

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK1 Mon-MPasta Carbonara, Tomato & Garlic Focaccia Bread	
Unit:	004	Midshire Head Office
Sub Group:	MID10	Secondary Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	10.1652	
Unit Cost:	1.0165	

Ingredient	Description	Amount	Cost	Section	Supplier
48282 805/1	Farmstead U/Smk R/less Back Bacon	300g	2.2094		
4411 806/48	Onions Large	200g	0.2500		
7170 806/48	Garlic Puree	30g	0.1593		
2314 806/48	Herb Flat Parsley Large	20g	0.2352		
04587 805/1	EvFav Extended Life Veg Oil - BiB	30ml	0.0829		
72600 805/1	Kerrymaid Double	100ml	0.5342		
TAP WATEF	Tap water	500ml	0.0000		
50787 805/1	Gustoso Parmesan-style Veg Grated Chee:	100g	1.6143		
Manual Sub	Sauce - Bechamel (White)	1000ml	1.6581		n/a
70485 805/1	Ev Fav Conchiglie Pasta (sea Shells)	500g	1.4708		
Breadfeb25	Tomato & Garlic Foccacia Bread	10	1.9510		n/a

Method:

Preparation...

- Make the Focaccia Bread as per sub recipe
- Make the bechamel as per the sub recipe, bring up to the boil and simmer for 2-3 minutes.
- Peel the onions and finely chop
- Cut the bacon into 1cm strips
- Wash and chop the parsley.

Method...

- In a suitable pan heat the oil and gently fry the onions and garlic puree in a for 3-4 minutes without colour.
- Add the bacon strips and cook on a high heat for a further 5 minutes.
- Add the béchamel sauce and simmer gently for 10 minutes, remove from the heat and stir in the grated vegetarian hard cheese, cream and chopped parsley. Portion between 10 16oz pots.
- Serve with the Focaccia bread
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
2347.4	560.7	24.8	10.1	63.4	(0.1)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.0	51.7	>1.0	>1.1	>47.5	(80.0)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.3	>4.6	0.7	9.6	1.8	2347.4
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
560.7	51.7	63.4	9.6	>42.5	>23.6
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>147.5	(3.4)	>0.3	>0.1	>0.8	>0.2

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VitB12 (µg)	FibreAOAC (g)
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>0.9	>3.1
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Information Tags

Additives

Contains Artificial Anti-Oxidants | Artificial Flavourings | Artificial Preservatives**No Data** Artificial Colours | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Eggs | Milk**Does Not Contain** Celery | Crustaceans | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**May Contain** Barley | Oats | Rye**Does Not Contain** Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK1 Mon-V Italian Pasta Veggie Bolognese & Garlic Bread	
Unit:	004	Midshire Head Office
Sub Group:	MID11	Secondary Veggie Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	11.2342	
Unit Cost:	1.1234	

Ingredient	Description	Amount	Cost	Section	Supplier
4402 806/48	ONION COOKING x 1KG	150g	0.1545		
4151 806/48	Carrots	150g	0.1695		
2156 806/48	Celery	.5	0.8600		
7170 806/48	Garlic Puree	35g	0.1859		
70358 805/1	EvFav Mixed Herbs	4g	0.1102		
05634 805/1	Tomato Paste	20g	0.0890		
42581 805/1	Chopped Tomatoes In Juice	400g	0.8256		
04192 805/1	Ev Fav Gluten Free Vegetable Bouillon Mix	10g	0.0996		
70490 805/1	EvFav Penne Rigate	650g	1.7355		
TAP WATEF	Tap water	500ml	0.0000		
45738 805/1	Kater Veg Vegan Mince	500g	4.9195		
DRAW25 sic	Garlic Bread side	10	2.0850		n/a

Method:

Preparation...

- Prepare the Garlic bread as per Sub recipe
- Dice the onions, carrots & celery.

Method...

- In a suitable pan heat the oil and gently fry the onions, carrots, celery and garlic puree in a for 6 minutes without colour.
- Then add the veggie mince, cook for a further 5mins.
- Stir in the tomato paste, chopped tomatoes, veg stock & herbs, mix well & simmer for approx 30mins, adding more water if starting to thicken too much.
- Cook the pasta in separate pans IF REQUIRED until just cooked, refresh the pasta, drain, cover & chill until required.
- Stir the cooked pasta's into the sauce, stir well to coat the pasta.
- Serve with a slice of garlic bread
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)	NME Sugar (g)
1938.9	463.1	5.8	1.5	77.5	(0.2)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>5.7	21.1	>1.0	>1.0	>46.2	(25.2)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.9	>5.2	0.5	7.8	1.4	>1918.3
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>458.2	>21.0	>76.4	>7.1	>0.4	>23.0
Potassium (mg)	Selenium (µg)		ThiaminB1 (mg)		
>105.0	(0.7)		>0.1		

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RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)	VitB12 (µg)	FibreAOAC (g)
>0.0	>0.0	>0.0	>0.0	>6.8

Information Tags

Additives

Contains Artificial Flavourings**No Data** Artificial Anti-Oxidants | Artificial Colours | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains Celery | Cereals containing Gluten | Soya**Does Not Contain** Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu: Draw25 Mains DR Spring/Summer Main Recipes
Recipe: DRAW25 WK1 Tue-M Chicken Katsu curry & rice
Unit: 004 Midshire Head Office
Sub Group: MID10 Secondary Mains
Group: Recipes Recipes
Yield: 10 Ptn
Total Cost: 10.3146
Unit Cost: 1.0315

Ingredient	Description	Amount	Cost	Section	Supplier
FCP052 812	Breaded Chicken Fillets 125g	625G	7.4375		
53324 805/1	Everyday Favourites Easy Cook Long Grain	600g	1.3944		
TAP WATEF	Tap water	1200ML	0.0000		
58850 805/1	Curry Sauce Mix Bucket	150g	1.3770		
70374 805/1	Chef William Chinese Five Spice	5g	0.1057		

Method:

Method...

- Tray the crumbed chicken pieces up onto a lined baking tray, cook in a 180c until cooked through to 75c has been reached set aside and keep warm
- Bring the water to a boil, add the curry paste & whisk until thickened, set aside and keep warm
- Place the rice into a tray then cover with water, Cook the rice in the steamer until just tender and a minimum core temperature of 75c has been reached, drain and add Chinese 5 spice & stir to combine
- Adhere to all relevant hygiene and safety procedures.

To Serve...

- Divide the rice between the service pots
- Top with the katsu style curry sauce
- Slice the cooked chicken in half, divide the chicken evenly between the pots (5 crumbed chicken for 10 portions)

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)	NME Sugar (g)
1679.6	401.2	9.3	3.1	62.2	(2.5)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
1.2	17.3	0.6	1.4	43.8	(0.0)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
0.0	33.8	0.8	3.0	2.1	1708.3
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
408.0	15.7	66.2	2.6	>0.0	34.2
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
266.8	>0.0	0.4	0.0	?	>0.4
VitB12 (µg)	FibreAOAC (g)				
>0.0	>0.8				

Recipe Detail

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Information Tags

Additives

No Data

Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains

Cereals containing Gluten | Mustard

Does Not Contain

Celery | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

No

5 a Day

Other Allergens

Contains

Flavour Enhancers

No Data

Yeast

Other Contents

No Data

GM Material

Sub-Allergens

Contains

Wheat

Does Not Contain

Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable

Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable

High Calorie | Low Sodium

Coeliac

Unknown

Coeliac Diet (UK)

Recipe Detail

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Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK1 Tue-V	Spring Roll with Fried Rice & Chinese Curry Sauce
Unit:	004	Midshire Head Office
Sub Group:	MID11	Secondary Veggie Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	11.5396	
Unit Cost:	1.1540	

Ingredient	Description	Amount	Cost	Section	Supplier
62669 805/1	Cook Asia Vegetable Spring Rolls	10	6.1750		
04587 805/1	EvFav Extended Life Veg Oil - BiB	75ml	0.2073		
53324 805/1	Everyday Favourites Easy Cook Long Grain	600g	1.3944		
TAP WATEF	Tap water	1200ml	0.0000		
04587 805/1	EvFav Extended Life Veg Oil - BiB	75ml	0.2073		
7170 806/48	Garlic Puree	10g	0.0531		
18936 805/1	EvFav Medium Eggs	2 each	0.5767		
4452 806/48	Spring Onion Bunch	75g	0.7666		
04364 805/1	EvFav Choice Peas	150g	0.4863		
89541 805/1	Lee Kum Kee Premium Dark Soy Sauce	15ml	0.0889		
58850 805/1	Curry Sauce Mix Bucket	150g	1.3770		
TAP WATEF	Tap water	800ml	0.0000		
2327 806/48	Herb Coriander	10g	0.2070		

Method:

Method...Spring Roll

- Bake the spring rolls in a 180c oven until core temperature of 75c has been reached, keep hot until service.

Method... Egg Fried Rice

- Place the rice into a suitable gastronome tray and cover with twice the volume of water, cover with a tight fitting lid or tin foil and cook in an oven set at 160c for approx 20 minutes or until the rice is tender and a core temperature of 75c has been reached , drain and cool rapidly.
- Wash and finely shred the spring onions. Break the eggs into a bowl and lightly beat with soy sauce.
- De-frost the peas under cold running water and drain.
- Heat the vegetable oil in a wok or frying pan and stir-fry the spring onions with the garlic puree, add the beaten eggs and stir until it forms an "omelette" in the base of the pan.
- Add the cooled rice and peas and stir well, the "omelette" will break up and show up as chunks of egg through the rice,
- once the rice has reached a core temperature of 82c add the chopped coriander. Place into a suitable serving dish and hold hot until needed.
- This recipe must be cooked and consumed on the day of production
- Adhere to all relevant hygiene and safety procedures.

Method... Curry sauce

- Bring the water to the boil, add a little cold water to the curry sauce powder and whisk well, whisk into the boiling water.
- Simmer for 2-3 minutes, place into a suitable dish for service and keep hot until needed.

To Serve...

- Serve the spring rolls (1PER PORTION) on top of the egg fried rice and the curry sauce on the side.

Nutritional Category: None**Nutritional Content Per Standard Size(Ptn)**

Recipe Detail

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Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
2375.1	567.3	21.0	>3.7	79.1	(1.5)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>5.8	12.6	>1.1	>1.3	>44.2	(21.3)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>3.6	>43.5	1.1	8.5	2.9	>2374.4
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotat Sug (g)	Iodine (µg)	Magnesium (mg)
>567.1	>12.6	79.1	8.5	>0.0	>24.7
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>149.4	>0.0	>0.4	>0.1	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	5.8				

Information Tags

Additives

No Data Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Eggs | Mustard | Soya

Does Not Contain Celery | Crustaceans | Fish | Lupin | Milk | Molluscs | Nuts | Peanuts | Sesame | Sulphur Dioxide and Sulphites

Information

Yes 5 a Day

Other Allergens

Contains Flavour Enhancers

No Data Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat

Does Not Contain Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK1 Wed-MRoast Chicken Yorkshire Pudding Burrito Wrap	
Unit:	004	Midshire Head Office
Sub Group:	MID10	Secondary Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	11.7492	
Unit Cost:	1.1749	

Ingredient	Description	Amount	Cost	Section	Supplier
18977 805/1	Everyday Favourites Yorkshire Pudding 8 l	5	5.1533		
CC010201S	Sliced Chicken Thigh 2.25kg - Original	600g	4.6080		
17309 805/1	Sage & Onion Stuffing Mix	100g	0.4226		
TAP WATEF	Tap water	200ml	0.0000		
4151 806/48	Carrots	150g	0.1695		
82829 805/1	EvFav Economy Peas	150g	0.4622		
04587 805/1	EvFav Extended Life Veg Oil - BiB	25ml	0.0691		
4582 806/48	POTATO WASHED WHITE x 20KG	700g	0.6951		
03013 805/1	Everyday Favourites Fine Gravy Granules	20g	0.1694		
TAP WATEF	Tap water	200ml	0.0000		

Method:

Preparation...

- Defrost the Yorkshire puddings
- Defrost the peas and steam until a temperature of 75c has been reached
- Dice the Potatoes & Roast in a 180c oven until tender in the middle and golden brown
- Peel & slice the carrots lengthways into quarters, blanch in boiling water or in the steamer until the carrots are just fork tender, remove and drain well
- Make the stuffing by adding the water to the mix, but add more water than stated on the instructions as we need the stuffing to be wetter than normal to act as the glue to hold it all together
- Make the gravy, this needs to be a thick consistency so it holds in the wrap
- Cook the Chicken in a 180c oven until a core temperature of 75c has been reached, remove and keep warm

Method to assemble...

- Lay out the Yorkshire puddings, Spread over the stuffing
- Lay on the chicken, then the vegetables
- Ladle the gravy over the top
- Fold in the sides, then roll from the bottom up, not too tightly as the pudding will spilt, place the rolled puddings seam side down on a lined baking tray, then pack the tray tight with the other wraps
- Bake in a 175c oven until cooked through to a core temperature of 75c has been reached
- Cut in half and serve half a Yorkshire pudding per portion
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None**Nutritional Content Per Standard Size(Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1429.8	341.5	9.7	1.6	34.4	(0.4)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.3	18.1	>1.0	>1.1	>15.5	(90.4)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>26.7	>18.9	>0.4	3.5	>0.9	1429.8

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LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
341.5	18.1	34.4	3.5	>0.0	>4.4
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>31.5	>0.0	>4.8	>0.0	>0.0	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	3.5				

Information Tags

Additives

Contains Artificial Colours | Artificial Flavourings | Artificial Preservatives**No Data** Artificial Anti-Oxidants | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Eggs | Milk**Does Not Contain** Celery | Crustaceans | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

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Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK1 Wed-VVeggie Chicken Yorkshire Pudding Burrito wrap	
Unit:	004	Midshire Head Office
Sub Group:	MID11	Secondary Veggie Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	11.0791	
Unit Cost:	1.1079	

Ingredient	Description	Amount	Cost	Section	Supplier
18977 805/1	Everyday Favourites Yorkshire Pudding 8 li	5	5.1533		
95955 805/1	Vegan Strips Chicken Style	300g	3.9379		
17309 805/1	Sage & Onion Stuffing Mix	100g	0.4226		
TAP WATEF	Tap water	200ml	0.0000		
4151 806/48	Carrots	150g	0.1695		
82829 805/1	EvFav Economy Peas	150g	0.4622		
04587 805/1	EvFav Extended Life Veg Oil - BiB	25ml	0.0691		
4582 806/48	POTATO WASHED WHITE x 20KG	700g	0.6951		
03013 805/1	Everyday Favourites Fine Gravy Granules	20g	0.1694		
TAP WATEF	Tap water	200ml	0.0000		

Method:

Preparation...

- Defrost the Yorkshire puddings
- Defrost the peas and steam until a temperature of 75c has been reached
- Dice the Potatoes & Roast in a 180c oven until tender in the middle and golden brown
- Peel & slice the carrots lengthways into quarters, blanch in boiling water or in the steamer until the carrots are just fork tender, remove and drain well
- Make the stuffing by adding the water to the mix, but add more water than stated on the instructions as we need the stuffing to be wetter than normal to act as the glue to hold it all together
- Make the gravy, this needs to be a thick consistency so it holds in the wrap
- Defrost the veggie Chicken strips then cook them in a 180c oven until a core temperature of 75c has been reached, remove and keep warm

Method to assemble...

- Lay out the Yorkshire puddings, Spread over the stuffing
- Lay on the veggie chicken strips, then the vegetables
- Ladle the gravy over the top
- Fold in the sides, then roll from the bottom up, not too tightly as the pudding will spilt, place the rolled puddings seam side down on a lined baking tray, then pack the tray tight with the other wraps
- Bake in a 175c oven until cooked through to a core temperature of 75c has been reached
- Cut in half and serve half a Yorkshire pudding per portion
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1424.8	340.3	10.4	1.1	35.4	(0.2)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>4.4	14.4	>0.2	>0.1	>5.4	(10.2)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>2.6	>11.7	0.5	3.4	1.3	1424.8

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LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
340.3	14.4	35.4	3.4	>0.0	>4.4
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>31.5	>0.0	>4.8	>0.0	>0.0	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	5.4				

Information Tags

Additives

Contains Artificial Colours | Artificial Flavourings | Artificial Preservatives**No Data** Artificial Anti-Oxidants | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Eggs | Milk | Soya**Does Not Contain** Celery | Crustaceans | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Sulphur Dioxide and Sulphites

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 Wk1 Thur-MBBQ Chicken wings with loaded wedges	
Unit:	004	Midshire Head Office
Sub Group:	MID10	Secondary Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	4,453.0640	
Unit Cost:	445.3064	

Ingredient	Description	Amount	Cost	Section	Supplier
4582 806/48	POTATO WASHED WHITE x 20KG	700g	0.6951		
7170 806/48	Garlic Puree	10g	0.0531		
29874 805/1	La Comida Fajita Seasoning	10g	0.2356		
04587 805/1	EvFav Extended Life Veg Oil - BiB	30ml	0.0829		
98625 805/1	Lion Sour Cream And Chive Dressing	150ml	1.2684		
4452 806/48	Spring Onion Bunch	.5	0.4600		
CC111201S	BBQ 3 joint chicken wings	1500g	7.3600		
42581 805/1	Chopped Tomatoes In Juice	200g	0.4128		
23616CS 81	TUGO NEO - Pizza Sauce Pouch	200 each	,442.0000		
4421 806/48	Red Onion	100g	0.1600		
2327 806/48	Herb Coriander	10g	0.2070		
07313 805/1	Casa De Mare Lemon Dressing	10ml	0.0555		
7170 806/48	Garlic Puree	5g	0.0266		
04669 805/1	Ev Fav White Wine Vinegar(2 x 5Ltr)	10ml	0.0175		
96882 805/1	Tate & Lyle Caster Sugar	10g	0.0294		

Method:

Preparation...

- Slice and wash the spring onions, and keep to one side for the garnish.
- Finely chop the onions

Method... Salsa

- Combine the tomatoes, red onion, garlic, vinegar, lime juice, sugar and coriander in a bowl. Stir, then refrigerate until ready to serve.

Method...

- Cut the potatoes into wedges, then steam for ten minutes until just cooked through
- Coat the wedges with the oil, garlic and fajita seasoning
- Roast the wedges on a lined baking tray in the oven at 180C until golden brown and crispy
- Tray the chicken wings onto a lined tray and cook in a 180c oven until the core temperature of 75c is reached
- Warm the salsa through either in a sealed container through the steam or in a suitable pan on the stove stirring constantly so not to burn the bottom of the pan, once the core temperatures of 75c is reached, keep hot until needed.
- Adhere to all relevant hygiene and safety procedures.

To serve...

- Place the cooked wedges at the bottom , then cover with the salsa, top with the chicken wings followed by a drizzle of sour cream and a sprinkle of spring onion.

Nutritional Category: None**Nutritional Content Per Standard Size(Ptn)**

Energy (kJ (kJ))	152632.1	Energy (kc (kcal))	36455.6	Fat (g)	567.1
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Recipe Detail

anthonyliddy

Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)	NSP (g)	Protein (g)	Iron (mg)
>125.8	6615.1	(4.0)	>0.6	1466.3	>0.8
Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)
>1.5	>19.5	(26.1)	>59.6	>21.1	>223.7
Total suga (g)	Salt (g)	LEnergy kJ (kJ)	LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)
4149.7	>559.4	>152631.4	>36455.4	>1466.2	6615.1
LTot Sug (g)	Iodine (µg)	Magnesium (mg)	Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)
4149.7	>0.3	>0.7	>15.3	(0.1)	>0.0
RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)	VitB12 (µg)	FibreAOAC (g)	
>0.0	?	>0.0	>0.0	1322.9	

Information Tags

Additives

Contains Artificial Flavourings | Artificial Preservatives**No Data** Artificial Anti-Oxidants | Artificial Colours | Artificial Sweeteners

Allergens

Contains Eggs | Milk | Mustard | Sulphur Dioxide and Sulphites**Does Not Contain** Celery | Cereals containing Gluten | Crustaceans | Fish | Lupin | Molluscs | Nuts | Peanuts | Sesame | Soya

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Does Not Contain Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts | Wheat

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 Wk1 Thur-V Meat Free Chilli Nachos topped with melted Cheese	
Unit:	004	Midshire Head Office
Sub Group:	MID11	Secondary Veggie Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	11.0569	
Unit Cost:	1.1057	

Ingredient	Description	Amount	Cost	Section	Supplier
07261 805/1	Mixed Bean Salad In Water	300g	0.7763		
4411 806/48	Onions Large	150g	0.1875		
2051 806/48	Peppers Mixed	.5	0.4417		
04587 805/1	EvFav Extended Life Veg Oil - BiB	10ml	0.0276		
7170 806/48	Garlic Puree	20g	0.1062		
45738 805/1	Kater Veg Vegan Mince	300g	2.9517		
29874 805/1	La Comida Fajita Seasoning	5g	0.1178		
30158 805/1	Cumin Powder	5g	0.1454		
TAP WATEF	Tap water	600ml	0.0000		
05634 805/1	Tomato Paste	50g	0.2225		
42581 805/1	Chopped Tomatoes In Juice	400g	0.8256		
04192 805/1	Ev Fav Gluten Free Vegetable Bouillon Mix	15g	0.1493		
18633 805/1	Santa Maria Tortilla Chips(12 x 475G)	300g	2.1205		
08674 812/3	Tugo Value Blend Cheese	150g	0.8320		
4421 806/48	Red Onion	150g	0.2400		
04377 805/1	Everyday Favourites Thick & Chunky Salsa	150g	0.6443		
98625 805/1	Lion Sour Cream And Chive Dressing	150ml	1.2684		

Method:

Preparation...

- Dice the onion & peppers
- Drain the tinned beans
- Chop the coriander

Method...

- In a suitable sized pan, heat the vegetable oil to a medium heat, add the onions & peppers, veggie mince, garlic, cumin, fajita seasoning
- Cook until the onions soften then add the tomato paste followed by the tinned tomatoes.
- Add the desired amount of water, bring to the boil, turn down the heat & simmer for approx 40 minutes and reduce to the correct consistency.
- Add the mixed beans & chopped coriander, and adjust the seasoning, add a little more water if becoming too thick, cook for another 10 minutes

To Serve... Using 10 pots

- Divide the tortilla chips between the pots, then top with a spoodle of chilli.
- Divide the cheese between the pots on top of the chilli
- Divide the salsa between the the pots followed with the sour cream as a garnish
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None**Nutritional Content Per Standard Size(Ptn)**

Energy (kJ (kJ))	1583.2	Energy (kc (kcal))	378.1	Fat (g)	20.7
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Recipe Detail

anthonyliddy

Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)	NSP (g)	Protein (g)	Iron (mg)
3.8	32.3	(1.1)	>5.5	12.7	>1.0
Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)
>0.3	>29.0	(61.8)	>18.0	>7.9	0.8
Total suga (g)	Salt (g)	LEnergy kJ (kJ)	LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)
7.1	2.0	>1570.8	>375.2	>12.6	>31.7
LTot Sug (g)	Iodine (µg)	Magnesium (mg)	Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)
>6.6	(0.5)	>14.8	>143.8	(0.2)	>0.1
RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)	VitB12 (µg)	FibreAOAC (g)	
>0.0	?	>0.1	>0.0	>5.7	

Information Tags

Additives

Contains Artificial Flavourings | Artificial Preservatives**No Data** Artificial Anti-Oxidants | Artificial Colours | Artificial Sweeteners

Allergens

Contains Eggs | Milk | Mustard | Soya**May Contain** Cereals containing Gluten**Does Not Contain** Celery | Crustaceans | Fish | Lupin | Molluscs | Nuts | Peanuts | Sesame | Sulphur Dioxide and Sulphites

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

May Contain Barley | Oats | Rye | Wheat**Does Not Contain** Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu: Draw25 Mains DR Spring/Summer Main Recipes
Recipe: DRAW25 WK1 Fri-M1 Battered coated Fish
Unit: 004 Midshire Head Office
Sub Group: MID10 Secondary Mains
Group: Recipes Recipes
Yield: 10 Ptn
Total Cost: 8.5967
Unit Cost: 0.8597

Ingredient	Description	Amount	Cost	Section	Supplier
55572 805/1	Harry Ramsden Fish Fillet 50-70g	10	8.5967		

Method:

Method...

- Cook the coated fish through the oven at 180c for approximately 15-20 minutes until the core temperature of 75c is reached. (DO NOT OVER COOK AS THE PRODUCT WILL DRY OUT!!!)

- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None**Nutritional Content Per Standard Size(Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
474.8	113.4	5.6	0.4	9.0	?
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
0.4	6.2	?	?	?	?
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
?	?	0.2	1.5	0.5	474.8
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotat Sug (g)	Iodine (µg)	Magnesium (mg)
113.4	6.2	9.0	1.5	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
?	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	0.4				

Information Tags**Additives**

No Data Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Fish

Does Not Contain Celery | Crustaceans | Eggs | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

Does Not Contain GM Material

Allmanhall		23-Apr-2025 09:07					
Recipe Detail						anthonyliddy	
Sub-Allergens							
Contains		Wheat					
Does Not Contain		Almonds Barley Brazil Nuts Cashew Nuts Hazelnuts Macadamia Nuts Oats Pecan Nuts Pistachio Nuts Rye Walnuts					
Suitability							
Not Suitable		Halal Diet Kosher Diet Lactose Intolerant Diet Vegan Diet Vegetarian Diet					
Suitability Tags							
Not Suitable		High Calorie Low Sodium					
Coeliac							
Unknown		Coeliac Diet (UK)					

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK1 Fri-M2 Battered Sausage	
Unit:	004	Midshire Head Office
Sub Group:	MID10	Secondary Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	8.5815	
Unit Cost:	0.8581	

Ingredient	Description	Amount	Cost	Section	Supplier
TAP WATEF	Tap water	350ml	0.0000		
04587 805/1	EvFav Extended Life Veg Oil - BiB	200ml	0.5528		
42018 805/1	EvFav Plain White Flour	450g	0.6155		
12831 805/1	Malt Vinegar	25ml	0.0368		
09092 805/1	Dr Oetker GF Baking Powder	25g	0.2013		
09451 805/1	Everyday Favourites Pork Sausages 8's	20	7.1750		

Method:

Preparation...

- Defrost the sausages

Method- Batter

- Sieve together the flour and baking powder.
- Mix enough water into flour to make a smooth batter
- Add vinegar
- Leave to stand for 30 mins before use

Method- sausage

- Dust the sausage with flour,
- Place the sausage into the batter, drain the batter from the sausage and carefully place into a fryer set at 170c and fry for approx 6-8 minutes until the batter is golden and crisp and the sausage has reached a minimum core temperature of 75c
- Drain off the excess oil, place the sausage onto a suitable serving rack and serve immediately.
- Serve 2 sausages per portion
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None**Nutritional Content Per Standard Size(Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)	NME Sugar (g)
2431.4	580.7	35.6	7.0	46.4	(0.4)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
2.0	17.7	>1.2	>1.1	>156.0	(0.0)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.0	>13.3	1.0	4.4	2.6	2431.4
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
580.7	17.7	46.4	4.4	>0.0	>10.1
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>219.8	>0.0	>0.5	>0.3	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	2.0				

Recipe Detail

anthonyliddy

Information Tags

Additives

Contains Artificial Preservatives**No Data** Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Sulphur Dioxide and Sulphites**May Contain** Milk**Does Not Contain** Celery | Crustaceans | Eggs | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

Does Not Contain GM Material

Sub-Allergens

Contains Barley | Wheat**Does Not Contain** Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW24 WK1 Fri-M3 Plain Sausage	
Unit:	004	Midshire Head Office
Sub Group:	MID10	Secondary Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	7.1750	
Unit Cost:	0.7175	

Ingredient	Description	Amount	Cost	Section	Supplier
09451 805/1	Everyday Favourites Pork Sausages 8's	20	7.1750		

Method:

Method...

- Cook the Sausage at 180c through the oven for approximately 15-20 minutes until the core temperature of 75c has been reached
- 2 x sausage per portion
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1022.3	244.2	15.0	5.6	14.0	0.4
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
0.6	13.0	0.3	0.8	93.0	0.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
0.0	3.4	0.6	3.8	1.4	1022.3
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
244.2	13.0	14.0	3.8	?	1.1
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
152.3	?	0.4	0.3	?	?
VitB12 (µg)	FibreAOAC (g)				
?	0.6				

Information Tags

Additives

Contains Artificial Preservatives

Does Not Contain Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Sulphur Dioxide and Sulphites

Does Not Contain Celery | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya

Information

No 5 a Day

Recipe Detail

anthonyliddy

Other Allergens

No Data

Yeast

Does Not Contain

Flavour Enhancers

Other Contents

Does Not Contain

GM Material

Sub-Allergens

Contains

Wheat

Does Not Contain

Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable

Halal Diet | Kosher Diet | Vegan Diet | Vegetarian Diet

Suitable

Lactose Intolerant Diet

Suitability Tags

Not Suitable

High Calorie | Low Sodium

Coeliac

Unknown

Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu: Draw25 Mains DR Spring/Summer Main Recipes
Recipe: DRAW25 WK1 Fri-V1 Battered Sausage Veggie
Unit: 004 Midshire Head Office
Sub Group: MID10 Secondary Mains
Group: Recipes Recipes
Yield: 10 Ptn
Total Cost: 10.9998
Unit Cost: 1.1000

Ingredient	Description	Amount	Cost	Section	Supplier
TAP WATEF	Tap water	350ml	0.0000		
04587 805/1	EvFav Extended Life Veg Oil - BiB	200ml	0.5528		
42018 805/1	EvFav Plain White Flour	450g	0.6155		
12831 805/1	Malt Vinegar	25ml	0.0368		
09092 805/1	Dr Oetker GF Baking Powder	25g	0.2013		
25213 805/1	Everyday Favourites Vegetable Sausage	1120g	9.5933		

Method:

Preparation...

- Defrost the sausages

Method... Batter

- Sieve together the flour and baking powder.
- Mix enough water into flour to make a smooth batter
- Add vinegar
- Leave to stand for 30 minutes before use

Method... sausage

- Dust the sausage with flour,
- Place the sausage into the batter, drain the batter from the sausage and carefully place into a fryer set at 170c and fry for approx 6-8 minutes until the batter is golden and crisp and the sausage has reached a minimum core temperature of 75c
- Drain off the excess oil, place the sausage onto a suitable serving rack and serve immediately.
- Serve 2 sausages per portion
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)	NME Sugar (g)
1962.5	468.7	21.3	1.8	58.0	(0.4)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
4.9	8.7	>1.7	>1.3	>191.6	(20.8)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>29.3	>38.7	0.7	2.5	1.9	1962.5
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
468.7	8.7	58.0	2.5	>0.0	>38.3
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>484.1	>0.0	>0.3	>0.0	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	4.9				

Recipe Detail

anthonyliddy

Information Tags

Additives

No Data Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains Celery | Cereals containing Gluten

May Contain Milk

Does Not Contain Crustaceans | Eggs | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

Does Not Contain GM Material

Sub-Allergens

Contains Barley | Wheat

Does Not Contain Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet

Suitable Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK1 Fri-V2 Plain Vegan Sausage	
Unit:	004	Midshire Head Office
Sub Group:	MID11	Secondary Veggie Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	9.5933	
Unit Cost:	0.9593	

Ingredient	Description	Amount	Cost	Section	Supplier
25213 805/1	Everyday Favourites Vegetable Sausage	1120g	9.5933		

Method:

Method:...

- Cook the Sausage at 180c through the oven for approximately 15-20mins until the core temperature of 75c is reached.
- 2 x sausage per portion
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None**Nutritional Content Per Standard Size(Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)	NME Sugar (g)
553.3	132.2	0.7	0.3	25.7	0.3
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
3.5	4.0	0.8	1.0	128.6	20.8
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
29.3	28.8	0.3	1.9	0.7	553.3
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
132.2	4.0	25.7	1.9	?	29.3
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
416.6	?	0.1	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	3.5				

Information Tags**Additives**

Does Not Contain Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains Celery | Cereals containing Gluten

Does Not Contain Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Yeast

Does Not Contain Flavour Enhancers

Recipe Detail

anthonyliddy

Other Contents

Does Not Contain GM Material

Sub-Allergens

Contains Wheat

Does Not Contain Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet

Suitable Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK2 Mon-MN	Lasagne & Garlic bread
Unit:	004	Midshire Head Office
Sub Group:	MID10	Secondary Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	11.3992	
Unit Cost:	1.1399	

Ingredient	Description	Amount	Cost	Section	Supplier
4402 806/48	ONION COOKING x 1KG	200g	0.2060		
CF50991009	Frozen Chicken Mince (Standard)	500g	3.7280		
7170 806/48	Garlic Puree	15g	0.0797		
70393 805/1	Chef William Italian Seasoning	2g	0.0395		
05634 805/1	Tomato Paste	150g	0.6675		
42581 805/1	Chopped Tomatoes In Juice	400g	0.8256		
04192 805/1	Ev Fav Gluten Free Vegetable Bouillon Mix	10g	0.0996		
03424 805/1	Everyday Favourites Milk Powder Alternativ	50g	0.3259		
34587 805/1	Phase Dawn Packet Margarine	40g	0.1825		
42018 805/1	EvFav Plain White Flour	40g	0.0547		
25138 805/1	Colmans Double Superfine Mustard Powde	5g	0.1535		
115647 805/	Mild Grated Cheese	200g	1.5310		
21476 805/1	Everyday Favourites Italian Lasagne Sheet	300g	1.4040		
DRAW25 sic	Garlic Bread side	10	2.0850		n/a
TAP WATEF	Tap water	400ml	0.0000		
80675 805/1	Losalt	2g	0.0169		

Method:

Method ... Meat Sauce

- Dice the onions & grate the carrots
- Seal off the chicken mince in a hot pan until browned (do this in batches so not to BOIL the beef), drain away any excess fat from the chicken.
- Add back into the pan the onion, carrot & garlic, cooked this for 5mins to soften the onions, then add back the chicken, cook for a further 5 minutes
- Stir in the tomato puree, tomato base sauce, chopped tomatoes, veg stock & herbs, mix well & simmer for approx 1hr/1hr 15 minutes, adding more water if starting to thicken too much.

Method... Cheese Sauce

- Mix the milk powder and water together
- Warm the milk
- In a suitable sized pan, on a medium heat, melt the fat & add the flour, mixing to form a roux.
- slowly add the the warmed milk, stirring as you go to avoid lumps forming.
- Add the mustard & the 2/3's of the cheddar cheese, again stirring well to avoid lumps
- Taste & adjust the seasoning & thickness if required

To Assemble...

- In a suitable baking dish, spread 1/3 of the meat sauce over the bottom, then 1/3 lasagne sheets, and 1/3 of the cheese sauce over the lasagne sheets
- Then repeat, the 2nd 1/3 of meat sauce, 2nd 1/3 of lasagne & the 2nd 1/3 of the cheese sauce
- Then to finish, the last 1/3 of meat sauce, the last 1/3 of lasagne & the last 1/3 of cheese over the top. Sprinkle over the remaining grated cheddar cheese evenly.
- Bake in a 180c oven for approx 45 minutes until cooked through to a core temperature of 75c has been reached &

Recipe Detail

anthonyliddy

golden brown on top

- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
2020.7	482.6	18.3	7.4	54.8	(2.2)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.4	23.5	>0.8	>0.6	>46.3	(68.9)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>3.1	>12.0	>0.5	9.1	>1.4	>1993.3
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTototal Sug (g)	Iodine (µg)	Magnesium (mg)
>476.1	>23.2	>53.4	>8.0	>0.6	>25.0
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>396.2	(0.2)	>0.1	>0.1	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	>3.4				

Information Tags

Additives

Contains Artificial Flavourings

No Data Artificial Anti-Oxidants | Artificial Colours | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Milk | Mustard

May Contain Eggs

Does Not Contain Celery | Crustaceans | Fish | Lupin | Molluscs | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat

May Contain Barley

Does Not Contain Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Recipe Detail

anthonyliddy

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu: Draw25 Mains DR Spring/Summer Main Recipes
Recipe: DRAW25 Wk2 Mon-V Macaroni cheese with garlic bread
Unit: 004 Midshire Head Office
Sub Group: MID11 Secondary Veggie Mains
Group: Recipes Recipes
Yield: 10 Ptn
Total Cost: 10.7673
Unit Cost: 1.0767

Ingredient	Description	Amount	Cost	Section	Supplier
70488 805/1	EvFav Macaroni	750g	1.9306		
34587 805/1	Phase Dawn Packet Margarine	145G	0.6616		
42018 805/1	EvFav Plain White Flour	145g	0.1983		
5035 806/48	Milk Semi Skimmed 2Ltr	1.65lt	1.7573		
25138 805/1	Colmans Double Superfine Mustard Powde	10g	0.3070		
115647 805/	Mild Grated Cheese	500g	3.8275		
DRAW25 sic	Garlic Bread side	10	2.0850		n/a

Method:

Method...

- Melt the baking fat in a suitable sized pan over a medium heat.-
- Add the flour, stir well to combine. Do not allow to stick as it will burn.
- Slowly add the milk, stirring as you go to void lumps forming.
- Add a little water to the mustard powder, add this to the sauce along with 1/2 the cheddar. Stir well to combine and avoid lumps forming. Season to taste.
- Cook the pasta in boiling water, once just tender drain and mix into the cheese sauce. Mix well.
- Transfer to a suitable sized baking dish, cover with the remaining cheddar and bake in 180°C oven for approx 30 minutes until cooked through and golden on top.
- Cook garlic bread as per sub recipe
- Adhere to all relevant hygiene and safety procedures.

To serve...

- Serve the macaroni cheese with a slice of garlic bread

Nutritional Category: None**Nutritional Content Per Standard Size(Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
3376.9	806.6	32.5	15.5	95.5	>0.1
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.7	80.7	>1.3	>1.1	>68.3	>141.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.0	>5.4	0.7	11.7	1.7	3376.9
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTototal Sug (g)	Iodine (µg)	Magnesium (mg)
806.6	80.7	95.5	11.7	>67.7	>27.7
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>85.5	>1.7	>0.1	>0.0	>1.3	>0.1
VitB12 (µg)	FibreAOAC (g)				
>1.5	>3.7				

Recipe Detail

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Information Tags

Additives

Contains Artificial Flavourings**No Data** Artificial Anti-Oxidants | Artificial Colours | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Milk | Mustard**Does Not Contain** Celery | Crustaceans | Eggs | Fish | Lupin | Molluscs | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**May Contain** Barley**Does Not Contain** Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK2 Tue-M	The Signature Flatbread Kebab
Unit:	004	Midshire Head Office
Sub Group:	MID10	Secondary Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	11.0467	
Unit Cost:	1.1047	

Ingredient	Description	Amount	Cost	Section	Supplier
FMT006 812	Cooked Sliced Donner Kebab 3kg	600g	3.5560		
FBR005 812	Folded Naan Bread	10	4.6950		
4091 806/48	Cabbage White	200g	0.2760		
2000 806/48	Tomatoes	200g	0.5277		
4421 806/48	Red Onion	200g	0.3200		
asc007 812/	Yoghurt Mint Sauce 1ltr	100ml	0.3710		
ASC003 812	Garlic Mayonnaise Sauce	100ml	0.3560		
2082 806/48	Cucumber	150g	0.9450		

Method:

Preparation

- Peel and slice the red onions
- Thinly slice the tomatoes
- Shred the white cabbage
- Thinly slice the cucumber
- Defrost the breads

Method...

- Reheat the Doner meat as per the manufactures instructions and ensure the core temperature of 75c is reached (You may need to shred the doner meat as it can come in large pieces)
- Serve 60g of the Doner meat with salad on a warm folded naan bread, Garlic Mayo and minted yogurt.
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None**Nutritional Content Per Standard Size(Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)	NME Sugar (g)
3925.4	937.6	24.7	>7.3	10.0	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>0.9	374.9	>0.1	>0.0	>38.5	(0.6)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>6.4	>6.2	>0.4	>4.8	>0.9	>3904.8
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>932.7	>374.7	>9.1	>3.9	>1.8	>1.1
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavinB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>48.9	(0.2)	>0.0	>0.0	?	>0.1
VitB12 (µg)	FibreAOAC (g)				
>0.0	>152.0				

Recipe Detail

anthonyliddy

Information Tags

Additives

No Data Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Eggs | Milk

Does Not Contain Celery | Crustaceans | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat

Does Not Contain Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK2 Tue-V	Falafel Gyros Wrap
Unit:	004	Midshire Head Office
Sub Group:	MID11	Secondary Veggie Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	11.5502	
Unit Cost:	1.1550	

Ingredient	Description	Amount	Cost	Section	Supplier
07059 805/1	Ev Fav Wheat Flour Tortilla 10"	10	2.4222		
25301 805/1	Everyday Fav Falafel & Spinach Quarter Pc	565g	5.8417		
4421 806/48	Red Onion	100g	0.1600		
2314 806/48	Herb Flat Parsley Large	10g	0.1176		
07313 805/1	Casa De Mare Lemon Dressing	20ml	0.1111		
asc007 812/	Yoghurt Mint Sauce 1ltr	150ml	0.5565		
2082 806/48	Cucumber	100g	0.6300		
2000 806/48	Tomatoes	100g	0.2638		
2091 806/48	Iceberg Lettuce	.75	1.1700		
04587 805/1	EvFav Extended Life Veg Oil - BiB	20ml	0.0553		
2336 806/48	Herb Dill	10g	0.2220		

Method:

Preparation...

- Peel and finely slice the red onion
- Chop the tomatoes
- Cut the cucumber into mini batons
- Finely chop the Fresh herbs
- Core, finely shred the lettuce, wash well, then then place onto a tray lined with paper towels to remove any excess water

Method...

- Add the salad ingredients into a bowl with the herbs, add the oil and lemon juice and mix well, Keep in a fridge until needed.
- Cook the falafel burgers then cut in half.
- Place the tortilla wrap into 12oz pot and push the centre down as we are making an open wrap
- Divide the salad between the wraps
- Break the burger into pieces and place onto of the salad (half a burger per portion)
- Finish with a drizzle of minted yogurt on top
- Fold the left and the right hand side of the wrap towards the middle, take the side of the wrap nearest to you and roll towards the top tightly,
- Wrap and serve immediately
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None**Nutritional Content Per Standard Size(Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1469.8	351.1	16.1	3.0	40.7	>0.5
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>3.9	9.2	>0.9	>0.3	>60.5	>0.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.0	>4.5	>0.3	4.7	>0.6	1469.8

Recipe Detail

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LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
351.1	9.2	40.7	4.7	>1.2	>9.0
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>65.0	(0.3)	>0.1	>0.0	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	4.1				

Information Tags

Additives

Contains Artificial Preservatives**No Data** Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Eggs | Milk | Sulphur Dioxide and Sulphites**Does Not Contain** Celery | Crustaceans | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK2 Wed-MSausage & Mash with Gravy	
Unit:	004	Midshire Head Office
Sub Group:	MID10	Secondary Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	10.0724	
Unit Cost:	1.0072	

Ingredient	Description	Amount	Cost	Section	Supplier
09681 805/1	Everyday Favourites Pork Chipolatas 16's	40	7.7300		
03013 805/1	Everyday Favourites Fine Gravy Granules	20g	0.1694		
TAP WATEF	Tap water	250ml	0.0000		
Manual sub	Mashed potato	10	2.1730		n/a

Method:

Preparation...

- Peel & cut the potatoes into even sized pieces
- Tray up the sausages onto a lined baking tray

Method...

- Place the potatoes in a suitable pan, cover with water & bring to a boil, turn down & simmer until the potatoes are tender and start to fall, or you could steam the potatoes until the same point
- Drain the potatoes of excess liquid, then add the baking fat, salt & pepper & mash the potatoes until required consistency has been achieved then keep warm
- Cook the sausage in a180c oven until a core temperature of 75c has been reached & golden brown, then keep warm
- Make the gravy as per the sub recipe instruction
- Adhere to all relevant hygiene and safety procedures.

To Serve...

- Serve the mash first, then the sausages and finally drizzle over the gravy
- 4 sausage per Portion

Nutritional Category: None**Nutritional Content Per Standard Size(Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)	NME Sugar (g)
1731.7	413.6	22.4	8.3	18.3	(2.4)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
2.3	19.3	>0.4	>1.0	>92.3	(80.0)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.0	>2.2	0.7	5.4	1.8	1731.7
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
413.6	19.3	18.3	5.4	>8.2	>12.6
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>177.7	>1.3	>0.4	>0.3	>0.1	>0.5
VitB12 (µg)	FibreAOAC (g)				
>0.1	>2.2				

Recipe Detail

anthonyliddy

Information Tags

Additives

Contains Artificial Colours | Artificial Flavourings | Artificial Preservatives**No Data** Artificial Anti-Oxidants | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Milk | Sulphur Dioxide and Sulphites**Does Not Contain** Celery | Crustaceans | Eggs | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK2 Wed-VVeggie Sausage & Mash with Gravy	
Unit:	004	Midshire Head Office
Sub Group:	MID11	Secondary Veggie Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	8.6149	
Unit Cost:	0.8615	

Ingredient	Description	Amount	Cost	Section	Supplier
70195 805/1	Katerveg Vegan Sausage	500g	6.2725		
03013 805/1	Everyday Favourites Fine Gravy Granules	20g	0.1694		
TAP WATEF	Tap water	250ml	0.0000		
Manual sub	Mashed potato	10	2.1730		n/a

Method:

Method...

- Cook the sausages on a lined tray through the oven at 180c for approximately 15-20 minutes, ensure the core temperature of 75c is reached
- Make the mash per sub recipe
- Make the gravy as per the instructions
- Adhere to all relevant hygiene and safety procedures.

To serve...

2 sausage per portion.

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1067.4	255.0	10.8	3.2	8.0	(0.1)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
4.5	13.6	>0.0	>0.0	>0.4	(80.0)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.0	>0.0	0.3	3.2	0.7	1067.4
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotat Sug (g)	Iodine (µg)	Magnesium (mg)
255.0	13.6	8.0	3.2	>8.2	>0.3
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>3.0	>1.3	>0.0	>0.0	>0.1	>0.5
VitB12 (µg)	FibreAOAC (g)				
>0.1	>4.4				

Information Tags

Additives

Contains Artificial Colours | Artificial Flavourings | Artificial Preservatives

No Data Artificial Anti-Oxidants | Artificial Sweeteners

Recipe Detail

anthonyliddy

Allergens

Contains Milk | Soya**Does Not Contain** Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Does Not Contain Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts | Wheat

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu: Draw25 Mains DR Spring/Summer Main Recipes
Recipe: DRAW25 WK2 Thu-M New Delhi Butter Chicken Curry
Unit: 004 Midshire Head Office
Sub Group: MID10 Secondary Mains
Group: Recipes Recipes
Yield: 10 Ptn
Total Cost: 10.7122
Unit Cost: 1.0712

Ingredient	Description	Amount	Cost	Section	Supplier
CC013501S	Sliced Chicken Thigh-Brazilian (Brz Cocont	600g	4.6080		
4402 806/48	ONION COOKING x 1KG	350g	0.3605		
7170 806/48	Garlic Puree	10g	0.0531		
10027 805/1	Knorr Professional Ginger Puree	10g	0.2507		
70299 805/1	Everyday Favourites Ground Turmeric	10g	0.1146		
70372 805/1	Hot Chilli Powder	5g	0.0798		
70369 805/1	Everyday Favourites Garam Masala	10g	0.1990		
30158 805/1	Cumin Powder	10g	0.2908		
30160 805/1	Everyday Favourite Ground Coriander	10g	0.1831		
04587 805/1	EvFav Extended Life Veg Oil - BiB	50ml	0.1382		
42581 805/1	Chopped Tomatoes In Juice	600g	1.2384		
34587 805/1	Phase Dawn Packet Margarine	100g	0.4563		
45999 805/1	Ubley Greek Style Natural Yogurt	150ml	0.6999		
4714 806/48	CHILLI GREEN x 125G	50g	0.7240		
80675 805/1	Losalt	2g	0.0169		
70407 805/1	EvFav Ground White Pepper	2g	0.0581		
06587 805/1	Easy Cook Long Grain Rice	600g	1.2408		
TAP WATEF	Tap water	1200ml	0.0000		

Method:

Preparation...

- Peel and finely dice the white onion
- Finely chop the green chillies

Method...

- Cook the rice in boiling water or in a steamer until a core temperature of 75c has been reached
- Place the Chicken Thigh meat onto a lined baking tray and bake at 180c for approximately 20 minutes until the core temperature of 75c is reached
- Pour the vegetable oil into a suitable sizes pan and bring to the heat
- Now add the onions and chilli, allow to cook until coloured slightly
- Add the turmeric, coriander, cumin, chilli powder & Garam Masala, allow to cook for 2 minutes
- Add phase the and mix well, then add the chopped tinned tomatoes, garlic and ginger puree and allow to simmer for 5 minutes
- Now add the yoghurt and mix well and Season to taste
- Add the chicken and any juices the hot curry sauce
- Adhere to all relevant hygiene and safety procedures.

To Serve...

- Serve a portion of butter chicken with the rice

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Recipe Detail

anthonyliddy

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1911.7	456.6	19.1	5.4	53.9	(0.4)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.8	16.3	>1.1	>2.2	>71.2	(113.9)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>1.6	>42.5	>0.2	5.3	>0.5	>1863.7
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotals Sug (g)	Iodine (µg)	Magnesium (mg)
>445.1	>15.9	>51.4	>3.5	>1.0	>22.4
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>241.5	(0.3)	>0.3	>0.0	?	>0.1
VitB12 (µg)	FibreAOAC (g)				
>0.0	>2.7				

Information Tags

Additives

Contains Artificial Flavourings

No Data Artificial Anti-Oxidants | Artificial Colours | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains Milk

May Contain Cereals containing Gluten

Does Not Contain Celery | Crustaceans | Eggs | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

May Contain Barley | Oats | Rye | Wheat

Does Not Contain Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK2 Thu-V	Cauliflower Pakora Naan with yogurt dressing
Unit:	004	Midshire Head Office
Sub Group:	MID11	Secondary Veggie Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	10.6923	
Unit Cost:	1.0692	

Ingredient	Description	Amount	Cost	Section	Supplier
42018 805/1	EvFav Plain White Flour	300g	0.4103		
86811 805/1	EvFav Cornflour	50g	0.1764		
09092 805/1	Dr Oetker GF Baking Powder	15g	0.1208		
70372 805/1	Hot Chilli Powder	5g	0.0798		
70299 805/1	Everyday Favourites Ground Turmeric	10g	0.1146		
30158 805/1	Cumin Powder	10g	0.2908		
2327 806/48	Herb Coriander	25g	0.5175		
70369 805/1	Everyday Favourites Garam Masala	20g	0.3980		
83372 805/1	EvFav Cauliflower Florets	500g	1.3640		
FBR005 812	Folded Naan Bread	10	4.6950		
4421 806/48	Red Onion	150g	0.2400		
2000 806/48	Tomatoes	150g	0.3958		
2091 806/48	Iceberg Lettuce	.5	0.7800		
04587 805/1	EvFav Extended Life Veg Oil - BiB	200ml	0.5528		
TAP WATEF	Tap water	400ml	0.0000		
asc007 812/	Yoghurt Mint Sauce 1ltr	150ml	0.5565		

Method:

Preparation...

- Defrost the cauliflower remove all excess water and place onto a paper towel to soak up the moisture
- Cut the cauliflower into even size pieces
- Chop the coriander
- Peel and finely slice the onion
- Half and finely slice the tomato
- Core and finely shred the lettuce, wash and drain well
- Defrost the Naan bread

Method... Pakora

- Preheat the vegetable oil to 150°C.
- In a bowl, mix together all the dry ingredients, (except the masala)chopped coriander and cauliflower florets. Once evenly distributed, add in water and stir until a thick batter is formed, add a little more if to thick.
- Use a spoon to spoon the batter into the hot oil, cook until the pakora starts to turn golden brown, Remove the pakora's and place onto blue paper to remove any excess oil.
- Bake the Pakora's in the oven for a further 3-5 minutes on a lined baking tray
- Adhere to all relevant hygiene and safety procedures.

To serve...

- Warm the Naan breads
- Place an equal serving of the salad into the breads
- Top with an equal serving of the Pakoras
- Finish and garnish with the minted yogurt dressing

Nutritional Category: None

Recipe Detail

anthonyliddy

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
4339.8	1036.5	27.0	>1.9	33.1	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>3.4	369.8	>1.0	>0.5	>84.0	(6.0)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>22.7	>40.0	>0.3	5.6	>0.8	>4338.1
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>1036.1	>369.7	33.1	5.6	>1.1	>15.0
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>250.7	(0.3)	>0.2	>0.0	?	>0.1
VitB12 (µg)	FibreAOAC (g)				
>0.0	155.0				

Information Tags

Additives

No Data Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Eggs | Milk

Does Not Contain Celery | Crustaceans | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat

May Contain Barley | Oats | Rye

Does Not Contain Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK3 Mon-MSalt & Pepper Chicken with Fried Rice	
Unit:	004	Midshire Head Office
Sub Group:	MID10	Secondary Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	10.1848	
Unit Cost:	1.0185	

Ingredient	Description	Amount	Cost	Section	Supplier
CC011001S	Sliced Chicken Thigh 2.25kg - Chinese (St	600g	4.6080		
04587 805/1	EvFav Extended Life Veg Oil - BiB	10ml	0.0276		
4411 806/48	Onions Large	350g	0.4375		
7170 806/48	Garlic Puree	30g	0.1593		
7470 806/48	PEPPER CRACKED BLACK x 450G	20G	0.3173		
04505 805/1	Culine Sliced Mx Peppers	200g	0.8084		
70374 805/1	Chef William Chinese Five Spice	20G	0.4227		
04439 805/1	Cooking Salt	30G	0.0476		
89543 805/1	Lee Kum Kee Premium Light Soy Sauce(2	100ML	0.5929		
53324 805/1	Everyday Favourites Easy Cook Long Grain	500g	1.1620		
TAP WATEF	Tap water	1000ml	0.0000		
89543 805/1	Lee Kum Kee Premium Light Soy Sauce(2	15ml	0.0889		
7170 806/48	Garlic Puree	20g	0.1062		
04364 805/1	EvFav Choice Peas	150g	0.4863		
4452 806/48	Spring Onion Bunch	1	0.9200		

Method:

Preparation...

- Peel and dice the onions (2cm dice).
- Defrost the Peppers
- Defrost the peas
- Slice the spring onions

Method...Salt & Pepper Chicken

- Heat the veg oil in a suitable pan, fry the chopped onions and frozen peppers for approx 5 minutes until soft, add the garlic, Chinese five spice, salt & pepper and continue to cook for a further 2-3 minutes.
- Place the marinated chicken pieces onto a tray and cook in an oven set at 190c for approx 10- 15 minutes or until the chicken has reached a minimum core temperature of 75c, remove from the oven and add to the salt & pepper onions (including any juice on the tray) Cook for a further 5 minutes.
- remove from the heat, season with the pepper again if needed . Keep hot until service.
- Adhere to all relevant hygiene and safety procedures.

Method: Fried Rice

- Place the rice into a suitable gastronome tray and cover with twice the volume of water, cover with a tight fitting lid or tin foil and cook in an oven set at 160c for approx 20 minutes or until the rice is tender, drain and cool rapidly.
- Heat the vegetable oil in a wok or frying pan and stir-fry the spring onions with the garlic puree
- Add the cooled rice, soya sauce and peas and stir well, once the rice has reached a core temperature of 82c Place into a suitable serving dish and hold hot until needed.
- In Line with the revised Safety & Wellbeing Policies this recipe must be cooked and consumed on the day of production

Recipe Detail

anthonyliddy

- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None**Nutritional Content Per Standard Size(Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1436.3	343.1	7.4	1.9	48.4	(0.7)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.5	19.6	>1.2	>1.8	>40.5	(63.4)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>29.5	>55.1	>2.1	5.6	>5.3	1436.3
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTototal Sug (g)	Iodine (µg)	Magnesium (mg)
343.1	19.6	48.4	5.6	>1.3	>24.8
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>149.5	>0.0	>0.3	>0.1	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	3.8				

Information Tags**Additives**

No Data Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Soya

Does Not Contain Celery | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Sulphur Dioxide and Sulphites

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat

Does Not Contain Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK3 Mon-V Sweet Chilli Crispy Quorn Bites with Fried Rice	
Unit:	004	Midshire Head Office
Sub Group:	MID10	Secondary Mains
Group:	Recipes	Recipes
Yield:	10 each	
Total Cost:	11.0373	
Unit Cost:	1.1037	

Ingredient	Description	Amount	Cost	Section	Supplier
74705 805/1	Quorn Vegan Nuggets 12g	600g	8.2530		
53324 805/1	Everyday Favourites Easy Cook Long Grain	500g	1.1620		
TAP WATEF	Tap water	1000ml	0.0000		
89543 805/1	Lee Kum Kee Premium Light Soy Sauce(2	15ml	0.0889		
7170 806/48	Garlic Puree	10g	0.0531		
04364 805/1	EvFav Choice Peas	150g	0.4863		
4452 806/48	Spring Onion Bunch	.5	0.4600		
ASC005 812	Sweet Thai Chilli Sauce	150ml	0.5340		

Method:

Preparation...

- Slice the spring onions

Method:...Fried Rice

- Place the rice into a suitable gastronome tray and cover with twice the volume of water, cover with a tight fitting lid or tin foil and cook in an oven set at 160c for approx 20 minutes or until the rice is tender and a minimum core temperature of 75c has been reached , drain and cool rapidly.
- Heat the vegetable oil in a wok or frying pan and stir-fry the spring onions with the garlic puree
- Add the cooled rice, soya sauce and peas and stir well, once the rice has reached a core temperature of 75c Place into a suitable serving dish and hold hot until needed.
- In Line with the food Safety Policies this recipe must be cooked and consumed on the day of production
- Adhere to all relevant hygiene and safety procedures.

Method...

- Cook the Quorn bites in the oven until cooked through to a core temperature of 75c
- Dived the rive between 10 pots
- Top with 5 Quorn bites for each pot
- Drizzle with the sweet chilli sauce to finish

Nutritional Category: None**Nutritional Content Per Standard Size(each)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1391.9	332.4	3.2	0.5	59.4	(0.5)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>8.5	12.3	>1.2	>3.2	>156.8	(3.6)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>2.9	>31.6	>0.5	5.4	>1.2	1391.9
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
332.4	12.3	59.4	5.4	>0.0	>19.5
Potassium (mg)		Selenium (µg)		ThiaminB1 (mg)	
>171.6		>0.0		>0.3	

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Recipe Detail

anthonyliddy

RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)	VitB12 (µg)	FibreAOAC (g)
>0.0	?	>0.0	>0.0	8.6

Information Tags

Additives

No Data

Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains

Cereals containing Gluten | Soya

Does Not Contain

Celery | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Sulphur Dioxide and Sulphites

Information

Yes

5 a Day

Other Allergens

No Data

Flavour Enhancers | Yeast

Other Contents

No Data

GM Material

Sub-Allergens

Contains

Wheat

Does Not Contain

Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable

Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable

High Calorie | Low Sodium

Coeliac

Unknown

Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK3 Tue-M BBQ Pulled Chicken Ranch Burger	
Unit:	004	Midshire Head Office
Sub Group:	MID10	Secondary Mains
Group:	Recipes	Recipes
Yield:	10 each	
Total Cost:	11.2488	
Unit Cost:	1.1249	

Ingredient	Description	Amount	Cost	Section	Supplier
CC041201S	Whole Chicken Thigh 2.25kg - BBQ (Standi	600G	4.9867		
23791 805/1	Americana MK4.5 Unseeded Burger Bun	10	3.5083		
4150 806/48	Carrots	100g	0.1042		
4081 806/48	Cabbage Red	75g	0.0979		
4081 806/48	Cabbage Red	75g	0.0979		
4421 806/48	Red Onion	100g	0.1600		
98625 805/1	Lion Sour Cream And Chive Dressing	150ml	1.2684		
2336 806/48	Herb Dill	10g	0.2220		
2310 806/48	HERB PARSLEY CURLY x 100G	10g	0.2190		
07313 805/1	Casa De Mare Lemon Dressing	20ml	0.1111		
04703 805/1	Ev Fav Barbecue Sauce	100ml	0.4733		

Method:

Preparation...

- Peel and finely slice the red onion
- Half, then quarter the cabbages, remove the core and finely shred
- Peel and grate the carrots
- Chop the dill
- Chop the parsley

Method...

- Combine all the salad ingredients with the lemon juice, season, then set aside
- Place the chicken onto a lined baking tray, cook in the oven at 180c for approximately 20 minutes until the core temperature of 75c is achieved
- Warm the burger buns.
- Allow the chicken to rest, then slice the chicken at an angle into strips.
- Adhere to all relevant hygiene and safety procedures.

To Assemble...

- Evenly spread the BBQ sauce on the base of the burger bun
- Then evenly add the chicken
- Then evenly add the ranch salad
- Finish with the Sour Cream & Chive dressing on top of the salad
- Place the burger bun on top

Nutritional Category: None**Nutritional Content Per Standard Size(each)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1643.8	392.6	16.7	>3.2	44.1	(4.9)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.4	15.1	>1.6	>1.2	>16.6	(23.2)
Vitamin C (mg)	>7.8	Folate (µg)	>41.5	Sodium (mg)	0.4

Recipe Detail

anthonyliddy

Total suga (g)	Salt (g)	LEnergy kJ (kJ)	LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)
9.9	1.1	>1620.0	>386.9	>17.1	>45.6
LTot Sug (g)	Iodine (µg)	Magnesium (mg)	Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)
>10.9	(3.6)	>11.9	>179.8	(5.8)	>0.2
RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)	VitB12 (µg)	FibreAOAC (g)	
>0.2	>3.4	>0.1	>0.0	>2.8	

Information Tags

Additives

Contains Artificial Colours | Artificial Flavourings | Artificial Preservatives**No Data** Artificial Anti-Oxidants | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Eggs | Milk | Mustard | Sulphur Dioxide and Sulphites**May Contain** Sesame**Does Not Contain** Celery | Crustaceans | Fish | Lupin | Molluscs | Nuts | Peanuts | Soya

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK3 Tue-V?	Smashed Cauliflower Hash Brown Cheese Burger
Unit:	004	Midshire Head Office
Sub Group:	MID10	Secondary Mains
Group:	Recipes	Recipes
Yield:	10 each	
Total Cost:	14.3724	
Unit Cost:	1.4372	

Ingredient	Description	Amount	Cost	Section	Supplier
18092 805/1	Strong Roots Cauliflower Hash Brown	800g	8.5387		
04377 805/1	Everyday Favourites Thick & Chunky Salsa	150g	0.6443		
23791 805/1	Americana MK4.5 Unseeded Burger Bun	10	3.5083		
02876 805/1	Macphie Nacho Cheese Sauce	150ml	1.5516		
70389 805/1	EvFav Cajun Spice	10g	0.1294		

Method:

Method...

- Place the desired amount of Nacho Cheese sauce into a pipping bag.
- Place the Cauliflower Hash Browns on to a lined baking tray, season with Cajun spice, cook until golden and crispy.
- Warm the burger buns through.
- Serve 2 x Cauliflower Hash Browns on the base of the bun.
- Top with equal amounts of salsa.
- Finish with equal amounts of cheese sauce then top with the burger bun.
- Adhere to all relevant hygiene and safety procedures.

Note - The cheese sauce is expensive, make sure you decant into smaller batches of piping bags and freeze until needed.

Nutritional Category: None

Nutritional Content Per Standard Size(each)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1581.4	377.7	11.8	2.6	56.2	>0.2
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
3.6	9.4	>1.3	>0.6	>12.7	>0.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>10.4	>39.0	0.8	5.6	1.9	1581.4
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotat Sug (g)	Iodine (µg)	Magnesium (mg)
377.7	9.4	56.2	5.6	?	>4.1
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>59.5	?	>0.2	>0.1	?	?
VitB12 (µg)	FibreAOAC (g)				
?	3.6				

Information Tags

Additives

Contains Artificial Flavourings | Artificial Preservatives

No Data Artificial Anti-Oxidants | Artificial Colours | Artificial Sweeteners

Recipe Detail

anthonyliddy

Allergens

Contains Cereals containing Gluten | Milk | Mustard | Soya**May Contain** Sesame**Does Not Contain** Celery | Crustaceans | Eggs | Fish | Lupin | Molluscs | Nuts | Peanuts | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

Does Not Contain GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet**Suitable** Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK3 Wed-MRoast Gammon Yorkshire Pudding Burrito Wrap	
Unit:	004	Midshire Head Office
Sub Group:	MID10	Secondary Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	9.8499	
Unit Cost:	0.9850	

Ingredient	Description	Amount	Cost	Section	Supplier
18977 805/1	Everyday Favourites Yorkshire Pudding 8 li	5	5.1533		
20647 805/1	Gammon BR Halves 2.53kg Each Order by	700g	2.7087		
17309 805/1	Sage & Onion Stuffing Mix	100g	0.4226		
TAP WATEF	Tap water	200ml	0.0000		
4151 806/48	Carrots	150g	0.1695		
82829 805/1	EvFav Economy Peas	150g	0.4622		
04587 805/1	EvFav Extended Life Veg Oil - BiB	25ml	0.0691		
4582 806/48	POTATO WASHED WHITE x 20KG	700g	0.6951		
03013 805/1	Everyday Favourites Fine Gravy Granules	20g	0.1694		
TAP WATEF	Tap water	200ml	0.0000		

Method:

Preparation...

- Steam or Roast the Gammon in the oven until a core temperature of 75c has been reached, this can be done the day before for better portion control.
- Slice the gammon into thin slices
- Defrost the Yorkshire puddings
- Defrost the peas and steam until a core temperature of 75c has been reached
- Dice the Potatoes & Roast in a 180c oven until tender in the middle and golden brown
- Peel & slice the carrots lengthways into quarters, blanch in boiling water or in the steamer until the carrots are just fork tender, remove and drain well
- Make the stuffing by adding the water to the mix, but add more water than stated on the instructions as we need the stuffing to be wetter than normal to act as the glue to hold it all together
- Make the gravy, this needs to be a thick consistency so it holds in the wrap

Method to assemble...

- Lay out the Yorkshire puddings, Spread over the stuffing
- Lay on the gammon, then the vegetables
- Ladle the gravy over the top
- Fold in the sides, then roll from the bottom up, not too tightly as the pudding will spilt, place the rolled puddings seam side down on a lined baking tray, then pack the tray tight with the other wraps
- Bake in a 175c oven until cooked through to a core temperature of 75c has been reached
- Cut in half and serve half a Yorkshire pudding per portion
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None**Nutritional Content Per Standard Size(Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1582.6	378.0	13.3	3.4	33.7	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.8	20.6	>0.2	>0.1	>5.4	(10.2)
Vitamin C (mg)	>2.6	Folate (µg)	>11.7	Sodium (mg)	1.0

Recipe Detail

anthonyliddy

Total suga (g)	Salt (g)	LEnergy kJ (kJ)	LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)
3.2	2.5	1582.6	378.0	20.6	33.7
LTot Sug (g)	Iodine (µg)	Magnesium (mg)	Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)
3.2	>0.0	>4.4	>31.5	>0.0	>4.8
RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)	VitB12 (µg)	FibreAOAC (g)	
>0.0	>0.0	>0.0	>0.0	3.8	

Information Tags

Additives

Contains Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives**No Data** Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Eggs | Milk**Does Not Contain** Celery | Crustaceans | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK3 Wed-VVeggie Chicken Yorkshire Pudding Burrito wrap	
Unit:	004	Midshire Head Office
Sub Group:	MID11	Secondary Veggie Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	11.0791	
Unit Cost:	1.1079	

Ingredient	Description	Amount	Cost	Section	Supplier
18977 805/1	Everyday Favourites Yorkshire Pudding 8 li	5	5.1533		
95955 805/1	Vegan Strips Chicken Style	300g	3.9379		
17309 805/1	Sage & Onion Stuffing Mix	100g	0.4226		
TAP WATEF	Tap water	200ml	0.0000		
4151 806/48	Carrots	150g	0.1695		
82829 805/1	EvFav Economy Peas	150g	0.4622		
04587 805/1	EvFav Extended Life Veg Oil - BiB	25ml	0.0691		
4582 806/48	POTATO WASHED WHITE x 20KG	700g	0.6951		
03013 805/1	Everyday Favourites Fine Gravy Granules	20g	0.1694		
TAP WATEF	Tap water	200ml	0.0000		

Method:

Preparation...

- Defrost the Yorkshire puddings
- Defrost the peas and steam until a temperature of 75c has been reached
- Dice the Potatoes & Roast in a 180c oven until tender in the middle and golden brown
- Peel & slice the carrots lengthways into quarters, blanch in boiling water or in the steamer until the carrots are just fork tender, remove and drain well
- Make the stuffing by adding the water to the mix, but add more water than stated on the instructions as we need the stuffing to be wetter than normal to act as the glue to hold it all together
- Make the gravy, this needs to be a thick consistency so it holds in the wrap
- Defrost the veggie Chicken strips then cook them in a 180c oven until a core temperature of 75c has been reached, remove and keep warm

Method to assemble...

- Lay out the Yorkshire puddings, Spread over the stuffing
- Lay on the veggie chicken strips, then the vegetables
- Ladle the gravy over the top
- Fold in the sides, then roll from the bottom up, not too tightly as the pudding will spilt, place the rolled puddings seam side down on a lined baking tray, then pack the tray tight with the other wraps
- Bake in a 175c oven until cooked through to a core temperature of 75c has been reached
- Cut in half and serve half a Yorkshire pudding per portion
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1424.8	340.3	10.4	1.1	35.4	(0.2)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>4.4	14.4	>0.2	>0.1	>5.4	(10.2)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>2.6	>11.7	0.5	3.4	1.3	1424.8

Recipe Detail

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LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
340.3	14.4	35.4	3.4	>0.0	>4.4
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>31.5	>0.0	>4.8	>0.0	>0.0	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	5.4				

Information Tags

Additives

Contains Artificial Colours | Artificial Flavourings | Artificial Preservatives**No Data** Artificial Anti-Oxidants | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Eggs | Milk | Soya**Does Not Contain** Celery | Crustaceans | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Sulphur Dioxide and Sulphites

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK3 Thur-M	Chicken Tikka Masala with Cardamom Rice
Unit:	004	Midshire Head Office
Sub Group:	MID10	Secondary Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	11.2805	
Unit Cost:	1.1280	

Ingredient	Description	Amount	Cost	Section	Supplier
CC010301S	Sliced Chicken Thigh - Tikka "Natural Color	600g	4.6080		
4402 806/48	ONION COOKING x 1KG	400g	0.4120		
2327 806/48	Herb Coriander	10g	0.2070		
53324 805/1	Everyday Favourites Easy Cook Long Grain	600g	1.3944		
70299 805/1	Everyday Favourites Ground Turmeric	10g	0.1146		
30158 805/1	Cumin Powder	5g	0.1454		
70375 805/1	Everyday Favourites Paprika	10g	0.1264		
70372 805/1	Hot Chilli Powder	10g	0.1596		
42581 805/1	Chopped Tomatoes In Juice	400g	0.8256		
04587 805/1	EvFav Extended Life Veg Oil - BiB	50ml	0.1382		
34587 805/1	Phase Dawn Packet Margarine	50g	0.2282		
04183 805/1	Everyday Favourites Chicken Bouillon Mix	10g	0.0855		
7170 806/48	Garlic Puree	20g	0.1062		
TAP WATEF	Tap water	1L	0.0000		
70369 805/1	Everyday Favourites Garam Masala	15g	0.2985		
70395 805/1	Chef William Madras Curry Powder	10g	0.0910		
18853 805/1	Cook Asia Rich & Creamy Coconut Milk	400ml	2.3400		

Method:

Preparation...

- Dice the Onions

Method. Rice

- Wash Rice and place in sauce pan with twice the amount of water, add the cardamoms.
- Bring to Boil or Steam and take off when Rice is tender and a core temperature of 75c has been reached (Water should have been absorbed).

Method...

- In a large Sauce Pan, heat the oil and add the spices & garlic, cook the spices gently on a low heat until into a paste, do not allow to catch bottom of the pan.
- Add the Onion and stir well into the paste, sweat the onions right down until completely soft remembering not to let it catch. (to prevent burning the spices, you can add a little water to the onions at this stage)
- Cube the phase and add it to the onion mixture, continue to sweat the onions lubricating them with the now melting butter.
- Prepare stock as per packaging instructions using approx 500ml water. Add stock to onion mixture and continue to cook out on low heat for approx 20 minutes
- Add chopped tomatoes and cook out for a further 10 minutes
- Take mixture of heat, season as necessary.
- Using a large food processor or Hand Blender process the sauce until smooth.
- Add coconut milk and mix in well.
- Place Chicken on a lined oven tray and cook until a core temperature 75c has been reached
- Add the chicken and any cooking juices to Curry Sauce, cook down to the right consistency

Recipe Detail

anthonyliddy

- Adhere to all relevant hygiene and safety procedures.

To Serve...

- Serve the curry & rice together using the correct portion control

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
2028.2	484.4	21.5	>10.0	54.7	(0.2)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>3.6	16.7	>1.4	>2.2	>64.8	(113.0)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>27.0	>42.6	>0.3	4.4	>0.8	>1972.7
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>471.2	>16.3	>51.9	>2.3	>1.1	>33.3
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>268.5	(0.4)	>0.3	>0.0	?	>0.1
VitB12 (µg)	FibreAOAC (g)				
>0.0	>3.3				

Information Tags

Additives

Contains Artificial Flavourings

No Data Artificial Anti-Oxidants | Artificial Colours | Artificial Preservatives | Artificial Sweeteners

Allergens

May Contain Cereals containing Gluten

Does Not Contain Celery | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

May Contain Barley | Oats | Rye | Wheat

Does Not Contain Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 WK3 Thur-V Onion Bhajis, Spied potatoes & Minted Yogurt	
Unit:	004	Midshire Head Office
Sub Group:	MID11	Secondary Veggie Mains
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	8.6054	
Unit Cost:	0.8605	

Ingredient	Description	Amount	Cost	Section	Supplier
30163 805/1	EvFav Ground Ginger	5g	0.0822		
4402 806/48	ONION COOKING x 1KG	800g	0.8240		
42018 805/1	EvFav Plain White Flour	200g	0.2736		
09092 805/1	Dr Oetker GF Baking Powder	6g	0.0483		
70395 805/1	Chef William Madras Curry Powder	6g	0.0546		
70299 805/1	Everyday Favourites Ground Turmeric	6g	0.0688		
2327 806/48	Herb Coriander	30g	0.6210		
42018 805/1	EvFav Plain White Flour	100g	0.1368		
TAP WATEF	Tap water	150ml	0.0000		
80675 805/1	Losalt	2g	0.0169		
04587 805/1	EvFav Extended Life Veg Oil - BiB	300ml	0.8292		
asc007 812/	Yoghurt Mint Sauce 1ltr	100ml	0.3710		
DRAW24 Si	Curry Sauce	10	1.6060		n/a
TAP WATEF	Tap water	800ml	0.0000		
18853 805/1	Cook Asia Rich & Creamy Coconut Milk	200ml	1.1700		
4582 806/48	POTATO WASHED WHITE x 20KG	700g	0.6951		
4411 806/48	Onions Large	100g	0.1250		
70395 805/1	Chef William Madras Curry Powder	50g	0.4550		
23616CS 81	TUGO NEO - Pizza Sauce Pouch	100g	0.7396		
30158 805/1	Cumin Powder	5g	0.1454		
04587 805/1	EvFav Extended Life Veg Oil - BiB	30ml	0.0829		
2327 806/48	Herb Coriander	10g	0.2070		
7170 806/48	Garlic Puree	10g	0.0531		

Method:

Method...Bhajis (You need to make 20 Bhajis - 2 per portion)

- Peel the onion, cut into half, then down the middle of each half, then finely slice
- Finely chop the coriander
- Soak the sliced onion in cold water.
- Sift the flour and baking powder into a bowl then add curry powder and turmeric,
- Add 150ml of cold water to the flour and spices make a thick batter.
- (Tip – add a splash more water if the batter feels too stiff or flour if you make the batter to wet)
- Drain the onion from the water and mix into the batter with the coriander.
- Heat 5cm of vegetable oil in a wok or deep pan but don't fill it anymore, than a third full.
- Add a tiny speck of batter to the oil to check if it rises to the surface. If it does, the oil is the correct temperature.
- Lower a heaped tbsp of the mixture into the oil, a few at a time, and cook for a few mins, turning once until evenly brown and crisp.
- Remove from the pan and drain on kitchen paper.
- Make sure to keep the bhajis warm while you cook the rest.
- Make the curry sauce as per the sub recipe and finish with the coconut milk

Recipe Detail

anthonyliddy

- Adhere to all relevant hygiene and safety procedures.

Method... Wedges

- Dice the potatoes
- Slice the onions
- In a suitable sized pan, heat over a medium heat the oil, add the cumin, cook until they start to crackle, add the sliced onions and cook over the medium heat until soft and translucent
- Add the chopped ginger & curry powder to the onions, cook for approx 5 mins before adding the medium diced potatoes, stir well to combine
- Add the curry powder and the rich & rustic sauce to the pan, lower the heat and simmer until the potatoes are just cooked. Add a little water if the pan becomes too dry.
- Once tender remove from the heat, keep warm until needed.
- Adhere to all relevant hygiene and safety procedures.

To Serve...

- Serve the wedges with two Bhajis, a spoodle of curry sauce, then a drizzle of mint yogurt & chopped coriander

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
2751.7	657.2	44.9	>7.9	43.0	(1.8)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>4.0	8.9	>1.2	>0.4	>69.1	(4.4)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>6.0	>19.6	>1.0	9.1	>2.5	>2639.4
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>630.4	>7.9	>37.2	>5.0	>2.2	>15.7
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>305.7	(0.7)	>0.3	>0.0	?	>0.2
VitB12 (µg)	FibreAOAC (g)				
>0.0	>4.4				

Information Tags

Additives

No Data Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten | Eggs | Milk | Mustard

Does Not Contain Celery | Crustaceans | Fish | Lupin | Molluscs | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

Contains Flavour Enhancers

No Data Yeast

Other Contents

No Data GM Material

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23-Apr-202509:07



Recipe Detail

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Sub-Allergens

Contains

Wheat

May Contain

Barley | Oats | Rye

Does Not Contain

Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Walnuts

Suitability

Not Suitable

Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable

High Calorie | Low Sodium

Coeliac

Unknown

Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 side 01	Garlic Bread side
Unit:	004	Midshire Head Office
Sub Group:	MID12	Secondary Sides
Group:	Recipes	Recipes
Yield:	16 Ptn	
Total Cost:	3.3364	
Unit Cost:	0.2085	

Ingredient	Description	Amount	Cost	Section	Supplier
22764 812/3	12.5" Dough Discs	2	3.0020		
34587 805/1	Phase Dawn Packet Margarine	50g	0.2282		
7170 806/48	Garlic Puree	20g	0.1062		

Method:

Method...

- Oil the 12" pans with a little vegetable oil (DO NOT USE OLIVE OIL), place the frozen dough puck, rough side down, into the pan, place on the pan lid and allow to defrost over night in the fridge.
- Remove the pizza pans from the fridge 45-60min before required, this will allow them to come to room temp and start to prove.
- Wash, drain and chop the fresh herbs, mix these together with the garlic puree & kerrymaid.
- Now spread the garlic butter over the bases, if not cooking straight away, then return to the chiller to stall the dough from over proving.
- Cook @ 230c or above for approx 5-6mins.
- Cut each of the bases into 8 equal wedges.
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
553.4	132.2	3.2	1.0	21.5	>0.0
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>0.0	3.9	?	?	?	>25.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.0	>0.0	0.2	0.4	0.4	553.4
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
132.2	3.9	21.5	0.4	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
?	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	1.0				

Information Tags

Additives

Contains Artificial Flavourings

No Data Artificial Anti-Oxidants | Artificial Colours | Artificial Preservatives | Artificial Sweeteners

Recipe Detail

anthonyliddy

Allergens

Contains Cereals containing Gluten**Does Not Contain** Celery | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat**Does Not Contain** Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW25 Chip	DR Chips (FRYER)
Unit:	004	Midshire Head Office
Sub Group:	MID12	Secondary Sides
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	2.9034	
Unit Cost:	0.2903	

Ingredient	Description	Amount	Cost	Section	Supplier
71274 805/1	Everyday Favourites Freeze Chill Fries 14n	850g	2.6684		
04587 805/1	EvFav Extended Life Veg Oil - BiB	85ml	0.2349		

Method:

Method...

- Cook the oven chips as per the manufactures instructions
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None**Nutritional Content Per Standard Size(Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
747.0	178.4	11.1	0.9	18.1	0.6
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
1.2	2.0	0.3	0.3	6.0	0.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
6.8	21.3	0.0	0.2	0.1	747.0
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTototal Sug (g)	Iodine (µg)	Magnesium (mg)
178.4	2.0	18.1	0.2	?	15.3
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
306.0	?	0.2	0.0	?	?
VitB12 (µg)	FibreAOAC (g)				
?	1.2				

Information Tags**Additives**

Does Not Contain Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

Allergens

Does Not Contain Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Yeast

Does Not Contain Flavour Enhancers

Recipe Detail

anthonyliddy

Other Contents

Does Not Contain

GM Material

Sub-Allergens

Does Not Contain

Almonds | Barley | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts | Wheat

Suitability

Not Suitable

Halal Diet | Kosher Diet

Suitable

Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable

High Calorie | Low Sodium

Coeliac

Unknown

Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	DRAW Chip2	Chips (OVEN)
Unit:	004	Midshire Head Office
Sub Group:	MID12	Secondary Sides
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	2.6684	
Unit Cost:	0.2668	

Ingredient	Description	Amount	Cost	Section	Supplier
71274 805/1	Everyday Favourites Freeze Chill Fries 14n	850g	2.6684		

Method:

Method...

- Cook the oven chips as per the manufactures instructions
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)	NME Sugar (g)
427.1	102.0	2.6	0.3	18.1	0.6
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
1.2	2.0	0.3	0.3	6.0	0.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
6.8	21.3	0.0	0.2	0.1	427.1
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
102.0	2.0	18.1	0.2	?	15.3
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
306.0	?	0.2	0.0	?	?
VitB12 (µg)	FibreAOAC (g)				
?	1.2				

Information Tags

Additives

Does Not Contain Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

Allergens

Does Not Contain Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information

No 5 a Day

Other Allergens

No Data Yeast

Does Not Contain Flavour Enhancers

Other Contents

Does Not Contain GM Material

Allmanhall		23-Apr-2025 09:07					
Recipe Detail						anthonyliddy	
Sub-Allergens							
Does Not Contain		Almonds Barley Brazil Nuts Cashew Nuts Hazelnuts Macadamia Nuts Oats Pecan Nuts Pistachio Nuts Rye Walnuts Wheat					
Suitability							
Not Suitable		Halal Diet Kosher Diet					
Suitable		Lactose Intolerant Diet Vegan Diet Vegetarian Diet					
Suitability Tags							
Not Suitable		High Calorie Low Sodium					
Coeliac							
Unknown		Coeliac Diet (UK)					

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	Breadfeb25 09	Tomato & Garlic Foccacia Bread
Unit:	004	Midshire Head Office
Sub Group:	MID73	UU Pizza
Group:	Recipes	Recipes
Yield:	24 Ptn	
Total Cost:	4.6624	
Unit Cost:	0.1943	

Ingredient	Description	Amount	Cost	Section	Supplier
25364 812/3	Foccacia Base	1	3.5692		
23616CS 81	TUGO NEO - Pizza Sauce Pouch	120G	0.8884		
7170 806/48	Garlic Puree	20g	0.1062		
70393 805/1	Chef William Italian Seasoning	5g	0.0987		

Method:

Method...

- Mix the garlic with the tomato sauce
- Spread 2 red spoodles of pizza sauce across the surface area of the focaccia base
- Evenly sprinkle with Italian herbs
- Bake in a fan oven at 180oC for 10 -12 minute
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
270.3	64.6	1.3	0.1	12.0	>0.0
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>0.1	2.1	>0.0	>0.0	>0.0	>0.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.0	>0.0	0.1	0.8	0.2	270.3
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotat Sug (g)	Iodine (µg)	Magnesium (mg)
64.6	2.1	12.0	0.8	?	>0.0
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>0.0	?	>0.0	>0.0	?	?
VitB12 (µg)	FibreAOAC (g)				
?	0.8				

Information Tags

Additives

No Data Artificial Anti-Oxidants | Artificial Colours | Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

Allergens

Contains Cereals containing Gluten

May Contain Eggs | Milk

Does Not Contain Celery | Crustaceans | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Information	
No	5 a Day
Other Allergens	
No Data	Flavour Enhancers Yeast
Other Contents	
No Data	GM Material
Sub-Allergens	
Contains	Wheat
May Contain	Barley Oats Rye
Does Not Contain	Almonds Brazil Nuts Cashew Nuts Hazelnuts Macadamia Nuts Pecan Nuts Pistachio Nuts Walnuts
Suitability	
Not Suitable	Halal Diet Kosher Diet Lactose Intolerant Diet Vegan Diet Vegetarian Diet
Suitability Tags	
Not Suitable	High Calorie Low Sodium
Coeliac	
Unknown	Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	Draw25 Mains	DR Spring/Summer Main Recipes
Recipe:	Manual Sub 31	Sauce - Bechamel (White)
Unit:	004	Midshire Head Office
Sub Group:	MID63	Library
Group:	Recipes	Recipes
Yield:	1 lt	
Total Cost:	1.6581	
Unit Cost:	0.0017	

Ingredient	Description	Amount	Cost	Section	Supplier
34587 805/1	Phase Dawn Packet Margarine	100g	0.4563		
42018 805/1	EvFav Plain White Flour	100g	0.1368		
5035 806/48	Milk Semi Skimmed 2Ltr	1000ml	1.0650		

Method:

Preparation...

- Warm the milk, but not boil
- In a suitable sized pan, melt the fat over a medium heat, once melted add the flour, stir well to combine.
- Cook the roux for 2-3 min over a low to medium heat to cook out the flour, then slowly add the warm in milk in batches, stirring as you go to avoid lumps
- Once all the milk has been added, then turn down to a simmer and cook for a further 5-10mins.
- Adhere to all relevant hygiene and safety procedures.

Nutritional Category: None**Nutritional Content Per Standard Size(lt)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
6125.3	1463.0	88.4	36.2	121.2	>0.5
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
3.1	350.4	>2.0	>0.6	>140.0	>800.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.0	>22.0	1.0	51.7	2.5	6125.3
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotals Sug (g)	Iodine (µg)	Magnesium (mg)
1463.0	350.4	121.2	51.7	>410.0	>20.0
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>150.0	>10.0	>0.3	>0.0	>8.0	>0.6
VitB12 (µg)	FibreAOAC (g)				
>9.0	>3.1				

Information Tags**Additives****Contains** Artificial Flavourings**No Data** Artificial Anti-Oxidants | Artificial Colours | Artificial Preservatives | Artificial Sweeteners**Allergens****Contains** Cereals containing Gluten | Milk**Does Not Contain** Celery | Crustaceans | Eggs | Fish | Lupin | Molluscs | Mustard | Nuts | Peanuts | Sesame | Soya | Sulphur Dioxide and Sulphites

Recipe Detail

anthonyliddy

Information

No

5 a Day

Other Allergens

No Data

Flavour Enhancers | Yeast

Other Contents

No Data

GM Material

Sub-Allergens

Contains

Wheat

May Contain

Barley

Does Not Contain

Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

Not Suitable

Halal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable

High Calorie | Low Sodium

Coeliac

Unknown

Coeliac Diet (UK)