



FOOD FESTIVAL

By Aspens

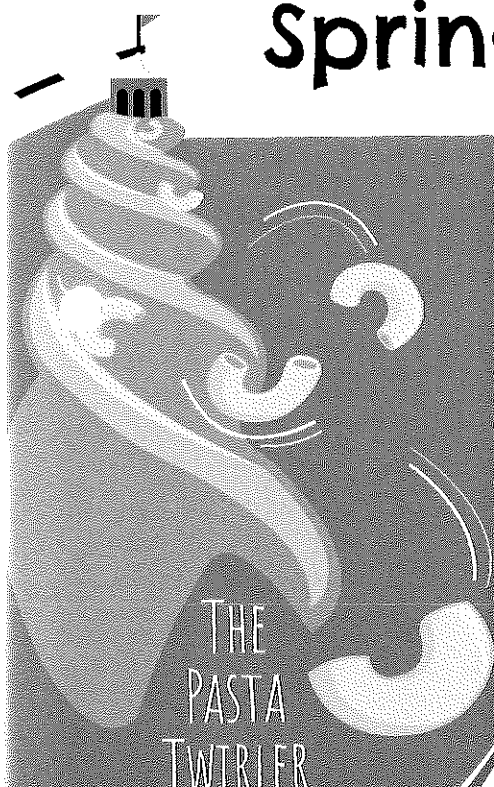


MEAT-FREE
MAGIC

TAKE YOUR IMAGINATION ON A FOOD JOURNEY

Week 3

Spring & Summer 2023



THE
PASTA
TWIRLER



THE MAIN EVENT

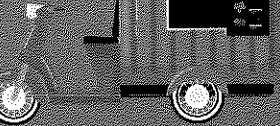
RAINBOW ALLEY



HIT FIVE
EVERY DAY



THE BIG
TOPPING



THE DESSERT TROLLEY



MARGHERITA PIZZA BAGUETTE PRI & KS2

SUB RECIPE FOR: MARGHERITA PIZZA BAGUETTE, SWEETCORN PRI



Recipe ID	845890
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

5 Ea	Product	4347473	Le Pain Half Baguette : White : 26cm : Part Baked
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. Cook the part baked baguettes and slice in half lengthways.
3. Spread the pizza sauce over the cut side of the baguette and sprinkle over grated cheese.
4. 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
Wheat
* May Contain

Milk
* Soya

HOMEMADE PIZZA SAUCE

SUB RECIPE FOR: MARGHERITA PIZZA BAGUETTE 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

VEGGIE PASTA BOLOGNESE PRI

SUB RECIPE FOR: VEGGIE PASTA BOLOGNESE, SWEETCORN PRI



Recipe ID	949102
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

10 ptns	Recipe	628672	Homemade Tomato Sauce PRI
200 g	Product	4752096	Mushrooms : Ungraded : Catering
200 g	Product	1911713	Carrots : Donkey
300 g	Product	2760829	Everyday Favorites Red Lentils : Red Lentils
500 g	Product	194881	Rey Fusilli

Number of Products: 14

Method

1. Make the homemade tomato sauce as per sub recipe.
2. Finely chop the mushrooms, peel & grate the carrots.
3. Add the mushrooms, carrots and lentils to the tomato sauce and continue to cook until thick and the lentils are soft. If you think it is too thick you can add a little extra water.
4. Cook the pasta as per manufacturers instructions and drain.
5. Serve a portion of pasta topped with the lentil bolognese.

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
- * Barley
- * May Contain

VEGGIE PASTA BOLOGNESE KS2

SUB RECIPE FOR: VEGGIE PASTA BOLOGNESE, SWEETCORN KS2



Recipe ID	949105
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

10 ptns	Recipe	628672	Homemade Tomato Sauce PRI
200 g	Product	4752096	Mushrooms : Ungraded : Catering
200 g	Product	1911713	Carrots : Donkey
300 g	Product	2760829	Everyday Favorites Red Lentils : Red Lentils
500 g	Product	194881	Rey Fusilli

Number of Products: 14

Method

1. Make the homemade tomato sauce as per sub recipe.
2. Finely chop the mushrooms, peel & grate the carrots.
3. Add the mushrooms, carrots and lentils to the tomato sauce and continue to cook until thick and the lentils are soft. If you think it is too thick you can add a little extra water.
4. Cook the pasta as per manufacturers instructions and drain.
5. Serve a portion of pasta topped with the lentil bolognese.

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

* Barley

* May Contain

HOMEMADE TOMATO SAUCE PRI

SUB RECIPE FOR: VEGGIE PASTA BOLOGNESE PRI

Recipe ID	628672
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

100 g	Product	307620	Onions : Large
25 g	Product	206409	Carrots : Donkey
10 ml	Product	209586	Vegetable Oil : Extended Life
5 g	Product	5338414	Triple Lion Garlic Purée
625 g	Product	199221	Chopped Tomatoes
10 g	Product	194142	Vegetable
20 g	Product	2760829	Everyday Favorites Red Lentils : Red Lentils
50 g	Product	199214	Tomato Puree
1 g	Product	319710	Chef William Oregano
1 g	Product	319712	Chef William Basil
100 ml	Recipe	619743	Water

Number of Products: 10

Method

- Heat the oil in a large saucepan & add roughly chopped onions, carrots and garlic puree.
- Sweat for 5 mins over a moderate heat, stirring occasionally.
- Stir in tomato puree, lentils, tinned tomatoes, water and veg stock.
- Bring to the boil, then lower the heat and simmer for 45 mins stirring occasionally.
- Blend the sauce with a stick blender and add the dried herbs.

Critical Control Points (CCP)

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Allergens & Dietary Suitability

Suitable for Vegetarians	Suitable for Vegans
Suitable for Lactose Intolerance	Suitable for Halal (Islam)
Suitable for Kosher (Judaism)	Suitable for Dairy Intolerance
Suitable for Hinduism	* Gluten
* Wheat	* Barley
* May Contain	

SWEETCORN PRI

SUB RECIPE FOR: MARGHERITA PIZZA BAGUETTE, SWEETCORN PRI

Recipe ID	628483
Recipe Amount	10 portion
Production Amount	10 portion

Ingredients

0.5 kg	Product	406409	Sweetcorn : Kernels
Number of Products: 1			

Method

---Preparation---

Boil a pan of water or tray Sweetcorn onto a steamer tray.

---Cooking---

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

SWEETCORN KS2

SUB RECIPE FOR: MARGHERITA PIZZA BAGUETTE, SWEETCORN KS2

Recipe ID	628484
Recipe Amount	10 portion
Production Amount	10 portion

Ingredients

0.6 kg Product 406409 Sweetcorn : Kernels

Number of Products: 1

Method

---Preparation---

Boil a pan of water or tray Sweetcorn onto a steamer tray.

---Cooking---

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

BANOFFEE DESSERT PRI

SUB RECIPE FOR: BANOFFEE DESSERT PRI



Recipe ID	944452
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

200 g	Product	5662842	Everyday Favorites Digestive Biscuits
500 g	Product	1396503	Banana : Bubble Pack
175 g	Product	1455263	Dale Farm Natural Yogurt : Low Fat : Temp
75 g	Product	194010	Da Vinci Toffee Fudge : Sauce

Number of Products: 4

Method

1. Crush the digestives. Peel & slice the bananas. Mix the yoghurt with the toffee sauce.
2. Place some crushed digestives in bowls/pots/cups top with some sliced bananas and the toffee yoghurt.

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	* Rye
* Barley	* Oats
* May Contain	

ALL IN ONE SAUSAGE & CHEESY POTATO BAKE PRI

SUB RECIPE FOR: ALL IN ONE SAUSAGE & CHEESY POTATO BAKE, CARROTS PRI



Recipe ID	945187
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

15 ml	Product	209586	Vegetable Oil : Extended Life
20 ea	Product	405794	Sausage : Pork : 16's
1200 g	Product	3062608	Potatoes : Mids : Box
150 g	Product	303217	Onions : Red
200 g	Product	465084	Tomatoes : (MM)
1 g	Product	319717	Chef William Mixed Herbs
10 g	Product	194142	Vegetable
100 g	Product	374440	Mild Cheddar : Grated
500 ml	Recipe	619743	Water

Number of Products: 8

Method

1. Cut the potatoes into bite sized pieces, slice the red onion, cut the tomatoes into wedges. Cut the sausages in half.
2. Place the potatoes, onions, tomatoes, mixed herb and oil into an oven proof dish and mix, lay the sausages on top. Cook in the oven at 180 degrees for 20 minutes.
3. Mix the bouillon powder with the measured amount of boiling water, pour over the sausage and veg bake. cook for a further 15 mins.
4. Sprinkle the cheese over the sausage and veg bake and cook for a further 5 mins until golden and serve.

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

ALL IN ONE SAUSAGE & CHEESY POTATO BAKE KS2

SUB RECIPE FOR: ALL IN ONE SAUSAGE & CHEESY POTATO BAKE, CARROTS KS2



Recipe ID	945197
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

15 ml	Product	209586	Vegetable Oil : Extended Life
20 ea	Product	405794	Sausage : Pork : 16's
1200 g	Product	3062608	Potatoes : Mids : Box
150 g	Product	303217	Onions : Red
200 g	Product	465084	Tomatoes : (MM)
1 g	Product	319717	Chef William Mixed Herbs
10 g	Product	194142	Vegetable
100 g	Product	374440	Mild Cheddar : Grated
500 ml	Recipe	619743	Water

Number of Products: 8

Method

1. Cut the potatoes into bite sized pieces, slice the red onion, cut the tomatoes into wedges. Cut the sausages in half.
2. Place the potatoes, onions, tomatoes, mixed herb and oil into an oven proof dish and mix, lay the sausages on top. Cook in the oven at 180 degrees for 20 minutes.
3. Mix the bouillon powder with the measured amount of boiling water, pour over the sausage and veg bake. cook for a further 15 mins.
4. Sprinkle the cheese over the sausage and veg bake and cook for a further 5 mins until golden and serve.

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.

ALL IN ONE VEGGIE SAUSAGE & CHEESY POTATO BAKE PRI & KS2

SUB RECIPE FOR: ALL IN ONE VEGGIE SAUSAGE & CHEESY POTATO BAKE, CARROTS
KS2



Recipe ID	945206
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

15 ml	Product	209586	Vegetable Oil : Extended Life
10 ea	Product	5594147	Quorn Vegan Sausages
1200 g	Product	3062608	Potatoes : Mids : Box
150 g	Product	303217	Onions : Red
200 g	Product	465084	Tomatoes : (MM)
1 g	Product	319717	Chef William Mixed Herbs
10 g	Product	194142	Vegetable
100 g	Product	374440	Mild Cheddar : Grated
500 ml	Recipe	619743	Water

Number of Products: 8

Method

1. Cut the potatoes into bite sized pieces, slice the red onion, cut the tomatoes into wedges.
2. Place the potatoes, onions, tomatoes, mixed herb and oil into an oven proof dish and mix, lay the sausages on top. Cook in the oven at 180 degrees for 20 minutes.
3. Mix the bouillon powder with the measured amount of boiling water, pour over the sausage and veg bake. cook for a further 15 mins.
4. Sprinkle the cheese over the sausage and veg bake and cook for a further 5 mins until golden and serve.

Critical Control Points (CCP)

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CARROTS PRI

SUB RECIPE FOR: ALL IN ONE SAUSAGE & CHEESY POTATO BAKE, CARROTS 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: ALL IN ONE SAUSAGE & CHEESY POTATO BAKE, CARROTS 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)

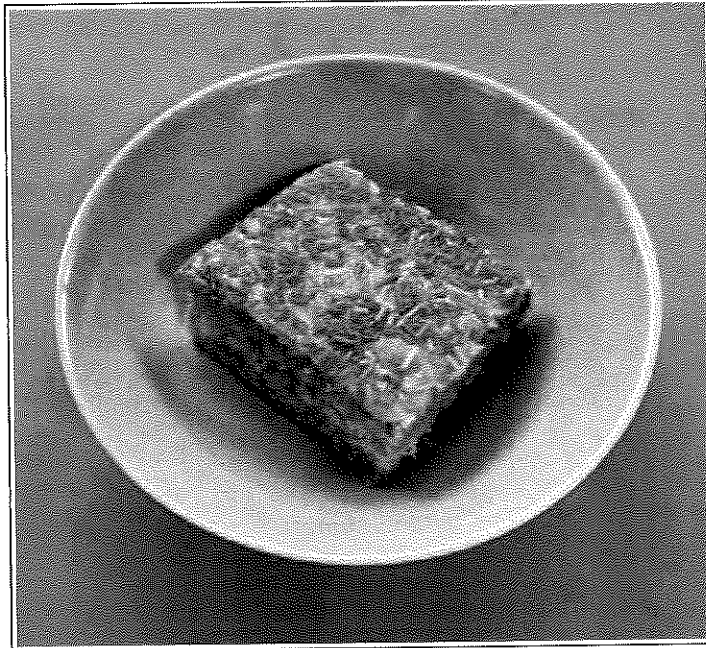
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Allergens & Dietary Suitability

No Allergens

VANILLA SPRINKLE SPONGE PRI

SUB RECIPE FOR: VANILLA SPRINKLE SPONGE PRI



Recipe ID	754447
Recipe Amount	20 ptns
Production Amount	20 ptns

Ingredients

200 g	Product	6476005	Bebo Cooking & Baking Marge
200 g	Product	200576	Tate & Lyle Caster Sugar
200 g	Product	3667515	Everyday Favorites Self Raising Flour
4 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
50 ml	Product	198338	Milk Skimmed
10 ml	Product	314499	Supercook Vanilla
200 g	Product	474739	Tate & Lyle Icing Sugar
50 g	Product	1900903	Dr Oetker Sugar Strands

Number of Products: 8

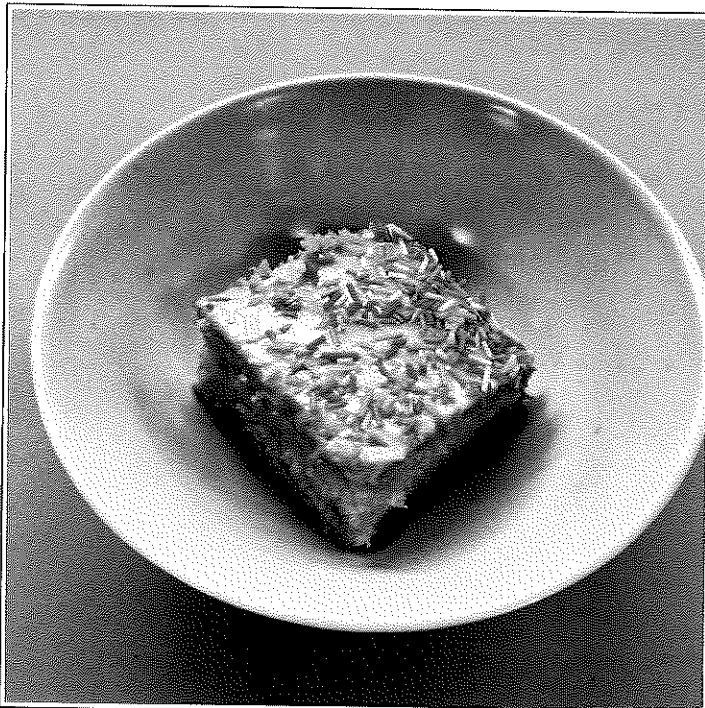
Method

1. Heat the oven to 180C. Line a cake tin with baking parchment.
2. Put the margarine and sugar in a large bowl and beat for a few minutes until pale and fluffy.
3. Add the eggs, flour, milk and vanilla and beat again until you have a smooth batter.
4. Pour the batter into the prepared tin and bake for 35-40 mins or until a skewer inserted into the centre comes out clean. Leave to cool.
5. Mix the icing sugar with enough water to make a thick icing. Spread the icing over the cooled cake, then top with sprinkles.
6. Leave to set and cut into squares.

Critical Control Points (CCP)

VANILLA SPRINKLE SPONGE KS2

SUB RECIPE FOR: VANILLA SPRINKLE SPONGE KS2



Recipe ID	754459
Recipe Amount	16 ptns
Production Amount	16 ptns

Ingredients

200 g	Product	6476005	Bebo Cooking & Baking Marge
200 g	Product	200576	Tate & Lyle Caster Sugar
200 g	Product	3667515	Everyday Favorites Self Raising Flour
4 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
50 ml	Product	198338	Milk Skimmed
10 ml	Product	314499	Supercook Vanilla
200 g	Product	474739	Tate & Lyle Icing Sugar
50 g	Product	1900903	Dr Oetker Sugar Strands

Number of Products: 8

Method

1. Heat the oven to 180C. Line a cake tin with baking parchment.
2. Put the margarine and sugar in a large bowl and beat for a few minutes until pale and fluffy.
3. Add the eggs, flour, milk and vanilla and beat again until you have a smooth batter.
4. Pour the batter into the prepared tin and bake for 35-40 mins or until a skewer inserted into the centre comes out clean. Leave to cool.
5. Mix the icing sugar with enough water to make a thick icing. Spread the icing over the cooled cake, then top with sprinkles.
6. Leave to set and cut into squares.

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

CARROT & STUFFING PASTRY PLAIT PRI

SUB RECIPE FOR: CARROT & STUFFING PASTRY PLAIT, ROASTIES, FRESH VEG & GRAVY
PRI



Recipe ID	945796
Recipe Amount	16 ptns
Production Amount	16 ptns

Ingredients

625 g	Product	2463893	Everyday Favorites Puff Pastry
400 g	Product	374440	Mild Cheddar : Grated
300 g	Product	1911713	Carrots : Donkey
100 g	Product	303217	Onions : Red
250 g	Product	194679	Stuffing Mix : Sage & Onion
750 ml	Recipe	619743	Water
1 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)

Number of Products: 6

Method

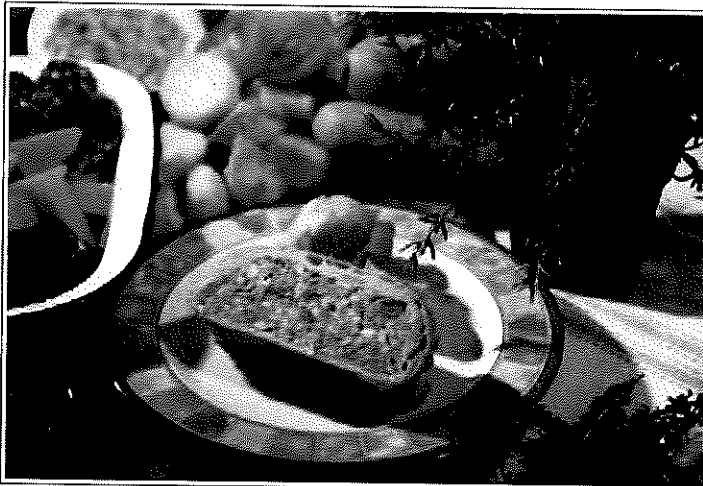
1. Heat oven to 220C/200C fan/gas 7. Peel & grate the carrot, dice the red onion. Mix the stuffing with the boiling water & leave to hydrate for 10 mins.
2. Mix the cheese, carrots & onions with the stuffing to make a mouldable filling. Brush the puff pastry with beaten egg.
3. Place the stuffing down the centre of the pastry as if it were a large sausage roll. Cut 1 inch diagonal slits along each long side of the pastry.
4. Fold in the short sides of the pastry then cross alternate strips from the long sides, bringing each one into the middle to create a plait effect.
5. Brush with egg and bake for 30 mins. Cool, then slice and serve.
6. Chef's Tip - Can be made 1 day ahead.

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

CARROT & STUFFING PASTRY PLAIT KS2

SUB RECIPE FOR: CARROT & STUFFING PASTRY PLAIT, ROASTIES, FRESH VEG & GRAVY
KS2



Recipe ID	945846
Recipe Amount	14 ptns
Production Amount	14 ptns

Ingredients

625 g	Product	2463893	Everyday Favorites Puff Pastry
400 g	Product	374440	Mild Cheddar : Grated
300 g	Product	1911713	Carrots : Donkey
100 g	Product	303217	Onions : Red
250 g	Product	194679	Stuffing Mix : Sage & Onion
750 ml	Recipe	619743	Water
1 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)

Number of Products: 6

Method

1. Heat oven to 220C/200C fan/gas 7. Peel & grate the carrot, dice the red onion. Mix the stuffing with the boiling water & leave to hydrate for 10 mins.
2. Mix the cheese, carrots & onions with the stuffing to make a mouldable filling. Brush the puff pastry with beaten egg.
3. Place the stuffing down the centre of the pastry as if it were a large sausage roll. Cut 1 inch diagonal slits along each long side of the pastry.
4. Fold in the short sides of the pastry then cross alternate strips from the long sides, bringing each one into the middle to create a plait effect.
5. Brush with egg and bake for 30 mins. Cool, then slice and serve.
6. Chef's Tip - Can be made 1 day ahead.

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

CITRUS CRISPY CAKE PRI

SUB RECIPE FOR: CITRUS RICE CRISPIE CAKE PRI



Recipe ID	622176
Recipe Amount	24 ptns
Production Amount	24 ptns

Ingredients

150 g	Product	193930	Lyles Golden Syrup
360 g	Product	6476005	Bebo Cooking & Baking Marge
2 each	Product	198078	Orange : Small
2 each	Product	1396505	Lemon : Medium
280 g	Product	2143224	Nestle Crisp Rice : Harvest Home
140 g	Product	413490	Millac Classic Skimmed : Milk Powder : With Non-milk Fat

Number of Products: 6

Method

1. Zest the fruit and squeeze the juice.
2. Place the margarine, syrup, zest and juice of the orange and lemon in a pan, bring to a simmer and boil for approx 3 mins.
3. Remove from heat, add the milk powder whisking quickly and leave for 20 mins.
4. Pour the syrup mixture over the the rice crispies and mix well until all crispies are coated.
5. In a grease proof lined baking tray , pour in the mixture , flatten and smooth.
6. Leave to set in a cool place, and portion when set.

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

CITRUS CRISPY CAKE KS2

SUB RECIPE FOR: CITRUS RICE CRISPIE CAKE KS2



Recipe ID	945555
Recipe Amount	20 ptns
Production Amount	20 ptns

Ingredients

150 g	Product	193930	Lyles Golden Syrup
360 g	Product	6476005	Bebo Cooking & Baking Marge
2 each	Product	198078	Orange : Small
2 each	Product	1396505	Lemon : Medium
280 g	Product	2143224	Nestle Crisp Rice : Harvest Home
140 g	Product	413490	Millac Classic Skimmed : Milk Powder : With Non-milk Fat

Number of Products: 6

Method

1. Zest the fruit and squeeze the juice.
2. Place the margarine, syrup, zest and juice of the orange and lemon in a pan, bring to a simmer and boil for approx 10 mins.
3. Remove from heat, add the milk powder whisking quickly and leave for 20 mins.
4. Pour the syrup mixture over the the rice crispies and mix well until all crispies are coated.
5. In a grease proof lined baking tray , pour in the mixture , flatten and smooth.
6. Leave to set in a cool place, and portion when set.

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

PINEAPPLE CHICKEN PRI

SUB RECIPE FOR: PINEAPPLE CHICKEN, WHOLEGRAIN RICE, 5 SPICE CAULIFLOWER PRI



Recipe ID	946627
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

550 g	Product	1455665	Sliced Chicken Thigh : Plain
150 g	Product	1433959	Peppers : Red
200 g	Product	199144	Fontinella Pineapple Slices : in juice : Info: 50-60
60 ml	Product	309382	Lee Kum Kee Premium : Light Soy Sauce
50 g	Product	319533	Tate & Lyle Soft Sugar : Light Brown
30 g	Product	196030	Hoi Sin Sauce
8 g	Product	324216	Chef William Cornflour

Number of Products: 7

Method

1. Slice the red pepper. Drain the pineapple but keep the juice for the sauce. Cut the pineapple into chunks.
2. Place the chicken and pepper in a roasting tin and cook until core temp is reached.
3. Place 180ml (per 10 ptns) of the reserved pineapple juice in a saucepan. If you don't have enough make it up with water.
4. Add the soy sauce, brown sugar and hoisin sauce to the pineapple juice and bring to a simmer.
5. Mix the cornflour in a separate bowl with a few teaspoons of cold water to make a slurry and add to the saucepan. Simmer until thickened.
6. Add the cooked chicken & peppers plus the dice pineapple to the sauce and serve.

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

PINEAPPLE CHICKEN KS2

SUB RECIPE FOR: PINEAPPLE CHICKEN, WHOLEGRAIN RICE, 5 SPICE CAULIFLOWER KS2



Recipe ID	946633
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

550 g	Product	1455665	Sliced Chicken Thigh : Plain
150 g	Product	1433959	Peppers : Red
200 g	Product	199144	Fontinella Pineapple Slices : In juice : Info: 50-60
60 ml	Product	309382	Lee Kum Kee Premium : Light Soy Sauce
50 g	Product	319533	Tate & Lyle Soft Sugar : Light Brown
30 g	Product	196030	Hoi Sin Sauce
8 g	Product	324216	Chef William Cornflour

Number of Products: 7

Method

1. Slice the red pepper. Drain the pineapple but keep the juice for the sauce. Cut the pineapple into chunks.
2. Place the chicken and pepper in a roasting tin and cook until core temp is reached.
3. Place 180ml (per 8 ptns) of the reserved pineapple juice in a saucepan. If you don't have enough make it up with water.
4. Add the soy sauce, brown sugar and hoisin sauce to the pineapple juice and bring to a simmer.
5. Mix the cornflour in a separate bowl with a few teaspoons of cold water to make a slurry and add to the saucepan. Simmer until thickened.
6. Add the cooked chicken & peppers plus the dice pineapple to the sauce and serve.

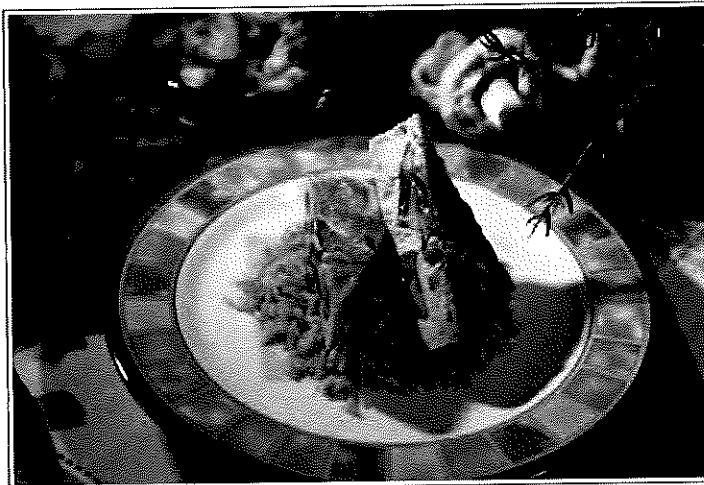
Critical Control Points (CCP)

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

CHINESE OMELETTE (EGG FOO YUNG) PRI

SUB RECIPE FOR: CHINESE OMELETTE, WHOLEGRAIN RICE, 5 SPICE CAULIFLOWER PRI



Recipe ID	946623
Recipe Amount	12 ptns
Production Amount	12 ptns

Ingredients

15 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
750 g	Product	4752096	Mushrooms : Ungraded : Catering
0.5 bunch	Product	671821	Spring Onions
100 g	Product	223187	Peas : Economy
15 ml	Product	209586	Vegetable Oil : Extended Life
10 g	Product	194142	Vegetable
150 ml	Recipe	619743	Water
25 ml	Product	309382	Lee Kum Kee Premium : Light Soy Sauce
15 g	Product	5363113	Triple Lion Garlic Purée

Number of Products: 8

Method

1. Finely slice the spring onion, wipe the mushrooms clean and finely slice. Heat the oil in a suitable pan and fry the mushrooms and garlic puree, then leave to cool. Dilute the vegetable bouillon in the water. Crack and whisk the eggs.
2. Combine the eggs with the vegetable stock, and all the remaining ingredients.
3. Line a 1/2 gastro or similar sized tin with silicone paper, pour in the egg mix and cook at 160 degrees for 15-20 mins or until the egg has set.
4. Remove the omelette from the oven and leave to firm up for a couple of minutes, then remove from the tin, cut into equal portions and serve.

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

CHINESE OMELETTE (EGG FOO YUNG) KS2

SUB RECIPE FOR: CHINESE OMELETTE, WHOLEGRAIN RICE, 5 SPICE CAULIFLOWER KS2



Recipe ID	946624
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

15 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
750 g	Product	4752096	Mushrooms : Ungraded : Catering
0.5 bunch	Product	671821	Spring Onions
100 g	Product	223187	Peas : Economy
15 ml	Product	209586	Vegetable Oil : Extended Life
10 g	Product	194142	Vegetable
150 ml	Recipe	619743	Water
25 ml	Product	309382	Lee Kum Kee Premium : Light Soy Sauce
15 g	Product	5363113	Triple Lion Garlic Purée

Number of Products: 8

Method

1. Finely slice the spring onion, wipe the mushrooms clean and finely slice. Heat the oil in a suitable pan and fry the mushrooms and garlic puree, then leave to cool. Dilute the vegetable bouillon in the water. Crack and whisk the eggs.
2. Combine the eggs with the vegetable stock, and all the remaining ingredients.
3. Line a 1/2 gastro or similar sized tin with silicone paper, pour in the egg mix and cook at 160 degrees for 15-20 mins or until the egg has set.
4. Remove the omelette from the oven and leave to firm up for a couple of minutes, then remove from the tin, cut into equal portions and serve.

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

WHOLEGRAIN RICE PRI

SUB RECIPE FOR: PINEAPPLE CHICKEN, WHOLEGRAIN RICE, 5 SPICE CAULIFLOWER PRI

Recipe ID	671580
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

450 g Product 865871 Easy Cook : Long Grain Rice : Brown
 Number of Products: 1

Method

1. Cook as per manufacturers instructions.

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: 450.00 g	Recipe	% RI	Per 100g
	Energy		6723 kJ 1607 kcal	80 %	1494 kJ 357 kcal
	Fat		12.60 g	18 %	2.80
	Saturates		3.15 g	16 %	0.70
	Carbohydrate		365.85 g	141 %	81.30
	Sugars		5.85 g	7 %	1.30
	Fibre		8.55 g	-	1.90
	Protein		30.15 g	60 %	6.70
	Salt		0.00 g	0 %	0.00

WHOLEGRAIN RICE KS2

SUB RECIPE FOR: PINEAPPLE CHICKEN, WHOLEGRAIN RICE, 5 SPICE CAULIFLOWER KS2

Recipe ID	671581
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

450 g Product 865871 Easy Cook : Long Grain Rice : Brown
Number of Products: 1

Method

1. Cook as per manufacturers instructions.

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: 450.00 g	Recipe	% RI	Per 100g
	Energy		6723 kJ 1607 kcal	80 %	1494 kJ 357 kcal
	Fat		12.60 g	18 %	2.80
	Saturates		3.15 g	16 %	0.70
	Carbohydrate		365.85 g	141 %	81.30
	Sugars		5.85 g	7 %	1.30
	Fibre		8.55 g	-	1.90
	Protein		30.15 g	60 %	6.70
	Salt		0.00 g	0 %	0.00

5 SPICE CAULIFLOWER PRI

SUB RECIPE FOR: CHINESE OMELETTE, WHOLEGRAIN RICE, 5 SPICE CAULIFLOWER PRI

Recipe ID	946625
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

500 g	Product	834621	Oerlemans Cauliflower Florets : 15-35mm
30 ml	Product	209586	Vegetable Oil : Extended Life
5 g	Product	4003913	Chef William Chinese Five Spice : Spice

Number of Products: 3

Method

1. Defrost the cauliflower and drain away any excess water.
2. Mix the florets with the oil & chinese five spice.
3. Place onto an oven tray and roast in the oven at 180 degrees for 20 mins approx or 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

5 SPICE CAULIFLOWER KS2

SUB RECIPE FOR: PINEAPPLE CHICKEN, WHOLEGRAIN RICE, 5 SPICE CAULIFLOWER KS2

Recipe ID	946626
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

500 g	Product	834621	Oerlemans Cauliflower Florets : 15-35mm
30 ml	Product	209586	Vegetable Oil : Extended Life
5 g	Product	4003913	Chef William Chinese Five Spice : Spice

Number of Products: 3

Method

1. Defrost the cauliflower and drain away any excess water.
2. Mix the florets with the oil & chinese five spice.
3. Place onto an oven tray and roast in the oven at 180 degrees for 20 mins approx or until golden.

Critical Control Points (CCP)

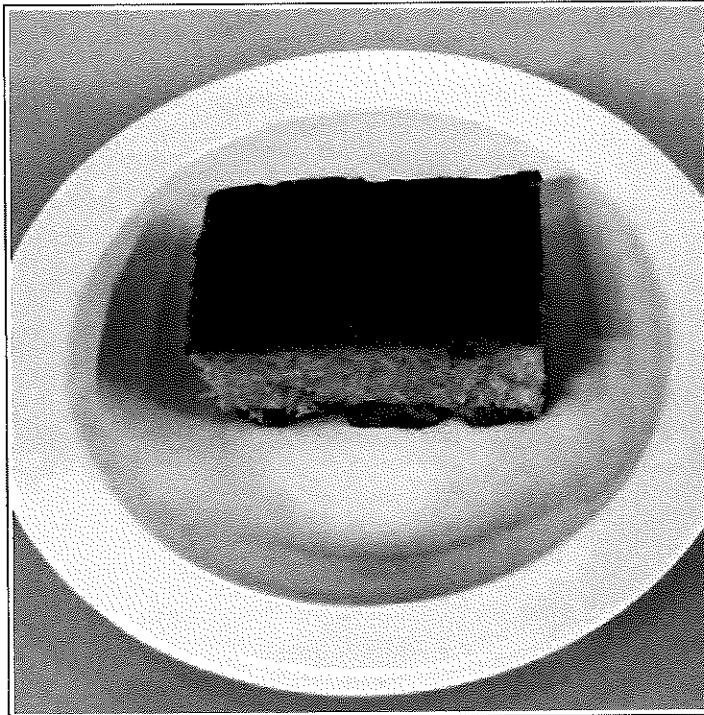
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Allergens & Dietary Suitability

No Allergens

APPLE SPONGE CAKE PRI

SUB RECIPE FOR: APPLE SPONGE CAKE PRI



Recipe ID	845466
Recipe Amount	25 ptns
Production Amount	25 ptns

Ingredients

1000 g	Product	198960	Solid Pack
5 g	Product	319727	Chef William Cinnamon : ground
250 g	Product	6476005	Bebo Cooking & Baking Marge
250 g	Product	200588	Tate & Lyle Granulated Sugar
250 g	Product	3667515	Everyday Favorites Self Raising Flour
5 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
5 g	Product	6366297	Dr. Oetker Professional Gluten Free Baking Powder(1 x 500G)
5 ml	Product	314499	Supercook Vanilla

Number of Products: 8

Method

1. Drain the apple, lightly mash and mix with the cinnamon and place evenly on the bottom of a baking dish/tin.
2. Cream the margarine and sugar until smooth and pale in colour.
3. Add the eggs, self raising flour, baking powder and vanilla and mix until smooth.
4. Spoon the mix on top of the apples and bake in the oven at 180 degrees for 30-40 mins until golden.
5. Serve warm.

Critical Control Points (CCP)

APPLE SPONGE CAKE KS2

SUB RECIPE FOR: APPLE SPONGE CAKE KS2



Recipe ID	845472
Recipe Amount	22 ptns
Production Amount	22 ptns

Ingredients

1000 g	Product	198960	Solid Pack
5 g	Product	319727	Chef William Cinnamon : ground
250 g	Product	6476005	Bebo Cooking & Baking Marge
250 g	Product	200588	Tate & Lyle Granulated Sugar
250 g	Product	3667515	Everyday Favorites Self Raising Flour
5 each	Product	1817920	Eggs : Free Range : Medium : (15 dozen)
5 g	Product	6366297	Dr. Oetker Professional Gluten Free Baking Powder(1 x 500G)
5 ml	Product	314499	Supercook Vanilla

Number of Products: 8

Method

1. Drain the apple, lightly mash and mix with the cinnamon and place evenly on the bottom of a baking dish/tin.
2. Cream the margarine and sugar until smooth and pale in colour.
3. Add the eggs, self raising flour, baking powder and vanilla and mix until smooth.
4. Spoon the mix on top of the apples and bake in the oven at 180 degrees for 30-40 mins until golden.
5. Serve warm.

Critical Control Points (CCP)

BAKED BEANS, CHIPS & VEGETABLE FINGERS PRI



Dish ID 506112

Ingredients

1 ptns	Recipe	742472	Vegetable Fingers PRI
1 ptns	Recipe	667023	Baked Beans PRI
1 ptns	Recipe	667475	Chips PRI & KS2

Number of Products: 3

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

VEGETABLE FINGERS KS2

SUB RECIPE FOR: BAKED BEANS, CHIPS & VEGETABLE FINGERS KS2



Recipe ID	703693
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

852 g Product 6096170 Birds Eye Vegetable Finger(12 x 284G)

Number of Products: 1

Method

1. cook as per manufacturers instructions and serve 3 fingers 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

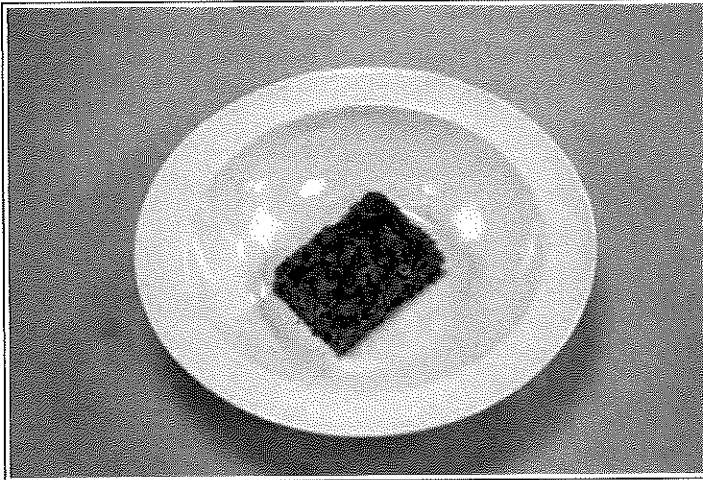
Allergens & Dietary Suitability

Gluten

Wheat

FLAPJACK PRI

SUB RECIPE FOR: FLAPJACK PRI



Recipe ID	630258
Recipe Amount	64 ptns
Production Amount	64 ptns

Ingredients

550 g	Product	6476005	Bebo Cooking & Baking Marge
1300 g	Product	199773	Mornflake Superfast Oats
400 g	Product	193930	Lyles Golden Syrup
500 g	Product	200588	Tate & Lyle Granulated Sugar
30 g	Product	6366297	Dr. Oetker Professional Gluten Free Baking Powder(1 x 500G)
80 ml	Recipe	619743	Water

Number of Products: 5

Method

1. Preheat the oven to 180°C.
2. Melt the margarine, sugar and syrup together for 5 minutes.
3. Stir in the oats, baking powder and water until it is all mixed thoroughly.
4. Press the flapjack evenly into lined trays or similar. Bake in the oven for 20 minutes.
5. Take out the oven and cut into equal portions straight away.
6. Leave to cool then take out the tray and serve.

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

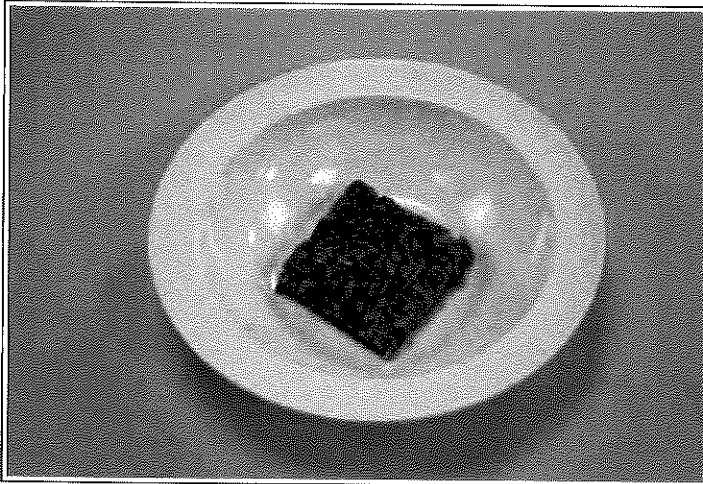
Oats

* Milk

* Wheat

FLAPJACK KS2

SUB RECIPE FOR: FLAPJACK KS2



Recipe ID	845644
Recipe Amount	56 ptns
Production Amount	56 ptns

Ingredients

550 g	Product	6476005	Bebo Cooking & Baking Marge
1300 g	Product	199773	Mornflake Superfast Oats
400 g	Product	193930	Lyles Golden Syrup
500 g	Product	200588	Tate & Lyle Granulated Sugar
30 g	Product	6366297	Dr. Oetker Professional Gluten Free Baking Powder(1 x 500G)
80 ml	Recipe	619743	Water

Number of Products: 5

Method

1. Preheat the oven to 180°C.
2. Melt the margarine, sugar and syrup together for 5 minutes.
3. Stir in the oats, baking powder and water until it is all mixed thoroughly.
4. Press the flapjack evenly into lined trays or similar. Bake in the oven for 20 minutes.
5. Take out the oven and cut into equal portions straight away.
6. Leave to cool then take out the tray and serve.

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

Oats

* Milk

* Wheat

HOT HOMEMADE TOMATO SAUCE, PASTA & CHEESE PRI



Dish ID 579255

Ingredients

1 ptns Recipe 758777 Hot Homemade Tomato Sauce Pasta Pot & Cheese PRI
Number of Products: 12

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 * Barley
* May Contain

HOT HOMEMADE TOMATO SAUCE, PASTA & CHEESE KS2



Dish ID 579258

Ingredients

1 ptns Recipe 758781 Hot Homemade Tomato Sauce Pasta Pot & Cheese KS2

Number of Products: 12

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 _____ * Barley _____

* May Contain