

## Recipe Detail

Kim

**Menu:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202240 Traffic Light Pizza**Unit:** 000 Recipes/Stock**Sub Group:** PRB B Primary Recipes Basic**Group:** RECIPpri recipes primary**Yield:** 12**Portion Cost:****Total Cost:** 2.7678**Description****Yield****Unit Cost****Unit Cost:** 0.2307

Primary

12.00

0.2307

Ingredient	Description	Amount	Cost	Section	Supplier
55628	CRUST BREAD FLOUR	415g	0.2480		
77647	Marriages Flour Golden Wholemeal	150g	0.1085		
51633	Kerrymaid Baking Block	25g	0.0356		
96360	YEAST	15g	0.0924		
WAT001	Hot Water	200ml	0.0000		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	100g	0.0680		
02646	evfav Mild White Cheddar Block	250g	1.3626		
4155	PEPPERS RED(AF) (1 = 175g approx)	80g	0.2560		
4157	PEPPERS YELLOW(AF)	80g	0.2240		
4155	PEPPERS RED(AF) (1 = 175g approx)	80g	0.2560		
SSP2022TS	Tomato Sauce (base)	150ml	0.1168		n/a

**Method:**

Combine flours, margarine and yeast.

wash, peel and grate the carrot add to flour mix

Add warm water to make a soft but not sticky dough.

Leave covered in a warm place to prove.

Roll into a large circle or rectangle

wash and de seed the peppers and thinly slice

Top with Tomato sauce, mixed peppers and cheese ensuring it covers the whole base.

Bake at Gas 7, 425F, 220°C for 20 - 25 minutes.

Cut into 10 equal portions.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
>274.0	>1146.3	>35.9	(9.7)	(0.0)	(2.8)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
>184.5	>5.3	>12.0	(270.9)	(24.2)	>2.6
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>1.6	>213.5	(81.7)	>2.3	>0.5	

**Information Tags****Allergens****Contains** Milk | Gluten | Celery**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | Soya | Sesame | 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:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202241 Vegetable chilli & Nachos**Unit:** 000 Recipes/Stock**Sub Group:** Base Rec Base recipes**Group:** RECIPri recipes primary**Yield:** 10 Ptn**Portion Cost:****Total Cost:** 3.6009**Description****Yield****Unit Cost****Unit Cost:** 0.3601

Primary

10.00

0.3601

Ingredient	Description	Amount	Cost	Section	Supplier
4223	CARROTS LOOSE(AF) (1= 50g Approx)	100g	0.0680		
70372	Chef William Hot Chilli Powder 500g (1g = 1g)	1g	0.0094		
04046	Smoked Paprika Bidvest	2g	0.0143		
03435	3663 Extended Life Vegetable Oil (5 L)	30ml	0.0545		
0702CS	Red Onions	110g	0.0879		
4153	PEPPERS GREEN(AF) (1 = 175g Approx)	175g	0.5400		
4364	GARLIC LOOSE(AF) (1 clove = 0.1ea)	0.2	0.1440		
03350	Red Kidney Beans in Water	200g	0.2788		
17576	3663 Chopped Tomatoes	1200g	1.4208		
4244	ONIONS MEDIUM(AF) (110g = 1each)	110g	0.0605		
21067	Santa Maria Tortilla Chips	300g	0.6425		
25639	Napolina Tomato Puree Tubes	40g	0.2803		

**Method:**

Peel and dice the onion/carrot. Halve, deseed and roughly chop the peppers, then peel and finely slice the garlic.

Meanwhile, put 2 tablespoons of oil in a large pan over a medium-high heat, then add the onion, carrot, peppers and garlic, and cook for 5 minutes, stirring regularly. Add the chilli and paprika cook off for a minute.

Add the beans., Tip in the tomatoes, and puree, then stir well.

Bring to the boil, then reduce the heat to medium-low and leave to tick away for 25 to 30 minutes, or until thickened and reduced – keep an eye on it, and add a splash of water to loosen, if needed.

served with tortilla chips.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
233.8	978.3	31.1	(9.4)	(1.4)	(4.4)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
240.9	0.8	5.4	(260.8)	>46.0	>1.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.4	>27.8	>49.2	6.4	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

<b>Menu:</b>	<b>SSP22recipeswk2</b>	<b>Spring Summer 22 Primary week 2</b>
<b>Recipe:</b>	<b>SSP202242</b>	<b>Crunchy Pasta Salad</b>
<b>Unit:</b>	<b>000</b>	<b>Recipes/Stock</b>
<b>Sub Group:</b>	<b>PRB B</b>	<b>Primary Recipes Basic</b>
<b>Group:</b>	<b>RECIPpri</b>	<b>recipes primary</b>

<b>Yield:</b>	<b>12</b>	<b>Portion Cost:</b>		
<b>Total Cost:</b>	<b>1.1751</b>	<b>Description</b>	<b>Yield</b>	<b>Unit Cost</b>
<b>Unit Cost:</b>	<b>0.0979</b>	Primary	12.00	0.0979

Ingredient	Description	Amount	Cost	Section	Supplier
70486	3663 Fusilli Pasta twists	400g	0.4053		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	100g	0.0680		
38596	FROZEN SWEET CORN	100g	0.1786		
4246	RED ONIONS(AF) (110g = 1each)	60g	0.0450		
04132	3663 LIGHT MAYO FREE RANGE 5 TT	150ml	0.4365		
70407	Chef William Ground White Pepper ( 1g = 1	2g	0.0417		

**Method:**

Cook the pasta to al dente ( to the bite) adding the sweetcorn 5 minutes before pasta cooked.  
 Refresh and drain  
 Wash peel and slice the onions and carrots, Dice all vegetables  
 Mix all the vegetables and pasta together biding with the mayo and season.

**Nutritional Category: None**

**Nutritional Content Per Standard Size (ptn)**

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
166.3	695.9	28.1	3.9	(0.2)	1.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
69.7	0.4	4.2	(95.9)	1.1	0.6
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.6	26.2	7.1	2.5	0.2	

**Information Tags**

**Allergens**

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

**Sub-Allergens**

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

**Recipe Detail**

Kim

**Menu:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**Recipe:** SSP202243 GF Margarita Pizza

**Unit:** 000 Recipes/Stock

**Sub Group:** Bread/Pas Bread Pizzas and Pastries

**Group:** RECIPpri recipes primary

**Yield:** 4 Ptn

**Portion Cost:**

**Total Cost:** 2.2912

**Description**

**Yield**

**Unit Cost**

**Unit Cost:** 0.5728

Primary

4.00

0.5728

Ingredient	Description	Amount	Cost	Section	Supplier
89978	DS Gluten Free Stone baked Pizza Base 1:	170g	1.4990		
SSP2022TS	Tomato Sauce (base)	0.7	0.0818		n/a
38139	Grated Vegan Cheese	80g	0.7104		

**Method:**

Spread base with the tomato sauce & sprinkle with grated cheese.  
Cook for 10-15 mins until cheese is golden being careful not to over cook the base.

**Nutritional Category:** None

**Nutritional Content Per Standard Size (Ptn)**

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
>173.8	>727.3	>24.1	(7.2)	(0.0)	(3.0)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
>334.6	>4.9	>2.0	(13.8)	>2.6	>0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.0	>1.6	>2.9	>2.6	>0.8	

**Information Tags**

**Allergens**

**Contains** Soya | Celery

**May Contain** Gluten | Mustard

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

**Sub-Allergens**

**Contains** Oats

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

## Recipe Detail

Kim

**Menu:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202244 Jam Roly Poly**Unit:** 000 Recipes/Stock**Sub Group:** PRB S & P Primary Sweet & Pudding Recipes**Group:** RECIPri recipes primary**Yield:** 16**Portion Cost:****Total Cost:** 1.2368**Description****Yield****Unit Cost****Unit Cost:** 0.0773

Primary

16.00

0.0773

Ingredient	Description	Amount	Cost	Section	Supplier
51633	Kerrymaid Baking Block	100g	0.1422		
55601	Flour Self Raising	500g	0.3867		
1379	EV FAV Vegetable Suet mix	100g	0.1743		
H2O	Water	300ml	0.0000		
41194	3663 Strawberry Jam 4x3kg	200g	0.5337		

**Method:**

Mix the baking block and flour until you have a fine crumb. Add the suet and mix.

Gradually add the water and mix until you have a sticky dough. Add more water if required.

Tip the dough onto a floured surface and roll out to a square. Spread the jam all over, leaving a gap along one edge, then roll up from the opposite edge. Pinch the jam-free edge into the dough where it meets, and pinch the ends also.

Lay out a square of tin foil and a baking parchment the same size on top. Carefully lift the roly poly onto greased paper.

Loosely bring up the paper and foil around it and then scrunch together along all the edges to seal.

The roly poly will puff quite a bit during cooking so don't wrap too tight.

Steam for 45-1hr.

Allow to sit for 5 minutes before you open. Slice and serve with custard.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
201.2	869.6	33.0	6.3	(6.6)	(1.1)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
186.3	2.4	3.3	(50.6)	>0.0	>0.9
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.2	>116.0	>6.8	7.3	0.5	

**Information Tags****Allergens****Contains** Gluten**May Contain** Eggs | Milk | 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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**Recipe:** SSP202245 Custard

**Unit:** 000 Recipes/Stock

**Sub Group:** Sauc/Icing Sauces & Icings

**Group:** RECIPri recipes primary

<b>Yield:</b> 20	<b>Portion Cost:</b>		
<b>Total Cost:</b> 0.9097	<b>Description</b>	<b>Yield</b>	<b>Unit Cost</b>
<b>Unit Cost:</b> 0.0455	Primary	20.00	0.0455

Ingredient	Description	Amount	Cost	Section	Supplier
07792	Custard Powder	50g	0.0769		
34413	T&L Granulated Sugar 10kg	30g	0.0328		
79634	ARLA MILK SEMI SKIMMED UHT	1000ml	0.8000		

**Method:**

1. Heat the milk in a double boiler reserving a little to mix the dry ingredients
2. Blend the dry ingredients together using the reserved milk then stir into the hot milk
3. Cook out for about 1 - 1 1/2 hours, whisking occasionally and thinning with more milk or water if necessary
4. Taste before serving and add more sugar if required.

**Nutritional Category:** None

**Nutritional Content Per Standard Size (ptn)**

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
38.7	161.7	6.2	0.8	>1.5	0.0
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
66.3	0.6	1.7	>0.0	>0.0	>0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.0	>0.0	>0.0	3.9	0.2	

**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:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202244a GF/Vegan Jam Roly Poly**Unit:** 000 Recipes/Stock**Sub Group:** PRB S & P Primary Sweet & Pudding Recipes**Group:** RECIPpri recipes primary**Yield:** 10**Portion Cost:****Total Cost:** 1.2770**Description****Yield****Unit Cost****Unit Cost:** 0.1277

Primary

10.00

0.1277

Ingredient	Description	Amount	Cost	Section	Supplier
51633	Kerrymaid Baking Block	175g	0.2489		
27419	Doves GF SR Flour	250g	0.5660		
60220	Alpro Soya Original Sweetened Milk	150ml	0.1854		
41194	3663 Strawberry Jam 4x3kg	100g	0.2668		
17695	Supercook Vanilla flavour Essence (1 tsp=€	2.5ml	0.0099		

**Method:**

Mix the baking block and flour until you have a fine crumb.

Gradually add the milk & VE and mix until you have a sticky dough. Add more milk if required. Knead until smooth

Tip the dough onto a floured surface and roll out to a square. Spread the jam all over, leaving a gap along one edge, then roll up from the opposite edge. Pinch the jam-free edge into the dough where it meets, and pinch the ends also.

Lay out a square of tin foil and a baking parchment the same size on top. Carefully lift the roly poly onto greased paper.

Loosely bring up the paper and foil around it and then scrunch together along all the edges to seal.

The roly poly will puff quite a bit during cooking so don't wrap too tight.

Steam for 45-1hr.

Allow to sit for 5 minutes before you open. Slice and serve with custard.

You can use a hot water bath in the oven to create steam if you do not have a steamer.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
238.0	995.7	27.0	13.7	>5.3	0.2
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
415.3	5.0	1.7	>140.0	>0.0	>0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total sugar (g)	Salt (g)	
>0.0	>18.6	>0.7	6.0	1.0	

**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:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202246 Italian Beef Lasagne & Garlic bread**Unit:** 000 Recipes/Stock**Sub Group:** PC Meat Primary Meat recipes**Group:** RECIPpri recipes primary**Yield:** 12**Portion Cost:****Total Cost:** 5.4733**Description****Yield****Unit Cost****Unit Cost:** 0.4561

Primary

12.00

0.4561

Ingredient	Description	Amount	Cost	Section	Supplier
03435	3663 Extended Life Vegetable Oil (5 L)	20ml	0.0363		
4244	ONIONS MEDIUM(AF) (110g = 1each)	110g	0.0605		
4364	GARLIC LOOSE(AF) (1 clove = 0.1ea)	0.1	0.0720		
0007	BEEF MINCE(PJR)	450g	1.9710		
SSP2022TS	Tomato Sauce (base)	0.3	0.0350		n/a
51633	Kerrymaid Baking Block	60g	0.0853		
74843	Lakeland Uht Semi Skimmed Milk	500ml	0.5200		
55648	Marriages finest Flour white Plain	60g	0.0467		
70407	Chef William Ground White Pepper ( 1g = 1	1g	0.0208		
02646	evfav Mild White Cheddar Block	150g	0.8176		
21476	Ev Fav Lasagne Sheets	150g	0.4280		
4624	CURLY PARSLEY(AF)	5g	0.0600		
SSP20229	Garlic & Herb Slice	12	1.3200		n/a

**Method:**

Lightly fry onions, garlic & mince until brown, drain of excess liquid onions,

Add the chopped tomatoes and juice, tomato puree and mixed herbs and bring to the boil, cover and simmer, taste and season as required

Make up the cheese sauce by gently melting the margarine in a pan and adding the flour to form a roux.

Whilst beating with a wooden spoon to ensure that the roux does not colour, add the milk to the pan and bring gently to the boil.

Add the cheese and continue to cook out for at least 10 minutes.

The finished product should be glossy and the consistency of thick cream. Please reserve a small amount of the cheese to finish lasagne.

In a oven proof serving dish lay the meat sauce first then alternate layers with meat, lasagne and cheese sauce. Sprinkle the top with reserve cheese.

Cook in oven at Gas 6, 200'C, 400'F for 30 minutes or until browned and lasagne sheets are soft, let stand for 10 mins before serving

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
>369.6	>1546.6	>26.9	(21.8)	(0.6)	(1.4)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
>329.8	>9.9	>16.1	(171.8)	>1.7	>1.8
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>2.4	>142.0	>18.3	>4.0	>0.8	

**Recipe Detail**

Kim

**Information Tags**

**Allergens**

**Contains** Milk | Gluten | Celery

**May Contain** Eggs | Soya

**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | 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:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202247 Everybody's Favourite Macaroni Cheese**Unit:** 000 Recipes/Stock**Sub Group:** VEGE!1 vegetarian**Group:** RECIPpri recipes primary**Yield:** 16**Portion Cost:****Total Cost:** 3.2763**Description****Yield****Unit Cost****Unit Cost:** 0.2048

Primary

12.00

0.2730

Ingredient	Description	Amount	Cost	Section	Supplier
51633	Kerrymaid Baking Block	115g	0.1635		
55648	Marriages finest Flour white Plain	115g	0.0895		
79634	ARLA MILK SEMI SKIMMED UHT	1000ml	0.8000		
70488	LA GRANARIA Macaroni	450g	0.4373		
02646	evfav Mild White Cheddar Block	300g	1.6352		
4624	CURLY PARSLEY(AF)	10g	0.1200		
25138	COLMAN DSF MUSTARD POWDER TUB	1g	0.0099		
70407	Chef William Ground White Pepper ( 1g = 1	1g	0.0208		

**Method:**

Cook the macaroni as directed on the packet, drain and rinse thoroughly in cold water

Make a white sauce - melt the margarine in a saucepan, whisk in the flour, cook for two minutes over a low heat then slowly add the milk and whisk until smooth.

Whisk in half of the grated cheese, season with a pinch of pepper and mustard powder, turn into an ovenproof shallow dish.

Sprinkle over the remaining cheese and bake in a moderate oven until the cheese begins to brown (20 to 30 minutes) then remove from the oven and decorate with chopped parsley.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
282.4	1181.6	29.4	13.4	(0.0)	1.1
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
299.1	>6.9	10.8	(133.6)	>1.0	>0.6
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>1.2	>167.6	>9.1	4.1	0.8	

**Information Tags****Allergens****Contains** Milk | Gluten | Mustard**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | Soya | Sesame | Celery | 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:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202248 Broccoli -Veg Portion**Unit:** 000 Recipes/Stock**Sub Group:** PRB B Primary Recipes Basic**Group:** RECIPpri recipes primary**Yield:** 10 ptn**Portion Cost:****Total Cost:** 0.8580**Description****Yield****Unit Cost****Unit Cost:** 0.0858

Primary

10.00

0.0858

Ingredient	Description	Amount	Cost	Section	Supplier
04386	3663 Broccoli Florets Bag	500g	0.8580		

**Method:**

Trim the stalk and discard any tough leaves attached to the stalk, cut into florets and rinse thoroughly in cold water. Broccoli can be boiled or steamed, it is easy to overcook - it should still retain its bright green colour when cooked and should have a little 'bite'.

To boil: place in a pan of boiling water and cook the florets for 3-4 minutes.

To steam: place in a steamer and cook for 6-8 minutes.

**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)
18.5	77.4	1.2	0.5	0.0	1.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
1.5	0.1	1.7	48.0	43.5	0.9
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.3	28.0	45.0	0.7	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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**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

<b>Menu:</b>	<b>SSP22recipeswk2</b>	<b>Spring Summer 22 Primary week 2</b>
<b>Recipe:</b>	<b>SSP202246a</b>	<b>Classic Beef &amp; Potato layer bake</b>
<b>Unit:</b>	<b>000</b>	<b>Recipes/Stock</b>
<b>Sub Group:</b>	<b>PC Meat</b>	<b>Primary Meat recipes</b>
<b>Group:</b>	<b>RECIPpri</b>	<b>recipes primary</b>

<b>Yield:</b>	<b>16 ptn</b>	<b>Portion Cost:</b>		
<b>Total Cost:</b>	<b>4.8230</b>	<b>Description</b>	<b>Yield</b>	<b>Unit Cost</b>
<b>Unit Cost:</b>	<b>0.3014</b>	Primary	16.00	0.3014

Ingredient	Description	Amount	Cost	Section	Supplier
03435	3663 Extended Life Vegetable Oil (5 L)	20ml	0.0363		
4244	ONIONS MEDIUM(AF) (110g = 1each)	110g	0.0605		
4364	GARLIC LOOSE(AF) (1 clove = 0.1ea)	0.1	0.0720		
0007	BEEF MINCE(PJR)	400g	1.7520		
SSP2022TS	Tomato Sauce (base)	0.3	0.0350		n/a
51633	Kerrymaid Baking Block	60g	0.0853		
60220	Alpro Soya Original Sweetened Milk	500ml	0.6181		
86811	Chef William Cornflour	60g	0.0605		
70407	Chef William Ground White Pepper ( 1g = 1	1g	0.0208		
38139	Grated Vegan Cheese	80g	0.7104		
00165	Simply Potato Sliced McCain	1000g	1.3120		
4624	CURLY PARSLEY(AF)	5g	0.0600		

**Method:**

Lightly fry onions, garlic & mince until brown, drain of excess liquid onions, Add the chopped tomatoes and juice, tomato puree and mixed herbs and bring to the boil, cover and simmer, taste and season as required

Make up the white sauce by warm milk once boiling mix the corn flour with a little water and add to the milk to thicken stirring all the time season to taste.

The finished product should be glossy and the consistency of thick cream.

In a oven proof serving dish lay the meat sauce first then alternate layers with meat, sliced potatoes and white sauce. Sprinkle the top with cheese

Cook in oven at Gas 6, 200'C, 400'F for 30 minutes or until browned and Potatoes are soft, let stand for 10 mins before serving

**Nutritional Category: None**

**Nutritional Content Per Standard Size (ptn)**

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
>179.5	>751.0	>15.7	(10.1)	(0.0)	(1.8)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
>154.4	>4.1	>6.8	(45.8)	>6.7	>0.6
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>1.2	>48.2	>17.2	>1.6	>0.4	

**Information Tags**

**Allergens**

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

**Recipe Detail**

Kim

**Sub-Allergens**

**Contains** Oats

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

**Recipe Detail**

Kim

<b>Menu:</b>	<b>SSP22recipeswk2</b>	<b>Spring Summer 22 Primary week 2</b>
<b>Recipe:</b>	<b>SSP202249</b>	<b>Spring Vegetable &amp; Potato Bake</b>
<b>Unit:</b>	<b>000</b>	<b>Recipes/Stock</b>
<b>Sub Group:</b>	<b>VEGE!1</b>	<b>vegetarian</b>
<b>Group:</b>	<b>RECIPpri</b>	<b>recipes primary</b>

<b>Yield:</b>	<b>12</b>	<b>Portion Cost:</b>		
<b>Total Cost:</b>	<b>2.4419</b>	<b>Description</b>	<b>Yield</b>	<b>Unit Cost</b>
<b>Unit Cost:</b>	<b>0.2035</b>	Primary	12.00	0.2035

Ingredient	Description	Amount	Cost	Section	Supplier
4233	LEEK(S)(AF)	110g	0.1595		
4352	COURGETTES(AF)	200g	0.3900		
03435	3663 Extended Life Vegetable Oil (5 L)	5ml	0.0091		
4278	POTATO WASHED WHITE(AF)	1kg	0.5180		
4624	CURLY PARSLEY(AF)	15g	0.1800		
SSP2022TS	Tomato Sauce (base)	0.3	0.0350		n/a
51633	Kerrymaid Baking Block	30g	0.0427		
70375	Chef William Paprika (1tsp = 5g)	2.5g	0.0181		
04505	3663 Sliced Mixed Peppers	150g	0.3855		
4246	RED ONIONS(AF) (110g = 1each)	110g	0.0825		
38139	Grated Vegan Cheese	70g	0.6216		

**Method:**

Pre heat oven to 180`C/350`F/Gas 4

Blanche the sliced potatoes in boiling water and drain

Cook the leeks, onions and courgettes gently for 5 minutes in a lightly oiled pan, add tomato sauce & Peppers and simmer for a few more minutes until soft,

Starting with the tomato sauce base cover bottom of oven proof dish then layer the sliced potatoes and repeat this process until all the filling & potatoes are used ensuring the potatoes are the last layer.

\*\*\*For Dairy free & Vegan brush the potatoes with melted margarine and sprinkle with paprika\*\*\*

Gluten free as above with the addition of topping with the grated cheese

Bake uncovered for 15 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)
>106.2	>444.4	>13.2	(4.7)	(0.0)	(1.6)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
>78.3	>2.0	>3.5	(97.7)	>30.2	>0.6
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.5	>56.7	>42.8	>1.8	>0.2	



**Recipe Detail**

Kim

**Information Tags**

**Allergens**

**Contains** Celery

**May Contain** Gluten

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

**Sub-Allergens**

**Contains** Oats

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

## Recipe Detail

Kim

**Menu:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202250 All American Apple Pie**Unit:** 000 Recipes/Stock**Sub Group:** PRB S & P Primary Sweet & Pudding Recipes**Group:** RECIPpri recipes primary**Yield:** 12**Portion Cost:****Total Cost:** 2.1815**Description****Yield****Unit Cost****Unit Cost:** 0.1818

Primary

12.00

0.1818

Ingredient	Description	Amount	Cost	Section	Supplier
10451	3663 Solid Pack Apples	600g	1.0281		
34413	T&L Granulated Sugar 10kg	65g	0.0711		
66032	T&L Light Brown Soft Sugar	65g	0.1170		
55649	MARRIAGES CULINARY PLAIN FLOUR	15g	0.0080		
51633	Kerrymaid Baking Block	50g	0.0711		
WAT002	Cold Water	70ml	0.0000		
70371	Ground Cinnamon	5g	0.0580		
07313	lemon juice 500ml	0.01 each	0.0107		
55649	MARRIAGES CULINARY PLAIN FLOUR	500g	0.2669		
51633	Kerrymaid Baking Block	360g	0.5119		
04439	3663 Cooking Salt	1g	0.0004		
34413	T&L Granulated Sugar 10kg	35g	0.0383		
WAT002	Cold Water	150ml	0.0000		

**Method:**

To make up pastry:

- Place flour (500g), salt (Pinch), sugar (35g) and margarine (360g) in a mixer, mix on slow for 2 minutes until it looks like coarse salt with some butter bits intact. Slowly add 1/2 the water and add the rest if needed until it comes together. Chill in fridge.

Filling:

- Mix all the following ingredients together:  
Apples, white sugar, cinnamon, lemon juice, flour, melted margarine
- Line pie dish with 2/3 of the pastry
- Add the filling
- Roll out the remaining pastry and cut into strips
- Place and weave the strips to create lattice effect
- Brush top with water & brown sugar.
- Bake 1 hour at 180'c

**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)
457.6	1914.6	50.9	26.2	(13.8)	2.5
Sodium (mg)	413.3	Satd FA /1 (g)	9.8	Protein (g)	4.6

## Recipe Detail

Kim

Vitamin A (µg)	Vitamin C (mg)	Iron (mg)	Zinc (mg)	Calcium (mg)	Folate (µg)
(273.3)	>6.0	>0.1	>0.1	>2.9	>0.0
Total suga (g)	Salt (g)				
18.7	1.0				

## Information Tags

## Allergens

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

## 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:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202251 Vanilla ice cream**Unit:** 000 Recipes/Stock**Sub Group:** PRB S & P Primary Sweet & Pudding Recipes**Group:** RECIPpri recipes primary**Yield:** 12**Portion Cost:****Total Cost:** 0.7096**Description****Yield****Unit Cost****Unit Cost:** 0.0591

Primary

12.00

0.0591

Ingredient	Description	Amount	Cost	Section	Supplier
04531	Vanilla flavour Soft Scoop ice cream 4ltr (R	1000ml	0.7096		

**Nutritional Category:** None

Nutritional Content Per Standard Size (each)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
129.2	540.4	17.1	5.4	?	0.1
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
51.7	3.3	2.6	?	?	?
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
?	?	?	17.1	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:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202222 Gluten free shortbread**Unit:** 000 Recipes/Stock**Sub Group:** PRB B Primary Recipes Basic**Group:** RECIPri recipes primary**Yield:** 10 Ptn**Portion Cost:****Total Cost:** 0.4073**Description****Yield****Unit Cost****Unit Cost:** 0.0407

Primary

10.00

0.0407

Ingredient	Description	Amount	Cost	Section	Supplier
93127	Gluten Free Plain White Flour	250g	0.0770		
51633	Kerrymaid Baking Block	150g	0.2133		
96882	T&L Caster Sugar	90g	0.1170		

**Method:**

Add all ingredients into food mixer until dough formed, Chill for 10 min.

Roll into sausage shape and cut 10 even biscuits

Lay out on lined baking tray and cook 180c for 10-12 mins

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
225.5	943.5	29.0	11.6	>9.0	0.2
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
173.0	4.3	1.3	120.0	>0.0	>0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.0	>0.0	>0.0	9.1	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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**Recipe:** SSP202216 Gravy

**Unit:** 000 Recipes/Stock

**Sub Group:** Sauc/Icing Sauces & Icings

**Group:** RECIPri 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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**Recipe:** SSP202252a Roast Gammon Steak & Pineapple

**Unit:** 000 Recipes/Stock

**Sub Group:** PC Meat Primary Meat recipes

**Group:** RECIPpri recipes primary

**Yield:** 10 Ptn

**Portion Cost:**

**Total Cost:** 5.8640

**Description**

**Yield**

**Unit Cost**

**Unit Cost:** 0.5864

Primary

10.00

0.5864

Ingredient	Description	Amount	Cost	Section	Supplier
02559	Pineapple Slices	300g	0.8218		
03821	Wicks manor Gammon Steak 60g	600g	5.0422		

**Method:**

Drain Pineapple slices.

Line a baking sheet and tray up the gammon steaks, cover with foil and cook for 10 mins, uncover then cook for a further 5-8 mins

do not over cook as they will dry out.

Serve with a pineapple slice.

**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	6.0	2.7	>3.6	0.2
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
442.2	0.9	11.6	>0.0	>3.9	>0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.0	>1.8	>0.3	5.1	1.1	

**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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**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
Primary	10.00	0.1120

**Unit Cost:** 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))	Carbohydrate (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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**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))	Carbohydrate (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:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202220 Cabbage**Unit:** 000 Recipes/Stock**Sub Group:** POVESAL potatoes vegetables and salads**Group:** RECIPri 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:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202253 Eton Mess Cheesecake**Unit:** 000 Recipes/Stock**Sub Group:** Dess/Pud Desserts & Puddings**Group:** RECIPri recipes primary**Yield:** 14**Portion Cost:****Total Cost:** 4.9198**Description****Yield****Unit Cost****Unit Cost:** 0.3514

Primary

12.00

0.4100

Ingredient	Description	Amount	Cost	Section	Supplier
04555	Cheesecake Crumb Mix	250g	0.7273		
51633	Kerrymaid Baking Block	120g	0.1706		
74843	Lakeland Uht Semi Skimmed Milk	400ml	0.4160		
03364	3663 Cheesecake Filling Mix	150g	0.5921		
02233	Strawberry Fruit Topping & Pie Filling	300g	0.8946		
26632	Meringue Nests (17g each) (RTE)	150g	1.3051		
4094	Strawberries(AF)	100g	0.8140		

**Method:**

Melt the kerrymaid in a pan and add the crumb mix. Place mix into a lined tin and allow to cool.

Whisk the milk in a bowl then gradually add the cheesecake powder until it reaches the correct consistency. Place mixture on top of the biscuit base and refrigerate until set.

Spread the Strawberry pie filling over the top Allow to set in the fridge for 2 hours before serving.

Crumble up the meringue nest and top the cheese cake before serving.

You can add some fresh strawberries to the cheesecake but check prices first with Accent Fresh.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
260.6	1091.1	37.3	11.0	(23.5)	0.8
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
273.1	6.2	3.2	(111.9)	>11.2	>0.8
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.8	>27.0	>8.3	25.5	0.7	

**Information Tags****Allergens****Contains** Eggs | Milk | Gluten**May Contain** 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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**Recipe:** SSP202254 Summer Berry Eton Mess GF

**Unit:** 000 Recipes/Stock

**Sub Group:** Base Rec Base recipes

**Group:** RECIPri recipes primary

**Yield:** 10 Ptn

**Portion Cost:**

**Total Cost:** 3.6442

**Description**

**Yield**

**Unit Cost**

**Unit Cost:** 0.3644

Primary

10.00

0.3644

Ingredient	Description	Amount	Cost	Section	Supplier
26632	Meringue Nests (17g each) (RTE)	10each	1.4792		
CREMWHIP	WHIPPING CREAM(AF)	500ml	1.2115		
35498	Brakes Strawberry Pie Filling	400g	0.9536		

**Method:**

whip the cream  
Crumble the meringues, Layer the mix with the strawberry pie filling

**Nutritional Category:** None

**Nutritional Content Per Standard Size (Ptn)**

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
>106.2	>447.5	>25.5	>0.1	(16.3)	>0.2
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
>17.0	>0.0	>0.8	(0.0)	>0.0	>0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.0	>0.5	>0.7	>24.6	>0.0	

**Information Tags**

**Allergens**

**Contains** Eggs | Milk | Sulphur Dioxide and Sulphites

**May Contain** Gluten

**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Soya | Sesame | Celery | Mustard | Lupin

**Sub-Allergens**

**May Contain** Wheat

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

**Recipe Detail**

Kim

**Menu:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**Recipe:** SSP202255 Watermelon & Grapes

**Unit:** 000 Recipes/Stock

**Sub Group:** Dess/Pud Desserts & Puddings

**Group:** RECIPri recipes primary

**Yield:** 10 ptn

**Portion:**

**Total Cost:** 3.1240

**Description**

**Yield**

**Unit Cost:** 0.3124

Ingredient	Description	Amount	Cost	Section	Supplier
2722EA	Watermelon	600g	0.7840		
4026	GRAPES BLACK(AF)	600g	2.3400		

**Method:**

Peeled and Slice water melon into 60g wedge  
Wash and cut the grapes in half.

**Nutritional Category:** None

**Nutritional Content Per Standard Size (Ptn)**

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
54.6	228.5	13.5	0.2	(0.0)	0.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
2.4	0.1	0.5	(13.3)	6.6	0.4
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.2	12.0	2.4	13.5	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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**Recipe:** SSP202256 Smokey Joe \Chicken Fillet GF

**Unit:** 000 Recipes/Stock

**Sub Group:** PC Meat Primary Meat recipes

**Group:** RECIPpri recipes primary

**Yield:** 10 ptn

**Portion Cost:**

**Total Cost:** 5.9561

Description	Yield	Unit Cost
Primary	10.00	0.5956

**Unit Cost:** 0.5956

Ingredient	Description	Amount	Cost	Section	Supplier
03058	Green Gourmet Chicken Breast (57g each)	570g	4.8803		
04703	EvFav BBQ Sauce	100ml	0.2581		
02646	evfav Mild White Cheddar Block	150g	0.8176		

**Method:**

Place chicken on baking tray, top with 1tsp of BBQ sauce on each fillet, sprinkle with grated cheese and herbs, oven-cook at 190°C / 375°F / Gas 5 for 15 - 20 minutes or until cooked through and cheese is bubbling.

\*\*\*No cheese for the Dairy free option\*\*\*

**Nutritional Category:** None

**Nutritional Content Per Standard Size (ptn)**

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
143.7	601.2	4.9	6.3	>4.4	0.1
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
380.1	3.6	16.8	>61.0	>0.1	>0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.6	>112.3	>4.9	3.9	1.0	

**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:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202257 Vegetable & Bean Loaf**Unit:** 000 Recipes/Stock**Sub Group:** VEGE!1 vegetarian**Group:** RECIPpri recipes primary**Yield:** 12**Portion Cost:****Total Cost:** 4.2412**Description****Yield****Unit Cost****Unit Cost:** 0.3534

Primary

12.00

0.3534

Ingredient	Description	Amount	Cost	Section	Supplier
56614	Triple Lion Red Lentils	300g	0.5050		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	100g	0.0680		
4244	ONIONS MEDIUM(AF) (110g = 1each)	110g	0.0605		
4106	CELERY(AF)	100g	0.1367		
4707	MUSHROOMS CLOSED CUP(AF)	200g	0.5000		
WAT001	Hot Water	1lt 200ml	0.0000		
70407	Chef William Ground White Pepper ( 1g = 1	1g	0.0208		
18664	Amoy Dark Soy Sce Bottle 150ml	10ml	0.0633		
50345	Havensfields Eggs Loose (52g each)	1	0.1237		
4155	PEPPERS RED(AF) (1 = 175g approx)	175g	0.5600		
4153	PEPPERS GREEN(AF) (1 = 175g Approx)	175g	0.5400		
02638	MATURE WHITE CHEDDAR	200g	1.5895		
03334	EvFav Baked Beans in tomato sauce	100g	0.0737		

**Method:**

1. Cook washed lentils in the water, drain and mash.
2. Fry off grated carrots and chopped onions, peppers and celery in a little marg.
3. Add to the mashed lentils, allow to cool slightly and add the beaten egg, mixing in well
4. Fry off the sliced mushrooms for 10 minutes add the soy sauce and slightly reduce
5. Place in flan tins a layer of lentil mixture, then a layer of mushrooms and half of the cheese, finish with a layer of lentils and finally top with rest of the grated cheese.
6. Bake for 30 minutes or until golden brown at gas 4, 350°F / 180°C.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
175.7	734.0	18.2	6.8	(0.6)	2.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
228.6	3.8	11.8	(250.6)	33.1	2.4
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
1.7	153.0	36.6	3.2	0.6	

**Information Tags****Allergens****Contains** Eggs | Milk | Gluten | Soya | Celery**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Sesame | 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

<b>Menu:</b>	<b>SSP22recipeswk2</b>	<b>Spring Summer 22 Primary week 2</b>
<b>Recipe:</b>	<b>SSP202258</b>	<b>New potatoes</b>
<b>Unit:</b>	<b>000</b>	<b>Recipes/Stock</b>
<b>Sub Group:</b>	<b>POVESAL</b>	<b>potatoes vegetables and salads</b>
<b>Group:</b>	<b>RECIPpri</b>	<b>recipes primary</b>

<b>Yield:</b>	<b>10ptn</b>	<b>Portion Cost:</b>		
<b>Total Cost:</b>	<b>1.0261</b>	<b>Description</b>	<b>Yield</b>	<b>Unit Cost</b>
<b>Unit Cost:</b>	<b>0.1026</b>	Primary	10.00	0.1026

Ingredient	Description	Amount	Cost	Section	Supplier
4262	POTATO NEW BABY WASHED(AF)	1000g	0.8950		
51633	Kerrymaid Baking Block	50g	0.0711		
4624	CURLY PARSLEY(AF)	5g	0.0600		

**Method:**

Wash potatoes, strain and dry. Halving any larger ones  
 Boil the potatoes, Once cooked drain and add the margarine to melt over.  
 Sprinkle with chipped parsley

**Nutritional Category: None**

**Nutritional Content Per Standard Size (ptn)**

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
99.9	417.9	15.4	4.1	(0.0)	1.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
65.1	>1.5	1.4	(42.7)	>15.8	>1.6
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.3	>13.8	>18.7	1.0	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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**Recipe:** SSP202259 Corn on the Cob (60g portion)

**Unit:** 000 Recipes/Stock

**Sub Group:** POVESAL potatoes vegetables and salads

**Group:** RECIPpri recipes primary

**Yield:** 10 ptn

**Portion Cost:**

**Total Cost:** 1.5230

**Description**

**Yield**

**Unit Cost**

**Unit Cost:** 0.1523

Primary

10.00

0.1523

Ingredient	Description	Amount	Cost	Section	Supplier
04575	EvFav Mini Corn Cob	600g	1.5230		

**Method:**

1. Place frozen corn on the cobs in boiling water
2. Simmer for 5 minutes
3. Drain and serve

**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)
67.8	283.7	10.8	1.1	0.7	2.4
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
12.0	0.2	2.4	0.0	4.2	0.7
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	1.8	20.4	6.6	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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**Recipe:** SSP202260 Green Beans Portion

**Unit:** 000 Recipes/Stock

**Sub Group:** POVESAL potatoes vegetables and salads

**Group:** RECIPpri recipes primary

**Yield:** 10 ptn

**Portion Cost:**

**Total Cost:** 0.8664

Description	Yield	Unit Cost
Primary	10.00	0.0866

**Unit Cost:** 0.0866

Ingredient	Description	Amount	Cost	Section	Supplier
04381	WHOLE GREEN BEANS	600g	0.8664		

**Method:**

Bring water to the boil in a suitable large pan, add the beans and bring back to the boil, boil for 2 minutes then drain and serve.

**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)
18.6	77.8	1.9	0.3	1.4	2.0
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
0.6	0.1	1.1	0.0	7.2	0.7
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	21.6	38.4	1.4	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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**Recipe:** SSP202261 BBQ Quorn Fillet (Smokey Joe)

**Unit:** 000 Recipes/Stock

**Sub Group:** PC Meat Primary Meat recipes

**Group:** RECIPri recipes primary

**Yield:** 10 ptn

**Portion Cost:**

**Total Cost:** 7.5012

Description	Yield	Unit Cost
Primary	10.00	0.7501

**Unit Cost:** 0.7501

Ingredient	Description	Amount	Cost	Section	Supplier
70441	Quorn Vegan Fillet	690g	6.7103		
04703	EvFav BBQ Sauce	100ml	0.2581		
38139	Grated Vegan Cheese	60g	0.5328		

**Method:**

Place fillet on baking tray, top with 2 tsp of bbq sauce on each fillet, sprinkle with grated cheese, oven-cook at 190°C / 375°F / Gas 5 for 15 - 20 minutes or until cooked through and cheese is bubbling

**Nutritional Category:** None

**Nutritional Content Per Standard Size (ptn)**

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
105.3	440.6	8.8	2.4	>4.4	4.7
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
89.9	1.6	9.9	>2.8	>0.1	>0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.0	>1.4	>0.2	3.9	0.2	

**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** Oats | Wheat

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

## Recipe Detail

Kim

**Menu:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202262 Blueberry Muffin**Unit:** 000 Recipes/Stock**Sub Group:** PRB S & P Primary Sweet & Pudding Recipes**Group:** RECIPpri recipes primary**Yield:** 12**Portion Cost:****Total Cost:** 2.0486**Description****Yield****Unit Cost****Unit Cost:** 0.1707

Primary

12.00

0.1707

Ingredient	Description	Amount	Cost	Section	Supplier
51633	Kerrymaid Baking Block	100g	0.1422		
55649	MARRIAGES CULINARY PLAIN FLOUR	250g	0.1334		
34413	T&L Granulated Sugar 10kg	100g	0.1094		
50345	Havensfields Eggs Loose (52g each)	2	0.2473		
17695	Supercook Vanilla flavour Essence (1 tsp=5ml)	5ml	0.0199		
74843	Lakeland Uht Semi Skimmed Milk	15ml	0.0156		
04614	Frozen Blueberries	125g	0.7568		
60426	Baking powder GF vegan free	10g	0.0931		
25595	Bicarbonate of Soda (1 tsp=5g)	5g	0.0139		
15733	Rowan Glen Low Fat Bio Natural Yoghurt	150g	0.5170		

**Method:**

Pre heat the oven to 180 °c

Beat margarine &amp; Sugar until light and fluffy

Add the egg and a little flour and mix, Add yoghurt, Milk and VE combine together

Sift BP, BOS and flour together and add to the wet mix

make a smooth batter then fold through the blueberries taking care not to bruise them or over mixing them as the muffin will become tough

Place muffin cases into a tin then spoon the mixture into the cases and bake for 15 minutes or until cooked then allow to cool.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
186.7	781.1	26.2	7.4	>8.3	0.8
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
385.3	2.7	4.0	>78.8	>0.3	>0.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total sugar (g)	Salt (g)	
>0.2	>26.0	>7.1	10.8	1.0	

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

**Recipe Detail**

Kim

**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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**Recipe:** SSP202238 Little town yoghurt

**Unit:** 000 Recipes/Stock

**Sub Group:** PRB B Primary Recipes Basic

**Group:** RECIPpri recipes primary

<b>Yield:</b>	1	<b>Portion Cost:</b>		
<b>Total Cost:</b>	0.3517	<b>Description</b>	<b>Yield</b>	<b>Unit Cost</b>
<b>Unit Cost:</b>	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:** SSP22recipeswk2 Spring Summer 22 Primary week 2**Recipe:** SSP202263 Vegan / DF Pancakes**Unit:** 000 Recipes/Stock**Sub Group:** PRB S & P Primary Sweet & Pudding Recipes**Group:** RECIPri recipes primary**Yield:** 12**Portion Cost:****Total Cost:** 2.4946**Description****Yield****Unit Cost****Unit Cost:** 0.2079

Primary

12.00

0.2079

Ingredient	Description	Amount	Cost	Section	Supplier
55650	MARRIAGES SELF RAISING FLOUR	300g	0.1631		
34413	T&L Granulated Sugar 10kg	60g	0.0656		
60426	Baking powder GF vegan free	10g	0.0931		
60220	Alpro Soya Original Sweetened Milk	360ml	0.4451		
17695	Supercook Vanilla flavour Essence (1 tsp=)	5ml	0.0199		
04614	Frozen Blueberries	250g	1.5135		
03435	3663 Extended Life Vegetable Oil (5 L)	90ml	0.1634		
15792	T&L Icing Sugar (RTE)	30g	0.0310		

**Method:**

Combine Flour, BP, and sugar into bowl

Slowly add the milk to make a smooth batter, stir in 1/2 blueberries and VE.

heat small amount of oil in pan 1 tbsp will be a 1 pancake, cook for 3-5 mins or until bubbles then flip over and cook for a further 2-3 mins.

Serve with the remaining blueberries sprinkle with icing sugar.

2 pancakes a portion

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
201.8	844.2	29.3	8.4	(7.4)	(1.3)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
251.8	0.7	3.4	(0.4)	>0.4	>0.6
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.2	>127.0	>6.2	>10.1	0.6	

**Information Tags****Allergens****Contains** Gluten | Soya**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | Milk | 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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**Recipe:** SSP202264 Crispy Battered Fish Fillet GF

**Unit:** 000 Recipes/Stock

**Sub Group:** PB Fish Primary Fish Recipes

**Group:** RECIPpri recipes primary

**Yield:** 10 ptn

**Portion Cost:**

**Total Cost:** 5.7000

Description	Yield	Unit Cost
Primary	10.00	0.5700

**Unit Cost:** 0.5700

Ingredient	Description	Amount	Cost	Section	Supplier
64771a	MSC mini GF battered pollock	800g	5.7000		

**Method:**

1. Place battered fish (frozen) onto a baking tray and bake in a moderate oven for 25 - 30 minutes or until cooked thoroughly

\* DO NOT FRY!!!

**Nutritional Category:** None

**Nutritional Content Per Standard Size (ptn)**

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
175.2	733.0	17.8	8.2	?	1.8
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
208.0	0.6	6.6	?	?	?
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
?	?	?	0.1	0.5	

**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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**Recipe:** SSP202265 Vegan Sausage roll

**Unit:** 000 Recipes/Stock

**Sub Group:** VEGE!1 vegetarian

**Group:** RECIPpri recipes primary

**Yield:** 10 Ptn

**Portion Cost:**

**Total Cost:** 1.8240

Description	Yield	Unit Cost
Primary	10.00	0.1824

**Unit Cost:** 0.1824

Ingredient	Description	Amount	Cost	Section	Supplier
61256	Vegan Sausage Roll	500g	1.8240		

**Method:**

Cook as per manufacturers instructions  
cut in half for the KS1  
KS2 a whole one.

**Nutritional Category:** None

**Nutritional Content Per Standard Size (Ptn)**

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
138.0	577.4	12.1	8.0	?	1.9
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
222.5	3.3	3.5	?	?	?
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
?	?	?	1.0	0.6	

**Information Tags**

**Allergens**

**Contains** Gluten | Soya

**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | Milk | 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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**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:** SSP22recipeswk2 Spring Summer 22 Primary week 2**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))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
49.2	205.9	7.7	0.2	1.6	2.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
129.6	0.1	2.9	0.0	0.0	0.7
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**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
Primary	10.00	0.0892

**Unit Cost:** 0.0892

Ingredient	Description	Amount	Cost	Section	Supplier
82829	Evfav 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:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**Recipe:** SSP202266 Chocolate Beetroot Brownie

**Unit:** 000 Recipes/Stock

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

**Group:** RECIPpri recipes primary

<b>Yield:</b>	12	<b>Portion Cost:</b>		
<b>Total Cost:</b>	1.7417	<b>Description</b>	<b>Yield</b>	<b>Unit Cost</b>
<b>Unit Cost:</b>	0.1451	Primary	12.00	0.1451

Ingredient	Description	Amount	Cost	Section	Supplier
51633	Kerrymaid Baking Block	150g	0.2133		
34413	T&L Granulated Sugar 10kg	275g	0.3009		
50345	Havensfields Eggs Loose (52g each)	3	0.3710		
26385	Freshers Low Fat Cocoa Powder	75g	0.6362		
55648	Marriages finest Flour white Plain	75g	0.0584		
4203	Beetroot Pre Packed 250g	75g	0.1620		

**Method:**

Pre-heat an oven to 160°C (gas mark 3).  
 Melt the butter and sugar on the stove and allow to cool slightly before whisking in the eggs.  
 Add the cocoa powder and plain flour and fold through.  
 Finely grate the beetroot and fold through the mix.  
 Place in a lined baking tin and cook in the oven for 25-30 minutes should have a gooey middle

**Nutritional Category:** None

**Nutritional Content Per Standard Size (Ptn)**

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
237.0	991.7	29.4	11.3	(22.9)	2.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
165.3	4.3	3.8	(116.7)	>0.3	>2.9
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.7	>26.5	>14.4	23.6	0.4	

**Information Tags**

**Allergens**

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

**Sub-Allergens**

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

**Recipe Detail**

Kim

**Menu:** SSP22recipeswk2 Spring Summer 22 Primary week 2

**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