

MARGHERITA PIZZA BAGUETTE PRI & KS2

SUB RECIPE FOR: MARGHERITA PIZZA BAGUETTE, WHOLEGRAIN PASTA & SWEETCORN SALAD PRI

Recipe ID	845890
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

600 g	Product	4347473	Le Pain Half Baguette : White : 26cm : Part Baked
10 ptns	Recipe	666884	Homemade Pizza Sauce
250 g	Product	374440	Mild Cheddar : Grated

Number of Products: 6

Method

1. Make the pizza sauce as per sub recipe.
2. Cook the part baked baguettes and slice in half lengthways.
3. Spread the pizza sauce over the cut side of the baguette and sprinkle over grated cheese.
4. Bake in a hot oven until the cheese is melted and golden.

Critical Control Points (CCP)

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

Allergens & Dietary Suitability

Gluten	Milk
Wheat	* Soya

* May Contain

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1056.00 g	Recipe	% RI	Per 100g
	Energy		10958 kJ 2619 kcal	131 %	1038 kJ 248 kcal
	Fat		92.28 g	132 %	8.74
	Saturates		56.07 g	280 %	5.31
	Carbohydrate		323.34 g	124 %	30.62
	Sugars		28.41 g	32 %	2.69
	Fibre		16.37 g	-	1.55
	Protein		116.85 g	234 %	11.06
	Salt		9.68 g	161 %	0.92

Allergen Disclaimer:

Last Updated:

Most recent item change: 13/06/2022 14:33:59 (4347473)

Most recent item added: 13/06/2022 14:32:21 (374440)

WHOLEGRAIN PASTA & SWEETCORN SALAD PRI

SUB RECIPE FOR: MARGHERITA PIZZA BAGUETTE, WHOLEGRAIN PASTA & SWEETCORN SALAD PRI

Recipe ID	845258
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

300 g	Product	769047	Wholemeal
250 g	Product	406409	Sweetcorn : Kernels
100 ml	Product	195429	Light Mayonnaise

Number of Products: 3

Method

1. Cook the pasta in boiling water, drain and refresh. Defrost the sweetcorn.
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	Eggs
Wheat	

Nutritional Analysis

	Energy or Nutrient	Total Weight: 650.00 g	Recipe	% RI	Per 100g
	Energy		6321 kJ 1511 kcal	76 %	972 kJ 232 kcal
	Fat		37.07 g	53 %	5.70
	Saturates		4.42 g	22 %	0.68
	Carbohydrate		241.68 g	93 %	37.18
	Sugars		15.53 g	17 %	2.39
	Fibre		23.75 g	-	3.65
	Protein		45.28 g	91 %	6.97
	Salt		1.22 g	20 %	0.19

Allergen Disclaimer:

Last Updated:

Most recent item added: 11/06/2022 16:02:26 (195429)

WHOLEGRAIN PASTA & SWEETCORN SALAD KS2

SUB RECIPE FOR: MARGHERITA PIZZA BAGUETTE, WHOLEGRAIN PASTA & SWEETCORN SALAD KS2

Recipe ID	845267
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

300 g	Product	769047	Wholemeal
250 g	Product	406409	Sweetcorn : Kernels
100 ml	Product	195429	Light Mayonnaise

Number of Products: 3

Method

1. Cook the pasta in boiling water, drain and refresh. Defrost the sweetcorn.
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	Eggs
Wheat	

Nutritional Analysis

	Energy or Nutrient	Total Weight: 650.00 g	Recipe	% RI	Per 100g
	Energy		6321 kJ 1511 kcal	76 %	972 kJ 232 kcal
	Fat		37.07 g	53 %	5.70
	Saturates		4.42 g	22 %	0.68
	Carbohydrate		241.68 g	93 %	37.18
	Sugars		15.53 g	17 %	2.39
	Fibre		23.75 g	-	3.65
	Protein		45.28 g	91 %	6.97
	Salt		1.22 g	20 %	0.19

Allergen Disclaimer:


Last Updated:

Most recent item change: 11/06/2022 16:08:41 (406409)

Most recent item added: 11/06/2022 16:05:59 (195429)

TOMATO & MOZZARELLA GNOCCHI TRAYBAKE PRI

SUB RECIPE FOR: TOMATO & MOZZARELLA GNOCCHI TRAYBAKE, PASTA & SWEETCORN SALAD PRI



Recipe ID	754354
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

10 ptns	Recipe	628672	Homemade Tomato Sauce PRI
700 g	Product	3644229	Gnocchi : 70% Potato
200 g	Product	374440	Mild Cheddar : Grated

Number of Products: 12

Method

1. Make the tomato sauce as per sub recipe.
2. Stir in the gnocchi and pour into an ovenproof dish.
3. Sprinkle over the cheese mix and bake in the oven 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

Gluten	Milk
Wheat	* Soya

* Eggs

* May Contain

Nutritional Anaylsis

	Energy or Nutrient	Total Weight: 1757.00 g	Recipe	% RI	Per 100g
	Energy		9730 kJ 2326 kcal	116 %	554 kJ 132 kcal
	Fat		82.77 g	118 %	4.71
	Saturates		45.15 g	226 %	2.57
	Carbohydrate		303.39 g	117 %	17.27
	Sugars		43.01 g	48 %	2.45
	Fibre		22.14 g	-	1.26
	Protein		94.92 g	190 %	5.40
	Salt		14.02 g	234 %	0.80

Allergen Disclaimer:

Last Updated:

Most recent item change: 11/06/2022 15:56:07 (374440)

Most recent item added: 17/12/2021 14:00:26 (374440)

TOMATO & MOZZARELLA GNOCCHI TRAYBAKE KS2

SUB RECIPE FOR: TOMATO & MOZZARELLA GNOCCHI TRAYBAKE, PASTA & SWEETCORN SALAD KS2



Recipe ID	754358
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

10 ptns	Recipe	628672	Homemade Tomato Sauce PRI
700 g	Product	3644229	Gnocchi : 70% Potato
200 g	Product	374440	Mild Cheddar : Grated

Number of Products: 12

Method

1. Make the tomato sauce as per sub recipe.
2. Stir in the gnocchi and pour into an ovenproof dish.
3. Sprinkle over the cheese mix and bake in the oven 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

Gluten	Milk
Wheat	* Soya

* Eggs

* May Contain

Nutritional Anaylsis

	Energy or Nutrient	Total Weight: 1757.00 g	Recipe	% RI	Per 100g
	Energy		9730 kJ 2326 kcal	116 %	554 kJ 132 kcal
	Fat		82.77 g	118 %	4.71
	Saturates		45.15 g	226 %	2.57
	Carbohydrate		303.39 g	117 %	17.27
	Sugars		43.01 g	48 %	2.45
	Fibre		22.14 g	-	1.26
	Protein		94.92 g	190 %	5.40
	Salt		14.02 g	234 %	0.80

Allergen Disclaimer:

Last Updated:

Most recent item change: 11/06/2022 16:03:11 (374440)

Most recent item added: 17/12/2021 14:06:27 (374440)

STICKY BANANA PUDDING PRI

SUB RECIPE FOR: STICKY BANANA PUDDING PRI

Recipe ID	845987
Recipe Amount	25 ptns
Production Amount	25 ptns

Ingredients

225 g	Product	461489	Phase Dawn Packet : Margarine
1200 g	Product	1396503	Banana : Bubble Pack
225 g	Product	319533	Tate & Lyle Soft Sugar : Light Brown
225 g	Product	3667515	Everyday Favorites Self Raising Flour
15 g	Product	315499	Supercook Baking Powder
10 g	Product	319727	Chef William Cinnamon : ground
6 each	Product	902998	Colony : Eggs : Medium : (Lion Code)

Number of Products: 7

Method

1. Grease an ovenproof dish.
2. Slice half of the bananas into a bowl and mash. Melt the margarine and mash together with the bananas.
3. Add the brown sugar, self raising flour, baking powder, cinnamon and beaten eggs and mix well for 1 minute.
4. Slice the remaining half of the bananas into the ovenproof dish.
5. Pour the cake mixture over the sliced bananas and bake at 180 degrees for 25-30 mins or until golden and firm to the touch.

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: 2248.00 g	Recipe	% RI	Per 100g
	Energy		19478 kJ 4655 kcal	233 %	866 kJ 207 kcal
	Fat		204.77 g	293 %	9.11
	Saturates		68.66 g	343 %	3.05
	Carbohydrate		665.48 g	256 %	29.60
	Sugars		447.82 g	498 %	19.92
	Fibre		32.24 g	-	1.43
	Protein		80.80 g	162 %	3.59
	Salt		11.44 g	191 %	0.51

Allergen Disclaimer:

Last Updated:

Most recent item change: 17/06/2022 09:51:44 (319727)

Most recent item added: 13/06/2022 16:06:34 (902998)

STICKY BANANA PUDDING KS2

SUB RECIPE FOR: STICKY BANANA PUDDING KS2

Recipe ID	845994
Recipe Amount	22 ptns
Production Amount	22 ptns

Ingredients

225 g	Product	461489	Phase Dawn Packet : Margarine
1200 g	Product	1396503	Banana : Bubble Pack
225 g	Product	319533	Tate & Lyle Soft Sugar : Light Brown
225 g	Product	3667515	Everyday Favorites Self Raising Flour
15 g	Product	315499	Supercook Baking Powder
10 g	Product	319727	Chef William Cinnamon : ground
6 each	Product	902998	Colony : Eggs : Medium : (Lion Code)

Number of Products: 7

Method

1. Grease an ovenproof dish.
2. Slice half of the bananas into a bowl and mash. Melt the margarine and mash together with the bananas.
3. Add the brown sugar, self raising flour, baking powder, cinnamon and beaten eggs and mix well for 1 minute.
4. Slice the remaining half of the bananas into the ovenproof dish.
5. Pour the cake mixture over the sliced bananas and bake at 180 degrees for 25-30 mins or until golden and firm to the touch.

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: 2248.00 g	Recipe	% RI	Per 100g
	Energy		19478 kJ 4655 kcal	233 %	866 kJ 207 kcal
	Fat		204.77 g	293 %	9.11
	Saturates		68.66 g	343 %	3.05
	Carbohydrate		665.48 g	256 %	29.60
	Sugars		447.82 g	498 %	19.92
	Fibre		32.24 g	-	1.43
	Protein		80.80 g	162 %	3.59
	Salt		11.44 g	191 %	0.51

Allergen Disclaimer:

Last Updated:

Most recent item change: 17/06/2022 09:51:59 (319533)

Most recent item added: 13/06/2022 16:14:01 (3667515)

SAUSAGE TOAD IN THE HOLE PRI

SUB RECIPE FOR: TOAD IN THE HOLE, MASH, GREEN BEANS, GRAVY PRI

Recipe ID	845288
Recipe Amount	20 ptns
Production Amount	20 ptns

Ingredients

4 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
125 g	Product	192122	Plain Flour
300 ml	Product	198337	Milk Semi Skimmed
40 pack	Product	405794	Sausage : Pork : 16's

Number of Products: 4

Method

1. Heat the oil in roasting tray until sizzling hot.
2. Place the sausages in trays, cook for 10 minutes until golden brown.
3. To make the batter - add flour, eggs and milk to a bowl, mix for 30 seconds until fully mixed.
4. Pour the batter over the partially cooked sausages increase oven temp to 220°C for a further 30 - 35 minutes until risen and 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

Gluten	Eggs
Milk	Sulphur dioxide
Wheat	

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1792.00 g	Recipe	% RI	Per 100g
	Energy		14043 kJ 3356 kcal	168 %	784 kJ 187 kcal
	Fat		180.12 g	257 %	10.05
	Saturates		66.15 g	331 %	3.69
	Carbohydrate		248.53 g	96 %	13.87
	Sugars		54.49 g	61 %	3.04
	Fibre		9.55 g	-	0.53
	Protein		184.69 g	369 %	10.31
	Salt		15.36 g	256 %	0.86

Allergen Disclaimer:

Last Updated:

Most recent item change: 11/06/2022 16:52:37 (405794)

Most recent item added: 11/06/2022 16:45:54 (405794)

MASH PRI

SUB RECIPE FOR: TOAD IN THE HOLE, MASH, GREEN BEANS, GRAVY PRI

Recipe ID	754112
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

1200 g	Product	1922809	Potatoes : Maris Piper : Washed
60 g	Product	5485295	Bebo Sunflower Spread : Light
Number of Products: 2			

Method

1. Peel & quarter the potatoes. Steam or boil, drain and mash. Add in the margarine.

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: 1260.00 g	Recipe	% RI	Per 100g
	Energy		4708 kJ 1125 kcal	56 %	374 kJ 89 kcal
	Fat		30.00 g	43 %	2.38
	Saturates		6.00 g	30 %	0.48
	Carbohydrate		190.80 g	73 %	15.14
	Sugars		9.60 g	11 %	0.76
	Fibre		19.20 g	-	1.52
	Protein		24.00 g	48 %	1.90
	Salt		0.72 g	12 %	0.06

Allergen Disclaimer:

Last Updated:

Most recent item added: 17/12/2021 10:13:59 (5485295)

SAUSAGE TOAD IN THE HOLE KS2

SUB RECIPE FOR: TOAD IN THE HOLE, MASH, GREEN BEANS, GRAVY KS2

Recipe ID	845296
Recipe Amount	20 ptns
Production Amount	20 ptns

Ingredients

4 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
125 g	Product	192122	Plain Flour
300 ml	Product	198337	Milk Semi Skimmed
60 pack	Product	405794	Sausage : Pork : 16's

Number of Products: 4

Method

1. Heat the oil in roasting tray until sizzling hot.
2. Place the sausages in trays, cook for 10 minutes until golden brown.
3. To make the batter - add flour, eggs and milk to a bowl, mix for 30 seconds until fully mixed.
4. Pour the batter over the partially cooked sausages increase oven temp to 220°C for a further 30 - 35 minutes until risen and 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

Gluten	Eggs
Milk	Sulphur dioxide
Wheat	

Nutritional Analysis

	Energy or Nutrient	Total Weight: 2359.50 g	Recipe	% RI	Per 100g
	Energy		19208 kJ 4591 kcal	230 %	814 kJ 195 kcal
	Fat		256.17 g	366 %	10.86
	Saturates		94.52 g	473 %	4.01
	Carbohydrate		319.46 g	123 %	13.54
	Sugars		73.79 g	82 %	3.13
	Fibre		12.39 g	-	0.53
	Protein		250.52 g	501 %	10.62
	Salt		22.57 g	376 %	0.96

Allergen Disclaimer:

Last Updated:

Most recent item change: 11/06/2022 17:00:15 (405794)

Most recent item added: 11/06/2022 16:59:34 (902998)

MASH KS2

SUB RECIPE FOR: TOAD IN THE HOLE, MASH, GREEN BEANS, GRAVY KS2

Recipe ID	754114
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

1200 g	Product	1922809	Potatoes : Maris Piper : Washed
60 g	Product	5485295	Bebo Sunflower Spread : Light
Number of Products: 2			

Method

1. Peel & quarter the potatoes. Steam or boil, drain and mash. Add in the margarine.

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: 1260.00 g	Recipe	% RI	Per 100g
	Energy		4708 kJ 1125 kcal	56 %	374 kJ 89 kcal
	Fat		30.00 g	43 %	2.38
	Saturates		6.00 g	30 %	0.48
	Carbohydrate		190.80 g	73 %	15.14
	Sugars		9.60 g	11 %	0.76
	Fibre		19.20 g	-	1.52
	Protein		24.00 g	48 %	1.90
	Salt		0.72 g	12 %	0.06

Allergen Disclaimer:

Last Updated:

Most recent item added: 17/12/2021 10:15:05 (1922809)

QUORN SAUSAGE TOAD IN THE HOLE PRI

SUB RECIPE FOR: QUORN SAUSAGE TOAD IN THE HOLE, MASH, GREEN BEANS, GRAVY PRI

Recipe ID	690977
Recipe Amount	20 ptns
Production Amount	20 ptns

Ingredients

4 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
125 g	Product	192122	Plain Flour
300 ml	Product	198337	Milk Semi Skimmed
20 each	Product	323651	Quorn® Sausage : Info: Catering

Number of Products: 4

Method

1. Heat the oil in roasting tray until sizzling hot.
2. Place the sausages in trays, cook for 10 minutes until golden brown.
3. To make the batter - add flour, eggs and milk to a bowl, mix for 30 seconds until fully mixed.
4. Pour the batter over the partially cooked sausages increase oven temp to 220°C for a further 30 - 35 minutes until risen and 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

Gluten	Eggs
Milk	Wheat
Barley	

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1657.00 g	Recipe	% RI	Per 100g
	Energy		8905 kJ 2128 kcal	106 %	537 kJ 128 kcal
	Fat		65.03 g	93 %	3.92
	Saturates		13.40 g	67 %	0.81
	Carbohydrate		193.65 g	74 %	11.69
	Sugars		44.90 g	50 %	2.71
	Fibre		55.88 g	-	3.37
	Protein		168.03 g	336 %	10.14
	Salt		8.95 g	149 %	0.54

Allergen Disclaimer:

Last Updated:

Most recent item added: 22/07/2021 12:53:47 (323651)

QUORN SAUSAGE TOAD IN THE HOLE KS2

SUB RECIPE FOR: QUORN SAUSAGE TOAD IN THE HOLE, MASH, GREEN BEANS, GRAVY
KS2

Recipe ID	690981
Recipe Amount	20 ptns
Production Amount	20 ptns

Ingredients

4 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
125 g	Product	192122	Plain Flour
300 ml	Product	198337	Milk Semi Skimmed
25 each	Product	323651	Quorn® Sausage : Info: Catering

Number of Products: 4

Method

1. Heat the oil in roasting tray until sizzling hot.
2. Place the sausages in trays, cook for 10 minutes until golden brown.
3. To make the batter - add flour, eggs and milk to a bowl, mix for 30 seconds until fully mixed.
4. Pour the batter over the partially cooked sausages increase oven temp to 220°C for a further 30 - 35 minutes until risen and 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

Gluten	Eggs
Milk	Wheat
Barley	

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1907.00 g	Recipe	% RI	Per 100g
	Energy		10202 kJ 2438 kcal	122 %	535 kJ 128 kcal
	Fat		74.28 g	106 %	3.90
	Saturates		14.40 g	72 %	0.75
	Carbohydrate		215.40 g	83 %	11.30
	Sugars		52.15 g	58 %	2.73
	Fibre		68.88 g	-	3.61
	Protein		196.78 g	394 %	10.32
	Salt		10.95 g	182 %	0.57

Allergen Disclaimer:

Last Updated:

Most recent item change: 11/06/2022 17:02:56 (323651)

Most recent item added: 22/07/2021 12:55:51 (902998)

CHOCOLATE OAT CAKE PRI

SUB RECIPE FOR: CHOCOLATE OAT CAKE PRI

Recipe ID	845653
Recipe Amount	72 ptns
Production Amount	72 ptns

Ingredients

1000 g	Product	461489	Phase Dawn Packet : Margarine
500 g	Product	200588	Tate & Lyle Granulated
700 g	Product	199773	Mornflake Superfast Oats
700 g	Product	192122	Plain Flour
20 g	Product	315499	Supercook Baking Powder
100 g	Product	1046295	Freshers Cocoa Powder : Low Fat
600 g	Product	200627	Tate & Lyle Icing

Number of Products: 7

Method

1. Melt the margarine and sugar in a pan.
2. Add in the oats, plain flour, baking powder and half of the cocoa powder.
3. Press the mixture into lined tins and bake in the oven at 180 degrees for 20 mins and leave to cool.
4. Sieve the icing sugar and remaining half of cocoa powder into a bowl and add a little boiling water to mix to an icing.
5. When you have the correct consistency spread the water icing over the cooled cake and cut into 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	Wheat
Oats	* Milk

* May Contain

Nutritional Analysis

	Energy or Nutrient	Total Weight: 3620.00 g	Recipe	% RI	Per 100g
	Energy		68732 kJ 16427 kcal	821 %	1899 kJ 454 kcal
	Fat		829.60 g	1185 %	22.92
	Saturates		277.10 g	1386 %	7.65
	Carbohydrate		2035.71 g	783 %	56.24
	Sugars		1101.05 g	1223 %	30.42
	Fibre		124.70 g	-	3.44
	Protein		186.04 g	372 %	5.14
	Salt		21.35 g	356 %	0.59

Allergen Disclaimer:

Last Updated:

Most recent item added: 13/06/2022 10:08:39 (200627)

CHOCOLATE OAT CAKE KS2

SUB RECIPE FOR: CHOCOLATE OAT CAKE KS2

Recipe ID	845663
Recipe Amount	64 ptns
Production Amount	64 ptns

Ingredients

1000 g	Product	461489	Phase Dawn Packet : Margarine
500 g	Product	200588	Tate & Lyle Granulated
700 g	Product	199773	Mornflake Superfast Oats
700 g	Product	192122	Plain Flour
20 g	Product	315499	Supercook Baking Powder
100 g	Product	1046295	Freshers Cocoa Powder : Low Fat
600 g	Product	200627	Tate & Lyle Icing

Number of Products: 7

Method

1. Melt the margarine and sugar in a pan.
2. Add in the oats, plain flour, baking powder and half of the cocoa powder.
3. Press the mixture into lined tins and bake in the oven at 180 degrees for 20 mins and leave to cool.
4. Sieve the icing sugar and remaining half of cocoa powder into a bowl and add a little boiling water to mix to an icing.
5. When you have the correct consistency spread the water icing over the cooled cake and cut into 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	Wheat
Oats	* Milk

* May Contain

Nutritional Analysis

	Energy or Nutrient	Total Weight: 3620.00 g	Recipe	% RI	Per 100g
	Energy		68732 kJ 16427 kcal	821 %	1899 kJ 454 kcal
	Fat		829.60 g	1185 %	22.92
	Saturates		277.10 g	1386 %	7.65
	Carbohydrate		2035.71 g	783 %	56.24
	Sugars		1101.05 g	1223 %	30.42
	Fibre		124.70 g	-	3.44
	Protein		186.04 g	372 %	5.14
	Salt		21.35 g	356 %	0.59

Allergen Disclaimer:

Last Updated:

Most recent item added: 13/06/2022 10:16:45 (200588)

QUORN ROAST PRI

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



Recipe ID	667205
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

500 g Product 400821 Quorn Roast

Number of Products: 1

Method

1. Pre heat the oven to 180°C - Remove the joint from outer wrapping, pierce the the film.
2. Place joint in tin, cover with foil and cook in hot oven for approximately 45 - 50 minutes. A little water in the base of tin will stop the joint drying out.
3. Check core temperature has reached 75°C and allow joint to rest for 5 minutes.
4. Slice and arrange neatly in warmed tray.
5. Serve with gravy, roasties and fresh vegetables.

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

Eggs

Milk

Nutritional Analysis

	Energy or Nutrient	Total Weight: 500.00 g	Recipe	% RI	Per 100g
	Energy		1883 kJ 450 kcal	23 %	377 kJ 90 kcal
	Fat		5.00 g	7 %	1.00
	Saturates		2.50 g	13 %	0.50
	Carbohydrate		10.50 g	4 %	2.10
	Sugars		1.00 g	1 %	0.20
	Fibre		26.50 g	-	5.30
	Protein		76.50 g	153 %	15.30
	Salt		3.50 g	58 %	0.70

Allergen Disclaimer:

Last Updated:

Most recent item added: 19/05/2021 07:55:36 (400821)

QUORN ROAST KS2

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



Recipe ID	667206
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

500 g Product 400821 Quorn Roast

Number of Products: 1

Method

1. Pre heat the oven to 180°C - Remove the joint from outer wrapping, pierce the the film.
2. Place joint in tin, cover with foil and cook in hot oven for approximately 45 - 50 minutes. A little water in the base of tin will stop the joint drying out.
3. Check core temperature has reached 75°C and allow joint to rest for 5 minutes.
4. Slice and arrange neatly in warmed tray.
5. Serve with gravy, roasties and fresh vegetables.

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

Eggs

Milk

Nutritional Analysis

	Energy or Nutrient	Total Weight: 500.00 g	Recipe	% RI	Per 100g
	Energy		1883 kJ 450 kcal	23 %	377 kJ 90 kcal
	Fat		5.00 g	7 %	1.00
	Saturates		2.50 g	13 %	0.50
	Carbohydrate		10.50 g	4 %	2.10
	Sugars		1.00 g	1 %	0.20
	Fibre		26.50 g	-	5.30
	Protein		76.50 g	153 %	15.30
	Salt		3.50 g	58 %	0.70

Allergen Disclaimer:

Last Updated:

Most recent item added: 19/05/2021 08:01:17 (400821)

VANILLA SPRINKLE SPONGE PRI

SUB RECIPE FOR: VANILLA SPRINKLE SPONGE PRI



Recipe ID	754447
Recipe Amount	20 ptns
Production Amount	20 ptns

Ingredients

200 g	Product	461489	Phase Dawn Packet : Margarine
200 g	Product	200576	Tate & Lyle Caster
200 g	Product	3667515	Everyday Favorites Self Raising Flour
4 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
50 ml	Product	198338	Milk Skimmed
10 ml	Product	314499	Supercook Vanilla
200 g	Product	474739	Tate & Lyle Icing Sugar
50 g	Product	1900903	Dr Oetker Sugar Strands

Number of Products: 8

Method

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

Critical Control Points (CCP)

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 Anaylsis

	Energy or Nutrient	Total Weight: 1142.00 g	Recipe	% RI	Per 100g
	Energy		17526 kJ 4189 kcal	209 %	1535 kJ 367 kcal
	Fat		174.58 g	249 %	15.29
	Saturates		59.01 g	295 %	5.17
	Carbohydrate		621.11 g	239 %	54.39
	Sugars		457.84 g	509 %	40.09
	Fibre		9.00 g	-	0.79
	Protein		49.78 g	100 %	4.36
	Salt		5.83 g	97 %	0.51

Allergen Disclaimer:

Last Updated:

Most recent item change: 13/06/2022 07:31:14 (902998)

Most recent item added: 17/12/2021 16:35:37 (1900903)

VANILLA SPRINKLE SPONGE KS2

SUB RECIPE FOR: VANILLA SPRINKLE SPONGE KS2



Recipe ID	754459
Recipe Amount	16 ptns
Production Amount	16 ptns

Ingredients

200 g	Product	461489	Phase Dawn Packet : Margarine
200 g	Product	200576	Tate & Lyle Caster
200 g	Product	3667515	Everyday Favorites Self Raising Flour
4 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
50 ml	Product	198338	Milk Skimmed
10 ml	Product	314499	Supercook Vanilla
200 g	Product	474739	Tate & Lyle Icing Sugar
50 g	Product	1900903	Dr Oetker Sugar Strands

Number of Products: 8

Method

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

Critical Control Points (CCP)

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: 1142.00 g	Recipe	% RI	Per 100g
	Energy		17526 kJ 4189 kcal	209 %	1535 kJ 367 kcal
	Fat		174.58 g	249 %	15.29
	Saturates		59.01 g	295 %	5.17
	Carbohydrate		621.11 g	239 %	54.39
	Sugars		457.84 g	509 %	40.09
	Fibre		9.00 g	-	0.79
	Protein		49.78 g	100 %	4.36
	Salt		5.83 g	97 %	0.51

Allergen Disclaimer:

Last Updated:

Most recent item change: 13/06/2022 07:31:56 (902998)

Most recent item added: 17/12/2021 16:41:49 (1900903)

HOMEMADE CHICKEN DIPPERS PRI

SUB RECIPE FOR: HOMEMADE CHICKEN NUGGETS, BAKED WEDGES, BROCCOLI PRI

Recipe ID	771048
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

600 g	Product	1458079	Whole Chicken Thigh : Plain
75 g	Product	192122	Plain Flour
3 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
250 g	Product	194678	Natural Breadcrumbs

Number of Products: 4

Method

1. Cut the Chicken thighs into strips.
2. Place the eggs in a bowl and beat together. Place the flour and breadcrumbs in separate bowls.
3. Dip the chicken strips in the flour, followed by the egg and finally the breadcrumbs.
4. Place the breadcrumb chicken onto a lined baking tray and cook in the oven until golden and core temp is reached.
5. Transfer to a serving dish and serve 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	Eggs
Wheat	Rye
Barley	Oats

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1099.00 g	Recipe	% RI	Per 100g
	Energy		9921 kJ 2371 kcal	119 %	903 kJ 216 kcal
	Fat		76.31 g	109 %	6.94
	Saturates		18.13 g	91 %	1.65
	Carbohydrate		268.45 g	103 %	24.43
	Sugars		16.75 g	19 %	1.52
	Fibre		5.33 g	-	0.48
	Protein		172.62 g	345 %	15.71
	Salt		6.81 g	114 %	0.62

Allergen Disclaimer:

Last Updated:

Most recent item change: 28/03/2022 15:46:14 (1458079)

Most recent item added: 28/01/2022 13:11:13 (194678)

HOMEMADE CHICKEN DIPPERS KS2

SUB RECIPE FOR: HOMEMADE CHICKEN NUGGETS, BAKED WEDGES, BROCCOLI KS2

Recipe ID	771196
Recipe Amount	8 ptns
Production Amount	8 ptns

Ingredients

600 g	Product	1458079	Whole Chicken Thigh : Plain
75 g	Product	192122	Plain Flour
3 each	Product	902998	Colony : Eggs : Medium : (Lion Code)
250 g	Product	194678	Natural Breadcrumbs

Number of Products: 4

Method

1. Cut the Chicken thighs into strips.
2. Place the eggs in a bowl and beat together. Place the flour and breadcrumbs in separate bowls.
3. Dip the chicken strips in the flour, followed by the egg and finally the breadcrumbs.
4. Place the breadcrumb chicken onto a lined baking tray and cook in the oven until golden and core temp is reached.
5. Transfer to a serving dish and serve 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	Eggs
Wheat	Rye
Barley	Oats

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1099.00 g	Recipe	% RI	Per 100g
	Energy		9921 kJ 2371 kcal	119 %	903 kJ 216 kcal
	Fat		76.31 g	109 %	6.94
	Saturates		18.13 g	91 %	1.65
	Carbohydrate		268.45 g	103 %	24.43
	Sugars		16.75 g	19 %	1.52
	Fibre		5.33 g	-	0.48
	Protein		172.62 g	345 %	15.71
	Salt		6.81 g	114 %	0.62

Allergen Disclaimer:

Last Updated:

Most recent item change: 28/03/2022 15:47:48 (192122)

Most recent item added: 28/01/2022 15:24:06 (902998)

CRUNCHY TOPPED MACARONI CHEESE PRI

SUB RECIPE FOR: CRUNCHY TOPPED MACARONI CHEESE, BAKE WEDGES, BROCCOLI
PRI



Recipe ID	672985
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

500 ml	Product	198337	Milk Semi Skimmed
180 g	Product	374440	Mild Cheddar : Grated
30 g	Product	192122	Plain Flour
30 g	Product	5485295	Bebo Sunflower Spread : Light
500 g	Product	194913	Rey Macaroni
65 g	Product	194678	Natural Breadcrumbs
15 g	Product	5338414	Triple Lion Garlic Purée
20 g	Product	208283	Parsley : Flat

Number of Products: 8

Method

1. Gently bring the milk to boil in a Saucepan.
2. Melt the margarine in another saucepan, then add the flour.
3. Stir continuously until a paste forms. Continue cooking for a further 2 minutes.
4. Add the milk to the roux gradually, stirring as you go until you get a smooth sauce.
5. Cook for 5 - 10 minutes, until the sauce has thickened. Add the 2/3 grated cheese and stir until melted.
6. Mix with the cooked macaroni and place in a baking dish.
7. Mix the remaining cheese, breadcrumbs chopped parsley and garlic together then sprinkle over the mac cheese.
8. Bake 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

Gluten

Milk

Sulphur dioxide

Wheat

Rye

Barley

Oats

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1340.00 g	Recipe	% RI	Per 100g
	Energy		13573 kJ 3244 kcal	162 %	1013 kJ 242 kcal
	Fat		95.40 g	136 %	7.12
	Saturates		48.73 g	244 %	3.64
	Carbohydrate		502.05 g	193 %	37.47
	Sugars		43.54 g	48 %	3.25
	Fibre		17.03 g	-	1.27
	Protein		130.67 g	261 %	9.75
	Salt		4.85 g	81 %	0.36

Allergen Disclaimer:

Last Updated:

Most recent item change: 31/03/2022 15:11:26 (374440)

Most recent item added: 07/06/2021 16:53:29 (208283)

CRUNCHY TOPPED MACARONI CHEESE KS2

SUB RECIPE FOR: CRUNCHY TOPPED MACARONI CHEESE, BAKED WEDGES, BROCCOLI KS2



Recipe ID 672991

Recipe Amount 8 ptns

Production Amount 8 ptns

Ingredients

500 ml	Product	198337	Milk Semi Skimmed
180 g	Product	374440	Mild Cheddar : Grated
30 g	Product	192122	Plain Flour
30 g	Product	5485295	Bebo Sunflower Spread : Light
500 g	Product	194913	Rey Macaroni
65 g	Product	194678	Natural Breadcrumbs
15 g	Product	5338414	Triple Lion Garlic Purée
20 g	Product	208283	Parsley : Flat

Number of Products: 8

Method

1. Gently bring the milk to boil in a Saucepan.
2. Melt the margarine in another saucepan, then add the flour.
3. Stir continuously until a paste forms. Continue cooking for a further 2 minutes.
4. Add the milk to the roux gradually, stirring as you go until you get a smooth sauce.
5. Cook for 5 - 10 minutes, until the sauce has thickened. Add the 2/3 grated cheese and stir until melted.
6. Mix with the cooked macaroni and place in a baking dish.
7. Mix the remaining cheese, breadcrumbs chopped parsley and garlic together then sprinkle over the mac cheese.
8. Bake 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

Gluten

Milk

Sulphur dioxide

Wheat

Rye

Barley

Oats

Nutritional Analysis

	Energy or Nutrient	Total Weight: 1340.00 g	Recipe	% RI	Per 100g
	Energy		13573 kJ 3244 kcal	162 %	1013 kJ 242 kcal
	Fat		95.40 g	136 %	7.12
	Saturates		48.73 g	244 %	3.64
	Carbohydrate		502.05 g	193 %	37.47
	Sugars		43.54 g	48 %	3.25
	Fibre		17.03 g	-	1.27
	Protein		130.67 g	261 %	9.75
	Salt		4.85 g	81 %	0.36

Allergen Disclaimer:

Last Updated:

Most recent item change: 12/06/2022 09:16:10 (5485295)

Most recent item added: 07/06/2021 16:58:03 (194913)

APPLE CRUMBLE PRI

SUB RECIPE FOR: APPLE CRUMBLE PRI



Recipe ID	672817
Recipe Amount	12 ptns
Production Amount	12 ptns

Ingredients

500 g	Product	198960	Solid Pack
180 g	Product	192122	Plain Flour
110 g	Product	461489	Phase Dawn Packet : Margarine
40 g	Product	199782	Oats
110 g	Product	200588	Tate & Lyle Granulated

Number of Products: 5

Method

1. Place the sugar, flour and margarine in a bowl and rub together with your hands until you have breadcrumbs. Alternatively this can be done by pulsing in a food processor or on the slowest speed in a food mixer.
2. Stir in the oats.
3. Place the apples in an oven proof dish and evenly spread the crumble mixture on top.
4. Bake in a hot oven until core temp is reach and golden brown on top.

Critical Control Points (CCP)

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

Allergens & Dietary Suitability

Gluten	Wheat
Oats	* Barley
* May Contain	

Nutritional Analysis

	Energy or Nutrient	Total Weight: 940.00 g	Recipe	% RI	Per 100g
	Energy		9077 kJ 2169 kcal	108 %	966 kJ 231 kcal
	Fat		89.38 g	128 %	9.51
	Saturates		29.78 g	149 %	3.17
	Carbohydrate		325.42 g	125 %	34.62
	Sugars		152.56 g	170 %	16.23
	Fibre		19.77 g	-	2.10
	Protein		25.61 g	51 %	2.72
	Salt		1.70 g	28 %	0.18

Allergen Disclaimer:

Last Updated:

Most recent item change: 17/03/2022 15:56:13 (461489)

Most recent item added: 07/06/2021 11:45:15 (199782)

APPLE CRUMBLE KS2

SUB RECIPE FOR: APPLE CRUMBLE KS2



Recipe ID	672820
Recipe Amount	10 ptns
Production Amount	10 ptns

Ingredients

500 g	Product	198960	Solid Pack
180 g	Product	192122	Plain Flour
110 g	Product	461489	Phase Dawn Packet : Margarine
110 g	Product	200588	Tate & Lyle Granulated
40 g	Product	199782	Oats

Number of Products: 5

Method

1. Place the sugar, flour and margarine in a bowl and rub together with your hands until you have breadcrumbs. Alternatively this can be done by pulsing in a food processor or on the slowest speed in a food mixer.
2. Stir in the oats.
3. Place the apples in an oven proof dish and evenly spread the crumble mixture on top.
4. Bake in a hot oven until core temp is reach and golden brown on top.

Critical Control Points (CCP)

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

Allergens & Dietary Suitability

Gluten	Wheat
Oats	* Barley
* May Contain	

Nutritional Analysis

	Energy or Nutrient	Total Weight: 940.00 g	Recipe	% RI	Per 100g
	Energy		9077 kJ 2169 kcal	108 %	966 kJ 231 kcal
	Fat		89.38 g	128 %	9.51
	Saturates		29.78 g	149 %	3.17
	Carbohydrate		325.42 g	125 %	34.62
	Sugars		152.56 g	170 %	16.23
	Fibre		19.77 g	-	2.10
	Protein		25.61 g	51 %	2.72
	Salt		1.70 g	28 %	0.18

Allergen Disclaimer:

Last Updated:

Most recent item change: 17/03/2022 15:55:15 (461489)

Most recent item added: 07/06/2021 11:51:09 (198960)

SHORTBREAD BISCUITS PRI

SUB RECIPE FOR: SHORTBREAD PRI

Recipe ID	621609
Recipe Amount	36 portion
Production Amount	36 portion

Ingredients

500 g	Product	461489	Phase Dawn Packet : Margarine
750 g	Product	3667515	Everyday Favorites Self Raising Flour
250 g	Product	200576	Tate & Lyle Caster
5 ml	Product	314499	Supercook Vanilla

Number of Products: 4

Method

---Cooking---

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 12-15 minutes until soft in the middle. Allow to cool slightly and place on a pastry rack/wire.

---Chefs Tips---

Uncooked mixture can be stored in the sausage shapes, wrapped in cling film in the fridge for a 48 hrs, or stored in freezer. Defrost before cooking.

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: 1505.00 g	Recipe	% RI	Per 100g
	Energy		29347 kJ 7014 kcal	351 %	1950 kJ 466 kcal
	Fat		386.25 g	552 %	25.66
	Saturates		132.93 g	665 %	8.83
	Carbohydrate		849.56 g	327 %	56.45
	Sugars		257.02 g	286 %	17.08
	Fibre		32.50 g	-	2.16
	Protein		69.25 g	139 %	4.60
	Salt		14.13 g	235 %	0.94

Allergen Disclaimer:

Last Updated:

Most recent item change: 12/04/2022 13:59:11 (461489)

Most recent item added: 09/02/2021 11:33:15 (314499)

SHORTBREAD BISCUITS KS2

SUB RECIPE FOR: SHORTBREAD KS2

Recipe ID	730309
Recipe Amount	30 ptns
Production Amount	30 ptns

Ingredients

500 g	Product	461489	Phase Dawn Packet : Margarine
750 g	Product	3667515	Everyday Favorites Self Raising Flour
250 g	Product	200576	Tate & Lyle Caster
5 ml	Product	314499	Supercook Vanilla

Number of Products: 4

Method

---Cooking---

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 12-15 minutes until soft in the middle. Allow to cool slightly and place on a pastry rack/wire.

---Chefs Tips---

Uncooked mixture can be stored in the sausage shapes, wrapped in cling film in the fridge for a 48 hrs, or stored in freezer. Defrost before cooking.

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: 1505.00 g	Recipe	% RI	Per 100g
	Energy		29347 kJ 7014 kcal	351 %	1950 kJ 466 kcal
	Fat		386.25 g	552 %	25.66
	Saturates		132.93 g	665 %	8.83
	Carbohydrate		849.56 g	327 %	56.45
	Sugars		257.02 g	286 %	17.08
	Fibre		32.50 g	-	2.16
	Protein		69.25 g	139 %	4.60
	Salt		14.13 g	235 %	0.94

Allergen Disclaimer:

Last Updated:

Most recent item change: 12/06/2022 16:15:46 (461489)

Most recent item added: 22/10/2021 09:03:19 (461489)

HOT HOMEMADE TOMATO SAUCE PASTA POT & CHEESE PRI

SUB RECIPE FOR: HOT HOMEMADE TOMATO SAUCE, PASTA & CHEESE PRI



Recipe ID 758777

Recipe Amount 10 ptns

Production Amount 10 ptns

Ingredients

500 g	Product	400846	Penne Rigate
8 ptns	Recipe	628672	Homemade Tomato Sauce PRI
200 g	Product	374440	Mild Cheddar : Grated

Number of Products: 12

Method

1. Make tomato sauce as per sub recipe.
2. Cook pasta as per manufacturer guidelines.
3. Serve a portion of pasta topped with tomato sauce and grated cheddar.

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

Nutritional Anaylsis

	Energy or Nutrient	Total Weight: 1385.60 g	Recipe	% RI	Per 100g
	Energy		12328 kJ 2946 kcal	147 %	890 kJ 213 kcal
	Fat		88.80 g	127 %	6.41
	Saturates		45.69 g	228 %	3.30
	Carbohydrate		453.05 g	174 %	32.70
	Sugars		47.26 g	53 %	3.41
	Fibre		24.93 g	-	1.80
	Protein		118.54 g	237 %	8.55
	Salt		8.38 g	140 %	0.60

Allergen Disclaimer:

Last Updated:

Most recent item change: 06/01/2022 14:21:36 (374440)

Most recent item added: 06/01/2022 14:16:52 (374440)

HOT HOMEMADE TOMATO SAUCE PASTA POT & CHEESE KS2

SUB RECIPE FOR: HOT HOMEMADE TOMATO SAUCE, PASTA & CHEESE KS2



Recipe ID 758781

Recipe Amount 10 ptns

Production Amount 10 ptns

Ingredients

600 g	Product	400846	Penne Rigate
10 ptns	Recipe	628672	Homemade Tomato Sauce PRI
250 g	Product	374440	Mild Cheddar : Grated

Number of Products: 12

Method

1. Make tomato sauce as per sub recipe.
2. Cook pasta as per manufacturer guidelines.
3. Serve a portion of pasta topped with tomato sauce and grated cheddar.

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: 1707.00 g	Recipe	% RI	Per 100g
	Energy		15036 kJ 3594 kcal	180 %	881 kJ 211 kcal
	Fat		110.47 g	158 %	6.47
	Saturates		57.04 g	285 %	3.34
	Carbohydrate		546.49 g	210 %	32.01
	Sugars		58.36 g	65 %	3.42
	Fibre		30.44 g	-	1.78
	Protein		145.42 g	291 %	8.52
	Salt		10.47 g	175 %	0.61

Allergen Disclaimer:

Last Updated:

Most recent item change: 06/01/2022 14:20:13 (374440)

Most recent item added: 06/01/2022 14:18:25 (400846)