

Recipe

Unit:	0001	ER SMT
Recipe:	R00174 SMT-P	Yorkshire All Day Breakfast (FF)
Group:	Recipes	Recipes
Sub Group	FF Main	GF,DF,EF,SF Mains & Sauces.

Ingredient	Amount
TUR/VGC821 Chopped Tomatoes	400g
YOU/JWY111 Rindless Sliced Back Bacon	1000g
HOP/400016 Gluten Free Pork Sausages (8's)	20 each

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	127.00

Method

- 1, Oven baked the Sausages.
- 2, Oven bake the bacon (do not over or under cook)
- 3, Cooked the tinned chopped tomatoes.

*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)
1192.1	284.9	23.1	8.6	5.4	>16.2
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	>0.8	14.5	>0.1	>0.0	>2.4
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>3.6	>2.4	>3.6	>0.4	>0.0	1.8

FoP Label

Each Yorkshire All Day Breakfast (FF) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
1192.1	284.9	23.1	8.6	5.4
14%	14%	33%	43%	0%

of an adult's Reference Intake

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

Recipe

Information Tags

Allergens

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

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: R00357 SMT-P Vegan Ice cream (DF)(VE)
Group: Recipes Recipes
Sub Group SMT DF-D Dairy Free Trays Bakes,Puddings,Biscuits, Custard

Ingredient	Amount
HOP/810091 Vegan Vanilla Bean Icecream	1600g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	80.00

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)
605.8	144.8	7.0	6.3	16.1	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
?	8.2	0.2	0.0	0.0	1.6
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
?	?	0.0	0.0	0.0	15.5

FoP Label

Each Vegan Ice cream (DF)(VE) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
605.8	144.8	7.0	6.3	16.1
7%	7%	10%	32%	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: R00506SMT- P Italian Style Pizza (FF)

Group: Recipes Recipes

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

Ingredient	Amount
TUR/FLO152 Middleton Self Raising Flour (Gf)	353g
TUR/MRG02 BEBO COOKING & BAKING (VG)	106g
00008 Water	150ml
TUR/SAU08 Silbury Pomodoro Sauce (Pouch)	283g
TUR/SPI188 Mixed Herbs	6.25g
TUR/CHF04 Violife Original Grated (Vg)	283g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	59.10

Method

- 1, Cut margarine into dry ingredients.
- 2, With the hook attachment on the mixer, rub the fat into the flour.
- 3, Mix to a soft scone dough add water if required.
- 4, Block and portion into tins.
- 5, Mix the Silsbury sauce and herbs together.
- 6, Spread over the pizza base.
- 7, Sprinkle the vegan cheese over the tomato sauce.
- 8, Bake in a moderate oven 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)
613.4	146.6	7.9	4.6	17.7	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.2	1.1	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
42.4	0.0	0.0	148.2	0.4	>0.8

FoP Label

Each Italian Style Pizza (FF) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
613.4	146.6	7.9	4.6	17.7
7%	7%	11%	23%	0%

of an adult's Reference Intake

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

Recipe

Information Tags

Allergens

May Contain	Celery
Does Not Contain	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: R00594 SMT-P

Mango Frozen Smoothie DF VE

Group: Recipes

Recipes

Sub Group SM Vegan D

Vegan Trays Bakes, Puddings Biscuits, Custard

Ingredient	Amount
HOP/820115 Mango & Orange Iced Smoothie Tubs	1600g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	80.00

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)
267.8	64.0	0.4	0.2	14.4	10.4
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.7	0.2	0.2	0.2	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
4.1	1.7	0.7	0.0	0.0	14.4

FoP Label

Each Mango Frozen Smoothie DF VE (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
267.8	64.0	0.4	0.2	14.4
3%	3%	1%	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

Picture: None

Recipe

Recipe: R00652 SMT -P Italian Style Minced Beef Bolognaise Sauce (FF)

Group: Recipes Recipes

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

Ingredient	Amount
TUR/SAU08 Silbury Pomodoro Sauce (Pouch)	794g
TUR/VGC82 Chopped Tomatoes	680g
TUR/VGC23 Cirio Dbl Concentrate Tom Puree Tube	85g
TUR/SPI182 GROUND BLACK PEPPER	5g
TUR/FFV144 Onions Cooking (W)	170g
TUR/FFP080 Prep Carrots Grated (W)	170g
HOP/970098 Wilsons Red Tractor Minced Beef	1000g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	145.20

Method

1. Place minced beef in pan, add diced onions, lightly seal until brown.
2. Add grated carrots, chopped tomatoes, tomato puree and pomodora sauce
3. Season to taste with black pepper.
4. Simmer on a gentle heat for approximately 20 minutes until cooked or alternatively place in steamer.
5. School to purchase gluten free soya free pasta, cook the pasta as per manufactures instructions. once cooked can be mixed together or served separately.

*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)
721.6	172.5	11.3	>1.6	7.3	(26.2)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.3	0.6	10.7	0.2	0.1	9.5
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(173.1)	4.7	8.3	4.3	0.0	4.7

FoP Label

Each Italian Style Minced Beef Bolognaise Sauce (FF) (Ptn)
contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
721.6	172.5	11.3	1.6	7.3
9%	9%	16%	8%	0%

of an adult's Reference Intake

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

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: R00659 SMT-P Breaded Salmon Fingers (FF)

Group: Recipes Recipes

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

Ingredient	Amount
HOP/410036 Gg Gf Brd Salmon Fillet Finger 30G	1200g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	60.00

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)
657.7	157.2	6.6	1.0	17.3	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.7	6.7	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	0.4

FoP Label

Each Breaded Salmon Fingers (FF) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
657.7	157.2	6.6	1.0	17.3
8%	8%	9%	5%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

Contains	Fish
Does Not Contain	Celery Cereals containing Gluten Crustaceans Eggs 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: R00689 SMT-P Strawberry Frozen Smoothie DF VE
Group: Recipes Recipes
Sub Group SMT DYVG D Dairy, Yeast, Vinegar, Gluten free Dessert Recipes

Ingredient	Amount
HOP/820116 Strawberry Iced Smoothie Tubs	1600ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	80.00

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)
267.8	64.0	0.3	0.2	15.2	10.8
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.6	1.4	0.2	0.2	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
4.1	1.7	0.7	0.0	0.0	14.4

FoP Label

Each Strawberry Frozen Smoothie DF VE (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
267.8	64.0	0.3	0.2	15.2
3%	3%	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

Picture: None

Recipe

Recipe: R01133 SMT-P Vanilla Sponge/Muffins/Cupcakes-FF

Group: Recipes Recipes

Sub Group FF Dess GF,DF,EF,SF Desserts & Sauces.

Ingredient	Amount
TUR/FLO152 Middleton Self Raising Flour (Gf)	550g
TUR/SUG11 Granulated Sugar 25kg	400g
TUR/FLV080 Supercook Van Essence	4ml
TUR/OIL075 Sunflower Oil	134ml
00008 Water	226ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	65.70

Method

1. Heat oven to 200 degrees.
2. Oil a loaf tin and line with baking parchment.
3. Mix flour, sugar & Baking powder in a bowl.
4. Add the oil and water mix until smooth.
5. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.
6. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.

*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)
967.6	231.3	7.0	0.8	40.9	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.0	1.5	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	220.8	0.6	>20.0

FoP Label

Each Vanilla Sponge/Muffins/Cupcakes-FF (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
967.6	231.3	7.0	0.8	40.9
12%	12%	10%	4%	0%

of an adult's Reference Intake

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

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: R01224 SMT-P Hot Dog Wrap FF
Group: Recipes Recipes
Sub Group SMT Meat Meat Dishes.

Ingredient	Amount
HOP/400016 Gluten Free Pork Sausages (8's)	1120g
TUR/FBK298 Gluten Free Wraps 10.5"	10 each

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	57.00

Method

1. Please refer to manufactures instructions for cooking instructions
2. Half a wrap per portion.
3. Wrap the cooked sausage in a warmed wrap to serve.

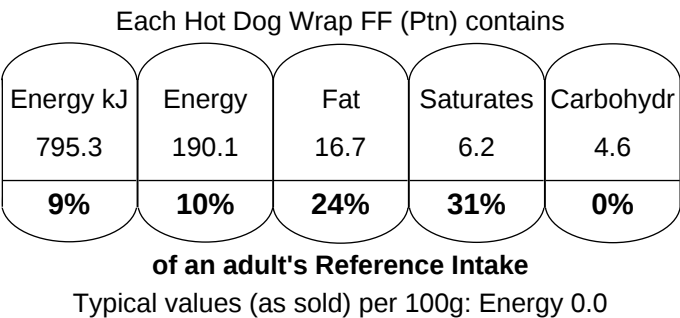
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

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)
795.3	190.1	16.7	6.2	4.6	0.8
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	0.8	5.6	>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	0.3	0.0	0.8

FoP Label



Recipe

Information Tags

Allergens

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

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:	R01377 SMT-P	Bubble Crumb Fish Fillet-FF
Group:	Recipes	Recipes
Sub Group	SMT Fish	Fish Dishes.

Ingredient	Amount
HOP/310074 Crown Gf Bubble Crumb Fish Fillets 60G	100 each

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	0.60

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.

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)
5.7	1.4	0.1	0.0	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	0.0

FoP Label

Each Bubble Crumb Fish Fillet-FF (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
5.7	1.4	0.1	0.0	0.2
0%	0%	0%	0%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

Contains	Fish
Does Not Contain	Celery Cereals containing Gluten Crustaceans Eggs 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: R01429 SMT-P Jelly - Strawberry
Group: Recipes Recipes
Sub Group SM Dessert Trays Bakes, Puddings, Biscuits, Custards

Ingredient	Amount
TUR/JEL044 Mcd Veg Jelly Crystals Strawberry	2224g
00008 Water	11364ml

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	135.88

Method

1. Follow the instructions on the packet.

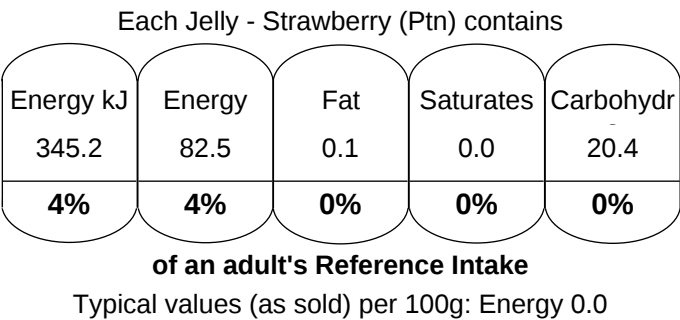
This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

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)
345.2	82.5	0.1	0.0	20.4	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.4	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	>19.0

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: R01443 SMT- P

GF Pasta Portion

Group: Recipes

Recipes

Sub Group SM NGCI- M

Non-Gluten Containing Ingredients Mains.

Ingredient	Amount
TUR/PST018 Divella Gluten Free Penne Pasta	900g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	45.00

Method

1. 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

* Please note this product is not suitable for the Free From diet as it contains SOYA*

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)
670.3	160.2	0.7	0.3	35.4	24.8
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
?	0.7	2.8	?	?	?
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
?	?	?	?	?	0.3

FoP Label

Each GF Pasta Portion (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
670.3	160.2	0.7	0.3	35.4
8%	8%	1%	1%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

May Contain Lupin | Mustard | Soya

Does Not Contain Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Milk | Molluscs | Nuts | Peanuts | Sesame | 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: R01701 SMT-P Jelly- Orange

Group: Recipes Recipes

Sub Group SM Dessert Trays Bakes, Puddings, Biscuits, Custards

Ingredient	Amount
TUR/JEL045 Mcd Veg Jelly Crystals Orange	2224g
00008 Water	11364ml

Yield: 100 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	135.88

Method

1. Follow the instructions on the packet.

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)
58.6	14.0	0.1	0.0	3.5	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	3.6	0.0	>3.2

FoP Label

Each Jelly - Orange (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
58.6	14.0	0.1	0.0	3.5
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

Picture: None

Recipe

Recipe:	R01848 SMT -P	Chocolate Crackle (FF)
Group:	Recipes	Recipes
Sub Group	FF Dess	GF,DF,EF,SF Desserts & Sauces.

Ingredient	Amount
TUR/MRG02 BEBO COOKING & BAKING (VG)	212g
TUR/SYR014 T/Lyle Golden Syrup	350g
TUR/BEV07C Freshers Low Fat Cocoa Powder	53g
TUR/NES07E Nestle Go Free Gluten Free Crisp Rice	390g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	50.25

Method

1. Melt the margarine and syrup in a pan.
2. Stir in the cocoa, when mixed remove from the heat.
3. Stir in the krispies making sure they are coated with the chocolate mixture.
4. Spread the mixture into shallow tins, leaving the surface smooth and flat. Alternatively portion into muffin cases.
5. Place in a refrigerator to set and cut when cold.

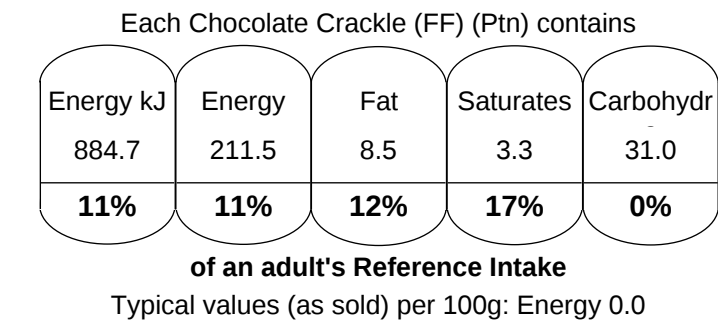
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

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)
884.7	211.5	8.5	3.3	31.0	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.3	2.1	1.8	0.0	3.5
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
84.8	0.0	30.0	59.6	0.2	15.7

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: R01850 SMT-P

Flapjack-FF

Group: Recipes

Recipes

Sub Group FF Dess

GF,DF,EF,SF Desserts & Sauces.

Ingredient	Amount
TUR/MRG02 BEBO COOKING & BAKING (VG)	340g
TUR/SYR014 T/Lyle Golden Syrup	182g
TUR/SUG110 Granulated Sugar 25kg	182g
TUR/BRK015 Glebe Farm Gluten Free PureOaty Porridge Oat	681g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	69.25

Method

1. Melt margarine with syrup and sugar.
2. Add gluten free rolled oats, flatten into tins.
3. Bake in a moderate oven.
4. Cut into portions whilst still warm.
5. Cover with lids until required, otherwise the flapjack will set hard.

**PLEASE NOTE-If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. **

Glebe Farm Gluten Free PureOaty Porridge Oats (5kg) -Gluten content below 20 Parts Per Million

*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)
1257.4	300.5	14.5	5.3	39.2	>0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	3.1	5.1	>0.0	>0.0	>0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>136.0	>0.0	>0.0	20.8	0.1	16.7

FoP Label

Each Flapjack-FF (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
1257.4	300.5	14.5	5.3	39.2
15%	15%	21%	26%	0%

of an adult's Reference Intake

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

Recipe

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

Picture: None

Recipe

Recipe: R01851 SMT-P **Melting Moment-FF**
Group: Recipes **Recipes**
Sub Group FF Dess **GF,DF,EF,SF Desserts & Sauces.**

Ingredient	Amount
TUR/MRG02 BEBO COOKING & BAKING (VG)	182g
TUR/SUG11 Granulated Sugar 25kg	141g
TUR/FLO152 Middleton Self Raising Flour (Gf)	249g
TUR/DFR401 OPIES GLACE CHERRIES JAR	10g
TUR/BRK01 Glebe Farm Gluten Free PureOaty Porridge Oat	41g
00008 Water	30ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	32.65

Method

1. Cream together margarine and sugar.
2. Mix in the flour, gluten free oats, add water to mixture. portion and place on a baking tray and lightly flatten, decorate with a cherry.
3. Bake in a moderate oven. Do not over cook.

****PLEASE NOTE-**If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. ******

Glebe Farm Gluten Free PureOaty Porridge Oats (5kg) -Gluten content below 20 Parts Per Million

*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)
582.9	139.3	7.0	2.7	18.2	>0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	0.2	1.0	>0.0	>0.0	>0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>72.8	>0.0	>0.0	110.8	0.3	>7.4

FoP Label

Each Melting Moment-FF (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
582.9	139.3	7.0	2.7	18.2
7%	7%	10%	13%	0%

of an adult's Reference Intake

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

Recipe

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

Picture: None

Recipe

Recipe: R01852 SMT-P Coconut Shortbread Biscuit-FF

Group: Recipes Recipes

Sub Group FF Dess GF,DF,EF,SF Desserts & Sauces.

Ingredient	Amount
TUR/CRP20(Ground Rice	100g
TUR/SUG11(Granulated Sugar 25kg	100g
TUR/MRG02 BEBO COOKING & BAKING (VG)	201g
TUR/FLO151 Middleton Plain Flour (Gf)	201g
TUR/BAK661 Desiccated Coconut	50g
00008 Water	30ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	34.25

Method

1. Mix dry ingredients together.
2. Rub in fat and mix until mixture binds together, add water if required to bind.
3. Portion the biscuits and place on baking tray and flatten.
4. Bake in a moderate oven.

* Please note this recipe is not a tray 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)
659.7	157.7	9.4	4.3	17.1	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	1.2	1.2	0.0	0.0	0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
80.6	0.0	0.0	12.3	0.0	>5.3

FoP Label

Each Coconut Shortbread Biscuit-FF (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
659.7	157.7	9.4	4.3	17.1
8%	8%	13%	22%	0%

of an adult's Reference Intake

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

Recipe

Information Tags

Allergens

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

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: R01853 SMT-P **Chocolate Sponge-FF**
Group: Recipes **Recipes**
Sub Group FF Dess **GF,DF,EF,SF Desserts & Sauces.**

Ingredient	Amount
TUR/FLO152 Middleton Self Raising Flour (Gf)	550g
TUR/SUG11 Granulated Sugar 25kg	400g
TUR/FLV080 Supercook Van Essence	4ml
TUR/OIL075 Sunflower Oil	134ml
00008 Water	226ml
TUR/BEV07C Freshers Low Fat Cocoa Powder	50g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	68.20

Method

1. Heat oven to 200 degrees.
2. Oil a tin and line with baking parchment.
3. Mix flour, sugar in a bowl.
4. Add the oil and water mix until smooth.
5. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.
6. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.

*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)
1000.6	239.2	7.2	1.0	41.3	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.0	2.0	0.0	0.0	3.3
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
0.0	0.0	0.0	220.8	0.6	>20.1

FoP Label

Each Chocolate Sponge-FF (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
1000.6	239.2	7.2	1.0	41.3
12%	12%	10%	5%	0%

of an adult's Reference Intake

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

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: R01854 SMT-P Orange Shortbread Biscuit-FF

Group: Recipes Recipes

Sub Group FF Dess GF,DF,EF,SF Desserts & Sauces.

Ingredient	Amount
TUR/CRP20(Ground Rice	100g
TUR/SUG11(Granulated Sugar 25kg	100g
TUR/MRG02 BEBO COOKING & BAKING (VG)	201g
TUR/FLO151 Middleton Plain Flour (Gf)	201g
TUR/FFM06(Orange Medium	1 each
00008 Water	30ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	37.25

Method

1. Mix dry ingredients together. add the finely grated rind from the orange.
2. Rub in fat and mix until mixture binds together ,add the juice of the orange and add water if required to bind.
3. Portion the biscuits and place on baking tray and flatten.
4. Bake in a moderate oven.

* Please note this recipe is not a tray 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)
599.7	143.3	7.8	3.0	17.3	(0.0)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.1	1.0	1.1	0.0	0.0	2.6
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(81.1)	3.0	1.7	12.6	0.0	>5.4

FoP Label

Each Orange Shortbread Biscuit-FF (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
599.7	143.3	7.8	3.0	17.3
7%	7%	11%	15%	0%

of an adult's Reference Intake

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

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: R01856 SMT-P Italian Style Beef Meatballs In Tomato Sauce -FF

Group: Recipes Recipes

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

Ingredient	Amount
TUR/OIL075 Sunflower Oil	60ml
HOP/100209 Diced Onions	227g
TUR/VGC230 Cirio Dbl Concentrate Tom Puree Tube	397g
TUR/SPI188 Mixed Herbs	5g
TUR/SPI182 GROUND BLACK PEPPER	5g
TUR/VGC830 Chopped Tomatoes	794g
TUR/BOU130 Gluten Free Vegetable Bouillon Powder	25g
HOP/470030 Gf 80% Beef Meatballs 23G	1380g
TUR/SAU080 Silbury Pomodoro Sauce (Pouch)	397g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	164.50

Method

1. Heat oil in a pan and gently fry the chopped onions.
2. Add chopped tomatoes, tomato puree and Pomodoro sauce.
3. Season to taste with the vegetable bouillon, pepper and mixed herbs and simmer gently.
4. Place meatballs on baking tray, and follow manufacturers cooking instructions
5. Place the cooked meatballs in a serving tin.
6. Cover with the tomato sauce 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)
1038.7	248.2	16.1	5.4	13.4	(0.0)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	>1.4	11.7	>0.1	>0.0	>4.3
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>0.1	>0.9	>0.0	739.3	1.9	6.3

Recipe

FoP Label

Each Italian Style Beef Meatballs In Tomato Sauce -FF (Ptn)
contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
1038.7	248.2	16.1	5.4	13.4
12%	12%	23%	27%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

May Contain	Celery
Does Not Contain	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:	R01858 SMT-P	Pulled Butter Chicken Wrap -FF
Group:	Recipes	Recipes
Sub Group FF Main	GF,DF,EF,SF Mains & Sauces.	

Ingredient	Amount
TUR/FBK298 Gluten Free Wraps 10.5"	10 each
TUR/CHI035 Chicken Thighs Garlic	1600g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	100.00	80.50

Method

1. Cook the chicken thighs (refer to manufactures instructions).
2. Once cooked shred the chicken with 2 forks.
3. Cut the gluten free wraps in half, (half wrap per portion).
3. Serve with a warm wrap.

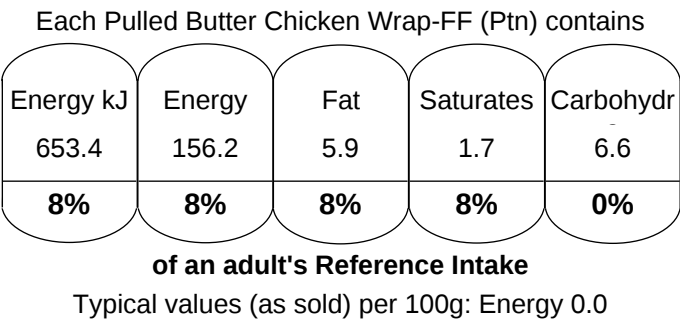
*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients

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)
653.4	156.2	5.9	1.7	6.6	4.6
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	0.4	17.5	>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	4.6

FoP Label



Recipe

Information Tags

Allergens

May Contain	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: R01859 SMT-P Custard-FF

Group: Recipes Recipes

Sub Group FF Dess GF,DF,EF,SF Desserts & Sauces.

Ingredient	Amount
TUR/CUS01 Chef William Custard Powder	91g
TUR/SUG15 Granulated Sugar	68g
TUR/MLK051 Alpro Oat Milk For Professionals	1819ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	98.90

Method

- 1.. Bring the oat milk to the boil, DO NOT OVER COOK
2. Make the custard powder into a paste with a little water
3. Add the sugar
4. Pour the milk over the custard and sugar mixture
5. Allow to cook.

****PLEASE NOTE-**If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. ******

Alpro Barista Oat Gluten Free (1 Litre) Gluten content below 20 Parts Per Million

*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)
356.2	85.1	2.9	0.4	14.6	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	6.9

FoP Label

Each Custard-FF (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
356.2	85.1	2.9	0.4	14.6
4%	4%	4%	2%	0%

of an adult's Reference Intake

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

Recipe

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

Picture: None

Recipe

Recipe: R01864 SMT-P Ham Cheese & Tomato Pasta Sauce-FF

Group: Recipes Recipes

Sub Group SMT DYVG M Dairy, Yeast, Vinegar, Gluten free Mains Recipes

Ingredient	Amount
TUR/VGC826 Chopped Tomatoes	794g
TUR/OIL075 Sunflower Oil	57ml
TUR/FFV144 Onions Cooking (W)	227g
TUR/SAU083 Silbury Pomodoro Sauce (Pouch)	398g
TUR/SPI188 Mixed Herbs	1g
TUR/SPI182 GROUND BLACK PEPPER	2g
TUR/VGC236 Cirio Dbl Concentrate Tom Puree Tube	85g
TUR/CHF045 Violife Original Grated (Vg)	114g
TUR/MCC086 Prime Cooked Ham Sliced	500g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	108.90

Method

1. Make the tomato sauce: heat the oil in a large pan, add the diced onion and sauté.
2. Add chopped tomatoes, tomato puree, Pomodoro sauce & black pepper.
3. Add sliced ham.
4. Portion into tins, sprinkle with cheese and place in a moderate oven for 15 minutes.

Serve with free from pasta

*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)
427.7	102.2	6.1	>2.0	6.2	(30.6)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.2	0.6	5.4	0.6	0.8	10.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(7.4)	5.3	9.8	2.2	0.0	4.0

Recipe

FoP Label

Each Ham Cheese & Tomato Pasta Sauce-FF (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
427.7	102.2	6.1	2.0	6.2
5%	5%	9%	10%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

May Contain	Celery
Does Not Contain	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: R01873 SMT-P Summer Cupcake (FF)

Group: Recipes Recipes

Sub Group FF Dess GF,DF,EF,SF Desserts & Sauces.

Ingredient	Amount
TUR/FLO152 Middleton Self Raising Flour (Gf)	550g
TUR/SUG110 Granulated Sugar 25kg	400g
TUR/FLV080 Supercook Van Essence	4ml
TUR/OIL075 Sunflower Oil	134ml
00008 Water	226ml
TUR/SUG250 Icing Sugar	142g
TUR/BEV070 Freshers Low Fat Cocoa Powder	72g
TUR/MRG02 BEBO COOKING & BAKING (VG)	142g
00006 Boiling Water	13ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	84.15

Method

1. Heat oven to 200 degrees.
2. Oil a loaf tin and line with baking parchment.
3. Mix flour, sugar & Baking powder in a bowl.
4. Add the oil and water mix until smooth.
5. Pour the mixture into the tin. Bake for 30 minutes or until a skewer comes out clean.
6. Cool in the tin for 10 minutes, then remove and transfer the cake to a wire rack to cool.

Topping - Bottom 4 ingredients of this recipe.

1. Mix together margarine, icing sugar & cocoa powder, slowly add boiling water if required.

*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)
1334.5	319.0	12.7	3.1	48.6	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.0	2.3	0.0	0.0	>4.7
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
56.8	0.0	0.0	229.3	0.6	>26.9

Recipe

FoP Label

Each Summer Cupcake (FF) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
1334.5	319.0	12.7	3.1	48.6
16%	16%	18%	16%	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: R01874 SMT-P Italian Style Chicken Fillet (FF)

Group: Recipes Recipes

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

Ingredient	Amount
HOP/900059 Cooked Chicken Breast Flattened 50G	1000g
TUR/CHF045 Violife Original Grated (Vg)	500g
TUR/SAU083 Silbury Pomodoro Sauce (Pouch)	1600g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	155.00

Method

1. Place fillets on a greased baking sheet.
2. Place Pomodoro sauce on the top of the chicken fillets.
3. Sprinkle with cheese and bake in a moderate oven until product is thoroughly heated .

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)
714.4	170.8	9.2	5.7	12.9	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.1	9.4	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	0.3	0.0	5.3

FoP Label

Each Italian Style Chicken Fillet (FF) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
714.4	170.8	9.2	5.7	12.9
9%	9%	13%	28%	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: R01876 SMT-P Lasagne Hopwells -(FF)

Group: Recipes Recipes

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

Ingredient	Amount
HOP/970085 90VI R/Tractor Prem Mince Beef	1000g
TUR/FFV144 Onions Cooking (W)	180g
TUR/FFP080 Prep Carrots Grated (W)	240g
TUR/SAU083 Silbury Pomodoro Sauce (Pouch)	676g
TUR/VGC830 Chopped Tomatoes	1157g
TUR/SPI188 Mixed Herbs	2g
TUR/SUG183 Demerara Sugar	15g
TUR/GBK298 Gluten Free Wraps 10.5"	10 each
TUR/BOU133 Gluten Free Vegetable Bouillon Powder	10g
TUR/SPI180 Garlic Powder	4g
TUR/SPI182 GROUND BLACK PEPPER	2g
TUR/FLO151 Middleton Plain Flour (Gf)	120g
TUR/MLK051 Alpro Oat Milk For Professionals	1200ml
TUR/CHF045 Violife Original Grated (Vg)	100g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	235.80

Method

1. Place minced beef in service container, add diced onions, and cook in the steamer or combi for 30 minutes.
2. Remove from the steamer/combi.
3. Add grated carrots, chopped tomatoes, tomato puree and pomodoro sauce. Season with veg bouillon & black pepper return to the steamer/combi.
4. Cook for a further 45 minute to a hour until the temperature is 75 or above.
6. Make up white sauce.
6. Bring the milk to the boil. Blend the flour, add to the boiling liquid, stirring well until thickened.
7. Season with Black pepper.
8. To make up lasagne, place a layer of meat mix into deep tins, cover with wraps.
9. Repeat the procedure finishing with white sauce.
10. Sprinkle grated cheese over the top and bake in a moderate oven for 30 mins.

**PLEASE NOTE-If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. **

Alpro Barista Oat Gluten Free (1 Litre) Gluten content below 20 Parts Per Million

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

Recipe

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)
967.6	231.3	12.0	>5.5	19.3	(0.0)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.4	>0.8	11.6	>0.1	>0.0	>5.8
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(235.5)	>0.7	>2.5	139.5	0.4	7.3

FoP Label

Each Lasagne Hopwells -(FF) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
967.6	231.3	12.0	5.5	19.3
12%	12%	17%	27%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R01877 SMT-P Lasagne Youngs -(FF)

Group: Recipes Recipes

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

Ingredient	Amount
YOU/JWY5 Free Flow Mince (95% VI) - 2.5Kg Beef	1000g
TUR/FFV144 Onions Cooking (W)	180g
TUR/FFP080 Prep Carrots Grated (W)	240g
TUR/SAU083 Silbury Pomodoro Sauce (Pouch)	676g
TUR/VGC830 Chopped Tomatoes	1157g
TUR/SPI188 Mixed Herbs	2g
TUR/SUG183 Demerara Sugar	15g
TUR/GBK298 Gluten Free Wraps 10.5"	10 each
TUR/BOU133 Gluten Free Vegetable Bouillon Powder	10g
TUR/SPI180 Garlic Powder	4g
TUR/SPI182 GROUND BLACK PEPPER	2g
TUR/FLO151 Middleton Plain Flour (Gf)	120g
TUR/MLK051 Alpro Oat Milk For Professionals	1200ml
TUR/CHF045 Violife Original Grated (Vg)	100g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	235.80

Method

1. Place minced beef in service container, add diced onions, and cook in the steamer or combi for 30 minutes.
2. Remove from the steamer/combi.
3. Add grated carrots, chopped tomatoes, tomato puree and pomodoro sauce. Season with veg bouillon & black pepper return to the steamer/combi.
4. Cook for a further 45 minute to a hour until the temperature is 75 or above.
6. Make up white sauce.
6. Bring the milk to the boil. Blend the flour, add to the boiling liquid, stirring well until thickened.
7. Season with Black pepper.
8. To make up lasagne, place a layer of meat mix into deep tins, cover with wraps.
9. Repeat the procedure finishing with white sauce.
10. Sprinkle grated cheese over the top and bake in a moderate oven for 30 mins.

**PLEASE NOTE-If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. **

Alpro Barista Oat Gluten Free (1 Litre) Gluten content below 20 Parts Per Million

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

Recipe

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)
1041.6	249.0	11.8	>5.9	>19.3	(0.0)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.4	>1.1	10.6	>0.1	>0.0	>5.8
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(235.5)	>0.7	>2.5	>139.5	>0.4	7.3

FoP Label

Each Lasagne Youngs -(FF) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
1041.6	249.0	11.8	5.9	19.3
12%	12%	17%	29%	0%

of an adult's Reference Intake

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

Information Tags

Allergens

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

Sub-Allergens

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

Picture: None

Recipe

Recipe: R02068 SMT-P Cheese Burger Pasta Sauce (FF)(Youngs)

Group: Recipes Recipes

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

Ingredient	Amount
TUR/OIL075 Sunflower Oil	50ml
TUR/FFV144 Onions Cooking (W)	333g
TUR/SAU085 Silbury Pomodoro Sauce (Pouch)	1333g
YOU/JWY5 Free Flow Mince (95% VI) - 2.5Kg Beef	600g
TUR/CHF045 Violife Original Grated (Vg)	600g
TUR/MLK051 Alpro Oat Milk For Professionals	1666ml
TUR/MRG02 BEBO COOKING & BAKING (VG)	133g
TUR/CHF045 Violife Original Grated (Vg)	167g
TUR/FLO151 Middleton Plain Flour (Gf)	84g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	248.30

Method

1. In a large saucepan, heat the oil and add the mince lightly brown.
2. Add the chopped onion to the saucepan and fry over medium heat until soft.
3. Add the tomato sauce, and simmer.
4. Cook pasta
5. Mix the mince mixture and pasta together and add to cooking containers.
6. Make the cheese sauce according to the recipe, once cooked divided between the cooking containers and mix all the ingredient together.

Sauce Recipe.

1. Place in a saucepan the oat milk. 2. Heat the milk to a gentle simmer. 3. Melt the margarine in a saucepan over a medium heat. Add the flour and stir. Cook gently for 2 minutes. 4. Add the milk little by little, stirring each time you add more, to get rid of any lumps. 5. When all the milk has been added, cook over a gentle heat for 5 minutes until thick and glossy. Remove from the heat and stir through the cheese.
- 2.. Using half the quantity of vegan grated cheese mix into the pasta & vegan mince mixture.
3. Sprinkle over the remaining cheese and bake in the oven until temperature of 75 & the cheese has melted on the top.

Free From

**PLEASE NOTE-If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. **

Alpro Barista Oat Gluten Free (1 Litre) Gluten content below 20 Parts Per Million

*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. *

Recipe

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)
1552.4	371.0	25.8	>13.5	>24.8	(0.0)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.2	0.7	6.7	>0.1	>0.0	>4.2
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(53.5)	>0.8	>2.8	>8.9	>0.0	8.0

FoP Label

Each Cheese Burger Pasta Sauce (FF)(Youngs) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
1552.4	371.0	25.8	13.5	24.8
18%	19%	37%	67%	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	Oats
Does Not Contain	Almonds Barley Brazil Nuts Cashew Nuts Hazelnuts Macadamia Nuts Pecan Nuts Pistachio Nuts Rye Walnuts Wheat

Picture: None

Recipe

Recipe: R02071 SMT-P Cheese Burger Pasta Sauce (FF)(Hopwells)

Group: Recipes Recipes

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

Ingredient	Amount
TUR/OIL075 Sunflower Oil	50ml
TUR/FFV144 Onions Cooking (W)	333g
TUR/SAU082 Silbury Pomodoro Sauce (Pouch)	1333g
HOP/970098 Wilsons Red Tractor Minced Beef	600g
TUR/CHF045 Violife Original Grated (Vg)	600g
TUR/MLK051 Alpro Oat Milk For Professionals	1666ml
TUR/MRG02 BEBO COOKING & BAKING (VG)	133g
TUR/CHF045 Violife Original Grated (Vg)	167g
TUR/FLO151 Middleton Plain Flour (Gf)	84g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	248.30

Method

1. In a large saucepan, heat the oil and add the mince lightly brown.
2. Add the chopped onion to the saucepan and fry over medium heat until soft.
3. Add the tomato sauce, and simmer.
4. Cook pasta
5. Mix the mince mixture and pasta together and add to cooking containers.
6. Make the cheese sauce according to the recipe, once cooked divided between the cooking containers and mix all the ingredient together.

Sauce Recipe.

1. Place in a saucepan the oat milk. 2. Heat the milk to a gentle simmer. 3. Melt the margarine in a saucepan over a medium heat. Add the flour and stir. Cook gently for 2 minutes. 4. Add the milk little by little, stirring each time you add more, to get rid of any lumps. 5. When all the milk has been added, cook over a gentle heat for 5 minutes until thick and glossy. Remove from the heat and stir through the cheese.
- 2.. Using half the quantity of vegan grated cheese mix into the pasta & vegan mince mixture.
3. Sprinkle over the remaining cheese and bake in the oven until temperature of 75 & the cheese has melted on the top.

Free From

**PLEASE NOTE-If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. **

Alpro Barista Oat Gluten Free (1 Litre) Gluten content below 20 Parts Per Million

*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. *

Recipe

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)
1554.9	371.6	27.3	>11.7	24.8	(0.0)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.2	0.5	7.1	0.1	0.0	4.2
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(53.5)	0.8	2.8	8.9	0.0	8.0

FoP Label

Each Cheese Burger Pasta Sauce (FF)(Hopwells) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
1554.9	371.6	27.3	11.7	24.8
19%	19%	39%	58%	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	Oats
Does Not Contain	Almonds Barley Brazil Nuts Cashew Nuts Hazelnuts Macadamia Nuts Pecan Nuts Pistachio Nuts Rye Walnuts Wheat

Picture: None

Recipe

Recipe: R02076 SMT-P **Oaty Biscuit (FF)**
Group: Recipes **Recipes**
Sub Group FF Dess **GF,DF,EF,SF Desserts & Sauces.**

Ingredient	Amount
TUR/FLO151 Middleton Plain Flour (Gf)	136g
TUR/BAK502 Bicarbonate Of Soda	4g
TUR/SUG110 Granulated Sugar 25kg	136g
TUR/MRG02 BEBO COOKING & BAKING (VG)	136g
TUR/BRK015 Glebe Farm Gluten Free PureOaty Porridge Oat	136g
TUR/SYR014 T/Lyle Golden Syrup	56.8g
TUR/MLK051 Alpro Oat Milk For Professionals	3.6ml

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	30.42

Method

1. Sieve the white flour and bicarbonate of soda.
 2. Stir in the sugar and oats.
 3. Heat the margarine, milk and syrup. DO NOT OVER HEAT.
 4. Pour into dry mixture and beat well.
 5. Roll into balls and place on greased lids 100 mm apart. Flatten slightly and bake for 25-30 mins.
 7. Remove from the oven while still slightly soft and risen.
- NB: MUST BE COOKED IMMEDIATELY AFTER PREPARATION TO ACHIEVE A GOOD RESULT.

Free From

**PLEASE NOTE-If a products gluten levels are below 20PPM then the product can be labelled as gluten free and is certified for coeliacs. **

Glebe Farm Gluten Free PureOaty Porridge Oats (5kg) -Gluten content below 20 Parts Per Million

Alpro Barista Oat Gluten Free (1 Litre) Gluten content below 20 Parts Per Million

*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. *

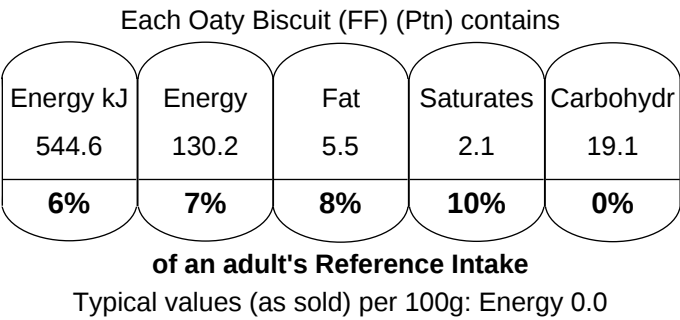
Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
544.6	130.2	5.5	2.1	19.1	>0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.0	1.2	1.4	>0.0	>0.0	>0.0
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
>54.4	>0.0	>0.0	8.5	0.0	9.1

Recipe

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

Picture: None

Recipe

Recipe: R02082 SMT-P Chicken Curry (FF)(Youngs)

Group: Recipes Recipes

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

Ingredient	Amount
TUR/FFV144 Onions Cooking (W)	182g
TUR/VGC826 Chopped Tomatoes	640g
TUR/FFP080 Prep Carrots Grated (W)	182g
TUR/OIL075 Sunflower Oil	48ml
HOP/100207 Diced Pepper Red/Green	182g
YOU/JWY32 Free Flow Breast Diced 2.5Kg Chicken	1000g
TUR/SPI172 Curry Powder	40g
TUR/VGC236 Cirio Dbl Concentrate Tom Puree Tube	23g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	111.39

Method

1. Heat oil in a pan, add the meat and seal.
2. Add the chopped onions, peppers, carrots and tinned tomatoes, Heat throughly.
3. Add the curry powder and tomato puree.
4. Simmer on a gentle heat for approximately 20 minutes until cooked.

* Curry powder says may contain Gluten . There is no gluten in the ingredients list however it may be manufactured in a factory where gluten is present. If in any doubt about using this ingredient for a child who is gluten free then please contact the child's parent and ask.*

*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)
414.2	99.0	3.4	>0.3	>4.1	(24.6)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.3	>1.1	12.9	>0.2	>0.1	>7.6
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total sugar (g)
(132.6)	>4.4	>7.7	>2.6	>0.0	>2.3

Recipe

FoP Label

Each Chicken Curry (FF)(Youngs) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
414.2	99.0	3.4	0.3	4.1
5%	5%	5%	2%	0%

of an adult's Reference Intake

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

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

Recipe

Recipe: R02083 SMT-P Chicken Curry (FF)(Hopwells)

Group: Recipes Recipes

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

Ingredient	Amount
TUR/FFV144 Onions Cooking (W)	182g
TUR/VGC821 Chopped Tomatoes	640g
TUR/FFP080 Prep Carrots Grated (W)	182g
TUR/OIL075 Sunflower Oil	48ml
HOP/100207 Diced Pepper Red/Green	182g
HOP/970104 Wilsons Diced Chicken Breast	1000g
TUR/SPI172 Curry Powder	40g
TUR/VGC231 Cirio Dbl Concentrate Tom Puree Tube	23g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	111.39

Method

1. Heat oil in a pan, add the meat and seal.
2. Add the chopped onions, peppers, carrots and tinned tomatoes, Heat throughly.
3. Add the curry powder and tomato puree.
4. Simmer on a gentle heat for approximately 20 minutes until cooked.

* Curry powder says may contain Gluten . There is no gluten in the ingredients list however it may be manufactured in a factory where gluten is present. If in any doubt about using this ingredient for a child who is gluten free then please contact the child's parent and ask.

*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)
414.2	99.0	3.4	>0.5	4.4	(24.6)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.3	1.3	12.9	0.2	0.1	7.6
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(132.6)	4.4	7.7	2.6	0.0	2.5

Recipe

FoP Label

Each Chicken Curry (FF)(Hopwells) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
414.2	99.0	3.4	0.5	4.4
5%	5%	5%	2%	0%

of an adult's Reference Intake

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

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

Recipe

Recipe: R02146 SMT-P Italian Style Chicken Fillet(FF)(Raw)

Group: Recipes Recipes

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

Ingredient	Amount
HOP/410187 Rt Raw Chicken Breast Fillet Portion 57G	1000g
TUR/CHF045 Violife Original Grated (Vg)	500g
TUR/SAU085 Silbury Pomodoro Sauce (Pouch)	1600g

Yield: 20 Ptn

Portion Cost

Description	Yield	Weight
Single portion weight	20.00	155.00

Method

1. Place fillets on a greased baking sheet.
2. Place Pomodoro sauce on the top of the chicken fillets.
3. Sprinkle with cheese and bake in a moderate oven until product is thoroughly heated .

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)
768.8	183.8	10.8	6.1	11.8	0.0
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
0.0	0.4	10.6	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	0.4	0.0	4.8

FoP Label

Each Italian Style Chicken Fillet (FF)(Raw) (Ptn) contains

Energy kJ	Energy	Fat	Saturates	Carbohydr
768.8	183.8	10.8	6.1	11.8
9%	9%	15%	30%	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