

Focaccia Margherita

Information

Allergens:

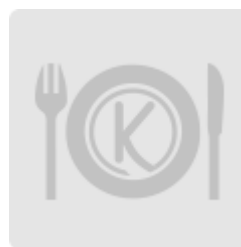


Gluten, Gluten: Wheat, Milk

May contain:



Eggs



Menu(s)

Autumn Winter Menu Wk 1



Costs

Batch cost	£5.52
Serving cost	£0.61

Yield

Cooked weight	1 048 g
Serving size	116 g
Servings per batch	9

Ingredients

Ingredient	Qty	Cost
Tomato . 1kg . . . Composite ingredients: TOMATO Supplier: Dole Food Service 2002	112.00 g	£0.39
C.William Mixed Herbs Composite ingredients: Marjoram, Thyme, Parsley, Basil, Savoury. Supplier: M J Baker Foodservice 380274	1.00 tsp	£0.09
Focaccia Tomato Base  Composite ingredients: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast (Yeast, Deactivated Yeast), Extra Virgin Olive Oil, Sugar, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Tomato Passata Supplier: Tugo Food 25364	1.00 pack	£3.33
Pizza Sauce in Pouches Composite ingredients: Tomatoes, Salt, Sunflower Oil, Sugar, Herbs & Spices (oregano, Dried Basil, Black Pepper, Garlic), Acidity regulator E330 (Citric Acid) Supplier: Tugo Food 23616CS	120.00 g	£0.24
Cheese Grated Mozzarella 2kg . . .  Composite ingredients: Pasteurised Cow's MILK, Salt, Microbial Rennet (MILK), Citric Acid Supplier: Dole Food Service 5541	210.00 g	£1.47

Method

1.1. Lightly oil a focaccia or gastronome tray.

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Remove the required number of bases from the freezer and place directly on the tray and allow to defrost.

Make sure you have a red spoodle ready

Open the pizza sauce and top with 2 red spoodles(120g) of Tugo pizza sauce.

Spread evenly around leaving a 1cm space around the edge of the pizza.

Make sure you have a black spoodle ready.

Open the cheese and use 3 black spoodles (210g) of cheese making sure the cheese is evenly spread across the top.

The pizza is now ready to be topped using whatever toppings you require if any.

Ensure an even spread of any toppings used.

Thinly slice the tomato and lay evenly, then sprinkle over mixed herbs

Bake in the oven for 8-12 minutes at 180 °C. Make sure the core temperature reaches above 75°C.

Nutrition

	100g	serving		100g	serving
Energy	231 <i>kcal</i>	269 <i>kcal</i>	Fat	8.2 <i>g</i>	9.5 <i>g</i>
Fibre	1.3 <i>g</i>	1.5 <i>g</i>	- saturates	3.6 <i>g</i>	4.2 <i>g</i>
Protein	9.9 <i>g</i>	11.5 <i>g</i>	Carbohydrate	31.5 <i>g</i>	36.7 <i>g</i>
Salt	0.36 <i>g</i>	0.42 <i>g</i>	- sugars	2.7 <i>g</i>	3.2 <i>g</i>

Veggie Bean Wrap

Information

Reference: Option 2

Allergens:



Gluten, Gluten: Wheat, Soya, Milk



Menu(s)


Costs

Batch cost	£4.74
Serving cost	£4.74

Yield

Cooked weight	1 933 g
Serving size	1 933 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	1.00 kg	£1.50
Fairway Extended Veg Oil Poly Bottle  Composite ingredients: Soyabean Oil (produced from Genetically Modified Soyabeans), Antifoaming Agent (E900) Supplier: M J Baker Foodservice 80109	1.00 tbps	£0.04
Royal Crown Five Bean Salad In Water Composite ingredients: mixed beans (60%) (borlotti beans, red kidney beans, butter beans, cannellini beans, chick peas), water, ascorbic acid Supplier: M J Baker Foodservice 160017	400.00 g	£0.69
CK Chopped Tomatoes* Composite ingredients: Chopped tomatoes(60%), Tomato Juice, Acidity Regulator (Citric Acid) Supplier: M J Baker Foodservice 172715	400.00 g	£0.37
Santa Maria Fajita Seasoning Composite ingredients: Chilli pepper (28%), spices and herbs (18%)(cumin, paprika, oregano, coriander leaf, cayenne pepper, cinnamon), salt, onion, garlic, sugar, lime juice powder, lemon juice powder, anti-caking agent, (silicone dioxide), natural flavouring. Supplier: M J Baker Foodservice 380675	30.00 g	£0.38

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)





Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Ingredient	Qty	Cost
Santa Maria 10in Flour Tortilla Wrap	8.00 <i>pack</i>	£1.22
  <p>Composite ingredients: WHEAT flour (66%) (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, WHEAT fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, WHEAT gluten, preservative (E282). Supplier: M J Baker Foodservice 850825</p>		
Cheese Grated Mozz. & Mild 70/30 X 2kg	50.00 <i>g</i>	£0.37
 <p>Composite ingredients: Mozzarella (Milk), Cheddar (Milk) and Potato Starch (Anti-caking agent) Supplier: Dole Food Service 5539</p>		
Cream Soured 2kg . . .	2.00 <i>tbsp</i>	£0.16
 <p>Composite ingredients: Skimmed MILK 54.98 40% Fat Cream (MILK) 45.00 Bacterial Starter Culture 0.02 Supplier: Dole Food Service 5025</p>		

Method

1. STEP 1

Gently fry onions for 5 mins in oil, until softened. Tip in beans, tomatoes and seasoning, then simmer for 10 mins, stirring occasionally.

STEP 2

Meanwhile, warm the wraps in the microwave on High for 1 min.

STEP 3

Take a large spoonful of beans and spoon along the centre of each wrap. Top with some grated cheese, a spoonful soured cream and a sprinkling of coriander or parsley. Wrap into a cigar shape and eat straight away.

Nutrition

	100g	serving		100g	serving
Energy	67 <i>kcal</i>	1 295 <i>kcal</i>	Fat	2.3 <i>g</i>	44.5 <i>g</i>
Fibre	2.1 <i>g</i>	40.6 <i>g</i>	- saturates	0.7 <i>g</i>	13.5 <i>g</i>
Protein	2.9 <i>g</i>	56.1 <i>g</i>	Carbohydrate	8.1 <i>g</i>	156.6 <i>g</i>
Salt	0.31 <i>g</i>	5.99 <i>g</i>	- sugars	4.9 <i>g</i>	94.7 <i>g</i>

Sweetcorn

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.10
Serving cost	£0.10

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Fairway Sweetcorn	50.00 g	£0.10
Composite ingredients: Sweetcorn (100%)		
Supplier: M J Baker Foodservice 800115		

Method

1.

Nutrition

	100g	serving		100g	serving
Energy	74 kcal	37 kcal	Fat	1.4 g	0.7 g
Fibre	8.1 g	4.1 g	- saturates	0.4 g	0.2 g
Protein	2.5 g	1.3 g	Carbohydrate	12.0 g	6.0 g
Salt	0.03 g	0.02 g	- sugars	2.5 g	1.3 g



HACCP

General

Coleslaw

Information

Reference: Sides

Allergens:



Eggs, Milk, Mustard



Menu(s)

HACCP

Costs

General

Batch cost	£1.02
Serving cost	£0.09

Yield

Cooked weight	720 g
Serving size	60 g
Servings per batch	12

Ingredients

Ingredient	Qty	Cost
Cabbage White X Each Composite ingredients: CABBAGE WHITE Supplier: Dole Food Service 4091	408.00 g	£0.67
Carrot . 1kg . . . Composite ingredients: CARROT Supplier: Dole Food Service 4151	271.00 g	£0.27
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	33.00 g	£0.05
Hellmanns Light Mayonnaise Composite ingredients: Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract. Supplier: M J Baker Foodservice 430450	8.00 g	£0.03

Method

1. Wash and prep the vegetables.
2. Mix with the mayonnaise and chill in the fridge before service.

Nutrition

	100g	serving		100g	serving
Energy	152 kcal	91 kcal	Fat	0.5 g	0.3 g
Fibre	3.3 g	2.0 g	- saturates	0.1 g	0.1 g
Protein	0.9 g	0.5 g	Carbohydrate	6.0 g	3.6 g

	100g	serving		100g	serving
Salt	0.06 <i>g</i>	0.04 <i>g</i>	- sugars	5.7 <i>g</i>	3.4 <i>g</i>

Herby Diced Potatoes

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£4.87
Serving cost	£0.20

Yield

Cooked weight	2 505 g
Serving size	104 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
C.William Mixed Herbs	5.00 g	£0.07
Composite ingredients: Marjoram, Thyme, Parsley, Basil, Savoury. Supplier: M J Baker Foodservice 380274		
Prepared Diced Potato 2.5kg X 20mm . .	2 500.00 g	£4.80
Composite ingredients: POTATO Supplier: Dole Food Service 6104		

Method

1. Wash potatoes under cold water, then boil or steam for 10 minutes and drain well.

Line a baking tray with parchment paper and lay potatoes evenly across.

Roast @ 200°C until golden, crisp and a core temperature of 75°C has been achieved.

Use a little vegetable oil if sticking.

Nutrition

	100g	serving		100g	serving
Energy	81 kcal	85 kcal	Fat	0.1 g	0.1 g
Fibre	2.0 g	2.1 g	- saturates	0.0 g	0.0 g
Protein	1.0 g	1.0 g	Carbohydrate	18.0 g	18.8 g
Salt	0.01 g	0.01 g	- sugars	1.0 g	1.0 g



HACCP
General

Pancakes with Banana & Honey

Information

Reference: Pudding

Allergens:



Gluten, Gluten: Wheat, Eggs, Milk



Menu(s)

Costs

Batch cost	£36.38
Serving cost	£0.61

Yield

Cooked weight	11 400 g
Serving size	190 g
Servings per batch	60

Ingredients

Ingredient	Qty	Cost
KaterBake American Style Pancakes 40g	120.00 pack	£24.76
Composite ingredients: WHEAT Flour, Water, Whole EGG, Sugar, Vegetable Oil (Rapeseed), Full Cream MILK Powder, Buttermilk Powder (MILK) (1.1%), WHEAT Starch, Baking Powder (Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), WHEAT Flour), Salt, Flavouring. Supplier: M J Baker Foodservice 821576		
Banana . Approx 1kg . . .	6.00 kg	£9.60
Composite ingredients: BANANA Supplier: Dole Food Service 1002		
Rowse Clear Honey Bottle	600.00 ml	£2.02
Composite ingredients: 100% blended honey Supplier: M J Baker Foodservice 420126		

Method

1. Peel and thinly slice the bananas. approximately 1/3 of a banana per portion. Heat the pancakes to 75°C, arrange the banana on top and drizzle with a tea spoon of honey.

Nutrition

	100g	serving		100g	serving
Energy	168 kcal	319 kcal	Fat	4.2 g	8.0 g
Fibre	11.9 g	22.6 g	- saturates	0.4 g	0.8 g
Protein	3.8 g	7.2 g	Carbohydrate	28.2 g	53.6 g
Salt	0.25 g	0.48 g	- sugars	7.0 g	13.3 g

HACCP

General

Egg Mayo & Cress filled Sandwich

Information

Reference: PL

Allergens:



Gluten, Gluten: Wheat, Eggs, Milk, Mustard



Menu(s)







Costs

Batch cost	£0.60
Serving cost	£0.60

Yield

Cooked weight	87 g
Serving size	87 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Egg Free Range Medium 15doz . . . 	1.00 ea	£0.27
Composite ingredients: EGG Supplier: Dole Food Service 5920		
Devon Stile Mayo 1ltr  	7.00 g	£0.02
Composite ingredients: Water, Rapeseed Oil (34%), Sugar, Thickener (Modified Starch), Salt, Egg Yolk Powder, Acidity Regulator (Acetic Acid), Mustard Flour, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin). Supplier: M J Baker Foodservice 430406		
Marigold Cooking & Baking Margarine 	7.00 g	£0.02
Composite ingredients: Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono & Diglycerides of Fatty Acids), Colours (Annatto Bixin, Curcumin), Flavouring (MILK). Supplier: M J Baker Foodservice 60412		
Cress Salad Each . . .	15.00 g	£0.03
Composite ingredients: CRESS Supplier: Dole Food Service 2171		
Bread Sliced Sandwich White X 800g  	2.00 slice	£2.49
Composite ingredients: WHEAT flour (with Calcium, Iron, Niacin(B3) and Thiamin (B1) (WHEAT GLUTEN), Water, Yeast, Rapeseed Oil, Salt, Emulsifier: E471, Potato Starch, Palm fat, Sunflower Oil, Dextrose; Flour treatment agent: Ascorbic acid (E 300) Supplier: Dole Food Service 5189		

HACCP

General

Method

1. Boil egg from cold water for ten minutes, then cool under the tap until room temperature.
Peel and mash the egg, with the mayonnaise.
Spread the butter on both slices of bread
Wash the cress, then using a pair of scissors, cut 2/3 of the way down the stem.
Load the egg, then the cress
Slice in half and ready to serve

Nutrition

	100g	serving		100g	serving
Energy	167 <i>kcal</i>	145 <i>kcal</i>	Fat	14.5 <i>g</i>	12.6 <i>g</i>
Fibre	0.3 <i>g</i>	0.3 <i>g</i>	- saturates	3.6 <i>g</i>	3.1 <i>g</i>
Protein	8.7 <i>g</i>	7.6 <i>g</i>	Carbohydrate	0.4 <i>g</i>	0.3 <i>g</i>
Salt	0.46 <i>g</i>	0.40 <i>g</i>	- sugars	0.2 <i>g</i>	0.2 <i>g</i>

Katsu Chicken Curry

Information

Reference: Option 1

Allergens:



Gluten, Gluten: Wheat, Gluten: Oats, Eggs, Soya,
Celery

May contain:



Milk, Mustard



HACCP
General

Menu(s)






Costs









Batch cost	£4.58
Serving cost	£1.15

Yield

Cooked weight	1 757 g
Serving size	439 g
Servings per batch	4

Ingredients

Ingredient	Qty	Cost
Fine Lady Plain Flour B.B.B.  Composite ingredients: Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Supplier: M J Baker Foodservice 250113	100.00 g	£0.07
Egg Free Range Medium 15doz . . .  Composite ingredients: EGG Supplier: Dole Food Service 5920	1.00 ea	£0.27
Breadcrumbs Panko 1kg . . .  Composite ingredients: WHEAT Flour, Water, Yeast, Salt Supplier: Dole Food Service 7694	200.00 g	£0.70
Fairway Extended Veg Oil Poly Bottle  Composite ingredients: Soyabean Oil (produced from Genetically Modified Soyabeans), Antifoaming Agent (E900) Supplier: M J Baker Foodservice 80109	100.00 ml	£0.25
Fairway Extended Veg Oil Poly Bottle  Composite ingredients: Soyabean Oil (produced from Genetically Modified Soyabeans), Antifoaming Agent (E900) Supplier: M J Baker Foodservice 80109	1.00 tbsp	£0.04

Ingredient	Qty	Cost
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	115.00 <i>g</i>	£0.17
Puree Garlic 1kg . . . Composite ingredients: GARLIC Supplier: Dole Food Service 7170	2.00 <i>tsp</i>	£0.05
Carrot . 1kg . . . Composite ingredients: CARROT Supplier: Dole Food Service 4151	150.00 <i>g</i>	£0.15
Fine Lady Plain Flour B.B.B.    Composite ingredients: Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Supplier: M J Baker Foodservice 250113	2.00 <i>tbsp</i>	£0.03
C.William Curry Powder Madras Mild Composite ingredients: Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel. Supplier: M J Baker Foodservice 380729	1.00 <i>tbsp</i>	£0.15
Fairway Chicken Bouillon Paste G/F     Composite ingredients: Sea Salt, Palm Fat, Flavour Enhancer (Monosodium Glutamate, Disodium Inosinate), Chicken Fat 6%, Yeast Extract, Chicken Meat Powder 1.1%, Spices (with CELERY), Flavouring, Dextrose. Supplier: M J Baker Foodservice 490204	2.00 <i>tbsp</i>	£0.25
Water List: South West Norse Ingredients	600.00 <i>ml</i>	£0.00
Hyve Squeezy Clear Honey Composite ingredients: Honey 100% Supplier: M J Baker Foodservice 420136	2.00 <i>tsp</i>	£0.04
Kikkoman Tamari Soy Sauce G/F  Composite ingredients: Water, SOYbeans, Salt, Spirit vinegar Supplier: M J Baker Foodservice 312135	1.00 <i>tbsp</i>	£0.12
C.William Garam Masala Composite ingredients: Ground Coriander, Ground Cumin, Ground Black Pepper, Ground Cassia Cinnamon, Ground Dill, Ground Ginger, Ground Cloves. Supplier: M J Baker Foodservice 380468	1.00 <i>tsp</i>	£0.05
Diced Chicken Thigh F/F 2.5kg "P" Composite ingredients: Chicken Supplier: Scorse Foods CDICE001DSW	280.00 <i>g</i>	£2.24

Method

1. To make the sauce, heat the oil in a small pan. Add the onion and garlic and sauté for 2 minutes, then throw in the carrots and cook slowly for 10 minutes with the lid on, giving the odd stir occasionally. You want to sweat the vegetables until softened and starting to caramelise.

Stir in the flour and curry powder and cook for a minute. Slowly pour in the stock bit by bit until combined (do this gradually to avoid getting lumps). Add the honey, soy sauce and bay leaf and bring to the boil, then reduce the heat to a slow simmer and cook for 20 minutes. The sauce will have thickened and taken on all of the flavours, although you still need it to have a pouring consistency. Add the garam masala, then pass the sauce through a sieve.

Now prepare the chicken. Lay the seasoned flour, egg and breadcrumbs on separate plates. Coat the chicken in the flour, then dip into the egg and finally into the breadcrumbs.

Heat the oil in a frying pan and fry the breaded chicken breasts for 5 minutes on each side, or until golden and cooked through.

Remove from the pan with a slotted spoon and leave to drain on kitchen paper.

Nutrition

	100g	serving		100g	serving
Energy	193 <i>kcal</i>	848 <i>kcal</i>	Fat	7.7 <i>g</i>	33.8 <i>g</i>
Fibre	1.4 <i>g</i>	6.1 <i>g</i>	- saturates	1.3 <i>g</i>	5.7 <i>g</i>
Protein	7.1 <i>g</i>	31.2 <i>g</i>	Carbohydrate	17.6 <i>g</i>	77.3 <i>g</i>
Salt	1.50 <i>g</i>	6.59 <i>g</i>	- sugars	10.2 <i>g</i>	44.8 <i>g</i>

Rice

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.16
Serving cost	£0.16

Yield

Cooked weight	168 g
Serving size	168 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Tilda Easy Cook White & Brown Rice	56.00 g	£0.16
Composite ingredients: 50% wholegrain parboiled long grain rice 50% white parboiled long grain rice Supplier: M J Baker Foodservice 291000		
Water	112.00 ml	£0.00
List: South West Norse Ingredients		

Method

1. Add rice and water together in a pan

Bring to the point of boil, then reduce heat to lowest setting, cover with a lid and cook for approx 12 minutes or until the water has been absorbed and a core temperature of 75c has been achieved.

Nutrition

	100g	serving		100g	serving
Energy	118 kcal	198 kcal	Fat	0.6 g	1.0 g
Fibre	0.3 g	0.5 g	- saturates	0.1 g	0.2 g
Protein	2.5 g	4.2 g	Carbohydrate	25.6 g	43.0 g
Salt	0.01 g	0.02 g	- sugars	0.6 g	1.0 g



HACCP
General

Cheese & Potato Pie

Information

Reference: Option 2

Allergens:



Gluten, Gluten: Wheat, Soya, Milk



Menu(s)




Costs

Batch cost	£8.48
Serving cost	£0.53

Yield




Cooked weight	9 461 g
Serving size	591 g
Servings per batch	16

Ingredients

Ingredient	Qty	Cost
Marigold Cook/Baking Margarine Pkts Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208	250.00 g	£0.73
Fine Lady Plain Flour B.B.B.  Composite ingredients: Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Supplier: M J Baker Foodservice 250113	18.00 g	£0.01
Fairway Extended Veg Oil Poly Bottle  Composite ingredients: Soyabean Oil (produced from genetically modified soybeans), Antifoaming Agent (E900) Supplier: M J Baker Foodservice 80111	45.00 ml	£0.09
C.William Mixed Herbs Composite ingredients: Marjoram, Thyme, Parsley, Basil, Savoury. Supplier: M J Baker Foodservice 380274	10.00 g	£0.15
Cheese Grated Mozz. & Mild 70/30 X 2kg  Composite ingredients: Mozzarella (Milk), Cheddar (Milk) and Potato Starch (Anti-caking agent) Supplier: Dole Food Service 5539	23.00 g	£0.17
Puree Garlic 1kg . . . Composite ingredients: GARLIC Supplier: Dole Food Service 7170	33.00 g	£0.13

HACCP

General

Ingredient		Qty	Cost
Milk Semi Skimmed 2l . . .		1 182.00 <i>ml</i>	£1.09
Composite ingredients: Approved MILK Sourced From Farms With Red Tractor Certification Supplier: Dole Food Service 5035			
Jus Rol Puff Pastry Blocks 1.5kg	 	1 500.00 <i>g</i>	£2.99
Composite ingredients: WHEAT flour, water, vegetable oils and fats (palm, rapeseed), salt, emulsifier (mono- and diglycerides of fatty acids), flour treatment agent (ascorbic acid). Supplier: M J Baker Foodservice 836515			
Potato Washed 25kg . . .		6.00 <i>kg</i>	£2.52
Composite ingredients: POTATO Supplier: Dole Food Service 4586			
Onion Cooking 1kg . . .		400.00 <i>g</i>	£0.60
Composite ingredients: ONION Supplier: Dole Food Service 4402			

Method

- 1 Roll out the pastry to line a BS tin and prick with a fork all over.
 - 2 Melt the margarine and fry the onions, the herbs and garlic paste until soft.
 - 3 Add the finely diced chopped potatoes
 - 4 Add the flour and cook for 2mins.
 - 5 Slowly add the milk until thickened.
 - 6 Add half the cheese.
 - 7 Transfer to the pastry base spread evenly and cover with remaining cheese.
 - 8 Bake until golden brown in a pre-heated oven 180° C/ 350° F/Gas 4.
- * Serve warm.

Nutrition

	100g	serving		100g	serving
Energy	149 <i>kcal</i>	881 <i>kcal</i>	Fat	5.7 <i>g</i>	33.7 <i>g</i>
Fibre	0.9 <i>g</i>	5.3 <i>g</i>	- saturates	2.6 <i>g</i>	15.4 <i>g</i>
Protein	6.5 <i>g</i>	38.4 <i>g</i>	Carbohydrate	8.2 <i>g</i>	48.5 <i>g</i>
Salt	0.22 <i>g</i>	1.30 <i>g</i>	- sugars	1.6 <i>g</i>	9.5 <i>g</i>

Peas

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£3.92
Serving cost	£0.13

Yield

Cooked weight	2 500 g
Serving size	83 g
Servings per batch	30

Ingredients

Ingredient	Qty	Cost
Fairway Luxury Peas A Grade	2 500.00 g	£3.92
Composite ingredients: Peas (100%)		
Supplier: M J Baker Foodservice 800155		

Method

1. Steam or boil for approx 10 minutes
Drain well and serve

Nutrition

	100g	serving		100g	serving
Energy	69 kcal	58 kcal	Fat	0.0 g	0.0 g
Fibre	3.1 g	2.6 g	- saturates	0.0 g	0.0 g
Protein	5.2 g	4.3 g	Carbohydrate	9.0 g	7.5 g
Salt	0.08 g	0.07 g	- sugars	4.6 g	3.8 g



HACCP

General

Baked Beans

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.05
Serving cost	£0.05

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Fairway Baked Beans Reduced Salt & Sugar	50.00 g	£0.05
Composite ingredients: Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.		
Supplier: M J Baker Foodservice 170328		

Method

1. Cook as per manufacturers instructions

Nutrition

	100g	serving		100g	serving
Energy	81 kcal	41 kcal	Fat	0.5 g	0.3 g
Fibre	3.4 g	1.7 g	- saturates	0.1 g	0.1 g
Protein	4.1 g	2.1 g	Carbohydrate	12.7 g	6.4 g
Salt	0.65 g	0.33 g	- sugars	4.4 g	2.2 g



HACCP

General

Chocolate Brownie Surprise

Information

Reference: Pudding

Allergens:

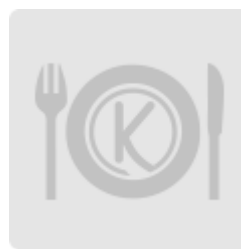


Gluten, Gluten: Wheat, Eggs

May contain:



Soya



HACCP

General

Menu(s)

E3 - Wk 1

Costs

Batch cost £3.49

Serving cost £0.15


Yield


Cooked weight 1 226 g

Serving size 51 g

Servings per batch 24

Ingredients

Ingredient	Qty	Cost
Heygates Plain Flour (16kg)  Composite ingredients: Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Supplier: Philip Dennis Foodservice HEYG0015	350.00 g	£0.26
Doves Farm G/F Baking Powder 130g Composite ingredients: mono calcium phosphate, corn starch*, sodium bicarbonate. *organic produce Supplier: M J Baker Foodservice 220180	2.00 tsp	£0.15
C.William Bicarbonate of Soda Composite ingredients: Sodium Bicarbonate E500 (ii). Supplier: M J Baker Foodservice 220121	1.00 tsp	£0.01
Tate & Lyle Caster Sugar Composite ingredients: Cane Sugar Supplier: M J Baker Foodservice 510110	300.00 g	£0.43
McDougalls Cocoa Powder Reduced Fat Composite ingredients: Fat Reduced Cocoa Powder. Contains cocoa butter 10% minimum. Supplier: M J Baker Foodservice 210125	80.00 g	£0.91
La Espanola Extra Virgin Olive Oil Composite ingredients: Extra Virgin Olive Oil. Supplier: M J Baker Foodservice 80319	150.00 ml	£0.74
Cooked Beetroot . 250g . . . Composite ingredients: BEETROOT Supplier: Dole Food Service 7700	200.00 g	£0.36

Ingredient	Qty	Cost
Rayner Vanilla Flavouring	2.00 <i>tsp</i>	£0.10
Composite ingredients: Water, Propylene Glycol , Flavouring, Colour (E150d), Citric Acid (E330), Preservative (E211). Supplier: M J Baker Foodservice 220731		
Westcountry Free Range Medium Eggs	2.00 <i>ea</i>	£0.53
 Composite ingredients: Egg Supplier: M J Baker Foodservice 10410		

Method

1. Sieve all dry ingredients together Note 2tsp BP 1/2tsp BS
Mix all wet Ingredients 150ml oil including grated beetroot - set
aside beetroot juice 2 tsp vanilla and eggs

Add the dry ingredients to wet mix

place in prepared tray bake tin

cook 30mins in 180C oven

2. Mix beetroot juice with icing sugar add water to make enough
icing to drizzle over cake

Nutrition

	100g	serving		100g	serving
Energy	334 <i>kcal</i>	171 <i>kcal</i>	Fat	12.7 <i>g</i>	6.5 <i>g</i>
Fibre	25.8 <i>g</i>	13.2 <i>g</i>	- saturates	2.2 <i>g</i>	1.1 <i>g</i>
Protein	4.9 <i>g</i>	2.5 <i>g</i>	Carbohydrate	49.1 <i>g</i>	25.1 <i>g</i>
Salt	0.39 <i>g</i>	0.20 <i>g</i>	- sugars	3.7 <i>g</i>	1.9 <i>g</i>

Roast Gammon & Pineapple

Information

Reference: Option 1

Menu(s)

Costs

Batch cost	£0.56
Serving cost	£0.56

Yield

Cooked weight	86 g
Serving size	86 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Bacon Loin Steak 20x60/80g Composite ingredients: Pork, 86%, water Salt Preservatives E252, E250 Antioxidant E301 Supplier: Scorse Foods G013DSW	60.00 g	£0.48
Fontinella Pineapple Slice 8ct in Juice Composite ingredients: Pineapple Slices, Pineapple Juice /Pineapple Juice from concentrate (Depending on the supplier), Acidity Regulator: Citric Acid. Supplier: M J Baker Foodservice 141831	26.00 g	£0.08

Method

1. Add water to bottom of roasting pan to prevent drying out.
Cut pineapple into chunks and pour over the steaks
Roast the Gammon at 180°C, until the the steak is cooked to a core temperature of 75°C.

Nutrition

	100g	serving		100g	serving
Energy	112 kcal	96 kcal	Fat	5.2 g	4.5 g
Fibre	3.7 g	3.2 g	- saturates	1.7 g	1.5 g
Protein	12.2 g	10.5 g	Carbohydrate	3.7 g	3.2 g
Salt	1.53 g	1.32 g	- sugars	0.0 g	0.0 g



HACCP
General

Vegetable Plait

Information

Reference: Option 2

Allergens:



Gluten, Gluten: Wheat, Eggs, Milk



Menu(s)






Costs

Batch cost	£6.17
Serving cost	£6.17

Yield

Cooked weight	2 320 g
Serving size	2 320 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
C.William Natural Breadcrumbs   Composite ingredients: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Salt, Yeast Supplier: M J Baker Foodservice 500121	950.00 g	£1.88
Jus Rol Puff Pastry Blocks 1.5kg   Composite ingredients: WHEAT flour, water, vegetable oils and fats (palm, rapeseed), salt, emulsifier (mono- and diglycerides of fatty acids), flour treatment agent (ascorbic acid). Supplier: M J Baker Foodservice 836515	454.00 g	£0.91
Onion Large 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4413	227.00 g	£0.77
Water List: South West Norse Ingredients	142.00 ml	£0.00
Carrot . 1kg . . . Composite ingredients: CARROT Supplier: Dole Food Service 4151	150.00 g	£0.15
Brockmoor 70% Mozz 30% Grated Cheddar  Composite ingredients: Mozzarella (MILK), Pizza Cheddar Topping (Water, Cheddar (MILK), Mozzarella (MILK), Butter (MILK), MILK Protein, Modified Potato Starch, Salt, Skimmed MILK Powder, Emulsifying Salt E331(iii), E339(ii), Maltodextrin, Potato Starch, Preservative (E202) and Potato Starch (Anti-caking agent). Supplier: M J Baker Foodservice 30410	150.00 g	£1.15

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)


Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Ingredient	Qty	Cost
Egg Free Range Medium 15doz . . . 	3.00 ea	£0.80
Composite ingredients: EGG Supplier: Dole Food Service 5920		
Marigold Cook/Baking Margarine Pkts	56.00 g	£0.16
Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208		
Knorr Vegetable Bouillon Paste G/F	14.00 g	£0.31
Composite ingredients: Salt, vegetable oil (palm, sunflower), potato starch, sugar, maltodextrin, flavourings (contain CELERY), yeast extract, carrot powder* (2.4%), onion powder* (2%), spices (CELERY seeds (1%), turmeric*, pepper), parsley*. *made from sustainably grown ingredients. Find out more at www.ufs.com/knorrprofessional Supplier: M J Baker Foodservice 490234		
C.William Ground White Pepper	0.50 tsp	£0.04
Composite ingredients: Ground White Pepper. Supplier: M J Baker Foodservice 380830		

Method

1. Fry the onions in the margarine until soft .Remove from the hob.
2. Add all the other ingredients and mix well.
3. Roll the defrosted pastry out into one oblong.
4. Place the mixture down the centre of the oblong.
5. Cut strips each side and plait over each other.
6. Brush with beaten egg and bake for 35-40 minutes on 200°C
7. Make sure the core temperature reaches a minimum temperature of 75 °C and above.
8. Don't add salt.

Nutrition

	100g	serving		100g	serving
Energy	298 kcal	6 913 kcal	Fat	8.8 g	204.2 g
Fibre	3.2 g	74.2 g	- saturates	4.1g	95.1g
Protein	8.7 g	201.8 g	Carbohydrate	44.0 g	1 020.8 g
Salt	1.30 g	30.16 g	- sugars	3.0 g	69.6 g

Broccoli

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£1.88
Serving cost	£0.09

Yield

Cooked weight	1 000 g
Serving size	50 g
Servings per batch	20

Ingredients

Ingredient	Qty	Cost
Greens Broccoli Florets 40/60	1 000.00 g	£1.88
Composite ingredients: Broccoli florets (100%)		
Supplier: M J Baker Foodservice 800556		

Method

1. Method
- Remove florets and discard the stalk
- Steam or Blanch for approx. 10 minutes until softened
- Please do not over cook

Nutrition

	100g	serving		100g	serving
Energy	26 kcal	13 kcal	Fat	0.0 g	0.0 g
Fibre	2.0 g	1.0 g	- saturates	0.0 g	0.0 g
Protein	3.0 g	1.5 g	Carbohydrate	2.0 g	1.0 g
Salt	0.03 g	0.02 g	- sugars	3.1 g	1.6 g



HACCP
General

Carrots

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.05
Serving cost	£0.05

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Carrot . 1kg . . .	50.00 g	£0.05
Composite ingredients: CARROT		
Supplier: Dole Food Service 4151		

Method

1. Peel and slice carrots.
Steam or boil until slightly soft and a core temperature of 75°c is achieved.

Nutrition

	100g	serving		100g	serving
Energy	356 kcal	178 kcal	Fat	0.4 g	0.2 g
Fibre	3.9 g	2.0 g	- saturates	0.1 g	0.1 g
Protein	0.5 g	0.3 g	Carbohydrate	7.5 g	3.8 g
Salt	0.07 g	0.04 g	- sugars	7.0 g	3.5 g



HACCP

General

Roast Potatoes

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£124.21
Serving cost	£124.21

Yield

Cooked weight	90 003 g
Serving size	90 003 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Prepared Peeled Potato 2.5kg . . . Composite ingredients: POTATO Supplier: Dole Food Service 6126	90.00 kg	£124.20
La Espanola Extra Virgin Olive Oil Composite ingredients: Extra Virgin Olive Oil. Supplier: M J Baker Foodservice 80319	3.00 ml	£0.01

Method

1. Cut potatoes into evenly sized pieces, approximately 30 g each.
Steam or boil for 20 minutes and drain well.
Combine potato and oil.
Lay on a roasting tray, single layer only.
roast @ 190°C until golden and crisp and a core temperature of 75°C is achieved.

Nutrition

	100g	serving		100g	serving
Energy	80 kcal	72 002 kcal	Fat	0.1 g	90.0 g
Fibre	2.0 g	1 800.1 g	- saturates	0.0 g	0.0 g
Protein	1.9 g	1 710.1 g	Carbohydrate	17.9 g	16 110.5 g
Salt	0.01 g	9.00 g	- sugars	0.9 g	810.0 g




HACCP
General

Gravy

Information

Reference: Sides

Allergens:  Soya



Menu(s)


Costs

Batch cost	£0.56
Serving cost	£0.02

Yield

Cooked weight	1 075 g
Serving size	43 g
Servings per batch	25

Ingredients

Ingredient	Qty	Cost
Bisto Reduced Salt Gravy Granules G/F 25ltr 	75.00 g	£0.56
Composite ingredients: Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Sugar, Emulsifier (SOYA Lecithin), Flavourings, Black Pepper Extract, Rosemary Extract, Onion Oil. Supplier: M J Baker Foodservice 490451		
Water	1 000.00 ml	£0.00
List: South West Norse Ingredients		

Method

1. Bring 900 ml of water to a simmer.
Mix 100ml of water with the gravy powder, until a smooth paste is formed.
Whisk gravy mix into the water, until thickened.

Nutrition

	100g	serving		100g	serving
Energy	29 kcal	12 kcal	Fat	1.1 g	0.5 g
Fibre	0.2 g	0.1 g	- saturates	0.8 g	0.3 g
Protein	0.1 g	0.0 g	Carbohydrate	4.6 g	2.0 g
Salt	0.62 g	0.27 g	- sugars	0.1 g	0.0 g

HACCP
General

Oat & Sultana cookie

Information

Reference: Pudding

Allergens:



Eggs

May contain:



Gluten, Gluten: Oats



Menu(s)




Costs

Batch cost	£1.69
Serving cost	£0.14

Yield

Cooked weight	581 g
Serving size	48 g
Servings per batch	12

Ingredients

Ingredient	Qty	Cost
Marigold Cook/Baking Margarine Pkts Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208	100.00 g	£0.29
Glebe Farm Porridge Oats G/F   Composite ingredients: Gluten Free oats Supplier: M J Baker Foodservice 281120	100.00 g	£0.38
Doves Farm G/F Plain White Flour Composite ingredients: Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat) Supplier: M J Baker Foodservice 250510	150.00 g	£0.40
Doves Farm G/F Baking Powder 130g Composite ingredients: mono calcium phosphate, corn starch*, sodium bicarbonate. *organic produce Supplier: M J Baker Foodservice 220180	0.50 tsp	£0.04
Tate & Lyle Caster Sugar Composite ingredients: Cane Sugar Supplier: M J Baker Foodservice 510225	100.00 g	£0.13
Fairway Raisins Composite ingredients: Raisins (99.5%), Sunflower oil. Supplier: M J Baker Foodservice 240131	70.00 g	£0.18
Egg Free Range Medium 15doz . . .  Composite ingredients: EGG Supplier: Dole Food Service 5920	1.00 ea	£0.27

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Method

- 1. 1. Cream marg and sugar together and add egg, mix well.
- 2. Add the rest of the ingredients.
- 3. Mix well roll into a sausage shape, wrap in cling film and chill to allow to set.
- 4. Slice into 15 rounds and bake 190c until golden brown.
- 5. Leave to cool and serve.
- 6. These can be made the day before and left rolled i the fridge.

Nutrition

	100g	serving		100g	serving
Energy	378 kcal	183 kcal	Fat	14.2 g	6.9 g
Fibre	25.8 g	12.5 g	- saturates	5.5 g	2.7 g
Protein	5.3 g	2.6 g	Carbohydrate	57.8 g	28.0 g
Salt	0.31g	0.15 g	- sugars	2.0 g	1.0 g

Scorse Pork & Beef Meatballs in a Tomato Sauce

Information

Reference: Main

Allergens:



Soya, Milk



Menu(s)



Costs

Batch cost	£12.59
Serving cost	£0.52

Yield

Cooked weight	3 518 g
Serving size	147 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
Maggi Rich & Rustic Tomato Sauce (3kg) Composite ingredients: Sun Ripened Tomatoes (48.5%), Puree of Sun Ripened Tomatoes (41.5%), Onion, Sunflower Oil, Sugar, Salt, Herbs and Spices (Black Pepper, Basil, Oregano), Garlic, Acid (Citric Acid), Firming Agent (Calcium Chloride). Supplier: Philip Dennis Foodservice NEUK6124	1 270.00 g	£3.60
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	182.00 g	£0.27
Greens Mixed Diced Peppers 10m Composite ingredients: Diced red peppers (50%), Diced green peppers (50%) Supplier: M J Baker Foodservice 800165	135.00 g	£0.25
Fairway Extended Veg Oil Poly Bottle  Composite ingredients: Soyabean Oil (produced from Genetically Modified Soyabeans), Antifoaming Agent (E900) Supplier: M J Baker Foodservice 80109	118.00 ml	£0.29
Cheese Mature Cheddar 5kg . . .  Composite ingredients: White Mature Cheddar Cheese (cow's MILK, salt, starter Culture, veg Rennet) Supplier: Dole Food Service 5544	363.00 g	£2.18
Beef & Pork Meat Balls 20g Composite ingredients: Beef, Porl, Water. Rice Flour, Tapioca Starch, Salt, yeast extract, Spices (Black Pepper, Cayenne), Garlic Powder, Herb (Rosemary), Antioxidant E300. Minimum meat Content 75%. Supplier: Scorse Foods MB001DSW	1 450.00 g	£5.99

HACCP

General

Ensure all control measures are checked and recorded. Ensure food is date labelled and protected correctly. Ensure regular hand washing with an anti-bacterial unperfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Method

- 1. 1. Cook the meatballs on a lined baking tray for 20 minutes at 180c. Until reaching above 75c.
- 2. Cook the pasta.
- 3. Gently heat the oil and add the onions, peppers and tomato sauce and cook for 10 minutes
- 4. Once the pasta is cooked transfer to a dish, add the meatballs and tomato sauce, sprinkle over the cheese and bake in the oven at 180c for 10 minutes until over 75c.

Do not add salt

Please Note 4 Meatballs per portion

Nutrition

	100g	serving		100g	serving
Energy	181 <i>kcal</i>	265 <i>kcal</i>	Fat	13.4 <i>g</i>	19.6 <i>g</i>
Fibre	0.6 <i>g</i>	0.9 <i>g</i>	- saturates	4.9 <i>g</i>	7.2 <i>g</i>
Protein	9.8 <i>g</i>	14.4 <i>g</i>	Carbohydrate	5.5 <i>g</i>	8.1 <i>g</i>
Salt	0.89 <i>g</i>	1.30 <i>g</i>	- sugars	3.1 <i>g</i>	4.5 <i>g</i>

Veggie Meatballs in a Tomato Sauce

Information

Reference: Main

Menu(s)

Costs

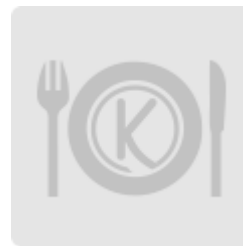
Batch cost	£17.03
Serving cost	£1.14

Yield

Cooked weight	2 200 g
Serving size	147 g
Servings per batch	15

Ingredients

Ingredient	Qty	Cost
Maggi Rich & Rustic Tomato Sauce (3kg) Composite ingredients: Sun Ripened Tomatoes (48.5%), Puree of Sun Ripened Tomatoes (41.5%), Onion, Sunflower Oil, Sugar, Salt, Herbs and Spices (Black Pepper, Basil, Oregano), Garlic, Acid (Citric Acid), Firming Agent (Calcium Chloride). Supplier: Philip Dennis Foodservice NEUK6124	794.00 g	£2.25
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	113.00 g	£0.17
Greens Mixed Diced Peppers 10m Composite ingredients: Diced red peppers (50%), Diced green peppers (50%) Supplier: M J Baker Foodservice 800165	85.00 g	£0.16
Violife Vegan Grated Original Cheese Composite ingredients: Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour: B-Carotene, Vitamin B12. Supplier: M J Baker Foodservice 30940	227.00 g	£3.18
Oil Sunflower 5l . . . Composite ingredients: Sunflower Oil Supplier: Dole Food Service 7105	74.00 ml	£0.30
M/Farm Plant-Based Meatballs Composite ingredients: Water, Pea Protein (22%), Vegetable Oils (Rapeseed Oil, Shea Oil, Coconut Oil), Thickener (E461), Vegetable Fibres (Pea Fibre, Potato), Dried Onion, Vegetable Concentrates (Caramelised Carrot, Beetroot, Carrot), Garlic, Yeast Extract, Natural Flavouring, Salt, Potato Starch, Black Pepper, Parsley, Acidity Regulator (E300). Supplier: M J Baker Foodservice 843325	907.00 g	£10.98



HACCP

General

Method

1. Cook the meatballs on a lined baking tray for 20 minutes at 180c. Until reaching above 75c.
2. Cook the pasta. (see pasta recipe)

3. Gently heat the oil and add the onions, peppers and tomato sauce, cook for 10 minutes.
4. Once the pasta is cooked transfer to a dish, add the meatballs and tomato sauce, sprinkle over the cheese and bake in the oven at 180c for 10 minutes until over 75c.

Do not add salt

Please Note 4 Meatballs per portion

Nutrition

	100g	serving		100g	serving
Energy	182 kcal	267 kcal	Fat	12.8 g	18.8 g
Fibre	2.2 g	3.2 g	- saturates	4.1 g	6.0 g
Protein	6.7 g	9.8 g	Carbohydrate	9.3 g	13.6 g
Salt	0.93 g	1.36 g	- sugars	2.9 g	4.3 g

Crusty Bread

Information

Reference: Sides

Allergens:



Gluten, Gluten: Wheat, Soya, Milk

May contain:



Eggs



HACCP

General

Menu(s)

Costs

Batch cost	£1.28
Serving cost	£0.05

Yield

Cooked weight	583 g
Serving size	23 g
Servings per batch	25

Ingredients

Ingredient	Qty	Cost
Middleton White Bread & Roll Mix BBB	583.00 g	£1.28
Composite ingredients: WHEAT Flour (WHEAT, Calcium, Iron, Niacin, Thiamin), SOYA Flour, Dried Yeast, Dextrose, Whey Powder (MILK), Skimmed MILK Powder, Salt, Vegetable Oil Blend (Palm & Rapeseed Oil), Emulsifier (WHEAT Flour (WHEAT, Calcium, Iron, Niacin, and Thiamin), E472(e), E516, E300), MILK Protein (Whey Powder, Acid Casein). Supplier: M J Baker Foodservice 361311		

Method

1. Place the Bread & Roll Mix into a bowl fitted with a dough hook attachment.
2. Blend in nearly all the warm (30C/86F) water. Using a dough hook mix on a SLOW speed for 1 minute. Continue to mix for 6 minutes on MEDIUM speed adding the remaining water a little at a time ensuring the dough is kneaded and stretched thoroughly during mixing (you may not need to add all the water).
3. Cut and shape as required. Leave to prove in a warm place until the dough has risen and doubled in size. Bake rolls for 10-15 minutes in a pre-heated oven at 220C/425F/Gas Mark 7. Loaves will take 25-35 minutes. For fan-assisted ovens bake at 200C/400F/ Gas Mark 6

Nutrition



	100g	serving		100g	serving
Energy	373 <i>kcal</i>	87 <i>kcal</i>	Fat	2.6 <i>g</i>	0.6 <i>g</i>
Fibre	2.8 <i>g</i>	0.7 <i>g</i>	- saturates	0.6 <i>g</i>	0.1 <i>g</i>
Protein	12.6 <i>g</i>	2.9 <i>g</i>	Carbohydrate	75.0 <i>g</i>	17.5 <i>g</i>
Salt	0.80 <i>g</i>	0.19 <i>g</i>	- sugars	3.9 <i>g</i>	0.9 <i>g</i>

Green Beans

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.71
Serving cost	£0.71

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Beans Fine 1.5kg . . .	50.00 g	£0.71
Composite ingredients: FINE BEANS		
Supplier: Dole Food Service 4010		

Method

1. Steam or boil beans for approximately 5/10 minutes or until a core temperature of 75° has been achieved.

Nutrition

	100g	serving		100g	serving
Energy	24 kcal	12 kcal	Fat	0.4 g	0.2 g
Fibre	3.4 g	1.7 g	- saturates	0.4 g	0.2 g
Protein	2.1 g	1.1 g	Carbohydrate	3.0 g	1.5 g
Salt	0.00 g	0.00 g	- sugars	2.2 g	1.1 g



HACCP

General

Spaghetti Portion

Information

Reference: Sides

Allergens:



Gluten, Gluten: Wheat



Menu(s)


Costs

Batch cost	£0.07
Serving cost	£0.07

Yield

Cooked weight	140 g
Serving size	140 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Osorio Spaghetti 	40.00 g	£0.07
Composite ingredients: Durum WHEAT semolina Supplier: M J Baker Foodservice 390143		
Water	100.00 ml	£0.00
List: South West Norse Ingredients		

Method

1. Cook as per manufacturers instructions.

Nutrition

	100g	serving		100g	serving
Energy	101 kcal	141 kcal	Fat	0.4 g	0.6 g
Fibre	1.1 g	1.5 g	- saturates	0.1 g	0.1 g
Protein	3.6 g	5.0 g	Carbohydrate	20.5 g	28.7 g
Salt	0.01 g	0.01 g	- sugars	0.5 g	0.7 g

HACCP

General

Apple Crumble

Information

Reference: Pudding

Allergens:



Gluten, Gluten: Wheat, Milk

May contain:



Soya



Menu(s)

Costs

Batch cost	£5.22
Serving cost	£0.22

Yield

Cooked weight	3 565 g
Serving size	149 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
Fructus Solid Pack Apples Italian Composite ingredients: apple, WATER, Citric acid Supplier: M J Baker Foodservice 140111	2 660.00 g	£3.89
Heygates Culinary Plain Flour B.B.B. Composite ingredients: Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Supplier: M J Baker Foodservice 250116	300.00 g	£0.22
Marigold Cooking & Baking Margarine Composite ingredients: Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono & Diglycerides of Fatty Acids), Colours (Annatto Bixin, Curcumin), Flavouring (MILK). Supplier: M J Baker Foodservice 60412	250.00 g	£0.69
Tate & Lyle Caster Sugar Composite ingredients: Cane Sugar Supplier: M J Baker Foodservice 510115	200.00 g	£0.24
Fine Lady Wholemeal Flour Composite ingredients: Whole WHEAT Flour Supplier: M J Baker Foodservice 250422	150.00 g	£0.13
C.William Ground Cinnamon Composite ingredients: Ground Cassia Cinnamon. Supplier: M J Baker Foodservice 380444	5.00 g	£0.05

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Method

- 1.1.Preheat the oven to 190°C, fan oven 170°C, Gas Mark 5.
- 2.Tip the cans of apple filling into a baking dish. Put the flour and salt into a large mixing bowl and add the butter.
- 3.Using your fingertips, rub the butter into the flour until the mixture looks like fine breadcrumbs.
- 4.Stir in the caster sugar. or use Mixer Sprinkle the crumble mixture evenly over the apple filling. Scatter the sugar over the top.
- 5. Bake for 25-30 minutes until golden brown.
- 6.Serve with custard.

Nutrition

	100g	serving		100g	serving
Energy	141 kcal	209 kcal	Fat	5.2 g	7.7 g
Fibre	7.2 g	10.7 g	- saturates	1.6 g	2.4 g
Protein	1.6 g	2.4 g	Carbohydrate	21.7 g	32.2 g
Salt	0.08 g	0.12 g	- sugars	7.2 g	10.7 g

Custard

Information

Reference: Pudding

Allergens:


Milk



Menu(s)

HACCP

Costs

General

Batch cost	£2.95
Serving cost	£0.09

Yield

Cooked weight	2 750 g
Serving size	86 g
Servings per batch	32

Ingredients

Ingredient		Qty	Cost
Birds Custard Powder + Milk		125.00 g	£0.47
Composite ingredients: Maize Starch, Salt, Colour (Annatto Norbixin), Flavouring. Supplier: M J Baker Foodservice 320321			
Milk Semi Skimmed 2l . . .		2 500.00 ml	£2.31
Composite ingredients: Approved MILK Sourced From Farms With Red Tractor Certification Supplier: Dole Food Service 5035			
Tate & Lyle Caster Sugar		125.00 g	£0.17
Composite ingredients: Cane Sugar Supplier: M J Baker Foodservice 510225			

Method

1. as per manufacturer guidelines

Nutrition

	100g	serving		100g	serving
Energy	177 kcal	152 kcal	Fat	0.1 g	0.1 g
Fibre	4.5 g	3.9 g	- saturates	0.1 g	0.1 g
Protein	30.9 g	26.6 g	Carbohydrate	13.0 g	11.2 g
Salt	0.14 g	0.12 g	- sugars	4.5 g	3.9 g

Falafel Wrap

Information

Reference: Pack Lunch

Allergens:



Gluten, Gluten: Wheat



Menu(s)





Costs

Batch cost	£14.76
Serving cost	£1.48

Yield

Cooked weight	2 105 g
Serving size	211 g
Servings per batch	10

Ingredients

Ingredient	Qty	Cost
Santa Maria 12in Flour Tortilla Wrap	580.00 g	£1.36
  Composite ingredients: WHEAT flour (66%) (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, WHEAT fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, WHEAT gluten, preservative (E282). Supplier: M J Baker Foodservice 850823		
Goodlife Vegan Falafel 25g	1.00 kg	£9.65
  Composite ingredients: Chick Peas (53%), Onion (32%), Rapeseed Oil, Wheat Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Cumin, Garlic Puree [Garlic, Acidity Regulator (Citric Acid)], Salt, Ground Coriander, Coriander Leaf, Chilli Powder, Concentrated Lemon Juice, Stabiliser (Methylcellulose), Black Pepper, Turmeric, Raising Agent (Ammonium Carbonates). Supplier: M J Baker Foodservice 843468		
Golden Palace Mango Chutney	10.00 g	£0.03
Composite ingredients: Sugar, Mango (46%), Salt, Spices (Ginger Powder, Chilli Powder, Garlic Powder), Acetic Acid. Supplier: M J Baker Foodservice 410407		
Spinach . 200g . . .	500.00 g	£3.62
Composite ingredients: SPINACH Supplier: Dole Food Service 2182		
Pepper Red Each . . .	15.00 g	£0.09
Composite ingredients: PEPPER RED Supplier: Dole Food Service 2062		

HACCP

General

Method

1. Take Wrap spread with mango chutney
Put three falafel on top of chutney
Add some spinach and 3 strips of pepper
roll up and serve

Nutrition

	100g	serving		100g	serving
Energy	187 kcal	394 kcal	Fat	6.6 g	13.9 g
Fibre	2.6 g	5.5 g	- saturates	0.7 g	1.5 g
Protein	5.9 g	12.4 g	Carbohydrate	23.9 g	50.3 g
Salt	0.87 g	1.83 g	- sugars	4.5 g	9.5 g

Fish Fingers

Information

Allergens:



Gluten, Gluten: Wheat, Fish



Menu(s)

Costs

Batch cost	£0.25
Serving cost	£0.25

HACCP

General

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
G/G MSC Cod Fishfingers 25g avg 120	50.00 g	£0.25
Composite ingredients: 57% Atlantic COD (Gadus morhua) (FISH), WHEATflour, Water, Rapeseed Oil, WHEAT Starch, Salt, Wheatfiber (glutenfree), Spices and Herbs Mix (WHEATflour, Herbs, Salt, Spices), Yeast, Dietary Fibre (WHEAT), WHEAT Protein, Citrus Fiber, Stabilisers (Methyl Cellulose, Hydroxypropylmethylcellulose), Acidity Regulator (Sodium Citrates), Antioxidants (Ascorbic Acid Sodium Salts, Ascorbic Acid), Paprika, Turmeric, Natural Aroma. Supplier: M J Baker Foodservice 817600		

Method

1. OVEN BAKE according to manufactures guidelines

Nutrition

	100g	serving		100g	serving
Energy	178 kcal	89 kcal	Fat	5.4 g	2.7 g
Fibre	0.9 g	0.5 g	- saturates	0.7 g	0.4 g
Protein	13.2 g	6.6 g	Carbohydrate	18.7 g	9.4 g
Salt	0.50 g	0.25 g	- sugars	0.0 g	0.0 g

Veggie Nuggets

Information

Reference: Option 2

Allergens:



Gluten, Gluten: Wheat



Menu(s)

Costs

Batch cost	£0.26
Serving cost	£0.26

Yield

Cooked weight	57 g
Serving size	57 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Kater Veg Vegetable Nuggets app 19g	3.00 ea	£0.26
Composite ingredients: Vegetables (47%) (In varying proportions (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato)), Breadcrumb (19%) (Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt, Emulsifier (Mono- and Diacetyltartaric Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Enzymes), Water, Sunflower Oil, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dehydrated Potato, Rapeseed Oil, Salt, Thickener (Methyl Cellulose), WHEAT Starch, Flavouring, Maltodextrin (WHEAT), White Pepper, Sugar, Yeast Extract, Onion Powder, Carrot Powder, Acid (Citric Acid), Parsley, Colour (Paprika Extract), Turmeric. Supplier: M J Baker Foodservice 847711		

Method

1. Place nuggets on a baking tray and cook at 180c for approx 15/20 minutes, until core temperature of 75c is achieved.
3 x per portion

Nutrition

	100g	serving		100g	serving
Energy	220 kcal	125 kcal	Fat	10.9 g	6.2 g
Fibre	2.9 g	1.7 g	- saturates	1.0 g	0.6 g
Protein	3.7 g	2.1 g	Carbohydrate	25.3 g	14.4 g
Salt	0.53 g	0.30 g	- sugars	4.9 g	2.8 g

Baked Beans

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.05
Serving cost	£0.05

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Fairway Baked Beans Reduced Salt & Sugar	50.00 g	£0.05
Composite ingredients: Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.		
Supplier: M J Baker Foodservice 170328		

Method

1. Cook as per manufacturers instructions

Nutrition

	100g	serving		100g	serving
Energy	81 kcal	41 kcal	Fat	0.5 g	0.3 g
Fibre	3.4 g	1.7 g	- saturates	0.1 g	0.1 g
Protein	4.1 g	2.1 g	Carbohydrate	12.7 g	6.4 g
Salt	0.65 g	0.33 g	- sugars	4.4 g	2.2 g



HACCP

General

Chips

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.20
Serving cost	£0.20

Yield

Cooked weight	139 g
Serving size	139 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Fairway Fries 7/16 11mm 2.5kg	132.00 g	£0.16
Composite ingredients: Potatoes, Sunflower oil		
Supplier: M J Baker Foodservice 806010		
Fussels Rapeseed Oil Extra Virgin Poly Bottle	7.00 ml	£0.04
Composite ingredients: Rapeseed oil, Antifoaming Agent (E900)		
Supplier: M J Baker Foodservice 80103		

Method

1. Fry or bake @ 180°c until slightly golden in colour and a core temperature of 75°c is achieved.
DO NOT add salt.

Nutrition

	100g	serving		100g	serving
Energy	161 kcal	224 kcal	Fat	7.6 g	10.6 g
Fibre	0.3 g	0.4 g	- saturates	0.7 g	1.0 g
Protein	2.2 g	3.1 g	Carbohydrate	20.0 g	27.8 g
Salt	0.10 g	0.14 g	- sugars	2.1 g	2.9 g



HACCP
General

Wholemeal Pasta

Information

Reference: Sides

Allergens:



Gluten, Gluten: Wheat



Menu(s)

HACCP

General

Costs

Batch cost	£0.09
Serving cost	£0.09

Yield

Cooked weight	112 g
Serving size	112 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Osorio Fusilli	56.00 g	£0.09
Composite ingredients: Durum WHEAT semolina Supplier: M J Baker Foodservice 390158		
Water	56.00 ml	£0.00
List: South West Norse Ingredients		

Method

1. Cook as per manufacturers instructions.

Nutrition

	100g	serving		100g	serving
Energy	177 kcal	198 kcal	Fat	0.8 g	0.9 g
Fibre	1.9 g	2.1 g	- saturates	0.2 g	0.2 g
Protein	6.3 g	7.1 g	Carbohydrate	35.8 g	40.1g
Salt	0.01g	0.01 g	- sugars	1.0 g	1.1 g

Peas

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£3.92
Serving cost	£0.13

Yield

Cooked weight	2 500 g
Serving size	83 g
Servings per batch	30

Ingredients

Ingredient	Qty	Cost
Fairway Luxury Peas A Grade	2 500.00 g	£3.92
Composite ingredients: Peas (100%)		
Supplier: M J Baker Foodservice 800155		

Method

1. Steam or boil for approx 10 minutes
Drain well and serve

Nutrition

	100g	serving		100g	serving
Energy	69 kcal	58 kcal	Fat	0.0 g	0.0 g
Fibre	3.1 g	2.6 g	- saturates	0.0 g	0.0 g
Protein	5.2 g	4.3 g	Carbohydrate	9.0 g	7.5 g
Salt	0.08 g	0.07 g	- sugars	4.6 g	3.8 g



HACCP

General

Pip Ice Lolly

Information

Reference: Pudding

Menu(s)

Costs

Batch cost	£0.45
Serving cost	£0.45

Yield

Cooked weight	40 g
Serving size	40 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Pip Ice Lolly Apple Fruity Organic 40ml	1.00 pack	£0.45
Composite ingredients: NOTHING BUT THE JUICE OF ORGANIC APPLE (90%), ORGANIC GRAPE (10%) AND A DROP OF ORGANIC GUAR GUM. Supplier: M J Baker Foodservice 891879		

Method

1. Serve from Frozen.

Nutrition

	100g	serving		100g	serving
Energy	43 kcal	17 kcal	Fat	0.1 g	0.0 g
Fibre	9.9 g	4.0 g	- saturates	0.0 g	0.0 g
Protein	0.0 g	0.0 g	Carbohydrate	10.4 g	4.2 g
Salt	0.00 g	0.00 g	- sugars	4.0 g	1.6 g



HACCP
General

Macaroni Cheese

Information

Allergens:



Gluten, Gluten: Wheat, Milk, Mustard

May contain:



Soya



Menu(s)





Costs

Batch cost	£9.05
Serving cost	£0.38

Yield

Cooked weight	5 874 g
Serving size	245 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
Cheese Mature Cheddar 5kg . . . 	700.00 g	£4.20
Composite ingredients: White Mature Cheddar Cheese (cowâs MILK,salt,starter Culture,veg Rennet) Supplier: Dole Food Service 5544		
Osorio Macaroni  	1 500.00 g	£2.49
Composite ingredients: Macaroni Supplier: M J Baker Foodservice 390131		
Water	3 000.00 ml	£0.00
List: South West Norse Ingredients		
Millac Value Skimmed Milk Powder 	360.00 g	£1.76
Composite ingredients: Skimmed MILK Powder (24%), Lactose (MILK), Whey Powder*(MILK), Vegetable Oil (Coconut, Palm), Dried Glucose Syrup, MILK Protein, Sugar, Acidity Regulator E340b, Emulsifier E471, Vitamin D *contains no animal rennet. Supplier: M J Baker Foodservice 70407		
Marigold Cook/Baking Margarine Pkts	150.00 g	£0.44
Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208		

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)





Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Ingredient		Qty	Cost
Fine Lady Plain Flour B.B.B.	  	150.00 g	£0.11
Composite ingredients: Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Supplier: M J Baker Foodservice 250113			
Lion English Mustard B.B.B		14.00 g	£0.05
Composite ingredients: Water, MUSTARD Flour (20%), Glucose-Fructose Syrup, Salt, MUSTARD Bran (4%), Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum). Supplier: M J Baker Foodservice 440810			

Method

1. Make the cheese sauce by melting margarine, add flour and make a roux. Gently add the milk whisking all the time until smooth. Add 2/3 of the grated cheese and mustard to taste.
2. Cook macaroni following manufacturers instructions. Please don't over cook. Drain the macaroni
3. Mix the macaroni and cheese sauce.
4. Place in either ceramic or gastronome tin and top with the remaining cheese.
5. Bake at Gas 4 /180 ° C until the top is golden and a core temperature of 75° is achieved.
6. Don't add Salt

Nutrition

	100g	serving		100g	serving
Energy	194 kcal	475 kcal	Fat	7.6 g	18.6 g
Fibre	4.4 g	10.8 g	- saturates	4.2 g	10.3 g
Protein	7.2 g	17.6 g	Carbohydrate	24.1 g	59.0 g
Salt	0.34 g	0.83 g	- sugars	1.1 g	2.7 g

Tomato & Basil Pasta Bake

Information

Reference: Option 2

Allergens:



Gluten, Gluten: Wheat



Menu(s)

Costs

Batch cost	£3.00
Serving cost	£0.25

Yield

Cooked weight	1 364 g
Serving size	114 g
Servings per batch	12

Ingredients

Ingredient	Qty	Cost
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	200.00 g	£0.30
La Espanola Extra Virgin Olive Oil Composite ingredients: Extra Virgin Olive Oil. Supplier: M J Baker Foodservice 80319	12.00 tbsp	£1.05
Herbs Basil 100g . . . Composite ingredients: BASIL Supplier: Dole Food Service 2331	15.00 g	£0.26
Puree Garlic 1kg . . . Composite ingredients: GARLIC Supplier: Dole Food Service 7170	20.00 g	£0.08
Osprio Fusilli Composite ingredients: Durum WHEAT semolina Supplier: M J Baker Foodservice 390158	566.00 g	£0.94
CK Chopped Tomatoes* Composite ingredients: Chopped tomatoes(60%), Tomato Juice, Acidity Regulator (Citric Acid) Supplier: M J Baker Foodservice 172715	300.00 g	£0.28
Greens Mixed Diced Peppers 10m Composite ingredients: Diced red peppers (50%), Diced green peppers (50%) Supplier: M J Baker Foodservice 800165	50.00 g	£0.09

Method

1. Stir together tomatoes, onion, olive oil, basil, and garlic in a medium bowl until combined; set aside.
Bring a large pot of lightly salted water to a boil. Cook fusilli in boiling water, stirring occasionally, until tender yet firm to the bite, about 12 minutes. Drain and move to a large serving bowl.

HACCP

General

Stir in tomato mixture until well combined; season with salt and pepper.

Nutrition

	100g	serving		100g	serving
Energy	289 kcal	329 kcal	Fat	15.0 g	17.1 g
Fibre	2.8 g	3.2 g	- saturates	2.1 g	2.4 g
Protein	5.8 g	6.6 g	Carbohydrate	32.1 g	36.5 g
Salt	0.13 g	0.15 g	- sugars	2.2 g	2.5 g

Broccoli

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£1.88
Serving cost	£0.09

Yield

Cooked weight	1 000 g
Serving size	50 g
Servings per batch	20

Ingredients

Ingredient	Qty	Cost
Greens Broccoli Florets 40/60	1 000.00 g	£1.88
Composite ingredients: Broccoli florets (100%)		
Supplier: M J Baker Foodservice 800556		

Method

1. Method
- Remove florets and discard the stalk
- Steam or Blanch for approx. 10 minutes until softened
- Please do not over cook

Nutrition

	100g	serving		100g	serving
Energy	26 kcal	13 kcal	Fat	0.0 g	0.0 g
Fibre	2.0 g	1.0 g	- saturates	0.0 g	0.0 g
Protein	3.0 g	1.5 g	Carbohydrate	2.0 g	1.0 g
Salt	0.03 g	0.02 g	- sugars	3.1 g	1.6 g



HACCP
General

Garlic Bread

Information

Reference: Side

Allergens:



Gluten, Gluten: Wheat

May contain:



Milk, Sesame seeds



HACCP

General

Menu(s)

Secondary School - E3 September

Costs

Batch cost	£0.13
Serving cost	£0.13

Yield

Cooked weight	26 g
Serving size	26 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Riva Garlic Bread Slices 26g	1.00 pack	£0.13
Composite ingredients: WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Garlic Purée (4%), Yeast, Parsley, Salt, Dextrose, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Natural Flavouring, Natural Colour (Beta Carotene). Supplier: M J Baker Foodservice 825018		

Method

1. as per manufacturer guidelines

Nutrition

	100g	serving		100g	serving
Energy	328 kcal	85 kcal	Fat	15.9 g	4.1 g
Fibre	3.5 g	0.9 g	- saturates	4.8 g	1.2 g
Protein	6.8 g	1.8 g	Carbohydrate	38.4 g	10.0 g
Salt	0.70 g	0.18 g	- sugars	2.3 g	0.6 g

Crispy Chocolate Cornflake Cake

Information

Reference: Pudding

Allergens:



Gluten, Gluten: Wheat, Milk



Menu(s)

Costs

Batch cost	£4.98
Serving cost	£0.21

Yield

Cooked weight	1 362 g
Serving size	57 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
Lyles Golden Syrup (Poly) Composite ingredients: Partially inverted refiners syrup Supplier: M J Baker Foodservice 510520	567.00 g	£1.02
Millac Value Skimmed Milk Powder  Composite ingredients: Skimmed MILK Powder (24%), Lactose (MILK), Whey Powder*(MILK), Vegetable Oil (Coconut, Palm), Dried Glucose Syrup, MILK Protein, Sugar, Acidity Regulator E340b, Emulsifier E471, Vitamin D *contains no animal rennet. Supplier: M J Baker Foodservice 70407	284.00 g	£1.39
McDougalls Cocoa Powder Reduced Fat Composite ingredients: Fat Reduced Cocoa Powder. Contains cocoa butter 10% minimum. Supplier: M J Baker Foodservice 210125	57.00 g	£0.65
Marigold Cook/Baking Margarine Pkts Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208	227.00 g	£0.66
Kelloggs Cornflakes Bag Pak 500g   Composite ingredients: Maize, BARLEY malt extract, sugar, salt, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12, VITAMINS & MINERALS: Niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12. Supplier: M J Baker Foodservice 280512	227.00 g	£1.26

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Method

- 1. 1 Melt margarine, cocoa, syrup allow to cool.
- 2 Add the milk powder and cornflakes and fold in carefully by hand, using a large spoon, be careful to not crush cornflakes.
- 3 Spread into two shallow tins and cool.
- 4 Cut accordingly to sites portion size request! or ask area supervisor for clarification.

Nutrition

	100g	serving		100g	serving
Energy	414 kcal	235 kcal	Fat	16.4 g	9.3 g
Fibre	46.4 g	26.3 g	- saturates	7.9 g	4.5 g
Protein	4.9 g	2.8 g	Carbohydrate	60.6 g	34.4 g
Salt	0.91g	0.52 g	- sugars	2.7 g	1.5 g

Egg Mayo Sandwich

Information

Reference: PL

Allergens:



Gluten, Gluten: Wheat, Eggs, Milk, Mustard



Menu(s)

Costs

Batch cost	£0.31
Serving cost	£0.31

Yield

Cooked weight	72 g
Serving size	72 g
Servings per batch	1

Ingredients

Ingredient		Qty	Cost
Egg Free Range Medium 15doz . . .		1.00 ea	£0.27
Composite ingredients: EGG Supplier: Dole Food Service 5920			
Devon Stile Mayo 1ltr		7.00 g	£0.02
Composite ingredients: Water, Rapeseed Oil (34%), Sugar, Thickener (Modified Starch), Salt, Egg Yolk Powder, Acidity Regulator (Acetic Acid), Mustard Flour, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Sweetener (Sodium Saccharin). Supplier: M J Baker Foodservice 430406			
Marigold Cooking & Baking Margarine		7.00 g	£0.02
Composite ingredients: Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Salt, Emulsifier (Mono & Diglycerides of Fatty Acids), Colours (Annatto Bixin, Curcumin), Flavouring (MILK). Supplier: M J Baker Foodservice 60412			
Bread Sliced Sandwich White X 800g		2.00 slice	£2.49
Composite ingredients: WHEAT flour (with Calcium, Iron, Niacin(B3) and Thiamin (B1) (WHEAT GLUTEN), Water, Yeast, Rapeseed Oil, Salt, Emulsifier: E471, Potato Starch, Palm fat, Sunflower Oil, Dextrose; Flour treatment agent: Ascorbic acid (E 300) Supplier: Dole Food Service 5189			

Method

1. Boil egg from cold water for ten minutes, then cool under the tap until room temperature.
Peel and mash the egg, with the mayonnaise.
Spread the butter on both slices of bread
Load the egg
Slice in half and ready to serve

Nutrition

	100g	serving		100g	serving
Energy	199 <i>kcal</i>	143 <i>kcal</i>	Fat	17.4 <i>g</i>	12.5 <i>g</i>
Fibre	0.0 <i>g</i>	0.0 <i>g</i>	- saturates	4.3 <i>g</i>	3.1 <i>g</i>
Protein	10.2 <i>g</i>	7.3 <i>g</i>	Carbohydrate	0.3 <i>g</i>	0.2 <i>g</i>
Salt	0.55 <i>g</i>	0.40 <i>g</i>	- sugars	0.2 <i>g</i>	0.1 <i>g</i>

Norse Butchers Sausages

Information

Reference: Option1

Allergens:



Gluten, Gluten: Wheat, Sulphur dioxide



Menu(s)

HACCP

Costs

General

Batch cost	£0.00
Serving cost	£0.00

Yield

Servings per batch	1
--------------------	---

Ingredients

Ingredient	Qty	Cost
Pork 12 Sausages W/Country frz (x72)*P*2.72kg	2.00 ea	£12.44
Composite ingredients: Pork, Water, Rusk (MADE FROM: WHEATFLOUR (CALCIUM CARBONATE, IRON, NIACIN, THIAMIN), SALT, Raising Agent E503ii)WHEATFLOUR (CALCIUM CARBONATE, IRON, NIACIN, THIAMIN), SALT, SPICES (WHITE PEPPER, NUTMEG,GINGER, MACE), YEAST EXTRACT, VEGETABLE OIL (RAPE)		
Supplier: Scorse Foods SAU012DSW		

Method

1. Cook at 180°C until a core temperature of 75°C has been achieved.

Nutrition

	per 100g		per 100g
Energy	-	Fat	-
Fibre	-	- saturates	-
Protein	-	Carbohydrate	-
Salt	-	- sugars	-

Vegetarian Sausages

Information

Reference: Option 2

Allergens:



Gluten, Gluten: Wheat



Menu(s)

Costs

Batch cost	£0.47
Serving cost	£0.47

Yield

Cooked weight	112 g
Serving size	112 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Kater Veg Vegan Sausage 56g	2.00 ea	£0.47
Composite ingredients: Vegetables (48%) (Carrot, Green Pepper, Peas, Potato, Onion, Sweetcorn), Cooked White Rice, Dehydrated Potato, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sunflower Oil, Cooked Cannellini Beans (5%), Rapeseed Oil, Potato Starch, Rice Flour, Gram Flour, Salt, Yeast Extract, Herbs (Sage, Parsley), Cocoa Butter, WHEAT Starch, Sugar, White Pepper, Onion Powder, Garlic Powder, WHEAT GLUTEN, Mace Extract, Onion Oil. Supplier: M J Baker Foodservice 843465		

Method

1. cook as per manufacturer guidelines

Nutrition

	100g	serving		100g	serving
Energy	195 kcal	218 kcal	Fat	9.0 g	10.1 g
Fibre	4.8 g	5.4 g	- saturates	0.9 g	1.0 g
Protein	4.2 g	4.7 g	Carbohydrate	22.6 g	25.3 g
Salt	0.66 g	0.74 g	- sugars	3.2 g	3.6 g

HACCP

General

Mash Potato

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£2.48
Serving cost	£0.08

Yield

Cooked weight	5 250 g
Serving size	175 g
Servings per batch	30

Ingredients

Ingredient	Qty	Cost
Potato Washed 25kg . . . Composite ingredients: POTATO Supplier: Dole Food Service 4586	5.00 kg	£2.10
Marigold Cook/Baking Margarine Pkts Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208	250.00 g	£0.73

Method

1. Cut potato into even size pieces
Steam or boil until soft, then drain well.
Cube the kerrymaid and mash together with the potato, until a
smooth consistency is achieved.

Nutrition

	100g	serving		100g	serving
Energy	103 kcal	180 kcal	Fat	3.4 g	6.0 g
Fibre	1.1 g	1.9 g	- saturates	1.4 g	2.5 g
Protein	1.9 g	3.3 g	Carbohydrate	1.6 g	2.8 g
Salt	0.07 g	0.12 g	- sugars	0.7 g	1.2 g



HACCP
General

Carrots

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.05
Serving cost	£0.05

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Carrot . 1kg . . .	50.00 g	£0.05
Composite ingredients: CARROT		
Supplier: Dole Food Service 4151		

Method

1. Peel and slice carrots.
Steam or boil until slightly soft and a core temperature of 75°c is achieved.

Nutrition

	100g	serving		100g	serving
Energy	356 kcal	178 kcal	Fat	0.4 g	0.2 g
Fibre	3.9 g	2.0 g	- saturates	0.1 g	0.1 g
Protein	0.5 g	0.3 g	Carbohydrate	7.5 g	3.8 g
Salt	0.07 g	0.04 g	- sugars	7.0 g	3.5 g



HACCP

General

Gravy

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.04
Serving cost	£0.00

Yield

Cooked weight	1 075 g
Serving size	43 g
Servings per batch	25

Ingredients

Ingredient	Qty	Cost
Water	1 000.00 ml	£0.00
List: South West Norse Ingredients		
Bisto Vegan Gravy Granules G/F*	75.00 g	£0.04
Composite ingredients: Maltodextrin, Potato Starch, Salt, Flavourings, Colour (Plain Caramel), Vegetable Oils (Palm, Rapeseed, Sunflower), Sugar, Stabiliser (Guar Gum), Onion Powder, Yeast Extract.		
Supplier: M J Baker Foodservice 490455		

Method

1. Bring 900 ml of water to a simmer.
Mix 100ml of water with the gravy powder, until a smooth paste is formed.
Whisk gravy mix into the water, until thickened.

Nutrition

	100g	serving		100g	serving
Energy	25 kcal	11 kcal	Fat	0.2 g	0.1 g
Fibre	0.3 g	0.1 g	- saturates	0.1 g	0.0 g
Protein	0.1 g	0.0 g	Carbohydrate	5.5 g	2.4 g
Salt	0.72 g	0.31 g	- sugars	0.1 g	0.0 g



HACCP
General

Peach Sponge

Information

Reference: Pudding

Allergens:

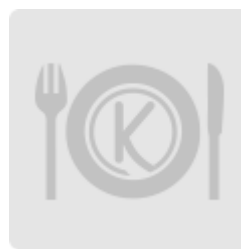


Gluten, Gluten: Wheat, Eggs

May contain:



Soya



Menu(s)




Costs

Batch cost	£5.03
Serving cost	£0.21

Yield

Cooked weight	2 205 g
Serving size	92 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
Fontinella Peach Slices in Juice Composite ingredients: Peach slices, water, grape juice , Acidity Regulator: Citric Acid. Supplier: M J Baker Foodservice 141637	400.00 g	£0.99
Fine Lady Plain Flour B.B.B.  Composite ingredients: Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Supplier: M J Baker Foodservice 250113	454.00 g	£0.34
Marigold Cook/Baking Margarine Pkts Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208	340.00 g	£0.99
Tate & Lyle Caster Sugar Composite ingredients: Cane Sugar Supplier: M J Baker Foodservice 510110	200.00 g	£0.29
Egg Free Range Medium 15doz . . .  Composite ingredients: EGG Supplier: Dole Food Service 5920	6.00 ea	£1.60
C.William Baking Powder  Composite ingredients: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents; Sodium Acid Pyrophosphate, Sodium Bicarbonate. Supplier: M J Baker Foodservice 220116	29.00 g	£0.12

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Ingredient	Qty	Cost
Water	142.00 <i>ml</i>	£0.00
List: South West Norse Ingredients		
Tate & Lyle Light Brown Soft Sugar (3kg)	250.00 <i>g</i>	£0.58
Composite ingredients: Cane Sugar		
Supplier: Philip Dennis Foodservice TALY1067		
Marigold Cook/Baking Margarine Pkts	42.00 <i>g</i>	£0.12
Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring.		
Supplier: M J Baker Foodservice 60208		

Method

1. Melt 42g marigold and 340g soft brown sugar in a sauce pan to make butterscotch sauce. Grease the sides and base of a deep tin.
2. Pour the mixture into the tin. and place peach slices on top of sauce.
3. Cream the marigold and caster sugar.
4. Sift flour and baking powder together.
5. Add eggs, flour and water to the mix, beat until combined.
6. Pour the mixture over the peaches.
7. Bake at 180°C for approximately 30 minutes, or until a clean knife can be withdrawn from the centre.
8. Turn out whilst hot, taking care not to touch the sauce with hands.

*If the sauce starts to crystalise, add a splash of water.

Nutrition

	100g	serving		100g	serving
Energy	292 <i>kcal</i>	268 <i>kcal</i>	Fat	13.9 <i>g</i>	12.8 <i>g</i>
Fibre	11.1 <i>g</i>	10.2 <i>g</i>	- saturates	5.5 <i>g</i>	5.1 <i>g</i>
Protein	4.2 <i>g</i>	3.9 <i>g</i>	Carbohydrate	38.7 <i>g</i>	35.6 <i>g</i>
Salt	0.70 <i>g</i>	0.64 <i>g</i>	- sugars	12.1 <i>g</i>	11.1 <i>g</i>

Custard

Information

Reference: Pudding

Allergens:


Milk



Menu(s)

HACCP

Costs

General

Batch cost	£2.95
Serving cost	£0.09

Yield

Cooked weight	2 750 g
Serving size	86 g
Servings per batch	32

Ingredients

Ingredient		Qty	Cost
Birds Custard Powder + Milk		125.00 g	£0.47
Composite ingredients: Maize Starch, Salt, Colour (Annatto Norbixin), Flavouring. Supplier: M J Baker Foodservice 320321			
Milk Semi Skimmed 2l . . .		2 500.00 ml	£2.31
Composite ingredients: Approved MILK Sourced From Farms With Red Tractor Certification Supplier: Dole Food Service 5035			
Tate & Lyle Caster Sugar		125.00 g	£0.17
Composite ingredients: Cane Sugar Supplier: M J Baker Foodservice 510225			

Method

1. as per manufacturer guidelines

Nutrition

	100g	serving		100g	serving
Energy	177 kcal	152 kcal	Fat	0.1 g	0.1 g
Fibre	4.5 g	3.9 g	- saturates	0.1 g	0.1 g
Protein	30.9 g	26.6 g	Carbohydrate	13.0 g	11.2 g
Salt	0.14 g	0.12 g	- sugars	4.5 g	3.9 g

Roast Chicken

Information

Menu(s)

Costs

Batch cost	£0.66
Serving cost	£0.66

Yield

Cooked weight	73 g
Serving size	73 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Chicken BREAST Fillets 20x55-70g "P" Composite ingredients: Chicken Supplier: Scorse Foods CF001DSW	70.00 g	£0.65
La Espanola Pomace Olive Oil&Sunflower Oil Blend Composite ingredients: Refined Pomace Olive Oil (51%), Refined Sunflower Oil (49%) Supplier: M J Baker Foodservice 80316	3.00 ml	£0.01

Method

1. Coat chicken in the oil and roast @180°C until a core temperature of 75°C is achieved.

Nutrition

	100g	serving		100g	serving
Energy	136 kcal	99 kcal	Fat	4.8 g	3.5 g
Fibre	0.0 g	0.0 g	- saturates	0.8 g	0.6 g
Protein	23.0 g	16.8 g	Carbohydrate	0.0 g	0.0 g
Salt	0.14 g	0.10 g	- sugars	0.0 g	0.0 g



HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Stuffing

Information

Reference: Sides

Allergens:



Gluten, Gluten: Wheat



Menu(s)

Costs

Batch cost	£1.04
Serving cost	£0.04

Yield

Cooked weight	1 920 g
Serving size	80 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
C.William Sage & Onion Stuffing Mix	480.00 g	£1.04
Composite ingredients: Breadcrumbs (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt), Onion, Salt, Rapeseed Oil, Flavouring, Parsley, Sage. Supplier: M J Baker Foodservice 500314		
Water	1 440.00 ml	£0.00
List: South West Norse Ingredients		

Method

1. Combine water and stuffing mix together.

Line a tray, 30mm deep and bake @180°C until a core temperature of 75°C is achieved.

Nutrition

	100g	serving		100g	serving
Energy	78 kcal	62 kcal	Fat	0.9 g	0.7 g
Fibre	0.5 g	0.4 g	- saturates	0.1 g	0.1 g
Protein	2.1 g	1.7 g	Carbohydrate	18.1 g	14.5 g
Salt	0.90 g	0.72 g	- sugars	0.9 g	0.7 g

HACCP

General

Yorkshire pudding stuffed with Quorn pieces

Information

Reference: Option 2

Allergens:



Gluten, Gluten: Wheat, Eggs, Milk



Menu(s)

Costs

Batch cost	£0.69
Serving cost	£0.69

Yield

Cooked weight	108 g
Serving size	108 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Fairway 4in Yorkshire Puddings 	1.00 pack	£0.14
Composite ingredients: Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), EGG White, Whole EGG, Rapeseed Oil, Water, Skimmed MILK Powder, Salt Supplier: M J Baker Foodservice 848761		
Quorn Pieces 	50.00 g	£0.54
Composite ingredients: Mycoprotein (94%), Rehydrated Free Range EGG White, Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate. Supplier: M J Baker Foodservice 843095		
Sub Recipes	Qty	Cost
Gravy	1.00 tbsp	£0.00

Method

1. Fry off the Quorn pieces with a little oil until soft and place to one side.
2. Place the Quorn pieces in gravy and fill a single Yorkshire pudding and serve.

Nutrition

	100g	serving	100g	serving
Energy	149 kcal	161 kcal	Fat	4.8 g
Fibre	1.5 g	1.6 g	- saturates	0.9 g
Protein	9.3 g	10.0 g	Carbohydrate	16.3 g
Salt	0.65 g	0.70 g	- sugars	4.2 g

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Broccoli

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£1.88
Serving cost	£0.09

Yield

Cooked weight	1 000 g
Serving size	50 g
Servings per batch	20

Ingredients

Ingredient	Qty	Cost
Greens Broccoli Florets 40/60	1 000.00 g	£1.88
Composite ingredients: Broccoli florets (100%)		
Supplier: M J Baker Foodservice 800556		

Method

1. Method
- Remove florets and discard the stalk
- Steam or Blanch for approx. 10 minutes until softened
- Please do not over cook

Nutrition

	100g	serving		100g	serving
Energy	26 kcal	13 kcal	Fat	0.0 g	0.0 g
Fibre	2.0 g	1.0 g	- saturates	0.0 g	0.0 g
Protein	3.0 g	1.5 g	Carbohydrate	2.0 g	1.0 g
Salt	0.03 g	0.02 g	- sugars	3.1 g	1.6 g



HACCP
General

Carrots

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.05
Serving cost	£0.05

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Carrot . 1kg . . .	50.00 g	£0.05
Composite ingredients: CARROT		
Supplier: Dole Food Service 4151		

Method

1. Peel and slice carrots.
Steam or boil until slightly soft and a core temperature of 75°c is achieved.

Nutrition

	100g	serving		100g	serving
Energy	356 kcal	178 kcal	Fat	0.4 g	0.2 g
Fibre	3.9 g	2.0 g	- saturates	0.1 g	0.1 g
Protein	0.5 g	0.3 g	Carbohydrate	7.5 g	3.8 g
Salt	0.07 g	0.04 g	- sugars	7.0 g	3.5 g



HACCP

General

Gravy

Information

Reference: Sides

Allergens:  Soya



Menu(s)


Costs

Batch cost	£0.56
Serving cost	£0.02

Yield

Cooked weight	1 075 g
Serving size	43 g
Servings per batch	25

Ingredients

Ingredient	Qty	Cost
Bisto Reduced Salt Gravy Granules G/F 25ltr 	75.00 g	£0.56
Composite ingredients: Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Sugar, Emulsifier (SOYA Lecithin), Flavourings, Black Pepper Extract, Rosemary Extract, Onion Oil. Supplier: M J Baker Foodservice 490451		
Water	1 000.00 ml	£0.00
List: South West Norse Ingredients		

Method

1. Bring 900 ml of water to a simmer.
Mix 100ml of water with the gravy powder, until a smooth paste is formed.
Whisk gravy mix into the water, until thickened.

Nutrition

	100g	serving		100g	serving
Energy	29 kcal	12 kcal	Fat	1.1 g	0.5 g
Fibre	0.2 g	0.1 g	- saturates	0.8 g	0.3 g
Protein	0.1 g	0.0 g	Carbohydrate	4.6 g	2.0 g
Salt	0.62 g	0.27 g	- sugars	0.1 g	0.0 g

HACCP
General

Roast Potatoes

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£124.21
Serving cost	£124.21

Yield

Cooked weight	90 003 g
Serving size	90 003 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Prepared Peeled Potato 2.5kg . . . Composite ingredients: POTATO Supplier: Dole Food Service 6126	90.00 kg	£124.20
La Espanola Extra Virgin Olive Oil Composite ingredients: Extra Virgin Olive Oil. Supplier: M J Baker Foodservice 80319	3.00 ml	£0.01

Method

1. Cut potatoes into evenly sized pieces, approximately 30 g each.
Steam or boil for 20 minutes and drain well.
Combine potato and oil.
Lay on a roasting tray, single layer only.
roast @ 190°C until golden and crisp and a core temperature of 75°C is achieved.

Nutrition

	100g	serving		100g	serving
Energy	80 kcal	72 002 kcal	Fat	0.1 g	90.0 g
Fibre	2.0 g	1 800.1 g	- saturates	0.0 g	0.0 g
Protein	1.9 g	1 710.1 g	Carbohydrate	17.9 g	16 110.5 g
Salt	0.01 g	9.00 g	- sugars	0.9 g	810.0 g



HACCP
General

Arctic Roll

Information

Reference: Pudding

Allergens:



Gluten, Gluten: Wheat, Eggs, Soya, Milk



Menu(s)

Costs

Batch cost	£0.35
Serving cost	£0.35

Yield

Cooked weight	58 g
Serving size	58 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Cool Raspberry Ripple Ice Cream Roll Sponge 13in	1.00 slice	£0.35



Composite ingredients: Ice Cream
Water, Sugar, Palm Oil, Whey Solids (MILK), Whey Powder (MILK), Skimmed MILK Powder, BUTTERMILK Powder, Emulsifier Mono and Di-Glycerides of Fatty Acids, Stabilisers Guar Gum, Xanthan Gum, Locust Bean Gum, Flavouring, Colour Beta-Carotene.
Sponge 23% WHEAT Flour, Water, Sugar, Dextrose, Egg Blend (EGG, EGG white), SOYA Flour, Raising Agents (Disodium Disophate, Sodium Carbonate), Skimmed Milk Powder, Emulsifiers Mono & Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids. Raspberry Sauce Water, Sugar, Glucose, Colour Beetroot Red, Stabiliser Carboxy Methyl Cellulose, Citric Acid, Flavouring, Potassium Sorbate, Pectin

Supplier: M J Baker Foodservice 881505

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Method

1. Follow manufacturer guideline on storing/using

Nutrition

	100g	serving		100g	serving
Energy	205 kcal	119 kcal	Fat	7.4 g	4.3 g
Fibre	16.2 g	9.4 g	- saturates	3.6 g	2.1 g
Protein	3.8 g	2.2 g	Carbohydrate	30.6 g	17.7 g
Salt	0.30 g	0.17 g	- sugars	0.3 g	0.2 g

Lasagne

Information

Allergens:



Gluten, Gluten: Wheat, Gluten: Barley, Fish, Milk, Celery

May contain:



Soya, Mustard



Menu(s)

E3 - Wk 1


Costs

Batch cost	£23.11
Serving cost	£0.96

Yield

Cooked weight	7 141 g
Serving size	298 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
West Country F/LOW Minced Steak"P"2.5kg Composite ingredients: Beef Supplier: Scorse Foods B050DSW	1 250.00 g	£8.69
Onion Large 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4413	500.00 g	£1.70
CK Chopped Tomatoes* Composite ingredients: Chopped tomatoes(60%), Tomato Juice, Acidity Regulator (Citric Acid) Supplier: M J Baker Foodservice 172715	2 500.00 g	£2.30
Cambray Garlic Puree Composite ingredients: Rehydrated Garlic Granules, Citric Acid E330. Supplier: M J Baker Foodservice 380663	2.00 tsp	£0.04
C.William Mixed Herbs Composite ingredients: Marjoram, Thyme, Parsley, Basil, Savoury. Supplier: M J Baker Foodservice 380274	15.00 g	£0.22
Fairway Tomato Paste Composite ingredients: Tomatoes (100%) Supplier: M J Baker Foodservice 172911	125.00 g	£0.48
L.P Worcester Sauce  Composite ingredients: Malt Vinegar (from BARLEY), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies, (FISH) Tamarind Extract, Onions, Garlic, Spices, Flavourings Supplier: M J Baker Foodservice 441805	25.00 ml	£0.16

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)











Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Ingredient	Qty	Cost
Knorr Lasagne N.P.C	1.00 kg	£5.92
   		
Composite ingredients: Durum WHEAT semolina. Supplier: M J Baker Foodservice 390240		
Millac Value Skimmed Milk Powder	150.00 g	£0.73
		
Composite ingredients: Skimmed MILK Powder (24%), Lactose (MILK), Whey Powder*(MILK), Vegetable Oil (Coconut, Palm), Dried Glucose Syrup, MILK Protein, Sugar, Acidity Regulator E340b, Emulsifier E471, Vitamin D *contains no animal rennet. Supplier: M J Baker Foodservice 70407		
Marigold Cook/Baking Margarine Pkts	100.00 g	£0.29
Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208		
Water	1 000.00 ml	£0.00
List: South West Norse Ingredients		
Brockmoor Mature Cheddar per kg	226.00 g	£1.67
		
Composite ingredients: MILK, Cheese lactic starter culture, Microbial rennet, Salt. Supplier: M J Baker Foodservice 30104		
Fine Lady Plain Flour B.B.B.	200.00 g	£0.15
  		
Composite ingredients: Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Supplier: M J Baker Foodservice 250113		
Knorr Beef Bouillon Paste G/F	38.00 g	£0.75
		
Composite ingredients: Salt, palm fat, flavourings, potato starch, maltodextrin, yeast extract, sunflower oil, sugar, beef extract (1.7%), caramel syrup, CELERY seeds. Supplier: M J Baker Foodservice 490224		

Method

1. Fry the mince, onions and garlic puree until lightly brown.
2. Add the herbs , tomatoes , beef bouillon and Worcester sauce.
Bring to the boil and simmer for 30 minutes.
3. Bring the water to the boil and stir in the milk powder and remove from heat.
4. Place the butter in a pan and melt. Stir in the flour to make a roux and cook for 2 minutes. Add the milk gradually stirring/whisking constantly until it makes a smooth sauce.
5. Place some of the meat mixture into a dish, followed by a thin layer of white sauce then a layer of pasta sheets and repeat.
6. Top with white sauce and sprinkle with cheese.
7. Bake at 180°C for 40 minutes, or until pasta is cooked, cheese has crisped and a core temperature of 75 °C has been achieved.
Don't add Salt.
Recipe will make 2x 1/1 gastronome.

Nutrition

	100g	serving		100g	serving
Energy	130 <i>kcal</i>	387 <i>kcal</i>	Fat	3.7 <i>g</i>	11.0 <i>g</i>
Fibre	3.6 <i>g</i>	10.7 <i>g</i>	- saturates	1.9 <i>g</i>	5.7 <i>g</i>
Protein	7.5 <i>g</i>	22.3 <i>g</i>	Carbohydrate	16.1 <i>g</i>	47.9 <i>g</i>
Salt	0.31 <i>g</i>	0.92 <i>g</i>	- sugars	1.3 <i>g</i>	3.9 <i>g</i>

Vegetable Lasagne

Information

Reference: Option 2

Allergens:



Gluten, Gluten: Wheat, Milk

May contain:



Soya, Mustard



HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Menu(s)

Costs




Batch cost	£12.26
Serving cost	£0.51

Yield

Cooked weight	4 138 g
Serving size	172 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
La Espanola Extra Virgin Olive Oil Composite ingredients: Extra Virgin Olive Oil. Supplier: M J Baker Foodservice 80319	30.00 ml	£0.15
Onion Large 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4413	100.00 g	£0.34
Cambray Garlic Puree Composite ingredients: Rehydrated Garlic Granules, Citric Acid E330. Supplier: M J Baker Foodservice 380663	2.00 ea	£6.97
Mushroom Cup 12 X 250g . . . Composite ingredients: MUSHROOM Supplier: Dole Food Service 4347	100.00 g	£0.71
CK Chopped Tomatoes* Composite ingredients: Chopped tomatoes(60%), Tomato Juice, Acidity Regulator (Citric Acid) Supplier: M J Baker Foodservice 172715	800.00 g	£0.74
C.William Mixed Herbs Composite ingredients: Marjoram, Thyme, Parsley, Basil, Savoury. Supplier: M J Baker Foodservice 380274	8.00 g	£0.12
Knorr Lasagne N.P.C Composite ingredients: Durum WHEAT semolina. Supplier: M J Baker Foodservice 390240	100.00 g	£0.59

Ingredient	Qty	Cost
Marigold Cook/Baking Margarine Pkts Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208	50.00 g	£0.15
Fine Lady Plain Flour B.B.B.  Composite ingredients: Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Supplier: M J Baker Foodservice 250113	50.00 g	£0.04
Millac Value Skimmed Milk Powder  Composite ingredients: Skimmed MILK Powder (24%), Lactose (MILK), Whey Powder*(MILK), Vegetable Oil (Coconut, Palm), Dried Glucose Syrup, MILK Protein, Sugar, Acidity Regulator E340b, Emulsifier E471, Vitamin D *contains no animal rennet. Supplier: M J Baker Foodservice 70407	200.00 g	£0.98
Brockmoor Mature Cheddar per kg  Composite ingredients: MILK, Cheese lactic starter culture, Microbial rennet, Salt. Supplier: M J Baker Foodservice 30104	200.00 g	£1.48
Water List: South West Norse Ingredients	500.00 ml	£0.00

Method

1. Cut the vegetables chunky and place on a baking tray and toss in oil.
2. Place in the oven to roast for approx 20-25 minutes on 200c.
3. Make the white sauce, place the butter into a pan, add the flour to make a roux. Slowly add the made up milk, whisking continuously on a low heat to a glossy smooth finish.
4. When the veg is roasted put in a pan with the chopped tomatoes and stir well and allow to heat through.
5. Place half the vegetables in a dish and spread out, layer with three lasagne sheets and repeat the process.
6. Top the lasagne with white sauce and sprinkle over the grated cheese.
7. Bake in the oven for 30 minutes at 190c until golden brown and the core temperature is over 75c.

Do not add salt

Nutrition

	100g	serving		100g	serving
Energy	87 kcal	150 kcal	Fat	4.3 g	7.4 g
Fibre	5.0 g	8.6 g	- saturates	2.1 g	3.6 g
Protein	3.4 g	5.9 g	Carbohydrate	8.4 g	14.5 g
Salt	1.99 g	3.43 g	- sugars	1.1 g	1.9 g

Coleslaw

Information

Reference: Sides

Allergens:



Eggs, Milk, Mustard



Menu(s)

HACCP

Costs

General

Batch cost	£1.02
Serving cost	£0.09

Yield

Cooked weight	720 g
Serving size	60 g
Servings per batch	12

Ingredients

Ingredient	Qty	Cost
Cabbage White X Each Composite ingredients: CABBAGE WHITE Supplier: Dole Food Service 4091	408.00 g	£0.67
Carrot . 1kg . . . Composite ingredients: CARROT Supplier: Dole Food Service 4151	271.00 g	£0.27
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	33.00 g	£0.05
Hellmanns Light Mayonnaise Composite ingredients: Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract. Supplier: M J Baker Foodservice 430450	8.00 g	£0.03

Method

1. Wash and prep the vegetables.
2. Mix with the mayonnaise and chill in the fridge before service.

Nutrition

	100g	serving		100g	serving
Energy	152 kcal	91 kcal	Fat	0.5 g	0.3 g
Fibre	3.3 g	2.0 g	- saturates	0.1 g	0.1 g
Protein	0.9 g	0.5 g	Carbohydrate	6.0 g	3.6 g

	100g	serving		100g	serving
Salt	0.06 <i>g</i>	0.04 <i>g</i>	- sugars	5.7 <i>g</i>	3.4 <i>g</i>

Crusty Bread

Information

Reference: Sides

Allergens:



Gluten, Gluten: Wheat, Soya, Milk

May contain:



Eggs



HACCP

General

Menu(s)

Costs

Batch cost	£1.28
Serving cost	£0.05

Yield

Cooked weight	583 g
Serving size	23 g
Servings per batch	25

Ingredients

Ingredient	Qty	Cost
Middleton White Bread & Roll Mix BBB	583.00 g	£1.28
Composite ingredients: WHEAT Flour (WHEAT, Calcium, Iron, Niacin, Thiamin), SOYA Flour, Dried Yeast, Dextrose, Whey Powder (MILK), Skimmed MILK Powder, Salt, Vegetable Oil Blend (Palm & Rapeseed Oil), Emulsifier (WHEAT Flour (WHEAT, Calcium, Iron, Niacin, and Thiamin), E472(e), E516, E300), MILK Protein (Whey Powder, Acid Casein). Supplier: M J Baker Foodservice 361311		

Method

1. Place the Bread & Roll Mix into a bowl fitted with a dough hook attachment.
2. Blend in nearly all the warm (30C/86F) water. Using a dough hook mix on a SLOW speed for 1 minute. Continue to mix for 6 minutes on MEDIUM speed adding the remaining water a little at a time ensuring the dough is kneaded and stretched thoroughly during mixing (you may not need to add all the water).
3. Cut and shape as required. Leave to prove in a warm place until the dough has risen and doubled in size. Bake rolls for 10-15 minutes in a pre-heated oven at 220C/425F/Gas Mark 7. Loaves will take 25-35 minutes. For fan-assisted ovens bake at 200C/400F/ Gas Mark 6

Nutrition



	100g	serving		100g	serving
Energy	373 <i>kcal</i>	87 <i>kcal</i>	Fat	2.6 <i>g</i>	0.6 <i>g</i>
Fibre	2.8 <i>g</i>	0.7 <i>g</i>	- saturates	0.6 <i>g</i>	0.1 <i>g</i>
Protein	12.6 <i>g</i>	2.9 <i>g</i>	Carbohydrate	75.0 <i>g</i>	17.5 <i>g</i>
Salt	0.80 <i>g</i>	0.19 <i>g</i>	- sugars	3.9 <i>g</i>	0.9 <i>g</i>

Green Beans

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.71
Serving cost	£0.71

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Beans Fine 1.5kg . . .	50.00 g	£0.71
Composite ingredients: FINE BEANS		
Supplier: Dole Food Service 4010		

Method

1. Steam or boil beans for approximately 5/10 minutes or until a core temperature of 75° has been achieved.

Nutrition

	100g	serving		100g	serving
Energy	24 kcal	12 kcal	Fat	0.4 g	0.2 g
Fibre	3.4 g	1.7 g	- saturates	0.4 g	0.2 g
Protein	2.1 g	1.1 g	Carbohydrate	3.0 g	1.5 g
Salt	0.00 g	0.00 g	- sugars	2.2 g	1.1 g



HACCP

General

Homemade Shortbread

Information

Reference: Pudding

Allergens:



Gluten, Gluten: Wheat

May contain:



Soya



Menu(s)

Costs

Batch cost	£1.65
Serving cost	£0.14

Yield

Cooked weight	1 077 g
Serving size	90 g
Servings per batch	12

Ingredients

Ingredient	Qty	Cost
Fine Lady Plain Flour B.B.B. 	567.00 g	£0.42
Composite ingredients: Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Supplier: M J Baker Foodservice 250113		
Marigold Cook/Baking Margarine Pkts Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208	340.00 g	£0.99
Tate & Lyle Caster Sugar Composite ingredients: Cane Sugar Supplier: M J Baker Foodservice 510110	170.00 g	£0.24

Method

1. Combine all dry ingredients until mixture binds together.
2. Press into lightly greased or lined shallow tins. Prick with fork or decorate accordingly.
3. Bake at No 5 / 375°F / 190°C for 35 minutes. Portion while warm.

Nutrition

	100g	serving		100g	serving
Energy	443 kcal	398 kcal	Fat	22.8 g	20.5 g
Fibre	16.6 g	14.9 g	- saturates	9.3 g	8.3 g
Protein	5.3 g	4.8 g	Carbohydrate	56.7 g	50.9 g

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial unperfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

	100g	serving		100g	serving
Salt	0.44 <i>g</i>	0.39 <i>g</i>	- sugars	1.6 <i>g</i>	1.4 <i>g</i>

Battered Fish Fillet

Information

Reference: Option 1

Allergens:



Gluten, Gluten: Wheat, Fish



Menu(s)

Costs

Batch cost	£0.32
Serving cost	£0.32

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
FW MSC Battered Whitefish 50-70g S/B	50.00 g	£0.32



Composite ingredients: INGREDIENTS:
MSC Pollock (Theragra chalcogramma)
(FISH) (50%), Water, Fortified WHEAT
Flour (WHEAT Flour, Calcium Carbonate,
Iron, Niacin, Thiamin), Maize Starch,
Rapeseed Oil, Salt, Raising Agents
(Disodium Diphosphate, Sodium
Bicarbonate), WHEAT Starch, Dextrose,
Yeast Extract, Stabiliser (Xanthan Gum).
Supplier: M J Baker Foodservice 812030

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-
perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within
its 'use by' date and of acceptable quality at a
temperature that will discourage the growth of harmful
bacteria

Storage

Store food at a temperature that will discourage the
growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-
to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator /
chiller. Keep raw food to be eaten apart from other raw
food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful
bacteria, until the CORE TEMPERATURE is 75°C (82°C in
Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as
possible before chilling. Ensure food is date labelled
correctly

Allergens

Method

1. Oven bake as per manufacturer instructions

Nutrition

	100g	serving		100g	serving
Energy	157 kcal	79 kcal	Fat	5.9 g	3.0 g
Fibre	0.4 g	0.2 g	- saturates	0.6 g	0.3 g
Protein	9.2 g	4.6 g	Carbohydrate	15.6 g	7.8 g
Salt	0.60 g	0.30 g	- sugars	2.3 g	1.2 g

Cheese Omelette

Information

Reference: Option 2



Eggs, Milk, Mustard



Menu(s)





Costs

Batch cost	£4.94
Serving cost	£0.99

Yield

Cooked weight	1 407 g
Serving size	281 g
Servings per batch	5

Ingredients

Ingredient		Qty	Cost
Milk Semi Skimmed 1l . . .		0.57 l	£0.66
Composite ingredients: Approved MILK Sourced From Farms With Red Tractor Certification Supplier: Dole Food Service 5036			
Egg Free Range Medium 15doz . . .		10.00 ea	£2.67
Composite ingredients: EGG Supplier: Dole Food Service 5920			
Cheese Mature Cheddar 5kg . . .		250.00 g	£1.50
Composite ingredients: White Mature Cheddar Cheese (cow's MILK, salt, starter Culture, veg Rennet) Supplier: Dole Food Service 5544			
Colmans English Mustard Tin		7.00 g	£0.11
Composite ingredients: MUSTARD flour. Supplier: M J Baker Foodservice 440835			

Method

1. Beat milk, eggs and mustard together and pour into a hot oiled frying pan.
2. Stir with the back of a fork until almost all liquid is setting.
3. Sprinkle on cheese when all mixture is set, leave on a low heat for a minute, then fold and serve.
4. If cooking in a tin , this can be cooked in the oven Gas 4/180 until set and golden brown

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

N.B. This can be baked in an ovenproof dish if no pan is available

Nutrition

	100g	serving		100g	serving
Energy	149 kcal	419 kcal	Fat	10.7 g	30.1 g
Fibre	0.0 g	0.0 g	- saturates	5.3 g	14.9 g
Protein	11.2 g	31.5 g	Carbohydrate	2.1 g	5.9 g
Salt	0.53 g	1.49 g	- sugars	2.1 g	5.9 g

Chips

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.20
Serving cost	£0.20

Yield

Cooked weight	139 g
Serving size	139 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Fairway Fries 7/16 11mm 2.5kg Composite ingredients: Potatoes, Sunflower oil Supplier: M J Baker Foodservice 806010	132.00 g	£0.16
Fussels Rapeseed Oil Extra Virgin Poly Bottle Composite ingredients: Rapeseed oil, Antifoaming Agent (E900) Supplier: M J Baker Foodservice 80103	7.00 ml	£0.04

Method

1. Fry or bake @ 180°c until slightly golden in colour and a core temperature of 75°c is achieved.
DO NOT add salt.

Nutrition

	100g	serving		100g	serving
Energy	161 kcal	224 kcal	Fat	7.6 g	10.6 g
Fibre	0.3 g	0.4 g	- saturates	0.7 g	1.0 g
Protein	2.2 g	3.1 g	Carbohydrate	20.0 g	27.8 g
Salt	0.10 g	0.14 g	- sugars	2.1 g	2.9 g



HACCP
General

Wholemeal Pasta

Information

Reference: Sides

Allergens:



Gluten, Gluten: Wheat



Menu(s)

HACCP

General

Costs

Batch cost	£0.09
Serving cost	£0.09

Yield

Cooked weight	112 g
Serving size	112 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Osorio Fusilli	56.00 g	£0.09
Composite ingredients: Durum WHEAT semolina Supplier: M J Baker Foodservice 390158		
Water	56.00 ml	£0.00
List: South West Norse Ingredients		

Method

1. Cook as per manufacturers instructions.

Nutrition

	100g	serving		100g	serving
Energy	177 kcal	198 kcal	Fat	0.8 g	0.9 g
Fibre	1.9 g	2.1 g	- saturates	0.2 g	0.2 g
Protein	6.3 g	7.1 g	Carbohydrate	35.8 g	40.1g
Salt	0.01g	0.01 g	- sugars	1.0 g	1.1g

Baked Beans

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.05
Serving cost	£0.05

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Fairway Baked Beans Reduced Salt & Sugar	50.00 g	£0.05
Composite ingredients: Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.		
Supplier: M J Baker Foodservice 170328		

Method

1. Cook as per manufacturers instructions

Nutrition

	100g	serving		100g	serving
Energy	81 kcal	41 kcal	Fat	0.5 g	0.3 g
Fibre	3.4 g	1.7 g	- saturates	0.1 g	0.1 g
Protein	4.1 g	2.1 g	Carbohydrate	12.7 g	6.4 g
Salt	0.65 g	0.33 g	- sugars	4.4 g	2.2 g



HACCP

General

Peas

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£3.92
Serving cost	£0.13

Yield

Cooked weight	2 500 g
Serving size	83 g
Servings per batch	30

Ingredients

Ingredient	Qty	Cost
Fairway Luxury Peas A Grade	2 500.00 g	£3.92
Composite ingredients: Peas (100%)		
Supplier: M J Baker Foodservice 800155		

Method

1. Steam or boil for approx 10 minutes
Drain well and serve

Nutrition

	100g	serving		100g	serving
Energy	69 kcal	58 kcal	Fat	0.0 g	0.0 g
Fibre	3.1 g	2.6 g	- saturates	0.0 g	0.0 g
Protein	5.2 g	4.3 g	Carbohydrate	9.0 g	7.5 g
Salt	0.08 g	0.07 g	- sugars	4.6 g	3.8 g



HACCP

General

Pip Ice Lolly

Information

Reference: Pudding

Menu(s)

Costs

Batch cost	£0.45
Serving cost	£0.45

Yield

Cooked weight	40 g
Serving size	40 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Pip Ice Lolly Apple Fruity Organic 40ml	1.00 pack	£0.45
Composite ingredients: NOTHING BUT THE JUICE OF ORGANIC APPLE (90%), ORGANIC GRAPE (10%) AND A DROP OF ORGANIC GUAR GUM. Supplier: M J Baker Foodservice 891879		

Method

1. Serve from Frozen.

Nutrition

	100g	serving		100g	serving
Energy	43 kcal	17 kcal	Fat	0.1 g	0.0 g
Fibre	9.9 g	4.0 g	- saturates	0.0 g	0.0 g
Protein	0.0 g	0.0 g	Carbohydrate	10.4 g	4.2 g
Salt	0.00 g	0.00 g	- sugars	4.0 g	1.6 g



HACCP
General

Cheese & Tomato Pizza or Pockets (Margherita)

Information

Allergens:



Gluten, Gluten: Wheat, Milk

May contain:



Soya



HACCP

General

Menu(s)

Costs


Batch cost	£7.48
Serving cost	£0.62

Yield

Cooked weight	2 799 g
Serving size	233 g
Servings per batch	12

Ingredients

Ingredient	Qty	Cost
Fine Lady Plain Flour B.B.B. 	350.00 g	£0.26
Composite ingredients: Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Supplier: M J Baker Foodservice 250113		
C.Pride Pizza Sauce Plain Composite ingredients: Tomatoes (99.1%), Salt, Acidity Regulator (Citric Acid) Supplier: M J Baker Foodservice 173116	1 560.00 g	£3.15
Milk Semi Skimmed 2l . . . 	200.00 ml	£0.19
Composite ingredients: Approved MILK Sourced From Farms With Red Tractor Certification Supplier: Dole Food Service 5035		
Marigold Cook/Baking Margarine Pkts Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208	120.00 g	£0.35
Tomato . 1kg . . . Composite ingredients: TOMATO Supplier: Dole Food Service 2002	225.00 g	£0.79
C.William Baking Powder 	30.00 g	£0.12
Composite ingredients: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents; Sodium Acid Pyrophosphate, Sodium Bicarbonate. Supplier: M J Baker Foodservice 220116		

Ingredient	Qty	Cost
C.William Mixed Herbs	14.00 g	£0.21
Composite ingredients: Marjoram, Thyme, Parsley, Basil, Savoury. Supplier: M J Baker Foodservice 380274		
Brockmoor Mild Grated Cheddar 	300.00 g	£2.41
Composite ingredients: MILK, Salt, Starter, Rennet, Potato starch. Supplier: M J Baker Foodservice 30422		

Method

1. Make the pizza base by mixing the flour, baking powder and margarine to resemble breadcrumbs and add a little milk at a time to form a dough.
2. Roll out the dough into a greased BS or 1/2 GN tin .
3. Spread the tomato sauce thinly over the base and sprinkle with grated Cheese.
4. Thinly slice the tomato and lay evenly, then sprinkle over mixed herbs.
5. Bake in the oven for 20 minutes at 190 °C. Make sure the core temperature reaches above 75°C.

For Pockets: wet edges, fold, bake

Nutrition

	100g	serving		100g	serving
Energy	148 kcal	345 kcal	Fat	6.1 g	14.2 g
Fibre	4.6 g	10.7 g	- saturates	2.8 g	6.5 g
Protein	7.6 g	17.7 g	Carbohydrate	16.0 g	37.3 g
Salt	1.15 g	2.68 g	- sugars	2.8 g	6.5 g

Quorn & Vegetable Fajitas

Information

Reference: Option2

Allergens:



Gluten, Gluten: Wheat, Eggs, Soya, Milk



Menu(s)





Costs

Batch cost	£22.41
Serving cost	£0.45

Yield

Cooked weight	2 100 g
Serving size	42 g
Servings per batch	50

Ingredients

Ingredient	Qty	Cost
Quorn Pieces  Composite ingredients: Mycoprotein (94%), Rehydrated Free Range EGG White, Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate. Supplier: M J Baker Foodservice 843095	1.00 kg	£10.77
Fairway Extended Veg Oil Poly Bottle  Composite ingredients: Soyabean Oil (produced from Genetically Modified Soyabeans), Antifoaming Agent (E900) Supplier: M J Baker Foodservice 80109	60.00 ml	£0.15
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	200.00 g	£0.30
Greens Mixed Sliced Peppers Composite ingredients: Red peppers (50%), green peppers (50%) Supplier: M J Baker Foodservice 800166	400.00 g	£0.76
Santa Maria 10in Flour Tortilla Wrap   Composite ingredients: WHEAT flour (66%) (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, WHEAT fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, WHEAT gluten, preservative (E282). Supplier: M J Baker Foodservice 850825	50.00 pack	£7.64
Fontinella Multi Use Tomato Sauce Composite ingredients: Crushed tomatoes (49%), tomato puree (42%), sliced onion (6%), sunflower oil, sugar, garlic powder, firming agent (calcium chloride), black pepper, basil, oregano, acidity regulator (citric acid). Supplier: M J Baker Foodservice 173109	200.00 g	£0.68

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)


Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Ingredient		Qty	Cost
Brockmoor Mild Grated Cheddar		200.00 g	£1.61
Composite ingredients: MILK, Salt, Starter, Rennet, Potato starch. Supplier: M J Baker Foodservice 30422			
Santa Maria Fajita Seasoning		40.00 g	£0.50
Composite ingredients: Chilli pepper (28%), spices and herbs (18%)(cumin, paprika, oregano, coriander leaf, cayenne pepper, cinnamon), salt, onion, garlic, sugar, lime juice powder, lemon juice powder, anti-caking agent, (silicone dioxide), natural flavouring. Supplier: M J Baker Foodservice 380675			

Method

1. Heat tbsps of oil & stir fry the Quorn with the onions & peppers cooking for approx 10-12 minutes. Stir in the seasoning.
2. Make sure the product is above 75c. Do not add salt
3. Fill the wrap with the vegetable and cheese mix, then fold in half.

Nutrition

	100g	serving		100g	serving
Energy	118 kcal	50 kcal	Fat	6.4 g	2.7 g
Fibre	2.1 g	0.9 g	- saturates	2.2 g	0.9 g
Protein	9.5 g	4.0 g	Carbohydrate	3.7 g	1.6 g
Salt	0.93 g	0.39 g	- sugars	4.4 g	1.8 g

Winter Coleslaw

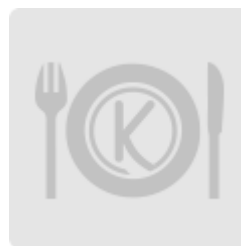
Information

Reference: Sides

Allergens:



Eggs, Milk, Mustard



Menu(s)

Costs

Batch cost	£1.26
Serving cost	£0.11

Yield

Cooked weight	854 g
Serving size	71g
Servings per batch	12

Ingredients

Ingredient	Qty	Cost
Cabbage White X Each Composite ingredients: CABBAGE WHITE Supplier: Dole Food Service 4091	408.00 g	£0.67
Carrot . 1kg . . . Composite ingredients: CARROT Supplier: Dole Food Service 4151	271.00 g	£0.27
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	33.00 g	£0.05
Hellmanns Light Mayonnaise Composite ingredients: Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range EGG yolk (1.5%), citrus fibre, skimmed MILK powder, natural flavourings (contains MILK, MUSTARD), thickeners (guar gum, xanthan gum), lemon juice concentrate, MUSTARD flour, antioxidant (calcium disodium EDTA), paprika extract. Supplier: M J Baker Foodservice 430450	12.00 g	£0.05
Fructus Solid Pack Apples Italian Composite ingredients: apple, WATER, Citric acid Supplier: M J Baker Foodservice 140111	100.00 g	£0.15
Fairway Sultanas Composite ingredients: Sultanas (99.5%), Sunflower oil. Supplier: M J Baker Foodservice 240138	30.00 g	£0.07

Method

1. Wash and prep the vegetables.
2. Mix with the mayonnaise and chill in the fridge before service.

Nutrition

	100g	serving		100g	serving
Energy	145 kcal	103 kcal	Fat	0.5 g	0.4 g

	100g	serving		100g	serving
Fibre	5.4 <i>g</i>	3.8 <i>g</i>	- saturates	0.1 <i>g</i>	0.1 <i>g</i>
Protein	0.9 <i>g</i>	0.6 <i>g</i>	Carbohydrate	8.6 <i>g</i>	6.1 <i>g</i>
Salt	0.06 <i>g</i>	0.04 <i>g</i>	- sugars	5.9 <i>g</i>	4.2 <i>g</i>

Potato Wedges

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.21
Serving cost	£0.21

Yield

Cooked weight	113 g
Serving size	113 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Lutosa Skin On Wedges	113.00 g	£0.21
Composite ingredients: Potatoes (97%), palm oil.		
Supplier: M J Baker Foodservice 806523		

Method

1. Cook as per manufacturers instructions

Nutrition

	100g	serving		100g	serving
Energy	130 kcal	147 kcal	Fat	3.0 g	3.4 g
Fibre	0.5 g	0.6 g	- saturates	1.5 g	1.7 g
Protein	2.4 g	2.7 g	Carbohydrate	22.0 g	24.9 g
Salt	0.08 g	0.09 g	- sugars	2.5 g	2.8 g



HACCP
General

Sweetcorn

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.10
Serving cost	£0.10

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Fairway Sweetcorn	50.00 g	£0.10
Composite ingredients: Sweetcorn (100%)		
Supplier: M J Baker Foodservice 800115		

Method

1.

Nutrition

	100g	serving		100g	serving
Energy	74 kcal	37 kcal	Fat	1.4 g	0.7 g
Fibre	8.1 g	4.1 g	- saturates	0.4 g	0.2 g
Protein	2.5 g	1.3 g	Carbohydrate	12.0 g	6.0 g
Salt	0.03 g	0.02 g	- sugars	2.5 g	1.3 g



HACCP

General

Strawberry Mousse (Moosebreak)

Information

Reference: Pudding

Allergens:



Milk



Menu(s)

Costs

Batch cost	£4.35
Serving cost	£0.11

Yield

Cooked weight	2 150 g
Serving size	54 g
Servings per batch	40

Ingredients

Ingredient	Qty	Cost
Water	1 550.00 ml	£0.00
List: South West Norse Ingredients		
Birds Angel Delight Strawberry G/F	600.00 g	£4.35



Composite ingredients: Sugar, Skimmed MILK Powder, Modified Starch, Maltodextrin, Palm Oil, Gelling Agents (Diphosphates, Sodium Phosphates), Emulsifiers (Propylene Glycol Esters of Fatty Acids, Lecithins), Lactose (MILK), MILK Proteins, Calcium Carbonate, Whey Powder (MILK), Anti-caking Agent (Silicon Dioxide), Colours (Beetroot Red, Carotenes), Flavouring.

Supplier: M J Baker Foodservice 330232

Method

1.

****MOOSEBREAK - NOT ANGEL D****

1. Pour the required quantity of cold water into a large bowl, add the required quantity of mousse mix

2. Whisk on high speed for approximately 3 minutes until light and fluffy and all dry mix is absorbed.

3. Mousse can be served ambient – leave to chill before serving and use within 4 hours. For best results and a firmer set mousse serve chilled - refrigerate for 1 hour before serving and use within 24 hours.

4. These instructions are a guideline. Mix mousse to required quantity.

Nutrition

	100g	serving		100g	serving
Energy	24 kcal	13 kcal	Fat	0.7 g	0.4 g
Fibre	2.9 g	1.6 g	- saturates	0.5 g	0.3 g
Protein	0.8 g	0.4 g	Carbohydrate	3.8 g	2.0 g
Salt	0.07 g	0.04 g	- sugars	0.0 g	0.0 g

Cheese Wheels

Information

Allergens:



Gluten, Gluten: Wheat, Milk, Mustard

Menu(s)





Costs

Batch cost	£6.46
Serving cost	£0.27

Yield

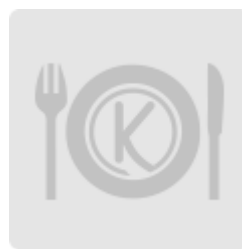
Cooked weight	2 525 g
Serving size	105 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
Jus Rol Puff Pastry Blocks 1.5kg   Composite ingredients: WHEAT flour, water, vegetable oils and fats (palm, rapeseed), salt, emulsifier (mono- and diglycerides of fatty acids), flour treatment agent (ascorbic acid). Supplier: M J Baker Foodservice 836515	1.00 kg	£2.00
Potato Washed 1kg . . . Composite ingredients: POTATO Supplier: Dole Food Service 4588	1.00 kg	£0.35
Brockmoor Mild Grated Cheddar  Composite ingredients: MILK, Salt, Starter, Rennet, Potato starch. Supplier: M J Baker Foodservice 30422	500.00 g	£4.02
Lion English Mustard B.B.B  Composite ingredients: Water, MUSTARD Flour (20%), Glucose-Fructose Syrup, Salt, MUSTARD Bran (4%), Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum). Supplier: M J Baker Foodservice 440810	25.00 g	£0.09

Method

1. Peel and boil or steam the potatoes. Draining well. Then mash with the cheese and mustard .
2. Roll the pastry into a rectangular shape and spread over the cheesy mash.
3. Roll tightly in to a swiss roll
4. Allow to rest, in a fridge, for at least 2 hours.
5. Slice 2/3cm thickness and lay on a lined baking tray.
6. Bake for 20-25 Minutes at 190 °C or until golden, crisp and a core temperature of 75 °C has been achieved.



HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial unperfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Nutrition

	100g	serving		100g	serving
Energy	238 <i>kcal</i>	250 <i>kcal</i>	Fat	13.2 <i>g</i>	13.9 <i>g</i>
Fibre	0.8 <i>g</i>	0.8 <i>g</i>	- saturates	7.1 <i>g</i>	7.5 <i>g</i>
Protein	7.4 <i>g</i>	7.8 <i>g</i>	Carbohydrate	16.0 <i>g</i>	16.8 <i>g</i>
Salt	1.04 <i>g</i>	1.09 <i>g</i>	- sugars	1.1 <i>g</i>	1.2 <i>g</i>

Wholemeal Pasta

Information

Reference: Sides

Allergens:



Gluten, Gluten: Wheat



Menu(s)

HACCP

General

Costs

Batch cost	£0.09
Serving cost	£0.09

Yield

Cooked weight	112 g
Serving size	112 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Osorio Fusilli	56.00 g	£0.09
Composite ingredients: Durum WHEAT semolina Supplier: M J Baker Foodservice 390158		
Water	56.00 ml	£0.00
List: South West Norse Ingredients		

Method

1. Cook as per manufacturers instructions.

Nutrition

	100g	serving		100g	serving
Energy	177 kcal	198 kcal	Fat	0.8 g	0.9 g
Fibre	1.9 g	2.1 g	- saturates	0.2 g	0.2 g
Protein	6.3 g	7.1 g	Carbohydrate	35.8 g	40.1 g
Salt	0.01 g	0.01 g	- sugars	1.0 g	1.1 g

Fish Pie

Information

Reference: Option 2

Allergens:



Gluten, Gluten: Wheat, Fish, Milk

May contain:



Soya



Menu(s)





Costs

Batch cost	£29.07
Serving cost	£1.45

Yield

Cooked weight	4 420 g
Serving size	221 g
Servings per batch	20

Ingredients

Ingredient	Qty	Cost
Blue Horizon Premium Fish Pie Mix 450g 	1 140.00 g	£25.81
Composite ingredients: Atlantic Salmon (FISH) 30%, Cod (FISH) 30% Smoked Haddock (FISH) (Haddock, Salt, Colours: Tumeric, Annatto) (30%), Water 10% (Salmo Salar, Gadus Morhua, Melanogrammus Aeglefinus). Supplier: M J Baker Foodservice 810140		
Fairway Luxury Garden Peas* Composite ingredients: Peas Supplier: M J Baker Foodservice 800520	100.00 g	£0.17
Herbs Flat Parsley 100g . . . Composite ingredients: PARSLEY Supplier: Dole Food Service 2317	10.00 g	£0.18
Fine Lady Plain Flour B.B.B.   	85.00 g	£0.06
Composite ingredients: Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Supplier: M J Baker Foodservice 250113		
Marigold Cook/Baking Margarine Pkts Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208	85.00 g	£0.25

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)



Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Ingredient		Qty	Cost
Milk Semi Skimmed 2l . . .		850.00 <i>ml</i>	£0.79
Composite ingredients: Approved MILK Sourced From Farms With Red Tractor Certification Supplier: Dole Food Service 5035			
Cheese Mature Cheddar 5kg . . .		150.00 <i>g</i>	£0.90
Composite ingredients: White Mature Cheddar Cheese (cow's MILK,salt,starter Culture,veg Rennet) Supplier: Dole Food Service 5544			
Sub Recipes		Qty	Cost
Mash Potato		2.00 <i>kg</i>	£0.91

Method

- 1.
1. Boil the potatoes to make the mash
2. In a half gastronome tray arrange the fish.
3. Scatter over the peas
4. Make a cheese Sauce then pour the sauce over the fish.
5. Stir the parsley into the potato. Spread the potato over the sauce & score using a fork.
6. Bake in the oven at 180 degrees/gas mark 5 for 20 minutes until the top is golden brown and a core temperature of over 75 degrees.

Nutrition

	100g	serving		100g	serving
Energy	142 <i>kcal</i>	314 <i>kcal</i>	Fat	5.3 <i>g</i>	11.7 <i>g</i>
Fibre	0.6 <i>g</i>	1.3 <i>g</i>	- saturates	2.2 <i>g</i>	4.9 <i>g</i>
Protein	13.5 <i>g</i>	29.8 <i>g</i>	Carbohydrate	3.4 <i>g</i>	7.5 <i>g</i>
Salt	0.35 <i>g</i>	0.77 <i>g</i>	- sugars	1.5 <i>g</i>	3.3 <i>g</i>

Baked Beans

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.05
Serving cost	£0.05

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Fairway Baked Beans Reduced Salt & Sugar	50.00 g	£0.05
Composite ingredients: Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.		
Supplier: M J Baker Foodservice 170328		

Method

1. Cook as per manufacturers instructions

Nutrition

	100g	serving		100g	serving
Energy	81 kcal	41 kcal	Fat	0.5 g	0.3 g
Fibre	3.4 g	1.7 g	- saturates	0.1 g	0.1 g
Protein	4.1 g	2.1 g	Carbohydrate	12.7 g	6.4 g
Salt	0.65 g	0.33 g	- sugars	4.4 g	2.2 g



HACCP

General

Peas

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£3.92
Serving cost	£0.13

Yield

Cooked weight	2 500 g
Serving size	83 g
Servings per batch	30

Ingredients

Ingredient	Qty	Cost
Fairway Luxury Peas A Grade	2 500.00 g	£3.92
Composite ingredients: Peas (100%)		
Supplier: M J Baker Foodservice 800155		

Method

1. Steam or boil for approx 10 minutes
Drain well and serve

Nutrition

	100g	serving		100g	serving
Energy	69 kcal	58 kcal	Fat	0.0 g	0.0 g
Fibre	3.1 g	2.6 g	- saturates	0.0 g	0.0 g
Protein	5.2 g	4.3 g	Carbohydrate	9.0 g	7.5 g
Salt	0.08 g	0.07 g	- sugars	4.6 g	3.8 g



HACCP

General

Sticky Toffee Sponge & Sauce

Information

Reference: Pudding

Allergens:

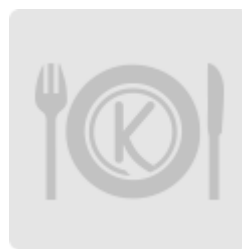


Gluten, Gluten: Wheat, Eggs, Milk, Sulphur dioxide

May contain:



Soya



Menu(s)




Costs

Batch cost	£8.07
Serving cost	£0.34

Yield

Cooked weight	3 448 g
Serving size	144 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
Chefs Selections Dried Chopped Dates (3kg) Composite ingredients: Dates 97% Rice Flour 3% Supplier: Philip Dennis Foodservice COCU0210	338.00 g	£0.90
Parsnip . 1kg . . . Composite ingredients: PARSNIP Supplier: Dole Food Service 4462	900.00 g	£1.66
Marigold Cook/Baking Margarine Pkts Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208	270.00 g	£0.78
Fine Lady Wholemeal Flour  Composite ingredients: Whole WHEAT Flour Supplier: M J Baker Foodservice 250422	225.00 g	£0.19
C.William Baking Powder  Composite ingredients: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents; Sodium Acid Pyrophosphate, Sodium Bicarbonate. Supplier: M J Baker Foodservice 220116	2.00 tsp	£0.05
Egg Free Range Medium 5doz . . .  Composite ingredients: EGG Supplier: Dole Food Service 5921	5.00 ea	£1.17

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)






Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Ingredient		Qty	Cost
C.William Bicarbonate of Soda		2.00 <i>tsp</i>	£0.02
Composite ingredients: Sodium Bicarbonate E500 (ii). Supplier: M J Baker Foodservice 220121			
Lyles Black Treacle (Poly)		30.00 <i>ml</i>	£0.06
Composite ingredients: Cane molasses, Partially Inverted Refiners Syrup or Sugarcane Syrup (Contains SULPHUR DIOXIDE) Supplier: M J Baker Foodservice 510550			
C.William Ginger Ground		1.00 <i>tsp</i>	£0.05
Composite ingredients: Ginger (ground) Supplier: M J Baker Foodservice 380472			
Fine Lady Self Raising Flour B.B.B.	  	225.00 <i>g</i>	£0.20
Composite ingredients: Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Acid Calcium Phosphate, Sodium Bicarbonate) Supplier: M J Baker Foodservice 250213			
Tate & Lyle Dark Brown Soft Sugar (3kg)		315.00 <i>g</i>	£0.74
Composite ingredients: Cane Sugar, Sugar. Supplier: Philip Dennis Foodservice TALY1074			
Water		375.00 <i>ml</i>	£0.00
List: South West Norse Ingredients			
DaVinci Toffee With Devon Cream Dessert Sauce		450.00 <i>ml</i>	£2.24
Composite ingredients: Glucose Syrup, Water, Sugar, Humectant (Glycerol), Sweetened Condensed MILK (MILK, Sugar), Dextrose, Modified Starch, Butter (MILK), Salt, Devonshire Clotted Cream (0.5%)(MILK), Colour (Plain Caramel), Natural Flavourings, Emulsifier (E435) For allergens please see ingredients in bold and CAPITALS Supplier: M J Baker Foodservice 330640			

Method

- 1.Combine water, dates and bicarbonate of soda in a pan.
- 2.Bring to the boil, and remove from heat, allow to cool to room temperature.
- 3.Peel, top and grate the parsnip.
- 4.Cream the butter and sugar together in a mixer.
- 5.Add all other ingredients, other than the toffee sauce and mix well.
- 6.Line a baking tin, spread mixture evenly.
- 7.Bake at 160°C or approximately 30 minutes or until a knife can be inserted and removed clean.
- 8.Drizzle with a small amount of sauce and serve.

Nutrition

	100g	serving		100g	serving
Energy	229 <i>kcal</i>	329 <i>kcal</i>	Fat	7.1 <i>g</i>	10.2 <i>g</i>
Fibre	2.8 <i>g</i>	4.0 <i>g</i>	- saturates	2.8 <i>g</i>	4.0 <i>g</i>
Protein	3.5 <i>g</i>	5.0 <i>g</i>	Carbohydrate	38.1 <i>g</i>	54.7 <i>g</i>
Salt	0.85 <i>g</i>	1.22 <i>g</i>	- sugars	23.3 <i>g</i>	33.5 <i>g</i>

Roast Pork

Information

Menu(s)

Costs

Batch cost	£0.39
Serving cost	£0.39

Yield

Cooked weight	64 g
Serving size	64 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Boneless Leg Pork app 1.5kg"P"	57.00 g	£0.36
Composite ingredients: Pork		
Supplier: Scorse Foods P003DSW		
La Espanola Pomace Olive Oil&Sunflower Oil Blend	7.00 ml	£0.03
Composite ingredients: Refined Pomace Olive Oil (51%), Refined Sunflower Oil (49%)		
Supplier: M J Baker Foodservice 80316		

Method

1. Pre-heat the oven to 180°C. add the pork joints and bast regularly through out the cooking process, until a core temperature of 75°C has been achieved. Allow to rest before for 15 minutes before carving.

Nutrition

	100g	serving		100g	serving
Energy	217 kcal	139 kcal	Fat	15.2 g	9.7 g
Fibre	0.0 g	0.0 g	- saturates	3.1 g	2.0 g
Protein	21.7 g	13.9 g	Carbohydrate	0.0 g	0.0 g
Salt	0.12 g	0.08 g	- sugars	0.0 g	0.0 g



HACCP

General

Homemade Apple Sauce

Information

Reference: Sauce

Menu(s)

Costs

Batch cost	£7.04
Serving cost	£0.70

Yield

Cooked weight	7 900 g
Serving size	790 g
Servings per batch	10

Ingredients

Ingredient	Qty	Cost
Fructus Solid Pack Apples Italian Composite ingredients: apple, WATER, Citric acid Supplier: M J Baker Foodservice 140111	3.00 ea	£11.40
Tate & Lyle Caster Sugar Composite ingredients: Cane Sugar Supplier: M J Baker Foodservice 510115	50.00 g	£0.06
Marigold Cook/Baking Margarine Pkts Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208	50.00 g	£0.15

Method

1.

Tip all the ingredients into a pan, then cover with a lid. Place the pan on a low heat, stirring occasionally, for about 15 mins until the apples break down into a purée. Stir to knock out any lumps, then tip into a serving dish.

Nutrition

	100g	serving		100g	serving
Energy	47 kcal	371 kcal	Fat	0.5 g	4.0 g
Fibre	2.4 g	19.0 g	- saturates	0.3 g	2.4 g
Protein	0.2 g	1.6 g	Carbohydrate	9.6 g	75.8 g
Salt	0.02 g	0.16 g	- sugars	8.6 g	67.9 g



HACCP
General

Quorn & Leek Pastry Puff

Information

Allergens:



Gluten, Gluten: Wheat, Eggs

Menu(s)





Costs

Batch cost	£5.46
Serving cost	£5.46

Yield

Cooked weight	2 141g
Serving size	2 141g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Quorn Pieces 	250.00 g	£2.69
Composite ingredients: Mycoprotein (94%), Rehydrated Free Range EGG White, Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate. Supplier: M J Baker Foodservice 843095		
Marigold Cook/Baking Margarine Pkts	30.00 g	£0.09
Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208		
Westcountry Free Range Medium Eggs 	1.00 ea	£0.26
Composite ingredients: Egg Supplier: M J Baker Foodservice 10410		
Jus Rol Puff Pastry Blocks 1.5kg  	300.00 g	£0.60
Composite ingredients: WHEAT flour, water, vegetable oils and fats (palm, rapeseed), salt, emulsifier (mono- and diglycerides of fatty acids), flour treatment agent (ascorbic acid). Supplier: M J Baker Foodservice 836515		
Herbs Thyme 100g . . .	3.00 g	£0.05
Composite ingredients: THYME Supplier: Dole Food Service 2346		
Leek . 1kg . . .	300.00 g	£1.35
Composite ingredients: LEEK Supplier: Dole Food Service 4331		
Potato Washed 1kg . . .	1 200.00 g	£0.42
Composite ingredients: POTATO Supplier: Dole Food Service 4588		

Method



HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

1. 1. Slice the leeks and wash. Place the marigold, leeks and herbs in a pan, cook over a low heat for about 20 mins until very soft, and without colour, stirring occasionally.
2. While the above are cooking, put the peeled sliced potatoes in a pan of cold water, bring to the boil and simmer for 4-5 mins until just cooked to al dente.
3. Drain the potatoes and stir into the cooked leeks. Leave to cool.
4. Season with plenty of pepper.
5. The filling can now be chilled for use the following day, if you store in the fridge overnight.
6. Heat oven to 180c
7. Use one sheet of pastry divide into squares
8. Pile the filling into pastry base and brush the border with the beaten egg.
9. Drape over a second piece of pastry. Trim the edges to make individual parcels, press the sides together with your thumb.
10. Brush the tarts all over with egg. Bake at 185 degrees for 35-40 mins until golden.

Nutrition

	100g	serving		100g	serving
Energy	119 <i>kcal</i>	2 548 <i>kcal</i>	Fat	4.4 <i>g</i>	94.2 <i>g</i>
Fibre	1.2 <i>g</i>	25.7 <i>g</i>	- saturates	2.1 <i>g</i>	45.0 <i>g</i>
Protein	3.7 <i>g</i>	79.2 <i>g</i>	Carbohydrate	6.8 <i>g</i>	145.6 <i>g</i>
Salt	0.22 <i>g</i>	4.71 <i>g</i>	- sugars	1.7 <i>g</i>	36.4 <i>g</i>

Gravy

Information

Reference: Sides

Allergens:  Soya



Menu(s)


Costs

Batch cost	£0.56
Serving cost	£0.02

Yield

Cooked weight	1 075 g
Serving size	43 g
Servings per batch	25

Ingredients

Ingredient	Qty	Cost
Bisto Reduced Salt Gravy Granules G/F 25ltr 	75.00 g	£0.56
Composite ingredients: Potato Starch, Maltodextrin, Palm Fat, Salt, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Sugar, Emulsifier (SOYA Lecithin), Flavourings, Black Pepper Extract, Rosemary Extract, Onion Oil. Supplier: M J Baker Foodservice 490451		
Water	1 000.00 ml	£0.00
List: South West Norse Ingredients		

Method

1. Bring 900 ml of water to a simmer.
Mix 100ml of water with the gravy powder, until a smooth paste is formed.
Whisk gravy mix into the water, until thickened.

Nutrition

	100g	serving		100g	serving
Energy	29 kcal	12 kcal	Fat	1.1 g	0.5 g
Fibre	0.2 g	0.1 g	- saturates	0.8 g	0.3 g
Protein	0.1 g	0.0 g	Carbohydrate	4.6 g	2.0 g
Salt	0.62 g	0.27 g	- sugars	0.1 g	0.0 g

HACCP
General

Roast Potatoes

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£124.21
Serving cost	£124.21

Yield

Cooked weight	90 003 g
Serving size	90 003 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Prepared Peeled Potato 2.5kg . . . Composite ingredients: POTATO Supplier: Dole Food Service 6126	90.00 kg	£124.20
La Espanola Extra Virgin Olive Oil Composite ingredients: Extra Virgin Olive Oil. Supplier: M J Baker Foodservice 80319	3.00 ml	£0.01

Method

1. Cut potatoes into evenly sized pieces, approximately 30 g each.
Steam or boil for 20 minutes and drain well.
Combine potato and oil.
Lay on a roasting tray, single layer only.
roast @ 190°C until golden and crisp and a core temperature of 75°C is achieved.

Nutrition

	100g	serving		100g	serving
Energy	80 kcal	72 002 kcal	Fat	0.1 g	90.0 g
Fibre	2.0 g	1 800.1 g	- saturates	0.0 g	0.0 g
Protein	1.9 g	1 710.1 g	Carbohydrate	17.9 g	16 110.5 g
Salt	0.01 g	9.00 g	- sugars	0.9 g	810.0 g



HACCP
General

Broccoli

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£1.88
Serving cost	£0.09

Yield

Cooked weight	1 000 g
Serving size	50 g
Servings per batch	20

Ingredients

Ingredient	Qty	Cost
Greens Broccoli Florets 40/60	1 000.00 g	£1.88
Composite ingredients: Broccoli florets (100%)		
Supplier: M J Baker Foodservice 800556		

Method

1. Method
- Remove florets and discard the stalk
- Steam or Blanch for approx. 10 minutes until softened
- Please do not over cook

Nutrition

	100g	serving		100g	serving
Energy	26 kcal	13 kcal	Fat	0.0 g	0.0 g
Fibre	2.0 g	1.0 g	- saturates	0.0 g	0.0 g
Protein	3.0 g	1.5 g	Carbohydrate	2.0 g	1.0 g
Salt	0.03 g	0.02 g	- sugars	3.1 g	1.6 g



HACCP
General

Carrots

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.05
Serving cost	£0.05

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Carrot . 1kg . . .	50.00 g	£0.05
Composite ingredients: CARROT		
Supplier: Dole Food Service 4151		

Method

1. Peel and slice carrots.
Steam or boil until slightly soft and a core temperature of 75°c is achieved.

Nutrition

	100g	serving		100g	serving
Energy	356 kcal	178 kcal	Fat	0.4 g	0.2 g
Fibre	3.9 g	2.0 g	- saturates	0.1 g	0.1 g
Protein	0.5 g	0.3 g	Carbohydrate	7.5 g	3.8 g
Salt	0.07 g	0.04 g	- sugars	7.0 g	3.5 g



HACCP

General

Fruit Jelly

Information

Reference: Pudding

Menu(s)

Costs

Batch cost	£2.73
Serving cost	£0.11

Yield

Cooked weight	992 g
Serving size	41 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
J.Brown Orange Jelly Crystals BBB Composite ingredients: Sugar, Bovine Gelatine, Acidity Regulator (Citric Acid), Colour (Annatto), Antioxidant (Trisodium Citrate), Flavouring. Supplier: M J Baker Foodservice 350126	680.00 g	£1.87
Fontinella Mandarin Segments in Juice Composite ingredients: Mandarin Segments, Water, Mandarin Juice (Depending on supplier), Apple Juice (Depending on supplier), Acidity Regulator: Citric Acid (Depending on supplier). Supplier: M J Baker Foodservice 141327	312.00 g	£0.86

Method

1. Make up the jelly as per instructions.
2. Add the fruit and juice.
3. Pour into a bowl or individual coupes.
4. Place in the fridge to set.
- 5.This is best made the day before.

Nutrition

	100g	serving		100g	serving
Energy	279 kcal	115 kcal	Fat	0.2 g	0.1 g
Fibre	62.5 g	25.8 g	- saturates	0.0 g	0.0 g
Protein	6.1 g	2.5 g	Carbohydrate	63.0 g	26.0 g
Salt	0.24 g	0.10 g	- sugars	0.1 g	0.0 g



HACCP
General

Beef Bolognese

Information

Reference: AA

Menu(s)

Costs

Batch cost	£12.27
Serving cost	£0.51

Yield

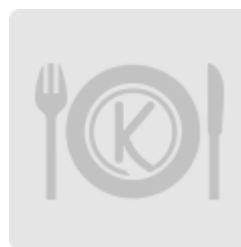
Cooked weight	2 344 g
Serving size	98 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
Beef 80-90% Mince (KG) Composite ingredients: Beef (100%) Supplier: Philip Dennis Foodservice BEEF2016	1 360.00 g	£10.30
CK Chopped Tomatoes* Composite ingredients: Chopped tomatoes(60%), Tomato Juice, Acidity Regulator (Citric Acid) Supplier: M J Baker Foodservice 172715	600.00 g	£0.55
Anna Tomato Puree Tubes Composite ingredients: Tomatoes, Salt Supplier: M J Baker Foodservice 172919	114.00 g	£0.79
Cambray Garlic Puree Composite ingredients: Rehydrated Garlic Granules, Citric Acid E330. Supplier: M J Baker Foodservice 380663	50.00 g	£0.17
C.William Mixed Herbs Composite ingredients: Marjoram, Thyme, Parsley, Basil, Savoury. Supplier: M J Baker Foodservice 380274	10.00 g	£0.15
Greens Diced Onions 10m Composite ingredients: Onions Supplier: M J Baker Foodservice 800550	200.00 g	£0.26
La Espanola Extra Virgin Olive Oil Composite ingredients: Extra Virgin Olive Oil. Supplier: M J Baker Foodservice 80319	10.00 ml	£0.05

Method

1. Place a large pan over a medium heat, add the minced beef and fry without oil for 10-15 minutes. Discard fat if necessary then return mince to the pan
2. Add the onions and fry for 5 minutes until translucent. Now add the garlic, mixed herbs and tomato paste and stir for a few minutes.
3. Add the chopped tomatoes and simmer gently 20-30 minutes until the beef is tender.
4. Cook the pasta
5. Serve together



HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

thin with small amount of tap water if necessary

Nutrition

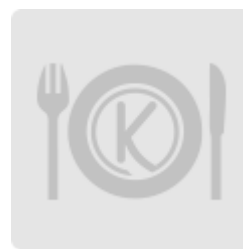
	100g	serving		100g	serving
Energy	148 kcal	145 kcal	Fat	9.9 g	9.7 g
Fibre	1.9 g	1.9 g	- saturates	0.1 g	0.1 g
Protein	12.2 g	11.9 g	Carbohydrate	2.1 g	2.1 g
Salt	0.16 g	0.16 g	- sugars	0.7 g	0.7 g

Mediterranean Bolognese

Information

Reference: AA

Tags: Suitable for Vegetarian diet



Menu(s)

Costs

Batch cost	£5.51
Serving cost	£0.55

Yield

Cooked weight	2 163 g
Serving size	216 g
Servings per batch	10

Ingredients

Ingredient	Qty	Cost
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	250.00 g	£0.38
Puree Garlic 1kg . . . Composite ingredients: GARLIC Supplier: Dole Food Service 7170	3.00 g	£0.01
Courgette . 1kg . . . Composite ingredients: Colour (Anthocyanin), Acidity Regulator (Sodium Citrate), Flavourings, Supplier: Dole Food Service 4301	750.00 g	£1.58
Pepper Red Each . . . Composite ingredients: PEPPER RED Supplier: Dole Food Service 2062	100.00 g	£0.61
C.William Mixed Herbs Composite ingredients: Marjoram, Thyme, Parsley, Basil, Savoury. Supplier: M J Baker Foodservice 380274	10.00 g	£0.15
Maggi Rich & Rustic Tomato Sauce Composite ingredients: Sun Ripened Tomatoes (48.5%), Puree of Sun Ripened Tomatoes (41.5%), Onion, Sunflower Oil, Sugar, Salt, Herbs and Spices (Black Pepper, Basil, Oregano), Garlic, Acid (Citric Acid), Firming Agent (Calcium Chloride). Supplier: M J Baker Foodservice 173110	800.00 g	£1.82
Osorio Green Laird Lentils Composite ingredients: Green Lentils Supplier: M J Baker Foodservice 290508	250.00 g	£0.96

Method

1. Peel and dice onions slice garlic
2. Roughly dice veg
3. Place in large Pan add oil soften onions and garlic add Veggies, herbs cook for 15 mins or until soft

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

- 4.Add lentils and tomato sauce bring to the boil add 200ml water
lower heat and simmer for 40mins
- 5.Taste and season to serve

Nutrition

	100g	serving		100g	serving
Energy	70 kcal	151 kcal	Fat	1.5 g	3.2 g
Fibre	3.2 g	6.9 g	- saturates	0.2 g	0.4 g
Protein	4.2 g	9.1 g	Carbohydrate	10.3 g	22.3 g
Salt	0.22 g	0.48 g	- sugars	2.2 g	4.8 g

Crusty Bread

Information

Reference: Sides

Allergens:



Gluten, Gluten: Wheat, Soya, Milk

May contain:



Eggs



HACCP

General

Menu(s)

Costs

Batch cost	£1.28
Serving cost	£0.05

Yield

Cooked weight	583 g
Serving size	23 g
Servings per batch	25

Ingredients

Ingredient	Qty	Cost
Middleton White Bread & Roll Mix BBB	583.00 g	£1.28
Composite ingredients: WHEAT Flour (WHEAT, Calcium, Iron, Niacin, Thiamin), SOYA Flour, Dried Yeast, Dextrose, Whey Powder (MILK), Skimmed MILK Powder, Salt, Vegetable Oil Blend (Palm & Rapeseed Oil), Emulsifier (WHEAT Flour (WHEAT, Calcium, Iron, Niacin, and Thiamin), E472(e), E516, E300), MILK Protein (Whey Powder, Acid Casein). Supplier: M J Baker Foodservice 361311		

Method

1. Place the Bread & Roll Mix into a bowl fitted with a dough hook attachment.
2. Blend in nearly all the warm (30C/86F) water. Using a dough hook mix on a SLOW speed for 1 minute. Continue to mix for 6 minutes on MEDIUM speed adding the remaining water a little at a time ensuring the dough is kneaded and stretched thoroughly during mixing (you may not need to add all the water).
3. Cut and shape as required. Leave to prove in a warm place until the dough has risen and doubled in size. Bake rolls for 10-15 minutes in a pre-heated oven at 220C/425F/Gas Mark 7. Loaves will take 25-35 minutes. For fan-assisted ovens bake at 200C/400F/ Gas Mark 6

Nutrition



	100g	serving		100g	serving
Energy	373 <i>kcal</i>	87 <i>kcal</i>	Fat	2.6 <i>g</i>	0.6 <i>g</i>
Fibre	2.8 <i>g</i>	0.7 <i>g</i>	- saturates	0.6 <i>g</i>	0.1 <i>g</i>
Protein	12.6 <i>g</i>	2.9 <i>g</i>	Carbohydrate	75.0 <i>g</i>	17.5 <i>g</i>
Salt	0.80 <i>g</i>	0.19 <i>g</i>	- sugars	3.9 <i>g</i>	0.9 <i>g</i>

Green Beans

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.71
Serving cost	£0.71

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Beans Fine 1.5kg . . .	50.00 g	£0.71
Composite ingredients: FINE BEANS		
Supplier: Dole Food Service 4010		

Method

1. Steam or boil beans for approximately 5/10 minutes or until a core temperature of 75° has been achieved.

Nutrition

	100g	serving		100g	serving
Energy	24 kcal	12 kcal	Fat	0.4 g	0.2 g
Fibre	3.4 g	1.7 g	- saturates	0.4 g	0.2 g
Protein	2.1 g	1.1 g	Carbohydrate	3.0 g	1.5 g
Salt	0.00 g	0.00 g	- sugars	2.2 g	1.1 g



HACCP

General

Penne Pasta

Information

Reference: Sides

Allergens:



Gluten, Gluten: Wheat



Menu(s)

Costs

Batch cost	£0.09
Serving cost	£0.09

Yield

Cooked weight	112 g
Serving size	112 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Osorio Penne Rigate	56.00 g	£0.09
Composite ingredients: Durum WHEAT semolina Supplier: M J Baker Foodservice 390128		
Water	56.00 ml	£0.00
List: South West Norse Ingredients		

Method

1. Cook as per manufacturers instructions.

Nutrition

	100g	serving		100g	serving
Energy	177 kcal	198 kcal	Fat	0.8 g	0.9 g
Fibre	1.9 g	2.1 g	- saturates	0.2 g	0.2 g
Protein	6.3 g	7.1 g	Carbohydrate	35.8 g	40.1 g
Salt	0.01 g	0.01 g	- sugars	1.0 g	1.1 g

HACCP

General

Chocolate Crunch

Information

Reference: Pudding

Allergens:



Gluten, Gluten: Wheat, Eggs

May contain:



Soya



HACCP

General

Menu(s)




Costs

Batch cost	£5.42
Serving cost	£0.23

Yield

Cooked weight	2 777 g
Serving size	116 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
Fine Lady Plain Flour B.B.B. 	793.00 g	£0.59
Composite ingredients: Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)) Supplier: M J Baker Foodservice 250113		
Fine Lady Self Raising Flour B.B.B. 	793.00 g	£0.70
Composite ingredients: Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Acid Calcium Phosphate, Sodium Bicarbonate) Supplier: M J Baker Foodservice 250213		
Marigold Cook/Baking Margarine Pkts Composite ingredients: Vegetable Oils (Palm Oil, Rapeseed Oil), Water, Salt (1.4%), Emulsifiers (Mono & Diglycerides of Fatty Acids), Colour (Annatto Bixin, Curcumin), Flavouring. Supplier: M J Baker Foodservice 60208	510.00 g	£1.48
Tate & Lyle Caster Sugar Composite ingredients: Cane Sugar Supplier: M J Baker Foodservice 510110	510.00 g	£0.73
Powder Cocoa 1kg Plein Arome . . Composite ingredients: Cocoa powder alkalyzed Supplier: Dole Food Service 7500	4.00 oz	£1.70
UK Medium Eggs Laid In Britain 	1.00 ea	£0.22
Composite ingredients: Egg Supplier: M J Baker Foodservice 10405		

Method

- 1. Weigh out all the dry ingredients and mix together.
- 2. Add the melted butter (not hot)
- 3. Add eggs if you require but are not necessary if making egg free.
- 4. Line a greased and floured tin, pour in mixture.
- 5. Bake at 180 degrees or until a knife pulls out smooth.
- 6. Allow to cool and cut into portions.
- 7. Serve with warm chocolate sauce made up per recipe.

Nutrition

	100g	serving		100g	serving
Energy	407 kcal	471 kcal	Fat	14.6 g	16.9 g
Fibre	20.4 g	23.6 g	- saturates	6.0 g	6.9 g
Protein	6.4 g	7.4 g	Carbohydrate	62.6 g	72.4 g
Salt	0.58 g	0.67 g	- sugars	1.8 g	2.1 g

Chocolate Sauce

Information

Reference: Pudding

Allergens: 
Milk



Menu(s)

HACCP

General


Costs

Batch cost	£3.00
Serving cost	£3.00

Yield

Cooked weight	3 205 g
Serving size	3 205 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Millac Value Skimmed Milk Powder	350.00 g	£1.71
 Composite ingredients: Skimmed MILK Powder (24%), Lactose (MILK), Whey Powder*(MILK), Vegetable Oil (Coconut, Palm), Dried Glucose Syrup, MILK Protein, Sugar, Acidity Regulator E340b, Emulsifier E471, Vitamin D *contains no animal rennet. Supplier: M J Baker Foodservice 70407		
Water	2 500.00 ml	£0.00
List: South West Norse Ingredients		
Tate & Lyle Granulated Sugar	150.00 g	£0.16
Composite ingredients: White sugar or sugar (100%) Supplier: M J Baker Foodservice 510120		
Eurostar Cornflour	125.00 g	£0.22
Composite ingredients: Maize starch Supplier: M J Baker Foodservice 320125		
McDougalls Cocoa Powder Reduced Fat	80.00 g	£0.91
Composite ingredients: Fat Reduced Cocoa Powder. Contains cocoa butter 10% minimum. Supplier: M J Baker Foodservice 210125		

Method

1. Bring water and sugar to the point of boil.
Mix the milk powder, corn flour and cocoa with a little cold water to form a smooth paste.
Whisk the paste into the boiling water until thickened or a core temperature of 75°C has been achieved, and remove from the heat and serve.
Some sites may require a little more sugar.

Nutrition

	100g	serving		100g	serving
Energy	93 kcal	2 981 kcal	Fat	2.5 g	80.1 g
Fibre	6.8 g	217.9 g	- saturates	1.6 g	51.3 g
Protein	2.0 g	64.1 g	Carbohydrate	15.3 g	490.4 g
Salt	0.12 g	3.85 g	- sugars	5.5 g	176.3 g

Jumbo Fish Finger

Information

Reference: Option 1

Allergens:



Fish



Menu(s)


Costs

Batch cost	£1.75
Serving cost	£1.75

Yield

Servings per batch	1
--------------------	---

Ingredients

Ingredient	Qty	Cost
Pm MSC Jumbo Brd Cod Fishfinger G/F 120g	1.00 pack	£1.75
		
Composite ingredients: INGREDIENTS: msc cod (FISH) (63%), water, rice flour, gram flour, potato starch, maize flour, rapeseed oil, salt, maize starch, concentrated lemon juice, thickening agent (E415), dextrose. Supplier: M J Baker Foodservice 817606		

Method

1. Oven bake and Follow manufactures guidelines for timings

Nutrition

	per 100g		per 100g
Energy	-	Fat	-
Fibre	-	- saturates	-
Protein	-	Carbohydrate	-
Salt	-	- sugars	-

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Vegetable Fingers

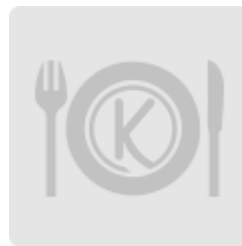
Information

Reference: V

Allergens:



Gluten, Gluten: Wheat



Menu(s)

Costs

Batch cost	£0.27
Serving cost	£0.27

Yield

Cooked weight	57g
Serving size	57g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Birds Eye GC Veggie Fingers 28g	57.00 g	£0.27

Composite ingredients: Vegetable Mix (41%) (Sweetcorn, Carrot, Peas), Water, Breadcrumbs (WHEAT Flour, Water, Yeast, Salt), Rapeseed Oil, Dried Potato, WHEAT Flour, Salt, Onion Powder, Starch (Rice, Potato), Turmeric.
Supplier: M J Baker Foodservice 843225

Method

1. 220°C, Fan 200°C, Gas Mark 7 15-20 mins

Pre-heat the oven.

Place on a baking tray in the middle of the oven.

Turn over halfway through cooking, cook until crisp, golden and a core temperature of 75°C is achieved.

Nutrition

	100g	serving		100g	serving
Energy	188 kcal	107 kcal	Fat	8.1 g	4.6 g
Fibre	2.5 g	1.4 g	- saturates	0.6 g	0.3 g
Protein	3.4 g	1.9 g	Carbohydrate	24.0 g	13.7 g
Salt	0.96 g	0.55 g	- sugars	2.5 g	1.4 g

HACCP

General

Ensure all control measures are checked and recorded.
Ensure food is date labelled and protected correctly.
Ensure regular hand washing with an anti-bacterial un-perfumed soap. Always use PPE when preparing food.

Purchase, Receipt / Delivery, Collect

Make sure that all food delivered or collected is within its 'use by' date and of acceptable quality at a temperature that will discourage the growth of harmful bacteria

Storage

Store food at a temperature that will discourage the growth of harmful bacteria. Below 5°C in the fridge
Below -18°C in the freezer Keep raw and cooked / ready-to-eat foods separate. Use safe handling practices
Make sure that food is protected and /or covered

Preparation

Minimise the time that food is out of the refrigerator / chiller. Keep raw food to be eaten apart from other raw food which will later be cooked.

Cooking

Cook the food to a temperature that will destroy harmful bacteria, until the CORE TEMPERATURE is 75°C (82°C in Scotland)

Hot Holding / Reheating

Hot display 63°C Reheat to no less than 82°C

Cooling

Cool hot food which has just been cooked as quickly as possible before chilling. Ensure food is date labelled correctly

Allergens

Wholemeal Pasta

Information

Reference: Sides

Allergens:



Gluten, Gluten: Wheat



Menu(s)

HACCP

General

Costs

Batch cost	£0.09
Serving cost	£0.09

Yield

Cooked weight	112 g
Serving size	112 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Osorio Fusilli	56.00 g	£0.09
Composite ingredients: Durum WHEAT semolina Supplier: M J Baker Foodservice 390158		
Water	56.00 ml	£0.00
List: South West Norse Ingredients		

Method

1. Cook as per manufacturers instructions.

Nutrition

	100g	serving		100g	serving
Energy	177 kcal	198 kcal	Fat	0.8 g	0.9 g
Fibre	1.9 g	2.1 g	- saturates	0.2 g	0.2 g
Protein	6.3 g	7.1 g	Carbohydrate	35.8 g	40.1g
Salt	0.01g	0.01 g	- sugars	1.0 g	1.1 g

Peas

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£3.92
Serving cost	£0.13

Yield

Cooked weight	2 500 g
Serving size	83 g
Servings per batch	30

Ingredients

Ingredient	Qty	Cost
Fairway Luxury Peas A Grade	2 500.00 g	£3.92
Composite ingredients: Peas (100%)		
Supplier: M J Baker Foodservice 800155		

Method

1. Steam or boil for approx 10 minutes
Drain well and serve

Nutrition

	100g	serving		100g	serving
Energy	69 kcal	58 kcal	Fat	0.0 g	0.0 g
Fibre	3.1 g	2.6 g	- saturates	0.0 g	0.0 g
Protein	5.2 g	4.3 g	Carbohydrate	9.0 g	7.5 g
Salt	0.08 g	0.07 g	- sugars	4.6 g	3.8 g



HACCP

General

Baked Beans

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.05
Serving cost	£0.05

Yield

Cooked weight	50 g
Serving size	50 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Fairway Baked Beans Reduced Salt & Sugar	50.00 g	£0.05
Composite ingredients: Beans (49%), Water, Tomato Puree (20%), Sugar, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.		
Supplier: M J Baker Foodservice 170328		

Method

1. Cook as per manufacturers instructions

Nutrition

	100g	serving		100g	serving
Energy	81 kcal	41 kcal	Fat	0.5 g	0.3 g
Fibre	3.4 g	1.7 g	- saturates	0.1 g	0.1 g
Protein	4.1 g	2.1 g	Carbohydrate	12.7 g	6.4 g
Salt	0.65 g	0.33 g	- sugars	4.4 g	2.2 g



HACCP

General

Chips

Information

Reference: Sides

Menu(s)

Costs

Batch cost	£0.20
Serving cost	£0.20

Yield

Cooked weight	139 g
Serving size	139 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Fairway Fries 7/16 11mm 2.5kg Composite ingredients: Potatoes, Sunflower oil Supplier: M J Baker Foodservice 806010	132.00 g	£0.16
Fussels Rapeseed Oil Extra Virgin Poly Bottle Composite ingredients: Rapeseed oil, Antifoaming Agent (E900) Supplier: M J Baker Foodservice 80103	7.00 ml	£0.04

Method

1. Fry or bake @ 180°c until slightly golden in colour and a core temperature of 75°c is achieved.
DO NOT add salt.

Nutrition

	100g	serving		100g	serving
Energy	161 kcal	224 kcal	Fat	7.6 g	10.6 g
Fibre	0.3 g	0.4 g	- saturates	0.7 g	1.0 g
Protein	2.2 g	3.1 g	Carbohydrate	20.0 g	27.8 g
Salt	0.10 g	0.14 g	- sugars	2.1 g	2.9 g



HACCP
General

Pip Ice Lolly

Information

Reference: Pudding

Menu(s)

Costs

Batch cost	£0.45
Serving cost	£0.45

Yield

Cooked weight	40 g
Serving size	40 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Pip Ice Lolly Apple Fruity Organic 40ml	1.00 pack	£0.45
Composite ingredients: NOTHING BUT THE JUICE OF ORGANIC APPLE (90%), ORGANIC GRAPE (10%) AND A DROP OF ORGANIC GUAR GUM. Supplier: M J Baker Foodservice 891879		

Method

1. Serve from Frozen.

Nutrition

	100g	serving		100g	serving
Energy	43 kcal	17 kcal	Fat	0.1 g	0.0 g
Fibre	9.9 g	4.0 g	- saturates	0.0 g	0.0 g
Protein	0.0 g	0.0 g	Carbohydrate	10.4 g	4.2 g
Salt	0.00 g	0.00 g	- sugars	4.0 g	1.6 g



HACCP
General