

Recipe

Unit: 0001 ER SMT

Recipe: R00167 SMT-P Yorkshire Pudding

Group: Recipes Recipes

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

Ingredient	Amount
HOP/640076 2.5" Yorks Pudd Baked	100 each

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	20.00

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)
210.9	50.4	1.4	0.1	7.4	?
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
?	0.5	1.7	?	?	?
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
?	?	?	54.4	0.1	0.4

FoP Label

Each Yorkshire Pudding (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
210.9	50.4	1.4	0.1	7.4
3%	3%	2%	1%	0%

of an adult's Reference Intake

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

Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00190 SMT- P Stuffing - Chef Williams

Group: Recipes Recipes

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

Ingredient	Amount
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TUR/STF025 Chef Williams Sage And Onion Stuffing	2500g
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Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	25.00

Method

1. Use as per 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)
327.4	78.3	0.9	0.1	18.1	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.8	2.1	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	0.4	0.0	0.4

FoP Label

Each Stuffing - Chef Williams (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
327.4	78.3	0.9	0.1	18.1
4%	4%	1%	0%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

Contains Cereals containing Gluten

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

Sub-Allergens

Contains Wheat

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



Recipe

Picture: None

Recipe

Recipe:	R00226 SMT- P	Garlic Bread
Group:	Recipes	Recipes
Sub Group SMT Sides	Vegetables, Bread, Gravy, Fruit , Yoghurt.	

Ingredient	Amount
HOP/640314 Garlic Bread Slices	100 each

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	30.00

Method

1.Refer to manufactures instructions.

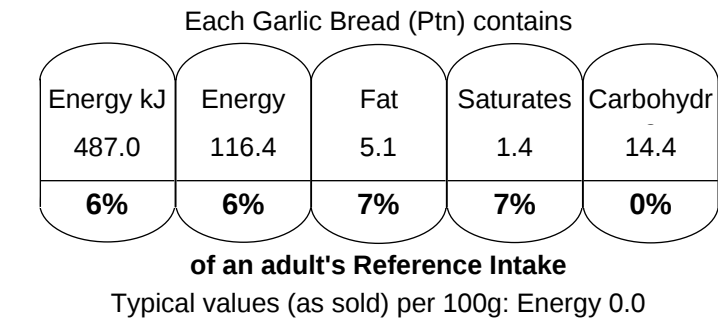
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

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)
487.0	116.4	5.1	1.4	14.4	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	1.1	2.7	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	0.1	0.0	1.2

FoP Label



Information Tags

Allergens

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

Sub-Allergens

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



Recipe

Picture: None

Recipe

Recipe: R00239 SMT-P Oven Baked Roast Potatoes
Group: Recipes Recipes
Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/150021 Aunt Bessies Roast Potatoes	10000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	100.00

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)
535.6	128.0	4.9	1.4	18.0	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	23.0	1.9	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	192.0	0.5	0.5

FoP Label

Each Oven Baked Roast Potatoes (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
535.6	128.0	4.9	1.4	18.0
6%	6%	7%	7%	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: R00240 SMT-P Steamed Rice
Group: Recipes Recipes
Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
TUR/CRP24 Easy Cook Long Grain Rice	3500g
00008 Water	7000ml

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	105.00

Method

1. Refer to manufactures instructions.

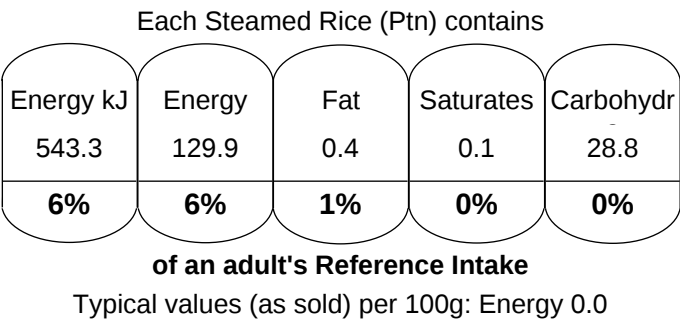
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

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)
543.3	129.9	0.4	0.1	28.8	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.6	2.5	0.1	0.4	8.1
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	6.3	0.0	0.0	>0.2

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: R00282 SMT-P Rainbow Rice

Group: Recipes Recipes

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

Ingredient	Amount
TUR/CRP24 Easy Cook Long Grain Rice	3500g
HOP/100207 Diced Pepper Red/Green	2000g
TUR/OIL075 Sunflower Oil	20ml
00008 Water	7000ml

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	125.20

Method

1. Cook rice according to manufactures instructions.
2. Stir fry peppers in oil, and mix into cooked rice and 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)
572.6	136.9	0.6	0.1	29.7	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	1.0	2.7	0.1	0.4	8.1
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	6.3	0.0	0.0	>0.9

FoP Label

Each Rainbow Rice (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
572.6	136.9	0.6	0.1	29.7
7%	7%	1%	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: R00295 SMT-P Mashed Potato
Group: Recipes Recipes
Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/150130 Lutosa Non-Fried Potato Dice	12500g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	125.00

Method

1. Cook according to manufacturer's instructions.
2. When cooked, place in mixer bowl and beat using paddle attachment.
3. Place in tins and 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)
439.3	105.0	0.3	0.1	22.5	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	2.5	1.9	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	0.1	0.0	1.3

FoP Label

Each Mashed Potato (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
439.3	105.0	0.3	0.1	22.5
5%	5%	0%	1%	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: R00301 SMT-PFrozen Mashed Potato

Group: RecipesRecipes

Sub Group SMT SidesVegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/150030 Frit Potato Mash	12500g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	125.00

Method

1. Follow manufacturers instructions on pack

*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)
575.3	137.5	4.4	0.8	20.4	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	3.4	2.1	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	1.1

FoP Label

Each Frozen Mashed Potato (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
575.3	137.5	4.4	0.8	20.4
7%	7%	6%	4%	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:	R00303 SMT-P	Crusty Roll (DF)(V)(VE)
Group:	Recipes	Recipes
Sub Group SMT Sides	Vegetables, Bread, Gravy, Fruit , Yoghurt.	

Ingredient	Amount
HOP/640254 Petit Pain Par Baked	50 each

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	27.50

Method

1. Refer to manufactures instructions
2. Primary = 1/2 crusty roll per portion

*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)
283.1	67.7	0.7	0.1	12.8	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	1.1	2.1	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	0.1	0.0	1.4

FoP Label

Each Crusty Roll (DF)(V)(VE) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
283.1	67.7	0.7	0.1	12.8
3%	3%	1%	0%	0%

of an adult's Reference Intake

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

Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00331 SMT-P Hash Browns
Group: Recipes Recipes
Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/150057 Frit Hash Brown With Onion	10000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	100.00

Method

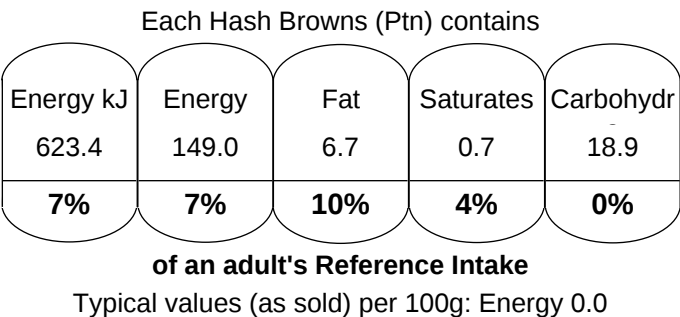
1.Refer to manufactures instructions.
2.OVEN Place Hashbrowns on a baking sheet and place in a pre-heated oven at 220°C/Gas mark 7 for 15- 20 minutes.
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. 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)
623.4	149.0	6.7	0.7	18.9	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	2.5	2.0	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	0.6

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: R00352 SMT-P

Garlic Wedges

Group: Recipes

Recipes

Sub Group SMT Sides

Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
TUR/SPI180 Garlic Powder	80g
HOP/150075 Frit Potato Wedges Skin On	10000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	100.80

Method

- 1.Cook the wedges according to manufactures instructions.
- 2.Once cooked sprinkle with the garlic powder.

*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)
542.9	129.8	3.5	1.8	20.5	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	3.4	2.4	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	36.5	0.1	1.0

FoP Label

Each Garlic Wedges (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
542.9	129.8	3.5	1.8	20.5
6%	6%	5%	9%	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: R00382 SMT-P Homemade Garlic Crusty Roll (DF)(VE)

Group: Recipes Recipes

Sub Group SM Vegan M Vegan Mains.

Ingredient	Amount
HOP/640254 Petit Pain Par Baked	1each
TUR/MRG02 BEBO COOKING & BAKING (VG)	100g
TUR/SPI180 Garlic Powder	10g
TUR/SPI188 Mixed Herbs	5g

Yield: 20 Ptn

Portion: None

Method

1. Primary = 1/2 crusty roll per portion.
2. Thaw the crusty rolls and slice in half.
3. Mix the margarine, garlic and herbs together in a bowl.
4. Spread the margarine mixture over the sliced crusty roll.
5. 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)
434.4	103.8	4.4	1.5	13.1	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	1.3	2.2	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
40.0	0.0	0.0	6.8	0.0	1.5

FoP Label

Each Homemade Garlic Crusty Roll (DF)(VE) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
434.4	103.8	4.4	1.5	13.1
5%	5%	6%	8%	0%

of an adult's Reference Intake

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

Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R00681SMT- P

Jacket Wedges

Group: Recipes

Recipes

Sub Group SMT Sides

Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/150075 Frit Potato Wedges Skin On	10000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	100.00

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)
531.4	127.0	3.5	1.8	20.0	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	3.3	2.3	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	36.0	0.1	1.0

FoP Label

Each Jacket Wedges (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
531.4	127.0	3.5	1.8	20.0
6%	6%	5%	9%	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: R01167 SMT -P Sliced Bread White
Group: Recipes Recipes
Sub Group SMT Sides Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/630900 Medium Sliced Soft White Bread(Kingsmill)	46g

Yield: 1 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	1.00	46.00

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)
398.3	95.2	0.8	0.2	18.2	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	1.1	3.2	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	1.5

FoP Label

Each Sliced Bread White (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
398.3	95.2	0.8	0.2	18.2
5%	5%	1%	1%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R01171 SMT-P

Sliced Bread Wholemeal

Group: Recipes

Recipes

Sub Group SMT Sides

Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/630902 Medium Sliced Wholemeal Bread(Kingsmill)	46g

Yield: 1 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	1.00	46.00

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)
386.6	92.4	0.9	0.2	15.4	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	2.5	4.3	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	0.2	0.0	1.7

FoP Label

Each Sliced Bread Wholemeal (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
386.6	92.4	0.9	0.2	15.4
5%	5%	1%	1%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

Contains

Cereals containing Gluten | Soya

Does Not Contain

Celery | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame | Sulphur Dioxide and Sulphites

Sub-Allergens

Contains

Barley | Wheat

Does Not Contain

Almonds | Brazil Nuts | Cashew Nuts | Hazelnuts | Macadamia Nuts | Oats | Pecan Nuts | Pistachio Nuts | Rye | Walnuts

Picture: None

Recipe

Recipe: R01173 SMT-P Chips Hopwells 10mm

Group: Recipes Recipes

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

Ingredient	Amount
HOP/150200 Hopwells 10Mm Chip	10000g
TUR/OIL040 Extended Life Oil (Rapeseed)	1000ml

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	110.00

Method

1. Measure correct portion.
2. Cook in deep fat fryer.
3. Drain well prior to assembling for 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)
958.1	229.0	13.5	1.1	23.0	0.5
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	2.5	2.5	>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

Each Chips Hopwells 10mm (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
958.1	229.0	13.5	1.1	23.0
11%	11%	19%	5%	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: R01174 SMT-P

Oven Chips Hopwells 10mm

Group: Recipes

Recipes

Sub Group SMT Sides

Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
HOP/150200 Hopwells 10Mm Chip	10000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	100.00

Method

1. Measure correct portion.
- 2 .Oven bake

*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)
581.6	139.0	3.5	0.4	23.0	0.5
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
?	2.5	2.5	?	?	?
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
?	?	?	0.0	0.0	0.5

FoP Label

Each Oven Chips Hopwells 10mm (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
581.6	139.0	3.5	0.4	23.0
7%	7%	5%	2%	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: R01442 SMT-P	Pasta portion
Group: Recipes	Recipes
Sub Group SMT Sides	Vegetables, Bread, Gravy, Fruit , Yoghurt.

Ingredient	Amount
TUR/PST379 Triple Lion Penne 4 X 3KG	4500g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	45.00

Method

Please refer to the packaging for cooking instructions.

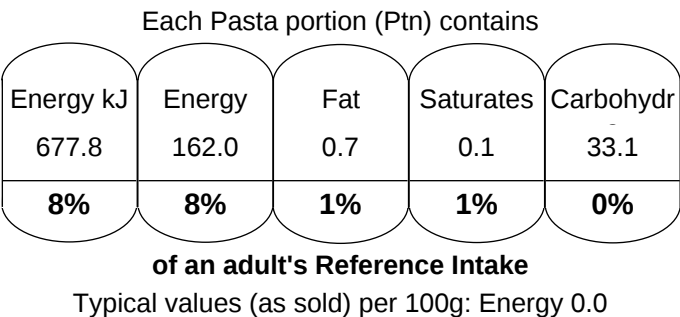
This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

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)
677.8	162.0	0.7	0.1	33.1	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	1.4	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	0.0	0.0	1.6

FoP Label



Information Tags

Allergens

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

Sub-Allergens

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



Recipe

Picture: None

Recipe

Recipe: R01842 SMT-P Savoury Vegetable Rice

Group: Recipes Recipes

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

Ingredient	Amount
TUR/OIL075 Sunflower Oil	150ml
TUR/FFV144 Onions Cooking (W)	2000g
HOP/100108 Ardo Whole Mushrooms 1Kg	1000g
TUR/SPI172 Curry Powder	150g
00008 Water	4000ml
TUR/BOU137 Gluten Free Vegetable Bouillon Powder	150g
HOP/100317 Mixed Vegetables	2000g
TUR/CRP246 Easy Cook Long Grain Rice	4000g

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	134.50

Method

1. Heat the oil in a saucepan and fry the onion for 2 to 3 minutes, then add the mushrooms and cook for a further 2 minutes.
2. Stir in the water then add the bouillon, Mixed vegetables and curry powder. Stir well. Bring to the boil, turn down the heat and simmer for about 15 to 20 minutes,
3. Cook the rice in the steamer.
4. Once the rice is cooked drain and add savoury vegetable mix to the rice.

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)	Carbohydrate (g)	NME Sugar (g)
793.3	189.6	2.4	>0.4	36.8	(0.0)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.3	>2.1	4.2	>0.3	>0.5	>14.8
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total sugar (g)
(0.3)	>1.1	>15.0	409.9	1.0	>2.4

FoP Label

Each Savoury Vegetable Rice (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydrate
793.3	189.6	2.4	0.4	36.8
9%	9%	3%	2%	0%

of an adult's Reference Intake

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

Recipe

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None