

Recipe Detail

anthonyliddy

Menu: DRAW23 WK3 **Diners Republic Autumn/Winter Menu 2023 Week**
Recipe: DRAW23 WK3 Mon-MAIL American Burger
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**

Yield: 10 Ptn
Total Cost: 12.5781
Unit Cost: 1.2578

Ingredient	Description	Amount	Cost	Section	Supplier
117526 805/	4OZ FAST FOOD BURGER 113G	1.13kg	8.5208		Peters Foods
23791 805/1	Americana MK4.5 Unseeded Burger Bun	10	2.1167		Bidfood
72537 805/1	Mild White Cheddar Slices	10	1.2723		Bidfood
04755 805/1	Everyday Favourites Thousand Island Dres	150ml	0.4503		
DR Dirty We	Dirty Wedges	10	0.2180		n/a

Method:

FOR HALAL BURGERS - USE PRODUCT CODE 117518 805/31

Prep...

- Wash and slice the tomato
- Peel & slice the onion into rings
- Slice, wash & drain the iceberg lettuce
- Defrost the burger buns
- Slice the gherkins thinly

Production...

- Cook the burgers either under a grill or in a 180c oven until cooked through to 75c core temp
- Spread the thousand island dressing on the bun base
- Place the burger onto the base bun & top with the cheese slice & sliced gherkins
- Next place the tomato, onion & lettuce
- Place on the top bun & 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)
>1452.5	>588.7	>25.2	>11.2	>60.7	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.9	>29.7	>1.5	>1.3	>105.8	(45.5)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>15.9	>70.0	>1.5	>5.8	>1.1	>1198.1
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTototal Sug (g)	Iodine (µg)	Magnesium (mg)
>528.0	>28.1	>61.2	>6.1	>2.4	>16.3
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>307.4	>0.8	>0.4	>0.1	?	>0.4
VitB12 (µg)	FibreAOAC (g)				
>0.0	>3.5				

Recipe Detail

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Information Tags

Additives

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

Allergens

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

Information

No 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

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

Suitability

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

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu: DRAW23 WK3 **Diners Republic Autumn/Winter Menu 2023 Week**
Recipe: DRAW23 WK3 Mon-V All American Veggie Burger
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**

Yield: 10 Ptn
Total Cost: 7.1906
Unit Cost: 0.7191

Ingredient	Description	Amount	Cost	Section	Supplier
41152 805/1	Everyday Favourites Vegetable Burger 57g	10	3.1333		Bidfood
23791 805/1	Americana MK4.5 Unseeded Burger Bun	10	2.1167		Bidfood
72537 805/1	Mild White Cheddar Slices	10	1.2723		Bidfood
04755 805/1	Everyday Favourites Thousand Island Dres	150ml	0.4503		
DR Dirty We	Dirty Wedges	10	0.2180		n/a

Method:

FOR HALAL BURGERS - USE PRODUCT CODE 117518 805/31

Prep...

- Wash and slice the tomato
- Peel & slice the onion into rings
- Slice, wash & drain the iceberg lettuce
- Defrost the burger buns
- Slice the gherkins thinly

Production...

- Cook the burgers either under a grill or in a 180c oven until cooked through to 75c core temp
- Spread the thousand island dressing on the bun base
- Place the burger onto the base bun & top with the cheese slice & sliced gherkins
- Next place the tomato, onion & lettuce
- Place on the top bun & 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)
>1958.4	>467.8	>15.2	>4.3	>67.5	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>4.8	>14.1	>1.5	>1.3	>105.8	(45.5)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>15.9	>70.0	>0.6	>6.6	>1.4	>1704.1
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>407.0	>12.5	>68.0	>6.9	>2.4	>16.3
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>307.4	>0.8	>0.4	>0.1	?	>0.4
VitB12 (µg)	FibreAOAC (g)				
>0.0	>5.3				

Recipe Detail

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Information Tags

Additives

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

Allergens

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

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Menu:	DRAW23 WK3	Diners Republic Autumn/Winter Menu 2023 Week
Recipe:	DRAW23 WK3 Tue-M	Chicken pie, herby potatoes & peas
Unit:	037	Silentnight Beds
Sub Group:	MID9	Educat High/College
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	6.0082	
Unit Cost:	0.6008	

Ingredient	Description	Amount	Cost	Section	Supplier
03435 805/1	Everyday Fav Extended Life Vegetable Oil	15ml	0.0505		Bidfood
CC069901S	Sliced Chicken Breast Plain - std	500g	3.5956		
4402 806/48	ONION COOKING x 1KG	180G	0.0000		
4151 806/48	CARROTS x 1KG	100g	0.0000		
70358 805/1	Everyday Favourites Mixed Herbs	2g	0.0442		Bidfood
70279 805/1	Chef William Ground Black Pepper	2g	0.0381		
80675 805/1	Losalt	2g	0.0080		
34079 805/1	Everyday Favourites Plain Flour	75g	0.0965		Bidfood
04192 805/1	Everyday Favourites Vegetable Bouillon Mi	25g	0.2451		Bidfood
TAP WATEF	Tap water	300ml	0.0000		
03424 805/1	Everyday Favourites Milk Powder Alternativ	30G	0.0000		
60756 805/1	Everyday Favorites Puff Pastry	312g	0.9894		Bidfood
5921 806/48	EGGS FREE RANGE MEDIUM x 5 DOZ	1	0.0000		
4331 806/48	LEEK x 1KG	100g	0.0000		
DR Herby Di	Herby Diced Potatoes	10	0.2270		n/a
82829 805/1	Everyday Favourites Economy Peas	300G	0.7140		Bidfood

Method:

Prep

Finely dice the onions, carrots, leek & celery
Dice the chicken into bite size chunks

INSTRUCTIONS

Heat your oil in a large frying pan or saucepan and add the chicken. Cook for about 5-10 minutes until just starting to turn brown.

Add in the vegetables and cook for a further 5 minutes until they start to soften.

Add the flour and mixed herbs and stir through everything, cook for 5 minutes.

Gradually add the stock and milk to the vegetable and flour mix, stirring until the sauce is smooth. Leave to bubble away and thicken for about 10 minutes.

Spoon into a pie dish and leave to cool for at least 30 minutes if you have time.

Smooth the pastry over the top of the filling.

Decorate the pie with cut out shapes if you feel that way inclined and brush with the beaten egg.

When you are ready to bake the pie, preheat the oven to 220C and bake for about 30 minutes until the filling is hot throughout and the pastry is crisp and golden.

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)
>1275.6	>382.7	>17.4	>5.8	>39.8	(0.7)
NSP (g)	>4.4	Protein (g)	>16.3	Iron (mg)	>1.1

Recipe Detail

anthonyliddy

Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)
>0.9	>50.9	(190.1)	>17.0	>63.7	>0.4
Total suga (g)	Salt (g)	LEnergy kJ (kJ)	LEnrg kcal (kcal)	LProtein (g)	LCarbohydr (g)
>5.3	>1.0	>986.3	>313.6	>14.5	>38.8
LTotal Sug (g)	Iodine (µg)	Magnesium (mg)	Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)
>4.5	>3.1	>28.1	>508.1	(1.0)	>9.9
RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)	VitB12 (µg)	FibreAOAC (g)	
>0.1	?	>0.4	>0.0	>5.2	

Information Tags

Additives

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

Allergens

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

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

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

Suitability

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

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)

Recipe Detail

anthonyliddy

Menu:	DRAW23 WK3	Diners Republic Autumn/Winter Menu 2023 Week
Recipe:	DRAW23 WK3 Tue-V	Indian vegetable & paneer Kathi roll
Unit:	037	Silentnight Beds
Sub Group:	MID9	Educat High/College
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	7.3537	
Unit Cost:	0.7354	

Ingredient	Description	Amount	Cost	Section	Supplier
fbr015 812/3	Khobez breads 10"	10	3.9430		Theo's Food Company L
42832 805/1	Diced Paneer Cheese	250g	2.5595		
04505 805/1	Culine Sliced Mixed Peppers	250g	0.5250		Bidfood
4421 806/48	RED ONION x 1KG	150g	0.0000		
4661 806/48	SWEET POTATO x 1KG	250g	0.0000		
70372 805/1	Hot Chilli Powder	2g	0.0289		Bidfood
70378 805/1	Everyday Favourites Ground Coriander	2g	0.0144		Bidfood
30158 805/1	Cumin Powder	2g	0.0000		
03435 805/1	Everyday Fav Extended Life Vegetable Oil	30ml	0.1011		Bidfood
10027 805/1	Knorr Professional Ginger Puree	5g	0.1060		Bidfood
30268 805/1	Triple Loin Garlic Puree	5g	0.0758		Bidfood
2327 806/48	HERB CORIANDER x 100G	25g	0.0000		
2322 806/48	HERB MINT x 100G	10g	0.0000		
4301 806/48	COURGETTE GREEN x 1KG	250g	0.0000		

Method:

PREP

- Drain the paneer cheese on kitchen paper
- Defrost the peppers
- Chop the paneer into 1" dice
- Chop the onions, sweet potato & courgette into 1" dice
- Roughly chop the fresh coriander & mint

METHOD

- Roast the sweet potatoes in a little oil in the oven until golden
- Pan fry the onions, courgette & peppers until golden brown, season with Salt & pepper and set aside
- Pan fry the paneer in a little oil with the ground cumin, ground coriander, chilli powder, garlic & ginger purees until golden brown & set aside
- Add all the ingredients together, including the chopped coriander & mint and mix well and place the mixture into the centre of a Khobez flat bread and roll like a burrito

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)
>623.6	>149.7	>10.3	>4.7	>8.3	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>1.8	>6.5	>0.5	>0.1	>14.9	(84.1)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>39.3	>22.4	>0.2	>4.5	>0.4	>583.0
LEnerg kcal (kcal)	>140.0	LProtein (g)	>5.8	LCarbohydr (g)	>8.2

Recipe Detail

anthonyliddy

LTot Sug (g)	Iodine (µg)	Magnesium (mg)	Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)
>4.4	>0.8	>9.2	>155.7	(0.6)	>0.1
RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)	VitB12 (µg)	FibreAOAC (g)	
>0.0	?	>0.1	>0.0	>2.0	

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

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Menu: DRAW23 WK3 **Diners Republic Autumn/Winter Menu 2023 Week**
Recipe: DRAW23 WK3 Wed-MT **oad in a Fold Yorkshire Pudding Wrap**
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**
Yield: 10 Ptn
Total Cost: 12.9422
Unit Cost: 1.2942

Ingredient	Description	Amount	Cost	Section	Supplier
18977 805/1	Everyday Favourites Yorkshire Pudding 8 li	10	7.6400		Bidfood
107641 805/	CUMBERLAND SAUSAGE 8s 4.45KG	1kg	4.4449		Peters Foods
03254 805/1	Everyday Favourites Sage & Onion Stuffing	100g	0.4160		Bidfood
TAP WATEF	Tap water	200ml	0.0000		
4151 806/48	CARROTS x 1KG	150g	0.0000		
82829 805/1	Everyday Favourites Economy Peas	150g	0.3570		Bidfood
03435 805/1	Everyday Fav Extended Life Vegetable Oil	25ml	0.0842		Bidfood
161810 805/	HALAL CHICK SAUS 8s 4.54KG	1kg	0.0000		

Method:

Prep...

- Cook the Sausages in the oven until above 75.c, then slice in half, each wrap with have 4 pieces of sausage
- Defrost the Yorkshire puddings
- Defrost the peas
- Peel & slice the carrots, blanch the carrots to just cook them, refresh and drain well
- Make the stuffing by adding the water to the mix, but add more water than stated on the instructions as we need the stuffing to be wetter than normal to act as the glue to hold it all together

Production...

- Lay out the Yorkshire puddings, Spread over the stuffing
- Lay on the cooked sausages, then the vegetables
- Fold in the sides, then roll from the bottom up, not too tightly as the pudding will spilt, place the rolled puddings seem side down on a lined baking sheet
- Bake in a 175c oven until cooked through to 75c

Nutritional Category: None

Nutritional Content Per @MyTX_STANDARDSIZE (Ptn)

Energy (kJ (kJ))	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydr (g)	NME Sugar (g)
>313.4	>531.3	>31.9	>8.0	>36.6	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>1.4	>23.1	>0.4	>0.2	>13.4	(243.0)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>3.4	>14.3	>1.8	>2.3	>0.4	>298.0
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>527.7	>23.0	>36.4	>2.1	>0.2	>5.7
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>48.8	>0.1	>4.8	>0.0	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	>2.9				

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 | Eggs | Milk | Soya | Sulphur Dioxide and Sulphites

May Contain Celery | Mustard

Does Not Contain Crustaceans | Fish | Lupin | Molluscs | Nuts | Peanuts | Sesame

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:	DRAW23 WK3	Diners Republic Autumn/Winter Menu 2023 Week
Recipe:	DRAW23 WK3 Wed-VMexican Veggie Enchilada	
Unit:	037	Silentnight Beds
Sub Group:	MID9	Educat High/College
Group:	Recipes	Recipes
Yield:	10 Ptn	
Total Cost:	4.7531	
Unit Cost:	0.4753	

Ingredient	Description	Amount	Cost	Section	Supplier
4661 806/48	SWEET POTATO x 1KG	650g	0.0000		
4833 806/48	SQUASH BUTTERNUT x EACH	500g	0.0000		
4411 806/48	ONION LARGE x 5KG BOX	150g	0.0000		
30268 805/1	Triple Loin Garlic Puree	25g	0.3789		Bidfood
03435 805/1	Everyday Fav Extended Life Vegetable Oil	35ml	0.1179		Bidfood
56614 805/1	Laila Red Split Lentils	125g	0.3542		Bidfood
04192 805/1	Everyday Favourites Vegetable Bouillon Mi	25g	0.2451		Bidfood
33033 805/1	Cirio Chopped Tomatoes	250g	0.0000		
05634 805/1	Tomato Paste	25g	0.1189		Bidfood
03350 805/1	Red Kidney Beans(6 x 800g)	250g	0.4854		Bidfood
07059 805/1	Ev Favourites Wheat Flour Tortilla 25cm 10	10	1.5500		Bidfood
03435 805/1	Everyday Fav Extended Life Vegetable Oil	30ml	0.1011		Bidfood
115647 805/	MILD GRATED CHEESE	150g	1.1835		Peters Foods
TAPWATER	Tap Water	600ml	0.0000		
2327 806/48	HERB CORIANDER x 100G	10g	0.0000		
DR Dirty We	Dirty Wedges	10	0.2180		n/a

Method:

Pre Prep...

- Peel the Sweet Potato, Butternut Squash & Onion & cut each into a 1/4" dice
- Defrost the Tortilla
- Finely chop the coriander

Preparation...

- In a suitable sized pan, heat the first oil to a medium heat & add the Sweet Potato, Squash & Onion, cook for approx 5mins to start to soften & and brown.
- Add the fajita paste, garlic, tomato puree, chopped tomatoes, lentils & water to the pan. Cook for approx 15min to develop the flavours and soften the vegetables. you should have a fairly thick sauce at this stage.
- Add the kidney beans to the mix and the chopped coriander, take off the heat.
- Grease a suitable sized baking dish with the second oil, set aside.
- Lay out the tortilla on a clean work bench & divide the vegetable & bean filling between them. Roll up the tortillas and place in the greased baking dish.
- Sprinkle the tortilla with the grated cheese & bake @ 180c for approx 15-20mins until golden and crisp, and you have achieved a core temp of 75c

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)
>2047.5	542.1	20.3	>6.2	74.1	(1.6)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>6.5	16.2	>3.3	>1.3	>105.7	(340.6)

Recipe Detail

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Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>22.3	>66.2	0.7	10.4	>1.6	>1730.7
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>466.4	>14.1	>71.2	>8.8	>3.7	>63.8
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>808.4	(1.5)	>0.4	>0.1	?	>0.5
VitB12 (µg)	FibreAOAC (g)				
>0.0	>6.6				

Information Tags

Additives

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

Yes 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: DRAW23 WK3 **Diners Republic Autumn/Winter Menu 2023 Week**
Recipe: DRAW23 WK3 Thu-M **Chicken Tikka naan kebab**
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**

Yield: 10 Ptn
Total Cost: 10.1285
Unit Cost: 1.0129

Ingredient	Description	Amount	Cost	Section	Supplier
FBR005 812	Folded Naan Bread	10	4.2300		Theo's Food Company L
asc007 812/	Yoghurt Mint Sauce 1ltr	100ml	0.3710		Theo's Food Company L
2082 806/48	CUCUMBER x EACH	1	0.0000		
2002 806/48	TOMATO x 1KG	175	0.0000		
2091 806/48	LETTUCE ICEBERG x EACH	150g	0.0000		
CF240311S	frzn Chicken Kofta Tikka "N/C" - std	10	5.5275		Theo's Food Company L

Method:

Prep

-Shred the lettuce
 -Slice the cucumber
 -Chop the tomato

- Tray the kofta's on a oven proof tray then cook in a pre-heated oven at 180c until 75c core temperature is reached
 - Toast the pitta breads in the oven until soft, pocket the pitta down one side.
 - 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)
>176.9	>42.3	>3.7	>0.3	>1.8	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>0.2	>0.5	>0.1	>0.0	>7.0	(3.5)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.9	>11.3	>0.0	>1.6	>0.0	>158.7
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>37.9	>0.2	>1.2	>1.0	>1.0	>2.5
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>56.8	(0.2)	>0.0	>0.0	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	>0.2				

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

anthonyliddy

Menu:	DRAW23 WK3	Diners Republic Autumn/Winter Menu 2023 Week
Recipe:	DRAW23 WK3 Thu-V	Arrabiata penne pasta with garlic bread
Unit:	037	Silentnight Beds
Sub Group:	MID9	Educat High/College
Group:	Recipes	Recipes
Yield:	15 Ptn	
Total Cost:	11.3244	
Unit Cost:	0.7550	

Ingredient	Description	Amount	Cost	Section	Supplier
35845 812/3	Herby Tomato Sauce	1500	9.6100		
70490 812/3	Penne Pasta - Dry	1000g	0.0000		
DR Garlic Br	Diners Republic - garlic bread	10	1.1910		n/a
70372 805/1	Hot Chilli Powder	10g	0.1444		Bidfood
30268 805/1	Triple Loin Garlic Puree	25g	0.3789		Bidfood

Method:

Method...

- Reheat the TUGO 4ORK sauce slowly either in a bain marie or steamer until a core temp of above 80c is achieved,, then season with the chilli and garlic ,mix through.
- Cook the pasta in plenty of boiling, lightly salted water until just tender, drain.
- Portion the pasta between the pots evenly.
- Top the pasta with the heated sauce, dividing the sauce evenly over the pots.
- Place a lid on the pot & transfer to the heated service point for customer collection.

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)
1638.7	391.4	7.1	>1.7	69.1	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>1.0	10.6	>0.3	>0.1	>20.7	(28.9)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>0.6	>9.2	0.4	8.1	0.9	>1638.2
LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>391.3	>10.6	69.1	8.1	?	>3.3
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>25.3	(0.0)	>47.9	>11.4	?	>0.0
VitB12 (µg)	FibreAOAC (g)				
>0.0	4.2				

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

Recipe Detail

anthonyliddy

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

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 WK3 **Diners Republic Autumn/Winter Menu 2023 Week**
Recipe: DRAW23 WK3 Fri-M **Oven Baked Crispy Cod with Salt & Pepper Wedges**
Unit: 037 **Silentnight Beds**
Sub Group: MID9 **Educat High/College**
Group: Recipes **Recipes**

Yield: 10 Ptn
Total Cost: 1.2020
Unit Cost: 0.1202

Ingredient	Description	Amount	Cost	Section	Supplier
55572 805/1	Harry Ramsden Fish Fillet 50-70g	10	0.0000		
4586 806/48	POTATO WASHED WHITE x 25KG	1000g	0.0000		
03435 805/1	Everyday Fav Extended Life Vegetable Oil	50ml	0.1685		Bidfood
50396 805/1	Everyday Favourites Cracked Black Pepper	25g	0.4617		Bidfood
80675 805/1	Losalt	25g	0.0996		
04505 805/1	Culine Sliced Mixed Peppers	0.5	0.0011		Bidfood
30268 805/1	Triple Loin Garlic Puree	20g	0.3032		Bidfood
70372 805/1	Hot Chilli Powder	5g	0.0722		Bidfood
4711 806/48	CHILLI RED x 125G	20g	0.0000		
70374 805/1	Chef William Chinese Five Spice	5g	0.0958		Bidfood
4413 806/48	ONION LARGE x 1KG	150g	0.0000		
4452 806/48	SPRING ONION x BUNCH	20g	0.0000		

Method:

Method...

- Heat the oven to 220C/200C.
- Cut the Potatoes into wedges.
- Thinly slice the peppers & onions
- Tip into a pan, top up with cold water and bring to a boil. As soon as you see bubbles, simmer gently for 5 mins.
- Drain carefully and leave to steam dry.
- Meanwhile, heat the oil in a shallow-lipped baking tray in the top of the oven. Transfer the parboiled chips to the tray, carefully coat in the hot oil and cook for 20-25 mins until golden and crisp, turning halfway through.
- While the wedges are cooking, stir-fry the onion, peppers, garlic and chilli for 5-8 mins over a medium-high heat until the onions and garlic turn golden brown. Remove from the heat and set aside.
- Mix the Chinese five-spice powder, sugar, salt, chilli flakes and pepper together.
- Tip the cooked Wedges into the pan with the veg and return to a medium heat. Toss to combine. Sprinkle in Spring Onions.
- Toss everything together for 1-2 mins until evenly coated, then serve straight away with another pinch of sea salt, if you like.

Cook the fish as per packet instructions

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)
>533.0	>127.3	>5.5	>0.4	>17.6	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.2	>2.3	>0.4	>0.3	>4.9	(1.5)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>14.1	>31.1	>0.3	>1.6	>0.8	>276.8

Recipe Detail

anthonyliddy

LEnerg kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>66.1	>0.7	>18.1	>1.8	>2.4	>15.1
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>1176.0	>0.8	>0.2	>0.0	?	>0.4
VitB12 (µg)	FibreAOAC (g)				
>0.0	>3.1				

Information Tags

Additives

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

Allergens

Contains Cereals containing Gluten | Fish

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

Information

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:	DRAW23 WK3	Diners Republic Autumn/Winter Menu 2023 Week
Recipe:	DRAW23 WK3 Fri-V	Red lentil & cheese sausage roll
Unit:	037	Silentnight Beds
Sub Group:	MID9	Educat High/College
Group:	Recipes	Recipes
Yield:	20 Ptn	
Total Cost:	8.2513	
Unit Cost:	0.4126	

Ingredient	Description	Amount	Cost	Section	Supplier
56614 805/1	Laila Red Split Lentils	500g	1.4167		Bidfood
04505 805/1	Culine Sliced Mixed Peppers	250g	0.5250		Bidfood
30268 805/1	Triple Loin Garlic Puree	20g	0.3032		Bidfood
2314 806/48	HERBS FLAT PARSLEY LARGE BUNCH	20g	0.0000		
70375 805/1	Everyday Favourites Paprika	10g	0.1030		Bidfood
70380 805/1	Cayenne Pepper	2g	0.0151		Bidfood
115647 805/	MILD GRATED CHEESE	350g	2.7615		Peters Foods
06767 805/1	Everyday Favourites Natural Breadcrumbs	180G	0.5730		Bidfood
60756 805/1	Everyday Favorites Puff Pastry	625g	1.9819		Bidfood
5921 806/48	EGGS FREE RANGE MEDIUM x 5 DOZ	1	0.0000		
5035 806/48	MILK SEMI SKIMMED x 2L	25ml	0.0000		
DR S&P chip	Salt & pepper chips	10	0.5720		n/a
30158 805/1	Cumin Powder	10g	0.0000		

Method:

Prep –

Cook the red lentils

Roast the peppers, remove the skin and pith

Chop the parsley

1. Add to the bowl of your food processor (or high powered blender) the cooked lentils, roasted red peppers (stems, seeds and skin removed), garlic, parsley, paprika, cayenne, cumin and salt and pepper. Alternately finely chop the peppers and smash the cooked lentils in a pan using the end of a rolling pin.
2. Process or blend until smooth, making sure to scrape down the sides so all the ingredients are incorporated.
3. Transfer the mixture to a large bowl and add the shredded cheese and the breadcrumbs. Mix everything together well with a wooden spoon or rubber spatula until the breadcrumbs and the cheese are evenly distributed.
4. Divide the mixture into equal pieces and roll each piece into a long, thin sausage shape the same length as the width of your puff pastry sheet.
5. Wrap each piece tightly in plastic wrap and refrigerate for at least 2 hours (refrigerating overnight also works well!).
- After your filling has sufficiently chilled, remove it from the fridge and preheat your oven to 180°C.
6. Take out your puff pastry sheets and slice it into equal pieces to wrap around the rolls of lentil filling you've made. Wrap each piece of filling in puff pastry, making sure the seams are on the underside of the large rolls you're creating.
7. Slice each of the rolls into smaller approx. 4-inch pieces and place the pieces on a baking sheet lined with baking paper (parchment paper).
8. Use a sharp knife to cut one or two small vents in the top of each mini sausage roll.
9. Combine the egg and milk in a small bowl and whisk together until frothy. Brush a small amount of egg wash over the top of each sausage roll.
10. Bake at 180°C for 20-23 minutes, or until the puff pastry is golden brown.

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

>1220.4

MenuRecipeDet: Recipe Detail

Page 19 of 20

Recipe Detail

anthonyliddy

	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
	>355.3	>14.9	>7.2	>40.8	(0.0)
NSP (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)
>2.3	>13.9	>2.4	>1.0	>31.9	(38.6)
Vitamin C (mg)	Folate (µg)	Sodium (mg)	Total suga (g)	Salt (g)	LEnergy kJ (kJ)
>22.8	>33.2	>0.2	>2.4	>0.3	>1089.7
LEng kcal (kcal)	LProtein (g)	LCarbohydr (g)	LTot Sug (g)	Iodine (µg)	Magnesium (mg)
>324.0	>13.0	>41.0	>2.4	(1.6)	>35.8
Potassium (mg)	Selenium (µg)	ThiaminB1 (mg)	RiboflavB2 (mg)	NiacinEqv (g)	VitB6 (mg)
>369.0	(0.4)	>0.3	>0.1	?	>0.2
VitB12 (µg)	FibreAOAC (g)				
>0.0	>2.8				

Information Tags

Additives

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

Allergens

Contains Cereals containing Gluten | Eggs | Milk

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

Information

Yes 5 a Day

Other Allergens

No Data Flavour Enhancers | Yeast

Other Contents

No Data GM Material

Sub-Allergens

Contains Wheat

May Contain Barley | Oats | Rye

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

Suitability

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

Suitability Tags

Not Suitable High Calorie | Low Sodium

Coeliac

Unknown Coeliac Diet (UK)