

Allergen Free - Cheese & Tomato Pizza Pocket

Information

Reference: AA

Menu(s)

Costs

Batch cost	£8.42
Serving cost	£1.40

Yield

Cooked weight	2 099 g
Serving size	350 g
Servings per batch	6

Ingredients

Ingredient	Qty	Cost
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
Tomato . 1kg . . . Composite ingredients: TOMATO Supplier: Dole Food Service 2002	225.00 g	£0.79
C.William Mixed Herbs Composite ingredients: Marjoram, Thyme, Parsley, Basil, Savoury. Supplier: M J Baker Foodservice 380274	14.00 g	£0.21
Violife Vegan Original Cheese Slices Composite ingredients: Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour: B- Carotene, Vitamin B12. Supplier: M J Baker Foodservice 30930	300.00 g	£3.54
Katerbake GF Wrap Composite ingredients: Water, Wholegrain Flours (Sorghum Flour, Cornflour, Buckwheat Flour, Millet Flour, Teff Flour, Rice Flour), Chickpea Flour, Rice Flour, Psyllium Husk Powder, Cellulose Fibre, Tapioca Starch, Rapeseed Oil, Potato Starch, Maize Starch, Sugar, Pea Protein, Potato Fibre, Yeast, Raising Agents (Sodium Carbonate, Calcium Phosphate), Acidity Regulators (Malic Acid, Citric Acid, Tartaric Acid), Salt, Thickeners (Xanthan Gum, Guar Gum), Preservatives (Potassium Sorbate, Sorbic Acid), Fermented Maize Starch, Flavouring. Supplier: M J Baker Foodservice	1.00 ea	£0.73

Method

1. Prepare a allergen aware working space, away from all possible sources of cross contamination.

Line a tray with baking parchment. place one pizza base on tray.

Spread pizza sauce over evenly and to the edges.



HACCP

General

Sprinkle with vegan cheese

Slice tomato into six rounds and spread evenly.

Bake in a oven at 190°C for approximately 20 minutes.

Cut in half, then into three portions per half in a wedge shape, and serve.

Nutrition

	100g	serving		100g	serving
Energy	81 kcal	283 kcal	Fat	3.6 g	12.6 g
Fibre	5.9 g	20.6 g	- saturates	3.0 g	10.5 g
Protein	1.9 g	6.6 g	Carbohydrate	9.9 g	34.6 g
Salt	0.93 g	3.25 g	- sugars	2.5 g	8.7 g

Allergen Aware - Plant Based Burger

Information

Reference: AA

Tags: Suitable for Vegetarian diet



Menu(s)

Costs

Batch cost	£1.92
Serving cost	£1.92

HACCP

General

Yield

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

Ingredients

Ingredient	Qty	Cost
M/Farm Plant Based Burger	1.00 ea	£1.92
Composite ingredients: Water, Pea Protein (18%), Vegetable Oils (Rapeseed, Shea, Coconut), Thickener (E461), Vegetable Fibres (Pea, Potato), Yeast Extract, Natural Flavouring, Rice Protein, Preservative (E326), Vegetable and Fruit Concentrates (Beetroot, Caramelised Carrot, Carrot, Blueberry), Bamboo Fibre, Potato Starch, Brown Sugar, Onion, Salt, Potato Maltodextrin, Maize Maltodextrin, Black Pepper.		
List: M J Baker Foodservice		

Method

1. Follow manufacturer guidelines

Nutrition

	100g	serving		100g	serving
Energy	217 kcal	246 kcal	Fat	14.2 g	16.1 g
Fibre	4.5 g	5.1 g	- saturates	2.9 g	3.3 g
Protein	16.8 g	19.1 g	Carbohydrate	4.1 g	4.7 g
Salt	1.24 g	1.41 g	- sugars	2.9 g	3.3 g

Allergen Free Oaty & Sultana cookie

Information

Reference: AA

May contain:



Gluten, Gluten: Oats



Menu(s)



Costs

Batch cost	£1.42
Serving cost	£0.12

Yield

Cooked weight	523 g
Serving size	44 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

Method

- 1 Cream marg and sugar together, mix well
- 2 Add the rest of the ingredients
- 3 Mix well roll into sausage shape chill
- 4 cut in to 15 pieces and bake 190c

HACCP

General

5 leave to cool and serve



Nutrition

	100g	serving		100g	serving
Energy	405 kcal	176 kcal	Fat	14.7 g	6.4 g
Fibre	28.7 g	12.5 g	- saturates	5.8 g	2.5 g
Protein	4.5 g	2.0 g	Carbohydrate	64.2 g	28.0 g
Salt	0.30 g	0.13 g	- sugars	2.2 g	1.0 g

Vegetable Crumble

Information

Reference: AA

May contain:  

Gluten, Gluten: Oats



Menu(s)

Costs

Batch cost	£9.62
Serving cost	£0.80

Yield


Cooked weight	4 080 g
Serving size	340 g
Servings per batch	12

Ingredients

Ingredient	Qty	Cost
Puree Garlic 1kg . . . Composite ingredients: GARLIC Supplier: Dole Food Service 7170	16.00 g	£0.06
Water List: South West Norse Ingredients	700.00 ml	£0.00
Carrot . 1kg . . . Composite ingredients: CARROT Supplier: Dole Food Service 4151	400.00 g	£0.40
Leek . 1kg . . . Composite ingredients: LEEK Supplier: Dole Food Service 4331	400.00 g	£1.80
C.William Mixed Herbs Composite ingredients: Marjoram, Thyme, Parsley, Basil, Savoury. Supplier: M J Baker Foodservice 380274	1.00 tsp	£0.09
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	28.00 g	£0.08
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	200.00 g	£0.58
Prep Diced Swede 20mm X 1kg Composite ingredients: SWEDE Supplier: Dole Food Service 6173	400.00 g	£1.00
Fontinella Red Kidney Beans in Water* Composite ingredients: Red Kidney Beans, Water, Ascorbic Acid or Calcium Chloride (Depending on Supplier) Supplier: M J Baker Foodservice 171125	800.00 g	£1.39

HACCP

General

Ingredient	Qty	Cost
Anna Tomato Puree Tubes Composite ingredients: Tomatoes, Salt Supplier: M J Baker Foodservice 172919	30.00 g	£0.21
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	300.00 g	£4.20
Glebe Farm Porridge Oats G/F  Composite ingredients: Gluten Free oats Supplier: M J Baker Foodservice 281120	400.00 g	£1.51
Doves Farm G/F Plain White Flour Composite ingredients: Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat) Supplier: M J Baker Foodservice 250510	400.00 g	£1.06

Method


1. Chop all the vegetables to equal size pieces.
2. Melt kerrymaid and add vegetables and garlic, saute for 5 minutes add water, kidney beans, herbs and tomato puree and simmer for 30 minutes until tender and water has been absorbed.
3. Mix GF Floour, oats and kerrymaid together into crumble mix, mix with vegan cheese .
4. Place vegetable mix into oven proof dish and top with crumble mix.
5. Bake in oven for 25-30 minutes.

Nutrition

	100g	serving		100g	serving
Energy	189 kcal	643 kcal	Fat	6.6 g	22.4 g
Fibre	1.1 g	3.7 g	- saturates	3.4 g	11.6 g
Protein	3.6 g	12.2 g	Carbohydrate	20.9 g	71.1 g
Salt	0.29 g	0.99 g	- sugars	3.8 g	12.9 g

Bubble Salmon

Information

Allergens: 
Fish



Menu(s)

Costs

Batch cost	£1.16
Serving cost	£1.16


Yield

Cooked weight	60 g
Serving size	60 g
Servings per batch	1

HACCP

General

Ingredients

Ingredient		Qty	Cost
Gluten Free Bubble Salmon		60.00 g	£1.16
Composite ingredients: Salmon (FISH) (65%), maize flour, water, rapeseed oil, rice flour, potato starch, maize starch, onion powder, dextrose, garlic puree, raising agents: diphosphates, sodium carbonates, salt, natural colour: caramel, stabiliser: xanthan gum, ground black pepper Supplier: M J Baker Foodservice 817705			

Method

1. Please follow manufactures cooking instructions

Nutrition

	100g	serving		100g	serving
Energy	201 kcal	121 kcal	Fat	9.2 g	5.5 g
Fibre	1.6 g	1.0 g	- saturates	2.4 g	1.4 g
Protein	15.2 g	9.1 g	Carbohydrate	13.5 g	8.1 g
Salt	0.44 g	0.26 g	- sugars	0.3 g	0.2 g

Allergen Free Chocolate Shortbread

Information

Reference: AA

Menu(s)

Costs

Batch cost	£3.30
Serving cost	£0.28

Yield

Cooked weight	1 127 g
Serving size	94 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	340.00 g	£0.99
Tate & Lyle Caster Sugar Composite ingredients: Cane Sugar Supplier: M J Baker Foodservice 510110	170.00 g	£0.24
Doves Farm G/F Plain White Flour Composite ingredients: Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat) Supplier: M J Baker Foodservice 250510	567.00 g	£1.50
McDougalls Cocoa Powder Reduced Fat Composite ingredients: Fat Reduced Cocoa Powder. Contains cocoa butter 10% minimum. Supplier: M J Baker Foodservice 210125	50.00 g	£0.57

Method

1. cream fat and sugar, beat in flour (take out 40g/ 50g of flour and replace with 40g/50g Cocoa powder .
2. roll into cylinders and refrigerate overnight.
3. slice into 2cm thick discs and bake @ 150° for 20 minutes.

Nutrition

	100g	serving		100g	serving
Energy	444 kcal	417 kcal	Fat	22.3 g	20.9 g
Fibre	15.2 g	14.3 g	- saturates	9.2 g	8.6 g
Protein	3.7 g	3.5 g	Carbohydrate	56.1 g	52.7 g
Salt	0.44 g	0.41 g	- sugars	1.8 g	1.7 g



HACCP
General

Potato Topped Pie

Information

Reference: AA

Menu(s)

Costs

Batch cost	£0.00
Serving cost	£0.00

Yield

Cooked weight	6 918 g
Serving size	6 918 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	340.00 g	£0.51
Water List: South West Norse Ingredients	1 000.00 ml	£0.00
Knorr Vegetable Bouillon Paste G/F 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	250.00 g	£5.56
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	125.00 g	£0.36
Swede . 1kg . . . Composite ingredients: SWEDE Supplier: Dole Food Service 4482	1.00 kg	£1.20
C.William Ground White Pepper Composite ingredients: Ground White Pepper. Supplier: M J Baker Foodservice 380830	0.50 tsp	£0.04
Osorio Green Laird Lentils Composite ingredients: Green Lentils Supplier: M J Baker Foodservice 290508	700.00 g	£2.70
Carrot . 1kg . . . Composite ingredients: CARROT Supplier: Dole Food Service 4151	1.00 kg	£1.00
Potato Washed 1kg . . . Composite ingredients: POTATO Supplier: Dole Food Service 4588	2.50 kg	£0.88



HACCP
General

Method

1. Fry chopped onion, add the carrot and swede, then continue to cook for a further 3/5 minutes.

Add the lentils and water, bring to a gentle simmer and cook for 30 minutes.

Peel, and chop the potato into evenly sized pieces, cover with water and simmer until the potato is soft.

Drain well. then mash with the marigold until smooth.

Stir the gravy powder and pepper into the mince mix, then remove from the heat.

Transfer to a gastronome, top with slices of baked potatoes and a little marigold

Bake at 180°C until the top has crisped and a core temperature of 75°C has been achieved

Nutrition

	100g	serving		100g	serving
Energy	140 kcal	9 685 kcal	Fat	2.4 g	166.0 g
Fibre	2.0 g	138.4 g	- saturates	1.0 g	69.2 g
Protein	3.6 g	249.0 g	Carbohydrate	9.3 g	643.4 g
Salt	0.96 g	66.41 g	- sugars	2.4 g	166.0 g

Roast Pork

Information

Menu(s)

Autumn Winter Menu Wk 3



Costs

Batch cost	£0.39
Serving cost	£0.39

HACCP
General

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

Homemade Apple Sauce

Information

Reference: Sauce

Menu(s)

Autumn Winter Menu Wk 3



Costs

Batch cost	£7.04
Serving cost	£0.70

HACCP

General

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

- 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

Fruit Jelly

Information

Reference: Pudding

Menu(s)

Autumn Winter Menu Wk 3



Costs

Batch cost	£2.73
Serving cost	£0.11

HACCP

General

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

Beef Bolognese

Information

Reference: Option 1

Menu(s)

Costs

Batch cost	£11.43
Serving cost	£0.48

Yield

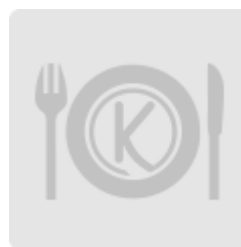
Cooked weight	2 344 g
Serving size	98 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
West Country F/LOW Minced Steak"P"2.5kg Composite ingredients: Beef Supplier: Scorse Foods B050DSW	1 360.00 g	£9.45
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



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

5. Serve together

thin with small amount of tap water if necessary

Nutrition

	100g	serving		100g	serving
Energy	93 kcal	91 kcal	Fat	2.9 g	2.8 g
Fibre	1.9 g	1.9 g	- saturates	1.3 g	1.3 g
Protein	13.5 g	13.2 g	Carbohydrate	2.1 g	2.1 g
Salt	0.28 g	0.27 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

GF Penne Pasta

Information

Reference: AA

Menu(s)

Costs

Batch cost	£0.28
Serving cost	£0.28

Yield

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

Ingredients

Ingredient	Qty	Cost
Water	56.00 ml	£0.00
List: South West Norse Ingredients		
Doves Farm G/F Organic Maize & Rice Penne Pasta	56.00 g	£0.28
Composite ingredients: Maize flour 70%, rice flour 30% (*denotes organic produce)		
Supplier: M J Baker Foodservice 390400		

Method

1. Cook as per manufacturers instructions.

Nutrition

	100g	serving		100g	serving
Energy	179 kcal	200 kcal	Fat	0.7 g	0.8 g
Fibre	0.7 g	0.8 g	- saturates	0.2 g	0.2 g
Protein	3.7 g	4.1 g	Carbohydrate	39.0 g	43.7 g
Salt	0.01 g	0.01 g	- sugars	0.1 g	0.1 g



HACCP
General

Iced Fruit Smoothie

Information

Reference: AA

Menu(s)

Costs

Batch cost	£0.31
Serving cost	£0.31

Yield

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

Ingredients

Ingredient	Qty	Cost
Cool Orange & Mango Smoothie 80ml BioPBS	1.00 pack	£0.31
Composite ingredients: Water, Mango Fruit Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Tara Gum, Guar Gum, Methyl Cellulose, Dextrose, Pectin, Locust Bean Gum), Acidity Regulator (Citric Acid), Orange Flavouring.		
Supplier: M J Baker Foodservice 893006		

Method

1.

Nutrition

	100g	serving		100g	serving
Energy	80 kcal	64 kcal	Fat	0.5 g	0.4 g
Fibre	18.0 g	14.4 g	- saturates	0.3 g	0.2 g
Protein	0.2 g	0.2 g	Carbohydrate	18.0 g	14.4 g
Salt	0.00 g	0.00 g	- sugars	0.9 g	0.7 g



HACCP

General

Allergen Free - Vegan Pizza

Information

Reference: AA

Menu(s)

Costs

Batch cost	£9.63
Serving cost	£1.61

Yield

Cooked weight	2 249 g
Serving size	375 g
Servings per batch	6

Ingredients

Ingredient	Qty	Cost
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
Tomato . 1kg . . . Composite ingredients: TOMATO Supplier: Dole Food Service 2002	225.00 g	£0.79
C.William Mixed Herbs Composite ingredients: Marjoram, Thyme, Parsley, Basil, Savoury. Supplier: M J Baker Foodservice 380274	14.00 g	£0.21
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	300.00 g	£4.20
Thin & Crispy Pizza Base 9" G/F Composite ingredients: Flour blend (rice flour, potato, tapioca), water, starch (maize, potato, tapioca), phylum seed husk powder, yeast, sugar, salt, stabilisers (E415, E464), rapeseed oil. Supplier: M J Baker Foodservice 858491	150.00 g	£1.94

Method

1. Prepare a allergen aware working space, away from all possible sources of cross contamination.

Line a tray with baking parchment. place one pizza base on tray.

Spread pizza sauce over evenly and to the edges.

Sprinkle with vegan cheese

Slice tomato into six rounds and spread evenly.

Bake in a oven at 190°C for approximately 20 minutes.

Cut in half, then into three portions per half in a wedge shape, and serve.



HACCP

General


Nutrition

	100g	serving		100g	serving
Energy	93 <i>kcal</i>	349 <i>kcal</i>	Fat	3.6 <i>g</i>	13.5 <i>g</i>
Fibre	6.2 <i>g</i>	23.2 <i>g</i>	- saturates	2.9 <i>g</i>	10.9 <i>g</i>
Protein	1.9 <i>g</i>	7.1 <i>g</i>	Carbohydrate	12.2 <i>g</i>	45.7 <i>g</i>
Salt	0.96 <i>g</i>	3.60 <i>g</i>	- sugars	2.5 <i>g</i>	9.4 <i>g</i>

GF Fish Finger

Information

Reference: AA

Allergens: 
Fish



Menu(s)

HACCP

General


Costs

Batch cost	£0.58
Serving cost	£0.58

Yield

Cooked weight	60 g
Serving size	60 g
Servings per batch	1

Ingredients

Ingredient		Qty	Cost
Birds Eye G/F Fishfingers 30g		2.00 ea	£0.58
Composite ingredients: Alaska Pollock (FISH) (65%), Breadcrumbs*, Rapeseed Oil. Supplier: M J Baker Foodservice 817619			

Method

1. follow manufacturer guidelines

Nutrition

	100g	serving		100g	serving
Energy	198 kcal	119 kcal	Fat	9.0 g	5.4 g
Fibre	0.6 g	0.4 g	- saturates	0.8 g	0.5 g
Protein	13.0 g	7.8 g	Carbohydrate	16.0 g	9.6 g
Salt	0.86 g	0.52 g	- sugars	0.0 g	0.0 g

Pip Ice Lolly

Information

Reference: Pudding

Menu(s)

Autumn Winter Menu Wk 2, Autumn Winter Menu Wk 3



Costs

Batch cost	£0.45
Serving cost	£0.45

HACCP
General

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

Allergen Free - Cheese & Tomato Pizza (Margherita)

Information

Reference: AA

Menu(s)

Costs

Batch cost	£5.51
Serving cost	£0.92

Yield

Cooked weight	647 g
Serving size	108 g
Servings per batch	6

Ingredients

Ingredient	Qty	Cost
C.Pride Pizza Sauce Plain Composite ingredients: Tomatoes (99.1%), Salt, Acidity Regulator (Citric Acid) Supplier: M J Baker Foodservice 173116	150.00 g	£0.30
Tomato . 1kg . . . Composite ingredients: TOMATO Supplier: Dole Food Service 2002	100.00 g	£0.35
C.William Mixed Herbs Composite ingredients: Marjoram, Thyme, Parsley, Basil, Savoury. Supplier: M J Baker Foodservice 380274	7.00 g	£0.10
Violife Vegan Original Cheese Slices Composite ingredients: Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavoursings, Olive Extract, Colour: B- Carotene, Vitamin B12. Supplier: M J Baker Foodservice 30930	250.00 g	£2.95
Thin & Crispy Pizza Base 9" G/F Composite ingredients: Flour blend (rice flour, potato, tapioca), water, starch (maize, potato, tapioca), phylum seed husk powder, yeast, sugar, salt, stabilisers (E415, E464), rapeseed oil. Supplier: M J Baker Foodservice 858491	1.00 ea	£1.81

Method

1. Prepare a allergen aware working space, away from all possible sources of cross contamination.

Line a tray with baking parchment. place one pizza base on tray.

Spread pizza sauce over evenly and to the edges.

Sprinkle with vegan cheese

Slice tomato into six rounds and spread evenly.

Bake in a oven at 190°C for approximately 20 minutes.

Cut in half, then into three portions per half in a wedge shape, and serve.



HACCP

General

Nutrition

	100g	serving		100g	serving
Energy	177 <i>kcal</i>	191 <i>kcal</i>	Fat	9.4 <i>g</i>	10.1 <i>g</i>
Fibre	4.3 <i>g</i>	4.6 <i>g</i>	- saturates	8.1 <i>g</i>	8.7 <i>g</i>
Protein	1.4 <i>g</i>	1.5 <i>g</i>	Carbohydrate	20.0 <i>g</i>	21.6 <i>g</i>
Salt	1.42 <i>g</i>	1.53 <i>g</i>	- sugars	1.9 <i>g</i>	2.0 <i>g</i>

Veggie Bean Wrap

Information

Reference: AA

Menu(s)

Costs

Batch cost	£4.46
Serving cost	£0.37

Yield

Cooked weight	1 898 g
Serving size	158 g
Servings per batch	12

Ingredients

Ingredient	Qty	Cost
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	1.00 kg	£1.50
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
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	50.00 g	£0.70
La Espanola Extra Virgin Olive Oil Composite ingredients: Extra Virgin Olive Oil. Supplier: M J Baker Foodservice 80319	1.00 tbsp	£0.09



HACCP

General

Ingredient	Qty	Cost
Katerbake GF Wrap	1.00 ea	£0.73
Composite ingredients: Water, Wholegrain Flours (Sorghum Flour, Cornflour, Buckwheat Flour, Millet Flour, Teff Flour, Rice Flour), Chickpea Flour, Rice Flour, Psyllium Husk Powder, Cellulose Fibre, Tapioca Starch, Rapeseed Oil, Potato Starch, Maize Starch, Sugar, Pea Protein, Potato Fibre, Yeast, Raising Agents (Sodium Carbonate, Calcium Phosphate), Acidity Regulators (Malic Acid, Citric Acid, Tartaric Acid), Salt, Thickeners (Xanthan Gum, Guar Gum), Preservatives (Potassium Sorbate, Sorbic Acid), Fermented Maize Starch, Flavouring.		
Supplier: M J Baker Foodservice		

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, and a sprinkling of coriander or parsley. Wrap into a cigar shape and eat straight away.

Nutrition

	100g	serving		100g	serving
Energy	65 <i>kcal</i>	103 <i>kcal</i>	Fat	2.1 <i>g</i>	3.3 <i>g</i>
Fibre	2.1 <i>g</i>	3.3 <i>g</i>	- saturates	0.7 <i>g</i>	1.1 <i>g</i>
Protein	2.4 <i>g</i>	3.8 <i>g</i>	Carbohydrate	8.6 <i>g</i>	13.6 <i>g</i>
Salt	0.37 <i>g</i>	0.59 <i>g</i>	- sugars	4.9 <i>g</i>	7.7 <i>g</i>

Allergen Free - Apple Flapjack (Fruit)

Information

Reference: Pudding

May contain:  

Gluten, Gluten: Oats



Menu(s)



Costs

Batch cost	£4.27
Serving cost	£0.18

Yield

Cooked weight	1 562 g
Serving size	65 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	170.00 ml	£0.31
Fairway Raisins Composite ingredients: Raisins (99.5%), Sunflower oil. Supplier: M J Baker Foodservice 240131	85.00 g	£0.22
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
C.William Ground Cinnamon Composite ingredients: Ground Cassia Cinnamon. Supplier: M J Baker Foodservice 380444	3.00 g	£0.03
Fructus Solid Pack Apples Italian Composite ingredients: apple, WATER, Citric acid Supplier: M J Baker Foodservice 140111	397.00 g	£0.58
Glebe Farm Porridge Oats G/F   Composite ingredients: Gluten Free oats Supplier: M J Baker Foodservice 281120	567.00 g	£2.14

Method

1.

Nutrition

HACCP

General

	100g	serving		100g	serving
Energy	327 <i>kcal</i>	213 <i>kcal</i>	Fat	17.1 <i>g</i>	11.1 <i>g</i>
Fibre	13.3 <i>g</i>	8.7 <i>g</i>	- saturates	6.7 <i>g</i>	4.4 <i>g</i>
Protein	5.5 <i>g</i>	3.6 <i>g</i>	Carbohydrate	39.2 <i>g</i>	25.5 <i>g</i>
Salt	0.39 <i>g</i>	0.25 <i>g</i>	- sugars	5.7 <i>g</i>	3.7 <i>g</i>

Chicken Curry

Information

Reference: AA

Menu(s)

Costs

Batch cost	£2.56
Serving cost	£0.64

Yield

Cooked weight	4 134 g
Serving size	1 034 g
Servings per batch	4

Ingredients

Ingredient	Qty	Cost
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	454.00 g	£0.68
C.William Curry Powder Madras Mild Composite ingredients: Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel. Supplier: M J Baker Foodservice 380729	57.00 g	£0.47
Diced Chicken Thigh F/F 2.5kg "P" Composite ingredients: Chicken Supplier: Scorse Foods CDICE001DSW	1 360.00 g	£10.88
Anna Tomato Puree Tubes Composite ingredients: Tomatoes, Salt Supplier: M J Baker Foodservice 172919	227.00 g	£1.57
Fairway Sultanas Composite ingredients: Sultanas (99.5%), Sunflower oil. Supplier: M J Baker Foodservice 240138	170.00 g	£0.42
Water List: South West Norse Ingredients	425.00 ml	£0.00
Tilda Easy Cook White & Brown Rice Composite ingredients: 50% wholegrain parboiled long grain rice 50% white parboiled long grain rice Supplier: M J Baker Foodservice 291000	680.00 g	£1.92
Fructus Solid Pack Apples Italian Composite ingredients: apple, WATER, Citric acid Supplier: M J Baker Foodservice 140111	283.00 g	£0.41
Knorr Vegetable Bouillon Paste G/F 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	28.00 g	£0.62



HACCP
General

Ingredient	Qty	Cost
Eurostar Cornflour	50.00 <i>g</i>	£0.09
Composite ingredients: Maize starch Supplier: M J Baker Foodservice 320125		
Golden Palace Coconut Milk 12-14%	400.00 <i>ml</i>	£1.15
Composite ingredients: Coconut Extract, Water, Stabilisers (Guar Gum, Cellulose Gum), Emulsifier (Polysorbate 60) Supplier: M J Baker Foodservice 220406		

Method

1. Defrost the chicken in the refrigerator overnight.
 2. Fry off the onions with the curry powder and add the chicken.
 3. Then add the tomato puree and flour and fry for 1-2 minutes.
 4. Add the water and stock, bring to the boil, then simmer for approx 1 hour until the chicken is tender.
 5. Add the chopped apple, coconut, sultanas and cook for a further 10 minutes until it reaches 75c.
 6. Cook the rice to the manufacturers instructions and serve.
- Don't add salt

Nutrition

	100g	serving		100g	serving
Energy	141 <i>kcal</i>	1 457 <i>kcal</i>	Fat	2.3 <i>g</i>	23.8 <i>g</i>
Fibre	4.4 <i>g</i>	45.5 <i>g</i>	- saturates	1.2 <i>g</i>	12.4 <i>g</i>
Protein	10.1 <i>g</i>	104.4 <i>g</i>	Carbohydrate	20.1 <i>g</i>	207.7 <i>g</i>
Salt	0.30 <i>g</i>	3.10 <i>g</i>	- sugars	2.1 <i>g</i>	21.7 <i>g</i>

Rice

Information

Reference: Sides

Menu(s)

Autumn Winter Sides



Costs

Batch cost	£0.16
Serving cost	£0.16

HACCP

General

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

Allergen Free Homemade Shortbread

Information

Reference: AA

Menu(s)

Costs

Batch cost	£2.73
Serving cost	£0.23

Yield

Cooked weight	1 077 g
Serving size	90 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	340.00 g	£0.99
Tate & Lyle Caster Sugar Composite ingredients: Cane Sugar Supplier: M J Baker Foodservice 510110	170.00 g	£0.24
Doves Farm G/F Plain White Flour Composite ingredients: Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat) Supplier: M J Baker Foodservice 250510	567.00 g	£1.50

Method

- 1.1 Combine all dry ingredients until mixture binds together.
- 2 Press into Lightly greased tin. 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	448 kcal	402 kcal	Fat	22.8 g	20.5 g
Fibre	15.9 g	14.3 g	- saturates	9.3 g	8.3 g
Protein	2.6 g	2.3 g	Carbohydrate	57.9 g	52.0 g
Salt	0.46 g	0.41 g	- sugars	0.4 g	0.4 g



HACCP
General

Cheese & Potato Pie

Information

Reference: AA

Menu(s)

Costs

Batch cost	£8.65
Serving cost	£0.36

Yield

Cooked weight	6 015 g
Serving size	251 g
Servings per batch	24

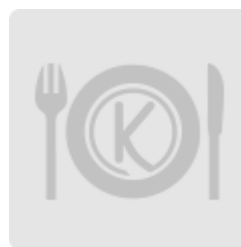
Ingredients

Ingredient	Qty	Cost
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	340.00 g	£0.51
Osorio Green Laird Lentils Composite ingredients: Green Lentils Supplier: M J Baker Foodservice 290508	700.00 g	£2.70
Water List: South West Norse Ingredients	1 000.00 ml	£0.00
Bisto Vegan Gravy Granules G/F* 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	250.00 g	£0.13
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	125.00 g	£0.36
Prep Diced Swede 20mm X 1kg Composite ingredients: SWEDE Supplier: Dole Food Service 6173	1.00 kg	£2.50
Potato Washed 25kg . . . Composite ingredients: POTATO Supplier: Dole Food Service 4586	2.50 kg	£1.05
Violife Vegan Grated Original Cheese Composite ingredients: Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavours, Olive Extract, Colour: B-Carotene, Vitamin B12. Supplier: M J Baker Foodservice 30940	100.00 g	£1.40

Method

1. Fry chopped onion, add the carrot and swede, then continue to cook for a further 3/5 minutes until soft.

Add the lentils and water, bring to a gentle simmer and cook for 30



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

minutes.

Peel, and chop the potato into evenly sized pieces, cover with water and simmer until the potato is soft.

Drain well. then mash with the marigold until smooth.

Stir the gravy powder and pepper into the mince mix, then remove from the heat.

Transfer to a gastronome, top with slices of cooked potatoes and a little marigold.

Bake at 180°C until the top has crisped and a core temperature of 75°C has been achieved.

Nutrition

	100g	serving		100g	serving
Energy	105 kcal	263 kcal	Fat	2.3 g	5.8 g
Fibre	1.2 g	3.0 g	- saturates	1.0 g	2.5 g
Protein	3.9 g	9.8 g	Carbohydrate	11.2 g	28.1 g
Salt	0.50 g	1.25 g	- sugars	1.6 g	4.0 g

Veggie Cobbler

Information

Reference: AA

Menu(s)

Costs

Batch cost	£10.70
Serving cost	£2.68

Yield

Cooked weight	2 775 g
Serving size	694 g
Servings per batch	4

Ingredients

Ingredient	Qty	Cost
Fussels Rapeseed Oil Extra Virgin Poly Bottle Composite ingredients: Rapeseed oil, Antifoaming Agent (E900) Supplier: M J Baker Foodservice 80103	2.00 <i>tbsp</i>	£0.18
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	200.00 g	£0.30
Cambray Garlic Puree Composite ingredients: Rehydrated Garlic Granules, Citric Acid E330. Supplier: M J Baker Foodservice 380663	2.00 <i>tsp</i>	£0.04
Carrot . 10kg . . . Composite ingredients: CARROT Supplier: Dole Food Service 4150	400.00 g	£0.40
Herbs Thyme 100g . . . Composite ingredients: THYME Supplier: Dole Food Service 2346	1.00 <i>tbsp</i>	£0.31
Fontinella Butter Beans in Water* Composite ingredients: Butter Beans, Water, Ascorbic Acid (E300). Supplier: M J Baker Foodservice 170722	1.00 <i>ea</i>	£3.88
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
Greens Sliced Green Beans Composite ingredients: Sliced beans (100%) Supplier: M J Baker Foodservice 800186	300.00 g	£0.44
Leek . 4.5kg . . . Composite ingredients: LEEK Supplier: Dole Food Service 4330	200.00 g	£0.79



HACCP
General

Ingredient	Qty	Cost
Knorr Vegetable Bouillon Paste G/F	125.00 g	£2.78
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		
Water	625.00 ml	£0.00
List: South West Norse Ingredients		
Violife Vegan Grated Original Cheese	60.00 g	£0.84
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		

Method

- Heat the oil in a medium, hob-safe, ovenproof casserole dish over a medium heat. Add the onion and fry for 6-8mins until softened. Add the garlic and cook for 1 min until fragrant. Add the carrots, leeks and thyme, cover the pan and cook for 8-10 mins, stirring regularly, until the veg is softened. Remove the thyme sprigs.
 - Preheat the oven to gas 6, 200°C, fan 180°C. Add the beans, tomatoes and greens to the pan with 600ml stock or water. Season, cover and simmer for 10 mins to reduce, removing the lid for the last 5 mins.
 - Meanwhile, empty the dumpling mix into a mixing bowl and add 75ml water. Add the grated cheese and mix with a fork until the dough sticks together, then divide and form into 4 large balls. Add the dumplings to the stew and place in the oven, uncovered, for 18-20 mins until the dumplings are cooked through and crispy on top.

Nutrition

	100g	serving		100g	serving
Energy	101 kcal	701 kcal	Fat	2.9 g	20.1 g
Fibre	2.7 g	18.7 g	- saturates	1.1 g	7.6 g
Protein	1.1 g	7.6 g	Carbohydrate	5.7 g	39.5 g
Salt	1.24 g	8.60 g	- sugars	2.4 g	16.7 g

Honey Roast Gammon

Information

Reference: AA

Menu(s)

Costs

Batch cost	£5.18
Serving cost	£0.52

Yield

Cooked weight	660 g
Serving size	66 g
Servings per batch	10

Ingredients

Ingredient	Qty	Cost
Rowse Clear Honey Bottle Composite ingredients: 100% blended honey Supplier: M J Baker Foodservice 420126	10.00 ml	£0.03
Bacon Loin Steak 20x60/80g Composite ingredients: Pork. 86%, water Salt Presevatives E252, E250 Antioxidant E301 Supplier: Scorse Foods G013DSW	650.00 g	£5.15

Method

1. Roast at 180°C, basting regularly until the joint has caramelised and a core temperature of 75°C has been achieved.
Remove from oven, drizzle with honey, cover, and return to oven for further 5-10 minutes.

Nutrition

	100g	serving		100g	serving
Energy	141 kcal	93 kcal	Fat	7.4 g	4.9 g
Fibre	1.2 g	0.8 g	- saturates	2.5 g	1.7 g
Protein	17.2 g	11.4 g	Carbohydrate	1.2 g	0.8 g
Salt	2.17 g	1.43 g	- sugars	0.0 g	0.0 g



HACCP
General

Iced Fruit Smoothie

Information

Reference: AA

Menu(s)

Costs

Batch cost	£0.31
Serving cost	£0.31

Yield

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

Ingredients

Ingredient	Qty	Cost
Cool Orange & Mango Smoothie 80ml BioPBS Composite ingredients: Water, Mango Fruit Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier (Mono- and Di- Glycerides of Fatty Acids), Stabilisers (Tara Gum, Guar Gum, Methyl Cellulose, Dextrose, Pectin, Locust Bean Gum), Acidity Regulator (Citric Acid), Orange Flavouring. Supplier: M J Baker Foodservice 893006	1.00 pack	£0.31

Method

1.

Nutrition

	100g	serving		100g	serving
Energy	80 kcal	64 kcal	Fat	0.5 g	0.4 g
Fibre	18.0 g	14.4 g	- saturates	0.3 g	0.2 g
Protein	0.2 g	0.2 g	Carbohydrate	18.0 g	14.4 g
Salt	0.00 g	0.00 g	- sugars	0.9 g	0.7 g



HACCP
General

Veggie Meatballs in a Tomato Sauce

Information

Reference: AA

Menu(s)

Costs

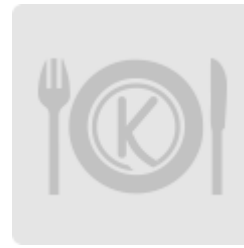
Batch cost	£17.03
Serving cost	£1.14

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 and peppers 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	182 <i>kcal</i>	267 <i>kcal</i>	Fat	12.8 <i>g</i>	18.8 <i>g</i>
Fibre	2.2 <i>g</i>	3.2 <i>g</i>	- saturates	4.1 <i>g</i>	6.0 <i>g</i>
Protein	6.7 <i>g</i>	9.8 <i>g</i>	Carbohydrate	9.3 <i>g</i>	13.6 <i>g</i>
Salt	0.93 <i>g</i>	1.36 <i>g</i>	- sugars	2.9 <i>g</i>	4.3 <i>g</i>

GF Meatballs in a Tomato Sauce

Information

Reference: AA

Menu(s)

Costs

Batch cost	£15.79
Serving cost	£0.66

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
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
Fussels Rapeseed Oil Extra Virgin Poly Bottle Composite ingredients: Rapeseed oil, Antifoaming Agent (E900) Supplier: M J Baker Foodservice 80103	118.00 ml	£0.60
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	363.00 g	£5.08



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.
3. Gently heat the oil and add the onions and peppers 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	170 <i>kcal</i>	249 <i>kcal</i>	Fat	12.4 <i>g</i>	18.2 <i>g</i>
Fibre	0.6 <i>g</i>	0.9 <i>g</i>	- saturates	4.7 <i>g</i>	6.9 <i>g</i>
Protein	7.2 <i>g</i>	10.6 <i>g</i>	Carbohydrate	7.6 <i>g</i>	11.1 <i>g</i>
Salt	0.93 <i>g</i>	1.36 <i>g</i>	- sugars	3.1 <i>g</i>	4.5 <i>g</i>

Allergen Free Chocolate Shortbread

Information

Reference: AA

Menu(s)

Costs

Batch cost	£3.30
Serving cost	£0.28

Yield

Cooked weight	1 127 g
Serving size	94 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	340.00 g	£0.99
Tate & Lyle Caster Sugar Composite ingredients: Cane Sugar Supplier: M J Baker Foodservice 510110	170.00 g	£0.24
Doves Farm G/F Plain White Flour Composite ingredients: Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat) Supplier: M J Baker Foodservice 250510	567.00 g	£1.50
McDougalls Cocoa Powder Reduced Fat Composite ingredients: Fat Reduced Cocoa Powder. Contains cocoa butter 10% minimum. Supplier: M J Baker Foodservice 210125	50.00 g	£0.57

Method

1. cream fat and sugar, beat in flour (take out 40g/ 50g of flour and replace with 40g/50g Cocoa powder .
2. roll into cylinders and refrigerate overnight.
3. slice into 2cm thick discs and bake @ 150° for 20 minutes.

Nutrition

	100g	serving		100g	serving
Energy	444 kcal	417 kcal	Fat	22.3 g	20.9 g
Fibre	15.2 g	14.3 g	- saturates	9.2 g	8.6 g
Protein	3.7 g	3.5 g	Carbohydrate	56.1 g	52.7 g
Salt	0.44 g	0.41 g	- sugars	1.8 g	1.7 g



HACCP
General

GF Fish Finger

Information

Reference: AA

Allergens: 
Fish



Menu(s)

HACCP

Costs


General

Batch cost	£0.58
Serving cost	£0.58

Yield

Cooked weight	60 g
Serving size	60 g
Servings per batch	1

Ingredients

Ingredient		Qty	Cost
Birds Eye G/F Fishfingers 30g		2.00 ea	£0.58
Composite ingredients: Alaska Pollock (FISH) (65%), Breadcrumbs*, Rapeseed Oil. Supplier: M J Baker Foodservice 817619			

Method

1. follow manufacturer guidelines

Nutrition

	100g	serving		100g	serving
Energy	198 kcal	119 kcal	Fat	9.0 g	5.4 g
Fibre	0.6 g	0.4 g	- saturates	0.8 g	0.5 g
Protein	13.0 g	7.8 g	Carbohydrate	16.0 g	9.6 g
Salt	0.86 g	0.52 g	- sugars	0.0 g	0.0 g

Allergen Free - Plant Based Sausage

Information

Reference: AA

Tags: Suitable for Vegetarian diet



Menu(s)

Costs

Batch cost	£0.52
Serving cost	£0.52

HACCP

General

Yield

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

Ingredients

Ingredient	Qty	Cost
M/Farm Plant Based Sausages 50g	1.00 ea	£0.52
Composite ingredients: Water, Pea Protein (23%), Rapeseed Oil, Thickener (E461), Vegetable Fibres (Pea, Bamboo), Yeast Extract, Preservative (E326), Dried Onion, Salt, Spices, Natural Flavouring, Dextrose, Sage, Vegetable Concentrates (Beetroot, Caramelised Carrot, Carrot). Sausages filled into plant based casings. Supplier: M J Baker Foodservice 843315		

Method

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

Nutrition

	100g	serving		100g	serving
Energy	210 kcal	105 kcal	Fat	11.2 g	5.6 g
Fibre	4.0 g	2.0 g	- saturates	1.0 g	0.5 g
Protein	17.1 g	8.6 g	Carbohydrate	8.2 g	4.1 g
Salt	1.33 g	0.67 g	- sugars	1.0 g	0.5 g

Pip Ice Lolly

Information

Reference: Pudding

Menu(s)

Autumn Winter Menu Wk 2, Autumn Winter Menu Wk 3



Costs

Batch cost	£0.45
Serving cost	£0.45

HACCP

General

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

Roasted Veg Pasta bake (Allergen Aware option)

Information

Reference: V

Tags: Allergy Aware Children Suitable for Vegetarian diet



Menu(s)

Costs

Batch cost	£15.36
Serving cost	£1.28

HACCP

General

Yield

Cooked weight	2 114 g
Serving size	176 g
Servings per batch	12

Ingredients

Ingredient	Qty	Cost
Pepper Red Each . . . Composite ingredients: PEPPER RED Supplier: Dole Food Service 2062	2.00 ea	£2.00
Pepper Yellow Each . . . Composite ingredients: PEPPER YELLOW Supplier: Dole Food Service 2067	2.00 ea	£2.80
Aubergine . Each . . . Composite ingredients: AUBERGINE Supplier: Dole Food Service 3042	1.00 ea	£1.40
Courgette . 1kg . . . Composite ingredients: Colour (Anthocyanin), Acidity Regulator (Sodium Citrate), Flavourings, Supplier: Dole Food Service 4301	3.00 ea	£2.10
Onion Red 1kg . . . Composite ingredients: ONION RED Supplier: Dole Food Service 4421	2.00 ea	£0.95
Tomato Cherry 250g . . . Composite ingredients: TOMATO Supplier: Dole Food Service 2012	250.00 g	£1.35
Garlic . Each . . . Composite ingredients: GARLIC Supplier: Dole Food Service 4321	8.00 g	£0.08
Doves Farm G/F Organic Maize & Rice Penne Pasta Composite ingredients: Maize flour 70%*, rice flour 30%* (*denotes organic produce) Supplier: M J Baker Foodservice 390400	600.00 g	£3.04
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	300.00 g	£4.20

Sub Recipes	Qty	Cost
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Ingredient	Qty	Cost
Homemade Pesto Sauce	50.00 g	£0.49

Method

1. Chop peppers, aubergine, courgettes and onions place in roasting tin with toss with oil cook for 45min on 190 C
Add cherry toms cut in half with garlic and tinned tomatoes cook 10 - 15 mins

Meanwhile cook pasta to manufactures instructions

Add some of the pasta water to veggies to loosen sauce

Drain pasta and stir into the roasted veg

Stir in pesto and some cheese

leave enough cheese to sprinkle on top

return to oven until cheese is melted on top

Nutrition

	100g	serving		100g	serving
Energy	163 kcal	287 kcal	Fat	4.5 g	7.9 g
Fibre	1.6 g	2.8 g	- saturates	3.4 g	6.0 g
Protein	2.7 g	4.8 g	Carbohydrate	27.6 g	48.6 g
Salt	0.32 g	0.56 g	- sugars	2.1 g	3.7 g

Tomato & Bean Pasta Bake - AA

Information

Reference: AA

Menu(s)

Costs

Batch cost	£13.80
Serving cost	£0.58

Yield

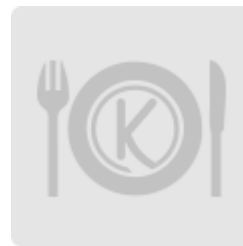
Cooked weight	5 106 g
Serving size	213 g
Servings per batch	24

Ingredients

Ingredient	Qty	Cost
Onion Cooking 1kg . . . Composite ingredients: ONION Supplier: Dole Food Service 4402	400.00 g	£0.60
Doves Farm G/F Organic Maize & Rice Penne Pasta Composite ingredients: Maize flour 70%, rice flour 30%* (*denotes organic produce) Supplier: M J Baker Foodservice 390400	1.00 kg	£5.06
CK Chopped Tomatoes* Composite ingredients: Chopped tomatoes(60%), Tomato Juice, Acidity Regulator (Citric Acid) Supplier: M J Baker Foodservice 172715	2.60 kg	£2.40
Greens Mixed Diced Peppers 10m Composite ingredients: Diced red peppers (50%), Diced green peppers (50%) Supplier: M J Baker Foodservice 800165	400.00 g	£0.75
Fontinella Red Kidney Beans in Water* Composite ingredients: Red Kidney Beans, Water, Ascorbic Acid or Calcium Chloride (Depending on Supplier) Supplier: M J Baker Foodservice 171125	400.00 g	£0.70
C.William Mixed Herbs Composite ingredients: Marjoram, Thyme, Parsley, Basil, Savoury. Supplier: M J Baker Foodservice 380274	1.00 tsp	£0.09
Violife Vegan Grated Original Cheese Composite ingredients: Water, Coconut Oil (24%), Modified Starch, Starch, Sea Salt, Flavoursings, Olive Extract, Colour: B-Carotene, Vitamin B12. Supplier: M J Baker Foodservice 30940	300.00 g	£4.20

Method

- 1 Soften onions, garlic and peppers, add tomatoes, beans and herbs.
2. Simmer for 30 minutes.
3. Blanch pasta.



HACCP

General

4. Combine all and transfer to baking dish.
5. Top with cheese and bake at 180°C until core temperature of 75°C achieved.

Nutrition

	100g	serving		100g	serving
Energy	113 kcal	240 kcal	Fat	1.9 g	4.0 g
Fibre	2.4 g	5.1 g	- saturates	1.4 g	3.0 g
Protein	2.8 g	6.0 g	Carbohydrate	20.5 g	43.6 g
Salt	0.17 g	0.36 g	- sugars	1.6 g	3.4 g

Allergen Free Homemade Shortbread

Information

Reference: AA

Menu(s)

Costs

Batch cost	£2.73
Serving cost	£0.23

Yield

Cooked weight	1 077 g
Serving size	90 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	340.00 g	£0.99
Tate & Lyle Caster Sugar Composite ingredients: Cane Sugar Supplier: M J Baker Foodservice 510110	170.00 g	£0.24
Doves Farm G/F Plain White Flour Composite ingredients: Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat) Supplier: M J Baker Foodservice 250510	567.00 g	£1.50

Method

- 1.1 Combine all dry ingredients until mixture binds together.
- 2 Press into Lightly greased tin. 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	448 kcal	402 kcal	Fat	22.8 g	20.5 g
Fibre	15.9 g	14.3 g	- saturates	9.3 g	8.3 g
Protein	2.6 g	2.3 g	Carbohydrate	57.9 g	52.0 g
Salt	0.46 g	0.41 g	- sugars	0.4 g	0.4 g



HACCP
General

GF Norse Butchers Sausages

Information

Menu(s)

Costs

Batch cost	£0.47
Serving cost	£0.47

Yield

Cooked weight	100 g
Serving size	100 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
12xGLUTEN FREE Free Range Pork 12 Sausages*P*	2.00 ea	£0.47
Composite ingredients: Pork, water, oragnis whole grain rice flour, organic tapioca starch, sea salt, organic spices(black pepper, cayenne) organic yeast, organic garlic powder, organic herb(rosemary) anti oxidant E300		
Supplier: Scorse Foods SAU005DSW		

Method

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

Nutrition

	100g	serving		100g	serving
Energy	195 kcal	195 kcal	Fat	12.2 g	12.2 g
Fibre	0.0 g	0.0 g	- saturates	4.5 g	4.5 g
Protein	14.7 g	14.7 g	Carbohydrate	0.0 g	0.0 g
Salt	1.03 g	1.03 g	- sugars	0.0 g	0.0 g



HACCP

General

Allergen Free - Plant Based Sausage

Information

Reference: AA

Tags: Suitable for Vegetarian diet



Menu(s)

Costs

Batch cost	£0.52
Serving cost	£0.52

HACCP

General

Yield

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

Ingredients

Ingredient	Qty	Cost
M/Farm Plant Based Sausages 50g	1.00 ea	£0.52
Composite ingredients: Water, Pea Protein (23%), Rapeseed Oil, Thickener (E461), Vegetable Fibres (Pea, Bamboo), Yeast Extract, Preservative (E326), Dried Onion, Salt, Spices, Natural Flavouring, Dextrose, Sage, Vegetable Concentrates (Beetroot, Caramelised Carrot, Carrot). Sausages filled into plant based casings. Supplier: M J Baker Foodservice 843315		

Method

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

Nutrition

	100g	serving		100g	serving
Energy	210 kcal	105 kcal	Fat	11.2 g	5.6 g
Fibre	4.0 g	2.0 g	- saturates	1.0 g	0.5 g
Protein	17.1 g	8.6 g	Carbohydrate	8.2 g	4.1 g
Salt	1.33 g	0.67 g	- sugars	1.0 g	0.5 g

Fruit Salad

Information

Reference: Puddings

Menu(s)

Costs

Batch cost	£5.97
Serving cost	£0.25

Yield

Cooked weight	3 750 g
Serving size	156 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	500.00 g	£0.73
Pears . 1kg . . . Composite ingredients: PEARS Supplier: Dole Food Service 1071	500.00 g	£0.72
Orange Large X 15kg Composite ingredients: ORANGES Supplier: Dole Food Service 1230	400.00 g	£0.89
Banana . Approx 1kg . . . Composite ingredients: BANANA Supplier: Dole Food Service 1002	400.00 g	£0.64
Kiwi X 30 Composite ingredients: KIWI Supplier: Dole Food Service 3066	350.00 g	£2.28
Water List: South West Norse Ingredients	800.00 ml	£0.00
Juice Orange 12 X 1l . . . Composite ingredients: Orange Juice from Concentrate (100%) Supplier: Dole Food Service 8110	800.00 ml	£0.71

Method

1. 1 Mix Fruit Juice with water.
- 2 Finely chop all fruit and mix with juice.

Nutrition

	100g	serving		100g	serving
Energy	33 kcal	52 kcal	Fat	0.1 g	0.2 g
Fibre	2.2 g	3.4 g	- saturates	0.0 g	0.0 g
Protein	0.5 g	0.8 g	Carbohydrate	7.4 g	11.6 g
Salt	0.22 g	0.34 g	- sugars	7.2 g	11.3 g



HACCP
General

Roast Chicken

Information

Menu(s)

Autumn Winter Menu Wk 2

Costs

Batch cost	£0.85
Serving cost	£0.85

Yield

Cooked weight	93 g
Serving size	93 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Chicken BREAST Fillets 20x55-70g "P" Composite ingredients: Chicken Supplier: Scorse Foods CF001DSW	90.00 g	£0.84
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	129 kcal	120 kcal	Fat	4.0 g	3.7 g
Fibre	0.0 g	0.0 g	- saturates	0.7 g	0.7 g
Protein	23.2 g	21.6 g	Carbohydrate	0.0 g	0.0 g
Salt	0.15 g	0.14 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 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

Cauliflower and Tomato Bake

Information

Reference: AA

Menu(s)

Costs

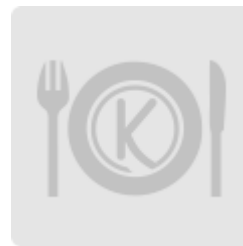
Batch cost	£5.75
Serving cost	£0.48

Yield

Cooked weight	2 015 g
Serving size	168 g
Servings per batch	12

Ingredients

Ingredient	Qty	Cost
Fairway Cauliflower Florets 30/50m Composite ingredients: Cauliflower florets Supplier: M J Baker Foodservice 800515	400.00 g	£0.56
Cambray Garlic Puree Composite ingredients: Rehydrated Garlic Granules, Citric Acid E330. Supplier: M J Baker Foodservice 380663	2.00 tsp	£0.04
Onion Red 1kg . . . Composite ingredients: ONION RED Supplier: Dole Food Service 4421	500.00 g	£0.48
Peeled Plum Tomatoes in Tomato Juice Composite ingredients: Tomatoes, tomato juice, acidity regulator: citric acid. Supplier: M J Baker Foodservice 172821	800.00 g	£1.39
Herbs Flat Parsley 100g . . . Composite ingredients: PARSLEY Supplier: Dole Food Service 2317	10.00 g	£0.18
Lemon . Each . . . Composite ingredients: LEMON Supplier: Dole Food Service 1203	1.00 ea	£0.30
Oil Rapeseed 5l . . . Composite ingredients: The refined de-odorised vegetable oil derived from the crushing of rapeseeds (Brassica napus etc) *The product may contain citric acid (E330) added as a processing aid, derived from Beet (50mg/kg max), Country of Origin â Belgium. Supplier: Dole Food Service 7116	5.00 ml	£0.02
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	200.00 g	£2.80



HACCP

General

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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 oven to 180 degrees gas mark 6

2. Chop the red onion into diced and lightly fry to a soft uncoloured texture.
3. Place the cauliflower all in into a deep baking tray, and the onions, tomatoes, garlic, lemon and parsley, mix together and season with pepper to taste.
4. Bake in the oven for 20 minutes, remove and sprinkle on the Violife Vegan Cheese.
5. Return to the oven and bake until golden brown and serve.

Nutrition

	100g	serving		100g	serving
Energy	54 <i>kcal</i>	91 <i>kcal</i>	Fat	2.7 <i>g</i>	4.5 <i>g</i>
Fibre	2.1 <i>g</i>	3.5 <i>g</i>	- saturates	2.2 <i>g</i>	3.7 <i>g</i>
Protein	1.1 <i>g</i>	1.8 <i>g</i>	Carbohydrate	6.0 <i>g</i>	10.1 <i>g</i>
Salt	0.26 <i>g</i>	0.44 <i>g</i>	- sugars	2.2 <i>g</i>	3.7 <i>g</i>

Iced Fruit Smoothie

Information

Reference: AA

Menu(s)

Costs

Batch cost	£0.31
Serving cost	£0.31

Yield

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

Ingredients

Ingredient	Qty	Cost
Cool Orange & Mango Smoothie 80ml BioPBS Composite ingredients: Water, Mango Fruit Puree (30%), Invert Sugar Syrup, Sugar, Emulsifier (Mono- and Di- Glycerides of Fatty Acids), Stabilisers (Tara Gum, Guar Gum, Methyl Cellulose, Dextrose, Pectin, Locust Bean Gum), Acidity Regulator (Citric Acid), Orange Flavouring. Supplier: M J Baker Foodservice 893006	1.00 pack	£0.31

Method

1.

Nutrition

	100g	serving		100g	serving
Energy	80 kcal	64 kcal	Fat	0.5 g	0.4 g
Fibre	18.0 g	14.4 g	- saturates	0.3 g	0.2 g
Protein	0.2 g	0.2 g	Carbohydrate	18.0 g	14.4 g
Salt	0.00 g	0.00 g	- sugars	0.9 g	0.7 g



HACCP

General

Allergen Free Vegetable Lasagne

Information

Reference: AA

Menu(s)

Costs

Batch cost	£6.89
Serving cost	£0.57

Yield

Cooked weight	1 582 g
Serving size	132 g
Servings per batch	12

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
Garlic . Each . . . Composite ingredients: GARLIC Supplier: Dole Food Service 4321	2.00 ea	£0.90
Mushroom Cup 12 X 250g . . . Composite ingredients: MUSHROOM Supplier: Dole Food Service 4347	100.00 g	£0.71
C.William Mixed Herbs Composite ingredients: Marjoram, Thyme, Parsley, Basil, Savoury. Supplier: M J Baker Foodservice 380274	8.00 g	£0.12
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
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	200.00 g	£2.80
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	340.00 g	£0.78
Water List: South West Norse Ingredients	207.00 ml	£0.00



HACCP
General

Ingredient	Qty	Cost
Courgette . 1kg . . . Composite ingredients: Colour (Anthocyanin), Acidity Regulator (Sodium Citrate), Flavourings, Supplier: Dole Food Service 4301	113.00 g	£0.24
Carrot . 1kg . . . Composite ingredients: CARROT Supplier: Dole Food Service 4151	113.00 g	£0.11
Squash Butternut 10kg . . . Composite ingredients: BUTTERNUT SQUASH Supplier: Dole Food Service 4830	113.00 g	£0.38
Greens Mixed Diced Peppers 10m Composite ingredients: Diced red peppers (50%), Diced green peppers (50%) Supplier: M J Baker Foodservice 800165	113.00 g	£0.21

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. When the veg is roasted put in a pan with the maggi and water, stir well and allow to heat through.
4. Thinly slice the aubergine length ways.
5. transfer veg mix to a oven dish, lay aubergine slices on top, then sprinkle over the grated cheese and butter.
6. 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	128 kcal	169 kcal	Fat	7.8 g	10.3 g
Fibre	2.5 g	3.3 g	- saturates	4.1 g	5.4 g
Protein	1.3 g	1.7 g	Carbohydrate	7.4 g	9.8 g
Salt	0.46 g	0.61 g	- sugars	2.0 g	2.6 g

Allergen Free Lasagne

Information

Reference: AA

Menu(s)

Costs

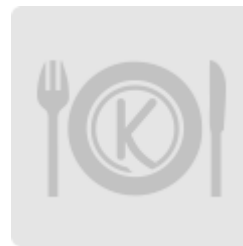
Batch cost	£17.76
Serving cost	£0.74

Yield

Cooked weight	6 016 g
Serving size	251 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
Katerbake GF Wrap Composite ingredients: Water, Wholegrain Flours (Sorghum Flour, Cornflour, Buckwheat Flour, Millet Flour, Teff Flour, Rice Flour), Chickpea Flour, Rice Flour, Psyllium Husk Powder, Cellulose Fibre, Tapioca Starch, Rapeseed Oil, Potato Starch, Maize Starch, Sugar, Pea Protein, Potato Fibre, Yeast, Raising Agents (Sodium Carbonate, Calcium Phosphate), Acidity Regulators (Malic Acid, Citric Acid, Tartaric Acid), Salt, Thickeners (Xanthan Gum, Guar Gum), Preservatives (Potassium Sorbate, Sorbic Acid), Fermented Maize Starch, Flavouring. Supplier: M J Baker Foodservice	50.00 g	£0.73



HACCP

General

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Storage

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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
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
Water List: South West Norse Ingredients	1 000.00 ml	£0.00
Violife Vegan Original Cheese Slices Composite ingredients: Water, Coconut Oil (23%), Modified Starch, Starch, Sea Salt, Flavourings, Olive Extract, Colour: B- Carotene, Vitamin B12. Supplier: M J Baker Foodservice 30930	226.00 g	£2.67
Doves Farm G/F Plain White Flour Composite ingredients: Gluten Free Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat) Supplier: M J Baker Foodservice 250510	200.00 g	£0.53
Knorr Vegetable Bouillon Paste G/F 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	38.00 g	£0.84

Method

1. Fry the mince, onion, garlic paste until lightly brown.
2. Add the herbs, tomatoes, vegetable bouillon. Bring to the boil and simmer for 30 minutes.
3. Spread a wrap with the Violife cream cheese
4. Place some of the meat mixture into a dish, followed by a layer of wrap, and repeat.
5. Top with a and sprinkle with Violife 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	79 kcal	198 kcal	Fat	3.3 g	8.3 g
Fibre	2.2 g	5.5 g	- saturates	1.8 g	4.5 g
Protein	5.5 g	13.8 g	Carbohydrate	6.5 g	16.3 g
Salt	0.37 g	0.93 g	- sugars	1.1 g	2.8 g

Allergen Free Oaty & Sultana cookie

Information

Reference: AA

May contain:



Gluten, Gluten: Oats



Menu(s)



Costs

Batch cost	£1.42
Serving cost	£0.12

Yield

Cooked weight	523 g
Serving size	44 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

Method

- 1 Cream marg and sugar together, mix well
- 2 Add the rest of the ingredients
- 3 Mix well roll into sausage shape chill
- 4 cut in to 15 pieces and bake 190c

HACCP

General

5 leave to cool and serve

Nutrition

	100g	serving		100g	serving
Energy	405 kcal	176 kcal	Fat	14.7 g	6.4 g
Fibre	28.7 g	12.5 g	- saturates	5.8 g	2.5 g
Protein	4.5 g	2.0 g	Carbohydrate	64.2 g	28.0 g
Salt	0.30 g	0.13 g	- sugars	2.2 g	1.0 g

Allergen Aware - Veggie Burger

Information

Reference: AA

Tags: Suitable for Vegetarian diet



Menu(s)

Costs

Batch cost	£0.69
Serving cost	£0.69

HACCP

General

Yield

Cooked weight	100 g
Serving size	100 g
Servings per batch	1

Ingredients

Ingredient	Qty	Cost
Pm Vegan Luxury Veggie Burger 100g G/F	1.00 pack	£0.69
Composite ingredients: INGREDIENTS: lentils (40%), carrots, onions, pea flour, spring onions, water, tomato puree, modified maize starch, salt, garlic, cumin seeds, coriander, black pepper, cayenne pepper. Supplier: M J Baker Foodservice 842862		

Method

1. Follow manufacturer guidelines

Nutrition

	100g	serving		100g	serving
Energy	153 kcal	153 kcal	Fat	1.0 g	1.0 g
Fibre	2.9 g	2.9 g	- saturates	0.1 g	0.1 g
Protein	8.0 g	8.0 g	Carbohydrate	23.1 g	23.1 g
Salt	1.20 g	1.20 g	- sugars	4.4 g	4.4 g

GF Fish Finger

Information

Reference: AA

Allergens: 
Fish



Menu(s)

HACCP

Costs


General

Batch cost	£0.58
Serving cost	£0.58

Yield

Cooked weight	60 g
Serving size	60 g
Servings per batch	1

Ingredients

Ingredient		Qty	Cost
Birds Eye G/F Fishfingers 30g		2.00 ea	£0.58
Composite ingredients: Alaska Pollock (FISH) (65%), Breadcrumbs*, Rapeseed Oil. Supplier: M J Baker Foodservice 817619			

Method

1. follow manufacturer guidelines

Nutrition

	100g	serving		100g	serving
Energy	198 kcal	119 kcal	Fat	9.0 g	5.4 g
Fibre	0.6 g	0.4 g	- saturates	0.8 g	0.5 g
Protein	13.0 g	7.8 g	Carbohydrate	16.0 g	9.6 g
Salt	0.86 g	0.52 g	- sugars	0.0 g	0.0 g

Pip Ice Lolly

Information

Reference: Pudding

Menu(s)

Autumn Winter Menu Wk 2, Autumn Winter Menu Wk 3



Costs

Batch cost	£0.45
Serving cost	£0.45

HACCP

General

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