

Recipe Detail

Kim

Menu: SSP22recipeswk3 Spring Summer 22 Primary week 3**Recipe:** SSP202267 Margarita Pizza**Unit:** 000 Recipes/Stock**Sub Group:** PRB B Primary Recipes Basic**Group:** RECIPpri recipes primary**Yield:** 10**Portion Cost:****Total Cost:** 1.5628**Description****Yield****Unit Cost****Unit Cost:** 0.1563

Primary

10.00

0.1563

Ingredient	Description	Amount	Cost	Section	Supplier
89901	Marriages Strong white Flour	415g	0.1621		
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		
29716	EvFav Grated Mozz Cheddar Mix	200g	1.0496		
SSP2022TS	Tomato Sauce (base)	0.4	0.0467		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

Top with Tomato sauce and cheese ensuring it covers the whole base.
Bake at Gas 7, 425F, 220°C for 20 - 25 minutes.
Cut into 10 equal portions.

For vegan/dairy free omit the cheddar and use vegan cheese in its place

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
>285.3	>1193.7	>41.4	(7.6)	(0.0)	(2.9)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
>159.2	>4.0	>13.0	(136.4)	>0.9	>2.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.5	>11.3	>71.7	>2.2	>0.4	

Information Tags**Allergens****Contains** Milk | Gluten | Celery**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | 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: SSP22recipeswk3 Spring Summer 22 Primary week 3**Recipe:** SSP202268 Lentil & Tomato bake**Unit:** 000 Recipes/Stock**Sub Group:** VEGE!1 vegetarian**Group:** RECIPpri recipes primary**Yield:** 12**Portion Cost:****Total Cost:** 3.5411**Description****Yield****Unit Cost****Unit Cost:** 0.2951

Primary

10.00

0.3541

Ingredient	Description	Amount	Cost	Section	Supplier
03435	3663 Extended Life Vegetable Oil (5 L)	120ml	0.2178		
4364	GARLIC LOOSE(AF) (1 clove = 0.1ea)	0.2	0.1440		
4244	ONIONS MEDIUM(AF) (110g = 1each)	300g	0.1650		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	300g	0.2040		
4106	CELERY(AF)	300g	0.4100		
56614	Triple Lion Red Lentils	350g	0.5892		
40432	Knorr Vegetable Stock Cubes	10g	0.1887		
H2O	Water	1500ml	0.0000		
17576	3663 Chopped Tomatoes	400g	0.4736		
11653	Fletchers Thick White Sliced Bread	400g	0.5569		
02646	evfav Mild White Cheddar Block	100g	0.5451		
70358	Chef Williams Mixed Herbs 140g (1tsp=5g)	3g	0.0470		

Method:

Wash peel and dice all the vegetables, finely chop the garlic

Heat 30ml oil over a medium heat add the onion, garlic, carrots, celery and herbs stirring occasionally for 5 mins.

Add the lentils stir for 1 min, add the stock and tomatoes bring to the boil, reduce heat and simmer for approximately 35 mins. Season if needed.

Spoon the lentil mix into an ovenproof dish.

With the remaining oil pour into a bowl, Dice up the bread and place into oil tossing the bread to ensure it is covered in the oil. Cover the lentils with the bread mix and sprinkle with grated cheese.

Bake for 15 mins until golden brown.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
324.5	1357.6	37.0	(14.4)	(1.2)	(3.1)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
367.6	3.1	13.0	(339.9)	11.2	3.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
1.7	166.7	42.4	5.6	0.9	

Information Tags**Allergens****Contains** Milk | Gluten | Soya | Celery**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | 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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202269 Mixed rainbow Salad

Unit: 000 Recipes/Stock

Sub Group: POVESAL potatoes vegetables and salads

Group: RECIPpri recipes primary

Yield: 10

Portion Cost:

Total Cost: 1.5365

Description

Yield

Unit Cost

Unit Cost: 0.1536

Primary

10.00

0.1537

Ingredient	Description	Amount	Cost	Section	Supplier
4132	ICEBERG LETTUCE(AF)	250g	0.5000		
4183	TOMATOES (AF)	100g	0.1650		
4112	CUCUMBERS(AF)	150g	0.2738		
4246	RED ONIONS(AF) (110g = 1each)	110g	0.0825		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	140g	0.0952		
4157	PEPPERS YELLOW(AF)	150g	0.4200		

Method:

Wash all salad
 peel and grate the carrot
 Slice the red onion
 shred the lettuce
 dice the peppers
 dice tomato/cucumber

mixed altogether

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)
13.6	57.0	2.6	0.2	(0.0)	0.8
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
6.2	0.0	0.6	(145.9)	(16.5)	0.3
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	12.4	(19.4)	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: SSP22recipeswk3 Spring Summer 22 Primary week 3

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: SSP22recipeswk3 Spring Summer 22 Primary week 3

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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202270 Strawberry fruit ice smoothie

Unit: 000 Recipes/Stock

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

Group: RECIPpri recipes primary

Yield: 10 Ptn

Portion Cost:

Total Cost: 2.1800

Description

Yield

Unit Cost

Unit Cost: 0.2180

Primary

10.00

0.2180

Ingredient	Description	Amount	Cost	Section	Supplier
29486	Strawberry Fruit Ice Smoothie 60 x 80ml	800ml	2.1800		

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
65.6	274.5	15.0	0.2	10.8	0.4
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
12.0	0.0	0.7	4.1	1.7	0.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.2	0.0	0.7	14.3	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: SSP22recipeswk3 Spring Summer 22 Primary week 3**Recipe:** SSP202271 Wicks Manor Pork & Apple Burger**Unit:** 000 Recipes/Stock**Sub Group:** PC Meat Primary Meat recipes**Group:** RECIPpri recipes primary**Yield:** 10 Ptn**Portion Cost:****Total Cost:** 4.2870**Description****Yield****Unit Cost****Unit Cost:** 0.4287

Primary

10.00

0.4287

Ingredient	Description	Amount	Cost	Section	Supplier
03824	Wicks Manor Pork & Apple burger 60g	600g	2.7289		
23791	Eurobuns Mk4.5 Unseeded Burger Buns (8	820g	1.5581		

Method:

Can be cooked from Frozen, Place on a baking tray and oven bake until cooked thoroughly until probing at least 75c
Serve in a bun

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
364.8	1526.4	42.5	13.0	>0.0	1.8
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
642.0	4.4	17.2	>0.0	>6.6	>1.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.6	>10.0	>38.5	4.5	1.6	

Information Tags**Allergens****Contains** Gluten | Sulphur Dioxide and Sulphites**May Contain** Sesame**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | Milk | Soya | 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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202272 Quorn Hot Dog with ketchup

Unit: 000 Recipes/Stock

Sub Group: VEGE!1 vegetarian

Group: RECIPpri recipes primary

Yield: 10 ptn

Portion Cost:

Total Cost: 6.3461

Description

Yield

Unit Cost

Unit Cost: 0.6346

Primary

10.00

0.6346

Ingredient	Description	Amount	Cost	Section	Supplier
45788	Quorn Vegan cumberland sausage	500g	5.1575		
31682	3663 Side Sliced Hot Dog Roll 5" (50g roll)	500g	1.0021		
04704	EvFav Rich Tomato Ketchup	150g	0.1865		

Method:

Cook Sausage as per instruction. Ensuring temp reaching at least 75c
Warm roll and serve with drizzle of ketchup

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
262.6	1098.5	34.6	6.8	>3.2	4.4
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
558.4	2.5	13.6	>14.0	>2.3	>0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.0	>2.7	>1.5	6.0	1.4	

Information Tags

Allergens

Contains Gluten

May Contain Sesame

Does Not Contain Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | Milk | Soya | 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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202273 Herby Diced Potatoes

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPri recipes primary

Yield: 10 Ptn

Portion Cost:

Total Cost: 0.3417

Description

Yield

Unit Cost

Unit Cost: 0.0342

Primary

10.00

0.0342

Ingredient	Description	Amount	Cost	Section	Supplier
00163	McCains Dice Potato	100g	0.1307		
70358	Chef Williams Mixed Herbs 140g (1tsp=5g)	10g	0.1566		
03435	3663 Extended Life Vegetable Oil (5 L)	30ml	0.0545		

Method:

Tip the potatoes into lightly oiled or lined tins, sprinkle with remaining oil then mixed herbs
Oven cook until tender and lightly golden.

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
116.0	485.4	19.5	3.2	0.0	2.8
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
85.4	0.4	1.3	24.0	10.8	0.5
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.4	12.0	22.8	0.8	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: SSP22recipeswk3 Spring Summer 22 Primary week 3

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

Unit Cost: 0.0893

Primary

10.00

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: SSP22recipeswk3 Spring Summer 22 Primary week 3

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	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: SSP22recipeswk3 Spring Summer 22 Primary week 3

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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202274 Quorn Vegan Dippers

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield: 10 Ptn

Portion Cost:

Total Cost: 5.6820

Description	Yield	Unit Cost
Primary	10.00	0.5682

Unit Cost: 0.5682

Ingredient	Description	Amount	Cost	Section	Supplier
50014	Quorn Vegan Dippers	600g	5.6820		

Method:

3 per portion cook as per manufacturers instructions, Cook and probe to at least 75c
Please do not over cook as they will dry out

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
110.4	461.9	5.9	5.8	?	3.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
186.0	0.6	7.2	?	?	?
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
?	?	?	0.1	0.5	

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: SSP22recipeswk3 Spring Summer 22 Primary week 3**Recipe:** SSP202275 Sticky Gingerbread Cake**Unit:** 000 Recipes/Stock**Sub Group:** PRB S & P Primary Sweet & Pudding Recipes**Group:** RECIPri recipes primary**Yield:** 16**Portion Cost:****Total Cost:** 2.0314**Description****Yield****Unit Cost****Unit Cost:** 0.1270

Primary

16.00

0.1270

Ingredient	Description	Amount	Cost	Section	Supplier
51633	Kerrymaid Baking Block	150g	0.2133		
74843	Lakeland Uht Semi Skimmed Milk	250ml	0.2600		
50345	Havensfields Eggs Loose (52g each)	3	0.3710		
25595	Bicarbonate of Soda (1 tsp=5g)	7g	0.0195		
55649	MARRIAGES CULINARY PLAIN FLOUR	300g	0.1601		
70371	Ground Cinnamon	10g	0.1161		
52245	EvFav Ground Ginger	25g	0.1521		
90027	Lyles Golden Syrup Poly	400g	0.5016		
96891	T&L Dark Brown Soft Sugar	125g	0.2377		

Method:

Sieve flour and spices mix well.

Place marg, syrup into pan and heat slowly

Remove from the heat whisk in eggs, BOS and milk

gradually add the wet mix to the dry mix and beat well.

Pour into a lined baking tray and cook for approximately 45-60 mins or until springy to touch and edges clear the sides of the tray.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
264.2	1105.3	43.2	8.5	>27.2	1.1
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
339.3	3.1	4.0	>87.3	>0.0	>0.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.1	>4.5	>4.6	28.4	0.9	

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**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:	SSP22recipeswk3	Spring Summer 22 Primary week 3
Recipe:	SSP202222	Gluten free shortbread
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202276 Apple Juice Cuplet

Unit: 000 Recipes/Stock

Sub Group: HR/Bev Beverages Recipes

Group: HR recipes Recipes high school

Yield: 10 Ptn

Portion:

Total Cost: 2.5610

Description

Yield

Unit Cost: 0.2561

Ingredient	Description	Amount	Cost	Section	Supplier
20222	ESL Apple Juice carton 85ml	850ml	2.5610		

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)
33.2	138.7	9.4	0.0	?	0.0
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
2.6	0.0	0.1	?	?	?
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
?	?	?	9.4	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: SSP22recipeswk3 Spring Summer 22 Primary week 3**Recipe:** SSP202277 Vegan DF Oat cookie**Unit:** 000 Recipes/Stock**Sub Group:** Bisc/ck Biscuits & Cakes**Group:** RECIPpri recipes primary**Yield:** 10 Ptn**Portion Cost:****Total Cost:** 0.6196**Description****Yield****Unit Cost****Unit Cost:** 0.0620

Primary

10.00

0.0620

Ingredient	Description	Amount	Cost	Section	Supplier
55650	MARRIAGES SELF RAISING FLOUR	170g	0.0924		
34413	T&L Granulated Sugar 10kg	170g	0.1860		
51633	Kerrymaid Baking Block	170g	0.2417		
40126	3663 Porridge Oats	90g	0.0995		

Method:

Mix all ingredients together, mix to dough place onto flour surface

Roll into cylinder and cut into portions.

Place onto lined baking tray

cook for 10-15 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)
271.9	1137.6	34.9	13.7	(17.0)	(1.4)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
248.7	4.9	2.6	(136.0)	>0.0	>0.4
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.1	>60.1	>3.6	>17.1	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** Oats | Wheat**May Contain** Barley**Does Not Contain** Walnuts | Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Pecan Nuts | Pistachio Nuts | Rye

Recipe Detail

Kim

Menu: SSP22recipeswk3 Spring Summer 22 Primary week 3**Recipe:** SSP202278 Roast Chicken**Unit:** 000 Recipes/Stock**Sub Group:** PC Meat Primary Meat recipes**Group:** RECIPpri recipes primary**Yield:** 10 ptn**Portion Cost:****Total Cost:** 4.8803**Description****Yield****Unit Cost****Unit Cost:** 0.4880

Primary

10.00

0.4880

Ingredient	Description	Amount	Cost	Section	Supplier
03058	Green Gourmet Chicken Breast (57g each)	570g	4.8803		

Method:

Place the frozen chicken on a lined tray and cover with foil.

Can be steamed for best quality

Cook at 180c for 15-20 minutes or until the core temperature has reached 75c or above

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
62.7	262.3	0.5	1.1	?	0.0
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
228.0	0.3	12.9	?	?	?
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
?	?	?	0.0	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: SSP22recipeswk3 Spring Summer 22 Primary week 3

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

Yield

Unit Cost

Unit Cost: 0.0230

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: SSP22recipeswk3 Spring Summer 22 Primary week 3

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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202279 Cumberland Vegan Toad in Hole

Unit: 000 Recipes/Stock

Sub Group: VEGE!1 vegetarian

Group: RECIPpri recipes primary

Yield: 10 Ptn

Portion Cost:

Total Cost: 11.3920

Description

Yield

Unit Cost

Unit Cost: 1.1392

Primary

10.00

1.1392

Ingredient	Description	Amount	Cost	Section	Supplier
52744	Vegan Cumberland Sausage	600g	9.9600		
93127	Gluten Free Plain White Flour	150g	0.0462		
86811	Chef William Cornflour	150g	0.1513		
60426	Baking powder GF vegan free	60g	0.5585		
60220	Alpro Soya Original Sweetened Milk	400ml	0.4945		
03435	3663 Extended Life Vegetable Oil (5 L)	100ml	0.1815		

Method:

Heat oil in tray suitable for toad in hole in hot oven 210c
 Sift flour/BP together, pour in milk and whisk firmly
 Allow to rest for 5mins
 Place sliced sausages into hot oil pan and pour over batter mix.
 place back in hot oven 210c for 15 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)
327.8	1371.6	34.6	16.7	>0.6	2.9
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
1306.8	3.4	12.3	>0.4	>0.3	>0.5
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>1.8	>148.2	>20.1	1.7	3.3	

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: SSP22recipeswk3 Spring Summer 22 Primary week 3

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))	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: SSP22recipeswk3 Spring Summer 22 Primary week 3

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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202260 Green Beans Portion

Unit: 000 Recipes/Stock

Sub Group: POVESAL potatoes vegetables and salads

Group: RECIPri 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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202280 Jammy Dodger Biscuits

Unit: 000 Recipes/Stock

Sub Group: Bisc/ck Biscuits & Cakes

Group: RECIPpri recipes primary

Yield: 12	Portion Cost:		
Total Cost: 0.8221	Description	Yield	Unit Cost
Unit Cost: 0.0685	Primary	12.00	0.0685

Ingredient	Description	Amount	Cost	Section	Supplier
55650	MARRIAGES SELF RAISING FLOUR	320g	0.1740		
51633	Kerrymaid Baking Block	130g	0.1849		
34413	T&L Granulated Sugar 10kg	50g	0.0547		
60220	Alpro Soya Original Sweetened Milk	70ml	0.0865		
41195	3663 Smart Choice Raspberry Jam Tub	80g	0.2187		
15792	T&L Icing Sugar (RTE)	100g	0.1033		

Method:

1. To a bowl with the paddle attachment, combine the margarine with the flour and sugar, and majority of milk to form a dough
2. Add the rest of the milk if required. Dough should be easy to handle
3. Form into a sausage shape and cut into equal size portions and place spaced apart on a baking sheet
4. With the handle of a wooden spoon gently press into the dough to make an indentation to put a spoon of jam in
6. Oven bake at 180°C / 350°F / Gas 4 for approximately 15-20 minutes.
7. once baked, cool then spoon in 1/2 tsp jam to each biscuit and sandwich together.
8. mic icing sugar with tsp cold water to a smooth icing, make a piping bag using parchment then fill with icing and drizzle over biscuit

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
230.5	964.5	37.1	8.6	(15.8)	(0.9)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
218.0	3.1	2.6	(86.7)	>0.0	>0.5
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.2	>100.3	>5.1	>16.0	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

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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202281 Chicken & Broccoli Bake

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield: 12	Portion Cost:		
Total Cost: 6.9227	Description	Yield	Unit Cost
Unit Cost: 0.5769	Primary	12.00	0.5769

Ingredient	Description	Amount	Cost	Section	Supplier
02646	evfav Mild White Cheddar Block	100g	0.5451		
51633	Kerrymaid Baking Block	80g	0.1138		
93804	Wilson's FA Diced Chicken 2.5kg	600g	3.5532		
79634	ARLA MILK SEMI SKIMMED UHT	1000ml	0.8000		
4206	BROCCOLI(AF)	400g	0.7520		
4244	ONIONS MEDIUM(AF) (110g = 1each)	150g	0.0825		
55649	MARRIAGES CULINARY PLAIN FLOUR	80g	0.0427		
29580	Wholewheat Fusilli Pasta	650g	1.0335		

Method:

Boil pan water cook fusilli to al dente (to the bite)
 Place milk in saucepan and warm slowly.
 melt the margarine and add flour to form a roux cook out for a min or two, Slowly add the warmed milk until the sauce thickens
 finely chop the onions & broccoli and saute off in pan, once soften add the chicken cook for further 5 mins, add the white sauce and stir simmer for 5-8 mins.
 Fold through the pasta and cheese then 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)
394.5	1650.7	45.5	12.8	(0.0)	4.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
(292.8)	5.7	23.6	(117.8)	>15.2	>0.7
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>1.1	>80.8	>31.4	6.7	(0.7)	

Information Tags

Allergens

Contains Milk | Gluten

Does Not Contain Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | 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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202282 Salmon & Ketchup Fishcake

Unit: 000 Recipes/Stock

Sub Group: PB Fish Primary Fish Recipes

Group: RECIPpri recipes primary

Yield: 10 Ptn

Portion Cost:

Total Cost: 4.7012

Description

Yield

Unit Cost

Unit Cost: 0.4701

Primary

10.00

0.4701

Ingredient	Description	Amount	Cost	Section	Supplier
05971	Tinned 418g Caprice Fance Wild Pink Salr	400g	3.1292		
04704	EvFav Rich Tomato Ketchup	50g	0.0622		
21067	Santa Maria Tortilla Chips	100g	0.2142		
32835	McCains Simply Mash 1x2.5kg	900g	1.1268		
4624	CURLY PARSLEY(AF)	5g	0.0600		
03435	3663 Extended Life Vegetable Oil (5 L)	60ml	0.1089		

Method:

Drain the salmon remove all the skin and bones (do not worry if all bones are not removed they are soft enough not to cause any harm)

boil and mash potato place back in pan to dry off for a min

let the mash cool slightly before adding the salmon

Once cool add salmon & ketchup to the potato mix, chop parsley then add to the mix.

Crush up the tortillas into breadcrumb like consistency

Divide the potato/fish mix into 10 make into rounds press into the tortilla mix.

heat small amount of oil in a pan, when hot seal each fishcake then place on a tray and bake in oven for 10 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)
229.3	959.5	22.5	10.0	(1.1)	2.2
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
283.6	>1.1	11.7	(7.4)	>1.5	>0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.0	>1.7	>1.2	1.7	0.7	

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:	SSP22recipeswk3	Spring Summer 22 Primary week 3
Recipe:	SSP202283	Chicken & Broccoli Potato Bake
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	12	Portion Cost:		
Total Cost:	6.0949	Description	Yield	Unit Cost
Unit Cost:	0.5079	Primary	12.00	0.5079

Ingredient	Description	Amount	Cost	Section	Supplier
38139	Grated Vegan Cheese	100g	0.8880		
93804	Wilson's FA Diced Chicken 2.5kg	600g	3.5532		
4206	BROCCOLI(AF)	400g	0.7520		
4244	ONIONS MEDIUM(AF) (110g = 1each)	150g	0.0825		
00163	McCains Dice Potato	600g	0.7842		
SSP2022TS	Tomato Sauce (base)	0.3	0.0350		n/a

Method:

finely chop the onions & broccoli and saute off in pan, once soften add the chicken cook for further 5 mins, add the Tomato sauce and stir simmer for 5-8 mins.
Fold through the potato and cheese then 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)
>142.5	>596.3	>9.4	(5.5)	(0.0)	(2.0)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
(142.2)	>2.6	>14.1	(76.4)	>20.1	>1.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>1.3	>86.0	>41.3	>1.3	(0.4)	

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:	SSP22recipeswk3	Spring Summer 22 Primary week 3
Recipe:	SSP202284	Ratatouille Pasta Bake
Unit:	000	Recipes/Stock
Sub Group:	VEGE!1	vegetarian
Group:	RECIPpri	recipes primary
Yield:	10ptn	Portion Cost:
Total Cost:	3.8057	Description
Unit Cost:	0.3806	Yield
	Primary	10.00
		Unit Cost
		0.3806

Ingredient	Description	Amount	Cost	Section	Supplier
03435	3663 Extended Life Vegetable Oil (5 L)	10ml	0.0182		
4244	ONIONS MEDIUM(AF) (110g = 1each)	175g	0.0963		
4155	PEPPERS RED(AF) (1 = 175g approx)	175g	0.5600		
4153	PEPPERS GREEN(AF) (1 = 175g Approx)	175g	0.5400		
4352	COURGETTES(AF)	300g	0.5850		
70358	Chef Williams Mixed Herbs 140g (1tsp=5g)	5g	0.0783		
70407	Chef William Ground White Pepper (1g = 1	1g	0.0208		
4364	GARLIC LOOSE(AF) (1 clove = 0.1ea)	0.1	0.0720		
17576	3663 Chopped Tomatoes	500g	0.5920		
4624	CURLY PARSLEY(AF)	5g	0.0600		
70490	EvFav Penne Rigate	200g	0.2952		
38139	Grated Vegan Cheese	100g	0.8880		

Method:

1. Cook pasta in a pan of boiling water, once cooked drain and leave to one side
2. Heat oil in thick bottom pan and fry onions (chunky chopped) and peppers (chunky chopped) over low heat for 5 minutes
3. Add chunky chopped courgettes and cook for a further 5 minutes
4. Add all the other ingredients and cook until soft but not mushy
5. Place pasta and ratatouille mixture in to an oven proof dish, top with a sprinkling of cheese and bake in the oven until heated through and cheese is melted.
6. Sprinkle with parsley and 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)
140.0	585.7	21.1	(4.3)	(0.0)	(2.6)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
100.2	>2.4	4.0	(158.3)	>56.1	>0.8
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.5	>30.5	>37.6	4.7	0.3	

Recipe Detail

Kim

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: SSP22recipeswk3 Spring Summer 22 Primary week 3**Recipe:** SSP202285 Carrot & Banana Cake**Unit:** 000 Recipes/Stock**Sub Group:** PRB S & P Primary Sweet & Pudding Recipes**Group:** RECIPpri recipes primary**Yield:** 12**Portion Cost:****Total Cost:** 2.5091**Description****Yield****Unit Cost****Unit Cost:** 0.2091

Primary

12.00

0.2091

Ingredient	Description	Amount	Cost	Section	Supplier
55650	MARRIAGES SELF RAISING FLOUR	280g	0.1523		
60426	Baking powder GF vegan free	10g	0.0931		
66032	T&L Light Brown Soft Sugar	170g	0.3060		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	170g	0.1156		
4014	BANANAS(AF)	150g	0.2130		
19897	3663 Dried Sultanas (RTE)	60g	0.2375		
50345	Havensfields Eggs Loose (52g each)	3	0.3710		
03435	3663 Extended Life Vegetable Oil (5 L)	170ml	0.3086		
51633	Kerrymaid Baking Block	100g	0.1422		
15792	T&L Icing Sugar (RTE)	300g	0.3100		
4061	ORANGE MED (AF)	1	0.2600		

Method:

Sift flour & BP together

Stir in sugar, grated carrot, sultanas and mashed bananas

make a well in centre and add beaten eggs and oil beat well until all combined

pour into lined baking tin

leave to cool

Grate the orange zest, cut in half and squeeze juice

mix with the margarine and icing sugar to form a spreadable frosting for the carrot cake.

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
467.1	1954.4	64.8	22.0	(41.8)	(1.4)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
359.1	3.9	4.2	(244.2)	>5.7	>0.9
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.3	>99.5	>18.3	>45.9	0.9	

Information Tags**Allergens****Contains** Eggs | Gluten**Does Not Contain** Peanuts | Nuts | Crustaceans | Molluscs | Fish | 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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202286 Strawberry Mousse GF

Unit: 000 Recipes/Stock

Sub Group: Dess/Pud Desserts & Puddings

Group: RECIPri recipes primary

Yield: 24 ptn

Portion:

Total Cost: 4.7600

Description

Yield

Unit Cost: 0.1983

Ingredient	Description	Amount	Cost	Section	Supplier
71415	Mousse Break Strawberry (RTE)	450g	4.7600		
H2O	Water	1050ml	0.0000		

Method:

weigh out the mix and water according to instructions.

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
80.8	338.1	11.7	2.4	5.4	0.1
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
116.2	2.0	3.1	28.1	1.0	0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.3	153.6	4.1	10.1	0.3	

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: SSP22recipeswk3 Spring Summer 22 Primary week 3**Recipe:** SSP202287 Banana pancakes Vegan/Dairy free**Unit:** 000 Recipes/Stock**Sub Group:** PRB S & P Primary Sweet & Pudding Recipes**Group:** RECIPri recipes primary**Yield:** 10 Ptn**Portion:****Total Cost:** 0.6988**Description****Yield****Unit Cost:** 0.0699

Ingredient	Description	Amount	Cost	Section	Supplier
4014	BANANAS(AF)	150g	0.2130		
34413	T&L Granulated Sugar 10kg	25g	0.0274		
03435	3663 Extended Life Vegetable Oil (5 L)	30ml	0.0545		
55650	MARRIAGES SELF RAISING FLOUR	120g	0.0653		
60220	Alpro Soya Original Sweetened Milk	150ml	0.1854		
60426	Baking powder GF vegan free	3g	0.0279		
90027	Lyles Golden Syrup Poly	100g	0.1254		

Method:

Mash the banana stir in sugar and oil

Add the flour & BP and mix thoroughly

Make a well in the centre and gradually add milk and whisk, The batter should be a thick dropping consistency

Heat oil in a pan, divide the mixture so you have equal amount of pancakes.

Drizzle with syrup

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
128.4	537.0	23.3	3.5	(10.3)	(0.6)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
134.2	0.3	1.8	(0.0)	>0.0	>0.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.1	>60.0	>2.3	>13.8	0.3	

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: SSP22recipeswk3 Spring Summer 22 Primary week 3**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****Unit Cost:** 0.5712

Primary

10.00

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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202288 Quorn Vegan Nuggets

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPri recipes primary

Yield: 10 Ptn

Portion Cost:

Total Cost: 3.6000

Description

Yield

Unit Cost

Unit Cost: 0.3600

Primary

10.00

0.3600

Ingredient	Description	Amount	Cost	Section	Supplier
74705	Quorn Vegan Nuggets 21g	630g	3.6000		

Method:

Cook according to manufacturers instructions to at least 75c do not over cook as they will become very dry to eat. six 21g Nuggets per portion.
Serve with 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)
128.5	537.7	16.1	2.0	0.6	7.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
378.0	0.2	7.8	0.4	0.3	0.7
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
2.3	131.0	?	1.4	1.0	

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: SSP22recipeswk3 Spring Summer 22 Primary week 3

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))	Carbohydrate (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: SSP22recipeswk3 Spring Summer 22 Primary week 3

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)
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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202289 Mendham Chocolate Square

Unit: 000 Recipes/Stock

Sub Group: Bisc/ck Biscuits & Cakes

Group: RECIPpri recipes primary

Yield:	12	Portion Cost:		
Total Cost:	2.6050	Description	Yield	Unit Cost
Unit Cost:	0.2171	Primary	12.00	0.2171

Ingredient	Description	Amount	Cost	Section	Supplier
51633	Kerrymaid Baking Block	200g	0.2844		
18155	DIGESTIVE BISCUITS (RTE)	400g	0.7422		
90027	Lyles Golden Syrup Poly	110g	0.1379		
26385	Freshers Low Fat Cocoa Powder	50g	0.4241		
38123	McDougalls Dark Chocolate chips	200g	1.0164		

Method:

Crush digestive up with a rolling pin to resemble rough crumbs
 Melt the butter and syrup then stir in the crumbs and cocoa powder
 press firmly into a tray
 Melt the dark chocolate slowly over a simmering pan of water to ensure the chocolate does not over heat and crystalize
 once melted spread over the biscuit base and chill for about 1 hour
 cut into squares

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
402.1	1682.3	40.2	25.0	>23.9	3.5
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
350.2	12.6	3.7	133.3	>0.0	>2.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.3	>31.0	>0.0	24.4	0.9	

Information Tags

Allergens

Contains Milk | Gluten | Soya

Does Not Contain Peanuts | Nuts | Crustaceans | Molluscs | Fish | Eggs | 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: SSP22recipeswk3 Spring Summer 22 Primary week 3

Recipe: SSP202290 Chocolate Mousse GF

Unit: 000 Recipes/Stock

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

Group: RECIPpri recipes primary

Yield: 24ptn

Portion Cost:

Total Cost: 4.7630

Description

Yield

Unit Cost

Unit Cost: 0.1985

Primary

24.00

0.1985

Ingredient	Description	Amount	Cost	Section	Supplier
71414	Mousse Break Chocolate 10x450g (RTE)	450g	4.7630		
WAT002	Cold Water	1050ml	0.0000		

Method:

Chocolate Mousse

Pour the 1050ml cold water into a large bowl, add the mousse mix and whisk on high speed for approximately 5 minutes until light and fluffy. Pipe into disposable 9oz cups and refrigerate for a min 1 hour but ideally 2-4 hours if possible.

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
78.0	326.4	10.0	2.5	(4.4)	0.8
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
112.5	2.0	3.5	(26.6)	1.0	0.7
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.5	153.0	4.7	8.4	0.3	

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: SSP22recipeswk3 Spring Summer 22 Primary week 3**Recipe:** SSP202291 Chocolate Square Vegan Dairy free**Unit:** 000 Recipes/Stock**Sub Group:** Bisc/ck Biscuits & Cakes**Group:** RECIPpri recipes primary**Yield:** 12**Portion Cost:****Total Cost:** 2.1791**Description****Yield****Unit Cost****Unit Cost:** 0.1816

Primary

12.00

0.1816

Ingredient	Description	Amount	Cost	Section	Supplier
60200	Kelloggs Cornflakes 500g (RTE)	300g	1.3395		
51633	Kerrymaid Baking Block	100g	0.1422		
90027	Lyles Golden Syrup Poly	200g	0.2508		
26385	Freshers Low Fat Cocoa Powder	30g	0.2545		
19895	3663 Dried Raisins (RTE)	50g	0.1922		

Method:

Melt the margarine, Syrup and cocoa together
 once melted add the sultanas for 30 seconds before removing from heat
 remove from heat then add cornflakes
 push into a greased tin and chill
 cut into squares

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
222.7	>536.2	37.2	6.8	>16.4	0.9
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
270.2	2.6	2.5	66.7	>0.0	>3.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.3	>7.9	>42.6	17.8	0.7	

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