

Recipe Detail

anthonyliddy

Menu:	DRAW23 WK1	Diners Republic Autumn/Winter Menu 2023
Recipe:	DRAW23 WK1 Mon-MTandoori chicken shawarma with slaw & mint yoghurt	
Unit:	037	Silentnight Beds
Sub Group:	MID9	Educat High/College
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	10.7883	
Unit Cost:	1.0788	

Ingredient	Description	Amount	Cost	Section	Supplier
CC020601S	Diced Chicken Thigh 2.25kg - Tandoori "N/"	550g	3.2120		Theo's Food Company L
fbr015 812/3	Khobez breads 10"	10	3.9430		Theo's Food Company L
30269 805/1	Triple Lion Mango Chutney	250g	2.7058		Bidfood
asc007 812/	Yoghurt Mint Sauce 1ltr	250ml	0.9275		Theo's Food Company L
4081 806/48	CABBAGE RED x EACH (APPROX 2KG)	250g	0.0000		
4151 806/48	CARROTS x 1KG	250g	0.0000		
4421 806/48	RED ONION x 1KG	150g	0.0000		
2327 806/48	HERB CORIANDER x 100G	20g	0.0000		

Method:

FOR THE SLAW

1. Finely slice the cabbage, carrots, onion, toss together
2. Finely chop the coriander and mix through the rest of the slaw.

FOR THE SHAWARMA

1. Defrost the Khobez breads
2. Cook the chicken in a 200c oven until cooked through to 75c
3. Spread the bread with the mango chutney, lay on the slaw, lay on the cooked chicken & drizzle with the mint yoghurt.
4. Roll tightly, and serve

Nutritional Category: None**Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
>727.2	>234.4	>12.3	>1.6	>21.2	(0.2)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>1.5	>9.8	>0.9	>0.9	>32.5	(450.3)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>37.1	>19.9	>0.3	>16.6	>0.0	>659.6
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>218.3	>9.2	>20.7	>16.2	(1.2)	>3.5
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>117.0	(0.8)	>0.0	>0.0	?	>0.1
VitB12 (µg)	FibreAOAC (g)				
>0.0	>1.8				

Information Tags**Additives**

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

Recipe Detail

anthonyliddy

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

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Menu: DRAW23 WK1 **Diners Republic Autumn/Winter Menu 2023**
Recipe: DRAW23 WK1 Mon-V Squash, spinach & red pepper paella
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**
Yield: 10 Ptn
Total Cost: 4.0524
Unit Cost: 0.4052

Ingredient	Description	Amount	Cost	Section	Supplier
03435 805/1	Everyday Fav Extended Life Vegetable Oil	50ml	0.1685		Bidfood
4411 806/48	ONION LARGE x 5KG BOX	150g	0.0000		
30268 805/1	Triple Loin Garlic Puree	20g	0.3032		Bidfood
70358 805/1	Everyday Favourites Mixed Herbs	15g	0.3312		Bidfood
04192 805/1	Everyday Favourites Vegetable Bouillon Mi	50g	0.4903		Bidfood
TAPWATER	Tap Water	1.8l	0.0000		
30342 805/1	Italian (arborio) Risotto Rice	600g	2.0580		Bidfood
4833 806/48	SQUASH BUTTERNUT x EACH	300g	0.0000		
98472 805/1	Everyday Favourites Chopped Leaf Spinach	200g	0.2500		Bidfood
82829 805/1	Everyday Favourites Economy Peas	150g	0.3570		Bidfood
2062 806/48	PEPPER RED x EACH	1	0.0000		
70299 805/1	Everyday Favourites Ground Turmeric	10g	0.0944		Bidfood

Method:

1. Mix the stock powder with the water , bring to a boil, turn down and simmer very gently until required
2. Peel & small dice the squash, set aside
3. Finely dice the onion & pepper, add these to a suitable sized pan with the oil and garlic over a medium heat, cook until soft but not coloured
4. Add the rice, turmeric & herbs to the pan, stir well to coat with the onion and its juices, then add a large ladle of hot stock to the pan, continue to stir the rice as it cooks
5. Once the stock has been absorbed into the rice, add another ladle of stock and stir, now add the diced squash to the pan, add another ladle of stock and stir and repeat this until all the stock has been used

NOTE: It will usually take approx 20mins to cook the rice from the addition of the first ladle of stock

6. Add the defrosted spinach & peas to the pan, stir well to incorporate into the paella, check the seasoning and consistency of the paella, add more stock if too thick, cook a little longer if the rice is still crunchy

Nutritional Category: None**Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
>1324.8	>316.4	>6.2	>0.7	>55.1	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>4.1	>7.1	>1.4	>1.1	>67.5	(276.8)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>12.9	>41.1	>0.6	>3.3	>1.5	>1287.7
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>307.6	>6.8	>53.1	>2.2	?	>37.4
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)			
>289.3	?	>4.9			

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RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)	VitB12 (µg)	FibreAOAC (g)
>0.1	?	>0.0	>0.0	>4.0

Information Tags

Additives

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

Allergens

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

Information

Yes 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

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Menu:	DRAW23 WK1	Diners Republic Autumn/Winter Menu 2023
Recipe:	DRAW23 WK1 Tue-M Beef - Chilli Con Carne w/ Rice	
Unit:	037	Silentnight Beds
Sub Group:	MID9	Educat High/College
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	10.0647	
Unit Cost:	1.0065	

Ingredient	Description	Amount	Cost	Section	Supplier
03350 805/1	Red Kidney Beans(6 x 800g)	250g	0.4854		Bidfood
4411 806/48	ONION LARGE x 5KG BOX	200g	0.0000		
03435 805/1	Everyday Fav Extended Life Vegetable Oil	20ml	0.0674		Bidfood
30268 805/1	Triple Loin Garlic Puree	20g	0.3032		Bidfood
04192 805/1	Everyday Favourites Vegetable Bouillon Mi	10g	0.0981		Bidfood
05634 805/1	Tomato Paste	50g	0.2379		Bidfood
33033 805/1	Cirio Chopped Tomatoes	600g	0.0000		
70379 805/1	Ground Cumin	15g	0.1707		Bidfood
149 802/72	Minced Beef	500g	4.8300		British Premium Meats
4711 806/48	CHILLI RED x 125G	10g	0.0000		
2061 806/48	PEPPER RED x 4 (APPROX 1KG)	1	0.0000		
22637 805/1	Tilda Brown N White Rice	500g	1.3210		
115647 805/	MILD GRATED CHEESE	200g	1.5780		Peters Foods
73913 805/1	Santa Maria Salted Tortilla Chips	150g	0.9732		Bidfood

Method:

PRE PREP...

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

PREPARATION...

- Heat the oil in a suitable sized pan over a medium to high heat, brown the beef 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 30-40min
- Add the beans to the pan and continue to simmer for approx 10-15min
- Cook the rice in plenty of boiling water, drain well once cooked & tender

Service...

- 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 @MyTX_STANDARDSIZE (Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)	NME Sugar (g)
>1824.6	>506.5	>19.8	>7.4	>56.8	(2.4)
NSP (g)	>4.5	Protein (g)	>22.3	Iron (mg)	>1.0

Recipe Detail

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Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)
>0.3	>18.8	(217.2)	>9.9	>23.9	>0.4
Total suga (g)	Salt (g)	LEnergy kJ (kJ)	LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)
>4.7	>0.7	>1823.6	>506.3	>22.3	>56.8
LTotal Sug (g)	Iodine (µg)	Magnesium (mg)	Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)
>4.7	?	>19.8	>322.7	?	>0.1
RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)	VitB12 (µg)	FibreAOAC (g)	
>0.0	?	>0.0	>0.0	>4.9	

Information Tags

Additives

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

Sub-Allergens

May Contain 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: DRAW23 WK1 **Diners Republic Autumn/Winter Menu 2023**
Recipe: DRAW23 WK1 Tue-V **Macaroni cheese with garlic bread**
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**

Yield: 10 Ptn
Total Cost: 8.0848
Unit Cost: 0.8085

Ingredient	Description	Amount	Cost	Section	Supplier
70488 805/1	Everyday Favourites Macaroni	750g	1.9525		Bidfood
34587 805/1	Phase Dawn Packet Margarine	145G	0.6553		Bidfood
34079 805/1	Everyday Favourites Plain Flour	145g	0.1865		Bidfood
5035 806/48	MILK SEMI SKIMMED x 2L	1.625L	0.0000		
25138 805/1	Colmans Double Superfine Mustard Powde	10g	0.1545		
115647 805/	MILD GRATED CHEESE	500g	3.9450		Peters Foods
DR Garlic Br	Diners Republic - garlic bread	10	1.1910		n/a

Method:

1. Melt the baking fat in a suitable sized pan over a medium heat.
2. Add the flour, stir well to combine. Do not allow to stick as it will burn.
3. Slowly add the milk, stirring as you go to void lumps forming.
4. 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.
5. Cook the pasta in boiling water, once just tender drain and mix into the cheese sauce. Mix well.
6. Transfer to a suitable sized baking dish, cover with the remaining cheddar and bake in 180°C oven for approx 30 minutes until cooked through and golden on top.

SEE SUB RECIPE FOR DETAILS OF HOW TO PREPARE THE GARLIC BREAD

Serve the macaroni cheese with a slice of garlic bread

Nutritional Category: None**Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
>2604.0	798.8	34.2	>16.1	91.7	(0.1)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>3.9	29.2	>1.9	>1.9	>294.3	(192.7)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>2.6	>29.0	0.6	11.4	>0.8	>2290.3
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotal Sug (g)	Iodine (µg)	Magnesium (mg)
>723.9	>23.7	>84.1	>3.8	(48.8)	>50.4
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>374.1	(1.6)	>72.0	>17.5	?	>0.1
VitB12 (µg)	FibreAOAC (g)				
>0.7	3.9				

Recipe Detail

anthonyliddy

Information Tags

Additives

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

Allergens

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

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

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

Suitability

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

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	DRAW23 WK1	Diners Republic Autumn/Winter Menu 2023
Recipe:	DR Garlic Bread	Diners Republic - garlic bread
Unit:	037	Silentnight Beds
Sub Group:	MID56	Prestige
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	1.1905	
Unit Cost:	0.1191	

Ingredient	Description	Amount	Cost	Section	Supplier
71140 805/1	Everyday Fav Part Baked Small White Bag	2.5	0.8130		Bidfood
34587 805/1	Phase Dawn Packet Margarine	50g	0.2260		Bidfood
30268 805/1	Triple Loin Garlic Puree	10g	0.1516		Bidfood
2314 806/48	HERBS FLAT PARSLEY LARGE BUNCH	5g	0.0000		

Method:

Preparation...

- Chop the parsley finely, then cream with the fat & garlic, set aside in the fridge until required
- Defrost the baguettes, cut them in half lengthways & divide the garlic butter between the baguettes
- Place the baguette halves onto a lined baking sheet, and bake in a 175c oven for approx 5-10 min until golden
- Once cooked cut each half into half again

Nutritional Category: None

Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
500.3	119.5	4.2	>1.5	16.9	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
1.0	3.2	>0.5	>0.1	>31.1	(43.4)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>1.0	>13.9	0.1	0.9	0.4	>499.6
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>119.3	>3.1	16.9	0.9	?	>4.9
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>38.0	(0.0)	>71.8	>17.1	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	1.0				

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

Recipe Detail

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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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Menu:	DRAW23 WK1	Diners Republic Autumn/Winter Menu 2023
Recipe:	DRAW23 WK1 Wed-MNeapolitan Spaghetti Carbonara & Focaccia	
Unit:	037	Silentnight Beds
Sub Group:	MID9	Educat High/College
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	11.0994	
Unit Cost:	1.1099	

Ingredient	Description	Amount	Cost	Section	Supplier
5035 806/48	MILK SEMI SKIMMED x 2L	1625ml	0.0000		
34587 805/1	Phase Dawn Packet Margarine	145g	0.6553		Bidfood
34079 805/1	Everyday Favourites Plain Flour	145g	0.1865		Bidfood
30268 805/1	Triple Loin Garlic Puree	50g	0.7579		Bidfood
115647 805/	MILD GRATED CHEESE	500g	3.9450		Peters Foods
126703 805/	A1 BACON (BLUE TAPE) 2.27	350g	2.8133		Peters Foods
70483 805/1	Everyday Favourites Spaghetti	750g	1.9300		Bidfood
60749 805/1	Everyday Favourites White Bread & Roll Mi	350g	0.6600		
TAPWATER	Tap Water	250ml	0.0000		
70393 805/1	Chef William Italian Seasoning	5g	0.0672		Bidfood
03435 805/1	Everyday Fav Extended Life Vegetable Oil	25ml	0.0842		Bidfood

Method:

CARBONARA

FOR HALAL RECIPE, SWAP THE BACON FOR CHICKEN FROM THEO'S CC069901H 812/38

Method...

- Lay the Bacon on a baking sheet and cook in the oven until the fat is crispy, leave to cool then slice the Bacon into even slices.
- 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 avoid lumps forming.
- Add the Garlic & Bacon slices add this to the sauce along with the cheddar, stir well to combine and avoid lumps forming.
- Cook the pasta in boiling water, once just tender, drain and mix into the cheese sauce, mix well.
- Serve with Focaccia Bread.

FOCACCIA BREAD

Method...

- Make up the bread dough as per the instructions on the packet, adding the herbs to the mix.
- Push the dough into a lined baking tray, using your fingers to make indentation all around the dough, cover with cling film & leave to prove for approx 1hr or until doubled.
- Bake the rolls in a 200c oven for approx 10-15min or until risen, golden brown & cooked through.
- Allow to cool before cutting into pieces.
- Serve with the Pasta.

Nutritional Category: None**Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
>2992.9	891.7	37.4	16.9	100.4	(0.1)

Recipe Detail

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NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>4.9	36.0	>1.4	>1.8	>263.2	(149.3)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>1.6	>15.2	0.8	11.4	>1.1	>2680.0
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>817.0	>30.5	>92.7	>3.7	(48.8)	>45.5
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>336.1	(1.6)	>0.2	>0.4	?	>0.1
VitB12 (µg)	FibreAOAC (g)				
>0.7	5.1				

Information Tags

Additives

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

Allergens

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

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

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: DRAW23 WK1 **Diners Republic Autumn/Winter Menu 2023**
Recipe: DRAW23 WK1 Wed-VChinese Quorn & Crispy Vegetable & Egg fried Rice
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**

Yield: 10 Ptn
Total Cost: 2.4418
Unit Cost: 0.2442

Ingredient	Description	Amount	Cost	Section	Supplier
22637 805/1	Tilda Brown N White Rice	425g	1.1229		
03435 805/1	Everyday Fav Extended Life Vegetable Oil	10ml	0.0337		Bidfood
5921 806/48	EGGS FREE RANGE MEDIUM x 5 DOZ	3	0.0000		
4452 806/48	SPRING ONION x BUNCH	0.5	0.0000		
70374 805/1	Chef William Chinese Five Spice	5g	0.0958		Bidfood
2051 806/48	PEPPER MIXED x 3	0.5	0.0000		
4421 806/48	RED ONION x 1KG	250g	0.0000		
89541 805/1	Lee Kum Kee Premium Dark Soy Sauce	100ml	0.5079		Bidfood
38596 805/1	Frozen Sweetcorn	200g	0.6816		Bidfood
14294 805/1	Quorn Meat Free Beef Style Mince 1kg 50%	750g	0.0000		

Method:

Method...

- Cut the spring onions finely & wash well, allow to drain.
- Drain the sweetcorn
- Dice the peppers & red onions.
- Roast the onions, peppers & sweetcorn & keep warm.
- Beat the eggs.
- Cook the rice in plenty of boiling water, once just cooked drain well.
- Fry the mince until browned and keep warm.
- In a suitable pan, heat the oil over a medium to high heat, add the beaten egg and stir until it resembles scrambled egg, then add in the still hot drained rice.
- Stir well to incorporate the soy sauce & egg, add the vegetables and mince, then add the 5 spice & spring onion.

Nutritional Category: None

Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
>1163.3	>277.9	>3.5	>0.7	>43.1	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>7.9	>14.9	>0.3	>0.2	>8.5	(42.2)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>11.8	>14.3	>0.9	>4.7	>2.2	>1121.3
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>267.8	>14.6	>42.6	>4.3	(0.7)	>9.1
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>105.4	(0.2)	>0.0	>0.0	?	>0.1
VitB12 (µg)	FibreAOAC (g)				
>0.0	>7.7				

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 | 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 Barley | Wheat

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

Suitability

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

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu: DRAW23 WK1 **Diners Republic Autumn/Winter Menu 2023**
Recipe: DRAW23 WK1 Thu-M **Chicken Katsu curry & rice**
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**
Yield: 10 Ptn
Total Cost: 11.0352
Unit Cost: 1.1035

Ingredient	Description	Amount	Cost	Section	Supplier
FCP052 812	Breaded Chicken Fillets 125g (1kg)	700G	7.2310		Theo's Food Company L
22637 805/1	Tilda Brown N White Rice	500G	1.3210		
70374 805/1	Chef William Chinese Five Spice	20g	0.3832		Bidfood
2327 806/48	HERB CORIANDER x 100G	20g	0.0000		
58850 805/1	Curry Sauce Mix Bucket	250g	2.1000		Bidfood
TAPWATER	Tap Water	1000ml	0.0000		

Method:

Prep...

- Wash, drain & roughly chop the coriander

Production...

- Tray the crumbed chicken pieces up onto a lined baking tray, cook in a 180c until cooked through to 75c, set aside and keep warm

- Bring the water to a boil, add the curry paste & whisk until thickened, set aside and keep warm

- Cook the rice until just tender, once drained add Chinese 5 spice & stir to combine

- Divide the rice between the service pots

- Top with the katsu style curry sauce

- Slice the cooked chicken into 5-6 pieces, divide the chicken evenly between the pots

- Finish with the fresh coriander herb

Nutritional Category: None

Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
>1192.7	426.3	10.6	>5.8	64.5	(2.5)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.8	17.8	>0.4	>0.0	>1.6	(1.6)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>1.0	>0.3	>1.0	4.0	>2.5	>1191.4
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>426.0	>17.7	64.5	4.0	?	>0.4
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>11.5	?	>0.1	>0.0	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	>2.8				

Recipe Detail

anthonyliddy

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

anthonyliddy

Menu: DRAW23 WK1 **Diners Republic Autumn/Winter Menu 2023**
Recipe: DRAW23 WK1 Thu-V Italian Pasta Veggie Bolognese
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**
Yield: 10 Ptn
Total Cost: 3.9580
Unit Cost: 0.3958

Ingredient	Description	Amount	Cost	Section	Supplier
4402 806/48	ONION COOKING x 1KG	150g	0.0000		
4151 806/48	CARROTS x 1KG	150g	0.0000		
2156 806/48	CELERY x EACH	.5	0.0000		
30268 805/1	Triple Loin Garlic Puree	35g	0.5305		Bidfood
70358 805/1	Everyday Favourites Mixed Herbs	4g	0.0883		Bidfood
05634 805/1	Tomato Paste	20g	0.0951		Bidfood
33033 805/1	Cirio Chopped Tomatoes	450g	0.0000		
04192 805/1	Everyday Favourites Vegetable Bouillon Mi	10g	0.0981		Bidfood
70490 805/1	Everyday Favourites Penne Rigate	750g	1.9550		Bidfood
TAP WATEF	Tap water	500ml	0.0000		
14294 805/1	Quorn Meat Free Beef Style Mince 1kg 50%	500g	0.0000		
DR Garlic Br	Diners Republic - garlic bread	10	1.1910		n/a

Method:

Method...

- Dice the onions, carrots & celery.
- Add the veg to a pan,
- Cook the pasta in separate pans IF REQUIRED until just cooked, refresh the pasta, drain, cover & chill until required.
- Add into the pan the onion, veg, & garlic, cook this for 5mins to soften the onions, then add the mince, cook for a further 5mins.
- Stir in the tomato paste, chopped tomatoes, veg stock & herbs, mix well & simmer for approx 30mins, adding more water if starting to thicken too much.
- Stir the cooked pasta's into the sauce, stir well to coat the pasta.
- Serve with a slice of garlic bread

Nutritional Category: None**Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1948.1	465.3	6.5	>2.0	78.6	(1.5)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
8.3	19.4	>1.9	>1.3	>98.9	(426.2)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>9.3	>31.5	0.3	7.2	0.8	>1911.7
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>456.6	>19.2	>77.3	>6.2	>0.6	>37.3
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>337.8	(0.8)	>71.9	>17.1	?	>0.1
VitB12 (µg)	>0.0	FibreAOAC (g)	>8.1		

Recipe Detail

anthonyliddy

Information Tags

Additives

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

Allergens

Contains Celery | Cereals containing Gluten | Eggs**May Contain** Soya**Does Not Contain** 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 Barley | Wheat**Does Not Contain** Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Suitability

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

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	DRAW23 WK1	Diners Republic Autumn/Winter Menu 2023
Recipe:	DRAW23 WK1 Fri-M	Fish finger butty & chips
Unit:	037	Silentnight Beds
Sub Group:	MID9	Educat High/College
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	11.4064	
Unit Cost:	1.1406	

Ingredient	Description	Amount	Cost	Section	Supplier
06427 805/1	Everyday Favourites Breaded Minced Cod	30	7.0200		Bidfood
23791 805/1	Americana MK4.5 Unseeded Burger Bun	10	2.1167		Bidfood
06095 805/1	Great Value Straight Cut Chips 716	750g	1.8668		Bidfood
03386 805/1	Everyday Coronet Tomato Ketchup Portion	10	0.4030		Bidfood

Method:

Method...

- Defrost the bread buns.
- Place the chips onto a lined baking sheet & bake in a 180c oven for approx 25-30mins until golden & tender.
- Cook the fish fingers in a 180c oven until cooked through to 75c.
- Lay out the bun bases, place 3 fish fingers into the centre and top with the bun lid.
- Serve with a sachet of tomato sauce and a portion of chips

Nutritional Category: None

Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1911.8	456.6	11.2	2.4	70.8	2.0
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
5.0	17.0	1.2	0.6	10.8	7.9
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
6.4	36.3	0.6	8.5	1.5	1911.8
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTotal Sug (g)	Iodine (µg)	Magnesium (mg)
456.6	17.0	70.8	8.5	>58.5	3.6
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
45.0	>14.3	0.3	0.1	?	>0.1
VitB12 (µg)	FibreAOAC (g)				
>0.8	5.0				

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

Recipe Detail

anthonyliddy

Allergens

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

Information

No 5 a Day

Other Allergens

No Data Yeast**Does Not Contain** Flavour Enhancers

Other Contents

Does Not Contain GM Material

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:	DRAW23 WK1	Diners Republic Autumn/Winter Menu 2023
Recipe:	DRAW23 WK1 Fri-V	Cheese & potato pie
Unit:	037	Silentnight Beds
Sub Group:	MID9	Educat High/College
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	6.8579	
Unit Cost:	0.6858	

Ingredient	Description	Amount	Cost	Section	Supplier
6130 806/48	PREP POTATO WHOLE x 1KG	750g	0.0000		
34587 805/1	Phase Dawn Packet Margarine	75g	0.3389		Bidfood
25138 805/1	Colmans Double Superfine Mustard Powde	2g	0.0309		
115647 805/	MILD GRATED CHEESE	350g	2.7615		Peters Foods
4402 806/48	ONION COOKING x 1KG	150g	0.0000		
5921 806/48	EGGS FREE RANGE MEDIUM x 5 DOZ	2	0.0000		
5035 806/48	MILK SEMI SKIMMED x 2L	30ml	0.0000		
80675 805/1	Losalt	2g	0.0080		
70407 805/1	Everyday Favourites Ground White Pepper	2g	0.0487		
60753 805/1	Everyday Favourites Shortcrust Pastry(4 x	1kg	3.6700		Bidfood

Method:

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

Instructions

Place the diced potatoes into a well salted pan of water and bring to the boil, cook until the potatoes are soft. Sweat the onions down with half the butter, remove from the heat and sprinkle in the mustard powder, mix well. Drain the potatoes well.
Mash the potatoes or pass through a potato ricer.
Add the remaining butter, 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, then roll out into equal sizes
Grease a baking tin and line the bottom with the pastry, then blind bake for 10 mins
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.

Nutritional Category: None**Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)**

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
>2022.7	>667.0	>41.4	>18.8	>56.1	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.2	>15.4	>0.0	>0.0	>7.0	(60.8)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.7	>2.5	>0.5	>2.2	>0.7	>1996.3
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>660.7	>15.1	>54.9	>1.3	(1.3)	>0.9

Recipe Detail

anthonyliddy

Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>95.7	(0.2)	>0.0	>0.0	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	>3.5				

Information Tags

Additives

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

Allergens

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

Information

No 5 a Day

Other Allergens

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)