

MENU PLANNING

FOR HOSPITAL STAFF AND VISITOR RESTAURANTS



A simplified menu plan and product list, including takeaway and grab-and-go options, to reduce queuing and speed up footfall in your service area, make it easier for people to eat elsewhere on the premises, or to help manage kitchen staff shortages.

SIMPLIFIED MENU PLAN & PRODUCT GUIDE

DISH BUILDER

1-WEEK MENU PLAN

BREAKFAST

SOUPS

PROTEIN READYMADE

VEGETABLES

CARBOHYDRATES

LIGHT LUNCH

DESSERTS

DAIRY

CHOOSE 1 PROTEIN

BEEF

C 15290	Prime Meats British Diced Beef	1 x 2.5kg
F 111785	Brakes British Cooked Diced Beef	2 x 1.5kg
F 127325	Cooked Beef Meatball 14g	1 x 5.0kg

CHICKEN

F 1069	Brakes 19mm Cooked Diced Chicken Breast	4 x 2.5kg
F 30137	Brakes 12mm Cooked Chicken Breast Strips	1 x 2.5kg
F 32396	Brakes Cooked Chicken Breast Fillets	50 x av 55g
F 32625	Brakes Cooked Stripped Roast British Chicken	1 x 1kg
F 2028	Brakes Boneless Chicken Kiev	12 x 170g
F 109909	Brakes Breaded Chicken Fillets Katsu Style	20 x 90-105g

PORK

F 3559	Brakes Cooked Pork Sausage Eights	48 x 49g
F 3558	Brakes Cooked Jumbo Pork Sausage Fours	24 x 90g

FISH & SEAFOOD

F 32552	M&J Seafood MSC Cod Fish Fingers	120 x 25g
F 3264	M&J Seafood MSC Breaded Cod Fillets	25 x 140-170g
F 118144	MSC Battered Oven Cod Fillets	30 x 170-200g
F 32388	M&J Seafood Beer Battered MSC Cod Fillets (skin on, boneless)	18 x 170-200g
F 3261	M&J Seafood Breaded Plaice Fillets (skin on, boneless)	25 x 140-170g
F 3270	MSC Breaded Haddock Fillets (skinless, boneless)	45 x 85-110g

MEATBALLS

F 3675	Brakes Cooked Pork Meatballs	225 x 12g
F 4643	Bernard Matthews Foodservice Fry Free Turkey Meatballs	214 x 14g
F 30276	Brakes Meatballs in Tomato Sauce	2 x 1.36kg
C 110947	Brakes British Pork & Beef Meatballs	3 x 18 x 30g

CHOOSE 2/3 VEGETABLES

FROZEN

F 119851	Ardo Sliced Okra	1 x 1kg
F 4782	Brakes Sweetcorn	1 x 2.5kg
F 4753	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	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	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	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	Brakes Diced Mixed Peppers	1 x 1.5kg
F 4793	Brakes Sliced Mixed Peppers	1 x 1.5kg

GROCERY

A 33563	Brakes Mushy Processed Peas	1 x 2.61kg
A 186	Brakes Baked Beans in Tomato Sauce	1 x 2.62kg
A 10143	Brakes Red Kidney Beans in Water	1 x 800g

CHOOSE 1 CARBOHYDRATE

CHILLED

C 71063	Gnocchi	3 x 1kg
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FROZEN

F 3797	Brakes Long Grain Rice	4 x 2kg
F 30808	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 32913	Brakes Dressed Linguine Pasta	24 x 200g
F 36143	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	Brakes Random Cut Skin on Chips	4 x 2.5kg
F 30084	Brakes Seasoned Wedge Fries	1 x 2.5kg
F 31559	Brakes Mashed Potato with Cracked Black Pepper	1 x 2.5kg
F 120502	Brakes Crispy Coated Roasting Potatoes	1 x 2.5kg
F 121197	Crops Tabbouleh	1 x 2.5kg
F 4740	Brakes British Roasting Parsnips	1 x 1.5kg
F 31560	Brakes Potato, Swede & Carrot Mash	1 x 2.5kg

AMBIENT

A 14403	Brakes Italian Penne Pasta	6 x 500g
A 123388	Brakes Italian Linguine	1 x 5kg
A 123384	Brakes Italian Short Cut (10") Spaghetti	1 x 5kg

CHOOSE 1 SAUCE (IF NEEDED)

CHILLED

C 74878	Pasta Pronto Bolognese Sauce	2 x 1kg
C 74884	Brakes Carbonara Sauce	2 x 1kg

AMBIENT

A 10156	Brakes Hollandaise Sauce	1 x 1ltr
A 10468	Brakes Bechamel Sauce	1 x 1ltr
A 89725	Brakes Healthy Tikka Sauce	1 x 2.2kg
A 89726	Brakes Healthy Korma Sauce	1 x 2.2kg
A 89729	Brakes Healthy Balti Sauce	1 x 2.2kg
A 74877	Brakes Tomato & Mascarpone Sauce	1 x 2.2kg
A 74879	Brakes Chicken Sweet Sour Sauce	1 x 2.2kg
A 86273	Brakes Cumberland Sauce	1 x 1.25kg
A 109270	Brakes Peri Peri Sauce	1 x 1.1kg
A 89721	Brakes Red Thai Curry Sauce	1 x 2.2kg
A 89728	Brakes Rogan Josh Sauce	1 x 2.2kg
A 109269	Brakes Spicy Chipotle BBQ Sauce	1 x 2.2kg
A 109268	Brakes Kentucky Bourbon BBQ Sauce	1 x 2.2kg
A 89730	Brakes Chilli Con Carne Sauce	1 x 2.2kg
A 86965	Brakes Hoi Sin Sauce	1 x 2.3kg
A 89717	Brakes Arrabiata Pasta Sauce	1 x 2.2kg
A 89761	Brakes Chip Shop Curry Sauce	1 x 2.2kg
A 89710	Brakes Balti Sauce	1 x 2.2kg
A 89722	Brakes Black Bean Sauce	1 x 2.2kg
A 89719	Brakes Tom & Mascarpone Sauce	1 x 2.2kg
A 89709	Brakes Madras Sauce	1 x 2.2kg
A 89711	Brakes Jalfrezi Sauce	1 x 2.2kg
A 109271	Brakes Katsu Curry Sauce	1 x 2.2kg
A 89724	Brakes Green Thai Curry Sauce	1 x 2.2kg
A 89716	Brakes Tom Basil Pasta Sauce	1 x 2.2kg
A 89708	Brakes Tikka Masala Sauce	1 x 2.2kg
A 89718	Brakes Bolognese Sauce	1 x 2.2kg
A 89707	Brakes Korma Sauce	1 x 2.2kg
A 89720	Brakes Sweet & Sour Sauce with Vegetables	1 x 2.2kg

Use this dish builder to create easy-to-cook dishes that allow you to batch cook throughout the day, saving on waste and delivering a freshly-prepared menu.

For example if you're looking for a chicken curry then take the following ingredients:

F 1069 Diced Chicken, add F 4789 Mixed Vegetables and F 30501 Brakes Diced Onions to A 89710 Balti sauce. Cook and serve with F 3797 Brakes Cooked Long Grain Rice

1 WEEK SIMPLIFIED MENU PLAN

This simplified menu plan has been created to provide ideas on a 1 week cycle to help where there may be a shortage of labour and equipment. The accompanying product list provides quick access to all the ingredients and solutions you need.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			EARLY MORNING			
Tea/Coffee/cold drinks	Tea/Coffee/cold drinks	Tea/Coffee/cold drinks	Tea/Coffee/cold drinks	Tea/Coffee/cold drinks	Tea/Coffee/cold drinks	Tea/Coffee/cold drinks
			BREAKFAST			
Cereals	Cereals	Cereals	Cereals	Cereals	Cereals	Cereals
Toast & preserves	Toast & preserves	Toast & preserves	Toast & preserves	Toast & preserves	Toast & preserves	Toast & preserves
Grilled bacon & tomatoes	Scrambled eggs & toast	Mushrooms on toast	Boiled eggs & toast	Grilled bacon & mushrooms	Cooked breakfast	Cooked breakfast
Croissant	Pain au chocolate	Croissant	Pain au chocolate	Toasted Tea Cakes	Croissant	Pain au chocolate
			MID MORNING			
Hot beverages	Hot beverages	Hot beverages	Hot beverages	Hot beverages	Hot beverages	Hot beverages
Fruit, crisps, snacks	Fruit, crisps, snacks	Fruit, crisps, snacks	Fruit, crisps, snacks	Fruit, crisps, snacks	Fruit, crisps, snacks	Fruit, crisps, snacks
Chocolate cookie	Blueberry muffin	Shortbread	Doughnut	Chocolate Muffin	Milonaire shortbread	Danish assortment
		LUNCH – USE OUR DISH BUILDER ON PAGE 2				
FISH DISH	PORK DISH	POULTRY DISH	RED MEAT DISH	FISH DISH	POULTRY DISH	ROAST BEEF & YORKSHIRE PUDDING
VEGETARIAN DISH	VEGETARIAN DISH	VEGETARIAN DISH	VEGETARIAN DISH	VEGETARIAN DISH	VEGETARIAN DISH	VEGETARIAN DISH
Carb accompaniment	Carb accompaniment	Carb accompaniment	Carb accompaniment	Carb accompaniment	Carb accompaniment	Carb accompaniment
2 seasonal vegetables	2 seasonal vegetables	2 seasonal vegetables	2 seasonal vegetables	2 seasonal vegetables	2 seasonal vegetables	2 seasonal vegetables
Lemon meringue pie	New York cheesecake	Fruit trifle	Profiteroles	Fresh fruit salad	Chocolate fudge cake & cream	Raspberry pavlova
			LIGHT LUNCH			
Drinks/crisps/snacks	Drinks/crisps/snacks	Drinks/crisps/snacks	Drinks/crisps/snacks	Drinks/crisps/snacks	Drinks/crisps/snacks	Drinks/crisps/snacks
Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes
Toasted Sandwiches/Panini	Toasted Sandwiches/Panini	Toasted Sandwiches/Panini	Toasted Sandwiches/Panini	Toasted Sandwiches/Panini	Toasted Sandwiches/Panini	Toasted Sandwiches/Panini
Salad bar/boxes	Salad bar/boxes	Salad bar/boxes	Salad bar/boxes	Salad bar/boxes	Salad bar/boxes	Salad bar/boxes

DISH TYPE



Pork



Vegetarian



Poultry



Red meat



Fish

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BRAKE.CO.UK

brakes
a Sysco company

BREAKFAST



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CODE	NAME	PACK SIZE
CEREAL		
A 105953	1 Brakes Cornflakes	8 x 500G
A 114868	Brakes Oatflakes	4 x 2KG
A 84673	Brakes Oatflakes	1 x 12.5KG
A 88498	2 Brakes Wheat Biscuits Cereal	24 x 12
A 102616	3 Weetabix A Pack	6 x 48
A 84730	Weetabix C Pack	1 x 96
A 87395	4 Kelloggs Cornflakes	1 x 10KG
A 102606	Kelloggs Cornflakes Bag Pak	4 x 500G
A 102608	Kelloggs Bran Flakes Bag Pak	4 x 500G
A 102610	Kelloggs Cornflakes Bag Pak	8 x 500G
A 102611	Kelloggs Frosties Bag Pak	4 x 500G
A 102615	Kelloggs Rice Krispies Bag	4 x 400G
A 105881	Kelloggs Coco Pops	10 x 295G
A 89487	5 Nestle Shredded Wheat	20 x 2
A 105956	Brakes Crisp Puffed Rice	8 x 600G
A 111238	Weetabix Branflakes	5 x 500G
A 111239	Ready Brek Original	6 x 450G
A 114969	6 Brakes Swiss Style Muesli	4 x 2KG
A 114973	7 Mornflake Oats	4 x 3KG
A 117811	Creamy Superfast Oats	1 x 2KG
A 118890	Quaker Gluten Free Original Porridge Oats	5 x 510G
TINNED FRUIT		
A 33624	8 Brakes Whole Grapefruit Segments in Light Syrup	1 x 1.25kg
A 89	Brakes Whole Grapefruit Segments in Light Syrup	1 x 3kg
A 94	Brakes Whole Mandarin Segments in Light Syrup	1 x 2.6kg
A 102	9 Whole Orange Segments in Light Syrup	1 x 3kg
A 21141	Royal Crown Whole Mandarin Segments in Light Syrup	1 x 840g
A 85165	Unpitted Prunes in Juice	1 x 850g
A 85835	Brakes Pineapple Chunks in Juice	1 x 3.03kg
A 88599	Brakes Peach Slices in Fruit Juice Concentrate with Added Water	1 x 822g
A 35561	10 Brakes Fruit Cocktail in Juice	1 x 822g



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BREAKFAST



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CODE	NAME	PACK SIZE
COOKED BREAKFAST		
F 5147	1 Brakes Sausage 12's	72 x 38g
F 30198	2 Breakfast Sausage Eights	80 x 57g
F 31848	Brakes Cooked Pork Sausage 6's	1 x 28-32 (70g)
F 105864	Gluten Free British Pork Sausage 8's	1 x 4.54kg
F 3481	Prime Meats Rindless Back Bacon	1 x 2.27kg (50)
C 16481	Prime Meats British Rindless Back Bacon	1 x 2.27kg
C 70080	Prime Meats Catering Back Bacon	1 x 2.27kg (49)
C 74887	Brakes Pork Cumberland Sausage 8's	35 x 57g
C 70933	Breakfast Sausage Eights	24 x 57g
C 70071	Brakes Rindless Back Bacon	1 x 2.27kg
C 70296	3 Prime Meats Cooked Back Bacon	1 x 500g
TOAST AND PRESERVE		
A 130706	4 Jacksons Medium Sliced White Bread	6 x 800g
A 130707	Jacksons Medium Sliced Wholemeal Bread	6 x 800g
F 102444	La Boulangerie Thick Square Sliced White Loaves	8 x 800g
F 102445	La Boulangerie Thick Square Sliced Wholemeal Loaves	8 x 800g
A 2911	Hartley's Assorted Jam Portions	100 x 20g
A 33739	5 Brakes Mixed Fruit Jam	1 x 2.72kg
A 141	Robertsons Assorted Marmalade Portions	100 x 20g
F 33887	All Butter Croissant	1 x 48
F 30294	6 Ready to Bake Pain au Chocolate	1 x 48



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BREAKFAST



CODE	NAME	PACK SIZE
DAIRY		
C 112443	1 Brakes Free Range Cooked Scrambled Eggs	4 x 1kg
C 74006	Cooked Scrambled Egg	2 x 1kg
C 19665	Semi Skimmed Milk UHT	12 x 1ltr
C 123027	Whole Milk UHT	12 x 1ltr
C 123028	Skimmed Milk UHT	12 x 1ltr
C 10330	2 Breakfast Mushrooms	1 x 1.8kg
C 10357	3 Plum Tomatoes	1 x 1.5kg
C 74153	Brakes Margarine	1 x 2kg
C 78252	4 Brakes Butter Portions	6 x 100
C 115799	Brakes Organic Smooth Mango & Vanilla Yoghurt	1 x 2kg
C 115797	Brakes Organic Smooth Strawberry Yoghurt	1 x 2kg
C 115794	Brakes Organic Natural Yoghurt	1 x 2kg
C 31526	5 Ubley Mixed Fruit Yoghurts	12 x 150g
C 28419	6 Muller Assorted Yoghurts	12 x 100g



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SOUPS



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CODE	NAME	PACK SIZE
READY TO USE		
A 88539	1 Knorr Professional 100% Soup Cream of Chicken	12 x 250ml
A 88541	2 Knorr 100% Soup Carrot & Coriander	12 x 250ml
A 88542	Knorr Professional 100% Soup Minestrone	12 x 250ml
A 88543	Knorr Professional 100% Soup Red Pepper & Tomato	12 x 250ml
A 88538	Knorr Professional 100% Soup Tomato	12 x 250ml
A 88540	Knorr Professional 100% Soup Wild Mushroom	12 x 250ml
A 29719	3 Knorr Professional 100% Soup Beef Goulash	4 x 2.5kg
A 21157	4 Knorr Professional 100% Soup Carrot & Coriander	4 x 2.5kg
A 89274	Knorr Professional 100% Soup Chicken & Veg	4 x 2.5kg
A 84873	Knorr Professional 100% Soup Cream of Chicken	4 x 2.5kg
A 86224	Knorr Professional 100% Soup Highland Veg	4 x 2.5kg
A 26344	Knorr Professional 100% Soup Leek & Potato	4 x 2.5kg
A 84870	Knorr Professional 100% Soup Minestrone	4 x 2.5kg
A 84869	Knorr Professional 100% Soup Red Pepper & Tomato	4 x 2.5kg
A 84871	Knorr Professional 100% Soup Tomato	4 x 2.5kg
A 84872	Knorr Professional 100% Soup Wild Mushroom	4 x 2.5kg

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SOUPS

CODE	NAME	PACK SIZE
BULK MIX		
A 7721	1 Brakes Asparagus Soup Mix	1 x 2.25kg (178ptn)
A 7717	2 Brakes Chicken Soup Mix	1 x 2.25kg (178ptn)
A 33950	Brakes Leek and Potato Soup Mix	1 x 2.25kg (178ptn)
A 7719	Brakes Minestrone Soup Mix	1 x 2.25kg (178ptn)
A 5651	Brakes Mushroom Soup Mix	1 x 2.25kg (178ptn)
A 101757	Brakes Oxtail Soup Mix	1 x 2.25kg (178ptn)
A 111592	3 Knorr Professional Classic Asparagus Soup	1 x 25ptn
A 111590	Knorr Professional Classic Broccoli & Stilton Soup	1 x 25ptn
A 111596	Knorr Classic Cream of Leek Soup	1 x 25ptn
A 111591	4 Knorr Professional Classic Carrot & Coriander Soup	1 x 25ptn
A 111597	Knorr Professional Classic Cream of Chicken Soup	1 x 25ptn
A 111589	Knorr Professional Classic Cream of Mushroom Soup	1 x 25ptn
A 111588	Knorr Professional Classic Cream of Tomato Soup	1 x 25ptn
A 111594	Knorr Professional Classic Cream of Veg Soup	1 x 25ptn
A 111601	5 Knorr Professional Lentil & Bacon Soup	1 x 40ptn
A 84779	Knorr Professional Chicken Soup	1 x 200ptn
A 84776	Knorr Professional Leek & Potato Soup	1 x 200ptn
A 84771	Knorr Professional Mushroom Soup	1 x 200ptn
A 84773	6 Knorr Professional Thick Vegetable Soup	1 x 200ptn
A 84777	Knorr Professional Tomato Soup	1 x 200ptn



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PROTEIN – READYMADE



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CODE	NAME	PACK SIZE
FISH DISH		
F 30308	1 Brakes Pasta Tuna Bakes	2 x 1.36kg
F 32388	2 M&J Seafood Beer Battered MSC Cod Fillets (skin on, boneless)	18 x 170-200g
F 118144	MSC Battered Oven Cod Fillets	30 x 170-200g
F 3270	3 MSC Battered Haddock Fillets (skinless, boneless)	45 x 85-110g
F 32552	4 M&J Seafood MSC Cod Fish Fingers	120 x 25g
F 3261	M&J Seafood Battered Plaice Fillets (skin on, boneless)	25 x 140-170g
F 3264	M&J Seafood MSC Battered Cod Fillets	25 x 140-170g
F 3270	MSC Battered Haddock Fillets (skinless, boneless)	45 x 85-110g
F 31156	M&J Seafood Cod & Pancetta Fish Cakes	25 x 90g
F 31387	M&J Seafood Battercrisp MSC Alaska Pollack Fillets (skinless, boneless)	24 x 110-140g
F 31388	M&J Seafood Battercrisp MSC Alaska Pollack Fillets (skinless, boneless)	20 x 140-170g
F 31419	M&J Seafood Salmon & Broccoli Fish Cakes	20 x 110g
PORK DISH		
F 3675	Brakes Cooked Pork Meatballs	225 x 12g
F 30276	Brakes Meatballs in Tomato Sauce	2 x 1.36kg
C 110947	Brakes British Pork & Beef Meatballs	3 x 18 x 30g
F 5147	Brakes Sausage 12's	72 x 38g
F 30198	Breakfast Sausage Eights	80 x 57g
F 31848	Brakes Cooked Pork Sausage 6's	1 x 28-32 (70g)
F 105864	Gluten Free British Pork Sausage 8's	1 x 4.54kg
F 30602	5 Brakes Sliced Roast Pork in Gravy	2 x 1.19kg
POULTRY DISH		
F 31637	6 Brakes Sweet & Sour Chicken	2 x 1.36kg
F 30267	7 Brakes Chicken Casserole	2 x 1.36kg
F 1071	Brakes Chicken Korma	2 x 1.36kg
F 1175	8 Brakes Chicken Tikka Masala	2 x 1.36kg
F 9338	Pukka-Pies Chicken & Mushroom Pie	12 x 227g
F 2028	9 Brakes Boneless Chicken Kiev	12 x 170g
F 109909	10 Brakes Breaded Chicken Fillets Katsu Style	20 x 90-105g
F 3699	Brakes Chicken Tikka Savoury Slices	40 x 130g
F 3730	Brakes Chicken & Ham Savoury Slices	40 x 132g



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PROTEIN – READYMADE



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CODE	NAME	PACK SIZE
RED MEAT DISH		
F 30290	Brakes Welsh Lamb Shepherd's Pie	2 x 1.36kg
F 30272	1 Brakes Braised Beef with Mushrooms	2 x 1.36kg
F 30287	2 Brakes Cottage Pie	2 x 1.36kg
F 31638	3 Brakes Chilli Con Carne	2 x 1.36kg
F 30852	4 Brakes Mince Beef & Onion Pie	12 x 230g
F 32249	Pukka-Pies Individually Wrapped Frozen Baked Large All Steak Pies	1 x 12
F 32250	Pukka-Pies Frozen Baked Large All Steak Pies	12 x 227g
F 30847	Brakes Steak & Kidney Pie	12 x 227g
F 30850	Brakes Chicken & Mushroom Pie	12 x 230g
F 32737	5 Brakes Steak & Onion Slices	40 x 130g
F 1264	Brakes Lasagne Alforno	1 x 3.31kg
F 1299	Brakes Lasagne Classico	2 x 1.92kg
F 30596	Brakes Pasta Bolognaise	2 x 1.36kg
F 30599	6 Brakes Sliced Roast Beef in Gravy	2 x 1.19kg
VEGETARIAN DISH		
F 31639	Brakes Vegetable Tikka Masala	2 x 1.36kg
F 31919	Brakes Potato, Cheese, Onion & Leek Bake	2 x 1.36kg
F 31962	Brakes Vegetable Hotpot	2 x 1.36kg
F 32563	Brakes Spinach & Ricotta Cannelloni	2 x 1.4kg
F 32929	Brakes Vegetable Lasagne Verdi	12 x 400g
F 31962	Brakes Vegetable Hotpot	2 x 1.36kg
F 30034	7 Brakes Broccoli and Cheese Bake	2 x 1.36kg
F 31919	Brakes Potato, Cheese, Onion & Leek Bake	2 x 1.36kg
F 31622	8 Brakes Three Bean Chilli	2 x 1.36kg
F 30279	9 Brakes Vegetable Lasagne Verdi	2 x 1.36kg
F 33014	Brakes Cheese & Tomato Pasta Bakes	2 x 1.34kg
F 30283	Brakes Macaroni Cheese	2 x 1.36kg
F 119625	10 Brakes Three Cheese Macaroni	14 x 400g

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VEGETABLES



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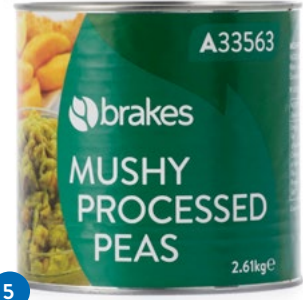


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CODE	NAME	PACK SIZE
F 4782	Brakes Sweetcorn	1 x 2.5kg
F 30927	1 Brakes Supersweet Half Cut Corn on the Cob	1 x 12
F 4753	Brakes Choice Garden Peas	1 x 2.5kg
F 4748	2 Brakes Broccoli Florets	1 x 2kg
F 4768	Brakes Cauliflower Florets	1 x 2.5kg
F 4760	Brakes Fine Whole Green Beans	1 x 2.5kg
F 4789	Brakes Mixed Vegetables	1 x 2.5kg
F 3840	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	3 Brakes Sliced Mushrooms	1 x 1.5kg
F 4743	Brakes Asparagus Spears	1 x 1kg
F 30715	4 Brakes Carrot and Swede Baton Mix	1 x 1.5kg
F 30501	Brakes Diced Onions	1 x 1.5kg
F 4794	Brakes Diced Mixed Peppers	1 x 1.5kg
F 4793	Brakes Sliced Mixed Peppers (shown below)	1 x 1.5kg
A 33563	5 Brakes MUSHY Processed Peas	1 x 2.61kg
A 186	6 Brakes Baked Beans in Tomato Sauce	1 x 2.62kg
F 4740	Brakes British Roasting Parsnips	1 x 1.5kg



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CARBOHYDRATES



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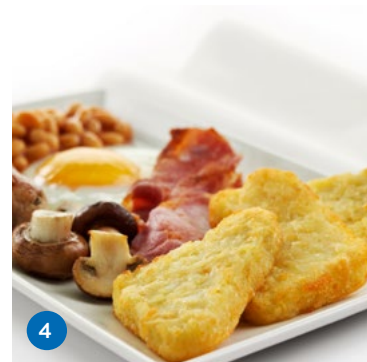


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CODE	NAME	PACK SIZE
F 30808	1 Brakes Basmati Rice Portions	30 x 200g
F 3798	2 Brakes Pilau Rice Portions	36 x 167g
F 32912	Brakes Dressed Penne Pasta	24 x 200g
F 34415	Cooked Frozen Penne Pasta (Quills)	4 x 2.5kg
F 14403	3 Brakes Italian Penne Pasta	6 x 500g
F 123388	Brakes Italian Linguine	1 x 5kg
F 32913	Brakes Dressed Linguine Pasta	24 x 200g
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 3939	5 Brakes 35 Baked British Jacket Potatoes Medium	1 x 35
F 120502	Brakes Crispy Coated Roasting Potatoes	1 x 2.5kg
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	Brakes Random Cut Skin on Chips	4 x 2.5kg
F 30084	Brakes Seasoned Wedge Fries (shown below)	1 x 2.5kg
F 111086	Lutosa Potato Gratin Dauphinoise	1 x 2.5kg
F 121197	6 Crops Tabbouleh	1 x 2.5kg
F 31559	Brakes Mashed Potato with Cracked Black Pepper	1 x 2.5kg
F 31560	Brakes Potato, Swede & Carrot Mash	1 x 2.5kg



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LIGHT LUNCH



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5

CODE	NAME	PACK SIZE
READY MADE FILLINGS OR TOPPINGS		
C 130711	1 Brakes Vegan Coronation Chickpea Savoury Filling	1 x 1kg (20 ptn)
C 74544	2 Brakes Free Range Egg Mayonnaise Savoury Filling	1 x 1kg (20 ptn)
C 70169	Brakes Tuna Mayonnaise Savoury Filling	1 x 1kg (20 ptn)
C 70161	3 Brakes Coronation Chicken Savoury Filling	1 x 1kg (20 ptn)
C 74650	Brakes Chicken, Bacon & Sweetcorn Savoury Filling	1 x 1kg (20 ptn)
C 113540	Brakes New York Style Pastrami Savoury Filling	1 x 1kg (20 ptn)
C 70146	Brakes Double Cheese & Onion Savoury Filling	1 x 1kg (20 ptn)
C 128863	Love Fresh Marinated Chicken Tikka	1 x 1kg
CHEESE		
C 71268	Brakes Grated Mature White Cheddar	1 x 1kg
C 71731	4 Brakes Mature White Cheddar Cheese Slices	1 x 500g (25 slices)
C 71776	Brakes Low Fat Soft Cheese	1 x 2kg
C 119294	Laughing Cow Nutrient Fortified	1 x 1kg
C 70330	5 Brakes Brie Slices	1 x 640g (32 slices)
C 33603	Brakes Mixed Cheese Portions	50 x 20g
FISH		
F 30815	6 M&J Seafood Small Cold Water Prawns	1 x 1.5kg nett (275-375/lb)
C 74816	Brakes Smoked Mackerel Pâté	1 x 1kg (20 ptn)
F 32778	7 M&J Seafood Scottish MSC Mackerel Fillets (skin on, pin bone in)	18 x 72-117g nett
SLICED MEATS		
C 126780	Brakes Corned Beef	6 x 340g
C 29189	Brakes Sliced Cooked Chicken	1 x 454g (av. 35 slices)
C 70165	Brakes Sliced Cooked Chicken Breast	1 x 1kg (20 ptn)
C 74867	8 Brakes Carvery Cut Cooked Ham	1 x 454g (av. 9 slices)
F 117361	Brakes Cooked Chicken Breast Strips	1 x 2.5kg
F 30672	Brakes Cooked Chargrilled Chicken Breast Fillets	24 x av 70g
F 2021	9 Brakes Cooked Chicken Tikka Breast Strips	1 x 1kg
C 74820	Brakes Sliced Roast Scotch Beef Topside	1 x 454g
C 70307	Chorizo Slices	6 x 300g
C 70306	10 Sliced Danish Salami Smoked and Dried	4 x 250g

▶▶ CONTINUED



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LIGHT LUNCH



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CODE	NAME	PACK SIZE
READY MADE SALADS		
C 11213	1 Brakes Houmous	1 x 1kg tub
C 71199	Brakes Coleslaw	1 x 2kg (40 ptn)
C 112411	2 Brakes Black Rice, Quinoa & Ginger Salad	1 x 1kg (20 ptn)
C 129204	3 Brakes Supergreen & Quinoa Salad	1 x 1kg (20 ptn)
C 74683	4 Brakes Fruity Moroccan Couscous Salad	1 x 2kg (40 ptn)
C 71203	5 Brakes Spicy Tomato Pasta Salad	1 x 2kg (40 ptn)
C 71195	Brakes Provencale Bean Salad	1 x 2kg (40 ptn)
C 77817	Brakes Potato Salad	1 x 2kg (40 ptn)
C 74855	6 Brakes Orzo Pasta with Roasted Tomatoes	1 x 2kg (40 ptn)
C 74890	Brakes Pesto, Spinach & Pine Nut Pasta	1 x 2kg (40 ptn)
C 71868	Brakes Chinese Noodle Salad	1 x 2kg (40 ptn)
C 74157	7 Brakes Biryani Rice Salad	1 x 2kg (40 ptn)
C 123341	Brakes Gluten Free Vegan Pasta Salad	1 x 1kg
C 71505	8 Brakes Tuna & Pasta Salad	1 x 2kg (40 ptn)

PASTRY AND QUICHE		
F 32694	9 Brakes Fully Baked Tomato & Cheese Quiche Slabs	4 x 1kg
C 70128	10 Brakes 10" Fully Baked Quiche Lorraine	1 x 12 ptn
F 128028	Brakes 11" Fully Baked Caramelised Onion, Mature Cheddar & Red Leicester Cheese Quiche	1 x 1
F 3014	Buffet Savoury Eggs	1 x 50
F 129390	Lewis Pies Halal Beef Sausage Roll 5" Baked & Wrapped	1 x 40
F 34490	Brakes Jumbo Sausage Roll	18 x 150g
F 32407	Brakes 1½" Fully Baked Buffet Pork Sausage Rolls	48 x 26g
F 3877	Brakes Cheese, Potato and Onion Pasty	20 x 127g



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◀ GO BACK

DESSERTS



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CODE	NAME	PACK SIZE
F 4219	Brakes Fruit Cocktail Trifles	24 x 105g
F 32054	1 Brakes Baked New York Style Vanilla Cheesecake	1 x 12ptn
F 33346	Brakes Profiteroles with Chocolate Sauce	1 x 96
F 34600	2 Brakes Mandarin Cheesecake	1 x 1
F 52155	Brakes Strawberry Cheesecakes	1 x 24
F 102649	Brake Raspberry Pavlova	1 x 1 (12ptn)
F 113179	Brakes Gluten Free Baked Vanilla Cheesecake	1 x 14ptn
F 3694	Brakes Coffee Mandarin Gateau Pre-cut	1 x 18ptn
F 3695	Brakes Blackforest Gateau Pre-Cut	1 x 18ptn
F 3696	Brakes Strawberry Gateau Pre-Cut	1 x 18ptn
F 4156	Brakes Chocolate Fudge Cake Pre-Cut	1 x 16ptn
F 4340	3 Brakes Tangy Lemon Gateau	1 x 1
F 4343	Brakes Black Forest Gateau	1 x 1
F 4345	Brakes Strawberry Gateau	1 x 1
F 4346	Brakes Coffee Mandarin Gateau	1 x 1
F 30623	Brakes Mile High Chocolate Gateau	1 x 1
F 30337	Brakes Jam Sponge Puddings	1 x 12
F 32971	4 Brakes Sticky Toffee Puddings	1 x 12
F 34731	Brakes Lemon & Orange Syrup Sponge Puddings	1 x 12
F 3865	5 Brakes Lemon Meringue Pie	1 x 14 ptn
F 53318	Brakes Chocolate Ice Cream Sponge Roll	1 x 3
F 30637	Brakes Apple Crumbles (shown below)	2 x 975g
C 33603	6 Brakes Mixed Cheese Portions	50 x 20g
A 1154	Jacobs Cream Crackers Mini Packs	168 x 12g



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DAIRY



CODE	NAME	PACK SIZE
C 70219	Brakes Fresh Whole Milk	1 x 2.27ltr
C 70324	Brakes Fresh Semi Skimmed Milk	6 x 2.27L
C 71502	Brakes Fresh Skimmed Milk	1 x 2.27ltr
C 87940	UHT Semi-Skimmed Milk Portions	120 x 10ml
C 18502	Brakes UHT Aerosol Cream Sweetened	1 x 500g
C 113654	1 Alpro For Professionals Soya Long Life Drink	1 x 1ltr
C 70215	Brakes Fresh Double Cream	1 x 2.27ltr
C 78252	2 Brakes Butter Portions	6 x 100 x 6.2g
C 70978	Brakes Sunflower Spread Dishes	1 x 100
C 23179	Summer County Margarine Tub	1x 2kg
A 70893	3 Brakes 15 Dozen British Fresh Medium Eggs	1 x 180
C 70327	Brakes 15 Dozen Fresh Free Range Medium Eggs	1 x 180
C 70043	Brakes Whole Liquid Egg	1 x 1kg
C 127620	4 Brakes Free Range Poached Eggs	1 x 24
C 74550	Brakes Low Fat Natural Yogurt	1 x 2kg
C 74746	5 Müller Thick & Creamy Smooth Yogurt Assorted Toffee, Peach, Strawberry	12 x 110g
C 71256	Brakes Mild Cheddar Cheese Slices	1 x 500g
C 71268	Brakes Grated Mature White Cheddar	1 x 1kg
C 71731	6 Brakes Mature White Cheddar Cheese Slices	1 x 500g (25 slices)

