

# Introducing Main Meals

TO A DRINKS-LED PUB



MEDIUM  
RISK

HIGH  
RISK

VERY HIGH  
RISK



With the Government's recent announcement regarding Covid-19 risk tiering for hospitality, should your area be in or move into **Tier 2: High Risk**, substantial meals must be served to remain open and operating.

Here are a selection of **simple to deliver familiar favourite dishes** you could introduce to your business **without the need of a chef or a cook**. We can also suggest the right equipment, crockery and cutlery to get you started.

*You're* #StongerwithBrakes

# Dishes AT A GLANCE

Combine these mains with the suggested accompaniment for simple, quick service meals.



- 1 Choose your mains
- 2 Pair with the accompaniments
- 3 Serve using the crockery and cutlery suggested
- 4 Add the condiments
- 5 Pick storage and heating equipment if needed

1. Choose your Mains			2. Pair with these Accompaniments			3. Easy service with our Crockery, Cutlery & Napkins		
CODE	PRODUCT	PACK SIZE	CODE	PRODUCT	PACK SIZE	CODE	PRODUCT	PACK SIZE
Curries & World Flavours	F32884 Brakes Beef Madras	12 x 350g				A 101384	Wide Rim Plate 27cm/10.6"	1 x 6
	F34361 Brake Chicken Tikka Masala	12 x 300g	F3795	Brakes Long Grain Rice (ve)	36 x 167g	A 89260	Economy Table Knives	1 x 12
	F114831 Brakes Panang Chicken Curry	12 x 300g	F4198	La Boulangerie Chota Naan (v)	30 x 40g	A 89261	Economy Table Forks	1 x 12
	F129070 Brakes Goan Fish Curry	12 x 350g	A114844	Geeta's Premium Mango Chutney (ve)	1 x 1.5kg	A 89262	Economy Dessert Spoon	1 x 12
	F34362 Brakes Chickpea, Sweet Potato & Spinach Curry (v)	12 x 300g				A 88289	Brakes White 2ply Napkin 33cm	2 x 300
Classic	F127590 The Authentic Food Co. Singapore Noodles (v)	18 x 350g	F32031	Brakes Cooked Chicken Kebabs	40x100g			
	F32618 Brakes Fully Baked Steak Square Pies	12 x 300g	F31559	Brakes Mashed Potato with Cracked Black Pepper (v)	1 x 2.5kg			
	F31848 Brakes Cooked Pork Sausage Sixes	30 x 70g	F32910	Brakes Roast Onion Gravy (v)	24 x 150g			
			F3205	Brakes Choice Garden Peas (ve)	1 x 1kg			
Pasta & Risotto	F119626 Brakes Cottage Pie		F3205	Brakes Choice Garden Peas (ve)	1 x 1kg			
	F124128 Brakes Fish Pie							
	F1561 Brakes Chilli Con Carne		F3795	Brakes Long Grain Rice (ve)	36 x 167g			
Vegan	F118321 Brakes Beef Lasagne	12 x 400g						
	F 32928 Brakes Roasted Vegetable Lasagne (v)	12 x 400g						
	F 32693 Brakes Spinach & Ricotta Cannelloni (v)	12 x 400g	F32000	La Boulangerie Garlic & Parsley Bread Slices (v)	85 x 24g			
	F 32725 Brakes Macaroni Cheese (v)	12 x 400g						
	F 33647 Brakes Asparagus, Broad Bean & Roasted Garlic Risotto (v)	12 x 350g						
	F126222 Brakes Jackfruit Balti (ve)	12 x 350g	F3795	Brakes Long Grain Rice (ve)	36 x 167g			
	F126221 Brakes Butternut Gobi Dhansak (ve)	12 x 350g	A114844	Geeta's Premium Mango Chutney (ve)	1 x 1.5kg			

\*Please ensure to carefully follow on pack cooking and handling guidance

## 4. Add the Condiments

CODE	PRODUCT	PACK SIZE
A 89408	Brakes Black Pepper Sachets	1 x 2000
A 89409	Brakes Salt Sachets	1 x 2000
A 3849	Brakes English Mustard Sachets	1 x 200
A 3848	Brakes Brown Sauce Sachets	1 x 200
A 3853	Brakes Tomato Ketchup Sachets	1 x 200
A 10408	Brakes Mayonnaise Sachets	1 x 200

## 5. Simple to Store & Heat

Code	Product
529151	Blizzard Light Duty Commercial Microwave, 1000W
577307	Panasonic Medium Duty Commercial Microwave, 1000W
529167	Blizzard Heavy Duty Commercial Microwave, 1800W
511869	Polar CD611 Undercounter Freezer 140 litre
585130	Vestfrost SZ248C Chest Freezer 255 litre
511738	Polar CD613 Upright Freezer 375 litre

Is there anything I need to do before I start serving food?

### GUIDANCE & REGISTRATION

For the latest government guidance go to [food.gov.uk/business-guidance/setting-up-a-food-business](https://www.food.gov.uk/business-guidance/setting-up-a-food-business)

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### TRAINING

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### EQUIPMENT

We have a wide range of cleaning and other essential products to help you prepare your premises

[brake.co.uk/news/covid-19/cleaning-products-and-equipment](https://brake.co.uk/news/covid-19/cleaning-products-and-equipment)

# Dish Allergen & lifestyle information AT A GLANCE

Simple dish detail to include on your menu.



<i>Dish</i>	<i>Vegan or Vegetarian</i>	<i>Allergens Contains:</i>	<i>Allergens May contain traces of:</i>
Curry Beef Madras, Rice, Naan & Chutney		Milk, Wheat & Gluten	Nuts, Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut
Curry Chicken Tikka Masala, Rice, Naan & Chutney		Milk, Wheat & Gluten	Nuts, Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut
Curry Penang Chicken, Rice, Naan & Chutney		Milk, Wheat & Gluten	Nuts, Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut
Curry Goan Fish, Rice, Naan & Chutney		Fish, Milk, Wheat & Gluten	Nuts, Peanuts, Sesame, Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pistachio & Walnut
Curry Chickpea, Sweet Potato & Spinach, Rice, Naan & Chutney	Vegetarian	Milk, Mustard, Wheat & Gluten	Nuts, Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut
Singapore Noodles with Chicken		Celery, Egg, Sesame, Soya, Wheat & Gluten	
Steak Pie Mash Peas Gravy		Celery, Milk, Barley, Wheat & Gluten	
Sausage Mash Peas & Gravy		Celery, Milk, Barley, Wheat & Gluten	
Cottage Pie & Peas		Celery, Milk, Barley & Gluten	
Fish Pie & Peas		Fish, Milk & Sulphites	Nuts, Almond & Cashew
Beef Chilli Con Carne with Rice		None of the 14 Allergens	
Lasagne Beef with Garlic Bread		Egg, Milk, Wheat & Gluten	Milk & Soya
Lasagne Roast Vegetables with Garlic Bread	Vegetarian	Celery, Egg, Milk, Mustard, Wheat & Gluten	Milk & Soya
Cannelloni Spinach & Rocotta with Garlic Bread	Vegetarian	Egg, Milk, Wheat & Gluten	Milk & Soya
Mac And Cheese with Garlic Bread	Vegetarian	Milk, Mustard, Wheat & Gluten	Milk & Soya
Risotto Asparagus & Broad Bean with Garlic Bread	Vegetarian	Milk, Wheat & Gluten	Celery, Egg, Milk, Mustard, Sesame, Soya, Almond, Hazelnut, Pistachio, Rye, Barley, Wheat & Gluten
Jackfruit Balti, Rice & Chutney	Vegan	Mustard	Nuts, Peanuts, Sesame, Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut
Butternut Gobi Dhansak, Rice & Chutney	Vegan	Mustard	Nuts, Peanuts, Sesame, Almond, Brazil Nut, Cashew, Hazelnut, Pecan, Pistachio & Walnut

**Disclaimer:** This information is illustrative of the dish selections on the previous page. This information can form part of your site specific allergen risk analysis, but does not replace your own allergen audit. Existing onsite allergens and controls need to be considered. [food.gov.uk/business-guidance/allergen-guidance-for-food-businesses](https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses)



# Christmas Dinner AT A GLANCE

Combine these mains with the suggested accompaniment for simple, quick service meals.

- 1 Choose the cooking method you have available 2 Add some festive tableware

## 1. Pick your cooking method

CODE	PRODUCT	PACK SIZE
F131224	Green Gourmet Cooked Turkey Breast Roast Dinner 250g	10 x 250g
A128741	Brakes Chicken Gravy	24 x 75g
F4353	Brakes Sage & Onion Stuffing Balls	160 x 25g

**ALLERGENS:** CONTAINS CONTAINS WHEAT & GLUTEN\*\*

F34325	Brakes British Cooked Sliced Turkey Breast	5 x 1kg
F128553	Brakes Redcurrant and Orange Jus	24 x 75g
F120502	Brakes Crispy Coated Roasting Potatoes	1 x 2.5kg
F123456	Aunt Bessie's Carvery Yorkshire Pudding	8 x 10
F3564	Brakes Gluten Free Cooked Pigs in Blankets	100 x 14g (av)
F4353	Brakes Sage & Onion Stuffing Balls	160 x 25g
F124560	Ardo Honey Roast Parsnips	1 x 2.5kg
F4766	Brakes Medium Brussels sprouts	1 x 2.5kg
F111085	Crops Cauliflower Cheese	1 x 2.5kg
F3205	Brakes Choice Garden Peas	1 x 1kg

**ALLERGENS:** CONTAINS CELERY, EGG, MILK, SULPHITES, BARLEY, WHEAT & GLUTEN\*\*

## 2. Add some festive cheer

CODE	PRODUCT	PACK SIZE
A131657	Duni Cozy Winter Napkins 3ply 33x33cm	1 x 250
A128089	Tom Smith Red & White Spots & Stripe Crackers 12"	1 x 50
A128060	Duni Red Star Stories Napkins 3ply 33x33cm	1 x 250
A128094	Tom Smith Red & White Trad Flittered Crackers (holly) 14"	1 x 25

Straight from  
the microwave\*

Hot from the oven\*



Images for illustrative purposes only and may not reflect actual products.

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Christmas 2020

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