

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP20221 Southern Fried Quorn Burger

Unit: 000 Recipes/Stock

Sub Group: PC Meat Primary Meat recipes

Group: RECIPpri recipes primary

Yield: 12 ptn

Portion Cost:

Total Cost: 6.1480

Description	Yield	Unit Cost
Primary	12.00	0.5123

Unit Cost: 0.5123

Ingredient	Description	Amount	Cost	Section	Supplier
13878	Southern style quorn burger	620g	4.2780		
23791	Eurobuns Mk4.5 Unseeded Burger Buns (8	984g	1.8700		

Method:

Can be cooked from Frozen, Place on a baking tray and oven bake until cooked thoroughly as per manufacturers instructions place into the burger bun and serve immediately.

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
318.6	1332.9	47.0	8.0	1.5	3.4
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
700.8	1.7	12.8	0.3	6.8	1.5
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
2.6	83.4	>38.5	5.4	1.8	

Information Tags

Allergens

Contains Eggs | Milk | Gluten

May Contain Sesame

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

Sub-Allergens

Contains Wheat

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP20222 Vegan cumberland sausage

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield: 1 Ptn

Portion Cost:

Total Cost: 0.5158

Description	Yield	Unit Cost
Primary	1.00	0.5158

Unit Cost: 0.5158

Ingredient	Description	Amount	Cost	Section	Supplier
45788	Quorn Vegan cumberland sausage	50g	0.5158		

Method:

Cook as per manufacturers instructions probe at least 75 degrees each sausage weighs 50g.

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
111.0	464.4	6.5	5.0	?	3.0
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
305.0	1.9	9.0	?	?	?
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
?	?	?	1.0	0.8	

Information Tags

Allergens

Contains Gluten

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

Sub-Allergens

Contains Barley | Wheat

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1**Recipe:** SSP20223 Baked New Potatoes**Unit:** 000 Recipes/Stock**Sub Group:** POVESAL potatoes vegetables and salads**Group:** RECIPpri recipes primary**Yield:** 10ptn**Portion:****Total Cost:** 0.9032**Description****Yield****Unit Cost:** 0.0903

Ingredient	Description	Amount	Cost	Section	Supplier
4262	POTATO NEW BABY WASHED(AF)	800g	0.7160		
03435	3663 Extended Life Vegetable Oil (5 L)	60ml	0.1089		
70358	Chef Williams Mixed Herbs 140g (1tsp=5g)	5g	0.0783		

Method:

Wash potatoes, strain and dry. Halving any larger ones

Place the potatoes in a bowl and add the herbs and oil and toss until all the potatoes re covered.

Place on a tray and roast in a hot oven at 180c for 30-45 minutes or until the potatoes are lightly browned and soft.

Nutritional Category: None**Nutritional Content Per Standard Size (ptn)**

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
108.1	452.1	12.4	6.3	(0.0)	1.4
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
8.7	0.6	1.2	(0.0)	12.0	1.3
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.2	10.4	14.4	0.8	0.0	

Information Tags**Allergens****Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | Milk | Gluten | Soya | Sesame | Celery | Mustard | Lupin | Sulphur Dioxide and Sulphites**Sub-Allergens****Does Not Contain** Walnuts | Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Rye | Barley | Oats | Wheat

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP20224 Coleslaw

Unit: 000 Recipes/Stock

Sub Group: POVESAL potatoes vegetables and salads

Group: RECIPpri recipes primary

Yield: 10 ptn

Portion:

Total Cost: 0.8372

Description

Yield

Unit Cost: 0.0837

Ingredient	Description	Amount	Cost	Section	Supplier
4215	WHITE CABBAGE EACH(AF)	250g	0.3175		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	100g	0.0680		
4244	ONIONS MEDIUM(AF) (110g = 1each)	40g	0.0220		
04143	Efvav Mayonnaise (free range egg)	150ml	0.3489		
70407	Chef William Ground White Pepper (1g = 1	1g	0.0208		
4624	CURLY PARSLEY(AF)	5g	0.0600		

Method:

Wash all vegetables
 Peel carrots and onions
 Finely chop the parsley
 Shred cabbage, finely slice onions, grate carrots and mix thoroughly together. Dress with mayonnaise, parsley & Season

Nutritional Category: Fruit and Vegetables

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
132.2	553.1	3.4	13.0	(0.2)	0.8
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
101.3	>0.9	0.6	(134.9)	9.3	0.3
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	17.5	12.3	2.4	0.3	

Information Tags

Allergens

Contains Eggs

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP20225 GF Beef Burger

Unit: 000 Recipes/Stock

Sub Group: PC Meat Primary Meat recipes

Group: RECIPpri recipes primary

Yield: 1 Ptn

Portion Cost:

Total Cost: 0.3210

Description	Yield	Unit Cost
Primary	1.00	0.3210

Unit Cost: 0.3210

Ingredient	Description	Amount	Cost	Section	Supplier
57366	80% beef burger GF RT	57g	0.3210		

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
146.5	612.9	4.3	10.6	0.0	0.3
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
234.8	4.7	8.6	0.0	0.0	1.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
2.6	8.6	3.4	0.1	0.6	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP20226 Crunchy Vege Sticks

Unit: 000 Recipes/Stock

Sub Group: POVESAL potatoes vegetables and salads

Group: RECIPpri recipes primary

Yield: 10 ptn

Portion:

Total Cost: 1.0546

Description

Yield

Unit Cost: 0.1055

Ingredient	Description	Amount	Cost	Section	Supplier
3446CS	Cucumber x12	200g	0.2786		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	200g	0.1360		
4155	PEPPERS RED(AF) (1 = 175g approx)	200g	0.6400		

Method:

Wash all vegetables
 Peel carrots and cut all into equal size batons/sticks
 portion should contain 3 baton cucumber, 2 baton carrots and 2 baton peppers.

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
12.5	52.4	2.4	0.2	(0.0)	0.8
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
8.2	0.0	0.4	(334.6)	24.3	0.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	10.8	10.2	2.3	0.0	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1**Recipe:** SSP20227 100% Pip Fruit Ice Lolly**Unit:** 000 Recipes/Stock**Sub Group:** Dess/Pud Desserts & Puddings**Group:** RECIPri recipes primary**Yield:** 1 Ptn**Portion:****Total Cost:** 0.3000**Description****Yield****Unit Cost:** 0.3000

Ingredient	Description	Amount	Cost	Section	Supplier
34728	Pip Organic Apple Lolly	40ml	0.3000		

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
17.2	72.0	4.2	0.0	?	0.0
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
0.4	0.0	0.0	?	?	?
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
?	?	?	4.0	0.0	

Information Tags**Allergens****Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | Milk | Gluten | Soya | Sesame | Celery | Mustard | Lupin | Sulphur Dioxide and Sulphites**Sub-Allergens****Does Not Contain** Walnuts | Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Rye | Barley | Oats | Wheat

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1**Recipe:** SSP20228 Pasta Bolognaise**Unit:** 000 Recipes/Stock**Sub Group:** PC Meat Primary Meat recipes**Group:** RECIPpri recipes primary**Yield:** 10 Ptn**Portion:****Total Cost:** 2.7878**Description****Yield****Unit Cost:** 0.2788

Ingredient	Description	Amount	Cost	Section	Supplier
03435	3663 Extended Life Vegetable Oil (5 L)	10 ml	0.0182		
56614	Triple Lion Red Lentils	100g	0.1683		
0007	BEEF MINCE(PJR)	400g	1.7520		
SSP2022TS	Tomato Sauce (base)	0.3	0.0350		n/a
WAT002	Cold Water	200 ml	0.0000		
34413	T&L Granulated Sugar 10kg	20 g	0.0219		
70490	EvFav Penne Rigate	500g	0.7379		
03435	3663 Extended Life Vegetable Oil (5 L)	30 ml	0.0545		

Method:

Firstly soak lentils in boiling water for 1 hour

1. Heat oil add beef mince and brown, then add drained lentils mix and cook for 20 mins simmering then add the tomato sauce base stir slowly and bring to boil, simmer for 45 mins

2: Cook pasta until al dente (firm to the bite).

3. You can mix the Mince and sauce with the pasta or serve separate.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
>346.7	>1450.4	>44.6	(11.4)	(2.0)	(2.0)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
>42.8	>3.3	>16.1	(3.4)	>0.4	>2.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>2.6	>41.0	>11.1	>4.1	>0.1	

Information Tags**Allergens****Contains** Gluten | Celery**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | Milk | Soya | Sesame | Mustard | Lupin | Sulphur Dioxide and Sulphites**Sub-Allergens****Contains** Wheat**Does Not Contain** Walnuts | Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Rye | Barley | Oats

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP20229 Garlic & Herb Slice

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPri recipes primary

Yield: 10 ptn

Portion Cost:

Total Cost: 1.1000

Description

Yield

Unit Cost

Unit Cost: 0.1100

Primary

10.00

0.1100

Ingredient	Description	Amount	Cost	Section	Supplier
04216	EV FAV Garlic & Herb Slice	300g	1.1000		

Method:

Cook from frozen. Do not over bake as the bread will dry out quickly.

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
98.7	413.0	11.0	5.0	0.6	0.7
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
97.5	2.5	2.0	79.0	0.3	0.9
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.2	33.6	5.7	1.0	0.2	

Information Tags

Allergens

Contains Gluten

May Contain Milk | Soya

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

Sub-Allergens

Contains Wheat

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202210 Tomato & Basil Pinwheels

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield: 7

Portion Cost:

Total Cost: 0.4296

Description

Yield

Unit Cost

Unit Cost: 0.0614

Primary

7.00

0.0614

Ingredient	Description	Amount	Cost	Section	Supplier
55650	MARRIAGES SELF RAISING FLOUR	250g	0.1359		
51633	Kerrymaid Baking Block	50g	0.0711		
H2O	Water	100ml	0.0000		
SSP2022TS	Tomato Sauce (base)	0.3	0.0350		n/a
4602a	BASIL BUNCHED(AF)	15g	0.1875		

Method:

Sieve flour into bowl, Add margarine and mix until resembles breadcrumbs
 Add water a little at a time to form a dough
 lightly knead on a floured surface
 roll out to an A4 size piece of paper
 spread over the tomato sauce base
 spring with shredded basil leaves
 roll up tightly trying to keep an even shape
 cut into 7 equal pieces and lay flat on a lined baking tray
 bake for approximately 15-20 mins or until golden brown
 ensure the pastry is cooked right through.

NO SOGGY BOTTOMS :)

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
>168.0	>702.8	>27.3	(5.8)	(0.0)	(1.2)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
>211.5	>2.1	>3.3	(66.2)	>1.0	>0.8
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.2	>129.4	>8.9	>0.1	>0.5	

Information Tags

Allergens

Contains Gluten | Celery

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

Sub-Allergens

Contains Wheat

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1**Recipe:** SSP202211 Roasted Vegetables**Unit:** 000 Recipes/Stock**Sub Group:** Base Rec Base recipes**Group:** RECIPri recipes primary**Yield:** 10ptn**Portion:****Total Cost:** 1.3457**Description****Yield****Unit Cost:** 0.1346

Ingredient	Description	Amount	Cost	Section	Supplier
4223	CARROTS LOOSE(AF) (1= 50g Approx)	200g	0.1360		
4352	COURGETTES(AF)	200g	0.3900		
4157	PEPPERS YELLOW(AF)	1	0.5600		
4246	RED ONIONS(AF) (110g = 1each)	100g	0.0750		
70358	Chef Williams Mixed Herbs 140g (1tsp=5g)	6g	0.0939		
03435	3663 Extended Life Vegetable Oil (5 L)	50ml	0.0908		

Method:

Dice all vegetables into large dice and toss in oil and herbs before roasting in a hot oven until golden brown and cooked through.

Nutritional Category: Fruit and Vegetables**Nutritional Content Per Standard Size (ptn)**

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
62.5	261.6	3.1	5.2	(0.0)	1.2
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
8.9	0.4	0.8	(249.6)	(26.4)	0.3
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	13.9	(20.4)	2.7	0.0	

Information Tags**Allergens**

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1**Recipe:** SSP202212 Mendham's Lemon Drizzle**Unit:** 000 Recipes/Stock**Sub Group:** PRB S & P Primary Sweet & Pudding Recipes**Group:** RECIPpri recipes primary**Yield:** 12**Portion Cost:****Total Cost:** 1.2460**Description****Yield****Unit Cost****Unit Cost:** 0.1038

Primary

12.00

0.1038

Ingredient	Description	Amount	Cost	Section	Supplier
51633	Kerrymaid Baking Block	250g	0.3555		
96882	T&L Caster Sugar	250g	0.3250		
50345	Havensfields Eggs Loose (52g each)	4	0.0095		
55650	MARRIAGES SELF RAISING FLOUR	250g	0.1359		
4038	LEMONS(AF)	1.5	0.4200		

Method:

Zesty and juice the lemons

set aside 85g of sugar for the drizzle

cream together margarine & remaining sugar until creamy

add the eggs 1 at a time with a little flour mixing slowly

add rest of the flour and zest of the lemons mix well and

put mix into lined tin (ideally a loaf tin)

bake for 30-40 mins checking with a skewer to see if fully cooked, This will come out of the cake clean when cooked

while the cake is cooling mix the juice and remaining sugar together

prick the warm cake with a fork then pour over the drizzle

leave until cool before cutting

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
294.6	1232.4	36.8	15.9	(20.8)	(0.7)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
306.1	5.9	2.0	(167.3)	>4.3	>0.5
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.1	>79.4	>4.1	>21.1	0.8	

Information Tags**Allergens****Contains** Eggs | Gluten**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Milk | Soya | Sesame | Celery | Mustard | Lupin | Sulphur Dioxide and Sulphites**Sub-Allergens****Contains** Wheat**Does Not Contain** Walnuts | Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Rye | Barley | Oats

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1**Recipe:** SSP202213 Lemon Drizzle Traybake DF EG GF Vegan**Unit:** 000 Recipes/Stock**Sub Group:** PRB S & P Primary Sweet & Pudding Recipes**Group:** RECIPpri recipes primary**Yield:** 12**Portion Cost:****Total Cost:** 1.9191**Description****Yield****Unit Cost****Unit Cost:** 0.1599

Primary

12.00

0.1599

Ingredient	Description	Amount	Cost	Section	Supplier
4038	LEMONS(AF)	3	0.8400		
93127	Gluten Free Plain White Flour	275g	0.0847		
60426	Baking powder GF vegan free	15g	0.1396		
60220	Alpro Soya Original Sweetened Milk	100ml	0.1236		
03435	3663 Extended Life Vegetable Oil (5 L)	120ml	0.2178		
H2O	Water	70ml	0.0000		
310	Icing Sugar	200g	0.2533		
96882	T&L Caster Sugar	200g	0.2600		

Method:

zest the lemons and cut in half
 mix the zest, flour, BP, sugar in a bowl and mix
 squeeze juice of 1 1/2 lemon into bowl and add the soy milk set aside
 pour the oil into dry mix, add the water to the milk mix and mix altogether whisking well.
 Pour into lined tin and cook for 20 -25 mins
 once cooked cool before adding icing

Measure the icing sugar and remaining lemon juice mix together to form a drizzle topping.
 Pour over cake.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
310.3	1298.1	53.4	10.5	(34.0)	>0.2
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
241.9	0.9	1.6	(0.5)	>8.6	>0.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.0	>23.2	>0.0	34.7	0.6	

Information Tags**Allergens****Contains** Soya**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | Milk | Gluten | Sesame | Celery | Mustard | Lupin | Sulphur Dioxide and Sulphites**Sub-Allergens****Does Not Contain** Walnuts | Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Rye | Barley | Oats | Wheat

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202214 Roast Pork

Unit: 000 Recipes/Stock

Sub Group: PC Meat Primary Meat recipes

Group: RECIPpri recipes primary

Yield: 10 Ptn

Portion Cost:

Total Cost: 4.4450

Description

Yield

Unit Cost

Unit Cost: 0.4445

Primary

10.00

0.4445

Ingredient	Description	Amount	Cost	Section	Supplier
03308	RT sliced loin pork 6 x 500g	500G	4.4450		

Method:

There are 2 ways of cooking

1. Steam/Roast in packaging to ensure meat not to dry out for 20-30 mins

2. Empty contents of packaging laying out onto a lined baking tray, cover with foil, for 15-20 mins Please do not over cook product as it will become dry and tough to cut.

Please ensure you are reaching at least 75c

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
46.5	194.6	0.4	1.6	?	0.0
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
400.0	0.8	8.6	?	?	?
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
?	?	?	0.3	1.0	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202215 Sage & Onion Stuffing

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield: 12	Portion Cost:
Total Cost: 0.2765	Description
Unit Cost: 0.0230	Yield
	Unit Cost
	Primary 12.00 0.0230

Ingredient	Description	Amount	Cost	Section	Supplier
03254	3663 Sage Onion Stuffing Mix	150g	0.2765		
WAT001	Hot Water	175ml	0.0000		

Method:

Bring water to the boil, Mix ingredients together, stir and leave to stand for a few minutes, form into balls wearing disposable gloves and place on a lined baking sheet
 Bake for 10-15 minutes, 180°C/Gas Mark 4.

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
46.6	195.1	9.2	0.4	(0.0)	0.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
175.0	0.2	1.2	(18.1)	0.3	0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	7.3	1.6	0.3	0.4	

Information Tags

Allergens

Contains Gluten

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

Sub-Allergens

Contains Wheat

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202216 Gravy

Unit: 000 Recipes/Stock

Sub Group: Sauc/Icing Sauces & Icings

Group: RECIPpri recipes primary

Yield: 12 ptn

Portion Cost:

Total Cost: 0.2798

Description

Yield

Unit Cost

Unit Cost: 0.0233

Primary

12.00

0.0233

Ingredient	Description	Amount	Cost	Section	Supplier
30646	KNORR GRAVY GRAN MEAT	45g	0.2798		
WAT001	Hot Water	450ml	0.0000		

Method:

Preparation

Stir in 45g of the mixture into 450ml of boiling water or roast pan juices.

Whisk thoroughly for 30 seconds until smooth and thickened.

Storage

Keep tub tightly closed store in a cool dry place

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
13.1	54.9	2.6	0.2	(0.5)	0.1
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
148.5	0.1	0.3	(0.0)	>0.0	>0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.0	>0.0	>0.0	0.5	0.4	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202217 Sweet Potato & lentil Plait

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield: 16

Portion:

Total Cost: 5.8333

Description

Yield

Unit Cost: 0.3646

Ingredient	Description	Amount	Cost	Section	Supplier
4394	SWEET POTATO(AF)	1200g	3.4800		
03435	3663 Extended Life Vegetable Oil (5 L)	50ml	0.0908		
4248	ONIONS LARGE(AF)	200g	0.1300		
4364	GARLIC LOOSE(AF) (1 clove = 0.1ea)	0.2	0.1440		
04046	Smoked Paprika Bidvest	2g	0.0143		
70358	Chef Williams Mixed Herbs 140g (1tsp=5g)	5g	0.0783		
56614	Triple Lion Red Lentils	150g	0.2525		
H2O	Water	250ml	0.0000		
25639	Napolina Tomato Puree Tubes	50g	0.3504		
60756	EvFav Puff Pasrty Sheets 16x625g	625g	1.2931		

Method:

Place washed sweet potatoes in the oven drizzled with oil and season for approx. 25 mins

Soak the lentils in boiling water for 30 mins

Wash peel and finely dice the onion and garlic

Heat the remaining oil in a pan and add the onions garlic and herbs cook stirring occasionally until soft. Add the Tomato puree, lentils and water and cook until lentils are soft, drain off the liquid, Dice the potatoes and add to the lentil mixture season., cook for a further couple of minutes.

Lay out the pastry leave for a few minutes to defrost.

Carefully spoon the mixture down the middle of the pastry, cutting each side of the pastry at an angle to the mix, There should be approximately 8-10 cuts each side.

Carefully tuck each end over the fold each side over in turn, Brush with water.

Bake in a moderately hot oven until golden brown and thoroughly cooked. rest for 5 mins before cutting.

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
284.6	1190.9	37.2	(12.8)	(0.5)	(3.6)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
113.8	5.2	6.0	(548.1)	>18.1	>1.3
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.6	>27.5	>19.5	5.8	0.3	

Information Tags

Allergens

Contains Gluten

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

Recipe Detail

Kim

Sub-Allergens

Contains Wheat

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202218 Roast Potatoes

Unit: 000 Recipes/Stock

Sub Group: POVESAL potatoes vegetables and salads

Group: RECIPri recipes primary

Yield: 10 ptn

Portion Cost:

Total Cost: 1.1204

Description

Yield

Unit Cost

Unit Cost: 0.1120

Primary

10.00

0.1120

Ingredient	Description	Amount	Cost	Section	Supplier
44753	McCain Signature Roasts	850g	1.0659		
03435	3663 Extended Life Vegetable Oil (5 L)	30ml	0.0545		

Method:

Cooking Guidelines: Cook from frozen or chilled.

OVEN

Preheat the oven and arrange your McCain Simply Potato Roasts in a single layer on a baking tray and place in the upper half of the oven. Bake until cooked through using the cooking guidelines shown. Turn occasionally to ensure even cooking.

OVEN (with vegetable oil added to product)

For a crisper, more golden product apply 3 tablespoons of Sunflower oil to the tray and roasts before cooking.

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
99.2	415.1	15.2	3.4	>0.0	2.0
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
85.0	0.3	2.1	>0.0	>0.0	>0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.0	>0.0	>0.0	0.4	0.2	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202219 baby carrots portion

Unit: 000 Recipes/Stock

Sub Group: POVESAL potatoes vegetables and salads

Group: RECIPpri recipes primary

Yield:	10	Portion Cost:		
Total Cost:	0.8000	Description	Yield	Unit Cost
Unit Cost:	0.0800	Primary	10.00	0.0800

Ingredient	Description	Amount	Cost	Section	Supplier
04384	EvFav Baby Carrots	500g	0.8000		

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
18.5	77.4	3.0	0.3	0.0	1.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
20.0	0.1	0.4	0.0	2.0	0.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	17.0	14.0	2.8	0.1	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202220 Cabbage

Unit: 000 Recipes/Stock

Sub Group: POVESAL potatoes vegetables and salads

Group: RECIPpri recipes primary

Yield:	12	Portion Cost:		
Total Cost:	0.3745	Description	Yield	Unit Cost
Unit Cost:	0.0312	Primary	12.00	0.0312

Ingredient	Description	Amount	Cost	Section	Supplier
4213	SAVOY CABBAGE(AF)	500g	0.3745		

Method:

Bring pan of salted water to the boil, Add the cabbage and bring back to boil for 3-5 mins.
Drained straight away

Nutritional Category: Fruit and Vegetables

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
10.4	43.5	1.5	0.2	(0.0)	1.2
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
1.9	0.0	0.8	(63.9)	23.9	0.4
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	20.4	57.8	1.5	0.0	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1**Recipe:** SSP202221 Toffee Apple Muffin**Unit:** 000 Recipes/Stock**Sub Group:** PRB S & P Primary Sweet & Pudding Recipes**Group:** RECIPpri recipes primary**Yield:** 14**Portion:****Total Cost:** 1.6229**Description****Yield****Unit Cost:** 0.1159

Ingredient	Description	Amount	Cost	Section	Supplier
50345	Havensfields Eggs Loose (52g each)	2	0.2473		
96882	T&L Caster Sugar	200g	0.2600		
03435	3663 Extended Life Vegetable Oil (5 L)	100ml	0.1815		
55650	MARRIAGES SELF RAISING FLOUR	100g	0.0544		
4008	APPLES RED(AF)	150g	0.2700		
60426	Baking powder GF vegan free	5g	0.0465		
70371	Ground Cinnamon	4g	0.0464		
51633	Kerrymaid Baking Block	100g	0.1422		
09894	Golden Acre Evaporated Milk	125g	0.3745		

Method:

Method

1. Crack the egg into the mixing bowl and whisk well with the fork.
2. Add the 100g sugar and carry on whisking, add the oil and whisk again.
3. Grate the apple around the core. Be very careful! Add the grated apple to the egg, sugar and oil. Mix well.
4. Sift half of the flour into the mixture and mix well again. Sift the cinnamon, baking powder and remaining flour and fold gently until everything is combined. The mixture needs to be quite thick, only falling off a spoon very slowly.
5. Place the muffin cases into the bun tin. Using a dessert spoon, fill each case $\frac{3}{4}$ full with your apple cake mixture.
6. Put them into the preheated oven for 20-25 minutes.
7. Remove from the oven and allow to cool on a wire rack.

Caramel toffee sauce

1. place margarine and remaining sugar in pan, cook until turns a deep yellow colour.
- 2.heat the evaporated milk slowly in another pan for 2 mins
- 2.then slowly add the milk to the sugar mix whisking continually until coats the back of the spoon.

once slightly cooled drizzle over the Apple Muffins

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
223.8	936.3	22.4	14.1	(14.3)	(0.6)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
192.4	3.3	2.3	(66.8)	>0.4	>0.3
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.2	>54.7	>5.9	>16.8	0.5	

Recipe Detail

Kim

Information Tags

Allergens

Contains Eggs | Milk | Gluten

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

Sub-Allergens

Contains Wheat

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1**Recipe:** SSP202292 Apple custard Fool**Unit:** 000 Recipes/Stock**Sub Group:** PRB S & P Primary Sweet & Pudding Recipes**Group:** RECIPpri recipes primary**Yield:** 15**Portion Cost:****Total Cost:** 2.3529**Description****Yield****Unit Cost****Unit Cost:** 0.1569

Primary

15.00

0.1569

Ingredient	Description	Amount	Cost	Section	Supplier
86811	Chef William Cornflour	75g	0.0756		
34413	T&L Granulated Sugar 10kg	150g	0.1641		
17695	Supercook Vanilla flavour Essence (1 tsp=)	5ml	0.0199		
60220	Alpro Soya Original Sweetened Milk	1000ml	1.2363		
70299	GROUND TURMERIC	0.05g	0.0003		
10451	3663 Solid Pack Apples	500g	0.8567		

Method:

Custard

Add the cornflour, VE, Sugar and pinch Turmeric (only using for colour NOT taste) in a bowl mix with a little of the soya milk

slowly heat soya milk just before it boils take off heat and stir into sugar mix whisking constantly.

return back to the heat stirring all the time until starts to thicken cook out for 1 min.

leave to cool.

Puree the apples.

Once custard is cool loosen with a small amount of the apple puree then layer apple and custard in a tulip dish and serve.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
95.7	400.5	19.3	1.3	>10.0	1.1
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
20.9	0.2	2.3	>0.0	>4.0	>0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.0	81.9	>0.0	14.3	0.1	

Information Tags**Allergens****Contains** Soya**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | Milk | Gluten | Sesame | Celery | Mustard | Lupin | Sulphur Dioxide and Sulphites**Sub-Allergens****Does Not Contain** Walnuts | Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Rye | Barley | Oats | Wheat

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202223 Marinated Chicken & Salad Pita

Unit: 000 Recipes/Stock

Sub Group: PC Meat Primary Meat recipes

Group: RECIPpri recipes primary

Yield: 1 Ptn

Portion Cost:

Total Cost: 0.7589

Description

Yield

Unit Cost

Unit Cost: 0.7589

Primary

1.00

0.7589

Ingredient	Description	Amount	Cost	Section	Supplier
93804	Wilsons FA Diced Chicken 2.5kg	80g	0.4738		
11097	Major Mari-base Fajita	10ml	0.1135		
4132	ICEBERG LETTUCE(AF)	15g	0.0300		
4112	CUCUMBERS(AF)	10g	0.0183		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	5g	0.0034		
61491	Ev Fav Whitta pitta 60g	60g	0.1200		

Method:

Chicken will need to be defrosted prior to marinating

First thing in the morning once the chicken is thawed out cover with the fajita base sauce and mix thoroughly. Wash and shred the lettuce finely, Grate the carrot and slice the cucumber ready for the pitta bread at service. The pitta bread will require 3-5 minutes in the oven to enable to make an incision for the filling.

Lay out the marinated chicken onto a lined tray and cook for 15-20 mins.
Open up each Pitta and fill with the salad mix, On service time add the chicken.

GLUTEN FREE CAN HAVE THIS BUT NO PITTA BREAD

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
266.6	1115.4	32.6	5.3	(0.8)	2.1
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
427.1	1.4	22.2	(67.4)	>0.7	>0.7
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>1.0	>10.4	>17.5	3.8	1.1	

Information Tags

Allergens

Contains Gluten

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

Sub-Allergens

Contains Wheat

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1**Recipe:** SSP202224 Vegetable & Bean Burrito**Unit:** 000 Recipes/Stock**Sub Group:** VEGE!1 vegetarian**Group:** RECIPpri recipes primary**Yield:** 10ptn**Portion:****Total Cost:** 2.9811**Description****Yield****Unit Cost:** 0.2981

Ingredient	Description	Amount	Cost	Section	Supplier
Coriander	FRESH CORIANDER	0.5each	0.4600		
70375	Chef William Paprika (1tsp = 5g)	5g	0.0361		
03435	3663 Extended Life Vegetable Oil (5 L)	50ml	0.0908		
4246	RED ONIONS(AF) (110g = 1each)	100g	0.0750		
4153	PEPPERS GREEN(AF) (1 = 175g Approx)	100g	0.3086		
4155	PEPPERS RED(AF) (1 = 175g approx)	100g	0.3200		
07261	ROYAL CROWN 5 BEAN SALAD IN WATE	300g	0.3525		
07059	Evfav 10" Flour Tortilla	10each	1.1069		
53324	Easy Cook Long Grain Rice	100g	0.1592		
4364	GARLIC LOOSE(AF) (1 clove = 0.1ea)	0.1	0.0720		

Method:

Heat the oil and fry the Garlic, diced onions and peppers for 4 to 5 minutes, add the paprika, then the beans, stir thoroughly, bring to the boil and simmer for 10 minutes, stir in the chopped coriander, cook the rice separately. Warm the tortillas then assemble a layer of rice topped with a layer of the bean mixture, roll up and slice diagonally to serve.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
>325.3	>1361.1	>45.8	(11.9)	(0.5)	(3.8)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
>252.1	>3.6	>8.5	(57.2)	>22.5	>1.9
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.8	>100.2	>16.5	>3.2	>0.6	

Information Tags**Allergens****Contains** Gluten**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | Milk | Soya | Sesame | Celery | Mustard | Lupin | Sulphur Dioxide and Sulphites**Sub-Allergens****Contains** Wheat**Does Not Contain** Walnuts | Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Rye | Barley | Oats

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202226 Potato Wedges

Unit: 000 Recipes/Stock

Sub Group: POVESAL potatoes vegetables and salads

Group: RECIPpri recipes primary

Yield: 10 Ptn

Portion Cost:

Total Cost: 1.1934

Description

Yield

Unit Cost

Unit Cost: 0.1193

Primary

10.00

0.1193

Ingredient	Description	Amount	Cost	Section	Supplier
29642	5%fat Wedges McCains	850g	1.1934		

Method:

Cook as per instructions on packaging.

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
104.6	437.4	18.7	2.6	?	1.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
34.0	0.3	1.9	?	?	?
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
?	?	?	0.4	0.1	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202227 Sweetcorn Portion

Unit: 000 Recipes/Stock

Sub Group: POVESAL potatoes vegetables and salads

Group: RECIPpri recipes primary

Yield: 10 ptn

Portion Cost:

Total Cost: 0.8930

Description	Yield	Unit Cost
Primary	10.00	0.0893

Unit Cost: 0.0893

Ingredient	Description	Amount	Cost	Section	Supplier
38596	FROZEN SWEET CORN	500g	0.8930		

Method:

Frozen sweetcorn - Must be cooked before serving either hot or cold. Heat thoroughly either in steamer or on the hob.

Nutritional Category: Fruit and Vegetables

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
57.0	238.5	11.1	0.6	0.0	1.0
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
5.0	0.1	1.4	0.0	3.5	0.3
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.2	1.5	17.0	2.3	0.0	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu:	SSP22recipeswk1	Spring Summer 22 Primary week 1
Recipe:	SSP202225	Ice cream Roll
Unit:	000	Recipes/Stock
Sub Group:	Dess/Pud	Desserts & Puddings
Group:	RECIPri	recipes primary

Yield:	6 Ptn	Portion Cost:		
Total Cost:	1.2635	Description	Yield	Unit Cost
Unit Cost:	0.2106	Secondary	6.00	0.2106

Ingredient	Description	Amount	Cost	Section	Supplier
11181	Cool Delight Van & RaspRipple icecream S	250g	0.7625		
11163	Davinci Raspberry dessert sauce	150g	0.5010		

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
135.3	631.8	27.0	2.4	4.6	0.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
57.7	1.2	1.4	54.2	0.3	0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	46.5	2.9	20.7	0.1	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202228 Fruit & Ice Cream

Unit: 000 Recipes/Stock

Sub Group: PRB S & P Primary Sweet & Pudding Recipes

Group: RECIPpri recipes primary

Yield: 10 ptn

Portion Cost:

Total Cost: 0.9352

Description

Yield

Unit Cost

Unit Cost: 0.0935

Primary

10.00

0.0935

Ingredient	Description	Amount	Cost	Section	Supplier
03047	RED CHERRY PIE FILLING	150g	0.3462		
04531	Vanilla flavour Soft Scoop ice cream 4ltr (R'	830ml	0.5890		

Method:

Serve with a drizzle of fruit pie filling or half a portion of fruit and scoop/slice of vanilla ice cream

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
147.0	614.9	22.9	5.2	16.2	0.3
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
55.3	4.6	1.9	0.0	0.6	0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.7	1.0	2.0	15.8	0.1	

Information Tags

Allergens

Contains Milk

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202229 Fresh Fruit Portion

Unit: 000 Recipes/Stock

Sub Group: PRB S & P Primary Sweet & Pudding Recipes

Group: RECIPpri recipes primary

Yield: 10 ptn

Portion:

Total Cost: 1.3200

Description

Yield

Unit Cost: 0.1320

Ingredient	Description	Amount	Cost	Section	Supplier
4008	APPLES RED(AF)	3	0.5400		
4061	ORANGE MED (AF)	3	0.7800		

Method:

other a choice of either fresh orange or Apple.

Cut both the apples and oranges into quarters. Keep the apples in water and a touch of lemon juice to avoid discoloration.

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
28.1	117.4	6.8	0.1	(0.0)	1.2
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
2.0	tr	0.5	(3.5)	19.5	0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	17.4	11.0	6.8	0.0	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202230 Jelly with Fresh fruit

Unit: 000 Recipes/Stock

Sub Group: Dess/Pud Desserts & Puddings

Group: RECIPri recipes primary

Yield: 10ptn

Portion Cost:

Total Cost: 1.0581

Description

Yield

Unit Cost

Unit Cost: 0.1058

Primary

10.00

0.1058

Ingredient	Description	Amount	Cost	Section	Supplier
75524	McDougalls Orange vegetarian Jelly	175g	0.6350		
WAT002	Cold Water	900ml	0.0000		
4078	Golden Acre Mandarin Seg Juice (RTE)	200g	0.4231		

Method:

Make Jelly as per manufacturers instruction.
Add the strained mandarin segments to the jelly before it sets

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
72.9	304.8	18.1	0.0	(17.8)	0.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
16.3	0.0	0.1	(3.2)	4.0	0.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	4.6	2.4	18.0	0.0	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202231 Baked GF Fish Fingers

Unit: 000 Recipes/Stock

Sub Group: PB Fish Primary Fish Recipes

Group: RECIPpri recipes primary

Yield: 10ptn

Portion Cost:

Total Cost: 5.7117

Description	Yield	Unit Cost
Primary	10.00	0.5712

Unit Cost: 0.5712

Ingredient	Description	Amount	Cost	Section	Supplier
33746	Ross Gluten Free Fish Fingers (Pollock)	600g	5.7117		

Method:

For best results cook from frozen, lay the fish fingers in a single layer on a suitable tray, cook in a hot oven for approximately 10 to 15 minutes, serve 2 per portion (60g KS1) 3 per portion (90g KS2)

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
94.2	394.1	12.1	1.8	0.0	0.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
540.0	0.2	7.3	0.0	0.0	0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	0.0	0.0	0.2	1.4	

Information Tags

Allergens

Contains Fish

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1**Recipe:** SSP202232 Vegetable Goujons**Unit:** 000 Recipes/Stock**Sub Group:** VEGE!1 vegetarian**Group:** RECIPpri recipes primary**Yield:** 10 Ptn**Portion Cost:****Total Cost:** 4.0651**Description****Yield****Unit Cost****Unit Cost:** 0.4065

Primary

10.00

0.4065

Ingredient	Description	Amount	Cost	Section	Supplier
48099	GF GARDEN VEGETABLE GOUJONS	700g	4.0651		

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
158.2	661.9	20.3	6.8	?	2.8
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
233.1	0.7	2.6	?	?	?
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
?	?	?	1.7	0.6	

Information Tags**Allergens****Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | Milk | Gluten | Soya | Sesame | Celery | Mustard | Lupin | Sulphur Dioxide and Sulphites**Sub-Allergens****Does Not Contain** Walnuts | Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Rye | Barley | Oats | Wheat

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202233 Chips

Unit: 000 Recipes/Stock

Sub Group: POVESAL potatoes vegetables and salads

Group: RECIPpri recipes primary

Yield: 10 ptn

Portion Cost:

Total Cost: 1.8050

Description

Yield

Unit Cost

Unit Cost: 0.1805

Primary

10.00

0.1805

Ingredient	Description	Amount	Cost	Section	Supplier
20111	SURECRISP TRADITIONAL THICK CUT C	900g	1.8050		

Method:

Cook as per manufacturers instruction - Oven cook at 220C/430F for 20 minutes in a preheated oven

Nutritional Category: Deep Fried Products

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
110.7	463.2	18.9	2.7	?	1.9
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
89.1	0.4	1.9	?	?	?
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
?	?	?	0.4	0.2	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202234 Baked Beans

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield: 10 ptn

Portion Cost:

Total Cost: 0.6859

Description

Yield

Unit Cost

Unit Cost: 0.0686

Primary

10.00

0.0686

Ingredient	Description	Amount	Cost	Section	Supplier
30396	3663 Low Sugar Salt Baked Bean 6x3.12kç	600g	0.6859		

Nutritional Category: Fruit and Vegetables

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
49.2	205.9	7.7	0.2	1.6	2.5
129.6	0.1	2.9	0.0	0.0	0.7
0.3	27.0	13.8	2.2	0.3	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202235 Peas -Veg Portion

Unit: 000 Recipes/Stock

Sub Group: POVESAL potatoes vegetables and salads

Group: RECIPri recipes primary

Yield: 10 ptn

Portion Cost:

Total Cost: 0.8920

Description

Yield

Unit Cost

Unit Cost: 0.0892

Primary

10.00

0.0892

Ingredient	Description	Amount	Cost	Section	Supplier
82829	Efvav Economy Peas	500g	0.8920		

Method:

1. Place peas in a pan of boiling water
2. Bring back to the boil and drain immediately

Nutritional Category: Fruit and Vegetables

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
38.0	159.0	4.4	0.5	0.0	2.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
1.5	0.1	2.9	34.0	8.5	0.8
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.5	16.5	39.0	1.3	0.0	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202236 Quorn Fishless Fingers

Unit: 000 Recipes/Stock

Sub Group: VEGE!1 vegetarian

Group: RECIPpri recipes primary

Yield: 10	Portion Cost:
Total Cost: 6.3300	Description
Unit Cost: 0.6330	Yield
	Unit Cost
	Primary 10.00 0.6330

Ingredient	Description	Amount	Cost	Section	Supplier
38126	Vegan fishless finger	600g	6.3300		

Method:

cook vegan fishless finger as per manufacturers instructions on a lined tray do not over cook.
3 per portion

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
128.4	537.2	17.4	4.7	?	2.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
312.0	0.4	2.7	9.6	0.5	5.3
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.8	1260.0	11.5	1.0	0.8	

Information Tags

Allergens

Contains Gluten

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

Sub-Allergens

Contains Wheat

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1**Recipe:** SSP202237 Chocolate Courgette Cake**Unit:** 000 Recipes/Stock**Sub Group:** PRB S & P Primary Sweet & Pudding Recipes**Group:** RECIPpri recipes primary**Yield:** 12**Portion:****Total Cost:** 1.6463**Description****Yield****Unit Cost:** 0.1372

Ingredient	Description	Amount	Cost	Section	Supplier
18933	Medium Pre Packed Eggs	2	0.0034		
4352	COURGETTES(AF)	240g	0.4680		
25595	Bicarbonate of Soda (1 tsp=5g)	3g	0.0084		
60426	Baking powder GF vegan free	5g	0.0465		
55649	MARRIAGES CULINARY PLAIN FLOUR	180g	0.0961		
03435	3663 Extended Life Vegetable Oil (5 L)	170ml	0.3086		
19899	3663 Glace Cherries (RTE)	60g	0.3296		
34413	T&L Granulated Sugar 10kg	120g	0.1313		
26385	Freshers Low Fat Cocoa Powder	30g	0.2545		

Method:

Grease and flour the tin
 Sift BP/BOS & flour together mix in sugar
 Beat the eggs with veg oil
 mix the egg into flour mix, grate courgettes and add to mix with cherries
 Pour batter into tin
 cook for 25-30 mins 180C

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
246.3	1030.6	25.9	14.7	(11.7)	1.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
146.2	1.4	2.4	(18.1)	>3.7	>1.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.3	>11.3	>9.2	14.4	0.4	

Information Tags**Allergens****Contains** Eggs | Gluten | Sulphur Dioxide and Sulphites**May Contain** Milk**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Soya | Sesame | Celery | Mustard | Lupin**Sub-Allergens****Contains** Wheat**May Contain** Barley | Oats**Does Not Contain** Walnuts | Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Rye

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202238 Little town yoghurt

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.3517	Description	Yield	Unit Cost
Unit Cost:	0.3517	Primary	1.00	0.3517

Ingredient	Description	Amount	Cost	Section	Supplier
80677	Little town dairy assorted yoghurts	125g	0.3517		

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
78.8	329.5	12.5	1.0	?	0.1
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
50.0	0.5	4.9	16.3	1.3	0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.6	162.5	?	12.0	0.1	

Information Tags

Allergens

Contains Milk

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSP22recipeswk1 Spring Summer 22 Primary week 1

Recipe: SSP202239 Chocolate Shortbread Cookies GF DF

Unit: 000 Recipes/Stock

Sub Group: Bisc/ck Biscuits & Cakes

Group: RECIPpri recipes primary

Yield: 10 ptn

Portion Cost:

Total Cost: 0.4519

Description	Yield	Unit Cost
Primary	10.00	0.0452

Unit Cost: 0.0452

Ingredient	Description	Amount	Cost	Section	Supplier
51633	Kerrymaid Baking Block	135g	0.1920		
34413	T&L Granulated Sugar 10kg	90g	0.0985		
26385	Freshers Low Fat Cocoa Powder	12.5g	0.1060		
93127	Gluten Free Plain White Flour	180g	0.0554		

Method:

1. Cream together the fat and the sugar.
2. Sieve the flour & cocoa powder and add it to the creamed mixture.
3. Gently roll the dough out to about 5mm/¼in thick (dust the work surface with a little flour if the dough sticks). Cut into shapes using a mini biscuit cutter. Transfer the biscuits to a baking tray lined with baking parchment.
4. Bake for 10 to 12 minutes

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
194.6	814.3	23.6	10.5	>9.0	0.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
154.1	3.9	1.2	108.0	>0.0	>0.5
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.1	>2.0	>0.0	9.0	0.4	

Information Tags

Allergens

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

Sub-Allergens

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