

Recipe

Unit:	0001	ER SMT
Recipe:	R00172 SMT P TC	Roast Chicken fillet
Group:	Recipes	Recipes
Sub Group	SMT Meat	Meat Dishes.

Ingredient	Amount
TUR/POU060 Cooked R Skinless Chicken Breast Fi	5000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	50.00

Method

1. Cook the chicken fillets according to the manufacturer's instructions.

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

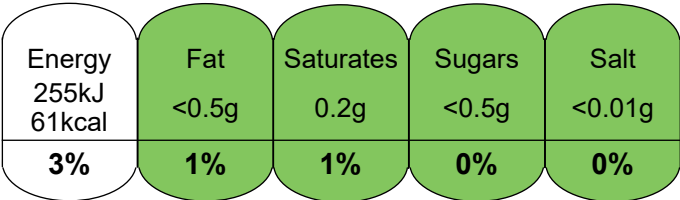
Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 50g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
254.8	60.9	0.5	0.2	0.6	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.0	13.7	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	0.0	0.0	0.1

FoP Label

Each Roast Chicken Fillet (50g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 510kJ / 122kcal

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00357 SMT-P Ice cream DF VE
Group: Recipes Recipes
Sub Group SMT DF-D Dairy Free Trays Bakes,Puddings,Biscuits, Custard

Ingredient	Amount
TUR/ICE011 S cream Ice Cream VE Bean Flav Ice	1600g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	80.00

Method

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
572.4	136.8	7.0	6.0	24.3	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
?	0.3	0.2	0.0	0.0	1.6
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
?	?	0.0	0.0	0.0	15.5

FoP Label

Each Ice cream DF VE (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
572.4	136.8	7.0	6.0	24.3
7%	7%	10%	30%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe:	R00363 SMT-P	Flora Plant
Group:	Recipes	Recipes
Sub Group	SM Vegan D	Vegan Trays Bakes, Puddings Biscuits, Custard

Ingredient	Amount
TUR/MLK360 Flora Plant Double (V)(Gf)	1000ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	50.00

Method

No Methods have been set for this recipe.

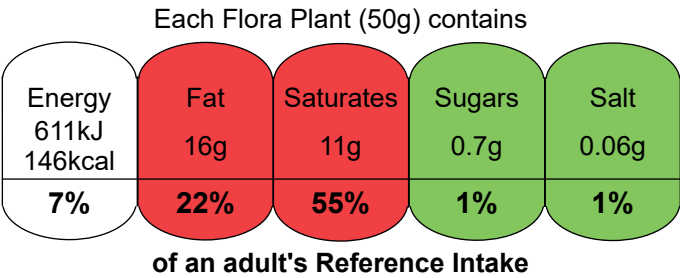
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *
Weeks commencing.

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 50g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
610.9	146.0	15.5	11.0	1.2	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.3	0.3	3.6	0.0	1.1
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	22.0	0.1	0.7

FoP Label



Typical values (as sold) per 100g: Energy 1222kJ / 292kcal

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00468 SMT-P Yorkshire Pudding RA

Group: Recipes Recipes

Sub Group SM DESGF-M Dairy, Egg, Soya, Gluten Free Ingredients Mains.

Ingredient	Amount
00007 Warm Boiled Water	250ml
TUR/OIL075 Sunflower Oil	25ml
TUR/FLO152 Middleton Self Raising Flour (Gf)	562.5g
TUR/MLK130 Zilk Oat Barista Milk Alternative (1 Litr	825ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	83.13

Method

1. Whisk all ingredients except the oil until smooth.
2. Transfer to a jug, cover, and refrigerate for 1 hour.
3. Preheat the oven to 220°C (200°C fan).
4. Add 1 tsp oil into eight holes of a muffin tin and heat for 5 minutes.
5. Carefully pour the batter into the hot oil.
6. Bake for 25–30 minutes until risen and golden brown.

**PLEASE NOTE-If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. **

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Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 83g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
535.5	128.0	2.5	0.3	24.5	1.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	0.2	1.8	>0.0	>0.0	49.5
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>0.0	>0.0	>0.0	225.0	0.6	>1.0

FoP Label

Each Yorkshire Pudding RA (83.125g) contains

Energy	Fat	Saturates	Sugars	Salt
536kJ 128kcal	2.5g	0.3g	1.0g	0.56g
6%	4%	2%	1%	9%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 644kJ / 154kcal

Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00471 SMT-P Breaded Salmon Finger GF DF

Group: Recipes Recipes

Sub Group SM DESGF-M Dairy, Egg, Soya, Gluten Free Ingredients Mains.

Ingredient	Amount
TUR/FSF046 Breaded Salmon Fillet Fish Finger 30	1200G

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	60.00

Method

1. Cook according to the manufacturer's instructions.
2. Serve two fingers per portion.

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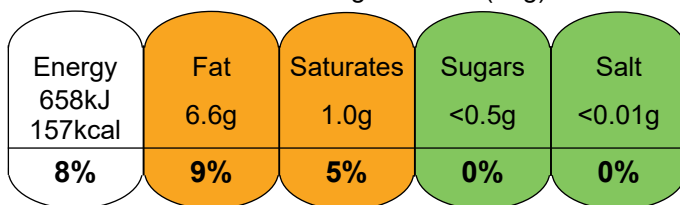
Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 60g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
657.7	157.2	6.6	1.0	17.3	0.4
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
?	0.7	6.7	?	?	?
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
?	?	?	0.0	0.0	0.4

FoP Label

Each Breaded Salmon Finger GF DF (60g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1096kJ / 262kcal

Information Tags

Allergens

Contains Fish

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

Sub-Allergens

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

Recipe

Picture: None

Recipe

Recipe: R00506SMT- P T Italian Style Ham & Cheese Pizza RA

Group: Recipes Recipes

Sub Group RAMain Reduced Allergy Mains & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/FLO152 Middleton Self Raising Flour (Gf)	353g
TUR/MRG022 Caterfood Select Baking and Spreadi	106g
00008 Water	150ml
TUR/SAU083 Silbury Pomodoro Sauce (Pouch)	283g
TUR/SP1188 Mixed Herbs	6g
TUR/CHF045 Violife Original Grated (Vg)	283g
TUR/MCC106 Wafer Thin Shaved Sandwich Ham 90	800g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	99.08

Method

1. Rub the margarine into the flour using a mixer with a hook attachment.
2. Mix to a soft dough, adding water if needed.
3. Shape and portion the dough into tins.
4. Combine the tomato sauce and herbs.
5. Spread the sauce over the bases.
6. Sprinkle vegan cheese on top.
7. Bake for 15–20 minutes in a moderate oven.

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Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
772.9	184.7	9.1	4.4	18.0	>0.3
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	>0.2	9.0	>0.0	>0.0	>0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>42.4	>0.0	>0.0	266.4	0.7	>1.1

FoP Label

Each Italian Style Ham & Cheese Pizza RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
772.9	184.7	9.1	4.4	18.0
9%	9%	13%	22%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Recipe

Information Tags

Allergens

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

Sub-Allergens

Does Not Contain	Almonds Barley Brazil Nuts Cashew Nuts Hazelnuts Macadamia Nuts Oats Pecan Nuts Pistachio Nuts Rye Walnuts Wheat
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Picture: None

Recipe

Recipe: R00607 SMT-P Chocolate Sponge RA

Group: Recipes Recipes

Sub Group RA Dess Reduce Allergy Desserts & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/FLO152 Middleton Self Raising Flour (Gf)	550g
TUR/SUG110 Granulated Sugar 25kg	400g
TUR/FLV080 Supercook Van Essence	4ml
TUR/OIL075 Sunflower Oil	134ml
00008 Water	226ml
TUR/BEV070 Freshers Low Fat Cocoa Powder	50g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	68.20

Method

1. Preheat the oven to 200°C.
2. Lightly grease a baking tin.
3. Place the flour and sugar into a mixing bowl and stir to combine.
4. Add the oil and water, then mix until smooth and free from lumps.
5. Pour the mixture into the prepared tin and level the surface.
6. Leave the sponge to cool in the tin.

Cook using one of the following methods:

1. Oven: Bake for approximately 30 minutes, or until a skewer inserted into the centre comes out clean and the sponge reaches a minimum core temperature of 75°C.
2. Combi Oven: Cook using an appropriate combination of steam and convection heat until the sponge is fully baked and reaches 75°C.

Food Safety

Ensure the sponge reaches a minimum core temperature of 75°C before serving.

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Nutritional Category: None

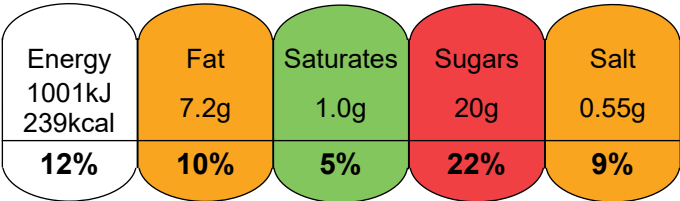
Nutritional Content Per Standard Size (Ptn, 68g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1000.8	239.2	7.2	1.0	41.3	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.0	2.0	0.0	0.0	3.3
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	221.0	0.6	>20.1

Recipe

FoP Label

Each Chocolate Sponge RA (68.2g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1467kJ / 351kcal

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00652 SMT -P Y Italian Style Minced Beef Bolognaise Sauce RA

Group: Recipes Recipes

Sub Group RAMain Reduced Allergy Mains & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/SAU083 Silbury Pomodoro Sauce (Pouch)	794g
TUR/VGC826 Chopped Tomatoes	680g
TUR/VGC230 Cirio Dbl Concentrate Tom Puree Tub	85g
TUR/SPI182 GROUND BLACK PEPPER	5g
TUR/FFV144 Onions Cooking (W)	170g
TUR/FFP080 Prep Carrots Grated (W)	170g
YOU/JWY5 Free Flow Mince (95% VI) - 2.5Kg Be	900g
TUR/SPI188 Mixed Herbs	5g
TUR/SPI180 Garlic Powder	1g
TUR/CRP030 Triple lion Red Split Lentils	100g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	145.50

Method

Cook the lentils separately in water for 20 minutes until softened, then drain before adding them to the other ingredients.

Allergy note: For children with a pea protein allergy, please check with their parent/carer that lentils are suitable.

1. Place the minced beef and diced onions in a large pan and cook until the beef is browned and the onions have softened.
2. Add the grated carrots, chopped tomatoes, tomato purée, cooked lentils and Pomodoro sauce. Stir well to combine.
3. Add the vegetable bouillon, black pepper, garlic powder and mixed herbs, mixing thoroughly.
4. Simmer gently for approximately 20 minutes, stirring regularly, until the sauce is rich and the ingredients are fully cooked.

Alternative Cooking Method (Steamer or Combi Oven)

1. Place all ingredients into a suitable gastronorm tray or oven-safe cooking container.
2. Cover and cook in a steamer or combi oven until the mince is thoroughly cooked and the vegetables are tender.
3. Stir well before service and check the consistency, adding a little water if required.

Safety Tips

Ensure lentils are fully cooked before serving, as undercooked lentils can be difficult to digest.
Stir regularly during cooking to prevent sticking and burning.

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Recipe

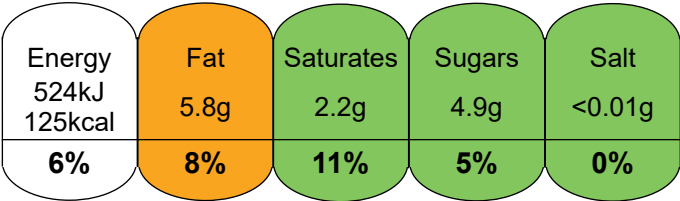
Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 146g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
523.6	125.1	5.8	>2.2	10.1	(26.2)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.3	0.9	11.7	>0.2	>0.1	>9.5
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(173.1)	>4.7	>8.3	4.9	0.0	4.9

FoP Label

Each Italian Style Minced Beef Bolognaise Sauce RA (145.5g)
contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00915 SMT-P Crispy Crumb Fingers GF DF YF VF

Group: Recipes Recipes

Sub Group SMT DYVG M Dairy, Yeast, Vinegar, Gluten free Mains Recipes

Ingredient		Amount
TUR/FSF045	Breaded Fish Finger 30g GF DF	40 EACH

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	60.00

Method

1. Refer to manufactures instructions.

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Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
582.4	139.2	5.9	0.5	14.4	0.4
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
?	0.5	6.7	?	?	?
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
?	?	?	0.0	0.0	0.4

FoP Label

Each Crispy Crumb Fingers GF DF YF VF (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
582.4	139.2	5.9	0.5	14.4
7%	7%	8%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Information Tags

Allergens

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

Sub-Allergens

Does Not Contain	Almonds Barley Brazil Nuts Cashew Nuts Hazelnuts Macadamia Nuts Oats Pecan Nuts Pistachio Nuts Rye Walnuts Wheat
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Picture: None

Recipe

Recipe: R01027-SMT-P

Oven Baked Sausages RA

Group: Recipes

Recipes

Sub Group RAMain

Reduced Allergy Mains & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/SAF051 IQF Pork Sausage 8's (2kg), GF	20

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	57.00

Method

1. Refer to manufactures instructions

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Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
436.4	104.3	6.6	2.5	3.5	1.2
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
?	0.0	7.6	?	?	?
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
?	?	?	0.7	0.0	1.2

FoP Label

Each Oven Baked Sausages RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
436.4	104.3	6.6	2.5	3.5
5%	5%	9%	13%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Information Tags

Allergens

Contains Sulphur Dioxide and Sulphites

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R01133 SMT-P Vanilla Sponge/Muffins/Cupcakes RA

Group: Recipes Recipes

Sub Group RA Dess Reduce Allergy Desserts & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/FLO152 Middleton Self Raising Flour (Gf)	550g
TUR/SUG110 Granulated Sugar 25kg	400g
TUR/FLV080 Supercook Van Essence	4ml
TUR/OIL075 Sunflower Oil	134ml
00008 Water	226ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	65.70

Method

1. Heat oven to 200 degrees.
2. Oil a loaf tin and line with baking parchment.
3. Mix flour, sugar & Baking powder in a bowl.
4. Add the oil and water mix until smooth.
5. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.
6. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.

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Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
967.8	231.3	7.0	0.8	40.9	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.0	1.5	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	221.0	0.6	>20.0

FoP Label

Each Vanilla Sponge/Muffins/Cupcakes RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
967.8	231.3	7.0	0.8	40.9
12%	12%	10%	4%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R01848 SMT -P

Chocolate Crackle RA

Group: Recipes

Recipes

Sub Group RA Dess

Reduce Allergy Desserts & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/MRG022 Caterfood Select Baking and Spreadi	212g
TUR/SYR014 T/Lyle Golden Syrup	350g
TUR/BEV070 Freshers Low Fat Cocoa Powder	53g
TUR/NES075 Nestle Go Free Gluten Free Crisp Ric	390g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	50.25

Method

1. Melt the margarine and syrup together in a saucepan over a gentle heat.
2. Stir in the cocoa powder until fully combined, then remove the pan from the heat.
3. Add the Rice Krispies and mix well until all the cereal is evenly coated with the chocolate mixture.
4. Spread the mixture evenly into shallow lined tins or portion into muffin cases.
5. Place in the refrigerator and chill until fully set.
6. Once firm, cut into portions if using tins and serve.

Food Safety

Keep refrigerated and consume within the recommended storage period for your ingredients.

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

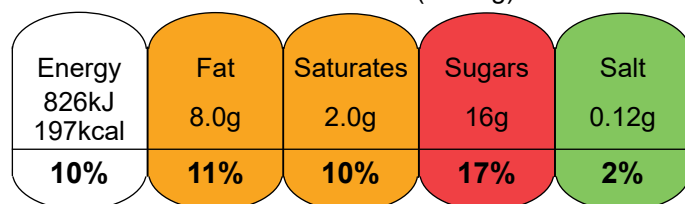
Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 50g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
825.7	197.4	8.0	2.0	31.0	>0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	0.3	2.1	>1.8	>0.0	>3.5
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
84.8	>0.0	>30.0	49.2	0.1	15.7

FoP Label

Each Chocolate Crackle RA (50.25g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1643kJ / 393kcal

Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R01859 SMT-P

Custard RA

Group: Recipes

Recipes

Sub Group RA Dess

Reduce Allergy Desserts & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/CUS018 Chef William Custard Powder	91g
TUR/SUG153 Granulated Sugar	68g
TUR/MLK130 Zilk Oat Barista Milk Alternative (1 Litr	1819ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	98.90

Method

1. Pour the oat milk into a saucepan and heat gently until it is almost boiling.
2. In a separate bowl or jug, mix the custard powder with a small amount of cold water to form a smooth paste with no lumps.
3. Stir the sugar into the custard paste.

Cooking

1. Gradually pour the hot oat milk onto the custard mixture, stirring continuously.
2. Return the mixture to the saucepan.
3. Cook over a gentle heat, stirring constantly, until the custard thickens and becomes smooth.
4. Once thickened, remove from the heat and serve, or keep warm until required.

**PLEASE NOTE-If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. **

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

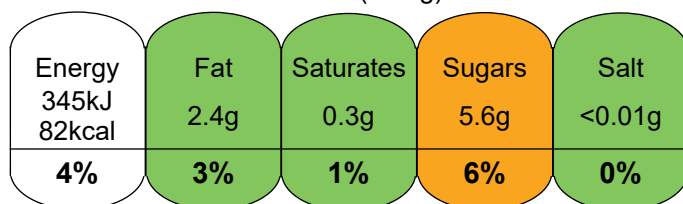
Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 99g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
344.8	82.4	2.4	0.3	14.2	2.2
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	0.5	0.8	>0.0	>0.0	109.1
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>0.0	>0.0	>0.0	0.6	0.0	5.6

FoP Label

Each Custard RA (98.9g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 349kJ / 83kcal

Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R01864 SMT-P T Ham Cheese & Tomato Pasta Sauce RA

Group: Recipes Recipes

Sub Group RA Dess Reduce Allergy Desserts & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/VGC826 Chopped Tomatoes	794g
TUR/OIL075 Sunflower Oil	57ml
TUR/FFV144 Onions Cooking (W)	227g
TUR/SAU083 Silbury Pomodoro Sauce (Pouch)	398g
TUR/SPI188 Mixed Herbs	1g
TUR/SPI182 GROUND BLACK PEPPER	2g
TUR/VGC230 Cirio Dbl Concentrate Tom Puree Tub	85g
TUR/CHF045 Violife Original Grated (Vg)	114g
TUR/MCC106 Wafer Thin Shaved Sandwich Ham 9l	500g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	108.90

Method

1. Sauté diced onion in oil.
2. Add chopped tomatoes, tomato purée, Pomodoro sauce and pepper.
3. Add sliced ham.
4. Portion into tins, top with cheese, and bake for 15 minutes.

Serve with free from pasta

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

Nutritional Category: None

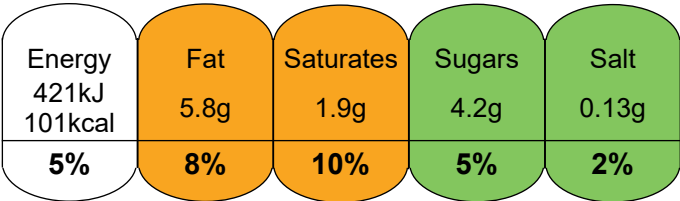
Nutritional Content Per Standard Size (Ptn, 109g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
420.6	100.5	5.8	>1.9	6.1	(30.7)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.2	>0.5	5.9	>0.2	>0.1	>8.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(7.4)	>5.3	>9.1	52.6	0.1	4.2

Recipe

FoP Label

Each Ham Cheese & Tomato Pasta Sauce RA (108.9g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 386kJ / 92kcal

Information Tags

Allergens

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

Sub-Allergens

Does Not Contain	Almonds Barley Brazil Nuts Cashew Nuts Hazelnuts Macadamia Nuts Oats Pecan Nuts Pistachio Nuts Rye Walnuts Wheat
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Picture: None

Recipe

Recipe: R01874 SMT-P Italian Style Chicken Fillet RA

Group: Recipes Recipes

Sub Group RAMain Reduced Allergy Mains & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/POU060 Cooked R Skinless Chicken Breast Fi	1000g
TUR/CHF045 Violife Original Grated (Vg)	500g
TUR/SAU083 Silbury Pomodoro Sauce (Pouch)	1600g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	155.00

Method

1. Place chicken fillets onto a greased tray.
2. Spoon Pomodoro sauce over each fillet.
3. Sprinkle with cheese.
4. Bake until fully heated through.

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
774.7	185.2	8.9	5.7	12.1	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.1	14.6	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	220.0	0.6	4.6

FoP Label

Each Italian Style Chicken Fillet RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
774.7	185.2	8.9	5.7	12.1
9%	9%	13%	28%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R02076 SMT-P

Oaty Biscuit RA

Group: Recipes

Recipes

Sub Group RA Dess

Reduce Allergy Desserts & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/FLO151 Middleton Plain Flour (Gf)	136g
TUR/BAK028 Bicarbonate Of Soda	4g
TUR/SUG110 Granulated Sugar 25kg	136g
TUR/MRG022 Caterfood Select Baking and Spreadi	136g
TUR/BRK015 Glebe Farm Gluten Free PureOaty Pc	136g
TUR/SYR014 T/Lyle Golden Syrup	56.8g
TUR/MLK130 Zilk Oat Barista Milk Alternative (1 Litr	3.6ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	30.42

Method

1. Preheat the oven to a moderate temperature.
2. Sieve the white flour and bicarbonate of soda into a mixing bowl.
3. Stir in the sugar and oats until evenly combined.
4. Gently heat the margarine, milk, and syrup until melted. Do not allow the mixture to boil or overheat.
6. Pour the warm liquid mixture into the dry ingredients and beat well to form a soft dough.
7. Roll the mixture into evenly sized balls and place onto greased baking trays, leaving approximately 100 mm between each biscuit.
8. Flatten each biscuit slightly with the back of a spoon or your hand.
9. Bake for 25-30 minutes, or until lightly golden.
10. Remove from the oven while the biscuits are still soft and risen, then allow to cool.

Important Note

The biscuit mixture must be baked immediately after preparation to achieve the best results.

****PLEASE NOTE-**If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. ******

Glebe Farm Gluten Free PureOaty Porridge Oats (5kg) -Gluten content below 20 Parts Per Million

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

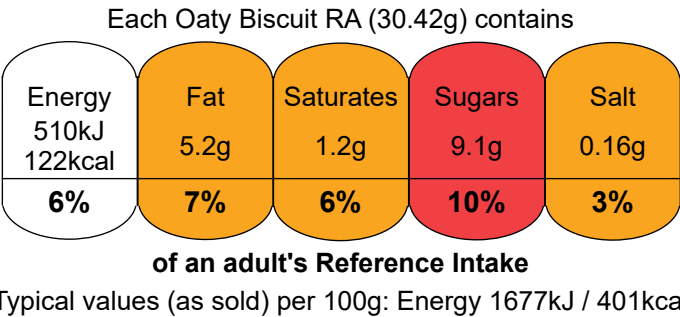
Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 30g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
510.1	121.9	5.2	1.2	19.4	>0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	1.2	1.2	>0.0	>0.0	>0.2
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>54.4	>0.0	>0.0	63.5	0.2	9.1

Recipe

FoP Label



Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R02408 SMT-P Y Roast Chicken fillet

Group: Recipes Recipes

Sub Group SMT Meat Meat Dishes.

Ingredient	Amount
YOU/JWY38 Chicken Fillets	6000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	60.00

Method

1. Cook the chicken fillets according to the manufacturer's instructions.

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 60g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
266.1	63.6	0.7	0.2	?	?
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	?	14.4	?	?	?
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
?	?	?	?	?	?

FoP Label

Each Roast Chicken fillet (60g) contains

Energy 266kJ 64kcal	Fat 0.7g	Saturates 0.2g	Sugars 0.0g	Salt 0.0g
3%	1%	1%	0%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 444kJ / 106kcal

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R02555 SMT-P TR Roast Chicken Fillet

Group: Recipes Recipes

Sub Group SMT Meat Meat Dishes.

Ingredient	Amount
TUR/SCH028 GG Red Tractor Raw Chicken Breast	5700g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	57.00

Method

1. Please refer to manufactures cooking instructions.

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

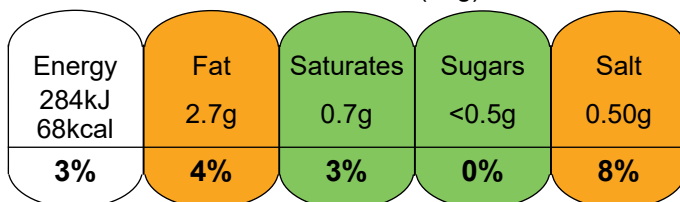
Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 57g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
283.8	67.8	2.7	0.7	0.3	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.3	10.9	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	198.9	0.5	0.3

FoP Label

Each Roast Chicken Fillet (57g) contains



of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 498kJ / 119kcal

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R02597 SMT-P

Hunters Chicken RA

Group: Recipes

Recipes

Sub Group RAMain

Reduced Allergy Mains & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/POU060 Cooked R Skinless Chicken Breast Fi	1000g
TUR/SAU155 Barbecue Sauce	1000g
TUR/CHF045 Violife Original Grated (Vg)	400g
YOU/JWY95 Free Flow Fore Minced - 2.5Kg Bacor	200g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	130.00

Method

1. Place the chicken fillets into a suitable container, pour over the BBQ sauce.
2. Place the minced bacon over the chicken and sauce.
3. Bake for 20 mins or until cooked through
4. Sprinkle cheese over the top and return to the oven until cheese has melted.

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
976.1	233.3	5.9	4.6	>28.9	>12.4
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	>0.4	16.0	>0.2	>0.0	>1.5
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>0.0	>0.0	>0.0	>376.0	>0.9	>16.2

FoP Label

Each Hunters Chicken RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
976.1	233.3	5.9	4.6	28.9
12%	12%	8%	23%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R02706 SMT-P Apple & Banana Cake RA

Group: Recipes Recipes

Sub Group RA Dess Reduce Allergy Desserts & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/FFM113 Bananas Loose	63g
TUR/FRC002 Fructus Solid Pack Apples	189g
TUR/LEM013 Lemon Juice	4ml
TUR/MRG022 Caterfood Select Baking and Spreadi	95g
TUR/SUG110 Granulated Sugar 25kg	95g
00008 Water	840ml
TUR/FLO152 Middleton Self Raising Flour (Gf)	286g
TUR/SP1183 Cinnamon	2g
TUR/MLK130 Zilk Oat Barista Milk Alternative (1 Litr	8ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	79.10

Method

1. Preheat the oven to 180°C (350°F), gas mark 4.
2. Mix the mashed banana and apple with lemon juice; set aside.
3. Cream the fat spread and sugar together.
4. Beat in the water and fruit mixture.
5. Fold in the flour, milk, baking powder, and cinnamon. Mix well.
6. Bake for 45–60 minutes, or until firm and golden brown.

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

**PLEASE NOTE-If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. **

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
451.1	107.8	3.5	0.8	17.3	(0.8)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	0.2	0.8	>0.0	>0.0	>1.1
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(38.1)	>0.9	>0.7	115.6	0.3	>6.3

Recipe

FoP Label

Each Apple & Banana Cake RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
451.1	107.8	3.5	0.8	17.3
5%	5%	5%	4%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R02724 SMT-P SUMMER FRUIT VANILLA CRUNCH RA

Group: Recipes Recipes

Sub Group RA Dess Reduce Allergy Desserts & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/MRG022 Caterfood Select Baking and Spreadi	117g
TUR/SUG110 Granulated Sugar 25kg	117g
TUR/SYR014 T/Lyle Golden Syrup	74g
TUR/BRK015 Glebe Farm Gluten Free PureOaty Pc	167g
TUR/FFR014 Frozen berry Mix (1kg)	333g
TUR/FRC196 Caterers Price Fruit Cocktail In Juice	666g
TUR/ICE011 S cream Ice Cream VE Bean Flav Ice	333g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	90.35

Method

1. Preheat the oven to 190°C (375°F), gas mark 5.
2. Gently melt the fat spread, sugar, and syrup in a saucepan.
3. Stir in the oats and coat thoroughly.
4. Line a baking tray with parchment and spread the oat mixture to a depth of about 2 cm.
5. Bake for 20 minutes until set and golden brown.
6. Mix the defrosted berries and drained fruit cocktail together.
7. Portion the fruit mixture into dishes/container.
8. At service, add a scoop of vegan ice cream and top with the oat crumble.

**PLEASE NOTE-If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. **

Glebe Farm Gluten Free PureOaty Porridge Oats (5kg) -Gluten content below 20 Parts Per Million

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)	NME Sugar (g)
618.5	147.8	6.1	2.3	24.6	>0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	2.3	1.4	>0.1	>0.0	>5.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>48.0	>6.9	>0.0	12.5	0.0	16.9

Recipe

FoP Label

Each SUMMER FRUIT VANILLA CRUNCH RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
618.5	147.8	6.1	2.3	24.6
7%	7%	9%	11%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R02735 SMT-P

Lemon Cookie RA

Group: Recipes

Recipes

Sub Group RA Dess

Reduce Allergy Desserts & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/MRG022 Caterfood Select Baking and Spreadi	227g
TUR/SUG110 Granulated Sugar 25kg	136g
TUR/FLO151 Middleton Plain Flour (Gf)	136g
TUR/FLO048 Cornflour	181.4g
TUR/FLV080 Supercook Van Essence	8ml
TUR/FFM052/S Lemons	1 each

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	37.88

Method

1. Cream the margarine and sugar together until light and fluffy.
2. Add the flour, cornflour, and vanilla essence.
3. Mix to form a smooth dough.
4. Add the finely grated lemon rind and lemon juice, then mix again.
5. Roll out the dough on a lightly floured surface and cut into biscuit shapes.
6. Bake in a moderate oven until only slightly coloured.
7. Sprinkle with sugar while still warm.

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
609.9	145.8	8.1	1.8	20.4	(0.0)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	>0.5	0.5	>0.0	>0.0	>3.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
90.9	>2.0	>0.0	1.4	0.0	6.9

FoP Label

Each Lemon Cookie RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
609.9	145.8	8.1	1.8	20.4
7%	7%	12%	9%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R02738 SMT-P

Cornflake Syrup Tart RA

Group: Recipes

Recipes

Sub Group RA Dess

Reduce Allergy Desserts & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/FLO151 Middleton Plain Flour (Gf)	340g
TUR/MRG022 Caterfood Select Baking and Spreadi	170g
00008 Water	46ml
TUR/SYR014 T/Lyle Golden Syrup	680g
TUR/BRK270 Nestle Gluten Free Cornflakes	136g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	68.60

Method

1. Make the pastry, top 3 ingredients of this recipe, block and portion according to the tins required.
2. Line the tins with pastry, decorate edges and bake blind.
3. Spread with warmed syrup, mixed with a few cornflakes.
4. Sprinkle the top with the rest of the cornflakes - slightly crushed.
5. Return to the oven for 5 minutes to set.

**PLEASE NOTE-If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. **

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1002.1	239.5	6.2	1.4	46.3	>0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	1.7	1.5	>0.0	>0.0	>0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
68.0	>0.0	>12.4	91.8	0.2	>27.5

FoP Label

Each Cornflake Syrup Tart RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
1002.1	239.5	6.2	1.4	46.3
12%	12%	9%	7%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R02768 SMT-P T Ham & Cheddar Catherine Wheels RA

Group: Recipes Recipes

Sub Group RAMain Reduced Allergy Mains & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/FLO151 Middleton Plain Flour (Gf)	544g
TUR/MRG022 Caterfood Select Baking and Spreadi	272g
00008 Water	68ml
TUR/PTF012 McCain Simply Potato for Mashing (2	544g
TUR/FFV144 Onions Cooking (W)	136g
TUR/CHF045 Violife Original Grated (Vg)	318g
TUR/SPI182 GROUND BLACK PEPPER	2g
TUR/CHF045 Violife Original Grated (Vg)	56g
TUR/MCC106 Wafer Thin Shaved Sandwich Ham 9l	800g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	136.39

Method

1. Prepare the pastry by blocking and portioning.
2. Roll the pastry into an oblong shape.
3. Prepare the filling using mashed potato, onions, cheese, and seasoning.
4. Dice the ham evenly and add to the filling.
5. Spread the filling evenly over the pastry and roll it up like a Swiss roll.
- 6 Cut into 10 equal portions.
7. Place cut-side up on a greased baking tray.
8. Sprinkle with grated cheese.
9. Bake in a moderate oven for 20–30 minutes.

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1227.8	293.4	15.6	>6.7	31.4	(0.4)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.1	>2.8	9.9	>0.0	>0.0	>2.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(109.0)	>0.3	>1.1	>164.8	>0.4	>0.7

Recipe

FoP Label

Each Ham & Cheddar Catherine Wheels RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
1227.8	293.4	15.6	6.7	31.4
15%	15%	22%	34%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R02770 SMT-P Italian Tomato Pasta Salad RA

Group: Recipes Recipes

Sub Group RAMain Reduced Allergy Mains & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/PST018 Divella Gluten Free Penne Pasta	900g
TUR/SAU083 Silbury Pomodoro Sauce (Pouch)	400g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	65.00

Method

1. Cook the pasta according to the manufacturer's instructions until tender.
2. Drain the pasta well and set aside.
3. Place the tomato sauce in a suitable container and heat in a steamer or combi oven until piping hot.
4. Add the cooked pasta to the hot sauce and mix thoroughly until evenly coated.
5. Serve immediately as a hot dish, or allow to cool and chill before serving as a pasta salad.

Safety Tips

Ensure the pasta is cooked thoroughly and drained well before mixing with the sauce.

For soya/gf pasta school to purchase free from pasta.

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 65g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
720.5	172.2	1.3	0.3	36.9	24.8
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	0.7	3.0	>0.0	>0.0	>0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>0.0	>0.0	>0.0	>0.0	>0.0	1.4

FoP Label

Each Italian Tomato Pasta Salad RA (65g) contains

Energy	Fat	Saturates	Sugars	Salt
720kJ 172kcal	1.3g	0.3g	1.4g	<0.01g
9%	2%	2%	2%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 1108kJ / 265kcal

Recipe

Information Tags

Allergens

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

Sub-Allergens

Does Not Contain	Almonds Barley Brazil Nuts Cashew Nuts Hazelnuts Macadamia Nuts Oats Pecan Nuts Pistachio Nuts Rye Walnuts Wheat
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Picture: None

Recipe

Recipe: R02775 SMT-P

Meatball Wrap RA

Group: Recipes

Recipes

Sub Group RAMain

Reduced Allergy Mains & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/SAS007 Rd T GF Pork Meatballs 25g	1500g
TUR/SAU083 Silbury Pomodoro Sauce (Pouch)	400g
TUR/FBK298 Gluten Free Wraps 10.5"	10 each

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	95.50

Method

1. Cook the meatballs as per manufactures instructions.
2. Place the sauce in a tin to heat in a steamer or combi.
3. When meatballs are cooked and the sauce is to temperature add the meatballs to the sauce and place into the steamer/combi.
4. Warm the wraps in a lidded container in the hotcupboard for 10 minutes prior to service, half wrap per portion.
5. For service construct on the counter by placing the meatball into the wrap.

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *
Weeks commencing*.

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
873.3	208.7	14.1	4.9	11.9	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	1.0	8.4	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	1.8	0.0	2.6

FoP Label

Each Meatball Wrap RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
873.3	208.7	14.1	4.9	11.9
10%	10%	20%	24%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Recipe

Information Tags

Allergens

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

Sub-Allergens

Does Not Contain	Almonds Barley Brazil Nuts Cashew Nuts Hazelnuts Macadamia Nuts Oats Pecan Nuts Pistachio Nuts Rye Walnuts Wheat
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Picture: None

Recipe

Recipe: R02781 SMT-P

Summer Brunch Wrap RA

Group: Recipes

Recipes

Sub Group RAMain

Reduced Allergy Mains & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/FBK298 Gluten Free Wraps 10.5"	10 each
TUR/CHF045 Violife Original Grated (Vg)	400g
TUR/SAF052 IQF Linco Sausage 8's (2kg), GF , Av.	20 each

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	76.50

Method

Half Wrap per portion for FF

1. Cook the sausages
2. Once the sausage is cooked slice down the middle using a chopping board, lay flat and sprinkle over the cheese. Return to the oven for 2 minutes for the cheese to melt.
3. Warm the wrap in a lidded container for 10 minutes prior to service.
- 4 .Construct on the counter whilst serving.

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
688.0	164.5	11.3	6.6	8.2	1.2
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	>0.2	7.5	>0.0	>0.0	>0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>0.0	>0.0	>0.0	>177.8	>0.4	>0.0

FoP Label

Each Summer Brunch Wrap RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
688.0	164.5	11.3	6.6	8.2
8%	8%	16%	33%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Recipe

Information Tags

Allergens

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

Sub-Allergens

Does Not Contain	Almonds Barley Brazil Nuts Cashew Nuts Hazelnuts Macadamia Nuts Oats Pecan Nuts Pistachio Nuts Rye Walnuts Wheat
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Picture: None

Recipe

Recipe: R02783 SMT-P Mild Chilli Quesadilla RA

Group: Recipes Recipes

Sub Group SMT Veggie Vegetarian Dishes.

Ingredient	Amount
TUR/VGC830 Chopped Tomatoes	400g
TUR/VGC230 Cirio Dbl Concentrate Tom Puree Tub	40g
TUR/SPI165 Chilli Powder	7g
TUR/VGC137 CATERERS PRIDE BAKED BEANS	160g
YOU/JWY5 Free Flow Mince (95% VI) - 2.5Kg Be	600g
TUR/SUG182 Demerara Sugar	7g
TUR/BOU021 C/F VEGETABLE BOULLION POWD	5g
TUR/FFV144 Onions Cooking (W)	200g
TUR/SAU083 Silbury Pomodoro Sauce (Pouch)	400g
TUR/SPI180 Garlic Powder	6g
TUR/FBK298 Gluten Free Wraps 10.5"	10 each
TUR/SPI182 GROUND BLACK PEPPER	6g
TUR/CHF045 Violife Original Grated (Vg)	240g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	103.15

Method

PLEASE DRAIN TINNED TOMATOES & BAKED BEANS

Half Wrap per portion for FF

1. Place the minced beef into a suitable container with the diced onion.
2. Cook on steam in the combi/steamer, then drain once cooked.
3. Add the chilli powder, demerara sugar, and vegetable bouillon, and stir well.
4. Add the grated cheese, drained chopped tomatoes, drained baked beans, and the Pomodoro sauce.
5. Season to taste with black pepper.
6. Return to the steamer/combi to heat through.
7. Spread the chilli mixture onto the wrap, fold the wrap in half, and place onto a baking tray.
8. Place the trays in the oven for a further 5 minutes.
9. Take care not to over-crisp the wraps.

This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
471.1	112.6	6.6	>4.0	8.3	(0.0)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.1	0.8	7.2	>0.1	>0.0	>3.6
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(0.3)	>0.5	>1.6	167.8	0.4	3.8

Recipe

FoP Label

Each Mild Chilli Quesadilla RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
471.1	112.6	6.6	4.0	8.3
6%	6%	9%	20%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Information Tags

Allergens

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

Sub-Allergens

Does Not Contain	Almonds Barley Brazil Nuts Cashew Nuts Hazelnuts Macadamia Nuts Oats Pecan Nuts Pistachio Nuts Rye Walnuts Wheat
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Picture: None

Recipe

Recipe: R02785 SMT-P Crunchy Topped Ice Cream RA

Group: Recipes Recipes

Sub Group RA Dess Reduce Allergy Desserts & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/MRG022 Caterfood Select Baking and Spreadi	116g
TUR/SUG110 Granulated Sugar 25kg	116g
TUR/SYR014 T/Lyle Golden Syrup	74g
TUR/BRK015 Glebe Farm Gluten Free PureOaty Pc	166g
TUR/ICE011 S cream Ice Cream VE Bean Flav Ice	1600ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	103.60

Method

1. Melt fat, sugar and syrup gently.
2. Stir in oats and coat fully.
3. Spread to 2 cm depth on a lined tray.
4. Bake 20 minutes until golden.
5. Crumble over vegan ice cream at service.

**PLEASE NOTE-If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. **

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
977.1	233.5	11.5	7.0	38.9	>0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	1.1	1.3	>0.0	>0.0	>1.6
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>46.4	>0.0	>0.0	11.1	0.0	24.3

FoP Label

Each Crunchy Topped Ice Cream RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
977.1	233.5	11.5	7.0	38.9
12%	12%	16%	35%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R02786 SMT-P

Apple Flapjack RA

Group: Recipes

Recipes

Sub Group RA Dess

Reduce Allergy Desserts & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/SYR014 T/Lyle Golden Syrup	52g
TUR/FLV080 Supercook Van Essence	1ml
TUR/FRC002 Fructus Solid Pack Apples	1237g
TUR/BRK015 Glebe Farm Gluten Free PureOaty Pc	206g
TUR/MRG022 Caterfood Select Baking and Spreadi	206g
TUR/SUG182 Demerara Sugar	208g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	95.50

Method

1. Portion the prepared apple into tins.
2. Melt the margarine, Demerara sugar and syrup in a pan, stirring all the time
3. Place the oats in a large bowl and add the melted margarine, sugar and syrup.
4. Mix with a spoon until light and crumbly. N.B. Do not use the mixer.
5. Cover the fruit with the mixture leaving the top rough.
6. Bake in a moderate oven.

**PLEASE NOTE-If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. **

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)	NME Sugar (g)
730.4	174.6	7.9	1.8	26.5	>5.4
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	2.2	1.5	>0.1	>0.1	>3.1
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>82.4	>3.7	>1.9	14.8	0.0	18.5

FoP Label

Each Apple Flapjack RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
730.4	174.6	7.9	1.8	26.5
9%	9%	11%	9%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R02787 SMT-P Chocolate Melting Moment RA

Group: Recipes Recipes

Sub Group RA Dess Reduce Allergy Desserts & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/FLO152 Middleton Self Raising Flour (Gf)	227g
TUR/MRG022 Caterfood Select Baking and Spreadi	204g
TUR/SUG110 Granulated Sugar 25kg	159g
TUR/BEV050 Milfresh Fairtrade Drinking Chocolate	45g
TUR/BRK015 Glebe Farm Gluten Free PureOaty Pc	45g
00008 Water	30ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	35.50

Method

1. Cream the margarine and sugar together.
2. Sieve the flour and drinking chocolate.
3. Gradually add the flour mixture and water to the creamed mixture.
4. Form the mixture into balls.
5. Roll each ball in oats, place on a greased baking sheet, and flatten lightly.
6. Bake in a moderate oven until cooked.

**PLEASE NOTE-If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. **

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydrate (g)	NME Sugar (g)
593.0	141.7	7.5	1.8	19.9	>0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	0.4	1.0	>0.0	>0.0	>0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>81.6	>0.0	>0.0	91.4	0.2	>9.7

Recipe

FoP Label

Each Chocolate Melting Moment RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
593.0	141.7	7.5	1.8	19.9
7%	7%	11%	9%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R02789 SMT-P Raspberry Cream Shortbread Biscuits RA

Group: Recipes Recipes

Sub Group RA Dess Reduce Allergy Desserts & Sauces.GF,DF,EF,SF

Ingredient	Amount
TUR/CRP200 Ground Rice	100g
TUR/SUG110 Granulated Sugar 25kg	100g
TUR/MRG022 Caterfood Select Baking and Spreadi	201g
TUR/FLO151 Middleton Plain Flour (Gf)	201g
00008 Water	20ml
TUR/PRE178 Hartleys Raspberry Jam	400g
TUR/MLK360 Flora Plant Double (V)(Gf)	400ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	71.25

Method

1. Mix the dry ingredients together.
2. Rub in the fat until the mixture binds; add a little water if needed.
3. Portion the dough, place on baking trays, and flatten slightly.
4. Bake in a moderate oven, then cool completely.
5. Whip the cream to stiff peaks and chill.
6. Spread jam onto each cooled biscuit.
7. Pipe a swirl of cream on top.
8. Refrigerate until service.

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1006.4	240.5	13.5	6.1	30.6	>0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	1.0	1.1	>1.4	>0.0	>0.4
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
80.6	>0.0	>0.0	17.9	0.0	>18.3

Recipe

FoP Label

Each Raspberry Cream Shortbread Biscuits RA (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
1006.4	240.5	13.5	6.1	30.6
12%	12%	19%	30%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None