

## Recipe Detail

anthonyliddy

|             |                 |                                                 |
|-------------|-----------------|-------------------------------------------------|
| Menu:       | SEC25/26 Main   | Secondary Autumn/Winter 25/26 Mains             |
| Recipe:     | SEC25/26 Main 1 | Pasta Carbonara, Tomato & Garlic Focaccia Bread |
| Unit:       | 004             | Midshire Head Office                            |
| Sub Group:  | MID10           | Secondary Mains                                 |
| Group:      | Recipes         | Recipes                                         |
| Yield:      | 10 Ptn          |                                                 |
| Total Cost: | 10.2092         |                                                 |
| Unit Cost:  | 1.0209          |                                                 |

| 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   | 0.2844 |         |          |
| 7170 806/48 | Garlic Puree                            | 30g    | 0.1593 |         |          |
| 2314 806/48 | Herb Flat Parsley Large                 | 20g    | 0.2448 |         |          |
| 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...

- Cook the pasta in boiling salted water or cover with water a cook in a steam until tender, drain well and keep warm
- 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, chopped parsley and pasta, mix well to combine
- Portion between 10 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)   |
|-------------------|--------------------|----------------|------------------|----------------|-----------------|
| 2344.6            | 560.0              | 24.7           | 10.0             | 63.5           | (0.1)           |
| NSP (g)           | Protein (g)        | Iron (mg)      | Zinc (mg)        | Calcium (mg)   | Vitamin A (µg)  |
| >1.9              | 51.5               | >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               | 0.6            | 9.0              | 1.5            | >2344.6         |
| LEnrg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTototal Sug (g) | Iodine (µg)    | Magnesium (mg)  |
| >560.0            | >51.5              | >63.5          | >9.0             | >0.0           | >23.6           |

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| Potassium (mg) | Selenium (µg) | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g) | VitB6 (mg) |
|----------------|---------------|----------------|-----------------|---------------|------------|
| >147.5         | >0.0          | >0.3           | >0.1            | ?             | >0.0       |
| VitB12 (µg)    | FibreAOAC (g) |                |                 |               |            |
| >0.0           | >3.2          |                |                 |               |            |

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

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|             |                 |                                     |
|-------------|-----------------|-------------------------------------|
| Menu:       | SEC25/26 Main   | Secondary Autumn/Winter 25/26 Mains |
| Recipe:     | SEC25/26 Main 2 | Mac 'n' Cheese With Garlic Bread    |
| Unit:       | 004             | Midshire Head Office                |
| Sub Group:  | MID11           | Secondary Veggie Mains              |
| Group:      | Recipes         | Recipes                             |
| Yield:      | 10 Ptn          |                                     |
| Total Cost: | 10.9139         |                                     |
| Unit Cost:  | 1.0914          |                                     |

| Ingredient  | Description                            | Amount | Cost   | Section | Supplier |
|-------------|----------------------------------------|--------|--------|---------|----------|
| 70488 805/1 | EvFav Macaroni                         | 750g   | 1.9325 |         |          |
| 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 |         |          |
| 29714 805/1 | EvFav Grated Mild W Cheddar            | 400g   | 4.2232 |         |          |
| SEC Side 6  | Garlic Bread                           | 10     | 1.8340 |         | 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 to a core temperature of 75c and golden on top.
- Make 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)   |
|------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 3328.0           | 794.9              | 31.6           | 15.2            | 95.8           | >0.1            |
| NSP (g)          | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >2.8             | 80.3               | >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               | 0.6            | 11.5            | 1.5            | 3328.0          |
| LEng kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| 794.9            | 80.3               | 95.8           | 11.5            | ?              | >27.7           |
| Potassium (mg)   | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >85.5            | ?                  | >0.1           | >0.0            | ?              | ?               |
| VitB12 (µg)      | FibreAOAC (g)      |                |                 |                |                 |
| ?                | >3.8               |                |                 |                |                 |

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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 | 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

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|             |                 |                                     |
|-------------|-----------------|-------------------------------------|
| Menu:       | SEC25/26 Main   | Secondary Autumn/Winter 25/26 Mains |
| Recipe:     | SEC25/26 Main 4 | 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              | >1179.8         |
| LEnerg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)    | Iodine (µg)      | Magnesium (mg)  |
| >281.8             | >5.9               | >55.1          | >2.0            | >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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|                    |                        |                                                          |
|--------------------|------------------------|----------------------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b>   | <b>Secondary Autumn/Winter 25/26 Mains</b>               |
| <b>Recipe:</b>     | <b>SEC25/26 Main 5</b> | <b>Spring Roll With Egg Fried Rice &amp; Curry Sauce</b> |
| <b>Unit:</b>       | <b>004</b>             | <b>Midshire Head Office</b>                              |
| <b>Sub Group:</b>  | <b>MID11</b>           | <b>Secondary Veggie Mains</b>                            |
| <b>Group:</b>      | <b>Recipes</b>         | <b>Recipes</b>                                           |
| <b>Yield:</b>      | <b>10 Ptn</b>          |                                                          |
| <b>Total Cost:</b> | <b>11.5396</b>         |                                                          |
| <b>Unit Cost:</b>  | <b>1.1540</b>          |                                                          |

| 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)   |
|-------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 2374.3            | 567.1              | 21.0           | >3.7            | 79.1           | (1.5)           |
| NSP (g)           | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >5.8              | 12.5               | >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            | 8.4             | 2.8            | >2368.7         |
| LEnrg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTotals Sug (g) | Iodine (µg)    | Magnesium (mg)  |
| >565.8            | >12.4              | >79.0          | >8.2            | >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              | >5.7               |                |                 |                |                 |

## 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

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|                    |                        |                                                          |
|--------------------|------------------------|----------------------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b>   | <b>Secondary Autumn/Winter 25/26 Mains</b>               |
| <b>Recipe:</b>     | <b>SEC25/26 Main 6</b> | <b>Chicken Roast With Stuffing, Potatoes &amp; Gravy</b> |
| <b>Unit:</b>       | <b>004</b>             | <b>Midshire Head Office</b>                              |
| <b>Sub Group:</b>  | <b>MID10</b>           | <b>Secondary Mains</b>                                   |
| <b>Group:</b>      | <b>Recipes</b>         | <b>Recipes</b>                                           |
| <b>Yield:</b>      | <b>10 Ptn</b>          |                                                          |
| <b>Total Cost:</b> | <b>10.7175</b>         |                                                          |
| <b>Unit Cost:</b>  | <b>1.0717</b>          |                                                          |

| Ingredient  | Description                       | Amount | Cost   | Section | Supplier |
|-------------|-----------------------------------|--------|--------|---------|----------|
| CC059902S   | Whole Chicken Breast Plain - std  | 800g   | 6.9333 |         |          |
| 2346 806/48 | Herb Thyme                        | 5g     | 0.1175 |         |          |
| 4582 806/48 | POTATO WASHED WHITE x 20KG        | 1.5kg  | 1.5375 |         |          |
| 04587 805/1 | EvFav Extended Life Veg Oil - BiB | 50ml   | 0.1382 |         |          |
| 17309 805/1 | Sage & Onion Stuffing Mix         | 100g   | 0.4226 |         |          |
| TAP WATEF   | Tap water                         | 100ml  | 0.0000 |         |          |
| 04587 805/1 | EvFav Extended Life Veg Oil - BiB | 15ml   | 0.0415 |         |          |
| 25793 805/1 | Chef Williams Fine Gravy Granules | 25g    | 0.2149 |         |          |
| TAP WATEF   | Tap water                         | 300ml  | 0.0000 |         |          |
| SEC Side 02 | Roasted root Vegetables           | 10     | 1.3120 |         | n/a      |

**Method:**

Preparation...

- Wash the thyme
- Prepare the roast root veg as per the sub recipe, then keep warm

Method...

- Place the chicken fillets onto a lined suitable baking tray, part roast and steam through a combi oven or steam until the core temperature of 75c is reached.
- Add the stuffing mix to the boiling water, stir well to combine, allow to cool, then divide into 10 even pieces, roll these and place onto a lined baking sheet
- Bake in a 180c oven until cooked through & golden, keep warm until service
- Cut the potatoes down into even sized pieces, mix in the thyme and drizzle with the vegetable oil & transfer to a lined baking sheet.
- Roast the potatoes in a 180c oven for approx 45 minutes or until cooked through, tender & golden.
- Keep warm until service
- Add a little water to the gravy mix to form a paste
- Bring the water to the boil, adding cooking juices from the chicken, add the gravy mix, stirring all the while to avoid lumps.
- Simmer for approx 5-10 minutes , strain & serve.
- Adhere to all relevant hygiene and safety procedures.

To Service...

- Place the chicken breast on its side then slice the chicken breast into 80g portions so one slice can be a portion, lay onto a service tray/dish & cover with the pan gravy.
- Serve the stuffing on the side with the roast potatoes and vegetables

**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) |
|------------------|--------------------|---------|----------------|----------------|---------------|
| 1565.8           | 374.0              | 16.1    | 2.3            | 15.4           | (3.2)         |

**NSP (g)**

&gt;1.0

## Recipe Detail

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|                   | Protein (g)   | Iron (mg)      | Zinc (mg)       | Calcium (mg)  | Vitamin A (µg)  |
|-------------------|---------------|----------------|-----------------|---------------|-----------------|
|                   | 19.3          | >0.2           | >0.4            | >13.7         | (27.9)          |
| Vitamin C (mg)    | Folate (µg)   | Sodium (mg)    | Total suga (g)  | Salt (g)      | LEnergy kJ (kJ) |
| >3.3              | >19.4         | >0.3           | 4.1             | >0.7          | >1565.8         |
| LEnrg kcal (kcal) | LProtein (g)  | LCarbohydr (g) | LTotals Sug (g) | Iodine (µg)   | Magnesium (mg)  |
| >374.0            | >19.3         | >15.4          | >4.1            | >0.0          | >4.0            |
| Potassium (mg)    | Selenium (µg) | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g) | VitB6 (mg)      |
| >77.7             | >0.0          | >0.0           | >0.0            | ?             | >0.0            |
| 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

**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:       | SEC25/26 Main   | Secondary Autumn/Winter 25/26 Mains |
| Recipe:     | SEC25/26 Main 7 | Veggie Sausage,Mash & Gravy         |
| Unit:       | 004             | Midshire Head Office                |
| Sub Group:  | MID11           | Secondary Veggie Mains              |
| Group:      | Recipes         | Recipes                             |
| Yield:      | 10 Ptn          |                                     |
| Total Cost: | 8.6174          |                                     |
| Unit Cost:  | 0.8617          |                                     |

| Ingredient  | Description                       | Amount | Cost   | Section | Supplier |
|-------------|-----------------------------------|--------|--------|---------|----------|
| 70195 805/1 | Katerveg Vegan Sausage            | 500g   | 6.2725 |         |          |
| 25793 805/1 | Chef Williams Fine Gravy Granules | 20g    | 0.1719 |         |          |
| 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)   |
|-------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 1066.8            | 254.8              | 10.8           | 3.2             | 8.1            | (0.1)           |
| NSP (g)           | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >3.0              | 13.7               | >0.0           | >0.0            | >0.0           | (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            | >1066.8         |
| LEnrg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| >254.8            | >13.7              | >8.1           | >3.2            | >0.0           | >0.0            |
| Potassium (mg)    | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >0.0              | >0.0               | >0.0           | >0.0            | ?              | >0.0            |
| VitB12 (µg)       | FibreAOAC (g)      |                |                 |                |                 |
| >0.0              | >4.4               |                |                 |                |                 |

## Information Tags

## Additives

Contains Artificial Flavourings

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

|                    |                        |                                            |
|--------------------|------------------------|--------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b>   | <b>Secondary Autumn/Winter 25/26 Mains</b> |
| <b>Recipe:</b>     | <b>SEC25/26 Main 8</b> | <b>Smoky BBQ Chicken Burrito</b>           |
| <b>Unit:</b>       | <b>004</b>             | <b>Midshire Head Office</b>                |
| <b>Sub Group:</b>  | <b>MID10</b>           | <b>Secondary Mains</b>                     |
| <b>Group:</b>      | <b>Recipes</b>         | <b>Recipes</b>                             |
| <b>Yield:</b>      | <b>10 Ptn</b>          |                                            |
| <b>Total Cost:</b> | <b>11.7730</b>         |                                            |
| <b>Unit Cost:</b>  | <b>1.1773</b>          |                                            |

| Ingredient  | Description                               | Amount | Cost   | Section | Supplier |
|-------------|-------------------------------------------|--------|--------|---------|----------|
| CC011201S   | Sliced Chicken Thigh 2.25kg - BBQ (Stand: | 650g   | 4.9920 |         |          |
| 07059 805/1 | Ev Fav Wheat Flour Tortilla 10"           | 10     | 2.4222 |         |          |
| 115647 805/ | Mild Grated Cheese                        | 200g   | 1.5310 |         |          |
| 2002 806/48 | Tomato                                    | 200g   | 0.5480 |         |          |
| 03350 805/1 | Red Kidney Beans(6 x 800g)                | 200g   | 0.5717 |         |          |
| 53324 805/1 | Everyday Favourites Easy Cook Long Grain  | 600g   | 1.3944 |         |          |
| 70299 805/1 | Everyday Favourites Ground Turmeric       | 10g    | 0.1146 |         |          |
| 04192 805/1 | Ev Fav Gluten Free Vegetable Bouillon Mix | 20g    | 0.1991 |         |          |
| TAP WATEF   | Tap water                                 | 1200ml | 0.0000 |         |          |

## Method:

Preparation...

- Wash the tomatoes then cut into a small dice
- Open and drain the kidney beans, crush the beans to form a spreading consistency
- Defrost the tortilla wraps

Method...

- Place the chicken onto baking trays and roast in a 180c oven for 20 minutes until a core temperature of 75c has been reached, then keep warm
- Mix the turmeric & veg stock with the water, bring to the boil, add the rice and cook until the rice is tender and the water has been absorbed, ensure a core temperature of 75c has been reached, then drain the rice of excess liquid, keep warm
- Lay out the defrosted tortilla, spread over a portion of crushed beans,
- Place a portion of rice on the top
- Followed by a portion of chicken
- Sprinkle each with chopped fresh tomatoes and grated cheese
- Roll each tortilla up, tucking in the sides, then from the bottom up, rolling tightly to secure.
- Lay each rolled burrito onto a line baking sheet & flash through a 180c oven to crisp up the outsides ensuring a core temperature of 75c has been reached
- 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)   |
|--------------------|--------------------|----------------|----------------|------------------|-----------------|
| 2400.4             | 573.3              | 15.7           | 6.9            | 80.5             | (3.2)           |
| NSP (g)            | Protein (g)        | Iron (mg)      | Zinc (mg)      | Calcium (mg)     | Vitamin A (µg)  |
| >3.5               | 25.5               | >2.1           | >2.2           | >103.8           | (7.7)           |
| Vitamin C (mg)     | Folate (µg)        | Sodium (mg)    | Total suga (g) | Salt (g)         | LEnergy kJ (kJ) |
| >32.7              | >55.6              | >0.5           | 3.8            | >1.3             | >2400.4         |
| LEnerg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)   | Iodine (µg)      | Magnesium (mg)  |
| >573.3             | >25.5              | >80.5          | >3.8           | >0.0             | >38.7           |
| Potassium (mg)     | >257.1             | Selenium (µg)  | >0.0           | ThiaminB1 (mg)   | >0.4            |

## Recipe Detail

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| RiboflavB2 (mg) | NiacinEqv (g) | VitB6 (mg) | VitB12 (µg) | FibreAOAC (g) |
|-----------------|---------------|------------|-------------|---------------|
| >0.0            | ?             | >0.0       | >0.0        | >3.8          |

## Information Tags

## Additives

**Contains** Artificial Anti-Oxidants | Artificial Flavourings**No Data** 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

## 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

|                    |                        |                                            |
|--------------------|------------------------|--------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b>   | <b>Secondary Autumn/Winter 25/26 Mains</b> |
| <b>Recipe:</b>     | <b>SEC25/26 Main 9</b> | <b>Smokey Vegetable &amp; Bean Burrito</b> |
| <b>Unit:</b>       | <b>004</b>             | <b>Midshire Head Office</b>                |
| <b>Sub Group:</b>  | <b>MID11</b>           | <b>Secondary Veggie Mains</b>              |
| <b>Group:</b>      | <b>Recipes</b>         | <b>Recipes</b>                             |
| <b>Yield:</b>      | <b>10 Ptn</b>          |                                            |
| <b>Total Cost:</b> | <b>8.7772</b>          |                                            |
| <b>Unit Cost:</b>  | <b>0.8777</b>          |                                            |

| Ingredient  | Description                              | Amount | Cost   | Section | Supplier |
|-------------|------------------------------------------|--------|--------|---------|----------|
| 4410 806/48 | Onions Large                             | 160g   | 0.2277 |         |          |
| 04587 805/1 | EvFav Extended Life Veg Oil - BiB        | 50ml   | 0.1382 |         |          |
| 7170 806/48 | Garlic Puree                             | 20g    | 0.1062 |         |          |
| 70372 805/1 | Hot Chilli Powder                        | 5g     | 0.0798 |         |          |
| 30158 805/1 | Cumin Powder                             | 5g     | 0.1454 |         |          |
| 30160 805/1 | Everyday Favourite Ground Coriander      | 5g     | 0.0916 |         |          |
| 3041 806/48 | Aubergine                                | 150g   | 0.5370 |         |          |
| 4301 806/48 | Courgette Green                          | 150g   | 0.5445 |         |          |
| 04505 805/1 | Culine Sliced Mx Peppers                 | 150g   | 0.6075 |         |          |
| 42581 805/1 | Chopped Tomatoes In Juice                | 200g   | 0.4128 |         |          |
| 05634 805/1 | Tomato Paste                             | 30g    | 0.1335 |         |          |
| 07261 805/1 | Mixed Bean Salad In Water                | 150g   | 0.3881 |         |          |
| 80675 805/1 | Losalt                                   | 1g     | 0.0084 |         |          |
| 70279 805/1 | Chef William Ground Black Pepper         | 2g     | 0.0537 |         |          |
| 2328 806/48 | Herb Coriander                           | 30g    | 0.4200 |         |          |
| 07059 805/1 | Ev Fav Wheat Flour Tortilla 10"          | 10     | 2.4222 |         |          |
| 53324 805/1 | Everyday Favourites Easy Cook Long Grain | 400g   | 0.9296 |         |          |
| TAP WATEF   | Tap water                                | 1000ml | 0.0000 |         |          |
| 115647 805/ | Mild Grated Cheese                       | 200g   | 1.5310 |         |          |

**Method:**

## Preparation

- Peel and finely dice the onion
- Finely dice the aubergine
- Finely dice the courgette
- Drain the beans and rinse with cold water and set to one side
- Chop the coriander
- Defrost the peppers

## Method...

- Place all the vegetables into a bowl, and the spices, garlic and oil and mix well.
- Roast in the oven at 180c for around 10-12 minutes
- Cover the rice with water and cook in a steamer until a core temperature of 75c has been reached Drain the rice well, place into a bowl and add the, tomatoes, beans and roasted vegetables. Season and mix well.
- Place the wraps onto a work station and divide the mixture then sprinkle with the coriander and cheese evenly.
- Fold the sides in then roll into a cylinder shape, place onto a lined baking tray then bake in the oven at 180c for 10 minutes until a core temperature of 75c has been reached
- Adhere to all relevant hygiene and safety procedures.

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

MenuRecipeDet: Recipe Detail

## Recipe Detail

anthonyliddy

|                   |                    |                |                 |                |                 |
|-------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 1963.4            | Energy (kc (kcal)) | Fat (g)        | Satd FA /1 (g)  | Carbohydra (g) | NME Sugar (g)   |
|                   | 468.9              | 16.8           | 5.9             | 64.0           | (0.7)           |
| NSP (g)           | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >3.5              | 13.6               | >1.5           | >1.1            | >93.8          | (35.8)          |
| Vitamin C (mg)    | Folate (µg)        | Sodium (mg)    | Total suga (g)  | Salt (g)       | LEnergy kJ (kJ) |
| >20.0             | >30.2              | 0.3            | 4.7             | 0.8            | >1963.4         |
| LEnrg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTotal Sug (g)  | Iodine (µg)    | Magnesium (mg)  |
| >468.9            | >13.6              | >64.0          | >4.7            | >0.0           | >29.0           |
| Potassium (mg)    | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >224.7            | >0.0               | >0.3           | >0.0            | ?              | >0.0            |
| VitB12 (µg)       | FibreAOAC (g)      |                |                 |                |                 |
| >0.0              | >4.5               |                |                 |                |                 |

## Information Tags

## Additives

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

## 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:       | SEC25/26 Main    | Secondary Autumn/Winter 25/26 Mains |
| Recipe:     | SEC25/26 Main 10 | Battered Coated Fish & Chips        |
| Unit:       | 004              | Midshire Head Office                |
| Sub Group:  | MID10            | Secondary Mains                     |
| Group:      | Recipes          | Recipes                             |
| Yield:      | 10 Ptn           |                                     |
| Total Cost: | 9.5380           |                                     |
| Unit Cost:  | 0.9538           |                                     |

| Ingredient  | Description                                | Amount | Cost   | Section | Supplier |
|-------------|--------------------------------------------|--------|--------|---------|----------|
| 61214 805/1 | Pier 7 Msc Battered Formed Pollock Fillets | 10     | 6.6350 |         |          |
| SEC Side 4  | Chips (FRYER)                              | 10     | 2.9030 |         | n/a      |

## 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!!!)
- Cook the chips as per the sub recipe
- 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)   |
|--------------------|--------------------|-----------------|-----------------|----------------|-----------------|
| 1244.4             | 297.2              | 17.5            | 1.3             | 27.9           | >0.6            |
| NSP (g)            | Protein (g)        | Iron (mg)       | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| 2.0                | 7.4                | >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              | 0.2             | 0.5             | 0.6            | 1244.4          |
| LEnerg kcal (kcal) | LProtein (g)       | LCarbohydra (g) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| 297.2              | 7.4                | 27.9            | 0.5             | ?              | >15.3           |
| Potassium (mg)     | Selenium (µg)      | ThiaminB1 (mg)  | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >306.0             | ?                  | >0.2            | >0.0            | ?              | ?               |
| VitB12 (µg)        | FibreAOAC (g)      |                 |                 |                |                 |
| ?                  | 2.0                |                 |                 |                |                 |

## Information Tags

## Additives

**Does Not Contain** 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

Recipe Detail

anthonyliddy

Other Allergens

|                  |                   |
|------------------|-------------------|
| No Data          | Yeast             |
| Does Not Contain | Flavour Enhancers |

Other Contents

|                  |             |
|------------------|-------------|
| Does Not Contain | 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:       | SEC25/26 Main    | Secondary Autumn/Winter 25/26 Mains |
| Recipe:     | Sec25/26 Main 11 | Plain Sausage & Chips               |
| Unit:       | 004              | Midshire Head Office                |
| Sub Group:  | MID10            | Secondary Mains                     |
| Group:      | Recipes          | Recipes                             |
| Yield:      | 10 Ptn           |                                     |
| Total Cost: | 10.0780          |                                     |
| Unit Cost:  | 1.0078           |                                     |

| Ingredient  | Description                           | Amount | Cost   | Section | Supplier |
|-------------|---------------------------------------|--------|--------|---------|----------|
| 09451 805/1 | Everyday Favourites Pork Sausages 8's | 20     | 7.1750 |         |          |
| SEC Side 4  | Chips (FRYER)                         | 10     | 2.9030 |         | n/a      |

## Method:

Method...

- Cook the chips as per the sub recipe
- 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)   |
|------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 1769.3           | 422.6              | 26.1           | 6.5             | 32.1           | 1.0             |
| NSP (g)          | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| 1.8              | 15.0               | 0.7            | 1.0             | 98.9           | 0.0             |
| Vitamin C (mg)   | Folate (µg)        | Sodium (mg)    | Total suga (g)  | Salt (g)       | LEnergy kJ (kJ) |
| 6.8              | 24.6               | 0.6            | 4.0             | 1.5            | 1769.3          |
| LEng kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| 422.6            | 15.0               | 32.1           | 4.0             | ?              | 16.4            |
| Potassium (mg)   | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| 458.3            | ?                  | 0.5            | 0.3             | ?              | ?               |
| VitB12 (µg)      | FibreAOAC (g)      |                |                 |                |                 |
| ?                | 1.8                |                |                 |                |                 |

## 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:       | SEC25/26 Main    | Secondary Autumn/Winter 25/26 Mains |
| Recipe:     | SEC25/26 Main 12 | Plain Vegan Sausage & Chips         |
| Unit:       | 004              | Midshire Head Office                |
| Sub Group:  | MID11            | Secondary Veggie Mains              |
| Group:      | Recipes          | Recipes                             |
| Yield:      | 10 Ptn           |                                     |
| Total Cost: | 9.1755           |                                     |
| Unit Cost:  | 0.9176           |                                     |

| Ingredient  | Description            | Amount | Cost   | Section | Supplier |
|-------------|------------------------|--------|--------|---------|----------|
| 70195 805/1 | Katerveg Vegan Sausage | 500g   | 6.2725 |         |          |
| SEC Side 4  | Chips (FRYER)          | 10     | 2.9030 |         | n/a      |

## 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)  | Carbohydra (g) | NME Sugar (g)   |
|--------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 1105.0             | 263.9              | 14.5           | 1.4             | 21.8           | >0.6            |
| NSP (g)            | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| 4.0                | 9.4                | >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              | 0.2            | 1.8             | 0.4            | 1105.0          |
| LEnerg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| 263.9              | 9.4                | 21.8           | 1.8             | ?              | >15.3           |
| Potassium (mg)     | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >306.0             | ?                  | >0.2           | >0.0            | ?              | ?               |
| VitB12 (µg)        | FibreAOAC (g)      |                |                 |                |                 |
| ?                  | 4.0                |                |                 |                |                 |

## Information Tags

## Additives

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

## Allergens

**Contains** Soya

**Does Not Contain** Celery | Cereals containing Gluten | 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

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 | Lactose Intolerant Diet

Suitable

Vegan Diet | Vegetarian Diet

Suitability Tags

Not Suitable

High Calorie | Low Sodium

Coeliac

Unknown

Coeliac Diet (UK)

## Recipe Detail

anthonyliddy

|                    |                         |                                            |
|--------------------|-------------------------|--------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b>    | <b>Secondary Autumn/Winter 25/26 Mains</b> |
| <b>Recipe:</b>     | <b>SEC25/26 Main 13</b> | <b>Naples Lasagne &amp; Garlic Bread</b>   |
| <b>Unit:</b>       | <b>004</b>              | <b>Midshire Head Office</b>                |
| <b>Sub Group:</b>  | <b>MID10</b>            | <b>Secondary Mains</b>                     |
| <b>Group:</b>      | <b>Recipes</b>          | <b>Recipes</b>                             |
| <b>Yield:</b>      | <b>10 Ptn</b>           |                                            |
| <b>Total Cost:</b> | <b>11.5172</b>          |                                            |
| <b>Unit Cost:</b>  | <b>1.1517</b>           |                                            |

| Ingredient  | Description                                | Amount | Cost   | Section | Supplier |
|-------------|--------------------------------------------|--------|--------|---------|----------|
| 4402 806/48 | ONION COOKING x 1KG                        | 200g   | 0.2220 |         |          |
| 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 |         |          |
| 4151 806/48 | Carrots                                    | 300g   | 0.4140 |         |          |
| 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 |         |          |
| SEC side 0: | Garlic Bread side                          | 10     | 1.7730 |         | n/a      |
| TAP WATER   | 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 5 minutes to soften the onions, then add back the chicken, cook for a further 5 minutes
- Stir in the tomato puree, 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.

## Recipe Detail

anthonyliddy

- Bake in a 180c oven for approx 45 minutes until cooked through to a core temperature of 75c has been reached & 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)   |
|-------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 2057.3            | 491.4              | 18.4           | 7.4             | 56.9           | (2.2)           |
| NSP (g)           | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >2.4              | 23.4               | >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           | 10.7            | >1.2           | >2029.9         |
| LEnrg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTotals Sug (g) | Iodine (µg)    | Magnesium (mg)  |
| >484.8            | >23.2              | >55.4          | >9.7            | >0.6           | >25.0           |
| Potassium (mg)    | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >405.4            | (0.2)              | >0.1           | >0.1            | ?              | >0.0            |
| VitB12 (µg)       | FibreAOAC (g)      |                |                 |                |                 |
| >0.0              | >4.6               |                |                 |                |                 |

**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 | 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

Recipe Detail

anthonyliddy

Coeliac

Unknown      Coeliac Diet (UK)

## Recipe Detail

anthonyliddy

|             |                  |                                       |
|-------------|------------------|---------------------------------------|
| Menu:       | SEC25/26 Main    | Secondary Autumn/Winter 25/26 Mains   |
| Recipe:     | SEC25/26 Main 14 | Vegan Pasta Bolognaise & Garlic Bread |
| Unit:       | 004              | Midshire Head Office                  |
| Sub Group:  | MID11            | Secondary Veggie Mains                |
| Group:      | Recipes          | Recipes                               |
| Yield:      | 10 Ptn           |                                       |
| Total Cost: | 9.5543           |                                       |
| Unit Cost:  | 0.9554           |                                       |

| Ingredient  | Description                               | Amount | Cost   | Section | Supplier |
|-------------|-------------------------------------------|--------|--------|---------|----------|
| 4411 806/48 | Onions Large                              | 200g   | 0.2844 |         |          |
| 4151 806/48 | Carrots                                   | 200g   | 0.2760 |         |          |
| 45738 805/1 | Kater Veg Vegan Mince                     | 450g   | 4.4276 |         |          |
| 7170 806/48 | Garlic Puree                              | 20g    | 0.1062 |         |          |
| 70393 805/1 | Chef William Italian Seasoning            | 5g     | 0.0987 |         |          |
| 05634 805/1 | Tomato Paste                              | 10g    | 0.0445 |         |          |
| 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                        | 600g   | 1.6020 |         |          |
| SEC side 0: | Garlic Bread side                         | 10     | 1.7730 |         | n/a      |
| 80675 805/1 | Losalt                                    | 2g     | 0.0169 |         |          |

## Method:

Preparation...

- Peel &amp; Dice the Onions, Carrots

Method...

- Seal off the veggie mince in a hot pan until browned.
- Add into the pan the onion, veg, & garlic, cooked this for 5mins to soften the onions, then add the mince back in, cook for a further 5minutes
- Stir in the tomato puree, chopped tomatoes, veg stock & herbs, mix well & simmer for approx 1hr/1hr 15 minutes, adding more water if starting to thicken too much. ensure a core temperature of 75c has been reached
- Cook the pasta in a large pan of salted boiling water until just tender, keep warm
- Stir the cooked pasta's into the Veggie mince sauce then serve separately.
- 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)   |
|--------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 1835.2             | 438.3              | 5.6            | 1.4             | 74.0           | >0.1            |
| NSP (g)            | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >4.7               | 19.3               | >0.9           | >0.9            | >39.2          | >25.0           |
| Vitamin C (mg)     | Folate (µg)        | Sodium (mg)    | Total suga (g)  | Salt (g)       | LEnergy kJ (kJ) |
| >0.1               | >2.3               | 0.4            | 7.6             | 1.0            | 1835.2          |
| LEnerg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| 438.3              | 19.3               | 74.0           | 7.6             | ?              | >20.5           |
| Potassium (mg)     | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >136.1             | ?                  | >0.0           | >0.0            | ?              | ?               |
| VitB12 (µg)        | ?                  | FibreAOAC (g)  | 7.0             |                |                 |

## Recipe Detail

anthonyliddy

## Information Tags

## Additives

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

**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 Main    | Secondary Autumn/Winter 25/26 Mains |
| Recipe:     | SEC25/26 Main 15 | Jumbo Hot Dog & Cajun Wedges        |
| Unit:       | 004              | Midshire Head Office                |
| Sub Group:  | MID10            | Secondary Mains                     |
| Group:      | Recipes          | Recipes                             |
| Yield:      | 10 Ptn           |                                     |
| Total Cost: | 9.1203           |                                     |
| Unit Cost:  | 0.9120           |                                     |

| Ingredient  | Description        | Amount | Cost   | Section | Supplier |
|-------------|--------------------|--------|--------|---------|----------|
| FMT007 812  | Savalloys 4's      | 10     | 5.4650 |         |          |
| 1128 809/66 | Finger Rolls White | 10     | 2.4583 |         |          |
| DR Cajun W  | Cajun Wedge        | 10     | 1.1970 |         | n/a      |

## Method:

Method...

- Place the sausages onto a lined tray and cook thought then oven at 180c until the core temperature of 75c is reached and golden brown
- Slice the finger rolls down the centre from the top just 3 quarters through, then place a sausage inside
- Cook the Cajun wedges as per the sub recipe
- Serve with the hot dog with a portion of 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)   |
|-------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 2832.5            | 676.5              | 25.0           | 8.8             | 61.2           | >0.0            |
| NSP (g)           | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >0.1              | 36.8               | >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               | 3.2            | 5.0             | 8.0            | 2832.5          |
| LEnrg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTotat Sug (g)  | Iodine (µg)    | Magnesium (mg)  |
| 676.5             | 36.8               | 61.2           | 5.0             | ?              | >0.0            |
| Potassium (mg)    | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >29.6             | ?                  | >0.0           | >0.0            | ?              | ?               |
| VitB12 (µg)       | FibreAOAC (g)      |                |                 |                |                 |
| ?                 | 6.6                |                |                 |                |                 |

## Information Tags

## Additives

Contains Artificial Flavourings

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

01-Aug-2025  
12:12



Allmanhall

Recipe Detail

anthonyliddy

Information

No5 a Day

Other Allergens

No DataFlavour Enhancers | Yeast

Other Contents

No DataGM Material

Sub-Allergens

ContainsWheat

Does Not Contain

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

Suitability

Not SuitableHalal Diet | Kosher Diet | Lactose Intolerant Diet | Vegan Diet | Vegetarian Diet

Suitability Tags

Not SuitableHigh Calorie | Low Sodium

Coeliac

UnknownCoeliac Diet (UK)

## Recipe Detail

anthonyliddy

|                    |                         |                                              |
|--------------------|-------------------------|----------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b>    | <b>Secondary Autumn/Winter 25/26 Mains</b>   |
| <b>Recipe:</b>     | <b>SEC25/26 Main 16</b> | <b>Veggie Bean Burger &amp; Cajun Wedges</b> |
| <b>Unit:</b>       | <b>004</b>              | <b>Midshire Head Office</b>                  |
| <b>Sub Group:</b>  | <b>MID11</b>            | <b>Secondary Veggie Mains</b>                |
| <b>Group:</b>      | <b>Recipes</b>          | <b>Recipes</b>                               |
| <b>Yield:</b>      | <b>10 Ptn</b>           |                                              |
| <b>Total Cost:</b> | <b>10.0936</b>          |                                              |
| <b>Unit Cost:</b>  | <b>1.0094</b>           |                                              |

| Ingredient  | Description                              | Amount | Cost   | Section | Supplier |
|-------------|------------------------------------------|--------|--------|---------|----------|
| 1065 809/66 | Sliced White BAPS                        | 10     | 2.6083 |         |          |
| 2328 806/48 | Herb Coriander                           | 50G    | 0.7000 |         |          |
| 2091 806/48 | Iceberg Lettuce                          | 150g   | 0.5500 |         |          |
| 70372 805/1 | Hot Chilli Powder                        | 5g     | 0.0798 |         |          |
| 03350 805/1 | Red Kidney Beans(6 x 800g)               | 1kg    | 2.8583 |         |          |
| 03253 805/1 | Everyday Favourites Golden Breadcrumbs   | 200g   | 0.9527 |         |          |
| 18936 805/1 | EvFav Medium Eggs                        | 1      | 0.2883 |         |          |
| 04377 805/1 | Everyday Favourites Thick & Chunky Salsa | 200g   | 0.8591 |         |          |
| DR Cajun W  | Cajun Wedge                              | 10     | 1.1970 |         | n/a      |

**Method:**

Preparation...

- Shred and wash the lettuce, then drain well
- Beat the egg

Method...

- Tip the beans into a large bowl, then roughly crush with a potato masher. Add the breadcrumbs, chilli powder, the coriander, egg and 4 tbsp salsa, season to taste, then mix together well with a fork.
- Divide the mixture into 10, then wet your hands and shape into burgers. The burgers can now be frozen. Place on a lined baking tray, then baked for 4-5 minutes on each side until golden and crisp. To cook from frozen, bake at 180C for 20-30 minutes until a core temperature of 75c has been reached
- Cook the wedges as per the sub recipe
- While the burgers are cooking,
- Split the buns in half and lay on some lettuce onto the base
- Place the burger on top with some salsa, then serve alongside a portion of Cajun 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)   |
|--------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 1837.0             | 438.8              | 6.3            | 1.2             | 59.6           | >1.1            |
| NSP (g)            | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >7.8               | 19.1               | >3.3           | >1.4            | >72.2          | >7.6            |
| Vitamin C (mg)     | Folate (µg)        | Sodium (mg)    | Total suga (g)  | Salt (g)       | LEnergy kJ (kJ) |
| >6.6               | >57.4              | 0.5            | 3.5             | 1.3            | 1837.0          |
| LEnerg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| 438.8              | 19.1               | 59.6           | 3.5             | ?              | >61.4           |
| Potassium (mg)     | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >517.7             | ?                  | >0.2           | >0.1            | ?              | ?               |
| VitB12 (µg)        | ?                  | FibreAOAC (g)  | 10.3            |                |                 |

## Recipe Detail

anthonyliddy

## Information Tags

## Additives

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

## Allergens

**Contains** Cereals containing Gluten | Eggs | Soya**Does Not Contain** Celery | Crustaceans | 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

|                    |                         |                                                      |
|--------------------|-------------------------|------------------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b>    | <b>Secondary Autumn/Winter 25/26 Mains</b>           |
| <b>Recipe:</b>     | <b>SEC25/26 Main 17</b> | <b>Cheese &amp; Potato Pie With Mixed Vegetables</b> |
| <b>Unit:</b>       | <b>004</b>              | <b>Midshire Head Office</b>                          |
| <b>Sub Group:</b>  | <b>MID11</b>            | <b>Secondary Veggie Mains</b>                        |
| <b>Group:</b>      | <b>Recipes</b>          | <b>Recipes</b>                                       |
| <b>Yield:</b>      | <b>10 Ptn</b>           |                                                      |
| <b>Total Cost:</b> | <b>10.6576</b>          |                                                      |
| <b>Unit Cost:</b>  | <b>1.0658</b>           |                                                      |

| Ingredient  | Description                              | Amount | Cost   | Section | Supplier |
|-------------|------------------------------------------|--------|--------|---------|----------|
| 6130 806/48 | PREP POTATO WHOLE x 1KG                  | 750g   | 1.7625 |         |          |
| 34587 805/1 | Phase Dawn Packet Margarine              | 75g    | 0.3422 |         |          |
| 25138 805/1 | Colmans Double Superfine Mustard Powde   | 2g     | 0.0614 |         |          |
| 115647 805/ | Mild Grated Cheese                       | 350g   | 2.6793 |         |          |
| 4402 806/48 | ONION COOKING x 1KG                      | 150g   | 0.1665 |         |          |
| 18938 805/1 | Medium Fresh Eggs                        | 2 each | 0.5713 |         |          |
| 5035 806/48 | Milk Semi Skimmed 2Ltr                   | 30ml   | 0.0320 |         |          |
| 80675 805/1 | Losalt                                   | 2g     | 0.0169 |         |          |
| 70407 805/1 | EvFav Ground White Pepper                | 2g     | 0.0581 |         |          |
| 60756 805/1 | EvFav Puff Pastry                        | 625g   | 2.3344 |         |          |
| 82829 805/1 | EvFav Economy Peas                       | 300g   | 0.9243 |         |          |
| 70825 805/1 | Individually Quick Frozen Sliced Carrots | 200g   | 1.7088 |         |          |

**Method:**

Preparation...

- Dice the potatoes
- Peel and diced the onions
- Defrost the pastry

Method...

- Sweat the onions down with half the phase, remove from the heat and sprinkle in the mustard powder, mix well.
- Place the diced potatoes into a well salted pan of water and bring to the boil, cook until the potatoes are soft. Drain the potatoes well.
- Mash the potatoes or pass through a potato ricer.
- Add the remaining phase, the cheese and onions mix, then mix well.
- Beat the egg with the milk, save a little to one side for glazing the pie.
- Add in the beaten egg and milk, then mix well and season.
- Have a taste here and add more salt if required.
- Divide the pastry into two
- Grease a baking tin and line the bottom with the pastry, then blind bake for 10 minutes
- Add the filling, then cover with the remaining pastry, crimp around sides then glaze with the remaining egg and milk
- Bake in an oven at 180°C for 15-20 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)  |
|------------------|--------------------|-------------|----------------|----------------|----------------|
| 2219.7           | 530.2              | 31.9        | 16.3           | 42.0           | (1.3)          |
| NSP (g)          | Protein (g)        | Iron (mg)   | Zinc (mg)      | Calcium (mg)   | Vitamin A (µg) |
| >4.0             | 17.2               | >0.8        | >0.5           | >23.7          | (95.2)         |
| Vitamin C (mg)   | >7.0               | Folate (µg) | >33.6          | Sodium (mg)    | 0.5            |

## Recipe Detail

anthonyliddy

| Total suga (g)  | Salt (g)      | LEnergy kJ (kJ) | LEnrg kcal (kcal) | LProtein (g)  | LCarbohydr (g) |
|-----------------|---------------|-----------------|-------------------|---------------|----------------|
| 4.1             | 1.1           | >2199.1         | >525.3            | >17.1         | >40.9          |
| LTot Sug (g)    | Iodine (µg)   | Magnesium (mg)  | Potassium (mg)    | Selenium (µg) | ThiaminB1 (mg) |
| >3.4            | >0.4          | >10.8           | >198.9            | (0.1)         | >9.7           |
| RiboflavB2 (mg) | NiacinEqv (g) | VitB6 (mg)      | VitB12 (µg)       | FibreAOAC (g) |                |
| >0.1            | ?             | >0.0            | >0.0              | >5.3          |                |

## Information Tags

## Additives

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

**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

|                    |                          |                                                 |
|--------------------|--------------------------|-------------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b>     | <b>Secondary Autumn/Winter 25/26 Mains</b>      |
| <b>Recipe:</b>     | <b>SEC 25/26 Main 18</b> | <b>Chicken Tikka Masala &amp; Cardamon Rice</b> |
| <b>Unit:</b>       | <b>004</b>               | <b>Midshire Head Office</b>                     |
| <b>Sub Group:</b>  | <b>MID10</b>             | <b>Secondary Mains</b>                          |
| <b>Group:</b>      | <b>Recipes</b>           | <b>Recipes</b>                                  |
| <b>Yield:</b>      | <b>10 Ptn</b>            |                                                 |
| <b>Total Cost:</b> | <b>10.1425</b>           |                                                 |
| <b>Unit Cost:</b>  | <b>1.0142</b>            |                                                 |

| Ingredient  | Description                                 | Amount | Cost   | Section | Supplier |
|-------------|---------------------------------------------|--------|--------|---------|----------|
| CC010301S   | Sliced Chicken Thigh - Tikka "Natural Color | 600g   | 4.6080 |         |          |
| 4402 806/48 | ONION COOKING x 1KG                         | 400g   | 0.4440 |         |          |
| 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        | 200ml  | 1.1700 |         |          |

## 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 the chicken on to lined oven tray and cook in a 180c oven 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)   |
|--------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 1871.0             | 446.9              | 17.9           | >6.6            | 54.1           | (2.5)           |
| NSP (g)            | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >3.3               | 16.2               | >1.4           | >2.2            | >59.0          | (113.0)         |
| Vitamin C (mg)     | Folate (µg)        | Sodium (mg)    | Total suga (g)  | Salt (g)       | LEnergy kJ (kJ) |
| >26.6              | >42.6              | >0.2           | 4.1             | >0.6           | >1815.5         |
| LEnerg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| >433.6             | >15.7              | >51.3          | >2.0            | >1.1           | >27.9           |
| Potassium (mg)     | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >222.1             | (0.4)              | >0.3           | >0.0            | ?              | >0.1            |
| VitB12 (µg)        | FibreAOAC (g)      |                |                 |                |                 |
| >0.0               | >3.1               |                |                 |                |                 |

## 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

|                    |                         |                                                       |
|--------------------|-------------------------|-------------------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b>    | <b>Secondary Autumn/Winter 25/26 Mains</b>            |
| <b>Recipe:</b>     | <b>SEC25/26 Main 19</b> | <b>Goan Sweet Potato &amp; Lentil Curry With Rice</b> |
| <b>Unit:</b>       | <b>004</b>              | <b>Midshire Head Office</b>                           |
| <b>Sub Group:</b>  | <b>MID11</b>            | <b>Secondary Veggie Mains</b>                         |
| <b>Group:</b>      | <b>Recipes</b>          | <b>Recipes</b>                                        |
| <b>Yield:</b>      | <b>10 Ptn</b>           |                                                       |
| <b>Total Cost:</b> | <b>10.3615</b>          |                                                       |
| <b>Unit Cost:</b>  | <b>1.0361</b>           |                                                       |

| Ingredient  | Description                              | Amount | Cost   | Section | Supplier |
|-------------|------------------------------------------|--------|--------|---------|----------|
| 4536 806/48 | Ginger                                   | 50g    | 0.3200 |         |          |
| 4661 806/48 | Sweet Potato                             | 600g   | 1.5420 |         |          |
| 4402 806/48 | ONION COOKING x 1KG                      | 500g   | 0.5550 |         |          |
| 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                | 500g   | 1.0320 |         |          |
| 03435 805/1 | EvFav Extended Life Veg Oil              | 50ml   | 0.1641 |         |          |
| 10467 805/1 | Dale Farm Low Fat Natural Yoghurt        | 100g   | 0.5323 |         |          |
| 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 |         |          |
| 70377 805/1 | Chef William Whole Green Cardamon(1 x 2  | 2g     | 0.2411 |         |          |
| 04016 805/1 | Chick Peas in water                      | 400g   | 0.9150 |         |          |
| 76743 805/1 | Laila Dark Speckled Lentils              | 200g   | 1.3128 |         |          |
| 2057 806/48 | PEPPER GREEN x EACH                      | 1      | 1.1800 |         |          |

## Method:

Preparation...

- Finely dice the onions
- Peel and dice the sweet potato
- Defrost the spinach, and squeeze out any excess water
- De-seed and dice the pepper
- Peel and grate the ginger
- Open and drain the chickpeas

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 1/2 the onion and stir well into the paste, sweat the onions rite down until completely soft remembering not to let catch.
- Cube the phase and add it to the onion mixture, continue to sweat the onions lubricating them with the now melting

## Recipe Detail

anthonyliddy

phase

- 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 5 minutes
- Take mixture of heat, season as necessary.
- Using a large food processor or Hand Blender process the sauce until smooth.
- Add the yogurt and mix in well.
- In a suitable sized pan heat the vegetable oil to a medium heat, add the ginger, sweet potato & the other 1/2 of the onion, cook for 5-6minutes until starting to brown
- Add the curry sauce to the pan along with the chickpeas, lentils & peppers, cook for approx 20 minutes, until vegetables are tender
- Add the spinach & coriander to the pan, and cook for a further 3-4minutes before serving
- 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)   |
|-------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 2105.7            | 502.9              | 12.4           | >2.4            | 86.2           | (0.1)           |
| NSP (g)           | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >4.4              | 15.5               | >1.1           | >1.6            | >78.1          | (43.8)          |
| Vitamin C (mg)    | Folate (µg)        | Sodium (mg)    | Total suga (g)  | Salt (g)       | LEnergy kJ (kJ) |
| >2.9              | >44.1              | 0.2            | 9.0             | 0.6            | >2036.4         |
| LEnrg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| >486.4            | >14.9              | >82.6          | >6.4            | >1.4           | >33.4           |
| Potassium (mg)    | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >240.1            | (0.5)              | >0.3           | >0.0            | ?              | >0.1            |
| VitB12 (µg)       | FibreAOAC (g)      |                |                 |                |                 |
| >0.0              | >5.4               |                |                 |                |                 |

**Information Tags****Additives****Contains** Artificial Anti-Oxidants | Artificial Flavourings**No Data** 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****Yes** 5 a Day**Other Allergens****No Data** Flavour Enhancers | Yeast**Other Contents****No Data** GM Material

|                  |                                                                                                          |                      |  |                                                                                     |
|------------------|----------------------------------------------------------------------------------------------------------|----------------------|--|-------------------------------------------------------------------------------------|
| Allmanhall       |                                                                                                          | 01-Aug-2025<br>12:12 |  |  |
| Recipe Detail    |                                                                                                          |                      |  |                                                                                     |
| anthonyliddy     |                                                                                                          |                      |  |                                                                                     |
| 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:       | SEC25/26 Main    | Secondary Autumn/Winter 25/26 Mains |
| Recipe:     | SEC25/26 Main 20 | Korean BBQ Chicken Sandwich         |
| Unit:       | 004              | Midshire Head Office                |
| Sub Group:  | MID10            | Secondary Mains                     |
| Group:      | Recipes          | Recipes                             |
| Yield:      | 10 Ptn           |                                     |
| Total Cost: | 11.4808          |                                     |
| Unit Cost:  | 1.1481           |                                     |

| Ingredient  | Description                             | Amount | Cost   | Section | Supplier |
|-------------|-----------------------------------------|--------|--------|---------|----------|
| CC045301S   | Whole Chicken Thigh 2.25kg - Korean BBQ | 850g   | 7.0644 |         |          |
| SEC Side 03 | Asain Slaw                              | 10     | 1.8080 |         | n/a      |
| 1065 809/66 | Sliced White BAPS                       | 10     | 2.6083 |         |          |

## Method:

Preparation...

- Make the slaw as per sub recipe instructions

Method...

- Tray up the chicken thighs on a suitable lined baking tray, cook through the oven at 180c until the core temperature or 75c is reached
- Allow to rest, then tip the cooking juices into a bowl.
- Slice the chicken then add back to the juices until your ready to build the burger
- Lay the burger bases down add 80g of chicken then add the slaw then place then the bun lid 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)   |
|--------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 1071.8             | 256.0              | 6.4            | 2.0             | 36.1           | (0.0)           |
| NSP (g)            | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >0.4               | 20.4               | >0.6           | >0.9            | >13.4          | (11.3)          |
| Vitamin C (mg)     | Folate (µg)        | Sodium (mg)    | Total suga (g)  | Salt (g)       | LEnergy kJ (kJ) |
| >5.5               | >22.2              | >0.3           | 4.1             | >0.7           | >1054.0         |
| LEnerg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTotals Sug (g) | Iodine (µg)    | Magnesium (mg)  |
| >251.7             | >20.2              | >35.3          | >3.4            | >0.3           | >1.0            |
| Potassium (mg)     | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >51.8              | ?                  | >0.0           | >0.0            | ?              | >0.0            |
| VitB12 (µg)        | FibreAOAC (g)      |                |                 |                |                 |
| >0.0               | >2.3               |                |                 |                |                 |

## Information Tags

## Additives

Contains Artificial Preservatives

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

## Recipe Detail

anthonyliddy

## 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

## 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 Main    | Secondary Autumn/Winter 25/26 Mains             |
| Recipe:     | SEC25/26 Main 21 | Crispy Sweet Chilli Quorn Bites with Fried Rice |
| Unit:       | 004              | Midshire Head Office                            |
| Sub Group:  | MID10            | Secondary Mains                                 |
| Group:      | Recipes          | Recipes                                         |
| Yield:      | 10 each          |                                                 |
| Total Cost: | 10.8593          |                                                 |
| Unit Cost:  | 1.0859           |                                                 |

| 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                  | 100ml  | 0.3560 |         |          |

## Method:

Preparation...

- Slice the spring onions
- Defrost the peas

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 a 180c oven until cooked through to a core temperature of 75c
- Dived the rice 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)   |
|--------------------|-------------------|----------------|----------------|----------------|-----------------|
| 1369.0             | 327.0             | 3.1            | 0.5            | 58.2           | (0.5)           |
| NSP (g)            | Protein (g)       | Iron (mg)      | Zinc (mg)      | Calcium (mg)   | Vitamin A (µg)  |
| >8.5               | 12.2              | >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           | 4.2            | >1.2           | >1366.0         |
| LEnerg kcal (kcal) | LProtein (g)      | LCarbohydr (g) | LTot Sug (g)   | Iodine (µg)    | Magnesium (mg)  |
| >326.3             | >12.1             | >58.1          | >4.1           | >0.0           | >19.5           |
| Potassium (mg)     | >171.6            | Selenium (µg)  | >0.0           | ThiaminB1 (mg) | >0.3            |

## Recipe Detail

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| RiboflavB2 (mg) | NiacinEqv (g) | VitB6 (mg) | VitB12 (µg) | FibreAOAC (g) |
|-----------------|---------------|------------|-------------|---------------|
| >0.0            | ?             | >0.0       | >0.0        | >8.5          |

## 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

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|                    |                         |                                                                   |
|--------------------|-------------------------|-------------------------------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b>    | <b>Secondary Autumn/Winter 25/26 Mains</b>                        |
| <b>Recipe:</b>     | <b>SEC25/26 Main 22</b> | <b>Mexican Chilli &amp; Rice With Tortilla Chips &amp; Cheese</b> |
| <b>Unit:</b>       | <b>004</b>              | <b>Midshire Head Office</b>                                       |
| <b>Sub Group:</b>  | <b>MID10</b>            | <b>Secondary Mains</b>                                            |
| <b>Group:</b>      | <b>Recipes</b>          | <b>Recipes</b>                                                    |
| <b>Yield:</b>      | <b>10 Ptn</b>           |                                                                   |
| <b>Total Cost:</b> | <b>11.5449</b>          |                                                                   |
| <b>Unit Cost:</b>  | <b>1.1545</b>           |                                                                   |

| Ingredient  | Description                               | Amount | Cost   | Section | Supplier |
|-------------|-------------------------------------------|--------|--------|---------|----------|
| CF5099100   | Frozen Chicken Mince (Standard)           | 500g   | 3.7280 |         |          |
| 4411 806/48 | Onions Large                              | 200g   | 0.2844 |         |          |
| 03435 805/1 | EvFav Extended Life Veg Oil               | 10ml   | 0.0328 |         |          |
| 7170 806/48 | Garlic Puree                              | 20g    | 0.1062 |         |          |
| 04192 805/1 | Ev Fav Gluten Free Vegetable Bouillon Mix | 10g    | 0.0996 |         |          |
| 05634 805/1 | Tomato Paste                              | 50g    | 0.2225 |         |          |
| 42581 805/1 | Chopped Tomatoes In Juice                 | 600g   | 1.2384 |         |          |
| 30158 805/1 | Cumin Powder                              | 10g    | 0.2908 |         |          |
| 03350 805/1 | Red Kidney Beans(6 x 800g)                | 200g   | 0.5717 |         |          |
| 4711 806/48 | Chilli Red                                | 10g    | 0.1448 |         |          |
| 2061 806/48 | PEPPER RED x 4 (APPROX 1KG)               | 1      | 1.0725 |         |          |
| 53324 805/1 | Everyday Favourites Easy Cook Long Grain  | 500g   | 1.1620 |         |          |
| 115647 805/ | Mild Grated Cheese                        | 200g   | 1.5310 |         |          |
| 18633 805/1 | Santa Maria Tortilla Chips(12 x 475G)     | 150g   | 1.0603 |         |          |

**Method:**

Preparation...

- Chop the chilli finely
- Peel the onions & garlic, grate all the vegetables
- Slice the pepper in half, remove the seeds & finely dice the flesh

Method...

- Heat the oil in a suitable sized pan over a medium to high heat, brown the chicken in batches, draining each batch to remove excess fat
- Wipe any excess fat from the pan, return to the heat and add the grated vegetables, garlic & spices, cook for approx 5min to soften the vegetables
- Add the browned beef back into the pan, stir well to combine
- Add the tomato puree, chopped tomatoes, vegetable stock & peppers to the pan, bring to the boil, turn down to a simmer and cook for approx 30-40 minutes
- Add the beans to the pan and continue to simmer for approx 10-15min
- Cook the rice in plenty of boiling water until tender and a core temperature of 75c has been reached, remove and drain well
- Adhere to all relevant hygiene and safety procedures.

To Serve...

- Divide the rice between 10 Pots
- Serve the cooked rice with the chili on top, add a couple of tortilla chips and a sprinkle of cheese.

**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) |
|------------------|--------------------|---------|----------------|----------------|---------------|
| 1954.8           | 466.9              | 16.2    | 5.3            | 57.4           | >0.5          |

## Recipe Detail

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| NSP (g)           | Protein (g)   | Iron (mg)      | Zinc (mg)       | Calcium (mg)  | Vitamin A (µg)  |
|-------------------|---------------|----------------|-----------------|---------------|-----------------|
| >3.2              | 24.8          | >0.9           | >1.1            | >35.1         | >0.0            |
| Vitamin C (mg)    | Folate (µg)   | Sodium (mg)    | Total suga (g)  | Salt (g)      | LEnergy kJ (kJ) |
| >0.7              | >35.8         | >0.4           | 5.1             | >0.9          | 1954.8          |
| LEnrg kcal (kcal) | LProtein (g)  | LCarbohydr (g) | LTotals Sug (g) | Iodine (µg)   | Magnesium (mg)  |
| 466.9             | 24.8          | 57.4           | 5.1             | ?             | >26.7           |
| Potassium (mg)    | Selenium (µg) | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g) | VitB6 (mg)      |
| >232.1            | ?             | >0.3           | >0.0            | ?             | ?               |
| VitB12 (µg)       | FibreAOAC (g) |                |                 |               |                 |
| ?                 | 4.4           |                |                 |               |                 |

## Information Tags

## Additives

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

## Allergens

**Contains** Milk**May Contain** Cereals containing Gluten | Soya**Does Not Contain** Celery | Crustaceans | Eggs | 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

**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

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|             |                  |                                       |
|-------------|------------------|---------------------------------------|
| Menu:       | SEC25/26 Main    | Secondary Autumn/Winter 25/26 Mains   |
| Recipe:     | SEC25/26 Main 23 | Texas Veggie Chilli Tacos With Cheese |
| Unit:       | 004              | Midshire Head Office                  |
| Sub Group:  | MID11            | Secondary Veggie Mains                |
| Group:      | Recipes          | Recipes                               |
| Yield:      | 10 Ptn           |                                       |
| Total Cost: | 10.7663          |                                       |
| Unit Cost:  | 1.0766           |                                       |

| Ingredient  | Description                 | Amount | Cost   | Section | Supplier |
|-------------|-----------------------------|--------|--------|---------|----------|
| 03350 805/1 | Red Kidney Beans(6 x 800g)  | 200g   | 0.5717 |         |          |
| 4402 806/48 | ONION COOKING x 1KG         | 160g   | 0.1776 |         |          |
| 04505 805/1 | Culine Sliced Mx Peppers    | 200g   | 0.8100 |         |          |
| 45738 805/1 | Kater Veg Vegan Mince       | 500g   | 4.9195 |         |          |
| 03435 805/1 | EvFav Extended Life Veg Oil | 10ml   | 0.0328 |         |          |
| 7170 806/48 | Garlic Puree                | 10g    | 0.0531 |         |          |
| 30158 805/1 | Cumin Powder                | 15g    | 0.4363 |         |          |
| TAP WATEF   | Tap water                   | 600ml  | 0.0000 |         |          |
| 05634 805/1 | Tomato Paste                | 75g    | 0.3338 |         |          |
| 42581 805/1 | Chopped Tomatoes In Juice   | 500g   | 1.0320 |         |          |
| 75640 805/1 | Old El Paso Taco Shells     | 10     | 0.1427 |         |          |
| 115647 805/ | Mild Grated Cheese          | 200g   | 1.5310 |         |          |
| 4301 806/48 | Courgette Green             | 200g   | 0.7260 |         |          |

## Method:

Preparation...

- Dice the onions & the peppers then roast in a 200c until just tender and slightly charred, cool.
- Drain the tinned beans.

Method...

- In a suitable sized pan, heat the vegetable oil to a medium heat, add the veggie mince, garlic, cumin & dice courgette to the pan and colour slightly.
- Add the tomato paste & chopped tomatoes, bring to the boil, turn down the heat & simmer for approx 20 minutes.
- Add the mixed beans & roasted vegetables, and adjust the seasoning, cook for another 10 minutes
- Serve the chilli in the taco shells with cheese sprinkled on top..(1x 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)   |
|--------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 893.4              | 213.4              | 9.3            | 4.1             | 12.5           | (0.7)           |
| NSP (g)            | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >5.5               | 16.2               | >0.7           | >0.3            | >15.3          | (47.8)          |
| Vitamin C (mg)     | Folate (µg)        | Sodium (mg)    | Total suga (g)  | Salt (g)       | LEnergy kJ (kJ) |
| >27.7              | >20.2              | 0.3            | 5.9             | 0.7            | >871.5          |
| LEnerg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| >208.2             | >16.0              | >11.4          | >5.1            | >0.4           | >15.1           |
| Potassium (mg)     | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >232.7             | (0.2)              | >0.1           | >0.0            | ?              | >0.0            |

## Recipe Detail

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| VitB12 (µg) | FibreAOAC (g) |
|-------------|---------------|
|-------------|---------------|

|      |      |
|------|------|
| >0.0 | >5.7 |
|------|------|

## Information Tags

## Additives

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

## Allergens

**Contains** Milk | Soya**May Contain** Cereals containing Gluten**Does Not Contain** Celery | Crustaceans | Eggs | 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

**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:       | SEC25/26 Main    | Secondary Autumn/Winter 25/26 Mains |
| Recipe:     | SEC25/26 Main 24 | Sausage, Mash & Gravy               |
| Unit:       | 004              | Midshire Head Office                |
| Sub Group:  | MID10            | Secondary Mains                     |
| Group:      | Recipes          | Recipes                             |
| Yield:      | 10 Ptn           |                                     |
| Total Cost: | 10.0749          |                                     |
| Unit Cost:  | 1.0075           |                                     |

| Ingredient  | Description                              | Amount | Cost   | Section | Supplier |
|-------------|------------------------------------------|--------|--------|---------|----------|
| 09681 805/1 | Everyday Favourites Pork Chipolatas 16's | 40     | 7.7300 |         |          |
| 25793 805/1 | Chef Williams Fine Gravy Granules        | 20g    | 0.1719 |         |          |
| 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...

- Make the mas as per the sub recipe , 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)  | Carbohydra (g) | NME Sugar (g)   |
|--------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 1731.1             | 413.5              | 22.4           | 8.3             | 18.4           | (2.4)           |
| NSP (g)            | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >0.7               | 19.3               | >0.3           | >1.0            | >91.8          | (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            | >1731.1         |
| LEnerg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| >413.5             | >19.3              | >18.4          | >5.4            | >0.0           | >12.3           |
| Potassium (mg)     | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >174.7             | >0.0               | >0.4           | >0.3            | ?              | >0.0            |
| VitB12 (µg)        | FibreAOAC (g)      |                |                 |                |                 |
| >0.0               | >2.2               |                |                 |                |                 |

## Information Tags

## Additives

Contains Artificial Flavourings | Artificial Preservatives

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

## Recipe Detail

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## 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

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|                    |                         |                                                              |
|--------------------|-------------------------|--------------------------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b>    | <b>Secondary Autumn/Winter 25/26 Mains</b>                   |
| <b>Recipe:</b>     | <b>SEC25/26 Main 25</b> | <b>Allotment Cottage Pie, Gravy &amp; Vegetables (Vegan)</b> |
| <b>Unit:</b>       | <b>004</b>              | <b>Midshire Head Office</b>                                  |
| <b>Sub Group:</b>  | <b>MID11</b>            | <b>Secondary Veggie Mains</b>                                |
| <b>Group:</b>      | <b>Recipes</b>          | <b>Recipes</b>                                               |
| <b>Yield:</b>      | <b>10 Ptn</b>           |                                                              |
| <b>Total Cost:</b> | <b>8.5164</b>           |                                                              |
| <b>Unit Cost:</b>  | <b>0.8516</b>           |                                                              |

| Ingredient  | Description                               | Amount | Cost   | Section | Supplier |
|-------------|-------------------------------------------|--------|--------|---------|----------|
| 6101 806/48 | PREP POTATO WHOLE x 5KG                   | 750g   | 1.6650 |         |          |
| 4151 806/48 | Carrots                                   | 200g   | 0.2760 |         |          |
| 4482 806/48 | SWEDE x 1KG                               | 200g   | 0.3160 |         |          |
| 34587 805/1 | Phase Dawn Packet Margarine               | 50g    | 0.2282 |         |          |
| 70407 805/1 | EvFav Ground White Pepper                 | 2g     | 0.0581 |         |          |
| 2314 806/48 | Herb Flat Parsley Large                   | 20g    | 0.2448 |         |          |
| 4411 806/48 | Onions Large                              | 200g   | 0.2844 |         |          |
| 4151 806/48 | Carrots                                   | 100g   | 0.1380 |         |          |
| 2156 806/48 | Celery                                    | .25    | 0.3650 |         |          |
| 76737 805/1 | Laila Green Lentils                       | 300g   | 1.4583 |         |          |
| 4380 806/48 | MUSHROOM CUP x 1KG                        | 200g   | 1.0000 |         |          |
| 2346 806/48 | Herb Thyme                                | 15g    | 0.3525 |         |          |
| 05634 805/1 | Tomato Paste                              | 25g    | 0.1113 |         |          |
| 04192 805/1 | Ev Fav Gluten Free Vegetable Bouillon Mix | 20g    | 0.1991 |         |          |
| 25793 805/1 | Chef Williams Fine Gravy Granules         | 20g    | 0.1719 |         |          |
| TAP WATEF   | Tap water                                 | 250ml  | 0.0000 |         |          |
| 03435 805/1 | EvFav Extended Life Veg Oil               | 50ml   | 0.1641 |         |          |
| 25793 805/1 | Chef Williams Fine Gravy Granules         | 20g    | 0.1719 |         |          |
| TAP WATEF   | Tap water                                 | 250ml  | 0.0000 |         |          |
| SEC Side 02 | Roasted root Vegetables                   | 10     | 1.3120 |         | n/a      |

## Method:

Preparation...

- Peel & finely dice the onion, carrot & celery for the pie
- Peel and dice evenly the potato, carrot & swede for the mash
- Wash, dry well & chop the parsley for the mash
- Grate the mushrooms
- Cook the lentils in boiling water until just tender, refresh until cool & drain well
- Make the root vegetable as per the sub recipe

Method...

- Bring the potatoes & vegetables to a boil in a suitable sized pans, turn down to a simmer and cook until all are tender and ready to mash
- Drain the potatoes & vegetables and return to the cooking pan, add the phase, parsley & pepper, mash until required consistency is achieved, set aside till later
- In a suitable sized pan, over a medium heat, add the diced vegetables & thyme to the cooking oil, sweat without colour for 10minutes, then add the grated mushrooms
- Cook the vegetables until the liquid has come out of them and reduced to a thick vegetable 'pate' consistency
- Add the lentils & tomato paste to the pan, stir well to combine, add enough water to loosen, then add gravy mix to thicken and flavour the mix, cook for further 5mins
- Place the lentil/vegetable mix into a suitable serving dishes, top with the mash & bake in a 180c oven for approx 30-40

## Recipe Detail

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minutes, until cooked through to a core temperature of 75c and  
golden on top

- Add a little water to the gravy mix to form a paste
- Bring the water to the boil, add the gravy mix, stirring all the while to avoid lumps.
- Simmer for approx 5-10 minutes, strain & serve.

To Serve...

- Serve the pie with gravy and roasted vegetables

**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)   |
|-------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 1329.9            | 317.6              | 11.6           | 1.9             | 41.6           | (0.2)           |
| NSP (g)           | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >3.6              | 10.6               | >0.2           | >0.1            | >7.6           | (40.7)          |
| Vitamin C (mg)    | Folate (µg)        | Sodium (mg)    | Total suga (g)  | Salt (g)       | LEnergy kJ (kJ) |
| >2.6              | >13.4              | 0.5            | 8.8             | 1.3            | >1329.9         |
| LEnrg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTotals Sug (g) | Iodine (µg)    | Magnesium (mg)  |
| >317.6            | >10.6              | >41.6          | >8.8            | >0.0           | >4.8            |
| Potassium (mg)    | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >100.8            | >0.0               | >0.0           | >0.0            | ?              | >0.0            |
| VitB12 (µg)       | FibreAOAC (g)      |                |                 |                |                 |
| >0.0              | >8.9               |                |                 |                |                 |

**Information Tags****Additives**

**Contains** Artificial Flavourings

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

**Allergens**

**Contains** Celery

**May Contain** 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** Flavour Enhancers | Yeast

**Other Contents**

**No Data** GM Material

**Sub-Allergens**

**May Contain** 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

Recipe Detail

anthonyliddy

Suitability Tags

Not Suitable      High Calorie | Low Sodium

Coeliac

Unknown      Coeliac Diet (UK)

## Recipe Detail

anthonyliddy

|                    |                         |                                                             |
|--------------------|-------------------------|-------------------------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b>    | <b>Secondary Autumn/Winter 25/26 Mains</b>                  |
| <b>Recipe:</b>     | <b>SEC25/26 Main 26</b> | <b>Vegetable Samosa With Chat Curry &amp; Crispy Onions</b> |
| <b>Unit:</b>       | <b>004</b>              | <b>Midshire Head Office</b>                                 |
| <b>Sub Group:</b>  | <b>MID11</b>            | <b>Secondary Veggie Mains</b>                               |
| <b>Group:</b>      | <b>Recipes</b>          | <b>Recipes</b>                                              |
| <b>Yield:</b>      | <b>10 Ptn</b>           |                                                             |
| <b>Total Cost:</b> | <b>11.9938</b>          |                                                             |
| <b>Unit Cost:</b>  | <b>1.1994</b>           |                                                             |

| Ingredient  | Description                               | Amount | Cost   | Section | Supplier |
|-------------|-------------------------------------------|--------|--------|---------|----------|
| 04016 805/1 | Chick Peas in water                       | 500g   | 1.1438 |         |          |
| 30118 805/1 | Cook Asia Small Vegetable Samosas(3 x 8   | 600g   | 5.7292 |         |          |
| 4411 806/48 | Onions Large                              | 100g   | 0.1422 |         |          |
| 03435 805/1 | EvFav Extended Life Veg Oil               | 15ml   | 0.0492 |         |          |
| 70369 805/1 | Everyday Favourites Garam Masala          | 5g     | 0.0995 |         |          |
| 70403 805/1 | Chef William Mild Madras Curry Powder     | 8g     | 0.1026 |         |          |
| 70299 805/1 | Everyday Favourites Ground Turmeric       | 3g     | 0.0344 |         |          |
| 4537 806/48 | GINGER x 500G                             | 5g     | 0.0257 |         |          |
| 04192 805/1 | Ev Fav Gluten Free Vegetable Bouillon Mix | 10g    | 0.0996 |         |          |
| TAP WATEF   | Tap water                                 | 500ml  | 0.0000 |         |          |
| 05634 805/1 | Tomato Paste                              | 10g    | 0.0445 |         |          |
| 42581 805/1 | Chopped Tomatoes In Juice                 | 400g   | 0.8256 |         |          |
| 10467 805/1 | Dale Farm Low Fat Natural Yoghurt         | 60g    | 0.3194 |         |          |
| 2328 806/48 | Herb Coriander                            | 15g    | 0.2100 |         |          |
| asc007 812/ | Yoghurt Mint Sauce 1ltr                   | 150ml  | 0.5565 |         |          |
| 43651 805/1 | Crispy Fried Onions                       | 100g   | 1.4498 |         |          |
| 53324 805/1 | Everyday Favourites Easy Cook Long Grair  | 500g   | 1.1620 |         |          |

## Method:

Preparation...

- Peel & grate the ginger.
- Peel & Finely dice the onion
- Finely chop the coriander
- Drain the chickpeas

Method...

- Cook the samosas in a 180c oven until 75c is reached then keep warm until needed.
- In a suitable sized pan heat the vegetable oil to a medium heat, add the ginger, garam masala, madras powder & onions, stir well to combine, cook gently for approx 5 minutes to cook the spices.
- Add the tomato paste, chopped tomato & vegetable stock powder, stir well to combine & cook for 20 minutes until veg is soft.
- Add the chickpeas and cook for a further 15 minutes until thickened
- Add the chopped coriander & stir well, then add the yogurt to finish
- Adhere to all relevant hygiene and safety procedures

Service...

- Serve 2 x samosas in the bottom of the tray, top with a spoodle of curry, then drizzle with the minted yogurt, then garnish with the crispy onions.

Nutritional Category: None

Nutritional Content Per Standard Size(Ptn)

|                         |        |                           |       |                |      |
|-------------------------|--------|---------------------------|-------|----------------|------|
| <b>Energy (kJ (kJ))</b> | 2045.5 | <b>Energy (kc (kcal))</b> | 488.6 | <b>Fat (g)</b> | 15.5 |
|-------------------------|--------|---------------------------|-------|----------------|------|

## Recipe Detail

anthonyliddy

| Satd FA /1 (g)  | Carbohydra (g) | NME Sugar (g)   | NSP (g)           | Protein (g)   | Iron (mg)      |
|-----------------|----------------|-----------------|-------------------|---------------|----------------|
| 3.8             | 69.3           | (0.1)           | >6.1              | 12.3          | >1.1           |
| Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  | Vitamin C (mg)    | Folate (µg)   | Sodium (mg)    |
| >1.4            | >57.5          | (2.2)           | >0.2              | >32.1         | >0.4           |
| Total suga (g)  | Salt (g)       | LEnergy kJ (kJ) | LEnrg kcal (kcal) | LProtein (g)  | LCarbohydr (g) |
| 9.7             | >1.1           | >2045.5         | >488.6            | >12.3         | >69.3          |
| LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  | Potassium (mg)    | Selenium (µg) | ThiaminB1 (mg) |
| >9.7            | >0.0           | >29.7           | >159.8            | >0.0          | >0.2           |
| RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      | VitB12 (µg)       | FibreAOAC (g) |                |
| >0.0            | ?              | >0.0            | >0.0              | >6.5          |                |

## Information Tags

## Additives

**Contains** Artificial Anti-Oxidants | Artificial Flavourings**No Data** Artificial Colours | Artificial Preservatives | 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:       | SEC25/26 Main    | Secondary Autumn/Winter 25/26 Mains |
| Recipe:     | SEC25/26 Main 27 | Chicken Tikka Kebab, Salad & Sauce  |
| Unit:       | 004              | Midshire Head Office                |
| Sub Group:  | MID10            | Secondary Mains                     |
| Group:      | Recipes          | Recipes                             |
| Yield:      | 10 Ptn           |                                     |
| Total Cost: | 11.6090          |                                     |
| Unit Cost:  | 1.1609           |                                     |

| Ingredient  | Description                                 | Amount | Cost   | Section | Supplier |
|-------------|---------------------------------------------|--------|--------|---------|----------|
| CC010301S   | Sliced Chicken Thigh - Tikka "Natural Color | 600g   | 4.6080 |         |          |
| FBR005 812  | Folded Naan Bread                           | 10     | 4.6950 |         |          |
| asc007 812/ | Yoghurt Mint Sauce 1ltr                     | 150ml  | 0.5565 |         |          |
| 2082 806/48 | Cucumber                                    | .5     | 0.6100 |         |          |
| 2002 806/48 | Tomato                                      | 175g   | 0.4795 |         |          |
| 2091 806/48 | Iceberg Lettuce                             | 0.5    | 0.6600 |         |          |

## Method:

Preparation...

- Shred the lettuce, wash well and drain
- Slice the cucumber into small batons
- Chop the tomato into 1/4' dice
- Defrost the Naan bread

## Method

- Tray the chicken on a oven proof tray then cook in a pre-heated oven at 180c until 75c core temperature is reached
- Lay the naan out on a bench, divide the lettuce between all 10
- Then divide the chicken and lay on top of the lettuce
- Then sprinkle with the tomatoes and cucumber
- Drizzle with the minted yogurt
- 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)  | Carbohydrate (g) | NME Sugar (g)   |
|--------------------|--------------------|----------------|-----------------|------------------|-----------------|
| 3251.4             | 776.6              | 9.3            | >1.5            | 4.7              | >3.1            |
| NSP (g)            | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)     | Vitamin A (µg)  |
| ?                  | 374.3              | >0.9           | >1.0            | >41.1            | >71.6           |
| Vitamin C (mg)     | Folate (µg)        | Sodium (mg)    | Total suga (g)  | Salt (g)         | LEnergy kJ (kJ) |
| >23.9              | >6.2               | >0.0           | 3.4             | >0.0             | 3251.4          |
| LEnerg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)    | Iodine (µg)      | Magnesium (mg)  |
| 776.6              | 374.3              | 4.7            | 3.4             | ?                | >0.6            |
| Potassium (mg)     | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)    | VitB6 (mg)      |
| >373.8             | ?                  | ?              | ?               | ?                | ?               |
| VitB12 (µg)        | FibreAOAC (g)      |                |                 |                  |                 |
| ?                  | 152.2              |                |                 |                  |                 |

## 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:       | SEC25/26 Main    | Secondary Autumn/Winter 25/26 Mains |
| Recipe:     | SEC25/26 Main 28 | BBQ Chicken Wrap                    |
| Unit:       | 004              | Midshire Head Office                |
| Sub Group:  | MID10            | Secondary Mains                     |
| Group:      | Recipes          | Recipes                             |
| Yield:      | 10 each          |                                     |
| Total Cost: | 9.9790           |                                     |
| Unit Cost:  | 0.9979           |                                     |

| Ingredient  | Description                               | Amount | Cost   | Section | Supplier |
|-------------|-------------------------------------------|--------|--------|---------|----------|
| 07059 805/1 | Ev Fav Wheat Flour Tortilla 10"           | 10     | 2.4222 |         |          |
| CC011201S   | Sliced Chicken Thigh 2.25kg - BBQ (Stand) | 850G   | 6.5280 |         |          |
| 2091 806/48 | Iceberg Lettuce                           | 200g   | 0.7334 |         |          |
| 04132 805/1 | Light Mayonnaise                          | 100ml  | 0.2954 |         |          |

## Method:

Preparation...

- Shred and wash the lettuce, then drain well
- Defrost the wraps

Method...

- Place the chicken on to lined baking trays and cook in a 180c oven until a core temperature of 75c has been reached.
- Place the wrap on a chopping board
- Squeeze over the mayonnaise (10ml on each)
- Top evenly with the roughly shredded iceberg lettuce
- Place the chicken across the centre of the wrap.
- 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(each)

| Energy (kJ (kJ))   | Energy (kc (kcal)) | Fat (g)         | Satd FA /1 (g)  | Carbohydra (g) | NME Sugar (g)   |
|--------------------|--------------------|-----------------|-----------------|----------------|-----------------|
| 1286.8             | 307.3              | 12.0            | 3.6             | 31.0           | >4.0            |
| NSP (g)            | Protein (g)        | Iron (mg)       | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >1.3               | 18.4               | >1.4            | >1.1            | >67.0          | >11.3           |
| Vitamin C (mg)     | Folate (µg)        | Sodium (mg)     | Total suga (g)  | Salt (g)       | LEnergy kJ (kJ) |
| >42.5              | >21.5              | >0.2            | 3.4             | >0.5           | 1286.8          |
| LEnerg kcal (kcal) | LProtein (g)       | LCarbohydra (g) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| 307.3              | 18.4               | 31.0            | 3.4             | ?              | >10.0           |
| Potassium (mg)     | Selenium (µg)      | ThiaminB1 (mg)  | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >82.4              | ?                  | >0.1            | >0.0            | ?              | ?               |
| VitB12 (µg)        | FibreAOAC (g)      |                 |                 |                |                 |
| ?                  | 1.6                |                 |                 |                |                 |

## 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 | Eggs**Does Not Contain** Celery | Crustaceans | 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

|                    |                      |                                            |
|--------------------|----------------------|--------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b> | <b>Secondary Autumn/Winter 25/26 Mains</b> |
| <b>Recipe:</b>     | <b>Manual Sub 31</b> | <b>Sauce - Bechamel (White)</b>            |
| <b>Unit:</b>       | <b>004</b>           | <b>Midshire Head Office</b>                |
| <b>Sub Group:</b>  | <b>MID63</b>         | <b>Library</b>                             |
| <b>Group:</b>      | <b>Recipes</b>       | <b>Recipes</b>                             |
| <b>Yield:</b>      | <b>1 lt</b>          |                                            |
| <b>Total Cost:</b> | <b>1.6581</b>        |                                            |
| <b>Unit Cost:</b>  | <b>0.0017</b>        |                                            |

| 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) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| 1463.0             | 350.4              | 121.2          | 51.7            | ?              | >20.0           |
| Potassium (mg)     | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >150.0             | ?                  | >0.3           | >0.0            | ?              | ?               |
| VitB12 (µg)        | FibreAOAC (g)      |                |                 |                |                 |
| ?                  | >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)

## Recipe Detail

anthonyliddy

|             |               |                                     |
|-------------|---------------|-------------------------------------|
| Menu:       | SEC25/26 Main | Secondary Autumn/Winter 25/26 Mains |
| 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)   |
|-------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 269.7             | 64.4               | 1.3            | 0.1             | 12.1           | >0.0            |
| NSP (g)           | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >0.1              | 2.0                | >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               | 0.0            | 0.7             | 0.1            | 269.7           |
| LEnrg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTotat Sug (g)  | Iodine (µg)    | Magnesium (mg)  |
| 64.4              | 2.0                | 12.1           | 0.7             | ?              | >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

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 | 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 Main | Secondary Autumn/Winter 25/26 Mains |
| Recipe:     | SEC side 01   | Garlic Bread side                   |
| Unit:       | 004           | Midshire Head Office                |
| Sub Group:  | MID12         | Secondary Sides                     |
| Group:      | Recipes       | Recipes                             |
| Yield:      | 16 Ptn        |                                     |
| Total Cost: | 2.8360        |                                     |
| Unit Cost:  | 0.1773        |                                     |

| Ingredient  | Description                 | Amount | Cost   | Section | Supplier |
|-------------|-----------------------------|--------|--------|---------|----------|
| 26021 812/3 | Tugo 12" Dough Disc         | 2      | 2.5017 |         |          |
| 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)   |
|------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 546.4            | 130.5              | 3.1            | 1.0             | 21.3           | >0.0            |
| NSP (g)          | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >0.0             | 3.8                | ?              | ?               | ?              | >25.0           |
| Vitamin C (mg)   | Folate (µg)        | Sodium (mg)    | Total suga (g)  | Salt (g)       | LEnergy kJ (kJ) |
| >0.0             | >0.0               | 0.1            | 0.2             | 0.3            | 546.4           |
| LEng kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| 130.5            | 3.8                | 21.3           | 0.2             | ?              | ?               |
| 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**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

|                    |                      |                                            |
|--------------------|----------------------|--------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b> | <b>Secondary Autumn/Winter 25/26 Mains</b> |
| <b>Recipe:</b>     | <b>Manual sub 04</b> | <b>Mashed potato</b>                       |
| <b>Unit:</b>       | <b>004</b>           | <b>Midshire Head Office</b>                |
| <b>Sub Group:</b>  | <b>MID12</b>         | <b>Secondary Sides</b>                     |
| <b>Group:</b>      | <b>Recipes</b>       | <b>Recipes</b>                             |
| <b>Yield:</b>      | <b>10 Ptn</b>        |                                            |
| <b>Total Cost:</b> | <b>2.1731</b>        |                                            |
| <b>Unit Cost:</b>  | <b>0.2173</b>        |                                            |

| Ingredient  | Description                 | Amount | Cost   | Section | Supplier |
|-------------|-----------------------------|--------|--------|---------|----------|
| 4586 806/48 | Potato White Washed         | 1.5kg  | 1.4544 |         |          |
| 5035 806/48 | Milk Semi Skimmed 2Ltr      | 110ml  | 0.1172 |         |          |
| 34587 805/1 | Phase Dawn Packet Margarine | 100g   | 0.4563 |         |          |
| 70407 805/1 | EvFav Ground White Pepper   | 5g     | 0.1452 |         |          |

## Method:

Method...

- Cut potatoes into even pieces.
- Boil in lightly seasoned water for 20 minutes until tender
- Drain and return to a low heat to dry potatoes.
- Mash the potatoes in a food mixer or with a ricer or a sieve, taste and lightly season if required. Add milk and phase
- Do not over beat but fold to a smooth creamy texture.
- Transfer to a suitable serving dish and keep warm
- 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)   |
|-------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 684.0             | 163.4              | 7.3            | 2.7             | 2.9            | >0.1            |
| NSP (g)           | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >0.1              | 6.2                | >0.0           | >0.0            | >0.0           | >80.0           |
| Vitamin C (mg)    | Folate (µg)        | Sodium (mg)    | Total suga (g)  | Salt (g)       | LEnergy kJ (kJ) |
| >0.0              | >0.0               | 0.1            | 1.5             | 0.2            | 684.0           |
| LEnrg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTotat Sug (g)  | Iodine (µg)    | Magnesium (mg)  |
| 163.4             | 6.2                | 2.9            | 1.5             | ?              | >0.0            |
| Potassium (mg)    | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >0.0              | ?                  | >0.0           | >0.0            | ?              | ?               |
| VitB12 (µg)       | FibreAOAC (g)      |                |                 |                |                 |
| ?                 | >1.6               |                |                 |                |                 |

## Information Tags

## Additives

Contains Artificial Flavourings

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

## Allergens

Contains Milk

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

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12:13



Recipe Detail

anthonyliddy

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

|                    |                      |                                            |
|--------------------|----------------------|--------------------------------------------|
| <b>Menu:</b>       | <b>SEC25/26 Main</b> | <b>Secondary Autumn/Winter 25/26 Mains</b> |
| <b>Recipe:</b>     | <b>SEC Side 03</b>   | <b>Asain Slaw</b>                          |
| <b>Unit:</b>       | <b>004</b>           | <b>Midshire Head Office</b>                |
| <b>Sub Group:</b>  | <b>MID12</b>         | <b>Secondary Sides</b>                     |
| <b>Group:</b>      | <b>Recipes</b>       | <b>Recipes</b>                             |
| <b>Yield:</b>      | <b>30 Ptn</b>        |                                            |
| <b>Total Cost:</b> | <b>5.4310</b>        |                                            |
| <b>Unit Cost:</b>  | <b>0.1810</b>        |                                            |

| Ingredient  | Description                             | Amount | Cost   | Section | Supplier |
|-------------|-----------------------------------------|--------|--------|---------|----------|
| 4091 806/48 | Cabbage White                           | 500g   | 0.7700 |         |          |
| 4151 806/48 | Carrots                                 | 200g   | 0.2760 |         |          |
| 4131 806/48 | CABBAGE SAVOY x EACH                    | 1      | 2.5000 |         |          |
| 2060 806/48 | PEPPER RED x 5KG                        | 125G   | 0.5150 |         |          |
| 4452 806/48 | Spring Onion Bunch                      | 30g    | 0.3066 |         |          |
| 2328 806/48 | Herb Coriander                          | 15g    | 0.2100 |         |          |
| 89543 805/1 | Lee Kum Kee Premium Light Soy Sauce(2   | 25ml   | 0.1482 |         |          |
| 7170 806/48 | Garlic Puree                            | 10g    | 0.0531 |         |          |
| 10027 805/1 | Knorr Professional Ginger Puree         | 10g    | 0.2507 |         |          |
| 70374 805/1 | Chef William Chinese Five Spice         | 2g     | 0.0423 |         |          |
| 07313 805/1 | Casa De Mare Lemon Dressing             | 10ml   | 0.0555 |         |          |
| 03435 805/1 | EvFav Extended Life Veg Oil             | 10ml   | 0.0328 |         |          |
| 80454 805/1 | Korean Gochujang Hot Red Pepper Paste(l | 10g    | 0.0983 |         |          |
| 15006 805/1 | Blossom Honey Squeezy                   | 10g    | 0.1724 |         |          |

**Method:**

Preparation...

- Finely Shred the Cabbage
- Peel and grate the carrots
- Wash and finely slice peppers and spring onions
- Wash and roughly chop the coriander.

Method...

- Mix the oil, soy sauce, lemon juice, honey, gochujang paste, garlic puree, ginger puree and 5 spice together to form a dressing
- Mix the dressing, shredded vegetables & chopped coriander together (1 hour before service)
- Decant into suitable serving dish.
- 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)   |
|--------------------|-------------------|----------------|----------------|----------------|-----------------|
| 75.6               | 18.1              | 0.5            | 0.1            | 9.3            | (0.0)           |
| NSP (g)            | Protein (g)       | Iron (mg)      | Zinc (mg)      | Calcium (mg)   | Vitamin A (µg)  |
| >0.4               | 1.4               | >0.1           | >0.0           | >7.7           | (1.2)           |
| Vitamin C (mg)     | Folate (µg)       | Sodium (mg)    | Total suga (g) | Salt (g)       | LEnergy kJ (kJ) |
| >5.5               | >5.5              | 0.1            | 2.4            | 0.3            | >57.7           |
| LEnerg kcal (kcal) | LProtein (g)      | LCarbohydr (g) | LTot Sug (g)   | Iodine (µg)    | Magnesium (mg)  |
| >13.8              | >1.2              | >8.5           | >1.6           | >0.3           | >1.0            |
| Potassium (mg)     |                   |                |                |                |                 |

## Recipe Detail

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|       | Selenium (µg) | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g) | VitB6 (mg) |
|-------|---------------|----------------|-----------------|---------------|------------|
| >38.3 | ?             | >0.0           | >0.0            | ?             | >0.0       |

| VitB12 (µg) | FibreAOAC (g) |
|-------------|---------------|
| >0.0        | >0.9          |

## 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

## 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 Main | Secondary Autumn/Winter 25/26 Mains |
| Recipe:     | SEC Side 02   | Roasted root Vegetables             |
| Unit:       | 004           | Midshire Head Office                |
| Sub Group:  | MID12         | Secondary Sides                     |
| Group:      | Recipes       | Recipes                             |
| Yield:      | 10 Ptn        |                                     |
| Total Cost: | 1.3124        |                                     |
| Unit Cost:  | 0.1312        |                                     |

| Ingredient  | Description                      | Amount | Cost   | Section | Supplier |
|-------------|----------------------------------|--------|--------|---------|----------|
| 3191CS 806  | PARSNIPS 10KG                    | 140g   | 0.2577 |         |          |
| 4481 806/48 | SWEDE x EACH (APPROX 800G)       | 140g   | 0.2800 |         |          |
| 4331 806/48 | Leeks                            | 140g   | 0.5054 |         |          |
| 4151 806/48 | Carrots                          | 140g   | 0.1932 |         |          |
| 03435 805/1 | EvFav Extended Life Veg Oil      | 15ml   | 0.0492 |         |          |
| 70279 805/1 | Chef William Ground Black Pepper | 1g     | 0.0268 |         |          |

## Method:

Preparation...

- Peel and dice the swede
- Peel the parsnips & carrots. And cut into slices/dice/batons
- Cut the leeks into 1/2" slices, wash well to remove any dirt & drain well

Method...

- Mix together the parsnip, carrot, leek & diced swede in a bowl, season & oil the vegetables
- Place the vegetables onto a lined baking sheet & roast in a 180c oven for approx 15-20 minutes until golden & tender
- 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)   |
|-------------------|--------------------|----------------|-----------------|----------------|-----------------|
| 150.9             | 36.1               | 1.8            | 0.2             | 4.0            | >0.0            |
| NSP (g)           | Protein (g)        | Iron (mg)      | Zinc (mg)       | Calcium (mg)   | Vitamin A (µg)  |
| >0.6              | 0.7                | >0.1           | >0.0            | >5.7           | >0.7            |
| Vitamin C (mg)    | Folate (µg)        | Sodium (mg)    | Total suga (g)  | Salt (g)       | LEnergy kJ (kJ) |
| >2.4              | >12.2              | 0.0            | 2.7             | 0.0            | 150.9           |
| LEnrg kcal (kcal) | LProtein (g)       | LCarbohydr (g) | LTot Sug (g)    | Iodine (µg)    | Magnesium (mg)  |
| 36.1              | 0.7                | 4.0            | 2.7             | ?              | >3.2            |
| Potassium (mg)    | Selenium (µg)      | ThiaminB1 (mg) | RiboflavB2 (mg) | NiacinEqv (g)  | VitB6 (mg)      |
| >63.0             | ?                  | >0.0           | >0.0            | ?              | ?               |
| VitB12 (µg)       | FibreAOAC (g)      |                |                 |                |                 |
| ?                 | 1.8                |                |                 |                |                 |

## Information Tags

## Additives

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

Recipe Detail

anthonyliddy

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

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)