

SS23 Primary Menu Wk 2

Plan Cost per Serving: 14.78



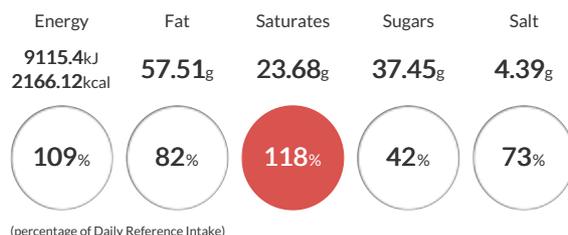
OPTION 1	OPTION 2 (V)	SIDES	DESSERTS	PL/JP
Monday				
Macaroni Cheese	Roasted Veg Pasta bake (Allergen Aware option)	Green Beans	Berry pancakes	Egg Mayo & Cress filled Sandwich
		Carrots		Jacket Potato & Tuna Mayo
		Crusty Bread		Jacket Potato & Cheese
				Jacket Potato & Baked beans
Tuesday				
Lemon Herb Chicken	Homity Pie	Corn on the Cob	Summer Fruit Salad with a Dollop of Greek yoghurt	Cheese & Salad Sandwich
		New Potatoes		Jacket Potato & Tuna Mayo
		Green Salad		Jacket Potato & Cheese
				Jacket Potato & Baked beans
Wednesday				
Honey Roast Ham	Cheesy Leek & Potato Parcels	Broccoli	Arctic Roll	Fish Finger Roll
		Carrots		Jacket Potato & Tuna Mayo
		Gravy		Jacket Potato & Cheese
		Roast Potatoes		Jacket Potato & Baked beans
Thursday				
Norse Sausages	Quorn	Baked Beans	Chocolate Angel Delight	BBQ Jackfruit Wrap
		Tomatoes		Jacket Potato & Tuna Mayo
		Hash Browns		Jacket Potato & Cheese
				Jacket Potato & Baked beans
Friday				
Fishtastic Wrap	Halloumi Pizzaiola	Peas	Pip Ice Lolly	Ham & Salad Sandwich
		Baked Beans		Jacket Potato & Tuna Mayo
		Wholemeal Pasta		Jacket Potato & Cheese
		Chips		Jacket Potato & Baked beans

Monday

Total Cost Per Serving:

£ 1.95

Nutritional Intake



Nutritional Summary

Property	Per Serving	% of Daily Reference Intake
Energy	9115.4kJ 2166.12kCal	109%
Carbohydrates	307.15g	102%
of which sugars	37.45g	42%
Fat	57.51g	82%
of which saturates	23.68g	118%
Fibre	31.48g	175%
Protein	82.8g	166%
Salt	4.39g	73%
Sodium	0.55g	34%
Iron	1.52mg	17%
Calcium	165.68mg	24%
Zinc	0.66mg	7%
Vitamin A	106.02µg	15%
Vitamin C	87.74mg	219%
Folate	87.36µg	44%
Non Milk Extrinsic Sugars	0g	0%

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Macaroni Cheese

Ingredients

Product	Quantity	Cost
Grated Mild Cheddar 6x2kg	700.00 g	£5.21
Fagiolini macaroni	1500.00 g	£2.39
Tap Water	3000.00 g	
Millac Value Skimmed Milk Powder with Non-Milk Fat 2kg	360.00 g	£1.34
Marigold for Baking (250g x 40)	150.00 g	£0.44
Plain Flour	150.00 g	£0.10
English Mustard	14.00 g	£0.04
Total Cost: £9.52		
Per Serving: £0.40		

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

Tap Water (51%) (Water). Fagiolini macaroni (26%) (Durum **WHEAT** Flour 88%, water 12%). Grated Mild Cheddar 6x2kg (12%) (**MILK**, Salt, Rennet, Starter Culture Anticaking Agent - Cellulose). Millac Value Skimmed **MILK** Powder with Non-**MILK** Fat 2kg (6%) (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) (3%) (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring.). Plain Flour (3%) (**WHEAT** Flour (**WHEAT** flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))). English **Mustard** (0%) (Water, **MUSTARD** Flour (20%), Glucose-Fructose Syrup, Salt, **MUSTARD** Bran (4%), Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)).

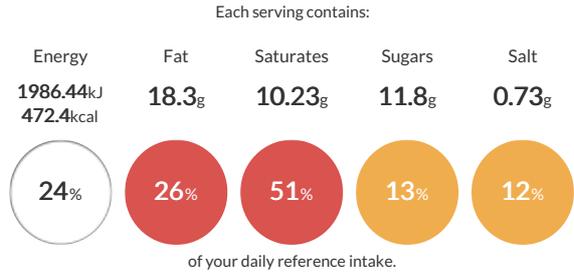
Method & Recipe Notes

1. Make cheese sauce by melting margarine, add flour and make roux. bring water to point of boil, stir in milk powder, then Gently add the milk to the roux, stirring all the time. Add 2/3 grated cheese and mustard to taste. 2. Cook macaroni following manufacturers instructions. Drain. 3. Mix macaroni and cheese sauce. 4. Place in either ceramic or gastronome tin and top with the remaining cheese. 5. Bake at Gas 6 / 400Å°F / 200Å° C for 30 mins. or until the top is golden and a core temperature of 75Å° is achieved. 6. Don't add Salt

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Reference Intake



Nutritional Summary

Energy	1986.44kJ 472.4kCal
Protein	17.72g
Carbohydrates	55.48g
of which sugars	11.8g
Non Milk Extrinsic Sugars	0g
Fat	18.3g
of which saturates	10.23g
Fibre	0.5g
Salt	0.73g
Sodium	0.1g
Iron	0.13mg
Calcium	8.75mg
Zinc	0.04mg
Folate	1.38µg
Vitamin A	0µg
Vitamin C	0mg

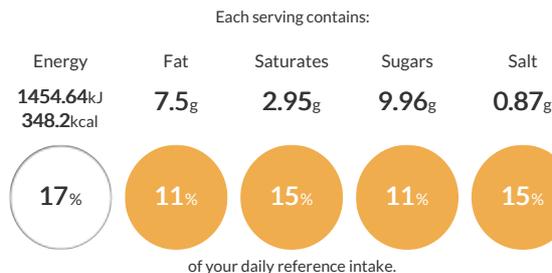
Roasted Veg Pasta bake (Allergen Aware option)

Ingredients

Product	Quantity	Cost
Pepper red, raw x2	600.00 g	
Peppers Yellow x2	600.00 g	
Aubergine x 1	300.00 g	
Courgettes x 3	588.00 g	
Red Onions x 2	300.00 g	
Tomatoes Cherry	250.00 g	
Chopped Tomatoes	800.00 g	
2 x Garlic cloves	8.00 g	
Pasta Penne/ GF Pasta	600.00 g	
Grated Mozzarella/Cheddar Cheese blend	300.00 g	
Basil Pesto - Nut free	50.00 g	
Total Cost: £0.00		
Per Serving: £0.00		

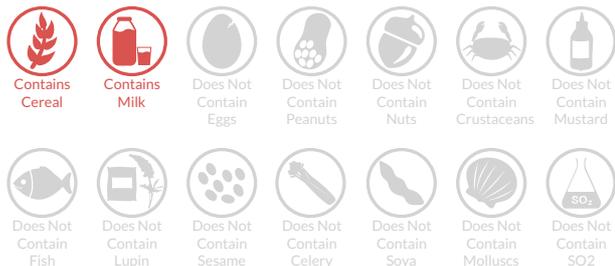
Serves: 12

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:	No
Barley:	No
Kamut:	No

Nutritional Summary

Energy	1454.64kJ 348.2kcal
Protein	15.5g
Carbohydrates	47.8g
of which sugars	9.96g
Non Milk Extrinsic Sugars	0g
Fat	7.5g
of which saturates	2.95g
Fibre	5.44g
Salt	0.87g
Sodium	0.16g
Iron	0.64mg
Calcium	22.75mg
Zinc	0.27mg
Folate	62.98µg
Vitamin A	49.98µg
Vitamin C	75.29mg

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

Chopped Tomatoes (18%) (Chopped tomatoes 65%, tomato paste, salt, acidity regulator: citric acid.), Pepper red, raw x2 (14%), Peppers Yellow x2 (14%) (Peppers), Pasta Penne/ GF Pasta (14%) (DURUM WHEAT SEMOLINA, WATER), Courgettes x 3 (13%) (Courgettes (100%)). Aubergine x 1 (7%) (Aubergine). Red Onions x 2 (7%) (Onions). Grated **Mozzarella/Cheddar Cheese** blend (7%) (contains **MILK**). Tomatoes Cherry (6%) (Tomatoes). Basil Pesto - **Nut** free (1%) (Extra Virgin Olive Oil, Basil (34%), Pine Nuts, Vegetarian **Cheese** Grated (7%) (Pasteurised Cows **MILK**, Salt, Microbial Rennet, Starter Cultures). Capers, Garlic, Sea Salt, Black Pepper, Mint). 2 x Garlic cloves (0%) (100% IQF Garlic cloves).

Method & Recipe Notes

Chop peppers, aubergine, courgettes and onions place in roasting tin with toss with oil cook for 45min on 190 C Add cherry toms cut in half with garlic and tinned tomatoes cook 10 - 15 mins Meanwhile cook pasta to manufactures instructions Add some of the pasta water to veggies to loosen sauce Drain pasta and stir into the roasted veg Stir in pesto and some cheese leave enough cheese to sprinkle on top return to oven until cheese is melted on top

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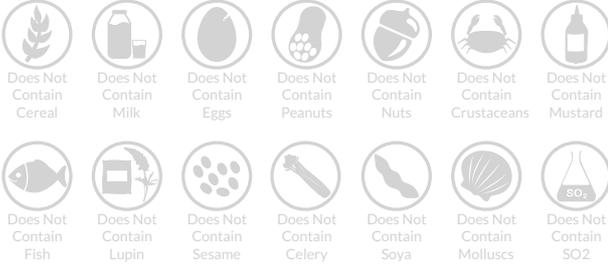
Green Beans

Ingredients

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

Allergy Information

Key: Contains May Contain



Nuts:

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

Cereals:

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

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: Suitable for



Label Information

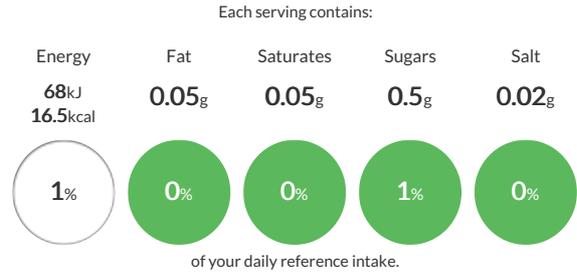
Ingredients

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

Method & Recipe Notes

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

Reference Intake



Nutritional Summary

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

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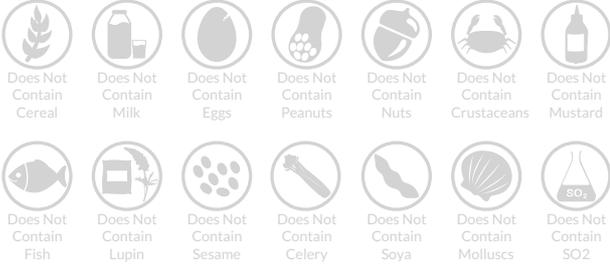
Carrots

Ingredients

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

Allergy Information

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

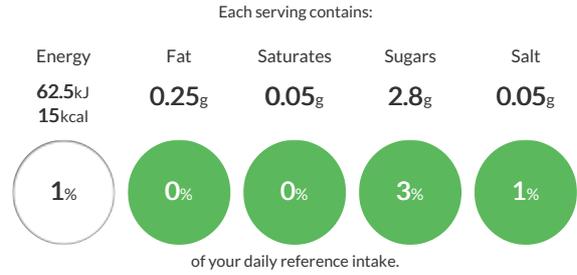


Nuts:

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

Cereals:

Reference Intake



Nutritional Summary

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

Dietary Information

Key: **Suitable for**



Label Information

Ingredients
Carrots (100%) (Carrots).

Method & Recipe Notes

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

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Crusty Bread

Ingredients

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

Allergy Information

Key: Contains May Contain



Nuts:

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

Cereals:

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

Dietary Information

Key: Suitable for



Label Information

Ingredients

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

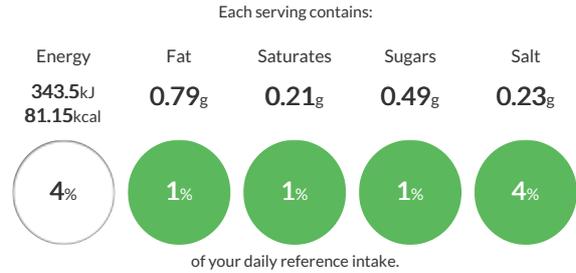
Method & Recipe Notes

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

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Reference Intake



Nutritional Summary

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

Berry pancakes

Ingredients

Product	Quantity	Cost
Frozen Buttermilk Pancakes - NUT FREE	24.00 g	
Summer fruit (fruit berry mix)	1000.00 g	
Cornflour	5.00 g	
	Total Cost: £0.00	
	Per Serving: £0.00	

Serves: 24

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:

Dietary Information

Key: Suitable for



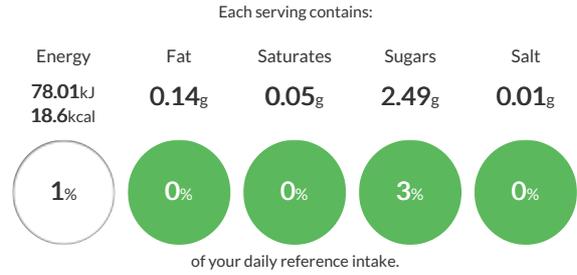
Label Information

Ingredients
 Summer fruit (fruit berry mix) (97%) (Redcurrants 25, Strawberries 20%, Blackberries 17.5%, Blackcurrants 15%, Whole and Broken Raspberries 15%, Cultivated Blueberries 7.5%). Frozen **Buttermilk** Pancakes - NUT FREE (2%) (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Buttermilk** (**MILK**) (28%), Sugar, Water, Pasteurised Liquid **EGG**, **Whey** Powder (**MILK**), Rapeseed Oil, Raising Agents (Disodium Diphosphate, Potassium Bicarbonate), Preservatives (Calcium Propionate, Potassium Sorbate), Acidity Regulator (Citric Acid, Salt). Cornflour (0%) (Cornflour).

Method & Recipe Notes

Defrost pancakes and warm through - nut free ones Put summer fruit mix in saucepan cover with water bring to the boil thicken with cornflour Add sugar to taste serve fruit on top of pancake dust with icing sugar

Reference Intake



Nutritional Summary

Energy	78.01kJ 18.6kcal
Protein	0.49g
Carbohydrates	2.93g
of which sugars	2.49g
Non Milk Extrinsic Sugars	0g
Fat	0.14g
of which saturates	0.05g
Fibre	1.93g
Salt	0.01g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

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Egg Mayo & Cress filled Sandwich

Ingredients

Product	Quantity	Cost
Medium Free Range Eggs	58.00 g	£0.15
MJ BAKER LIGHT MAYONNAISE 5L	7.00 g	£0.01
Kerrymaid Buttery Spread 6 x 2kg	7.00 g	£0.01
Salad Cress	15.00 g	£0.05
White Sandwich Bread	78.00 g	£0.13
		Total Cost: £0.35
		Per Serving: £0.35

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

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

Cereals:

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

Dietary Information

Key: Suitable for



Label Information

Ingredients

White Sandwich Bread (47%) (**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).), Medium Free Range **Eggs** (35%) (**EGGS**). Salad Cress (9%) (Salad Cress). MJ BAKER LIGHT MAYONNAISE 5L (4%) (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.), 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).

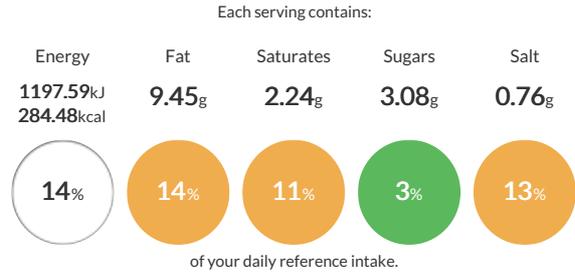
Method & Recipe Notes

Boil egg from cold water for ten minutes, then cool under the tap until room temperature. Peel and mash the egg, with the mayonnaise. Spread the kerrymaid on both slices of bread Wash the cress, then using a pair of scissors, cut 2/3 of the way down the stem. Load the egg, then the cress Slice in half and ready to serve

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Reference Intake



Nutritional Summary

Energy	1197.59kJ 284.48kCal
Protein	6.7g
Carbohydrates	38.66g
of which sugars	3.08g
Non Milk Extrinsic Sugars	0g
Fat	9.45g
of which saturates	2.24g
Fibre	2.11g
Salt	0.76g
Sodium	0.17g
Iron	0.15mg
Calcium	7.5mg
Zinc	0.05mg
Folate	9µg
Vitamin A	56µg
Vitamin C	4.95mg

Jacket Potato & Tuna Mayo

Ingredients

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

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

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

Cereals:

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

Dietary Information

Key: Suitable for



Label Information

Ingredients

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

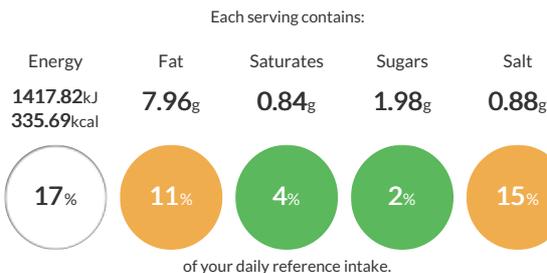
Method & Recipe Notes

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

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Reference Intake



Nutritional Summary

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

Jacket Potato & Cheese

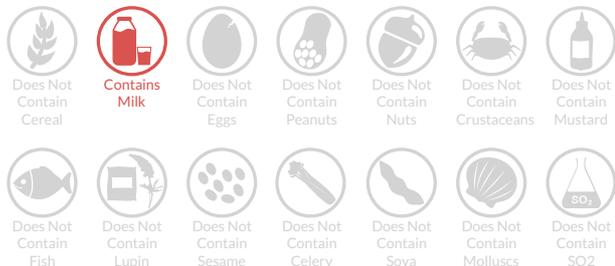
Ingredients

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

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

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

Cereals:

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

Dietary Information

Key: Suitable for



Label Information

Ingredients

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

Method & Recipe Notes

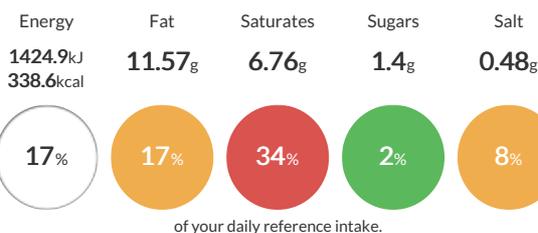
1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

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Reference Intake

Each serving contains:



of your daily reference intake.

Nutritional Summary

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

Jacket Potato & Baked beans

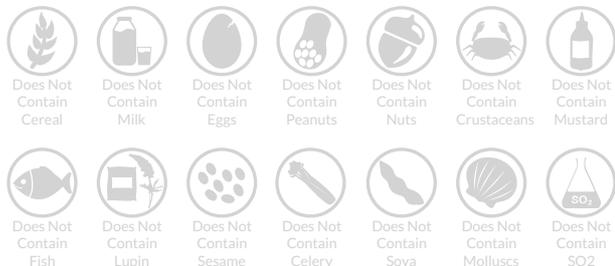
Ingredients

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

Serves: 1

Allergy Information

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



Nuts:

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

Gluten Content:

Gluten < 20ppm

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

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

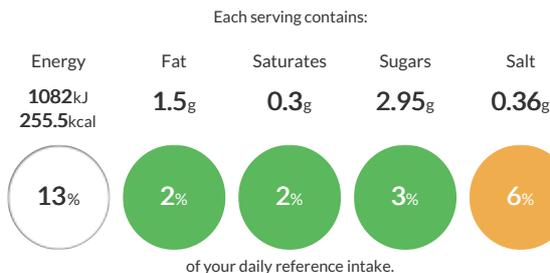
Method & Recipe Notes

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

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Reference Intake



Nutritional Summary

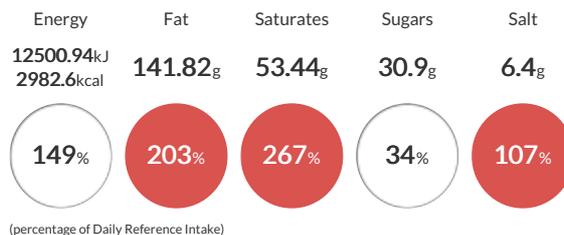
Energy	1082kJ 255.5kcal
Protein	7.05g
Carbohydrates	51.1g
of which sugars	2.95g
Non Milk Extrinsic Sugars	0g
Fat	1.5g
of which saturates	0.3g
Fibre	7.2g
Salt	0.36g
Sodium	0.03g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Tuesday

Total Cost Per Serving:

£ 3.15

Nutritional Intake



Nutritional Summary

Property	Per Serving	% of Daily Reference Intake
Energy	12500.94kJ 2982.6kCal	149%
Carbohydrates	305.5g	102%
of which sugars	30.9g	34%
Fat	141.82g	203%
of which saturates	53.44g	267%
Fibre	40.1g	223%
Protein	108.69g	217%
Salt	6.4g	107%
Sodium	0.85g	53%
Iron	0.48mg	6%
Calcium	43.73mg	6%
Zinc	0.16mg	2%
Vitamin A	0.6µg	0%
Vitamin C	30.01mg	75%
Folate	15.63µg	8%
Non Milk Extrinsic Sugars	0g	0%

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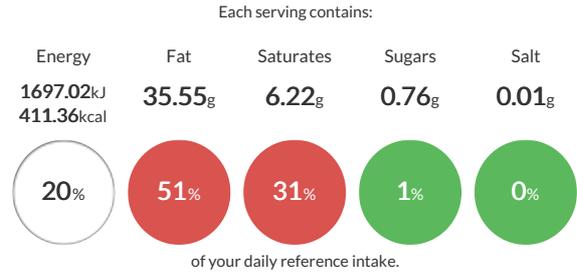
Lemon Herb Chicken

Ingredients

Product	Quantity	Cost
4 x Chicken - Score	360.00 g	
Olive Oil	150.00 g	
3 x Garlic cloves crushed	12.00 g	
Oregano	2.00 g	
Mixed Herbs 140g	2.00 g	
fresh Thyme leaves	2.00 g	
1 tsp Paprika	4.00 g	
1 x Lemon Zest	58.00 g	
Organic Lemon Juice	150.00 g	
		Total Cost: £0.00
		Per Serving: £0.00

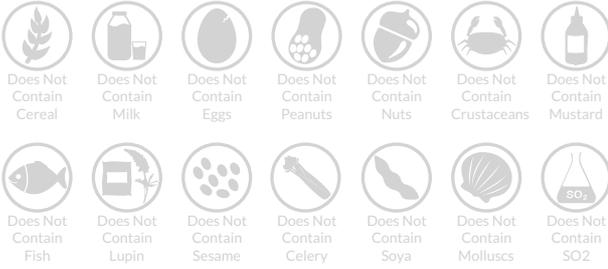
Serves: 4

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:	No
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No

Nutritional Summary

Energy	1697.02kJ 411.36kCal
Protein	20.42g
Carbohydrates	1.35g
of which sugars	0.76g
Non Milk Extrinsic Sugars	0g
Fat	35.55g
of which saturates	6.22g
Fibre	0.82g
Salt	0.01g
Sodium	0g
Iron	0.12mg
Calcium	18.85mg
Zinc	0.04mg
Folate	1.6µg
Vitamin A	0µg
Vitamin C	18.85mg

Dietary Information

Key: Suitable for



Label Information

Ingredients

4 x Chicken - Score (49%) (Chicken Breast Fillets). Olive Oil (20%) (Extra virgin olive oil). Organic Lemon Juice (20%) (100% Natural (NFC) Lemon juice, Organic certified). 1 x Lemon Zest (8%). 3 x Garlic cloves crushed (2%) (100% IQF Garlic cloves). 1 tsp Paprika (1%) (Sweet Paprika). Oregano (0%) (Oregano). Mixed Herbs 140g (0%) (Parsley, basil, thyme, marjoram, oregano). fresh Thyme leaves (0%).

Method & Recipe Notes

Place chicken in a dish Whisk the other ingredients together to make marinade Pour marinade over chicken mix to make sure all chicken is coated cover and refrigerate for at least 20mins can be done overnight Remove chicken from Marinade and cook in oven for 15/20 mins until 75c is reached Leave chicken to rest for 5-10 mins then serve

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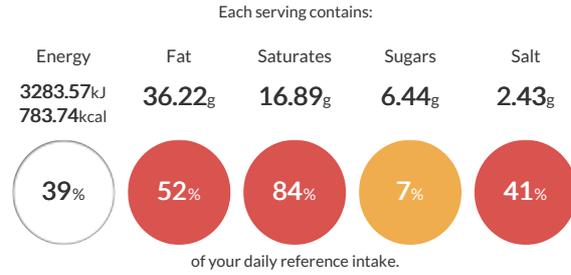
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Homity Pie

Ingredients

Product	Quantity	Cost
Marigold for Baking (250g x 40)	250.00 g	£0.73
Plain Flour	18.00 g	£0.01
Leeks	250.00 g	£0.50
Vegetable Oil	45.00 g	£0.08
MIXED HERBS 6x130g	10.00 g	£0.15
MOZZARELLA/CHEDDAR 70/30	23.00 g	£0.17
Garlic	33.00 g	£0.18
Semi Skimmed Milk	1182.00 g	£1.03
Puff Pastry	1500.00 g	£2.99
Whole Potatoes	6000.00 g	£5.76
Onions	400.00 g	£0.40
Total Cost:		£11.99
Serves: 16		Per Serving: £0.75

Reference Intake



Allergy Information

Key: Contains May Contain



Nuts:

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

Cereals:

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

Nutritional Summary

Energy	3283.57kJ 783.74kCal
Protein	15.38g
Carbohydrates	95.39g
of which sugars	6.44g
Non Milk Extrinsic Sugars	0g
Fat	36.22g
of which saturates	16.89g
Fibre	11.89g
Salt	2.43g
Sodium	0.09g
Iron	0.18mg
Calcium	17.09mg
Zinc	0.05mg
Folate	5.51µg
Vitamin A	0µg
Vitamin C	2.82mg

Dietary Information

Key: Suitable for



Label Information

Ingredients

Whole Potatoes (62%) (Potatoes, water, salt, firming agent: calcium chloride.). Puff Pastry (15%) (WHEAT flour, water, vegetable oils and fats (palm, rapeseed), salt, emulsifier (mono- and diglycerides of fatty acids), flour treatment agent (ascorbic acid)). Semi Skimmed MILK (12%) (Cornish Cows MILK). Onions (4%) (Onions). Marigold for Baking (250g x 40) (3%) (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring.). Leeks (3%) (Leeks). Vegetable Oil (0%) (Soyabean Oil (produced from Genetically Modified Soyabeans), Antifoaming Agent (E900)). Garlic (0%) (Garlic). MOZZARELLA/CHEDDAR 70/30 (0%) (Mozzarella (MILK), Pizza Cheddar Topping (Water, Cheddar (MILK), Mozzarella (MILK), Butter (MILK), MILK Protein, Modified Potato Starch, Salt, Skimmed MILK Powder, Emulsifying Salt E331(iii), E339(ii), Maltodextrin, Potato Starch, Preservative (E202)) and Potato Starch (Anti-caking agent)). Plain Flour (0%) (Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))). MIXED HERBS 6x130g (0%) (Marjoram, Thyme, Parsley, Basil, Savoury.).

Method & Recipe Notes

1 Roll out the pastry to line a BS tin and prick with a fork all over. 2 Melt the margarine and fry the leeks, onions and garlic for 3 mins. 3 Add the finely diced chopped potatoes 4 Add the flour and cook for 2 mins. 5 Slowly add the milk until thickened. 6 Add the herbs and half the cheese. 7 Transfer to the pastry base spread evenly and cover with remaining cheese. 8 Bake until golden brown in a pre-heated oven 180Å° C/ 350Å° F/Gas 4. * Serve warm.

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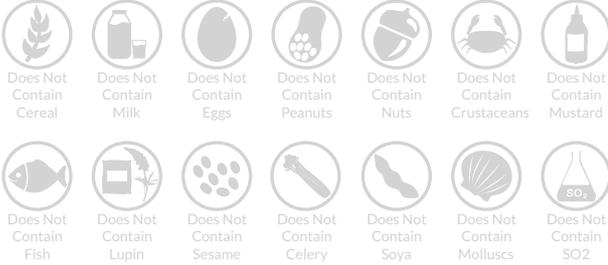
Corn on the Cob

Ingredients

Product Half Cut Cobs	Quantity 56.00 g	Cost £0.14
Serves: 1	Total Cost: £0.14 Per Serving: £0.14	

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

Half Cut Cobs (100%) (100% Corn on the Cob).

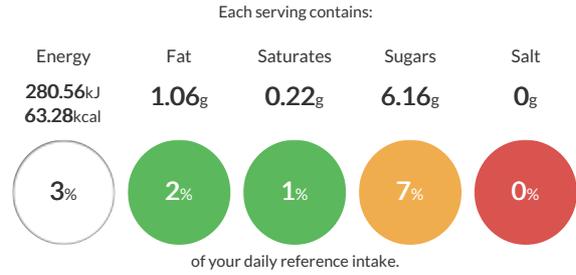
Method & Recipe Notes

Fill a large pot about halfway with water. Bring water to a boil. Add corn and reduce heat. Simmer corn for 6 to 8 minutes. Remove corn from cooking liquid and its ready to serve.

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Reference Intake



Nutritional Summary

Energy	280.56kJ 63.28kcal
Protein	2.24g
Carbohydrates	10.08g
of which sugars	6.16g
Non Milk Extrinsic Sugars	0g
Fat	1.06g
of which saturates	0.22g
Fibre	2.24g
Salt	0g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

New Potatoes

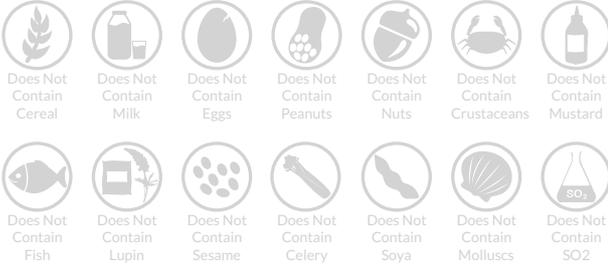
Ingredients

Product	Quantity	Cost
Parsley - chopped	5.00 g	
New Potatoes - skins on	90.00 g	
		Total Cost: £0.00
		Per Serving: £0.00

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

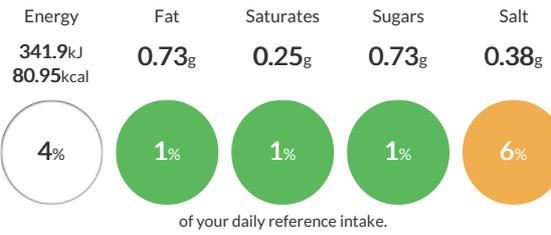
New Potatoes - skins on (95%) (Potatoes, water, salt, firming agent: calcium chloride.), Parsley - chopped (5%) (Parsley.).

Method & Recipe Notes

Wash potatoes cook until soft drain sprinkle with parsley before serving

Reference Intake

Each serving contains:



Nutritional Summary

Energy	341.9kJ 80.95kcal
Protein	2.95g
Carbohydrates	14.25g
of which sugars	0.73g
Non Milk Extrinsic Sugars	0g
Fat	0.73g
of which saturates	0.25g
Fibre	3.68g
Salt	0.38g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

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Green Salad

Ingredients

Product	Quantity	Cost
Mixed leaves Bag- Dole	500.00 g	
3 x Green Apples - diced	450.00 g	
1 x Cucumber - diced	400.00 g	
Pumpkin Seeds	100.00 g	
Cranberries- dried	200.00 g	
Olive Oil	100.00 g	
Honey - 2 tsp	14.00 g	
Balsamic Vinegar 2L	200.00 g	
		Total Cost: £0.00
		Per Serving: £0.00

Serves: 10

Allergy Information

Key: Contains May Contain



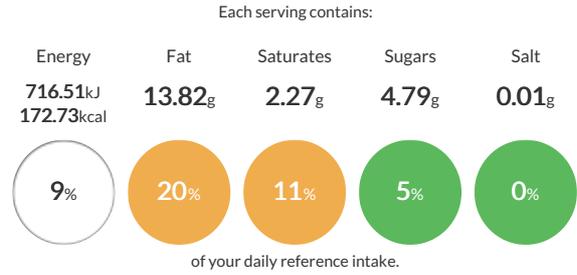
Nuts:

Almond Nuts:	May
Hazelnuts:	May
Walnuts:	May
Cashew Nuts:	May
Pecan Nuts:	May
Brazil Nuts:	May
Pistachio Nuts:	May

Cereals:

Wheat:	May
Rye:	No
Spelt:	No
Oats:	May
Barley:	May
Kamut:	No

Reference Intake



Nutritional Summary

Energy	716.51kJ 172.73kcal
Protein	2.72g
Carbohydrates	8.03g
of which sugars	4.79g
Non Milk Extrinsic Sugars	0g
Fat	13.82g
of which saturates	2.27g
Fibre	1.45g
Salt	0.01g
Sodium	0g
Iron	0.06mg
Calcium	1.67mg
Zinc	0.03mg
Folate	0.2µg
Vitamin A	0.6µg
Vitamin C	2.66mg

Dietary Information

Key: Suitable for



Label Information

Ingredients

Mixed leaves Bag- Dole (25%), 3 x Green Apples - diced (23%), 1 x Cucumber - diced (20%), Cranberries- dried (10%) (Cranberries), Balsamic Vinegar 2L (10%) (wine vinegar (contains **SULPHITES**), concentrated grape must (contains **SULPHITES**), colour (E150d)), Pumpkin Seeds (5%) (Pumpkin Seeds), Olive Oil (5%) (Extra virgin olive oil), Honey - 2 tsp (1%).

Method & Recipe Notes

Mix all salad ingredients together Make dressing from liquids taste and adjust as necessary pour over salad & serve

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Summer Fruit Salad with a Dollop of Greek yoghurt

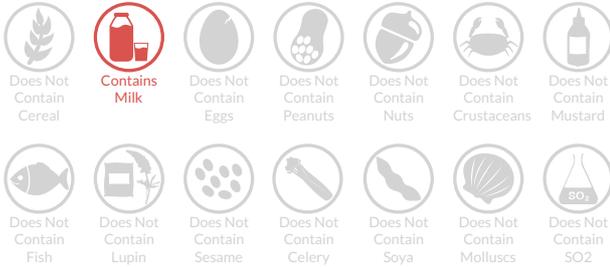
Ingredients

Product	Quantity	Cost
Greek Style Natural Yoghurt	500.00 g	
A Selection of seasonal fruits cut up	1000.00 g	
		Total Cost: £0.00
		Per Serving: £0.00

Serves: 12

Allergy Information

Key: Contains May Contain



Nuts:

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

Cereals:

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

Dietary Information

Key: Suitable for



Label Information

Ingredients

A Selection of seasonal fruits cut up (67%). Greek Style Natural Yoghurt (33%) (CREAM (Whole MILK), Stabiliser (MILK Protein / Potato Starch), Lactic Cultures, Preservative (Potassium Sorbate)).

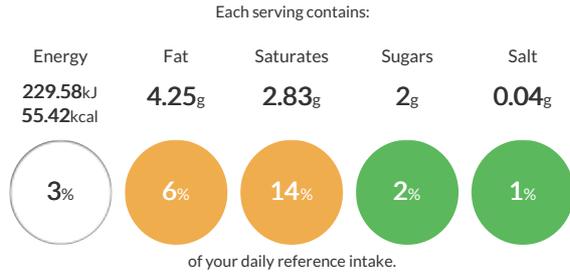
Method & Recipe Notes

Cut up seasonal fruits - this will change as we get to summer months serve with a spoon of Greek yoghurt

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Reference Intake



Nutritional Summary

Energy	229.58kJ 55.42kcal
Protein	2.38g
Carbohydrates	2g
of which sugars	2g
Non Milk Extrinsic Sugars	0g
Fat	4.25g
of which saturates	2.83g
Fibre	0.21g
Salt	0.04g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Cheese & Salad Sandwich

Ingredients

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

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

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

Cereals:

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

Dietary Information

Key: Suitable for



Label Information

Ingredients

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

Method & Recipe Notes

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

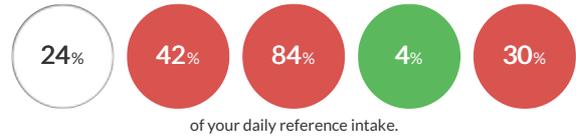
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Reference Intake

Each serving contains:

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



Nutritional Summary

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

Jacket Potato & Tuna Mayo

Ingredients

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

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

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

Cereals:

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

Dietary Information

Key: Suitable for



Label Information

Ingredients

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

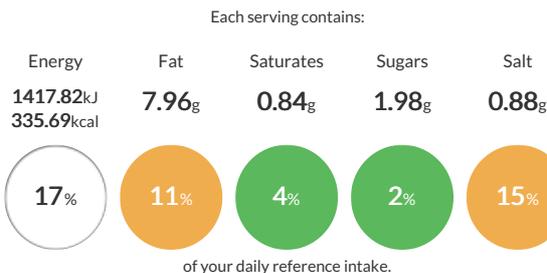
Method & Recipe Notes

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

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Reference Intake



Nutritional Summary

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

Jacket Potato & Cheese

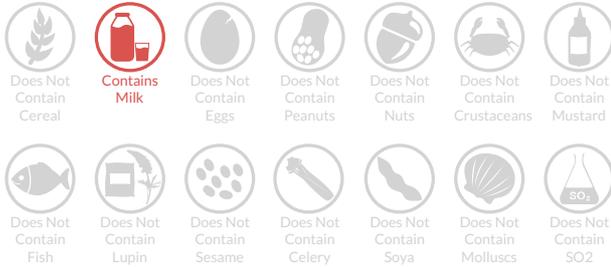
Ingredients

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

Serves: 1

Allergy Information

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



Nuts:

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

Cereals:

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

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

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

Method & Recipe Notes

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

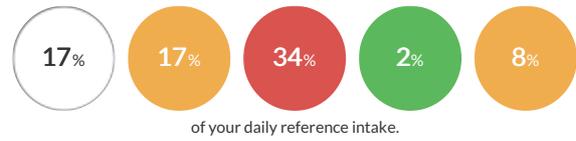
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Reference Intake

Each serving contains:

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



of your daily reference intake.

Nutritional Summary

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

Jacket Potato & Baked beans

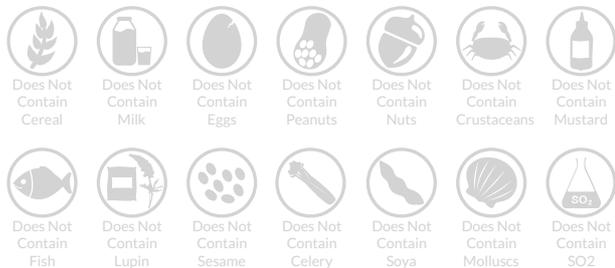
Ingredients

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

Serves: 1

Allergy Information

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



Nuts:

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

Gluten Content:

Gluten < 20ppm

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

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

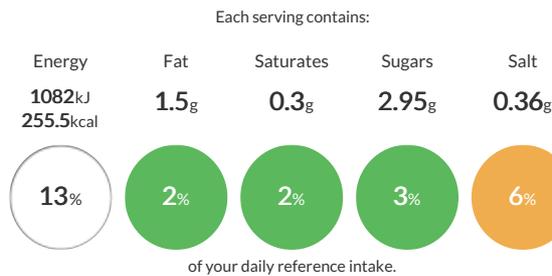
Method & Recipe Notes

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

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Reference Intake



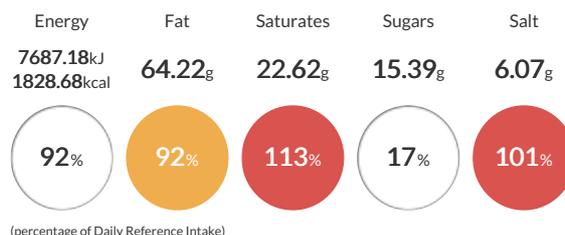
Nutritional Summary

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

Total Cost Per Serving:

£ 3.80

Nutritional Intake



Nutritional Summary

Property	Per Serving	% of Daily Reference Intake
Energy	7687.18kJ 1828.68kCal	92%
Carbohydrates	228.01g	76%
of which sugars	15.39g	17%
Fat	64.22g	92%
of which saturates	22.62g	113%
Fibre	27.21g	151%
Protein	76.86g	154%
Salt	6.07g	101%
Sodium	1.08g	68%
Iron	1.25mg	14%
Calcium	62.25mg	9%
Zinc	1.43mg	14%
Vitamin A	24.25µg	3%
Vitamin C	42.41mg	106%
Folate	74.07µg	37%
Non Milk Extrinsic Sugars	0.09g	1%

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Honey Roast Ham

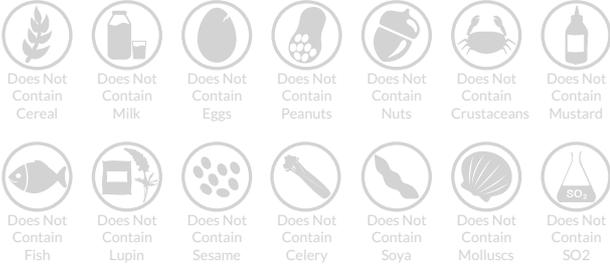
Ingredients

Product	Quantity	Cost
Ham, gammon joint	650.00 g	£2.10
Hyve Pure Runny Honey 720g	10.00 g	£0.04
Total Cost: £2.14		
Per Serving: £0.21		

Serves: 10

Allergy Information

Key: Contains May Contain



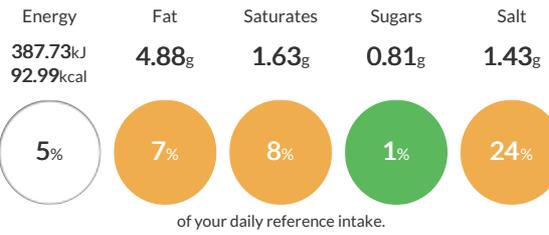
Nuts:

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:



Nutritional Summary

Energy	387.73kJ 92.99kcal
Protein	11.38g
Carbohydrates	0.82g
of which sugars	0.81g
Non Milk Extrinsic Sugars	0g
Fat	4.88g
of which saturates	1.63g
Fibre	0.01g
Salt	1.43g
Sodium	0.57g
Iron	0.39mg
Calcium	4.55mg
Zinc	0.98mg
Folate	2.6µg
Vitamin A	0µg
Vitamin C	0mg

Dietary Information

Key: Suitable for



Label Information

Ingredients

Ham, gammon joint (98%) (Ham, gammon joint). Hyve Pure Runny Honey 720g (2%) (Honey 100%).

Method & Recipe Notes

Honey Roast Ham & Gravy

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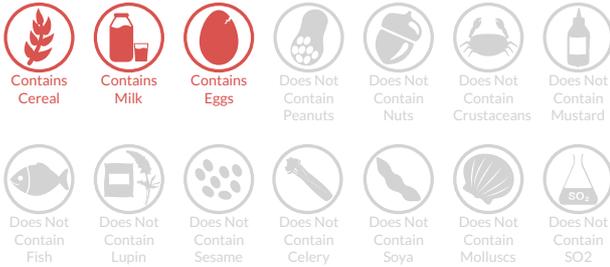
Cheesy Leek & Potato Parcels

Ingredients

Product	Quantity	Cost
Grated Mature Cheddar 8 x 2kg	250.00 g	£1.93
Marigold for Baking (250g x 40)	30.00 g	£0.09
Medium Free Range Eggs	60.00 g	£0.15
Puff Pastry	300.00 g	£0.76
THYME	3.00 g	£0.04
Leeks	300.00 g	£0.60
Potatoes	1200.00 g	£2.30
		Total Cost: £5.87
Serves: 10		Per Serving: £0.59

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

Potatoes (56%) (Potatoes, water, salt, firming agent: calcium chloride.), Puff Pastry (14%) (**WHEAT** flour, water, vegetable oils and fats (palm, rape), salt, emulsifier (mono- and diglycerides of fatty acids), flour treatment agents (ascorbic acid, L-cysteine).), Leeks (14%) (Leeks, raw). Grated Mature **Cheddar** 8 x 2kg (12%) (Pasteurised cow's **MILK**, salt, starter culture (**MILK**), microbial rennet). Medium Free Range **Eggs** (3%) (**EGGS**). Marigold for Baking (250g x 40) (1%) (Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring.), THYME (0%) (Dried Thyme.).

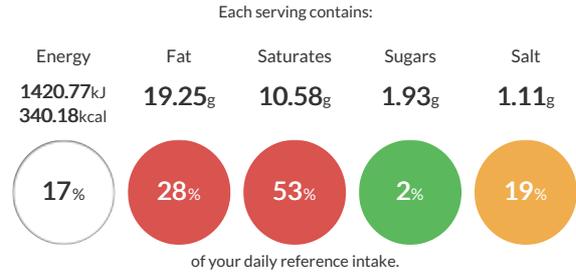
Method & Recipe Notes

1. Put the sliced leeks, marge and herbs in a pan, cover and cook over a low heat for about 20 mins until very soft, stirring occasionally. 2. While the leeks are cooking, put the sliced potatoes in a pan of cold water, bring to the boil and simmer for 4-5 mins until just cooked. 3. Drain the potatoes and stir into the cooked leeks. Leave to cool. 4. Stir in the cheese and season with plenty of pepper. 5. The filling can now be chilled for use the following day, if you like. 6. Heat oven to 180c 7. Use one sheet of pastry divide into squares 8. Pile the filling into pastry base and brush the border with the beaten egg. 9. Drape over a second piece of pastry. Trim the edges to make individual parcels, press the sides together with your thumb. 10. Brush the tarts all over with egg. Bake for 35-40 mins until golden.

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Reference Intake



Nutritional Summary

Energy	1420.77kJ 340.18kCal
Protein	10.41g
Carbohydrates	29.93g
of which sugars	1.93g
Non Milk Extrinsic Sugars	0g
Fat	19.25g
of which saturates	10.58g
Fibre	3.69g
Salt	1.11g
Sodium	0.2g
Iron	0.13mg
Calcium	15.6mg
Zinc	0mg
Folate	9.9µg
Vitamin A	0µg
Vitamin C	0.9mg

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

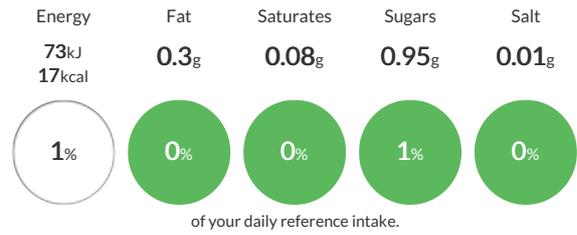
Method Please do not over cook

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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

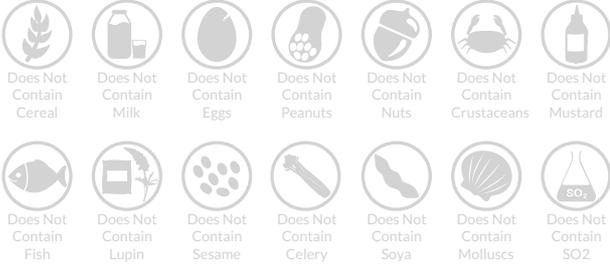
Carrots

Ingredients

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

Allergy Information

Key: Contains May Contain



Nuts:

Almond Nuts:	No
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).

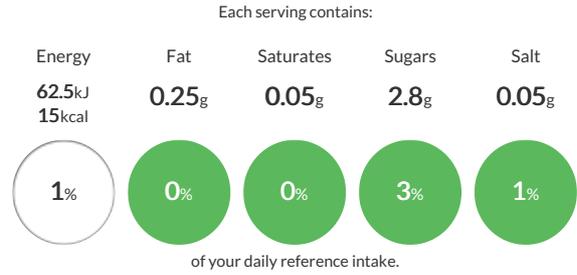
Method & Recipe Notes

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

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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

Gravy

Ingredients

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

Serves: 25

Allergy Information

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



Nuts:

Almond Nuts:	No
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

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

Method & Recipe Notes

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

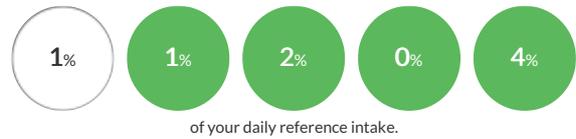
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Reference Intake

Each serving contains:

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



Nutritional Summary

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

Roast Potatoes

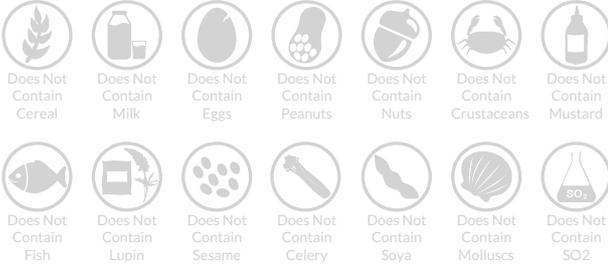
Ingredients

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

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

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

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: Suitable for



Label Information

Ingredients

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

Method & Recipe Notes

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

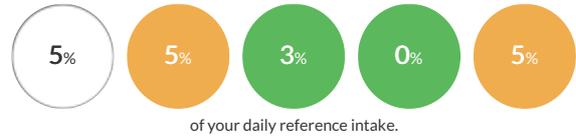
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Reference Intake

Each serving contains:

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



of your daily reference intake.

Nutritional Summary

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

Arctic Roll

Ingredients

Product	Quantity	Cost
Vanilla & Raspberry Ripple Ice Cream Sponge Roll 881505	36.00 g	£9.12
		Total Cost: £9.12
Serves: 36	Per Serving: £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

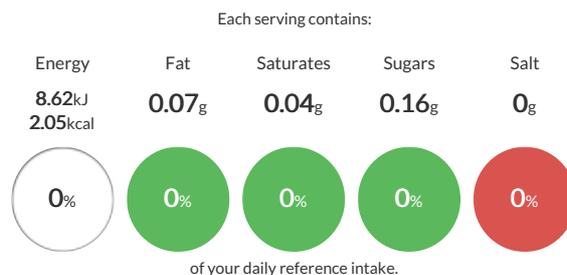
Vanilla & Raspberry Ripple Ice Cream Sponge Roll 881505 (100%) (Ice Cream Water, Sugar, Palm Oil, **Whey** Solids (**MILK**), **Whey** Powder (**MILK**), Skimmed **MILK** Powder, **BUTTERMILK** Powder, Emulsifier Mono and Di-Glycerides of Fatty Acids, Stabilisers Guar Gum, Xanthan Gum, Locust Bean Gum, Flavouring, Colour Beta-Carotene. Sponge 23% **WHEAT** Flour, Water, Sugar, Dextrose, **Egg** Blend (**EGG**, **EGG** white), **SOYA** Flour, Raising Agents (Disodium Disophate, Sodium Carbonate), Skimmed **Milk** Powder, Emulsifiers Mono & Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids. Raspberry Sauce Water, Sugar, Glucose, Colour Beetroot Red, Stabiliser Carboxy Methyl Cellulose, Citric Acid, Flavouring, Potassium Sorbate, Pectin).

Method & Recipe Notes

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Reference Intake



Nutritional Summary

Energy	8.62kJ 2.05kcal
Protein	0.04g
Carbohydrates	0.31g
of which sugars	0.16g
Non Milk Extrinsic Sugars	0.09g
Fat	0.07g
of which saturates	0.04g
Fibre	0g
Salt	0g
Sodium	0g
Iron	0mg
Calcium	1.1mg
Zinc	0mg
Folate	0.07µg
Vitamin A	0.25µg
Vitamin C	0.01mg

Fish Finger Roll

Ingredients

Product	Quantity	Cost
Kerrymaid Buttery Spread 6 x 2kg	3.00 g	£0.01
Jumbo Battered Fish Fingers	70.00 g	£0.70
Kara MK4 High Fibre Bun	50.00 g	£0.16
Total Cost: £0.87		
Per Serving: £0.87		

Serves: 1

Allergy Information

Key: Contains May Contain

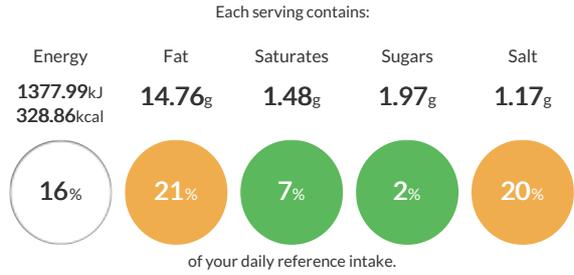


Nuts:

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



Nutritional Summary

Energy	1377.99kJ 328.86kcal
Protein	12.91g
Carbohydrates	34.45g
of which sugars	1.97g
Non Milk Extrinsic Sugars	0g
Fat	14.76g
of which saturates	1.48g
Fibre	3.63g
Salt	1.17g
Sodium	0.2g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	24µg
Vitamin C	0mg

Dietary Information

Key: Suitable for



Label Information

Ingredients

Jumbo Battered **Fish** Fingers (57%) (**Cod** (57%) (**FISH**), **Wheat** Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Sunflower Oil, Rapeseed Oil, Palm Oil, **WHEAT** Starch, Salt, Flavourings (contain **MUSTARD**), Raising Agents: Diphosphates, Sodium Hydrogen Carbonate; **MUSTARD** Flour, Maize Flour, Dextrose, **WHEAT** Gluten, Dried Skimmed **MILK**, Colours: Curcumin, Capsanthin; Chilli Powder Caution! Although extra care has been taken to remove all bones, some may remain). Kara MK4 High Fibre Bun (41%) (**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 (2%) (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

Bake fish fingers on a tray in the oven @ 180Å°c until a core temperature of 75Å°c is achieved. Allow to cool to below 8Å°c in under 90 minutes. Spread kerrymaid on both sides of the bap, and stuff with fish fingers.

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Jacket Potato & Tuna Mayo

Ingredients

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

Serves: 1

Allergy Information

Key: Contains May Contain

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

Nuts:

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

Cereals:

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

Dietary Information

Key: Suitable for

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

Label Information

Ingredients

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

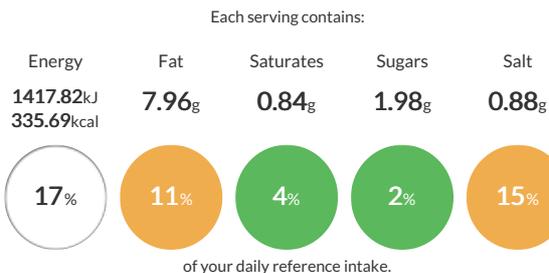
Method & Recipe Notes

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

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Reference Intake



Nutritional Summary

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

Jacket Potato & Cheese

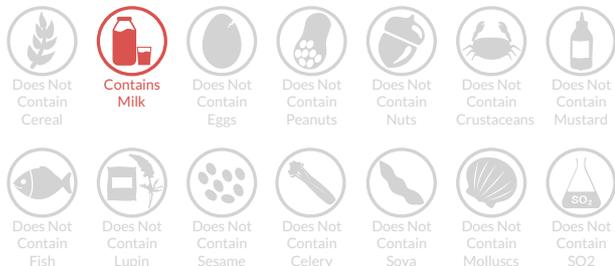
Ingredients

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

Serves: 1

Allergy Information

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



Nuts:

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

Cereals:

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

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

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

Method & Recipe Notes

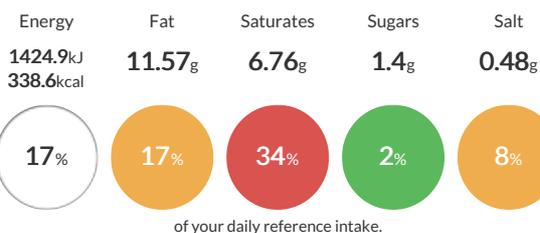
1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

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Reference Intake

Each serving contains:



of your daily reference intake.

Nutritional Summary

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

Jacket Potato & Baked beans

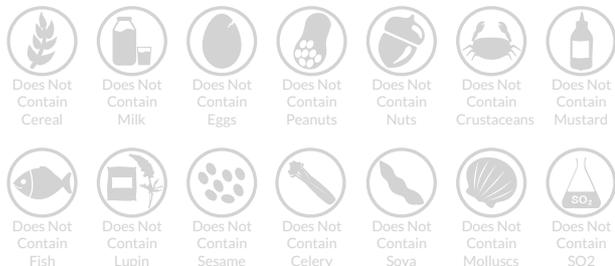
Ingredients

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

Serves: 1

Allergy Information

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



Nuts:

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

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

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

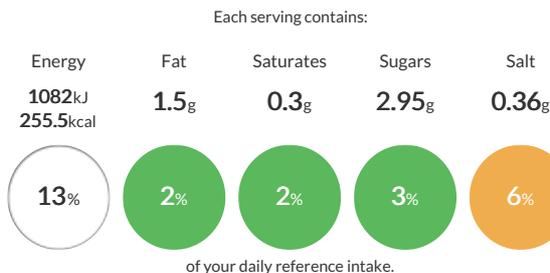
Method & Recipe Notes

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

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Reference Intake



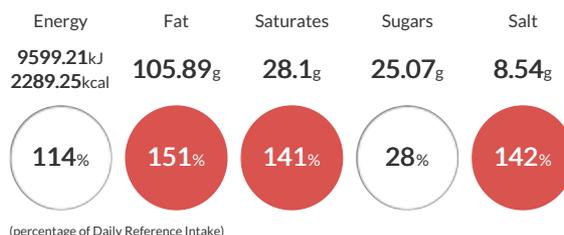
Nutritional Summary

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

Total Cost Per Serving:

£ 2.26

Nutritional Intake



Nutritional Summary

Property	Per Serving	% of Daily Reference Intake
Energy	9599.21kJ 2289.25kCal	114%
Carbohydrates	251.22g	84%
of which sugars	25.07g	28%
Fat	105.89g	151%
of which saturates	28.1g	141%
Fibre	32.97g	183%
Protein	72.19g	144%
Salt	8.54g	142%
Sodium	1.04g	65%
Iron	0.52mg	6%
Calcium	33.88mg	5%
Zinc	0.34mg	3%
Vitamin A	51.66µg	7%
Vitamin C	29.38mg	73%
Folate	48.4µg	24%
Non Milk Extrinsic Sugars	0g	0%

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Norse Sausages

Ingredients

Product Pork Sausages - Scorce	Quantity 114.00 g	Cost £0.03
	Total Cost: £0.03	
Serves: 1	Per Serving: £0.03	

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

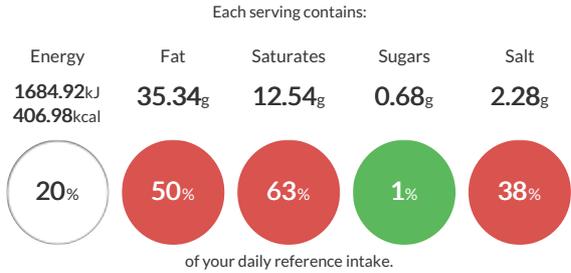
Pork Sausages - Scorce (100%) (Pork (52%), Pork Fat, Water, Fortified **WHEAT** Flour (contains Calcium Carbonate, Iron, Niacin, Thiamine), Salt, Dextrose, Flavour Enhancer E621, Preservative: Sodium **SULPHITES**, Stabiliser E450, Hydrolysed Vegetable Protein, Spice Extract, Acid E330, Colour E120, Herb Extract (Sage) Sausages filled in a natural sheep casing.).

Method & Recipe Notes

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Reference Intake



Nutritional Summary

Energy	1684.92kJ 406.98kCal
Protein	10.83g
Carbohydrates	11.06g
of which sugars	0.68g
Non Milk Extrinsic Sugars	0g
Fat	35.34g
of which saturates	12.54g
Fibre	0g
Salt	2.28g
Sodium	0g
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
Total Cost: £0.36		
Per Serving: £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
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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)).

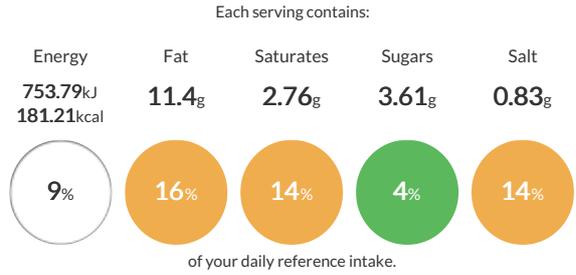
Method & Recipe Notes

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.

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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

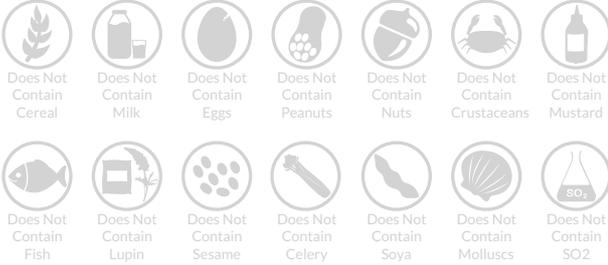
Baked Beans

Ingredients

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

Allergy Information

Key: Contains May Contain



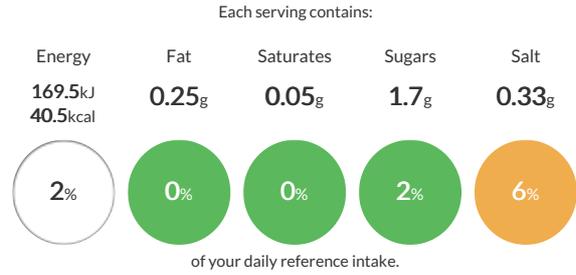
Nuts:

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

Cereals:

Gluten Content:
Gluten < 20ppm

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

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

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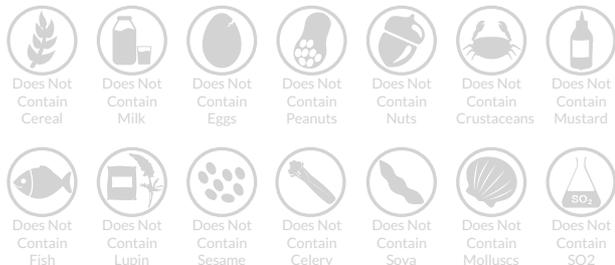
Tomatoes

Ingredients

Product	Quantity	Cost
Tomatoes	40.00 g	£0.07
La Espanola Olive Pomace Oil and Sunflower Oil 3x5L	3.00 g	£0.01
MIXED HERBS 6x130g	3.00 g	£0.04
E3 - Tomatoes	46.00 g	
		Total Cost: £0.13
Serves: 1		Per Serving: £0.13

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

E3 - Tomatoes (50%) (Tomatoes (87%) (Tomatoes). La Espanola Olive Pomace Oil and Sunflower Oil 3x5L (7%) (Refined Pomace Olive Oil (51%), Refined Sunflower Oil (49%)). MIXED HERBS 6x130g (7%) (Marjoram, Thyme, Parsley, Basil, Savoury.). Tomatoes (43%) (Tomatoes). La Espanola Olive Pomace Oil and Sunflower Oil 3x5L (3%) (Refined Pomace Olive Oil (51%), Refined Sunflower Oil (49%)). MIXED HERBS 6x130g (3%) (Marjoram, Thyme, Parsley, Basil, Savoury.).

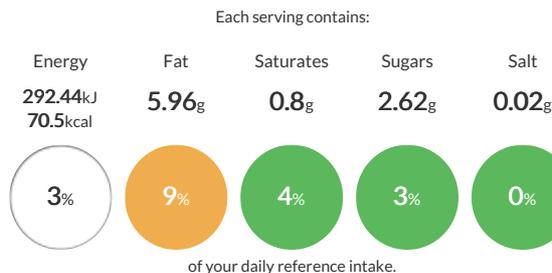
Method & Recipe Notes

Slice tomato in half, drizzle over the oil and sprinkle with herbs. Roast in the oven for approximately 5 minutes

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Reference Intake



Nutritional Summary

Energy	292.44kJ 70.5kcal
Protein	1.24g
Carbohydrates	3.6g
of which sugars	2.62g
Non Milk Extrinsic Sugars	0g
Fat	5.96g
of which saturates	0.8g
Fibre	2.2g
Salt	0.02g
Sodium	0g
Iron	0.2mg
Calcium	6.4mg
Zinc	0.08mg
Folate	18.4µg
Vitamin A	0µg
Vitamin C	17.6mg

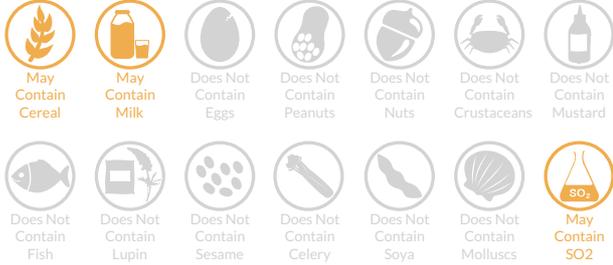
Hash Browns

Ingredients

Product Aviko Hash Browns GF- 806514	Quantity 171.00 g	Cost £0.37
	Total Cost: £0.37	
Serves: 1	Per Serving: £0.37	

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:	May
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No

Dietary Information

Key: Suitable for



Label Information

Ingredients

Aviko Hash Browns GF- 806514 (100%) (Potatoes (85%), sunflower oil, palm oil, potato flakes, potato starch, salt, stabiliser E461, extract of pepper, dextrose.).

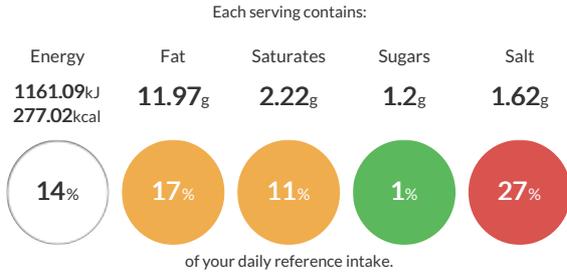
Method & Recipe Notes

3 per person

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Reference Intake



Nutritional Summary

Energy	1161.09kJ 277.02kCal
Protein	4.28g
Carbohydrates	35.91g
of which sugars	1.2g
Non Milk Extrinsic Sugars	0g
Fat	11.97g
of which saturates	2.22g
Fibre	4.28g
Salt	1.62g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

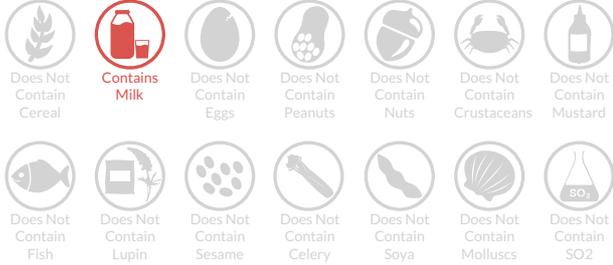
Chocolate Angel Delight

Ingredients

Product Chocolate Flavour Mousse Dessert Mix 330222	Quantity 24.00 g	Cost Total Cost: £0.00 Per Serving: £0.00
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:	No
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: Suitable for



Label Information

Ingredients

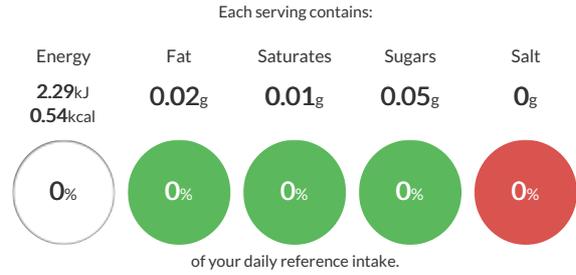
Chocolate Flavour Mousse Dessert Mix 330222 (100%) (Skimmed MILK Powder, Sugar, Fat Reduced Cocoa Powder, Dried Glucose Syrup, Modified Starch, Palm Oil, Maltodextrin, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), MILK Proteins, Gelling Agents (Diphosphates, Sodium Phosphates), Colours (Plain Caramel, Carotenes) Calcium Carbonate, Stabiliser (Potassium Phosphates), Flavourings.).

Method & Recipe Notes

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Reference Intake



Nutritional Summary

Energy	2.29kJ 0.54kcal
Protein	0.02g
Carbohydrates	0.08g
of which sugars	0.05g
Non Milk Extrinsic Sugars	0g
Fat	0.02g
of which saturates	0.01g
Fibre	0.01g
Salt	0g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

BBQ Jackfruit Wrap

Ingredients

Product	Quantity	Cost
Jackfruit in Brine	120.00 g	
Onions sliced	200.00 g	
2 x Garlic cloves crushed	10.00 g	
BBQ Sauce	150.00 g	
6 x Santa Maria Long Life Tortilla Wraps 12"	348.00 g	
1 x Lettuce, iceberg shredded	300.00 g	
3 x Tomatoes sliced	369.00 g	
Vegan Mayo	200.00 g	
		Total Cost: £0.00
		Per Serving: £0.00

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:	Yes
Rye:	No
Spelt:	No
Oats:	Yes
Barley:	No
Kamut:	No

Dietary Information

Key: Suitable for



Label Information

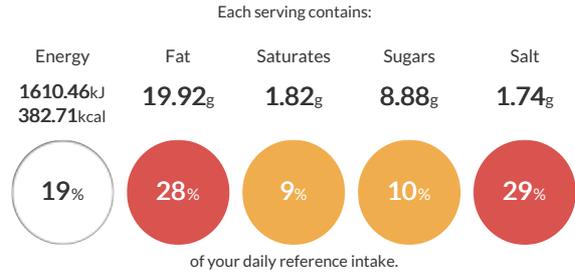
Ingredients

3 x Tomatoes sliced (22%) (Tomato). 6 x Santa Maria Long Life Tortilla Wraps 12" (21%) (**WHEAT** flour (with calcium, iron, niacin, thiamin), water, rapeseed oil, humectant (glycerine), **WHEAT** gluten, raising agents (E450, E500), salt, acidity regulator (E296), preservatives (E202, E282), emulsifier (E471), stabilisers (E466, E412), **WHEAT** fibre, **OAT** fibre.). 1 x Lettuce, iceberg shredded (18%). Onions sliced (12%) (Onions). Vegan Mayo (12%) (Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Lemon Juice from Concentrate, Salt, **MUSTARD** Flour, Preservative (Potassium Sorbate), Antioxidant (Calcium Disodium EDTA)). BBQ Sauce (9%) (Water, Sugar, Spirit Vinegar, Tomato Paste, Modified Potato Starch, Salt, Gravy Browning (Colour: Ammonia Caramel, Water, Salt.)), Stabilisers: Xanthan Gum, Guar Gum, Preservative: Potassium Sorbate, Smoke Flavouring, **Gluten** Free Worcestershire Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind, Salt, Onion Powder, Cayenne Powder, Garlic Powder, Clove Powder.)). Jackfruit in Brine (7%) (Young Green Jackfruit (49.2%), Water, Salt, Acidity Regulator (Citric Acid)). 2 x Garlic cloves crushed (1%) (100% IQF Garlic cloves).

Method & Recipe Notes

Toss jackfruit with onion and garlic powder. Heat 100 ml water in a large skillet over medium heat, add jackfruit, barbecue sauce, and stir to coat. Cover skillet, lower heat and allow to cook for about 15 to 20 minutes stirring occasionally. Using two forks shred jackfruit. allow to cool Lay each tortilla on cutting board, spread the tortilla with mayo top with lettuce, tomato, and BBQ jackfruit. Wrap tortilla into a burrito shape and slice in the middle

Reference Intake



Nutritional Summary

Energy	1610.46kJ 382.71kCal
Protein	6.76g
Carbohydrates	41.94g
of which sugars	8.88g
Non Milk Extrinsic Sugars	0g
Fat	19.92g
of which saturates	1.82g
Fibre	3.83g
Salt	1.74g
Sodium	0.65g
Iron	0.32mg
Calcium	27.48mg
Zinc	0.26mg
Folate	30µg
Vitamin A	51.66µg
Vitamin C	11.78mg

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Jacket Potato & Tuna Mayo

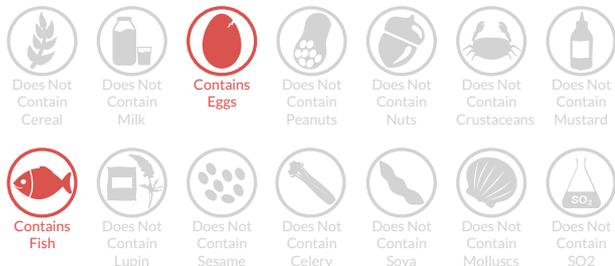
Ingredients

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

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

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

Cereals:

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

Dietary Information

Key: Suitable for



Label Information

Ingredients

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

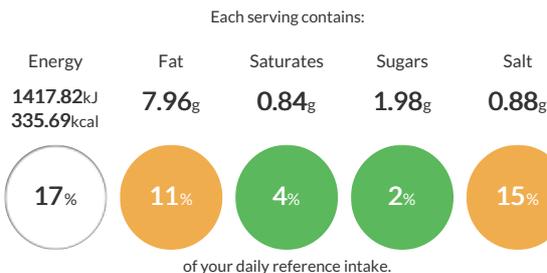
Method & Recipe Notes

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

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Reference Intake



Nutritional Summary

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

Jacket Potato & Cheese

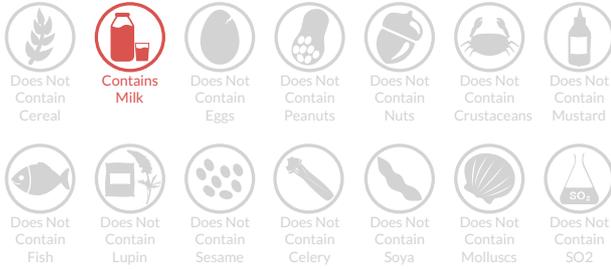
Ingredients

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

Serves: 1

Allergy Information

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



Nuts:

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

Cereals:

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

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

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

Method & Recipe Notes

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

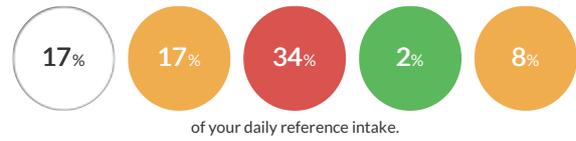
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Reference Intake

Each serving contains:

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



of your daily reference intake.

Nutritional Summary

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

Jacket Potato & Baked beans

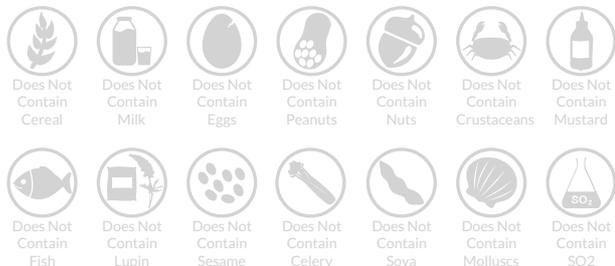
Ingredients

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

Serves: 1

Allergy Information

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



Nuts:

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

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

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

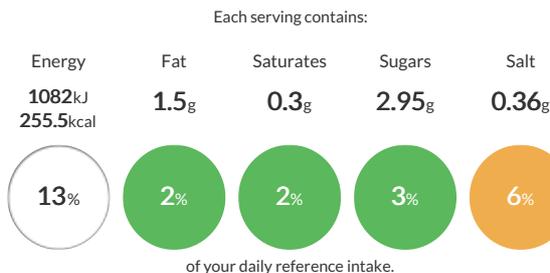
Method & Recipe Notes

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

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Reference Intake



Nutritional Summary

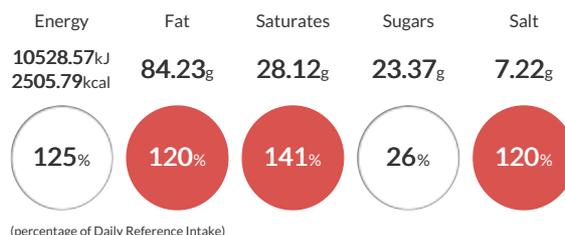
Energy	1082kJ 255.5kcal
Protein	7.05g
Carbohydrates	51.1g
of which sugars	2.95g
Non Milk Extrinsic Sugars	0g
Fat	1.5g
of which saturates	0.3g
Fibre	7.2g
Salt	0.36g
Sodium	0.03g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Friday

Total Cost Per Serving:

£ 3.62

Nutritional Intake



Nutritional Summary

Property	Per Serving	% of Daily Reference Intake
Energy	10528.57kJ 2505.79kCal	125%
Carbohydrates	321.73g	107%
of which sugars	23.37g	26%
Fat	84.23g	120%
of which saturates	28.12g	141%
Fibre	32.79g	182%
Protein	93.11g	186%
Salt	7.22g	120%
Sodium	1.02g	64%
Iron	0.93mg	11%
Calcium	31.64mg	5%
Zinc	0.67mg	7%
Vitamin A	64.04µg	9%
Vitamin C	15.61mg	39%
Folate	17.09µg	9%
Non Milk Extrinsic Sugars	0g	0%

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Fishtastic Wrap

Ingredients

Product	Quantity	Cost
Santa Maria Long Life Tortilla Wraps 12" 850823 x12	754.00 g	£1.65
Jumbo Battered Fish Fingers x 12	840.00 g	£8.43
Fairway Fries 806010	100.00 g	£0.12
Free Range Egg Mayonnais	50.00 g	£0.10
Mushy Peas	400.00 g	£0.49
Total Cost:		£10.79
Serves: 12		Per Serving: £0.90

Allergy Information

Key: Contains May Contain



Nuts:

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

Cereals:

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

Dietary Information

Key: Suitable for



Label Information

Ingredients

Jumbo Battered **Fish** Fingers x 12 (39%) (**Cod** (57%) (**FISH**), **Wheat** Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Sunflower Oil, Rapeseed Oil, Palm Oil, **WHEAT** Starch, Salt, Flavourings (contain **MUSTARD**), Raising Agents: Diphosphates, Sodium Hydrogen Carbonate; **MUSTARD** Flour, Maize Flour, Dextrose, **WHEAT** Gluten, Dried Skimmed **MILK**, Colours: Curcumin, Capsanthin; Chilli Powder Caution! Although extra care has been taken to remove all bones, some may remain). Santa Maria Long Life Tortilla Wraps 12" 850823 x12 (35%) (**WHEAT** flour (with calcium, iron, niacin, thiamin), water, rapeseed oil, humectant (glycerine), **WHEAT** gluten, raising agents (E450, E500), salt, acidity regulator (E296), preservatives (E202, E282), emulsifier (E471), stabilisers (E466, E412), **WHEAT** fibre, **OAT** fibre.), Mushy Peas (19%) (Processed Peas (95%), Water, Sugar, Salt, Colours (E101, E133).), Fairway Fries 806010 (5%) (Potatoes (91%), Batter (Flour (**WHEAT** (with Calcium, Iron, Niacin, Thiamin), Rice, Broad Bean), Dextrin, Starch (**WHEAT**, Potato, Maize), Vegetable Oil (Shea, Coconut), Vegetable Fibre, Turmeric Extract, Colour (Paprika Extract)), Sunflower Oil (4%), Salt), Free Range **Egg** Mayonnais (2%) (Free Range Hard Boiled **EGGS** (80%) [Salt, E330, E331], Mayonnaise (19%) [Rapeseed Oil, Water, Pasteurised Free Range **EGG** Yolk, Spirit Vinegar, Sugar, Salt, Cornflour], Cracked Black Pepper, Salt, Turmeric.).

Method & Recipe Notes

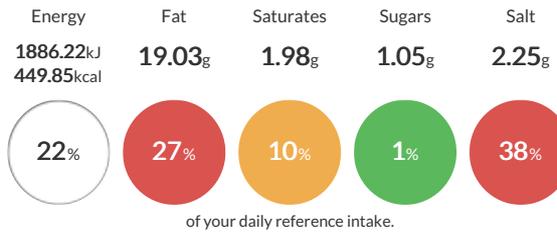
Cook fish fingers to manufactures instructions Cook chips Warm peas Take Wrap spread with mushy peas put chips on top add fish finger drizzle with mayo and warp Place on Fishtastic paper and wrap and serve

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Reference Intake

Each serving contains:



Nutritional Summary

Energy	1886.22kJ 449.85kCal
Protein	15.86g
Carbohydrates	51.9g
of which sugars	1.05g
Non Milk Extrinsic Sugars	0g
Fat	19.03g
of which saturates	1.98g
Fibre	3.6g
Salt	2.25g
Sodium	0.55g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

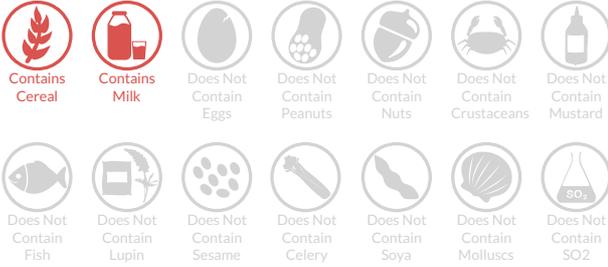
Halloumi Pizzaiola

Ingredients

Product	Quantity	Cost
Halloumi	250.00 g	
Extra Virgin Olive Oil	1.00 g	
Oregano	5.00 g	
Sundried Tomatoes in Vegetable Oil	24.00 g	
Traditional Puff Pastry Sheets 5kg x 1 sheet	320.00 g	
Tomato Paste	50.00 g	
Onions Red Sliced x 1	115.00 g	
		Total Cost: £0.00
Serves: 6		Per Serving: £0.00

Allergy Information

Key: Contains May Contain



Nuts:

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

Cereals:

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

Dietary Information

Key: Suitable for



Label Information

Ingredients

Traditional Puff Pastry Sheets 5kg x 1 sheet (42%) (**WHEAT FLOUR** (contains **GLUTEN**), **BUTTER** (contains **MILK**), Water and Sea Salt.), Halloumi (33%) (**MILK** (cow, sheep and goats), salt, micro rennet, mint), Onions Red Sliced x 1 (15%) (Onions Red Sliced), Tomato Paste (7%) (Tomatoes), Sundried Tomatoes in Vegetable Oil (3%) (Sun Dried Tomatoes (60%), Sunflower Oil, Acidity Regulators (Ascorbic Acid, Citric Acid), Glucose, Preservative (Potassium Sorbate), Garlic Powder, Dried Basil, Dried Oregano.), Oregano (1%) (Oregano.), Extra Virgin Olive Oil (0%) (Extra Virgin Olive Oil).

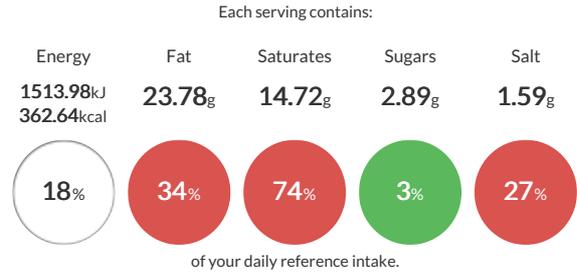
Method & Recipe Notes

Take sheet of puff pastry cut into circles using large pastry cutter to make individual pizza Place on baking sheet with parchment Slice and cook red onion Spread with tom paste top with cooked red onions Sun dried tomatoes and Halloumi sprinkle with oregano Cook at 180 c for 10/15 mins

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Reference Intake



Nutritional Summary

Energy	1513.98kJ 362.64kCal
Protein	13.53g
Carbohydrates	11.38g
of which sugars	2.89g
Non Milk Extrinsic Sugars	0g
Fat	23.78g
of which saturates	14.72g
Fibre	0.92g
Salt	1.59g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

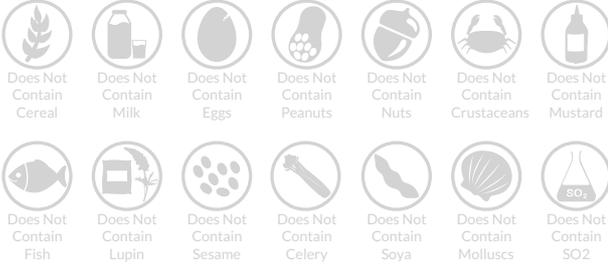
Peas

Ingredients

Product Peas Luxury	Quantity 50.00 g	Cost £0.02
	Total Cost: £0.02	
Serves: 1	Per Serving: £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).

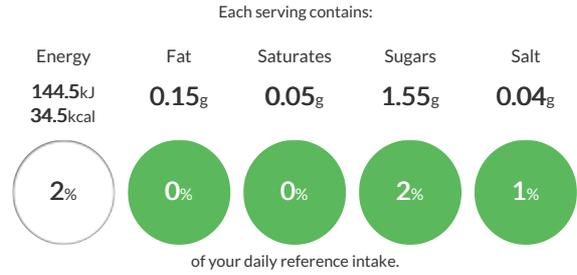
Method & Recipe Notes

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.

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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

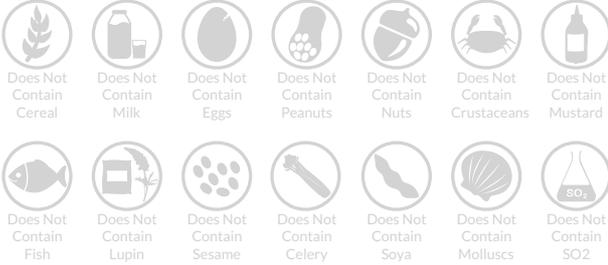
Baked Beans

Ingredients

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

Allergy Information

Key: Contains May Contain



Nuts:

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

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: Suitable for



Label Information

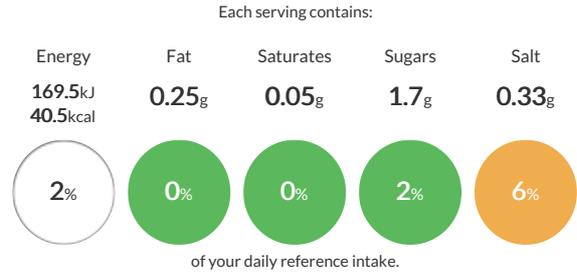
Ingredients

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

Method & Recipe Notes

Cook as per manufacturers instructions

Reference Intake



Nutritional Summary

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

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Wholemeal Pasta

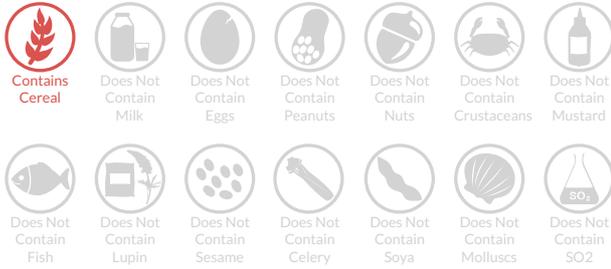
Ingredients

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

Serves: 1

Allergy Information

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



Nuts:

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

Cereals:

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

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

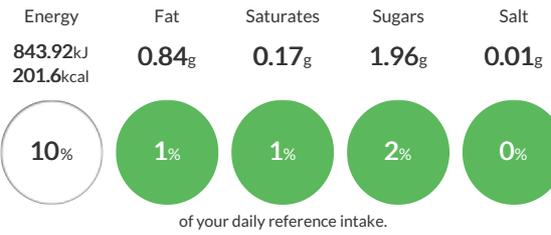
Water, Tap (50%) (Water). Pasta Fusilli (50%) (DURUM WHEAT SEMOLINA, WATER).

Method & Recipe Notes

Cook as per manufactures instructions.

Reference Intake

Each serving contains:



Nutritional Summary

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

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Chips

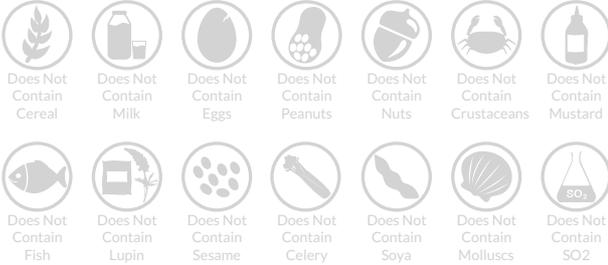
Ingredients

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

Serves: 1

Allergy Information

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



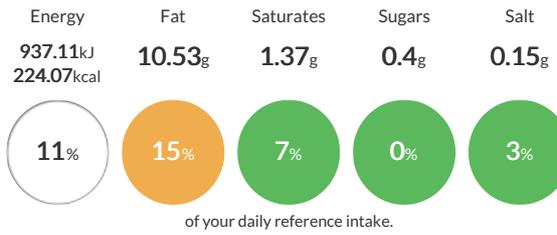
Nuts:

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:



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.

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Pip Ice Lolly

Ingredients

Product
FRUITY ICE LOLLY

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

Serves: 1

Allergy Information

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



Nuts:

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

Cereals:

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

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

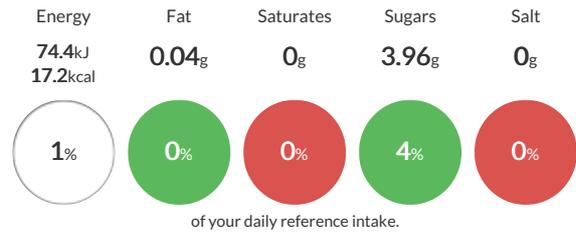
FRUITY ICE LOLLY (100%) (NOTHING BUT THE JUICE OF ORGANIC APPLE (90%), ORGANIC GRAPE (10%) AND A DROP OF ORGANIC GUAR GUM.).

Method & Recipe Notes

Serve from Frozen.

Reference Intake

Each serving contains:



Nutritional Summary

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

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Ham & Salad Sandwich

Ingredients

Product	Quantity	Cost
Kerrymaid Buttery Spread 6 x 2kg	8.00 g	£0.02
White Sandwich Bread	62.50 g	£0.14
Ham & Salad filling	96.00 g	£0.46
	Total Cost:	£0.62
	Per Serving:	£0.62

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:	May
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Cereals:

Dietary Information

Key: Suitable for



Label Information

Ingredients

Ham & Salad filling (58%) (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)). 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)). 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).

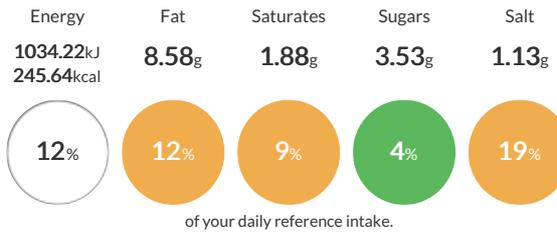
Method & Recipe Notes

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Reference Intake

Each serving contains:



Nutritional Summary

Energy	1034.22kJ 245.64kcal
Protein	11.63g
Carbohydrates	31.49g
of which sugars	3.53g
Non Milk Extrinsic Sugars	0g
Fat	8.58g
of which saturates	1.88g
Fibre	1.69g
Salt	1.13g
Sodium	0.35g
Iron	0.13mg
Calcium	9.64mg
Zinc	0.07mg
Folate	17.09µg
Vitamin A	64µg
Vitamin C	5.61mg

Jacket Potato & Tuna Mayo

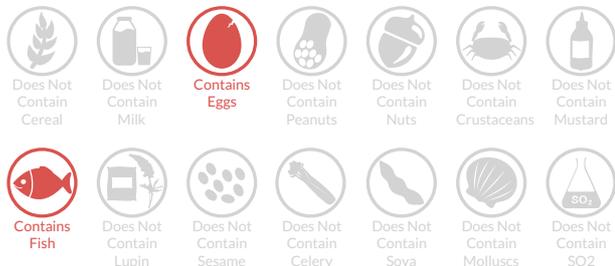
Ingredients

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

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:

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

Cereals:

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

Dietary Information

Key: Suitable for



Label Information

Ingredients

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

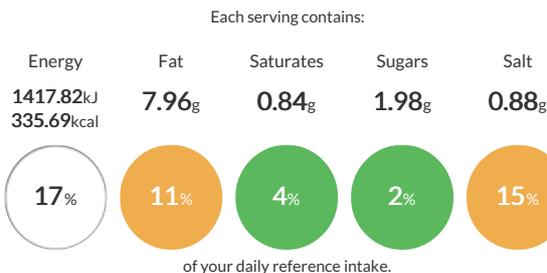
Method & Recipe Notes

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

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Reference Intake



Nutritional Summary

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

Jacket Potato & Cheese

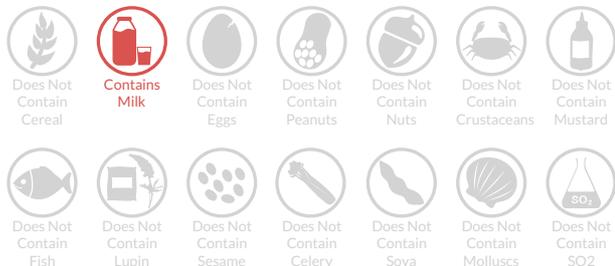
Ingredients

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

Serves: 1

Allergy Information

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



Nuts:

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

Cereals:

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

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

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

Method & Recipe Notes

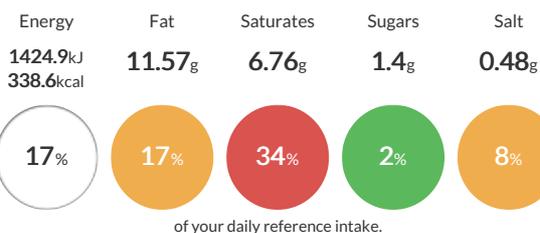
1. Wash potato in clean cold water, bake using combination setting @ 180°C for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75°C. 2. Encourage the addition of today's vegetables or salad.

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Reference Intake

Each serving contains:



Nutritional Summary

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

Jacket Potato & Baked beans

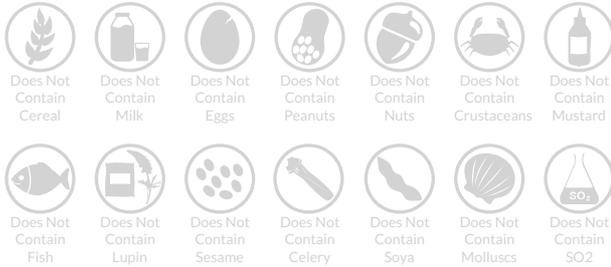
Ingredients

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

Serves: 1

Allergy Information

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



Nuts:

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

Gluten Content:

Gluten < 20ppm

Dietary Information

Key: **Suitable for**



Label Information

Ingredients

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

Method & Recipe Notes

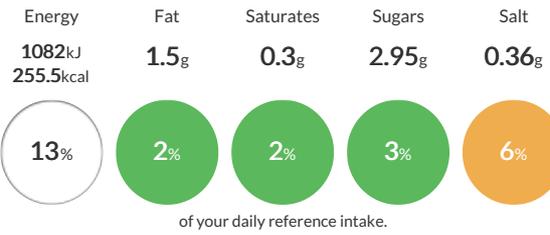
1. Wash potato in clean cold water, bake using combination setting @ 180Å°c for approximately 1 hour or until soft in the middle, crisp on the outer with a core temperature of 75Å°c. 2. Encourage the addition of todays vegetables or salad.

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Reference Intake

Each serving contains:



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