

Recipe Detail

Kim

Menu:	SSPPL2022a	Spring Summer 2022 Packed Lunch M W
Recipe:	SSPPL1	Ham Roll
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.2825	Description	Yield	Unit Cost
Unit Cost:	0.2825	Primary	1.00	0.2825

Ingredient	Description	Amount	Cost	Section	Supplier
53629	Delifrance Mini Petit Pain	45g	0.1026		
04784	EvFav Premium Baking/Spreading Fat	5g	0.0084		
63561	Traditional sliced ham	25g	0.1715		

Method:
 Slice the petit pain in half
 spread with margarine and lay in ham

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
192.9	807.1	26.5	4.9	0.0	1.7
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
450.4	1.3	10.0	40.9	0.0	0.5
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.4	12.5	28.9	1.0	1.1	

Information Tags

Allergens

Contains	Gluten
May Contain	Milk
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: SSPPL2022a Spring Summer 2022 Packed Lunch M W

Recipe: SSPPL2 Cheese Roll

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.2200	Description	Yield	Unit Cost
Unit Cost:	0.2200	Primary	1.00	0.2200

Ingredient	Description	Amount	Cost	Section	Supplier
53629	Delifrance Mini Petit Pain	45g	0.1026		
04784	EvFav Premium Baking/Spreading Fat	5g	0.0084		
02646	evfav Mild White Cheddar Block	20g	0.1090		

Method:

Slice the petit pain in half
spread with margarine and fill with grated cheese

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
246.1	1029.7	26.5	11.0	0.0	1.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
435.0	5.3	9.5	118.5	0.0	0.6
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
1.2	160.3	35.1	1.0	1.1	

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: SSPPL2022a Spring Summer 2022 Packed Lunch M W

Recipe: SSPPL3 Tuna Mayo Roll

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield: 1

Portion Cost:

Total Cost: 0.2363

Description

Yield

Unit Cost

Unit Cost: 0.2363

Primary

1.00

0.2363

Ingredient	Description	Amount	Cost	Section	Supplier
53629	Delifrance Mini Petit Pain	45g	0.1026		
04784	EvFav Premium Baking/Spreading Fat	5g	0.0084		
30530	Princes Tuna Chunks in Brine (RTE)	20g	0.1049		
04132	3663 LIGHT MAYO FREE RANGE 5 TT	7ml	0.0204		

Method:

Slice the petit pain in half
spread with margarine
Drain the tuna and mix with Mayo
fill petit pain

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
202.8	848.6	26.9	6.0	0.1	1.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
397.4	1.2	9.5	46.9	0.0	0.9
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.6	15.1	29.8	1.1	1.0	

Information Tags

Allergens

Contains Fish | Eggs | Gluten

May Contain Milk

Does Not Contain Peanuts | Nuts | Crustaceans | Molluscs | 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: SSPPL2022a Spring Summer 2022 Packed Lunch M W

Recipe: SSPPL4 Tortilla Chips

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.0514	Description	Yield	Unit Cost
Unit Cost:	0.0514	Primary	1.00	0.0514

Ingredient	Description	Amount	Cost	Section	Supplier
73913	Santa Maria Tortilla Chips Salted	20g	0.0514		

Method:

Put chips in container

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
96.8	405.0	12.8	4.0	?	0.8
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
120.0	0.3	1.3	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	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: SSPPL2022a Spring Summer 2022 Packed Lunch M W

Recipe: SSPPL5 Vege Sticks

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.0665	Description	Yield	Unit Cost
Unit Cost:	0.0665	Primary	1.00	0.0665

Ingredient	Description	Amount	Cost	Section	Supplier
3446CS	Cucumber x12	15g	0.0209		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	20g	0.0136		
4155	PEPPERS RED(AF) (1 = 175g approx)	10g	0.0320		

Method:

Wash cucumber & Peppers, peel carrots,
Cut All into even size sticks/batons

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
9.4	39.2	1.8	0.1	(0.0)	0.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
7.7	0.0	0.3	(281.0)	12.6	0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	9.3	8.0	1.7	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:	SSPPL2022a	Spring Summer 2022 Packed Lunch M W
Recipe:	SSPPL6	Fresh Fruit Wedge Portion
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	24 Ptn	Portion Cost:		
Total Cost:	1.7600	Description	Yield	Unit Cost
Unit Cost:	0.0733	Primary	24.00	0.0733

Ingredient	Description	Amount	Cost	Section	Supplier
4008	APPLES RED(AF)	4	0.7200		
4061	ORANGE MED (AF)	4	1.0400		

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)
15.6	65.2	3.8	0.0	(0.0)	0.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
1.1	tr	0.3	(1.9)	10.9	0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	9.7	6.1	3.8	0.0	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu:	SSPPL2022b	Spring Summer 2022 Packed Lunch T Th
Recipe:	SSPPL7	Ham Wrap
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.1816	Description	Yield	Unit Cost
Unit Cost:	0.1816	Primary	1.00	0.1816

Ingredient	Description	Amount	Cost	Section	Supplier
96499	6" Flour Tortillas Discovery Frozen Wheat F	1	0.0017		
04784	EvFav Premium Baking/Spreading Fat	5g	0.0084		
63561	Traditional sliced ham	25g	0.1715		

Method:
spread with margarine and lay in ham tuck side in and roll up.

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
69.5	>278.2	0.5	5.0	0.0	0.1
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
205.0	1.2	5.6	>0.0	>0.0	>0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.0	>0.5	>0.3	0.0	0.5	

Information Tags

Allergens

Contains	Gluten
May Contain	Milk
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:	SSPPL2022b	Spring Summer 2022 Packed Lunch T Th
Recipe:	SSPPL8	Cheese Wrap
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.1525	Description	Yield	Unit Cost
Unit Cost:	0.1525	Primary	1.00	0.1525

Ingredient	Description	Amount	Cost	Section	Supplier
96499	6" Flour Tortillas Discovery Frozen Wheat F	1	0.0017		
04132	3663 LIGHT MAYO FREE RANGE 5 TT	5g	0.0146		
02646	evfav Mild White Cheddar Block	25g	0.1363		

Method:

Grate the cheese and mix with the Mayo
 Spread evenly over the Wrap
 tuck in both side and roll up

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
119.9	>489.3	0.9	10.1	0.1	0.0
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
216.8	5.6	6.5	97.6	0.0	0.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
1.1	185.7	8.3	0.1	0.5	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu:	SSPPL2022b	Spring Summer 2022 Packed Lunch T Th
Recipe:	SSPPL9	Tuna Mayo Wrap
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.1473	Description	Yield	Unit Cost
Unit Cost:	0.1473	Primary	1.00	0.1473

Ingredient	Description	Amount	Cost	Section	Supplier
96499	6" Flour Tortillas Discovery Frozen Wheat F	1	0.0017		
04132	3663 LIGHT MAYO FREE RANGE 5 TT	5g	0.0146		
30530	Princes Tuna Chunks in Brine (RTE)	25g	0.1311		

Method:
 Drain the Tuna and mix with the Mayo
 Spread evenly over the Wrap
 tuck in both side and roll up

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
43.2	>168.2	0.8	1.6	0.1	0.0
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
126.0	0.2	6.3	7.1	0.0	0.5
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.3	3.4	1.3	0.1	0.3	

Information Tags

Allergens

Contains Fish | Eggs | Gluten

Does Not Contain Peanuts | Nuts | Crustaceans | Molluscs | 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:	SSPPL2022b	Spring Summer 2022 Packed Lunch T Th
Recipe:	SSPPL10	Cheese Straw
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	40 ptn	Portion Cost:		
Total Cost:	3.7487	Description	Yield	Unit Cost
Unit Cost:	0.0937	Primary	40.00	0.0937

Ingredient	Description	Amount	Cost	Section	Supplier
55601	Flour Self Raising	560g	0.4331		
51633	Kerrymaid Baking Block	280g	0.3982		
02646	evfav Mild White Cheddar Block	420g	2.2892		
25138	COLMAN DSF MUSTARD POWDER TUB	1g	0.0099		
50345	Havensfields Eggs Loose (52g each)	5each	0.6183		

Method:

Rub margarine into flour, stir in the cheese and mustard, add the eggs and mix until mixture has formed a dough, roll out onto a floured board, brush with milk and sprinkle with cheese
 Cut into straws and place onto a greased BS lid, bake in the preheated oven for 10 to 15 minutes, or until crisp.

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	613.6	9.4	9.7	(0.0)	(0.4)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
197.9	4.4	4.7	(104.9)	>0.0	>0.4
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.6	>129.6	>9.0	0.2	0.5	

Information Tags

Allergens

Contains	Eggs Milk Gluten Mustard
Does Not Contain	Peanuts Nuts Crustaceans Molluscs Fish 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:	SSPPL2022b	Spring Summer 2022 Packed Lunch T Th
Recipe:	SSPPL5	Vege Sticks
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.0665	Description	Yield	Unit Cost
Unit Cost:	0.0665	Primary	1.00	0.0665

Ingredient	Description	Amount	Cost	Section	Supplier
3446CS	Cucumber x12	15g	0.0209		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	20g	0.0136		
4155	PEPPERS RED(AF) (1 = 175g approx)	10g	0.0320		

Method:

Wash cucumber & Peppers, peel carrots, Cut All into even size sticks/batons

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
9.4	39.2	1.8	0.1	(0.0)	0.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
7.7	0.0	0.3	(281.0)	12.6	0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	9.3	8.0	1.7	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:	SSPPL2022b	Spring Summer 2022 Packed Lunch T Th
Recipe:	SSPPL6	Fresh Fruit Wedge Portion
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPri	recipes primary

Yield:	24 Ptn	Portion Cost:		
Total Cost:	1.7600	Description	Yield	Unit Cost
Unit Cost:	0.0733	Primary	24.00	0.0733

Ingredient	Description	Amount	Cost	Section	Supplier
4008	APPLES RED(AF)	4	0.7200		
4061	ORANGE MED (AF)	4	1.0400		

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)
15.6	65.2	3.8	0.0	(0.0)	0.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
1.1	tr	0.3	(1.9)	10.9	0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	9.7	6.1	3.8	0.0	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu:	SSPPL2022c	Spring Summer 2022 Packed lunch Friday
Recipe:	SSPPL1	Ham Roll
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.2825	Description	Yield	Unit Cost
Unit Cost:	0.2825	Primary	1.00	0.2825

Ingredient	Description	Amount	Cost	Section	Supplier
53629	Delifrance Mini Petit Pain	45g	0.1026		
04784	EvFav Premium Baking/Spreading Fat	5g	0.0084		
63561	Traditional sliced ham	25g	0.1715		

Method:
 Slice the petit pain in half
 spread with margarine and lay in ham

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
192.9	807.1	26.5	4.9	0.0	1.7
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
450.4	1.3	10.0	40.9	0.0	0.5
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.4	12.5	28.9	1.0	1.1	

Information Tags

Allergens

Contains	Gluten
May Contain	Milk
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:	SSPPL2022c	Spring Summer 2022 Packed lunch Friday
Recipe:	SSPPL2	Cheese Roll
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.2200	Description	Yield	Unit Cost
Unit Cost:	0.2200	Primary	1.00	0.2200

Ingredient	Description	Amount	Cost	Section	Supplier
53629	Delifrance Mini Petit Pain	45g	0.1026		
04784	EvFav Premium Baking/Spreading Fat	5g	0.0084		
02646	evfav Mild White Cheddar Block	20g	0.1090		

Method:

Slice the petit pain in half
spread with margarine and fill with grated cheese

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
246.1	1029.7	26.5	11.0	0.0	1.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
435.0	5.3	9.5	118.5	0.0	0.6
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
1.2	160.3	35.1	1.0	1.1	

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:	SSPPL2022c	Spring Summer 2022 Packed lunch Friday
Recipe:	SSPPL3	Tuna Mayo Roll
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.2363	Description	Yield	Unit Cost
Unit Cost:	0.2363	Primary	1.00	0.2363

Ingredient	Description	Amount	Cost	Section	Supplier
53629	Delifrance Mini Petit Pain	45g	0.1026		
04784	EvFav Premium Baking/Spreading Fat	5g	0.0084		
30530	Princes Tuna Chunks in Brine (RTE)	20g	0.1049		
04132	3663 LIGHT MAYO FREE RANGE 5 TT	7ml	0.0204		

Method:

Slice the petit pain in half
 spread with margarine
 Drain the tuna and mix with Mayo
 fill petit pain

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
202.8	848.6	26.9	6.0	0.1	1.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
397.4	1.2	9.5	46.9	0.0	0.9
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.6	15.1	29.8	1.1	1.0	

Information Tags

Allergens

Contains	Fish Eggs Gluten
May Contain	Milk
Does Not Contain	Peanuts Nuts Crustaceans Molluscs 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: SSPPL2022c Spring Summer 2022 Packed lunch Friday**Recipe:** SSPPL11 Homemade Margherita Pizza slice**Unit:** 000 Recipes/Stock**Sub Group:** PRB B Primary Recipes Basic**Group:** RECIPpri recipes primary**Yield:** 28 ptn**Portion Cost:****Total Cost:** 1.9264**Description****Yield****Unit Cost****Unit Cost:** 0.0688

Primary

28.00

0.0688

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		
SSP2022TS	Tomato Sauce (base)	.5	0.0584		n/a
29716	EvFav Grated Mozz Cheddar Mix	280g	1.4694		

Method:

Make up the dough and leave to prove for approximately 30 minutes

Roll out dough and stretch onto 2 greased baking trays, spread tomato sauce evenly over base, sprinkle with cheese and leave to prove until doubled in size, bake in moderate oven for 15 - 20 minutes until cheese is bubbling and base is lightly browned, divide each tin into 14 equal slices to 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)
>134.2	>561.7	>16.6	(5.1)	(0.1)	(1.2)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
>105.2	>2.5	>6.1	(65.9)	>0.3	>1.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total sugar (g)	Salt (g)	
>0.7	>99.3	>33.2	>1.4	>0.3	

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:	SSPPL2022c	Spring Summer 2022 Packed lunch Friday
Recipe:	SSPPL5	Vege Sticks
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.0665	Description	Yield	Unit Cost
Unit Cost:	0.0665	Primary	1.00	0.0665

Ingredient	Description	Amount	Cost	Section	Supplier
3446CS	Cucumber x12	15g	0.0209		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	20g	0.0136		
4155	PEPPERS RED(AF) (1 = 175g approx)	10g	0.0320		

Method:
 Wash cucumber & Peppers, peel carrots,
 Cut All into even size sticks/batons

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
9.4	39.2	1.8	0.1	(0.0)	0.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
7.7	0.0	0.3	(281.0)	12.6	0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	9.3	8.0	1.7	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:	SSPPL2022c	Spring Summer 2022 Packed lunch Friday
Recipe:	SSPPL6	Fresh Fruit Wedge Portion
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPri	recipes primary

Yield:	24 Ptn	Portion Cost:		
Total Cost:	1.7600	Description	Yield	Unit Cost
Unit Cost:	0.0733	Primary	24.00	0.0733

Ingredient	Description	Amount	Cost	Section	Supplier
4008	APPLES RED(AF)	4	0.7200		
4061	ORANGE MED (AF)	4	1.0400		

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)
15.6	65.2	3.8	0.0	(0.0)	0.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
1.1	tr	0.3	(1.9)	10.9	0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	9.7	6.1	3.8	0.0	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu:	SSPPL2022Mon	Spring Summer 2022 packed Lunch option 2 Mon
Recipe:	SSPPL1a	Tuna & Sweetcorn Roll
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.2696	Description	Yield	Unit Cost
Unit Cost:	0.2696	Primary	1.00	0.2696

Ingredient	Description	Amount	Cost	Section	Supplier
53629	Delifrance Mini Petit Pain	45g	0.1026		
04784	EvFav Premium Baking/Spreading Fat	5g	0.0084		
98441	3663 SWEETCORN	5g	0.0333		
30530	Princes Tuna Chunks in Brine (RTE)	20g	0.1049		
04132	3663 LIGHT MAYO FREE RANGE 5 TT	7ml	0.0204		

Method:

Slice the petit pain in half
 spread with margarine
 Drain the tuna and mix with sweetcorn & Mayo
 fill petit pain

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
207.6	868.5	27.7	6.1	0.2	1.7
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
397.4	1.2	9.6	46.9	0.1	0.9
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.6	15.3	30.8	1.2	1.0	

Information Tags

Allergens

Contains	Fish Eggs Gluten
May Contain	Milk
Does Not Contain	Peanuts Nuts Crustaceans Molluscs 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:	SSPPL2022Mon	Spring Summer 2022 packed Lunch option 2 Mon
Recipe:	SSPPL2a	Tortilla Chips & Salsa
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	1	Portion Cost:	
Total Cost:	0.0962	Description	Yield Unit Cost
Unit Cost:	0.0962	Primary	1.00 0.0962

Ingredient	Description	Amount	Cost	Section	Supplier
73913	Santa Maria Tortilla Chips Salted	20g	0.0514		
04377	THICK AND CHUNKY SALSA	20g	0.0448		

Method:

Put chips in container with portion pot of Salsa on side.

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	444.3	14.6	4.1	>0.2	0.9
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
197.6	0.4	1.5	0.0	5.6	0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	4.4	3.8	1.2	0.5	

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:	SSPPL2022Mon	Spring Summer 2022 packed Lunch option 2 Mon
Recipe:	SSPPL3a	Yoghurts
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	10 Ptn	Portion Cost:	
Total Cost:	3.5167	Description	Yield Unit Cost
Unit Cost:	0.3517	Middle	10.00 0.3517

Ingredient	Description	Amount	Cost	Section	Supplier
80677	Little town dairy assorted yoghurts	1250g	3.5167		

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
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Recipe Detail

Kim

Menu: SSPPL2022Mon Spring Summer 2022 packed Lunch option 2 Mon

Recipe: SSPPL5 Vege Sticks

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.0665	Description	Yield	Unit Cost
Unit Cost:	0.0665	Primary	1.00	0.0665

Ingredient	Description	Amount	Cost	Section	Supplier
3446CS	Cucumber x12	15g	0.0209		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	20g	0.0136		
4155	PEPPERS RED(AF) (1 = 175g approx)	10g	0.0320		

Method:

Wash cucumber & Peppers, peel carrots, Cut All into even size sticks/batons

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
9.4	39.2	1.8	0.1	(0.0)	0.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
7.7	0.0	0.3	(281.0)	12.6	0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	9.3	8.0	1.7	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:	SSPPL2022Tue	Spring Summer 2022 Packed Lunch option 2 Tues
Recipe:	SSPPL4a	Egg Mayonnaise Sandwich
Unit:	000	Recipes/Stock
Sub Group:	Base Rec	Base recipes
Group:	RECIPpri	recipes primary

Yield:	10ptn	Portion Cost:		
Total Cost:	2.3357	Description	Yield	Unit Cost
Unit Cost:	0.2336	Primary	10.00	0.2336

Ingredient	Description	Amount	Cost	Section	Supplier
11653	Fletchers Thick White Sliced Bread	800g	1.1138		
50345	Havensfields Eggs Loose (52g each)	8each	0.9893		
04143	Evfav Mayonnaise (free range egg)	100ml	0.2326		

Method:

Bring water to boil and carefully place in eggs boil for 8 mins cool under running water and peel mash eggs and mayo together spread over 1 half of the bread cut into 4 triangles

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (g)	Fat (g)	NME Sugar (g)	NSP (g)
312.1	1305.8	39.2	11.8	2.9	0.7
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
368.1	2.1	12.4	61.5	0.0	2.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
1.1	161.6	40.0	3.1	0.9	

Information Tags

Allergens

Contains	Eggs Gluten Soya
Does Not Contain	Peanuts Nuts Crustaceans Molluscs Fish 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:	SSPPL2022Tue	Spring Summer 2022 Packed Lunch option 2 Tues
Recipe:	SSPPL5a	Vege Sticks & Mayo
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPri	recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.1308	Description	Yield	Unit Cost
Unit Cost:	0.1308	Primary	1.00	0.1308

Ingredient	Description	Amount	Cost	Section	Supplier
3446CS	Cucumber x12	15g	0.0209		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	20g	0.0136		
4123	3663 Light Mayonnaise 2.5l	20ml	0.0643		
4155	PEPPERS RED(AF) (1 = 175g approx)	10g	0.0320		

Method:
 Wash cucumber & Peppers, peel carrots,
 Cut All into even size sticks/batons serve with Mayo

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
61.2	256.0	3.1	5.3	(0.4)	0.7
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
107.7	0.4	0.4	(283.4)	12.6	0.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	10.9	8.8	2.1	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
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Recipe Detail

Kim

Menu:	SSPPL2022Tue	Spring Summer 2022 Packed Lunch option 2 Tues
Recipe:	SSPPL6a	Fruit Jelly
Unit:	000	Recipes/Stock
Sub Group:	Dess/Pud	Desserts & Puddings
Group:	RECIPri	recipes primary

Yield:	12	Portion Cost:	
Total Cost:	1.0581	Description	Yield Unit Cost
Unit Cost:	0.0882	Primary	12.00 0.0882

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)
57.9	242.2	14.4	0.0	(14.1)	0.4
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
12.6	0.0	0.1	(3.2)	4.0	0.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	4.4	2.4	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:	SSPPL2022Tue	Spring Summer 2022 Packed Lunch option 2 Tues
Recipe:	SSPPL6	Fresh Fruit Wedge Portion
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	24 Ptn	Portion Cost:		
Total Cost:	1.7600	Description	Yield	Unit Cost
Unit Cost:	0.0733	Primary	24.00	0.0733

Ingredient	Description	Amount	Cost	Section	Supplier
4008	APPLES RED(AF)	4	0.7200		
4061	ORANGE MED (AF)	4	1.0400		

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)
15.6	65.2	3.8	0.0	(0.0)	0.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
1.1	tr	0.3	(1.9)	10.9	0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	9.7	6.1	3.8	0.0	

Information Tags

Allergens

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSPPL2022Wed Spring Summer 2022 Packed Lunch Option 2 Wec

Recipe: SSPPL7a Ham & Lettuce Wrap

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield: 1

Portion Cost:

Total Cost: 0.2216

Description

Yield

Unit Cost

Unit Cost: 0.2216

Primary

1.00

0.2216

Ingredient	Description	Amount	Cost	Section	Supplier
96499	6" Flour Tortillas Discovery Frozen Wheat F	1	0.0017		
04784	EvFav Premium Baking/Spreading Fat	5g	0.0084		
63561	Traditional sliced ham	25g	0.1715		
4132	ICEBERG LETTUCE(AF)	20g	0.0400		

Method:

Wash and shred the iceberg
spread with margarine and lay in lettuce/ham tuck side in and roll up.

Nutritional Category: None

Nutritional Content Per Standard Size (ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
66.7	>266.4	0.8	4.5	(0.0)	0.2
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
199.3	1.2	5.7	(41.4)	0.5	0.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	3.7	9.1	0.3	0.5	

Information Tags

Allergens

Contains Gluten

May Contain Milk

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: SSPPL2022Wed Spring Summer 2022 Packed Lunch Option 2 Wec

Recipe: SSPPL2a Tortilla Chips & Salsa

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield: 1	Portion Cost:		
Total Cost: 0.0962	Description	Yield	Unit Cost
Unit Cost: 0.0962	Primary	1.00	0.0962

Ingredient	Description	Amount	Cost	Section	Supplier
73913	Santa Maria Tortilla Chips Salted	20g	0.0514		
04377	THICK AND CHUNKY SALSA	20g	0.0448		

Method:

Put chips in container with portion pot of Salsa on side.

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	444.3	14.6	4.1	>0.2	0.9
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
197.6	0.4	1.5	0.0	5.6	0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	4.4	3.8	1.2	0.5	

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: SSPPL2022Wed Spring Summer 2022 Packed Lunch Option 2 Wec

Recipe: SSPPL3a Yoghurts

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield: 10 Ptn

Portion Cost:

Total Cost: 3.5167

Description

Yield

Unit Cost

Unit Cost: 0.3517

Middle

10.00

0.3517

Ingredient	Description	Amount	Cost	Section	Supplier
80677	Little town dairy assorted yoghurts	1250g	3.5167		

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: SSPPL2022Wed Spring Summer 2022 Packed Lunch Option 2 Wec

Recipe: SSPPL5 Vege Sticks

Unit: 000 Recipes/Stock

Sub Group: PRB B Primary Recipes Basic

Group: RECIPpri recipes primary

Yield: 1

Portion Cost:

Total Cost: 0.0665

Description

Yield

Unit Cost

Unit Cost: 0.0665

Primary

1.00

0.0665

Ingredient	Description	Amount	Cost	Section	Supplier
3446CS	Cucumber x12	15g	0.0209		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	20g	0.0136		
4155	PEPPERS RED(AF) (1 = 175g approx)	10g	0.0320		

Method:

Wash cucumber & Peppers, peel carrots,
Cut All into even size sticks/batons

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
9.4	39.2	1.8	0.1	(0.0)	0.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
7.7	0.0	0.3	(281.0)	12.6	0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	9.3	8.0	1.7	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:	SSPPL2022xThu	Spring Summer 2022 packed Lunch option 2 Thur
Recipe:	SSPPL8a	Cheese & Tomato Pasta Pot
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPri	recipes primary

Yield:	4 ptn	Portion Cost:		
Total Cost:	0.7826	Description	Yield	Unit Cost
Unit Cost:	0.1956	Primary	4.00	0.1957

Ingredient	Description	Amount	Cost	Section	Supplier
70486	3663 Fusilli Pasta twists	180g	0.1824		
29714	EvFav Grated White Mild Cheddar Cheese	120g	0.5885		
SSP2022TS	Tomato Sauce (base)	0.1	0.0117		n/a

Method:

Cook pasta and cool under cold running water
 Grate the cheese, Mix with the cooked pasta and tomato sauce 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)
>287.3	>1201.9	>33.8	(11.0)	(0.0)	(1.4)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
>229.8	>6.5	>12.7	(2.0)	>0.4	>0.6
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
>0.6	>29.0	>1.8	>1.7	>0.6	

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: SSPPL2022xThu Spring Summer 2022 packed Lunch option 2 Thur**Recipe:** SSPPL5a Vege Sticks & Mayo**Unit:** 000 Recipes/Stock**Sub Group:** PRB B Primary Recipes Basic**Group:** RECIPri recipes primary**Yield:** 1**Portion Cost:****Total Cost:** 0.1308**Description****Yield****Unit Cost****Unit Cost:** 0.1308

Primary

1.00

0.1308

Ingredient	Description	Amount	Cost	Section	Supplier
3446CS	Cucumber x12	15g	0.0209		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	20g	0.0136		
4123	3663 Light Mayonnaise 2.5l	20ml	0.0643		
4155	PEPPERS RED(AF) (1 = 175g approx)	10g	0.0320		

Method:

Wash cucumber & Peppers, peel carrots,
Cut All into even size sticks/batons serve with Mayo

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

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
61.2	256.0	3.1	5.3	(0.4)	0.7
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
107.7	0.4	0.4	(283.4)	12.6	0.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	10.9	8.8	2.1	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: SSPPL2022xThu Spring Summer 2022 packed Lunch option 2 Thur

Recipe: SSPPL6a Fruit Jelly

Unit: 000 Recipes/Stock

Sub Group: Dess/Pud Desserts & Puddings

Group: RECIPri recipes primary

Yield: 12	Portion Cost:		
Total Cost: 1.0581	Description	Yield	Unit Cost
Unit Cost: 0.0882	Primary	12.00	0.0882

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)
57.9	242.2	14.4	0.0	(14.1)	0.4
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
12.6	0.0	0.1	(3.2)	4.0	0.2
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	4.4	2.4	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:	SSPPL2022xThu	Spring Summer 2022 packed Lunch option 2 Thur
Recipe:	SSPPL6	Fresh Fruit Wedge Portion
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPri	recipes primary

Yield:	24 Ptn	Portion Cost:		
Total Cost:	1.7600	Description	Yield	Unit Cost
Unit Cost:	0.0733	Primary	24.00	0.0733

Ingredient	Description	Amount	Cost	Section	Supplier
4008	APPLES RED(AF)	4	0.7200		
4061	ORANGE MED (AF)	4	1.0400		

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)
15.6	65.2	3.8	0.0	(0.0)	0.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
1.1	tr	0.3	(1.9)	10.9	0.0
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	9.7	6.1	3.8	0.0	

Information Tags**Allergens**

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

Sub-Allergens

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

Recipe Detail

Kim

Menu: SSPPL2022yFri Spring Summer 2022 packed Lunch option 2 Friday**Recipe:** SSPPL9a Margarita Pizza Slice**Unit:** 000 Recipes/Stock**Sub Group:** PRB B Primary Recipes Basic**Group:** RECIPpri recipes primary**Yield:** 14**Portion Cost:****Total Cost:** 2.0984**Description****Yield****Unit Cost****Unit Cost:** 0.1499

Primary

14.00

0.1499

Ingredient	Description	Amount	Cost	Section	Supplier
55619	Flour Finest Strong	415g	0.3458		
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		
SSP2022TS	Tomato Sauce (base)	0.4	0.0467		n/a
29716	EvFav Grated Mozz Cheddar Mix	280g	1.4694		

Method:

Make up the dough and leave to prove for approximately 30 minutes

Roll out dough and stretch onto 2 greased baking trays, spread tomato sauce evenly over base, sprinkle with cheese and leave to prove until doubled in size, bake in moderate oven for 15 - 20 minutes until cheese is bubbling and base is lightly browned, divide each tin into 8 equal slices to 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)
>218.5	>914.4	>29.7	(6.9)	(0.0)	(2.0)
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
>145.8	>3.7	>10.4	(16.5)	>0.4	>2.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total sugar (g)	Salt (g)	
>0.6	>47.4	>58.6	>0.8	>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:	SSPPL2022yFri	Spring Summer 2022 packed Lunch option 2 Friday
Recipe:	SSPPL10a	Tortilla Chips with Mayonnaise
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	1	Portion Cost:	
Total Cost:	0.1157	Description	Yield Unit Cost
Unit Cost:	0.1157	Primary	1.00 0.1157

Ingredient	Description	Amount	Cost	Section	Supplier
73913	Santa Maria Tortilla Chips Salted	20g	0.0514		
4123	3663 Light Mayonnaise 2.5l	20g	0.0643		

Method:

Put chips in container with portion pot of Mayo on side.

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
148.6	621.7	14.1	9.1	>0.4	0.8
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
220.0	0.7	1.4	2.4	0.0	0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.0	1.6	0.8	0.6	0.6	

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
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Recipe Detail

Kim

Menu:	SSPPL2022yFri	Spring Summer 2022 packed Lunch option 2 Friday
Recipe:	SSPPL3a	Yoghurts
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	10 Ptn	Portion Cost:	
Total Cost:	3.5167	Description	Yield Unit Cost
Unit Cost:	0.3517	Middle	10.00 0.3517

Ingredient	Description	Amount	Cost	Section	Supplier
80677	Little town dairy assorted yoghurts	1250g	3.5167		

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydrate (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
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Recipe Detail

Kim

Menu:	SSPPL2022yFri	Spring Summer 2022 packed Lunch option 2 Friday
Recipe:	SSPPL5	Vege Sticks
Unit:	000	Recipes/Stock
Sub Group:	PRB B	Primary Recipes Basic
Group:	RECIPpri	recipes primary

Yield:	1	Portion Cost:		
Total Cost:	0.0665	Description	Yield	Unit Cost
Unit Cost:	0.0665	Primary	1.00	0.0665

Ingredient	Description	Amount	Cost	Section	Supplier
3446CS	Cucumber x12	15g	0.0209		
4223	CARROTS LOOSE(AF) (1= 50g Approx)	20g	0.0136		
4155	PEPPERS RED(AF) (1 = 175g approx)	10g	0.0320		

Method:
 Wash cucumber & Peppers, peel carrots,
 Cut All into even size sticks/batons

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn)

Energy (kc (kcal))	Energy (kJ (kJ))	Carbohydra (g)	Fat (g)	NME Sugar (g)	NSP (g)
9.4	39.2	1.8	0.1	(0.0)	0.6
Sodium (mg)	Satd FA /1 (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Iron (mg)
7.7	0.0	0.3	(281.0)	12.6	0.1
Zinc (mg)	Calcium (mg)	Folate (µg)	Total suga (g)	Salt (g)	
0.1	9.3	8.0	1.7	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