

Recipe

Unit: 0001 ER SMT

Recipe: R00227 SMT- P Fluted Carrots

Group: Recipes Recipes

Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/100316 Fluted Carrots 1kg	5000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	50.00

Method

1. Refer to manufactures instructions.

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

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
64.9	15.5	0.2	0.1	2.5	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	1.3	0.3	0.2	0.1	12.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
535.5	1.0	8.0	0.0	0.0	2.3

FoP Label

Each Fluted Carrots (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
64.9	15.5	0.2	0.1	2.5
1%	1%	0%	0%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

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

Sub-Allergens

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



Recipe

Picture: None

Recipe

Recipe: R00233 SMT- P Cauliflower 1KG
Group: Recipes Recipes
Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/100012 Ardo Cauliflower	5000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	50.00

Method

1. Refer to manufactures instructions.

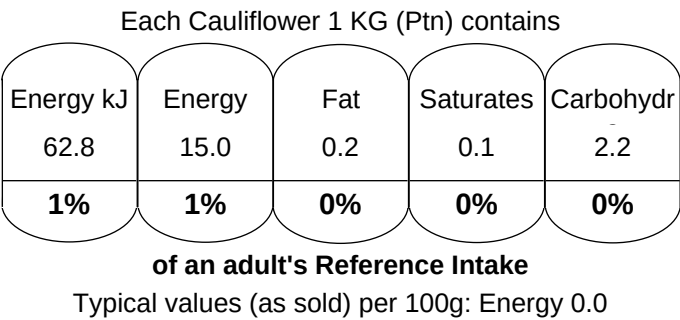
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
62.8	15.0	0.2	0.1	2.2	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.9	1.3	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	0.0	0.0	1.5

FoP Label



Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00236 SMT -P	Green Beans 1KG
Group: Recipes	Recipes
Sub Group SMT Sides	Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/100046 Ardo Sliced Green Beans	5000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	50.00

Method

1. Refer to manufactures instructions.

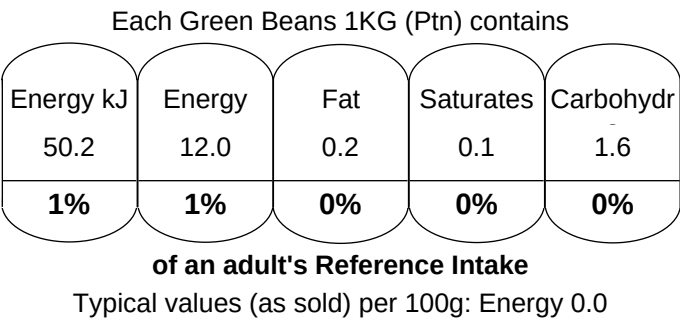
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
50.2	12.0	0.2	0.1	1.6	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.0	1.1	0.5	0.2	26.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
21.0	4.0	29.0	0.0	0.0	1.1

FoP Label



Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00244 SMT-P Mixed Vegetables 1KG
Group: Recipes Recipes
Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/100317 Mixed Vegetables	5000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	50.00

Method

1. Refer to manufactures instructions.

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

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
129.7	31.0	0.5	0.2	4.0	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	2.2	1.6	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	6.0	0.0	2.2

FoP Label

Each Mixed Vegetables 1KG (Ptn) contains

Energy kJ 129.7 2%	Energy 31.0 2%	Fat 0.5 1%	Saturates 0.2 1%	Carbohydr 4.0 0%
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of an adult's Reference Intake

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

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe:	R00285 SMT- P	Baton Carrots 2.5KG
Group:	Recipes	Recipes
Sub Group	SMT Sides	Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/100324 Baton Carrots 2.5 KG	5000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	50.00

Method

1. Refer to manufactures instructions.

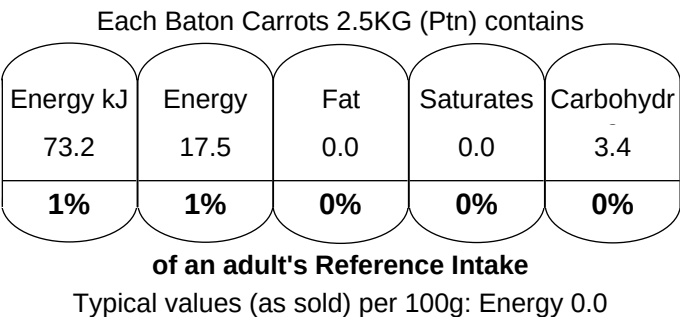
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
73.2	17.5	0.0	0.0	3.4	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
?	1.6	0.2	0.2	0.1	15.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.5	2.0	0.0	0.0	0.0	3.3

FoP Label



Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00287 SMT-P Gravy (DF)(GF)(V)(VE)
Group: Recipes Recipes
Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
00008 Water	2500ml
TUR/GRV02(Knorr Meat Gravy Granules (GF) (VE)(Makes 2	500g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	30.00

Method

1. Follow manufacturer's instructions.

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

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
71.3	17.1	0.1	0.0	3.8	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.1	0.1	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	0.0	0.0	>0.4

FoP Label

Each Gravy (DF)(GF)(V)(VE) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
71.3	17.1	0.1	0.0	3.8
1%	1%	0%	0%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00288 SMT-P Broccoli 1KG

Group: Recipes Recipes

Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
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HOP/100073 Freeworld Foods Broccoli Florets	5000g
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Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	50.00

Method

1. Refer to manufactures instructions.

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Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
58.6	14.0	0.3	0.1	1.4	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	1.4	1.7	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	2.0	0.0	0.8

FoP Label

Each Broccoli 1KG (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
58.6	14.0	0.3	0.1	1.4
1%	1%	0%	0%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

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

Sub-Allergens

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



Recipe

Picture: None

Recipe

Recipe:	R00291 SMT-P	Garden Peas
Group:	Recipes	Recipes
Sub Group	SMT Sides	Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/100319 Choice Garden Peas	5000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	50.00

Method

1. Refer to maunufactures guidlines

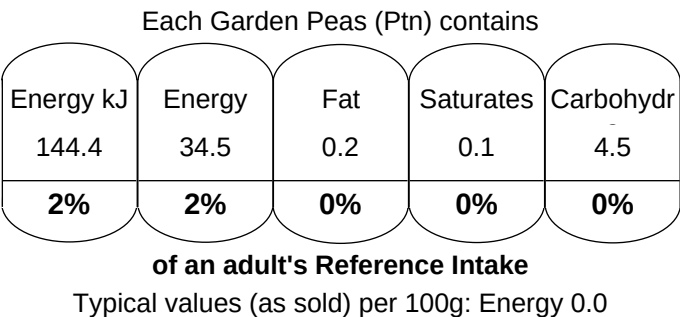
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Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
144.4	34.5	0.2	0.1	4.5	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	2.3	2.6	0.8	0.6	22.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	10.0	0.0	0.0	0.0	1.6

FoP Label



Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00299 SMT-P

Sweetcorn

Group: Recipes

Recipes

Sub Group SMT Sides

Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient

Amount

HOP/100311 Sweetcorn Kernels

5000g

Yield: 100 Ptn

Portion Cost

Description

Yield

Weight

Single portion weight

100.00

50.00

Method

1. Refer to manufactures instructions.

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Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
125.5	30.0	0.3	0.1	4.1	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.0	3.4	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	2.0	0.0	1.0

FoP Label

Each Sweetcorn (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
125.5	30.0	0.3	0.1	4.1
1%	2%	0%	0%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00314 SMT-P Vegetable Sticks
Group: Recipes Recipes
Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
TUR/FFV160 Cucumbers	2666g
TUR/FFP053 Prep Carrots Baton (W)	2000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	44.54

Method

- 1. Cut cucumber into battons.
- 2. Place the carrot batons in colander and rinse thoroughly.
- 3. Place cucumber and carrots into suitable container to serve.

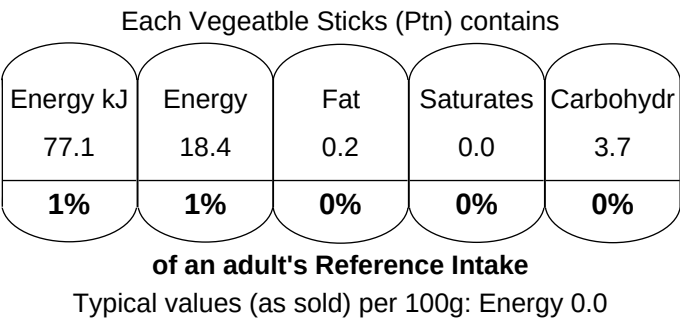
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
77.1	18.4	0.2	>0.0	3.7	(0.0)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.6	0.4	0.7	0.1	0.0	10.4
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
395.2	0.9	5.0	6.4	0.0	0.4

FoP Label



Information Tags

Allergens

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

Sub-Allergens

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

Recipe

Picture: None

Recipe

Recipe: R00324 SMT-P	Baked Beans
Group: Recipes	Recipes
Sub Group SMT Sides	Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
TUR/VGC13 Baked Beans	5000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	50.00

Method

1.Cook according to manufacturers instructions.

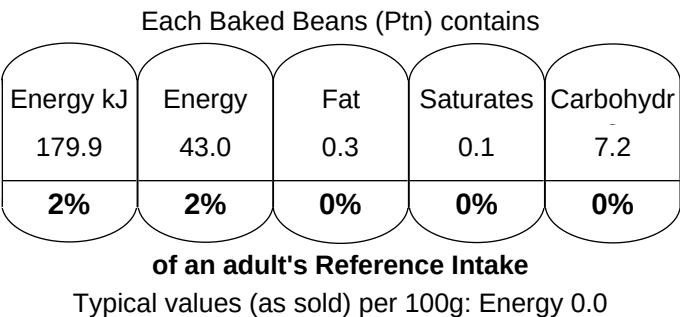
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
179.9	43.0	0.3	0.1	7.2	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	1.9	2.1	0.7	0.3	26.5
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	11.0	0.2	0.0	2.8

FoP Label



Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00573 SMT-P Tomato Sauce Sachet

Group: Recipes Recipes

Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
TUR/POR05! Harrisons Tomato Ketchup Sachet 10g (200's)	100 each

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	10.00

Method

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /l (g)	Carbohydra (g)	NME Sugar (g)
49.0	11.7	0.0	0.0	2.7	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.1	0.1	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	0.0	0.0	2.4

FoP Label

Each Tomato Sauce Sachet (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
49.0	11.7	0.0	0.0	2.7
1%	1%	0%	0%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00574 SMT-P Mayonnaise Sachet
Group: Recipes Recipes
Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
TUR/POR051 Harrisons Mayonnaise Sachet 10g (200 PACK)	1000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	10.00

Method

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
225.5	53.9	6.2	0.5	0.2	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.0	0.1	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	0.0	0.0	0.2

FoP Label

Each Mayonnaise Sachet (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
225.5	53.9	6.2	0.5	0.2
3%	3%	9%	2%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

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

Sub-Allergens

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

Recipe

Recipe: R00587 SMT-P Vegan Mayonnaise Sachet
Group: Recipes Recipes
Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
TUR/UNI159 Hellmanns Vegan Mayo Sticks	1000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	10.00

Method

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /l (g)	Carbohydra (g)	NME Sugar (g)
273.6	65.4	7.2	0.5	0.4	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.0	0.0	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	0.0	0.0	0.3

FoP Label

Each Vegan Mayonnaise Sachet (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
273.6	65.4	7.2	0.5	0.4
3%	3%	10%	3%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

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

Picture: None

Recipe

Recipe: R00979 SMT-P Coleslaw
Group: Recipes Recipes
Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
TUR/FFP072 Prep Coleslaw Dry (W)	4000g
TUR/SCM03I Mayonnaise	1000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	50.00

Method

- 1. Mix dry mix coleslaw and mayonaise together
- 2. Place in a suitable container and refridgerate until service

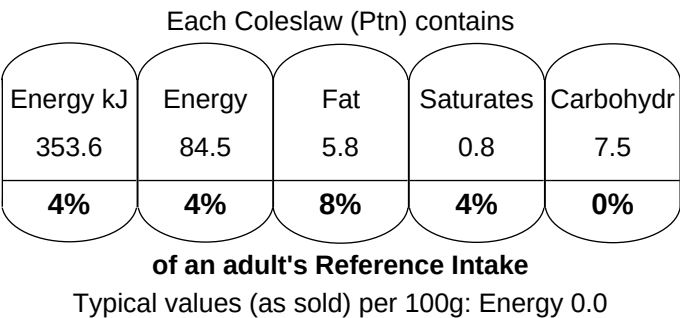
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
353.6	84.5	5.8	0.8	7.5	0.2
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	0.6	0.9	>0.0	>0.0	>0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>0.0	>0.0	>0.0	>0.0	>0.0	0.5

FoP Label



Information Tags

Allergens

Contains Eggs

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

Sub-Allergens

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



Recipe

Picture: None

Recipe

Recipe: R01401SMT-P	Baby carrots
Group: Recipes	Recipes
Sub Group SMT Sides	Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/100124 Ardo Whole Baby Carrots 6-14Mm Each	5000G

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	50.00

Method

1.Refer to manufactures instructions.

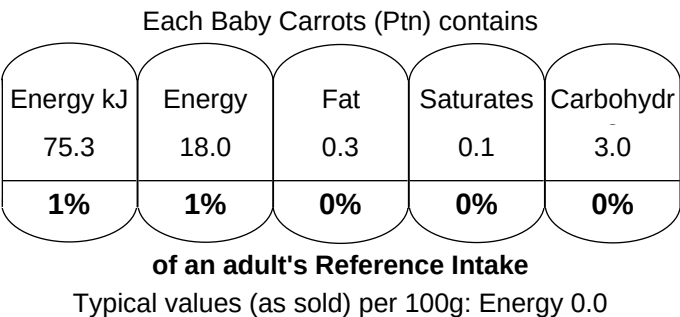
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
75.3	18.0	0.3	0.1	3.0	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	1.2	0.4	0.2	0.1	17.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
65.0	2.0	14.0	0.0	0.0	2.8

FoP Label



Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe:	R01523 SMT-P	Summer salad
Group:	Recipes	Recipes
Sub Group SMT Sides	Vegetables, Bread, Gravy, Fruit , Yoghurt.	

Ingredient	Amount
TUR/FFV032 Tomatoes Cherry	1361g
TUR/FFV160 Cucumbers	900g
TUR/FFV091 Lettuce Iceberg	5106g
TUR/FFV200 Cress	12g
TUR/FFV121 Peppers Mixed (W)	1361g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	76.50

Method

1. Wash and prepare all salad items.
2. Serve salad to suit your site.

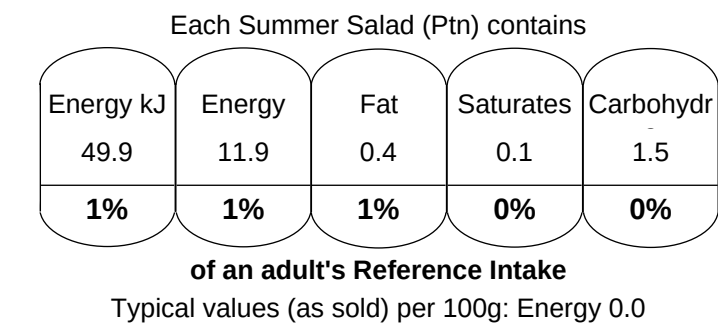
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
49.9	11.9	0.4	>0.1	1.5	(0.0)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.5	>0.8	0.8	0.4	0.1	14.9
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(19.1)	18.2	30.5	2.6	0.0	1.4

FoP Label



Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R01838 SMT-P Mushy Peas Frozen
Group: Recipes Recipes
Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/100016 Mushy Peas (Frozen)	5000g
00008 Water	2500ml

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	75.00

Method

1. Place the required amount of mushy peas in a saucepan(or Steamer/combi) with sufficient water to cover then bring to the boil and simmer..
2. Cook for 30 minutes stirring occasionally.. If required add extra boiling water to gain the required consistency.

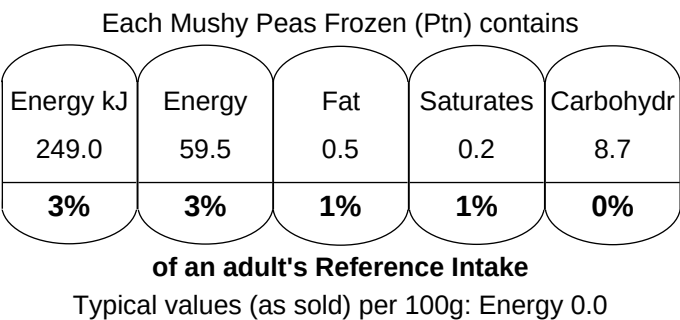
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
249.0	59.5	0.5	0.2	8.7	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	5.5	5.2	>0.0	>0.0	>0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>0.0	>0.0	>0.0	0.2	0.0	>0.8

FoP Label



Information Tags

Allergens

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

Sub-Allergens

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



Recipe

Picture: None

Recipe

Recipe: R01840 SMT-P Mushy Peas Tinned

Group: Recipes Recipes

Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
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TUR/VGC541 Mushy Processed Peas (2.6kg)	5000g
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Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	50.00

Method

1. Please refer to manufactures instructions.

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

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
161.1	38.5	0.2	0.0	5.5	0.7
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
?	2.3	2.6	0.7	0.4	7.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	0.0	0.0	0.6

FoP Label

Each Mushy Peas Tinned (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
161.1	38.5	0.2	0.0	5.5
2%	2%	0%	0%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R01843 SMT-P Chicken Gravy(DF)(GF)(V)(VE)

Group: Recipes Recipes

Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient		Amount
00008	Water	2500ml
TUR/GRV02: Knorr Poultry Gravy Granuals (Gf)(Makes 25 Ltr		500g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	30.00

Method

1. Follow manufacturer's instructions.

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

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
71.1	17.0	0.1	0.0	3.6	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.0	0.3	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	0.0	0.0	>0.2

FoP Label

Each Chicken Gravy (DF)(GF)(V)(VE) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
71.1	17.0	0.1	0.0	3.6
1%	1%	0%	0%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R01849 SMT-P Coleslaw-FF

Group: Recipes Recipes

Sub Group FF Main GF,DF,EF,SF Mains & Sauces.

Ingredient	Amount
TUR/FFP072 Prep Coleslaw Dry (W)	1000g
TUR/UNI159 Hellmanns Vegan Mayo Sticks	340g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	67.00

Method

1. Mix dry mix coleslaw and vegan mayonaise together
2. Place in a suitable container and reffridgerate until service

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

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule)	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
622.1	148.7	12.3	0.9	9.3	0.3
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	0.7	1.1	>0.0	>0.0	>0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>0.0	>0.0	>0.0	>0.0	>0.0	0.8

FoP Label

Each Coleslaw_FF (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
622.1	148.7	12.3	0.9	9.3
7%	7%	18%	5%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

Contains Mustard

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

Sub-Allergens

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



Recipe

Picture: None

Recipe

Recipe: R01898 SMT-P Readymade Coleslaw

Group: Recipes Recipes

Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient Amount

TUR/SAL011 Coleslaw 5000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	50.00

Method

1. Place in a suitable container and re Fridgerate until service

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

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
349.4	83.5	7.4	0.9	3.4	3.3
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
?	1.0	0.5	?	?	?
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
?	?	?	0.0	0.0	3.3

FoP Label

Each Readymade Coleslaw (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
349.4	83.5	7.4	0.9	3.4
4%	4%	11%	4%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

Contains Eggs | Milk | Mustard

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

Sub-Allergens

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



Recipe

Picture: None