



FOUR-WEEK MENU CYCLES FOR CARE HOMES

THE UK'S LEADING CARE HOME FOOD SPECIALIST

CARE HOME MENU BUILDER – WEEK ONE



RECIPE INCLUDED
Tap or click
recipe name



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Morning	Breakfast	Porridge, a selection of cereals including Wheat Biscuits, Corn Flakes & Rice Krispies, White or Wholemeal Toast with a choice of Preserves, Fresh Fruit						
	Cooked Breakfast	Scrambled Eggs on Toast	Sausage Sandwiches	Full English Breakfast	Fried Eggs on Toast	Poached Eggs on Toast	Full English Breakfast	Bacon Sandwiches
	Mid-Morning Snack	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits & Cake						
Lunch	Soup of the Day (if applicable)	Carrot & Coriander	Leek & Potato	Tomato & Basil	Cream of Cauliflower	Mushroom & Tarragon	Cream of Red Lentil	Broccoli & Potato
	Starter (if applicable)	Smoked Mackerel Salad	Salt & Pepper Squid, Tartare Sauce and Salad	Chicken Caesar Salad	Buttermilk Chicken Goujons with Salad	Ham & Cheese Salad	Breaded Brie with Cranberry Sauce and Salad	Brussels Pate with Toast and Mixed Salad
	Lunch Option 1	Beef Bourguignon	Chicken & Leek Pie	Roasted Gammon & Parsley Sauce	Liver & Bacon in Gravy	Battered Fish with Tartare Sauce	Beef Lasagne	Roast Pork, Stuffing and Apple Sauce
	Lunch Option 2	Cauliflower Cheese with Tofu	Macaroni Cheese	Vegetable & Chickpea Curry	Sausages in Onion Gravy	Southern Fried Chicken	Pollock with Parsley Sauce and Leeks	Nut Roast
	Vegetarian Option	Additional Vegetarian options available upon request						
	Carbohydrate 1	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Chips	Garlic Bread	Roast Potatoes
	Carbohydrate 2	New Potatoes	Pasta	Rice	Sauteed Potatoes	Mashed Potato	Mashed Potato	Mashed Potato
	Vegetable 1	Savoy Cabbage	Broccoli	Peas	Brussels Sprouts	Peas	Mixed Leaves	Broccoli
	Vegetable 2	Carrots	Carrot & Parsnip Mash	Swede	Cauliflower	Baked Beans	Courgettes	Carrots
	Dessert 1	Apple & Blackberry Crumble	Pineapple Upside Down Cake with Custard	Baked Rice Pudding	Marmalade Sponge with Custard	Chocolate Fudge Cake with Ice Cream	Sultana Sponge with Custard	Sticky Toffee Pudding
Dessert 2	Ice Cream, Yoghurt, Fresh or Tinned Fruit, Cheese & Biscuits							
Afternoon	Afternoon Tea	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits, Cake & Savoury Snacks						
	Tea – Soup	Carrot & Coriander	Leek & Potato	Tomato & Basil	Cream of Cauliflower	Mushroom & Tarragon	Cream of Red Lentil	Broccoli & Potato
	Tea Option 1	A selection of sandwiches on white or wholemeal bread including: ham, cheese, egg mayonnaise and tuna mayonnaise. All tea choices in option 2 should be served with a choice of vegetables (80g portion) or salad and a source of carbohydrate – minimum of 180g potatoes or 120g cooked rice, pasta, noodles, couscous, bulgar wheat, buckwheat, cornmeal, maize, wheat, barley, rye, sweet potato, cassava, yams or plantain or two slices of bread						
	Tea Option 2	Sausage Roll with Chips and Baked Beans	Quiche Lorraine with Potato Salad and Mixed Leaves	Smoked Salmon with Scrambled Eggs, Wilted Spinach and Toast	Cheese, Onion & Potato Pasty with Baked Beans	Baked Jacket Potato with a choice of fillings and Salad	Toasted Sourdough Crumpets with Cheddar Cheese and Spinach	Ham & Cheese Ploughman's
Evening	Evening Dessert	Chocolate Marshmallow Mousse	Ice Cream Roll	Eton Mess	Orange Jelly with Mandarins and Whipped Cream	Peach Melba	Chocolate Profiteroles	Classic Trifle
	Dessert 2	Ice Cream, Yoghurt or Hot Dessert of the Day						
	Supper	Sandwiches, Tea, Coffee, Horlicks, Ovaltine, Fortified Drinks, Biscuits & Fresh Fruit						

Key

Poultry

Pork

Red Meat

Vegetarian

Fish/Seafood

Week 2 >>

CARE HOME MENU BUILDER – WEEK TWO



RECIPE INCLUDED
Tap or click
recipe name



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Morning	Breakfast	Porridge, a selection of cereals including Wheat Biscuits, Corn Flakes & Rice Krispies, White or Wholemeal Toast with a choice of Preserves, Fresh Fruit						
	Cooked Breakfast	Scrambled Eggs on Toast	Sausage Sandwiches	Full English Breakfast	Fried Eggs on Toast	Poached Eggs on Toast	Full English Breakfast	Bacon Sandwiches
	Mid-Morning Snack	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits & Cake						
Lunch	Soup of the Day (if applicable)	Carrot & Sweet Potato	White Onion & Potato	Tomato & Lentil	Cauliflower & Cheddar	Pea & Ham	Vegetable	Courgette & Potato
	Starter (if applicable)	Smoked Salmon Pate with Salad	Stilton Stuffed Mushrooms	Pasta Pesto Salad with Oven Dried Tomatoes	Chickpea Fritters	Egg Salad	Breaded Mushrooms with Garlic Butter and Tomato Sauce	Ham Hock & Pea Terrine with Salad
	Lunch Option 1	Chicken Tikka Masala with Naan	Smoked Haddock Shepherd's Pie	Beef Stroganoff	Sausage Casserole with Sage Dumplings	Battered Fish with Tartare Sauce	Cottage Pie	Roast Chicken with Stuffing
	Lunch Option 2 (optional)	Cheese & Potato Pie with Baked Beans	Tomato & Basil Pasta Bake	Potato, Lentil & Goats Cheese Gratin	Quorn Cottage Pie	Sweet & Sour Chicken	Bubble & Squeak with Bacon	Breaded Fishcakes
	Vegetarian Option	Additional Vegetarian options available upon request						
	Carbohydrate 1	Rice	Mashed Potato	Brown Rice	Mashed Potato	Chips	Mashed Potato	Roast Potatoes
	Carbohydrate 2	Mashed Potato	Garlic Bread	Mashed Potato		Mashed Potato	Croquette Potatoes	Mashed Potato
	Vegetable 1	Kale	Leeks	Mushrooms	Savoy Cabbage	Mushy Peas	Spinach	Brussels Sprouts
	Vegetable 2	Cauliflower	Sweetcorn	Carrots	Parsnips	Baked Beans	Green Beans	Carrots
	Dessert 1	Peach Crumble with Custard	Jam & Coconut Sponge with Custard	Chocolate & Mandarin Bread and Butter Pudding	Syrup Sponge with Custard	Jam Roly Poly with Custard	Warm Bakewell Tart with Custard	Apple Pie with Custard
Dessert 2	Ice Cream, Yoghurt, Fresh or Tinned Fruit, Cheese & Biscuits							
Afternoon Tea	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits, Cake & Savoury Snacks							
Tea – Soup	Carrot & Sweet Potato	White Onion & Potato	Tomato & Lentil	Cauliflower & Cheddar	Pea & Ham	Vegetable	Courgette & Potato	
Tea Option 1	A selection of sandwiches on white or wholemeal bread including: ham, cheese, egg mayonnaise and tuna mayonnaise. All tea choices in option 2 should be served with a choice of vegetables (80g portion) or salad and a source of carbohydrate – minimum of 180g potatoes or 120g cooked rice, pasta, noodles, couscous, bulgar wheat, buckwheat, cornmeal, maize, wheat, barley, rye, sweet potato, cassava, yams or plantain or two slices of bread							
Tea Option 2	Ham Hock & Pea Risotto with Dressed Watercress	Beef Burger in a Bun with Salad and Mayonnaise	Chicken Tikka Slice with Bombay Potatoes and Indian Salad	Salmon & Broccoli Quiche with Potato Salad	Baked Beans & Cheese on Toast	Homemade Cheese Scones with Butter & Basil Pesto	Cheese & Biscuits with Celery, Grapes and Pickle	
Evening Dessert	Strawberry Mousse	Banana & Custard	Custard Tart	Strawberry Jelly with Forest Fruits	Fresh Fruit Salad	Lemon Cheesecake	Black Forest Gateau	
Dessert 2	Ice Cream, Yoghurt or Hot Dessert of the Day							
Supper	Sandwiches, Tea, Coffee, Horlicks, Ovaltine, Fortified Drinks, Biscuits & Fresh Fruit							

<< Week 1

Key

Poultry

Pork

Red Meat

Vegetarian

Fish/Seafood

Week 3 >>

CARE HOME MENU BUILDER – WEEK THREE



RECIPE INCLUDED
Tap or click
recipe name



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Morning	Breakfast	Porridge, a selection of cereals including Wheat Biscuits, Corn Flakes & Rice Krispies, White or Wholemeal Toast with a choice of Preserves, Fresh Fruit						
	Cooked Breakfast	Scrambled Eggs on Toast	Sausage Sandwiches	Full English Breakfast	Fried Eggs on Toast	Poached Eggs on Toast	Full English Breakfast	Bacon Sandwiches
	Mid-Morning Snack	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits & Cake						
Lunch	Soup of the Day (if applicable)	Carrot & Lentil	Pea & Mint	Tomato & Red Pepper	Cauliflower & Leek	Cream of Mushroom	Sweet Potato, Apple & Lentil	Leek, Potato & Bacon
	Starter (if applicable)	Smoked Salmon Salad	Cheddar Salad	Cheesy Garlic Bread with Tomato Passata	Buttermilk Chicken Goujons with Salad	Piri Piri Vegetables with Black Eyed Beans	Scotch Egg with Pickle and Salad	Brussels Pate with Toast and Mixed Salad
	Lunch Option 1	Beef Ragu	Chicken Thighs Braised in Onion Gravy	Roasted Gammon with Cheese Sauce	Mexican Beef Chilli	Battered Fish with Tartare Sauce	Lamb & Apricot Meatballs	Roast Turkey with Sage & Onion Stuffing
	Lunch Option 2 (optional)	Lentil, Sweet Potato & Spinach Balti	Quorn Lasagne	Cauliflower Cheese with Tofu	Pork Meatballs in Gravy	Battered Chicken Chunks	Fisherman's Pie	Nut Roast
	Vegetarian Option	Additional Vegetarian options available upon request						
	Carbohydrate 1	Wholegrain Pasta	Mashed Potato	Mashed Potato	Rice	Chips	Mashed Potato	Roast Potatoes
	Carbohydrate 2	Rice	Garlic Bread	Parmentier Potatoes	Mashed Potato	Mashed Potato		Mashed Potato
	Vegetable 1	Kale	Carrot & Swede	Cauliflower	Spinach	Peas	Spring Cabbage	Parsnips
	Vegetable 2	Butternut Squash	Green Beans	Carrots	Broad Beans	Baked Beans	Leeks	Broccoli
	Dessert 1	Banana & Apricot Crumble	Peach Upside Down Cake with Custard	Rice Pudding with Strawberry Jam	Jam Sponge with Custard	Warm Chocolate Brownie	Warmed Pears in Chocolate Sauce	Spotted Dick Roly Poly
Dessert 2	Ice Cream, Yoghurt, Fresh or Tinned Fruit, Cheese & Biscuits							
Afternoon	Afternoon Tea	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits, Cake & Savoury Snacks						
	Tea – Soup	Carrot & Lentil	Pea & Mint	Tomato & Red Pepper	Cauliflower & Leek	Cream of Mushroom	Sweet Potato, Apple & Lentil	Leek, Potato & Bacon
	Tea Option 1	A selection of sandwiches on white or wholemeal bread including: ham, cheese, egg mayonnaise and tuna mayonnaise. All tea choices in option 2 should be served with a choice of vegetables (80g portion) or salad and a source of carbohydrate – minimum of 180g potatoes or 120g cooked rice, pasta, noodles, couscous, bulgar wheat, buckwheat, cornmeal, maize, wheat, barley, rye, sweet potato, cassava, yams or plantain or two slices of bread						
	Tea Option 2	Sausage Roll with Spaghetti Loops and Potato Wedges	Quiche Lorraine with Potato Salad and Mixed Leaves	Mackerel in Tomato Sauce on Toast	Margherita Pizza	Baked Jacket Potato with Baked Beans and Salad	Toasted Teacakes with a choice of Preserves	Hot Dogs with Sauteed Onions
	Evening Dessert	Caramel Mousse with Banana with Whipped Cream	Forest Fruits Meringue Nests with Whipped Cream	Tiramisu	Lemon Meringue Pie	Peaches and Cream	Toffee & Pecan Roulade	Classic Trifle
Evening	Dessert 2	Ice Cream, Yoghurt or Hot Dessert of the Day						
	Supper	Sandwiches, Tea, Coffee, Horlicks, Ovaltine, Fortified Drinks, Biscuits & Fresh Fruit						

<< Week 2

Key



Poultry



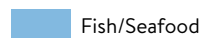
Pork



Red Meat



Vegetarian



Fish/Seafood

Week 4 >>

CARE HOME MENU BUILDER – WEEK FOUR



RECIPE INCLUDED
Tap or click
recipe name



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Morning	Breakfast	Porridge, a selection of cereals including Wheat Biscuits, Corn Flakes & Rice Krispies, White or Wholemeal Toast with a choice of Preserves, Fresh Fruit						
	Cooked Breakfast	Scrambled Eggs on Toast	Sausage Sandwiches	Full English Breakfast	Fried Eggs on Toast	Poached Eggs on Toast	Full English Breakfast	Bacon Sandwiches
	Mid-Morning Snack	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits & Cake						
Lunch	Soup of the Day (if applicable)	Carrot & Ginger	Pea & Potato	Cream of Tomato	Potato & Spinach	Root Vegetable	Broccoli & Stilton	Squash & Sweet Potato
	Starter (if applicable)	Creamy Garlic Mushrooms on Toast	Malay Spiced Lentil Salad	Chicken Caesar Salad	Pork Pie with Crusty Bread, Piccalilli and Salad	Ham Salad	Breaded Mushrooms with Garlic Butter and Tomato Sauce	Ham Hock & Pea Terrine with Salad
	Lunch Option 1	Chicken Thighs in a Mushroom Cream Sauce	Breaded Scampi with Lemon Mayonnaise	Lamb Hotpot	Sausages in Onion Gravy	Battered Fish with Tartare Sauce	Shepherd's Pie	Roast Beef, Yorkshire Pudding and Horseradish Sauce
	Lunch Option 2 (optional)	Macaroni Cheese	Quorn Chilli	Cheese & Potato Pie with Baked Beans	Mushroom & Lentil Stroganoff	Hunter's Chicken	Grilled Pork with Grain Mustard Sauce	Salmon & Broccoli Crumble
	Vegetarian Option	Additional Vegetarian options available upon request						
	Carbohydrate 1	Mashed Potato	Potato Wedges	Sauteed Potatoes	Mashed Potato	Chips	Mashed Potato	Roast Potatoes
	Carbohydrate 2	Garlic Bread	Brown Rice	Mashed Potato	Pasta	Mashed Potato	New Potatoes	Mashed Potato
	Vegetable 1	Savoy Cabbage	Peas	Root Vegetable Medley	Brussels Sprouts	Mushy Peas	Kale	Braised Red Cabbage
	Vegetable 2	Green Beans	Cauliflower	Baked Beans	Mixed Vegetables	Baked Beans	Parsnips	Carrots
	Dessert 1	Rhubarb Crumble with Custard	Chocolate Sponge with Custard	Traditional Bread & Butter Pudding	Eve's Pudding	Treacle Roly Poly Pudding	Toffee Sponge with Custard	Cherry Pie with Custard
Dessert 2	Ice Cream, Yoghurt, Fresh or Tinned Fruit, Cheese & Biscuits							
Afternoon	Afternoon Tea	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits, Cake & Savoury Snacks						
	Tea – Soup	Carrot & Ginger	Pea & Potato	Cream of Tomato	Potato & Spinach	Root Vegetable	Broccoli & Stilton	Squash & Sweet Potato
	Tea Option 1	A selection of sandwiches on white or wholemeal bread including: ham, cheese, egg mayonnaise and tuna mayonnaise. All tea choices in option 2 should be served with a choice of vegetables (80g portion) or salad and a source of carbohydrate - minimum of 180g potatoes or 120g cooked rice, pasta, noodles, couscous, bulgar wheat, buckwheat, cornmeal, maize, wheat, barley, rye, sweet potato, cassava, yams or plantain or two slices of bread						
	Tea Option 2	Ham Hock, Cheese & Spring Onion Croquette with Passata	Cornish Pasty with Mash, Gravy & Mushy Peas	Chicken & Tomato Pasta Bake with Dressed Leaves	Breaded Fishcakes	Baked Beans & Cheese on Toast	Tomato & Spinach Frittata with Mixed Leaves	Cheese Ploughman's
	Evening Dessert	Crème Caramel	Treacle Tart	Fruit Cocktail with Cream	Baked New York Style Cheesecake	Apricots with Cream	Lemon Tart	Strawberry Gateau
Evening	Dessert 2	Ice Cream, Yoghurt or Hot Dessert of the Day						
	Supper	Sandwiches, Tea, Coffee, Horlicks, Ovaltine, Fortified Drinks, Biscuits & Fresh Fruit						

Week 3

Key

Poultry

Pork

Red Meat

Vegetarian

Fish/Seafood

SERVES

10

WEEK ONE
Beef Bourguignon

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33568 Sysco Classic Extended Life Rapeseed Oil	60g	
114951 Sysco Classic Plain Flour	50g	
100448 Brakes Beef Flavour Bouillon Paste	25g	
28326 Sysco Classic Tomato Paste	40g	
25690 Sysco Classic Dry Red Cooking Wine	400g	
100311 Sysco Classic Redcurrant Jelly	50g	
350092 Sysco Classic Self Raising Flour	160g	
33567 Vegetarian Suet	80g	
134288 Sysco Classic Rosemary	3g	
450693 Carrots CLASS II	600g	
10226 Button Mushrooms	400g	
5008543 British Medium Round Shallots	700g	
32892 Wilsons Halal Diced Beef	800g	

COOKING INSTRUCTIONS

Preparation

- Carrots - Peel and cut into large chunks
- Button Mushrooms - Clean and quarter
- Shallots - Peel but leave whole
- Brakes Beef Bouillon Mix - Make up with 1ltr water

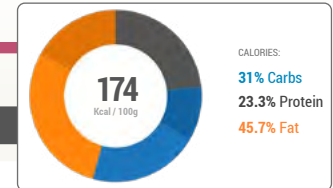
Method

- Pre-heat oven to 170°C
- In a large heavy bottomed pan, heat oil and add the beef to brown all over
- Add the flour & mix thoroughly, then add the carrots, mushrooms & shallots
- Pour over the red wine & stock, then cover & cook in the oven for 2-3 hours slowly
- Make the dumplings by mixing the suet with the self-raising flour, adding the rosemary & season
- Bind with a little water and portion into 12
- Place the dumpling in the casserole 35-40 mins before cooking is complete and return to the oven
- When the beef is tender, stir in the redcurrant jelly and season to taste. Serve hot

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 226G SERVING	%RI
Energy(kJ)	730 kJ	9%	1647 kJ	20%
Energy(kcal)	174 kcal	9%	394 kcal	20%
Fat	8.7 g	12%	20 g	29%
of which saturates	3.2 g	16%	7.2 g	36%
Carbohydrate	13 g	5%	30 g	12%
of which sugars	4.4 g	5%	9.8 g	11%
Fibre	2 g	8%	4.5 g	18%
Protein	9.9 g	20%	22 g	44%
Salt	0.39 g	7%	0.88 g	15%



CONTAINS:



WHEAT



SULPHITES

SERVES

10

WEEK ONE
Cauliflower Cheese
with Tofu

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	80g	
350091 Sysco Classic Plain Flour	80g	
88933 Sysco Classic English Mustard	60ml	
29150 Sysco Classic Mature White Cheddar Cheese	150g	
112159 Kerrymaid Double	120g	
121379 Sysco Classic Salt	4g	
33578 Sysco Classic Ground White Pepper	2g	
149910 Granarolo Parmigiano Reggiano Shavings	70g	
10376 Cauliflower	1.5kg	
70219 Wholesome Farms Fresh British Whole Milk	800ml	
5003095 Blue Dragon Extra Firm Silken Tofu	800g	
5946 Sysco Classic Cornflour	80g	
33568 Sysco Classic Extended Life Rapeseed Oil	4g	

COOKING INSTRUCTIONS

Preparation

Cauliflower - Cut into florets
Mature White Cheddar - Grate required quantity
Tofu - Remove moisture and cut into 1cm cubes

Method

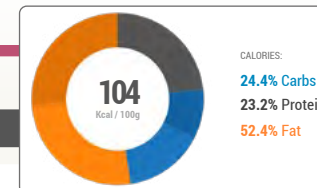
In a large pan of boiling salted water, cook the florets of cauliflower until tender and refresh in iced water.
Drain on kitchen paper to remove as much water as possible.
Melt the butter in a clean pan and mix in the flour until smooth.
Slowly incorporate the milk mixing until smooth at each stage.

Stir in the double cream, grated cheese and mustard until dissolved to a creamy consistency. Season.
Place the cauliflower in casserole dishes and pour over the cheese sauce. Chill for 2-3 hours.
Pre-heat the oven to 180°C
Top with the cheese shavings, and bake for 25 mins or until top is golden.
Meanwhile coat the tofu in the cornflour with a little seasoning and deep fry until golden and crispy.
Check the core temperature has been achieved in the cauliflower cheese and serve immediately topped with crispy tofu.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	435 kJ	5%	1631 kJ	19%
Energy(kcal)	104 kcal	5%	391 kcal	20%
Fat	6 g	9%	22 g	31%
of which saturates	3 g	15%	11 g	55%
Carbohydrate	6.2 g	2%	23 g	9%
of which sugars	2.4 g	3%	9 g	10%
Fibre	1 g	4%	3.8 g	15%
Protein	5.9 g	12%	22 g	44%
Salt	0.44 g	7%	1.6 g	27%



CONTAINS:



WHEAT



MILK



MUSTARD



SOYA

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
CASHEWS,
WALNUTS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS



PEANUTS

OTHER PROPERTIES:



VEGETARIAN

SERVES

15

WEEK ONE
Apple & Blackberry
Crumble with Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
35497 Brakes Apple & Blackberry Pie Filling & Fruit Topping	700g	
151346 McDougalls Crumble Topping Mix	600g	
15126 Brakes Ready to Serve Custard	1kg	

COOKING INSTRUCTIONS

Method

Pre-heat the oven to 180°C

Lay the blackberry & apple mix in a shallow casserole dish.

Top with crumble mix and bake for 35-40 mins until golden brown and core temperature has been achieved.

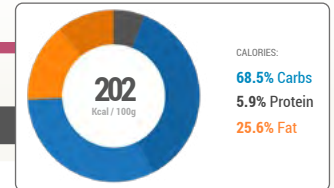
Heat the custard as per pack instructions.

Serve the warm crumble with the custard.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 142G SERVING	%RI
Energy(kJ)	853 kJ	10%	1211 kJ	14%
Energy(kcal)	202 kcal	10%	287 kcal	14%
Fat	5.7 g	8%	8.1 g	12%
of which saturates	2.4 g	12%	3.5 g	18%
Carbohydrate	34 g	13%	49 g	19%
of which sugars	18 g	20%	26 g	29%
Fibre	0.9 g	4%	1.3 g	5%
Protein	2.9 g	6%	4.2 g	8%
Salt	0.12 g	2%	0.17 g	3%



CONTAINS:



WHEAT



MILK

MAY CONTAIN:



EGGS



SOYA

OTHER PROPERTIES:



VEGETARIAN

SERVES

1

WEEK ONE
Sausage Roll with Chips
& Baked Beans

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
3628 Brakes Essentials 4" Sausage Rolls	69g	1 x Each
186 Sysco Classic Baked Beans in Tomato Sauce	50g	
32150 Sysco Classic Coated Chunky Cut Chips	100g	
33568 Sysco Classic Extended Life Rapeseed Oil	6g	

COOKING INSTRUCTIONS

Method

Pre-heat the oven and the fryer to 180°C

Place the sausage rolls on a lined baking tray and bake for 20-30 mins until core temp has been achieved.

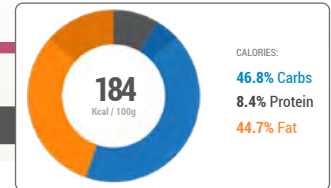
Heat the baked beans on the stove. Alternatively, heat using the microwave.

Deep fry the chips until piping hot and golden brown.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	772 kJ	9%	1736 kJ	21%
Energy(kcal)	184 kcal	9%	415 kcal	21%
Fat	9 g	13%	20 g	29%
of which saturates	2.7 g	14%	6.1 g	31%
Carbohydrate	21 g	8%	47 g	18%
of which sugars	2.1 g	2%	4.7 g	5%
Fibre	2.2 g	9%	4.9 g	20%
Protein	3.8 g	8%	8.6 g	17%
Salt	0.61 g	10%	1.4 g	23%



CONTAINS:



WHEAT



SULPHITES

SERVES

10

WEEK ONE
Chocolate Marshmallow
Mousse

BACK TO
MENU

RECIPE INGREDIENTS

	QUANTITY	DESCRIPTION
136228 Brakes Mini White Marshmallows	150g	
71514 Sysco Classic Soft Spread	50g	
85910 Callebaut Dark Chocolate Callets (811)	250g	
Tap Water (for VC recipes)	60g	
112159 Kerrymaid Double	284g	

COOKING INSTRUCTIONS

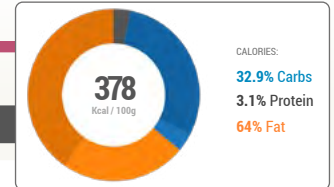
Method

Add chocolate, butter, water and marshmallows to a bowl and melt over a bain-marie.
Once melted allow to cool slightly.
Whip the cream to soft peak and fold the melted chocolate mix in.
Pour into desired pots/pastry case and chill to set before serving.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	1571 kJ	19%	1247 kJ	15%
Energy(kcal)	378 kcal	19%	300 kcal	15%
Fat	26 g	37%	21 g	30%
of which saturates	17 g	85%	13 g	65%
Carbohydrate	31 g	12%	24 g	9%
of which sugars	28 g	31%	22 g	24%
Fibre	2.6 g	10%	2.1 g	8%
Protein	2.9 g	6%	2.3 g	5%
Salt	0.12 g	2%	0.1 g	2%



CONTAINS:



SERVES

15

WEEK ONE
Chicken & Leek Pie

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
100446 Brakes Chicken Flavour Bouillon Paste	50g	
12080 Sliced Leeks	500g	
114951 Sysco Classic Plain Flour	100g	
112159 Kerrymaid Double	300g	
71514 Sysco Classic Soft Spread	100g	
4303 Brakes Essentials Puff Pastry Sheets	625g	
10469 Cooking Onions	200g	
113881 Herb Bunched Flat Leaf Parsley	50g	
121095 British Red Tractor Halal Diced Chicken Breast and Leg	1.2kg	3x Each
16392 Brakes 18 British Free Range Fresh Medium Eggs	167g	
70219 Wholesome Farms Fresh British Whole Milk	100ml	

COOKING INSTRUCTIONS

Preparation

Brakes Chicken Flavour Bouillon Mix - Make up with 2ltr water

Cooking Onions - Peel & dice

Herb Bunched Flat Leaf Parsley - Wash & chop

Method

Heat the chicken stock and onions in a heavy bottomed pan to boil.

Add the diced chicken and leeks and cook thoroughly. Remove chicken, leeks and onions and chill.

Melt the butter in a clean pan and mix in the flour until smooth.

Gradually add 750ml of the hot chicken stock, stirring continuously to make a smooth sauce.

Finish with the double cream, and check consistency and seasoning. Place in a bowl to cool.

When cool, combine the chicken, leeks & onions with the chopped parsley in the sauce mix.

Turn into pie dishes and pre-heat the oven to 180°C

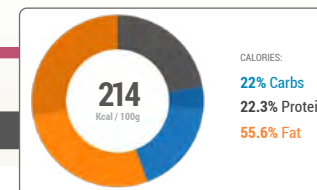
Top the pies with the puff pastry, then egg wash.

Bake for 45 mins until pastry is golden brown and the pies are cooked through.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 192G SERVING	%RI
Energy(kJ)	894 kJ	11%	1719 kJ	20%
Energy(kcal)	214 kcal	11%	412 kcal	21%
Fat	13 g	19%	25 g	36%
of which saturates	6.6 g	33%	13 g	65%
Carbohydrate	12 g	5%	22 g	8%
of which sugars	2.3 g	3%	4.3 g	5%
Fibre	1.2 g	5%	2.4 g	10%
Protein	12 g	24%	23 g	46%
Salt	0.64 g	11%	1.2 g	20%



CONTAINS:



WHEAT



EGGS



MILK

SERVES

12

WEEK ONE
Macaroni Cheese

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33588 Sysco Classic Bay Leaves	1g	
123389 Brakes Italian Short Cut Macaroni	600g	
71514 Sysco Classic Soft Spread	100g	
350091 Sysco Classic Plain Flour	100g	
29150 Sysco Classic Mature White Cheddar Cheese	300g	
88933 Sysco Classic English Mustard	30ml	
112159 Kerrymaid Double	300g	
134293 Sysco Classic Cracked Black Pepper	2g	
10469 Cooking Onions	150g	
124181 Garlic Loose	20g	
70219 Wholesome Farms Fresh British Whole Milk	1.2ltr	
33853 Brakes Breadcrumbs Uncoloured	75g	
120625 Gran Levanto Italian Vegetarian Hard Cheese Shavings	75g	
136360 Marigold Engevita Protein & Fibre Yeast Flakes	30g	

COOKING INSTRUCTIONS

Preparation

Onions - Peel & dice
Garlic - Peel & crush
White Cheddar - Grate the cheese

Method

Warm the milk in a saucepan with the onion, garlic & bay leaf.
Bring to the boil and simmer to infuse for 10 mins. Strain and put the milk put aside.
In boiling salted water, cook the macaroni until just soft. Drain & refresh with cold water.
Combine the butter & flour in a saucepan until a roux is formed.
Slowly add the infused milk, whisking constantly to ensure the sauce is smooth after each addition.
Remove from the heat and stir in the mustard, and all the grated white cheese.

Whisk until the cheese has dissolved and the sauce is velvety smooth. Check the seasoning.
Re-heat the garlic bread as per pack instructions.
Combine the macaroni with the cheese sauce and pour into a casserole dish.

Top with the parmesan, nutritional yeast and breadcrumbs, and bake for 15-20 mins until golden brown.

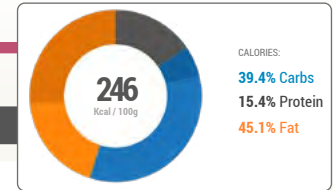
Serving

Best served with garlic bread

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 228G SERVING	%RI
Energy(kJ)	1029 kJ	12%	2343 kJ	28%
Energy(kcal)	246 kcal	12%	560 kcal	28%
Fat	12 g	17%	28 g	40%
of which saturates	7.2 g	36%	16 g	80%
Carbohydrate	24 g	9%	55 g	21%
of which sugars	3.6 g	4%	8.2 g	9%
Fibre	1.3 g	5%	2.9 g	12%
Protein	9.4 g	19%	21 g	42%
Salt	0.46 g	8%	1.1 g	18%



CONTAINS:



WHEAT



MILK



MUSTARD

MAY CONTAIN:



EGGS



CELERY



SOYA



SULPHITES

OTHER PROPERTIES:



VEGETARIAN

SERVES



WEEK ONE

Pineapple Upside
Down Cake with Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	150g	
350102 Tate & Lyle Light Soft Brown Sugar 3kg	50g	
151998 Fontinella Pineapple Slices In Juice 8's 825g	820g	
116356 R M Curtis Whole Glace Cherries	80g	
350098 Tate & Lyle Caster Sugar 2kg	100g	
9711 Sysco Classic Self Raising Flour	100g	
35023 Sysco Classic Baking Powder	5g	
86874 Preema Vanilla Essence 500ml	5g	
15126 Brakes Ready to Serve Custard	400g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	111g	2x Each

COOKING INSTRUCTIONS

Preparation

Salted Butter - Portion into 50g & 100g

Eggs - Beat the eggs

Method

Pre-heat the oven to 160°C

Beat 50g butter and the brown sugar until creamy, and spread over the bottom of a cake tin.

Arrange the pineapple rings on the top and place the glace cherries in the centre of the rings.

Combine the remaining 100g butter with the caster sugar and beat until light and fluffy.

Add the eggs and beat until fully incorporated.

Add the flour, baking powder and vanilla and beat until the mixture is a soft consistency, then spoon into the cake tin.

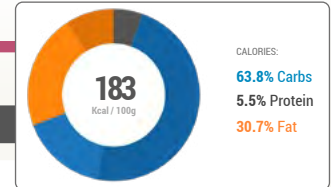
Bake for 35-40 mins. Check it is cooked through using a skewer.

Turn out the cake, portion and serve with custard.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 196G SERVING	%RI
Energy(Kj)	768 kJ	9%	1508 kJ	18%
Energy(kcal)	183 kcal	9%	358 kcal	18%
Fat	6.2 g	9%	12 g	17%
of which saturates	1.8 g	9%	3.6 g	18%
Carbohydrate	29 g	11%	57 g	22%
of which sugars	22 g	24%	43 g	48%
Fibre	0.6 g	2%	1.1 g	4%
Protein	2.5 g	5%	4.9 g	10%
Salt	0.4 g	7%	0.79 g	13%



CONTAINS:



WHEAT



EGGS



MILK



SULPHITES

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK ONE
 Quiche Lorraine with
 Potato Salad & Mixed
 Leaves

BACK TO
 MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
100028 Brakes 8.5cm Quiche Cases	1.39kg	10x Each
74704 Sysco Classic Sliced Ham	200g	7 x Each
29150 Sysco Classic Mature White Cheddar Cheese	100g	
113881 Herb Bunched Flat Leaf Parsley	40g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	170g	3 x Each
70219 Wholesome Farms Fresh British Whole Milk	200ml	
27699 Green Valley Dairy Crème Fraîche	200g	
136401 Sysco Classic Potato Salad	800g	
450250 Mixed Salad Leaves	500g	

COOKING INSTRUCTIONS

Preparation

- Cheddar - Grate
- Ham - Dice
- Herb Bunched Flat Leaf Parsley - Wash & chop

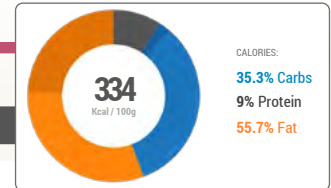
Method

- Pre-heat the oven to 170°C
- Place the ham in the base of the quiche cases and top with the grated cheese
- Combine the eggs , crème fraîche & milk and season
- Pour over the quiches and bake in the oven for 20-30 mins until set and core temperature has been achieved
- Sprinkle with the chopped parsley
- Serve with potato salad & mixed leaves

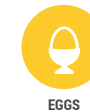
FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 306G SERVING	%RI
Energy(kJ)	1395 kJ	17%	4267 kJ	51%
Energy(kcal)	334 kcal	17%	1023 kcal	51%
Fat	20 g	29%	62 g	89%
of which saturates	8.9 g	45%	27 g	135%
Carbohydrate	29 g	11%	89 g	34%
of which sugars	1.8 g	2%	5.6 g	6%
Fibre	2.2 g	9%	6.8 g	27%
Protein	7.4 g	15%	23 g	46%
Salt	0.8 g	13%	2.4 g	40%



CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK ONE
Ice Cream Roll

BACK TO
MENU

RECIPE INGREDIENTS

5008078 Cooldelight Raspberry Ripple Ice Cream Sponge Rolls

QUANTITY DESCRIPTION

500g

COOKING INSTRUCTIONS

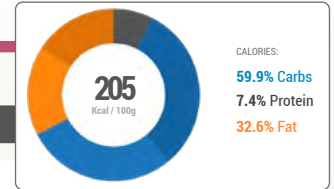
Method

Portion and serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 50G SERVING	%RI
Energy(kJ)	861 kJ	10%	431 kJ	5%
Energy(kcal)	205 kcal	10%	102 kcal	5%
Fat	7.4 g	11%	3.7 g	5%
of which saturates	3.6 g	18%	1.8 g	9%
Carbohydrate	31 g	12%	15 g	6%
of which sugars	16 g	18%	8.1 g	9%
Fibre	0.5 g	2%	0 g	0%
Protein	3.8 g	8%	1.9 g	4%
Salt	0.3 g	5%	0.15 g	3%



CONTAINS:



WHEAT



EGGS



MILK



SOYA

SERVES

18

WEEK ONE
Roast Gammon
& Parsley Sauce

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
15553 Prime Meats Gammon Quarter Joint	2kg	
33588 Sysco Classic Bay Leaves	2g	
350099 Tate & Lyle Demerara Sugar 3kg	250g	
88933 Sysco Classic English Mustard	100ml	
350091 Sysco Classic Plain Flour	100g	
71514 Sysco Classic Soft Spread	100g	
112159 Kerrymaid Double	150g	
134293 Sysco Classic Cracked Black Pepper	3g	
84810 Sysco Classic Whole Cloves	3g	
10469 Cooking Onions	200g	
450693 Carrots CLASS II	200g	
113881 Herb Bunched Flat Leaf Parsley	70g	
70219 Wholesome Farms Fresh British Whole Milk	1ltr	

COOKING INSTRUCTIONS

Preparation

Cooking Onions - Peel & chop
Carrots CLASS II - Peel & chop
Herb Bunched Flat Leaf Parsley - Wash & chop.
Keep the stalks.

Method

Put the gammon joint into a large pan and cover it with water.
Add the onions, carrots, bay leaves, parsley stalks, cloves & peppercorns.
Bring to the boil and cook until core temperature has been achieved.
Pre-heat the oven 180°C and remove the gammon joint from the pan.
Add 4 or 5 cloves and peppercorns to the milk, and gently heat on the stove to infuse. Leave to cool.

Melt the butter in a saucepan and mix in the flour until smooth.

Once the milk has cooled, remove the peppercorns & cloves and slowly add to the roux, mixing until smooth at each stage.

Stir in the double cream, season and finish with the chopped parsley leaves.

Remove the skin layer from the joint. Score the fat & smear with the mustard & brown sugar.

Return to the oven to caramelize

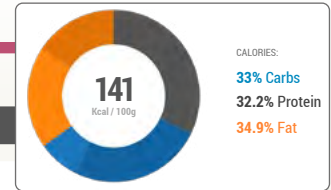
Serving

Carve to order and serve with the parsley sauce

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 209G SERVING	%RI
Energy(kJ)	591 kJ	7%	1234 kJ	15%
Energy(kcal)	141 kcal	7%	294 kcal	15%
Fat	5.4 g	8%	11 g	16%
of which saturates	2.4 g	12%	5.1 g	26%
Carbohydrate	12 g	5%	24 g	9%
of which sugars	8.9 g	10%	18 g	20%
Fibre	0.5 g	2%	1.1 g	4%
Protein	11 g	22%	23 g	46%
Salt	1.4 g	23%	2.8 g	47%



CONTAINS:



WHEAT



MILK



MUSTARD

SERVES

10

WEEK ONE
Vegetable &
Chickpea Curry

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33568 Sysco Classic Extended Life Rapeseed Oil	3g	
89708 Sysco Classic Tikka Sauce	700g	
10224 Red Onions	300g	
12083 Butternut Squash	780g	
7290 Brakes Chickpeas in Water Seasonal	400g	
10449 Sweet Potatoes	800g	
10303 Courgettes	300g	
525271 Red Peppers	254g	2 x Each

COOKING INSTRUCTIONS

Preparation

- Red Onions - Peel & dice
- Courgettes - Wash & dice
- Butternut Squash - Peel & dice
- Sweet Potato - Peel & dice
- Red Peppers - Deseed & dice

Method

- Place the oil in a pan and fry the onion & garlic until softened but not coloured.
- Add the prepared vegetables and stir well together.
- Add the tikka sauce and chickpeas (in the water) and simmer for 25-30 mins, stirring regularly for consistency and to prevent burning.
- Check the vegetables are fully cooked before serving. Season to taste

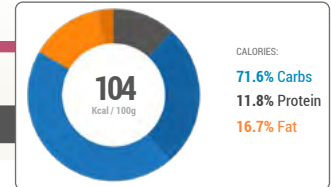
Serving

- Best served with rice

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 230G SERVING	%RI
Energy(kJ)	440 kJ	5%	1012 kJ	12%
Energy(kcal)	104 kcal	5%	240 kcal	12%
Fat	1.8 g	3%	4.2 g	6%
of which saturates	0.3 g	2%	0.8 g	4%
Carbohydrate	18 g	7%	41 g	16%
of which sugars	6.6 g	7%	15 g	17%
Fibre	2.8 g	11%	6.5 g	26%
Protein	2.9 g	6%	6.7 g	13%
Salt	0.23 g	4%	0.53 g	9%



CONTAINS:



MILK

SERVES

15

WEEK ONE
Baked Rice Pudding

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
544 Brakes Short Grain Pudding Rice	150g	
112159 Kerrymaid Double	800g	
350098 Tate & Lyle Caster Sugar 2kg	120g	
71514 Sysco Classic Soft Spread	80g	
106066 Tate & Lyle Fairtrade Icing Sugar 1kg	60g	
33581 Sysco Classic Ground Cinnamon	2g	
86874 Preema Vanilla Essence 500ml	6g	
70219 Wholesome Farms Fresh British Whole Milk	900ml	

COOKING INSTRUCTIONS

Preparation

Butter - dice

Method

Pre-heat the oven to 150°C

Wash the rice to remove any starch.

Combine the milk, cream, vanilla essence & caster sugar in a pan. Add the rice and simmer gently for 25 mins.

Remove from the heat and pour into a buttered, shallow oven proof dish.

Scatter over the diced butter, then cover the dish and bake for approx. 1 hour, 30 mins.

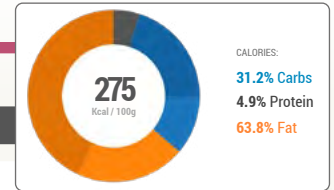
Check core temperature has been achieved, then remove from the oven and rest for 1 hour.

Before serving, dust with the cinnamon and icing sugar.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 116G SERVING	%RI
Energy(kJ)	1146 kJ	14%	1325 kJ	16%
Energy(kcal)	275 kcal	14%	318 kcal	16%
Fat	20 g	29%	23 g	33%
of which saturates	13 g	65%	15 g	75%
Carbohydrate	21 g	8%	25 g	10%
of which sugars	14 g	16%	16 g	18%
Fibre	0 g	0%	0 g	0%
Protein	3.4 g	7%	3.9 g	8%
Salt	0.16 g	3%	0.19 g	3%



CONTAINS:



OTHER PROPERTIES:



SERVES

1

WEEK ONE
Smoked Salmon with
Scrambled Eggs, Wilted
Spinach & Toast

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
112159 Kerrymaid Double	40g	
71514 Sysco Classic Soft Spread	20g	
126781 Pink Salmon	50g	
113880 Premium Large Chives Bunch	1g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	111g	2x Each
10428 Baby Leaf Spinach	30g	
131110 Jacksons Thick Sliced White Bread	50g	

COOKING INSTRUCTIONS

Preparation

- Eggs - Crack eggs into jug
- Kerrymaid Double - Mix cream into eggs
- Pink Salmon - Drain and remove bones
- Chives - Chopped

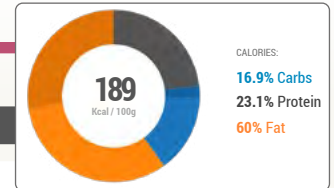
Method

- Melt butter in a pan
- Add egg mix and salmon and cook until core temp is achieved
- Fold through the spinach
- Serve on toast and top with chives

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 302G SERVING	%RI
Energy(kJ)	786 kJ	9%	2373 kJ	28%
Energy(kcal)	189 kcal	9%	570 kcal	29%
Fat	12 g	17%	38 g	54%
of which saturates	5.7 g	29%	17 g	85%
Carbohydrate	7.9 g	3%	24 g	9%
of which sugars	1.1 g	1%	3.4 g	4%
Fibre	0.8 g	3%	2.5 g	10%
Protein	11 g	22%	33 g	66%
Salt	0.52 g	9%	1.6 g	27%



CONTAINS:



WHEAT



EGGS



MILK



FISH

MAY CONTAIN:



OATS, BARLEY,
RYE

SERVES

10

WEEK ONE
Eton Mess

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
450610 Strawberries	700g	
112159 Kerrymaid Double	900g	
106066 Tate & Lyle Fairtrade Icing Sugar 1kg	50g	
32815 Brakes Fruits of the Forest Berry Compote	200g	
106161 Lees Broken Meringues (2.0kg)	100g	
591134 Andros Strawberry Fruit Coulis	200g	

COOKING INSTRUCTIONS

Preparation

- Defrost the compote
- Whip the cream to stiff peaks with the icing sugar
- Quarter the strawberries

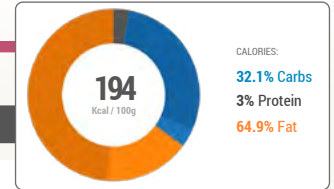
Method

Assemble the mess by layering all ingredients together and serve in individual dishes

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 215G SERVING	%RI
Energy(kJ)	807 kJ	10%	1734 kJ	21%
Energy(kcal)	194 kcal	10%	417 kcal	21%
Fat	14 g	20%	30 g	43%
of which saturates	10 g	50%	23 g	115%
Carbohydrate	15 g	6%	33 g	13%
of which sugars	14 g	16%	30 g	33%
Fibre	0.6 g	2%	1.3 g	5%
Protein	1.4 g	3%	3.1 g	6%
Salt	0.06 g	1%	0.14 g	2%



CONTAINS:



EGGS



MILK

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
WALNUTS,
PISTACHIOS

SERVES

10

WEEK ONE
Liver & Bacon in Gravy

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
5007144 Pilgrims British Red Tractor Whole Lamb's Liver	1kg	
10469 Cooking Onions	300g	
87900 Gourmet Classic Single Grape Cabernet Sauvignon Cooking Wine	200g	
113874 Herb Bunched Thyme	5g	
136677 Sysco Classic Gluten Free Fine Gravy Granules	75g	
Tap Water	800g	
350091 Sysco Classic Plain Flour	60g	
33568 Sysco Classic Extended Life Rapeseed Oil	30.8g	
124831 Prime Meats Smoked Streaky Bacon	550g	

COOKING INSTRUCTIONS

Preparation

- Trim liver and cut into even size pieces
- Peel and slice onions
- Pick and chop thyme
- Pre-cook the bacon rashers

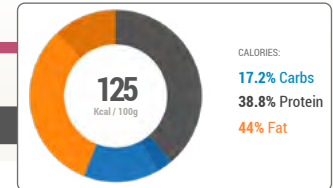
Method

- Toss liver in flour
- Heat half the oil in a pan and sauté onions until soft and caramelized
- Add thyme and wine followed by water and bring to the boil before adding gravy granules, allow to cook out and thicken
- Heat the remaining oil in a pan and flash fry the lambs liver for 1-2 minutes on each side
- Add the cooked bacon to the pan
- Pour over onion gravy before serving

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 254G SERVING	%RI
Energy(kJ)	522 kJ	6%	1325 kJ	16%
Energy(kcal)	125 kcal	6%	316 kcal	16%
Fat	6 g	9%	15 g	21%
of which saturates	1.7 g	9%	4.2 g	21%
Carbohydrate	5.3 g	2%	13 g	5%
of which sugars	1 g	1%	2.4 g	3%
Fibre	0.6 g	2%	1.6 g	6%
Protein	12 g	24%	30 g	60%
Salt	1.2 g	20%	2.9 g	48%



CONTAINS:



SERVES

10

WEEK ONE
Sausages in
Onion Gravy

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
136280 Pork Cumberland Sausage 8's	600g	10 x Each
136677 Sysco Classic Gluten Free Fine Gravy Granules	50g	
1 Tap Water (for VC recipes)	1ltr	
10469 Cooking Onions	1kg	
33568 Sysco Classic Extended Life Rapeseed Oil	10g	

COOKING INSTRUCTIONS

Method

- Pre-heat an oven to 180°C
- Cook sausages as per manufactures cooking guidelines
- Slice and fry the onions in a little oil until softened and golden brown
- Add the water and gravy granules to the onions
- Add the cooked sausages to the gravy mixture

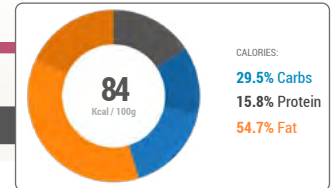
Serving

Best served with mashed potatoes & peas

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	349 kJ	4%	928 kJ	11%
Energy(kcal)	84 kcal	4%	223 kcal	11%
Fat	5 g	7%	13 g	19%
of which saturates	1.6 g	8%	4.4 g	22%
Carbohydrate	6.1 g	2%	16 g	6%
of which sugars	2.6 g	3%	7 g	8%
Fibre	0.8 g	3%	2.2 g	9%
Protein	3.2 g	6%	8.6 g	17%
Salt	0.6 g	10%	1.6 g	27%



CONTAINS:



WHEAT



SULPHITES

SERVES

10

WEEK ONE
Marmalade Sponge with
Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	175g	
350098 Tate & Lyle Caster Sugar 2kg	175g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	175g	3 x Each
9711 Sysco Classic Self Raising Flour	175g	
86874 Preema Vanilla Essence 500ml	5g	
70219 Wholesome Farms Fresh British Whole Milk	50ml	
33606 Sysco Classic Fine Cut Orange Marmalade	200g	
15126 Brakes Ready to Serve Custard	700g	

COOKING INSTRUCTIONS

Preparation

Beat eggs with milk and vanilla
Custard - heat on a low heat or in the microwave

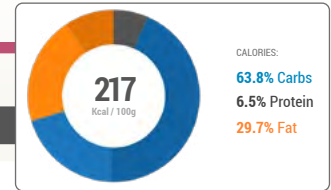
Method

Pre-heat the oven to 160°C
Spread the marmalade over the base of a lined baking tray
In a mixer beat the butter and sugar together until light and fluffy
Slowly add the egg mixture until fully incorporated
Add the flour and mix until combined being careful to not over-mix
Add the cake mixture to the baking tin and bake until golden and a skewer comes out clean
Serve warm with warmed custard

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	915 kJ	11%	1514 kJ	18%
Energy(kcal)	217 kcal	11%	360 kcal	18%
Fat	7.1 g	10%	12 g	17%
of which saturates	2.2 g	11%	3.7 g	19%
Carbohydrate	35 g	13%	57 g	22%
of which sugars	24 g	27%	40 g	44%
Fibre	0.5 g	2%	0.9 g	4%
Protein	3.5 g	7%	5.8 g	12%
Salt	0.43 g	7%	0.72 g	12%



CONTAINS:



WHEAT



EGGS



MILK

SERVES

1

WEEK ONE
Cheese, Onion & Potato
Pasty with Baked Beans

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
186 Sysco Classic Baked Beans in Tomato Sauce	100g	
3903 Brakes Cheese & Onion Pasties	85g	1 x Each

COOKING INSTRUCTIONS

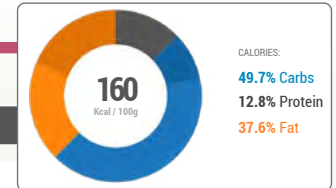
Method

Bake the pasty as per manufacturer instructions
Heat the baked beans gently on the hob or in the microwave
Serve together warm

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 185G SERVING	%RI
Energy(kJ)	671 kJ	8%	1241 kJ	15%
Energy(kcal)	160 kcal	8%	296 kcal	15%
Fat	6.4 g	9%	12 g	17%
of which saturates	3.2 g	16%	6 g	30%
Carbohydrate	19 g	7%	35 g	13%
of which sugars	3.5 g	4%	6.5 g	7%
Fibre	3 g	12%	5.6 g	22%
Protein	4.9 g	10%	9.1 g	18%
Salt	0.62 g	10%	1.1 g	18%



CONTAINS:



WHEAT



MILK

SERVES

10

WEEK ONE
Orange Jelly with
Mandarins & Whipped
Cream

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
803 Sysco Classic Orange Flavour Jelly Crystals	175g	
Tap Water (for VC recipes)	900g	
94 Brakes Whole Mandarin Segments in Light Syrup	500g	
113908 Kerrymaid Whipping UHT 1L	500g	
106066 Tate & Lyle Fairtrade Icing Sugar 1kg	50g	

COOKING INSTRUCTIONS

Preparation

Drain the mandarins
Whip the cream to soft peaks with the icing sugar and transfer into a piping bag

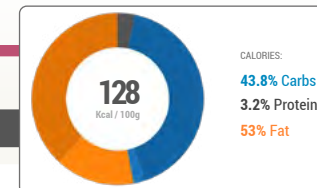
Method

Make the jelly as per the packet instructions
In the desired serving dish, place the mandarins and cover with the jelly
Set in the fridge
Once set, top with the whipped cream

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI
Energy(kJ)	537 kJ	6%
Energy(kcal)	128 kcal	6%
Fat	7.5 g	11%
of which saturates	5.4 g	27%
Carbohydrate	14 g	5%
of which sugars	13 g	14%
Fibre	0.5 g	2%
Protein	1 g	2%
Salt	0.04 g	1%



CONTAINS:



SERVES

1

WEEK ONE
Battered Fish with
Tartare Sauce

BACK TO
MENU

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
87899 Brakes Batter	30g	
32606 Portico Classic Pacific MSC Cod Fillets	130g	
114218 Lemons	25g	

COOKING INSTRUCTIONS

Preparation

- Cod - Defrost and remove any excess moisture
- Batter Mix - Reconstitute in accordance with the manufacturers guidelines
- Lemons - Cut into wedges
- Tartare sauce - portion into serving pots

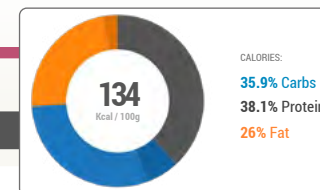
Method

- Coat the cod with batter and fry until crispy and core temperature is reached
- Serve with tartare sauce and lemon wedges

Service

- Best served with chips and mushy peas

FOOD LABELLING



UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	564 kJ	7%	1213 kJ	14%
Energy(kcal)	134 kcal	7%	288 kcal	14%
Fat	3.8 g	5%	8.3 g	12%
of which saturates	0.4 g	2%	0.9 g	5%
Carbohydrate	12 g	5%	26 g	10%
of which sugars	2.1 g	2%	4.6 g	5%
Fibre	0.5 g	2%	1 g	4%
Protein	13 g	26%	27 g	54%
Salt	0.48 g	8%	1 g	17%

CONTAINS:



MAY CONTAIN:



SERVES

1

WEEK ONE
Southern Fried Chicken

BACK TO
MENU

RECIPE INGREDIENTS

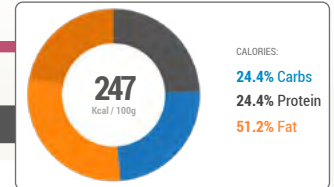
RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
34054 Sysco Classic Southern Fried Chicken Inner Fillets	130g	3 x Each

QUANTITY DESCRIPTION

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	1032 kJ	12%	1342 kJ	16%
Energy(kcal)	247 kcal	12%	321 kcal	16%
Fat	14 g	20%	18 g	26%
of which saturates	6 g	30%	7.8 g	39%
Carbohydrate	15 g	6%	20 g	8%
of which sugars	0 g	0%	0 g	0%
Fibre	0.5 g	2%	0.7 g	3%
Protein	15 g	30%	20 g	40%
Salt	1.5 g	25%	2 g	33%



COOKING INSTRUCTIONS

Method

Deep fry or roast the southern fried chicken fillets as per manufacturer guidelines

CONTAINS:



WHEAT

SERVES

1

WEEK ONE
Chocolate Fudge Cake
with Ice Cream

BACK TO
MENU

RECIPE INGREDIENTS

4156 Sysco Classic Chocolate Fudge Cake
32195 Sysco Classic Vanilla Dairy Ice Cream

QUANTITY DESCRIPTION

1 Slice
60g

COOKING INSTRUCTIONS

Preparation

Defrost the fudge cake

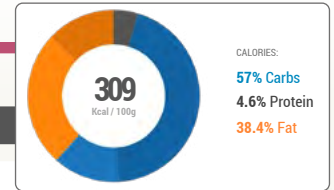
Method

Serve the fudge cake chilled or slightly warmed with the ice cream

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 148G SERVING	%RI
Energy(kJ)	1296 kJ	15%	1919 kJ	23%
Energy(kcal)	309 kcal	15%	457 kcal	23%
Fat	13 g	19%	19 g	27%
of which saturates	4.4 g	22%	6.5 g	33%
Carbohydrate	44 g	17%	65 g	25%
of which sugars	34 g	38%	50 g	56%
Fibre	1.4 g	6%	2.1 g	8%
Protein	3.5 g	7%	5.2 g	10%
Salt	0.44 g	7%	0.66 g	11%



CONTAINS:



WHEAT



EGGS



MILK



SOYA

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
WALNUTS,
PISTACHIOS

SERVES

10

WEEK ONE
Baked Jacket Potato
with a choice of Fillings
and Salad

BACK TO
MENU

RECIPE INGREDIENTS

	QUANTITY	DESCRIPTION
15136 Sysco Classic Baked Beans in Tomato Sauce	320g	
450672 Tomatoes MM	150g	
10230 Cucumber	200g	
450693 Carrots CLASS II	150g	
10231 Iceberg Lettuce	150g	
10329 Baking Potatoes	938g	

COOKING INSTRUCTIONS

Preparation

- Tomatoes MM - Wash and slice tomatoes
- Cucumber - Slice cucumber
- Carrots CLASS II - Peel and grate carrot
- Iceberg Lettuce - Wash and shred iceberg
- Baked Beans in Tomato Sauce - Heat beans

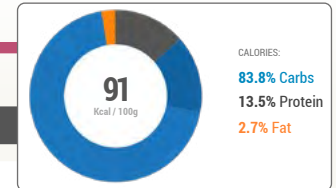
Method

- Pre-heat oven to 180°C
- Bake the Jacket potatoes until soft and fluffy in the middle
- Gently warm the beans on the hob or in the microwave
- When the potato is cooked, cut through the middle and open it up
- Pour the beans over the potato and serve with salad

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 130G SERVING	%RI
Energy(kJ)	387 kJ	5%	502 kJ	6%
Energy(kcal)	91 kcal	5%	119 kcal	6%
Fat	0.5 g	1%	0.5 g	1%
of which saturates	0 g	0%	0 g	0%
Carbohydrate	18 g	7%	24 g	9%
of which sugars	3.2 g	4%	4.1 g	5%
Fibre	2.5 g	10%	3.2 g	13%
Protein	2.9 g	6%	3.8 g	8%
Salt	0.18 g	3%	0.23 g	4%



SERVES

10

WEEK ONE
Peach Melba

BACK TO
MENU

RECIPE INGREDIENTS

	QUANTITY	DESCRIPTION
113908	600g	Kerrymaid Whipping UHT 1L
106066	150g	Tate & Lyle Fairtrade Icing Sugar 1kg
86874	10g	Preema Vanilla Essence 500ml
1202	1kg	Brakes Peach Slices in Light Syrup
5001527	300g	Raspberries
100536	300g	DaVinci Raspberry Dessert Sauce

COOKING INSTRUCTIONS

Preparation

Whip the cream with the icing sugar and vanilla to soft peaks
Drain the peaches

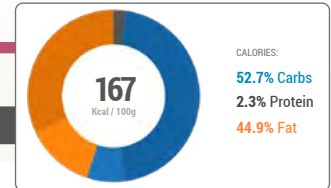
Method

Place peaches in the bowl
Scatter with the raspberries
Top with whipped cream
Drizzle with raspberry sauce
Serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 236G SERVING	%RI
Energy(kJ)	697 kJ	8%	1645 kJ	20%
Energy(kcal)	167 kcal	8%	393 kcal	20%
Fat	8.2 g	12%	19 g	27%
of which saturates	5.9 g	30%	14 g	70%
Carbohydrate	22 g	8%	51 g	20%
of which sugars	19 g	21%	44 g	49%
Fibre	0.8 g	3%	1.9 g	8%
Protein	1 g	2%	2.3 g	5%
Salt	0.03 g	1%	0.08 g	1%



CONTAINS:



SERVES

10

WEEK ONE
Beef Lasagne

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71662 Prime Meats Scotch Red Tractor 10% Fat Beef Mince	900g	
10469 Cooking Onions	350g	
135809 Smoked Bacon Lardons Red Tractor	100g	
114938 Cirio Passata Sieved Tomatoes	1kg	
100448 Brakes Beef Flavour Bouillon Paste	4g	
Tap Water (for VC recipes)	200g	
71514 Sysco Classic Soft Spread	4g	
114951 Sysco Classic Plain Flour	50g	
70219 Wholesome Farms Fresh British Whole Milk	750ml	
5005799 Sysco Classic Dijon Mustard	10g	
149911 Granarolo Grated Parmigiano Reggiano	50g	
100268 Knorr Pasta Lasagne 3kg	180g	
33568 Sysco Classic Extended Life Rapeseed Oil	3.5g	
29150 Sysco Classic Mature White Cheddar Cheese	75g	

COOKING INSTRUCTIONS

Preparation

Dice Onions
Grate Cheddar

Method

Ragu

Preheat the oven to 180°C
Heat the oil in a large frying pan
Cook the mince and onions until browned
Add the stock (made with the bouillon paste and water) and bring to the boil
Add the passata and allow to gently simmer until the meat is tender

White Sauce

Melt the butter in a saucepan. Add the flour and cook over the heat for one minute.
Gradually whisk in the hot milk, stirring until thickened
Add the Dijon mustard and Parmesan and season

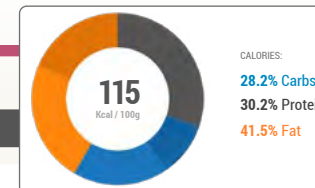
The build

Put one third of the meat sauce in the base of an ovenproof dish
Spoon one third of the white sauce on top
Arrange one layer of lasagne sheets on top
Repeat this process until all sauce, ragu and lasagne sheets are used up
Sprinkle over the cheddar
Cook in the oven for about 45 minutes, ensure the pasta is softened

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	482 kJ	6%	1772 kJ	21%
Energy(kcal)	115 kcal	6%	423 kcal	21%
Fat	5.3 g	8%	19 g	27%
of which saturates	2.4 g	12%	8.7 g	44%
Carbohydrate	8 g	3%	30 g	12%
of which sugars	2.9 g	3%	11 g	12%
Fibre	0.6 g	2%	2.2 g	9%
Protein	8.6 g	17%	32 g	64%
Salt	0.29 g	5%	1.1 g	18%



CONTAINS:



WHEAT



MILK



MUSTARD



SULPHITES

MAY CONTAIN:



SOYA

SERVES

10

WEEK ONE
Pollock with Parsley
Sauce & Leeks

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	170g	
31386 Portico Classic Alaska MSC Pollock Fillets	800g	10x Each
350091 Sysco Classic Plain Flour	80g	
112159 Kerrymaid Double	100g	
33591 Sysco Classic Parsley	50g	
33853 Brakes Breadcrumbs Uncoloured	150g	
121379 Sysco Classic Salt	4g	
33578 Sysco Classic Ground White Pepper	1g	
152320 Sysco Essentials Cut Leeks	400g	
70219 Wholesome Farms Fresh British Whole Milk	450ml	

COOKING INSTRUCTIONS

Preparation

Pollock Fillets - Defrost
Pick and chop parsley

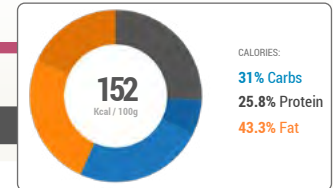
Method

Pre-heat the oven to 180°C
In a pan, melt the butter, then stir in the flour to make a roux.
Slowly incorporate the milk mixing until smooth at each stage.
Stir in the double cream & chopped parsley
Season to taste
Lay the sliced leeks in an oven proof dish with the fish fillets on top.
Top with the parsley sauce and breadcrumbs.
Bake in the oven for 25 mins until the core temp has been achieved

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 196G SERVING	%RI
Energy(kJ)	636 kJ	8%	1248 kJ	15%
Energy(kcal)	152 kcal	8%	298 kcal	15%
Fat	7.2 g	10%	14 g	20%
of which saturates	3 g	15%	5.9 g	30%
Carbohydrate	12 g	5%	23 g	9%
of which sugars	2.5 g	3%	4.8 g	5%
Fibre	1.6 g	6%	3.2 g	13%
Protein	9.6 g	19%	19 g	38%
Salt	0.49 g	8%	0.97 g	16%



CONTAINS:



WHEAT



MILK



FISH

SERVES

15

WEEK ONE
Sultana Sponge Pudding
with Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	230g	
350091 Sysco Classic Plain Flour	400g	
35023 Sysco Classic Baking Powder	10g	
591099 Tate & Lyle Fairtrade Light Brown Soft Pure Cane Sugar 500g	170g	
85702 Brakes Sultanas	200g	
128761 Lyle's Golden Syrup Squeezy 750g	120g	
15126 Brakes Ready to Serve Custard	1kg	
16392 Brakes 18 British Free Range Fresh Medium Eggs	222g	4x Each
70219 Wholesome Farms Fresh British Whole Milk	60ml	

COOKING INSTRUCTIONS

Preparation

Butter - Portion into 30g & 200g

Eggs - Beat the eggs

Method

Using the 30g butter, butter the inside of a pudding bowl.

Rub the flour, 200g butter & baking powder together until it resembles crumbs.

Stir in the sultanas & sugar, and gradually add the beaten eggs & milk.

Spoon the cake mixture into the pudding bowls and make a hollow in the centre of the mix.

Cover with cling film and pierce the top.

Microwave on full power for 4-5 mins until the sponge is well risen and firm to the touch.

Check the sponge is cooked using a skewer that comes out clean when pricked.

Re-heat the custard as per pack instructions.

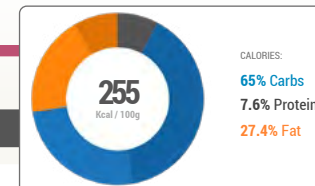
Turn the sponge onto warm plates and drizzle with syrup.

Portion the pudding and serve with the warmed custard.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 139G SERVING	%RI
Energy(kJ)	1072 kJ	13%	1486 kJ	18%
Energy(kcal)	255 kcal	13%	353 kcal	18%
Fat	7.7 g	11%	11 g	16%
of which saturates	2.4 g	12%	3.3 g	17%
Carbohydrate	41 g	16%	57 g	22%
of which sugars	25 g	28%	35 g	39%
Fibre	0.8 g	3%	1.1 g	4%
Protein	4.8 g	10%	6.7 g	13%
Salt	0.42 g	7%	0.58 g	10%



CONTAINS:



WHEAT



EGGS



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

1

WEEK ONE
Toasted Sourdough
Crumpets with Cheddar
Cheese & Spinach

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33040 Luxury Baked Sourdough Crumpets	100g	2 x Each
29150 Sysco Classic Mature White Cheddar Cheese	50g	
450716 Spinach	25g	

COOKING INSTRUCTIONS

Preparation

- Toast the crumpets
- Wilt the spinach
- Grate the cheese

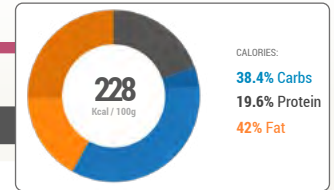
Method

- Pre-heat the oven to 180°C
- Top the crumpets with the wilted spinach and grated cheese
- Add to the oven until cheese is melted

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	956 kJ	11%	1674 kJ	20%
Energy(kcal)	228 kcal	11%	400 kcal	20%
Fat	11 g	16%	18 g	26%
of which saturates	6.4 g	32%	11 g	55%
Carbohydrate	22 g	8%	38 g	15%
of which sugars	2.1 g	2%	3.7 g	4%
Fibre	1.6 g	6%	2.8 g	11%
Protein	11 g	22%	19 g	38%
Salt	0.91 g	15%	1.6 g	27%



CONTAINS:



SERVES

1

WEEK ONE
Chocolate Profiteroles

BACK TO MENU

RECIPE INGREDIENTS

152150 Profiteroles with Chocolate Sauce

QUANTITY DESCRIPTION

95g 5 x Each

COOKING INSTRUCTIONS

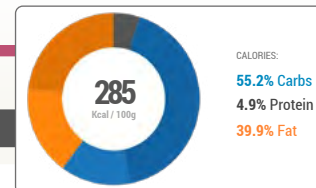
Method

Defrost Profiteroles as per instructions and serve with chocolate sauce.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 95G SERVING	%RI
Energy(kJ)	1194 kJ	14%	1134 kJ	14%
Energy(kcal)	285 kcal	14%	270 kcal	14%
Fat	13 g	19%	12 g	17%
of which saturates	7.3 g	37%	6.9 g	35%
Carbohydrate	39 g	15%	37 g	14%
of which sugars	30 g	33%	28 g	31%
Fibre	0 g	0%	0 g	0%
Protein	3.5 g	7%	3.3 g	7%
Salt	0.2 g	3%	0.19 g	3%



CONTAINS:



WHEAT



EGGS



MILK



SOYA

MAY CONTAIN:



HAZELNUTS

SERVES

30

WEEK ONE
Roast Pork with Sage & Onion Stuffing

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
100259 Sysco Classic Extended Life Rapeseed Oil	80g	
350091 Sysco Classic Plain Flour	80g	
100446 Brakes Chicken Flavour Bouillon Paste	50g	
28340 Sysco Classic Sage & Onion Stuffing Mix	170g	
107035 Maldon Sea Salt Flakes 1.4kg Tub	5g	
134293 Sysco Classic Cracked Black Pepper 425g	5g	
10469 Cooking Onions	200g	
450693 Carrots CLASS II	200g	
15904 British Red Tractor Pork Shoulder Roasting Joint	4.5kg	

COOKING INSTRUCTIONS

Preparation

- Cooking Onions - Peel & dice
- Carrots - Peel & chop
- Chicken Flavour Bouillon Mix - Make up with water as per packet instructions
- Sage & Onion Stuffing Mix - Make up with water as per packet instructions

Method

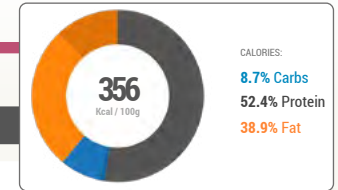
- Pre-heat the oven to 170°C
- Scatter vegetables over the base of a roasting tray and place the pork on top.
- Rub the pork with oil and seasoning.
- Place in the oven until the core temperature has been achieved.
- Combine the sage & onion mix with 500ml water,

- mix thoroughly. Roll out into balls and bake in the oven.
- When cooked, remove the turkey and allow to rest on a carving board.
- Using the roasting tray from the turkey, keep the veg in it and place on the stove.
- When sizzling, add the flour and stir until absorbed.
- Gradually add the chicken stock, reduce until thickened slightly and strain for your gravy.
- Carve the turkey and serve immediately with the stuffing and gravy.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 102G SERVING	%RI
Energy(kJ)	1494 kJ	18%	1528 kJ	18%
Energy(kcal)	356 kcal	18%	364 kcal	18%
Fat	15 g	21%	16 g	23%
of which saturates	4.8 g	24%	4.9 g	25%
Carbohydrate	7.7 g	3%	7.9 g	3%
of which sugars	1 g	1%	1 g	1%
Fibre	0.6 g	2%	0.7 g	3%
Protein	46 g	92%	48 g	96%
Salt	0.89 g	15%	0.91 g	15%



CONTAINS:



WHEAT

SERVES

1

WEEK ONE
Nut Roast

BACK TO
MENU

RECIPE INGREDIENTS

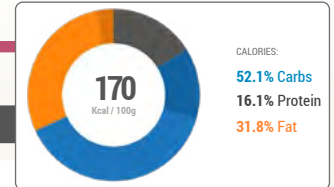
RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
145939 Sysco Simply Plant Based Chestnut & Seed Roast	120g	1 x Each

QUANTITY DESCRIPTION

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 120G SERVING	%RI
Energy(kJ)	714 kJ	9%	856 kJ	10%
Energy(kcal)	170 kcal	9%	204 kcal	10%
Fat	5.7 g	8%	6.8 g	10%
of which saturates	0.6 g	3%	0.7 g	4%
Carbohydrate	21 g	8%	25 g	10%
of which sugars	5.4 g	6%	6.5 g	7%
Fibre	4.4 g	18%	5.3 g	21%
Protein	6.5 g	13%	7.8 g	16%
Salt	0.54 g	9%	0.65 g	11%



COOKING INSTRUCTIONS

Method

Cook as per manufacturer instructions

CONTAINS:



OATS, WHEAT,
RYE

SERVES

10

WEEK ONE
Sticky Toffee Pudding

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
89781 Brakes Chopped Dates	225g	
1 Tap Water (for VC recipes)	175g	
86874 Preema Vanilla Essence 500ml	5g	
9711 Sysco Classic Self Raising Flour	175g	
33596 Sysco Classic Bicarbonate of Soda	5g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	125g	2 Each
71514 Sysco Classic Soft Spread	85g	
350099 Tate & Lyle Demerara Sugar 3kg	140g	
70219 Wholesome Farms Fresh British Whole Milk	100ml	
350102 Tate & Lyle Light Soft Brown Sugar 3kg	175g	
11127 Brakes Unsalted Butter	50g	
112159 Kerrymaid Double	225g	

COOKING INSTRUCTIONS

Preparation

Soak the dates in boiling water and the vanilla for 30 minutes until softened and blitz
Beat the eggs with the milk

Method

Pre-heat the oven to 160°C
Beat the salted butter and demerara sugar together until light and creamy
Add the egg mixture a little at a time until fully incorporated
Fold in the flour and bicarbonate of soda until the batter is just combined being careful not to over mix
Fold in the blitzed dates and transfer into a lined baking tray

Bake in the oven until firm and a skewer comes out clean

To make the toffee sauce put the soft brown sugar, unsalted butter in a saucepan with half of the double cream and bring to the boil
Once the sugar has completely dissolved, add the remaining double cream

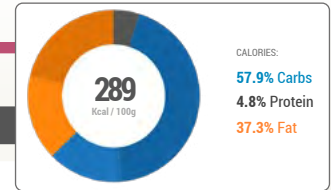
Serving

Serve the puddings warm with a drizzle of toffee sauce over the top

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	1212 kJ	14%	1799 kJ	21%
Energy(kcal)	289 kcal	14%	429 kcal	21%
Fat	12 g	17%	18 g	26%
of which saturates	6.8 g	34%	10 g	50%
Carbohydrate	41 g	16%	62 g	24%
of which sugars	31 g	34%	47 g	52%
Fibre	1.1 g	4%	1.6 g	6%
Protein	3.5 g	7%	5.1 g	10%
Salt	0.6 g	10%	0.89 g	15%



CONTAINS:



WHEAT



EGGS



MILK

SERVES

10

WEEK ONE
Ham & Cheese
Ploughman's

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
102443 Brakes Essentials Medium Square Sliced Wholemeal Loaves	333g	
18421 Green Valley Dairy Full Fat Soft Cheese	150g	
29186 Sysco Essentials Wafer Thin Sliced Ham	400g	
450672 Tomatoes MM	200g	
10230 Cucumber	200g	
450693 Carrots CLASS II	250g	
450528 Golden Delicious Apples	394g	
29150 Sysco Classic Mature White Cheddar Cheese	400g	

COOKING INSTRUCTIONS

Preparation

- Tomatoes MM - Slice tomatoes
- Cucumber - Slice cucumber
- Carrots CLASS II - Peel and grate carrots
- Golden Delicious Apples - Cut into wedges and remove core
- Bread & Cream Cheese - Spread cream cheese onto bread
- Cheddar - Cut into wedges

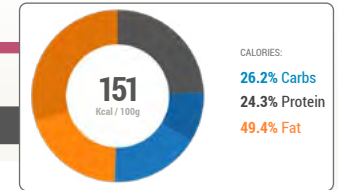
Method

Serve a selection of all ingredients on a plate as per resident choice

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 233G SERVING	%RI
Energy(kJ)	630 kJ	8%	1466 kJ	17%
Energy(kcal)	151 kcal	8%	351 kcal	18%
Fat	8.1 g	12%	19 g	27%
of which saturates	4.9 g	25%	11 g	55%
Carbohydrate	9.7 g	4%	22 g	8%
of which sugars	3.5 g	4%	8.1 g	9%
Fibre	1.8 g	7%	4.1 g	16%
Protein	9 g	18%	21 g	42%
Salt	0.93 g	16%	2.2 g	37%



CONTAINS:



MAY CONTAIN:



SERVES

12

WEEK ONE
Classic Trifle

BACK TO
MENU

RECIPE INGREDIENTS

	QUANTITY	DESCRIPTION
130322 Pidy Soft Sponge Fingers	200g	16 x Each
135798 QC Cream Sherry 15% (England)	100ml	
149196 Wibble Vegan and Low Sugar Strawberry Jelly Crystals	175g	
35561 Brakes Fruit Cocktail in Juice	822g	
15126 Brakes Ready to Serve Custard	1kg	
112159 Kerrymaid Double	400g	
106066 Tate & Lyle Fairtrade Icing Sugar 1kg	40g	
86874 Preema Vanilla Essence 500ml	3g	

COOKING INSTRUCTIONS

Preparation

Jelly Crystals - Make up as per instructions
Fruit Cocktail in juice - Drain

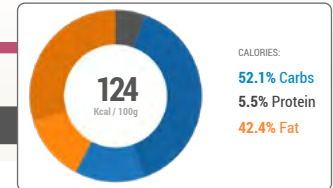
Method

Break the trifle sponges into the base of a deep glass dish or individual portion dishes.
Spoon over the sherry and allow to soak in.
Spoon the fruit cocktail over the sponges.
Pour the prepared jelly over the fruit and sponges. Chill until set.
When the jelly is set, pour on the custard and chill further.
Mix the double cream, icing sugar & vanilla and whisk until peaks form.
Pipe or spoon the cream on top of the trifle, chill and serve.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 228G SERVING	%RI
Energy(kJ)	519 kJ	6%	1185 kJ	14%
Energy(kcal)	124 kcal	6%	283 kcal	14%
Fat	5.8 g	8%	13 g	19%
of which saturates	4.1 g	21%	9.3 g	47%
Carbohydrate	16 g	6%	37 g	14%
of which sugars	12 g	13%	28 g	31%
Fibre	0.5 g	2%	1 g	4%
Protein	1.7 g	3%	3.9 g	8%
Salt	0.09 g	2%	0.2 g	3%



CONTAINS:



WHEAT



EGGS



MILK



SULPHITES

SERVES

10

WEEK TWO
Chicken Tikka Masala
with Naan

BACK TO
MENU

RECIPE INGREDIENTS QUANTITY DESCRIPTION

10439 Fresh Garlic	120g	
10380 Ginger	45g	
34002 Sysco Classic Ground Cumin	30g	
33597 Sysco Classic Ground Coriander	5g	
35002 Sysco Classic Garam Masala	10g	
33585 Sysco Classic Paprika	15g	
33601 Sysco Classic Mild Chilli Powder	2g	
10469 Cooking Onions	400g	
33586 Sysco Classic Ground Turmeric	1g	
28326 Sysco Classic Tomato Paste	20g	
19839 Sysco Classic Chopped Tomatoes	400g	
113885 Herb Bunched Coriander	30g	
100445 Brakes Vegetable Flavour Bouillon Paste	18g	
525271 Red Peppers	45g	
115072 Amoy Coconut Milk 400ml	375g	
33568 Sysco Classic Extended Life Rapeseed Oil	50g	
121095 British Red Tractor Halal Diced Chicken Breast and Leg	1.2kg	
4198 La Boulangerie Chota Naan	400g	10x Each

COOKING INSTRUCTIONS

Preparation

- Peel & dice the onion
- Peel & finely chop the garlic
- Peel & grate the ginger
- Make the stock as per guidelines

To make the marinade take the following ingredients & blend to a paste;

- 100g peeled & roughly chopped garlic
- 35g peeled & grated ginger
- 3tsp ground cumin
- 3tsp ground coriander
- 1tsp garam masala
- 2tsp paprika
- 2 tsp chilli powder
- 4tbsp coconut milk

Marinate the chicken in the spicy mix in the fridge for at least one hour or ideally overnight

Method

In a large sauté pan heat 4 tbsp oil & seal the

chicken on all sides, then remove from the pan
Sauté the onion, cooking for approximately 5-8 minutes
Add the ginger, cook for 2 minutes
Stir in the following spices & cook for 2-3 minutes;
- 1tsp turmeric
- 1tbsp ground coriander
- 1tbsp paprika
- 1tbsp chilli powder
Then add the tomato paste & cook for 1-2 minutes
Stir in the tomatoes. 2tbsp lemon juice, add a little water & bring to a gentle simmer
Return the chicken to the pan & cook on the stove for approximately 15 mins
Stir in the remaining coconut milk, cook for a further 5 mins

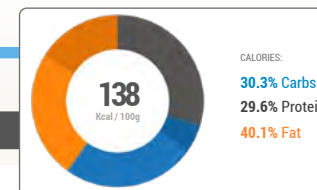
Service

Serve the curry in a bowl with the naan and rice along with some chopped coriander

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	576 kJ	7%	1824 kJ	22%
Energy(kcal)	138 kcal	7%	435 kcal	22%
Fat	6 g	9%	19 g	27%
of which saturates	2.4 g	12%	7.7 g	39%
Carbohydrate	10 g	4%	32 g	12%
of which sugars	1.8 g	2%	5.7 g	6%
Fibre	1.3 g	5%	4 g	16%
Protein	10 g	20%	32 g	64%
Salt	0.36 g	6%	1.1 g	18%



CONTAINS:



WHEAT

SERVES

10

WEEK TWO
Cheese & Potato Pie
with Baked Beans

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	60g	
29150 Sysco Classic Mature White Cheddar Cheese	200g	
186 Sysco Classic Baked Beans in Tomato Sauce	400g	
450066 Maris Piper Potatoes	1.2kg	
70219 Wholesome Farms Fresh British Whole Milk	100ml	

COOKING INSTRUCTIONS

Preparation

- Potatoes - Peel and quarter potatoes
- Cheese - Grate cheese
- Baked Beans - Heat as per pack

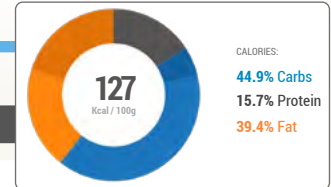
Method

- Pre-heat the oven to 180°C
- Place potatoes in a pan with water and bring to the boil
- Turn down to simmer and allow to cook
- Once cooked drain well and mash adding milk, spread and 3/4 of the cheese
- Place into an oven proof dish and top with remaining cheese
- Bake until golden
- Serve with beans

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	533 kJ	6%	1044 kJ	12%
Energy(kcal)	127 kcal	6%	249 kcal	12%
Fat	5.4 g	8%	11 g	16%
of which saturates	2.8 g	14%	5.5 g	28%
Carbohydrate	14 g	5%	27 g	10%
of which sugars	1.8 g	2%	3.4 g	4%
Fibre	1.7 g	7%	3.2 g	13%
Protein	4.9 g	10%	9.6 g	19%
Salt	0.37 g	6%	0.72 g	12%



CONTAINS:



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK TWO
Peach Crumble with
Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
1202 Brakes Peach Slices in Light Syrup	1.5kg	
71514 Sysco Classic Soft Spread	50g	
350098 Tate & Lyle Caster Sugar 2kg	50g	
84673 Brakes Oatflakes	50g	
114951 Sysco Classic Plain Flour	50g	
15126 Brakes Ready to Serve Custard	600g	

COOKING INSTRUCTIONS

Preparation

Drain the peaches
Warm the custard on a low heat or in the microwave

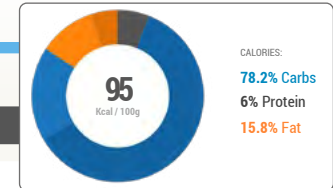
Method

Pre-heat the oven to 160°C
Mix all dry ingredients together until they resemble a breadcrumb consistency
Place the peaches on the base of your baking dish and scatter the crumble topping over
Bake until the topping is golden brown
Serve hot with custard

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	403 kJ	5%	927 kJ	11%
Energy(kcal)	95 kcal	5%	219 kcal	11%
Fat	1.6 g	2%	3.8 g	5%
of which saturates	0.5 g	3%	1.2 g	6%
Carbohydrate	18 g	7%	42 g	16%
of which sugars	14 g	16%	33 g	37%
Fibre	0.8 g	3%	1.8 g	7%
Protein	1.4 g	3%	3.2 g	6%
Salt	0.05 g	1%	0.12 g	2%



CONTAINS:



OATS, WHEAT



MILK

MAY CONTAIN:



BARLEY

SERVES

10

WEEK TWO
Ham Hock & Pea
Risotto with Dressed
Watercress

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
134280 Gallo Arborio Risotto Rice	600g	
10469 Cooking Onions	200g	
134644 Cooks & Co Garlic Puree	10g	
100446 Brakes Chicken Flavour Bouillon Paste	50g	
1 Tap Water (for VC recipes)	2.5ltr	
4599 Sysco Essentials Garden Peas	300g	
110768 Sysco Classic Pulled Ham Hock	400g	
18421 Green Valley Dairy Full Fat Soft Cheese	100g	
29150 Sysco Classic Mature White Cheddar Cheese	200g	
74063 Watercress	100g	
87444 Sysco Classic Honey & Mustard Dressing	150ml	

COOKING INSTRUCTIONS

Preparation

Grate cheese
Make stock using bouillon and water

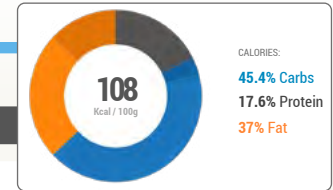
Method

Heat the oil in a large pan and cook the onion for 5 mins over a medium heat to soften.
Stir in the garlic and the risotto rice, and cook for another 30 secs-1 min.
Pour in the stock and bring to the boil, then cover and cook for about 15 mins on a medium heat, stirring every so often.
Add the peas, ham and cheeses to the pan, and cook for another few mins until the rice is just right and the cheese melted.
Season and serve topped with watercress and a drizzle of dressing

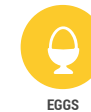
FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	452 kJ	5%	2085 kJ	25%
Energy(kcal)	108 kcal	5%	497 kcal	25%
Fat	4.4 g	6%	20 g	29%
of which saturates	1.6 g	8%	7.2 g	36%
Carbohydrate	12 g	5%	56 g	22%
of which sugars	0.9 g	1%	4.2 g	5%
Fibre	0.7 g	3%	3 g	12%
Protein	4.7 g	9%	22 g	44%
Salt	0.48 g	8%	2.2 g	37%



CONTAINS:



OTHER PROPERTIES:



SERVES

12

WEEK TWO
Strawberry Mousse

BACK TO
MENU

RECIPE INGREDIENTS

131902 Carte D'Or Strawberry Mousse Mix
70219 Wholesome Farms Fresh British Whole Milk

QUANTITY DESCRIPTION

210g
500ml

COOKING INSTRUCTIONS

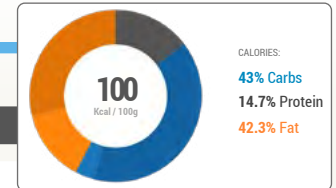
Method

Pour cold milk into a mixer with whisk attachment
Add mousse mix and whisk on a slow speed for 2 minutes followed by a high speed for 5
Portion in to desired serving dish
Chill for 90 minutes before serving

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 59G SERVING	%RI
Energy(kJ)	417 kJ	5%	247 kJ	3%
Energy(kcal)	100 kcal	5%	59 kcal	3%
Fat	4.7 g	7%	2.8 g	4%
of which saturates	3.2 g	16%	1.9 g	10%
Carbohydrate	11 g	4%	6.3 g	2%
of which sugars	9.8 g	11%	5.8 g	6%
Fibre	0 g	0%	0 g	0%
Protein	3.6 g	7%	2.2 g	4%
Salt	0.1 g	2%	0.06 g	1%



CONTAINS:



MILK

MAY CONTAIN:



HAZELNUTS,
ALMONDS



EGGS



SOYA

SERVES

10

WEEK TWO
Smoked Haddock
Shepherd's Pie

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
111160 M&J Seafood Undyed MSC Smoked Haddock Fillets	950g	
10469 Cooking Onions	200g	
33588 Sysco Classic Bay Leaves	3g	
84810 Sysco Classic Whole Cloves.	1g	
70219 Wholesome Farms Fresh British Whole Milk	500ml	
71514 Sysco Classic Soft Spread	150g	
350091 Sysco Classic Plain Flour	50g	
112159 Kerrymaid Double	180g	
10288 Leeks.	250g	
85042 Knorr Professional Gluten Free Clear Fish Paste Bouillon 1kg	12g	
3205 Brakes Choice Garden Peas	100g	
10481 Curly Parsley	20g	
450066 Maris Piper Potatoes	650g	
29150 Sysco Classic Mature White Cheddar Cheese	125g	

COOKING INSTRUCTIONS

Preparation

- Peel, boil and mash potato using 100g of butter
- Pick and chop parsley
- Defrost peas
- Wash and slice leeks
- Grate cheese
- Chop onions

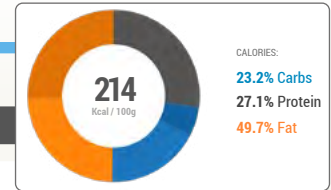
Method

- Poach haddock in milk half the onion, bay, cloves and fish bouillon
- Strain milk and keep liquid to make the sauce
- Make a roux by melting 50g of butter and adding flour before adding cooking liquor to create a béchamel
- Fold haddock, peas, leeks, remaining onion and parsley into béchamel and place in an oven proof dish
- Top with mash and grated cheese and bake at 200 deg c until crisp and golden on top

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 179G SERVING	%RI
Energy(kJ)	896 kJ	11%	1601 kJ	19%
Energy(kcal)	214 kcal	11%	383 kcal	19%
Fat	12 g	17%	21 g	30%
of which saturates	6 g	30%	11 g	55%
Carbohydrate	12 g	5%	22 g	8%
of which sugars	2.9 g	3%	5.3 g	6%
Fibre	1.1 g	4%	2 g	8%
Protein	14 g	28%	26 g	52%
Salt	1.1 g	18%	1.9 g	32%



CONTAINS:



MAY CONTAIN:



SERVES

10

WEEK TWO
Tomato & Basil
Pasta Bake

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
28326 Sysco Classic Tomato Paste	30g	
89716 Sysco Classic Tomato & Basil Sauce	400g	
29150 Sysco Classic Mature White Cheddar Cheese	200g	
146175 Sysco Classic Penne	500g	
10469 Cooking Onions	100g	

COOKING INSTRUCTIONS

Preparation

- Dice Onions
- Grate Cheese

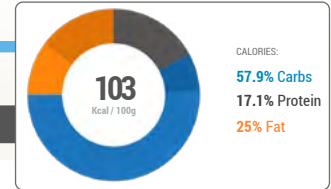
Method

- Pre-heat oven to 200°C
- Cook chopped onion in a large pan for 4-5 mins
- Add tomato paste and tomato sauce
- Turn down heat and simmer for 10-12 mins
- Cook pasta in boiling water until softened
- Drain pasta and add to sauce and mix well
- Place in baking dish and cover with the cheese
- Place in oven for 12 mins until golden brown

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 273G SERVING	%RI
Energy(kJ)	434 kJ	5%	1186 kJ	14%
Energy(kcal)	103 kcal	5%	282 kcal	14%
Fat	2.8 g	4%	7.7 g	11%
of which saturates	1.7 g	9%	4.6 g	23%
Carbohydrate	15 g	6%	40 g	15%
of which sugars	1.8 g	2%	4.9 g	5%
Fibre	0.9 g	4%	2.5 g	10%
Protein	4.3 g	9%	12 g	24%
Salt	0.22 g	4%	0.61 g	10%



CONTAINS:



WHEAT



MILK

MAY CONTAIN:



MUSTARD



SOYA

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK TWO
Jam & Coconut Sponge
with Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	175g	
350098 Tate & Lyle Caster Sugar 2kg	175g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	175g	3 x Each
9711 Sysco Classic Self Raising Flour	175g	
86874 Preema Vanilla Essence 500ml	5g	
70219 Wholesome Farms Fresh British Whole Milk	50ml	
33739 Sysco Classic Mixed Fruit Jam	200g	
255 Brakes Desiccated Coconut	120g	
15126 Brakes Ready to Serve Custard	700g	

COOKING INSTRUCTIONS

Preparation

Beat eggs with milk and vanilla
Custard - heat on a low heat or in the microwave

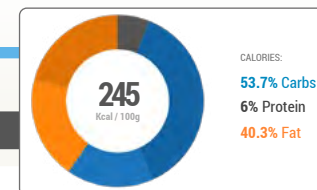
Method

Pre-heat the oven to 160°C
In a mixer beat the butter and sugar together until light and fluffy
Slowly add the egg mixture until fully incorporated
Add the flour and mix until combined being careful to not over-mix
Add the cake mixture to the baking tin and bake until golden and a skewer comes out clean
Spread the jam over the top of the cake while still warm and scatter over the coconut
Return to the oven for a few minutes until the coconut begins to turn golden
Serve warm with hot custard

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	1028 kJ	12%	1824 kJ	22%
Energy(kcal)	245 kcal	12%	435 kcal	22%
Fat	11 g	16%	19 g	27%
of which saturates	5.7 g	29%	10 g	50%
Carbohydrate	32 g	12%	58 g	22%
of which sugars	23 g	26%	40 g	44%
Fibre	1.5 g	6%	2.6 g	10%
Protein	3.6 g	7%	6.5 g	13%
Salt	0.42 g	7%	0.74 g	12%



CONTAINS:



WHEAT



EGGS



MILK



SULPHITES

SERVES

18

WEEK TWO
Beef Burger in a
Bun with Salad &
Mayonnaise

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
107027 Sysco Classic 90% Beef Burgers	1.02kg	18x Each
109432 La Boulangerie Fully Baked 2 in 1 Mini Bread Rolls	540g	18x Each
450672 Tomatoes MM	200g	
6894 Sysco Classic Real Mayonnaise	270g	
10231 Iceberg Lettuce	200g	

COOKING INSTRUCTIONS

Preparation

- Defrost the bread rolls
- Cheddar - Thinly slice
- Tomatoes MM - Thinly slice
- Iceberg Lettuce - Chop and wash/drain

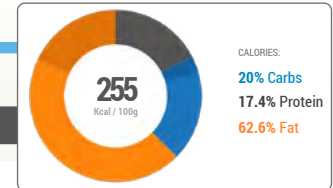
Method

- Pre-heat the oven to 190°C
- Remove the burgers from the packaging and place onto a non-stick baking sheet.
- Bake for 18-20 mins until core temperature has been achieved.
- Slice open the bread rolls and place in the burger, with the sliced cheese, mayo, lettuce & tomato, and serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	1062 kJ	13%	1316 kJ	16%
Energy(kcal)	255 kcal	13%	316 kcal	16%
Fat	18 g	26%	22 g	31%
of which saturates	5.1 g	26%	6.3 g	32%
Carbohydrate	13 g	5%	16 g	6%
of which sugars	2 g	2%	2.5 g	3%
Fibre	1 g	4%	1.2 g	5%
Protein	11 g	22%	14 g	28%
Salt	0.62 g	10%	0.77 g	13%



CONTAINS:



WHEAT



EGGS



SOYA

MAY CONTAIN:



OATS, BARLEY,
RYE



SESAME

SERVES

14

WEEK TWO
Banana & Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
85842 Sysco Classic Custard Powder	40g	
10354 Bananas	800g	
70219 Wholesome Farms Fresh British Whole Milk	800ml	

COOKING INSTRUCTIONS

Preparation

Bananas - Peel and slice bananas

Method

Mix a little of the milk and all of the custard powder in a bowl until smooth. Heat the rest of the milk in a saucepan until hot, then pour over the custard powder and mix well.

Return to the heat and stir continuously to avoid lumps.

When the mixture starts to boil slightly lower heat and stir until thickened.

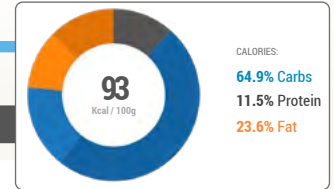
Put sliced bananas at the bottom of a dish and top with custard

Allow to cool then serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 93G SERVING	%RI
Energy(kJ)	393 kJ	5%	365 kJ	4%
Energy(kcal)	93 kcal	5%	86 kcal	4%
Fat	2.4 g	3%	2.2 g	3%
of which saturates	1.3 g	7%	1.2 g	6%
Carbohydrate	15 g	6%	14 g	5%
of which sugars	11 g	12%	11 g	12%
Fibre	0.5 g	2%	0.5 g	2%
Protein	2.7 g	5%	2.5 g	5%
Salt	0.07 g	1%	0.06 g	1%



CONTAINS:



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK TWO
Beef Stroganoff

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
32892 Wilsons Halal Diced Beef	900g	
10290 Button Mushrooms	300g	
10469 Cooking Onions	400g	
134289 Sysco Classic Smoked Paprika	20g	
88930 Sysco Classic French Mustard	30ml	
71514 Sysco Classic Soft Spread	60g	
13120 Peeled Garlic	15g	
350091 Sysco Classic Plain Flour	60g	
70219 Wholesome Farms Fresh British Whole Milk	500ml	
112159 Kerrymaid Double	150g	
121379 Sysco Classic Salt	2g	
134293 Sysco Classic Cracked Black Pepper	1g	
33568 Sysco Classic Extended Life Rapeseed Oil	60g	

COOKING INSTRUCTIONS

Preparation

Diced Beef - Defrost in a controlled environment.
 Button Mushrooms - Wash and slice Mushrooms.
 Large Onions - Peel and slice Onions.
 Peeled Garlic - Blitz Garlic with 50ml Rapeseed Oil.
 Warm the milk for Bechamel.
 Premium Large Chives Bunch - Wash and chop Chives

Method

In a thick bottomed pan sauté the beef to colour in rapeseed oil. Remove excess fat.
 Pre heat Combi oven to 180°C
 Lay beef in Gastro trays with a little water and cover. Braise in the Combi oven for 90-120 minutes.

Check beef is tender and has reached agreed core temperature.

Make Bechamel with Flour, Sunflower Spread, and Milk.

Heat thick bottomed pan and sweat down in rapeseed Oil the Onions, Garlic and Mushrooms.

Add French Mustard, Smoked Paprika and Seasoning. Cook out for 10 minutes.

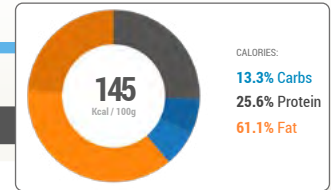
Add Bechamel to the pot along with Double Cream and mix thoroughly and simmer for 10 minutes

When Beef is cooked, drain excess liquid and add Beef to the Stroganoff sauce.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 250G SERVING	%RI
Energy(kJ)	604 kJ	7%	1508 kJ	18%
Energy(kcal)	145 kcal	7%	362 kcal	18%
Fat	9.7 g	14%	24 g	34%
of which saturates	3.8 g	19%	9.5 g	48%
Carbohydrate	4.8 g	2%	12 g	5%
of which sugars	2.4 g	3%	5.9 g	7%
Fibre	0.9 g	4%	2.4 g	10%
Protein	9.1 g	18%	23 g	46%
Salt	0.24 g	4%	0.6 g	10%



CONTAINS:



WHEAT



MILK



MUSTARD

SERVES

10

WEEK TWO
Potato, Lentil & Goat's
Cheese Gratin

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
548 Brakes Red Lentils	400g	
100445 Brakes Vegetable Flavour Bouillon Paste	22g	
Tap Water	1.2ltr	
134644 Cooks & Co Garlic Puree	5g	
134289 Sysco Classic Smoked Paprika	5g	
10303 Courgettes	500g	
450066 Maris Piper Potatoes	1kg	
112159 Kerrymaid Double	250g	
112832 Goats Cheese Slices	200g	

COOKING INSTRUCTIONS

Preparation

Make the vegetable stock as per instructions
Grate courgette
Peel and thinly slice potatoes
Crumble/grate goats cheese Chives

Method

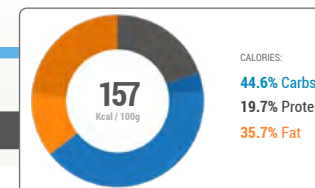
Preheat oven to 190°C
Add the lentils to a saucepan, along with the vegetable stock, garlic puree, and smoked paprika. Bring to a simmer, and cook until the lentils are very soft and have cooked right down into the liquid.
When the lentils are cooked, add the grated courgette, and mix.

Add half of the lentils to a baking dish and top with half of the sliced potatoes.
Drizzle over half of the double cream, and top with half of the grated goat's cheese.
Repeat the layers a second time to use up the remaining ingredients.
Cover the dish loosely with foil, and bake at 190°C for around 1 hour, until the potatoes are fairly soft.
Remove the foil, and return to the oven for a further 25 minutes

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	658 kJ	8%	1569 kJ	19%
Energy(kcal)	157 kcal	8%	374 kcal	19%
Fat	6.1 g	9%	14 g	20%
of which saturates	4.1 g	21%	9.7 g	49%
Carbohydrate	17 g	7%	41 g	16%
of which sugars	1.3 g	1%	3.2 g	4%
Fibre	1.7 g	7%	4 g	16%
Protein	7.6 g	15%	18 g	36%
Salt	0.34 g	6%	0.81 g	14%



CONTAINS:



MILK

SERVES

15

WEEK TWO
Chocolate & Mandarin
Bread & Butter Pudding

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33512 La Boulangerie Extra Thick Sliced White Farmhouse Split Tin Loaf	600g	
71514 Sysco Classic Soft Spread	150g	
94 Brakes Whole Mandarin Segments in Light Syrup	50g	
152602 Sephra Belgian Dark Couverture Chocolate 2.5kg	50g	
350098 Tate & Lyle Caster Sugar 2kg	100g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	278g	5x Each
70219 Wholesome Farms Fresh British Whole Milk	600ml	

COOKING INSTRUCTIONS

Preparation

Defrost bread
Drain mandarins

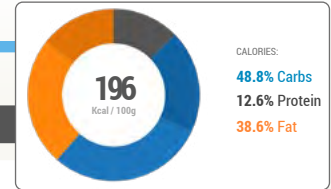
Method

Pre-heat the oven to 180°C
Butter the slices of bread and cut into quarters. Lightly butter the pudding dish.
Arrange the buttered bread in the pudding dish along with the chocolate chips and mandarins.
Whisk together the eggs, 80g sugar & milk.
Pour the mix over the bread and allow to chill for 30 mins.
Cover the pudding with foil and bake for 50 mins.
Remove foil, sprinkle the remaining sugar over the dish and bake for a further 10 mins to crisp up.
Check the centre is cooked and the core temperature has been achieved.
Serve immediately with custard or cream

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 122G SERVING	%RI
Energy(kJ)	822 kJ	10%	1002 kJ	12%
Energy(kcal)	196 kcal	10%	239 kcal	12%
Fat	8.3 g	12%	10 g	14%
of which saturates	3.1 g	16%	3.8 g	19%
Carbohydrate	24 g	9%	29 g	11%
of which sugars	9.4 g	10%	11 g	12%
Fibre	1.1 g	4%	1.4 g	6%
Protein	6.1 g	12%	7.5 g	15%
Salt	0.49 g	8%	0.59 g	10%



CONTAINS:



WHEAT



EGGS



MILK



SOYA

MAY CONTAIN:



OATS, BARLEY,
RYE

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK TWO
Chicken Tikka Slice with
Bombay Potatoes &
Indian Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
3699 Sysco Classic Chicken Tikka Savoury Slices	1.3kg	10 x Each
10420 Potatoes Baby 25-35mm Washed	1kg	
10380 Ginger	30g	
450154 Class 2 Tomatoes	1.2kg	
13120 Peeled Garlic	10g	
10469 Cooking Onions	250g	
114210 Chillies Green	20g	
33597 Sysco Classic Ground Coriander	10g	
33586 Sysco Classic Ground Turmeric	2g	
35002 Sysco Classic Garam Masala	10g	
34002 Sysco Classic Ground Cumin	5g	
10230 Cucumber	250g	
10333 Plum Tomatoes	250g	
12010 Red Onions	100g	
136749 Sysco Classic Lime Juice 1ltr	60g	

COOKING INSTRUCTIONS

Method

For the Tikka Slice

Cook as per manufacturer guidelines

For the Bombay potatoes

Put the ginger, garlic and 2/3rd of the tomatoes into a food processor and blitz until smooth. Set aside.

Chop the remaining 1/3rd of the tomatoes.

Put the potatoes in a large saucepan. Cover with cold water and bring to a simmer over a medium heat. Cook for 8-10 mins, or until just tender. Drain and leave to steam dry.

Heat the oil in a large pan over a medium heat. Add the onions and heat until the onions are golden.

Add the chillies, ground coriander, turmeric, cumin and garam masala to the pan and fry for another 2 mins. Tip in the tomato mixture and bring to a gentle simmer, then carefully stir in the potatoes and remaining tomatoes (chopped).

Season to taste

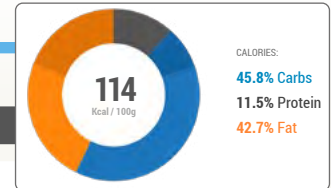
For the Indian Salad

Dice the cucumber, plum tomatoes and red onion into small chunks and toss with lime juice

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	479 kJ	6%	2155 kJ	26%
Energy(kcal)	114 kcal	6%	515 kcal	26%
Fat	5.3 g	8%	24 g	34%
of which saturates	2.4 g	12%	11 g	55%
Carbohydrate	13 g	5%	57 g	22%
of which sugars	2.3 g	3%	10 g	11%
Fibre	1.6 g	6%	7.1 g	28%
Protein	3.2 g	6%	14 g	28%
Salt	0.16 g	3%	0.72 g	12%



CONTAINS:



WHEAT



MILK



SULPHITES

SERVES

1

WEEK TWO
Custard Tart

BACK TO
MENU

RECIPE INGREDIENTS

133838 Wright's Egg Custard Tart (unbaked)

QUANTITY DESCRIPTION

94g 1 x Each

COOKING INSTRUCTIONS

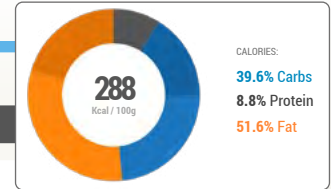
Method

Bake as per manufacturer guidelines
Serve warm or chilled

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	1203 kJ	14%	1131 kJ	13%
Energy(kcal)	288 kcal	14%	271 kcal	14%
Fat	16 g	23%	15 g	21%
of which saturates	6.5 g	33%	6.1 g	31%
Carbohydrate	28 g	11%	27 g	10%
of which sugars	12 g	13%	11 g	12%
Fibre	1 g	4%	0.9 g	4%
Protein	6.3 g	13%	5.9 g	12%
Salt	0.38 g	6%	0.36 g	6%



CONTAINS:



WHEAT



EGGS



MILK

SERVES

12

WEEK TWO
Sausage Casserole with
Sage Dumplings

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
136280 Pork Cumberland Sausage 8's	1.36kg	24 x Each
71514 Sysco Classic Soft Spread	50g	
85290 Sysco Classic Cracked Black Pepper	2g	
136677 Sysco Classic Gluten Free Fine Gravy Granules	75g	
33568 Sysco Classic Extended Life Rapeseed Oil	70g	
33567 Vegetarian Suet	120g	
9711 Sysco Classic Self Raising Flour	240g	
134290 Sysco Classic Sage	4g	
10469 Cooking Onions 10469	200g	
10288 Leeks	100g	
450693 Carrots CLASS II	100g	

COOKING INSTRUCTIONS

Preparation

- Cooking Onions - Peel & slice
- Leeks - Wash & slice
- Carrots - Peel & finely dice
- Gluten Free Fine Gravy Granules - Make up with 1ltr water

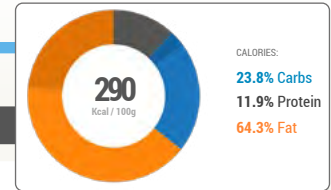
Method

Heat a little oil in a frying pan and add sausages. Cook until golden brown, then keep warm.
In a heavy bottomed pan, heat the butter and add the onion, leek & carrot and cook gently until softened.
Add the sausages and the gravy to the saucepan with the veg and simmer gently for 20 mins with a lid on.
Prepare the dumplings by combining the flour, suet, sage & a little water to form a dough. Form into 24 small dumplings.
Add the dumplings to the casserole & cook for a further 15 mins with the lid on, until the dumplings are cooked.
Check the casserole has achieved the correct core temperature and serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	1205 kJ	14%	2331 kJ	28%
Energy(kcal)	290 kcal	15%	561 kcal	28%
Fat	21 g	30%	40 g	57%
of which saturates	7.5 g	38%	14 g	70%
Carbohydrate	17 g	7%	33 g	13%
of which sugars	2.2 g	2%	4.2 g	5%
Fibre	1.5 g	6%	2.9 g	12%
Protein	8.5 g	17%	16 g	32%
Salt	1.5 g	25%	2.9 g	48%



CONTAINS:



WHEAT



SULPHITES

SERVES

14

WEEK TWO
Quorn Cottage Pie

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
136990 QuornPro Mince	1kg	
149062 Sysco Classic Double Concentrated Tomato Purée tube	60g	
25690 Sysco Classic Dry Red Cooking Wine	250g	
100445 Brakes Vegetable Flavour Bouillon Paste	50g	
112159 Kerrymaid Double	200g	
71514 Sysco Classic Soft Spread	100g	
29150 Sysco Classic Mature White Cheddar Cheese	200g	
115057 Lea & Perrins Worcester Sauce	50g	
350091 Sysco Classic Plain Flour	60g	
10469 Cooking Onions	200g	
450694 Carrots	200g	
10228 Celery	125g	
450066 Maris Piper Potatoes	2kg	
113881 Herb Bunched Flat Leaf Parsley	30g	

COOKING INSTRUCTIONS

Preparation

- Vegetable Bouillon Mix - Make up with 2ltr water
- White Cheddar - Grate
- Cooking Onions - Peel & dice
- Carrots - Peel & dice
- Celery - Wash & dice
- Potatoes - Peel & chop
- Flat Leaf Parsley - Wash & chop

Method

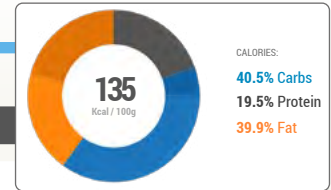
- In a large pan, fry the mince until browned. Set this aside.
- Add the prepared vegetables & dried herbs, and cook without colouring for about 20 mins until soft.
- Add the tomato paste & flour, and mix on a high heat for a couple of minutes.
- Add the Quorn mince back to the pan, and add the red wine and stock

- Bring to the boil and then simmer for 40-50 mins to thicken the sauce.
- Season well and remove the bay leaf.
- Boil the potatoes until cooked and drain well, then put the potatoes through a ricer.
- Add the butter, double cream, half the cheese and season.
- Spoon the mixture into an oven proof dish or dishes. Pipe the mash potato on top and refrigerate when prepared.
- Pre-heat the oven to 160°C
- Re-heat as required until core temperature has been achieved, adding the remaining cheddar to the top.
- Finish with the chopped parsley and serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 275G SERVING	%RI
Energy(kJ)	566 kJ	7%	1554 kJ	19%
Energy(kcal)	135 kcal	7%	371 kcal	19%
Fat	5.7 g	8%	16 g	23%
of which saturates	3 g	15%	8.2 g	41%
Carbohydrate	13 g	5%	36 g	14%
of which sugars	1.7 g	2%	4.8 g	5%
Fibre	3.1 g	12%	8.4 g	34%
Protein	6.3 g	13%	17 g	34%
Salt	0.52 g	9%	1.4 g	23%



CONTAINS:



WHEAT, BARLEY



EGGS



MILK



FISH



CELERY



SULPHITES

SERVES

10

WEEK TWO
Syrup Sponge with
Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	175g	
350098 Tate & Lyle Caster Sugar 2kg	175g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	175g	3 x Each
9711 Sysco Classic Self Raising Flour	175g	
86874 Preema Vanilla Essence 500ml	5g	
70219 Wholesome Farms Fresh British Whole Milk	50ml	
26941 Brakes Golden Syrup	200g	
33853 Brakes Breadcrumbs Uncoloured	60g	
114218 Lemons	70g	
15126 Brakes Ready to Serve Custard	700g	

COOKING INSTRUCTIONS

Preparation

- Beat eggs with milk and vanilla
- Zest the lemon
- Custard - heat on a low heat or in the microwave

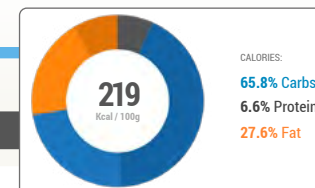
Method

- Pre-heat the oven to 160°C
- Mix the syrup with the breadcrumbs and lemon zest and cover the base of a lined baking tray
- In a mixer beat the butter and sugar together until light and fluffy
- Slowly add the egg mixture until fully incorporated
- Add the flour and mix until combined being careful to not over-mix
- Add the cake mixture to the baking tin and bake until golden and a skewer comes out clean
- Best served warm with hot custard

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	922 kJ	11%	1646 kJ	20%
Energy(kcal)	219 kcal	11%	391 kcal	20%
Fat	6.7 g	10%	12 g	17%
of which saturates	2.1 g	11%	3.7 g	19%
Carbohydrate	36 g	14%	64 g	25%
of which sugars	23 g	26%	42 g	47%
Fibre	0.5 g	2%	0.9 g	4%
Protein	3.6 g	7%	6.4 g	13%
Salt	0.5 g	8%	0.9 g	15%



CONTAINS:



WHEAT



EGGS



MILK

SERVES

10

WEEK TWO
Salmon & Broccoli
 Quiche

BACK TO
 MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
131678 M&J Seafood Poached Salmon Supreme (Skinless/Boneless)	310g	
71514 Sysco Classic Soft Spread	10g	
100028 Brakes 8.5cm Quiche Cases	1.39kg	10x Each
29150 Sysco Classic Mature White Cheddar Cheese	80g	
10213 Broccoli	500g	
10469 Cooking Onions	80g	
124181 Garlic Loose	5g	
113875 Herb Bunched Dill	50g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	278g	5x Each
70219 Wholesome Farms Fresh British Whole Milk	150ml	
136401 Sysco Classic Potato Salad	1kg	

COOKING INSTRUCTIONS

Preparation

M&J Seafood Poached Salmon Supreme (Skinless/Boneless) - Defrost
 Broccoli - Remove florets
 Cheddar - Grate
 Herb Bunched Dill - Wash & chop

Method

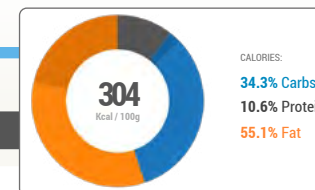
Pre-heat the oven to 170°C
 Cook the broccoli florets in a large pan of boiling salted water until just tender.
 Remove and refresh in iced water, then leave them to drain on kitchen paper.
 In a pan, cook the onions and garlic in butter until softened but not coloured. Set aside.
 Place the broccoli into the base of the quiche cases and cover with the onions & garlic.

Flake the salmon, then add to the quiches. Top with the grated cheese.
 In a bowl, mix together the eggs, milk and chopped dill. Pour over the quiches until filled.
 Bake in the oven for 20-30 mins until set and core temperature has been achieved.
 Serve hot or cold with potato salad

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 354G SERVING	%RI
Energy(kJ)	1267 kJ	15%	4492 kJ	53%
Energy(kcal)	304 kcal	15%	1077 kcal	54%
Fat	18 g	26%	65 g	93%
of which saturates	7.2 g	36%	26 g	130%
Carbohydrate	26 g	10%	91 g	35%
of which sugars	1.7 g	2%	6 g	7%
Fibre	2.2 g	9%	7.7 g	31%
Protein	7.9 g	16%	28 g	56%
Salt	0.71 g	12%	2.5 g	42%



CONTAINS:



WHEAT



EGGS



MILK



FISH

SERVES

10

WEEK TWO
Strawberry Jelly with
Forest Fruits

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
802 Sysco Classic Strawberry Flavour Jelly Crystals	175g	
1 Tap Water (for VC recipes)	900g	
4111 Brakes Fruits of the Forest	500g	

COOKING INSTRUCTIONS

Preparation

Defrost the forest fruits

Method

Make the jelly as per the packet instructions

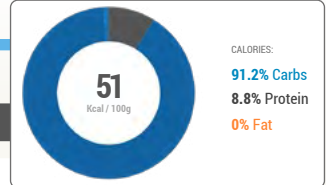
In the desired serving dish, place the forest fruits and cover with the jelly

Set in the fridge

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI
Energy(Kj)	215 kJ	3%
Energy(kcal)	51 kcal	3%
Fat	0 g	0%
of which saturates	0 g	0%
Carbohydrate	11 g	4%
of which sugars	11 g	12%
Fibre	0.8 g	3%
Protein	1.1 g	2%
Salt	0 g	0%



SERVES

1

WEEK TWO

Battered Fish with
Tartare Sauce

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
87899 Brakes Batter	30g	
32606 Portico Classic Pacific MSC Cod Fillets	130g	
114218 Lemons	25g	

COOKING INSTRUCTIONS

Preparation

- Cod - Defrost and remove any excess moisture
- Batter Mix - Reconstitute in accordance with the manufacturers guidelines
- Lemons - Cut into wedges
- Tartare sauce - portion into serving pots

Method

- Coat the cod with batter and fry until crispy and core temperature is reached
- Serve with tartare sauce and lemon wedges

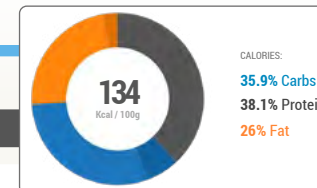
Service

- Best served with chips and mushy peas

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	564 kJ	7%	1213 kJ	14%
Energy(kcal)	134 kcal	7%	288 kcal	14%
Fat	3.8 g	5%	8.3 g	12%
of which saturates	0.4 g	2%	0.9 g	5%
Carbohydrate	12 g	5%	26 g	10%
of which sugars	2.1 g	2%	4.6 g	5%
Fibre	0.5 g	2%	1 g	4%
Protein	13 g	26%	27 g	54%
Salt	0.48 g	8%	1 g	17%



CONTAINS:



MAY CONTAIN:



SERVES

5

WEEK TWO
Sweet & Sour Chicken

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
4794 Brakes Diced Mixed Peppers	200g	
151998 Fontinella Pineapple Slices In Juice 8's 825g	820g	
19839 Sysco Classic Chopped Tomatoes	800g	
33568 Sysco Classic Extended Life Rapeseed Oil	10g	
10469 Cooking Onions	100g	
10439 Fresh Garlic	10g	
450693 Carrots CLASS II	100g	
71492 Prime Meats British Red Tractor Diced Chicken Leg	500g	

COOKING INSTRUCTIONS

Preparation

- Large Onions - Peel and dice onions
- Fresh Garlic - Peel and crush garlic
- Brakes Diced Mixed Peppers - Defrost peppers
- Pineapple Slices Chop pineapple and keep the juice
- Carrots CLASS II - Peeled and dice

Method

- In a sauce pan heat oil and add chicken, onions, garlic, carrots and peppers and cook for 4-5 mins
- Add chopped tomatoes and pineapple pieces and juice
- Bring to the boil and turn down to a simmer to cook out

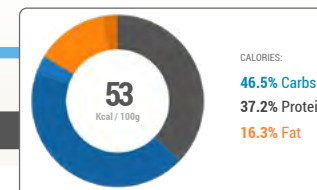
Service

- Best served with rice

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	223 kJ	3%	1135 kJ	14%
Energy(kcal)	53 kcal	3%	269 kcal	13%
Fat	0.9 g	1%	4.7 g	7%
of which saturates	0.2 g	1%	0.9 g	5%
Carbohydrate	6 g	2%	30 g	12%
of which sugars	5.6 g	6%	28 g	31%
Fibre	0.7 g	3%	3.5 g	14%
Protein	4.8 g	10%	24 g	48%
Salt	0.07 g	1%	0.35 g	6%



SERVES

1

WEEK TWO
Jam Roly Poly with
Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
4197 Sysco Essentials Jam Roly Poly Puddings	275g	1x Each
15126 Brakes Ready to Serve Custard	100g	

COOKING INSTRUCTIONS

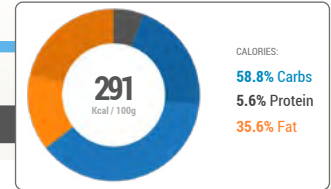
Method

Reheat portion of the pudding according to the manufacturer's guidelines
Warm the custard and serve with the roly poly

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 375G SERVING	%RI
Energy(kJ)	1222 kJ	15%	4581 kJ	55%
Energy(kcal)	291 kcal	15%	1091 kcal	55%
Fat	11 g	16%	43 g	61%
of which saturates	6.8 g	34%	26 g	130%
Carbohydrate	42 g	16%	159 g	61%
of which sugars	15 g	17%	58 g	64%
Fibre	1.2 g	5%	4.7 g	19%
Protein	4.1 g	8%	15 g	30%
Salt	0.83 g	14%	3.1 g	52%



CONTAINS:



WHEAT



EGGS



MILK

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
WALNUTS,
PISTACHIOS

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK TWO
Baked Beans & Cheese
on Toast

BACK TO
MENU

RECIPE INGREDIENTS

	QUANTITY	DESCRIPTION
102443 Brakes Essentials Medium Square Sliced Wholemeal Loaves	333g	
186 Sysco Classic Baked Beans in Tomato Sauce	600g	
71514 Sysco Classic Soft Spread	70g	
29150 Sysco Classic Mature White Cheddar Cheese	100g	

COOKING INSTRUCTIONS

Preparation

- Bread - toast
- Baked Beans - Heat beans until core temp is achieved
- Soft Spread - Spread on toasted bread
- Cheese - Grate

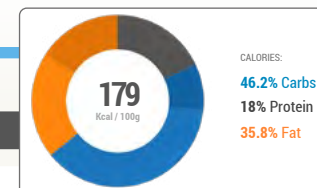
Method

- Place the toasted bread on a plate and spread with butter
- Top with beans and cheese and serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	750 kJ	9%	827 kJ	10%
Energy(kcal)	179 kcal	9%	197 kcal	10%
Fat	6.8 g	10%	7.5 g	11%
of which saturates	3 g	15%	3.3 g	17%
Carbohydrate	20 g	8%	22 g	8%
of which sugars	3.8 g	4%	4.2 g	5%
Fibre	4.4 g	18%	4.9 g	20%
Protein	7.6 g	15%	8.4 g	17%
Salt	0.74 g	12%	0.81 g	14%



CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
Fresh Fruit Salad

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10287 Pink Grapefruit	600g	2x Each
10312 Large Oranges	576g	Each
10265 Green Seedless Grapes	100g	
10301 Red / Black Seedless Grapes	100g	
10267 Kiwi Fruit	173g	2x Each
114231 Pears	263g	2x Each
450085 Royal Gala Apples	600g	
111396 Sysco Premium Freshly squeezed orange juice with bits	500ml	

COOKING INSTRUCTIONS

Preparation

- Pink Grapefruit - Peel & segment - keep the juice
- Large Oranges - Peel & segment - keep the juice
- White Seedless Grapes - Cut in half
- Black Seedless Grapes - Cut in half
- Kiwi Fruit - Scoop out of the skin
- Pears - Core & chop
- Apples - Core & chop

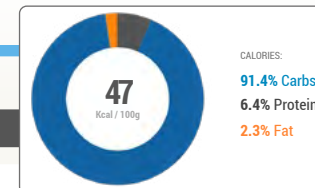
Method

- Add all prepared fruit to a bowl and pour over the fruit juice
- Serve chilled

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 291G SERVING	%RI
Energy(kJ)	198 kJ	2%	575 kJ	7%
Energy(kcal)	47 kcal	2%	136 kcal	7%
Fat	0 g	0%	0.5 g	1%
of which saturates	0 g	0%	0 g	0%
Carbohydrate	10 g	4%	29 g	11%
of which sugars	9.6 g	11%	28 g	31%
Fibre	1.3 g	5%	3.9 g	16%
Protein	0.7 g	1%	2 g	4%
Salt	0.01 g	0%	0.04 g	1%



OTHER PROPERTIES:



VEGETARIAN

SERVES



WEEK TWO
Cottage Pie

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
28326 Sysco Classic Tomato Paste	30g	
85118 Lea & Perrins Worcestershire Sauce 2Ltr	10g	
136677 Sysco Classic Gluten Free Fine Gravy Granules	100g	
450693 Carrots CLASS II	200g	
71662 Prime Meats Scotch Red Tractor 10% Fat Beef Mince	700g	
10469 Cooking Onions	100g	
4753 Sysco Classic Choice Garden Peas	200g	
450066 Maris Piper Potatoes	1.5kg	
70219 Wholesome Farms Fresh British Whole Milk	200ml	
71514 Sysco Classic Soft Spread	20g	
29150 Sysco Classic Mature White Cheddar Cheese	180g	

COOKING INSTRUCTIONS

Preparation

Dice Onions
Grate Cheese

Method

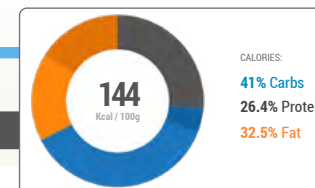
Pre-heat oven to 180°C
In a large saucepan boil the peeled potatoes until softened and drain
Mash the potatoes with the butter and milk until smooth and set aside
In another pan, heat oil and add onions and diced carrots - sauté for 3-4 mins
Add beef mince and cook until browned
Add tomato puree & Worcestershire sauce
Make up the gravy as per the packet instructions and add to the mix before allowing to simmer until the meat is tender

Add peas and cook for 5 mins
Place mince mix in desired baking tray
Place mashed potato on top and sprinkle over the grated cheese
Cook in oven for approx. 40 mins

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 344G SERVING	%RI
Energy(kJ)	605 kJ	7%	2082 kJ	25%
Energy(kcal)	144 kcal	7%	496 kcal	25%
Fat	5.1 g	7%	18 g	26%
of which saturates	2.5 g	13%	8.7 g	44%
Carbohydrate	14 g	5%	50 g	19%
of which sugars	1.7 g	2%	5.7 g	6%
Fibre	1.4 g	6%	4.7 g	19%
Protein	9.3 g	19%	32 g	64%
Salt	0.83 g	14%	2.8 g	47%



CONTAINS:



BARLEY



MILK



FISH

SERVES

12

WEEK TWO
Bubble & Squeak with
Bacon

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	40g	
114951 Sysco Classic Plain Flour	100g	
70071 Prime Meats Unsmoked Back Bacon	300g	
85290 Sysco Classic Cracked Black Pepper	2g	
33568 Sysco Classic Extended Life Rapeseed Oil	150g	
450066 Maris Piper Potatoes	1.2kg	
10467 Savoy Cabbage	500g	
10469 Cooking Onions	100g	
113881 Herb Bunched Flat Leaf Parsley	30g	
121379 Sysco Classic Salt	4g	

COOKING INSTRUCTIONS

Preparation

- Maris Piper Potatoes - Peel & dice
- Savoy Cabbage - Finely shred
- Cooking Onions - Peel & slice
- Herb Bunched Flat Leaf Parsley - Wash & chop

Method

- Pre-heat the oven to 170°C
- Boil the peeled potatoes until tender and drain, then return the potatoes to the stove to dry out slightly.
- Add the butter and mash, checking the seasoning at the same time.
- Cook the shredded cabbage in boiling water. Drain and refresh immediately.
- Fry the onions until well cooked, but not burnt.

Combine the potato, cabbage, parsley & onions, and make 12 bubble & squeak cakes around 90g each.

Refrigerate until required.

Fry, grill or oven cook 12 slices of bacon until crisp.

Lightly flour the bubble & squeak cakes, then pan fry in oil until starting to brown.

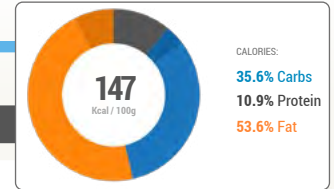
Place the cooked cakes on a lined baking tray and finish in the oven for 8-10 mins.

Check core temp has been achieved, then plate with the bacon and serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	613 kJ	7%	1239 kJ	15%
Energy(kcal)	147 kcal	7%	297 kcal	15%
Fat	8.6 g	12%	17 g	24%
of which saturates	1.2 g	6%	2.4 g	12%
Carbohydrate	13 g	5%	26 g	10%
of which sugars	1.4 g	2%	2.8 g	3%
Fibre	1.5 g	6%	3.1 g	12%
Protein	3.9 g	8%	7.9 g	16%
Salt	0.51 g	9%	1 g	17%



CONTAINS:



WHEAT

SERVES



WEEK TWO
Warm Bakewell Tart
with Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
350091 Sysco Classic Plain Flour	200g	
121379 Sysco Classic Salt	1g	
106066 Tate & Lyle Fairtrade Icing Sugar 1kg	45g	
71514 Sysco Classic Soft Spread	200g	
33741 Sysco Classic Strawberry Jam	120g	
350098 Tate & Lyle Caster Sugar 2kg	125g	
86876 Preema Almond Flavouring Essence 500ml	3g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	278g	5x Each
5874 Brakes Flaked Almonds	30g	
5154 Brakes Ground Almonds	150g	
15126 Brakes Ready to Serve Custard	400g	

COOKING INSTRUCTIONS

Method

Pre-heat the oven to 180°C

Separate two of the eggs, keeping only the yolks.

Sift together the flour, salt, 30g icing sugar, then rub 100g butter into the flour until it resembles fine breadcrumbs.

Stir in the egg yolk to form a fine dough, making sure it is not too sticky. Chill for 1 hour.

On a lightly floured surface, roll the pastry out until it is 3mm thick

Line a tart tin with the pastry and chill for a further 30 mins.

Lightly prick the pastry base with a fork and blind bake for about 15 mins. Allow to cool.

Spread the jam over the pastry base.

Place the remaining 100g butter & caster sugar in a bowl and beat until pale and fluffy.

Beat the remaining three eggs and slowly add to the bowl along with the almond essence & ground almonds.

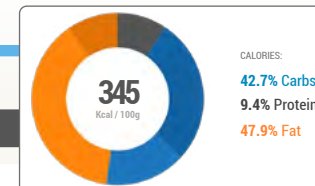
Spoon the mixture on top of the jam and sprinkle over the flaked almonds.

Bake for 30-35 mins until golden brown and the core temperature has been achieved. Cool and serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 161G SERVING	%RI
Energy(kJ)	1444 kJ	17%	2326 kJ	28%
Energy(kcal)	345 kcal	17%	556 kcal	28%
Fat	18 g	26%	29 g	41%
of which saturates	3.7 g	19%	5.9 g	30%
Carbohydrate	37 g	14%	59 g	23%
of which sugars	24 g	27%	38 g	42%
Fibre	1.6 g	6%	2.6 g	10%
Protein	8 g	16%	13 g	26%
Salt	0.41 g	7%	0.66 g	11%



CONTAINS:



WHEAT



ALMONDS



EGGS



MILK

MAY CONTAIN:



HAZELNUTS,
PECANS,
CASHEWS,
WALNUTS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS



PEANUTS

OTHER PROPERTIES:



VEGETARIAN

SERVES

4

WEEK TWO
Homemade Cheese
Scones with Butter &
Basil Pesto

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
9711 Sysco Classic Self Raising Flour	225g	
33781 Sysco Classic Baking Powder	6g	1 tsp
71514 Sysco Classic Soft Spread	90g	
29150 Sysco Classic Mature White Cheddar Cheese	100g	
70219 Wholesome Farms Fresh British Whole Milk	175ml	
126921 Sacla Free From Basil Pesto	120g	

COOKING INSTRUCTIONS

Preparation

Preheat oven to 180°C

Grate Cheddar

Method

Sift the Self Raising Flour and baking powder. Add 50g of soft spread and rub in until the mix resembles breadcrumbs.

Stir in 75g grated Cheddar and 150ml Milk to form a soft dough.

On flour dusted worktop roll the dough out to a thickness of 2cm. Stamp out using 5cm cutter rounds of the dough and place on parchment-lined baking tray. Knead the trimmings to stamp out further rounds of the dough. You should have 8 Cheese Scones.

With remaining Milk brush the tops of the Cheese Scones and sprinkle with the remaining Cheddar.

Bake for 10 - 12 minutes until risen and golden brown.

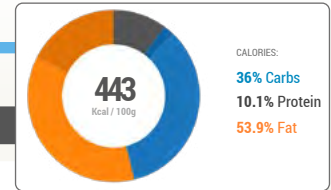
Transfer Cheese Scones to a wire rack and allow to cool.

Cut the scones in half and butter using the softened butter and serve with the basil pesto

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 128G SERVING	%RI
Energy(kJ)	1848 kJ	22%	2365 kJ	28%
Energy(kcal)	443 kcal	22%	567 kcal	28%
Fat	26 g	37%	34 g	49%
of which saturates	8.6 g	43%	11 g	55%
Carbohydrate	39 g	15%	51 g	20%
of which sugars	2.2 g	2%	2.8 g	3%
Fibre	2.2 g	9%	2.8 g	11%
Protein	11 g	22%	14 g	28%
Salt	2.1 g	35%	2.7 g	45%



CONTAINS:



WHEAT



CASHEWS



MILK



SOYA

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
WALNUTS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS



PEANUTS

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK TWO
Lemon Cheesecake

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
6869 Hill Catering Digestive Biscuits	150g	
71514 Sysco Classic Soft Spread	75g	
18421 Green Valley Dairy Full Fat Soft Cheese	500g	
350098 Tate & Lyle Caster Sugar 2kg	110g	
114218 Lemons	460g	3 x Each

COOKING INSTRUCTIONS

Preparation

- Zest 1 and a half lemons
- Juice approx 3 lemons (you will need 120ml of juice)
- Blitz digestives to a crumb
- Melt butter

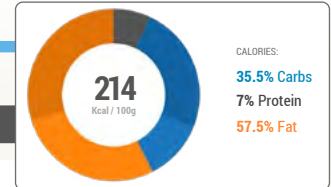
Method

- Mix your crushed digestives with the melted butter and press firmly and evenly into a base of a lined baking tin and allow to set in the fridge
- Meanwhile, whisk the caster sugar, cream cheese and lemon zest/juice together to stiff peaks
- Spread the cheesecake mix over the set biscuit base and return to the fridge to firm up
- Portion and serve chilled

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 130G SERVING	%RI
Energy(kJ)	892 kJ	11%	1156 kJ	14%
Energy(kcal)	214 kcal	11%	277 kcal	14%
Fat	14 g	20%	18 g	26%
of which saturates	7.1 g	36%	9.2 g	46%
Carbohydrate	19 g	7%	25 g	10%
of which sugars	13 g	14%	17 g	19%
Fibre	0.5 g	2%	0.5 g	2%
Protein	3.7 g	7%	4.8 g	10%
Salt	0.38 g	6%	0.5 g	8%



CONTAINS:



MAY CONTAIN:



SERVES

30

WEEK TWO
Roast Chicken
with Stuffing

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
100259 Sysco Classic Extended Life Rapeseed Oil	80g	
350091 Sysco Classic Plain Flour	80g	
100446 Brakes Chicken Flavour Bouillon Paste	50g	
28340 Sysco Classic Sage & Onion Stuffing Mix	170g	
107035 Maldon Sea Salt Flakes 1.4kg Tub	5g	
134293 Sysco Classic Cracked Black Pepper 425g	5g	
10469 Cooking Onions	200g	
450693 Carrots CLASS II	200g	
84380 Prime Meats British Red Tractor Chicken Breast Fillets	4.65kg	30 x Each

COOKING INSTRUCTIONS

Preparation

Cooking Onions - Peel & dice
Carrots - Peel & chop
Chicken Flavour Bouillon Mix - Make up with water as per packet instructions
Sage & Onion Stuffing Mix - Make up with water as per packet instructions

Method

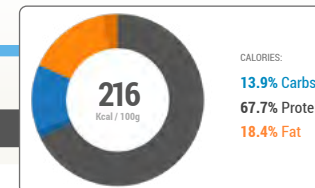
Pre-heat the oven to 170°C
Scatter vegetables over the base of a roasting tray and place the chickens on top.
Rub the chicken with oil and seasoning.
Place in the oven until the core temperature has been achieved.
Combine the sage & onion mix with 500ml water, mix thoroughly. Roll into balls and cook in the

oven with the chicken.
When cooked, remove the chicken and allow to rest on a carving board.
Using the roasting tray from the chicken, keep the veg in it and place on the stove.
When sizzling, add the flour and stir until absorbed.
Gradually add the chicken stock, reduce until thickened slightly and strain for your gravy.
Carve the chicken and serve immediately with the stuffing and gravy.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 105G SERVING	%RI
Energy(kJ)	912 kJ	11%	960 kJ	11%
Energy(kcal)	216 kcal	11%	227 kcal	11%
Fat	4.4 g	6%	4.6 g	7%
of which saturates	0.7 g	4%	0.7 g	4%
Carbohydrate	7.5 g	3%	7.9 g	3%
of which sugars	0.9 g	1%	1 g	1%
Fibre	0.6 g	2%	0.7 g	3%
Protein	36 g	72%	38 g	76%
Salt	0.85 g	14%	0.9 g	15%



CONTAINS:



WHEAT

SERVES

18

WEEK TWO
Breaded Fishcakes

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
34009 Salmon Fillet Portions	620g	4x Each
111160 M&J Seafood Undyed MSC Smoked Haddock Fillets	620g	4x Each
32982 Portico Classic Breaded MSC Alaskan Pollock Fillets 85-110g	465g	3x Each
114951 Sysco Classic Plain Flour	200g	
135538 James Brown & Co Panko Breadcrumbs	600g	
450066 Maris Piper Potatoes	500g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	444g	8x Each
70219 Wholesome Farms Fresh British Whole Milk	300ml	

COOKING INSTRUCTIONS

Preparation

- Defrost the fish
- Potatoes - Peel & dice potatoes
- Brakes Plain Flour - Season
- Eggs - Beat the eggs

Method

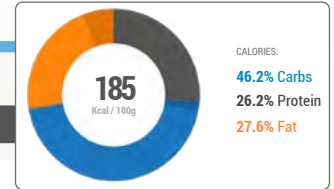
- Pre-heat fryer to 170°C
- Boil the potatoes until tender. Drain and mash
- Poach the fish in 400ml milk until cooked. Remove from the heat and drain
- Flake the fish, making sure to remove any bones
- Combine the mash and flaked fish, and shape into fishcakes of 120g. Chill for 45 min
- In three separate bowls place the seasoned flour, the beaten egg & remaining milk, and the breadcrumbs

Pass the fishcakes first into the flour, then egg mix & lastly the breadcrumbs, ensuring they are completely covered
Once they are all prepared, chill again for 20 mins
Deep fry the fishcakes until golden brown and the core temperature has been achieved

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	778 kJ	9%	1620 kJ	19%
Energy(kcal)	185 kcal	9%	385 kcal	19%
Fat	5.6 g	8%	12 g	17%
of which saturates	1.2 g	6%	2.5 g	13%
Carbohydrate	21 g	8%	44 g	17%
of which sugars	1 g	1%	2 g	2%
Fibre	1 g	4%	2.1 g	8%
Protein	12 g	24%	25 g	50%
Salt	0.45 g	8%	0.93 g	16%



CONTAINS:



WHEAT



EGGS



MILK



FISH

SERVES

15

WEEK TWO
Apple Pie with Custard

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
5552 Brakes Solid Pack Apple	750g	
114951 Sysco Classic Plain Flour	30g	
33581 Sysco Classic Ground Cinnamon	2g	
350098 Tate & Lyle Caster Sugar 2kg	100g	
4309 Sysco Essentials Shortcrust Pastry Blocks	1.5kg	
15126 Brakes Ready to Serve Custard	1kg	
114218 Lemons	100g	

COOKING INSTRUCTIONS

Preparation

Lemons - Zest & Juice
Apples - Drain

Method

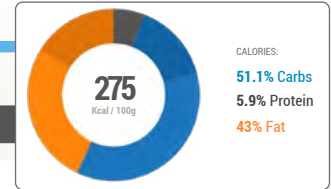
Roll out the pastry to line 2 x 8" pie dishes.
Pre-heat the oven to 180°C
Place the apples, lemon juice & zest, flour, cinnamon & 50g sugar together. Put into the pastry bases.
Roll out the remaining pastry and top the pies. Use any trimmings to decorate if desired.
Brush the pie with water and sprinkle over the remaining sugar.
Bake for 20-25 mins until the pastry is golden brown and the core temperature has been achieved.

Heat the custard as per pack instructions and serve with the warm pie

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 197G SERVING	%RI
Energy(kJ)	1150 kJ	14%	2269 kJ	27%
Energy(kcal)	275 kcal	14%	542 kcal	27%
Fat	13 g	19%	25 g	36%
of which saturates	4.8 g	24%	9.5 g	48%
Carbohydrate	34 g	13%	68 g	26%
of which sugars	10 g	11%	20 g	22%
Fibre	4 g	16%	8 g	32%
Protein	3.9 g	8%	7.7 g	15%
Salt	0.39 g	7%	0.77 g	13%



CONTAINS:



WHEAT



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

1

WEEK TWO
Cheese & Biscuits with
Celery, Grapes & Pickle

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
104628 British Cheese Board Selection	80g	
89987 Jacob's Crackers Biscuits For Cheese Tub 800g	50g	
450593 Celery	50g	
10301 Red / Black Seedless Grapes	25g	
10302 Green Seedless Grapes	25g	
127307 Sysco Classic Sweet Pickle	50g	
71514 Sysco Classic Soft Spread	14g	

COOKING INSTRUCTIONS

Preparation

- Peel, wash and cut the celery into sticks
- Pick and wash the grapes
- Cut the cheese into bite-size portions
- Butter the crackers

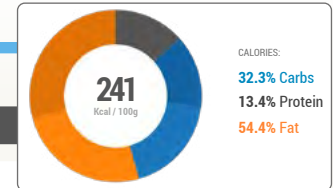
Method

- Serve to residents requests

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 294G SERVING	%RI
Energy(kJ)	1006 kJ	12%	2957 kJ	35%
Energy(kcal)	241 kcal	12%	709 kcal	35%
Fat	14 g	20%	42 g	60%
of which saturates	7.7 g	39%	23 g	115%
Carbohydrate	19 g	7%	56 g	22%
of which sugars	8.2 g	9%	24 g	27%
Fibre	1.5 g	6%	4.5 g	18%
Protein	8 g	16%	23 g	46%
Salt	1.1 g	18%	3.3 g	55%



CONTAINS:



WHEAT,
BARLEY, RYE



MILK



CELERY



SULPHITES

MAY CONTAIN:



OATS



EGGS



SESAME



SOYA

SERVES

1

WEEK TWO
Black Forest Gateau

BACK TO MENU

RECIPE INGREDIENTS

3695 Sysco Classic Black Forest Gâteau

QUANTITY DESCRIPTION

86g 1 x Each

COOKING INSTRUCTIONS

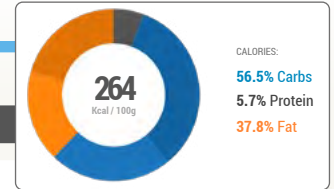
Preparation

Defrost gateau as per manufacturer instructions and serve chilled with cream (optional)

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 86G SERVING	%RI
Energy(kJ)	1109 kJ	13%	953 kJ	11%
Energy(kcal)	264 kcal	13%	227 kcal	11%
Fat	11 g	16%	9.5 g	14%
of which saturates	6 g	30%	5.2 g	26%
Carbohydrate	37 g	14%	32 g	12%
of which sugars	22 g	24%	19 g	21%
Fibre	1.2 g	5%	1 g	4%
Protein	3.7 g	7%	3.2 g	6%
Salt	0.33 g	6%	0.28 g	5%



CONTAINS:



WHEAT



EGGS



MILK



SOYA

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
WALNUTS,
PISTACHIOS

SERVES

10

WEEK THREE
Beef Ragu

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
32892 Wilsons Halal Diced Beef	800g	
10469 Cooking Onions	200g	
13120 Peeled Garlic	14g	
33568 Sysco Classic Extended Life Rapeseed Oil	40g	
33592 Sysco Classic Oregano	2g	
35006 Sysco Classic Basil	2g	
28326 Sysco Classic Tomato Paste	160g	
6437 Sysco Classic Chopped Tomatoes	500g	
100448 Brakes Beef Flavour Bouillon Paste	10g	
Water, distilled	400g	
121379 Sysco Classic Salt	4g	
134293 Sysco Classic Cracked Black Pepper	2g	
29150 Sysco Classic Mature White Cheddar Cheese	70g	

COOKING INSTRUCTIONS

Preparation

Halal Beef Mince - Defrost in controlled environment.
 Large Onions - Peel and dice Onions
 Peeled Garlic - Blitz with 50ml Rapeseed Oil
 Beef bouillon - prepare as per manufacturer instructions using the tap water
 Cheddar - Grate

Method

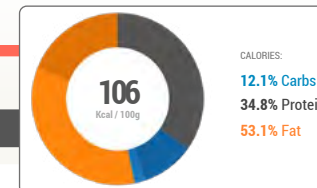
In hot pan brown the mince on the stove using Rapeseed Oil. When browned remove excess fat from the pan.
 Add Garlic and diced Onions and continue to fry. Add dried Herbs and Tomato Puree and continue to cook.
 Add Chopped Tomatoes and 1/2 Beef stock. Bring

to the boil and add rest of the Beef stock. Simmer for 60 - 90 minutes.
 Ensure ragu is kept at correct core temperature on the stove.
 Top with Grated Cheddar at the point of service, best served with pasta

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 220G SERVING	%RI
Energy(kJ)	443 kJ	5%	976 kJ	12%
Energy(kcal)	106 kcal	5%	234 kcal	12%
Fat	6.2 g	9%	14 g	20%
of which saturates	2.2 g	11%	4.9 g	25%
Carbohydrate	3.2 g	1%	7 g	3%
of which sugars	2.6 g	3%	5.8 g	6%
Fibre	0.8 g	3%	1.7 g	7%
Protein	9.1 g	18%	20 g	40%
Salt	0.43 g	7%	0.95 g	16%



CONTAINS:



SERVES

10

WEEK THREE
Lentil, Sweet Potato & Spinach Balti

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33599 Sysco Classic Standard Curry Powder	2g	
19839 Sysco Classic Chopped Tomatoes	600g	
10428 Baby Leaf Spinach	100g	
33568 Sysco Classic Extended Life Rapeseed Oil	50g	
10469 Cooking Onions	100g	
10439 Fresh Garlic	5g	
10449 Sweet Potatoes	200g	
113885 Herb Bunched Coriander	10g	
548 Brakes Red Lentils	150g	

COOKING INSTRUCTIONS

Preparation

- Onions - Peel and dice onions
- Garlic - Peel and crush garlic
- Spinach - Pick and wash spinach
- Sweet Potatoes - Peel and dice sweet potato into 1cm cubes
- Herb Bunched Coriander - Pick and chop coriander

Method

- In a sauce pan heat oil and add onion, garlic and sweet potatoes
- Fry for approx. 5 mins then add curry powder and cook out for 3-4 mins
- Add chopped tomatoes and lentils and bring to the boil and allow to cook out
- Stir in spinach and coriander
- Serve

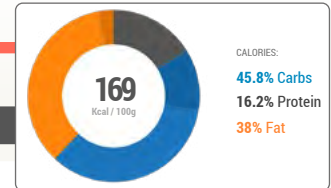
Service

- Best served with rice

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 79G SERVING	%RI
Energy(kJ)	708 kJ	8%	560 kJ	7%
Energy(kcal)	169 kcal	8%	134 kcal	7%
Fat	6.9 g	10%	5.5 g	8%
of which saturates	0.5 g	3%	0.4 g	2%
Carbohydrate	19 g	7%	15 g	6%
of which sugars	4.8 g	5%	3.8 g	4%
Fibre	2.7 g	11%	2.1 g	8%
Protein	6.6 g	13%	5.2 g	10%
Salt	0.12 g	2%	0.1 g	2%



OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

12

WEEK THREE
Banana & Apricot
Crumble with Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
89206 Brakes Apricot Halves in Juice	700g	
114951 Sysco Classic Plain Flour	200g	
71514 Sysco Classic Soft Spread	140g	
350098 Tate & Lyle Caster Sugar 2kg	120g	
15126 Brakes Ready to Serve Custard	1kg	
350157 Brakes Squeezy Clear Blossom Honey	100g	
10478 Limes	140g	2x Each
84673 Brakes Oatflakes	50g	
10354 Bananas	850g	

COOKING INSTRUCTIONS

Preparation

- Bananas - Roughly chop
- Limes - Zest & juice
- Apricot halves in juice - Drain

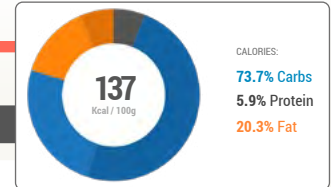
Method

- Pre-heat the oven to 180°C
- Toss the apricots, chopped bananas, lime juice & zest together into a cooking dish.
- Add half the honey and mix thoroughly.
- In a bowl, combine the flour, oats, butter and the remaining honey.
- Rub together until you have a rough crumble mix.
- Scatter evenly over the apricot and bananas, and bake until golden and crunchy for 35-40 mins.
- Check core temperature has been achieved.
- Heat the custard as per pack instructions.
- Serve the warm crumble with the custard.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 255G SERVING	%RI
Energy(kJ)	576 kJ	7%	1467 kJ	17%
Energy(kcal)	137 kcal	7%	348 kcal	17%
Fat	3 g	4%	7.7 g	11%
of which saturates	1 g	5%	2.4 g	12%
Carbohydrate	25 g	10%	63 g	24%
of which sugars	17 g	19%	42 g	47%
Fibre	1.1 g	4%	2.7 g	11%
Protein	2 g	4%	5.1 g	10%
Salt	0.09 g	2%	0.23 g	4%



CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

1

WEEK THREE
Sausage Roll with
Potato Wedges &
Spaghetti Loops

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
3628 Brakes Essentials 4" Sausage Rolls	69g	1 x Each
119114 Branston Spaghetti Loops 2.62kg	50g	
30084 Sysco Classic Seasoned Wedges	100g	

COOKING INSTRUCTIONS

Method

Pre-heat the oven and the fryer to 180°C

Place the sausage rolls on a lined baking tray and bake for 20-30 mins until core temp has been achieved.

Heat the spaghetti loops on the stove. Alternatively, heat using the microwave.

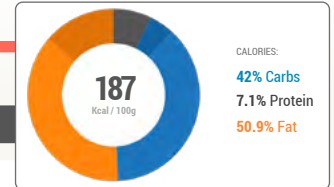
Deep fry the wedges until piping hot.

Serve.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	780 kJ	9%	1754 kJ	21%
Energy(kcal)	187 kcal	9%	420 kcal	21%
Fat	10 g	14%	23 g	33%
of which saturates	2.8 g	14%	6.3 g	32%
Carbohydrate	19 g	7%	43 g	17%
of which sugars	2.2 g	2%	4.9 g	5%
Fibre	1.6 g	6%	3.6 g	14%
Protein	3.3 g	7%	7.4 g	15%
Salt	0.71 g	12%	1.6 g	27%



CONTAINS:



WHEAT



SULPHITES

SERVES

8

WEEK THREE
Caramel Mousse with
Banana & Whipped
Cream

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
152225 Wibble Caramel Mousse	120g	
70219 Wholesome Farms Fresh British Whole Milk	300ml	
113908 Kerrymaid Whipping UHT 1L	750g	
106066 Tate & Lyle Fairtrade Icing Sugar 1kg	100g	
10354 Bananas	480g	

COOKING INSTRUCTIONS

Preparation

Make the mousse up with milk as per manufacturer instructions
Whip the cream and icing sugar together until soft peaks and transfer into a piping bag
Slice bananas

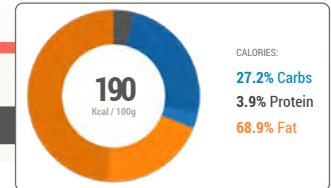
Method

Make the mousse and pour the mixture into desired serving dish and allow to set in the fridge
Lay the sliced bananas on top
Pipe the whipped cream on top and serve chilled

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 219G SERVING	%RI
Energy(kJ)	791 kJ	9%	1730 kJ	21%
Energy(kcal)	190 kcal	10%	417 kcal	21%
Fat	15 g	21%	32 g	46%
of which saturates	10 g	50%	23 g	115%
Carbohydrate	13 g	5%	28 g	11%
of which sugars	12 g	13%	25 g	28%
Fibre	0.5 g	2%	1 g	4%
Protein	1.8 g	4%	4 g	8%
Salt	0.07 g	1%	0.16 g	3%



CONTAINS:



SERVES

10

WEEK THREE
Chicken Thighs Braised
in Onion Gravy

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
149974 Sysco Classic Skinless and Boneless Chicken Thighs	1kg	
136677 Sysco Classic Gluten Free Fine Gravy Granules	50g	
1 Tap Water (for VC recipes)	0.75ltr	
10469 Cooking Onions	1kg	
33568 Sysco Classic Extended Life Rapeseed Oil	10g	

COOKING INSTRUCTIONS

Method

Pre-heat an oven to 180°C

In a pan, brown the chicken thighs in a little oil

Slice the onions and add to the chicken thighs and cook out until softened

Add the water and gravy granules to the onions & chicken

Transfer into an ovenproof container and cover

Place into a preheated oven at 170°C for 45 minutes or until the thighs are tender

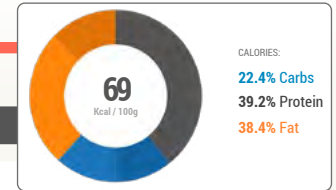
Serving

Best served with mash & vegetables

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	288 kJ	3%	882 kJ	11%
Energy(kcal)	69 kcal	3%	210 kcal	11%
Fat	2.9 g	4%	8.8 g	13%
of which saturates	1 g	5%	2.9 g	15%
Carbohydrate	3.8 g	1%	12 g	5%
of which sugars	1.8 g	2%	5.6 g	6%
Fibre	0.5 g	2%	1.4 g	6%
Protein	6.6 g	13%	20 g	40%
Salt	0.35 g	6%	1.1 g	18%



SERVES

12

WEEK THREE
Quorn Lasagne

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
136990 QuornPro Mince	600g	
19839 Sysco Classic Chopped Tomatoes	800g	
28326 Sysco Classic Tomato Paste	60g	
33592 Sysco Classic Oregano	40g	
29150 Sysco Classic Mature White Cheddar Cheese	150g	
71514 Sysco Classic Soft Spread	100g	
114951 Sysco Classic Plain Flour	100g	
100268 Knorr Pasta Lasagne 3kg	600g	
10469 Cooking Onions	150g	
124181 Garlic Loose	20g	
70219 Wholesome Farms Fresh British Whole Milk	1.2ltr	
525284 Green Peppers	300g	
525271 Red Peppers	300g	
10303 Courgettes	200g	

COOKING INSTRUCTIONS

Preparation

- Green Peppers - Peel & dice
- Red Peppers - Wash & dice
- Courgettes - Wash & dice
- Onions - Dice
- Cheddar - Grate

Method

- Pre-heat the oven to 160°C
- In a large pan cook the onions & garlic in oil until softened, add the Quorn mince & the rest of vegetables.
- Add the tomato paste and chopped tomatoes.
- Simmer for 20 mins.
- Melt the butter in a clean pan and mix in the flour until smooth.
- Slowly incorporate the milk mixing until smooth at

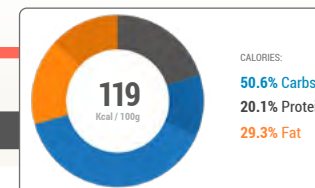
each stage

- Stir in half the grated cheese until dissolved to a creamy consistency.
- Layer the vegetable mixture in a serving tray, add the pasta & white sauce, and repeat to create three layers.
- Allow to rest for 40 mins. Sprinkle the cheese on top & bake for 30-40 mins until cooked though

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 385G SERVING	%RI
Energy(kJ)	500 kJ	6%	1925 kJ	23%
Energy(kcal)	119 kcal	6%	458 kcal	23%
Fat	3.7 g	5%	14 g	20%
of which saturates	1.7 g	9%	6.5 g	33%
Carbohydrate	14 g	5%	56 g	22%
of which sugars	3.3 g	4%	13 g	14%
Fibre	2.2 g	9%	8.5 g	34%
Protein	5.8 g	12%	22 g	44%
Salt	0.16 g	3%	0.6 g	10%



CONTAINS:



WHEAT,
BARLEY



EGGS



MILK

MAY CONTAIN:



MUSTARD



SOYA

SERVES

8

WEEK THREE
Peach Upside Down
Cake with Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	150g	
350102 Tate & Lyle Light Soft Brown Sugar 3kg	50g	
1202 Brakes Peach Slices in Light Syrup	820g	
350098 Tate & Lyle Caster Sugar 2kg	100g	
9711 Sysco Classic Self Raising Flour	100g	
35023 Sysco Classic Baking Powder	5g	
86874 Preema Vanilla Essence 500ml	5g	
15126 Brakes Ready to Serve Custard	400g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	111g	2x Each

COOKING INSTRUCTIONS

Preparation

Salted Butter - Portion into 50g & 100g

Eggs - Beat the eggs

Method

Pre-heat the oven to 160°C

Beat 50g butter and the brown sugar until creamy, and spread over the bottom of a cake tin.

Arrange the peaches on top.

Combine the remaining 100g butter with the caster sugar and beat until light and fluffy.

Add the eggs and beat until fully incorporated.

Add the flour, baking powder and vanilla and beat until the mixture is a soft consistency, then spoon into the cake tin.

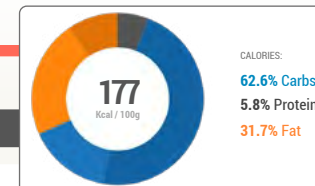
Bake for 35-40 mins. Check it has cooked through using a skewer.

Turn out the cake, portion and serve with custard..

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 188G SERVING	%RI
Energy(kJ)	745 kJ	9%	1398 kJ	17%
Energy(kcal)	177 kcal	9%	332 kcal	17%
Fat	6.2 g	9%	12 g	17%
of which saturates	1.9 g	10%	3.5 g	18%
Carbohydrate	27 g	10%	52 g	20%
of which sugars	21 g	23%	39 g	43%
Fibre	0.7 g	3%	1.3 g	5%
Protein	2.5 g	5%	4.8 g	10%
Salt	0.41 g	7%	0.77 g	13%



CONTAINS:



WHEAT



EGGS



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK THREE
 Quiche Lorraine with
 Potato Salad and Mixed
 Leaves

BACK TO
 MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
100028 Brakes 8.5cm Quiche Cases	1.39kg	10x Each
74704 Sysco Classic Sliced Ham	200g	7 x Each
29150 Sysco Classic Mature White Cheddar Cheese	100g	
113881 Herb Bunched Flat Leaf Parsley	40g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	170g	3 x Each
70219 Wholesome Farms Fresh British Whole Milk	200ml	
27699 Green Valley Dairy Crème Fraîche	200g	
136401 Sysco Classic Potato Salad	800g	
450250 Mixed Salad Leaves	500g	

COOKING INSTRUCTIONS

Preparation

- Cheddar - Grate
- Ham - Dice
- Herb Bunched Flat Leaf Parsley - Wash & chop

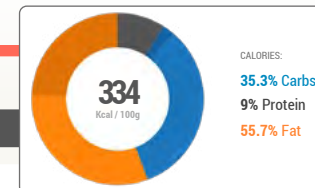
Method

- Pre-heat the oven to 170°C
- Place the ham in the base of the quiche cases and top with the grated cheese
- Combine the eggs , crème fraîche & milk and season
- Pour over the quiches and bake in the oven for 20-30 mins until set and core temperature has been achieved
- Sprinkle with the chopped parsley
- Serve with potato salad & mixed leaves

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 306G SERVING	%RI
Energy(kJ)	1395 kJ	17%	4267 kJ	51%
Energy(kcal)	334 kcal	17%	1023 kcal	51%
Fat	20 g	29%	62 g	89%
of which saturates	8.9 g	45%	27 g	135%
Carbohydrate	29 g	11%	89 g	34%
of which sugars	1.8 g	2%	5.6 g	6%
Fibre	2.2 g	9%	6.8 g	27%
Protein	7.4 g	15%	23 g	46%
Salt	0.8 g	13%	2.4 g	40%



CONTAINS:



WHEAT



EGGS



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK THREE
Forest Fruits Meringue
Nests with Whipped
Cream

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
450610 Strawberries	700g	
112159 Kerrymaid Double	900g	
106066 Tate & Lyle Fairtrade Icing Sugar 1kg	50g	
32815 Brakes Fruits of the Forest Berry Compote	200g	
8692 Lees 72 Meringue Nests	100g	10 nests

COOKING INSTRUCTIONS

Preparation

Defrost the compote
Whip the cream to stiff peaks with the icing sugar
Quarter the strawberries

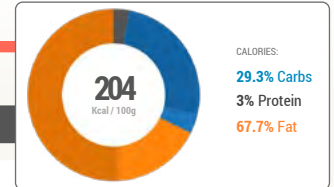
Method

Assemble by piping the cream on top of the meringue nest and topping with the defrosted compote before garnishing with the chopped strawberries

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 195G SERVING	%RI
Energy(kJ)	848 kJ	10%	1654 kJ	20%
Energy(kcal)	204 kcal	10%	398 kcal	20%
Fat	15 g	21%	30 g	43%
of which saturates	12 g	60%	23 g	115%
Carbohydrate	15 g	6%	29 g	11%
of which sugars	13 g	14%	26 g	29%
Fibre	0.5 g	2%	1 g	4%
Protein	1.5 g	3%	2.9 g	6%
Salt	0.09 g	2%	0.17 g	3%



CONTAINS:



MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
WALNUTS,
PISTACHIOS

SERVES

10

WEEK THREE
Roasted Gammon with
a Cheese Sauce

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	170g	
350091 Sysco Classic Plain Flour	80g	
112159 Kerrymaid Double	100g	
29150 Sysco Classic Mature White Cheddar Cheese	200g	
121379 Sysco Classic Salt	4g	
33578 Sysco Classic Ground White Pepper	1g	
70117 Prime Meats Gammon Joint	1kg	

COOKING INSTRUCTIONS

Preparation

Grate cheese

Method

Pre-heat the oven to 180°C

Roast the gammon until core temperature is reached.

In a pan, melt the butter, then stir in the flour to make a roux.

Slowly incorporate the milk mixing until smooth at each stage.

Stir in the double cream & half the grated cheese until dissolved to a creamy consistency.

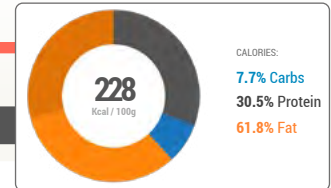
Season to taste and chill the sauce.

Carve the Gammon and serve with the cheese sauce

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 138G SERVING	%RI
Energy(kJ)	951 kJ	11%	1316 kJ	16%
Energy(kcal)	228 kcal	11%	316 kcal	16%
Fat	16 g	23%	22 g	31%
of which saturates	7.4 g	37%	10 g	50%
Carbohydrate	4.4 g	2%	6.1 g	2%
of which sugars	0.5 g	1%	0.5 g	1%
Fibre	0 g	0%	0.5 g	2%
Protein	17 g	34%	24 g	48%
Salt	2.2 g	37%	3 g	50%



CONTAINS:



WHEAT



MILK

SERVES

10

WEEK THREE
Cauliflower Cheese
with Crispy Tofu

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	80g	
350091 Sysco Classic Plain Flour	80g	
88933 Sysco Classic English Mustard	60ml	
29150 Sysco Classic Mature White Cheddar Cheese	150g	
112159 Kerrymaid Double	120g	
121379 Sysco Classic Salt	4g	
33578 Sysco Classic Ground White Pepper	2g	
149910 Granarolo Parmigiano Reggiano Shavings	70g	
10376 Cauliflower	1.5kg	
70219 Wholesome Farms Fresh British Whole Milk	800ml	
5003095 Blue Dragon Extra Firm Silken Tofu	800g	
5946 Sysco Classic Cornflour	80g	
33568 Sysco Classic Extended Life Rapeseed Oil	4g	

COOKING INSTRUCTIONS

Preparation

Cauliflower - Cut into florets
Mature White Cheddar - Grate required quantity
Tofu - Remove moisture and cut into 1cm cubes

Method

In a large pan of boiling salted water, cook the florets of cauliflower until tender and refresh in iced water.
Drain on kitchen paper to remove as much water as possible.
Melt the butter in a clean pan and mix in the flour until smooth.
Slowly incorporate the milk mixing until smooth at each stage.
Stir in the double cream, grated cheese and mustard until dissolved to a creamy consistency.
Season.

Place the cauliflower in casserole dishes and pour over the cheese sauce. Chill for 2-3 hours.

Pre-heat the oven to 180°C
Top with the cheese shavings, and bake for 25 mins or until top is golden.

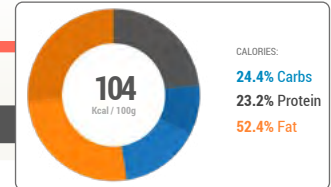
Meanwhile coat the tofu in the cornflour with a little seasoning and deep fry until golden and crispy.

Check the core temperature has been achieved in the cauliflower cheese and serve immediately topped with crispy tofu.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	435 kJ	5%	1631 kJ	19%
Energy(kcal)	104 kcal	5%	391 kcal	20%
Fat	6 g	9%	22 g	31%
of which saturates	3 g	15%	11 g	55%
Carbohydrate	6.2 g	2%	23 g	9%
of which sugars	2.4 g	3%	9 g	10%
Fibre	1 g	4%	3.8 g	15%
Protein	5.9 g	12%	22 g	44%
Salt	0.44 g	7%	1.6 g	27%



CONTAINS:



MAY CONTAIN:



BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS



OTHER PROPERTIES:



VEGETARIAN

SERVES

20

WEEK THREE
Rice Pudding with
Strawberry Jam

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
544 Brakes Short Grain Pudding Rice	150g	
350098 Tate & Lyle Caster Sugar 2kg	150g	
112159 Kerrymaid Double	800g	
71514 Sysco Classic Soft Spread	80g	
33709 Sysco Classic Ground Nutmeg	2g	
33739 Sysco Classic Mixed Fruit Jam	480g	
70219 Wholesome Farms Fresh British Whole Milk	900ml	

COOKING INSTRUCTIONS

Method

Pre-heat the oven to 140°C

Place the rice in an saucepan and combine with the nutmeg and sugar.

Pour over the milk and cream and simmer for 10 mins.

Transfer the rice pudding into an oven proof dish. Cover with a lid or foil and bake for 45 mins.

Give the rice pudding a stir after this time, then return to bake for a further 45 mins.

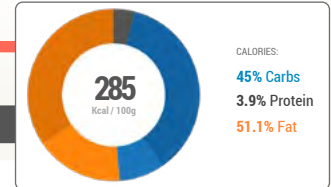
Remove from the oven when cooked and rest for 40 mins.

Serve with a spoonful of the jam.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 105G SERVING	%RI
Energy(kJ)	1193 kJ	14%	1251 kJ	15%
Energy(kcal)	285 kcal	14%	299 kcal	15%
Fat	16 g	23%	17 g	24%
of which saturates	11 g	55%	11 g	55%
Carbohydrate	32 g	12%	34 g	13%
of which sugars	26 g	29%	27 g	30%
Fibre	0.5 g	2%	0.5 g	2%
Protein	2.8 g	6%	2.9 g	6%
Salt	0.18 g	3%	0.18 g	3%



CONTAINS:



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK THREE
Mackerel in Tomato
Sauce on Toast

BACK TO
MENU

RECIPE INGREDIENTS

	QUANTITY	DESCRIPTION
32778 M&J Seafood Omega 3 Scottish Mackerel Fillets	800g	
134747 Jacksons Thick Sliced Wholemeal Farmhouse Loaf	440g	
71514 Sysco Classic Soft Spread	120g	
89777 Sysco Essentials Tomato & Herb Sauce	600g	

COOKING INSTRUCTIONS

Preparation

Defrost Mackerel

Method

Heat the defrosted mackerel under the grill until core temperature has been reached

Gently heat the tomato sauce on the stove

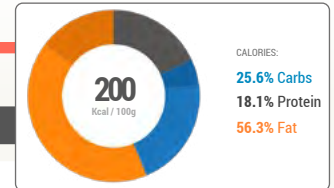
Skin and flake the mackerel and bind the flakes with the tomato sauce

Toast the bread, butter and top with the hot mackerel mix

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	835 kJ	10%	1636 kJ	19%
Energy(kcal)	200 kcal	10%	393 kcal	20%
Fat	12 g	17%	24 g	34%
of which saturates	3.2 g	16%	6.3 g	32%
Carbohydrate	13 g	5%	25 g	10%
of which sugars	2.4 g	3%	4.7 g	5%
Fibre	2.3 g	9%	4.6 g	18%
Protein	8.9 g	18%	17 g	34%
Salt	0.45 g	8%	0.88 g	15%



CONTAINS:



WHEAT



FISH

MAY CONTAIN:



OATS, BARLEY,
RYE

SERVES

1

WEEK THREE
Tiramisu

BACK TO
MENU

RECIPE INGREDIENTS

30719 Brakes Tiramisu

QUANTITY DESCRIPTION

75g

COOKING INSTRUCTIONS

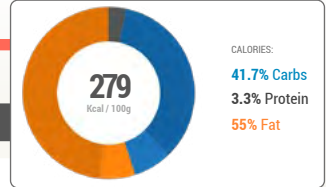
Method

Defrost the product as per manufacturer instructions and serve chilled

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 75G SERVING	%RI
Energy(kJ)	1165 kJ	14%	874 kJ	10%
Energy(kcal)	279 kcal	14%	209 kcal	10%
Fat	17 g	24%	13 g	19%
of which saturates	15 g	75%	11 g	55%
Carbohydrate	29 g	11%	22 g	8%
of which sugars	24 g	27%	18 g	20%
Fibre	0.5 g	2%	0.5 g	2%
Protein	2.3 g	5%	1.7 g	3%
Salt	0.07 g	1%	0.05 g	1%



CONTAINS:



WHEAT



EGGS



MILK

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
CASHEWS,
WALNUTS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS



SOYA

SERVES

25

WEEK THREE
Mexican Beef Chili

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71662 Prime Meats Scotch Red Tractor 10% Fat Beef Mince	500g	
19839 Sysco Classic Chopped Tomatoes	1.6kg	
33601 Sysco Classic Mild Chilli Powder	2g	
4794 Brakes Diced Mixed Peppers	400g	
10143 Brakes Red Kidney Beans in Water	400g	
33568 Sysco Classic Extended Life Rapeseed Oil	10g	
10469 Cooking Onions	200g	
10439 Fresh Garlic	20g	
450693 Carrots CLASS II	200g	

COOKING INSTRUCTIONS

Preparation

- Peel and dice onions
- Peel and crush garlic
- Peel and dice carrots into small dice
- Defrost peppers
- Brakes Red Kidney Beans in Water - Drain and wash

Method

- In a sauce pan heat oil and brown mince making sure you break it down well
- Add onion, garlic and carrot and cook for 4 - 5 mins
- Add chilli powder, peppers and chopped tomatoes and bring to the boil
- Add kidney beans then turn to simmer and allow to cook out until tender

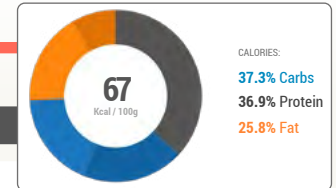
Serving

Best served with rice

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 113G SERVING	%RI
Energy(kJ)	281 kJ	3%	318 kJ	4%
Energy(kcal)	67 kcal	3%	76 kcal	4%
Fat	1.8 g	3%	2 g	3%
of which saturates	0.6 g	3%	0.7 g	4%
Carbohydrate	5.9 g	2%	6.7 g	3%
of which sugars	3 g	3%	3.4 g	4%
Fibre	1.9 g	8%	2.1 g	8%
Protein	5.8 g	12%	6.6 g	13%
Salt	0.07 g	1%	0.07 g	1%



SERVES

10

WEEK THREE
Pork Meatballs in Gravy

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
3675 Brakes Cooked Pork Meatballs	600g	
136677 Sysco Classic Gluten Free Fine Gravy Granules	50g	
1 Tap Water (for VC recipes)	1ltr	
10469 Cooking Onions	1kg	
33568 Sysco Classic Extended Life Rapeseed Oil	10g	

COOKING INSTRUCTIONS

Method

- Pre-heat an oven to 180°C
- Reheat the meatballs as per manufactures cooking guidelines
- Slice and fry the onions in a little oil until softened and golden brown
- Add the water and gravy granules to the onions
- Add the meatballs to the gravy mixture

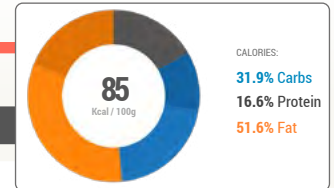
Serving

Best served with mashed potatoes and vegetables

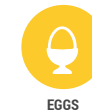
FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	353 kJ	4%	939 kJ	11%
Energy(kcal)	85 kcal	4%	225 kcal	11%
Fat	4.8 g	7%	13 g	19%
of which saturates	1.8 g	9%	4.7 g	24%
Carbohydrate	6.6 g	3%	18 g	7%
of which sugars	2.3 g	3%	6.2 g	7%
Fibre	0.8 g	3%	2.1 g	8%
Protein	3.4 g	7%	9.1 g	18%
Salt	0.67 g	11%	1.8 g	30%



CONTAINS:



SERVES

10

WEEK THREE
Jam Sponge with
Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	175g	
350098 Tate & Lyle Caster Sugar 2kg	175g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	175g	
9711 Sysco Classic Self Raising Flour	175g	
86874 Preema Vanilla Essence 500ml	5g	
70219 Wholesome Farms Fresh British Whole Milk	50ml	
33739 Sysco Classic Mixed Fruit Jam	200g	
15126 Brakes Ready to Serve Custard	700g	

COOKING INSTRUCTIONS

Preparation

Beat eggs with milk and vanilla
Custard - heat on a low heat or in the microwave

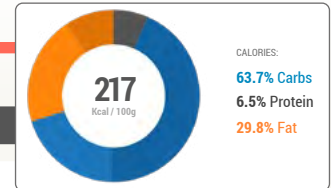
Method

Pre-heat the oven to 160°C
Spread the jam over the base of a lined baking tray
In a mixer beat the butter and sugar together until light and fluffy
Slowly add the egg mixture until fully incorporated
Add the flour and mix until combined being careful to not over-mix
Add the cake mixture to the baking tin and bake until golden and a skewer comes out clean
Best served warm with hot custard

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	913 kJ	11%	1511 kJ	18%
Energy(kcal)	217 kcal	11%	359 kcal	18%
Fat	7.1 g	10%	12 g	17%
of which saturates	2.2 g	11%	3.7 g	19%
Carbohydrate	34 g	13%	57 g	22%
of which sugars	24 g	27%	39 g	43%
Fibre	0.6 g	2%	1 g	4%
Protein	3.5 g	7%	5.8 g	12%
Salt	0.44 g	7%	0.73 g	12%



CONTAINS:



WHEAT



EGGS



MILK

SERVES

2

WEEK THREE
Margherita Pizza

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33828 Brakes Stonebaked Thin & Crispy Pizza Bases 9"	185g	
114937 Cirio Pizza Sauce with Herbs	60g	
3761 Sysco Classic Shredded Mozzarella & Cheddar Cheese Mix	100g	

COOKING INSTRUCTIONS

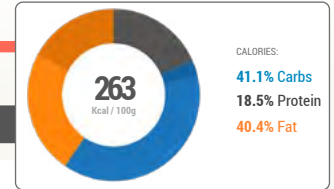
Method

Spread the pizza sauce over the bases and scatter with the grated cheese.
Bake until cheese has fully melted and dough is hot through.
Cut into 6 slices and serve.

FOOD LABELLING

UK Label values per 100g

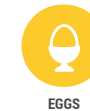
	PER 100G	%RI	PER 173G SERVING	%RI
Energy(kJ)	1103 kJ	13%	1903 kJ	23%
Energy(kcal)	263 kcal	13%	454 kcal	23%
Fat	12 g	17%	20 g	29%
of which saturates	5 g	25%	8.6 g	43%
Carbohydrate	27 g	10%	46 g	18%
of which sugars	2.1 g	2%	3.6 g	4%
Fibre	1.4 g	6%	2.5 g	10%
Protein	12 g	24%	21 g	42%
Salt	1.3 g	22%	2.2 g	37%



CONTAINS:



MAY CONTAIN:



SERVES

1

WEEK THREE
Lemon Meringue Pie

BACK TO MENU

RECIPE INGREDIENTS

3865 Brakes Lemon Meringue Pie

QUANTITY DESCRIPTION

114g

COOKING INSTRUCTIONS

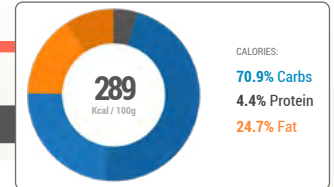
Method

Defrost the product as per manufacturer instructions and serve chilled

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 114G SERVING	%RI
Energy(kJ)	1218 kJ	15%	1388 kJ	17%
Energy(kcal)	289 kcal	14%	329 kcal	16%
Fat	7.9 g	11%	9 g	13%
of which saturates	3 g	15%	3.4 g	17%
Carbohydrate	51 g	20%	58 g	22%
of which sugars	34 g	38%	39 g	43%
Fibre	0.5 g	2%	0.6 g	2%
Protein	3.2 g	6%	3.6 g	7%
Salt	0.2 g	3%	0.23 g	4%



CONTAINS:



WHEAT



EGGS



MILK

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
WALNUTS,
PISTACHIOS



PEANUTS

SERVES

1

WEEK THREE
Battered Fish with
Tartare Sauce

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
87899 Brakes Batter	30g	
32606 Portico Classic Pacific MSC Cod Fillets	130g	
114218 Lemons	25g	

COOKING INSTRUCTIONS

Preparation

- Cod - Defrost and remove any excess moisture
- Batter Mix - Reconstitute in accordance with the manufacturers guidelines
- Lemons - Cut into wedges
- Tartare sauce - portion into serving pots

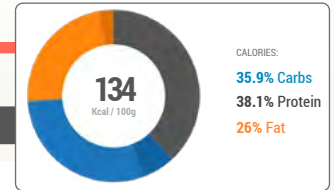
Method

- Coat the cod with batter and fry until crispy and core temperature is reached
- Serve with tartare sauce and lemon wedges

Service

- Best served with chips and mushy peas

FOOD LABELLING



UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	564 kJ	7%	1213 kJ	14%
Energy(kcal)	134 kcal	7%	288 kcal	14%
Fat	3.8 g	5%	8.3 g	12%
of which saturates	0.4 g	2%	0.9 g	5%
Carbohydrate	12 g	5%	26 g	10%
of which sugars	2.1 g	2%	4.6 g	5%
Fibre	0.5 g	2%	1 g	4%
Protein	13 g	26%	27 g	54%
Salt	0.48 g	8%	1 g	17%

CONTAINS:



MAY CONTAIN:



SERVES

1

WEEK THREE
Battered Chicken
Chunks

BACK TO
MENU

RECIPE INGREDIENTS

30011 Sysco Classic Battered Chicken Chunks

QUANTITY DESCRIPTION

130g 3 x Each

COOKING INSTRUCTIONS

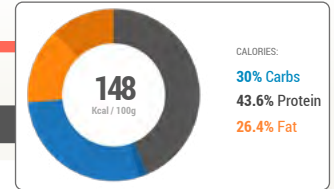
Method

Deep fry or roast the chicken chunks as per manufacturer guidelines

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	622 kJ	7%	809 kJ	10%
Energy(kcal)	148 kcal	7%	192 kcal	10%
Fat	4.3 g	6%	5.6 g	8%
of which saturates	2 g	10%	2.6 g	13%
Carbohydrate	11 g	4%	14 g	5%
of which sugars	0.6 g	1%	0.8 g	1%
Fibre	0.5 g	2%	0.7 g	3%
Protein	16 g	32%	21 g	42%
Salt	0.62 g	10%	0.8 g	13%



CONTAINS:



WHEAT

SERVES

18

WEEK THREE
Warm Chocolate
Brownie

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	375g	
85910 Callebaut Dark Chocolate Callets (811)	375g	
86874 Preema Vanilla Essence 500ml	3g	
350098 Tate & Lyle Caster Sugar 2kg	500g	
114951 Sysco Classic Plain Flour	225g	
121379 Sysco Classic Salt	2g	
85911 Callebaut White Chocolate Callets (W2)	100g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	333g	6x Each

COOKING INSTRUCTIONS

Method

Pre-heat the oven to 180°C. Line a baking tin with parchment.

Gently melt the butter & chocolate together in a large pan.

In a bowl beat the eggs, sugar & vanilla essence together until combined

In a separate bowl, sift the flour and salt.

Allow the chocolate mixture to cool slightly and beat in the egg mixture, then add the white chocolate and the flour.

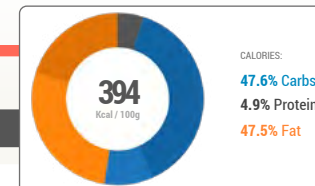
Fill the baking tin and bake for 40 mins. When ready, the top should be crisp and the centre dark, dense and gooey.

Leave to cool completely before cutting into squares

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 106G SERVING	%RI
Energy(kJ)	1647 kJ	20%	1750 kJ	21%
Energy(kcal)	394 kcal	20%	418 kcal	21%
Fat	21 g	30%	22 g	31%
of which saturates	8.7 g	44%	9.3 g	47%
Carbohydrate	46 g	18%	49 g	19%
of which sugars	38 g	42%	40 g	44%
Fibre	2 g	8%	2.1 g	8%
Protein	4.8 g	10%	5.1 g	10%
Salt	0.44 g	7%	0.47 g	8%



CONTAINS:



WHEAT



EGGS



MILK



SOYA

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK THREE
Jacket Potato with
Baked Beans & Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
15136 Sysco Classic Baked Beans in Tomato Sauce	320g	
450672 Tomatoes MM	150g	
10230 Cucumber	200g	
450693 Carrots CLASS II	150g	
10231 Iceberg Lettuce	150g	
10329 Baking Potatoes	938g	

COOKING INSTRUCTIONS

Preparation

- Wash and slice tomatoes
- Slice cucumber
- Peel and grate carrot
- Wash and shred iceberg lettuce
- Heat baked beans

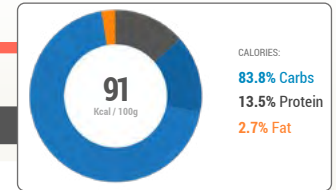
Method

- Pre-heat oven to 180°C
- Bake the Jacket potatoes until soft and fluffy in the middle
- Gently warm the beans on the hob or in the microwave
- When the potato is cooked, cut through the middle and open it up
- Pour the beans over the potato and serve with salad

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 130G SERVING	%RI
Energy(kJ)	387 kJ	5%	502 kJ	6%
Energy(kcal)	91 kcal	5%	119 kcal	6%
Fat	0.5 g	1%	0.5 g	1%
of which saturates	0 g	0%	0 g	0%
Carbohydrate	18 g	7%	24 g	9%
of which sugars	3.2 g	4%	4.1 g	5%
Fibre	2.5 g	10%	3.2 g	13%
Protein	2.9 g	6%	3.8 g	8%
Salt	0.18 g	3%	0.23 g	4%



SERVES

10

WEEK THREE
Peaches & Cream

BACK TO
MENU

RECIPE INGREDIENTS

	QUANTITY	DESCRIPTION
113908 Kerrymaid Whipping UHT 1L	600g	
106066 Tate & Lyle Fairtrade Icing Sugar 1kg	150g	
86874 Preema Vanilla Essence 500ml	10g	
1202 Brakes Peach Slices in Light Syrup	1.2kg	

COOKING INSTRUCTIONS

Preparation

Whip the cream with the icing sugar and vanilla to soft peaks
Drain the peaches

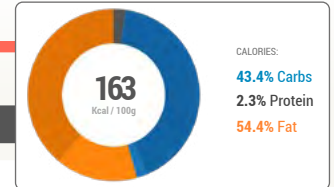
Method

Place peaches in the bowl
Top with whipped cream
Serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 196G SERVING	%RI
Energy(kJ)	682 kJ	8%	1337 kJ	16%
Energy(kcal)	163 kcal	8%	320 kcal	16%
Fat	9.8 g	14%	19 g	27%
of which saturates	7 g	35%	14 g	70%
Carbohydrate	18 g	7%	34 g	13%
of which sugars	17 g	19%	33 g	37%
Fibre	0.6 g	2%	1.3 g	5%
Protein	0.9 g	2%	1.8 g	4%
Salt	0.03 g	1%	0.06 g	1%



CONTAINS:



MILK

SERVES

10

WEEK THREE
Lamb & Apricot
Meatballs

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
132623 Wilson's Lamb Mince 80VL Halal	900g	
13120 Peeled Garlic	28g	
12010 Red Onions	300g	
34002 Sysco Classic Ground Cumin	16g	
113885 Herb Bunched Coriander	20g	
113882 Large Mint Bunch	20g	
121379 Sysco Classic Salt	3g	
134293 Sysco Classic Cracked Black Pepper	2g	
8284 Brakes Dried Apricots	150g	
28326 Sysco Classic Double Concentrated Tomato Paste	160g	
6437 Sysco Classic Chopped Tomatoes	1kg	
459 Knorr Gluten Free Lamb Paste Bouillon 1kg	20g	
33568 Sysco Classic Extended Life Rapeseed Oil	40g	
35006 Sysco Classic Basil	4g	

COOKING INSTRUCTIONS

Preparation

- Lamb Mince - Defrost in a controlled environment.
- Peeled Garlic - Blitz with 10ml Olive Oil.
- Red Onions - Peel and dice Red Onions.
- Coriander - Wash and pick
- Mint - Wash and pick
- Basil - Wash and pick leaves. Finely chop stalks

Method

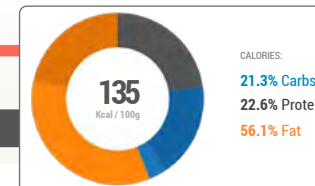
- Blitz together 1/2 Garlic, 1/2 Red Onions, Cumin, Coriander leaves, Mint leaves, 50ml Olive Oil and Seasoning.
- Combine Minced Lamb and chopped Apricots with blitzed ingredients and mix well. Mould into 30 - 40gm balls.
- Chill when done on parchment lined Gastro trays.
- Heat hot pan and add rest of Olive Oil and fry rest

- of the Red Onions and Garlic till softened.
 - When softened add Lamb Bouillon and Tomato Paste and cook out for 5 minutes
 - Add chopped Basil stalks, dried Basil and chopped Tomatoes. Bring to the boil & simmer for 10 minutes. Hot hold sauce.
 - Pre heat Combi oven to 190°C.
 - Roast Lamb & Apricot Meatballs for 15 - 20 minutes. Turn the Meatballs 1/2 way through cooking.
 - Check core temperature has been achieved. When ready combine with sauce and hot hold for service
- Service**
Best served with mashed potatoes or pasta

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 266G SERVING	%RI
Energy(kJ)	564 kJ	7%	1501 kJ	18%
Energy(kcal)	135 kcal	7%	360 kcal	18%
Fat	8.3 g	12%	22 g	31%
of which saturates	3.2 g	16%	8.5 g	43%
Carbohydrate	7 g	3%	19 g	7%
of which sugars	6 g	7%	16 g	18%
Fibre	1.4 g	6%	3.7 g	15%
Protein	7.5 g	15%	20 g	40%
Salt	0.4 g	7%	1.1 g	18%



CONTAINS:



CELERY



SULPHITES

MAY CONTAIN:



WHEAT

SERVES

14

WEEK THREE
Fisherman's Pie

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33190 Portico Classic MSC Fish Pie Mix	910g	
71514 Sysco Classic Soft Spread	180g	
114951 Sysco Classic Plain Flour	100g	
121379 Sysco Classic Salt	4g	
33578 Sysco Classic Ground White Pepper	2g	
33709 Sysco Classic Ground Nutmeg	1g	
29150 Sysco Classic Mature White Cheddar Cheese	100g	
112159 Kerrymaid Double	100g	
10469 Cooking Onions	120g	
113881 Herb Bunched Flat Leaf Parsley	60g	
450066 Maris Piper Potatoes	1.6kg	
70219 Wholesome Farms Fresh British Whole Milk	1ltr	

COOKING INSTRUCTIONS

Preparation

Fish Pie Mix (skinless, boneless) - Defrost
 Cooking Onions - Peel & finely dice
 Herb Bunched Flat Leaf Parsley - Wash & chop
 Potatoes - Peel & chop
 Cheddar - Grate

Method

In 50g butter cook the onions until soft and colourless.
 Add the fish and the milk and poach until the fish is cooked.
 Scoop fish out into a pie dish and strain the milk.
 For the sauce melt 100g butter in a heavy bottomed pan and mix in the flour until smooth.
 Gradually add the milk and stir until blended and smooth.

Bring back to the boil stirring continuously until the sauce has thickened.

Remove from the heat, add double cream & season with pepper & nutmeg. Add chopped parsley

Pour the sauce over the fish.

Boil the potatoes until tender. Drain, mash add 30g butter & season well. Pipe onto the pie & chill.

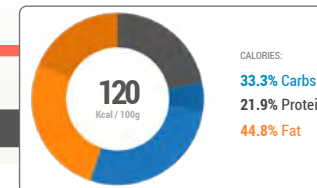
Bake for 30-45 mins until core temperature has been achieved

For the final 10 mins of cooking add the cheese

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	503 kJ	6%	1500 kJ	18%
Energy(kcal)	120 kcal	6%	358 kcal	18%
Fat	5.9 g	8%	18 g	26%
of which saturates	2.4 g	12%	7.3 g	37%
Carbohydrate	9.9 g	4%	29 g	11%
of which sugars	1.6 g	2%	4.8 g	5%
Fibre	0.7 g	3%	2 g	8%
Protein	6.5 g	13%	19 g	38%
Salt	0.31 g	5%	0.92 g	15%



CONTAINS:



WHEAT



MILK



FISH

SERVES

12

WEEK THREE
 Warmed Pears in
 Chocolate Sauce

BACK TO
 MENU

RECIPE INGREDIENTS

10572 Sysco Classic Pear Halves in Juice
 2379 Sysco Classic Chocolate Sauce

QUANTITY DESCRIPTION

600g
 800g

COOKING INSTRUCTIONS

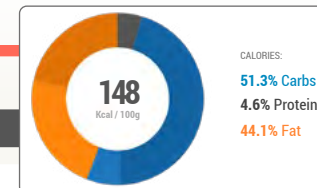
Method

Drain the pears and chill until required.
 When ready, chop the pears in half.
 Heat the chocolate sauce as per pack instructions and serve with the pears

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 117G SERVING	%RI
Energy(kJ)	618 kJ	7%	721 kJ	9%
Energy(kcal)	148 kcal	7%	172 kcal	9%
Fat	7.1 g	10%	8.3 g	12%
of which saturates	3.5 g	18%	4.1 g	21%
Carbohydrate	19 g	7%	22 g	8%
of which sugars	16 g	18%	19 g	21%
Fibre	1.7 g	7%	2 g	8%
Protein	1.7 g	3%	1.9 g	4%
Salt	0 g	0%	0 g	0%



CONTAINS:



MILK



SOYA

OTHER PROPERTIES:



VEGETARIAN

SERVES

1

WEEK THREE
Toasted Teacakes with a
Choice of Preserves

BACK TO
MENU

RECIPE INGREDIENTS

	QUANTITY	DESCRIPTION
3685 Sysco Classic 4" Pre-sliced Teacakes	57g	1 x Each
71514 Sysco Classic Soft Spread	12g	
34022 House Recipe Classic Assorted Jam Portions	20g	1 x Each

COOKING INSTRUCTIONS

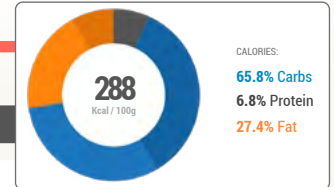
Method

- Toast the teacake
- Spread butter and jam/preserve of choice on both halves of the teacake
- Serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	1211 kJ	14%	1078 kJ	13%
Energy(kcal)	288 kcal	14%	256 kcal	13%
Fat	8.7 g	12%	7.7 g	11%
of which saturates	2.5 g	13%	2.3 g	12%
Carbohydrate	47 g	18%	42 g	16%
of which sugars	25 g	28%	22 g	24%
Fibre	1.7 g	7%	1.5 g	6%
Protein	4.8 g	10%	4.3 g	9%
Salt	0.45 g	8%	0.4 g	7%



CONTAINS:



WHEAT

MAY CONTAIN:



SESAME

SERVES

1

WEEK THREE
Toffee & Pecan Roulade

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
36220 Sysco Premium Toffee Pecan Roulades	275g	1x Each
86134 DaVinci Toffee with Devon Cream Drizzle	30g	

COOKING INSTRUCTIONS

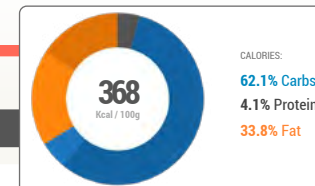
Method

Defrost the roulade as per manufacturer guidelines and portion
Serve chilled with a drizzle of sauce

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 305G SERVING	%RI
Energy(kJ)	1546 kJ	18%	4715 kJ	56%
Energy(kcal)	368 kcal	18%	1122 kcal	56%
Fat	14 g	20%	42 g	60%
of which saturates	6.5 g	33%	20 g	100%
Carbohydrate	57 g	22%	174 g	67%
of which sugars	52 g	58%	159 g	177%
Fibre	0.5 g	2%	1.4 g	6%
Protein	3.8 g	8%	12 g	24%
Salt	0.21 g	4%	0.63 g	11%



CONTAINS:



PECANS



EGGS



MILK

MAY CONTAIN:



HAZELNUTS,
ALMONDS,
WALNUTS

OTHER PROPERTIES:



VEGETARIAN

SERVES

30

WEEK THREE
Roast Turkey with Sage
& Onion Stuffing

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
100259 Sysco Classic Extended Life Rapeseed Oil	80g	
350091 Sysco Classic Plain Flour	80g	
100446 Brakes Chicken Flavour Bouillon Paste	50g	
28340 Sysco Classic Sage & Onion Stuffing Mix	170g	
107035 Maldon Sea Salt Flakes 1.4kg Tub	5g	
134293 Sysco Classic Cracked Black Pepper 425g	5g	
10469 Cooking Onions	200g	
450693 Carrots CLASS II	200g	
120677 Boneless Single Whole Lobe Turkey Breast	4.5kg	

COOKING INSTRUCTIONS

Preparation

- Cooking Onions - Peel & dice
- Carrots - Peel & chop
- Chicken Flavour Bouillon Mix - Make up with water as per packet instructions
- Sage & Onion Stuffing Mix - Make up with water as per packet instructions

Method

- Pre-heat the oven to 170°C
- Scatter vegetables over the base of a roasting tray and place the turkey on top.
- Rub the turkey with oil and seasoning.
- Place in the oven until the core temperature has been achieved.

Combine the sage & onion mix with 500ml water, mix thoroughly. Roll into balls and cook in the oven.

When cooked, remove the turkey and allow to rest on a carving board.

Using the roasting tray from the turkey, keep the veg in it and place on the stove.

When sizzling, add the flour and stir until absorbed.

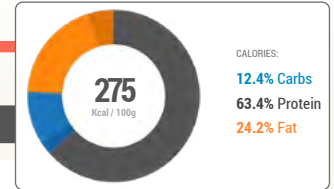
Gradually add the chicken stock, reduce until thickened slightly and strain for your gravy.

Carve the turkey and serve immediately with the stuffing and gravy

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 102G SERVING	%RI
Energy(kJ)	1158 kJ	14%	1184 kJ	14%
Energy(kcal)	275 kcal	14%	281 kcal	14%
Fat	7.3 g	10%	7.5 g	11%
of which saturates	1.5 g	8%	1.5 g	8%
Carbohydrate	8.4 g	3%	8.6 g	3%
of which sugars	1.7 g	2%	1.7 g	2%
Fibre	1.4 g	6%	1.4 g	6%
Protein	43 g	86%	44 g	88%
Salt	0.7 g	12%	0.71 g	12%



CONTAINS:



WHEAT

SERVES

1

WEEK THREE
Nut Roast

BACK TO
MENU

RECIPE INGREDIENTS

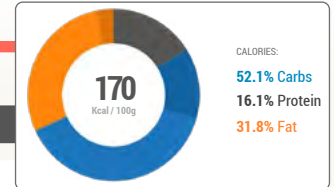
RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
145939 Sysco Simply Plant Based Chestnut & Seed Roast	120g	1 x Each

QUANTITY DESCRIPTION

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 120G SERVING	%RI
Energy(kJ)	714 kJ	9%	856 kJ	10%
Energy(kcal)	170 kcal	9%	204 kcal	10%
Fat	5.7 g	8%	6.8 g	10%
of which saturates	0.6 g	3%	0.7 g	4%
Carbohydrate	21 g	8%	25 g	10%
of which sugars	5.4 g	6%	6.5 g	7%
Fibre	4.4 g	18%	5.3 g	21%
Protein	6.5 g	13%	7.8 g	16%
Salt	0.54 g	9%	0.65 g	11%



COOKING INSTRUCTIONS

Method

Cook as per manufacturer instructions

Serving

Best served with gravy, vegetable and roast potatoes

CONTAINS:



OATS, WHEAT,
RYE

SERVES

1

WEEK THREE
Spotted Dick Roly Poly

BACK TO MENU

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
4196 Sysco Essentials Spotted Dick Roly Poly Pudding	275g	1x Each
15126 Brakes Ready to Serve Custard	100g	

COOKING INSTRUCTIONS

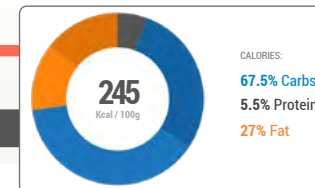
Method

Reheat portion of the pudding according to the manufacturer's guidelines
Warm the custard and serve with the roly poly

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 375G SERVING	%RI
Energy(kJ)	1033 kJ	12%	3875 kJ	46%
Energy(kcal)	245 kcal	12%	920 kcal	46%
Fat	7.3 g	10%	27 g	39%
of which saturates	3.9 g	20%	15 g	75%
Carbohydrate	41 g	16%	153 g	59%
of which sugars	18 g	20%	66 g	73%
Fibre	1.4 g	6%	5.2 g	21%
Protein	3.3 g	7%	12 g	24%
Salt	0.62 g	10%	2.3 g	38%



CONTAINS:



MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
WALNUTS,
PISTACHIOS

OTHER PROPERTIES:



VEGETARIAN

SERVES

12

WEEK THREE
Hot Dog with Sautéed Onions

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
113010 Westlers Premium 90% Pork Frankfurter 8"	1.08kg	12 x Each
31299 Sysco Essentials 6.5" Hot Dog Rolls	600g	12 x Each
10407 Sliced Onions	200g	
151075 Hudson's American Style Mustard	80g	
114113 Heinz Tomato Ketchup 400ml	80g	

COOKING INSTRUCTIONS

Method

Pre-heat the oven to 180°C

Cook the hot dogs as per manufactures instructions until core temperature has been achieved.

Fry the onions until golden brown

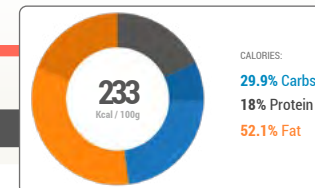
Place the onions in the base of the hot dog roll, then place the hot dog on the top.

Add the ketchup and/or mustard if required.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 170G SERVING	%RI
Energy(kJ)	975 kJ	12%	1657 kJ	20%
Energy(kcal)	233 kcal	12%	397 kcal	20%
Fat	13 g	19%	23 g	33%
of which saturates	4.9 g	25%	8.3 g	42%
Carbohydrate	17 g	7%	29 g	11%
of which sugars	4.2 g	5%	7.2 g	8%
Fibre	1.7 g	7%	2.8 g	11%
Protein	10 g	20%	18 g	36%
Salt	1.3 g	22%	2.2 g	37%



CONTAINS:



WHEAT



CELERY



MUSTARD

MAY CONTAIN:



SESAME

SERVES

12

WEEK THREE
Classic Trifle

BACK TO
MENU

RECIPE INGREDIENTS

	QUANTITY	DESCRIPTION
130322 Pidy Soft Sponge Fingers	200g	16 x Each
135798 QC Cream Sherry 15% (England)	100ml	
149196 Wibble Vegan and Low Sugar Strawberry Jelly Crystals	175g	
35561 Brakes Fruit Cocktail in Juice	822g	
15126 Brakes Ready to Serve Custard	1kg	
112159 Kerrymaid Double	400g	
106066 Tate & Lyle Fairtrade Icing Sugar 1kg	40g	
86874 Preema Vanilla Essence 500ml	3g	

COOKING INSTRUCTIONS

Preparation

Jelly Crystals - Make up as per instructions

Fruit Cocktail in juice - Drain

Method

Break the trifle sponges into the base of a deep glass dish or individual portion dishes.

Spoon over the sherry and allow to soak in.

Spoon the fruit cocktail over the sponges.

Pour the prepared jelly over the fruit and sponges. Chill until set.

When the jelly is set, pour on the custard and chill further.

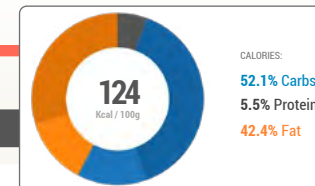
Mix the double cream, icing sugar & vanilla and whisk until peaks form.

Pipe or spoon the cream on top of the trifle, chill and serve.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 228G SERVING	%RI
Energy(kJ)	519 kJ	6%	1185 kJ	14%
Energy(kcal)	124 kcal	6%	283 kcal	14%
Fat	5.8 g	8%	13 g	19%
of which saturates	4.1 g	21%	9.3 g	47%
Carbohydrate	16 g	6%	37 g	14%
of which sugars	12 g	13%	28 g	31%
Fibre	0.5 g	2%	1 g	4%
Protein	1.7 g	3%	3.9 g	8%
Salt	0.09 g	2%	0.2 g	3%



CONTAINS:



WHEAT



EGGS



MILK



SULPHITES

SERVES

18

WEEK FOUR
Chicken Thighs in a
Cream Sauce

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
135590 British Red Tractor Halal Skinless and Boneless	2kg	
71514 Sysco Classic Soft Spread	50g	
10290 Button Mushrooms	300g	
10469 Cooking Onions	100g	
113874 Herb Bunched Thyme	10g	
10439 Fresh Garlic	20g	
114951 Sysco Classic Plain Flour	50g	
87894 Gourmet Classic Chardonnay Cooking Wine 3 Litres	100g	
100446 Brakes Chicken Flavour Bouillon Paste	12.5g	
1 Tap Water (for VC recipes)	500g	
112159 Kerrymaid Double	200g	
85120 Sysco Classic Salt	2g	
33578 Sysco Classic Ground White Pepper	2g	

COOKING INSTRUCTIONS

Preparation

- Trim and check chicken for any bone or gristle
- Wash and slice mushrooms
- Peel and slice onions
- Peel and crush garlic
- Make stock up with water

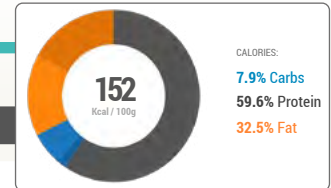
Method

- Season chicken and seal in hot pan until golden all over using the oil then remove from pan
- Add butter to the pan and sweat down the mushroom, onions and garlic, once soft add the thyme and deg-laze with the wine
- Sprinkle in the flour and mix in well, add the stock slowly, reduce until starts to thicken, add the cream and season.
- Place the chicken back into the pan and braise until core temp is reached.
- Serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 123G SERVING	%RI
Energy(kJ)	641 kJ	8%	786 kJ	9%
Energy(kcal)	152 kcal	8%	187 kcal	9%
Fat	5.5 g	8%	6.7 g	10%
of which saturates	2.9 g	15%	3.6 g	18%
Carbohydrate	3 g	1%	3.7 g	1%
of which sugars	0.7 g	1%	0.8 g	1%
Fibre	0.5 g	2%	0.6 g	2%
Protein	23 g	46%	28 g	56%
Salt	0.35 g	6%	0.43 g	7%



CONTAINS:



WHEAT



MILK



SULPHITES

SERVES

12

WEEK FOUR
Macaroni Cheese

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33588 Sysco Classic Bay Leaves	1g	
123389 Brakes Italian Short Cut Macaroni	600g	
71514 Sysco Classic Soft Spread	100g	
350091 Sysco Classic Plain Flour	100g	
29150 Sysco Classic Mature White Cheddar Cheese	300g	
88933 Sysco Classic English Mustard	30ml	
112159 Kerrymaid Double	300g	
134293 Sysco Classic Cracked Black Pepper	2g	
10469 Cooking Onions	150g	
124181 Garlic Loose	20g	
70219 Wholesome Farms Fresh British Whole Milk	1.2ltr	
33853 Brakes Breadcrumbs Uncoloured	75g	
120625 Gran Levanto Italian Vegetarian Hard Cheese Shavings	75g	
136360 Marigold Engevita Protein & Fibre Yeast Flakes	30g	

COOKING INSTRUCTIONS

Preparation

Onions - Peel & dice
Garlic - Peel & crush
White Cheddar - Grate the cheese

Method

Warm the milk in a saucepan with the onion, garlic & bay leaf.
Bring to the boil and simmer to infuse for 10 mins. Strain and put the milk put aside.
In boiling salted water, cook the macaroni until just soft. Drain & refresh with cold water.
Combine the butter & flour in a saucepan until a roux is formed.
Slowly add the infused milk, whisking constantly to ensure the sauce is smooth after each addition.
Remove from the heat and stir in the mustard, and all the grated white cheese.

Whisk until the cheese has dissolved and the sauce is velvety smooth. Check the seasoning.
Re-heat the garlic bread as per pack instructions.
Combine the macaroni with the cheese sauce and pour into a casserole dish.
Top with the parmesan, nutritional yeast and breadcrumbs, and bake for 15-20 mins until golden brown.

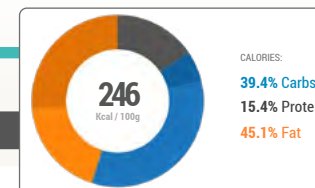
Serving

Best served with garlic bread

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 228G SERVING	%RI
Energy(kJ)	1029 kJ	12%	2343 kJ	28%
Energy(kcal)	246 kcal	12%	560 kcal	28%
Fat	12 g	17%	28 g	40%
of which saturates	7.2 g	36%	16 g	80%
Carbohydrate	24 g	9%	55 g	21%
of which sugars	3.6 g	4%	8.2 g	9%
Fibre	1.3 g	5%	2.9 g	12%
Protein	9.4 g	19%	21 g	42%
Salt	0.46 g	8%	1.1 g	18%



CONTAINS:



WHEAT



MILK



MUSTARD

MAY CONTAIN:



EGGS



CELERY



SOYA



SULPHITES

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK FOUR
Rhubarb Crumble with
Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
136665 Princes Rhubarb Solid Pack	1.5kg	
350102 Tate & Lyle Light Soft Brown Sugar 3kg	100g	
86874 Preema Vanilla Essence 500ml	10g	
71514 Sysco Classic Soft Spread	50g	
350098 Tate & Lyle Caster Sugar 2kg	50g	
84673 Brakes Oatflakes	50g	
114951 Sysco Classic Plain Flour	50g	
15126 Brakes Ready to Serve Custard	600g	

COOKING INSTRUCTIONS

Preparation

Warm the custard on a low heat or in the microwave

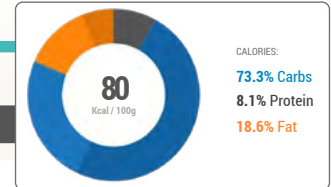
Method

Pre-heat the oven to 160°C
On a low heat, stew the rhubarb, vanilla and brown sugar together until the sugar has dissolved
Mix all dry ingredients together until they resemble a breadcrumb consistency
Place the rhubarb on the base of your baking dish and scatter the crumble topping over
Bake until the topping is golden brown
Serve hot with custard

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	335 kJ	4%	808 kJ	10%
Energy(kcal)	80 kcal	4%	192 kcal	10%
Fat	1.6 g	2%	3.8 g	5%
of which saturates	0.5 g	3%	1.2 g	6%
Carbohydrate	14 g	5%	34 g	13%
of which sugars	9.4 g	10%	23 g	26%
Fibre	1.3 g	5%	3.2 g	13%
Protein	1.5 g	3%	3.7 g	7%
Salt	0.07 g	1%	0.16 g	3%



CONTAINS:



MAY CONTAIN:



SERVES

15

WEEK FOUR
Ham Hock, Cheese & Spring Onion Croquette with Passata

BACK TO MENU

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
110768 Sysco Classic Pulled Ham Hock	950g	
71514 Sysco Classic Soft Spread	16.6g	
135538 James Brown & Co Panko Breadcrumbs	200g	
450066 Maris Piper Potatoes	800g	
10469 Cooking Onions	100g	
10467 Savoy Cabbage	155g	
113881 Herb Bunched Flat Leaf Parsley	30g	
10473 Spring Onions Bunch	25g	
70219 Wholesome Farms Fresh British Whole Milk	400ml	
29150 Sysco Classic Mature White Cheddar Cheese	120g	
114951 Sysco Classic Plain Flour	125g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	111g	2x Each
114938 Cirio Passata Sieved Tomatoes	1.5kg	

COOKING INSTRUCTIONS

Preparation

- Maris Piper Potatoes - Peeled and cut into large chunks
- Cooking Onions - Peeled and finely diced
- Savoy Cabbage - Peel and finely shred
- Flat Leaf Parsley - Washed and chopped
- Spring Onions Bunch - Peeled, washed and finely chopped
- Cheese - Grate
- Ham Hock - Defrost
- Eggs - Beat

Method

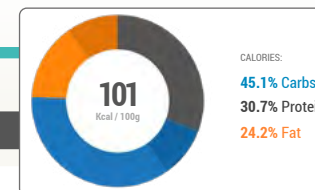
Melt the butter and fry the onions and cabbage until golden, and set aside to cool

Boil the potatoes until they are still firm to the touch, drain and allow to steam dry. When cool enough coarsely grate
 Mix ham, potato, cabbage, onion and spring onion together with the cheese
 Roll into a sausage shape using parchment and allow to chill
 Cut into croquettes and pane using the egg, flour and breadcrumbs
 Deep fry until golden and core temp is achieved
 Warm through the passata on the hob or in the microwave and serve over the croquettes

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	424 kJ	5%	1285 kJ	15%
Energy(kcal)	101 kcal	5%	305 kcal	15%
Fat	2.7 g	4%	8 g	11%
of which saturates	1.1 g	6%	3.2 g	16%
Carbohydrate	11 g	4%	34 g	13%
of which sugars	2.4 g	3%	7.3 g	8%
Fibre	1 g	4%	3 g	12%
Protein	7.6 g	15%	23 g	46%
Salt	0.37 g	6%	1.1 g	18%



CONTAINS:



SERVES

15

WEEK FOUR
Crème Caramel

BACK TO
MENU

RECIPE INGREDIENTS

33560 Brakes Creme Caramel Mix & Caramelised Syrup
112159 Kerrymaid Double

QUANTITY DESCRIPTION

536g
400g

COOKING INSTRUCTIONS

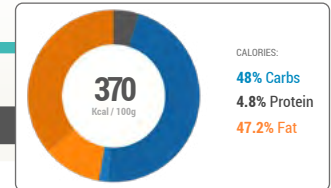
Method

Make the crème caramel as per pack instructions 24 hours before serving.
Serve with the single cream if desired

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 62G SERVING	%RI
Energy(kJ)	1548 kJ	18%	966 kJ	12%
Energy(kcal)	370 kcal	19%	231 kcal	12%
Fat	19 g	27%	12 g	17%
of which saturates	15 g	75%	9.2 g	46%
Carbohydrate	44 g	17%	27 g	10%
of which sugars	42 g	47%	26 g	29%
Fibre	2.2 g	9%	1.3 g	5%
Protein	4.3 g	9%	2.7 g	5%
Salt	0.56 g	9%	0.35 g	6%



CONTAINS:



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

1

WEEK FOUR
Breaded Scampi with
Lemon Mayonnaise

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
123515 Sysco Essentials Breaded Scottish Wholetail Scampi	110g	6 x Each
136748 Sysco Classic Lemon Juice	10ml	
6894 Sysco Classic Real Mayonnaise	40g	

COOKING INSTRUCTIONS

Method

Mix the lemon juice with the mayonnaise to make the lemon mayo
Cook the scampi as per instructions

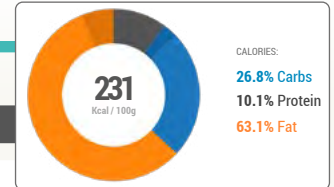
Serving

Best served hot with side of lemon mayonnaise

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 160G SERVING	%RI
Energy(kJ)	962 kJ	11%	1540 kJ	18%
Energy(kcal)	231 kcal	12%	370 kcal	19%
Fat	16 g	23%	26 g	37%
of which saturates	1.6 g	8%	2.5 g	13%
Carbohydrate	15 g	6%	25 g	10%
of which sugars	1.6 g	2%	2.5 g	3%
Fibre	1.1 g	4%	1.7 g	7%
Protein	5.8 g	12%	9.2 g	18%
Salt	0.6 g	10%	0.97 g	16%



CONTAINS:



WHEAT



EGGS



CRUSTACEANS



SULPHITES

SERVES

12

WEEK FOUR
Quorn Chili

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
136990 QuornPro Mince	1kg	
33568 Sysco Classic Extended Life Rapeseed Oil	100g	
34002 Sysco Classic Ground Cumin	30g	
33585 Sysco Classic Paprika	2g	
19839 Sysco Classic Chopped Tomatoes	800g	
28326 Sysco Classic Tomato Paste	60g	
10143 Brakes Red Kidney Beans in Water	800g	
33601 Sysco Classic Mild Chilli Powder	2g	
10469 Cooking Onions	200g	
124181 Garlic Loose	30g	
114212 Chillies Red	10g	
525284 Green Peppers	127g	
525271 Red Peppers	45g	

COOKING INSTRUCTIONS

Preparation

- Quorn Mince - Defrost
- Cooking Onions - Peel & dice
- Garlic - Peel & crush
- Green Peppers - Deseed & dice
- Red Kidney Beans in Water - Drain water and rinse
- Chillies - Chop

Method

- Heat the oil in a pan and fry the mince Quorn mince.
- Add the onion, garlic & peppers. Cook for a further 5 mins.
- Add the cumin, chilli powder, tomato puree and mix thoroughly with the vegetables.
- Add the chopped tomatoes, bring to the boil and then reduce to a simmer for 20 mins.

Check the seasoning and consistency, then add the kidney beans and simmer for a further 5 mins. Serve immediately.

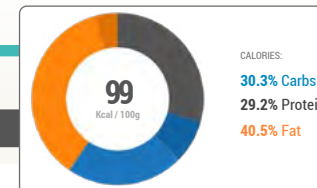
Serving

Best served with rice

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	414 kJ	5%	1107 kJ	13%
Energy(kcal)	99 kcal	5%	265 kcal	13%
Fat	4.1 g	6%	11 g	16%
of which saturates	0.4 g	2%	1.1 g	6%
Carbohydrate	6.8 g	3%	18 g	7%
of which sugars	1.8 g	2%	4.9 g	5%
Fibre	4.5 g	18%	12 g	48%
Protein	6.6 g	13%	18 g	36%
Salt	0.09 g	2%	0.24 g	4%



CONTAINS:



BARLEY



EGGS

MAY CONTAIN:



WHEAT

OTHER PROPERTIES:



VEGETARIAN

SERVES

16

WEEK FOUR
Chocolate Sponge with
Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
591099 Tate & Lyle Fairtrade Light Brown Soft Pure Cane Sugar 500g	350g	
19499 Brakes Wholemeal Flour	200g	
35023 Sysco Classic Baking Powder	10g	
89938 Citavo Classic Cocoa Powder	50g	
121379 Sysco Classic Salt	1g	
15126 Brakes Ready to Serve Custard	1.5kg	
100211 Sysco Classic Pitted Dates	30g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	333g	6x Each

COOKING INSTRUCTIONS

Preparation

Pitted Dates - Roughly chop

Eggs - Separate egg yolks & whites

Method

Cover the chopped dates with boiling water and set aside.

Pre-heat the oven to 160°C and line a baking tin with parchment

Drain the dates, reserving the liquid. Blitz the dates to a puree with a little of the soaking liquid.

Beat the egg whites in a large clean bowl until it forms stiff peaks.

Add half the sugar & beat until thick and glossy.

In a separate bowl, beat the yolks and the rest of the sugar until pale.

Mix in the date puree, then fold in the egg white mix.

Fold in the flour, baking powder, cocoa & salt.

Gently fold until all are well combined.

Fill the baking tin and bake for 35-40 mins until firm and skewer comes out clean.

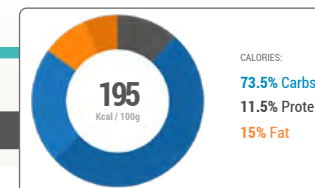
Heat the custard as per pack instructions.

Portion the chocolate sponge and serve with the warm custard

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 135G SERVING	%RI
Energy(kJ)	823 kJ	10%	1109 kJ	13%
Energy(kcal)	195 kcal	10%	262 kcal	13%
Fat	3.2 g	5%	4.3 g	6%
of which saturates	1.4 g	7%	1.8 g	9%
Carbohydrate	35 g	13%	47 g	18%
of which sugars	25 g	28%	33 g	37%
Fibre	1.7 g	7%	2.3 g	9%
Protein	5.5 g	11%	7.4 g	15%
Salt	0.34 g	6%	0.46 g	8%



CONTAINS:



WHEAT



EGGS



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK FOUR
Cornish Pasty with
Mash, Gravy & Mushy
Peas

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
62101 Real Cornish Small Cornish Pasties	2kg	10x Each
33563 Sysco Classic Mushy Processed Peas	1kg	
136677 Sysco Classic Gluten Free Fine Gravy Granules	60g	
450066 Maris Piper Potatoes	1.5kg	
71514 Sysco Classic Soft Spread	25g	
70219 Wholesome Farms Fresh British Whole Milk	200ml	
121379 Sysco Classic Salt	2g	
33578 Sysco Classic Ground White Pepper	1g	

COOKING INSTRUCTIONS

Preparation

Peel and chop the potatoes
Make gravy as per manufacturer instructions

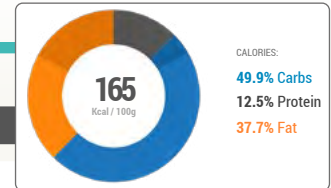
Method

Make the mash by boiling the potatoes until softened and drain
Add the butter and milk to the potatoes and mash until smooth, season to taste
Pre-heat the oven to 180°C
Place the pasties onto a non stick baking sheet bake as per manufacturer instructions
Heat the mushy peas on the stove or in the microwave
Serve pasty hot with mushy peas, mash and a drizzle of gravy

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	693 kJ	8%	3319 kJ	40%
Energy(kcal)	165 kcal	8%	792 kcal	40%
Fat	6.8 g	10%	32 g	46%
of which saturates	3.1 g	16%	15 g	75%
Carbohydrate	20 g	8%	96 g	37%
of which sugars	1.7 g	2%	8.3 g	9%
Fibre	1.9 g	8%	9.3 g	37%
Protein	5 g	10%	24 g	48%
Salt	0.77 g	13%	3.7 g	62%



CONTAINS:



WHEAT



MILK

MAY CONTAIN:



EGGS

SERVES

12

WEEK FOUR
Treachle Tart

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
114951 Sysco Classic Plain Flour	220g	
71514 Sysco Classic Soft Spread	100g	
85120 Sysco Classic Salt	1g	
106066 Tate & Lyle Fairtrade Icing Sugar 1kg	30g	
128761 Lyle's Golden Syrup Squeezy 750g	450g	
33583 Sysco Classic Ground Ginger	12g	
33853 Brakes Breadcrumbs Uncoloured	600g	
114218 Lemons	100g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	111g	2x Each

COOKING INSTRUCTIONS

Preparation

Plain Flour - Reserve 20g flour for dusting
Eggs - Separate the eggs and keep the yolks
Lemons - Zest & Juice

Method

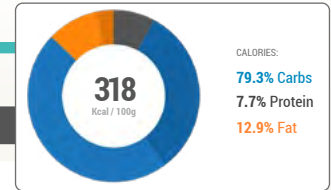
In a bowl sift the flour, salt, icing sugar, and rub in the butter until it resembles breadcrumbs.
Stir in the egg yolk to form a fine dough, making sure it is not too sticky. Chill for 1 hour.
Transfer the pastry to a lightly floured board and roll out until 3mm thick.
Line a tart tin with the pastry and chill for a further 30 mins.
Pre-heat the oven to 180°C
Lightly prick the pastry base with a fork and blind bake for about 15 mins. Allow to cool.

For the filling, mix together the syrup, breadcrumbs, ginger, lemon zest & juice.
Pour the filling into the pastry case and bake for 25-30 mins. Ensure core temperature has been achieved.
Heat the custard as per pack instructions.
After removing the tart from the oven, allow it to cool slightly before cutting it into wedges.
Serve with the warm custard.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 135G SERVING	%RI
Energy(kJ)	1345 kJ	16%	1820 kJ	22%
Energy(kcal)	318 kcal	16%	430 kcal	22%
Fat	4.5 g	6%	6.1 g	9%
of which saturates	1.2 g	6%	1.6 g	8%
Carbohydrate	62 g	24%	84 g	32%
of which sugars	25 g	28%	34 g	38%
Fibre	1.6 g	6%	2.2 g	9%
Protein	6.1 g	12%	8.2 g	16%
Salt	0.65 g	11%	0.88 g	15%



CONTAINS:



WHEAT



EGGS

OTHER PROPERTIES:



VEGETARIAN

SERVES



WEEK FOUR
Lamb Hotpot

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33568 Sysco Classic Extended Life Rapeseed Oil	100g	
350091 Sysco Classic Plain Flour	80g	
459 Knorr Gluten Free Lamb Paste Bouillon 1kg	40g	
33595 Sysco Classic Thyme	2g	
134288 Sysco Classic Rosemary	2g	
115057 Lea & Perrins Worcester Sauce	50g	
71514 Sysco Classic Soft Spread	120g	
10469 Cooking Onions	220g	
450693 Carrots CLASS II	220g	
450066 Maris Piper Potatoes	1.2kg	
5007140 Pilgrims British Red Tractor Diced Lamb Leg 90vl 1kg	1kg	

COOKING INSTRUCTIONS

Preparation

Cooking Onions - Peel & chop
Carrots - Peel & chop
Bouillon Paste - Make up with 1.5ltrs water
Potatoes - Peel & thinly slicer

Method

Lightly dust the diced lamb with seasoned flour.
In a large pan, fry the lamb until well browned on all sides. Transfer the meat to a casserole dish.
Add to the lamb, the diced onions, carrots, thyme, rosemary & Worcestershire sauce.
Stir well and add the lamb stock.
Pre-heat the oven to 170°C
Lay the thinly sliced potatoes on the top of the casserole, overlapping them as you go.

Sprinkle with seasoning and add the chopped butter.

Cover the casserole with a lid or tightly with foil and bake for 1 hour.

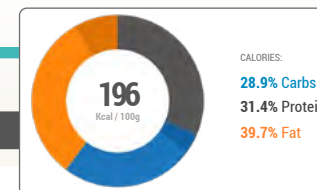
Remove the cover and bake for a further 45 mins until the potatoes are browned and the lamb is tender.

Serve immediately when cooked and the core temperature has been achieved.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 322G SERVING	%RI
Energy(kJ)	824 kJ	10%	2655 kJ	32%
Energy(kcal)	196 kcal	10%	633 kcal	32%
Fat	8.6 g	12%	28 g	40%
of which saturates	1.8 g	9%	5.8 g	29%
Carbohydrate	14 g	5%	45 g	17%
of which sugars	1.8 g	2%	5.9 g	7%
Fibre	1.3 g	5%	4.3 g	17%
Protein	15 g	30%	49 g	98%
Salt	0.62 g	10%	2 g	33%



CONTAINS:



WHEAT,
BARLEY



FISH



CELERY

SERVES

10

WEEK FOUR
Cheese & Potato Pie
with Baked Beans

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	60g	
29150 Sysco Classic Mature White Cheddar Cheese	200g	
186 Sysco Classic Baked Beans in Tomato Sauce	400g	
450066 Maris Piper Potatoes	1.2kg	
70219 Wholesome Farms Fresh British Whole Milk	100ml	

COOKING INSTRUCTIONS

Preparation

- Potatoes - Peel and quarter potatoes
- Cheese - Grate cheese
- Baked Beans - Heat as per pack

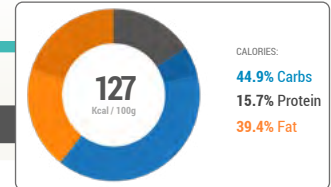
Method

- Pre-heat the oven to 180°C
- Place potatoes in a pan with water and bring to the boil
- Turn down to simmer and allow to cook
- Once cooked drain well and mash adding milk, spread and 3/4 of the cheese
- Place into an oven proof dish and top with remaining cheese
- Bake until golden
- Serve with beans

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	533 kJ	6%	1044 kJ	12%
Energy(kcal)	127 kcal	6%	249 kcal	12%
Fat	5.4 g	8%	11 g	16%
of which saturates	2.8 g	14%	5.5 g	28%
Carbohydrate	14 g	5%	27 g	10%
of which sugars	1.8 g	2%	3.4 g	4%
Fibre	1.7 g	7%	3.2 g	13%
Protein	4.9 g	10%	9.6 g	19%
Salt	0.37 g	6%	0.72 g	12%



CONTAINS:



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

15

WEEK FOUR
Traditional Bread &
Butter Pudding

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33512 La Boulangerie Extra Thick Sliced White Farmhouse Split Tin Loaf	600g	
71514 Sysco Classic Soft Spread	150g	
85702 Brakes Sultanas	100g	
350098 Tate & Lyle Caster Sugar 2kg	100g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	278g	5x Each
70219 Wholesome Farms Fresh British Whole Milk	600ml	
33581 Sysco Classic Ground Cinnamon	5g	

COOKING INSTRUCTIONS

Preparation

Defrost bread

Method

Pre-heat the oven to 180°C

Butter the slices of bread and cut into quarters. Lightly butter the pudding dish.

Arrange the buttered bread in the pudding dish along with the sultanas and a sprinkling of cinnamon

Whisk together the eggs, 80g sugar & milk.

Pour the mix over the bread and allow to chill for 30 mins.

Cover the pudding with foil and bake for 50 mins.

Remove foil, sprinkle the remaining sugar over the dish and bake for a further 10 mins to crisp up.

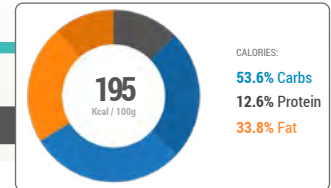
Check the centre is cooked and the core temperature has been achieved.

Serve immediately with custard or cream

FOOD LABELLING

UK Label values per 100g

	PER 100g	%RI	PER 122g SERVING	%RI
Energy(kJ)	821 kJ	10%	1003 kJ	12%
Energy(kcal)	195 kcal	10%	239 kcal	12%
Fat	7.2 g	10%	8.9 g	13%
of which saturates	2.5 g	13%	3 g	15%
Carbohydrate	26 g	10%	32 g	12%
of which sugars	12 g	13%	14 g	16%
Fibre	1.1 g	4%	1.4 g	6%
Protein	6.1 g	12%	7.4 g	15%
Salt	0.49 g	8%	0.59 g	10%



CONTAINS:



WHEAT



EGGS



MILK

MAY CONTAIN:



OATS, BARLEY,
RYE

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK FOUR
Chicken & Tomato
Pasta Bake

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
28326 Sysco Classic Tomato Paste	30g	
113980 Brakes 19mm Cooked Diced Chicken Breast	800g	
84891 Brakes Multi-Use Tomato Sauce	400g	
29150 Sysco Classic Mature White Cheddar Cheese	200g	
146175 Sysco Classic Penne	500g	
10469 Cooking Onions	100g	

COOKING INSTRUCTIONS

Preparation

- Dice onions
- Grate cheese
- Defrost chicken breast

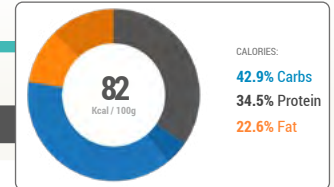
Method

- Pre-heat oven to 200°C
- Cook chopped onion in a large pan for 4-5 mins
- Add tomato paste, chicken and tomato sauce
- Turn down heat and simmer for 10-12 mins
- Cook pasta in boiling water until softened
- Drain pasta and add to sauce and mix well
- Place in baking dish and cover with the cheese
- Place in oven for 12 mins until golden brown

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 451G SERVING	%RI
Energy(kJ)	347 kJ	4%	1563 kJ	19%
Energy(kcal)	82 kcal	4%	371 kcal	19%
Fat	2 g	3%	9.2 g	13%
of which saturates	1.1 g	6%	5 g	25%
Carbohydrate	8.7 g	3%	39 g	15%
of which sugars	0.9 g	1%	4.2 g	5%
Fibre	0.5 g	2%	2.1 g	8%
Protein	7 g	14%	32 g	64%
Salt	0.22 g	4%	1 g	17%



CONTAINS:



WHEAT



MILK

MAY CONTAIN:



MUSTARD



SOYA

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK FOUR
Fruit Cocktail with
Cream

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
113908 Kerrymaid Whipping UHT 1L	600g	
106066 Tate & Lyle Fairtrade Icing Sugar 1kg	150g	
86874 Preema Vanilla Essence 500ml	10g	
35561 Brakes Fruit Cocktail in Juice	1.2kg	

COOKING INSTRUCTIONS

Preparation

Whip the cream with the icing sugar and vanilla to soft peaks
Drain fruit cocktail

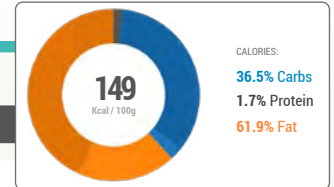
Method

Place fruit cocktail in the bowl
Top with whipped cream
Serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 196G SERVING	%RI
Energy(kJ)	618 kJ	7%	1212 kJ	14%
Energy(kcal)	149 kcal	7%	291 kcal	15%
Fat	10 g	14%	20 g	29%
of which saturates	7.1 g	36%	14 g	70%
Carbohydrate	13 g	5%	26 g	10%
of which sugars	13 g	14%	25 g	28%
Fibre	0.8 g	3%	1.5 g	6%
Protein	0.6 g	1%	1.2 g	2%
Salt	0.03 g	1%	0.06 g	1%



CONTAINS:



MILK

SERVES

10

WEEK FOUR
Sausages in Onion
Gravy

BACK TO
MENU

RECIPE INGREDIENTS

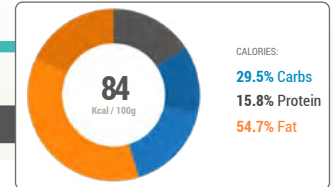
RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
136280 Pork Cumberland Sausage 8's	600g	
136677 Sysco Classic Gluten Free Fine Gravy Granules	50g	
1 Tap Water (for VC recipes)	0.75ltr	
10469 Cooking Onions	1kg	

QUANTITY DESCRIPTION

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	349 kJ	4%	928 kJ	11%
Energy(kcal)	84 kcal	4%	223 kcal	11%
Fat	5 g	7%	13 g	19%
of which saturates	1.6 g	8%	4.4 g	22%
Carbohydrate	6.1 g	2%	16 g	6%
of which sugars	2.6 g	3%	7 g	8%
Fibre	0.8 g	3%	2.2 g	9%
Protein	3.2 g	6%	8.6 g	17%
Salt	0.6 g	10%	1.6 g	27%



COOKING INSTRUCTIONS

Method

Pre-heat an oven to 180°C

Cook sausages as per manufactures cooking guidelines

Slice and fry the onions in a little oil until softened and golden brown

Add the water and gravy granules to the onions

Add the cooked sausages to the gravy mixture

Serving

Best served with mashed potatoes & peas

CONTAINS:



WHEAT



SULPHITES

SERVES

10

WEEK FOUR
Mushroom & Lentil
Stroganoff

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
548 Brakes Red Lentils	900g	
10290 Button Mushrooms	300g	
10469 Cooking Onions	400g	
134289 Sysco Classic Smoked Paprika	20g	
88930 Sysco Classic French Mustard	30ml	
71514 Sysco Classic Soft Spread	60g	
13120 Peeled Garlic	15g	
350091 Sysco Classic Plain Flour	60g	
70219 Wholesome Farms Fresh British Whole Milk	500ml	
112159 Kerrymaid Double	150g	
121379 Sysco Classic Salt	2g	
134293 Sysco Classic Cracked Black Pepper	1g	
33568 Sysco Classic Extended Life Rapeseed Oil	60g	

COOKING INSTRUCTIONS

Preparation

- Mushrooms - Wash and slice mushrooms.
- Onions - Peel and slice onions.
- Peeled Garlic - Blitz garlic with 50ml rapeseed oil.
- Milk - Warm milk for bechamel.
- Chives Bunch - Wash and chop chives.
- Lentils - Rinse thoroughly

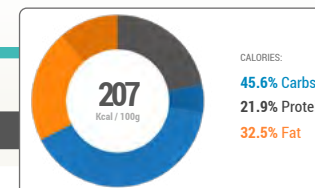
Method

- Make Bechamel with Flour, Butter, and Milk.
- Heat thick bottomed pan and sweat down in rapeseed Oil the Onions, Garlic and Mushrooms.
- Add French Mustard, Lentils, Smoked Paprika and Seasoning. Cook out for 10 minutes.
- Add Bechamel to the pot along with Double Cream and mix thoroughly and simmer for 10 minutes until the lentils are fully cooked.

FOOD LABELLING

UK Label values per 100g

	PER 100g	%RI	PER 250g SERVING	%RI
Energy(kJ)	868 kJ	10%	2167 kJ	26%
Energy(kcal)	207 kcal	10%	516 kcal	26%
Fat	7.3 g	10%	18 g	26%
of which saturates	2.6 g	13%	6.4 g	32%
Carbohydrate	23 g	9%	57 g	22%
of which sugars	2.7 g	3%	6.6 g	7%
Fibre	2.5 g	10%	6.3 g	25%
Protein	11 g	22%	28 g	56%
Salt	0.19 g	3%	0.47 g	8%



CONTAINS:



WHEAT



MILK



MUSTARD

SERVES

12

WEEK FOUR
Eve's Pudding

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
5552 Brakes Solid Pack Apple	600g	
71514 Sysco Classic Soft Spread	250g	
268 Brakes Seedless Raisins	140g	
591099 Tate & Lyle Fairtrade Light Brown Soft Pure Cane Sugar 500g	100g	
350092 Sysco Classic Self Raising Flour	200g	
15126 Brakes Ready to Serve Custard	1kg	
16392 Brakes 18 British Free Range Fresh Medium Eggs	222g	4x Each

COOKING INSTRUCTIONS

Method

Pre-heat the oven to 180°C

Butter a serving dish and place the apples and raisins into the dish.

In a mixing bowl, mix 200g of butter and the sugar together until pale.

Beat in the eggs and carefully fold in the flour.

Spread the cake mix over the apples & raisins and bake for up to 45 mins until golden brown and cooked through.

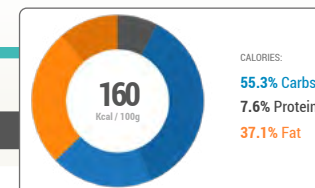
Heat the custard as per pack instructions.

Serve the eves pudding warm with the custard.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	672 kJ	8%	1406 kJ	17%
Energy(kcal)	160 kcal	8%	335 kcal	17%
Fat	6.5 g	9%	14 g	20%
of which saturates	2 g	10%	4.2 g	21%
Carbohydrate	22 g	8%	46 g	18%
of which sugars	14 g	16%	30 g	33%
Fibre	0.7 g	3%	1.5 g	6%
Protein	3 g	6%	6.2 g	12%
Salt	0.28 g	5%	0.59 g	10%



CONTAINS:



OTHER PROPERTIES:



SERVES

18

WEEK FOUR
Breaded Fishcake

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
34009 Salmon Fillet Portions	620g	4x Each
111160 M&J Seafood Undyed MSC Smoked Haddock Fillets	620g	4x Each
32982 Portico Classic Breaded MSC Alaskan Pollock Fillets 85-110g	465g	3x Each
114951 Sysco Classic Plain Flour	200g	
135538 James Brown & Co Panko Breadcrumbs	600g	
450066 Maris Piper Potatoes	500g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	444g	8x Each
70219 Wholesome Farms Fresh British Whole Milk	300ml	

COOKING INSTRUCTIONS

Preparation

Salmon Fillet Portions - Defrost
 Haddock Fillets (Skinless Boneless) - Defrost
 Pollock Fillets (skinless, boneless) - Defrost
 Potatoes - Peel & dice potatoes
 Brakes Plain Flour - Season
 Eggs - Beat the eggs

Method

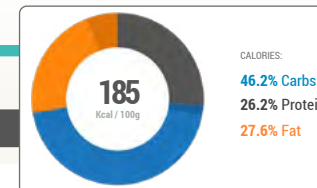
Pre-heat fryer to 170°C
 Boil the potatoes until tender. Drain and mash
 Poach the fish in 400ml milk until cooked. Remove from the heat and drain
 Flake the fish, making sure to remove any bones
 Combine the mash and flaked fish, and shape into

fishcakes of 120g. Chill for 45 min
 In three separate bowls place the seasoned flour, the beaten egg & remaining milk, and the breadcrumbs
 Pass the fishcakes first into the flour, then egg mix & lastly the breadcrumbs, ensuring they are completely covered
 Once they are all prepared, chill again for 20 mins
 Deep fry the fishcakes until golden brown and the core temperature has been achieved

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	778 kJ	9%	1620 kJ	19%
Energy(kcal)	185 kcal	9%	385 kcal	19%
Fat	5.6 g	8%	12 g	17%
of which saturates	1.2 g	6%	2.5 g	13%
Carbohydrate	21 g	8%	44 g	17%
of which sugars	1 g	1%	2 g	2%
Fibre	1 g	4%	2.1 g	8%
Protein	12 g	24%	25 g	50%
Salt	0.45 g	8%	0.93 g	16%



CONTAINS:



WHEAT



EGGS



MILK



FISH

SERVES

1

WEEK FOUR
Baked New York Style
Cheesecake

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
32054 Sysco Classic Baked New York Style Vanilla Cheesecake	129g	1 x Each

COOKING INSTRUCTIONS

Preparation

New York Style Vanilla Cheesecake - Defrost

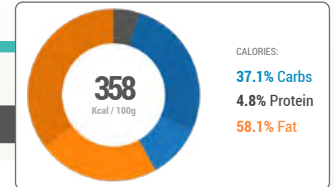
Serving

Can be served plain or with a drizzle of fruit coulis

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 129G SERVING	%RI
Energy(kJ)	1492 kJ	18%	1924 kJ	23%
Energy(kcal)	358 kcal	18%	462 kcal	23%
Fat	23 g	33%	30 g	43%
of which saturates	14 g	70%	18 g	90%
Carbohydrate	33 g	13%	43 g	17%
of which sugars	24 g	27%	31 g	34%
Fibre	0.8 g	3%	1 g	4%
Protein	4.3 g	9%	5.5 g	11%
Salt	0.28 g	5%	0.36 g	6%



CONTAINS:



WHEAT



EGGS



MILK

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
WALNUTS,
PISTACHIOS

OTHER PROPERTIES:



VEGETARIAN

SERVES

1

WEEK FOUR
Battered Fish with
Tartare Sauce

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
87899 Brakes Batter	30g	
32606 Portico Classic Pacific MSC Cod Fillets	130g	
114218 Lemons	25g	

COOKING INSTRUCTIONS

Preparation

- Cod - Defrost and remove any excess moisture
- Batter Mix - Reconstitute in accordance with the manufacturers guidelines
- Lemons - Cut into wedges
- Tartare sauce - portion into serving pots

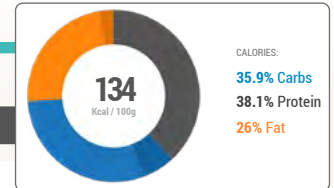
Method

- Coat the cod with batter and fry until crispy and core temperature is reached
- Serve with tartare sauce and lemon wedges

Service

- Best served with chips and mushy peas

FOOD LABELLING



UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	564 kJ	7%	1213 kJ	14%
Energy(kcal)	134 kcal	7%	288 kcal	14%
Fat	3.8 g	5%	8.3 g	12%
of which saturates	0.4 g	2%	0.9 g	5%
Carbohydrate	12 g	5%	26 g	10%
of which sugars	2.1 g	2%	4.6 g	5%
Fibre	0.5 g	2%	1 g	4%
Protein	13 g	26%	27 g	54%
Salt	0.48 g	8%	1 g	17%

CONTAINS:



MAY CONTAIN:



SERVES

12

WEEK FOUR
Hunter's Chicken

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
70071 Prime Meats Unsmoked Back Bacon	280g	
150317 Hudson's Barbeque Sauce	800g	
29150 Sysco Classic Mature White Cheddar Cheese	30g	
84380 Prime Meats British Red Tractor Chicken Breast Fillets	1.85kg	12 x Each

COOKING INSTRUCTIONS

Preparation

Grate Cheese

Method

Wrap each chicken breast with a rasher of bacon and place on a lined roasting tray.

Cover the breasts with BBQ sauce, ensuring they are well covered.

Return to the fridge to marinate for 1-2 hours.

Pre-heat the oven to 180°C

Cover the tray with foil and bake in the oven for 15 mins. Remove the foil then continue to cook for a further 10 mins.

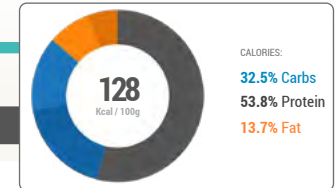
When cooked through, sprinkle each portion with cheese and return to the oven until it has melted.

Serve.

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	540 kJ	6%	1332 kJ	16%
Energy(kcal)	128 kcal	6%	315 kcal	16%
Fat	1.9 g	3%	4.8 g	7%
of which saturates	0.8 g	4%	2 g	10%
Carbohydrate	10 g	4%	25 g	10%
of which sugars	5.9 g	7%	15 g	17%
Fibre	0 g	0%	0.6 g	2%
Protein	17 g	34%	42 g	84%
Salt	0.74 g	12%	1.8 g	30%



CONTAINS:



MILK

SERVES

1

WEEK FOUR
Treachle Roly Poly
Pudding

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
4195 Sysco Essentials Treacle Roly Poly Pudding	275g	1x Each
15126 Brakes Ready to Serve Custard	100g	

COOKING INSTRUCTIONS

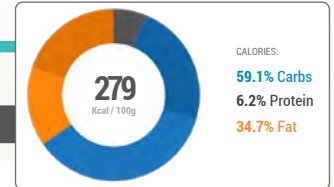
Method

Reheat portion of the pudding according to the manufacturer's guidelines
Warm the custard and serve with the roly poly

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 375G SERVING	%RI
Energy(kJ)	1172 kJ	14%	4395 kJ	52%
Energy(kcal)	279 kcal	14%	1046 kcal	52%
Fat	11 g	16%	40 g	57%
of which saturates	6.1 g	31%	23 g	115%
Carbohydrate	41 g	16%	153 g	59%
of which sugars	16 g	18%	60 g	67%
Fibre	1.1 g	4%	4.1 g	16%
Protein	4.3 g	9%	16 g	32%
Salt	0.83 g	14%	3.1 g	52%



CONTAINS:



WHEAT



EGGS



MILK

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
WALNUTS,
PISTACHIOS

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK FOUR
Baked Beans & Cheese
on Toast

BACK TO
MENU

RECIPE INGREDIENTS

	QUANTITY	DESCRIPTION
102443 Brakes Essentials Medium Square Sliced Wholemeal Loaves	333g	
186 Sysco Classic Baked Beans in Tomato Sauce	600g	
71514 Sysco Classic Soft Spread	70g	
29150 Sysco Classic Mature White Cheddar Cheese	100g	

COOKING INSTRUCTIONS

Preparation

- Bread - toast
- Baked Beans - Heat beans until core temp is achieved
- Soft Spread - Spread on toasted bread
- Cheese - Grate

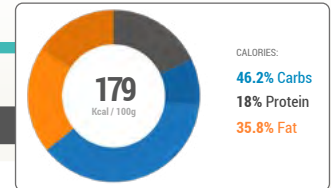
Method

- Place the toasted bread on a plate and spread with butter
- Top with beans and cheese and serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	750 kJ	9%	827 kJ	10%
Energy(kcal)	179 kcal	9%	197 kcal	10%
Fat	6.8 g	10%	7.5 g	11%
of which saturates	3 g	15%	3.3 g	17%
Carbohydrate	20 g	8%	22 g	8%
of which sugars	3.8 g	4%	4.2 g	5%
Fibre	4.4 g	18%	4.9 g	20%
Protein	7.6 g	15%	8.4 g	17%
Salt	0.74 g	12%	0.81 g	14%



CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK FOUR
Apricots & Cream

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
113908 Kerrymaid Whipping UHT 1L	600g	
106066 Tate & Lyle Fairtrade Icing Sugar 1kg	150g	
86874 Preema Vanilla Essence 500ml	10g	
89206 Brakes Apricot Halves in Juice	1.2kg	

COOKING INSTRUCTIONS

Preparation

Whip the cream with the icing sugar and vanilla to soft peaks
Drain apricots

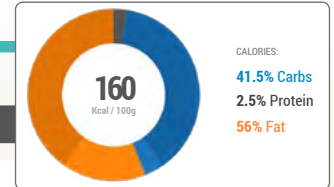
Method

Place apricots in the bowl
Top with whipped cream
Serve

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 196G SERVING	%RI
Energy(kJ)	666 kJ	8%	1305 kJ	16%
Energy(kcal)	160 kcal	8%	313 kcal	16%
Fat	9.8 g	14%	19 g	27%
of which saturates	7 g	35%	14 g	70%
Carbohydrate	16 g	6%	32 g	12%
of which sugars	15 g	17%	29 g	32%
Fibre	1.1 g	4%	2.2 g	9%
Protein	1 g	2%	1.9 g	4%
Salt	0.03 g	1%	0.06 g	1%



CONTAINS:



MILK

SERVES



WEEK FOUR
Shepherd's Pie

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
28326 Sysco Classic Tomato Paste	30g	
136677 Sysco Classic Gluten Free Fine Gravy Granules	100g	
450693 Carrots CLASS II	200g	
132623 Wilsons Halal Lamb Mince	700g	
10469 Cooking Onions	100g	
4753 Sysco Classic Choice Garden Peas	200g	
450066 Maris Piper Potatoes	1.5kg	
70219 Wholesome Farms Fresh British Whole Milk	200ml	
71514 Sysco Classic Soft Spread	20g	
29150 Sysco Classic Mature White Cheddar Cheese	180g	

COOKING INSTRUCTIONS

Preparation

Dice Onions
Grate Cheese

Method

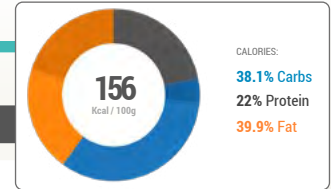
Pre-heat oven to 180°C
In a large saucepan boil the peeled potatoes until softened and drain
Mash the potatoes with the butter and milk until smooth and set aside
In another pan, heat oil and add onions and diced carrots - sauté for 3-4 mins
Add mince and cook until browned
Add tomato puree

Make up the gravy as per the packet instructions and add to the mix before allowing to simmer until the meat is tender
Add peas and cook for 5 mins
Place mince mix in desired baking tray
Place mashed potato on top and sprinkle over the grated cheese
Cook in oven for approx. 40 mins

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 343G SERVING	%RI
Energy(kJ)	655 kJ	8%	2247 kJ	27%
Energy(kcal)	156 kcal	8%	536 kcal	27%
Fat	6.8 g	10%	23 g	33%
of which saturates	3.4 g	17%	12 g	60%
Carbohydrate	15 g	6%	50 g	19%
of which sugars	1.7 g	2%	5.9 g	7%
Fibre	1.5 g	6%	5.1 g	20%
Protein	8.4 g	17%	29 g	58%
Salt	0.83 g	14%	2.9 g	48%



CONTAINS:



SERVES

10

WEEK FOUR
Grilled Pork with Grain
Mustard Sauce

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
32739 Brakes Pork Loin Steaks	1.13kg	10x Each
33568 Sysco Classic Extended Life Rapeseed Oil	50g	
87894 Gourmet Classic Chardonnay Cooking Wine 3 Litres	50g	
100446 Brakes Chicken Flavour Bouillon Paste	6g	
1 Tap Water (for VC recipes)	250g	
112159 Kerrymaid Double	200g	
88932 Sysco Classic Wholegrain Mustard	50ml	
450450 Fresh Flat Leaf Parsley	10g	
121379 Sysco Classic Salt	1g	
33578 Sysco Classic Ground White Pepper	1g	
10469 Cooking Onions	150g	

COOKING INSTRUCTIONS

Method

Peel and dice onion finely

Pick and chop parsley

Make stock up with water

Season the pork loin steaks, seal in hot pan until golden all over, place in to a baking tray and oven cook until core temperature is reached

Add onions to the pan used to fry the pork and gently fry until soft

Remove the steaks from the tray and pour the cooking juices into the pan with the onions, add the wine and reduce down by 3/4

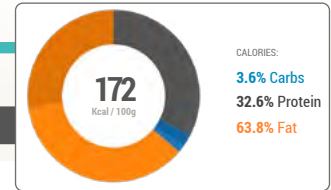
Once reduced add the stock, cream and grain mustard mix well and cook until reduced and thickened slightly

Serve the pork steak with the sauce

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 171G SERVING	%RI
Energy(kJ)	714 kJ	9%	1219 kJ	15%
Energy(kcal)	172 kcal	9%	293 kcal	15%
Fat	12 g	17%	21 g	30%
of which saturates	5.2 g	26%	8.8 g	44%
Carbohydrate	1.6 g	1%	2.7 g	1%
of which sugars	1 g	1%	1.7 g	2%
Fibre	0.5 g	2%	0.7 g	3%
Protein	14 g	28%	24 g	48%
Salt	0.33 g	6%	0.56 g	9%



CONTAINS:



MILK



MUSTARD



SULPHITES

SERVES

10

WEEK FOUR
Toffee Sponge with
Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71514 Sysco Classic Soft Spread	175g	
350098 Tate & Lyle Caster Sugar 2kg	175g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	175g	
9711 Sysco Classic Self Raising Flour	175g	
86874 Preema Vanilla Essence 500ml	5g	
70219 Wholesome Farms Fresh British Whole Milk	50ml	
16296 Sysco Classic Toffee Sauce	500g	
15126 Brakes Ready to Serve Custard	700g	

COOKING INSTRUCTIONS

Preparation

- Beat eggs with milk and vanilla
- Custard - heat on a low heat or in the microwave
- Toffee sauce - heat on a low heat or in the microwave

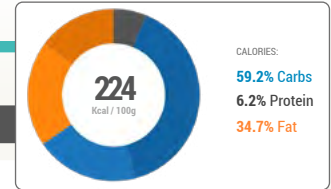
Method

- Pre-heat the oven to 160°C
- In a mixer beat the butter and sugar together until light and fluffy
- Slowly add the egg mixture until fully incorporated
- Add the flour and mix until combined being careful to not over-mix
- Add the cake mixture to a baking tin and bake until golden and a skewer comes out clean
- Make insertions in the top of the sponge while still warm and coat with toffee sauce
- Best served warm with hot custard

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	942 kJ	11%	1841 kJ	22%
Energy(kcal)	224 kcal	11%	438 kcal	22%
Fat	8.6 g	12%	17 g	24%
of which saturates	3.7 g	19%	7.2 g	36%
Carbohydrate	33 g	13%	65 g	25%
of which sugars	22 g	24%	44 g	49%
Fibre	0.5 g	2%	0.7 g	3%
Protein	3.4 g	7%	6.7 g	13%
Salt	0.37 g	6%	0.73 g	12%



CONTAINS:



WHEAT



EGGS



MILK

SERVES

10

WEEK FOUR
Tomato & Spinach
Frittata with Mixed
Leaves

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
29150 Sysco Classic Mature White Cheddar Cheese	80g	
33568 Sysco Classic Extended Life Rapeseed Oil	15g	
10469 Cooking Onions	150g	
450672 Tomatoes MM	200g	
10481 Curly Parsley	10g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	593g	
10428 Baby Leaf Spinach	150g	
450250 Mixed Salad Leaves	300g	

COOKING INSTRUCTIONS

Preparation

- Onions - Peel and dice onions
- Cheese - Grate
- Spinach - Wash
- Tomatoes - Dice into 2 cm dice
- Parsley - Pick and chop parsley
- Beat eggs together with chopped parsley

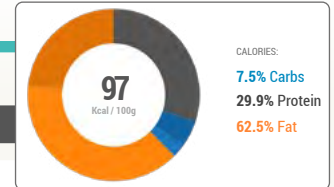
Method

- In a frying pan heat the oil and fry the onions until they start to colour
- Add the diced tomato and spinach and continue to cook until all items are mixed well together
- Remove from pan and place in an oven proof dish
- Pour over egg and parley mix and sprinkle with cheese
- Bake at 180°C for approx. 30 min until set and core temperature is achieved
- Serve with mixed leaves

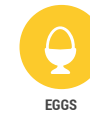
FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	403 kJ	5%	604 kJ	7%
Energy(kcal)	97 kcal	5%	145 kcal	7%
Fat	6.6 g	9%	9.9 g	14%
of which saturates	2.5 g	13%	3.7 g	19%
Carbohydrate	1.8 g	1%	2.7 g	1%
of which sugars	1.2 g	1%	1.8 g	2%
Fibre	0.8 g	3%	1.1 g	4%
Protein	7.1 g	14%	11 g	22%
Salt	0.27 g	5%	0.4 g	7%



CONTAINS:



EGGS



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

1

WEEK FOUR
Lemon Tart

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
114805 Brakes Gluten Free Lemon Tart	108g	1x Each
100536 DaVinci Raspberry Dessert Sauce	15g	

COOKING INSTRUCTIONS

Preparation

Lemon Tart - Defrost

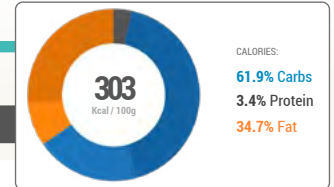
Method

Serve chilled with a drizzle of raspberry sauce

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 123G SERVING	%RI
Energy(kJ)	1274 kJ	15%	1567 kJ	19%
Energy(kcal)	303 kcal	15%	373 kcal	19%
Fat	11 g	16%	14 g	20%
of which saturates	8.8 g	44%	11 g	55%
Carbohydrate	46 g	18%	57 g	22%
of which sugars	32 g	36%	39 g	43%
Fibre	2.9 g	12%	3.6 g	14%
Protein	2.5 g	5%	3.1 g	6%
Salt	0.18 g	3%	0.22 g	4%



CONTAINS:



EGGS



MILK

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
WALNUTS,
PISTACHIOS

OTHER PROPERTIES:



VEGETARIAN

SERVES

20

WEEK FOUR
Roast Topside of Beef
with Yorkshire Pudding

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33568 Sysco Classic Extended Life Rapeseed Oil	60g	
350091 Sysco Classic Plain Flour	100g	
100448 Brakes Beef Flavour Bouillon Paste	50g	
132644 Maldon Sea Salt Flakes 570g	5g	
134293 Sysco Classic Cracked Black Pepper 425g	5g	
10469 Cooking Onions	100g	
450693 Carrots CLASS II	100g	
10228 Celery	100g	
10439 Fresh Garlic	15g	
113877 Rosemary	80g	
136123 Sysco Classic Beef Topside Joint	3.3kg	
3090 Brakes 3" Fully Baked Yorkshire Puddings	567g	20 x Each

COOKING INSTRUCTIONS

Preparation

- Beef Topside - Cut the beef joint to size
- Cooking Onions - Peel & chop
- Carrots - Peel & chop
- Celery - Wash & chop
- Garlic - Peel & chop
- Brakes Beef Bouillon Mix - Make up with 2ltr water

Method

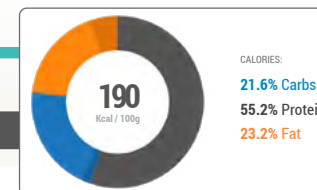
- Pre-heat the oven to 180°C
- Put the prepared vegetables, garlic & herbs into a roasting tray.
- Place the beef on top and drizzle with oil. Rub in the salt & black pepper.
- Cook for approx. 2 hours, basting every 30 mins to add flavour and moisture.

- Remove the beef from the oven and check core temperature has been achieved.
- Remove the beef from the tray and cover with foil and leave to rest for approx. 30 mins.
- Remove the vegetables from the tray and spoon out as much fat as possible to leave the meat juices.
- Place the roasting tray on the hob and stir in the flour.
- Add the beef stock and whisk until smooth, checking the consistency and seasoning.
- Strain and serve with the beef.
- Bake the Yorkshire Puddings as per packet instructions.
- Carve the beef and serve all the elements together

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 159G SERVING	%RI
Energy(kJ)	801 kJ	10%	1275 kJ	15%
Energy(kcal)	190 kcal	10%	302 kcal	15%
Fat	4.9 g	7%	7.7 g	11%
of which saturates	1.1 g	6%	1.8 g	9%
Carbohydrate	10 g	4%	16 g	6%
of which sugars	0.9 g	1%	1.4 g	2%
Fibre	0.8 g	3%	1.2 g	5%
Protein	26 g	52%	41 g	82%
Salt	0.73 g	12%	1.2 g	20%



CONTAINS:



WHEAT



EGGS



MILK



CELERY

SERVES

10

WEEK FOUR
**Salmon & Broccoli
 Crumble**

BACK TO
 MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
4794 Brakes Diced Mixed Peppers	100g	
71514 Sysco Classic Soft Spread	120g	
114951 Sysco Classic Plain Flour	180g	
591056 Harvest Home Corn Flakes 7kg	20g	
29150 Sysco Classic Mature White Cheddar Cheese	40g	
10469 Cooking Onions	150g	
450693 Carrots CLASS II	100g	
10481 Curly Parsley	20g	
53910 Portico Classic Diced MSC Pacific Salmon (skinless, boneless)	250g	
106540 Broccoli Florets 2.5Kg	300g	
70219 Wholesome Farms Fresh British Whole Milk	500ml	

COOKING INSTRUCTIONS

Preparation

- Large Onions - Peeled and diced
- Diced Salmon (skinless, boneless) - Defrosted
- Carrots CLASS II - Peeled and diced
- Brakes Broccoli Florets - Defrosted
- Soft spread - Half for the sauce and half for the crumble topping
- Plain Flour - 60g for sauce and 120g for crumble topping
- Parsley - Picked and chopped
- Cheese - Grate

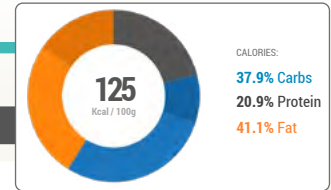
Method

- Pre-heat oven to 180°C
- In a saucepan add spread with onions, carrots and peppers
- Add flour to make a roux then add milk a little at a time until its all gone
- Add the broccoli, salmon and chopped parsley and pour into an oven proof dish
- Using the other half of the spread make the topping by rubbing into the flour and add the cornflakes and cheese
- Top the salmon mix with crumble and bake until golden and the core temp is achieved

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	525 kJ	6%	934 kJ	11%
Energy(kcal)	125 kcal	6%	223 kcal	11%
Fat	5.6 g	8%	10 g	14%
of which saturates	2.1 g	11%	3.7 g	19%
Carbohydrate	12 g	5%	21 g	8%
of which sugars	2.8 g	3%	5 g	6%
Fibre	1.4 g	6%	2.4 g	10%
Protein	6.4 g	13%	11 g	22%
Salt	0.2 g	3%	0.36 g	6%



CONTAINS:



SERVES

15

WEEK FOUR
Cherry Pie with Custard

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
35496 Brakes Red Cherry Pie Filling	1kg	
4309 Sysco Essentials Shortcrust Pastry Blocks	1.5kg	
15126 Brakes Ready to Serve Custard	1kg	
350099 Tate & Lyle Demerara Sugar 3kg	100g	

COOKING INSTRUCTIONS

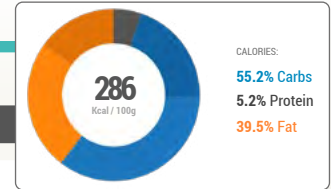
Method

- Roll out the pastry to line 2 x 8" pie dishes.
- Pre-heat the oven to 180°C
- Put the cherry pie filling into the pastry bases
- Roll out the remaining pastry and top the pies. Use any trimmings to decorate if desired.
- Brush the pie with water and sprinkle over the sugar.
- Bake for 20-25 mins until the pastry is golden brown and the core temperature has been achieved.
- Heat the custard as per pack instructions and serve with the warm pie

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 204G SERVING	%RI
Energy(kJ)	1199 kJ	14%	2446 kJ	29%
Energy(kcal)	286 kcal	14%	584 kcal	29%
Fat	12 g	17%	25 g	36%
of which saturates	4.7 g	24%	9.5 g	48%
Carbohydrate	39 g	15%	79 g	30%
of which sugars	14 g	16%	29 g	32%
Fibre	3.5 g	14%	7.1 g	28%
Protein	3.7 g	7%	7.5 g	15%
Salt	0.42 g	7%	0.85 g	14%



CONTAINS:



WHEAT



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK FOUR
Cheese Ploughman's

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
102443 Brakes Essentials Medium Square Sliced Wholemeal Loaves	333g	
18421 Green Valley Dairy Full Fat Soft Cheese	150g	
71507 Brakes Blue Stilton® Wedges	400g	
450672 Tomatoes MM	200g	
10230 Cucumber	200g	
450693 Carrots CLASS II	250g	
450528 Golden Delicious Apples	394g	
29150 Sysco Classic Mature White Cheddar Cheese	400g	

COOKING INSTRUCTIONS

Preparation

- Slice tomatoes
- Slice cucumber
- Peel and grate carrots
- Golden Delicious Apples - Cut into wedges and remove core
- Bread & Cream Cheese - Spread cream cheese onto bread
- Mature Cheddar - Cut into wedges
- Stilton - Halve wedges

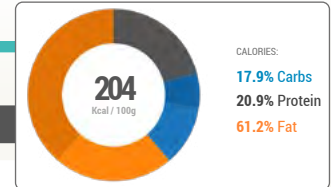
Method

Serve a selection of the ingredients on a plate as per resident requirement

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 233G SERVING	%RI
Energy(kJ)	851 kJ	10%	1980 kJ	24%
Energy(kcal)	204 kcal	10%	476 kcal	24%
Fat	14 g	20%	32 g	46%
of which saturates	8.7 g	44%	20 g	100%
Carbohydrate	9 g	3%	21 g	8%
of which sugars	3.3 g	4%	7.7 g	9%
Fibre	1.7 g	7%	3.9 g	16%
Protein	11 g	22%	24 g	48%
Salt	0.83 g	14%	1.9 g	32%



CONTAINS:



WHEAT



MILK



SOYA

MAY CONTAIN:



BARLEY

SERVES

1

WEEK FOUR
Strawberry Gateau

BACK TO
MENU

RECIPE INGREDIENTS

3696 Sysco Classic Strawberry Gateau

QUANTITY DESCRIPTION

86g 1 x Each

COOKING INSTRUCTIONS

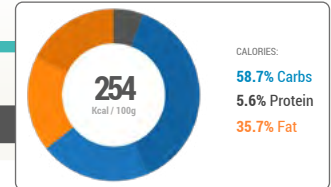
Preparation

Defrost gateau as per manufacturer instructions and serve chilled with cream (optional)

FOOD LABELLING

UK Label values per 100g

	PER 100G	%RI	PER 86G SERVING	%RI
Energy(kJ)	1065 kJ	13%	916 kJ	11%
Energy(kcal)	254 kcal	13%	218 kcal	11%
Fat	10 g	14%	8.6 g	12%
of which saturates	5 g	25%	4.3 g	22%
Carbohydrate	37 g	14%	32 g	12%
of which sugars	24 g	27%	21 g	23%
Fibre	0.8 g	3%	0.7 g	3%
Protein	3.5 g	7%	3 g	6%
Salt	0.43 g	7%	0.37 g	6%



CONTAINS:



WHEAT



EGGS



MILK

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
WALNUTS,
PISTACHIOS