

# FOOD FESTIVAL

By Aspens

## Week 2

### Autumn/Winter 2022



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# HOMEMADE MARGHERITA PIZZA PRI

SUB RECIPE FOR: MARGHERITA PIZZA, PASTA SALAD & CRUDITES PRI



Recipe ID	667018
Recipe Amount	12 ptns
Production Amount	12 ptns

## Ingredients

600 g	Product	192236	Bread & Roll Mix : White
435 ml	Recipe	619743	Water
10 ptns	Recipe	666884	Homemade Pizza Sauce
300 g	Product	374440	Mild Cheddar : Grated

Number of Products: 6

## Method

1. Make the pizza sauce as per sub recipe.
2. Mix the bread mix with the lukewarm water until you have a soft dough.
3. Knead the dough for 8-10mins. This can be done in a standing mixer with the dough hook.
4. Leave the dough to prove until doubled in size, then roll a rectangle and place onto a baking sheet.
5. Spread over the pizza sauce and top with the grated cheese.
6. Bake in a hot oven until golden and cut into 12 portions.

## 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

Soya

Milk

Wheat

\* Eggs

\* May Contain

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 1106.00 g	Recipe	% RI	Per 100g
	Energy		14562 kJ 3480 kcal	174 %	1317 kJ 315 kcal
	Fat		122.68 g	175 %	11.09
	Saturates		66.92 g	335 %	6.05
	Carbohydrate		456.94 g	176 %	41.31
	Sugars		22.46 g	25 %	2.03
	Fibre		30.17 g	-	2.73
	Protein		163.55 g	327 %	14.79
	Salt		11.51 g	192 %	1.04

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 10/06/2022 09:01:44 (374440)

Most recent item added: 18/05/2021 14:05:12 (619743)

# PASTA SALAD PRI

SUB RECIPE FOR: MARGHERITA PIZZA, PASTA SALAD & CRUDITES PRI

Recipe ID	844553
Recipe Amount	10 ptns
Production Amount	10 ptns

## Ingredients

300 g	Product	400846	Penne Rigate
100 g	Product	1911713	Carrots : Donkey
100 g	Product	3135338	Cucumber : Wonky
30 ml	Product	209586	Vegetable Oil : Extended Life

Number of Products: 4

## Method

1. Cook the pasta in boiling water, drain and refresh. Peel & grate the carrot. Dice the cucumber.
2. Mix all the ingredients together in a bowl 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

Wheat

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 530.00 g	Recipe	% RI	Per 100g
	Energy		5797 kJ 1385 kcal	69 %	1094 kJ 261 kcal
	Fat		37.27 g	53 %	7.03
	Saturates		3.37 g	17 %	0.64
	Carbohydrate		246.80 g	95 %	46.57
	Sugars		17.10 g	19 %	3.23
	Fibre		13.30 g	-	2.51
	Protein		34.50 g	69 %	6.51
	Salt		0.11 g	2 %	0.02

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 10/06/2022 09:20:32 (209586)

Most recent item added: 10/06/2022 09:18:14 (209586)

# CRUDITES PRI

SUB RECIPE FOR: MARGHERITA PIZZA, PASTA SALAD & CRUDITES PRI

Recipe ID	754044
Recipe Amount	10 ptns
Production Amount	10 ptns

## Ingredients

200 g	Product	1911713	Carrots : Donkey
200 g	Product	3135338	Cucumber : Wonky
50 g	Product	328903	Peppers : Yellow
50 g	Product	1433959	Peppers : Red

Number of Products: 4

## Method

1. Peel the carrots.
2. Cut the vegetables into batons 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

No Allergens

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 500.00 g	Recipe	% RI	Per 100g
	Energy		509 kJ 122 kcal	6 %	102 kJ 24 kcal
	Fat		2.20 g	3 %	0.44
	Saturates		0.23 g	1 %	0.05
	Carbohydrate		22.25 g	9 %	4.45
	Sugars		21.10 g	23 %	4.22
	Fibre		10.80 g	-	2.16
	Protein		3.80 g	8 %	0.76
	Salt		0.17 g	3 %	0.03

**Allergen Disclaimer:**

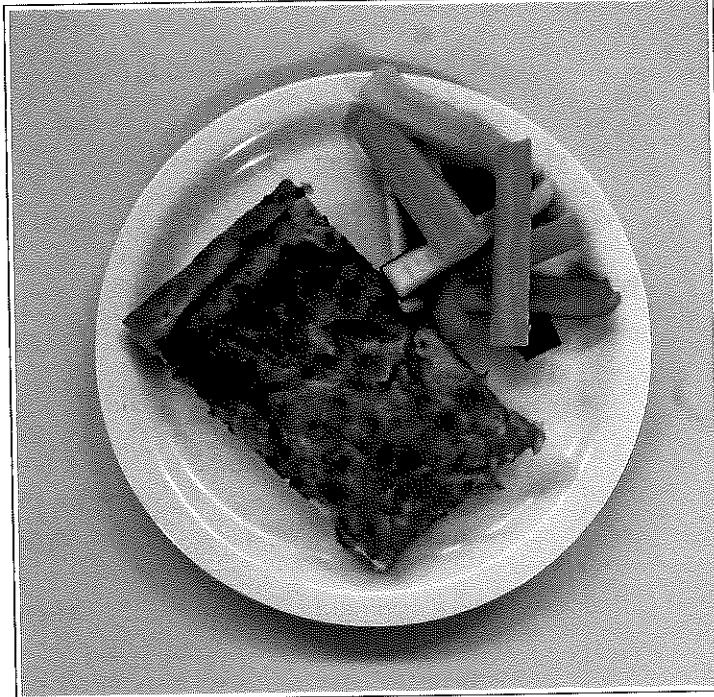
**Last Updated:**

Most recent item added: 17/12/2021 08:16:04 (1433959)



# HOMEMADE MARGHERITA PIZZA KS2

SUB RECIPE FOR: MARGHERITA PIZZA, PASTA SALAD & CRUDITES KS2



Recipe ID	667016
Recipe Amount	10 ptns
Production Amount	10 ptns

## Ingredients

600 g	Product	192236	Bread & Roll Mix : White
435 ml	Recipe	619743	Water
10 ptns	Recipe	666884	Homemade Pizza Sauce
300 g	Product	374440	Mild Cheddar : Grated
Number of Products: 6			

## Method

1. Make the pizza sauce as per sub recipe.
2. Mix the bread mix with the lukewarm water until you have a soft dough.
3. Knead the dough for 8-10mins. This can be done in a standing mixer with the dough hook.
4. Leave the dough to prove until doubled in size, then roll a rectangle and place onto a baking sheet.
5. Spread over the pizza sauce and top with the grated cheese.
6. Bake in a hot oven until golden and cut into 10 portions.

## 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

Soya

Milk

Wheat

\* Eggs

\* May Contain

## Nutritional Analysis

Energy or Nutrient	Total Weight: 1106.00 g	Recipe	% RI	Per 100g
Energy		14562 kJ 3480 kcal	174 %	1317 kJ 315 kcal
Fat		122.68 g	175 %	11.09
Saturates		66.92 g	335 %	6.05
Carbohydrate		456.94 g	176 %	41.31
Sugars		22.46 g	25 %	2.03
Fibre		30.17 g	-	2.73
Protein		163.55 g	327 %	14.79
Salt		11.51 g	192 %	1.04

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 10/06/2022 09:07:21 (374440)

Most recent item added: 18/05/2021 14:02:09 (192236)

# PASTA SALAD KS2

SUB RECIPE FOR: MARGHERITA PIZZA, PASTA SALAD & CRUDITES KS2

Recipe ID	844556
Recipe Amount	8 ptns
Production Amount	8 ptns

## Ingredients

300 g	Product	400846	Penne Rigate
100 g	Product	1911713	Carrots : Donkey
100 g	Product	3135338	Cucumber : Wonky
30 ml	Product	209586	Vegetable Oil : Extended Life

Number of Products: 4

## Method

1. Cook the pasta in boiling water, drain and refresh. Peel & grate the carrot. Dice the cucumber.
2. Mix all the ingredients together in a bowl 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

Wheat

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 530.00 g	Recipe	% RI	Per 100g
	Energy		5797 kJ 1385 kcal	69 %	1094 kJ 261 kcal
	Fat		37.27 g	53 %	7.03
	Saturates		3.37 g	17 %	0.64
	Carbohydrate		246.80 g	95 %	46.57
	Sugars		17.10 g	19 %	3.23
	Fibre		13.30 g	-	2.51
	Protein		34.50 g	69 %	6.51
	Salt		0.11 g	2 %	0.02

**Allergen Disclaimer:**

**Last Updated:**

Most recent item added: 10/06/2022 09:25:04 (400846)

# CRUDITES KS2

## SUB RECIPE FOR: MARGHERITA PIZZA, PASTA SALAD & CRUDITES KS2

Recipe ID	754047
Recipe Amount	8 ptns
Production Amount	8 ptns

### Ingredients

200 g	Product	1911713	Carrots : Donkey
200 g	Product	3135338	Cucumber : Wonky
50 g	Product	328903	Peppers : Yellow
50 g	Product	1433959	Peppers : Red

Number of Products: 4

### Method

1. Peel the carrots.
2. Cut the vegetables into batons 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

No Allergens

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 500.00 g	Recipe	% RI	Per 100g
	Energy		509 kJ 122 kcal	6 %	102 kJ 24 kcal
	Fat		2.20 g	3 %	0.44
	Saturates		0.23 g	1 %	0.05
	Carbohydrate		22.25 g	9 %	4.45
	Sugars		21.10 g	23 %	4.22
	Fibre		10.80 g	-	2.16
	Protein		3.80 g	8 %	0.76
	Salt		0.17 g	3 %	0.03

**Allergen Disclaimer:**

**Last Updated:**

Most recent item added: 17/12/2021 08:17:46 (3135338)

# HOMEMADE PIZZA SAUCE

SUB RECIPE FOR: HOMEMADE MARGHERITA PIZZA 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 206.00 g	Recipe	% RI	Per 100g
	Energy		258 kJ 62 kcal	3 %	125 kJ 30 kcal
	Fat		0.28 g	0 %	0.13
	Saturates		0.02 g	0 %	0.01
	Carbohydrate		12.34 g	5 %	5.99
	Sugars		9.56 g	11 %	4.64
	Fibre		2.57 g	-	1.25
	Protein		3.35 g	7 %	1.62
	Salt		0.14 g	2 %	0.07

### Allergen Disclaimer:

### Last Updated:

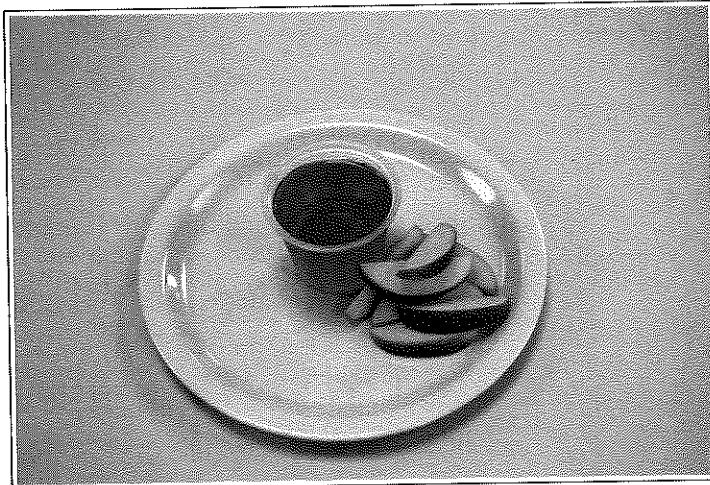
Most recent item change: 12/11/2021 11:13:02 (199214)

Most recent item added: 18/05/2021 12:29:31 (5338414)



# 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)

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: 1175.00 g	Recipe	% RI	Per 100g
	Energy		4890 kJ 1169 kcal	58 %	416 kJ 99 kcal
	Fat		5.02 g	7 %	0.43
	Saturates		1.20 g	6 %	0.10
	Carbohydrate		265.28 g	102 %	22.58
	Sugars		262.30 g	291 %	22.32
	Fibre		12.00 g	-	1.02
	Protein		17.90 g	36 %	1.52
	Salt		1.33 g	22 %	0.11

### Allergen Disclaimer:

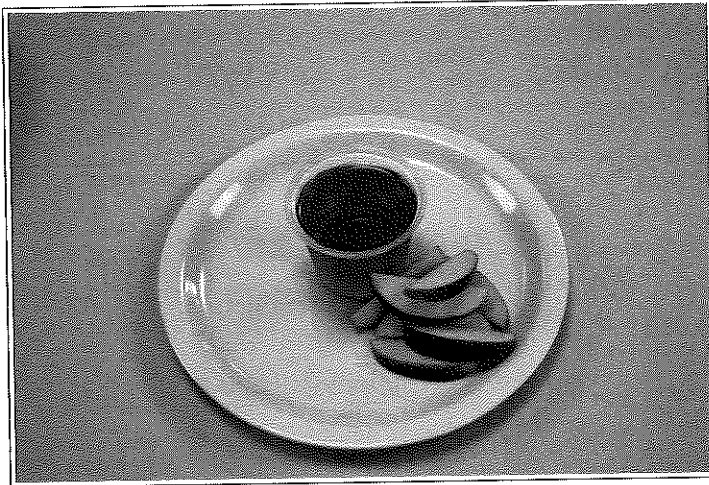
### Last Updated:

Most recent item change: 12/11/2021 10:08:17 (328935)

Most recent item added: 07/06/2021 13:38:17 (192828)

# 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)

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: 1175.00 g	Recipe	% RI	Per 100g
	Energy		4890 kJ 1169 kcal	58 %	416 kJ 99 kcal
	Fat		5.02 g	7 %	0.43
	Saturates		1.20 g	6 %	0.10
	Carbohydrate		265.28 g	102 %	22.58
	Sugars		262.30 g	291 %	22.32
	Fibre		12.00 g	-	1.02
	Protein		17.90 g	36 %	1.52
	Salt		1.33 g	22 %	0.11

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 12/11/2021 10:08:17 (328935)

Most recent item added: 07/06/2021 13:32:13 (328935)

# BEEF BURGER IN A BUN PRI & KS2

SUB RECIPE FOR: BEEF BURGER IN A BUN, WEDGES & PEAS PRI



Recipe ID	666373
Recipe Amount	10 ptns
Production Amount	10 ptns

## Ingredients

10 each	Product	202690	Bap : Sliced : 10cm : MK4
560 g	Product	4193008	Beef Burger : 2oz

Number of Products: 2

## Method

1. Place the burgers on a baking sheet and cook at 180 degrees for 15-20 mins or until core temp is reached.
2. Place the burgers in the buns and serve.

## Mis en Place

1. Defrost the burger buns.

## 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	Soya
Sulphur dioxide	Wheat
* Sesame	
* May Contain	

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 1060.00 g	Recipe	% RI	Per 100g
	Energy		11610 kJ 2775 kcal	139 %	1095 kJ 262 kcal
	Fat		128.28 g	183 %	12.10
	Saturates		56.33 g	282 %	5.31
	Carbohydrate		295.42 g	114 %	27.87
	Sugars		21.36 g	24 %	2.02
	Fibre		15.00 g	-	1.42
	Protein		118.56 g	237 %	11.18
	Salt		14.17 g	236 %	1.34

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 11/06/2022 10:25:20 (202690)

Most recent item added: 17/05/2021 12:08:26 (4193008)

# OVEN BAKED WEDGES PRI

SUB RECIPE FOR: BEEF BURGER IN A BUN, WEDGES & PEAS PRI

Recipe ID	666514
Recipe Amount	10 ptns
Production Amount	10 ptns

## Ingredients

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

## Method

1. Wash the jackets & 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 1200.00 g	Recipe	% RI	Per 100g
	Energy		3804 kJ 909 kcal	45 %	317 kJ 76 kcal
	Fat		6.00 g	9 %	0.50
	Saturates		1.20 g	6 %	0.10
	Carbohydrate		190.80 g	73 %	15.90
	Sugars		9.60 g	11 %	0.80
	Fibre		19.20 g	-	1.60
	Protein		24.00 g	48 %	2.00
	Salt		0.12 g	2 %	0.01

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 09/03/2022 13:33:09 (1922809)

Most recent item added: 17/05/2021 14:27:54 (1922809)



# PEAS PRI

## SUB RECIPE FOR: BEEF BURGER IN A BUN, WEDGES & 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	

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 500.00 g	Recipe	% RI	Per 100g
	Energy		1605 kJ 384 kcal	19 %	321 kJ 77 kcal
	Fat		4.50 g	6 %	0.90
	Saturates		1.00 g	5 %	0.20
	Carbohydrate		44.00 g	17 %	8.80
	Sugars		12.50 g	14 %	2.50
	Fibre		25.50 g	-	5.10
	Protein		28.50 g	57 %	5.70
	Salt		0.05 g	1 %	0.01

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 12/11/2021 09:31:45 (223187)

Most recent item added: 22/01/2021 12:31:36 (223187)

# OVEN BAKED WEDGES KS2

SUB RECIPE FOR: BEEF BURGER IN A BUN, WEDGES & PEAS 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 jackets & 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 1200.00 g	Recipe	% RI	Per 100g
	Energy		3804 kJ 909 kcal	45 %	317 kJ 76 kcal
	Fat		6.00 g	9 %	0.50
	Saturates		1.20 g	6 %	0.10
	Carbohydrate		190.80 g	73 %	15.90
	Sugars		9.60 g	11 %	0.80
	Fibre		19.20 g	-	1.60
	Protein		24.00 g	48 %	2.00
	Salt		0.12 g	2 %	0.01

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 09/03/2022 13:33:09 (1922809)

Most recent item added: 17/05/2021 14:33:22 (1922809)

# PEAS KS2

## SUB RECIPE FOR: BEEF BURGER IN A BUN, WEDGES & 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

**Allergen Disclaimer:**

**Last Updated:**

Most recent item change: 12/11/2021 09:31:45 (223187)

Most recent item added: 22/01/2021 12:42:14 (223187)

# SUPER VEGGIE BURGER IN A BUN PRI & KS2

SUB RECIPE FOR: SUPER VEGGIE BURGER IN A BUN, WEDGES & PEAS PRI



Recipe ID	753224
Recipe Amount	10 ptns
Production Amount	10 ptns

## Ingredients

15 ml	Product	209586	Vegetable Oil : Extended Life
300 g	Product	307620	Onions : Large
250 g	Product	603202	Spinach : Baby
150 g	Product	194678	Natural Breadcrumbs
150 g	Product	374440	Mild Cheddar : Grated
2 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
10 each	Product	202690	Bap : Sliced : 10cm : MK4
300 g	Product	274560	Tomatoes : (M/MM)
100 g	Product	228010	Tomato Ketchup

Number of Products: 9

## Method

1. Finely dice the onion. Beat the eggs together. Slice the tomatoes.
2. Heat the oil in a suitable pan and sweat the onion until soft. Leave to cool.
3. Finely chop the spinach preferably in a food processor or by hand and tip into a bowl. Add the cooled onion, breadcrumbs, cheddar and mash together.
4. Add the beaten egg, a little at a time (you may not need all of it), until the mixture holds together. Divide into 10 and shape into burgers.
5. Place the burgers on a baking sheet and cook in a hot oven until core temp is reached.
6. To assemble - Place a burger on the bottom of a burger bun, top with tomato slice and ketchup and close the lid.

## 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
Rye	Barley
Oats	* Sesame

\* May Contain

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 1881.00 g	Recipe	% RI	Per 100g
	Energy		12724 kJ 3041 kcal	152 %	676 kJ 162 kcal
	Fat		91.43 g	131 %	4.86
	Saturates		38.86 g	194 %	2.07
	Carbohydrate		441.10 g	170 %	23.45
	Sugars		77.00 g	86 %	4.09
	Fibre		24.60 g	-	1.31
	Protein		132.72 g	265 %	7.06
	Salt		12.77 g	213 %	0.68

**Allergen Disclaimer:**

**Last Updated:**

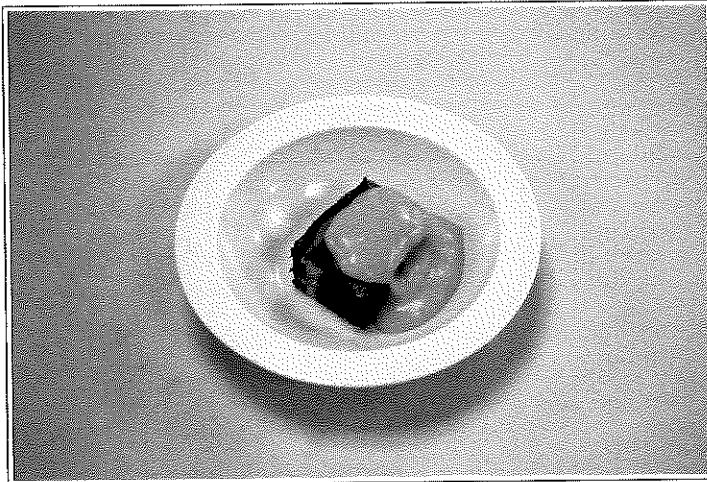
Most recent item change: 11/06/2022 17:34:04 (902998)

Most recent item added: 14/12/2021 15:13:43 (228010)



# MARBLE CAKE PRI

SUB RECIPE FOR: MARBLE CAKE PRI



Recipe ID	672841
Recipe Amount	32 ptns
Production Amount	32 ptns

## Ingredients

340 g	Product	461489	Phase Dawn Packet : Margarine
340 g	Product	200576	Tate & Lyle Caster
6 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
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 raising 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	

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 1368.00 g	Recipe	% RI	Per 100g
	Energy		22163 kJ 5297 kcal	265 %	1620 kJ 387 kcal
	Fat		294.75 g	421 %	21.55
	Saturates		100.67 g	503 %	7.36
	Carbohydrate		590.26 g	227 %	43.15
	Sugars		343.78 g	382 %	25.13
	Fibre		25.91 g	-	1.89
	Protein		80.57 g	161 %	5.89
	Salt		9.22 g	154 %	0.67

### Allergen Disclaimer:

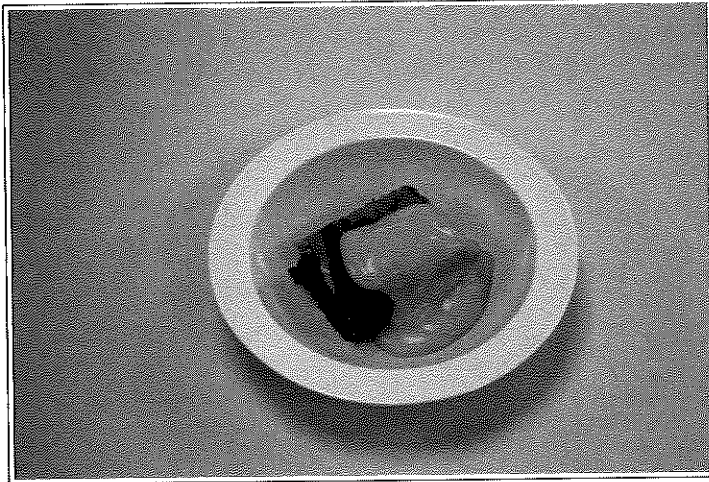
### Last Updated:

Most recent item change: 12/06/2022 10:01:22 (461489)

Most recent item added: 07/06/2021 12:41:48 (1046295)

# MARBLE CAKE KS2

SUB RECIPE FOR: MARBLE CAKE KS2



Recipe ID	672848
Recipe Amount	26 ptns
Production Amount	26 ptns

## Ingredients

340 g	Product	461489	Phase Dawn Packet : Margarine
340 g	Product	200576	Tate & Lyle Caster
6 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
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 raising 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	

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 1368.00 g	Recipe	% RI	Per 100g
	Energy		22163 kJ 5297 kcal	265 %	1620 kJ 387 kcal
	Fat		294.75 g	421 %	21.55
	Saturates		100.67 g	503 %	7.36
	Carbohydrate		590.26 g	227 %	43.15
	Sugars		343.78 g	382 %	25.13
	Fibre		25.91 g	-	1.89
	Protein		80.57 g	161 %	5.89
	Salt		9.22 g	154 %	0.67

### Allergen Disclaimer:

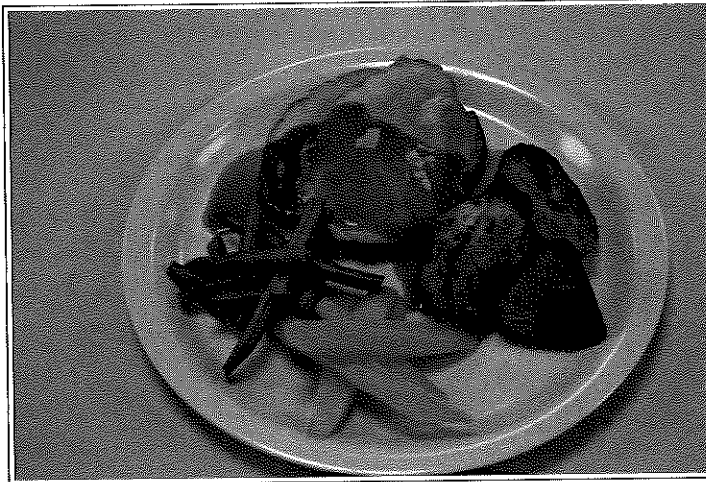
### Last Updated:

Most recent item change: 12/06/2022 10:02:37 (461489)

Most recent item added: 07/06/2021 12:49:01 (461489)

# ROAST GAMMON PRI

SUB RECIPE FOR: ROAST GAMMON, ROASTIES, FRESH VEG & GRAVY PRI



Recipe ID	671791
Recipe Amount	10 ptns
Production Amount	10 ptns

## Ingredients

550 g Product 3607630 Gammon : Boneless : Cut  
Number of Products: 1

## Method

1. Cook the gammon by boiling the joints in water or roasting or a combination of both until core temperature is achieved. Leave to rest and cut into thin slices to serve.
2. Chef's tip - You can boil or steam your gammon off the day before and then roast on the day of service to crisp up the skin , Roast some onions and arrange on your board for display.

## 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: 550.00 g	Recipe	% RI	Per 100g
	Energy		3162 kJ 756 kcal	38 %	575 kJ 137 kcal
	Fat		41.25 g	59 %	7.50
	Saturates		13.75 g	69 %	2.50
	Carbohydrate		0.00 g	0 %	0.00
	Sugars		0.00 g	0 %	0.00
	Fibre		0.00 g	-	0.00
	Protein		96.25 g	193 %	17.50
	Salt		12.10 g	202 %	2.20

### Allergen Disclaimer:

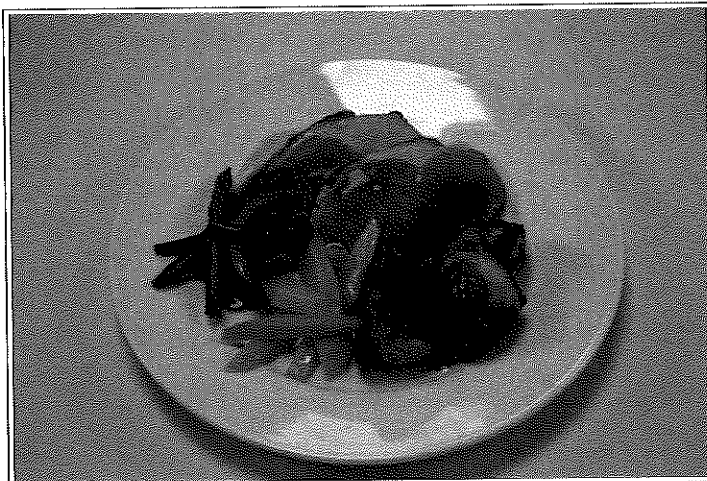
### Last Updated:

Most recent item change: 11/06/2022 10:59:44 (3607630)

Most recent item added: 02/06/2021 15:03:43 (3607630)

# ROAST GAMMON KS2

SUB RECIPE FOR: ROAST GAMMON, ROASTIES, FRESH VEG & GRAVY KS2



Recipe ID	671796
Recipe Amount	8 ptns
Production Amount	8 ptns

## Ingredients

550 g Product 3607630 Gammon : Boneless : Cut

Number of Products: 1

## Method

1. Cook the gammon by boiling the joints in water or roasting or a combination of both until core temperature is achieved. Leave to rest and cut into thin slices to serve.
2. Chef's tip - You can boil or steam your gammon off the day before and then roast on the day of service to crisp up the skin , Roast some onions and arrange on your board for display.

## 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: 550.00 g	Recipe	% RI	Per 100g
	Energy		3162 kJ 756 kcal	38 %	575 kJ 137 kcal
	Fat		41.25 g	59 %	7.50
	Saturates		13.75 g	69 %	2.50
	Carbohydrate		0.00 g	0 %	0.00
	Sugars		0.00 g	0 %	0.00
	Fibre		0.00 g	-	0.00
	Protein		96.25 g	193 %	17.50
	Salt		12.10 g	202 %	2.20

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 11/06/2022 11:01:55 (3607630)

Most recent item added: 02/06/2021 15:06:56 (3607630)



# VEGGIE SAUSAGE & ROOT VEG TRAYBAKE PRI

SUB RECIPE FOR: VEGGIE SAUSAGE & ROOT VEG TRAYBAKE, ROASTIES & GRAVY PRI

Recipe ID	754655
Recipe Amount	10 ptns
Production Amount	10 ptns

## Ingredients

500 g	Product	196873	Quorn® Sausage : Info: Catering
50 ml	Product	209586	Vegetable Oil : Extended Life
25 ml	Product	311679	KTC Lemon Juice
1 g	Product	319711	Chef William Thyme : Rubbed
150 g	Product	303217	Onions : Red
250 g	Product	206409	Carrots : Donkey
100 g	Product	4954390	Parsnips

Number of Products: 7

## Method

1. Peel the carrot and parsnip and cut into bitesize chunks. Peel and cut the red onion into wedges.
2. Mix together all the ingredients and place on a line baking sheet.
3. Roast in the oven until the vegetables are soft and core temp is reached in the sausages.

## 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	Sulphur dioxide
Wheat	Barley

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 1076.00 g	Recipe	% RI	Per 100g
	Energy		5466 kJ 1306 kcal	65 %	508 kJ 121 kcal
	Fat		70.95 g	101 %	6.59
	Saturates		7.13 g	36 %	0.66
	Carbohydrate		99.80 g	38 %	9.28
	Sugars		37.39 g	42 %	3.48
	Fibre		36.97 g	-	3.44
	Protein		65.02 g	130 %	6.04
	Salt		5.32 g	89 %	0.49

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 11/06/2022 11:16:48 (4954390)

Most recent item added: 19/12/2021 15:10:59 (4954390)

# VEGGIE SAUSAGE & ROOT VEG TRAYBAKE KS2

SUB RECIPE FOR: VEGGIE SAUSAGE & ROOT VEG TRAYBAKE, ROASTIES & GRAVY KS2

Recipe ID	754657
Recipe Amount	8 ptns
Production Amount	8 ptns

## Ingredients

400 g	Product	196873	Quorn® Sausage : Info: Catering
50 ml	Product	209586	Vegetable Oil : Extended Life
25 ml	Product	311679	KTC Lemon Juice
1 g	Product	319711	Chef William Thyme : Rubbed
150 g	Product	303217	Onions : Red
250 g	Product	206409	Carrots : Donkey
100 g	Product	4954390	Parsnips

Number of Products: 7

## Method

1. Peel the carrot and parsnip and cut into bitesize chunks. Peel and cut the red onion into wedges.
2. Mix together all the ingredients and place on a line baking sheet.
3. Roast in the oven until the vegetables are soft and core temp is reached in the sausages.

## 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	Sulphur dioxide
Wheat	Barley

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 976.00 g	Recipe	% RI	Per 100g
	Energy		4926 kJ 1177 kcal	59 %	505 kJ 121 kcal
	Fat		67.25 g	96 %	6.89
	Saturates		6.63 g	33 %	0.68
	Carbohydrate		89.80 g	35 %	9.20
	Sugars		36.39 g	40 %	3.73
	Fibre		32.97 g	-	3.38
	Protein		53.02 g	106 %	5.43
	Salt		4.30 g	72 %	0.44

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 11/06/2022 11:14:27 (4954390)

Most recent item added: 19/12/2021 15:16:18 (209586)

# ROASTIES PRI & KS2

SUB RECIPE FOR: ROAST GAMMON, ROASTIES, FRESH VEG & GRAVY 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 1075.00 g	Recipe	% RI	Per 100g
	Energy		5942 kJ 1420 kcal	71 %	553 kJ 132 kcal
	Fat		79.93 g	114 %	7.43
	Saturates		7.00 g	35 %	0.65
	Carbohydrate		159.00 g	61 %	14.79
	Sugars		8.00 g	9 %	0.74
	Fibre		16.00 g	-	1.49
	Protein		20.00 g	40 %	1.86
	Salt		0.10 g	2 %	0.01

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 31/03/2022 11:25:14 (209586)

Most recent item added: 19/05/2021 10:45:52 (209586)

# GRAVY PRI & KS2

SUB RECIPE FOR: ROAST GAMMON, ROASTIES, FRESH VEG & GRAVY 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 37.50 g	Recipe	% RI	Per 100g
	Energy		504 kJ 121 kcal	6 %	1344 kJ 323 kcal
	Fat		0.71 g	1 %	1.90
	Saturates		0.08 g	0 %	0.20
	Carbohydrate		27.00 g	10 %	72.00
	Sugars		1.73 g	2 %	4.60
	Fibre		0.56 g	-	1.50
	Protein		0.86 g	2 %	2.30
	Salt		5.27 g	88 %	14.05

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 11/06/2022 16:18:39 (619743)

Most recent item added: 13/01/2022 14:38:54 (619743)



# 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 500.00 g	Recipe	% RI	Per 100g
	Energy		375 kJ 90 kcal	4 %	75 kJ 18 kcal
	Fat		2.00 g	3 %	0.40
	Saturates		0.50 g	3 %	0.10
	Carbohydrate		9.00 g	3 %	1.80
	Sugars		8.50 g	9 %	1.70
	Fibre		4.50 g	-	0.90
	Protein		9.00 g	18 %	1.80
	Salt		0.00 g	0 %	0.00

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 19/05/2021 11:21:46 (209230)

Most recent item added: 19/05/2021 11:20:59 (209230)

# SWEETCORN PRI

## SUB RECIPE FOR: FRESH VEGETABLES 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 500.00 g	Recipe	% RI	Per 100g
	Energy		2010 kJ 480 kcal	24 %	402 kJ 96 kcal
	Fat		9.00 g	13 %	1.80
	Saturates		2.00 g	10 %	0.40
	Carbohydrate		85.50 g	33 %	17.10
	Sugars		9.50 g	11 %	1.90
	Fibre		7.50 g	-	1.50
	Protein		17.00 g	34 %	3.40
	Salt		0.00 g	0 %	0.00

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 12/11/2021 09:35:10 (406409)

Most recent item added: 25/02/2021 10:41:43 (406409)

# 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
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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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 500.00 g	Recipe	% RI	Per 100g
	Energy		0 kJ 0 kcal	0 %	0 kJ 0 kcal
	Fat		1.85 g	3 %	0.37
	Saturates		0.55 g	3 %	0.11
	Carbohydrate		33.20 g	13 %	6.64
	Sugars		8.50 g	9 %	1.70
	Fibre		0.00 g	-	0.00
	Protein		14.10 g	28 %	2.82
	Salt		0.00 g	0 %	0.00

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 19/05/2021 11:04:43 (206403)

Most recent item added: 19/05/2021 11:04:03 (206403)

# 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 500.00 g	Recipe	% RI	Per 100g
	Energy		730 kJ 174 kcal	9 %	146 kJ 35 kcal
	Fat		2.00 g	3 %	0.40
	Saturates		0.50 g	3 %	0.10
	Carbohydrate		38.50 g	15 %	7.70
	Sugars		36.00 g	40 %	7.20
	Fibre		19.50 g	-	3.90
	Protein		2.50 g	5 %	0.50
	Salt		0.35 g	6 %	0.07

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 19/05/2021 11:26:29 (1911713)

Most recent item added: 19/05/2021 11:26:09 (1911713)



# SWEETCORN KS2

## SUB RECIPE FOR: FRESH VEGETABLES 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 600.00 g	Recipe	% RI	Per 100g
	Energy		2412 kJ 576 kcal	29 %	402 kJ 96 kcal
	Fat		10.80 g	15 %	1.80
	Saturates		2.40 g	12 %	0.40
	Carbohydrate		102.60 g	39 %	17.10
	Sugars		11.40 g	13 %	1.90
	Fibre		9.00 g	-	1.50
	Protein		20.40 g	41 %	3.40
	Salt		0.00 g	0 %	0.00

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 12/11/2021 09:35:10 (406409)

Most recent item added: 25/02/2021 10:42:54 (406409)

# 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 600.00 g	Recipe	% RI	Per 100g
	Energy		876 kJ 209 kcal	10 %	146 kJ 35 kcal
	Fat		2.40 g	3 %	0.40
	Saturates		0.60 g	3 %	0.10
	Carbohydrate		46.20 g	18 %	7.70
	Sugars		43.20 g	48 %	7.20
	Fibre		23.40 g	-	3.90
	Protein		3.00 g	6 %	0.50
	Salt		0.42 g	7 %	0.07

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 19/05/2021 11:19:11 (1911713)

Most recent item added: 19/05/2021 11:18:49 (1911713)

# 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 600.00 g	Recipe	% RI	Per 100g
	Energy		0 kJ 0 kcal	0 %	0 kJ 0 kcal
	Fat		2.22 g	3 %	0.37
	Saturates		0.66 g	3 %	0.11
	Carbohydrate		39.84 g	15 %	6.64
	Sugars		10.20 g	11 %	1.70
	Fibre		0.00 g	-	0.00
	Protein		16.92 g	34 %	2.82
	Salt		0.00 g	0 %	0.00

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 07/06/2021 16:31:34 (206403)

Most recent item added: 19/05/2021 11:05:43 (206403)

# 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 600.00 g	Recipe	% RI	Per 100g
	Energy		450 kJ 108 kcal	5 %	75 kJ 18 kcal
	Fat		2.40 g	3 %	0.40
	Saturates		0.60 g	3 %	0.10
	Carbohydrate		10.80 g	4 %	1.80
	Sugars		10.20 g	11 %	1.70
	Fibre		5.40 g	-	0.90
	Protein		10.80 g	22 %	1.80
	Salt		0.00 g	0 %	0.00

### Allergen Disclaimer:

### Last Updated:

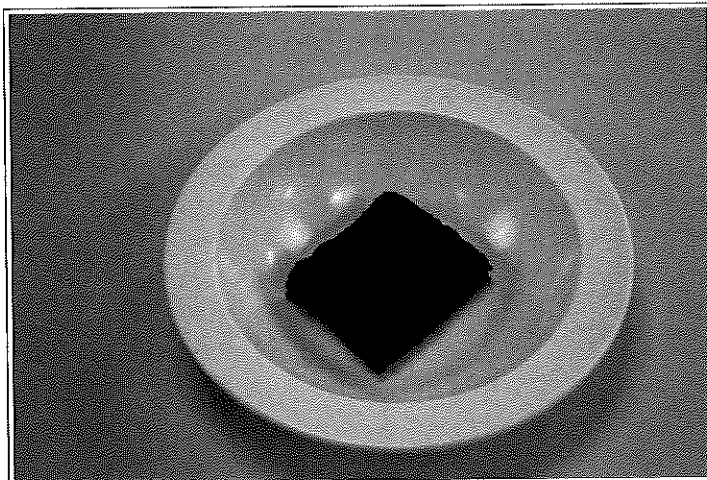
Most recent item change: 19/05/2021 11:23:42 (209230)

Most recent item added: 19/05/2021 11:23:06 (209230)



# CHOCOLATE BROWNIE PRI

SUB RECIPE FOR: CHOCOLATE BROWNIE PRI



Recipe ID	672783
Recipe Amount	60 ptns
Production Amount	60 ptns

## Ingredients

625 g	Product	461489	Phase Dawn Packet : Margarine
12 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
1250 g	Product	200588	Tate & Lyle Granulated
300 g	Product	192122	Plain Flour
250 g	Product	1046295	Freshers Cocoa Powder : Low Fat

Number of Products: 5

## Method

1. Melt margarine in a heat proof bowl set over a pan of simmering water. Stirring regularly. Leave to cool slightly.
  2. Meanwhile whisk the eggs and caster sugar in a large bowl until pale, fluffy and doubled in volume.
  3. Add in the margarine. Fold in the flour and cocoa powder until well mixed.
  4. Pour into your prepared tin, level the top with a spatula.
  5. Bake for 20-25 mins at 180°C. The top should look set and shiny but should be a little wobbly.
- Leave the brownie to cool completely in the tin then chill in the fridge until set.
- Chefs Tips ---.
- Dust the chilled brownie with icing sugar to create a snowy effect.

## 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 3121.00 g	Recipe	% RI	Per 100g
	Energy		49871 kJ 11919 kcal	596 %	1598 kJ 382 kcal
	Fat		563.09 g	804 %	18.04
	Saturates		197.14 g	986 %	6.32
	Carbohydrate		1515.15 g	583 %	48.55
	Sugars		1257.85 g	1398 %	40.30
	Fibre		98.18 g	-	3.15
	Protein		178.27 g	357 %	5.71
	Salt		12.36 g	206 %	0.40

## Allergen Disclaimer:

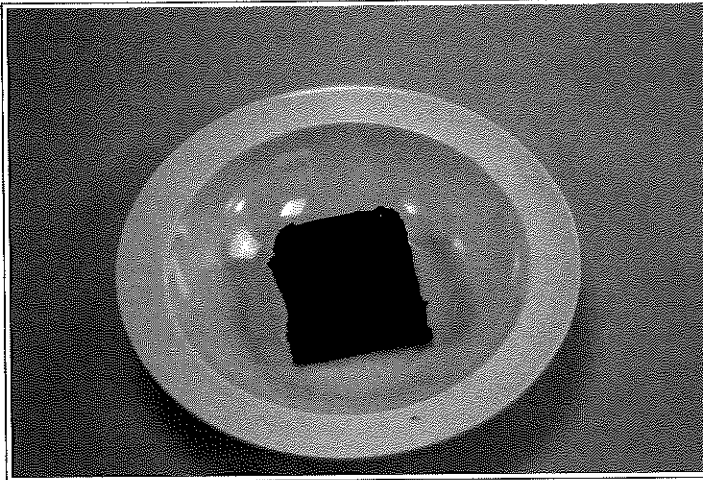
## Last Updated:

Most recent item change: 31/03/2022 10:06:34 (1046295)

Most recent item added: 07/06/2021 08:56:41 (192122)

# CHOCOLATE BROWNIE KS2

SUB RECIPE FOR: CHOCOLATE BROWNIE KS2



Recipe ID	622334
Recipe Amount	46 ptns
Production Amount	46 ptns

## Ingredients

625 g	Product	461489	Phase Dawn Packet : Margarine
12 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
1250 g	Product	200588	Tate & Lyle Granulated
300 g	Product	192122	Plain Flour
250 g	Product	1046295	Freshers Cocoa Powder : Low Fat

Number of Products: 5

## Method

1. Melt margarine in a heat proof bowl set over a pan of simmering water. Stirring regularly. Leave to cool slightly.
  2. Meanwhile whisk the eggs and caster sugar in a large bowl until pale, fluffy and doubled in volume.
  3. Add in the margarine. Fold in the flour and cocoa powder until well mixed.
  4. Pour into your prepared tin, level the top with a spatula.
  5. Bake for 20-25 mins at 180°C. The top should look set and shiny but should be a little wobbly.
- Leave the brownie to cool completely in the tin then chill in the fridge until set.
- Chefs Tips ---
- Dust the chilled brownie with icing sugar to create a snowy effect.

## 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: 3121.00 g	Recipe	% RI	Per 100g
	Energy		49871 kJ 11919 kcal	596 %	1598 kJ 382 kcal
	Fat		563.09 g	804 %	18.04
	Saturates		197.14 g	986 %	6.32
	Carbohydrate		1515.15 g	583 %	48.55
	Sugars		1257.85 g	1398 %	40.30
	Fibre		98.18 g	-	3.15
	Protein		178.27 g	357 %	5.71
	Salt		12.36 g	206 %	0.40

**Allergen Disclaimer:**

**Last Updated:**

Most recent item change: 12/06/2022 09:59:57 (1046295)

Most recent item added: 10/02/2021 11:48:44 (461489)

# CHICKEN TIKKA MASALA PRI

SUB RECIPE FOR: CHICKEN TIKKA MASALA, WHOLEGRAIN RICE & INDIAN CARROTS & PEAS PRI



Recipe ID	671568
Recipe Amount	10 ptns
Production Amount	10 ptns

## Ingredients

150 g	Product	1455263	Dale Farm Natural Yogurt : Low Fat : Temp
600 g	Product	1455491	Sliced Chicken Thigh : Tikka
10 ptns	Recipe	671564	Homemade Curry Sauce PRI

Number of Products: 11

## Method

1. Place the tikka chicken and yoghurt in a bowl and leave to marinate for an hour.
2. Make the homemade curry sauce as per sub recipe.
3. Place the marinated chicken into the curry sauce and cook until core temperature is reached.
4. Serve with rice.

## 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

Soya	Milk
Celery	Mustard

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 1894.00 g	Recipe	% RI	Per 100g
	Energy		6120 kJ 1463 kcal	73 %	323 kJ 77 kcal
	Fat		69.32 g	99 %	3.66
	Saturates		14.55 g	73 %	0.77
	Carbohydrate		95.17 g	37 %	5.02
	Sugars		64.70 g	72 %	3.42
	Fibre		12.58 g	-	0.66
	Protein		118.88 g	238 %	6.28
	Salt		6.10 g	102 %	0.32

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 10/06/2022 11:53:03 (1455263)

Most recent item added: 02/06/2021 08:45:38 (671564)

# VEGGIE KORMA PRI

## SUB RECIPE FOR: VEGGIE KORMA, WHOLEGRAIN RICE & INDIAN CARROTS & PEAS PRI

Recipe ID	845729
Recipe Amount	10 ptns
Production Amount	10 ptns

### Ingredients

10 ptns	Recipe	671564	Homemade Curry Sauce PRI
500 g	Product	199335	Royal Crown Chick Peas : In water
150 ml	Product	4303188	Cook Asia Coconut Milk : Light
150 g	Product	223187	Peas : Economy
200 g	Product	198487	Green Beans : Cut

Number of Products: 13

### Method

1. Make the homemade curry sauce as per sub recipe.
2. Stir in the coconut milk, drained chick peas, peas and green beans and simmer until core temp is reached.

### 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

Mustard

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 2144.00 g	Recipe	% RI	Per 100g
	Energy		6424 kJ 1535 kcal	77 %	300 kJ 72 kcal
	Fat		59.57 g	85 %	2.78
	Saturates		14.02 g	70 %	0.65
	Carbohydrate		174.22 g	67 %	8.13
	Sugars		64.50 g	72 %	3.01
	Fibre		46.33 g	-	2.16
	Protein		65.63 g	131 %	3.06
	Salt		0.73 g	12 %	0.03

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 13/06/2022 11:09:41 (223187)

Most recent item added: 13/06/2022 11:07:34 (198487)



# WHOLEGRAIN RICE PRI

SUB RECIPE FOR: CHICKEN TIKKA MASALA, WHOLEGRAIN RICE & INDIAN CARROTS & PEAS 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

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 09/06/2021 09:48:58 (865871)

Most recent item added: 02/06/2021 09:38:34 (865871)

# INDIAN CARROTS & PEAS PRI

SUB RECIPE FOR: CHICKEN TIKKA MASALA, WHOLEGRAIN RICE & INDIAN CARROTS & PEAS PRI

Recipe ID	845738
Recipe Amount	10 ptns
Production Amount	10 ptns

## Ingredients

15 ml	Product	209586	Vegetable Oil : Extended Life
10 g	Product	5338414	Triple Lion Garlic Purée
10 g	Product	1455384	Ginger : Fresh
300 g	Product	309526	Sliced Carrots
200 g	Product	223187	Peas : Economy
2 g	Product	319682	Chef William Turmeric : Info: ground

Number of Products: 6

## Method

1. Defrost the carrots and peas. Finely grate the ginger.
2. Heat the oil in a suitable pan.
3. Add the ginger and garlic for 30 secs.
4. Add the peas, carrots and turmeric and cook until core temp is reached.

## 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: 537.00 g	Recipe	% RI	Per 100g
	Energy		1783 kJ 426 kcal	21 %	332 kJ 79 kcal
	Fat		17.96 g	26 %	3.34
	Saturates		1.98 g	10 %	0.37
	Carbohydrate		53.26 g	20 %	9.92
	Sugars		26.88 g	30 %	5.01
	Fibre		19.64 g	-	3.66
	Protein		13.87 g	28 %	2.58
	Salt		0.28 g	5 %	0.05

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 13/06/2022 11:17:05 (319682)

Most recent item added: 13/06/2022 11:13:26 (319682)

# HOMEMADE CURRY SAUCE PRI

## SUB RECIPE FOR: CHICKEN TIKKA MASALA PRI

Recipe ID	671564
Recipe Amount	10 ptns
Production Amount	10 ptns

### Ingredients

30 ml	Product	209586	Vegetable Oil : Extended Life
250 g	Product	307620	Onions : Large
10 g	Product	1455384	Ginger : Fresh
10 g	Product	5338414	Triple Lion Garlic Purée
3 g	Product	319743	Chef William Madras Curry Powder : Info: mild
3 g	Product	319682	Chef William Turmeric : Info: ground
8 g	Product	4003909	Chef William Garam Masala
30 g	Product	199214	Tomato Puree
800 g	Product	199221	Chopped Tomatoes
200 ml	Recipe	619743	Water

Number of Products: 9

### Method

1. Heat the oil in a suitable pan and gently sweat the onions until golden brown.
2. Add in the garlic, grated/crushed ginger, madras powder, turmeric and garam masala. Cook for 2 mins.
3. Add in the tomato puree. Cook for 2 mins.
4. Add in the chopped tomatoes and water, bring to the boil and simmer for 20 mins.
5. Adjust the seasoning and either use as is or puree/liquidise the sauce and adjust the seasoning.

### 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

Mustard

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 1144.00 g	Recipe	% RI	Per 100g
	Energy		2576 kJ 616 kcal	31 %	225 kJ 54 kcal
	Fat		33.02 g	47 %	2.89
	Saturates		2.76 g	14 %	0.24
	Carbohydrate		69.67 g	27 %	6.09
	Sugars		50.45 g	56 %	4.41
	Fibre		11.38 g	-	1.00
	Protein		15.08 g	30 %	1.32
	Salt		0.46 g	8 %	0.04

### Allergen Disclaimer:

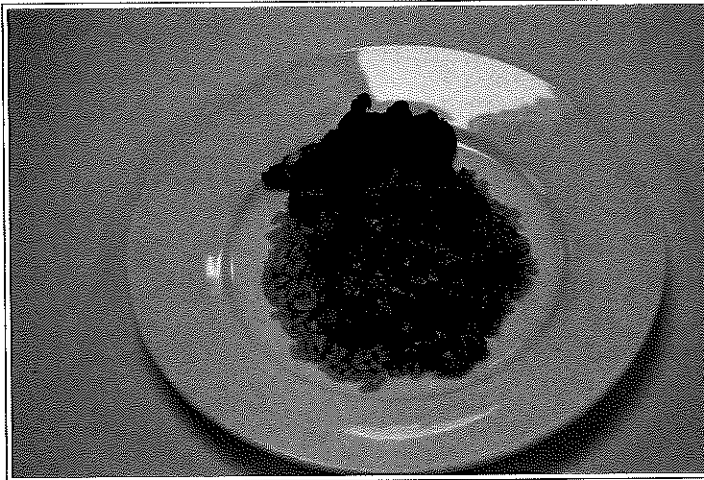
### Last Updated:

Most recent item change: 31/03/2022 11:25:14 (209586)

Most recent item added: 02/06/2021 08:25:29 (619743)

# CHICKEN TIKKA MASALA KS2

SUB RECIPE FOR: CHICKEN TIKKA MASALA, WHOLEGRAIN RICE & INDIAN CARROTS & PEAS KS2



Recipe ID	671572
Recipe Amount	8 ptns
Production Amount	8 ptns

## Ingredients

150 g	Product	1455263	Dale Farm Natural Yogurt : Low Fat : Temp
600 g	Product	1455491	Sliced Chicken Thigh : Tikka
10 ptns	Recipe	671564	Homemade Curry Sauce PRI

Number of Products: 11

## Method

1. Place the tikka chicken and yoghurt in a bowl and leave to marinate for an hour.
2. Make the homemade curry sauce as per sub recipe.
3. Place the marinated chicken into the curry sauce and cook until core temperature is reached.
4. Serve with rice.

## 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

Soya	Milk
Celery	Mustard

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 1894.00 g	Recipe	% RI	Per 100g
	Energy		6120 kJ 1463 kcal	73 %	323 kJ 77 kcal
	Fat		69.32 g	99 %	3.66
	Saturates		14.55 g	73 %	0.77
	Carbohydrate		95.17 g	37 %	5.02
	Sugars		64.70 g	72 %	3.42
	Fibre		12.58 g	-	0.66
	Protein		118.88 g	238 %	6.28
	Salt		6.10 g	102 %	0.32

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 10/06/2022 11:51:42 (1455263)

Most recent item added: 02/06/2021 08:54:37 (1455263)



# VEGGIE KORMA KS2

SUB RECIPE FOR: VEGGIE KORMA, WHOLEGRAIN RICE & INDIAN CARROTS & PEAS KS2

Recipe ID	845734
Recipe Amount	8 ptns
Production Amount	8 ptns

## Ingredients

10 ptns	Recipe	671564	Homemade Curry Sauce PRI
500 g	Product	199335	Royal Crown Chick Peas : in water
150 ml	Product	4303188	Cook Asia Coconut Milk : Light
150 g	Product	223187	Peas : Economy
200 g	Product	198487	Green Beans : Cut

Number of Products: 13

## Method

1. Make the homemade curry sauce as per sub recipe.
2. Stir in the coconut milk, drained chick peas, peas and green beans and simmer until core temp is reached.

## 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

Mustard

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 2144.00 g	Recipe	% RI	Per 100g
	Energy		6424 kJ 1535 kcal	77 %	300 kJ 72 kcal
	Fat		59.57 g	85 %	2.78
	Saturates		14.02 g	70 %	0.65
	Carbohydrate		174.22 g	67 %	8.13
	Sugars		64.50 g	72 %	3.01
	Fibre		46.33 g	-	2.16
	Protein		65.63 g	131 %	3.06
	Salt		0.73 g	12 %	0.03

**Allergen Disclaimer:**

**Last Updated:**

Most recent item added: 13/06/2022 11:11:03 (671564)

# WHOLEGRAIN RICE KS2

SUB RECIPE FOR: CHICKEN TIKKA MASALA, WHOLEGRAIN RICE & INDIAN CARROTS & PEAS 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

### Allergen Disclaimer:

### Last Updated:

Most recent item added: 02/06/2021 09:39:38 (865871)

# INDIAN CARROTS & PEAS KS2

SUB RECIPE FOR: CHICKEN TIKKA MASALA, WHOLEGRAIN RICE & INDIAN CARROTS & PEAS KS2

Recipe ID	845741
Recipe Amount	8 ptns
Production Amount	8 ptns

## Ingredients

15 ml	Product	209586	Vegetable Oil : Extended Life
10 g	Product	5338414	Triple Lion Garlic Purée
10 g	Product	1455384	Ginger : Fresh
300 g	Product	309526	Sliced Carrots
200 g	Product	223187	Peas : Economy
2 g	Product	319682	Chef William Turmeric : Info: ground

Number of Products: 6

## Method

1. Defrost the carrots and peas. Finely grate the ginger.
2. Heat the oil in a suitable pan.
3. Add the ginger and garlic for 30 secs.
4. Add the peas, carrots and turmeric and cook until core temp is reached.

## 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: 537.00 g	Recipe	% RI	Per 100g
	Energy		1783 kJ 426 kcal	21 %	332 kJ 79 kcal
	Fat		17.96 g	26 %	3.34
	Saturates		1.98 g	10 %	0.37
	Carbohydrate		53.26 g	20 %	9.92
	Sugars		26.88 g	30 %	5.01
	Fibre		19.64 g	-	3.66
	Protein		13.87 g	28 %	2.58
	Salt		0.28 g	5 %	0.05

### Allergen Disclaimer:

### Last Updated:

Most recent item added: 13/06/2022 11:17:54 (309526)

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

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: 2055.00 g	Recipe	% RI	Per 100g
	Energy		18377 kJ 4392 kcal	220 %	894 kJ 214 kcal
	Fat		219.41 g	313 %	10.68
	Saturates		73.90 g	369 %	3.60
	Carbohydrate		568.10 g	219 %	27.64
	Sugars		331.76 g	369 %	16.14
	Fibre		33.91 g	-	1.65
	Protein		63.50 g	127 %	3.09
	Salt		8.63 g	144 %	0.42

**Allergen Disclaimer:**

**Last Updated:**

Most recent item added: 12/06/2022 15:04:46 (314499)



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

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: 2055.00 g	Recipe	% RI	Per 100g
	Energy		18377 kJ 4392 kcal	220 %	894 kJ 214 kcal
	Fat		219.41 g	313 %	10.68
	Saturates		73.90 g	369 %	3.60
	Carbohydrate		568.10 g	219 %	27.64
	Sugars		331.76 g	369 %	16.14
	Fibre		33.91 g	-	1.65
	Protein		63.50 g	127 %	3.09
	Salt		8.63 g	144 %	0.42

**Allergen Disclaimer:**

**Last Updated:**

Most recent item added: 12/06/2022 15:12:30 (3667515)



## Nutritional Analysis

	Energy or Nutrient	Total Weight: 500.00 g	Recipe	% RI	Per 100g
	Energy		4475 kJ 1070 kcal	53 %	895 kJ 214 kcal
	Fat		47.50 g	68 %	9.50
	Saturates		5.50 g	28 %	1.10
	Carbohydrate		93.00 g	36 %	18.60
	Sugars		4.50 g	5 %	0.90
	Fibre		5.50 g	-	1.10
	Protein		65.00 g	130 %	13.00
	Salt		5.00 g	83 %	1.00

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 11/06/2022 11:43:01 (5634868)

Most recent item added: 18/11/2021 10:44:39 (5634868)

# VEGETABLE FINGERS PRI

## SUB RECIPE FOR: BAKED BEANS, CHIPS & VEGETABLE FINGERS PRI

Recipe ID	742472
Recipe Amount	10 ptns
Production Amount	10 ptns

### Ingredients

560 g Product 382694 Daloon : Vegetable Fingers  
Number of Products: 1

### Method

1. cook as per manufacturers instructions and serve 2 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

### Nutritional Analysis

	Energy or Nutrient	Total Weight: 560.00 g	Recipe	% RI	Per 100g
	Energy		5645 kJ 1349 kcal	67 %	1008 kJ 241 kcal
	Fat		68.32 g	98 %	12.20
	Saturates		5.60 g	28 %	1.00
	Carbohydrate		154.00 g	59 %	27.50
	Sugars		47.04 g	52 %	8.40
	Fibre		14.56 g	-	2.60
	Protein		22.40 g	45 %	4.00
	Salt		2.86 g	48 %	0.51

**Allergen Disclaimer:**

**Last Updated:**

Most recent item change: 17/03/2022 14:57:18 (382694)

Most recent item added: 18/11/2021 10:21:55 (382694)

# BAKED BEANS PRI

SUB RECIPE FOR: FISH FINGERS, CHIPS & BAKED BEANS PRI

Recipe ID	667023
Recipe Amount	10 ptns
Production Amount	10 ptns

## Ingredients

500 g Product 199425 Baked Beans : reduced sugar and salt  
 Number of Products: 1

## Method

1. Heat as required.

## 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: 500.00 g	Recipe	% RI	Per 100g
	Energy		1735 kJ 415 kcal	21 %	347 kJ 83 kcal
	Fat		1.85 g	3 %	0.37
	Saturates		0.40 g	2 %	0.08
	Carbohydrate		64.00 g	25 %	12.80
	Sugars		18.15 g	20 %	3.63
	Fibre		20.65 g	-	4.13
	Protein		24.20 g	48 %	4.84
	Salt		2.75 g	46 %	0.55

**Allergen Disclaimer:**

**Last Updated:**

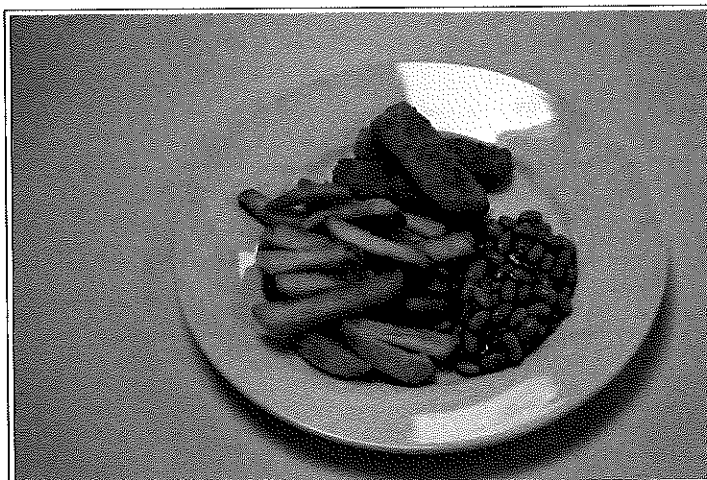
Most recent item change: 12/11/2021 08:43:08 (199425)

Most recent item added: 18/05/2021 14:13:08 (199425)



# FISH FINGERS KS2

SUB RECIPE FOR: FISH FINGERS, CHIPS & BAKED BEANS 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 750.00 g	Recipe	% RI	Per 100g
	Energy		6712 kJ 1604 kcal	80 %	895 kJ 214 kcal
	Fat		71.25 g	102 %	9.50
	Saturates		8.25 g	41 %	1.10
	Carbohydrate		139.50 g	54 %	18.60
	Sugars		6.75 g	8 %	0.90
	Fibre		8.25 g	-	1.10
	Protein		97.50 g	195 %	13.00
	Salt		7.50 g	125 %	1.00

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 11/06/2022 11:57:40 (5634868)

Most recent item added: 19/05/2021 13:05:59 (5634868)

# VEGETABLE FINGERS KS2

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

Recipe ID	703693
Recipe Amount	10 ptns
Production Amount	10 ptns

## Ingredients

840 g Product 382694 Daloon : Vegetable Fingers  
 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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 840.00 g	Recipe	% RI	Per 100g
	Energy		8467 kJ 2024 kcal	101 %	1008 kJ 241 kcal
	Fat		102.48 g	146 %	12.20
	Saturates		8.40 g	42 %	1.00
	Carbohydrate		231.00 g	89 %	27.50
	Sugars		70.56 g	78 %	8.40
	Fibre		21.84 g	-	2.60
	Protein		33.60 g	67 %	4.00
	Salt		4.28 g	71 %	0.51

**Allergen Disclaimer:**

**Last Updated:**

Most recent item change: 17/03/2022 14:55:27 (382694)

Most recent item added: 19/08/2021 18:52:27 (382694)

# BAKED BEANS KS2

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

Recipe ID	667029
Recipe Amount	10 ptns
Production Amount	10 ptns

## Ingredients

700 g Product 199425 Baked Beans : reduced sugar and salt

Number of Products: 1

## Method

1. Heat as required.

## 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: 700.00 g	Recipe	% RI	Per 100g
	Energy		2429 kJ 581 kcal	29 %	347 kJ 83 kcal
	Fat		2.59 g	4 %	0.37
	Saturates		0.56 g	3 %	0.08
	Carbohydrate		89.60 g	34 %	12.80
	Sugars		25.41 g	28 %	3.63
	Fibre		28.91 g	-	4.13
	Protein		33.88 g	68 %	4.84
	Salt		3.85 g	64 %	0.55

**Allergen Disclaimer:**

**Last Updated:**

Most recent item change: 12/11/2021 08:43:08 (199425)

Most recent item added: 18/05/2021 14:14:05 (199425)

# CHIPS PRI & KS2

## SUB RECIPE FOR: FISH FINGERS, CHIPS & BAKED BEANS PRI

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

**Allergen Disclaimer:**

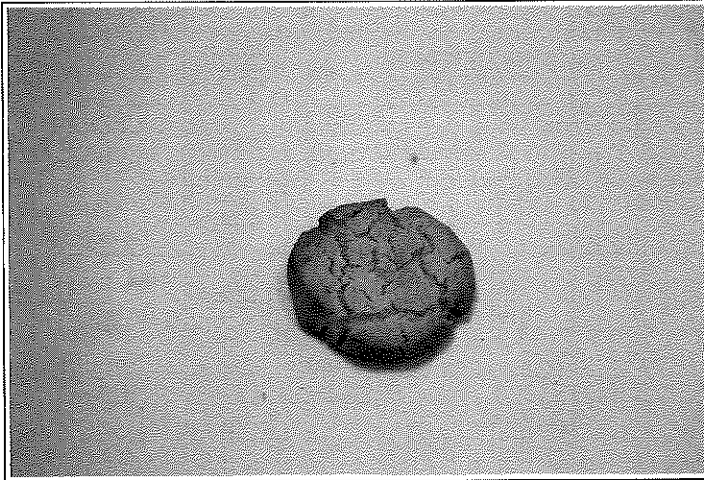
**Last Updated:**

Most recent item added: 19/05/2021 12:55:39 (452313)



# VANILLA COOKIE PRI

SUB RECIPE FOR: VANILLA COOKIE PRI



Recipe ID	845385
Recipe Amount	32 ptns
Production Amount	32 ptns

## Ingredients

300 g	Product	461489	Phase Dawn Packet : Margarine
300 g	Product	200576	Tate & Lyle Caster
600 g	Product	3667515	Everyday Favorites Self Raising Flour
20 ml	Product	314499	Supercook Vanilla
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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 1315.00 g	Recipe	% RI	Per 100g
	Energy		23744 kJ 5675 kcal	284 %	1806 kJ 432 kcal
	Fat		234.00 g	334 %	17.79
	Saturates		80.34 g	402 %	6.11
	Carbohydrate		855.80 g	329 %	65.08
	Sugars		381.66 g	424 %	29.02
	Fibre		25.50 g	-	1.94
	Protein		55.38 g	111 %	4.21
	Salt		10.58 g	176 %	0.80

### Allergen Disclaimer:

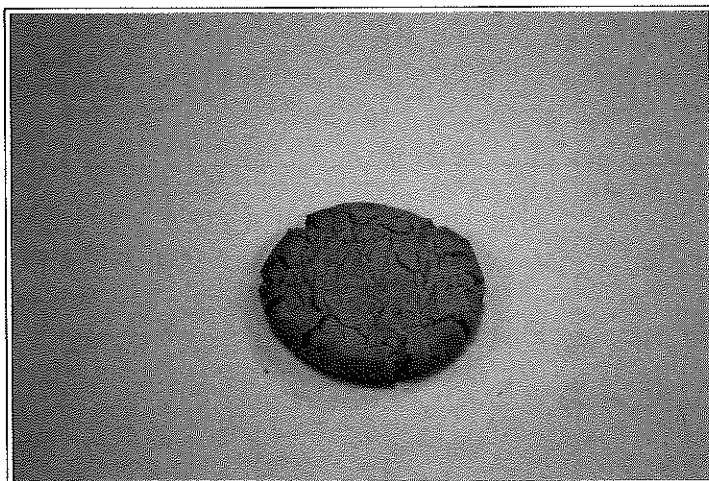
### Last Updated:

Most recent item change: 12/06/2022 11:11:40 (314499)

Most recent item added: 12/06/2022 11:10:16 (461489)

# VANILLA COOKIE KS2

SUB RECIPE FOR: VANILLA COOKIE KS2



Recipe ID	845387
Recipe Amount	26 ptns
Production Amount	26 ptns

## Ingredients

300 g	Product	461489	Phase Dawn Packet : Margarine
300 g	Product	200576	Tate & Lyle Caster
600 g	Product	3667515	Everyday Favorites Self Raising Flour
20 ml	Product	314499	Supercook Vanilla
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

## Nutritional Analysis

	Energy or Nutrient	Total Weight: 1315.00 g	Recipe	% RI	Per 100g
	Energy		23744 kJ 5675 kcal	284 %	1806 kJ 432 kcal
	Fat		234.00 g	334 %	17.79
	Saturates		80.34 g	402 %	6.11
	Carbohydrate		855.80 g	329 %	65.08
	Sugars		381.66 g	424 %	29.02
	Fibre		25.50 g	-	1.94
	Protein		55.38 g	111 %	4.21
	Salt		10.58 g	176 %	0.80

### Allergen Disclaimer:

### Last Updated:

Most recent item change: 12/06/2022 11:14:04 (314499)

Most recent item added: 12/06/2022 11:13:10 (461489)