------------------------|
| | | | |
| May not be suitable for Vegetarian | May not be suitable for Vegan | May not be suitable for Kosher | May not be suitable for Halal |

Label Information

Ingredients

Jacket Potato (76%) (Baking Potatoes (100%) (Potatoes)), Tuna Mayonnaise (24%) (Tuna Chunks in Brine (69%) (Skipjack Tuna (FISH), Water, Salt), MJ BAKER LIGHT MAYONNAISE 5L (31%) (Water, Rapeseed Oil, Thickener (Modified Starch), Sugar,, Pasteurised EGG Yolk, Salt, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate, Sodium Benzoate), Natural Flavouring)).

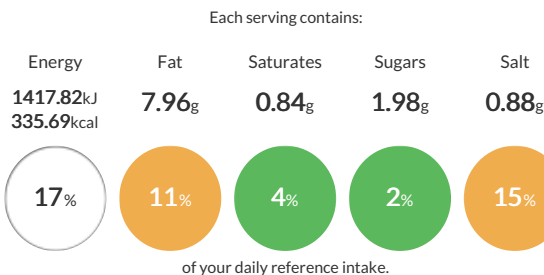
Method & Recipe Notes

1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

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Reference Intake



Nutritional Summary

| | |
|---------------------------|-------------------------|
| Energy | 1417.82kJ 335.69kCal |
| Protein | 18.26g |
| Carbohydrates | 46.43g |
| of which sugars | 1.98g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 7.96g |
| of which saturates | 0.84g |
| Fibre | 5g |
| Salt | 0.88g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Jacket Potato & Cheese

Ingredients

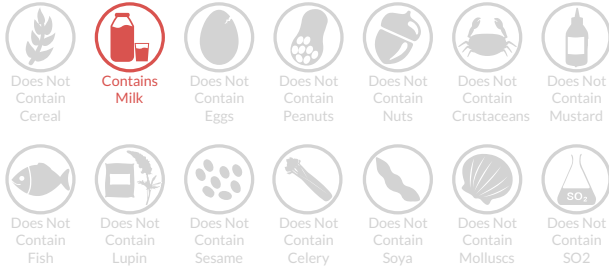
Product
Grated Mild Cheddar 6x2kg
Jacket Potato

| | |
|---------------------------|-------------|
| Quantity | Cost |
| 30.00 g | £0.22 |
| 250.00 g | £0.25 |
| Total Cost: £0.47 | |
| Per Serving: £0.47 | |

Serves: 1

Allergy Information

Key: **Contains** **May Contain**



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

Jacket Potato (89%) (Baking Potatoes (100%) (Potatoes)), Grated Mild Cheddar 6x2kg (11%) (MILK, Salt, Rennet, Starter Culture Anticaking Agent - Cellulose).

Method & Recipe Notes

1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

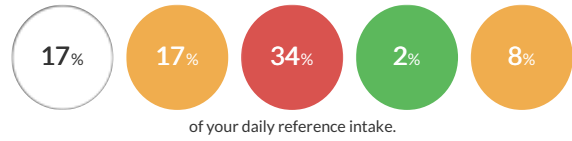
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Reference Intake

Each serving contains:

| | | | | |
|-----------------------|--------|-----------|--------|-------|
| Energy | Fat | Saturates | Sugars | Salt |
| 1424.9kJ 338.6kcal | 11.57g | 6.76g | 1.4g | 0.48g |



Nutritional Summary

| | |
|---------------------------|-----------------------|
| Energy | 1424.9kJ 338.6kcal |
| Protein | 12.65g |
| Carbohydrates | 45.35g |
| of which sugars | 1.4g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 11.57g |
| of which saturates | 6.76g |
| Fibre | 5.3g |
| Salt | 0.48g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Jacket Potato & Baked beans

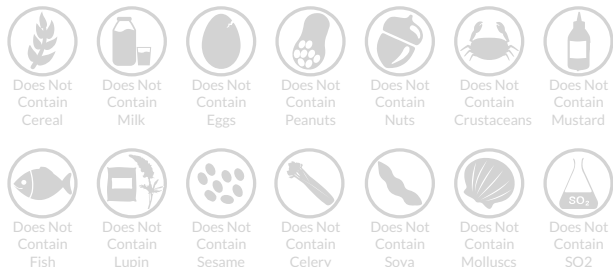
Ingredients

| Product | Quantity | Cost |
|--|---------------------------|-------|
| Reduced Salt & Sugar Baked Beans in tomato sauce | 50.00 g | £0.05 |
| Jacket Potato | 250.00 g | £0.25 |
| | Total Cost: £0.30 | |
| | Per Serving: £0.30 | |

Serves: 1

Allergy Information

Key: **Contains** **May Contain**



Nuts:

| | | | |
|-----------------|----|---------|----|
| Almond Nuts: | No | Wheat: | No |
| Hazelnuts: | No | Rye: | No |
| Walnuts: | No | Spelt: | No |
| Cashew Nuts: | No | Oats: | No |
| Pecan Nuts: | No | Barley: | No |
| Brazil Nuts: | No | Kamut: | No |
| Pistachio Nuts: | No | | |

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

Jacket Potato (83%) (Baking Potatoes (100%) (Potatoes)). Reduced Salt & Sugar Baked Beans in tomato sauce (17%) (Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoursing.).

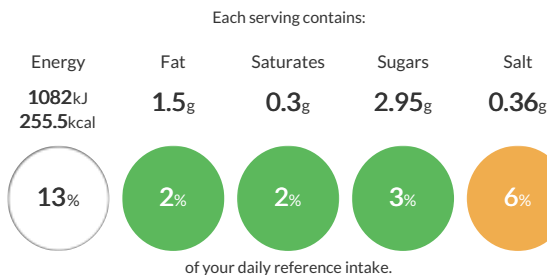
Method & Recipe Notes

1. Wash potato in clean cold water, bake using combination setting @ 180Å°c for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75Å°c. 2. Encourage the addition of todays vegetables or salad.

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Reference Intake



Nutritional Summary

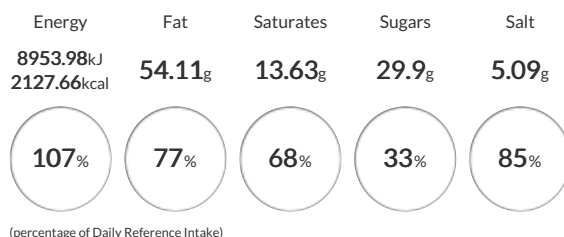
| | |
|---------------------------|---------------------|
| Energy | 1082kJ 255.5kcal |
| Protein | 7.05g |
| Carbohydrates | 51.1g |
| of which sugars | 2.95g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 1.5g |
| of which saturates | 0.3g |
| Fibre | 7.2g |
| Salt | 0.36g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Friday

Total Cost Per Serving:

£ 3.25

Nutritional Intake



Nutritional Summary

| Property | Per Serving | % of Daily Reference Intake |
|---------------------------|--------------------------|-----------------------------|
| Energy | 8953.98kJ 2127.66kCal | 107% |
| Carbohydrates | 324.13g | 108% |
| of which sugars | 29.9g | 33% |
| Fat | 54.11g | 77% |
| of which saturates | 13.63g | 68% |
| Fibre | 33.13g | 184% |
| Protein | 76.43g | 153% |
| Salt | 5.09g | 85% |
| Sodium | 0.8g | 50% |
| Iron | 0.91mg | 10% |
| Calcium | 69.95mg | 10% |
| Zinc | 0.4mg | 4% |
| Vitamin A | 56µg | 8% |
| Vitamin C | 11.31mg | 28% |
| Folate | 58.32µg | 29% |
| Non Milk Extrinsic Sugars | 0g | 0% |

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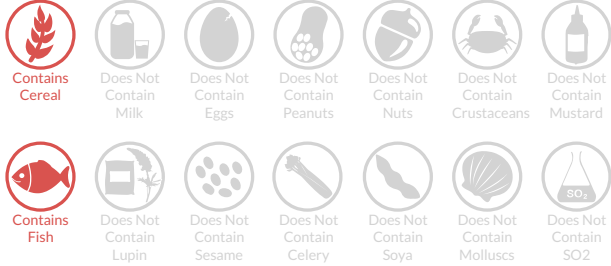
Battered Fish Fillet

Ingredients

| | | |
|--|----------------------------|----------------------|
| Product Battered Whitefish Fillets | Quantity 50.00 g | Cost £0.39 |
| | Total Cost: £0.39 | |
| Serves: 1 | Per Serving: £0.39 | |

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

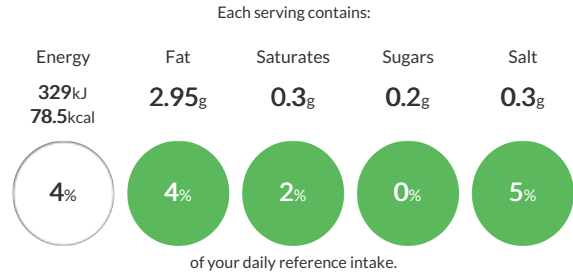
Ingredients

Battered Whitefish Fillets (100%) (INGREDIENTS: MSC Pollock (Theragra chalcogramma) (FISH) (50%), Water, Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Rapeseed Oil, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), WHEAT Starch, Dextrose, Yeast Extract, Stabiliser (Xanthan Gum).).

Method & Recipe Notes

Cook as per manufacturer instructions

Reference Intake



Nutritional Summary

| | |
|---------------------------|-------------------|
| Energy | 329kJ 78.5kCal |
| Protein | 4.6g |
| Carbohydrates | 7.8g |
| of which sugars | 0.2g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 2.95g |
| of which saturates | 0.3g |
| Fibre | 1.15g |
| Salt | 0.3g |
| Sodium | 0g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

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Vegetable Fingers

Ingredients

| | | |
|-------------------------------------|----------------------------|----------------------|
| Product Vegetable Fingers | Quantity 56.80 g | Cost £0.22 |
| | Total Cost: £0.22 | |
| Serves: 1 | Per Serving: £0.22 | |

Allergy Information

Key: Contains May Contain

| | | | | | | |
|--|--|---|--|---|--|--|
|  Contains Cereal |  Does Not Contain Milk |  Does Not Contain Eggs |  Does Not Contain Peanuts |  Does Not Contain Nuts |  Does Not Contain Crustaceans |  Does Not Contain Mustard |
|  Does Not Contain Fish |  Does Not Contain Lupin |  Does Not Contain Sesame |  Does Not Contain Celery |  Does Not Contain Soya |  Does Not Contain Molluscs |  Does Not Contain SO2 |

Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for

| | | | |
|--|--|--|---|
|  Suitable for Vegetarian |  Suitable for Vegan |  May not be suitable for Kosher |  May not be suitable for Halal |
|--|--|--|---|

Label Information

Ingredients

Vegetable Fingers (100%) (Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs **WHEAT** Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, **WHEAT** Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.)

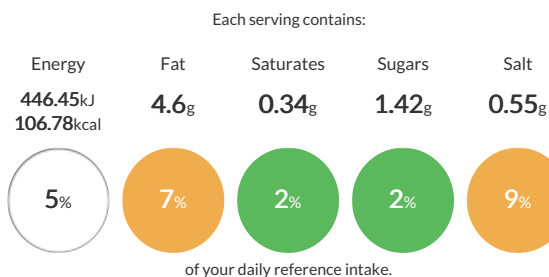
Method & Recipe Notes

220°C, Fan 200°C, Gas Mark 7 15-20 mins Pre-heat the oven. Place on a baking tray in the middle of the oven. Turn over halfway through cooking, cook until crisp, golden and a core temperature of 75°C is achieved.

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Reference Intake



Nutritional Summary

| | |
|---------------------------|------------------------|
| Energy | 446.45kJ 106.78kCal |
| Protein | 1.93g |
| Carbohydrates | 13.63g |
| of which sugars | 1.42g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 4.6g |
| of which saturates | 0.34g |
| Fibre | 1.42g |
| Salt | 0.55g |
| Sodium | 0g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

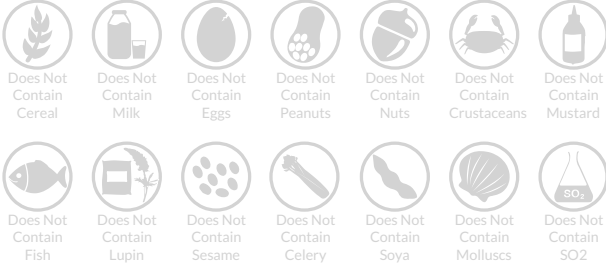
Baked Beans

Ingredients

| | | |
|--|----------------------------|----------------------|
| Product Reduced Salt & Sugar Baked Beans in tomato sauce | Quantity 50.00 g | Cost £0.05 |
| | Total Cost: £0.05 | |
| Serves: 1 | Per Serving: £0.05 | |

Allergy Information

Key: Contains May Contain



Nuts:

| | | | |
|-----------------|----|---------|----|
| Almond Nuts: | No | Wheat: | No |
| Hazelnuts: | No | Rye: | No |
| Walnuts: | No | Spelt: | No |
| Cashew Nuts: | No | Oats: | No |
| Pecan Nuts: | No | Barley: | No |
| Brazil Nuts: | No | Kamut: | No |
| Pistachio Nuts: | No | | |

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: Suitable for



Label Information

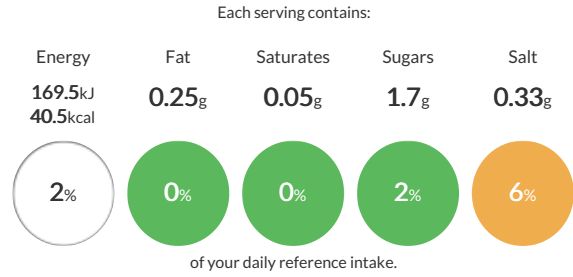
Ingredients

Reduced Salt & Sugar Baked Beans in tomato sauce (100%) (Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoursings.).

Method & Recipe Notes

Cook as per manufacturers instructions

Reference Intake



Nutritional Summary

| | |
|---------------------------|---------------------|
| Energy | 169.5kJ 40.5kCal |
| Protein | 2.05g |
| Carbohydrates | 6.35g |
| of which sugars | 1.7g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 0.25g |
| of which saturates | 0.05g |
| Fibre | 2.2g |
| Salt | 0.33g |
| Sodium | 0g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

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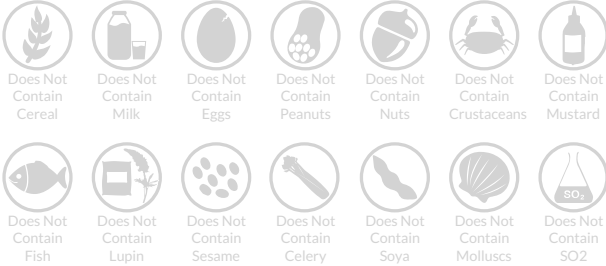
Crunchy Veg/Salad Sticks

Ingredients

| Product | Quantity | Cost |
|-----------|----------|---------------------------|
| Cucumber | 85.00 g | £0.15 |
| Carrots | 100.00 g | £0.08 |
| | | Total Cost: £0.22 |
| Serves: 1 | | Per Serving: £0.22 |

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Carrots (54%) (Carrots), Cucumber (46%) (Cucumber).

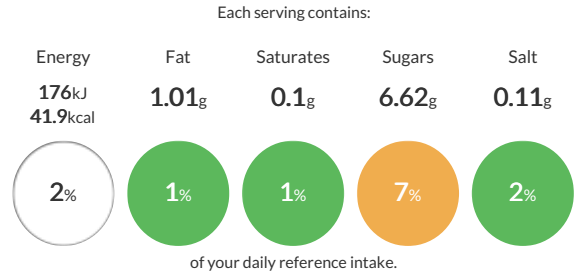
Method & Recipe Notes

Wash the carrots and cucumber. Peel and top the carrots. Top and tail the cucumber. Cut both into baton shape pieces, approximately 1cm by 3cm.

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Reference Intake



Nutritional Summary

| | |
|---------------------------|-------------------|
| Energy | 176kJ 41.9kCal |
| Protein | 1.55g |
| Carbohydrates | 7.02g |
| of which sugars | 6.62g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 1.01g |
| of which saturates | 0.1g |
| Fibre | 0g |
| Salt | 0.11g |
| Sodium | 0.04g |
| Iron | 0.66mg |
| Calcium | 51.85mg |
| Zinc | 0.29mg |
| Folate | 39.9µg |
| Vitamin A | 0µg |
| Vitamin C | 5.7mg |

Wholemeal Pasta

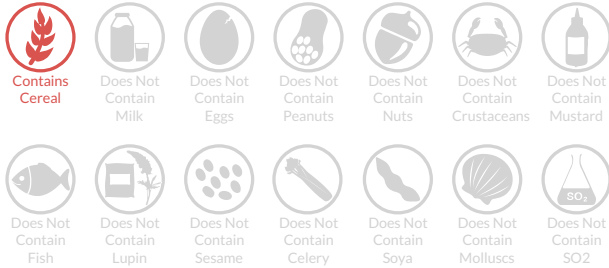
Ingredients

| Product | Quantity | Cost |
|---------------|----------|---------------------------|
| Water, Tap | 56.00 g | |
| Pasta Fusilli | 56.00 g | |
| | | Total Cost: £0.00 |
| | | Per Serving: £0.00 |

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

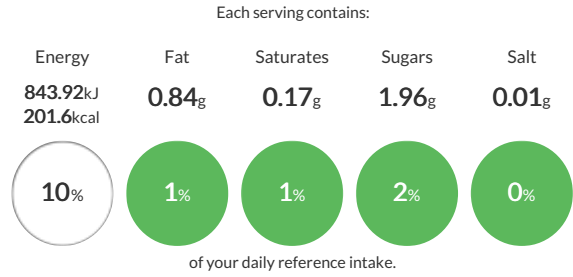
Ingredients

Water, Tap (50%) (Water). Pasta Fusilli (50%) (DURUM WHEAT SEMOLINA, WATER).

Method & Recipe Notes

Cook as per manufactures instructions.

Reference Intake



Nutritional Summary

| | |
|---------------------------|-----------------------|
| Energy | 843.92kJ 201.6kCal |
| Protein | 6.44g |
| Carbohydrates | 41.22g |
| of which sugars | 1.96g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 0.84g |
| of which saturates | 0.17g |
| Fibre | 1.68g |
| Salt | 0.01g |
| Sodium | 0.01g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

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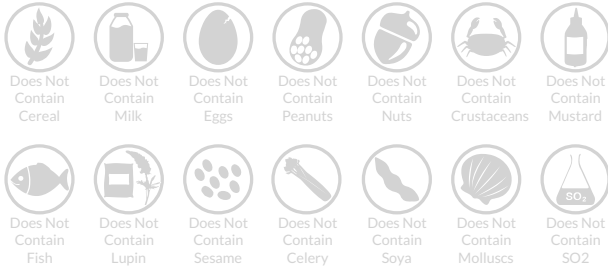
Chips

Ingredients

| Product | Quantity | Cost |
|--|----------|---------------------------|
| French Fries | 132.00 g | £0.16 |
| Extra Virgin Olive Oil & Sunflower Oil Blend | 7.00 g | £0.03 |
| | | Total Cost: £0.19 |
| Serves: 1 | | Per Serving: £0.19 |

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

French Fries (95%) (Potatoes, Sunflower oil.), Extra Virgin Olive Oil & Sunflower Oil Blend (5%) (Refined Sunflower Oil 65%, Extra Virgin Olive Oil 35%).

Method & Recipe Notes

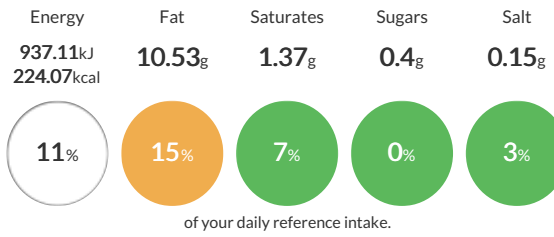
Fry or bake @ 180°C until slightly golden in colour and a core temperature of 75°C is achieved. DO NOT add salt.

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Reference Intake

Each serving contains:



Nutritional Summary

| | |
|---------------------------|------------------------|
| Energy | 937.11kJ 224.07kCal |
| Protein | 3.04g |
| Carbohydrates | 27.85g |
| of which sugars | 0.4g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 10.53g |
| of which saturates | 1.37g |
| Fibre | 2.9g |
| Salt | 0.15g |
| Sodium | 0g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Custard Biscuit

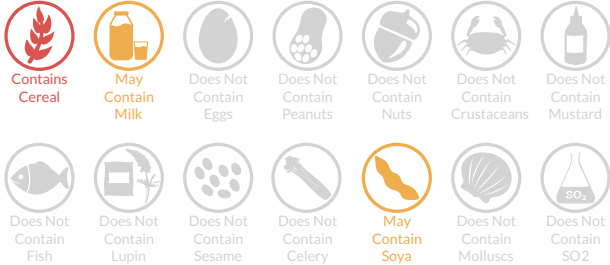
Ingredients

| Product | Quantity | Cost |
|---------------------------------|----------|-------|
| Marigold for Baking (250g x 40) | 453.00 g | £1.32 |
| Plain Flour | 453.00 g | £0.30 |
| Custard Powder - 320321 | 227.00 g | £0.86 |
| CASTER SUGAR | 227.00 g | £0.30 |
| Total Cost: £2.78 | | |
| Per Serving: £0.04 | | |

Serves: 75

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Marigold for Baking (250g x 40) (33%) (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring.), Plain Flour (33%) (Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))), Custard Powder - 320321 (17%) (Maize Starch, Salt, Colour (Annatto Norbixin), Flavouring.), CASTER SUGAR (17%) (Cane Sugar).

Method & Recipe Notes

1 All-in-method, mix until soft texture. 2 Roll out, cut using 3â€ cutter. 3 Bake Gas No 3 / 325Â° F / 170Â° C for 25 minutes.

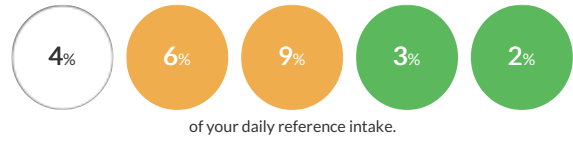
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Reference Intake

Each serving contains:

| Energy | Fat | Saturates | Sugars | Salt |
|----------------------|-------|-----------|--------|-------|
| 341.32kJ 81.5kcal | 4.32g | 1.77g | 3.13g | 0.11g |



Nutritional Summary

| | |
|---------------------------|----------------------|
| Energy | 341.32kJ 81.5kCal |
| Protein | 0.62g |
| Carbohydrates | 10.34g |
| of which sugars | 3.13g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 4.32g |
| of which saturates | 1.77g |
| Fibre | 0.2g |
| Salt | 0.11g |
| Sodium | 0.03g |
| Iron | 0.12mg |
| Calcium | 8.46mg |
| Zinc | 0.04mg |
| Folate | 1.33µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Ham & Salad Baguette

Ingredients

| Product | Quantity | Cost |
|---------------------|---------------------------|-------|
| Baguette - only | 142.00 g | £0.26 |
| Ham & Salad filling | 96.00 g | £0.43 |
| | Total Cost: £0.69 | |
| | Per Serving: £0.69 | |

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|-----|
| Wheat: | Yes |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Baguette - only (60%) (Fairway Assured Vive Le Pain White Demi Baguette (Part Baked) (95%) (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (E300)). Kerrymaid Buttery Spread 6 x 2kg (5%) (Water, Rapeseed Oil, Palm Oil, Reconstituted **BUTTERMILK** (3%), Salt (1.5%), Emulsifier (Mono and Di Glyceride of Fatty Acids), Preservative (Potassium Sorbate), Acidity Regulator (Lactic Acid), Vitamin A & D, Colour (Beta Carotene), Flavouring, Flavouring - Natural Colour - Natural). Ham & Salad filling (40%) (Gammon Ham (31%) (Pork leg, Salt, Emulsifiers E451(i) & E450, Sugar, Preservative E250, Preservative E251, Antioxidant E300). Tomatoes (24%) (Tomatoes). Cucumber (21%) (Cucumber). Lettuce (16%) (Lettuce, Iceberg). Light Mayonnaise (8%) (Water, Rapeseed Oil, Thickener (Modified Starch), Sugar, Salt, Pasteurised **EGG** Yolk, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum) Preservatives (Potassium Sorbate, Sodium Benzoate), Flavouring, Natural Colour (Beta Carotene)).

Method & Recipe Notes

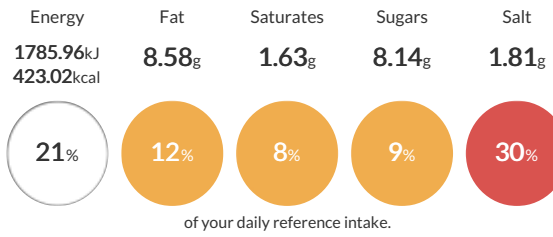
Slice tomato, cucumber and Lettuce thinly. Bake the baguette @ 200°C for 8/10 minutes, allow to cool, then slice 2/3 length ways and spread the kerrymaid and the mayonnaise evenly Arrange the ham, tomato, cucumber and top with Lettuce. Wrap with cling film and label.

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Reference Intake

Each serving contains:



Nutritional Summary

| | |
|---------------------------|-------------------------|
| Energy | 1785.96kJ 423.02kCal |
| Protein | 18.24g |
| Carbohydrates | 67.04g |
| of which sugars | 8.14g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 8.58g |
| of which saturates | 1.63g |
| Fibre | 6.08g |
| Salt | 1.81g |
| Sodium | 0.63g |
| Iron | 0.13mg |
| Calcium | 9.64mg |
| Zinc | 0.07mg |
| Folate | 17.09µg |
| Vitamin A | 56µg |
| Vitamin C | 5.61mg |

Jacket Potato & Tuna Mayo

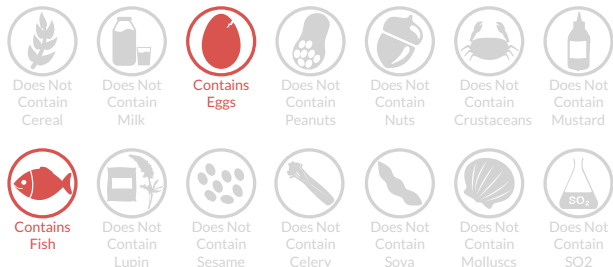
Ingredients

| Product | Quantity | Cost |
|-----------------|---------------------------|-------|
| Tuna Mayonnaise | 81.00 g | £0.43 |
| Jacket Potato | 250.00 g | £0.25 |
| | Total Cost: £0.68 | |
| | Per Serving: £0.68 | |

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Jacket Potato (76%) (Baking Potatoes (100%) (Potatoes)), Tuna Mayonnaise (24%) (Tuna Chunks in Brine (69%) (Skipjack Tuna (FISH), Water, Salt), MJ BAKER LIGHT MAYONNAISE 5L (31%) (Water, Rapeseed Oil, Thickener (Modified Starch), Sugar,, Pasteurised EGG Yolk, Salt, Acidity Regulator (Acetic Acid), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate, Sodium Benzoate), Natural Flavouring)).

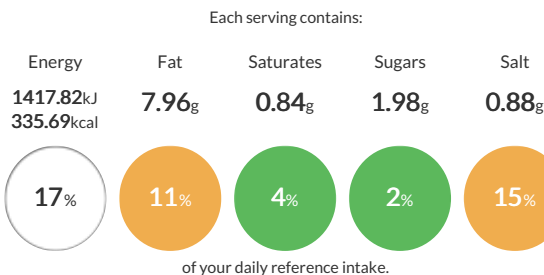
Method & Recipe Notes

1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

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Reference Intake



Nutritional Summary

| | |
|---------------------------|-------------------------|
| Energy | 1417.82kJ 335.69kcal |
| Protein | 18.26g |
| Carbohydrates | 46.43g |
| of which sugars | 1.98g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 7.96g |
| of which saturates | 0.84g |
| Fibre | 5g |
| Salt | 0.88g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Jacket Potato & Cheese

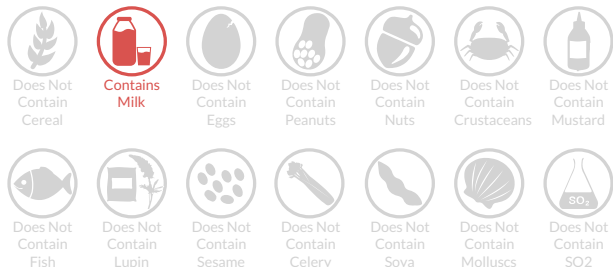
Ingredients

| Product | Quantity | Cost |
|---------------------------|----------|-------|
| Grated Mild Cheddar 6x2kg | 30.00 g | £0.22 |
| Jacket Potato | 250.00 g | £0.25 |
| Total Cost: £0.47 | | |
| Per Serving: £0.47 | | |

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

| | |
|-----------------|----|
| Almond Nuts: | No |
| Hazelnuts: | No |
| Walnuts: | No |
| Cashew Nuts: | No |
| Pecan Nuts: | No |
| Brazil Nuts: | No |
| Pistachio Nuts: | No |

Cereals:

| | |
|---------|----|
| Wheat: | No |
| Rye: | No |
| Spelt: | No |
| Oats: | No |
| Barley: | No |
| Kamut: | No |

Dietary Information

Key: Suitable for



Label Information

Ingredients

Jacket Potato (89%) (Baking Potatoes (100%) (Potatoes)), Grated Mild Cheddar 6x2kg (11%) (MILK, Salt, Rennet, Starter Culture Anticaking Agent - Cellulose).

Method & Recipe Notes

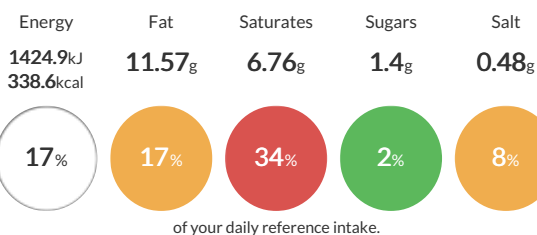
1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

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Reference Intake

Each serving contains:



of your daily reference intake.

Nutritional Summary

| | |
|---------------------------|-----------------------|
| Energy | 1424.9kJ 338.6kcal |
| Protein | 12.65g |
| Carbohydrates | 45.35g |
| of which sugars | 1.4g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 11.57g |
| of which saturates | 6.76g |
| Fibre | 5.3g |
| Salt | 0.48g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |

Jacket Potato & Baked beans

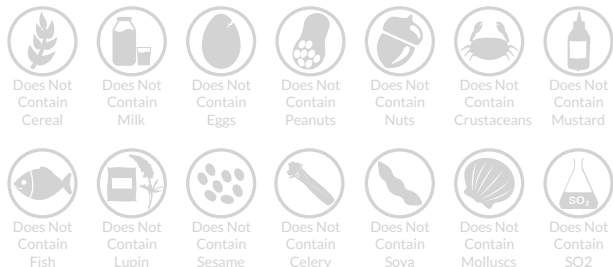
Ingredients

| Product | Quantity | Cost |
|--|---------------------------|-------|
| Reduced Salt & Sugar Baked Beans in tomato sauce | 50.00 g | £0.05 |
| Jacket Potato | 250.00 g | £0.25 |
| | Total Cost: £0.30 | |
| | Per Serving: £0.30 | |

Serves: 1

Allergy Information

Key: **Contains** **May Contain**



Nuts:

| | | | |
|-----------------|----|---------|----|
| Almond Nuts: | No | Wheat: | No |
| Hazelnuts: | No | Rye: | No |
| Walnuts: | No | Spelt: | No |
| Cashew Nuts: | No | Oats: | No |
| Pecan Nuts: | No | Barley: | No |
| Brazil Nuts: | No | Kamut: | No |
| Pistachio Nuts: | No | | |

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

Jacket Potato (83%) (Baking Potatoes (100%) (Potatoes)). Reduced Salt & Sugar Baked Beans in tomato sauce (17%) (Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoursing.).

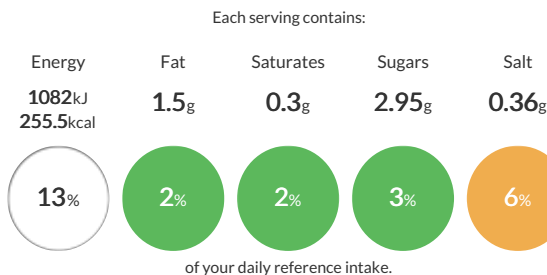
Method & Recipe Notes

1. Wash potato in clean cold water, bake using combination setting @ 180Å°c for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75Å°c. 2. Encourage the addition of todays vegetables or salad.

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Reference Intake



Nutritional Summary

| | |
|---------------------------|---------------------|
| Energy | 1082kJ 255.5kcal |
| Protein | 7.05g |
| Carbohydrates | 51.1g |
| of which sugars | 2.95g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 1.5g |
| of which saturates | 0.3g |
| Fibre | 7.2g |
| Salt | 0.36g |
| Sodium | 0.03g |
| Iron | 0mg |
| Calcium | 0mg |
| Zinc | 0mg |
| Folate | 0µg |
| Vitamin A | 0µg |
| Vitamin C | 0mg |