

BEEF & HIDDEN VEG WHOLEGRAIN PASTA BOLOGNESE PRI

SUB RECIPE FOR: BEEF & HIDDEN VEG WHOLEGRAIN PASTA BOLOGNESE, GARLIC SLICE, 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.

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
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Nutritional Analysis

	Energy or Nutrient	Total Weight: 2211.00 g	Recipe	% RI	Per 100g
	Energy		13214 kJ 3158 kcal	158 %	598 kJ 143 kcal
	Fat		77.39 g	111 %	3.50
	Saturates		25.26 g	126 %	1.14
	Carbohydrate		444.13 g	171 %	20.09
	Sugars		75.44 g	84 %	3.41
	Fibre		65.34 g	-	2.96
	Protein		160.43 g	321 %	7.26
	Salt		1.01 g	17 %	0.05

Allergen Disclaimer:

Last Updated:

Most recent item change: 13/06/2022 13:46:47 (1513767)

Most recent item added: 13/06/2022 13:47:52 (209230)

GARLIC SLICE (HOMEMADE BIDFOOD BASE) PRI & KS2

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

Recipe ID	629749
Recipe Amount	10 portion
Production Amount	10 portion

Ingredients

230 g	Product	352041	Pizza Crust : 12" : Thin
25 g	Product	5485295	Bebo Sunflower Spread : Light
1 g	Product	319717	Chef William Mixed Herbs
5 g	Product	5338414	Triple Lion Garlic Purée

Number of Products: 4

Method

1. Defrost pizza base.
2. Mix the margarine, mixed herbs and garlic puree together.
3. Evenly spread the mixture over the top of the pizza base.
4. Bake at 180°C for 6-8 mins and cut into 10 wedges.

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

Nutritional Analysis

	Energy or Nutrient	Total Weight: 261.00 g	Recipe	% RI	Per 100g
	Energy		2725 kJ 651 kcal	33 %	1044 kJ 249 kcal
	Fat		13.51 g	19 %	5.18
	Saturates		2.47 g	12 %	0.95
	Carbohydrate		108.79 g	42 %	41.68
	Sugars		2.59 g	3 %	0.99
	Fibre		7.83 g	-	3.00
	Protein		19.85 g	40 %	7.61
	Salt		1.40 g	23 %	0.54

Allergen Disclaimer:

Last Updated:

Most recent item change: 01/03/2022 08:48:42 (5485295)

Most recent item added: 02/03/2021 10:51:03 (5338414)

GREEN SALAD PRI

SUB RECIPE FOR: BEEF & HIDDEN VEG WHOLEGRAIN PASTA BOLOGNESE, GARLIC SLICE, 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

Nutritional Analysis

	Energy or Nutrient	Total Weight: 251.67 g	Recipe	% RI	Per 100g
	Energy		193 kJ 46 kcal	2 %	77 kJ 18 kcal
	Fat		1.26 g	2 %	0.50
	Saturates		0.06 g	0 %	0.02
	Carbohydrate		5.51 g	2 %	2.19
	Sugars		5.39 g	6 %	2.14
	Fibre		2.39 g	-	0.95
	Protein		2.62 g	5 %	1.04
	Salt		0.03 g	0 %	0.01

Allergen Disclaimer:

Last Updated:

Most recent item change: 09/12/2021 15:34:24 (330064)

Most recent item added: 07/06/2021 16:38:21 (328846)

BEEF & HIDDEN VEG WHOLEGRAIN PASTA BOLOGNESE

KS2

SUB RECIPE FOR: BEEF & HIDDEN VEG WHOLEGRAIN PASTA BOLOGNESE, GARLIC SLICE, 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.

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
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Nutritional Analysis

	Energy or Nutrient	Total Weight: 2211.00 g	Recipe	% RI	Per 100g
	Energy		13214 kJ 3158 kcal	158 %	598 kJ 143 kcal
	Fat		77.39 g	111 %	3.50
	Saturates		25.26 g	126 %	1.14
	Carbohydrate		444.13 g	171 %	20.09
	Sugars		75.44 g	84 %	3.41
	Fibre		65.34 g	-	2.96
	Protein		160.43 g	321 %	7.26
	Salt		1.01 g	17 %	0.05

Allergen Disclaimer:

Last Updated:

Most recent item added: 13/06/2022 13:49:19 (194375)

GREEN SALAD KS2

SUB RECIPE FOR: BEEF & HIDDEN VEG WHOLEGRAIN PASTA BOLOGNESE, GARLIC SLICE, 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

Nutritional Analysis

	Energy or Nutrient	Total Weight: 251.67 g	Recipe	% RI	Per 100g
	Energy		193 kJ 46 kcal	2 %	77 kJ 18 kcal
	Fat		1.26 g	2 %	0.50
	Saturates		0.06 g	0 %	0.02
	Carbohydrate		5.51 g	2 %	2.19
	Sugars		5.39 g	6 %	2.14
	Fibre		2.39 g	-	0.95
	Protein		2.62 g	5 %	1.04
	Salt		0.03 g	0 %	0.01

Allergen Disclaimer:

Last Updated:

Most recent item change: 09/12/2021 15:34:24 (330064)

Most recent item added: 07/06/2021 16:40:26 (330064)

VEGGIE WHOLEGRAIN PASTA BOLOGNESE PRI

SUB RECIPE FOR: VEGGIE WHOLEGRAIN PASTA BOLOGNESE, GARLIC SLICE & GREEN SALAD PRI



Recipe ID	671752
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	754171	Fusilli : Wholemeal

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

Nutritional Analysis

	Energy or Nutrient	Total Weight: 2057.00 g	Recipe	% RI	Per 100g
	Energy		13330 kJ 3186 kcal	159 %	648 kJ 155 kcal
	Fat		27.47 g	39 %	1.34
	Saturates		3.67 g	18 %	0.18
	Carbohydrate		568.29 g	219 %	27.63
	Sugars		77.11 g	86 %	3.75
	Fibre		114.44 g	-	5.56
	Protein		154.22 g	308 %	7.50
	Salt		6.40 g	107 %	0.31

Allergen Disclaimer:

Last Updated:

Most recent item change: 12/11/2021 10:26:24 (754171)

Most recent item added: 02/06/2021 14:17:21 (754171)

VEGGIE WHOLEGRAIN PASTA BOLOGNESE KS2

SUB RECIPE FOR: VEGGIE WHOLEGRAIN PASTA BOLOGNESE, GARLIC SLICE & GREEN SALAD KS2



Recipe ID	671761
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	754171	Fusilli : Wholemeal

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

Nutritional Analysis

	Energy or Nutrient	Total Weight: 2057.00 g	Recipe	% RI	Per 100g
	Energy		13330 kJ 3186 kcal	159 %	648 kJ 155 kcal
	Fat		27.47 g	39 %	1.34
	Saturates		3.67 g	18 %	0.18
	Carbohydrate		568.29 g	219 %	27.63
	Sugars		77.11 g	86 %	3.75
	Fibre		114.44 g	-	5.56
	Protein		154.22 g	308 %	7.50
	Salt		6.40 g	107 %	0.31

Allergen Disclaimer:

Last Updated:

Most recent item change: 12/11/2021 10:26:24 (754171)

Most recent item added: 02/06/2021 14:22:37 (754171)

TOFFEE APPLE SLICES & VANILLA ICE CREAM PRI

SUB RECIPE FOR: TOFFEE APPLE SLICES & VANILLA ICE CREAM PRI

Recipe ID	845474
Recipe Amount	12 ptns
Production Amount	12 ptns

Ingredients

75 g	Product	461489	Phase Dawn Packet : Margarine
75 g	Product	319533	Tate & Lyle Soft Sugar : Light Brown
600 g	Product	198960	Solid Pack
550 ml	Product	310986	Vanilla : Yellow

Number of Products: 4

Method

1. Drain the apples.
2. Melt the butter and sugar in a pan, when it begins to bubble add the apple slices.
3. Cook the apples in the butter mixture until they start to brown, try not to stir them too much and serve warm with a ball of ice cream.

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

Milk

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1300.00 g	Recipe	% RI	Per 100g
	Energy		8042 kJ 1922 kcal	96 %	619 kJ 148 kcal
	Fat		91.55 g	131 %	7.04
	Saturates		50.33 g	252 %	3.87
	Carbohydrate		269.34 g	104 %	20.72
	Sugars		208.95 g	232 %	16.07
	Fibre		13.48 g	-	1.04
	Protein		14.41 g	29 %	1.11
	Salt		1.98 g	33 %	0.15

Allergen Disclaimer:

Last Updated:

Most recent item change: 12/06/2022 15:24:09 (461489)

Most recent item added: 12/06/2022 15:22:45 (310986)

TOFFEE APPLE SLICES & VANILLA ICE CREAM KS2

SUB RECIPE FOR: TOFFEE APPLE SLICES & VANILLA ICE CREAM KS2

Recipe ID	845475
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

75 g	Product	461489	Phase Dawn Packet : Margarine
75 g	Product	319533	Tate & Lyle Soft Sugar : Light Brown
600 g	Product	198960	Solid Pack
550 ml	Product	310986	Vanilla : Yellow

Number of Products: 4

Method

1. Drain the apples.
2. Melt the butter and sugar in a pan, when it begins to bubble add the apple slices.
3. Cook the apples in the butter mixture until they start to brown, try not to stir them too much and serve warm with a ball of ice cream.

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

Milk

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1300.00 g	Recipe	% RI	Per 100g
	Energy		8042 kJ 1922 kcal	96 %	619 kJ 148 kcal
	Fat		91.55 g	131 %	7.04
	Saturates		50.33 g	252 %	3.87
	Carbohydrate		269.34 g	104 %	20.72
	Sugars		208.95 g	232 %	16.07
	Fibre		13.48 g	-	1.04
	Protein		14.41 g	29 %	1.11
	Salt		1.98 g	33 %	0.15

Allergen Disclaimer:

Last Updated:

Most recent item added: 12/06/2022 15:27:36 (319533)

BAKED BEAN & SAUSAGE COWBOY PIE PRI

SUB RECIPE FOR: SAUSAGE & BAKED BEAN COWBOY PIE, CARROTS PRI



Recipe ID	814897
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

250 g	Product	307620	Onions : Large
15 ml	Product	209586	Vegetable Oil : Extended Life
500 g	Product	199425	Baked Beans : reduced sugar and salt
14 sausages	Product	405794	Sausage : Pork : 16's
50 g	Product	5485295	Bebo Sunflower Spread : Light
1.2 kg	Product	1922809	Potatoes : Maris Piper : Washed

Number of Products: 6

Method

1. Peel and slice the onions. Heat the oil in a suitable pan and sweat the onions until soft.
2. Cook the pork chipolata sausages until core temp is reached and cut into 1cm pieces.
3. Place the onions, baked beans and sausages into an ovenproof dish.
4. Peel and quarter the potatoes. Boil or steam until soft, drain and mash then mix in the margarine.
5. Top the baked bean mixture with the mash and smooth the top.
6. Bake in a hot oven until core temp is reached and the top is 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

Sulphur dioxide

Wheat

Nutritional Analysis

	Energy or Nutrient	Total Weight: 2412.25 g	Recipe	% RI	Per 100g
	Energy		10869 kJ 2598 kcal	130 %	451 kJ 108 kcal
	Fat		96.32 g	138 %	3.99
	Saturates		26.91 g	135 %	1.12
	Carbohydrate		324.46 g	125 %	13.45
	Sugars		56.76 g	63 %	2.35
	Fibre		44.59 g	-	1.85
	Protein		96.78 g	194 %	4.01
	Salt		8.44 g	141 %	0.35

Allergen Disclaimer:

Last Updated:

Most recent item change: 12/04/2022 08:33:57 (405794)

Most recent item added: 12/04/2022 08:25:57 (209586)

BAKED BEAN & SAUSAGE COWBOY PIE KS2

SUB RECIPE FOR: SAUSAGE & BAKED BEAN COWBOY PIE, CARROTS KS2



Recipe ID	814904
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

250 g	Product	307620	Onions : Large
15 ml	Product	209586	Vegetable Oil : Extended Life
500 g	Product	199425	Baked Beans : reduced sugar and salt
14 sausages	Product	405794	Sausage : Pork : 16's
50 g	Product	5485295	Bebo Sunflower Spread : Light
1.2 kg	Product	1922809	Potatoes : Maris Piper : Washed

Number of Products: 6

Method

1. Peel and slice the onions. Heat the oil in a suitable pan and sweat the onions until soft.
2. Cook the pork chipolata sausages until core temp is reached and cut into 1cm pieces.
3. Place the onions, baked beans and sausages into an ovenproof dish.
4. Peel and quarter the potatoes. Boil or steam until soft, drain and mash then mix in the margarine.
5. Top the baked bean mixture with the mash and smooth the top.
6. Bake in a hot oven until core temp is reached and the top is 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

Sulphur dioxide

Wheat

Nutritional Analysis

	Energy or Nutrient	Total Weight: 2412.25 g	Recipe	% RI	Per 100g
	Energy		10869 kJ 2598 kcal	130 %	451 kJ 108 kcal
	Fat		96.32 g	138 %	3.99
	Saturates		26.91 g	135 %	1.12
	Carbohydrate		324.46 g	125 %	13.45
	Sugars		56.76 g	63 %	2.35
	Fibre		44.59 g	-	1.85
	Protein		96.78 g	194 %	4.01
	Salt		8.44 g	141 %	0.35

Allergen Disclaimer:

Last Updated:

Most recent item added: 12/04/2022 08:37:53 (307620)

BAKED BEAN & VEGGIE SAUSAGE COWBOY PIE PRI

SUB RECIPE FOR: BAKED BEAN & VEGGIE SAUSAGE COWBOY PIE & CARROTS PRI



Recipe ID 671713

Recipe Amount 10 ptns

Production Amount 10 ptns

Ingredients

250 g	Product	307620	Onions : Large
15 ml	Product	209586	Vegetable Oil : Extended Life
500 g	Product	199425	Baked Beans : reduced sugar and salt
8 each	Product	323651	Quorn® Sausage : Info: Catering
50 g	Product	5485295	Bebo Sunflower Spread : Light
1.2 kg	Product	1922809	Potatoes : Maris Piper : Washed

Number of Products: 6

Method

1. Peel and slice the onions. Heat the oil in a suitable pan and sweat the onions until soft.
2. Defrost the Quorn sausages and cut into 1cm pieces.
3. Place the onions, baked beans and Quorn sausages in an ovenproof dish.
4. Peel and quarter the potatoes. Boil or steam until soft, drain and mash then mix in the margarine.
5. Top the baked bean mixture with the mash and smooth the top.
6. Bake in a hot oven until core temp is reached and the top is 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

Nutritional Analysis

	Energy or Nutrient	Total Weight: 2415.00 g	Recipe	% RI	Per 100g
	Energy		9330 kJ 2230 kcal	111 %	386 kJ 92 kcal
	Fat		57.89 g	83 %	2.40
	Saturates		8.65 g	43 %	0.36
	Carbohydrate		309.60 g	119 %	12.82
	Sugars		54.85 g	61 %	2.27
	Fibre		63.40 g	-	2.63
	Protein		96.70 g	193 %	4.00
	Salt		6.60 g	110 %	0.27

Allergen Disclaimer:**Last Updated:**

Most recent item change: 31/03/2022 11:25:13 (209586)

Most recent item added: 02/06/2021 13:24:06 (1922809)

BAKED BEAN & VEGGIE SAUSAGE COWBOY PIE KS2

SUB RECIPE FOR: BAKED BEAN & VEGGIE SAUSAGE COWBOY PIE & CARROTS KS2



Recipe ID	671721
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

250 g	Product	307620	Onions : Large
15 ml	Product	209586	Vegetable Oil : Extended Life
500 g	Product	199425	Baked Beans : reduced sugar and salt
8 each	Product	323651	Quorn® Sausage : Info: Catering
50 g	Product	5485295	Bebo Sunflower Spread : Light
1.2 kg	Product	1922809	Potatoes : Maris Piper : Washed

Number of Products: 6

Method

1. Peel and slice the onions. Heat the oil in a suitable pan and sweat the onions until soft.
2. Defrost the Quorn sausages and cut into 1cm pieces.
3. Place the onions, baked beans and Quorn sausages in an ovenproof dish.
4. Peel and quarter the potatoes. Boil or steam until soft, drain and mash then mix in the margarine.
5. Top the baked bean mixture with the mash and smooth the top.
6. Bake in a hot oven until core temp is reached and the top is 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

Nutritional Analysis

	Energy or Nutrient	Total Weight: 2415.00 g	Recipe	% RI	Per 100g
	Energy		9330 kJ 2230 kcal	111 %	386 kJ 92 kcal
	Fat		57.89 g	83 %	2.40
	Saturates		8.65 g	43 %	0.36
	Carbohydrate		309.60 g	119 %	12.82
	Sugars		54.85 g	61 %	2.27
	Fibre		63.40 g	-	2.63
	Protein		96.70 g	193 %	4.00
	Salt		6.60 g	110 %	0.27

Allergen Disclaimer:**Last Updated:**

Most recent item change: 31/03/2022 11:25:13 (209586)

Most recent item added: 02/06/2021 13:30:00 (307620)

DF CHOCOLATE CORNFLAKE CRISPY CAKES PRI

SUB RECIPE FOR: CHOCOLATE CORNFLAKE CAKES PRI

Recipe ID	622256
Recipe Amount	12 portion
Production Amount	12 portion

Ingredients

200 g	Product	199722	Harvest Home Flakes
100 g	Product	461489	Phase Dawn Packet : Margarine
200 g	Product	193930	Lyles Golden Syrup
30 g	Product	1046295	Freshers Cocoa Powder : Low Fat

Number of Products: 4

Method

1. In a suitable pot gently melt the syrup, margarine and cocoa powder over a low heat.
2. Remove from the heat, and stir in the cornflakes and mix until they are fully coated.
3. Place the mixture into lined trays or alternatively spoon the mixture equally between fluted muffin cases.
4. Place in the fridge and allow to set for 30 - 45 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

Barley

Nutritional Analysis

	Energy or Nutrient	Total Weight: 530.00 g	Recipe	% RI	Per 100g
	Energy		9134 kJ 2183 kcal	109 %	1723 kJ 412 kcal
	Fat		80.50 g	115 %	15.19
	Saturates		28.58 g	143 %	5.39
	Carbohydrate		336.45 g	129 %	63.48
	Sugars		178.31 g	198 %	33.64
	Fibre		16.99 g	-	3.21
	Protein		23.25 g	47 %	4.39
	Salt		6.92 g	115 %	1.30

Allergen Disclaimer:

Last Updated:

Most recent item change: 12/06/2022 15:37:16 (461489)

Most recent item added: 10/02/2021 10:25:54 (1046295)

DF CHOCOLATE CORNFLAKE CRISPY CAKES KS2

SUB RECIPE FOR: CHOCOLATE CORNFLAKE CAKES KS2

Recipe ID	771183
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

200 g	Product	199722	Harvest Home Flakes
100 g	Product	461489	Phase Dawn Packet : Margarine
200 g	Product	193930	Lyles Golden Syrup
30 g	Product	1046295	Freshers Cocoa Powder : Low Fat

Number of Products: 4

Method

1. In a suitable pot gently melt the syrup, margarine and cocoa powder over a low heat.
2. Remove from the heat, and stir in the cornflakes and mix until they are fully coated.
3. Place the mixture into lined trays or alternatively spoon the mixture equally between fluted muffin cases.
4. Place in the fridge and allow to set for 30 - 45 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

Barley

Nutritional Analysis

	Energy or Nutrient	Total Weight: 530.00 g	Recipe	% RI	Per 100g
	Energy		9134 kJ 2183 kcal	109 %	1723 kJ 412 kcal
	Fat		80.50 g	115 %	15.19
	Saturates		28.58 g	143 %	5.39
	Carbohydrate		336.45 g	129 %	63.48
	Sugars		178.31 g	198 %	33.64
	Fibre		16.99 g	-	3.21
	Protein		23.25 g	47 %	4.39
	Salt		6.92 g	115 %	1.30

Allergen Disclaimer:

Last Updated:

Most recent item change: 12/06/2022 15:40:49 (461489)

Most recent item added: 28/01/2022 15:06:00 (199722)

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

Nutritional Analysis

	Energy or Nutrient	Total Weight: 750.00 g	Recipe	% RI	Per 100g
	Energy		6246 kJ 1493 kcal	75 %	833 kJ 199 kcal
	Fat		59.85 g	86 %	7.98
	Saturates		14.85 g	74 %	1.98
	Carbohydrate		116.01 g	45 %	15.47
	Sugars		4.50 g	5 %	0.60
	Fibre		8.40 g	-	1.12
	Protein		124.35 g	249 %	16.58
	Salt		6.54 g	109 %	0.87

Allergen Disclaimer:

Last Updated:

Most recent item change: 11/06/2022 13:19:39 (194679)

Most recent item added: 18/11/2021 14:51:09 (194679)

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

Nutritional Analysis

	Energy or Nutrient	Total Weight: 925.00 g	Recipe	% RI	Per 100g
	Energy		7612 kJ 1819 kcal	91 %	823 kJ 197 kcal
	Fat		74.38 g	106 %	8.04
	Saturates		18.38 g	92 %	1.99
	Carbohydrate		135.40 g	52 %	14.64
	Sugars		5.30 g	6 %	0.57
	Fibre		10.05 g	-	1.09
	Protein		154.28 g	309 %	16.68
	Salt		7.73 g	129 %	0.84

Allergen Disclaimer:

Last Updated:

Most recent item change: 19/05/2021 07:32:38 (1458079)

Most recent item added: 12/08/2021 13:25:24 (194679)

VEGGIE PUFF PASTRY ROLLS PRI

SUB RECIPE FOR: VEGGIE PUFF PASTRY ROLLS, ROASTIES & FRESH VEG PRI

Recipe ID	845909
Recipe Amount	16 ptns
Production Amount	16 ptns

Ingredients

625 g	Product	2463893	Everyday Favorites Puff Pastry
300 g	Product	374440	Mild Cheddar : Grated
600 g	Product	194771	Butter Beans
100 g	Product	603202	Spinach : Baby
2 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
200 g	Product	209230	Courgette : Green

Number of Products: 6

Method

1. Heat oven to 220C/200C fan/gas 7. Drain the butter beans. Finely chop the spinach. Grate the courgette.
2. Place the beans, spinach, courgette and cheese in a bowl and mash together, then stir in the egg yolks. Brush the puff pastry with remaining beaten egg white.
3. Press the bean mix along one of the long sides of the pastry, leaving 2cm pastry free on one side for sealing, and half of the pastry empty on the other side for folding over later. Fold the pastry over the filling and press the edges together, before trimming with a knife and sealing well by pressing the edges with a fork.
4. Brush with egg white and bake for 25-30 mins. Cool, then slice and serve.
5. Chef's Tip - Can be made 1 day ahead, left in the fridge and baked before service.

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

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1941.00 g	Recipe	% RI	Per 100g
	Energy		18397 kJ 4397 kcal	220 %	948 kJ 227 kcal
	Fat		265.54 g	379 %	13.68
	Saturates		146.40 g	732 %	7.54
	Carbohydrate		341.80 g	131 %	17.61
	Sugars		13.43 g	15 %	0.69
	Fibre		44.78 g	-	2.31
	Protein		172.47 g	345 %	8.89
	Salt		8.90 g	148 %	0.46

Allergen Disclaimer:

Last Updated:

Most recent item change: 13/06/2022 15:03:08 (902998)

Most recent item added: 13/06/2022 15:02:07 (209230)

VEGGIE PUFF PASTRY ROLLS KS2

SUB RECIPE FOR: VEGGIE PUFF PASTRY ROLLS, ROASTIES & FRESH VEG KS2

Recipe ID	845934
Recipe Amount	14 ptns
Production Amount	14 ptns

Ingredients

625 g	Product	2463893	Everyday Favorites Puff Pastry
300 g	Product	374440	Mild Cheddar : Grated
600 g	Product	194771	Butter Beans
100 g	Product	603202	Spinach : Baby
2 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
200 g	Product	209230	Courgette : Green

Number of Products: 6

Method

1. Heat oven to 220C/200C fan/gas 7. Drain the butter beans. Finely chop the spinach. Grate the courgette.
2. Place the beans, spinach, courgette and cheese in a bowl and mash together, then stir in the egg yolks. Brush the puff pastry with remaining beaten egg white.
3. Press the bean mix along one of the long sides of the pastry, leaving 2cm pastry free on one side for sealing, and half of the pastry empty on the other side for folding over later. Fold the pastry over the filling and press the edges together, before trimming with a knife and sealing well by pressing the edges with a fork.
4. Brush with egg white and bake for 25-30 mins. Cool, then slice and serve.
5. Chef's Tip - Can be made 1 day ahead, left in the fridge and baked before service.

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

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1941.00 g	Recipe	% RI	Per 100g
	Energy		18397 kJ 4397 kcal	220 %	948 kJ 227 kcal
	Fat		265.54 g	379 %	13.68
	Saturates		146.40 g	732 %	7.54
	Carbohydrate		341.80 g	131 %	17.61
	Sugars		13.43 g	15 %	0.69
	Fibre		44.78 g	-	2.31
	Protein		172.47 g	345 %	8.89
	Salt		8.90 g	148 %	0.46

Allergen Disclaimer:

Last Updated:

Most recent item added: 13/06/2022 15:15:35 (374440)

GOLDEN SYRUP SPONGE PRI

SUB RECIPE FOR: GOLDEN SYRUP SPONGE PRI

Recipe ID	845480
Recipe Amount	34 ptns
Production Amount	34 ptns

Ingredients

300 g	Product	193930	Lyles Golden Syrup
300 g	Product	461489	Phase Dawn Packet : Margarine
300 g	Product	200588	Tate & Lyle Granulated
300 g	Product	3667515	Everyday Favorites Self Raising Flour
6 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
5 g	Product	315499	Supercook Baking Powder

Number of Products: 6

Method

1. Lightly grease an ovenproof dish and place the golden syrup in the bottom.
2. Cream the margarine and sugar until smooth and pale in colour.
3. Gradually beat in the eggs, then sift in the flour and fold into the mixture.
4. Spoon this mixture into the syrup lined dish and level off.
5. Bake at 180 degrees for 30-40 mins 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

Gluten	Eggs
Wheat	* Milk

* May Contain

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1553.00 g	Recipe	% RI	Per 100g
	Energy		23865 kJ 5704 kcal	285 %	1537 kJ 367 kcal
	Fat		260.82 g	373 %	16.79
	Saturates		87.94 g	440 %	5.66
	Carbohydrate		783.54 g	301 %	50.45
	Sugars		544.65 g	605 %	35.07
	Fibre		13.50 g	-	0.87
	Protein		73.81 g	148 %	4.75
	Salt		12.52 g	209 %	0.81

Allergen Disclaimer:

Last Updated:

Most recent item change: 12/06/2022 15:55:26 (3667515)

Most recent item added: 12/06/2022 15:52:52 (315499)

GOLDEN SYRUP SPONGE KS2

SUB RECIPE FOR: GOLDEN SYRUP SPONGE KS2

Recipe ID	845485
Recipe Amount	28 ptns
Production Amount	28 ptns

Ingredients

300 g	Product	193930	Lyles Golden Syrup
300 g	Product	461489	Phase Dawn Packet : Margarine
300 g	Product	200588	Tate & Lyle Granulated
300 g	Product	3667515	Everyday Favorites Self Raising Flour
6 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
5 g	Product	315499	Supercook Baking Powder

Number of Products: 6

Method

1. Lightly grease an ovenproof dish and place the golden syrup in the bottom.
2. Cream the margarine and sugar until smooth and pale in colour.
3. Gradually beat in the eggs, then sift in the flour and fold into the mixture.
4. Spoon this mixture into the syrup lined dish and level off.
5. Bake at 180 degrees for 30-40 mins 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

Gluten	Eggs
Wheat	* Milk

* May Contain

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1553.00 g	Recipe	% RI	Per 100g
	Energy		23865 kJ 5704 kcal	285 %	1537 kJ 367 kcal
	Fat		260.82 g	373 %	16.79
	Saturates		87.94 g	440 %	5.66
	Carbohydrate		783.54 g	301 %	50.45
	Sugars		544.65 g	605 %	35.07
	Fibre		13.50 g	-	0.87
	Protein		73.81 g	148 %	4.75
	Salt		12.52 g	209 %	0.81

Allergen Disclaimer:

Last Updated:

Most recent item added: 12/06/2022 16:02:14 (193930)

BEEF NACHOS & CHEESE PRI

SUB RECIPE FOR: BEEF NACHOS & CHEESE, POTATO WEDGES, SWEETCORN PRI

Recipe ID	845874
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

10 each	Product	303315	Tortilla : Flour : 10"
15 ml	Product	209586	Vegetable Oil : Extended Life
200 g	Product	307620	Onions : Large
5 g	Product	2177492	Fajita Seasoning : Spice Mix
600 g	Product	199221	Chopped Tomatoes
250 g	Product	1513767	Minced Beef : Red Tractor
150 g	Product	406409	Sweetcorn : Kernels
150 g	Product	374440	Mild Cheddar : Grated

Number of Products: 8

Method

1. Cut each tortilla into 8 triangles, place on a baking sheet and dry in the oven until crispy. Dice the onion.
2. Heat the oil in a suitable pan and sweat the onion until soft.
3. Add the fajita seasoning, beef mince and sweetcorn, cook for 2 mins.
4. Stir in the chopped tomatoes and simmer for 20 mins.
5. To serve place a portion of baked tortilla chips on the plate, spoon over the tomato sauce and sprinkle over grated cheese.

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

Nutritional Analysis

	Energy or Nutrient	Total Weight: 2020.00 g	Recipe	% RI	Per 100g
	Energy		15690 kJ 3750 kcal	187 %	777 kJ 186 kcal
	Fat		173.32 g	248 %	8.58
	Saturates		82.60 g	413 %	4.09
	Carbohydrate		401.40 g	154 %	19.87
	Sugars		56.94 g	63 %	2.82
	Fibre		22.85 g	-	1.13
	Protein		154.86 g	310 %	7.67
	Salt		10.42 g	174 %	0.52

Allergen Disclaimer:

Last Updated:

Most recent item change: 13/06/2022 14:15:07 (1513767)

Most recent item added: 13/06/2022 14:13:04 (303315)

BEEF NACHOS & CHEESE KS2

SUB RECIPE FOR: BEEF NACHOS & CHEESE, POTATO WEDGES, SWEETCORN KS2

Recipe ID	845879
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

10 each	Product	303315	Tortilla : Flour : 10"
15 ml	Product	209586	Vegetable Oil : Extended Life
200 g	Product	307620	Onions : Large
5 g	Product	2177492	Fajita Seasoning : Spice Mix
600 g	Product	199221	Chopped Tomatoes
250 g	Product	1513767	Minced Beef : Red Tractor
150 g	Product	406409	Sweetcorn : Kernels
150 g	Product	374440	Mild Cheddar : Grated

Number of Products: 8

Method

1. Cut each tortilla into 8 triangles, place on a baking sheet and dry in the oven until crispy. Dice the onion.
2. Heat the oil in a suitable pan and sweat the onion until soft.
3. Add the fajita seasoning, beef mince and sweetcorn, cook for 2 mins.
4. Stir in the chopped tomatoes and simmer for 20 mins.
5. To serve place a portion of baked tortilla chips on the plate, spoon over the tomato sauce and sprinkle over grated cheese.

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	

Nutritional Analysis

	Energy or Nutrient	Total Weight: 2020.00 g	Recipe	% RI	Per 100g
	Energy		15690 kJ 3750 kcal	187 %	777 kJ 186 kcal
	Fat		173.32 g	248 %	8.58
	Saturates		82.60 g	413 %	4.09
	Carbohydrate		401.40 g	154 %	19.87
	Sugars		56.94 g	63 %	2.82
	Fibre		22.85 g	-	1.13
	Protein		154.86 g	310 %	7.67
	Salt		10.42 g	174 %	0.52

Allergen Disclaimer:

Last Updated:

Most recent item change: 13/06/2022 14:20:43 (1513767)

Most recent item added: 13/06/2022 14:17:09 (406409)

VEGGIE NACHOS & CHEESE PRI

SUB RECIPE FOR: VEGGIE NACHOS & CHEESE, POTATO WEDGES, SWEETCORN PRI

Recipe ID	754147
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

10 each	Product	303315	Tortilla : Flour : 10"
15 ml	Product	209586	Vegetable Oil : Extended Life
200 g	Product	307620	Onions : Large
5 g	Product	2177492	Fajita Seasoning : Spice Mix
600 g	Product	199221	Chopped Tomatoes
250 g	Product	199387	Red Kidney Beans : in brine
150 g	Product	406409	Sweetcorn : Kernels
150 g	Product	374440	Mild Cheddar : Grated

Number of Products: 8

Method

1. Cut each tortilla into 8 triangles, place on a baking sheet and dry in the oven until crispy. Dice the onion.
2. Heat the oil in a suitable pan and sweat the onion until soft.
3. Add the fajita seasoning, drained kidney beans and sweetcorn, cook for 2 mins.
4. Stir in the chopped tomatoes and simmer for 20 mins.
5. To serve place a portion of baked tortilla chips on the plate, spoon over the tomato sauce and sprinkle over grated cheese.

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	

Nutritional Analysis

	Energy or Nutrient	Total Weight: 2020.00 g	Recipe	% RI	Per 100g
	Energy		14632 kJ 3497 kcal	175 %	724 kJ 173 kcal
	Fat		134.07 g	192 %	6.64
	Saturates		65.50 g	328 %	3.24
	Carbohydrate		461.65 g	178 %	22.85
	Sugars		59.44 g	66 %	2.94
	Fibre		39.60 g	-	1.96
	Protein		126.61 g	253 %	6.27
	Salt		10.15 g	169 %	0.50

Allergen Disclaimer:

Last Updated:

Most recent item change: 11/06/2022 13:36:03 (2177492)

Most recent item added: 17/12/2021 10:55:52 (374440)

VEGGIE NACHOS & CHEESE KS2

SUB RECIPE FOR: VEGGIE NACHOS & CHEESE, POTATO WEDGES, SWEETCORN KS2

Recipe ID	754155
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

10 each	Product	303315	Tortilla : Flour : 10"
15 ml	Product	209586	Vegetable Oil : Extended Life
200 g	Product	307620	Onions : Large
5 g	Product	2177492	Fajita Seasoning : Spice Mix
600 g	Product	199221	Chopped Tomatoes
250 g	Product	199387	Red Kidney Beans : in brine
150 g	Product	406409	Sweetcorn : Kernels
150 g	Product	374440	Mild Cheddar : Grated

Number of Products: 8

Method

1. Cut each tortilla into 8 triangles, place on a baking sheet and dry in the oven until crispy. Dice the onion.
2. Heat the oil in a suitable pan and sweat the onion until soft.
3. Add the fajita seasoning, drained kidney beans and sweetcorn, cook for 2 mins.
4. Stir in the chopped tomatoes and simmer for 20 mins.
5. To serve place a portion of baked tortilla chips on the plate, spoon over the tomato sauce and sprinkle over grated cheese.

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	

Nutritional Analysis

	Energy or Nutrient	Total Weight: 2020.00 g	Recipe	% RI	Per 100g
	Energy		14632 kJ 3497 kcal	175 %	724 kJ 173 kcal
	Fat		134.07 g	192 %	6.64
	Saturates		65.50 g	328 %	3.24
	Carbohydrate		461.65 g	178 %	22.85
	Sugars		59.44 g	66 %	2.94
	Fibre		39.60 g	-	1.96
	Protein		126.61 g	253 %	6.27
	Salt		10.15 g	169 %	0.50

Allergen Disclaimer:

Last Updated:

Most recent item change: 11/06/2022 13:37:57 (2177492)

Most recent item added: 17/12/2021 11:01:14 (2177492)

PINEAPPLE UPSIDE DOWN CAKE PRI

SUB RECIPE FOR: PINEAPPLE UPSIDE DOWN CAKE PRI

Recipe ID	691500
Recipe Amount	22 ptns
Production Amount	22 ptns

Ingredients

250 g	Product	461489	Phase Dawn Packet : Margarine
250 g	Product	200588	Tate & Lyle Granulated
5 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
250 g	Product	3667515	Everyday Favorites Self Raising Flour
750 g	Product	199144	Fontinella Pineapple Slices : in juice : Info: 50-60

Number of Products: 5

Method

1. Strain the pineapple and keep to one side.
2. Line baking trays with parchment.
3. Beat together the diced baking block and sugar until light and fluffy.
4. Beat the eggs and then gradually add to the creamed baking block and sugar on a low speed until incorporated. Scrape down the sides of the bowl as required.
5. Sift the flour and gradually add to the mix until incorporated and you have a smooth batter.
6. Place the pineapple in the bottom of the lined trays. Cover with the sponge batter ensuring all trays are filled to the same level.
7. Bake at 180c/Gas mark 4 for 20 -30 mins.
8. Allow to cool slightly before flipping over. The pineapple is presented on top of the sponge.

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	

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1790.00 g	Recipe	% RI	Per 100g
	Energy		17959 kJ 4292 kcal	215 %	1003 kJ 240 kcal
	Fat		217.35 g	311 %	12.14
	Saturates		73.28 g	366 %	4.09
	Carbohydrate		541.63 g	208 %	30.26
	Sugars		344.13 g	382 %	19.22
	Fibre		16.28 g	-	0.91
	Protein		62.29 g	125 %	3.48
	Salt		7.11 g	118 %	0.40

Allergen Disclaimer:

Last Updated:

Most recent item change: 12/06/2022 16:25:03 (200588)

Most recent item added: 23/07/2021 09:40:53 (199144)

PINEAPPLE UPSIDE DOWN CAKE KS2

SUB RECIPE FOR: PINEAPPLE UPSIDE DOWN CAKE KS2

Recipe ID	691507
Recipe Amount	20 ptns
Production Amount	20 ptns

Ingredients

250 g	Product	461489	Phase Dawn Packet : Margarine
250 g	Product	200588	Tate & Lyle Granulated
5 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
250 g	Product	3667515	Everyday Favorites Self Raising Flour
750 g	Product	199144	Fontinella Pineapple Slices : in juice : Info: 50-60

Number of Products: 5

Method

1. Strain the pineapple and keep to one side.
2. Line baking trays with parchment.
3. Beat together the diced baking block and sugar until light and fluff.
4. Beat the eggs and then gradually add to the creamed baking block and sugar on a low speed until incorporated. Scrape down the sides of the bowl as required.
5. Sift the flour and gradually add to the mix until incorporated and you have a smooth batter.
6. Place the pineapple in the bottom of the lined trays. Cover with the sponge batter ensuring all trays are filled to the same level.
7. Bake at 180c/Gas mark 4 for 20 -30 mins.
8. Allow to cool slightly before flipping over. The pineapple is presented on top of the sponge.

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

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1790.00 g	Recipe	% RI	Per 100g
	Energy		17959 kJ 4292 kcal	215 %	1003 kJ 240 kcal
	Fat		217.35 g	311 %	12.14
	Saturates		73.28 g	366 %	4.09
	Carbohydrate		541.63 g	208 %	30.26
	Sugars		344.13 g	382 %	19.22
	Fibre		16.28 g	-	0.91
	Protein		62.29 g	125 %	3.48
	Salt		7.11 g	118 %	0.40

Allergen Disclaimer:

Last Updated:

Most recent item change: 12/06/2022 16:27:31 (200588)

Most recent item added: 23/07/2021 09:44:31 (461489)

FLAPJACK PRI

SUB RECIPE FOR: FLAPJACK PRI

Recipe ID	630258
Recipe Amount	64 ptns
Production Amount	64 ptns

Ingredients

550 g	Product	461489	Phase Dawn Packet : Margarine
1300 g	Product	199773	Mornflake Superfast Oats
400 g	Product	193930	Lyles Golden Syrup
500 g	Product	200588	Tate & Lyle Granulated
30 g	Product	315499	Supercook Baking Powder
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

* May Contain

Nutritional Analysis

	Energy or Nutrient	Total Weight: 2780.00 g	Recipe	% RI	Per 100g
	Energy		49358 kJ 11797 kcal	590 %	1775 kJ 424 kcal
	Fat		521.70 g	745 %	18.77
	Saturates		159.90 g	800 %	5.75
	Carbohydrate		1565.14 g	602 %	56.30
	Sugars		837.50 g	931 %	30.13
	Fibre		121.05 g	-	4.35
	Protein		163.61 g	327 %	5.89
	Salt		20.63 g	344 %	0.74

Allergen Disclaimer:

Last Updated:

Most recent item change: 13/06/2022 09:48:48 (200588)

Most recent item added: 13/06/2022 09:49:27 (619743)

FLAPJACK KS2

SUB RECIPE FOR: FLAPJACK KS2

Recipe ID	845644
Recipe Amount	56 ptns
Production Amount	56 ptns

Ingredients

550 g	Product	461489	Phase Dawn Packet : Margarine
1300 g	Product	199773	Mornflake Superfast Oats
400 g	Product	193930	Lyles Golden Syrup
500 g	Product	200588	Tate & Lyle Granulated
30 g	Product	315499	Supercook Baking Powder
80 ml	Recipe	619743	Water

Number of Products: 5

Method

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Critical Control Points (CCP)

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Allergens & Dietary Suitability

Gluten Oats

* Milk

* May Contain

Nutritional Analysis

	Energy or Nutrient	Total Weight: 2780.00 g	Recipe	% RI	Per 100g
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	Saturates		159.90 g	800 %	5.75
	Carbohydrate		1565.14 g	602 %	56.30
	Sugars		837.50 g	931 %	30.13
	Fibre		121.05 g	-	4.35
	Protein		163.61 g	327 %	5.89
	Salt		20.63 g	344 %	0.74

Allergen Disclaimer:

Last Updated:

Most recent item added: 13/06/2022 09:53:26 (315499)