

PATIENT DINING

PRODUCT & RECIPE GUIDE



A complete range of products to support your patient dining menu from breakfast through to supper, plus chef Danny has a few recipes for you to try.

SIMPLIFIED MENU PLAN & PRODUCT GUIDE

BREAKFAST

FRUIT

JAMS, SPREADS, SAUCES & EXTRAS

YOGURT - BREAD

DRINKS

MULTI-PORION MEALS

CARBOHYDRATES

VEGETABLES

RECIPES

DESSERTS & AFTER DINNER

MIXES

BREAKFAST

Breakfast is an important meal occasion as it boosts energy supplies to start the day ahead. Mealtimes are so important when in hospital as they form part of a daily routine to nourish the body and mind and encourage rehabilitation. We offer a range of products from cereals to juices and yoghurts to complement your menu plan.



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CODE	NAME	PACK SIZE
CEREAL		
A 105953	1 Brakes Corn Flakes	8 x 500g
A 102616	2 Weetabix Catering Biscuits	6 x 48
A 114966	3 Brakes Granola	4 x 2kg
A 114868	Brakes Oatflakes	4 x 2kg
A 102615	Kellogg's Rice Krispies Bag Pack	4 x 400g
A 111239	Ready Brek Smooth Porridge Oats	6 x 450g
A 105956	Brakes Crisp Puffed Rice	8 x 600g
A 114969	Brakes Swiss Style Muesli	4 x 2kg
A 27757	Weetabix Malt Crunchies Wheat Cereal	1 x 8kg
A 87397	Kellogg's Foodservice Solutions All-Bran Flakes Bulk-Pak 2 Bags	1 x 10kg
A 87395	Kellogg's Corn Flakes	1 x 10kg
A 89487	4 Nestlé Shredded Wheat	20 x 2
A 103272	Crisp Rice	1 x 7kg
A 111237	Weetabix Catering Fruit & Fibre	5 x 500g
A 111238	Weetabix Bran Flakes	5 x 500g
GLUTEN FREE		
A 119069	5 Nestlé GoFree Corn Flakes Gluten-free Cereal Box	7 x 500g
A 119070	6 Gofree Gluten Free Honey Flakes	7 x 500g
A 128997	7 Schär Gluten Free Corn Flakes	20 x 25g
A 128998	8 Schär Muesli	24 x 50g
JUICE		
A 100243	The Juice Orange Juice	12 x 1ltr
A 100244	The Juice Apple Juice	12 x 1ltr
A 26448	The Juice Cranberry Juice Drink	12 x 1ltr
A 100246	9 The Juice Grapefruit	12 x 1ltr
C 132566	ESL Orange Juice Cuplet	100 x 85ml
C 132567	10 ESL Apple Juice Cuplet	100 x 85ml

FRUIT

CODE	NAME	PACK SIZE
FRESH		
C 10300	1 Bananas	1 x 13kg
C 12035	2 Red Apples	1 x 18kg
C 12042	Granny Smith Apples	1 x 18kg
C 16571	Bananas	1 x 18kg
C 450120	Premium Braeburn Apples	1 x 13kg
C 450137	3 Pears	1 x 12kg
TINNED		
A 85164	Unpitted Prunes in Juice	1 x 2.7kg
A 9330	4 Brakes Prunes in Heavy Syrup	1 x 850g
A 33826	Brakes Prunes in Syrup	1 x 2.7kg
A 89734	5 Plum Halves in Juice	1 x 2.6kg
A 5135	Brakes Whole Grapefruit Segments in Apple Juice	1 x 3kg
A 94	6 Brakes Whole Mandarin Segments in Light Syrup	1 x 2.6kg
A 89698	Brakes Broken Mandarin Segments in Light Syrup	1 x 2.6kg



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JAMS, SPREADS, SAUCES & EXTRAS



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CODE	NAME	PACK SIZE
A 34023	1 Brakes Marmalade Portions	100 x 20g
C 78252	2 Lakeland Butter Portions	6 x 100 (6.2g ptns)
A 100050	3 Marmite Portions	4 x 24 x 8g
A 34022	Brakes Assorted Jam Portions	100 x 20g
A 34024	Brakes Strawberry Jam Portions	100 x 20g
A 141	Robertsons Assorted Marmalade Portions	100 x 20g
A 2911	Hartley's Assorted Jam Portions	100 x 20g
A 3154	Hartley's Raspberry Jam Portions	100 x 20g
A 4324	Hartley's Blackcurrant Jam Portions	100 x 20g
C 19510	4 Flora Original 10g Portions	2 x 100
A 29379	Brakes Clear Blossom Honey Portions	100 x 20g
A 121046	Sun-Pat Peanut Butter Portions	160 x 15g
C 70978	5 Brakes Sunflower Spread Dishes	1 x 100

SAUCES

A 132547	6 it's Mint Sauce	1 x 200
A 132548	it's Horseradish	1 x 200
A 10408	Brakes Mayonnaise Sachets	1 x 200
A 3849	7 Brakes English Mustard Sachets	1 x 200
A 3851	Brakes Salad Cream Sachets	1 x 200
A 3848	Brakes Brown Sauce Sachets	1 x 200
A 33602	Brakes Vinegar Sachets	1 x 200
A 100362	Brakes Tartare Sauce Sachets	1 x 200
A 119593	8 Brakes BBQ Sauce Sachets	1 x 200

SALT & PEPPER

A 132672	Reflex Pepper Sachets	1 x 2000
A 89409	Brakes Salt Sachets	1 x 2000
A 89408	9 Brakes Black Pepper Sachets	1 x 2000
A 3291	10 Lo Salt Standard Sachets	1 x 1000



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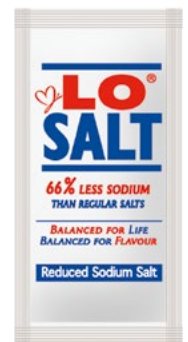
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YOGURT & BREAD

CODE	NAME	PACK SIZE
YOGURT		
C 31526	1 Ubley Thick 'n' Creamy Fruited Yogurt Mixed Case	12 x 150g
C 118561	2 Alpro Plain Yogurt Alternative	1 x 500g
C 74858	Alpro Soya Dairy Free Alternative with Yogurt Culture	24 x 125g
C 28420	3 Müllerlight Assorted Strawberry, Vanilla, Toffee	12 x 100g
C 28419	Müllerlight Assorted Strawberry, Mango & Passionfruit, Mandarin	12 x 100g
C 74859	Yeo Valley Fruity Favourites Mixed Case Yogurt	12 x 120g
C 71156	Müllerlight Strawberry	12 x 160g
C 15912	Rowan Glen Rich & Creamy Mixed Case Yogurt	12 x 85g
BREAD		
F 33512	4 La Boulangerie Extra Thick Sliced White Farmhouse Split Tin Loaf	8 x 800g
F 33513	La Boulangerie Extra Thick Sliced Grain Farmhouse Split Tin Loaf	8 x 800g
F 102444	La Boulangerie Thick Square Sliced White Loaves	8 x 800g
F 102445	5 La Boulangerie Thick Square Sliced Wholemeal Loaves	8 x 800g
F 2815	La Boulangerie English Muffins	48 x 72g
F 4884	La Boulangerie Fully Baked Plain Bagels	48 x 100g
F 55690	La Boulangerie Fully Baked Multiseed Bagels	48 x 100g
A 450381	Roberts Medium Sliced Brown Loaves	6 x 800g
A 450385	Roberts Medium Sliced White Loaves	6 x 800g
GLUTEN FREE		
F 132421	New York Bakery Gluten Free Seeded Bagel	24 x 72g
F 114272	6 La Boulangerie Gluten Free Multigrain Loaf	1 x 6
F 114271	La Boulangerie Gluten Free White Loaf	1 x 6



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DRINKS

Keeping hydrated is so important when recovering in hospital, so a good tasting cup of tea or coffee can encourage patients to keep hydrated. We offer a good range of hot beverages along with alternatives to tea and coffee in easy to store tubs or individual sachet formats. Cannot find what you're looking for? We have more on our website in our drinks and snacks section.

See <https://www.brake.co.uk/drinks-snacks/hot-beverages>



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CODE	NAME	PACK SIZE
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TEA

A 85126	Brakes Fairtrade 1 Cup Tea Bags	1 x 1100
A 87465	1 Brakes Essentials 1 Cup Teabags	1 x 1100
A 33774	Brakes Bulk Brew Tea Bags	1 x 84
A 100053	2 Tetley 1 Cup Catering Teabags	1 x 1100
A 88427	Tetley Decaf String & Tag envelope	6 x 25
A 16250	Tetley Tea Bags	1 x 1540
A 522	3 Typhoo 1100 Tea Single Serve Teabags 2.5kg	1 x 1100

COFFEE

A 89872	4 Kenco Rich Instant Coffee	1 x 750g
A 3436	5 Maxwell House Rich Instant Coffee Tin	1 x 750g
A 681	Nescafé Original Instant Coffee Granules Tin	1 x 750g
A 1791	Nescafé Gold Blend Instant Coffee	1 x 750g
A 88549	6 Arriba Rich Roast	1 x 750g
A 89873	Kenco Decaf Instant Coffee	1 x 500g
A 488	Nescafé Gold Blend Instant Coffee Tin	1 x 500g
A 6197	Nescafé Gold Blend Decaf Instant Coffee	1 x 500g
A 105848	Nescafé Gold Blend Granules Refill	1 x 600g



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▶▶ CONTINUED

DRINKS



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CODE	NAME	PACK SIZE
MILK BASED & HOT CHOCOLATE		
A 28502	1 Ovaltine Original add milk Malted Cocoa Drink Jar	1x800g
A 16808	Arriba Instant Hot Chocolate Sachets	1x50
A 505	2 Horlicks The Original Malted Milk Drink Traditional	1x2kg
MILK		
C 70325	3 Brakes Fresh Whole Milk	6 x 2.27ltr
C 70201	Brakes Fresh Semi Skimmed Milk Pergal	1 x 3 galls
A 87940	Brakes UHT Semi-Skimmed Milk Portions	120 x 10ml
A 113654	Alpro For Professionals Soya Long Life Drink	1 x 1ltr
A 132718	Marvel Skimmed Milk Powder	1 x 2kg
A 6365	Brakes UHT Whole Milk Portions	1 x 120
A 120587	Lakeland UHT Semi Skimmed Milk in a Stick	240 x 10ml
A 129443	4 Champion Soya Milk Jiggers	80 x 12g
SUGAR		
A 308	Brakes Granulated Sugar	1 x 25kg
A 8816	Brakes Granulated Sugar	1 x 10kg
A 34030	Brakes White Sugar Sticks	1 x 1000
A 34031	Brakes Demerara Sugar Sticks	1 x 1000
A 33720	5 Brakes White Sugar Sachets	1 x 1000
A 33719	6 Brakes Demerara Sugar Sachets	1 x 1000



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GO BACK



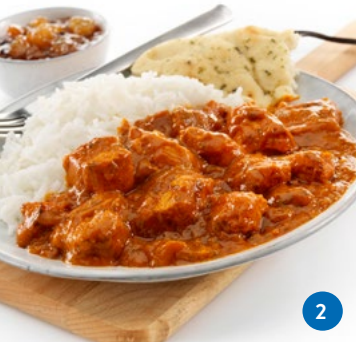
MULTI-PORTION MEALS

Our meal solutions range is vast, covering everything from prepared meals to pizza and meat-free options. We are continually innovating and adding to our range to bring you products that will deliver a cost effective and time saving solution, use with our vegetable and carb range to offer your patients a great tasting meal.

We understand the challenges you face, whether it's time and cost constraints in the kitchen, introducing free-from and meat-free products, or adding innovative dishes to your menu.



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CODE	NAME	PACK SIZE
F 1071	1 Brakes Chicken Korma	2 x 1.36kg
F 1175	2 Brakes Chicken Tikka Masala	2 x 1.36kg
F 31622	3 Brakes Three Bean Chilli	2 x 1.36kg
F 31639	Brakes Vegetable Tikka Masala	2 x 1.36kg
F 31638	Brakes Chilli Con Carne	2 x 1.36kg
F 31919	Brakes Potato, Cheese, Onion & Leek Bakes	2 x 1.36kg
F 31637	4 Brakes Sweet & Sour Chicken	2 x 1.36kg
F 32563	Brakes Spinach & Ricotta Cannelloni	2 x 1.4kg
F 30034	5 Brakes Broccoli & Cheese Bakes	2 x 1.36kg
F 30266	6 Brakes Chicken Curry	2 x 1.36kg
F 30279	Brakes Vegetable Lasagne Verdi	2 x 1.36kg
F 30267	Brakes Chicken Casserole	2 x 1.36kg
F 30287	7 Brakes Cottage Pie	2 x 1.36kg
F 30283	Brakes Macaroni Cheese	2 x 1.36kg
F 30276	Brakes Meatballs in Tomato Sauce	2 x 1.36kg
F 30272	Brakes Braised Beef with Mushrooms	2 x 1.36kg
F 30290	Brakes Shepherd's Pie	2 x 1.36kg
F 30289	Brakes Cauliflower Cheese	2 x 1.36kg
F 30308	8 Brakes Pasta Tuna Bake	2 x 1.36kg
F 30596	Brakes Pasta Bolognese	2 x 1.36kg
F 30599	9 Brakes Sliced Beef in Gravy	2 x 1.19kg
F 30602	Brakes Sliced Pork in Gravy	2 x 1.19kg
F 30603	Brakes Sliced Turkey in Gravy	2 x 1.19kg
F 33014	Brakes Cheese & Tomato Pasta Bakes	2 x 1.34kg
F 31962	10 Brakes Vegetable Hot Pot	2 x 1.36kg



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CARBOHYDRATES

CODE	NAME	PACK SIZE
F 4740	1 Brakes British Roasting Parsnips	1 x 1.5kg
F 30808	2 Brakes Basmati Rice Portions	30 x 200g
F 3798	Brakes Pilau Rice Portions	36 x 167g
F 32912	Brakes Dressed Penne Pasta	24 x 200g
F 34415	Cooked Frozen Penne Pasta (Quills)	4 x 2.5kg
F 14403	Brakes Italian Penne Pasta	6 x 500g
F 32913	3 Brakes Dressed Linguine Pasta	24 x 200g
F 123388	Brakes Italian Linguine	1 x 5kg
F 123384	Brakes Italian Short Cut (10") Spaghetti	1 x 5kg
F 36143	4 Brakes Hash Browns	1 x 2.5kg
F 3945	Brakes Mashed Potato	1 x 2.5kg
F 30080	Brakes Seasoned Herby Potato Dice	1 x 2.5kg
F 111086	Lutosa Potato Gratin Dauphinoise	1 x 2.5kg
F 3939	Brakes 35 Baked British Jacket Potatoes Medium	1 x 35
F 4625	Brakes Basic Grade Roasting Potatoes	1 x 2.5kg
F 3919	Brakes Potato Croquettes	1 x 2.5kg
F 3894	Brakes Medium Cut Chips 7/16	6 x 2.5kg
F 110934	5 Brakes Random Cut Skin on Chips	4 x 2.5kg
F 30084	Brakes Seasoned Wedge Fries	1 x 2.5kg
F 121197	6 Crops Tabbouleh	1 x 2.5kg
F 31559	7 Brakes Mashed Potato with Cracked Black Pepper	1 x 2.5kg
F 120502	Brakes Crispy Coated Roasting Potatoes (shown below)	1 x 2.5kg
F 71063	8 Gnocchi	3 x 1kg



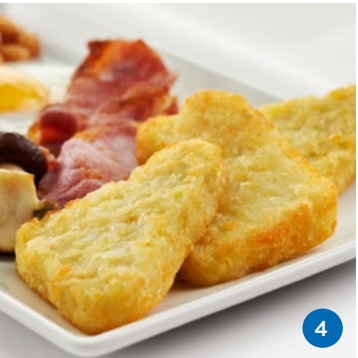
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VEGETABLES



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CODE	NAME	PACK SIZE
F 4782	1 Brakes Sweetcorn	1 x 2.5kg
F 4753	2 Brakes Choice Garden Peas	1 x 2.5kg
F 4748	Brakes Broccoli Florets	1 x 2kg
F 4768	Brakes Cauliflower florets	1 x 2.5kg
F 4760	3 Brakes Fine Whole Green Beans	1 x 2.5kg
F 4789	Brakes Mixed Vegetables	1 x 2.5kg
F 30927	Brakes Supersweet Half Cut Corn on the Cob	1 x 12
F 3840	4 Brakes Whole Leaf Spinach Portions	1 x 2.5kg
F 129517	Ardo Mexican Roasted Corn	1 x 1kg
F 4771	Brakes Shredded Savoy Cabbage	1 x 1.5kg
F 4800	5 Brakes Sliced Mushrooms	1 x 1.5kg
F 4743	Brakes Asparagus Spears	1 x 1kg
F 30715	Brakes Carrot and Swede Baton Mix	1 x 1.5kg
F 30501	Brakes Diced Onions	1 x 1.5kg
F 4794	6 Brakes Diced Mixed Peppers	1 x 1.5kg
F 4793	Brakes Sliced Mixed Peppers (pictured below)	1 x 1.5kg
F 33563	Brakes Mushy Processed Peas	1 x 2.61kg
F 186	Brakes Baked Beans in Tomato Sauce	1 x 2.62kg



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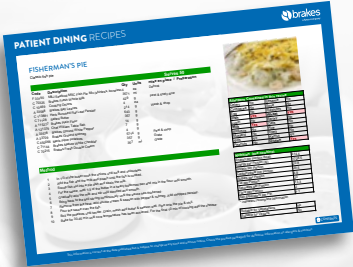
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Recipes



Fisherman's Pie



Sausage Casserole
with Sage Dumplings

Braised Vegetarian Sausage

British Beef & Mushroom Pie

Chicken Balti

Bread & Butter Pudding



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FISHERMAN'S PIE

Classic fish pie

Serves 50

Code	Description	Qty	Units	mise en place / Preparation
F 33190	M&J Seafood MSC Fish Pie Mix (skinless, boneless)	4	ea	Defrost
C 70325	Brakes Fresh Whole Milk	3571	ml	
C 10469	Cooking Onions	429	g	Peel & finely dice
A 33588	Brakes Bay Leaves	4	ea	
C 113881	Herb Bunched Flat Leaf Parsley	214	g	Wash & chop
C 71128	Salted Butter	643	g	
A 115277	Brakes Plain Flour	357	g	
A 121379	Chef William Table Salt	14	g	
A 33578	Brakes Ground White Pepper	7	g	
A 33709	Brakes Ground Nutmeg	4	g	
C 450066	Maris Piper Potatoes	5714	g	Peel & chop
C 71144	Brakes Mature White Cheddar	357	g	Grate
C 70215	Brakes Fresh Double Cream	357	ml	Grate



Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	Soya	No
Egg	No	Sulphites	No
Fish	Yes	Wheat	Yes
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

Nutrition (pre-cooking)

Energy per Portion (kcal)	414.4
Energy per Portion (kj)	1728.5
Protein per Portion	20.8
Carbohydrate per Portion	29.5
Sugars per Portion	4.9
Fat per Portion	23
Saturates per Portion	13.3
Fibre per Portion	2
Salt Equivalent per Ptn	1.1

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

Method

- In 1/3 of the 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 1/3 of the 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 butter & season well. Pipe onto the pie & chill.
- Bake for 30-45 min until core temperature has been achieved. For the final 10 min of cooking add the cheese.

SAUSAGE CASSEROLE WITH SAGE DUMPLINGS

Cumberland Sausage Casserole with Sage Dumplings

Serves 50

Code	Description	Qty	Units	mise en place / Preparation
C 70196	Prime Meats British Cumberland Eights	100	ea	
C 10469	Cooking Onions	833	g	Peel & slice
C 10288	Leeks	417	g	Wash & slice
C 450693	Carrots CLASS II	417	g	Peel & dice into 3 cm cubes
C 74088	Unsalted Butter	208	g	
A 29651	Brakes Cracked Black Pepper	8	g	
A 33831	Brakes Gluten Free Fine Gravy Granules	312	g	Make up with 4ltr water
A 100259	Brakes Extended Life Rapeseed Oil	292	g	
A 33567	Vegetarian Suet	500	ml	
A 115278	Brakes Self Raising Flour	1000	g	
A 33594	Brakes Sage	8	g	



Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	Soya	No
Egg	No	Sulphites	Yes
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

Nutrition (pre-cooking)

Energy per Portion (kcal)	496.5
Energy per Portion (kj)	2069.7
Protein per Portion	14.9
Carbohydrate per Portion	36.1
Sugars per Portion	3.7
Fat per Portion	31.6
Saturates per Portion	11.6
Fibre per Portion	4*
Salt Equivalent per Ptn	2.7

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

Method

- 1 Heat a little oil in a frying pan and add sausages. Cook until golden brown, then keep warm.
- 2 In a heavy bottomed pan, heat the butter and add the onion, leek & carrot and cook gently until softened.
- 3 Add the sausages, veg and the gravy to a gastro tray and bake in the oven at 160°C for 20 mins.
- 4 Prepare the dumplings by combining the flour, suet, sage & a little water to form a dough. Roll out 50 dumplings.
- 5 Add the dumplings to the sausage mix & cook for a further 15 min at 180°C until the dumplings are cooked.
- 6 Check the casserole has achieved the correct core temperature and serve.

BRAISED VEGETARIAN SAUSAGE

Vegetarian sausages braised in gravy, with carrots and celery

Serves 50

Code	Description	Qty	Units	mise en place / Preparation
F 111699	Quorn Vegan Best of British Sausage	5000	g	
C 74088	Unsalted Butter	250	g	
C 10469	Cooking Onions	750	g	Peel & slice
A 7103	Bisto Vegetarian Gravy Granules	600	g	Make up with 1.5ltr water
C 113881	Herb Bunched Flat Leaf Parsley	300	g	
A 115285	Tate & Lyle Demerara Cane Sugar	100	g	
A 29651	Brakes Cracked Black Pepper	5	g	
C 450694	Carrots	750	g	Peel & chop
C 10228	Celery	750	g	Wash & chop
A 1	Tap Water (for VC recipes)	7500	ml	



Allergens Contained in this recipe

Celery	Yes	Sesame	No
Crustacea	No	Soya	Yes
Egg	No	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	Yes
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

Method

Estimated Cooking Time: 0

- 1 Pre-heat the oven to 180°C
- 2 Lay the frozen sausages on a lined baking tray and bake for 10-15 min until brown and cooked through.
- 3 Put into a casserole dish.
- 4 In a pan fry the vegetables in the butter and when cooked, add the brown sugar to caramelize slightly.
- 5 Add the onions to the casserole dish with the sausages.
- 6 Add 1.5ltrs vegetable gravy to the sausages and onions, put the lid on and simmer for 10 min.
- 7 Check seasoning and consistency and finish with parsley

Nutrition (pre-cooking)

Energy per Portion (kcal)	319.3
Energy per Portion (kj)	1334.7
Protein per Portion	17.8
Carbohydrate per Portion	24.5
Sugars per Portion	7.5
Fat per Portion	15.4
Saturates per Portion	7.8
Fibre per Portion	5.5
Salt Equivalent per Ptn	2.5

* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

[←←BACK TO MENUS](#)

BRITISH BEEF & MUSHROOM PIE

Slow cooked beef in a mushroom gravy

Serves 50

Code	Description	Qty	Units	mise en place / Preparation
C 15290	Prime Meats British Diced Beef	5500	G	Divide sunflower oil into 3 for recipe stages
A 470829	Vegetable Oil	500	ML	
C 13120	Peeled Garlic	100	G	Blitz garlic with some of the oil until smooth
C 10291	Large Onions 2.5kg	2800	G	Peel and dice onions in 3cm cubes
C 12020	Fennel	700	G	Trim fennel, halve and cut into 3cm cubes
C 450694	Carrots	700	G	Peel and dice carrots into 3 cm cubes
C 10330	Breakfast Mushrooms	5000	G	Clean and slice mushrooms
A 28326	Brakes Tomato Paste	300	G	Mix beef bouillon to a paste with an equal quantity of cold water
A 100448	Brakes Beef Flavour Bouillon Paste	200	G	Mix gravy to a paste with an equal quantity of cold water
A 1	Tap Water (for VC recipes)	5000	ML	Mix the egg with an equal quantity of water for an eggwash
A 25710	Brakes Essentials Gravy Mix	300	G	
A 33578	Brakes Ground White Pepper	14	G	
A 70892	Brakes 5 Dozen British Fresh Medium Eggs	3	EA	
F 4303	Brakes Essentials Puff Pastry Sheets	3	EA	

Allergens Contained in this recipe			
Celery	No	Sesame	No
Crustacea	No	Soya	Yes
Egg	Yes	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

Method

- 1 In a large pan seal and drain the beef
- 2 Heat oil and fry onion, carrots, garlic, fennel and mushrooms
- 3 Add beef back into the pan and mix in tomato paste
- 4 Add liquid, bouillon and gravy. Mix and bring to the boil
- 5 Turn down to a simmer and allow to cook until the beef is tender and sauce has thickened
- 6 Whilst beef is cooking take pastry sheets and portion
- 7 Brush with egg wash and bake at 180°C for approx 12-15 mins or until golden
- 8 Once beef is cooked, check seasoning and serve with a puff pastry lid.

Nutrition (pre-cooking)	
Energy per Portion (kcal)	527.3
Energy per Portion (kj)	2196.9
Protein per Portion	28.5
Carbohydrate per Portion	26.7
Sugars per Portion	7
Fat per Portion	32.7
Saturates per Portion	11.2
Fibre per Portion	4.2
Salt Equivalent per Ptn	1.9

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

◀ BACK TO MENUS

CHICKEN BALTI

Serves 50

Code	Description	Qty	Units	mise en place / Preparation
C 70945	Prime Meats British Diced Skinless Chicken Breast	5000	g	Tumble chicken through spice
A 113116	Spicentice Tandoori Rub	200	g	
A 470829	Vegetable Oil	400	g	
C 71511	Brakes Brilliantly Buttery	100	g	
C 450609	Mixed Peppers CLASS II	3000	g	Deseed and dice peppers into 3cm cubes
C 10224	Red Onions	3000	g	Peel and dice into 3cm cubes
A 89710	Brakes Balti Sauce	4500	g	
A 19839	Brakes Chopped Tomatoes in Tomato Juice	1600	g	
C 450449	Fresh Corinader	10	g	Pick and chop

Allergens Contained in this recipe			
Celery	No	Sesame	No
Crustacea	No	Soya	Yes
Egg	No	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	Yes	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

Method

- Heat butter and oil and fry chicken of in batches and drain
- Fry onions and peppers and add the chicken back in
- Add chopped tomatoes and Balti sauce and bring to the boil
- Turn down to simmer and allow to cook out and thicken
- Once chicken is cooked and tender finish with coriander

Nutrition (pre-cooking)	
Energy per Portion (kcal)	317.9
Energy per Portion (kj)	1332.2
Protein per Portion	25.4
Carbohydrate per Portion	15.5
Sugars per Portion	9.5
Fat per Portion	16.4
Saturates per Portion	2.7
Fibre per Portion	3.7
Salt Equivalent per Ptn	1.9

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

◀◀BACK TO MENUS

BREAD & BUTTER PUDDING

Classic Bread & Butter Pudding

Serves 50

Code	Description	Qty	Units	mise en place / Preparation
F 33512	La Boulangerie Extra Thick Sliced White Loaf	2000	g	Defrost
C 71128	Salted Butter	500	g	
A 85702	Brakes Sultanas	333	g	
A 16392	Brakes 18 British Free Range Fresh Medium Eggs	17	ea	
C 70325	Brakes Fresh Whole Milk	2000	ml	
A 115284	Tate & Lyle Caster Sugar 2kg	333	g	
A 33709	Brakes Ground Nutmeg	3	g	
		1667	ml	



Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	Soya	Yes
Egg	Yes	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	May
Milk	Yes	Oats	May
Molluscs	No	Rye	May
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

Method

Estimated Cooking Time: 0

- 1 Pre-heat the oven to 180°C
- 2 Butter the slices of bread and cut into quarters. Lightly butter the pudding dish.
- 3 Arrange the buttered bread in the pudding dish along with the sultanas.
- 4 Whisk together the eggs, sugar, nutmeg & milk keeping some sugar to sprinkle over the top Pour the mix over the bread and allow to soak for 30 mins or as long as you can
- 5 Cover the pudding with foil and bake for 50 min.
- 7 Remove foil, sprinkle the remaining sugar over the dish and bake for a further 10 min to crisp up.
- 8 Check the centre is cooked and the core temperature has been achieved.
- 9 Portion and serve

Nutrition (pre-cooking)

Energy per Portion (kcal)	265.1
Energy per Portion (kj)	1111.3
Protein per Portion	7.5
Carbohydrate per Portion	31.3
Sugars per Portion	13.9
Fat per Portion	12.1
Saturates per Portion	7.1
Fibre per Portion	1.1
Salt Equivalent per Ptn	0.7

* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

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DESSERTS & AFTER DINNER



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CODE	NAME	PACK SIZE
F 119880	1 Brakes Raspberry Mousse Slice	2 x 35
F 119881	2 Brakes Chocolate Mousse Slice	2 x 35
F 117350	3 Brakes Essentials Lemon Drizzle Traycake	1 x 4
F 127340	Brakes Vegan American Pancake	120 x 45g
F 51295	Cool Delight Desserts Toffee Yogurt Flavour Ice Cream Insulated Tubs	60 x 80ml
F 53561	4 Cool Delight Strawberry Frozen Yogurt Insulated Tubs	60 x 80ml
F 51296	Cool Delight Raspberry Frozen Yogurt Ice Cream in Insulated Tubs	60 x 80ml
F 110523	5 Brakes Jam Sponge Tray Puddings	2 x 55 ptn
F 110522	Brakes Spotted Dick Tray Puddings	2 x 55 ptn
F 58552	Brakes Individual Tiramisu	24 x 65g
F 58553	Brakes Banoffee Pie	24 x 70g
F 58555	Brakes Chocolate Trifle	24 x 55g
F 110520	Brakes Strawberry Flavour Jellies	1 x 60
F 110521	Brakes Orange Flavour Jellies	1 x 60
F 4196	Brakes Spotted Dick Roly Poly Pudding	4 x 56 ptn
F 4200	Brakes Lemon Sponge Pudding	4 x 14 ptn
F 31085	Brakes Strawberry Flavour Yogurt Ice Cream Tubs	120 x 80ml
F 131739	Brakes Reduced Sugar & Fat Strawberry Flavour Ice Cream	60 x 80ml
F 51156	Brakes Chocolate & Orange Sponge Puddings	4 x 14 ptn
F 32573	Brakes Strawberry Flavoured Iced Smoothie Desserts	60 x 80ml
F 131739	Brakes Reduced Sugar & Fat Strawberry Flavour Ice Cream	60 x 80ml
F 32573	Brakes Strawberry Flavoured Iced Smoothie Desserts	60 x 80ml
F 4086	6 Brakes Blackcurrant Cheesecake	1 x 24
CRACKERS, CHEESE & PICKLES		
C 33603	7 Brakes Mixed Cheese Portions	50 x 20g
C 71404	Babybel Mini Portions	96 x 20g
C 71099	Philadelphia Original Soft White Cheese	24 x 16.7g
A 1154	Jacob's Cream Crackers 2 Cracker Mini Pack	168 x 12g
A 89213	Jacob's Biscuits For Cheese 2 Biscuit Mini Pack	120 x 14g
A 116227	Nairns Gluten Free Portion Pack Oat Cracker	60 x 11g
A 1474	8 Brakes Savoury Minipack	150 x 16g (2pk)
A 3097	9 Walkers Highland Oatcakes	1 x 24
A 89577	10 Branston Pickle Portions	100 x 23.5g



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MIXES

We stock a great range of mixes so that you can create your own freshly-baked snacks and desserts, pizza bases, sauces and gravy. All designed to help you deliver great tasting food for patient dining.



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CODE	NAME	PACK SIZE
A 100223	1 Brakes Sponge Mix	1 x 12.5kg
A 113354	2 Brakes Flapjack Mix	1 x 3.5kg
A 113353	3 Brakes Chocolate Fudge Brownie Mix	1 x 3.5kg
A 130495	Brakes Waffle Mix	1 x 3.5kg
A 4429	4 Brakes Crumble Mix	1 x 3.5kg
A 88747	Brakes Plain Cookie Mix	2 x 3.5kg
A 88748	Brakes Chocolate Cookie Mix	2 x 3.5kg
A 100228	McDougalls Scone Mix	1 x 3.5kg
A 89687	McDougalls Carrot Cake Mix	1 x 3.5kg
A 88749	Brakes Plain Muffin Mix	2 x 3.5kg
A 130494	Brakes Gluten Free Sponge and Muffin Mix	1 x 3kg
A 100188	Brakes Complete Custard Mix	1 x 3.5kg
A 131902	5 Carte D'Or Strawberry Mousse Mix	1 x 5.4ltr
A 87124	Brakes Cheesecake Filling Mix	1 x 2.4kg
A 127140	Brakes Lemon Flavour Mousse Mix	6 x 390g
A 33979	Brakes Assorted Flavour Mousse Mixes	6 x 390g
A 802	Brakes Strawberry Flavour Jelly Crystals	1 x 3.5kg
A 801	Brakes Raspberry Flavour Jelly Crystals	1 x 3.5kg
A 804	Brakes Lemon Flavour Jelly Crystals	1 x 3.5kg
A 29448	Bird's Ice Cream Mix	2 x 3kg
A 89594	6 Bird's Cheesecake Mix	1 x 565g
A 111844	Golden Sheaf Batter Mix	1 x 3.5kg
A 87899	7 Brakes Batter Mix	1 x 3.5kg
A 100230	McDougalls Pizza Base Mix	1 x 3.5kg
A 103171	Maggi Coconut Milk Powder Mix	1 x 1kg
A 33832	8 Brakes Curry Sauce Mix	1 x 2.5kg
A 33898	Brakes Vegetable Bouillon Mix	1 x 2.5kg
A 84937	Knorr Bechamel Sauce Mix	1 x 5ltr
A 116408	Essential Cuisine Bechamel Sauce Mix	1 x 1.5kg
A 100548	9 Bisto Gravy Mix for Meat & Vegetable Dishes	1 x 30ltr
A 28328	10 Knorr Gravy Mix	1 x 110ltr



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