

Recipe Detail

anthonyliddy

Menu:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 1	Bacon Barm
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	8.1096	
Unit Cost:	0.8110	

Ingredient	Description	Amount	Cost	Section	Supplier
48282 805/1	Farmstead U/Smk R/less Back Bacon	900g	6.6281		
1036 809/66	White Diddi Barmcakes	10	1.4815		

Method:

Method...

- Slice the Diddi's
- Cook the bacon either in a 180c oven or under the grill until a core temperature of 754c has been reached brown on the edges, drain away excess fat
- Place two rashers into Diddi & serve
- 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)
1213.8	289.9	15.6	5.9	18.0	>0.0
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>0.0	18.8	>0.4	>1.1	>4.5	>0.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.9	>2.7	1.3	0.3	3.2	1213.8
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
289.9	18.8	18.0	0.3	?	>15.3
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>270.0	?	>0.6	>0.1	?	?
VitB12 (µg)	FibreAOAC (g)				
?	1.0				

Information Tags

Additives

Contains Artificial Anti-Oxidants | Artificial Preservatives

No Data Artificial Colours | Artificial Flavourings | 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

No 5 a Day

Recipe Detail

anthonyliddy

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:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 2	Toasted Currant Tea Cake
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	5.1964	
Unit Cost:	0.5196	

Ingredient	Description	Amount	Cost	Section	Supplier
02034 805/1	EvFav Mk5 Spiced Fruit Teacakes	10	4.9708		
39021 805/1	Kerrymaid Buttery	50g	0.2256		

Method:

Method...

- Slice teacake in half, toast and butter
- 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)
1093.8	261.2	4.3	0.9	46.3	>10.8
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
2.9	7.9	>2.7	>0.7	>91.1	40.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.0	>37.2	0.3	11.0	0.7	1093.8
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
261.2	7.9	46.3	11.0	?	>29.8
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>204.6	?	>0.2	>0.2	?	?
VitB12 (µg)	FibreAOAC (g)				
?	2.9				

Information Tags

Additives

Contains Artificial Preservatives

No Data Artificial Flavourings

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

Allergens

Contains Cereals containing Gluten | Milk

May Contain Sesame

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

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
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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
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Coeliac

Unknown	Coeliac Diet (UK)
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Recipe Detail

anthonyliddy

Menu:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 3	Sausage Barm
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	8.6565	
Unit Cost:	0.8656	

Ingredient	Description	Amount	Cost	Section	Supplier
09451 805/1	Everyday Favourites Pork Sausages 8's	20	7.1750		
1036 809/66	White Diddi Barmcakes	10	1.4815		

Method:

Method...

- Slice the Diddi barm in half
- Cook the Sausages on a line baking tray in a 180c oven until a core temperature of 75c has been reached, and golden brown
- Slice the sausages in half Serve 2 sausages on each Diddi barm
- 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)
1425.9	340.6	15.8	6.0	32.0	>0.4
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>0.6	17.0	>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	0.7	4.1	1.7	1425.9
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
340.6	17.0	32.0	4.1	?	>1.1
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>152.3	?	>0.4	>0.3	?	?
VitB12 (µg)	FibreAOAC (g)				
?	1.5				

Information Tags

Additives

Contains Artificial Preservatives

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

Allergens

Contains Cereals containing Gluten | Soya | Sulphur Dioxide and Sulphites

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

Information

No 5 a Day

Allmanhall

01-Aug-2025

13:35



Recipe Detail

anthonyliddy

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:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 4	American Pancakes
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	8.1484	
Unit Cost:	0.8148	

Ingredient	Description	Amount	Cost	Section	Supplier
25823 805/1	American Pancakes	800g	8.1484		

Method:

Method...

- Lay the pancakes onto a lined baking tray & heat in a 180c oven until cooked through to a core temperature of 75 c has been reached
- 2 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)
803.9	192.0	5.9	0.7	28.6	?
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
1.7	5.4	?	?	?	?
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
?	?	0.2	1.9	0.6	803.9
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotals Sug (g)	Iodine (µg)	Magnesium (mg)
192.0	5.4	28.6	1.9	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
?	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	1.7				

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

Recipe Detail

anthonyliddy

Menu:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 5	Chicken Burger
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	8.0302	
Unit Cost:	0.8030	

Ingredient	Description	Amount	Cost	Section	Supplier
FCP059 812	Battered Chicken Steaks	830g	6.5487		
1036 809/66	White Diddi Barmcakes	10	1.4815		

Method:

Method...

- Lay the chicken burgers onto lined baking sheets & cook in a 175c oven until cooked through to a core temperature 75c
- Place a chicken burger into a sliced bun & serve
- 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)
1171.6	279.8	11.6	1.9	31.2	?
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
?	12.3	?	?	?	?
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
?	?	>0.1	1.9	>0.3	1171.6
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
279.8	12.3	31.2	1.9	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>8.3	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	>1.0				

Information Tags

Additives

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

Recipe Detail anthonyliddy

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:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 6	Hash Browns
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	4.8100	
Unit Cost:	0.4810	

Ingredient	Description	Amount	Cost	Section	Supplier
29867 805/1	EvFav Hash Brown	1300g	4.8100		

Method:

Method...

- Lay the Hash Browns on a baking tray and cook on a 180c oven until a core temperature of 75c has been reached
- 2 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)
930.7	222.3	9.8	1.3	29.3	?
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
3.3	2.6	?	?	?	?
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
?	?	0.2	1.3	0.6	930.7
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
222.3	2.6	29.3	1.3	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
?	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	3.3				

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

01-Aug-2025
13:35



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 | 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:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 7	Toast White/Wholemeal
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	1.6962	
Unit Cost:	0.1696	

Ingredient	Description	Amount	Cost	Section	Supplier
5201 806/48	BREAD PREMIUM WHITE THICK x 800G	400g	0.9600		
6007 809/66	GOOD FRESH WHOLEMEAL MEDIUM	.5	0.2850		
39021 805/1	Kerrymaid Buttery	100g	0.4512		

Method:

Method...

- Toast the bread slices until just light golden brown
- Spread no more than 10g of buttery spread over the slice
- 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)
>617.1	>147.4	>5.9	>1.6	>20.1	?
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>0.0	>3.1	?	?	?	>80.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
?	?	>0.2	>1.7	>0.5	>617.1
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>147.4	>3.1	>20.1	>1.7	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
?	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	>0.8				

Information Tags

Additives

Contains Artificial Preservatives

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

Allergens

Contains Cereals containing Gluten | Milk | Soya

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

Information

No 5 a Day

Allmanhall

01-Aug-2025
13:35



Recipe Detail

anthonyliddy

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:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 8	Mini Pizza Muffin
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	12 Ptn	
Total Cost:	3.5819	
Unit Cost:	0.2985	

Ingredient	Description	Amount	Cost	Section	Supplier
26021 812/3	Tugo 12" Dough Disc	1	1.2508		
23616CS 81	TUGO NEO - Pizza Sauce Pouch	180g	1.3326		
08674 812/3	Tugo Value Blend Cheese	180g	0.9984		

Method:

Method...

- Remove the required amount of discs from the freezer, lay them rough side down, onto a parchment lined baking sheet, cover with cling film & place in the chiller over night.
- Remove the pucks from the chiller for approx 30min to allow them to 'soften' which will make them easier to handle.
- Lightly oil a muffin tin with vegetable oil, (NOT OLIVE OIL) or place a muffin paper into each.
- Cut the pucks into 12 even wedges, then fold the dough to that the two straight edges come together to create a cone, then press the bottom of the cone in to create a cup shape.
- Place the shaped dough into the muffin tin or muffin paper, ensuring that the bottom & sides are of similar thickness to allow even cooking, before filling.
- Add the tomato sauce to the bottom of the muffin with a teaspoon, spread a little up the sides, then sprinkle the cheese on the muffins.
- Allow to prove at room temperature for approx 1hr before cooking at 220-230c for approx 4-5 minutes, allow to rest once cooked for a few minutes before serving.
- 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)
537.8	128.5	4.6	2.4	16.1	?
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>0.2	5.3	?	?	?	?
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
?	?	0.2	1.3	0.6	537.8
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
128.5	5.3	16.1	1.3	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
?	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	1.1				

Information Tags

Additives

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

Recipe Detail

anthonyliddy

Allergens

Contains Cereals containing Gluten | Milk**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

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:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 9	Nachos with Salsa
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	7.2533	
Unit Cost:	0.7253	

Ingredient	Description	Amount	Cost	Section	Supplier
18633 805/1	Santa Maria Tortilla Chips(12 x 475G)	500g	3.5342		
08674 812/3	Tugo Value Blend Cheese	250g	1.3867		
4452 806/48	Spring Onion Bunch	.5	0.4600		
23616CS 81	TUGO NEO - Pizza Sauce Pouch	120g	0.8884		
04742 805/1	EvFav Sweet Chilli Sauce	200ml	0.9840		

Method:

Method...

- Thinly slice the spring onions, wash well to remove grit, wash again if needed, drain well.
- Lay out the tortilla chips onto a lined baking sheet, spread over the pizza sauce and sweet chilli sauce, sprinkle over the grated mozzarella, and the slice spring onions.
- Bake the tortillas in a 175c oven until warmed through and the cheese has melted.
- Portion in to 10 equal dishes
- Adhere to all relevant hygiene and safety procedures.

Alternatively...

- Portion the tortilla chips into the 16oz Black Ripple pots, pour over the pizza sauce, then the sweet chilli, lastly the cheese and then place the pots in the oven just until the cheese starts to melt, then fleck over some spring onions to finish.

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)
1525.2	364.3	16.7	4.8	44.6	(8.9)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.7	7.8	>0.3	>0.1	>6.7	(13.0)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>5.1	>4.7	0.7	10.5	1.8	>1520.9
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>363.3	>7.7	>44.5	>10.4	?	>3.5
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>102.7	?	>0.0	>0.0	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	>2.9				

Recipe Detail

anthonyliddy

Information Tags

Additives

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

Allergens

Contains Milk**May Contain** 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:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 10	Garlic Bread
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	12 Ptn	
Total Cost:	3.1894	
Unit Cost:	0.2658	

Ingredient	Description	Amount	Cost	Section	Supplier
26021 812/3	Tugo 12" Dough Disc	2	2.5017		
70393 805/1	Chef William Italian Seasoning	5g	0.0987		
34587 805/1	Phase Dawn Packet Margarine	100g	0.4563		
7170 806/48	Garlic Puree	25g	0.1328		

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 45-60 minutes 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 5-6 minutes.
- Cut each of the bases into 6 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)
844.8	201.8	7.1	2.4	28.5	>0.0
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>0.2	5.1	>0.0	>0.0	>0.0	>66.7
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.0	>0.0	0.2	0.3	0.5	844.8
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
201.8	5.1	28.5	0.3	?	>0.0
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>0.0	?	>0.0	>0.0	?	?
VitB12 (µg)	FibreAOAC (g)				
?	1.5				

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**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:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 11	Bagel - Cinnamon & Raisin
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	7.9991	
Unit Cost:	0.7999	

Ingredient	Description	Amount	Cost	Section	Supplier
64157 805/1	Maple Leaf Cinnamon And Raisin Bagel 11	1150g	7.5479		
39021 805/1	Kerrymaid Buttery	100g	0.4512		

Method:

Method...

- Slice Bagel in half
- Toast under the grill until golden brown, then butter
- 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)
1453.7	347.2	7.0	1.6	59.4	?
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
3.6	10.8	?	?	?	>80.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
?	?	0.4	11.0	1.0	1453.7
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
347.2	10.8	59.4	11.0	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
?	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	3.6				

Information Tags

Additives

Contains Artificial Preservatives

No Data Artificial Flavourings

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

Allergens

Contains Cereals containing Gluten | Milk

May Contain Sesame

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

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
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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
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Coeliac

Unknown	Coeliac Diet (UK)
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Recipe Detail

anthonyliddy

Menu:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 12	Cheese on Toast
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	4.9561	
Unit Cost:	0.4956	

Ingredient	Description	Amount	Cost	Section	Supplier
6001 809/66	MORRIS MEDIUM WHITE 800g	440G	0.8470		
72537 805/1	Mild White Cheddar Slices	380G	4.1091		

Method:

Method...

- Toast the Bread on either side
- Add 1 & 1/2 slices of cheese to each piece of bread, then grill until melted and golden
- 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)
1094.8	261.5	14.1	>8.3	21.7	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
0.7	13.4	0.8	1.8	329.2	(138.3)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
0.0	24.5	0.5	1.2	1.3	>661.9
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>158.1	>9.7	>0.0	>0.0	>2.6	>10.6
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>48.4	>12.3	>0.1	>0.0	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	>0.0				

Information Tags

Additives

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

Allergens

Contains Cereals containing Gluten | Milk | Soya

Does Not Contain Celery | 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

Recipe Detail

anthonyliddy

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:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 13	Crumpet
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	2.6845	
Unit Cost:	0.2685	

Ingredient	Description	Amount	Cost	Section	Supplier
6855 809/66	Crumpets	10	2.2333		
39021 805/1	Kerrymaid Buttery	100g	0.4512		

Method:

Method...

- Defrost the Crumpet overnight
- Toast the crumpet until just lightly golden brown
- Spread no more than 10g of buttery spread over the crumpet
- Serve
- 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)
664.6	158.7	5.9	1.5	24.3	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
1.1	3.7	>0.8	>0.3	>65.7	80.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.0	>4.8	0.6	1.7	1.5	>201.8
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>48.2	>0.1	>0.1	>0.1	>0.5	>9.1
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>89.7	>3.2	>0.1	>0.0	>1.9	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	1.7				

Information Tags

Additives

Contains Artificial Preservatives

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

Information

No 5 a Day

Recipe Detail

anthonyliddy

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:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 14	Sausage Roll
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	6.8250	
Unit Cost:	0.6825	

Ingredient	Description	Amount	Cost	Section	Supplier
69612 805/1	Shire Foods Essential 7inch Sausage Roll	1000g	6.8250		

Method:

Method...

- Bake the sausage rolls in the oven on a lined baking tray at 180c for approximately 15-20 mins until golden brown
- Ensure the core temperature of 75c is reached.
- Serve 1 per portion
- Adhere to all relevant hygiene and safety procedures.

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)
1448.6	346.0	22.2	9.9	29.7	1.8
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
2.3	7.9	0.8	?	?	64.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
2.0	2.0	0.4	2.1	1.1	1448.6
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotat Sug (g)	Iodine (µg)	Magnesium (mg)
346.0	7.9	29.7	2.1	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
?	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	2.3				

Information Tags

Additives

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

Allergens

Contains Cereals containing Gluten | Milk | Soya | Sulphur Dioxide and Sulphites

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

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 | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable

High Calorie | Low Sodium

Coeliac

Unknown

Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 15	Cheese and Baked Bean Breakfast Wrap
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	6.2827	
Unit Cost:	0.6283	

Ingredient	Description	Amount	Cost	Section	Supplier
07059 805/1	Ev Fav Wheat Flour Tortilla 10"	10	2.4222		
30396 805/1	Ev Fav Red Sugar & Salt Baked Beans	560g	1.1571		
72537 805/1	Mild White Cheddar Slices	250g	2.7033		

Method:

Preparation...

- Defrost the wraps
- Heat the baked beans in a suitable pan or through the steamer until a core temperature of 75c has been reached

Method...

- Lay a tortilla wrap down on to a board
- Lay one slice of cheese in to the centre of the wrap
- Top with a spoodle of beans (56g per portion)
- Then Roll each tortilla wrap up, tucking in the sides, then from the bottom up, rolling tightly to secure.
- Place each rolled tortilla wrap onto a line baking sheet & flash through a 180c oven to crisp up the outsides, approx 5mins
- Serve straight away
- 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)
1347.5	321.8	13.4	7.3	35.0	1.9
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
3.6	13.7	1.6	1.6	270.4	91.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
0.0	25.1	0.4	3.6	1.1	1347.5
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
321.8	13.7	35.0	3.6	?	>25.2
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>216.2	?	>0.1	>0.0	?	?
VitB12 (µg)	FibreAOAC (g)				
?	3.6				

Information Tags**Additives****Contains** Artificial Flavourings**Does Not Contain** Artificial Anti-Oxidants | Artificial Colours | Artificial Preservatives | Artificial Sweeteners

Recipe Detail

anthonyliddy

Allergens

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

Information

No	5 a Day
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Other Allergens

No Data	Yeast
Does Not Contain	Flavour Enhancers

Other Contents

Does Not Contain	GM Material
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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
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Coeliac

Unknown	Coeliac Diet (UK)
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Recipe Detail

anthonyliddy

Menu:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 16	Sausage Barm Halal
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	8.7541	
Unit Cost:	0.8754	

Ingredient	Description	Amount	Cost	Section	Supplier
33632 805/1	Plumtree Chicken Sausages 8's Halal	1120g	7.2726		
1036 809/66	White Diddi Barmcakes	10	1.4815		

Method:

Method...

- Slice the Diddi barm in half
- Cook the Sausages in a 180c oven until a core temperature of 75.c has been reached
- Serve 2 sausages on each Diddi barm
- 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)
1280.5	305.8	10.7	3.3	39.8	>0.2
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>1.2	12.7	?	?	?	?
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
?	?	0.8	1.5	2.0	1280.5
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
305.8	12.7	39.8	1.5	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>201.6	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	2.2				

Information Tags

Additives

Contains Artificial Flavourings | Artificial Preservatives | Artificial Sweeteners

No Data Artificial Anti-Oxidants | Artificial Colours

Allergens

Contains Cereals containing Gluten | Soya | Sulphur Dioxide and Sulphites

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

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Recipe Detail

anthonyliddy

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:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 17	Diddi Mini Pizza 1/2 Portion
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 each	
Total Cost:	1.9437	
Unit Cost:	0.1944	

Ingredient	Description	Amount	Cost	Section	Supplier
1036 809/66	White Diddi Barmcakes	5	0.7407		
08674 812/3	Tugo Value Blend Cheese	150g	0.8320		
23616CS 81	TUGO NEO - Pizza Sauce Pouch	50g	0.3709		

Method:

Method -

- Slice the Diddi barm in half
- Lightly spread a small amount of the pizza sauce on to each side
- Sprinkle the cheese on top
- Place in oven at 180c for 3-5 minutes until golden brown
- Adhere to all relevant hygiene and safety procedures.

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)
408.7	97.6	4.3	2.4	10.0	?
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>0.2	4.6	?	?	?	?
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
?	?	0.2	0.6	0.5	408.7
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
97.6	4.6	10.0	0.6	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
?	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	0.7				

Information Tags

Additives

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

Allergens

Contains Cereals containing Gluten | Milk | Soya

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

Information

No 5 a Day

Recipe Detail

anthonyliddy

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:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 18	Bagel with cheese
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	3.7696	
Unit Cost:	0.3770	

Ingredient	Description	Amount	Cost	Section	Supplier
43453 805/1	Nybc Plain Bagel Sliced 115g	5	2.5667		
08674 812/3	Tugo Value Blend Cheese	150g	0.8320		
23616CS 81	TUGO NEO - Pizza Sauce Pouch	50g	0.3709		

Method:

Method...

- Slice the bagels in half
- Lightly spread a small amount of the pizza sauce on to each side
- Sprinkle the cheese on top
- Place in oven at 180c for 3-5 minutes until golden brown
- Serve 1/2 bagel 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)
825.6	197.2	4.9	2.4	29.8	?
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>1.9	7.8	?	?	?	?
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
?	?	0.3	3.4	0.7	825.6
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTototal Sug (g)	Iodine (µg)	Magnesium (mg)
197.2	7.8	29.8	3.4	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
?	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	2.0				

Information Tags

Additives

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

Allergens

Contains Cereals containing Gluten | Milk

May Contain Sesame

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

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Allmanhall

Recipe Detail

anthonyliddy

Information

No

5 a Day

Other Allergens

No Data

Flavour Enhancers | Yeast

Other Contents

No Data

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:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 19	Bagel - Cinnamon & Raisin 1/2
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	4.2251	
Unit Cost:	0.4225	

Ingredient	Description	Amount	Cost	Section	Supplier
64157 805/1	Maple Leaf Cinnamon And Raisin Bagel 11	575g	3.7740		
39021 805/1	Kerrymaid Buttery	100g	0.4512		

Method:

Method...

- Slice Bagel in half
- Toast and then butter
- Serve 1/2 bagel 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)
827.7	197.7	6.2	1.5	29.7	?
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
1.8	5.4	?	?	?	>80.0
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
?	?	0.2	5.5	0.6	827.7
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
197.7	5.4	29.7	5.5	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
?	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	1.8				

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

Recipe Detail

anthonyliddy

Information

No 5 a Day

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 | 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:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 20	Cheese & Tomato Pin Wheel
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	12	
Total Cost:	3.7901	
Unit Cost:	0.3158	

Ingredient	Description	Amount	Cost	Section	Supplier
24728 812/3	Tugo Large Dough Puck 500g	1	1.5328		
23616CS 81	TUGO NEO - Pizza Sauce Pouch	110g	0.8151		
08674 812/3	Tugo Value Blend Cheese	260g	1.4422		

Method:

Method...

- Oil a 50cmx30cm baking tray with a little vegetable oil (DO NOT USE OLIVE OIL), stretch the dough puck to fit the tray. This can be done the night before and placed in the fridge.
- Remove the pizza from the fridge 60-90 minutes before required, this will allow them to come to room temp and start to prove.
- Now spread the sauce, leaving 1cm around the edge of the crust without the sauce. - ensure you are using the spoodles provided for your sauce & cheese
- Sprinkle over the cheese
- On the length, roll the dough up into a sausage shape. Slice each pizza sausage into 12 equal pieces.
- Place on a lined tray and allow to prove.
- If not cooking straight away, then return to the chiller to stall the dough from over proving.
- Cook at 230c or above for approx 5-6 minutes.
- 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)
710.0	169.6	6.4	3.4	20.7	?
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>0.2	7.1	?	?	?	?
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
?	?	0.3	1.3	0.8	710.0
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotat Sug (g)	Iodine (µg)	Magnesium (mg)
169.6	7.1	20.7	1.3	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
?	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	1.3				

Information Tags

Additives

No Data

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

Recipe Detail

anthonyliddy

Allergens

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

Information

No	5 a Day
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Other Allergens

No Data	Flavour Enhancers Yeast
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Other Contents

No Data	GM Material
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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
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Suitability Tags

Not Suitable	High Calorie Low Sodium
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Coeliac

Unknown	Coeliac Diet (UK)
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Recipe Detail

anthonyliddy

Menu:	SEC25/26 Break	Secondary Autumn/Winter 25/26 Break
Recipe:	SEC Break 25	Waffle
Unit:	004	Midshire Head Office
Sub Group:	MID9	Secondary Breakfast
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	5.3143	
Unit Cost:	0.5314	

Ingredient	Description	Amount	Cost	Section	Supplier
70464 805/1	Wafflemeister Individually Wrapped Waffles	550g	5.3143		

Method:

Method...

- Lay the waffles onto a lined baking tray & heat in a 180c oven until cooked through to a core temperature of 75 c has been reached
- 1 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)
1038.5	248.1	12.5	6.0	29.8	?
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
1.0	3.5	?	?	?	?
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
?	?	0.5	13.9	1.4	1038.5
LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
248.1	3.5	29.8	13.9	?	?
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
?	?	?	?	?	?
VitB12 (µg)	FibreAOAC (g)				
?	1.0				

Information Tags

Additives

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

Allergens

Contains Cereals containing Gluten | Eggs | Soya

May Contain Milk

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

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

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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 | Lactose Intolerant Diet | Vegan Diet

Suitable

Vegetarian Diet

Suitability Tags

Not Suitable

High Calorie | Low Sodium

Coeliac

Unknown

Coeliac Diet (UK)