



FOOD FESTIVAL

By Aspens

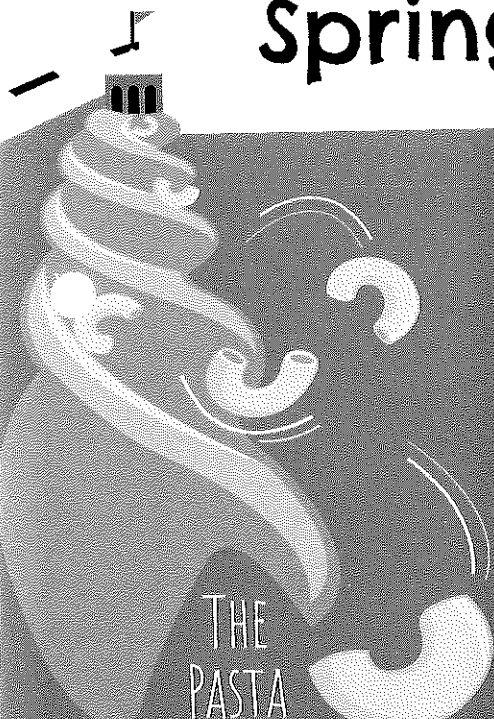


MEAT-FREE
MAGIC

TAKE YOUR IMAGINATION ON A FOOD JOURNEY

Week 1

Spring & Summer 2023



THE
PASTA
TWIRLER

RAINBOW ALLEY

HIT FIVE
EVERY DAY

THE BIG
TOPPING

THE MAIN EVENT

THE DESSERT TROLLEY

BEEF & HIDDEN VEG WHOLEGRAIN PASTA BOLOGNESE

PRI

SUB RECIPE FOR: BEEF & HIDDEN VEG WHOLEGRAIN PASTA BOLOGNESE, GREEN SALAD PRI



Recipe ID	845845
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

15 ml	Product	209586	Vegetable Oil : Extended Life
250 g	Product	307620	Onions : Large
300 g	Product	1513767	Minced Beef : Red Tractor
100 g	Product	2771118	Everyday Favorites Red Lentils
800 g	Product	199221	Chopped Tomatoes
15 g	Product	5338414	Triple Lion Garlic Purée
30 g	Product	199214	Tomato Puree
1 g	Product	194375	Chef William Mixed Herbs
500 g	Product	769047	Wholemeal
100 g	Product	1911713	Carrots : Donkey
100 g	Product	209230	Courgette : Green

Number of Products: 11

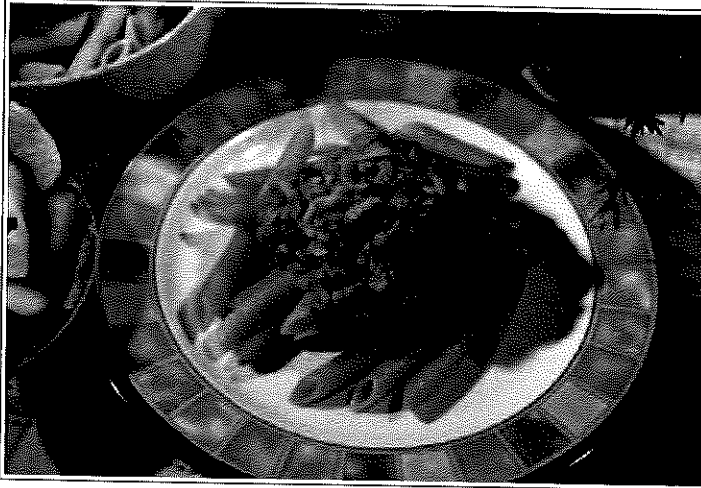
Method

1. Peel and dice the onion. Grate the carrot & courgette.
2. Heat the oil in a suitable pan and sweat the onion until soft.
3. Add in the garlic and beef and seal.
4. Add the lentils, grated veg, tinned tomatoes, tomato puree and mixed herbs. Simmer for 40 mins approx.
5. Cook the pasta as per manufacturers instructions.
6. Either stir the drained pasta into the bolognese or serve separately in bowls.

BEEF & HIDDEN VEG WHOLEGRAIN PASTA BOLOGNESE

KS2

SUB RECIPE FOR: BEEF & HIDDEN VEG WHOLEGRAIN PASTA BOLOGNESE, GREEN SALAD KS2



Recipe ID	845848
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

15 ml	Product	209586	Vegetable Oil : Extended Life
250 g	Product	307620	Onions : Large
300 g	Product	1513767	Minced Beef : Red Tractor
100 g	Product	2771118	Everyday Favorites Red Lentils
800 g	Product	199221	Chopped Tomatoes
15 g	Product	5338414	Triple Lion Garlic Purée
30 g	Product	199214	Tomato Puree
1 g	Product	194375	Chef William Mixed Herbs
500 g	Product	769047	Wholemeal
100 g	Product	1911713	Carrots : Donkey
100 g	Product	209230	Courgette : Green

Number of Products: 11

Method

1. Peel and dice the onion. Grate the carrot & courgette.
2. Heat the oil in a suitable pan and sweat the onion until soft.
3. Add in the garlic and beef and seal.
4. Add the lentils, grated veg, tinned tomatoes, tomato puree and mixed herbs. Simmer for 40 mins approx.
5. Cook the pasta as per manufacturers instructions.
6. Either stir the drained pasta into the bolognese or serve separately in bowls.

CHEESE & TOMATO PITTA PIZZA PRI & KS2

SUB RECIPE FOR: CHEESE & TOMATO PITTA PIZZA, GREEN SALAD PRI



Recipe ID	943508
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

10 Ea	Product	2607535	Pitta Bread : Plain
10 ptns	Recipe	666884	Homemade Pizza Sauce
250 g	Product	374440	Mild Cheddar : Grated

Number of Products: 6

Method

1. Make the pizza sauce as per sub recipe.
2. Spread the pizza sauce over the pittas and sprinkle over grated cheese.
3. Bake in a hot oven until the cheese is melted and golden.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Milk

Wheat

HOMEMADE PIZZA SAUCE

SUB RECIPE FOR: CHEESE & TOMATO PITTA PIZZA PRI & KS2

Recipe ID	666884
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

20 g	Product	199214	Tomato Puree
175 g	Product	199221	Chopped Tomatoes
1 g	Product	319710	Chef William Oregano
10 g	Product	5338414	Triple Lion Garlic Purée

Number of Products: 4

Method

1. Place all the ingredient into a bowl and blitz until smooth with a stick blender or food processor.
2. Use as required on pizza.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

GREEN SALAD PRI

SUB RECIPE FOR: BEEF & HIDDEN VEG WHOLEGRAIN PASTA BOLOGNESE, GREEN SALAD PRI

Recipe ID	672978
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

0.5 each	Product	330064	Lettuce : Iceberg
0.75 each	Product	666876	Cucumber
60 g	Product	328846	Peppers : Green

Number of Products: 3

Method

1. Wash the salad and break into pieces. Cut the cucumber and pepper into slices or chunks and serve mixed together.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

GREEN SALAD KS2

SUB RECIPE FOR: BEEF & HIDDEN VEG WHOLEGRAIN PASTA BOLOGNESE, GREEN SALAD KS2

Recipe ID	672982
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

0.5 each	Product	330064	Lettuce : Iceberg
0.75 each	Product	666876	Cucumber
60 g	Product	328846	Peppers : Green
Number of Products: 3			

Method

1. Wash the salad and break into pieces. Cut the cucumber and pepper into slices or chunks and serve mixed together.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

PINEAPPLE & CHOCOLATE SAUCE PRI

SUB RECIPE FOR: PINEAPPLE & CHOCOLATE SAUCE PRI



Recipe ID	943553
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

550 g	Product	310526	Fontinella Pineapple Slices : in juice : Info: 50-60
40 g	Product	1046295	Freshers Cocoa Powder : Low Fat
240 g	Product	200588	Tate & Lyle Granulated Sugar
10 ml	Product	314499	Supercook Vanilla
125 ml	Recipe	619743	Water

Number of Products: 4

Method

1. Place the cocoa powder, sugar, vanilla essence & water in a pan, whisk ingredients together and bring to a simmer on the heat. Simmer for 1 min then remove from the heat.
2. The chocolate sauce will thicken as it cools. Serve at room temperature.
3. Drain the pineapple and cut into rough chunks, place in a bowl and pour over chocolate sauce and serve.

Note - Depending upon the time of year and if you think they're more cost effective you may use fresh pineapple if you prefer.

Critical Control Points (CCP)

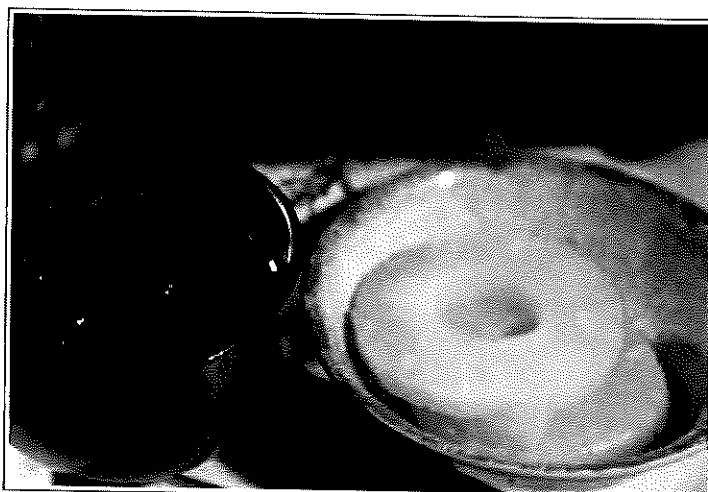
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Allergens & Dietary Suitability

No Allergens

PINEAPPLE & CHOCOLATE SAUCE KS2

SUB RECIPE FOR: PINEAPPLE & CHOCOLATE SAUCE KS2



Recipe ID	943570
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

550 g	Product	310526	Fontinella Pineapple Slices : in juice : Info: 50-60
40 g	Product	1046295	Freshers Cocoa Powder : Low Fat
240 g	Product	200588	Tate & Lyle Granulated Sugar
10 ml	Product	314499	Supercook Vanilla
125 ml	Recipe	619743	Water

Number of Products: 4

Method

1. Place the cocoa powder, sugar, vanilla essence & water in a pan, whisk ingredients together and bring to a simmer on the heat. Simmer for 1 min then remove from the heat.
 2. The chocolate sauce will thicken as it cools. Serve at room temperature.
 3. Drain the pineapple and cut into rough chunks, place in a bowl and pour over chocolate sauce and serve.
- Note - Depending upon the time of year and if you think they're more cost effective you may use fresh pineapple if you prefer.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

BANGERS, MASH & GRAVY PRI

SUB RECIPE FOR: BANGERS & MASH, GREEN BEANS & GRAVY PRI



Recipe ID	671956
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

20 ea	Product	405794	Sausage : Pork : 16's
75 g	Product	194306	Gravy Granules : (26.6ltr per 2kg)
50 g	Product	5485295	Bebo Sunflower Spread : Light
1 ltr	Recipe	619743	Water
1.2 kg	Product	1922809	Potatoes : Maris Piper : Washed

Number of Products: 4

Method

1. Peel & quarter the potatoes. Steam or boil, drain and mash. Add in the margarine.
2. Cook the sausages on a tray in the oven until core temp is reached.
3. Boil the water and whisk in the gravy powder.
4. Serve 2 sausages, a portion of mash and gravy per person.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Sulphur dioxide

Wheat

BANGERS, MASH & GRAVY KS2

SUB RECIPE FOR: BANGERS & MASH, GREEN BEANS & GRAVY KS2



Recipe ID	672775
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

30 ea	Product	405794	Sausage : Pork : 16's
75 g	Product	194306	Gravy Granules : (26.6ltr per 2kg)
63 g	Product	5485295	Bebo Sunflower Spread : Light
1 ltr	Recipe	619743	Water
1.5 kg	Product	1922809	Potatoes : Maris Piper : Washed

Number of Products: 4

Method

1. Peel & quarter the potatoes. Steam or boil, drain and mash. Add in the margarine.
2. Cook the sausages on a tray in the oven until core temp is reached.
3. Boil the water and whisk in the gravy powder.
4. Serve 3 sausages, a portion of mash and gravy per person.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten	Sulphur dioxide
Wheat	

VEGGIE BANGERS, MASH & GRAVY PRI

SUB RECIPE FOR: VEGGIE BANGERS & MASH, GREEN BEANS & GRAVY PRI



Recipe ID	672781
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

75 g	Product	194306	Gravy Granules : (26.6ltr per 2kg)
50 g	Product	5485295	Bebo Sunflower Spread : Light
1 ltr	Recipe	619743	Water
1.2 kg	Product	1922809	Potatoes : Maris Piper : Washed
10 ea	Product	5594147	Quorn Vegan Sausages

Number of Products: 4

Method

1. Peel & quarter the potatoes. Steam or boil, drain and mash. Add in the margarine.
2. Cook the sausages on a tray in the oven until core temp is reached.
3. Boil the water and whisk in the gravy powder.
4. Serve 1 sausage, a portion of mash and gravy per person.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Wheat

VEGGIE BANGERS, MASH & GRAVY KS2

SUB RECIPE FOR: VEGGIE BANGERS & MASH, GREEN BEANS & GRAVY KS2



Recipe ID	672782
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

10 ea	Product	5594147	Quorn Vegan Sausages
75 g	Product	194306	Gravy Granules : (26.6ltr per 2kg)
60 g	Product	5485295	Bebo Sunflower Spread : Light
1 ltr	Recipe	619743	Water
1.5 kg	Product	1922809	Potatoes : Maris Piper : Washed

Number of Products: 4

Method

1. Peel & quarter the potatoes. Steam or boil, drain and mash. Add in the margarine.
2. Cook the sausages on a tray in the oven until core temp is reached.
3. Boil the water and whisk in the gravy powder.
4. Serve 1 sausage, a portion of mash and gravy per person.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Wheat

GREEN BEANS PRI

SUB RECIPE FOR: BANGERS & MASH, GREEN BEANS & GRAVY PRI

Recipe ID	628432
Recipe Amount	10 portion
Production Amount	10 portion

Ingredients

0.5 kg	Product	198487	Green Beans : Cut
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Number of Products: 1

Method

---Preparation---

Boil pan of water or tary beans into a steamer tray.

---Cooking---

Steam or boil in batches to keep beans at there freshest.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

GREEN BEANS KS2

SUB RECIPE FOR: BANGERS & MASH, GREEN BEANS & GRAVY KS2

Recipe ID	628438
Recipe Amount	10 portion
Production Amount	10 portion

Ingredients

0.6 kg	Product	198487	Green Beans : Cut
Number of Products: 1			

Method

---Preparation---
Boil pan of water or tary beans into a steamer tray.
---Cooking---
Steam or boil in batches to keep beans at there freshest.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

GRAVY PRI & KS2

SUB RECIPE FOR: ROAST CHICKEN, STUFFING, ROASTIES & FRESH VEG PRI

Recipe ID	667340
Recipe Amount	20 ptns
Production Amount	20 ptns

Ingredients

37.5 g	Product	194306	Gravy Granules : (26.6ltr per 2kg)
1 ltr	Recipe	619743	Water

Number of Products: 1

Method

1. Make as per on pack instructions.
2. Pour into a gravy jug. Place cling film over jug if not using immediately to prevent a skin forming.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

CARROT CAKE PRI

SUB RECIPE FOR: CARROT CAKE PRI



Recipe ID	865754
Recipe Amount	20 ptns
Production Amount	20 ptns

Ingredients

150 ml	Product	209586	Vegetable Oil : Extended Life
100 g	Product	319533	Tate & Lyle Soft Sugar : Light Brown
2 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
75 g	Product	193930	Lyles Golden Syrup
175 g	Product	3667515	Everyday Favorites Self Raising Flour
4 g	Product	319727	Chef William Cinnamon : ground
2 g	Product	913362	Chef William Ginger : ground
3 g	Product	315497	Supercook Bicarbonate of Soda
25 g	Product	311884	Smart Choice Coconut : Dessicated
100 g	Product	1911713	Carrots : Donkey
1 each	Product	1396505	Lemon : Medium
100 g	Product	6476005	Bebo Cooking & Baking Marge
100 g	Product	200627	Tate & Lyle Icing Sugar

Number of Products: 13

Method

1. Line a tin with baking paper. Peel and grate the carrots.
2. Whisk together the oil, eggs, sugar and golden syrup.
3. Beat in the flour, spices and bicarb.
4. Add the carrot and coconut, pour into the tin and cook at 180 degrees for 20-25 mins approx. To test insert a skewer and if it comes out clean it's cooked. Leave to cool completely.
5. Place the zest and juice of the lemon in a small saucepan and reduce by three quarters. Leave to cool.
6. Place the margarine, icing sugar and reduced lemon mixture in a bowl and beat together. Spread over the top of the carrot cake.

CARROT CAKE KS2

SUB RECIPE FOR: CARROT CAKE KS2



Recipe ID	865755
Recipe Amount	18 ptns
Production Amount	18 ptns

Ingredients

150 ml	Product	209586	Vegetable Oil : Extended Life
100 g	Product	319533	Tate & Lyle Soft Sugar : Light Brown
2 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
75 g	Product	193930	Lyles Golden Syrup
175 g	Product	3667515	Everyday Favorites Self Raising Flour
4 g	Product	319727	Chef William Cinnamon : ground
2 g	Product	913362	Chef William Ginger : ground
3 g	Product	315497	Supercook Bicarbonate of Soda
25 g	Product	311884	Smart Choice Coconut : Dessicated
100 g	Product	1911713	Carrots : Donkey
1 each	Product	1396505	Lemon : Medium
100 g	Product	6476005	Bebo Cooking & Baking Marge
100 g	Product	200627	Tate & Lyle Icing Sugar

Number of Products: 13

Method

1. Line a tin with baking paper. Peel and grate the carrots.
2. Whisk together the oil, eggs, sugar and golden syrup.
3. Beat in the flour, spices and bicarb.
4. Add the carrot and coconut, pour into the tin and cook at 180 degrees for 20-25 mins approx. To test insert a skewer and if it comes out clean it's cooked. Leave to cool completely.
5. Place the zest and juice of the lemon in a small saucepan and reduce by three quarters. Leave to cool.
6. Place the margarine, icing sugar and reduced lemon mixture in a bowl and beat together. Spread over the top of the carrot cake.

ROAST CHICKEN & STUFFING PRI

SUB RECIPE FOR: ROAST CHICKEN, STUFFING, ROASTIES & FRESH VEG PRI



Recipe ID	667068
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

600 g	Product	1458079	Whole Chicken Thigh : Plain
150 g	Product	194679	Stuffing Mix : Sage & Onion

Number of Products: 2

Method

1. Pre heat oven to 180°C - Remove chicken from outer wrapping.
2. Make stuffing as per manufacturers instructions.
3. Place chicken in tin and cover with foil cook in hot oven for approximately 30 minutes. 3. A little water in the base of tin will stop meat drying out.
4. Check core temperature has reached 75°C and allow to rest for 10 minutes.
5. Arrange neatly in warmed tray.
6. Serve with gravy, roast potatoes and seasonal vegetables as per menu.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Wheat

ROAST CHICKEN & STUFFING KS2

SUB RECIPE FOR: ROAST CHICKEN & STUFFING, ROASTIES & FRESH VEG KS2



Recipe ID	667200
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

750 g	Product	1458079	Whole Chicken Thigh : Plain
175 g	Product	194679	Stuffing Mix : Sage & Onion

Number of Products: 2

Method

1. Pre heat oven to 180°C - Remove chicken from outer wrapping.
2. Make stuffing as per manufacturers instructions.
3. Place chicken in tin and cover with foil cook in hot oven for approximately 30 minutes. 3. A little water in the base of tin will stop meat drying out.
4. Check core temperature has reached 75°C and allow to rest for 10 minutes.
5. Arrange neatly in warmed tray.
6. Serve with gravy, roast potatoes and seasonal vegetables as per menu.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

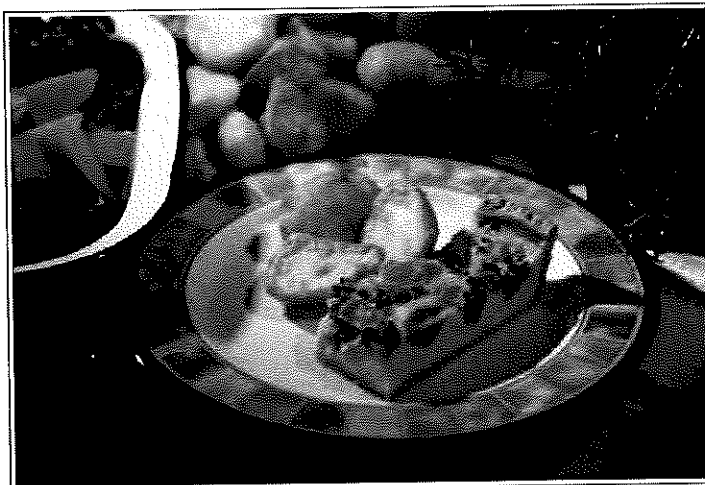
Allergens & Dietary Suitability

Gluten

Wheat

CHEESE & TOMATO QUICHE PRI

SUB RECIPE FOR: CHEESE & TOMATO QUICHE, ROAST POTATOES & FRESH VEGETABLES PRI



Recipe ID	690986
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

10 ptns	Recipe	690676	Shortcrust Pastry
200 g	Product	465084	Tomatoes : (MM)
225 g	Product	374440	Mild Cheddar : Grated
5 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
250 ml	Product	198337	Milk Semi Skimmed
15 g	Product	201096	Chives

Number of Products: 7

Method

1. Make the shortcrust pastry as per sub recipe. Line a tin and blind bake.
2. Roughly chop the tomatoes. Finely slice the chives.
3. Sprinkle the tomatoes, chives and 3/4 of the cheese into the pastry case.
4. Whisk the eggs and mix in the milk. Pour into the pastry case.
5. Sprinkle over the remaining cheese and bake at 180 degrees for 20 mins approx or until set and golden.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Eggs

Milk

Wheat

CHEESE & TOMATO QUICHE KS2

SUB RECIPE FOR: CHEESE & TOMATO QUICHE, ROAST POTATOES & FRESH VEGETABLES KS2



Recipe ID	691029
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

10 ptns	Recipe	690676	Shortcrust Pastry
200 g	Product	465084	Tomatoes : (MM)
225 g	Product	374440	Mild Cheddar : Grated
5 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
250 ml	Product	198337	Milk Semi Skimmed
15 g	Product	201096	Chives

Number of Products: 7

Method

1. Make the shortcrust pastry as per sub recipe. Line a tin and blind bake.
2. Roughly chop the tomatoes. Finely slice the chives.
3. Sprinkle the tomatoes, chives and 3/4 of the cheese into the pastry case.
4. Whisk the eggs and mix in the milk. Pour into the pastry case.
5. Sprinkle over the remaining cheese and bake at 180 degrees for 20 mins approx or until set and golden.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Eggs

Milk

Wheat

SHORTCRUST PASTRY

SUB RECIPE FOR: CHEESE & TOMATO QUICHE PRI

Recipe ID	690676
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

225 g	Product	192122	Plain Flour
100 g	Product	6476005	Bebo Cooking & Baking Marge
25 ml	Recipe	619743	Water

Number of Products: 2

Method

1. Put the flour in a large bowl and rub in the margarine until the mixture looks like breadcrumbs.
2. Or use a mixing machine with dough hook if possible as this does not over mix the pastry making it too crumbly.
3. Stir in about 1-2 tbsp water to form a soft dough.
4. Knead lightly then wrap and chill for at least 30 minutes.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Wheat

ROASTIES PRI & KS2

SUB RECIPE FOR: ROAST CHICKEN, STUFFING, ROASTIES & FRESH VEG PRI

Recipe ID	667305
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

1 kg	Product	1922809	Potatoes : Maris Piper : Washed
75 ml	Product	209586	Vegetable Oil : Extended Life

Number of Products: 2

Method

1. Prepare the potatoes by peeling and cutting into appropriate sizes.
2. Par boil or steam if possible until starting to fluff up on the outside - drain well.
3. Drizzle with oil whilst still hot and turn over potatoes with a large spoon until all are coated.
4. Roast in the oven until golden.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

COURGETTES PRI

SUB RECIPE FOR: FRESH VEGETABLES PRI

Recipe ID	628445
Recipe Amount	10 portion
Production Amount	10 portion

Ingredients

500 g Product 209230 Courgette : Green

Number of Products: 1

Method

---Preparation---

1. Wash and trim the Courgettes.
2. Cut into chunks and roast in a hot oven until tender.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

COURGETTES KS2

SUB RECIPE FOR: FRESH VEGETABLES KS2

Recipe ID	628444
Recipe Amount	10 portion
Production Amount	10 portion

Ingredients

600 g Product 209230 Courgette : Green
Number of Products: 1

Method

---Preparation---

Wash and trim courgettes.

Cut into chunks and roast in a hot oven until tender.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

BROCCOLI PRI

SUB RECIPE FOR: FRESH VEGETABLES PRI

Recipe ID	628475
Recipe Amount	10 portion
Production Amount	10 portion

Ingredients

500 g Product 206403 Broccoli

Number of Products: 1

Method

1. Boil A pan of water or tray broccoli onto a steamer tray.
2. Cook until tender . Make sure to batch cook for optimum freshness.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

BROCCOLI KS2

SUB RECIPE FOR: FRESH VEGETABLES KS2

Recipe ID	628479
Recipe Amount	10 portion
Production Amount	10 portion

Ingredients

600 g	Product	206403	Broccoli
Number of Products: 1			

Method

1. Boil A pan of water or tray broccoli onto a steamer tray.
2. Cook until tender . Make sure to batch cook for optimum freshness.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

CARROTS PRI

SUB RECIPE FOR: FRESH VEGETABLES PRI

Recipe ID	628440
Recipe Amount	10 portion
Production Amount	10 portion

Ingredients

500 g Product 1911713 Carrots : Donkey
Number of Products: 1

Method

---Preparation---

1. Wash and peel carrots.
2. Cut into batons.
3. Cook in boiling water or steam until tender.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

CARROTS KS2

SUB RECIPE FOR: FRESH VEGETABLES KS2

Recipe ID	628442
Recipe Amount	10 portion
Production Amount	10 portion

Ingredients

600 g	Product	1911713	Carrots : Donkey
Number of Products: 1			

Method

- Preparation---
1. Wash and peel carrots.
 2. Cut into batons.
 3. Cook in boiling water or steam until tender.

Critical Control Points (CCP)

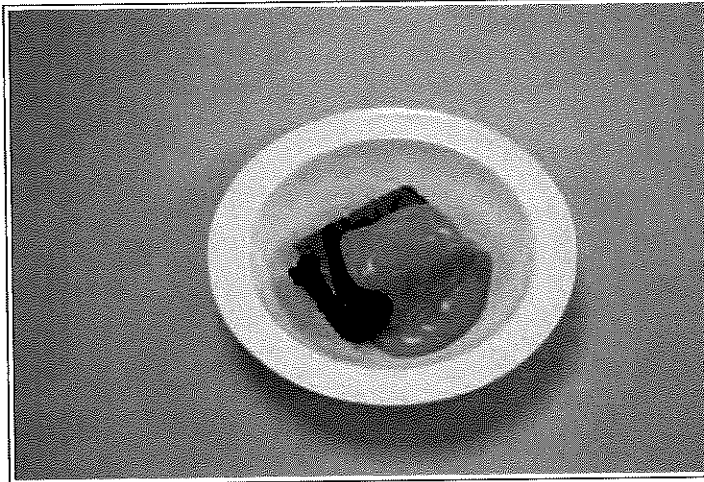
The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

MARBLE CAKE KS2

SUB RECIPE FOR: MARBLE CAKE KS2



Recipe ID	672848
Recipe Amount	26 ptns
Production Amount	26 ptns

Ingredients

340 g	Product	6476005	Bebo Cooking & Baking Marge
340 g	Product	200576	Tate & Lyle Caster Sugar
6 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
305 g	Product	3667515	Everyday Favorites Self Raising Flour
35 g	Product	1046295	Freshers Cocoa Powder : Low Fat

Number of Products: 5

Method

1. Line a tin with baking paper.
2. Cream the margarine and sugar together until smooth and pale in colour.
3. Gradually beat in the eggs. Remove half the mixture and gently fold in 170g of the self raising flour.
4. To the remaining half gently fold in the remaining 135g of flour and the 35g of cocoa powder.
5. Place spoonfuls of each mixture into the lined tin to give a chequerboard effect. With a palette knife swirl the mixes into each other.
6. Bake at 180 degrees until risen and a skewer inserted into the cake comes out clean.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability


Gluten

Eggs

Wheat

MARBLE CAKE PRI

SUB RECIPE FOR: MARBLE CAKE PRI



Recipe ID	672841
Recipe Amount	32 ptns
Production Amount	32 ptns

Ingredients

340 g	Product	6476005	Bebo Cooking & Baking Marge
340 g	Product	200576	Tate & Lyle Caster Sugar
6 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
305 g	Product	3667515	Everyday Favorites Self Raising Flour
35 g	Product	1046295	Freshers Cocoa Powder : Low Fat

Number of Products: 5

Method

1. Line a tin with baking paper.
2. Cream the margarine and sugar together until smooth and pale in colour.
3. Gradually beat in the eggs. Remove half the mixture and gently fold in 170g of the self raising flour.
4. To the remaining half gently fold in the remaining 135g of flour and the 35g of cocoa powder.
5. Place spoonfuls of each mixture into the lined tin to give a chequerboard effect. With a palette knife swirl the mixes into each other.
6. Bake at 180 degrees until risen and a skewer inserted into the cake comes out clean.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten Eggs
Wheat

CHICKEN FAJITA PRI

SUB RECIPE FOR: MEXICAN CHICKEN WRAPS, WEDGES, BROCCOLI PRI



Recipe ID	691151
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

500 g	Product	1455578	Sliced Chicken Thigh : Mexican
30 ml	Product	209586	Vegetable Oil : Extended Life
150 g	Product	307620	Onions : Large
100 g	Product	217260	Peppers : Mixed
100 g	Product	374440	Mild Cheddar : Grated
10 each	Product	303315	Tortilla : Flour : 10"
5 ptns	Recipe	683643	Tomato Salsa SEC

Number of Products: 11

Method

1. Slice the onions and peppers. Make the salsa as per sub recipe.
2. Heat the oil in a large pan over a medium heat and add the sliced onions. Cook for 5 mins until soft.
3. Add the chicken and peppers, stir fry for 10-15 mins until core temperature is reached.
4. Heat the tortilla wraps for a few seconds in the microwave and fill with the fajita mix, grated cheese and tomato salsa.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Milk

Wheat

CHICKEN FAJITA KS2

SUB RECIPE FOR: MEXICAN CHICKEN WRAPS, WEDGES, BROCCOLI KS2



Recipe ID	691166
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

650 g	Product	1455578	Sliced Chicken Thigh : Mexican
30 ml	Product	209586	Vegetable Oil : Extended Life
150 g	Product	307620	Onions : Large
100 g	Product	217260	Peppers : Mixed
100 g	Product	374440	Mild Cheddar : Grated
10 each	Product	303315	Tortilla : Flour : 10"
5 ptns	Recipe	683643	Tomato Salsa SEC

Number of Products: 11

Method

1. Slice the onions and peppers. Make the salsa as per sub recipe.
2. Heat the oil in a large pan over a medium heat and add the sliced onions. Cook for 5 mins until soft.
3. Add the chicken and peppers, stir fry for 10-15 mins until core temperature is reached.
4. Heat the tortilla wraps for a few seconds in the microwave and fill with the fajita mix, grated cheese and tomato salsa.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Milk

Wheat

BEAN & SWEETCORN BURRITO PRI

SUB RECIPE FOR: BEAN & SWEETCORN BURRITO, WEDGES, BROCCOLI PRI



Recipe ID	945324
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

500 g	Product	199391	Fortuna Five Bean Salad : in water
30 ml	Product	209586	Vegetable Oil : Extended Life
150 g	Product	307620	Onions : Large
100 g	Product	406409	Sweetcorn : Kernels
200 g	Product	3954239	Cirio Chopped Tomatoes
10 each	Product	303315	Tortilla : Flour : 10"
10 g	Product	2177492	Fajita Seasoning : Spice Mix
450 g	Product	865871	Easy Cook : Long Grain Rice : Brown

Number of Products: 8

Method

1. Slice the onions. Drain the beans. Cook the rice, drain and refresh.
2. Heat the oil in a large pan over a medium heat and add the sliced onions. Cook for 5 mins until soft.
3. Add the beans, fajita seasoning, chopped tomatoes and sweetcorn, cook for 5-10 mins until core temperature is reached.
4. Place a spoonful of rice and a spoonful of the bean mixture into the centre of a tortilla and roll up.
5. Place the burritos into an oven proof dish, cover with foil and warm through in the oven before serving.

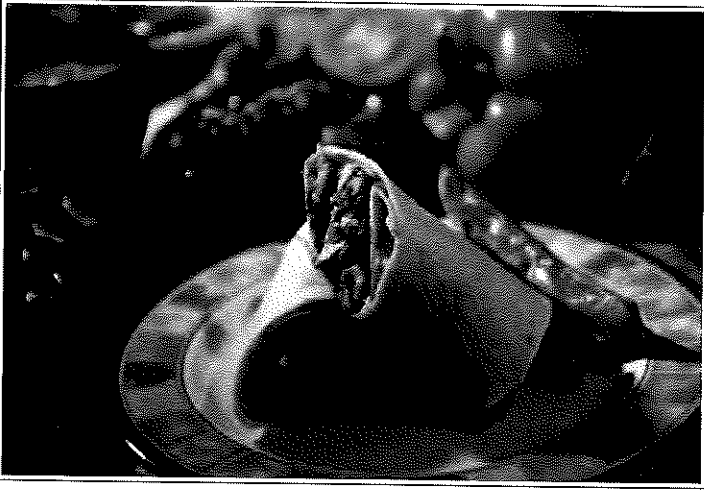
Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

BEAN & SWEETCORN BURRITO KS2

SUB RECIPE FOR: BEAN & SWEETCORN BURRITO, WEDGES, BROCCOLI KS2



Recipe ID	945329
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

600 g	Product	199391	Fortuna Five Bean Salad : in water
30 ml	Product	209586	Vegetable Oil : Extended Life
150 g	Product	307620	Onions : Large
100 g	Product	406409	Sweetcorn : Kernels
200 g	Product	3954239	Cirio Chopped Tomatoes
10 each	Product	303315	Tortilla : Flour : 10"
10 g	Product	2177492	Fajita Seasoning : Spice Mix
550 g	Product	865871	Easy Cook : Long Grain Rice : Brown

Number of Products: 8

Method

1. Slice the onions. Drain the beans. Cook the rice, drain and refresh.
- 2.Heat the oil in a large pan over a medium heat and add the sliced onions. Cook for 5 mins until soft.
3. Add the beans, fajita seasoning, chopped tomatoes and sweetcorn, cook for 5-10 mins until core temperature is reached.
4. Place a spoonful of rice and a spoonful of the bean mixture into the centre of a tortilla and roll up.
5. Place the burritos into an oven proof dish, cover with foil and warm through in the oven before serving.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

TOMATO SALSA SEC

SUB RECIPE FOR: CHICKEN FAJITA PRI

Recipe ID	683643
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

10 g	Product	1204638	Red : Chillies
400 g	Product	465084	Tomatoes : (MM)
10 g	Product	484397	Coriander
50 g	Product	303217	Onions : Red
1 each	Product	198019	Lime

Number of Products: 5

Method

1. Roughly dice the tomatoes Dice the red chilli Roughly chop coriander .Squeeze lime juice and zest into a bowl. Finely dice red onion.
2. Combine all the ingredients in a bowl and mix.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

OVEN BAKED WEDGES PRI

SUB RECIPE FOR: MEXICAN CHICKEN WRAPS, WEDGES, BROCCOLI PRI

Recipe ID	666514
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

1200 g	Product	1922809	Potatoes : Maris Piper : Washed
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Number of Products: 1

Method

1. Wash the potatoes & cut into wedges.
2. Place on a lined baking sheet and roast in the oven until crispy & cooked through.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

OVEN BAKED WEDGES KS2

SUB RECIPE FOR: MEXICAN CHICKEN WRAPS, WEDGES, BROCCOLI KS2

Recipe ID	666522
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

1200 g	Product	1922809	Potatoes : Maris Piper : Washed
Number of Products: 1			

Method

1. Wash the potatoes & cut into wedges.
2. Place on a lined baking sheet and roast in the oven until crispy & cooked through.

Critical Control Points (CCP)

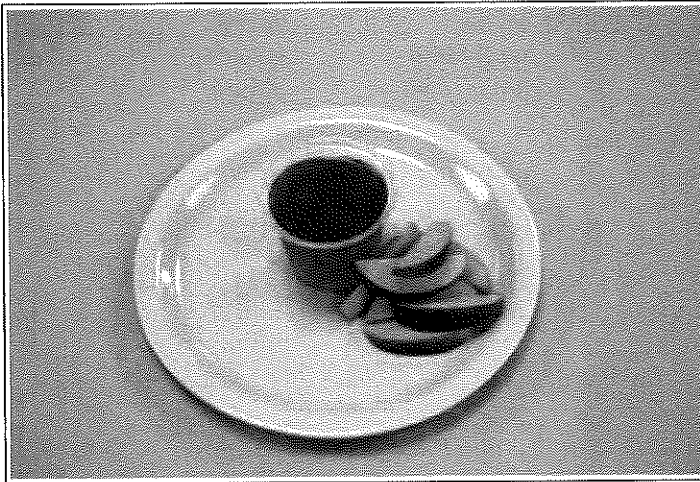
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Allergens & Dietary Suitability

No Allergens

JELLY & FRUIT PRI

SUB RECIPE FOR: JELLY & FRUIT PRI



Recipe ID	672868
Recipe Amount	12 ptns
Production Amount	12 ptns

Ingredients

175 g	Product	192828	Jelly Crystals : Strawberry
900 ml	Recipe	619743	Water
1000 g	Product	328935	Apple : Royal Gala

Number of Products: 2

Method

1. Make Up: Jelly Crystals 175g, Boiling Water 400ml, Cold Water 500ml: Dissolve the jelly crystals in the boiling water and stir until dissolved. Add the cold water and stir. Stand in a cool place to set.

2. Serve the jelly with sliced Fruit.

* You can use fruit slices of your choice but bear in mind cost.

** If using orchard fruit like apples & pears if you cut them more than several hours before serve you can soak them in water and lemon juice to stop them going brown.

Critical Control Points (CCP)

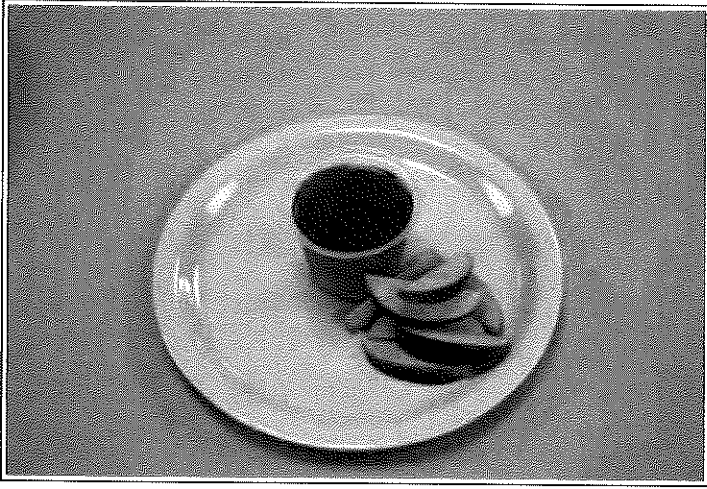
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Allergens & Dietary Suitability

No Allergens

JELLY & FRUIT KS2

SUB RECIPE FOR: JELLY & FRUIT KS2



Recipe ID	629462
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

175 g	Product	192828	Jelly Crystals : Strawberry
900 ml	Recipe	619743	Water
1000 g	Product	328935	Apple : Royal Gala

Number of Products: 2

Method

1. Make Up: Jelly Crystals 175g, Boiling Water 400ml, Cold Water 500ml: Dissolve the jelly crystals in the boiling water and stir until dissolved. Add the cold water and stir. Stand in a cool place to set.
2. Serve the jelly with sliced Fruit.
- * You can use fruit slices of your choice but bear in mind cost.
- ** If using orchard fruit like apples & pears if you cut them more than several hours before serve you can soak them in water and lemon juice to stop them going brown.

Critical Control Points (CCP)

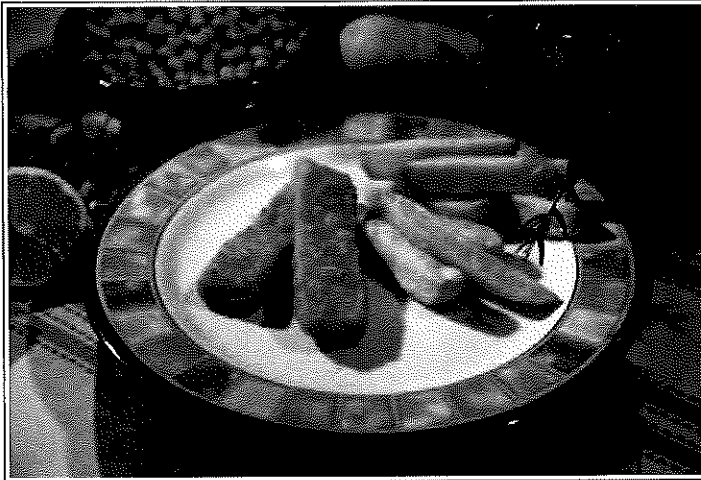
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Allergens & Dietary Suitability

No Allergens

FISH FINGERS PRI

SUB RECIPE FOR: FISH FINGERS, CHIPS & PEAS PRI



Recipe ID	667483
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

20 ea	Product	5634868	Youngs Fish Fingers : Minced Pollock : MSC
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Number of Products: 1

Method

1. Cook the fish fingers as per manufacturers instructions.
2. Serve 2 per portion.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten	Fish
Wheat	

FISH FINGERS KS2

SUB RECIPE FOR: FISH FINGERS, CHIPS & PEAS KS2



Recipe ID	667487
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

30 ea Product 5634868 Youngs Fish Fingers : Minced Pollock : MSC
Number of Products: 1

Method

1. Cook the fish fingers as per manufacturers instructions.
2. Serve 3 per portion.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten Fish
Wheat

CARROT & HUMMUS BAGEL PRI & KS2

SUB RECIPE FOR: CARROT & HUMMUS BAGEL, CHIPS & PEAS PRI



Recipe ID	945336
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

5 ea	Product	2596329	Sliced Plain Bagel 115g X 48 Frz(48 x 115g)
500 g	Product	3955459	Houmous : Original
500 g	Product	1911713	Carrots : Donkey

Number of Products: 3

Method

1. Peel & grate the carrots.
2. Split the bagels and lightly toast them in the oven.
3. Spread each bagel half with hummus and top with grated carrot. Serve half a bagel per portion.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Sesame

Wheat

Barley

* Celery

* Mustard

* May Contain

CHIPS PRI & KS2

SUB RECIPE FOR: FISH FINGERS, CHIPS & PEAS KS2

Recipe ID	667475
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

1 kg	Product	452313	Thick Cut Chips : 9/16
Number of Products: 1			

Method

1. Place on to a tray and put them in the oven and cook until golden and crispy (75°C). Or drop into the fryer until golden and crispy.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1000.00 g	Recipe	% RI	Per 100g
	Energy		4810 kJ 1150 kcal	57 %	481 kJ 115 kcal
	Fat		31.00 g	44 %	3.10
	Saturates		16.00 g	80 %	1.60
	Carbohydrate		186.00 g	72 %	18.60
	Sugars		2.00 g	2 %	0.20
	Fibre		18.00 g	-	1.80
	Protein		23.00 g	46 %	2.30
	Salt		2.50 g	42 %	0.25

PEAS PRI

SUB RECIPE FOR: FISH FINGERS, CHIPS & PEAS PRI

Recipe ID	616702
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

500 g	Product	223187	Peas : Economy
Number of Products: 1			

Method

Cook peas from frozen in boiling water for 5-6 mins. Drain & place in the serving dish.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

No Allergens	Suitable for Vegetarians
Suitable for Vegans	Suitable for Lactose Intolerance
Suitable for Halal (Islam)	Suitable for Kosher (Judaism)
Suitable for Dairy Intolerance	Suitable for Gluten Intolerance
Suitable for Hinduism	

PEAS KS2

SUB RECIPE FOR: FISH FINGERS, CHIPS & PEAS KS2

Recipe ID 616707
Recipe Amount 10 ptns
Production Amount 10 ptns

Ingredients

600 g Product 223187 Peas : Economy

Number of Products: 1

Method

Cook peas from frozen in boiling water for 5-6 mins. Drain & place in the serving dish.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

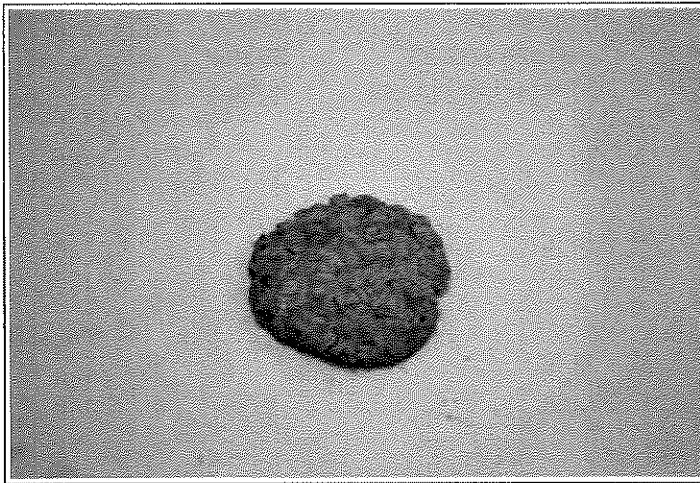
No Allergens

Nutritional Analysis

	Energy or Nutrient	Total Weight: 600.00 g	Recipe	% RI	Per 100g
	Energy		1926 kJ 460 kcal	23 %	321 kJ 77 kcal
	Fat		5.40 g	8 %	0.90
	Saturates		1.20 g	6 %	0.20
	Carbohydrate		52.80 g	20 %	8.80
	Sugars		15.00 g	17 %	2.50
	Fibre		30.60 g	-	5.10
	Protein		34.20 g	68 %	5.70
	Salt		0.06 g	1 %	0.01

OAT COOKIE PRI

SUB RECIPE FOR: OAT COOKIE PRI



Recipe ID	672796
Recipe Amount	32 ptns
Production Amount	32 ptns

Ingredients

300 g	Product	6476005	Bebo Cooking & Baking Marge
300 g	Product	200576	Tate & Lyle Caster Sugar
300 g	Product	3667515	Everyday Favorites Self Raising Flour
300 g	Product	199773	Mornflake Superfast Oats
95 g	Product	193930	Lyles Golden Syrup

Number of Products: 5

Method

1. Preheat the oven to 170°C.
2. In a suitable bowl cream the margarine and sugar until smooth and fluffy. Add the remaining ingredients.
3. Roll the cookie dough into 4cm wide sausage shapes and cut into 1cm slices and place onto baking trays. Leave enough gap for the cookies to spread, push down slightly on top to flatten.
4. Bake in the oven for 10-12 minutes until soft in the middle. Allow to cool slightly and place on a pastry rack/wire.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten

Wheat

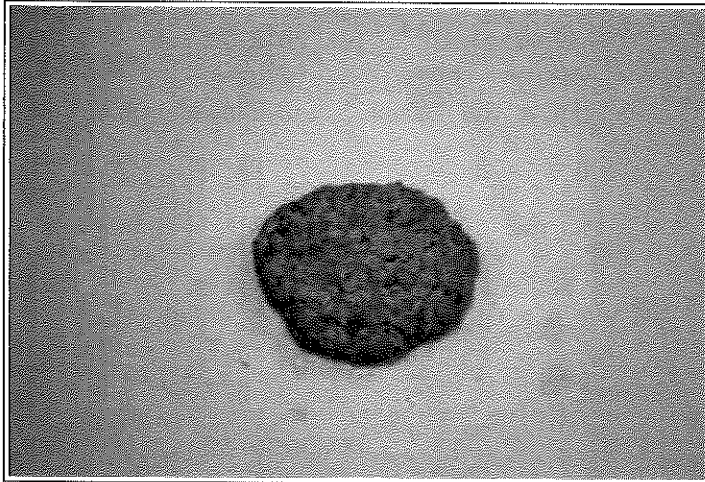
Oats

* Barley

* May Contain

OAT COOKIE KS2

SUB RECIPE FOR: OAT COOKIE KS2



Recipe ID	672798
Recipe Amount	26 ptns
Production Amount	26 ptns

Ingredients

300 g	Product	6476005	Bebo Cooking & Baking Marge
300 g	Product	200576	Tate & Lyle Caster Sugar
300 g	Product	3667515	Everyday Favorites Self Raising Flour
300 g	Product	199773	Mornflake Superfast Oats
95 g	Product	193930	Lyles Golden Syrup

Number of Products: 5

Method

1. Preheat the oven to 170°C.
2. In a suitable bowl cream the margarine and sugar until smooth and fluffy. Add the remaining ingredients.
3. Roll the cookie dough into 4cm wide sausage shapes and cut into 1cm slices and place onto baking trays. Leave enough gap for the cookies to spread, push down slightly on top to flatten.
4. Bake in the oven for 10-12 minutes until soft in the middle. Allow to cool slightly and place on a pastry rack/wire.

Critical Control Points (CCP)

The allergies reported in these recipes are from core suppliers. You must cross reference with package labelling and create a local Allergy Matrix in line with company policy

Allergens & Dietary Suitability

Gluten	Wheat
Oats	* Barley
* May Contain	