

# PRIMARY SCHOOL **MENUS**



## THREE WEEK MENU PLAN

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## QUORN CHILLI

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 12083	Butternut Squash	300	g	Peeled & diced
C 10291	Large Onions	200	g	Peeled & diced
C 450693	Carrots	200	g	Peeled & diced
A 33784	Brakes Garlic Purée	20	g	
C 525284	Green Peppers	200	g	Deseeded & Diced
A 113118	Spicentice Chipotle Rub	20	g	
A 350094	Brakes Sunflower Oil	100	g	
A 84891	Brakes Multi-Use Tomato Sauce	400	g	
A 10143	Brakes Red Kidney Beans in Water	200	g	Drained & Refreshed

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 40

- 1 In a large pan heat oil and add onions & diced carrots sauté for 3-4 minutes
- 2 Add diced butternut squash and green pepper and cook for a further 15-20 minutes
- 3 Add garlic & spices to mix and cook for 2-3 minutes
- 4 Add chopped tomato & beans cook for 10-12 minutes
- 5 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	167.7
Energy per Portion (kj)	696.2
Protein per Portion	3
Carbohydrate per Portion	13
Sugars per Portion	6.2
Fat per Portion	10.8
Saturates per Portion	1.3
Fibre per Portion	3.2
Salt Equivalent per Ptn	0.7

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## SWEET & SOUR NUGGETS

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 118850	Quorn Vegan Nuggets	500	g	
A 18248	Uncle Ben's Sweet & Sour with Crispy Vegetables 2.3k	750	ml	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 20

- 1 Lightly oil baking tray and place nuggets on tray. Place in oven at 190°C
- 2 Serve with sweet & sour sauce over the nuggets or served separately

### Nutrition (pre-cooking)

Energy per Portion (kcal)	160.5
Energy per Portion (kj)	678
Protein per Portion	6.5
Carbohydrate per Portion	26.2
Sugars per Portion	12.4
Fat per Portion	1.7
Saturates per Portion	0.2
Fibre per Portion	6.7
Salt Equivalent per Ptn	1.3

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## BAKED JACKET POTATO, BEANS & CHEESE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 10329	Baking Potatoes	10	ea	
A 186	Brakes Baked Beans in Tomato Sauce	1000	g	
C 74699	Brakes Grated White Cheese	150	g	

### Allergens Contained in this recipe

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

### Method

- 1 Place potatoes on a large baking tray and place in oven at 190°C and bake for 1-1.5 hours
- 2 Reheat beans. Finish with cheese
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	304.4
Energy per Portion (kj)	1279
Protein per Portion	12.2
Carbohydrate per Portion	45.4
Sugars per Portion	7.9
Fat per Portion	6.6
Saturates per Portion	3.2
Fibre per Portion	7.1
Salt Equivalent per Ptn	1

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## RAINBOW VEGETABLE RICE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
A 33630	Brakes Easy Cook Long Grain Rice	500	g	
F 4599	Brakes Garden Peas	100	g	
F 4776	Brakes Diced Carrots	100	g	
A 33586	Brakes Ground Turmeric	4	g	
F 4762	Brakes Sliced Green Beans	100	g	
C 525271	Red Peppers	100	g	De-seeded & Diced

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

### Method

Estimated Cooking Time: 20

- 1 Bring a large pan of water to the boil, then add ground turmeric
- 2 Add rice and cook for 10 minutes
- 3 After 10 minutes add peas, carrots & green beans
- 4 Bring back to the boil and simmer for a further 5 minutes until rice is cooked
- 5 Drain rice before adding diced pepper and serving
- 6 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	196.6
Energy per Portion (kj)	833.4
Protein per Portion	4.9
Carbohydrate per Portion	42
Sugars per Portion	1.8
Fat per Portion	0.2
Saturates per Portion	0.1
Fibre per Portion	1.3
Salt Equivalent per Ptn	0.1

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## CARROT CAKE MUFFINS

**Serves 32**

Code	Description	Qty	Units	mise en place / Preparation
A 89687	McDougalls Carrot Cake Mix 3.5kg	1000	g	
A 350094	Brakes Sunflower Oil	100	ml	
C 450693	Carrots	300	g	Peeled & Grated
A 1898	White Baking Cases 25mm x 44mm	32	ea	
AAA	Water	450	ml	
A 21892	Macphie Vanilla Frosting	1000	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 15**

- 1 In a large bowl mix water and oil together
- 2 Add carrot cake mix and blend for 4 minutes
- 3 Add grated carrot and blend for a further 1 minute
- 4 Pour into baking cases and bake at 180°C for 15-20 minutes
- 5 Allow to cool before finishing with vanilla frosting

### Nutrition (pre-cooking)

Energy per Portion (kcal)	306.2*
Energy per Portion (kj)	1283.9*
Protein per Portion	1.6*
Carbohydrate per Portion	39.7*
Sugars per Portion	26.2*
Fat per Portion	15.1*
Saturates per Portion	5.3*
Fibre per Portion	0.7*
Salt Equivalent per Ptn	0.3*

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BOSTON MEATBALLS & PASTA

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 4643	Bernard Matthews Foodservice Fry Free Turkey Meat	40	ea	
C 10291	Large Onions	100	g	Peeled & diced
A 84891	Brakes Multi-Use Tomato Sauce	400	g	
A 123382	Brakes Italian Fusilli Pasta	500	g	
C 74699	Brakes Grated White Cheese	150	g	
A 33784	Brakes Garlic Purée	30	g	
A 350094	Brakes Sunflower Oil	100	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 30**

- 1 In a large sauce pan sauté chopped onion and garlic until soft
- 2 Then add tomato sauce bring to the boil
- 3 Add meatballs and stir well
- 4 Cook pasta in boiling water for 12 minutes. Drain
- 5 Place meatballs and sauce in large deep ovenable tray and top with cheese
- 6 Place in oven at 200°C for 15 minutes until meatballs are cooked and sauce is bubbling
- 7 Serve with cooked pasta
- 8 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	411.6
Energy per Portion (kj)	1724
Protein per Portion	18.8
Carbohydrate per Portion	40.5
Sugars per Portion	4
Fat per Portion	18.7
Saturates per Portion	5.2
Fibre per Portion	2.6
Salt Equivalent per Ptn	1.1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BOSTON MEATBALLS & PASTA (V)

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 32323	Linda McCartney Meat-Free Meatballs	40	g	
C 10291	Large Onions	100	g	Peeled & diced
A 84891	Brakes Multi-Use Tomato Sauce	400	g	
A 123382	Brakes Italian Fusilli Pasta	750	g	
C 122000	Violife Mature Vegan Grated	150	g	
A 33784	Brakes Garlic Purée	30	g	
A 350094	Brakes Sunflower Oil	100	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 30**

- 1 In a large sauce pan sauté chopped onion and garlic until soft
- 2 Then add tomato sauce bring to the boil
- 3 Add meatballs and stir well
- 4 Cook pasta in boiling water for 12 minutes. Drain
- 5 Place meatballs and sauce in large deep ovenable tray and top with cheese
- 6 Place in oven at 200°C for 15 minutes until meatballs are cooked and sauce is bubbling
- 7 Serve with cooked pasta
- 8 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	429
Energy per Portion (kj)	1804
Protein per Portion	10.4
Carbohydrate per Portion	60.6
Sugars per Portion	4.6
Fat per Portion	15.5
Saturates per Portion	4.8
Fibre per Portion	3.1
Salt Equivalent per Ptn	0.7

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## SUB MEATBALL

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 32245	La Boulangerie Fully Baked Deli Sub Rolls	10	ea	
C 10291	Large Onions	50	g	
A 84891	Brakes Multi-Use Tomato Sauce	200	g	
F 4643	Bernard Matthews Foodservice Fry Free Turkey Meat	30	ea	
C 74699	Brakes Grated White Cheese	100	g	
A 33784	Brakes Garlic Purée	15	g	
A 350094	Brakes Sunflower Oil	40	g	

Allergens Contained in this recipe			
Celery	No	Sesame	May
Crustacea	No	Soya	Yes
Egg	May	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: 30

- 1 In a large sauce pan sauté chopped onion and garlic until soft
- 2 Then add tomato sauce bring to the boil
- 3 Add meatballs and stir well simmer for 10 minutes
- 4 Fill sub rolls and serve
- 5 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	400.5
Energy per Portion (kj)	1683
Protein per Portion	18.2
Carbohydrate per Portion	50
Sugars per Portion	5.4
Fat per Portion	13.5
Saturates per Portion	4.8
Fibre per Portion	3.1
Salt Equivalent per Ptn	1.5

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## PEAS & CARROTS

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 4599	Brakes Garden Peas	400	g	
C 450693	Carrots	400	g	Peeled and cut into desired shape

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 10**

- 1 Cook in a pan of boiling water for 10-12 minutes
- 2 Drain and keep hot for service

### Nutrition (pre-cooking)

Energy per Portion (kcal)	58.3
Energy per Portion (kj)	245
Protein per Portion	3.1
Carbohydrate per Portion	8.4
Sugars per Portion	2.8
Fat per Portion	0.7
Saturates per Portion	0.2
Fibre per Portion	3
Salt Equivalent per Ptn	0

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## YOGHURT & FRUIT COMPOTE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 115794	Brakes Organic Natural Yogurt	1000	g	
C 115797	Brakes Organic Smooth Strawberry Yogurt	1000	g	
C 115799	Brakes Organic Smooth Mango & Vanilla Yogurt	1000	g	
F 4111	Brakes Fruits of the Forest	500	g	
A 350098	Tate & Lyle Caster Sugar 2kg	100	g	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 12

- 1 Mix sugar with frozen fruit and allow to defrost
- 2 Once defrosted serve over the top of the yogurt

### Nutrition (pre-cooking)

Energy per Portion (kcal)	330
Energy per Portion (kj)	1386
Protein per Portion	14.6
Carbohydrate per Portion	39.4
Sugars per Portion	39.2
Fat per Portion	12.1
Saturates per Portion	8
Fibre per Portion	1.3*
Salt Equivalent per Ptn	0.4

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## PORK SAUSAGE & MASH

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 3572	Brakes Pork Sausage Eights	20	ea	Peeled & Cut in to four
C 10295	White Ware Potatoes	1000	g	
C 71152	Brakes Sunflower spread	50	g	
C 70324	Brakes Fresh Semi Skimmed Milk	100	g	
C 10291	Large Onions	600	g	Peeled & Sliced
A 33831	Brakes Fine Gravy Granules	200	g	
A 350094	Brakes Sunflower Oil	400	ml	

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

### Method

**Estimated Cooking Time: 30**

- Place potatoes in to a large pan of cold water and bring to the boil
- Cook potatoes for 15-20 minutes
- Oven bake sausage at 200°C for 20-25 minutes. Turn halfway through cooking
- Place sliced onions in pan with oil and cook until softened then add water and gravy granules
- Allow gravy to simmer until thickened
- Drain potatoes, while pan is still hot add milk and spread
- Mash potato until smooth
- Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	882.3
Energy per Portion (kj)	3662
Protein per Portion	15.3
Carbohydrate per Portion	52.4
Sugars per Portion	6.9
Fat per Portion	66.9
Saturates per Portion	14
Fibre per Portion	4.4
Salt Equivalent per Ptn	5

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## QUORN SAUSAGE & MASH

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 34199	Quorn Sausages	20	ea	
C 10295	White Ware Potatoes	1000	g	
C 71152	Brakes Sunflower spread	50	g	
C 70324	Brakes Fresh Semi Skimmed Milk	100	g	
C 10291	Large Onions	600	g	
A 33831	Brakes Fine Gravy Granules	200	g	
A 350094	Brakes Sunflower Oil	400	ml	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 30

- Place potatoes in to a large pan of cold water and bring to the boil
- Cook potatoes for 15-20 minutes
- Brush sausages with oil and oven bake sausage at 200°C for 20-25 minutes, turn halfway through cooking
- Place sliced onions in pan with oil and cook until softened then add water and gravy granules
- Allow gravy to simmer until thickened
- Drain potatoes, while pan is still hot add milk and spread
- Mash potato until smooth
- Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	686
Energy per Portion (kj)	2851
Protein per Portion	14.6
Carbohydrate per Portion	45.9
Sugars per Portion	7.9
Fat per Portion	47.5
Saturates per Portion	6.2
Fibre per Portion	7.3
Salt Equivalent per Ptn	4.7

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## JACKET POTATO, BAKED BEANS & SAUSAGE

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 10329	Baking Potatoes	10	ea	
A 186	Brakes Baked Beans in Tomato Sauce	1000	g	
F 3572	Brakes Pork Sausage Eights	20	ea	

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

### Method

**Estimated Cooking Time: 20**

- 1 Place potatoes on a large baking tray and place in oven at 190°C and bake for 1-1.5 hours
- 2 Oven bake sausage at 200°C for 20-25 minutes, turn halfway through cooking
- 3 Reheat beans
- 4 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	565.2
Energy per Portion (kj)	2363
Protein per Portion	19.9
Carbohydrate per Portion	60.4
Sugars per Portion	9.9
Fat per Portion	24.9
Saturates per Portion	8.4
Fibre per Portion	9.4
Salt Equivalent per Ptn	1.9

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BROCCOLI & SWEETCORN

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 4782	Brakes Sweetcorn	400	g	
F 4748	Brakes Broccoli Florets	400	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 10**

- 1 Cook in a pan of boiling water for 10-12 minutes
- 2 Drain and keep hot for service

### Nutrition (pre-cooking)

Energy per Portion (kcal)	54.3
Energy per Portion (kj)	228.2
Protein per Portion	2.7
Carbohydrate per Portion	7.9
Sugars per Portion	1.4
Fat per Portion	0.9
Saturates per Portion	0.1
Fibre per Portion	1.7
Salt Equivalent per Ptn	0

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## CHOCOLATE SPONGE & CHOCOLATE CUSTARD

Serves 20

Code	Description	Qty	Units	mise en place / Preparation
A 100229	Brakes Chocolate Flavour Sponge Mix	1000	g	
A 85842	Brakes Custard Powder	262	g	
A 89938	Brakes Arriba Cocoa Powder	30	g	
C 70324	Brakes Fresh Semi Skimmed Milk	1260	ml	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 20

- Place dry mix into a mixing bowl and blend in the required amount of cold water using a beater on slow for 1 minute.
- Scrape down and mix for a further 4 minutes on medium speed
- Pour batter into a tray/sponge/loaf tin, bake in a pre-heated oven on 190°C/375°F/Gas Mark 5 for 25–30 minutes
- To make custard place milk in large saucepan and bring to boil
- Mix together the cocoa & custard Powder, Combine with Hot milk
- Return to heat and keep stirring until it thickens
- Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	289
Energy per Portion (kj)	1218
Protein per Portion	6.2
Carbohydrate per Portion	48.2
Sugars per Portion	17.7
Fat per Portion	7.4
Saturates per Portion	3.1
Fibre per Portion	2.2
Salt Equivalent per Ptn	1.2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## CHICKEN TIKKA & PILAU RICE

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 121095	Halal British Diced Chicken Breast & Leg	600	g	
A 128592	Brakes Tikka Paste	100	g	
C 10291	Large Onions	500	g	Peeled & Sliced
A 100446	Brakes Chicken Flavour Bouillon Paste	20	g	Mix with 500ml of water
A 127121	Brakes Coconut Milk	400	ml	
A	For the Pilau Rice			
A 33630	Brakes Easy Cook Long Grain Rice	500	g	
C 10291	Large Onions	500	g	Peeled & Dice
A 100446	Brakes Chicken Flavour Bouillon Paste	40	g	Mix with 1ltr of water
A 350094	Brakes Sunflower Oil	50	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 30**

- 1 For the curry Sauté onions in a little oil before adding chicken and cooking for a further 4-5 minutes
- 2 Add tikka paste and cook for 2 more minutes add chicken boullion
- 3 Simmer for 20 minutes stirring regularly
- 4 Add coconut milk and bring to a simmer before serving
- 5 For the rice
- 6 Sauté diced onions in a little oil the add rice and stir thoroughly
- 7 Add stock and bring to the boil , cover and simmer for 10-12 minutes
- 8 Cooked rice should absorb all of the stock. Stir and keep hot for service
- 9 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	430.6*
Energy per Portion (kj)	1807.5*
Protein per Portion	18.3*
Carbohydrate per Portion	52.2*
Sugars per Portion	7.7*
Fat per Portion	15.7*
Saturates per Portion	7.8*
Fibre per Portion	2.1*
Salt Equivalent per Ptn	1.8*

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## QUORN TIKKA & PILAU RICE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 4034	Quorn Pieces	400	g	
A 128592	Brakes Tikka Paste	100	g	Peeled & Sliced
C 10291	Large Onions	500	g	Mix with 500ml of water
A 33898	Brakes Vegetable Bouillon Mix	20	g	
A 127121	Brakes Coconut Milk	400	ml	
A	For the Pilau Rice			
A 33630	Brakes Easy Cook Long Grain Rice	500	g	Peeled & Dice
C 10291	Large Onions	500	g	Mix with 1ltr of water
A 33898	Brakes Vegetable Bouillon Mix	40	g	
A 350094	Brakes Sunflower Oil	50	g	

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

### Method

Estimated Cooking Time: 30

- 2 Add tikka paste and cook for 2 more minutes add chicken boullion
- 3 Simmer for 20 minutes stirring regularly
- 4 Add coconut milk and bring to a simmer before serving
- 5 For the rice
- 6 Sauté diced onions in a little oil the add rice and stir thoroughly
- 7 Add stock and bring to the boil , cover and simmer for 10-12 minutes
- 8 cooked rice should absorb all of the stock. Stir and keep hot for service
- 9 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	397*
Energy per Portion (kj)	1665.3*
Protein per Portion	11.4*
Carbohydrate per Portion	53*
Sugars per Portion	7.9*
Fat per Portion	14*
Saturates per Portion	7.5*
Fibre per Portion	4.9*
Salt Equivalent per Ptn	2.1*

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CHEESE & TOMATO FLATBREAD

Serves 12

Code	Description	Qty	Units	mise en place / Preparation
F 33503	Polarbrod Arctic Breads - Rectangular	4	ea	
C 74699	Brakes Grated White Cheese	250	g	
A 84891	Brakes Multi-Use Tomato Sauce	500	g	
C 130980	Arla Large Diced Mozzarella 2kg	250	g	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 20

- 1 Spread Tomato sauce on to frozen bread
- 2 Top with both cheeses
- 3 Bake at 190°C for 10-12 minutes
- 4 Cut each bread into 3 equal slices

### Nutrition (pre-cooking)

Energy per Portion (kcal)	280.5
Energy per Portion (kj)	1165
Protein per Portion	14.8
Carbohydrate per Portion	23.7
Sugars per Portion	5.3
Fat per Portion	13.4
Saturates per Portion	7.4
Fibre per Portion	2.2*
Salt Equivalent per Ptn	1.4

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## BEANS & BATON CARROTS

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 4762	Brakes Sliced Green Beans	400	g	
C 10417	Prepared Baton Carrots	400	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 10**

- 1 Cook in a pan of boiling water for 10-12 minutes
- 2 Drain and keep hot for service

### Nutrition (pre-cooking)

Energy per Portion (kcal)	29.2
Energy per Portion (kj)	122
Protein per Portion	1.1
Carbohydrate per Portion	4.4
Sugars per Portion	3.8
Fat per Portion	0.1
Saturates per Portion	0
Fibre per Portion	2.3
Salt Equivalent per Ptn	0

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## HOMEMADE SALMON FISHCAKE & CHIPS

Serves 20

Code	Description	Qty	Units	mise en place / Preparation
F 128501	M&J Seafood M&J MSC Pink Salmon Portions (skinless)	7	ea	
C 450520	Peka Chilled Mash Potato	2000	g	
F 4599	Brakes Garden Peas	200	g	
C 70324	Brakes Fresh Semi Skimmed Milk	1000	ml	
A 16392	Brakes 18 British Free Range Fresh Medium Eggs	2	ea	Lightly beaten
A 107231	Brakes Panko Breadcrumbs	400	g	
A 350091	Brakes Plain Flour	200	g	

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

### Method

Estimated Cooking Time: 40

- Poached salmon in half of the milk
- Remove salmon from milk and allow to cool
- Once cooled add salmon to mash potato ,then form into fishcake shape
- Refrigerate for 20 minutes
- Mix together remaining milk and beaten egg
- In three separate bowls place flour, breadcrumbs & egg mixture
- Flour each fishcake, then in egg, then in breadcrumbs
- Place fishcakes on a lightly greased baking tray and place in oven at 200°C for 15 minutes
- Remove from oven turn over and give them another five minutes
- Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	262.6
Energy per Portion (kj)	1108
Protein per Portion	12.6
Carbohydrate per Portion	38.7
Sugars per Portion	4.9
Fat per Portion	5.7
Saturates per Portion	3.5
Fibre per Portion	3.3
Salt Equivalent per Ptn	0.8

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CHEESE & VEGETABLE BAKES

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 3720	Brakes Vegetable & Cheese Country Bakes	10	ea	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 20

- 1 Place on a baking tray and place in oven at 200°C for 18-20 minutes
- 2 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	211.8
Energy per Portion (kj)	888.7
Protein per Portion	4
Carbohydrate per Portion	29.1
Sugars per Portion	5.1
Fat per Portion	8.3
Saturates per Portion	1.2
Fibre per Portion	2.5
Salt Equivalent per Ptn	0.8

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## CRISPY CHICKEN WRAP

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 4380	La Boulangerie 6" Fully Baked Flour Tortillas	10	ea	Defrost
F 128362	Meadowvale Plain Crispy Shredded Chicken Breast	500	g	
C 124551	Lettuce Iceberg	100	g	Shredded

### Allergens Contained in this recipe

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

### Method

- 1 Place chicken on baking tray and cook at 200°C for 12-15 minutes
- 2 Place shredded lettuce on flour tortilla then top with chicken
- 3 Roll and serve
- 4 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	237.9
Energy per Portion (kj)	998.7
Protein per Portion	11.7
Carbohydrate per Portion	25
Sugars per Portion	1.2
Fat per Portion	10
Saturates per Portion	3.8
Fibre per Portion	1
Salt Equivalent per Ptn	0.5

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## OVEN BAKED WEDGES, GARDEN PEAS & SWEETCORN

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 10329	Baking Potatoes	10	ea	
A 350094	Brakes Sunflower Oil	70	g	
F 4599	Brakes Garden Peas	400	g	
F 4782	Brakes Sweetcorn	400	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 30**

- 1 Cut potatoes into wedges and drizzle with the oil
- 2 Lay wedges on baking tray and place in oven at 190°C for 30 minutes turning half way through cooking
- 3 For Peas & Sweetcorn
- 4 Cook in a pan of boiling water for 10-12 minutes
- 5 Drain and keep hot for service

### Nutrition (pre-cooking)

Energy per Portion (kcal)	295.3
Energy per Portion (kj)	1239
Protein per Portion	7.9
Carbohydrate per Portion	43.8
Sugars per Portion	2.8
Fat per Portion	8.7
Saturates per Portion	1.2
Fibre per Portion	4.9
Salt Equivalent per Ptn	0

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## HOMEMADE RICE PUDDING & PEACHES

Serves 20

Code	Description	Qty	Units	mise en place / Preparation
A 350098	Tate & Lyle Caster Sugar 2kg	100	g	
A 544	Brakes Short Grain Pudding Rice	400	g	
C 70325	Brakes Fresh Whole Milk	1600	ml	
A 86874	Preema Vanilla Essence 500ml	6	ml	
A 1202	Brakes Peach Slices in Light Syrup	500	g	

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

### Method

Estimated Cooking Time: 120

- Mix together rice, sugar & milk
- Place in oven at 140°C for 2 hours until rice is tender
- Serve with peaches

Nutrition (pre-cooking)	
Energy per Portion (kcal)	156.4
Energy per Portion (kj)	660.8
Protein per Portion	4.2
Carbohydrate per Portion	28
Sugars per Portion	12.3
Fat per Portion	2.9
Saturates per Portion	2.1
Fibre per Portion	0.5*
Salt Equivalent per Ptn	0.1

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## VEGETABLE POT PIE

Serves 20

Code	Description	Qty	Units	mise en place / Preparation
C 10291	Large Onions	300	g	
C 450693	Carrots	300	g	Peeled & Dice
C 10449	Sweet Potatoes	300	g	Peeled & Dice
C 124176	Parsnips	200	g	Peeled & Dice
C 450114	Mushrooms	500	g	
A 103904	Knorr Vegetable Bouillon Powder 1.2kg	50	g	
A 100222	Brakes Plain Flour	200	g	
C 74153	Brakes Margarine	200	g	
C 70325	Brakes Fresh Whole Milk	100	ml	
F 4303	Brakes Puff Pastry Sheets	40	g	

### Method

Estimated Cooking Time: 60

- 1 In a large pan melt margarine then add all diced vegetables and cook for 5-6 minutes
- 2 Add flour and bouillon and cook for a further 2 minutes
- 3 Add milk slowly and cook until a smooth consistency is achieved
- 4 Allow to cool before topping with puff pasty
- 5 Glaze with a little soya milk before place in oven at 200°C for 20 minutes
- 6 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Allergens Contained in this recipe

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

### Nutrition (pre-cooking)

Energy per Portion (kcal)	167.9
Energy per Portion (kj)	701.3
Protein per Portion	2.5
Carbohydrate per Portion	17.5
Sugars per Portion	3.8
Fat per Portion	9.2
Saturates per Portion	2.4
Fibre per Portion	2.3
Salt Equivalent per Ptn	0.8

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## VEGETABLE NUGGETS & KETCHUP

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 3732	Brakes Vegetable Nuggets	40	ea	

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

### Method

Estimated Cooking Time: 12

- 1 Place on baking tray in oven at 190°C for 15 minutes
- 2 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	157.7
Energy per Portion (kj)	658.7
Protein per Portion	2.4
Carbohydrate per Portion	17.1
Sugars per Portion	1.6
Fat per Portion	8.2
Saturates per Portion	0.6
Fibre per Portion	2.8
Salt Equivalent per Ptn	0.5

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## DICED POTATO, CARROTS & PEAS

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 3957	Brakes Pre-fried potato dice	500	g	
F 4599	Brakes Garden Peas	400	g	
C 450693	Carrots	400	g	Peeled and cut into desired shape

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 20**

- 1 Place potatoes on a large baking tray and place in oven at 200°C for 12-15 minutes
- 1 Cook in a pan of boiling water for 10-12 minutes
- 2 Drain and keep hot for service

### Nutrition (pre-cooking)

Energy per Portion (kcal)	118.1
Energy per Portion (kj)	496.7
Protein per Portion	4.2
Carbohydrate per Portion	17.9
Sugars per Portion	3.2
Fat per Portion	2.3
Saturates per Portion	0.4
Fibre per Portion	4.2
Salt Equivalent per Ptn	0.1

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## CHOCOLATE COOKIE & MILKSHAKE

Serves 20

Code	Description	Qty	Units	mise en place / Preparation
A 88748	Brakes Chocolate Cookie Mix	1000	g	
A	For the milkshake			
A 101730	Nesquik® Chocolate Milkshake Powder 300g Tub	80	ml	
C 70325	Brakes Fresh Whole Milk	1500	ml	

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

### Method

Estimated Cooking Time: 13

- 1 Make cookies according to instructions on packaging
- 2 Allow too cool for 5 minutes before serving
- 3 For the milkshake
- 4 Place powder in bowl add small amount of the milk and stir into a paste.
- 5 Finish with remaining milk. Place in fridge until required

Nutrition (pre-cooking)	
Energy per Portion (kcal)	283.9*
Energy per Portion (kj)	1190.3*
Protein per Portion	5.2*
Carbohydrate per Portion	37.4*
Sugars per Portion	20.4*
Fat per Portion	12.2*
Saturates per Portion	4.9*
Fibre per Portion	1.7*
Salt Equivalent per Ptn	0.4*

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SALMON & BROCCOLI PASTA

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 128501	M&J Seafood M&J MSC Pink Salmon Portions (skinles	7	ea	
A 123382	Brakes Italian Fusilli Pasta	500	g	
F 4748	Brakes Broccoli Florets	300	g	
C 70324	Brakes Fresh Semi Skimmed Milk	1000	ml	
C 74699	Brakes Grated White Cheese	200	g	
A 84940	Knorr Cheese Sauce Mix 5L	190	g	

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

### Method

Estimated Cooking Time: 40

- Poach salmon in milk drain and reserve cooking milk
- Cook pasta in boiling water and drain
- Make Cheese Sauce with the reserved cooking milk
- Add broccoli to sauce, along with cooked salmon & pasta
- Place in large baking dish sprinkle over cheddar
- place in oven at 200°C for 10 minutes
- Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	442
Energy per Portion (kj)	1866
Protein per Portion	27
Carbohydrate per Portion	51
Sugars per Portion	9.4
Fat per Portion	13.8
Saturates per Portion	8.5
Fibre per Portion	2.6
Salt Equivalent per Ptn	1.4

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## MAC N THREE CHEESE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 130980	Arla Large Diced Mozzarella 2kg	100	g	
A 123382	Brakes Italian Fusilli Pasta	500	g	
C 15344	Brakes Grated Reduced Fat Coloured Cheese	100	g	
C 70324	Brakes Fresh Semi Skimmed Milk	1000	ml	
C 74699	Brakes Grated White Cheese	100	g	
A 84940	Knorr Cheese Sauce Mix 5L	190	g	

Allergens Contained in this recipe			
Celery	May	Sesame	No
Crustacea	No	Soya	May
Egg	May	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

Estimated Cooking Time: 20

- 1 Cook pasta in boiling water and drain
- 2 Make cheese sauce with the milk
- 3 Add grated Cheddar and coloured cheese to the sauce and allow to melt
- 4 Add cooked pasta to the sauce
- 5 Place in large baking dish sprinkle over Mozzarella
- 6 Place in oven at 200°C for 10 minutes
- 7 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	414.9
Energy per Portion (kj)	1751
Protein per Portion	20.1
Carbohydrate per Portion	50.3
Sugars per Portion	9
Fat per Portion	14.4
Saturates per Portion	9
Fibre per Portion	1.8*
Salt Equivalent per Ptn	1.5

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## ROASTED MEDITERRANEAN VEGETABLES

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 10245	Mixed Peppers	200	g	Diced
C 10291	Large Onions	100	g	Peeled & Dice
C 10303	Courgettes	200	g	Diced
C 10281	Aubergine	100	g	Diced
A 350094	Brakes Sunflower Oil	20	g	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 10

- 1 Place all chopped vegetables in large bowl with oil
- 2 Mix well and place on to baking sheet
- 3 Place in oven at 190°C for 10-15 minutes
- 4 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	33.9
Energy per Portion (kj)	140.4
Protein per Portion	0.8
Carbohydrate per Portion	2.3
Sugars per Portion	2
Fat per Portion	2.2
Saturates per Portion	0.3
Fibre per Portion	0.8
Salt Equivalent per Ptn	0

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## SHEPHERD'S PIE

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 71884	Prime Meats 20% Fat British Beef Mince	700	g	
A 28326	Brakes Tomato Paste	30	g	
A 350153	Lea & Perrins Worcester Sauce 290ml	10	g	
F 30501	Brakes Diced Onions	100	g	
F 4599	Brakes Garden Peas	200	g	
C 450693	Carrots	200	g	
A 33831	Brakes Gluten Free Fine Gravy Granules	100	g	
C 16176	Peka Chilled Mash Potato with Margarine	1000	g	

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

### Method

**Estimated Cooking Time: 40**

- 1 In a large pan, heat oil and add onions & diced carrots. Sauté for 3-4 minutes
- 2 Add beef mince and cook for a further 15-20 minutes, then add tomato puree & Worcestershire sauce
- 3 Add water & gravy granules to mix and cook for 2-3 minutes
- 4 Add peas. Cook for 5 minutes
- 5 Place in cooking tray and allow to cool
- 6 Place mashed potato on top and cook in oven at 180°C for approx. 40 minutes
- 7 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	319.6
Energy per Portion (kj)	1335
Protein per Portion	18.1
Carbohydrate per Portion	24.7
Sugars per Portion	4.1
Fat per Portion	15.6
Saturates per Portion	7.7
Fibre per Portion	4.1*
Salt Equivalent per Ptn	2.7

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SHEPHERDESS' PIE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 30825	Quorn Mince	400	g	
A 28326	Brakes Tomato Paste	30	g	
A 85251	HP Sauce 2L	20	g	
F 30501	Brakes Diced Onions	100	g	
F 4599	Brakes Garden Peas	200	g	
C 450693	Carrots	200	g	
A 33831	Brakes Gluten Free Fine Gravy Granules	100	g	
C 16176	Peka Chilled Mash Potato with Margarine	1000	g	

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

### Method

Estimated Cooking Time: 40

- 1 In a large pan, heat oil and add onions & diced carrots. Sauté for 3-4 minutes
- 2 Add lentil and cook for a further 15-20 minutes, then add tomato puree & brown sauce
- 3 Add Water & Gravy Granules to mix and cook for 2-3 minutes
- 4 Add Peas cook for 5 minutes
- 5 Place in cooking tray and allow to cool
- 6 Place mashed potato on top and cook in oven at 180 oc for approx. 40 minutes
- 7 Ensure core temperature reaches 75oc for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	205.6
Energy per Portion (kj)	864.2
Protein per Portion	9.9
Carbohydrate per Portion	26.9
Sugars per Portion	4.6
Fat per Portion	5.2
Saturates per Portion	3
Fibre per Portion	6.3*
Salt Equivalent per Ptn	2.6

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## MIXED VEGETABLES

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 4599	Brakes Garden Peas	100	g	
F 4776	Brakes Diced Carrots	100	g	
F 4782	Brakes Sweetcorn	100	g	
F 4777	Brakes Diced Swede	100	g	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 12

- 1 Cook in a pan of boiling water for 10-12 minutes
- 2 Drain and keep hot for service

### Nutrition (pre-cooking)

Energy per Portion (kcal)	26.7
Energy per Portion (kj)	112.6
Protein per Portion	1.2
Carbohydrate per Portion	4.1
Sugars per Portion	1.7
Fat per Portion	0.4
Saturates per Portion	0.1
Fibre per Portion	1.1
Salt Equivalent per Ptn	0

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## TOFFEE SPONGE

Serves 20

Code	Description	Qty	Units	mise en place / Preparation
A 1960	Brakes Sponge Mix	1000	g	
A 16296	Brakes Toffee Sauce	400	ml	

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

### Method

Estimated Cooking Time: 30

- Place dry mix into a mixing bowl and blend in the required amount of cold water using a beater on slow for 1 minute.
- Scrape down and mix for a further 4 minutes on medium speed
- Pour batter into a tray/sponge/loaf tin, bake in a pre-heated oven on 190°C/375°F/Gas Mark 5 for 25–30 minutes
- Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	245.1
Energy per Portion (kj)	1035
Protein per Portion	3.9
Carbohydrate per Portion	45.5
Sugars per Portion	22.2
Fat per Portion	5.1
Saturates per Portion	2.4
Fibre per Portion	1.1
Salt Equivalent per Ptn	0.6

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## STICKY CHICKEN STIR FRY

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 121095	Halal British Diced Chicken Breast & Leg	600	g	
C 10291	Large Onions	100	g	Peeled & Sliced
C 10245	Mixed Peppers	200	g	Peeled & Sliced
C 450113	Paris Brown Mushrooms	200	g	Sliced
A 115074	Amoy Light Soy Sauce 150ml	120	g	
A 350157	Brakes Squeezy Clear Blossom Honey	60	g	
A 350094	Brakes Sunflower Oil	50	g	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 15

- 1 Sauté chicken in half of the oil, remove from pan
- 2 Stir fry onions, peppers & mushrooms in remaining oil
- 3 Add chicken back to pan then add soy and honey
- 4 Stir fry for a further 2-3 minutes until Chicken & Vegetables are sticky
- 5 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	148.1
Energy per Portion (kj)	619.5
Protein per Portion	13.5
Carbohydrate per Portion	7.6
Sugars per Portion	7.3
Fat per Portion	6.9
Saturates per Portion	1.1
Fibre per Portion	0.7*
Salt Equivalent per Ptn	1.9

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## MUSHROOM & BROCCOLI STIR FRY

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 10464	Broccoli	400	g	Cut into florets
C 10291	Large Onions	100	g	Peeled & Sliced
C 10245	Mixed Peppers	200	g	Peeled & Sliced
C 450113	Paris Brown Mushrooms	200	g	Sliced
A 115074	Amoy Light Soy Sauce 150ml	120	g	
A 350157	Brakes Squeezy Clear Blossom Honey	120	g	
A 350094	Brakes Sunflower Oil	50	g	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 15

- 1 Stir fry onions, peppers & mushrooms in oil
- 2 Add chicken back to pan then add soy and honey
- 3 Stir fry for a further 2-3 minutes until chicken & vegetables are sticky
- 4 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	116.3
Energy per Portion (kj)	486.3
Protein per Portion	2.8
Carbohydrate per Portion	12.9
Sugars per Portion	12.5
Fat per Portion	5.5
Saturates per Portion	0.7
Fibre per Portion	1.7*
Salt Equivalent per Ptn	1.8

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## NOODLES & CHOPPED SALAD

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
A 105854	Lucky Boat Noodle No.1	300	g	
C 10231	Iceberg Lettuce	100	g	Chopped
C 10230	Cucumber	100	g	Diced
C 10364	Red Cherry Tomatoes	100	g	Halved
C 12068	Yellow Cherry Tomatoes	100	g	Halved

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

### Method

Estimated Cooking Time: 12

- 1 Cook noodles in boiling water for 5-6 minutes, drain
- 2 Place all salad ingredients in large bowl and stir together

Nutrition (pre-cooking)	
Energy per Portion (kcal)	113.8
Energy per Portion (kj)	482.1
Protein per Portion	4.2
Carbohydrate per Portion	23.1
Sugars per Portion	1.6
Fat per Portion	0.4
Saturates per Portion	0
Fibre per Portion	0.3
Salt Equivalent per Ptn	0

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## BUBBLE COATED FISH

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 116114	Crown Foods MSC Gluten Free Bubble Coated Pollack	10	ea	

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

### Method

**Estimated Cooking Time: 20**

- Place on baking tray and cook at 200°C for 18-20 minutes
- Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	5700
Energy per Portion (kj)	23910
Protein per Portion	330
Carbohydrate per Portion	648
Sugars per Portion	6
Fat per Portion	174
Saturates per Portion	15
Fibre per Portion	18
Salt Equivalent per Ptn	24

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CHEESE & ONION LATTICE

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 460268	Cheese & Onion Lattice Finger	10	ea	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 17**

- 1 Place on baking tray and cook at 200°C for 18-20 minutes
- 2 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	222.4
Energy per Portion (kj)	924
Protein per Portion	4.5
Carbohydrate per Portion	16.8
Sugars per Portion	1.4
Fat per Portion	15.2
Saturates per Portion	8.3
Fibre per Portion	1.4
Salt Equivalent per Ptn	0.9

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## TUNA MELT WRAP

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 4380	La Boulangerie 6" Fully Baked Flour Tortillas	10	ea	defrosted
C 74653	Brakes Tuna Mayonnaise Savoury Filling	400	g	
C 74699	Brakes Grated White Cheese	200	g	

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

### Method

Estimated Cooking Time: 5

- 1 Place tuna on middle of flour tortilla
- 2 Top with cheese
- 3 Roll & serve
- 4 These can be made in advance and wrapped in cling film and placed in fridge until required

Nutrition (pre-cooking)	
Energy per Portion (kcal)	245.3
Energy per Portion (kj)	1025
Protein per Portion	12.5
Carbohydrate per Portion	17.9
Sugars per Portion	1.9
Fat per Portion	13.5
Saturates per Portion	5.3
Fibre per Portion	0.9
Salt Equivalent per Ptn	1.1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## RAINBOW WAFFLES, BROCCOLI & SWEETCORN

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 131164	Birds Eye Rainbow Waffles	600	g	
F 4748	Brakes Broccoli Florets	400	g	
F 4782	Brakes Sweetcorn	400	g	

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

### Method

Estimated Cooking Time: 15

- 1 Place on baking tray and cook at 200°C for 18-20 minutes
- 2 Cook in a pan of boiling water for 10-12 minutes
- 3 Drain and keep hot for service

Nutrition (pre-cooking)	
Energy per Portion (kcal)	150.3
Energy per Portion (kj)	629
Protein per Portion	4.2
Carbohydrate per Portion	19.3
Sugars per Portion	2.3
Fat per Portion	5.4
Saturates per Portion	0.6
Fibre per Portion	3.6
Salt Equivalent per Ptn	0.4

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## FRUITY FLAPJACK

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
A 113354	Brakes Flapjack Mix	600	g	
A 268	Brakes Seedless Raisins	300	g	

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

### Method

- 1 Place mix & sultanas in a large bowl
- 2 Measure in correct amount of water according to the instructions on packaging
- 3 Place in shallow baking tray
- 4 Place in oven and cook at 160°C for 12-15 minutes
- 5 Allow to cool for 5 minutes before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	357.4
Energy per Portion (kj)	1503
Protein per Portion	4.4
Carbohydrate per Portion	57.4
Sugars per Portion	34.6
Fat per Portion	11.5
Saturates per Portion	3.7
Fibre per Portion	3.4
Salt Equivalent per Ptn	0.3

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## HOMEMADE PIZZA

Serves 12

Code	Description	Qty	Units	mise en place / Preparation
F 55813	Rectangle Deep Pan Pizza Bases	3	ea	Defrosted
A 84891	Brakes Multi-Use Tomato Sauce	400	g	
C 74699	Brakes Grated White Cheese	300	g	

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

### Method

Estimated Cooking Time: 20

- 1 Spread tomato sauce onto pizza base and finish with cheese
- 2 Place in oven at 200°C for 12 minutes
- 3 Cut each pizza into 4 equal parts

Nutrition (pre-cooking)	
Energy per Portion (kcal)	466.8
Energy per Portion (kj)	1967
Protein per Portion	20
Carbohydrate per Portion	64.2
Sugars per Portion	2.8
Fat per Portion	13.8
Saturates per Portion	5.5
Fibre per Portion	0.2
Salt Equivalent per Ptn	1.8

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## VEGETABLE PAELLA

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 533	Brakes Long Grain Rice			
C 12083	Butternut Squash			
F 4752	Brakes Fancy Garden Peas			
C 10286	Courgettes			
A 87110	Brakes Tomato Paste			
A 33898	Brakes Vegetable Bouillon Mix			
C 450441	Red Cherry Tomatoes			
C 525271	Red Peppers			
A 350094	Brakes Sunflower Oil			

### Allergens Contained in this recipe

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

### Method

- 1 In a large pan, heat vegetable oil, add finely chopped onion and butternut squash and courgette
- 2 Make stock with 2 litres of boiling water
- 3 Add tomato puree to pan along with red peppers and cook for 1 minute before adding rice and stirring thoroughly
- 4 Lower heat and add vegetable stock and leave to simmer for 20-30 minutes checking regularly
- 5 Add peas and cook for a further 2-3 minutes
- 6 Check to see if rice is cooked before adding cherry tomatoes
- 7 Allow to stand for a couple of minutes before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	0*
Energy per Portion (kj)	0*
Protein per Portion	0*
Carbohydrate per Portion	0*
Sugars per Portion	0*
Fat per Portion	0*
Saturates per Portion	0*
Fibre per Portion	0*
Salt Equivalent per Ptn	0*

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## CHOPPED SALAD, SLAW

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 10231	Iceberg Lettuce	100	g	Chopped
C 10230	Cucumber	100	g	Diced
C 10364	Red Cherry Tomatoes	100	g	Halved
C 12068	Yellow Cherry Tomatoes	100	g	Halved
C 70034	Brakes Coleslaw	300	g	

### Allergens Contained in this recipe

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

### Method

- Mixed together all salad ingredients
- Serve with coleslaw

### Nutrition (pre-cooking)

Energy per Portion (kcal)	61.8
Energy per Portion (kj)	255.8
Protein per Portion	0.6
Carbohydrate per Portion	3.1
Sugars per Portion	3.1
Fat per Portion	5.1
Saturates per Portion	0.6
Fibre per Portion	0.6
Salt Equivalent per Ptn	0.2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## CARROT CAKE TRAY BAKE

Serves 20

Code	Description	Qty	Units	mise en place / Preparation
A 89687	McDougalls Carrot Cake Mix 3.5kg	1000	g	
A 350094	Brakes Sunflower Oil	100	g	
C 450693	Carrots	300	g	Grated
A 21892	Macphie Vanilla Frosting	400	g	

### Allergens Contained in this recipe

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

### Method

- 1 In a large bowl mix water and oil together
- 2 Add carrot cake mix and blend for 4 minutes
- 3 Add grated carrot and blend for a further 1 minute
- 4 Pour into baking tray and bake at 180°C for 15-20 minutes
- 5 Allow to cool before finishing with Vanilla Frosting

### Nutrition (pre-cooking)

Energy per Portion (kcal)	334
Energy per Portion (kj)	1400
Protein per Portion	2.2
Carbohydrate per Portion	44.5
Sugars per Portion	24.7
Fat per Portion	15.8
Saturates per Portion	4.4
Fibre per Portion	1.2
Salt Equivalent per Ptn	0.5

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## PASTA BOLOGNAISE BAKE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 71884	Prime Meats 20% Fat British Beef Mince	700	g	
A 28326	Brakes Tomato Paste	30	g	
A 350153	Lea & Perrins Worcester Sauce 290ml	10	g	
F 30501	Brakes Diced Onions	100	g	
A 84891	Brakes Multi-Use Tomato Sauce	400	g	
C 74699	Brakes Grated White Cheese	200	g	
A 123382	Brakes Italian Fusilli Pasta	500	g	

### Allergens Contained in this recipe

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

### Method

- 1 Brown mince in vegetable oil in a large pan
- 2 Add chopped onion and cook for a further 2 minutes
- 3 Add tomato paste, tomato sauce and Worcester sauce
- 4 Turn down heat and simmer for 10-12 minutes
- 5 Cook pasta in boiling water for 12 minutes
- 6 Drain pasta and add to sauce and mix well
- 7 Place in baking dish and cover with the cheese
- 8 Place in oven at 200°C for 12 minutes until golden brown

### Nutrition (pre-cooking)

Energy per Portion (kcal)	435.1
Energy per Portion (kj)	1824
Protein per Portion	25.9
Carbohydrate per Portion	39.6
Sugars per Portion	4.3
Fat per Portion	18.7
Saturates per Portion	9
Fibre per Portion	2.2*
Salt Equivalent per Ptn	0.9

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## TOMATO & BASIL PASTA BAKE

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
A 28326	Brakes Tomato Paste	30	g	
A 35006	Brakes Basil	10	g	
F 30501	Brakes Diced Onions	100	g	
A 84891	Brakes Multi-Use Tomato Sauce	400	g	
C 74699	Brakes Grated White Cheese	200	g	
A 123382	Brakes Italian Fusilli Pasta	500	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 30**

- 1 Cook chopped onion in a large pan for 4-5 minutes
- 2 Add tomato paste , tomato sauce,basil and Worcester sauce
- 3 Turn down heat and simmer for 10-12 minutes
- 4 Cook pasta in boiling water for 12 minutes
- 5 Drain pasta and add to sauce and mix well
- 6 Place in baking dish and cover with the cheese
- 7 Place in oven at 200°C for 12 minutes until golden brown

### Nutrition (pre-cooking)

Energy per Portion (kcal)	279.2
Energy per Portion (kj)	1177
Protein per Portion	12
Carbohydrate per Portion	39.6
Sugars per Portion	4.1
Fat per Portion	7.5
Saturates per Portion	4.2
Fibre per Portion	2.6
Salt Equivalent per Ptn	0.7

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## PEAS & SWEETCORN

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 4599	Brakes Garden Peas	400	g	
F 4782	Brakes Sweetcorn	400	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 10**

- 1 Cook in a pan of boiling water for 10-12 minutes
- 2 Drain and keep hot for service

### Nutrition (pre-cooking)

Energy per Portion (kcal)	78.6
Energy per Portion (kj)	331.2
Protein per Portion	4.1
Carbohydrate per Portion	11.3
Sugars per Portion	1.7
Fat per Portion	1.3
Saturates per Portion	0.3
Fibre per Portion	2.5
Salt Equivalent per Ptn	0

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## FRUIT & YOGURT

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 115794	Brakes Organic Natural Yogurt	1000	g	
C 115797	Brakes Organic Smooth Strawberry Yogurt	1000	g	
C 115799	Brakes Organic Smooth Mango & Vanilla Yogurt	1000	g	
A 100159	Brakes Fruit Cocktail in Juice	500	g	
A 1202	Brakes Peach Slices in Light Syrup	500	g	
A 94	Brakes Whole Mandarin Segments in Light Syrup	500	g	
A 10572	Brakes Pear Halves in Juice	500	g	

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

### Method

Estimated Cooking Time: 0

- 1 Choose yoghurt flavour
- 2 Chose fruit flavour
- 3 Serve in bowl with fruit on top of yoghurt

Nutrition (pre-cooking)	
Energy per Portion (kcal)	377.3
Energy per Portion (kj)	1585
Protein per Portion	14.9
Carbohydrate per Portion	49.1
Sugars per Portion	48.4
Fat per Portion	12.6
Saturates per Portion	8
Fibre per Portion	2.1
Salt Equivalent per Ptn	0.4

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## ROAST CHICKEN, STUFFING & GRAVY

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 53228	Green Gourmet British Red Tractor Raw Chicken Brea	10	ea	
F 4353	Brakes Sage & Onion Stuffing Balls	10	ea	
A 33831	Brakes Gluten Free Fine Gravy Granules	50	g	

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

### Method

**Estimated Cooking Time: 30**

- 1 To cook stuffing place on baking tray and place in oven at 180°C for 20 minutes
- 2 Place chicken on a lightly greased tray and place in oven at 180°C for 12-15 minutes
- 3 To make gravy bring pan of water to boil and add gravy granules stirring continuously until thickened
- 4 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	128.2
Energy per Portion (kj)	539.9
Protein per Portion	12.9
Carbohydrate per Portion	12.9
Sugars per Portion	1.1
Fat per Portion	2.7
Saturates per Portion	0.9
Fibre per Portion	0.8
Salt Equivalent per Ptn	1.9

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## QUORN ROAST, STUFFING & GRAVY

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 57223	Quorn Roast Joint	600	g	
F 4353	Brakes Sage & Onion Stuffing Balls	10	ea	
A 33831	Brakes Gluten Free Fine Gravy Granules	50	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 60**

- 1 To cook stuffing place on baking tray and place in oven at 180°C for 20 minutes
- 2 Leave Quorn roast in cooking bag place on a lightly greased tray and place in oven at 180°C for 45-50 minutes
- 3 To make gravy, bring pan of water to boil and add gravy granules stirring continuously until thickened
- 4 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	127.2
Energy per Portion (kj)	535.2
Protein per Portion	10.7
Carbohydrate per Portion	13.7
Sugars per Portion	1.2
Fat per Portion	2.3
Saturates per Portion	0.9
Fibre per Portion	4
Salt Equivalent per Ptn	1.8

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## ROAST POTATO, BROCCOLI & SWEDE BATONS

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 114437	Bannisters Yorkshire Family Farm Chef's Classic Roas	600	g	
F 4748	Brakes Broccoli Florets	400	g	
F 30715	Brakes Carrot and Swede Baton Mix	400	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 20**

- 1 Place potatoes on a lightly greased tray and place in oven at 180°C for 15-20 minutes
- 2 Cook in a pan of boiling water for 10-12 minutes
- 3 Drain and keep hot for service

### Nutrition (pre-cooking)

Energy per Portion (kcal)	87.7
Energy per Portion (kj)	369.3
Protein per Portion	2.6
Carbohydrate per Portion	14.4
Sugars per Portion	3.3
Fat per Portion	1.4
Saturates per Portion	0.1
Fibre per Portion	3.1
Salt Equivalent per Ptn	0.2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## LEMON DRIZZLE SPONGE

Serves 20

Code	Description	Qty	Units	mise en place / Preparation
A 1960	Brakes Sponge Mix	1000	g	
A 350098	Tate & Lyle Caster Sugar 2kg	300	g	
A 114947	Brakes Lemon Juice from Concentrate	40	ml	

Allergens Contained in this recipe			
Celery	No	Sesame	No
Crustacea	No	Soya	Yes
Egg	Yes	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

### Method

Estimated Cooking Time: 30

- Place dry mix into a mixing bowl and blend in the required amount of cold water using a beater on slow for 1 minute.
- Scrape down and mix for a further 4 minutes on medium speed
- Pour batter into a tray/sponge/loaf tin, bake in a pre-heated oven on 190°C/375°F/Gas Mark 5 for 25–30 minutes
- Mix together lemon juice & sugar
- Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving
- Remove from oven and pour over the lemon sugar mix
- Allow to cool before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	259.5
Energy per Portion (kj)	1098
Protein per Portion	3.5
Carbohydrate per Portion	53.2
Sugars per Portion	30.7
Fat per Portion	3.4
Saturates per Portion	1.3
Fibre per Portion	1.1*
Salt Equivalent per Ptn	0.6

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## AMERICAN HOT DOGS

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
A 18	Westlers Premium Range King Size Hot Dogs (5¼")	380	g	
F 31299	La Boulangerie 6.5" Hot Dog Rolls	10	ea	Deforsted

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 20**

- 1 Place hot dogs in large saucepan and simmer for 6-7 minutes
- 2 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	212.2
Energy per Portion (kj)	890.7
Protein per Portion	9.1
Carbohydrate per Portion	24.7
Sugars per Portion	2.1
Fat per Portion	8.1
Saturates per Portion	2.7
Fibre per Portion	2.4
Salt Equivalent per Ptn	1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## HOT DOGS (V)

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 34199	Quorn Sausages	10	ea	
F 31299	La Boulangerie 6.5" Hot Dog Rolls	10	ea	Deforsted

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

### Method

**Estimated Cooking Time: 20**

- 1 Brush sausages with oil and oven bake sausage at 200oc for 20-25 minutes, turn halfway through cooking
- 2 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	191
Energy per Portion (kj)	804.5
Protein per Portion	10
Carbohydrate per Portion	27.4
Sugars per Portion	3.5
Fat per Portion	3.5
Saturates per Portion	0.8
Fibre per Portion	5
Salt Equivalent per Ptn	0.8

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## OVEN BAKED WEDGES, ROASTED COURGETTES, RED PEPPER & SWEETCORN COBETTES

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 10329	Baking Potatoes	10	ea	
C 10286	Courgettes	400	g	Cut into large chunks
C 525271	Red Peppers	200	g	Cut into large chunks
F 4782	Brakes Sweetcorn	400	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 60**

- 1 Cut each potato into 8 wedges lightly coat in half of the oil
- 2 Place the wedges on baking tray and place in oven at 180°C for 40 minutes turning occasionally
- 3 Coat courgette & red pepper in remaining oil and place on a baking tray add to the oven and cook for 15 minutes
- 4 After 15 minutes add the sweetcorn to the pepper & Courgette and mix well
- 5 Return to oven and cook for a further 15 minutes
- 6 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	209.3
Energy per Portion (kj)	882.7
Protein per Portion	6
Carbohydrate per Portion	41.2
Sugars per Portion	3.8
Fat per Portion	1.3
Saturates per Portion	0.2
Fibre per Portion	3.7
Salt Equivalent per Ptn	0

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## ROSTI TOPPED FISH PIE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 33190	M&J Seafood MSC Fish Pie Mix (skinless, boneless)	400	g	Defrosted
C 70324	Brakes Fresh Semi Skimmed Milk	750	ml	
A 29604	Brakes Béchamel Sauce Mix	210	g	
C 450693	Carrots	200	g	Peeled
C 10329	Baking Potatoes	300	g	Peeled
C 10449	Sweet Potatoes	100	g	Peeled

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 60

- Place milk in pan along with the fish bring to the boil and simmer for 5-6 minutes
- Grate carrot, potato & sweet potato. Place into pan of boiling water for 2-3 minutes then drain
- Drain fish and make sauce with milk. Allow to cool slightly, before adding fish and placing in suitable baking dish
- Place grated vegetables onto fish mix, drizzle with a little oil
- Place fish pie into oven at 180°C for 30 minutes until rosti top is cooked
- Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	209.7
Energy per Portion (kj)	882.1
Protein per Portion	13.2
Carbohydrate per Portion	26.2
Sugars per Portion	9
Fat per Portion	5.2
Saturates per Portion	2.4
Fibre per Portion	1.6
Salt Equivalent per Ptn	1.2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## QUORN & LEEK ROSTI PIE

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 4034	Quorn Pieces	400	g	
F 461235	Greens Cut Leeks	200	g	
C 70324	Brakes Fresh Semi Skimmed Milk	750	ml	
A 29604	Brakes Béchamel Sauce Mix	210	g	
C 450693	Carrots	200	g	
C 10329	Baking Potatoes	300	g	
C 10449	Sweet Potatoes	100	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 40**

- 1 Grate carrot, potato & sweet potato place into pan of boiling water for 2-3 minutes then drain
- 2 Make sauce with milk, allow to cool slightly before adding Quorn & Leeks stir well and placing in suitable baking dish
- 3 Place grated vegetables onto fish mix ,drizzle with a little oil
- 4 Place pie into oven at 180°C for 30 minutes until rosti top is cooked
- 5 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	204.3
Energy per Portion (kj)	859.7
Protein per Portion	11.8
Carbohydrate per Portion	27.3
Sugars per Portion	10
Fat per Portion	4.2
Saturates per Portion	2.3
Fibre per Portion	4.7
Salt Equivalent per Ptn	1.3

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## BBQ CHICKEN WRAP

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 4380	La Boulangerie 6" Fully Baked Flour Tortillas	10	ea	
F 128362	Meadowvale Plain Crispy Shredded Chicken Breast	500	g	
C 124551	Lettuce Iceberg	100	g	
A 100395	Brakes Barbecue Sauce	200	g	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 20

- 1 Place chicken on baking tray and cook at 200°C for 12-15 minutes
- 2 Place shredded lettuce on flour tortilla then top with chicken & BBQ sauce
- 3 Roll and serve
- 4 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	263.9
Energy per Portion (kj)	1109
Protein per Portion	11.9
Carbohydrate per Portion	31.2
Sugars per Portion	6.4
Fat per Portion	10
Saturates per Portion	3.8
Fibre per Portion	1.3
Salt Equivalent per Ptn	1.1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CARROTS, BROCCOLI & PEAS

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 4776	Brakes Diced Carrots	400	g	
F 4599	Brakes Garden Peas	400	g	
F 4748	Brakes Broccoli Florets	400	g	

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

### Method

**Estimated Cooking Time: 10**

- 1 Cook in a pan of boiling water for 10-12 minutes
- 2 Drain and keep hot for service

Nutrition (pre-cooking)	
Energy per Portion (kcal)	68.9
Energy per Portion (kj)	288.9
Protein per Portion	4.3
Carbohydrate per Portion	8.8
Sugars per Portion	4.5
Fat per Portion	0.9
Saturates per Portion	0.3
Fibre per Portion	4
Salt Equivalent per Ptn	0

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## CHOCOLATE KRISPY CAKE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
A 131681	GoFree Crisp Rice	600	g	
A 19210	Princess Marshmallows Pink & White Catering Pack 5	250	g	
A 89938	Brakes Arriba Cocoa Powder	30	g	
C 114411	Utterly Butterly Spread 2kg	60	g	

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

### Method

Estimated Cooking Time: 10

- 1 In a large pan, melt together the marshmallows & spread
- 2 Remove from heat and add cocoa & crisp rice
- 3 Pace in a cling film lined tray and allow to set
- 4 Cut into portions and serve

Nutrition (pre-cooking)	
Energy per Portion (kcal)	122.7*
Energy per Portion (kj)	519.3*
Protein per Portion	1.6*
Carbohydrate per Portion	20.7*
Sugars per Portion	15.4*
Fat per Portion	3.6*
Saturates per Portion	1.2*
Fibre per Portion	0.9*
Salt Equivalent per Ptn	0.1*

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No