

# SS23 Primary Menu Wk 3

Plan Cost per Serving: 22.56



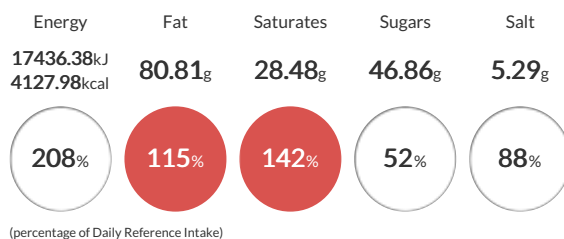
OPTION 1	OPTION 2 (V)	SIDES	DESSERTS	PL/JP
<b>Monday</b>				
Cheese Wheels	Quorn	Baked Beans	Orange and Sultana Oaty cookie	Egg Salad Sandwich
		Peas		Jacket Potato & Tuna Mayo
		Herby Diced Potatoes		Jacket Potato & Cheese
				Jacket Potato & Baked beans
<b>Tuesday</b>				
Scorse Pork & Beef Meatballs	Veggie Balls in tomato sauce	Green Beans	Chocolate Cracknel	Cheese & Salad Roll
		Crusty Bread		Jacket Potato & Tuna Mayo
		Spaghetti Portion		Jacket Potato & Cheese
				Jacket Potato & Baked beans
<b>Wednesday</b>				
Roast Pork	Veggie Roast	Broccoli	Fruit Jelly	Tuna Salad Sandwich
		Carrots		Jacket Potato & Tuna Mayo
		Roast Potatoes		Jacket Potato & Cheese
				Jacket Potato & Baked beans
<b>Thursday</b>				
Bubble Salmon	Vegetable Enchiladas	Vegetable Stir Fry & Bean Shoots	Lemon Drizzle Cake	Jacket Potato & Tuna Mayo
		Potato Salad		Jacket Potato & Cheese
		Crunchy Veg/Salad Sticks		Jacket Potato & Baked beans
				Jays Sausage Roll
<b>Friday</b>				
Fish Fingers	Sweet Potato, Spinach & Feta tortilla	Baked Beans	Pip Ice Lolly	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:

£ 5.32

## Nutritional Intake



## Nutritional Summary

Property	Per Serving	% of Daily Reference Intake
Energy	17436.38kJ 4127.98kCal	208%
Carbohydrates	704.84g	235%
of which sugars	46.86g	52%
Fat	80.81g	115%
of which saturates	28.48g	142%
Fibre	81.91g	455%
Protein	119.55g	239%
Salt	5.29g	88%
Sodium	0.82g	51%
Iron	0.84mg	10%
Calcium	29.2mg	4%
Zinc	0.66mg	7%
Vitamin A	146.71µg	21%
Vitamin C	10.3mg	26%
Folate	18µg	9%
Non Milk Extrinsic Sugars	0g	0%

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# Cheese Wheels

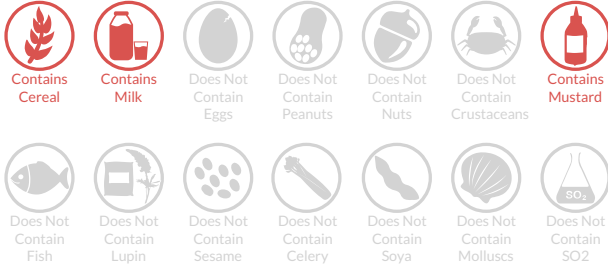
## Ingredients

Product	Quantity	Cost
Puff Pastry	1000.00 g	£2.53
English Mustard	25.00 g	£0.08
Grated Mild Cheddar Cheese (6 x 2Kg).	500.00 g	£3.72
Potatoes, Prep sliced	1000.00 g	£0.96
	<b>Total Cost:</b> £7.28	
	<b>Per Serving:</b> £0.30	

Serves: 24

## 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

Puff Pastry (40%) (WHEAT flour, water, vegetable oils and fats (palm, rape), salt, emulsifier (mono- and diglycerides of fatty acids), flour treatment agents (ascorbic acid, L-cysteine).). Potatoes, Prep sliced (40%) (Potatoes, water, salt, firming agent: calcium chloride.). Grated Mild Cheddar Cheese (6 x 2Kg). (20%) (Grated Mild Cheddar cheese (MILK), anti caking agent, potato starch.). English Mustard (1%) (Water, MUSTARD Flour (20%), Glucose-Fructose Syrup, Salt, MUSTARD Bran (4%), Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum).).

## Method & Recipe Notes

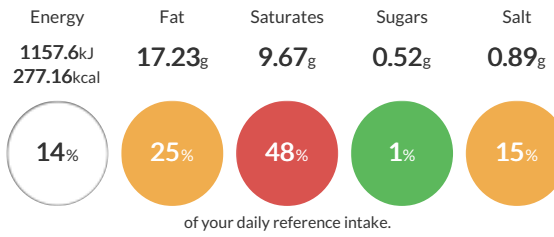
1. Peel and boil or steam the potatoes. Draining well. Then mash with the cheese and mustard. 2. Roll the pastry into a rectangular shape and spread over the cheesy mash. 3. Roll tightly in to a sausage shape. 4. Allow to rest, in a fridge, for at least 2 hours. 5. Slice 2/3cm thickness and lay on a lined baking tray. 6. Bake for 35-40 Minutes at 220 °C or until golden, crisp and a core temperature of 75 °C has been achieved.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake

Each serving contains:



## Nutritional Summary

Energy	1157.6kJ 277.16kCal
Protein	8.33g
Carbohydrates	21.65g
of which sugars	0.52g
Non Milk Extrinsic Sugars	0g
Fat	17.23g
of which saturates	9.67g
Fibre	1.57g
Salt	0.89g
Sodium	0.16g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Ingredients

Product	Quantity	Cost
Vegan Cumberland Sausage	50.00 g	£0.33
Lion Sticky BBQ Sauce 2.27 Litres	7.00 g	£0.02
Vegetable Oil	7.00 g	£0.01
<b>Total Cost:</b> £0.36		
<b>Per Serving:</b> £0.36		

Serves: 1

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	Contains 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	Suitable for Vegan	May not be suitable for Kosher	Suitable for Halal
-------------------------	--------------------	--------------------------------	--------------------

Label Information

Ingredients

Vegan Cumberland Sausage (78%) (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.), Lion Sticky BBQ Sauce 2.27 Litres (11%) (Water, Sugar, Spirit Vinegar, Tomato Paste, Glucose-Fructose Syrup, Modified Starch, Salt, Apple Juice Concentrate, Caramelised Sugar Syrup, Acidity Regulator (Acetic Acid, Citric Acid), Smoke Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper.), Vegetable Oil (11%) (Soyabean Oil (produced from Genetically Modified **Soybeans**), Antifoaming Agent (E900)).

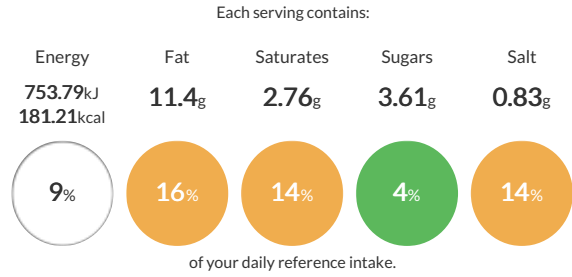
Method & Recipe Notes

Coat in the oil and roast @180°C for approximately 15/20 minutes or until a core temperature of 75°C is achieved. Coat in BBQ sauce and serve. \*\*Sites Serving in bags, serve BBQ sauce on the side.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

Reference Intake



Nutritional Summary

Energy	753.79kJ 181.21kcal
Protein	9.05g
Carbohydrates	9.4g
of which sugars	3.61g
Non Milk Extrinsic Sugars	0g
Fat	11.4g
of which saturates	2.76g
Fibre	2.95g
Salt	0.83g
Sodium	0.3g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

# Baked Beans

## Ingredients

<b>Product</b> Reduced Salt & Sugar Baked Beans in tomato sauce	<b>Quantity</b> 50.00 g	<b>Cost</b> £0.05
	<b>Total Cost: £0.05</b>	
<b>Serves:</b> 1	<b>Per Serving: £0.05</b>	

## 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:

**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.).

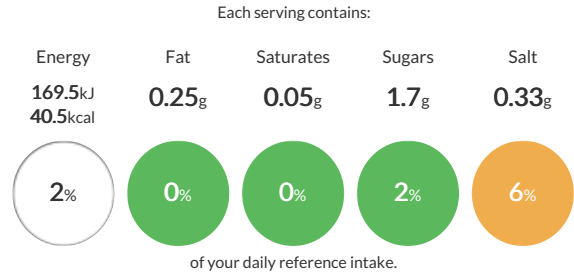
## Method & Recipe Notes

Cook as per manufacturers instructions

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## 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

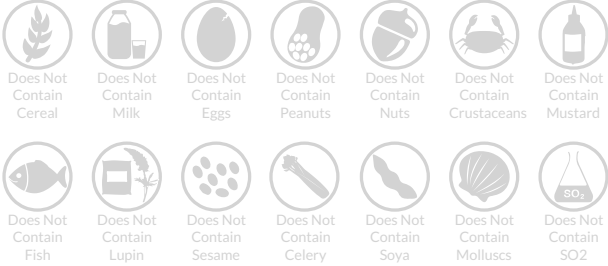
# Peas

## Ingredients

<b>Product</b> Peas Luxury	<b>Quantity</b> 50.00 g	<b>Cost</b> £0.02
<b>Serves:</b> 1	<b>Total Cost:</b> £0.02 <b>Per Serving:</b> £0.02	

## 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**  
Peas Luxury (100%) (Peas).

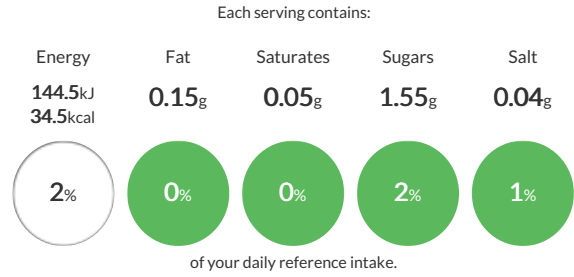
## Method & Recipe Notes

Steam or boil peas for approximately 10 minutes or until a core temperature of 75°C is achieved. Drain well and serve. Do not add salt.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake



## Nutritional Summary

Energy	144.5kJ 34.5kcal
Protein	2.6g
Carbohydrates	4.5g
of which sugars	1.55g
Non Milk Extrinsic Sugars	0g
Fat	0.15g
of which saturates	0.05g
Fibre	2.3g
Salt	0.04g
Sodium	0.02g
Iron	0.8mg
Calcium	22mg
Zinc	0.6mg
Folate	0µg
Vitamin A	0.04µg
Vitamin C	10mg

# Herby Diced Potatoes

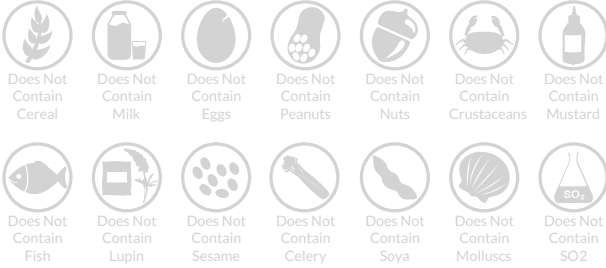
## Ingredients

Product	Quantity	Cost
MIXED HERBS 6x130g	5.00 g	£0.07
Diced Potatoes	2500.00 g	£2.50
	<b>Total Cost:</b> £2.57	
	<b>Per Serving:</b> £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

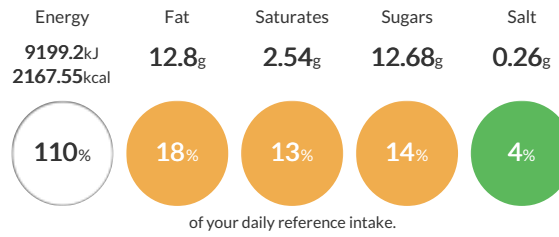
Wash potatoes under cold water, then boil or steam for 10 minutes and drain well. Line a baking tray with parchment paper and lay potatoes evenly across. Roast @ 200°C until golden, crisp and a core temperature of 75°C has been achieved. Use a little vegetable oil if sticking.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake

Each serving contains:



## 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

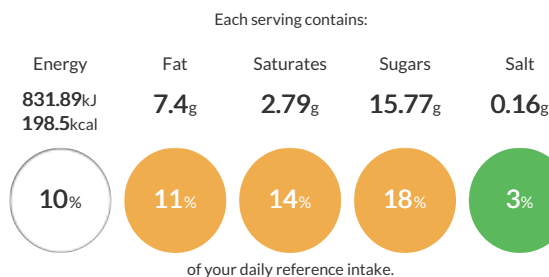
# Orange and Sultana Oaty cookie

## Ingredients

Product	Quantity	Cost
Cooking & Baking Margarine	100.00 g	£0.29
Porrige Oats	100.00 g	£0.11
Plain Flour	150.00 g	£0.38
BAKING POWDER GLUTEN FREE 1/2teaspoon	3.00 g	£0.19
Castor Sugar	100.00 g	£0.12
Raisins	70.00 g	£0.18
1 x Medium Free Range Eggs	58.00 g	£0.21
Apricots	70.00 g	£0.52
<b>Total Cost:</b> £2.01		
<b>Per Serving:</b> £0.17		

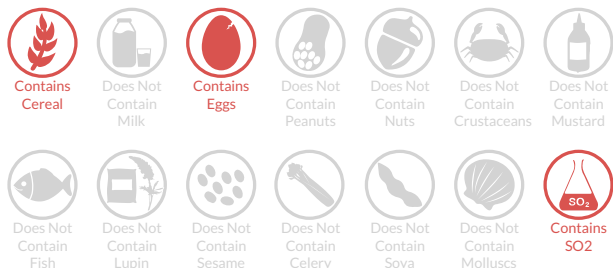
Serves: 12

## 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:	Yes
Barley:	May
Kamut:	No

## Nutritional Summary

Energy	831.89kJ 198.5kcal
Protein	2.63g
Carbohydrates	29.14g
of which sugars	15.77g
Non Milk Extrinsic Sugars	0g
Fat	7.4g
of which saturates	2.79g
Fibre	1.85g
Salt	0.16g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	66.67µg
Vitamin C	0mg

## Dietary Information

Key: **Suitable for**



## Label Information

### Ingredients

Plain Flour (23%) (WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin)). Cooking & Baking Margarine (15%) (Vegetable oils (rapeseed, palm, 10% coconut), water, 0.3% salt, emulsifier: mono and diglycerides of fatty acids, acid: citric acid, preservative: potassium sorbate, flavourings, colour: beta carotene, vitamins: A, D). Porrige Oats (15%) (OATS). Castor Sugar (15%) (Sugar). Raisins (11%) (Raisins (99.5%), Sunflower oil.). Apricots (11%) (Apricots (99.8%)), Preservative: SULPHUR DIOXIDE.). 1 x Medium Free Range Eggs (9%) (EGGS). BAKING POWDER GLUTEN FREE 1/2teaspoon (0%) (Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), starch.).

## Method & Recipe Notes

1 Cream marg and sugar together and add egg, mix well 2 Add the rest of the ingredients 3 Mix well roll into sausage shape chill 4 cut in to 15 pieces and bake 190c 5 leave to cool and serve

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions



# Egg Salad Sandwich

## Ingredients

Product	Quantity	Cost
Medium Free Range Eggs	59.00 g	£0.15
LION Salad Cream 2 x 2.27L	7.00 g	£0.02
Kerrymaid Buttery Spread 6 x 2kg	10.00 g	£0.02
Lettuce, average	30.00 g	£0.09
Braces Doorstep White 800g	76.00 g	£0.13
		<b>Total Cost: £0.40</b>
		<b>Per Serving: £0.40</b>

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

Braces Doorstep White 800g (42%) (Fortified **Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, **SOYA** Flour, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Mono-Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids. Preservative: Calcium Propionate. Flour Treatment Agent: Ascorbic Acid.), Medium Free Range **Eggs** (32%) (**EGGS**). Lettuce, average (16%) (Lettuce, average). 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). LION Salad **Cream** 2 x 2.27L (4%) (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Salad Cream Premix (Water, **MUSTARD** Flour, Salt), Modified Maize Starch, Glucose-Fructose Syrup, Pasteurised **EGG** Yolk, Salt, Acidity Regulator (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Colour (Riboflavin)).

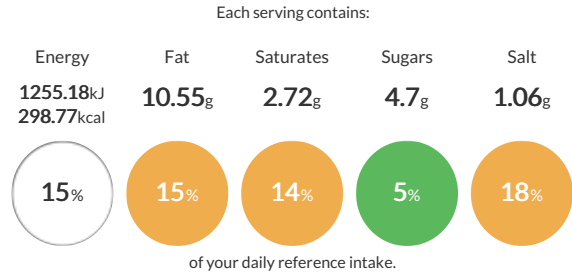
## Method & Recipe Notes

1. Spread bread with butter 2. Boil eggs, cool, remove shell 3. Mash eggs with salad cream 4. Add lettuce cut in half ready to serve

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake



## Nutritional Summary

Energy	1255.18kJ 298.77kCal
Protein	6.23g
Carbohydrates	40.41g
of which sugars	4.7g
Non Milk Extrinsic Sugars	0g
Fat	10.55g
of which saturates	2.72g
Fibre	1.71g
Salt	1.06g
Sodium	0g
Iron	0.04mg
Calcium	7.2mg
Zinc	0.06mg
Folate	18µg
Vitamin A	80µg
Vitamin C	0.3mg

# Jacket Potato & Tuna Mayo

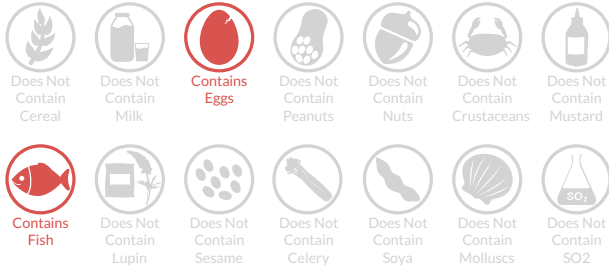
## Ingredients

Product	Quantity	Cost
Tuna Mayonnaise	81.00 g	£0.43
Jacket Potato	250.00 g	£0.25
<b>Total Cost: £0.68</b>		
<b>Per Serving: £0.68</b>		

Serves: 1

## Allergy Information

Key: Contains May Contain

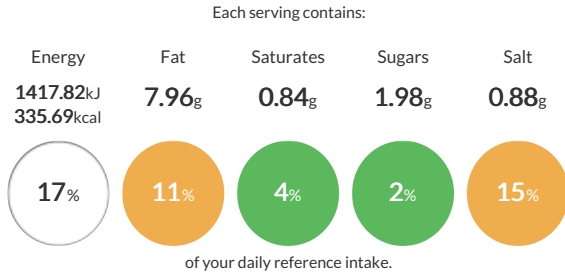


### Nuts:

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		

### Cereals:

## 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

## 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.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# Jacket Potato & Cheese

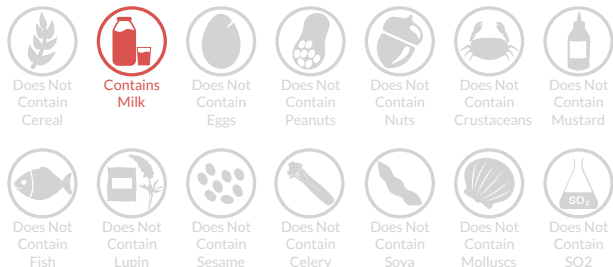
## Ingredients

Product	Quantity	Cost
Grated Mild Cheddar 6x2kg	30.00 g	£0.22
Jacket Potato	250.00 g	£0.25
<b>Total Cost: £0.47</b>		
<b>Per Serving: £0.47</b>		

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

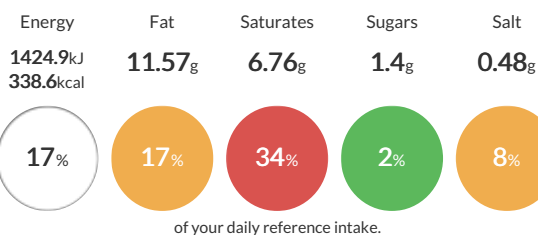
1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## 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

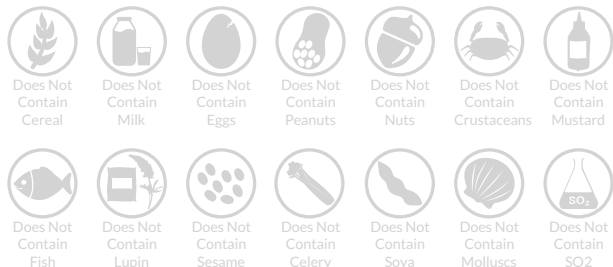
## Ingredients

Product	Quantity	Cost
Reduced Salt & Sugar Baked Beans in tomato sauce	50.00 g	£0.05
Jacket Potato	250.00 g	£0.25
	<b>Total Cost:</b> £0.30	
	<b>Per Serving:</b> £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.).

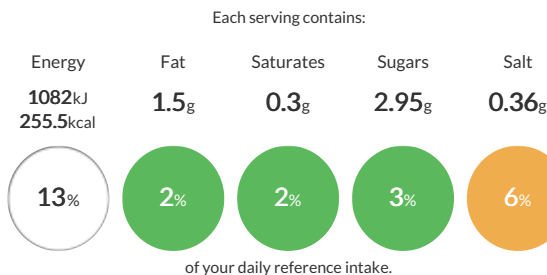
## Method & Recipe Notes

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.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake



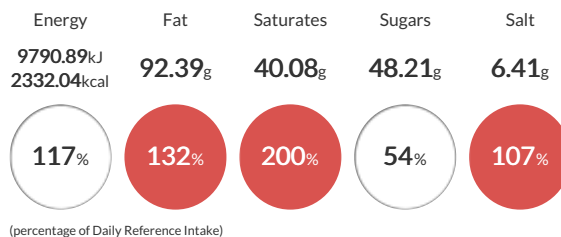
## Nutritional Summary

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:

£ 3.48

Nutritional Intake



Nutritional Summary

Property	Per Serving	% of Daily Reference Intake
Energy	9790.89kJ 2332.04kCal	117%
Carbohydrates	271.01g	90%
of which sugars	48.21g	54%
Fat	92.39g	132%
of which saturates	40.08g	200%
Fibre	31.39g	174%
Protein	93.29g	187%
Salt	6.41g	107%
Sodium	1.13g	71%
Iron	1.7mg	20%
Calcium	120.2mg	17%
Zinc	0.26mg	3%
Vitamin A	64.04µg	9%
Vitamin C	12.02mg	30%
Folate	33.65µg	17%
Non Milk Extrinsic Sugars	0g	0%

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

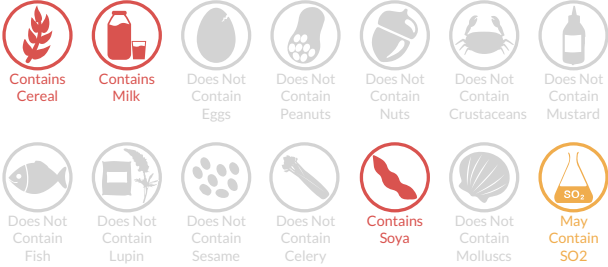
# Scorse Pork & Beef Meatballs

## Ingredients

Product	Quantity	Cost
Scorse Pork & Beef Meatballs 20g	1450.00 g	£14.48
MAGGIÀ® Rich and Rustic Tomato Sauce 3kg	1270.00 g	£2.90
Onions	182.00 g	£0.18
Mixed Peppers	135.00 g	£0.26
Vegetable Oil	118.00 g	£0.20
Brockmoor White Mature	363.00 g	£2.61
<b>Total Cost:</b> £20.62		
<b>Serves:</b> 24		<b>Per Serving:</b> £0.86

## Allergy Information

Key: Contains May Contain

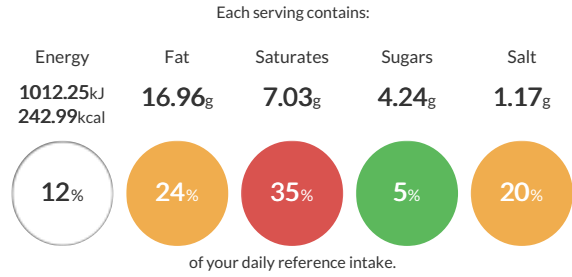


### Nuts:

Almond Nuts:	No	Wheat:	Yes
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	1012.25kJ 242.99kCal
Protein	13.05g
Carbohydrates	7.23g
of which sugars	4.24g
Non Milk Extrinsic Sugars	0g
Fat	16.96g
of which saturates	7.03g
Fibre	2.4g
Salt	1.17g
Sodium	0.11g
Iron	0.02mg
Calcium	2.28mg
Zinc	0.01mg
Folate	0.83µg
Vitamin A	0µg
Vitamin C	0.23mg

## Dietary Information

Key: Suitable for



## Label Information

### Ingredients

Scorse Pork & Beef Meatballs 20g (41%) (Organic Pork (65%), Water, Organic Rusk (Organic Flour **WHEAT** (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt (Anti-Caking Agent (Sodium Ferrocyanide)), Yeast), Organic Seasoning (Sea Salt, Organic **WHEAT** Flour(Calcium Carbonate, Iron, Niacin, Thiamin), Organic Sugar, Organic Spices (Black Pepper, White Pepper, Ginger, Nutmeg, Mace), Organic Herbs (Sage, Marjoram), Antioxidant (Ascorbic Acid)), Organic Onion Powder.), MAGGIÀ® Rich and Rustic Tomato Sauce 3kg (36%) (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)). Brockmoor White Mature (10%) (**MILK**, **Cheese** lactic starter culture, Microbial rennet, Salt). Onions (5%) (Onions). Mixed Peppers (4%) (Diced red peppers (50%), Diced green peppers (50%)). Vegetable Oil (3%) (Soyabean Oil (produced from Genetically Modified **Soybeans**), Antifoaming Agent (E900)).

## Method & Recipe Notes

1. Cook the meatballs on a lined baking tray for 20 minutes at 180c. Until reaching above 75c. 2. Cook the pasta. 3. Gently heat the oil and add the onions and peppers and cook for 10 minutes. 4. Once the pasta is cooked transfer to a dish, add the meatballs and tomato sauce, sprinkle over the cheese and bake in the oven at 180c for 10 minutes until over 75c. Do not add salt \*Please Note 4 Meatballs per portion\*

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

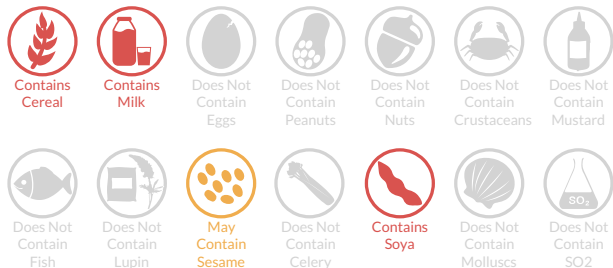
# Veggie Balls in tomato sauce

## Ingredients

Product	Quantity	Cost
Veggie Meatballs	1814.00 g	£0.00
MAGGI RICH & RUSTIC TOMATO SAUCE	1588.00 g	£0.00
Onions	227.00 g	
Mixed Diced Peppers	170.00 g	
Extra Virgin Olive Oil	148.00 g	
Cheddar Cheese	454.00 g	
<b>Total Cost: £0.00</b>		
<b>Serves: 30</b>		<b>Per Serving: £0.00</b>

## 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

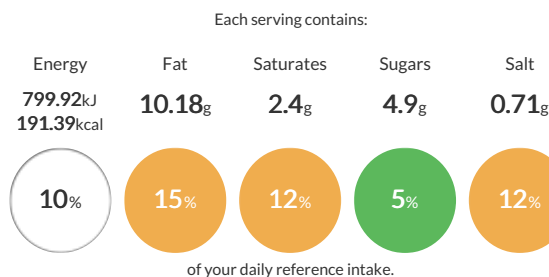
Veggie Meatballs (41%) (Veggie Meatball and Tomato Sauce (68%), Cooked Pasta (32%) Veggie Meatball and Tomato Sauce Contains: Water, Meat-Free Meatballs (28%), Chopped Tomatoes, Onions, Rapeseed Oil, Vegetable Stock (Rehydrated Vegetables, Yeast Extract, Maltodextrin, Dried Glucose Syrup, Salt, Sugar, Sunflower Oil), White Distilled Vinegar, Brown Sugar, Basil, Garlic Puree, Modified Maize Starch. Meat Free Meatballs Contains: Rehydrated Textured **SOYA** Protein (50%), Onion (12%), Rapeseed Oil, Water, **SOYA** Protein Isolate, Seasoning {Onion Powder, Yeast Extract, Maltodextrin, Sugar, Hydrolysed Vegetable Protein (Salt, **SOYA**, Maize, **Sulphite** Ammonia Caramel), Flavoursings, Rusk (Fortified **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt}, White Pepper, Garlic Powder, Parsley, Pimento, Nutmeg, Dill, Citric Acid, Chickpea Flour, Stabiliser (Methyl Cellulose), **WHEAT** GLUTEN, Dextrose, Malted **BARLEY** Extract, Black Pepper, Paprika. Cooked Pasta Contains: Water, Durum **WHEAT** Semolina (**GLUTEN**)). **MAGGI RICH & RUSTIC TOMATO SAUCE** (36%) (Sun-Ripened Tomatoes (48.5%), Puree of Sun Ripened Tomatoes (41.5%), Onion, Sunflower Oil, Sugar, Salt, Herb and Spices (Black Pepper, Basil, Oregano), Garlic, Acid (Citric Acid), Firming Agent (Calcium Chloride)). **Cheddar Cheese** (10%) (White Bread (**WHEAT** flour (Calcium, iron, niacin, thiamine), yeast, salt, emulsifier:E472e, Preservative E282, rapeseed oil, flour treatment agent E300), Mature **Cheddar cheese** (34%) (**MILK**, salt), Vegetable spread (Rapeseed oil, palm oil, salt, emulsifier mono & di glycerides of fatty acids, preservative potassium sorbate, colours annatto, curcumin, acidity regulator citric acid, flavouring)). Onions (5%) (Onions). Mixed Diced Peppers (4%) (Red peppers, green peppers.). Extra Virgin Olive Oil (3%) (Extra virgin olive oil).

## Method & Recipe Notes

1. Cook the meatballs on a lined baking tray for 20 minutes at 180c. Until reaching above 75c. 2. Cook the pasta. 3. Gently heat the oil and add the onions and peppers and cook for 10 minutes. 4. Once the pasta is cooked transfer to a dish, add the meatballs and tomato sauce, sprinkle over the cheese and bake in the oven at 180c for 10 minutes until over 75c. Do not add salt

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

## Reference Intake



of your daily reference intake.

## Nutritional Summary

Energy	799.92kJ 191.39kCal
Protein	6.81g
Carbohydrates	16.93g
of which sugars	4.9g
Non Milk Extrinsic Sugars	0g
Fat	10.18g
of which saturates	2.4g
Fibre	2.2g
Salt	0.71g
Sodium	0g
Iron	0.02mg
Calcium	2.12mg
Zinc	0.01mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0.61mg





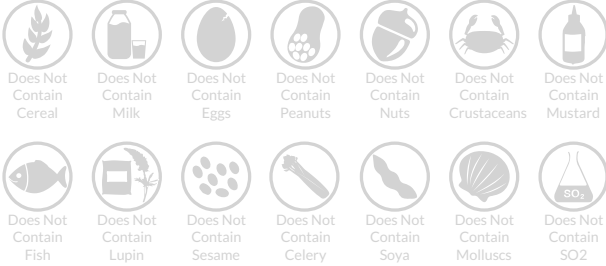
# Green Beans

## Ingredients

<b>Product</b> Beans	<b>Quantity</b> 50.00 g	<b>Cost</b> £0.08
	<b>Total Cost: £0.08</b>	
<b>Serves:</b> 1	<b>Per Serving: £0.08</b>	

## 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%)).

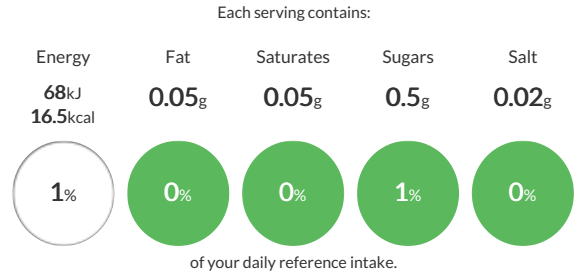
## Method & Recipe Notes

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

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## 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

# Crusty Bread

## Ingredients

Product	Quantity	Cost
Best of Both Bread & Roll Mix	583.00 g	£0.95
		<b>Total Cost: £0.95</b>
Serves: 25	<b>Per Serving: £0.04</b>	

## 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).

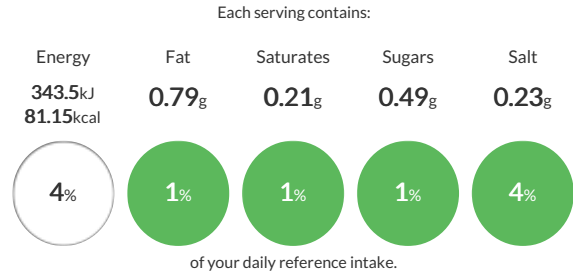
## Method & Recipe Notes

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

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## 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

# Spaghetti Portion

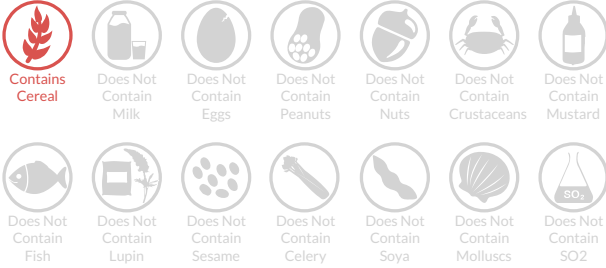
## Ingredients

Product	Quantity	Cost
SPAGHETTI	40.00 g	£0.06
Water	100.00 g	
	<b>Total Cost: £0.06</b>	
	<b>Per Serving: £0.06</b>	

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 (71%) (Water), SPAGHETTI (29%) (Durum WHEAT semolina).

## Method & Recipe Notes

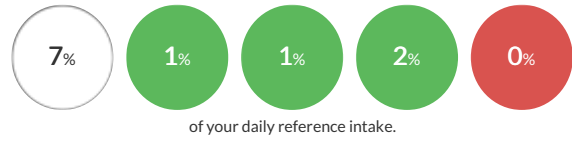
The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
600kJ 141.6kcal	0.6g	0.12g	1.52g	0g



## Nutritional Summary

Energy	600kJ 141.6kCal
Protein	5g
Carbohydrates	28.64g
of which sugars	1.52g
Non Milk Extrinsic Sugars	0g
Fat	0.6g
of which saturates	0.12g
Fibre	0.76g
Salt	0g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

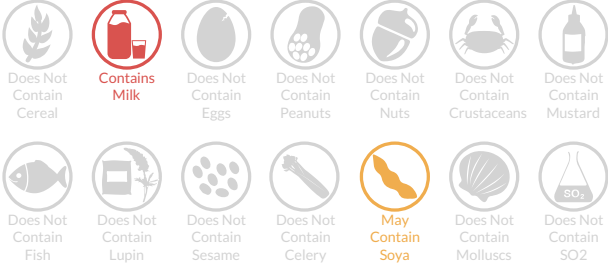
# Chocolate Cracknel

## Ingredients

Product	Quantity	Cost
GOLDEN SYRUP	567.00 g	£1.04
Millac Value Skimmed Milk Powder with Non-Milk Fat 2kg	284.00 g	£1.06
Marigold for Baking (250g x 40)	227.00 g	£0.66
Cocoa Powder	57.00 g	£0.49
Harvest Home Crisp Rice 4x400g	227.00 g	£1.36
<b>Total Cost:</b>		<b>£4.61</b>
<b>Serves:</b> 24		<b>Per Serving:</b> £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

GOLDEN SYRUP (42%) (Partially Inverted Refiners Syrup). Millac Value Skimmed **Milk** Powder with Non-**Milk** Fat 2kg (21%) (Skimmed **MILK** Powder (24%), **Lactose (MILK)**, **Whey Powder\*(MILK)**, Vegetable Oil (Coconut, Palm), Dried Glucose Syrup, **MILK** Protein, Sugar, Acidity Regulator E340b, Emulsifier E471, Vitamin D \*contains no animal rennet.). Marigold for Baking (250g x 40) (17%) (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring.). Harvest Home Crisp Rice 4x400g (17%) (Rice, Sugar, Salt, Partially Inverted Brown Sugar Syrup, Vitamins and Minerals (Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Folic Acid, Iron)). Cocoa Powder (4%) (Fat Reduced Cocoa Powder. Contains cocoa **butter** 10% minimum).

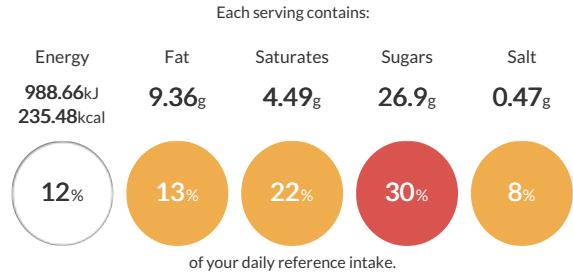
## Method & Recipe Notes

1 Melt margarine, cocoa, syrup allow to cool. 2 Add the milk powder and Rice crispies and fold in carefully by hand, do not crush Rice crispies. 3 Spread into two shallow tins and cool. 4 Cut accordingly to sites portion size request! or ask area supervisor for clarification.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake



## Nutritional Summary

Energy	988.66kJ 235.48kCal
Protein	2.83g
Carbohydrates	34.48g
of which sugars	26.9g
Non Milk Extrinsic Sugars	0g
Fat	9.36g
of which saturates	4.49g
Fibre	0.91g
Salt	0.47g
Sodium	0.19g
Iron	1.14mg
Calcium	0mg
Zinc	0mg
Folate	24.5µg
Vitamin A	0µg
Vitamin C	0mg

# Cheese & Salad Roll

## Ingredients

Product	Quantity	Cost
Cheese & Salad filling	148.00 g	£0.69
Kerrymaid Buttery Spread 6 x 2kg	8.00 g	£0.02
Kara MK4 High Fibre Bun	50.00 g	£0.16
	<b>Total Cost:</b>	<b>£0.87</b>
	<b>Per Serving:</b>	<b>£0.87</b>

Serves: 1

## Allergy Information

Key: Contains May Contain



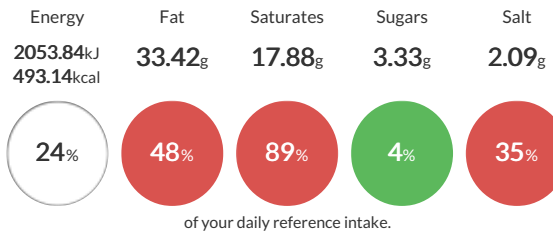
### Nuts:

Almond Nuts:	No	Wheat:	Yes
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:



## Nutritional Summary

Energy	2053.84kJ 493.14kCal
Protein	23.56g
Carbohydrates	24.45g
of which sugars	3.33g
Non Milk Extrinsic Sugars	0g
Fat	33.42g
of which saturates	17.88g
Fibre	3.62g
Salt	2.09g
Sodium	0.73g
Iron	0.12mg
Calcium	6.12mg
Zinc	0.04mg
Folate	8.32µg
Vitamin A	64µg
Vitamin C	5.68mg

## Dietary Information

Key: Suitable for



## Label Information

### Ingredients

**Cheese & Salad filling (72%)** (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)).). Kara MK4 High Fibre Bun (24%) (**Wheat** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, **WHEAT** Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers (E472e, E471), **WHEAT** Gluten, Flour Treatment Agents (E300, E920). Å). Kerrymaid Buttery Spread 6 x 2kg (4%) (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).

## Method & Recipe Notes

Slice tomato, cucumber and lettuce thinly. Spread the butter on the roll evenly and then some mayonnaise (or just the mayo) Arrange the Cucumber, tomato and top with Lettuce. Wrap with cling film and label.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# Jacket Potato & Tuna Mayo















## Ingredients

Product	Quantity	Cost
Tuna Mayonnaise	81.00 g	£0.43
Jacket Potato	250.00 g	£0.25
	<b>Total Cost: £0.68</b>	
	<b>Per Serving: £0.68</b>	

Serves: 1

## Allergy Information

Key: Contains May Contain

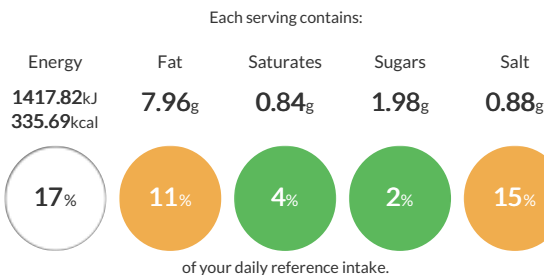
 Does Not Contain Cereal	 Does Not Contain Milk	 <b>Contains Eggs</b>	 Does Not Contain Peanuts	 Does Not Contain Nuts	 Does Not Contain Crustaceans	 Does Not Contain Mustard
 <b>Contains Fish</b>	 Does Not Contain Lupin	 Does Not Contain Sesame	 Does Not Contain Celery	 Does Not Contain Soya	 Does Not Contain Molluscs	 Does Not Contain SO2

### Nuts:

Almond Nuts:	No	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	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

## 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 todays vegetables or salad.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# Jacket Potato & Cheese

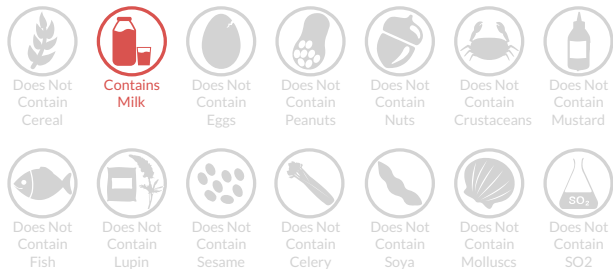
## Ingredients

Product	Quantity	Cost
Grated Mild Cheddar 6x2kg	30.00 g	£0.22
Jacket Potato	250.00 g	£0.25
<b>Total Cost: £0.47</b>		
<b>Per Serving: £0.47</b>		

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

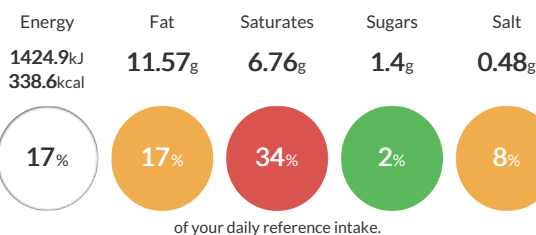
1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## 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

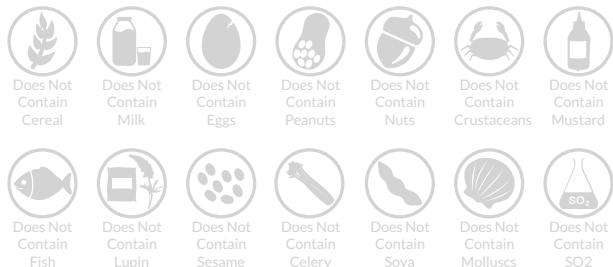
## Ingredients

Product	Quantity	Cost
Reduced Salt & Sugar Baked Beans in tomato sauce	50.00 g	£0.05
Jacket Potato	250.00 g	£0.25
	<b>Total Cost:</b> £0.30	
	<b>Per Serving:</b> £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.).

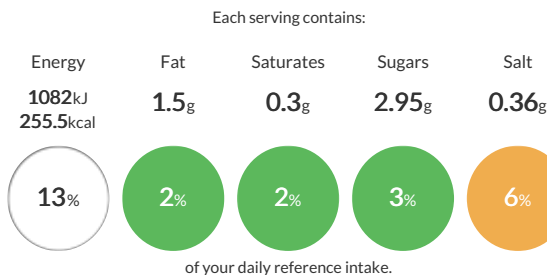
## Method & Recipe Notes

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.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake



## Nutritional Summary

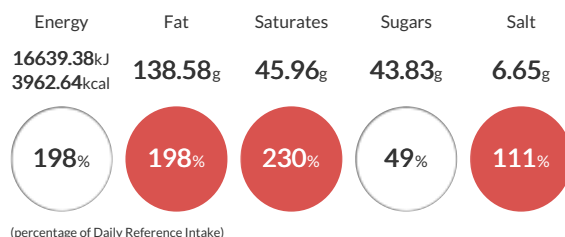
Energy	1082kJ 255.5kcal
Protein	7.05g
Carbohydrates	51.1g
of which sugars	2.95g
Non Milk Extrinsic Sugars	0g
Fat	1.5g
of which saturates	0.3g
Fibre	7.2g
Salt	0.36g
Sodium	0.03g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg



Total Cost Per Serving:

£ 8.12

## Nutritional Intake



## Nutritional Summary

Property	Per Serving	% of Daily Reference Intake
Energy	16639.38kJ 3962.64kCal	198%
Carbohydrates	270.84g	90%
of which sugars	43.83g	49%
Fat	138.58g	198%
of which saturates	45.96g	230%
Fibre	25.11g	140%
Protein	404.21g	808%
Salt	6.65g	111%
Sodium	1.6g	100%
Iron	10.21mg	117%
Calcium	129.99mg	19%
Zinc	26.02mg	260%
Vitamin A	80.07µg	11%
Vitamin C	45.58mg	114%
Folate	144.4µg	72%
Non Milk Extrinsic Sugars	0g	0%

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# Roast Pork

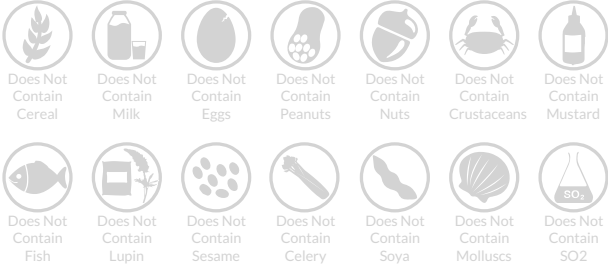
## Ingredients

Product	Quantity	Cost
Pork, leg joint	1500.00 g	£5.58
La Espanola Olive Pomace Oil and Sunflower Oil 3x5L	7.00 g	£0.03
		<b>Total Cost: £5.61</b>
		<b>Per Serving: £5.61</b>

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		

### Cereals:

## Dietary Information

Key: Suitable for



## Label Information

### Ingredients

Pork, leg joint (100%) (Pork, leg joint). La Espanola Olive Pomace Oil and Sunflower Oil 3x5L (0%) (Refined Pomace Olive Oil (51%), Refined Sunflower Oil (49%)).

## Method & Recipe Notes

Rub oil into pork skin and place in suitable roasting tin. Roast @ 220°C until the skin has cracked. Turn the temperature down to 160°C and cover with foil if using a non fan assisted oven. Continue to cook until a core temperature of 75°C is achieved. Allow to rest for 20/30 minutes before removing the string and slicing.

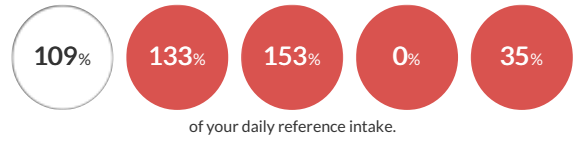
The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
9162.3kJ 2187.68kcal	93.44g	30.69g	0g	2.1g



of your daily reference intake.

## Nutritional Summary

Energy	9162.3kJ 2187.68kCal
Protein	336g
Carbohydrates	0g
of which sugars	0g
Non Milk Extrinsic Sugars	0g
Fat	93.44g
of which saturates	30.69g
Fibre	0g
Salt	2.1g
Sodium	0.9g
Iron	9.3mg
Calcium	75mg
Zinc	25.5mg
Folate	75µg
Vitamin A	0µg
Vitamin C	0mg

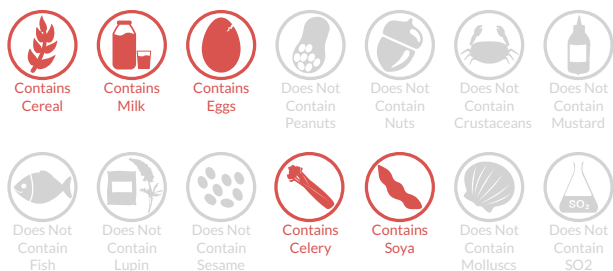
# Veggie Roast

## Ingredients

Product	Quantity	Cost
Onions	250.00 g	£0.33
CLASSIC WHITE BREADCRUMBS 4x3kg	1000.00 g	£1.98
Diced Carrots	150.00 g	£0.11
Grated Mild White Cheddar 6x2kg	150.00 g	£1.12
Medium Free Range Eggs	232.00 g	£0.58
Sage	21.00 g	£0.27
Vegetable Oil	14.00 g	£0.02
GROUND WHITE PEPPER HT 6x550g	7.00 g	£0.10
Vegetable Paste Bouillon	14.00 g	£0.28
Water	200.00 g	
Puff Pastry	500.00 g	£1.26
<b>Total Cost:</b>		<b>£6.05</b>
<b>Serves:</b> 24		<b>Per Serving:</b> £0.25

## 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

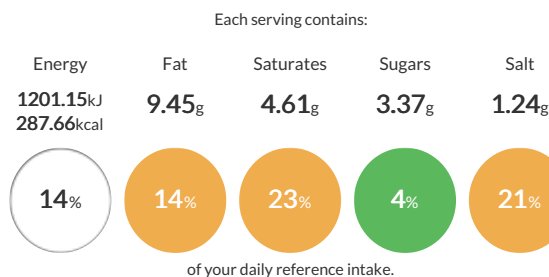
CLASSIC WHITE BREADCRUMBS 4x3kg (39%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Salt, Yeast). Puff Pastry (20%) (WHEAT flour, water, vegetable oils and fats (palm, rape), salt, emulsifier (mono- and diglycerides of fatty acids), flour treatment agents (ascorbic acid, L-cysteine)). Onions (10%) (Onions), Medium Free Range Eggs (9%) (EGGS), Water (8%) (Water), Diced Carrots (6%) (Carrots). Grated Mild White Cheddar 6x2kg (6%) (Cheese (MILK), Anti-caking Agent (Potato Starch)). Sage (1%) (Rubbed Sage). Vegetable Oil (1%) (Soyabean Oil (produced from Genetically Modified Soybeans), Antifoaming Agent (E900)). Vegetable Paste Bouillon (1%) (Salt, vegetable oil (palm, sunflower), potato starch, sugar, maltodextrin, flavourings (contain CELERY), yeast extract, carrot powder\* (2.4%), onion powder\* (2%), spices (CELERY seeds (1%), turmeric\*, pepper), parsley\*). \*made from sustainably grown ingredients. Find out more at [www.ufs.com/knorrprofessional](http://www.ufs.com/knorrprofessional)). GROUND WHITE PEPPER HT 6x550g (0%) (Ground White Pepper).

## Method & Recipe Notes

Fry onion and carrot until softened. Mix all ingredients together, except the pastry. Roll pastry to a 1/1 gastronome size. Shape the filling into a sausage, then roll up in the pastry. Transfer to a lined baking tray, egg wash all over and bake @ 190°C for approximately 40 minutes or until golden, crisp and a core temperature of 75°C is achieved.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

## Reference Intake



## Nutritional Summary

Energy	1201.15kJ 287.66kCal
Protein	8.34g
Carbohydrates	44.61g
of which sugars	3.37g
Non Milk Extrinsic Sugars	0g
Fat	9.45g
of which saturates	4.61g
Fibre	2.88g
Salt	1.24g
Sodium	0.38g
Iron	0.04mg
Calcium	4.79mg
Zinc	0.02mg
Folate	0µg
Vitamin A	0.07µg
Vitamin C	1.08mg



# 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

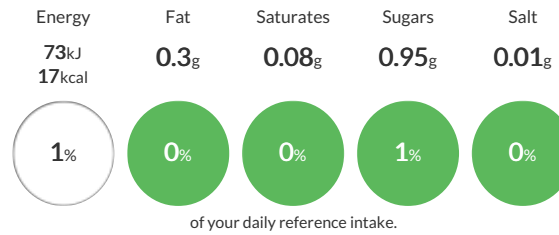
Method Please do not over cook

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## 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

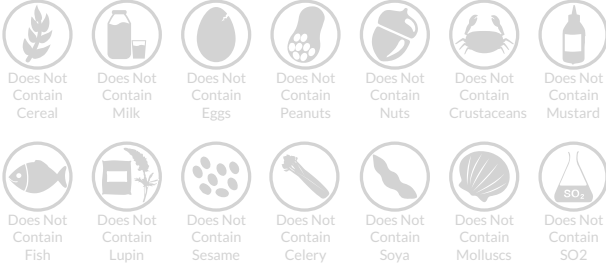
# Carrots

## Ingredients

<b>Product</b> Carrots	<b>Quantity</b> 50.00 g	<b>Cost</b> £0.04
	<b>Total Cost: £0.04</b>	
<b>Serves:</b> 1	<b>Per Serving: £0.04</b>	

## 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 (100%) (Carrots).

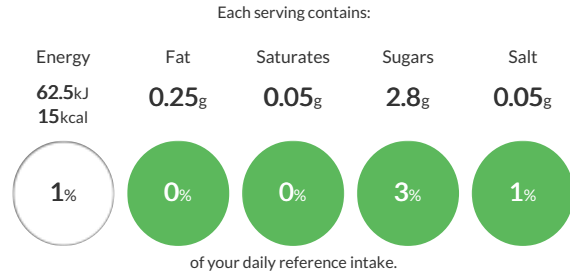
## Method & Recipe Notes

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

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## 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

# 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
<b>Total Cost:</b> £0.28		
<b>Per Serving:</b> £0.28		

Serves: 1

## Allergy Information

Key: Contains May Contain

 Does Not Contain 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	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

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

## 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.

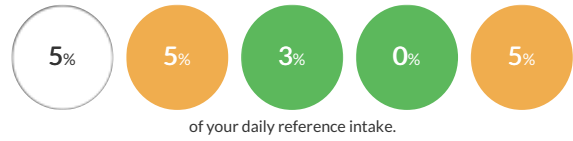
The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
379.8kJ 90.42kcal	3.21g	0.54g	0.36g	0.32g



## 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

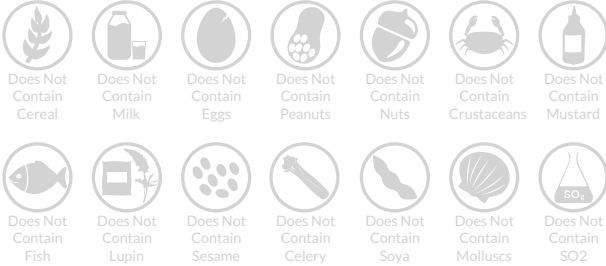
# Fruit Jelly

## Ingredients

<b>Product</b>	<b>Quantity</b>	<b>Cost</b>
Orange Flavoured Jelly Crystals	680.00 g	£1.87
Mandarin Segments in Juice	312.00 g	£0.86
	<b>Total Cost: £2.73</b>	
<b>Serves: 24</b>	<b>Per Serving: £0.11</b>	

## Allergy Information

Key: Contains May Contain

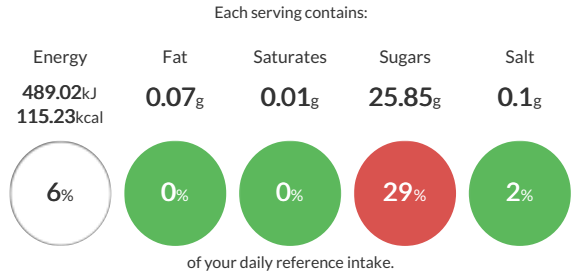


### Nuts:

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	489.02kJ 115.23kCal
Protein	2.53g
Carbohydrates	26.02g
of which sugars	25.85g
Non Milk Extrinsic Sugars	0g
Fat	0.07g
of which saturates	0.01g
Fibre	0.04g
Salt	0.1g
Sodium	0.04g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

## Dietary Information

Key: Suitable for



## Label Information

### Ingredients

Orange Flavoured Jelly Crystals (69%) (Sugar, Bovine Gelatine, Acidity Regulator (Citric Acid), Colour (Annatto), Antioxidant (Trisodium Citrate), Flavouring.), Mandarin Segments in Juice (31%) (Mandarin Segments, Water, Mandarin Juice (Depending on supplier), Apple Juice (Depending on supplier), Acidity Regulator: Citric Acid (Depending on supplier)).

## Method & Recipe Notes

1 Make jelly as manufacturer's instructions (remember to include fruit juice with water). 2 Add tinned fruit.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions



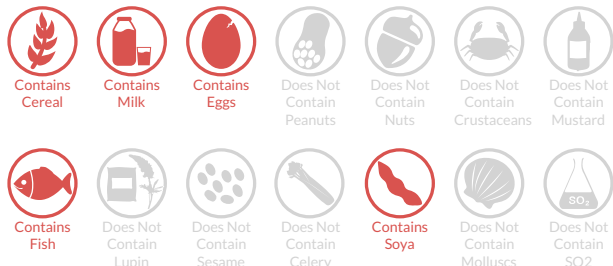
# Tuna Salad Sandwich

## Ingredients

Product	Quantity	Cost
Tuna Mayonnaise	50.00 g	£0.25
Cucumber	40.00 g	£0.07
Lettuce Iceberg	20.00 g	£0.03
Tomatoes	10.00 g	£0.02
White Sandwich Bread	78.00 g	£0.13
Kerrymaid Buttery Spread 6 x 2kg	10.00 g	£0.02
<b>Total Cost:</b>		<b>£0.52</b>
<b>Serves:</b> 1		<b>Per Serving:</b> £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:	May
Kamut:	No

## Dietary Information

Key: Suitable for



## Label Information

### Ingredients

White Sandwich Bread (38%) (**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).**), **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.)), Cucumber (19%) (Cucumber), Lettuce Iceberg (10%) (Iceberg lettuce), Tomatoes (5%) (tomatoes), 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).**

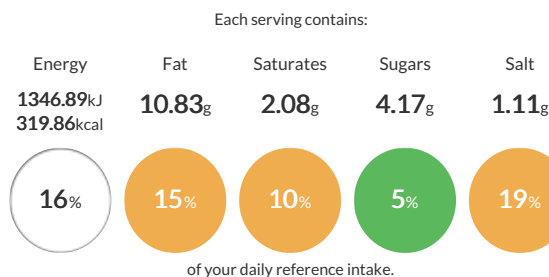
## Method & Recipe Notes

1. Spread the butter thinly onto the sliced white bread. 2. Mix tuna & mayo and spread onto bread 3. Slice tomatoes, cucumber, place on bread and cover with salad 4. Slice in half and ready to serve

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake



## Nutritional Summary

Energy	1346.89kJ 319.86kCal
Protein	15.26g
Carbohydrates	39.68g
of which sugars	4.17g
Non Milk Extrinsic Sugars	0g
Fat	10.83g
of which saturates	2.08g
Fibre	2.35g
Salt	1.11g
Sodium	0.17g
Iron	0.14mg
Calcium	9.2mg
Zinc	0.05mg
Folate	7.9µg
Vitamin A	80µg
Vitamin C	3mg

# Jacket Potato & Tuna Mayo

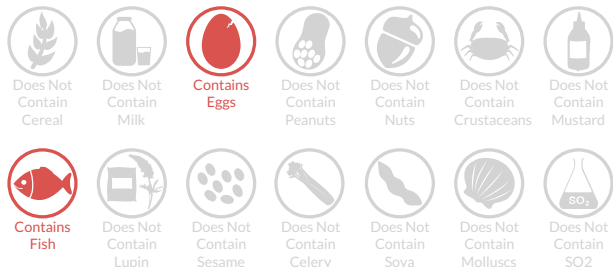
## Ingredients

Product	Quantity	Cost
Tuna Mayonnaise	81.00 g	£0.43
Jacket Potato	250.00 g	£0.25
	<b>Total Cost:</b> £0.68	
	<b>Per Serving:</b> £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)).

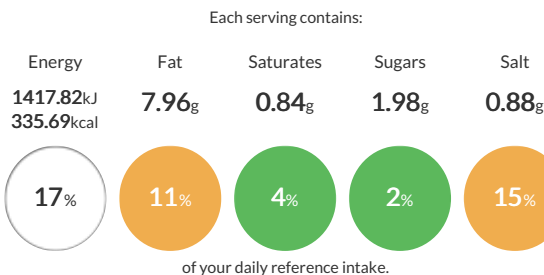
## Method & Recipe Notes

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.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## 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

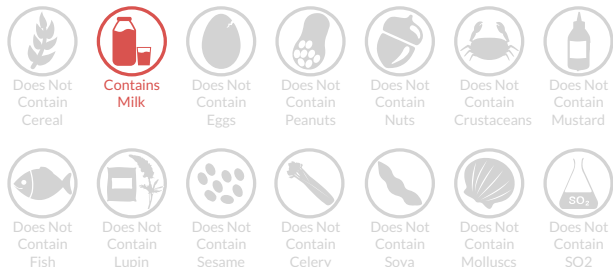
## Ingredients

Product	Quantity	Cost
Grated Mild Cheddar 6x2kg	30.00 g	£0.22
Jacket Potato	250.00 g	£0.25
<b>Total Cost: £0.47</b>		
<b>Per Serving: £0.47</b>		

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

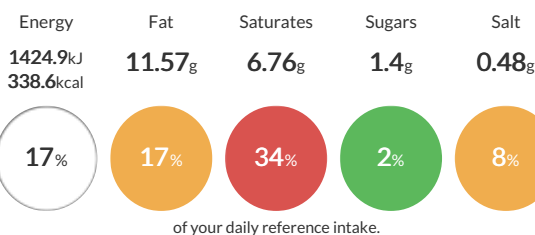
1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## 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

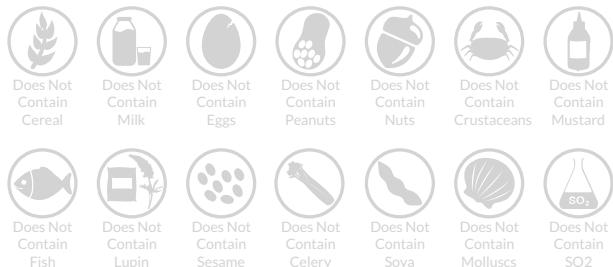
## Ingredients

Product	Quantity	Cost
Reduced Salt & Sugar Baked Beans in tomato sauce	50.00 g	£0.05
Jacket Potato	250.00 g	£0.25
	<b>Total Cost:</b> £0.30	
	<b>Per Serving:</b> £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.).

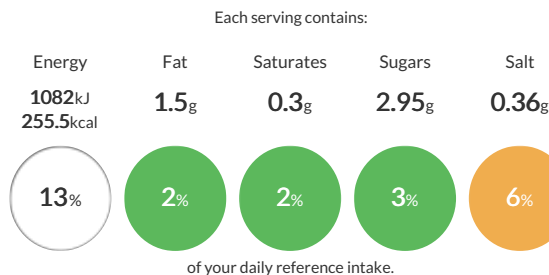
## Method & Recipe Notes

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.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake



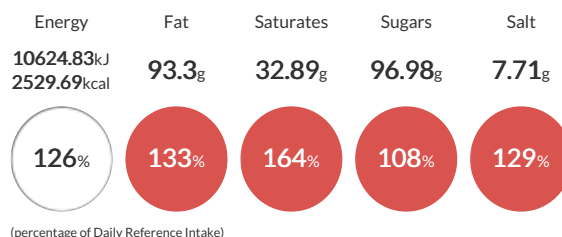
## Nutritional Summary

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:

£ 2.41

Nutritional Intake



Nutritional Summary

Property	Per Serving	% of Daily Reference Intake
Energy	10624.83kJ 2529.69kCal	126%
Carbohydrates	336.24g	112%
of which sugars	96.98g	108%
Fat	93.3g	133%
of which saturates	32.89g	164%
Fibre	28.16g	156%
Protein	73.49g	147%
Salt	7.71g	129%
Sodium	1.35g	84%
Iron	6.76mg	78%
Calcium	259.17mg	37%
Zinc	0.9mg	9%
Vitamin A	0µg	0%
Vitamin C	38.07mg	95%
Folate	101.62µg	51%
Non Milk Extrinsic Sugars	0g	0%

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# Bubble Salmon

## Ingredients

<b>Product</b> Gluten Free Bubble Salmon MJB	<b>Quantity</b> 60.00 g	<b>Cost</b> £0.00
	<b>Total Cost: £0.00</b>	
<b>Serves:</b> 1	<b>Per Serving: £0.00</b>	

## 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

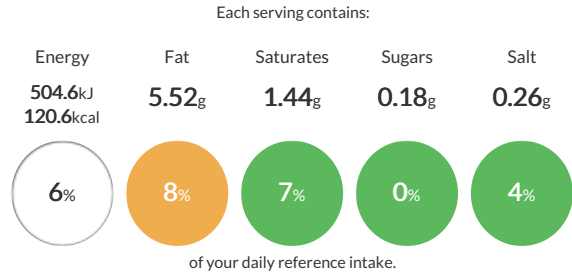
**Gluten Content:**  
**Gluten < 20ppm**

## Dietary Information

Key: Suitable for



## Reference Intake



## Nutritional Summary

Energy	504.6kJ 120.6kCal
Protein	9.12g
Carbohydrates	8.1g
of which sugars	0.18g
Non Milk Extrinsic Sugars	0g
Fat	5.52g
of which saturates	1.44g
Fibre	0.96g
Salt	0.26g
Sodium	0.11g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

## Label Information

### Ingredients

**Gluten Free Bubble Salmon MJB (100%) (Salmon (FISH) (65%), maize flour, water, rapeseed oil, rice flour, potato starch, maize starch, onion powder, dextrose, garlic puree, raising agents: diphosphates, sodium carbonates, salt, natural colour: caramel, stabiliser: xanthan gum, ground black pepper).**

## Method & Recipe Notes

Please follow manufactures cooking instructions

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# Vegetable Enchiladas

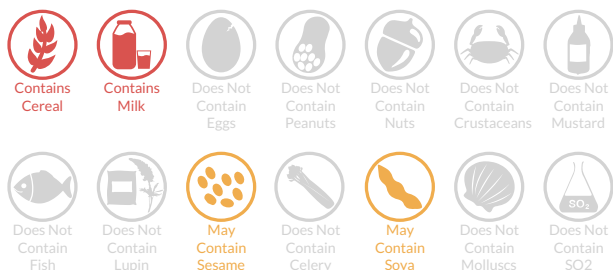
## Ingredients

Product	Quantity	Cost
2 x Onions chopped	340.00 g	
Carrots Grated	280.00 g	
Chilli powder	2.00 g	
Chopped Tomatoes	800.00 g	
5 Mixed beans tinned	800.00 g	
Santa Maria Plain Flour Tortillas x12	696.00 g	
Low Fat Natural Yoghurt	200.00 g	
Cheddar Cheese	100.00 g	
	<b>Total Cost: £0.00</b>	
	<b>Per Serving: £0.00</b>	

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

Chopped Tomatoes (25%) (Chopped tomatoes 65%, tomato paste, salt, acidity regulator: citric acid.), 5 Mixed beans tinned (25%). Santa Maria Plain Flour Tortillas x12 (22%) (**WHEAT** flour (with calcium, carbonate, iron, niacin, thiamin)(72%), water, rapeseed oil, humectant (E422), salt, emulsifier (E471), raising agents (sodium bicarbonate), acidity regulators(citric acid), sugar beet fiber.). 2 x Onions chopped (11%) (Onions). Carrots Grated (9%) (Carrot). Low Fat Natural **Yoghurt** (6%) (**MILK**, Lactic Cultures, Potato & Maize Starch, Preservative (Potassium Sorbate)). **Cheddar Cheese** (3%) (White Bread (**WHEAT** flour (Calcium, iron, niacin, thiamine), yeast, salt, emulsifier:E472e, Preservative E282, rapeseed oil, flour treatment agent E300), Mature **Cheddar cheese** (34%) (**MILK**, salt), Vegetable spread (Rapeseed oil, palm oil, salt, emulsifier mono & di glycerides of fatty acids, preservative potassium sorbate, colours annatto, curcumin, acidity regulator citric acid, flavouring)). Chilli powder (0%).

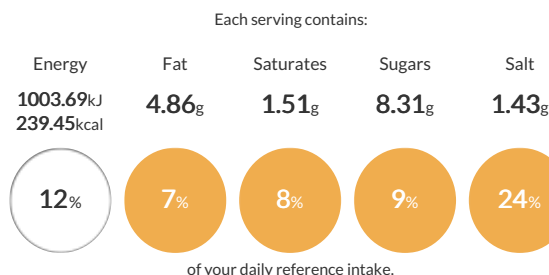
## Method & Recipe Notes

STEP 1 Heat the oil in a large frying pan. Cook the onions and carrots for 5-8 mins until soft â€” add a splash of water if they start to stick. Sprinkle in the chilli powder and cook for 1 min more. Pour in the tomatoes and pulses and bring to the boil. Turn down the heat and simmer for 5-10 mins, stirring occasionally, until thickened. Remove from the heat and season well. STEP 2 Heat grill to high. Spread a spoonful of the bean chilli over a large ovenproof dish. Lay each tortilla onto a board, fill with a few tbsp of chilli mixture, fold over the ends and roll up to seal. Place them into the ovenproof dish. Spoon the remaining chilli on top. STEP 3 Mix the yogurt and grated cheese together with some seasoning, and spoon over the enchiladas. Put in oven for a few mins until the top is golden and bubbling. Serve with a green salad.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake



of your daily reference intake.

## Nutritional Summary

Energy	1003.69kJ 239.45kCal
Protein	7.87g
Carbohydrates	38.6g
of which sugars	8.31g
Non Milk Extrinsic Sugars	0g
Fat	4.86g
of which saturates	1.51g
Fibre	3.71g
Salt	1.43g
Sodium	0.37g
Iron	4.05mg
Calcium	15.72mg
Zinc	0.05mg
Folate	1.91µg
Vitamin A	0µg
Vitamin C	2.97mg

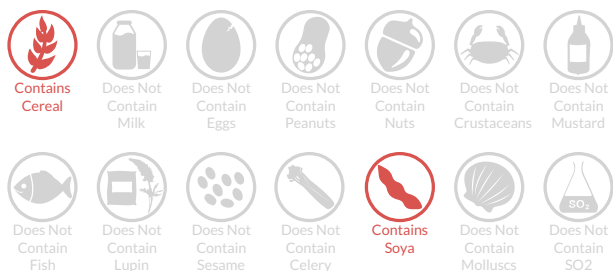
# Vegetable Stir Fry & Bean Shoots

## Ingredients

Product	Quantity	Cost
Beansprouts	1000.00 g	£2.72
Vegetable Oil	57.00 g	£0.10
Onions	908.00 g	£0.91
Carrots	1360.00 g	£1.02
Beans, green	454.00 g	£3.33
Mixed Peppers	454.00 g	£0.70
Golden Palace Dark Soy Sauce 12x1ltr	170.00 g	£0.51
		<b>Total Cost: £9.29</b>
Serves: 24		<b>Per Serving: £0.39</b>

## 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

Carrots (31%) (Carrots). Beansprouts (23%) (Beanshoots (Beansprouts)). Onions (21%) (Onions). Beans, green (10%) (Green beans). Mixed Peppers (10%) (Mixed Peppers). Golden Palace Dark Soy Sauce 12x1ltr (4%) (Water, **SOYA** bean extract 45% (**SOYA** Bean, Water, Rice, **WHEAT**, Salt), Sugar, Salt, Caramel (E150C), Hydrolysed vegetable protein, Stabilizer Xanthan gum (E415), Flavour enhancers Disodium 5-guanylate (E627) and Disodium 5-Inosinate (E631), Citric acid, Preservative Sodium benzoate (E211)). Vegetable Oil (1%) (Soyabean Oil (produced from Genetically Modified **Soybeans**), Antifoaming Agent (E900)).

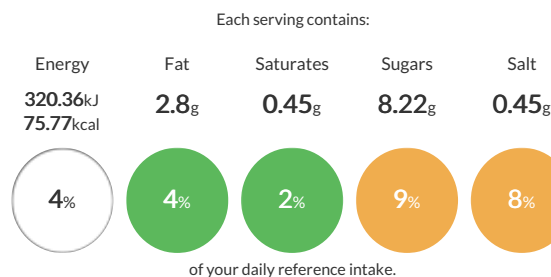
## Method & Recipe Notes

1. Fry vegetables lightly in oil for 10 minutes 2. Add soy sauce. Cook for further 2 minutes. Season if required - No salt 3. Transfer to dish for serving

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake



## Nutritional Summary

Energy	320.36kJ 75.77kcal
Protein	2.53g
Carbohydrates	10.82g
of which sugars	8.22g
Non Milk Extrinsic Sugars	0g
Fat	2.8g
of which saturates	0.45g
Fibre	0.04g
Salt	0.45g
Sodium	0.18g
Iron	1.22mg
Calcium	45.77mg
Zinc	0.31mg
Folate	51.89µg
Vitamin A	0µg
Vitamin C	29.4mg



# Potato Salad

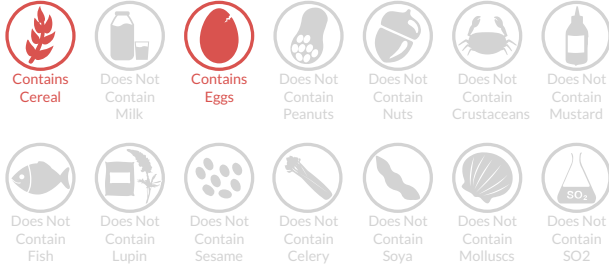
## Ingredients

Product	Quantity	Cost
SHALLOTS	200.00 g	
Real Mayonnaise	200.00 g	
Fresh chopped Parsley	25.00 g	
New Potatoes	800.00 g	
		<b>Total Cost: £0.00</b>
		<b>Per Serving: £0.00</b>

Serves: 8

## 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:	Yes
Kamut:	No

## Dietary Information

Key: **Suitable for**



## Label Information

### Ingredients

New Potatoes (65%) (Potatoes, water, salt, firming agent: calcium chloride.). SHALLOTS (16%) (Shallots, **BARLEY** Malt Vinegar (Contains Colour **BARLEY** Malt Extract). Sugar, Water, Sea Salt, Spices.). Real Mayonnaise (16%) (Water, Rapeseed Oil (36%), Spirit Vinegar, Modified Potato Starch, Sugar, Salt, Free Range Pasteurised **EGG**, Stabiliser: Xanthan Gum., Preservative: Potassium Sorbate.). Fresh chopped Parsley (2%) (Parsley.).

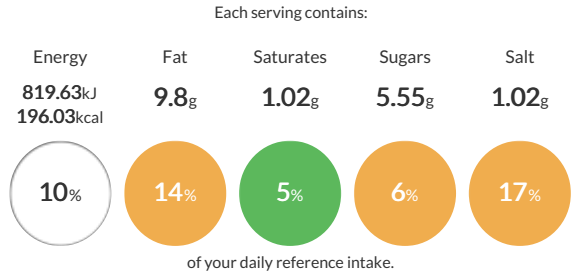
## Method & Recipe Notes

STEP 1 Boil the potatoes in salted water for 20 mins until just cooked, drain, then cool. STEP 2 Cut the potatoes into chunks, then throw into a bowl with the shallots, Add enough mayonnaise to bind, then mix together Stir in the finely chopped parsley and serve.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake



## Nutritional Summary

Energy	819.63kJ 196.03kCal
Protein	3.13g
Carbohydrates	22.4g
of which sugars	5.55g
Non Milk Extrinsic Sugars	0g
Fat	9.8g
of which saturates	1.02g
Fibre	4.31g
Salt	1.02g
Sodium	0.08g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

# Crunchy Veg/Salad Sticks

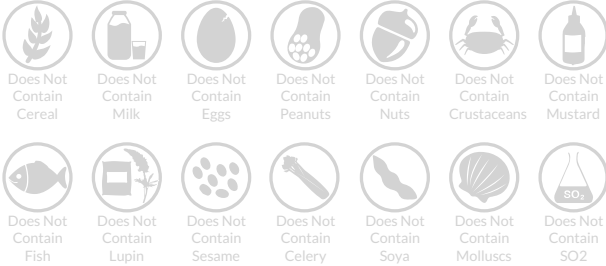
## Ingredients

Product	Quantity	Cost
Cucumber	85.00 g	£0.15
Carrots	100.00 g	£0.08
<b>Total Cost: £0.22</b>		
<b>Per Serving: £0.22</b>		

Serves: 1

## Allergy Information

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

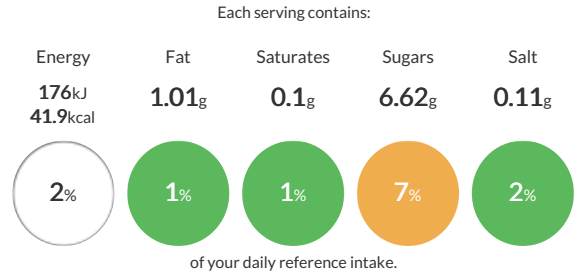


### Nuts:

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		

### Cereals:

## 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

## 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.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# Lemon Drizzle Cake

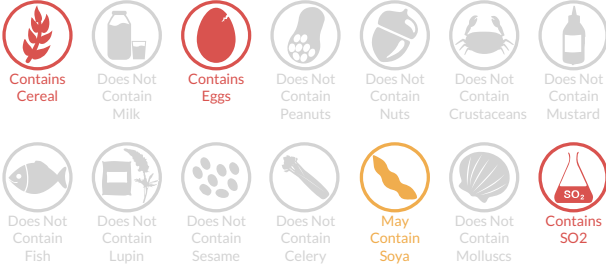
## Ingredients

Product	Quantity	Cost
Marigold for Baking (250g x 40)	1000.00 g	£2.92
Medium Free Range Eggs	1200.00 g	£3.01
Lemon Juice	100.00 g	£0.20
BAKING POWDER	50.00 g	£0.20
Self Raising Flour	1000.00 g	£0.73
CASTER SUGAR	1000.00 g	£1.44
	<b>Total Cost:</b>	<b>£8.51</b>
	<b>Per Serving:</b>	<b>£0.35</b>

Serves: 24

## 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

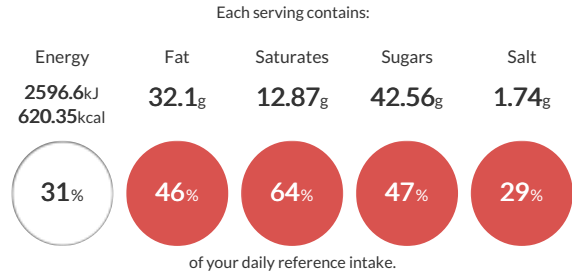
### Ingredients

Medium Free Range Eggs (28%) (EGGS). Marigold for Baking (250g x 40) (23%) (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring.). Self Raising Flour (23%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Acid Calcium Phosphate, Sodium Bicarbonate)). CASTER SUGAR (23%) (Cane Sugar). Lemon Juice (2%) (Lemon juice from concentrate, Preservative: Potassium METABISULPHATE (E224)). BAKING POWDER (1%) (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents; Sodium Acid Pyrophosphate, Sodium Bicarbonate.).

## Method & Recipe Notes

Mix all ingredients Use 6.5 tray bake tins.

## Reference Intake



## Nutritional Summary

Energy	2596.6kJ 620.35kcal
Protein	4.2g
Carbohydrates	74.77g
of which sugars	42.56g
Non Milk Extrinsic Sugars	0g
Fat	32.1g
of which saturates	12.87g
Fibre	1.35g
Salt	1.74g
Sodium	0.48g
Iron	0.83mg
Calcium	145.83mg
Zinc	0.25mg
Folate	7.92µg
Vitamin A	0µg
Vitamin C	0mg

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# Jacket Potato & Tuna Mayo

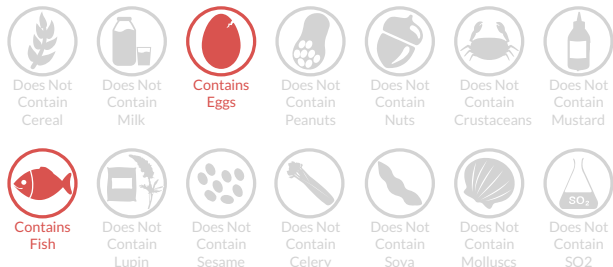
## Ingredients

Product	Quantity	Cost
Tuna Mayonnaise	81.00 g	£0.43
Jacket Potato	250.00 g	£0.25
<b>Total Cost:</b> £0.68		
<b>Per Serving:</b> £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)).

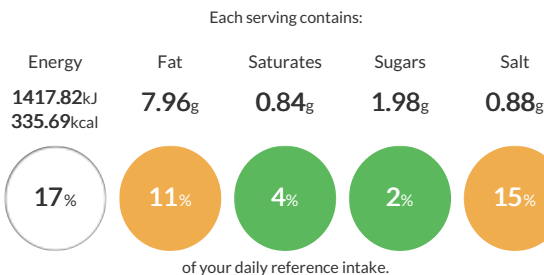
## Method & Recipe Notes

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.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## 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

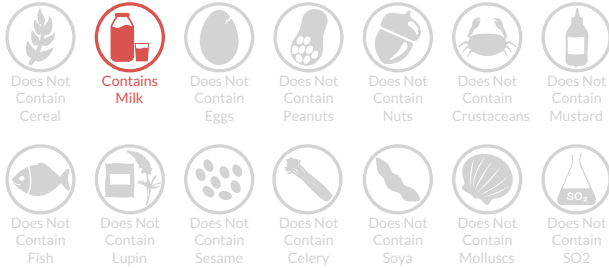
## Ingredients

Product	Quantity	Cost
Grated Mild Cheddar 6x2kg	30.00 g	£0.22
Jacket Potato	250.00 g	£0.25
<b>Total Cost: £0.47</b>		
<b>Per Serving: £0.47</b>		

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.

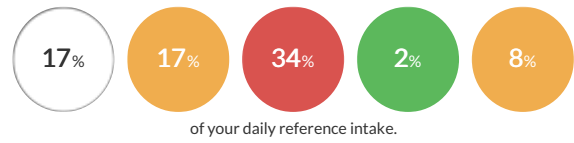
The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## 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

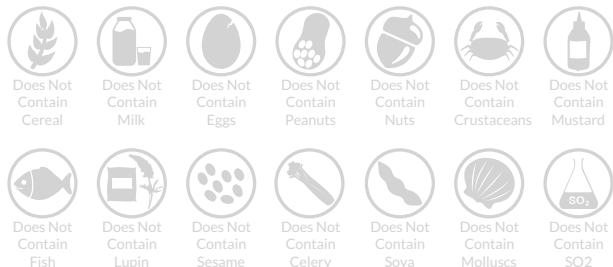
## Ingredients

Product	Quantity	Cost
Reduced Salt & Sugar Baked Beans in tomato sauce	50.00 g	£0.05
Jacket Potato	250.00 g	£0.25
	<b>Total Cost:</b> £0.30	
	<b>Per Serving:</b> £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, Flavoursings.).

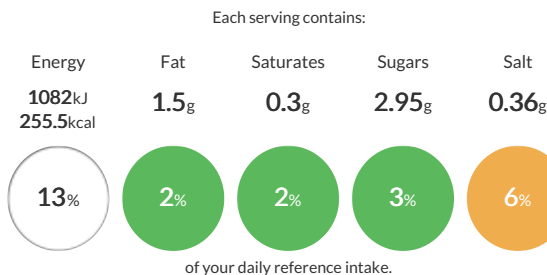
## Method & Recipe Notes

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.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## 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

# Jays Sausage Roll

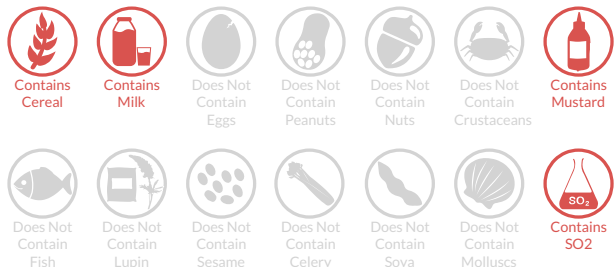
## Ingredients

Product	Quantity	Cost
1 x JUS-ROL READY ROLLED ALL BUTTER PUFF PASTRY SHEET 320g	320.00 g	
Sausage meat - Scorse	500.00 g	
Fresh herbs Sage, Tarragon, Tyme	200.00 g	
Fine Cut Marmalade	400.00 g	
		<b>Total Cost: £0.00</b>
		<b>Per Serving: £0.00</b>

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

Sausage meat - Scorse (35%) (Pork 80%, Water Seasoning-Rusk (Fortified **WHEAT** Flour (Calcium Carbonate, Iron Niacin,Thiamine) Salt, Raising Agent E503(ii), Salt, **Whey(MILK)**Powder, Spices (White Pepper, **MUSTARD**, Nutmeg), Fortified **WHEAT** Flour (contains Calcium Carbonate, Iron, Niacin, Thiamine), Emulsifier E451 (i), Preservative E223 **SULPHITES**, Dextrose, Antioxidant E301, Flavourings.). Fine Cut Marmalade (28%) (Glucose-Fructose Syrup, Sugar, Seville Oranges, Water, Acid (Citric Acid), Acidity Regulator (Sodium Citrate), Gelling Agent (Pectin), Caramelised Sugar, Orange Oil. Prepared with 30g of fruit per 100g. Total sugar content 63g per 100g.). 1 x JUS-ROL READY ROLLED ALL **BUTTER** PUFF PASTRY SHEET 320g (23%) (**WHEAT** flour, concentrated **BUTTER** (23.5%), water, alcohol, salt, lemon juice concentrate, deactivated yeast, colour (beta-carotene)). Fresh herbs Sage, Tarragon, Tyme (14%).

## Method & Recipe Notes

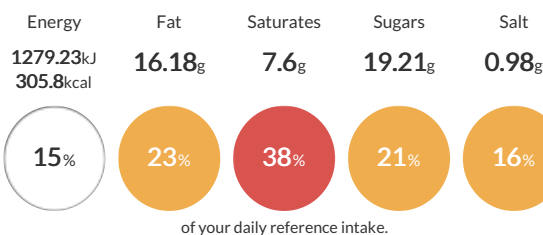
Lay out Pastry Mix all ingredients squash together. Divide the mixture in two and mould each half into a cylindrical shape. Put each portion of meat into the middle of a pastry strip, leaving a border at either side Brush the pastry border and the top of the sausage mix with the beaten egg. Fold one edge of the pastry over the meat and roll to encase, then use a fork to press the pastry edges together. Cut the sausage rolls into 6" lengths and arrange on a lined baking tray. Chill for 20 mins. Can be made a day ahead or frozen for up to one month; to bake from frozen, add an extra 10 mins to the cooking time. STEP 3 Heat oven to 200C/180C fan/gas 6. Brush the sausage rolls with the rest of the beaten egg and sprinkle with the sesame seeds or nigella seeds (if using). Bake for 30-35 mins until the pastry is deep golden. Transfer the sausage rolls to a wire rack and leave to cool for 10 mins.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake

Each serving contains:



of your daily reference intake.

## Nutritional Summary

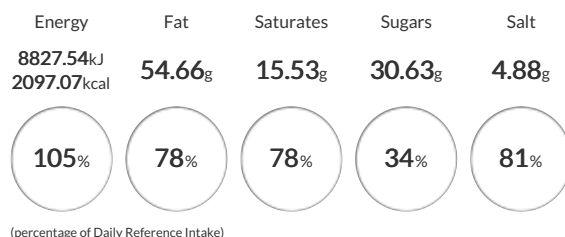
Energy	1279.23kJ 305.8kCal
Protein	7.13g
Carbohydrates	31.65g
of which sugars	19.21g
Non Milk Extrinsic Sugars	0g
Fat	16.18g
of which saturates	7.6g
Fibre	0.29g
Salt	0.98g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Friday

Total Cost Per Serving:

£ 3.23

### Nutritional Intake



### Nutritional Summary

Property	Per Serving	% of Daily Reference Intake
Energy	8827.54kJ 2097.07kCal	105%
Carbohydrates	308.95g	103%
of which sugars	30.63g	34%
Fat	54.66g	78%
of which saturates	15.53g	78%
Fibre	31.31g	174%
Protein	79.41g	159%
Salt	4.88g	81%
Sodium	0.78g	49%
Iron	0.79mg	9%
Calcium	61.49mg	9%
Zinc	0.36mg	4%
Vitamin A	56µg	8%
Vitamin C	11.31mg	28%
Folate	56.99µg	28%
Non Milk Extrinsic Sugars	0g	0%

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions



# Fish Fingers

## Ingredients

<b>Product</b> Cod Fish Fingers 817600	<b>Quantity</b> 50.00 g	<b>Cost</b> £0.24
	<b>Total Cost: £0.24</b>	
<b>Serves:</b> 1	<b>Per Serving: £0.24</b>	

## 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

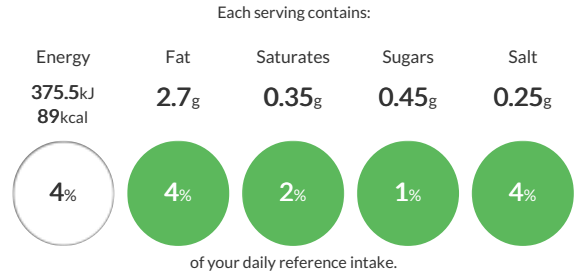
### Ingredients

**Cod Fish Fingers 817600 (100%)** (57% Atlantic **COD** (Gadus morhua) (**FISH**), **WHEAT**flour, Water, Rapeseed Oil, **WHEAT** Starch, Salt, Wheatfiber (glutenfree), Spices and Herbs Mix (**WHEAT**flour, Herbs, Salt, Spices), Yeast, Dietary Fibre (**WHEAT**), **WHEAT** Protein, Citrus Fiber, Stabilisers (Methyl Cellulose, Hydroxypropylmethylcellulose), Acidity Regulator (Sodium Citrates), Antioxidants (Ascorbic Acid Sodium Salts, Ascorbic Acid), Paprika, Turmeric, Natural Aroma).

## Method & Recipe Notes

Follow manufactures guidelines

## Reference Intake



## Nutritional Summary

Energy	375.5kJ 89kCal
Protein	6.6g
Carbohydrates	9.35g
of which sugars	0.45g
Non Milk Extrinsic Sugars	0g
Fat	2.7g
of which saturates	0.35g
Fibre	0g
Salt	0.25g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# Sweet Potato, Spinach & Feta tortilla

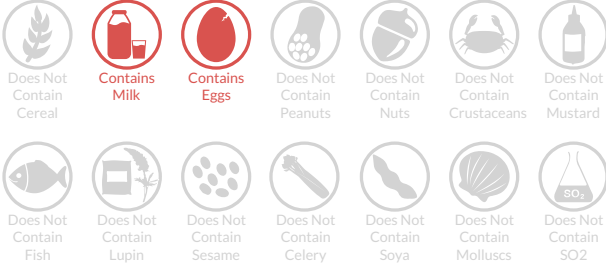
## Ingredients

Product	Quantity	Cost
Sweet Potatoes	100.00 g	
Extra Virgin Olive Oil	20.00 g	
Spinach	100.00 g	
6 x Medium Free Range Eggs	348.00 g	
Feta Cheese	100.00 g	
		<b>Total Cost: £0.00</b>
		<b>Per Serving: £0.00</b>

Serves: 6

## 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

6 x Medium Free Range Eggs (52%) (EGGS). Sweet Potatoes (15%) (Sweet potatoes 100%). Spinach (15%) (Spinach). Feta Cheese (15%) (Pasteurised Sheep and Goat MILK, Salt, Rennet starter culture, Calcium Chloride.). Extra Virgin Olive Oil (3%) (Extra virgin olive oil).

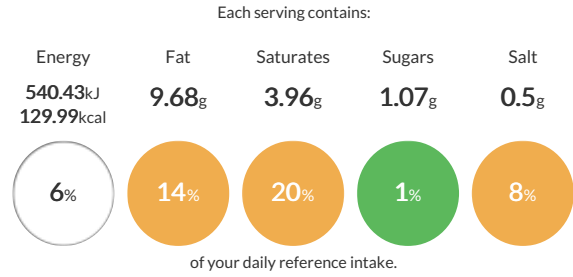
## Method & Recipe Notes

STEP 1 Pierce the potatoes a few times on each side. Microwave on high for 5-8 mins until soft, then set aside to cool a little. STEP 2 Heat the oil in a 20cm ovenproof frying pan and wilt the spinach for a minute or two (you might have to do this in batches). Cut each potato in half lengthways and use a spoon to scoop out the flesh, keeping it in big chunks. Whisk the eggs. STEP 3 Add the sweet potato to the pan and stir to combine with the spinach. Don't break it up too much. Pour in the egg and swirl around so it fills any gaps in the pan. Scatter over the feta and cook for 15 mins until set

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake



## Nutritional Summary

Energy	540.43kJ 129.99kCal
Protein	3.53g
Carbohydrates	3.08g
of which sugars	1.07g
Non Milk Extrinsic Sugars	0g
Fat	9.68g
of which saturates	3.96g
Fibre	0.95g
Salt	0.5g
Sodium	0.01g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

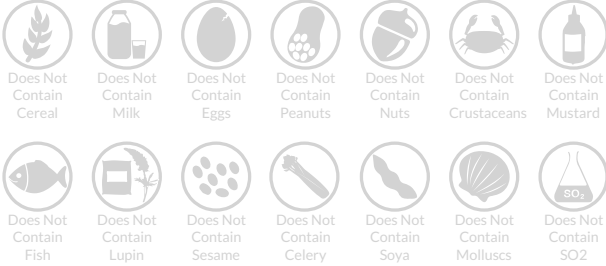
# Baked Beans

## Ingredients

<b>Product</b> Reduced Salt & Sugar Baked Beans in tomato sauce	<b>Quantity</b> 50.00 g	<b>Cost</b> £0.05
	<b>Total Cost: £0.05</b>	
<b>Serves:</b> 1	<b>Per Serving: £0.05</b>	

## 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

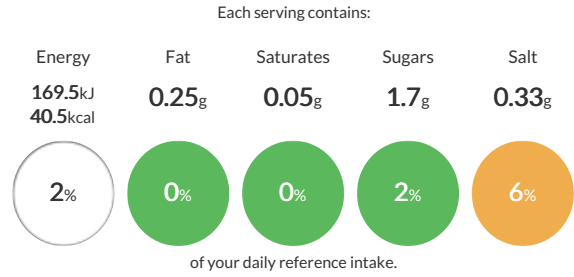
### Ingredients

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

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# Crunchy Veg/Salad Sticks

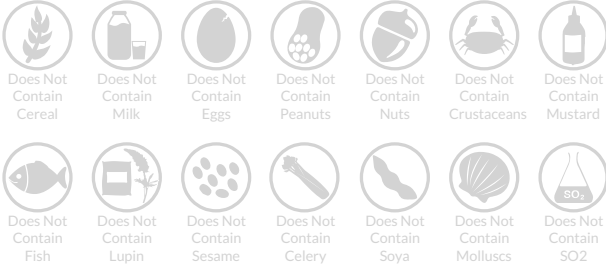
## Ingredients

Product	Quantity	Cost
Cucumber	85.00 g	£0.15
Carrots	100.00 g	£0.08
<b>Total Cost:</b> £0.22		
<b>Per Serving:</b> £0.22		

Serves: 1

## Allergy Information

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

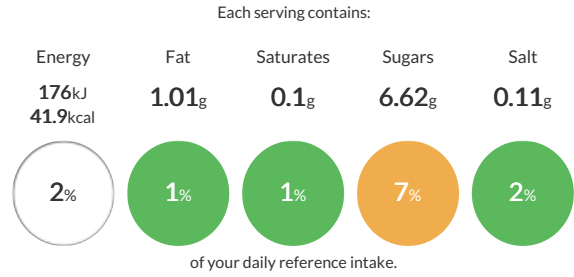


### Nuts:

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		

### Cereals:

## 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

## 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.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# Wholemeal Pasta















## Ingredients

Product	Quantity	Cost
Water, Tap	56.00 g	
Pasta Fusilli	56.00 g	
		<b>Total Cost: £0.00</b>
		<b>Per Serving: £0.00</b>

Serves: 1

## 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

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

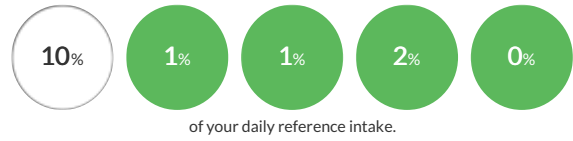
## Method & Recipe Notes

Cook as per manufactures instructions.

## Reference Intake

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
843.92kJ 201.6kcal	<b>0.84g</b>	<b>0.17g</b>	<b>1.96g</b>	<b>0.01g</b>



## 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

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

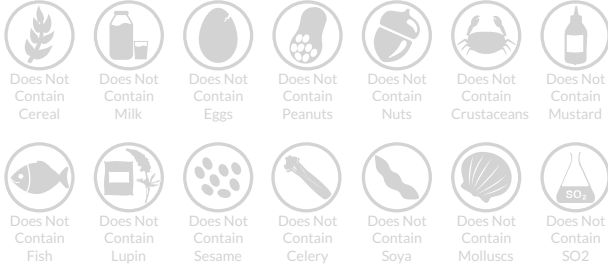
# Chips

## Ingredients

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

## Allergy Information

Key: Contains May Contain

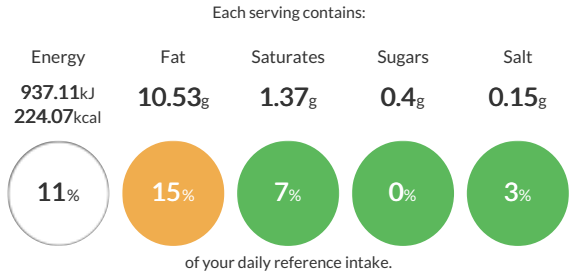


### Nuts:

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	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

## 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.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# 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

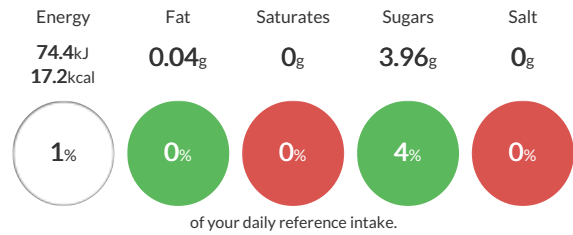
FRUITY ICE LOLLY (100%) (NOTHING BUT THE JUICE OF ORGANIC APPLE (90%), ORGANIC GRAPE (10%) AND A DROP OF ORGANIC GUAR GUM.).

## 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

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# Ham & Salad Baguette

## Ingredients

Product	Quantity	Cost
Baguette - only	142.00 g	£0.26
Ham & Salad filling	96.00 g	£0.43
	<b>Total Cost:</b> £0.69	
	<b>Per Serving:</b> £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.

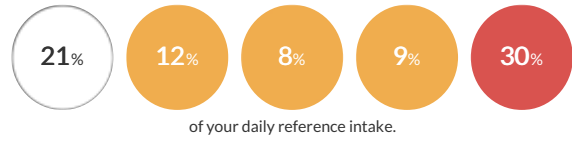
The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## Reference Intake

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
1785.96kJ 423.02kcal	8.58g	1.63g	8.14g	1.81g



of your daily reference intake.

## 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

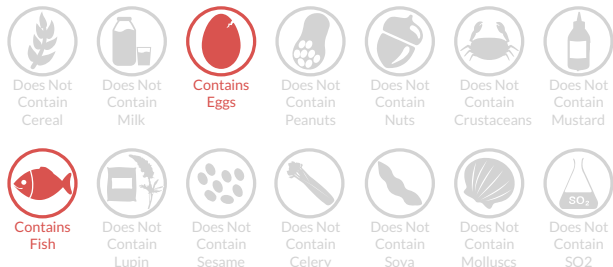
## Ingredients

Product	Quantity	Cost
Tuna Mayonnaise	81.00 g	£0.43
Jacket Potato	250.00 g	£0.25
<b>Total Cost: £0.68</b>		
<b>Per Serving: £0.68</b>		

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)).

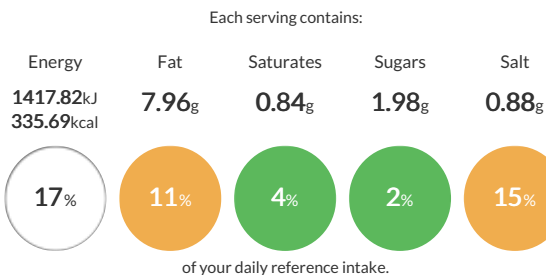
## Method & Recipe Notes

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.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## 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

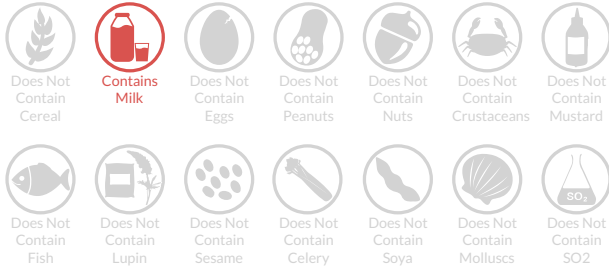
## Ingredients

Product	Quantity	Cost
Grated Mild Cheddar 6x2kg	30.00 g	£0.22
Jacket Potato	250.00 g	£0.25
<b>Total Cost: £0.47</b>		
<b>Per Serving: £0.47</b>		

Serves: 1

## Allergy Information

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



### Nuts:

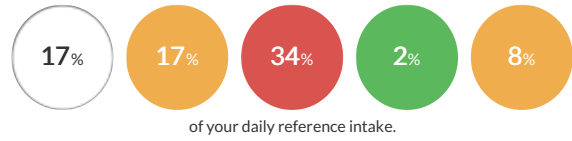
Almond Nuts:	No	Wheat:	No
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

### Cereals:

## 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

## 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.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

# Jacket Potato & Baked beans

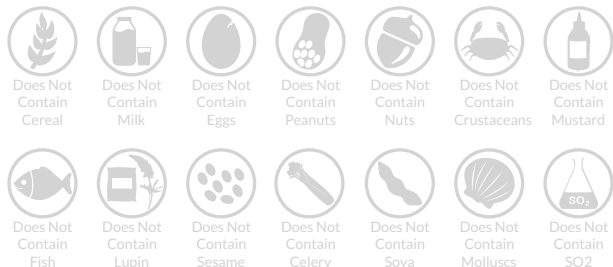
## Ingredients

Product	Quantity	Cost
Reduced Salt & Sugar Baked Beans in tomato sauce	50.00 g	£0.05
Jacket Potato	250.00 g	£0.25
	<b>Total Cost:</b> £0.30	
	<b>Per Serving:</b> £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.).

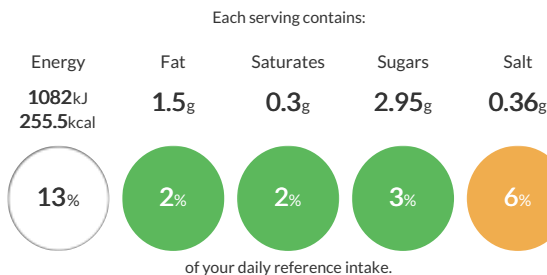
## Method & Recipe Notes

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.

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

## 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