

# SECONDARY SCHOOL **MENUS**



THREE WEEK MENU PLAN

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# SECONDARY SCHOOL MENU PLAN

	Classic Dishes Monday	World Food Tuesday	Street Food Wednesday	High Street Thursday	Fishy supper Friday
<b>WEEK 1</b>					
BREAKFAST	Bacon Roll <i>(Vegetarian Option Available)</i>	Sausage Baguette <i>(Vegetarian Option Available)</i>	Breakfast Muffin <i>(Vegetarian Option Available)</i>	Breakfast Bagel <i>(Vegetarian Option Available)</i>	Breakfast Pot <i>(Vegetarian Option Available)</i>
MID MORNING SNACK	Pizza Wedge (V)	Pepperoni Pizza Bagel	Spicy Beef Pizza Baguette	Pepperoni Pizza Wedge (V)	Pizza Baguette (V)
MAIN OPTION	Roast Chicken, <i>Stuffing, Mini Roasts, Seasonal Vegetables</i>	Pasta al Forno, <i>Chopped Salad, Garlic Bread</i>	Turkey Tikka, <i>Pilau rice, Naan</i>	Piri Piri Chicken, <i>Tomato Paprika Rice &amp; Roasted Sweetcorn Salsa</i>	Battered Cod, <i>Chunky Chips &amp; Peas</i>
VEGETARIAN/VEGAN	Quorn Roast <i>Stuffing, Mini Roasts, Seasonal Vegetables (V)</i>	Vegetable Al Forno, <i>Chopped Salad, Garlic Bread (V)</i>	Vegetable Tikka, <i>Pilau Rice, Naan (V)</i>	Piri Piri Quorn, <i>Tomato Paprika Rice &amp; Roasted Sweetcorn Salsa (V)</i>	Southern Fried Quorn Nuggets, <i>Chunky Chips &amp; Peas (V)</i>
HEALTHIER OPTION	Chicken Noodle Salad Pot	Roasted Vegetable Cous Cous Salad Pot (V)	Tandoori Salmon Rice Salad Pot	Roasted Tomato & Orzo Pasta Salad	Salmon Fish cake & Chopped Salad
DELI COUNTER	Roast Chicken Burrito	Cheese, Tomato & Basil Flatbread (V)	Curried Rice & Bhaji Wrap (V)	Mexican Burrito (V)	Crispy Cod Wrap
BASIC TAKEAWAY POT	Mac N Cheese Bites <i>Tomato Chutney (V)</i>	Pasta, <i>Tomato Sauce &amp; Cheese (V)</i>	Samosa (V)	Halloumi Fries, <i>Sweet Chilli Sauce (V)</i>	Chicken Pops & BBQ Sauce
GRAB & GO	Bacon & Cheese Turnover <i>(Vegetarian Option Available)</i>	Jumbo Sausage Roll <i>(Vegetarian Option Available)</i>	Chilli Beef Roll <i>(Vegetarian Option Available)</i>	Cornish Chicken & Mushroom Slice <i>(Vegetarian Option Available)</i>	Pulled Pork Bake <i>(Vegetarian Option Available)</i>
SWEET TREATS	Choc & Cherry Brownie Bites (V)	Ice Cream & Toppings	Fruity Flapjack Bites (V)	Chocolate Mousse	Cookie Bites (V)
<b>WEEK 2</b>					
BREAKFAST	Bacon Roll <i>(Vegetarian Option Available)</i>	Sausage Baguette <i>(Vegetarian Option Available)</i>	Breakfast Muffin <i>(Vegetarian Option Available)</i>	Breakfast Bagel <i>(Vegetarian Option Available)</i>	Breakfast Pot <i>(Vegetarian Option Available)</i>
MID MORNING SNACK	Pizza Wedge (V)	Pepperoni Pizza Bagel	Spicy Beef Pizza Baguette	Pepperoni Pizza Wedge	Pizza Baguette (V)
MAIN OPTION	Roast Pork, Sage & Onion <i>Stuffing, Mini Roasts, Seasonal Vegetables</i>	Katsu Chicken, <i>Rice, Tomato &amp; Red Onion Salad</i>	BBQ Pork Bao Buns & Asian Slaw	Sweet & Sour Chicken, <i>Vegetable Noodles &amp; Prawn Crackers</i>	Battered Cod Bites, <i>Chunky Chips, Peas &amp; Curry Sauce</i>
VEGETARIAN/VEGAN	Roasted Vegetable Tart, <i>Mini Roasts, Seasonal Vegetables (Ve)</i>	Roasted Cauliflower Katsu, <i>Rice, Tomato &amp; Red Onion Salad (V)</i>	BBQ Mushroom & Aubergine Bao Buns & Asian Slaw (V)	Mushroom Chow Mein Prawn Crackers (V)	Southern Fried Quorn Escalope, <i>Chunky Chips, Peas &amp; Sweetcorn Relish (V)</i>
HEALTHIER OPTION	Coconut Noodle Salad (V)	Tuna Pasta Salad	Thai Noodle Salad (V)	Cajun Chicken Pot Salad	Balsamic Roasted Vegetable Salad (Ve)
DELI COUNTER	Smokey Joes Ham & Cheese Toastie	Falafel & Tabbouleh Wrap (V)	Teriyaki Chicken topped flatbread	Sub Italiano	Cod Bite Buttie
BASIC TAKEAWAY POT	Mac N Cheese Bites, <i>Tomato Chutney (V)</i>	Pasta, <i>Tomato Sauce &amp; Cheese (V)</i>	Halloumi Fries, <i>Sweet Chilli Sauce (V)</i>	Tater Tots & Nacho Cheese (V)	Southern Fried Chicken Pops Sweetcorn Relish
GRAB & GO	Bacon & Cheese Turnover <i>(Vegetarian Option Available)</i>	Jumbo Sausage Roll <i>(Vegetarian Option Available)</i>	Chilli Beef Roll <i>(Vegetarian Option Available)</i>	Cornish Chicken & Mushroom Slice <i>(Vegetarian Option Available)</i>	Pulled Pork Bake <i>(Vegetarian Option Available)</i>
SWEET TREATS	Choc & Cherry Brownie Bites (V)	Ice Cream & Toppings	Fruity Flapjack Bites (V)	Chocolate Mousse	Cookie Bites (V)
<b>WEEK 3</b>					
BREAKFAST	Bacon Roll <i>(Vegetarian Option Available)</i>	Sausage Baguette <i>(Vegetarian Option Available)</i>	Breakfast Muffin <i>(Vegetarian Option Available)</i>	Breakfast Bagel <i>(Vegetarian Option Available)</i>	Breakfast Pot <i>(Vegetarian Option Available)</i>
MID MORNING SNACK	Pizza Wedge (V)	Pepperoni Pizza Bagel	Spicy Beef Pizza Baguette	Pepperoni Pizza Wedge (V)	Pizza Baguette (V)
MAIN OPTION	Cumberland Sausage, <i>Creamy Mash Caramelised Red Onion Gravy</i>	Beef Chilli, <i>Steamed Rice &amp; Nachos</i>	Buttermilk Chicken Burger, <i>Red Cabbage Slaw, Wedges</i>	Sticky Korean Chicken & Korean Fried Rice	Jumbo Cod Goujons, <i>Chunky Chips, Peas &amp; Ketchup</i>
VEGETARIAN/VEGAN	Cumberland Sausage, <i>Creamy Mash Caramelised Red Onion Gravy (V)</i>	Bean Chilli, <i>Steamed rice &amp; Nachos (V)</i>	Southern Style Quorn Burger <i>Red Cabbage Slaw, Wedges (V)</i>	Sticky Korean Quorn Bites & Fried Rice (V)	Fishless Fingers, <i>Chunky Chips, Peas &amp; Ketchup (Ve)</i>
HEALTHIER OPTION	Italiano Pasta Salad	Beetroot Falafel Salad (V)	Thai Noodle Salad	Chicken Tikka Salad	Coronation Chickpea Bagel
DELI COUNTER	BBQ Chicken, Bacon & Cheese Wrap	Roasted Vegetable & Red Pepper Houmous Flatbread (V)	Mediterranean Meatball Sub	BBQ Pulled Pork Burrito	Fish Finger Sub
BASIC TAKEAWAY POT	Mac N Cheese Bites, <i>Tomato Chutney (V)</i>	Pasta, <i>Tomato Sauce &amp; Cheese (V)</i>	Halloumi Fries, <i>Sweet Chilli Sauce (V)</i>	Tater Tots Beans & Cheese (V)	Spring Rolls (V)
GRAB & GO	Bacon & Cheese Turnover <i>(Vegetarian Option Available)</i>	Jumbo Sausage Roll <i>(Vegetarian Option Available)</i>	Chilli Beef Roll <i>(Vegetarian Option Available)</i>	Cornish Chicken & Mushroom Slice <i>(Vegetarian Option Available)</i>	Pulled Pork Bake <i>(Vegetarian Option Available)</i>
SWEET TREATS	Choc & Cherry Brownie Bites (V)	Ice Cream & Toppings	Fruity Flapjack Bites (V)	Chocolate Mousse	Cookie Bites (V)

## BATTERED COD, CHUNKY CHIPS & PEAS

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 3288	M&J Seafood Battercrisp MSC Cod Fillets	10	ea	
F 32150	Brakes Chunky Cut Chips	1200	g	
F 4599	Brakes Garden Peas	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	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 fish on baking tray and cook at 200°C for 20 minutes
- 2 Deep fry chips @ 175°C for 4 minutes
- 3 Cook peas in boiling water
- 4 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	448.9
Energy per Portion (kj)	1883
Protein per Portion	19.8
Carbohydrate per Portion	49.2
Sugars per Portion	3.1
Fat per Portion	18
Saturates per Portion	2.5
Fibre per Portion	5.6
Salt Equivalent per Ptn	0.8

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CHEESE, TOMATO & BASIL FLATBREAD

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 30864	La Boulangerie Part Baked Focaccia Sandwich Rolls	10	ea	Defrosted
A 84497	Brakes Pizza Topping Sauce	300	g	
C 130980	Arla Large Diced Mozzarella 2kg	500	g	

### 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
<b>Milk</b>	<b>Yes</b>	Oats	No
Molluscs	No	<b>Rye</b>	<b>Yes</b>
Mustard	No	Spelt	No
Nuts	May	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

**Estimated Cooking Time: 20**

- 1 Cut bread lengthways and place on baking sheet
- 2 Place in oven at 190°C for 10 minutes
- 3 Remove from oven and spread with tomato sauce
- 4 Top with cheese and place back in oven for 12-15 minutes until cheese has melted

### Nutrition (pre-cooking)

Energy per Portion (kcal)	385.8
Energy per Portion (kj)	1622
Protein per Portion	19.5
Carbohydrate per Portion	44.1
Sugars per Portion	3.3
Fat per Portion	14.3
Saturates per Portion	7.6
Fibre per Portion	2*
Salt Equivalent per Ptn	1.7

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## CHICKEN POPS & BBQ SAUCE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 112614	Brakes Southern Fried Chicken Pops	800	g	
A 100395	Brakes Barbecue Sauce	400	g	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 20

- 1 Place chicken on a baking tray and cook at 200°C for 12-14 minutes
- 2 Serve with BBQ Sauce

### Nutrition (pre-cooking)

Energy per Portion (kcal)	228.8
Energy per Portion (kj)	956.8
Protein per Portion	10.8
Carbohydrate per Portion	22
Sugars per Portion	10.5
Fat per Portion	10.4
Saturates per Portion	1.6
Fibre per Portion	2
Salt Equivalent per Ptn	1.9

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CRISPY COD WRAP

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 4381	La Boulangerie 10" Fully Baked Flour Tortillas	10	ea	Defrosted
F 3288	M&J Seafood Battercrisp MSC Cod Fillets	10	ea	
A 89703	Brakes Real Mayonnaise	400	g	
C 10231	Iceberg Lettuce	300	g	Shredded

### 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
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: 25

- 1 Place fish on baking tray and cook at 200°C for 20 minutes
- 2 Spread Mayo on to Flour Tortilla, then top with lettuce
- 3 Cut fish into two lengthways and place on lettuce
- 4 Fold and roll into sausage shape
- 5 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	658.3
Energy per Portion (kj)	2745
Protein per Portion	18.7
Carbohydrate per Portion	51.6
Sugars per Portion	3.5
Fat per Portion	41.3
Saturates per Portion	5.1
Fibre per Portion	2.4
Salt Equivalent per Ptn	1.3

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CURRIED RICE & BHAJI WRAP

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 4381	La Boulangerie 10" Fully Baked Flour Tortillas	10	ea	
C 74157	Brakes Biryani Rice Salad	700	g	
F 3000	Brakes Onion Bhajis	20	ea	
C 10527	Roquette	120	g	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 20

- Place onion bhajis on a baking sheet at place in oven at 190°C for 12-15 minutes
- Place the rice salad in the middle of the flour tortilla
- Remove bhajis from oven and cut in half and place on to rice
- Fold in edges and roll in to a sausage shape

### Nutrition (pre-cooking)

Energy per Portion (kcal)	386.5
Energy per Portion (kj)	1624
Protein per Portion	9.3
Carbohydrate per Portion	55.4
Sugars per Portion	7.1
Fat per Portion	13.5
Saturates per Portion	4.3
Fibre per Portion	3.8
Salt Equivalent per Ptn	1

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## MEXICAN BURRITO

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 4381	La Boulangerie 10" Fully Baked Flour Tortillas	10	ea	Defrosted
A 100348	St. Nicholas Mexican Style Bean Salad 800g	600	g	
A 33630	Brakes Easy Cook Long Grain Rice	200	g	Cooked & Chilled
F 129517	Ardo Roasted Corn Mexicana	400	g	
A 89029	Brakes Salsa Sauce	200	g	
C 130980	Arla Large Diced Mozzarella 2kg	200	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

- Mix together all ingredients
- Place filling in centre of Flour Tortilla
- Fold in edges and roll in to a sausage shape
- Wrap in tin foil
- To re-heat place in oven at 200°C for 20 minutes
- Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	399.3
Energy per Portion (kj)	1681
Protein per Portion	15.2
Carbohydrate per Portion	58.9
Sugars per Portion	5.3
Fat per Portion	10.1
Saturates per Portion	4.7
Fibre per Portion	5.5*
Salt Equivalent per Ptn	1.3

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## PASTA AL FORNO

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 107415	Prime Meats British 15% Fat Beef Mince	700	g	
A 89718	Brakes Bolognese Sauce	850	g	
C 10291	Large Onions	300	g	
A 33784	Brakes Garlic Purée	20	g	
A 350094	Brakes Sunflower Oil	40	g	
C 130980	Arla Large Diced Mozzarella 2kg	200	g	
A 123385	Brakes Italian Conchiglie Pasta	1200	g	
F 32000	La Boulangerie Garlic & Parsley Bread Slices	10	ea	
C 10231	Iceberg Lettuce	100	g	
C 10230	Cucumber	100	g	
C 10364	Red Cherry Tomatoes	100	g	

Allergens Contained in this recipe			
Celery	No	Sesame	No
Crustacea	No	Soya	May
Egg	No	Sulphites	No
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: 50

- Heat oil in large pan then soften the chopped onion before adding garlic
- Add mince and cook for a further 10 minutes
- Add bolognese sauce and turn heat down and simmer for 30 minutes stir regularly
- cook pasta in boiling water for 8-10 minutes ,then drain
- In a large cooking dish place a layer of sauce then pasta then Cheese
- Repeat layer finishing with a layer of cheese
- Place in oven at 200oc for 15 minutes until golden and bubbling

Nutrition (pre-cooking)	
Energy per Portion (kcal)	813.4
Energy per Portion (kj)	3419
Protein per Portion	36.8
Carbohydrate per Portion	104.9
Sugars per Portion	12.7
Fat per Portion	26
Saturates per Portion	9.7
Fibre per Portion	6.2*
Salt Equivalent per Ptn	1.1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## PIRI PIRI CHICKEN

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 118674	Halal British Chicken Thighs Uncalibrated Back on	2000	g	
A 85593	Brakes Piri Piri Seasoning	50	g	
A 350094	Brakes Sunflower Oil	60	g	
A 1	Paprika Rice			
C 10291	Large Onions	200	g	Peeled & diced
A 350094	Brakes Sunflower Oil	50	g	
A 103350	Brakes Smoked Paprika	20	g	
C 525271	Red Peppers	200	g	Peeled & Diced
A 33630	Brakes Easy Cook Long Grain Rice	400	g	
A 114938	Cirio Passata Sieved Tomatoes	200	g	
A 350094	Brakes Sunflower Oil	50	g	
A 100445	Brakes Vegetable Flavour Bouillon Paste	60	g	Mix with 1 ltr water
F 129517	Ardo Roasted Corn Mexicana	200	g	Defrosted
A 89029	Brakes Salsa Sauce	200	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: 90**

- Mix together the vegetable oil and piri seasoning
- Marinate chicken thighs in mix for approx. 2 hours, cook at 200°C for 15-20 minutes
- For Rice
- in a large pan sauté Red Onion & Red Pepper in Oil until softened
- Add Smoked Paprika and cook for 1 minutes before add rice and stirring thoroughly
- Then add Vegetable stock and then passata
- Turn heat down and simmer Rice until cooked
- Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving
- For Salsa
- mix together the Corn & Salsa

### Nutrition (pre-cooking)

Energy per Portion (kcal)	765.6*
Energy per Portion (kj)	3193.3*
Protein per Portion	42*
Carbohydrate per Portion	45.6*
Sugars per Portion	7.7*
Fat per Portion	45*
Saturates per Portion	9.4*
Fibre per Portion	3.5*
Salt Equivalent per Ptn	2.5*

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## PIRI PIRI QUORN

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 34406	Quorn Plain Fillets	10	ea	
A 85593	Brakes Piri Piri Seasoning	50	g	
A 350094	Brakes Sunflower Oil	60	g	
A 1	Paprika Rice			
C 10291	Large Onions	200	g	Peeled & Diced
A 350094	Brakes Sunflower Oil	50	g	
A 103350	Brakes Smoked Paprika	20	g	
C 525271	Red Peppers	200	g	Peeled & Diced
A 33630	Brakes Easy Cook Long Grain Rice	400	g	
A 114938	Cirio Passata Sieved Tomatoes	200	g	
A 350094	Brakes Sunflower Oil	50	g	
A 100445	Brakes Vegetable Flavour Bouillon Paste	60	g	Mix with 1 ltr water
F 129517	Ardo Roasted Corn Mexicana	200	g	Defrosted
A 89029	Brakes Salsa Sauce	200	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

**Estimated Cooking Time: 90**

- Mix together the vegetable oil and piri seasoning
- Marinate chicken thighs in mix for approx. 2 hours, cook at 200°C for 15-20 minutes
- For Rice
- in a large pan sauté Red Onion & Red Pepper in Oil until softened
- Add Smoked Paprika and cook for 1 minutes before add rice and stirring thoroughly
- Then add Vegetable stock and then passata
- Turn heat down and simmer Rice until cooked
- Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving
- For Salsa
- mix together the Corn & Salsa

### Nutrition (pre-cooking)

Energy per Portion (kcal)	438.9*
Energy per Portion (kj)	1834.9*
Protein per Portion	13.6*
Carbohydrate per Portion	48.3*
Sugars per Portion	7.8*
Fat per Portion	19.4*
Saturates per Portion	2.5*
Fibre per Portion	6.9*
Salt Equivalent per Ptn	2.5*

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## QUORN & VEGETABLE TIKKA

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 4034	Quorn Pieces	400	g	
A 128592	Brakes Tikka Paste	150	g	
C 10291	Large Onions	500	g	Peeled & Diced
A 33898	Brakes Vegetable Bouillon Mix	20	g	Mix with 500ml of water
A 127121	Brakes Coconut Milk	400	g	
F 4792	Brakes Ratatouille Mix	400	g	
A 33630	Brakes Easy Cook Long Grain Rice	500	g	
C 10291	Large Onions	500	g	Peeled & Sliced
A 33898	Brakes Vegetable Bouillon Mix	40	ml	Mix with 1tr water
A 350094	Brakes Sunflower Oil	50	g	
F 120202	La Boulangerie Chapati	5	ea	

### 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
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 For the Curry Suate Onions in a little oil before adding Quorn & Veg mix and cooking for a further 4-5
- 2 minutes. 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 Saute 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 75oc for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	493.5
Energy per Portion (kj)	2073
Protein per Portion	14.7
Carbohydrate per Portion	68.8
Sugars per Portion	9.2
Fat per Portion	15.7
Saturates per Portion	7.7
Fibre per Portion	6.9
Salt Equivalent per Ptn	2.4

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## QUORN ROAST, STUFFING & SEASONAL VEGETABLES

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 57223	Quorn Roast Joint	750	g	
F 4353	Brakes Sage & Onion Stuffing Balls	10	ea	
A 33831	Brakes Gluten Free Fine Gravy Granules	300	g	
F 4625	Brakes Basic Grade Roasting Potatoes	1500	g	
F 4776	Brakes Diced Carrots	50	g	
F 4599	Brakes Garden Peas	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

- 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
- 5 Place potatoes on a lightly greased tray and place in oven at 180oc for 15-20 minutes
- 6 Cook in a pan of boiling water for 10-12 minutes
- 7 Drain and keep hot for service

### Nutrition (pre-cooking)

Energy per Portion (kcal)	409.5
Energy per Portion (kj)	1728
Protein per Portion	17.7
Carbohydrate per Portion	64
Sugars per Portion	2.3
Fat per Portion	7.4
Saturates per Portion	3.4
Fibre per Portion	8.6
Salt Equivalent per Ptn	7

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## VEGETABLE AL FORNO

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 106614	KM Roasted Mediterranean Vegetables	700	g	
A 89718	Brakes Bolognese Sauce	850	g	
C 10291	Large Onions	300	g	
A 33784	Brakes Garlic Purée	20	g	
A 350094	Brakes Sunflower Oil	40	g	
C 130980	Arla Large Diced Mozzarella 2kg	200	g	
A 123385	Brakes Italian Conchiglie Pasta	1200	g	
F 32000	La Boulangerie Garlic & Parsley Bread Slices	10	ea	
C 10231	Iceberg Lettuce	100	g	
C 10230	Cucumber	100	g	
C 10364	Red Cherry Tomatoes	100	g	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	Soya	May
Egg	No	Sulphites	No
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: 50

- Heat oil in large pan then soften the chopped onion before adding garlic
- Add mince and cook for a further 5minutes
- Add bolognese sauce and turn heat down and simmer for 30 minutes stir regularly
- Cook pasta in boiling water for 8-10 minutes ,then drain
- In a large cooking dish place a layer of sauce then pasta then Cheese
- Repeat layer finishing with a layer of cheese
- Place in oven at 200°C for 15 minutes until golden and bubbling

### Nutrition (pre-cooking)

Energy per Portion (kcal)	676.9
Energy per Portion (kj)	2853
Protein per Portion	23.6
Carbohydrate per Portion	108.2
Sugars per Portion	15.6
Fat per Portion	15
Saturates per Portion	4.8
Fibre per Portion	7.2*
Salt Equivalent per Ptn	1.6

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## ROASTED TOMATO & ORZO PASTA SALAD

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 74855	Brakes Orzo Pasta with Roasted Tomatoes	800	g	
C 10527	Roquette	100	g	
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	May	Sesame	May
Crustacea	No	Soya	May
Egg	May	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	May
Milk	May	Oats	No
Molluscs	No	Rye	No
Mustard	May	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

### Method

**Estimated Cooking Time: 20**

- 1 Place roquette in bottom of serving box
- 2 Top up with salad
- 3 Finish with pasta salad

Nutrition (pre-cooking)	
Energy per Portion (kcal)	154.7
Energy per Portion (kj)	647.9
Protein per Portion	4.4
Carbohydrate per Portion	18.3
Sugars per Portion	2.4
Fat per Portion	6.6
Saturates per Portion	0.7
Fibre per Portion	2
Salt Equivalent per Ptn	0.4

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## ROASTED VEGETABLE COUS COUS SALAD POT

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
A 131070	Twistd Mediterranean Chargrilled Vegetable Couscous	400	g	
F 106614	KM Roasted Mediterranean Vegetables	600	g	
C 10527	Roquette	100	g	
C 10230	Cucumber	100	g	
A 128911	Heinz Balsamic Dressing 800ml	90	g	

Allergens Contained in this recipe			
Celery	No	Sesame	No
Crustacea	No	Soya	No
Egg	No	<b>Sulphites</b>	<b>Yes</b>
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

- 0 Place cous cous in large bowl and make to according to instructions on packaging
- 2 Whilst still hot hot add vegetables to cous cous
- 3 Place Roquette in bottom of serving box
- 4 Top with cucumber
- 5 Top with cous cous
- 6 Finally finish with a drizzle of Balsamic

Nutrition (pre-cooking)	
Energy per Portion (kcal)	32*
Energy per Portion (kj)	133.8*
Protein per Portion	1.2*
Carbohydrate per Portion	5*
Sugars per Portion	4.5*
Fat per Portion	0.5*
Saturates per Portion	0.1*
Fibre per Portion	1.1*
Salt Equivalent per Ptn	0.7*

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SALMON FISHCAKE & CHOPPED SALAD

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 33313	M&J Seafood MSC Alaskan Pink Salmon Fishcakes w 10		ea	
C 10231	Iceberg Lettuce	100	g	
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
<b>Fish</b>	<b>Yes</b>	<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 fishcakes on baking tray and cook at 200°C for 15-20 minutes
- 2 Place chopped salad in serving packaging
- 3 Top with fishcake
- 4 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	81.9
Energy per Portion (kj)	346.2
Protein per Portion	5.8
Carbohydrate per Portion	12
Sugars per Portion	2.3
Fat per Portion	0.9
Saturates per Portion	0.1
Fibre per Portion	1.2
Salt Equivalent per Ptn	0.4

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SAMOSAS

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 3861	Brakes Mini Vegetable Samosas	30	ea	
A 89121	Brakes Mango Chutney	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
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 Place samosa on baking tray and cook at 200°C for 10-12 minutes
- 2 Serve in pot with mango chutney

### Nutrition (pre-cooking)

Energy per Portion (kcal)	286.5
Energy per Portion (kj)	1206
Protein per Portion	3.6
Carbohydrate per Portion	47.1
Sugars per Portion	24.9
Fat per Portion	9
Saturates per Portion	3.2
Fibre per Portion	2.1
Salt Equivalent per Ptn	1.9

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## SOUTHERN FRIED QUORN NUGGETS, CHUNKY CHIPS & PEAS

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 118851	Quorn Southern Fried Bites			
F 32150	Brakes Chunky Cut Chips			
F 4599	Brakes Garden Peas			

### 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
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 Bites on baking tray and cook at 200oc for 20 minutes
- 2 Deep fry chips at 175°C for 4 minutes
- 3 Cook peas in boiling water
- 4 Ensure core temperature reaches 75°C for a minimum of 30 seconds 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

## TANDOORI SALMON RICE SALAD POT

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 74157	Brakes Biryani Rice Salad	500	g	
F 129504	Brakes Salmon Suprêmes (skinless, boneless)	3	ea	Defrosted
A 116333	BD Foods Tandoori Ketchup	200	g	
C 10527	Roquette	100	g	
C 10230	Cucumber	100	g	

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

### Method

**Estimated Cooking Time: 30**

- 1 Spread Tandoori on to salmon and place on a lightly greased baking tray
- 2 Place in oven at 200°C for 12 minutes allow to cool
- 3 Flake salmon
- 4 Place roquette in bottom of serving box
- 5 Top with cucumber
- 6 Top with rice
- 7 Finally finish with flaked salmon

Nutrition (pre-cooking)	
Energy per Portion (kcal)	163
Energy per Portion (kj)	683
Protein per Portion	7.5
Carbohydrate per Portion	17.2
Sugars per Portion	8.6
Fat per Portion	6.8
Saturates per Portion	1.2
Fibre per Portion	1.1
Salt Equivalent per Ptn	0.9

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## TURKEY TIKKA, PILAU RICE & NAAN

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 16823	Prime Meats British Diced Skinless Turkey Thigh	600	g	
A 128592	Brakes Tikka Paste	100	g	
C 10291	Large Onions	500	g	Peeled & Diced
A 100446	Brakes Chicken Flavour Bouillon Paste	20	g	Mix with 500ml of water
A 127121	Brakes Coconut Milk	400	g	
A 1	For The Pilau			
A 33630	Brakes Easy Cook Long Grain Rice	500	g	
C 10291	Large Onions	500	g	Peeled & Sliced
A 100446	Brakes Chicken Flavour Bouillon Paste	40	g	Mix with 1 ltr water
A 350094	Brakes Sunflower Oil	50	g	
F 120202	La Boulangerie Chapati	5	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: 40**

- 1 For the curry, saute 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 Saute 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)	517.9*
Energy per Portion (kj)	2175*
Protein per Portion	19.9*
Carbohydrate per Portion	66.1*
Sugars per Portion	8.2*
Fat per Portion	17.8*
Saturates per Portion	8.2*
Fibre per Portion	4.9*
Salt Equivalent per Ptn	1.9*

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BREAKFAST BAGEL

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 4884	La Boulangerie Fully Baked Plain Bagels	10	ea	Deforsted
C 70071	Prime Meats Rindless Back Bacon	250	g	
F 128346	Catering Sausage Eights	10	ea	
A 3853	Brakes Tomato Ketchup Sachets	10	ea	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 20**

- 1 Grill bacon on both sides for 4-5 minutes
- 2 Place sausages on lightly greased baking sheet
- 3 Place in oven at 190°C for 20 minutes turning half way through cooking
- 4 Cut bagel in two, fill with sausage & bacon

### Nutrition (pre-cooking)

Energy per Portion (kcal)	500.4
Energy per Portion (kj)	2101
Protein per Portion	20.1
Carbohydrate per Portion	61.4
Sugars per Portion	7
Fat per Portion	19
Saturates per Portion	1.4
Fibre per Portion	2.7
Salt Equivalent per Ptn	3.2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## VEGETARIAN BREAKFAST BAGEL

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 4884	La Boulangerie Fully Baked Plain Bagels	10	ea	
F 112484	Quorn Sausage Patties	170	g	
F 32302	Brakes Mini Round Omelettes	10	ea	
A 3853	Brakes Tomato Ketchup Sachets	10	ea	

### 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	<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: 20

- 1 Place sausages on lightly greased baking sheet
- 2 Place in oven at 190°C for 20 minutes turning half way through cooking
- 3 Place omelettes on a lightly greased baking sheet
- 4 Cover with foil and Place in oven 190°C for 20 minutes turning half way through cooking
- 5 Ensure core temperature reaches 75oc for a minimum of 30 seconds before serving
- 6 Cut bagel in to two. Fill with sausage & omelette

### Nutrition (pre-cooking)

Energy per Portion (kcal)	364.1
Energy per Portion (kj)	1535
Protein per Portion	15.6
Carbohydrate per Portion	55.3
Sugars per Portion	7.9
Fat per Portion	8.2
Saturates per Portion	2.1
Fibre per Portion	3.6
Salt Equivalent per Ptn	1.3

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## BREAKFAST MUFFIN

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 2815	La Boulangerie English Muffins	10	ea	Defrosted
C 70071	Prime Meats Rindless Back Bacon	250	g	
F 128346	Catering Sausage Eights	10	ea	
A 3853	Brakes Tomato Ketchup Sachets	10	ea	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 20**

- 1 Grill bacon on both sides for 4-5 minutes
- 2 Place on lightly greased baking tray place in oven 190°C for 20 minutes turning half way through cooking
- 3 Or deep fry at 180°C for 6-7 minutes
- 4 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving
- 5 Cut muffin in to two. Fill with sausage & bacon

### Nutrition (pre-cooking)

Energy per Portion (kcal)	404.1
Energy per Portion (kj)	1693
Protein per Portion	17.1
Carbohydrate per Portion	41.3
Sugars per Portion	5.6
Fat per Portion	18.7
Saturates per Portion	1.6
Fibre per Portion	2.1
Salt Equivalent per Ptn	3.2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## VEGETARIAN BREAKFAST MUFFIN

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 2815	La Boulangerie English Muffins	10	ea	Defrosted
F 112484	Quorn Sausage Patties	170	g	
F 32302	Brakes Mini Round Omelettes	10	ea	
A 3853	Brakes Tomato Ketchup Sachets	10	ea	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 20

- 1 Place sausages on lightly greased baking sheet
- 2 Place in oven at 190°C for 20 minutes turning half way through cooking
- 3 Place omelettes on a lightly greased baking sheet
- 4 Cover with foil and Place in oven at 190°C for 20 minutes turning half way through cooking
- 5 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving
- 6 Cut muffin in to two. Fill with sausage & omelette

### Nutrition (pre-cooking)

Energy per Portion (kcal)	267.8
Energy per Portion (kj)	1127
Protein per Portion	12.7
Carbohydrate per Portion	35.1
Sugars per Portion	6.6
Fat per Portion	7.9
Saturates per Portion	2.3
Fibre per Portion	3.1
Salt Equivalent per Ptn	1.4

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## VEGETARIAN SAUSAGE BAGUETTE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 111699	Quorn Vegan Best of British Sausage	600	g	
F 32391	La Boulangerie 10" Fully Baked White Baguettes	10	ea	Defrosted
A 3853	Brakes Tomato Ketchup Sachets	10	ea	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 20

- 1 Place sausages on lightly greased baking tray and place in oven at 190°C for 20 minutes turning half way through cooking
- 2 Or deep fry at 180°C for 6-7 minutes
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	486.2
Energy per Portion (kj)	2051
Protein per Portion	22.7
Carbohydrate per Portion	78.8
Sugars per Portion	8.1
Fat per Portion	7.3
Saturates per Portion	2.5
Fibre per Portion	7.3
Salt Equivalent per Ptn	1.9

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## PEPPERONI PIZZA BAGEL

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 4884	La Boulangerie Fully Baked Plain Bagels	5	ea	Deforsted
A 84497	Brakes Pizza Topping Sauce	200	g	
C 130980	Arla Large Diced Mozzarella 2kg	200	g	
F 3780	Brakes Pepperoni Slices	100	g	

### 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	<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: 20**

- 1 Slice Bagel and lay out onto baking tray place in oven at 200°C for 5 minutes
- 2 Remove from oven and spread with tomato sauce then cheese
- 3 Place back in oven for another 6-7 minutes
- 4 Remove from oven and serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	251.9
Energy per Portion (kj)	1058
Protein per Portion	11.8
Carbohydrate per Portion	27.8
Sugars per Portion	4.2
Fat per Portion	10.2
Saturates per Portion	4.8
Fibre per Portion	1.4*
Salt Equivalent per Ptn	1.3

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SAUSAGE BAGUETTE

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 128346	Catering Sausage Eights	20	ea	
F 32391	La Boulangerie 10" Fully Baked White Baguettes	10	ea	Deforsted
A 3853	Brakes Tomato Ketchup Sachets	10	ea	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 20**

- 1 Place sausages on lightly greased baking tray and place in oven at 190°C for 20 minutes turning half way through cooking
- 2 Or deep fry at 180°C for 6-7 minutes
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	735.4
Energy per Portion (kj)	3082
Protein per Portion	26.5
Carbohydrate per Portion	87.5
Sugars per Portion	7.4
Fat per Portion	30.3
Saturates per Portion	0
Fibre per Portion	4.8
Salt Equivalent per Ptn	4.5

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## COOKIE BITES

Serves 32

Code	Description	Qty	Units	mise en place / Preparation
A 88748	Brakes Chocolate Cookie Mix	1000	g	
A 1	Water	140	ml	
A 470655	Callebaut Dark Chocolate Callets 70%	100	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
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

- Place mix in large bowl and add correct amount of water, callets and cookie mix
- Beat for 1 minute on slow speed until a dough is formed
- Form the dough into a small roll, wrap in cling film and place in fridge until firm
- Remove from cling film and cut dough into discs and place on baking tray
- Bake at 170°C for 13-15 minutes
- When baked allow cookies to cool on baking tray before moving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	162.6
Energy per Portion (kj)	682
Protein per Portion	1.9
Carbohydrate per Portion	21.9
Sugars per Portion	11.1
Fat per Portion	7.2
Saturates per Portion	2.5
Fibre per Portion	1.5
Salt Equivalent per Ptn	0.2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## JUMBO SAUSAGE ROLL

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 3634	Brakes 6" Jumbo Sausage Rolls	10	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: 25**

- 1 From frozen place turnovers on baking tray
- 2 Place in oven at 180°C for 22-27 minutes
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	292.5
Energy per Portion (kj)	1223
Protein per Portion	6.7
Carbohydrate per Portion	27.8
Sugars per Portion	0
Fat per Portion	16.5
Saturates per Portion	7.2
Fibre per Portion	1.4
Salt Equivalent per Ptn	1.1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## MAC N CHEESE BITES WITH TOMATO CHUTNEY

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 120921	Brakes Mac "N" Cheese Bites	50	ea	
A 100284	Brakes Tomato Chutney	200	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
<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 From frozen, place on baking tray and place in oven at 200°C for 10 minutes
- 2 Alternatively deep fry in oil at 180°C for 5 minutes
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving
- 4 Serve with tomato chutney

### Nutrition (pre-cooking)

Energy per Portion (kcal)	274.8
Energy per Portion (kj)	1152
Protein per Portion	5.7
Carbohydrate per Portion	31
Sugars per Portion	6.4
Fat per Portion	13.6
Saturates per Portion	3.9
Fibre per Portion	1.7
Salt Equivalent per Ptn	1

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## BACON & CHEESE TURNOVER

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 4396	Brakes Bacon & Cheese Turnovers	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
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

Estimated Cooking Time: 25

- 1 From frozen, place turnovers on baking tray
- 2 Place in oven at 180°C for 22-27 minutes
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	385.6
Energy per Portion (kj)	1608
Protein per Portion	13.1
Carbohydrate per Portion	25
Sugars per Portion	0
Fat per Portion	25
Saturates per Portion	11.9
Fibre per Portion	1.3
Salt Equivalent per Ptn	1.7

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BACON ROLL

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 70071	Prime Meats Rindless Back Bacon	945	g	
F 5222	La Boulangerie 4" Unseeded Burger Bun	10	ea	Defrosted
A 3853	Brakes Tomato Ketchup Sachets	10	ea	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 20**

- 1 Grill bacon on both sides for 4-5 minutes
- 2 Serve in bun with ketchup sachet

### Nutrition (pre-cooking)

Energy per Portion (kcal)	314.5
Energy per Portion (kj)	1319
Protein per Portion	19.5
Carbohydrate per Portion	28.8
Sugars per Portion	4.7
Fat per Portion	13.5
Saturates per Portion	4.5
Fibre per Portion	2
Salt Equivalent per Ptn	3.4

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## VEGETARIAN BACON ROLL

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 131057	THIS Isn't Bacon Rashers	60	g	
F 5222	La Boulangerie 4" Unseeded Burger Bun	10	ea	Defrosted
		10	ea	

### Allergens Contained in this recipe

Celery	No	Sesame	May
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 Grill bacon on both sides for 4-5 minutes
- 2 Serve in bun with ketchup sachet

### Nutrition (pre-cooking)

Energy per Portion (kcal)	531.1
Energy per Portion (kj)	2244
Protein per Portion	18.7
Carbohydrate per Portion	100.6
Sugars per Portion	8.9
Fat per Portion	5.1
Saturates per Portion	0
Fibre per Portion	5.8*
Salt Equivalent per Ptn	1.8

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## VEGETARIAN BREAKFAST POT

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
A 186	Brakes Baked Beans in Tomato Sauce	1200	g	
F 131057	THIS Isn't Bacon Rashers	120	g	
F 111699	Quorn Vegan Best of British Sausage	600	g	
F 3957	Brakes Pre-fried potato dice	1000	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: 20

- 1 Grill bacon on both sides for 4-5 minutes, then cut in to quarters
- 2 Place sausages on lightly greased baking sheet
- 3 Place in oven at 190°C for 20 minutes turning half way through cooking then cut into quarters
- 4 Deep fry potato in hot oil at 175°C for 3 minutes
- 5 Re-heat baked beans
- 6 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving
- 7 Place beans in serving pot, top with bacon & sausage
- 8 Finally, finish with diced potato

### Nutrition (pre-cooking)

Energy per Portion (kcal)	372.8
Energy per Portion (kj)	1565
Protein per Portion	20.7
Carbohydrate per Portion	42.6
Sugars per Portion	9.8
Fat per Portion	10.9
Saturates per Portion	3.1
Fibre per Portion	10.6*
Salt Equivalent per Ptn	1.8

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## PASTA, TOMATO SAUCE & CHEESE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
A 123383	Brakes Italian Penne Pasta	600	g	
A 89716	Brakes Tomato & Basil Sauce	400	g	
C 130980	Arla Large Diced Mozzarella 2kg	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 Cook pasta in boiling water for 8-10 minutes
- 2 Drain pasta and reserve a small amount of the water in the pan
- 3 Add tomato sauce to pan and re-heat before returning pasta to pan
- 4 Mix well before placing pasta into serving pots and topping with cheese
- 5 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	322.2
Energy per Portion (kj)	1358
Protein per Portion	15.2
Carbohydrate per Portion	47.3
Sugars per Portion	5.3
Fat per Portion	7.6
Saturates per Portion	4.4
Fibre per Portion	2.4*
Salt Equivalent per Ptn	0.7

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## CORNISH CHICKEN & MUSHROOM SLICE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 104572	Proper Cornish Unbaked Chicken & Mushroom Slice	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
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

Estimated Cooking Time: 25

- 1 From frozen place turnovers on baking tray
- 2 Place in oven at 200°C for 25-30 minutes
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	494.9
Energy per Portion (kj)	2069
Protein per Portion	11.2
Carbohydrate per Portion	45.4
Sugars per Portion	1.9
Fat per Portion	30.9
Saturates per Portion	16.5
Fibre per Portion	2.1
Salt Equivalent per Ptn	1.5

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CHILLI BEEF ROLL

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 120968	Brakes Chilli Beef Roll	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
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: 25**

- 1 From frozen place turnovers on baking tray
- 2 Place in oven at 180°C for 40-45 minutes
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	500.6
Energy per Portion (kj)	2093
Protein per Portion	18.6
Carbohydrate per Portion	46.3
Sugars per Portion	2
Fat per Portion	26.1
Saturates per Portion	11.8
Fibre per Portion	3.1
Salt Equivalent per Ptn	2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CHOCOLATE & CHERRY BROWNIE BITES

Serves 40

Code	Description	Qty	Units	mise en place / Preparation
A 113353	Brakes Chocolate Fudge Brownie Mix	1000	g	
A 15764	Brakes Dark Pitted Cherries in Light Syrup	300	g	Drained
A 1	Water	250	ml	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 45

- Place mix in large bowl and add correct amount of water
- Beat for 1 minute on slow speed scrape down sides of bowl, then for a further 2 minutes on slow
- Then add cherries and stir in by hand
- Place mixture in to a shallow dish lined with greaseproof paper
- Bake at 180°C for 40-45 minutes until you have a crusty top and sticky texture
- Recommended portion of 4 bites

### Nutrition (pre-cooking)

Energy per Portion (kcal)	119.1
Energy per Portion (kj)	501
Protein per Portion	1.6
Carbohydrate per Portion	19.3
Sugars per Portion	12.6
Fat per Portion	3.8
Saturates per Portion	1.4
Fibre per Portion	0.9
Salt Equivalent per Ptn	0.3

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## CHOCOLATE MOUSSE

Serves 24

Code	Description	Qty	Units	mise en place / Preparation
A 124513	Carte D'Or Chocolate Mousse	480	g	
C 70218	Brakes Fresh Semi Skimmed Milk	1000	ml	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 12

- 1 Pour cold milk in to a large bowl then sprinkle over the mousse mix
- 2 Whisk with an electric mixer for 2 minutes at low speed, then 5 minutes at high speed
- 3 Pipe into serving cups and place in fridge for at least 90 minutes

### Nutrition (pre-cooking)

Energy per Portion (kcal)	56.4
Energy per Portion (kj)	231.7
Protein per Portion	2.6
Carbohydrate per Portion	6.5
Sugars per Portion	6.3
Fat per Portion	2.1
Saturates per Portion	1.4
Fibre per Portion	0.5
Salt Equivalent per Ptn	0.1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## FRUITY FLAPJACK BITES

Serves 40

Code	Description	Qty	Units	mise en place / Preparation
A 113354	Brakes Flapjack Mix	1000	g	
A 85702	Brakes Sultanas	100	g	
A 8284	Brakes Dried Apricots	100	g	
A 1	Water	100	ml	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	Soya	May
Egg	May	Sulphites	Yes
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

Estimated Cooking Time: 35

- 1 Place mix in large bowl and add correct amount of water
- 2 Beat for 15 seconds on slow speed
- 3 Then add sultanas & chopped apricots. Stir in by hand
- 4 Place mixture in to a greased shallow dish
- 5 Bake at 180oc for 30-35 minutes until you have a crusty top and sticky texture
- 6 Recommended portion of 4 bites

### Nutrition (pre-cooking)

Energy per Portion (kcal)	124.2
Energy per Portion (kj)	521
Protein per Portion	1.7
Carbohydrate per Portion	17.9
Sugars per Portion	8.4
Fat per Portion	4.8
Saturates per Portion	1.6
Fibre per Portion	1.4
Salt Equivalent per Ptn	0.1

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## ICE CREAM & TOPPINGS

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 33065	Callestick Farm Cornish Dairy Vanilla Ice Cream	240	ml	
A 2379	Brakes Chocolate Sauce	30	ml	
A 16296	Brakes Toffee Sauce	30	ml	
A 130994	Macphie O.T.T Salted Caramel Dessert Topping 500g	30	ml	
A 100530	Da Vinci Gourmet Belgian Chocolate Flavoured Drizzle	30	ml	
A 100534	Da Vinci Gourmet Strawberry Flavoured Drizzle Sauce	30	ml	
A 100536	Da Vinci Raspberry Dessert Sauce	30	ml	
A 86134	Da Vinci Toffee with Devon Cream Drizzle	30	ml	
A 119836	Lees Macaringue's	2	ea	
A 29957	Brakes Mini White Marshmallows	30	g	
A 121588	Dr. Oetker Chocolate Flavour Sugar Strands 700g	30	g	
A 121589	Dr. Oetker Sugar Strands 700g	30	g	
A 128653	Brakes Mini Chocolate Coloured Beans	30	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	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: 5

- 1 Scoop ice cream into tubs
- 2 Offer toppings of your choice

### Nutrition (pre-cooking)

Energy per Portion (kcal)	146.8
Energy per Portion (kj)	616.6
Protein per Portion	1.1
Carbohydrate per Portion	26
Sugars per Portion	21.5
Fat per Portion	4.2
Saturates per Portion	2.5
Fibre per Portion	0.1*
Salt Equivalent per Ptn	0.1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## PIZZA BAGEL (GF)

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 132420	New York Bakery Co. Gluten Free Plain Bagel	5	ea	Defrosted
A 84497	Brakes Pizza Topping Sauce	200	g	
C 130980	Arla Large Diced Mozzarella 2kg	200	g	
F 3780	Brakes Pepperoni Slices	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: 20**

- 1 Slice bagel and lay out onto baking tray place in oven at 200°C for 5 minutes
- 2 Remove from oven and spread with tomato sauce then cheese
- 3 Place back in oven for another 6-7 minutes
- 4 Remove from oven and serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	124.7*
Energy per Portion (kj)	518.7*
Protein per Portion	7.3*
Carbohydrate per Portion	2.7*
Sugars per Portion	2*
Fat per Portion	9.5*
Saturates per Portion	4.7*
Fibre per Portion	0.2*
Salt Equivalent per Ptn	0.9*

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## PIZZA BAGUETTE

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 32391	La Boulangerie 10" Fully Baked White Baguettes	5	ea	Defrosted
A 84497	Brakes Pizza Topping Sauce	200	g	
C 130980	Arla Large Diced Mozzarella 2kg	200	g	

### 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
<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 Slice baguette and lay out onto baking tray place in oven at 200°C for 5 minutes
- 2 Remove from oven and spread with tomato sauce, then cheese
- 3 Place back in oven for another 6-7 minutes
- 4 Remove from oven and serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	246.4
Energy per Portion (kj)	1039
Protein per Portion	11.7
Carbohydrate per Portion	36.9
Sugars per Portion	4.4
Fat per Portion	5.3
Saturates per Portion	2.8
Fibre per Portion	2.5*
Salt Equivalent per Ptn	1

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## PIZZA WEDGE

**Serves 12**

Code	Description	Qty	Units	mise en place / Preparation
F 128416	Brakes Sourdough Pizza Base 12"	3	ea	Defrosted
A 84497	Brakes Pizza Topping Sauce	300	g	
C 130980	Arla Large Diced Mozzarella 2kg	300	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 15**

- 1 Spread tomato sauce on to pizza base
- 2 Top with cheese
- 3 Cook at 200°C for 15 minutes
- 4 Remove from oven and cut into four equal wedges

### Nutrition (pre-cooking)

Energy per Portion (kcal)	294
Energy per Portion (kj)	1237
Protein per Portion	12.9
Carbohydrate per Portion	37.3
Sugars per Portion	3.1
Fat per Portion	10.1
Saturates per Portion	4
Fibre per Portion	1.9*
Salt Equivalent per Ptn	1.3

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## PEPPERONI PIZZA WEDGE

Serves 12

Code	Description	Qty	Units	mise en place / Preparation
F 128416	Brakes Sourdough Pizza Base 12"	3	ea	Defrosted
A 84497	Brakes Pizza Topping Sauce	200	g	
C 130980	Arla Large Diced Mozzarella 2kg	200	g	
F 3780	Brakes Pepperoni Slices	100	g	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 20

- 1 Spread tomato sauce on to pizza base
- 2 Top with cheese
- 3 Cook at 200°C for 15 minutes
- 4 Remove from oven and cut into four equal wedges

### Nutrition (pre-cooking)

Energy per Portion (kcal)	306.9
Energy per Portion (kj)	1289
Protein per Portion	12.2
Carbohydrate per Portion	36.3
Sugars per Portion	2.3
Fat per Portion	12.2
Saturates per Portion	4.4
Fibre per Portion	1.8*
Salt Equivalent per Ptn	1.5

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## PULLED PORK BAKE

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 122518	Brakes Pulled Pork Bake	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	<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 From frozen place turnovers on baking tray
- 2 Place in oven at 200°C for 30-35 minutes
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	411.8
Energy per Portion (kj)	1718
Protein per Portion	10.6
Carbohydrate per Portion	41
Sugars per Portion	3.9
Fat per Portion	22.1
Saturates per Portion	10.3
Fibre per Portion	2.5
Salt Equivalent per Ptn	1.2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CHICKEN NOODLE SALAD POT

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 117367	Halal Roasted Chicken Fillets 110-130g	5	ea	Defrosted
C 71498	Brakes Thai Noodle Salad	500	g	
C 10527	Roquette	100	g	
C 10230	Cucumber	100	g	Diced

### 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 Slice chicken
- 2 Place roquette in bottom of serving box
- 3 Top with cucumber
- 4 Top with noodle salad
- 5 Finally finish with chicken

### Nutrition (pre-cooking)

Energy per Portion (kcal)	138.8
Energy per Portion (kj)	587.1
Protein per Portion	17.1
Carbohydrate per Portion	12.1
Sugars per Portion	4.5
Fat per Portion	2.3
Saturates per Portion	0.6
Fibre per Portion	0.7
Salt Equivalent per Ptn	1.1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## ROAST CHICKEN, STUFFING AND SEASONAL VEGETABLES

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 117367	Halal Roasted Chicken Fillets 110-130g	10	ea	
F 4353	Brakes Sage & Onion Stuffing Balls	10	ea	
A 33831	Brakes Gluten Free Fine Gravy Granules	300	g	
F 4625	Brakes Basic Grade Roasting Potatoes	1500	g	
F 4776	Brakes Diced Carrots	50	g	
F 4599	Brakes Garden Peas	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: 40

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

### Nutrition (pre-cooking)

Energy per Portion (kcal)	490.9
Energy per Portion (kj)	2075
Protein per Portion	36.4
Carbohydrate per Portion	63.6
Sugars per Portion	3.2
Fat per Portion	9.4
Saturates per Portion	3.8
Fibre per Portion	4.7
Salt Equivalent per Ptn	7.3

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## ROAST CHICKEN BURRITO

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 4381	La Boulangerie 10" Fully Baked Flour Tortillas	10	ea	Defrosted
F 117367	Halal Roasted Chicken Fillets 110-130g	5	ea	Defrosted & Diced
A 33630	Brakes Easy Cook Long Grain Rice	200	g	Cooked & Chilled
F 129517	Ardo Roasted Corn Mexicana	100	g	
A 89029	Brakes Salsa Sauce	100	g	
C 130980	Arla Large Diced Mozzarella 2kg	200	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**

- Mix together all ingredients
- Place filling in centre of flour tortilla
- Fold in edges and roll in to a sausage shape
- Wrap in tin foil
- To re-heat place in oven at 200°C for 20 minutes
- Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	389.9
Energy per Portion (kj)	1644
Protein per Portion	26.5
Carbohydrate per Portion	47.7
Sugars per Portion	3
Fat per Portion	9.9
Saturates per Portion	4.9
Fibre per Portion	1.5*
Salt Equivalent per Ptn	1.2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## FALAFEL TABBOULEH WRAP

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 4381	La Boulangerie 10" Fully Baked Flour Tortillas			
F 121197	Crops Tabbouleh 2.5kg			
F 31844	Brakes Falafel			
A 128592	Brakes Tikka Paste			
A 89703	Brakes Real Mayonnaise			

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
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 Mix together mayonnaise and tikka paste
- 2 Re-heat tabbouleh according to instructions on packaging
- 3 Re-heat falafel according to instructions on packaging then cut in half
- 4 Spread mayonnaise over flour tortilla then top with tabbouleh and falafel
- 5 Fold ends in and roll to a sausage shape

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

## ROASTED CAULIFLOWER, RICE, TOMATO & RED ONION SALAD

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 450541	Cauliflowers			
A 350094	Brakes Sunflower Oil			
A 33599	Brakes Standard Curry Powder			
A 109271	Brakes Katsu Curry Sauce			
A 33630	Brakes Easy Cook Long Grain Rice			
C 10364	Red Cherry Tomatoes			
C 12010	Red Onions			

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
<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

- Mix together oil and curry powder and coats cauliflower florets
- Place cauliflower on a baking tray at place in oven at 200°C for 10-12 minutes
- Cook rice in a large pan of boiling water
- Re-heat curry sauce
- Mix together tomato & onion
- Serve with curry sauce over the cauliflower

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

## SOUTHERN FRIED CORN ESCALOPE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 30125	Quorn Spicy Southern Fried Style Escalopes	10	ea	
F 32150	Brakes Chunky Cut Chips	1200	g	
F 4599	Brakes Garden Peas	500	g	
A 109420	Bick's Crunchy Sweetcorn Relish 2.45kg	400	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
<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 Deep fry chips at 175°C for 4 minutes
- 2 Cook peas in boiling water
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving
- 4 Reheat sauce to serve on the side

### Nutrition (pre-cooking)

Energy per Portion (kcal)	465
Energy per Portion (kj)	1954
Protein per Portion	17.5
Carbohydrate per Portion	58.5
Sugars per Portion	12
Fat per Portion	15.8
Saturates per Portion	2.3
Fibre per Portion	9.2*
Salt Equivalent per Ptn	2.1

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## TUNA PASTA SALAD

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 10527	Roquette	50	g	
C 118706	Coleslaw Mix 3mm Cut	250	g	
C 71505	Brakes Tuna & Pasta Salad	500	g	
C 10230	Cucumber	200	g	Diced
C 10364	Red Cherry Tomatoes	100	g	Halved

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	May	Oats	No
Molluscs	No	Rye	No
Mustard	May	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	Yes

### Method

Estimated Cooking Time: 10

- 1 Layer salad in takeaway pot with pasta mix first, then coleslaw
- 2 Then add tomato & cucumber and finish with roquette

Nutrition (pre-cooking)	
Energy per Portion (kcal)	143
Energy per Portion (kj)	595.2
Protein per Portion	3.8
Carbohydrate per Portion	11.3
Sugars per Portion	4.1
Fat per Portion	8.9
Saturates per Portion	0.9
Fibre per Portion	1.2
Salt Equivalent per Ptn	0.3

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BATTERED COD BITES

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 129291	Whitby MSC Pollock Fillet Nuggets	1000	g	
F 32150	Brakes Chunky Cut Chips	1200	g	
F 4599	Brakes Garden Peas	500	g	
A 89761	Brakes Chip Shop Curry Sauce	400	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	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 fish on baking tray and cook at 200°C for 20 minutes
- 2 Deep fry chips at 175°C for 4 minutes
- 3 Cook peas in boiling water
- 4 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving
- 5 Reheat sauce to serve on the side

### Nutrition (pre-cooking)

Energy per Portion (kcal)	434.2
Energy per Portion (kj)	1826
Protein per Portion	18.2
Carbohydrate per Portion	56.9
Sugars per Portion	4.8
Fat per Portion	13.5
Saturates per Portion	1.4
Fibre per Portion	6.1
Salt Equivalent per Ptn	0.9

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BBQ MUSHROOM & AUBERGINE BAO BUNS & ASIAN SLAW

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 112785	Golden Crumb Crispy Mushroom Dippers 1kg	800	g	
F 112265	Bao (Hirata) Bun	10	ea	
A 100395	Brakes Barbecue Sauce	200	g	
C 10214	Red Cabbage	100	g	
C 124173	Cabbage White	100	g	
C 450693	Carrots	100	g	
C 12010	Red Onions	80	g	
A 127153	Mikado Rice Vinegar CASE	120	g	
A 350098	Tate & Lyle Caster Sugar 2kg	20	g	

### Allergens Contained in this recipe

<b>Celery</b>	<b>Yes</b>	Sesame	<b>May</b>
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	<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 the vinegar and sugar in a large bowl and mix well
- 2 Place all of the vegetables in the vinegar and stir well leave to marinade
- 3 Deep fry mushroom in hot oil at 180°C for 5 minutes
- 4 Steam buns in steamer for 8 minutes or steam over a pan of boiling water
- 5 Fill hot buns with mushrooms & drizzle with BBQ sauce
- 6 Serve with a portion of the salad

### Nutrition (pre-cooking)

Energy per Portion (kcal)	304.5
Energy per Portion (kj)	1284
Protein per Portion	8.3
Carbohydrate per Portion	60.9
Sugars per Portion	13.3
Fat per Portion	2.8
Saturates per Portion	0.4
Fibre per Portion	1.8*
Salt Equivalent per Ptn	1.6

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## BBQ PORK BAO BUNS & ASIAN SLAW

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 107698	The UK Foodhall Ltd Fully Cooked Shredded British P	600	g	
F 112265	Bao (Hirata) Bun	10	ea	
A 100395	Brakes Barbecue Sauce	200	g	
C 10214	Red Cabbage	100	g	Thinly Sliced
C 124173	Cabbage White	100	g	Thinly Sliced
C 450693	Carrots	100	g	Grated
C 12010	Red Onions	80	g	Thinly Sliced
A 127153	Mikado Rice Vinegar CASE	120	ml	
A 350098	Tate & Lyle Caster Sugar 2kg	20	g	

### Allergens Contained in this recipe

<b>Celery</b>	<b>Yes</b>	Sesame	<b>May</b>
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	<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 Place the vinegar and sugar in a large bowl and mix well
- 2 Place all of the vegetables in the vinegar and stir well leave to marinade
- 3 Mix together the pork and BBQ sauce & re-heat
- 4 Steam buns in steamer for 8 minutes or steam over a pan of boiling water
- 5 Fill hot buns with BBQ pork
- 6 Serve with a portion of the salad

### Nutrition (pre-cooking)

Energy per Portion (kcal)	292.1
Energy per Portion (kj)	1224
Protein per Portion	16.6
Carbohydrate per Portion	40
Sugars per Portion	13.6
Fat per Portion	6.9
Saturates per Portion	2
Fibre per Portion	1.5*
Salt Equivalent per Ptn	1.3

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## COCONUT NOODLE SALAD

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
A 113270	Thai Taste Rice Vermicelli Noodle Nests 200g	300	g	
A 85106	Kingfisher Oriental Light Coconut Milk 400ml	300	ml	
A 128592	Brakes Tikka Paste	60	g	
C 10527	Roquette	50	g	
C 118706	Coleslaw Mix 3mm Cut	250	g	
C 10230	Cucumber	200	g	Diced
C 10364	Red Cherry Tomatoes	100	g	Halved

### 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 noodles in large bowl and cover with boiling water, leave for around 5 minutes
- 2 Mix together coconut milk & tikka paste
- 3 Drain noodles and mix with the tikka mix
- 4 Layer salad in takeaway pot with noodles mix first, then coleslaw
- 5 Then add tomato & cucumber and finish with roquette

### Nutrition (pre-cooking)

Energy per Portion (kcal)	154.9
Energy per Portion (kj)	645.8
Protein per Portion	3.3
Carbohydrate per Portion	26.7
Sugars per Portion	2.6
Fat per Portion	3.6
Saturates per Portion	2.2
Fibre per Portion	1.6
Salt Equivalent per Ptn	0.2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## FISHBITE BUTTIE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 129291	Whitby MSC Pollock Fillet Nuggets	800	g	
F 5222	La Boulangerie 4" Unseeded Burger Bun	10	ea	Defrosted
A 89703	Brakes Real Mayonnaise	100	g	
C 10527	Roquette	50	g	

### Allergens Contained in this recipe

Celery	No	Sesame	May
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
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 fish on baking tray and cook at 200°C for 20 minutes
- 2 Spread mayonnaise on bottom layer of bun. Top with roquette
- 3 Finally finish with the pollock fillets

### Nutrition (pre-cooking)

Energy per Portion (kcal)	753.5
Energy per Portion (kj)	3174
Protein per Portion	26.9
Carbohydrate per Portion	119.5
Sugars per Portion	9.4
Fat per Portion	17.5
Saturates per Portion	0.9
Fibre per Portion	6.8
Salt Equivalent per Ptn	2.2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## KATSU CHICKEN, RICE, TOMATO & RED ONION SALAD

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 109909	Brakes Breaded Chicken Fillets Katsu Style	10	ea	
A 109271	Brakes Katsu Curry Sauce	700	g	
A 33630	Brakes Easy Cook Long Grain Rice	500	g	
C 10364	Red Cherry Tomatoes	200	g	Halved
C 12010	Red Onions	100	g	Peeled & Thinly sliced

### 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: 20**

- 1 Cook rice in a large pan of boiling water
- 2 Deep fry chicken in hot oil at 180°C for 5 minutes
- 3 Re-heat curry sauce
- 4 Mix together tomato & onion

### Nutrition (pre-cooking)

Energy per Portion (kcal)	478.2
Energy per Portion (kj)	2009
Protein per Portion	20.7
Carbohydrate per Portion	59.1
Sugars per Portion	6.3
Fat per Portion	16.7
Saturates per Portion	5.4
Fibre per Portion	1.6
Salt Equivalent per Ptn	0.9

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## MUSHROOM CHOW MEIN WITH PRAWN CRACKERS

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 450113	Paris Brown Mushrooms	500	g	Thinly Sliced
A 130325	Knorr BD Chow Mein 2.2L	500	g	
C 114205	Beanshoots	200	g	
A 89204	Chinese Prawn Crackers 1kg	50	g	
A 105854	Lucky Boat Noodle No.1	300	g	
F 4282	Baby Carrot, Green Bean & Baby Corn Medley	300	g	
C 12010	Red Onions	200	g	Peeled & Thinly sliced
A 350094	Brakes Sunflower Oil	60	g	

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 30

- 1 Cook noodles in boiling water
- 2 Stir fry vegetables in oil and add cooked noodles, mix well
- 3 Deep fry prawn crackers for 40 seconds, drain on kitchen paper
- 4 Add Chow Mein sauce and a splash of water ,mix well
- 5 Serve with a portion of the prawn crackers

### Nutrition (pre-cooking)

Energy per Portion (kcal)	274.7
Energy per Portion (kj)	1153
Protein per Portion	6.7
Carbohydrate per Portion	39.3
Sugars per Portion	11.8
Fat per Portion	10
Saturates per Portion	1.6
Fibre per Portion	2.2
Salt Equivalent per Ptn	1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## ROAST PORK, STUFFING & SEASONAL VEGETABLES

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 72011	Prime Meats Imported Pork Leg	1000	g	
F 4353	Brakes Sage & Onion Stuffing Balls	10	ea	
A 33831	Brakes Gluten Free Fine Gravy Granules	300	g	
F 4625	Brakes Basic Grade Roasting Potatoes	1200	g	
F 4776	Brakes Diced Carrots	50	g	
F 4599	Brakes Garden Peas	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: 160

- 1 Roast pork in oven at 180°C for 2 hours
- 2 To cook stuffing place on baking tray and place in oven at 180°C for 20 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
- 5 Place potatoes on a lightly greased tray and place in oven at 180°C for 15-20 minutes
- 6 Cook in a pan of boiling water for 10-12 minutes
- 7 Drain and keep hot for service

### Nutrition (pre-cooking)

Energy per Portion (kcal)	518.5
Energy per Portion (kj)	2177
Protein per Portion	24.6
Carbohydrate per Portion	56.1
Sugars per Portion	2.1
Fat per Portion	21.1
Saturates per Portion	7.7
Fibre per Portion	4
Salt Equivalent per Ptn	6.6

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## ROASTED TABBOULEH VEGETABLE SALAD

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 121197	Crops Tabbouleh 2.5kg	400	g	Defrosted
F 106614	KM Roasted Mediterranean Vegetables	300	g	Defrosted
C 10527	Roquette	50	g	
C 118706	Coleslaw Mix 3mm Cut	250	g	
C 10230	Cucumber	200	g	
C 10364	Red Cherry Tomatoes	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
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 Mix together the tabbouleh and vegetables
- 2 Layer salad in takeaway pot with tabbouleh mix first, then coleslaw
- 3 Then add tomato & cucumber and finish with roquette

### Nutrition (pre-cooking)

Energy per Portion (kcal)	74.4
Energy per Portion (kj)	310.8
Protein per Portion	2.5
Carbohydrate per Portion	10.4
Sugars per Portion	5.4
Fat per Portion	1.9
Saturates per Portion	0.5
Fibre per Portion	2.4
Salt Equivalent per Ptn	0.7

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## ROAST VEGETABLE TART & SEASONAL VEGETABLES

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 4303	Brakes Puff Pastry Sheets	1	ea	
F 106614	KM Roasted Mediterranean Vegetables	1200	g	
A 84891	Brakes Multi-Use Tomato Sauce	600	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
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 Lay pastry on a suitable baking tray and spread with the tomato sauce
- 2 Then place roasted vegetables on top
- 3 Place in oven at 200°C for 20 minutes
- 4 Remove from oven and cut into portions

### Nutrition (pre-cooking)

Energy per Portion (kcal)	297.6
Energy per Portion (kj)	1241
Protein per Portion	5.6
Carbohydrate per Portion	28
Sugars per Portion	9.7
Fat per Portion	17.2
Saturates per Portion	8.4
Fibre per Portion	3.8
Salt Equivalent per Ptn	1.8

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## SMOKEY JOE'S HAM & CHEESE TOASTIE

**Serves 1**

Code	Description	Qty	Units	mise en place / Preparation
F 34237	Kara White Sliced Bloomer			Deforsted
C 74699	Brakes Grated White Cheese			
A 89703	Brakes Real Mayonnaise			
C 29187	Brakes Wafer Thin Smoked Ham			Cut in to thin strips

### 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

- 1 Toast bread on one side
- 2 Mix together cheese, mayo & ham
- 3 Spread filling on to one of the untoasted sides of bread and place back under grill
- 4 When cheese is golden and bubbling place another slice on top and toast until golden brown
- 5 Alternative cooking method
- 6 Make sandwich up and place in panini grill for 4-5 minutes

### 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	No
Suitable for Vegans	No

## SOUTHERN FRIED CHICKEN POPS & SWEETCORN RELISH

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 112614	Brakes Southern Fried Chicken Pops	1000	g	
A 109420	Bick's Crunchy Sweetcorn Relish 2.45kg	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
Milk	No	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 chicken on a baking tray and place in oven at 200°C
- 2 Cook for 15-20 minutes
- 3 Serve chicken with relish over the top

### Nutrition (pre-cooking)

Energy per Portion (kcal)	283.5
Energy per Portion (kj)	1186
Protein per Portion	13.6
Carbohydrate per Portion	26.3
Sugars per Portion	8.1
Fat per Portion	13.3
Saturates per Portion	2
Fibre per Portion	1.8*
Salt Equivalent per Ptn	1.4

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SUB ITALIANO

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 33446	La Boulangerie Big Foot Sliced White Deli Sub	10	ea	Deforsted
C 123346	Italian Sliced Ventricina Salami	5	ea	
C 130980	Arla Large Diced Mozzarella 2kg	300	g	
C 10527	Roquette	50	g	
C 13007	Red Peppers	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: 20

- 1 Open bread and lay flat
- 2 On one side place salami and mozzarella
- 3 On the other side place rocket & pepper
- 4 Carefully fold the two together then wrap in foil
- 5 Place in oven at 200°C and bake for 12-15 minutes
- 6 Remove from oven and cut into two
- 7 Alternative cooking method
- 8 Make sandwich up and place in panini grill for 4-5 minutes

### Nutrition (pre-cooking)

Energy per Portion (kcal)	678.5
Energy per Portion (kj)	2846
Protein per Portion	30.8
Carbohydrate per Portion	75.9
Sugars per Portion	8.4
Fat per Portion	26.7
Saturates per Portion	9.6
Fibre per Portion	4.8*
Salt Equivalent per Ptn	3.4

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SWEET & SOUR CHICKEN, VEGETABLE NOODLES & PRAWN CRACKERS

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 118141	Halal Breaded Chicken Nuggets	1000	g	
A 18248	Uncle Ben's Sweet & Sour with Crispy Vegetables 2.3k	500	g	
A 89204	Chinese Prawn Crackers 1kg	50	g	
A 105854	Lucky Boat Noodle No.1	300	g	
F 4282	Baby Carrot, Green Bean & Baby Corn Medley	300	g	
C 12010	Red Onions	200	g	Peeled & Thinly sliced
A 350094	Brakes Sunflower Oil	60	g	

### Allergens Contained in this recipe

<b>Celery</b>	<b>Yes</b>	Sesame	<b>May</b>
<b>Crustacea</b>	<b>Yes</b>	Soya	<b>May</b>
<b>Egg</b>	<b>Yes</b>	Sulphites	No
Fish	<b>May</b>	<b>Wheat</b>	<b>Yes</b>
Lupin	No	Barley	No
Milk	<b>May</b>	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	<b>May</b>	Kamut	No
Peanuts	<b>May</b>	<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 Cook noodles in boiling water
- 3 Stir fry vegetables in oil and add cooked noodles, mix well
- 4 Deep fry prawn crackers for 40 seconds, drain on kitchen paper
- 5 Re-heat sweet & sour sauce. Coat chicken in sauce
- 6 Serve chicken on a bed of the noodles with crackers on the side

### Nutrition (pre-cooking)

Energy per Portion (kcal)	468.2
Energy per Portion (kj)	1964
Protein per Portion	16
Carbohydrate per Portion	54
Sugars per Portion	10.5
Fat per Portion	21
Saturates per Portion	3.3
Fibre per Portion	1.4
Salt Equivalent per Ptn	1.3

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## TATER TOTS & NACHO CHEESE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 120087	Lamb Weston Potato Puffs 1000g	1000	g	
A 130483	Brakes Nacho Cheese Sauce	500	ml	

### Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	<b>Soya</b>	<b>Yes</b>
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: 20

- 1 Place potato puffs on a baking tray and place in oven at 200°C
- 2 Cook for 15-20 minutes
- 3 Warm nacho cheese sauce in large pan
- 4 Serve puffs with nacho cheese sauce over the top

### Nutrition (pre-cooking)

Energy per Portion (kcal)	214.5
Energy per Portion (kj)	899
Protein per Portion	4.5
Carbohydrate per Portion	24.2
Sugars per Portion	2
Fat per Portion	10.6
Saturates per Portion	2.8
Fibre per Portion	2.6
Salt Equivalent per Ptn	1.3

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## TERIYAKI CHICKEN TOPPED FLATBREAD

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
A 87862	Blue Dragon Teriyaki Sauce 1L	300	ml	
F 32031	Brakes Cooked Chicken Kebabs	10	ea	Defrosted
F 30864	La Boulangerie Part Baked Focaccia Sandwich Rolls	10	ea	
C 10527	Roquette	50	g	
C 10230	Cucumber	100	g	

### Allergens Contained in this recipe

<b>Celery</b>	<b>Yes</b>	Sesame	<b>May</b>
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	<b>Rye</b>	<b>Yes</b>
Mustard	No	Spelt	No
Nuts	<b>May</b>	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

**Estimated Cooking Time: 20**

- 1 Place kebabs on baking tray and place in oven at 200°C for 16-18 minutes
- 2 Half way through cooking remove from oven and brush with teriyaki sauce
- 3 Cut Bread lengthways and top with roquette & cucumber
- 4 Finish with chicken skewer

### Nutrition (pre-cooking)

Energy per Portion (kcal)	398.2
Energy per Portion (kj)	1681
Protein per Portion	29.9
Carbohydrate per Portion	55.9
Sugars per Portion	10.3
Fat per Portion	5.6
Saturates per Portion	1.3
Fibre per Portion	1.9*
Salt Equivalent per Ptn	2.8

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## THAI NOODLE SALAD

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 10527	Roquette	50	g	
C 118706	Coleslaw Mix 3mm Cut	250	g	
C 71498	Brakes Thai Noodle Salad	500	g	
C 10230	Cucumber	200	g	
C 10364	Red Cherry Tomatoes	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: 10

- 1 Layer salad in takeaway pot with noodle mix first, then coleslaw
- 2 Then add tomato & cucumber and finish with roquette

Nutrition (pre-cooking)	
Energy per Portion (kcal)	77.5
Energy per Portion (kj)	325.8
Protein per Portion	2.4
Carbohydrate per Portion	13
Sugars per Portion	5.3
Fat per Portion	1.4
Saturates per Portion	0.4
Fibre per Portion	1.4
Salt Equivalent per Ptn	0.7

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## TIKKA POT SALAD

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 128863	Love Fresh Marinated Chicken Tikka	200	g	
C 74157	Brakes Biryani Rice Salad	400	g	
C 10527	Roquette	50	g	
C 118706	Coleslaw Mix 3mm Cut	250	g	
C 10230	Cucumber	200	g	Diced
C 10364	Red Cherry Tomatoes	100	g	Halved

### Allergens Contained in this recipe

Celery	May	Sesame	May
Crustacea	May	Soya	May
Egg	May	Sulphites	No
Fish	May	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: 10

- 1 Layer salad in takeaway pot with rice mix first, chicken then coleslaw
- 2 Then add tomato & cucumber and finish with roquette

### Nutrition (pre-cooking)

Energy per Portion (kcal)	106.2
Energy per Portion (kj)	445.8
Protein per Portion	7.1
Carbohydrate per Portion	11.2
Sugars per Portion	3.5
Fat per Portion	3.4
Saturates per Portion	0.8
Fibre per Portion	1.3
Salt Equivalent per Ptn	0.2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BEETROOT FALAFEL SALAD

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 118706	Coleslaw Mix 3mm Cut	250	g	
F 129080	Gosh! Beetroot Falafel Bites	30	ea	
C 74814	Brakes Roasted Red Pepper Houmous	200	g	
C 10527	Roquette	50	g	
C 10230	Cucumber	100	g	Sliced
C 10364	Red Cherry Tomatoes	100	g	Halved

### Allergens Contained in this recipe

Celery	No	Sesame	Yes
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 Layer salad in takeaway pot with falafel first, then coleslaw
- 2 Then add tomato & cucumber and finish with roquette

### Nutrition (pre-cooking)

Energy per Portion (kcal)	191.1
Energy per Portion (kj)	794.9
Protein per Portion	5.6
Carbohydrate per Portion	20.4
Sugars per Portion	3.8
Fat per Portion	10.3
Saturates per Portion	1.3
Fibre per Portion	1.5*
Salt Equivalent per Ptn	0.9

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## JUMBO COD GOUJONS, CHUNKY CHIPS, PEAS & KETCHUP

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 123090	M&J Seafood Panko Breaded MSC Cod Fillet Goujons	800	g	
F 32150	Brakes Chunky Cut Chips	1200	g	
F 4599	Brakes Garden Peas	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	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: 30

- 1 Place fish on baking tray and cook at 200°C for 20 minutes
- 2 Deep fry chips at 175°C for 4 minutes
- 3 Cook peas in boiling water
- 4 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	358.4
Energy per Portion (kj)	1504
Protein per Portion	14.9
Carbohydrate per Portion	44.6
Sugars per Portion	3
Fat per Portion	12
Saturates per Portion	1.4
Fibre per Portion	5.6
Salt Equivalent per Ptn	0.8

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## QUORN SAUSAGE, CREAMY MASH & CARMELISED RED ONION GRAVY

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 Gluten Free Fine Gravy Granules	200	g	
A 350094	Brakes Sunflower Oil	400	g	
C 450693	Carrots	500	g	
F 4599	Brakes Garden Peas	500	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	<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: 50

- 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 slice onions in pan with oil and cook until softened & caramelised 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)	759.3
Energy per Portion (kj)	3158
Protein per Portion	18.7
Carbohydrate per Portion	55.7
Sugars per Portion	11.3
Fat per Portion	48.6
Saturates per Portion	6.6
Fibre per Portion	11.3
Salt Equivalent per Ptn	4.9

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## BBQ CHICKEN, BACON & CHEESE WRAP

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 30011	Brakes Battered Chicken Chunks	500	g	
A 100395	Brakes Barbecue Sauce	300	g	
C 70071	Prime Meats Rindless Back Bacon	500	g	
C 130980	Arla Large Diced Mozzarella 2kg	200	g	
F 4380	La Boulangerie 6" Fully Baked Flour Tortillas	10	ea	Defrosted

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 20

- 1 Place chicken on baking tray and cook at 200°C for 15-20 minutes
- 2 Place bacon under grill and cook for 2-3 minutes on each side
- 3 Place cooked bacon and chicken on tortilla and drizzle with BBQ sauce
- 4 Finish with the cheese and fold in each each and roll to create a sausage shape

### Nutrition (pre-cooking)

Energy per Portion (kcal)	353.4
Energy per Portion (kj)	1483
Protein per Portion	23.7
Carbohydrate per Portion	30.7
Sugars per Portion	9.1
Fat per Portion	15.1
Saturates per Portion	7
Fibre per Portion	1.5*
Salt Equivalent per Ptn	3.1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BBQ PULLED PORK BURRITO

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 4381	La Boulangerie 10" Fully Baked Flour Tortillas	10	ea	Defrosted
C 113541	Brakes Pulled BBQ Pork Savoury Filling	500	g	
A 33630	Brakes Easy Cook Long Grain Rice	400	g	Cooked & Chilled
C 10527	Roquette	50	g	
C 130980	Arla Large Diced Mozzarella 2kg	300	g	

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

### Method

Estimated Cooking Time: 30

- Mix together all ingredients
- Place filling in centre of flour tortilla
- Fold in edges and roll in to a sausage shape
- Wrap in tin foil
- To re-heat place in oven at 200°C for 20 minutes
- Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

Nutrition (pre-cooking)	
Energy per Portion (kcal)	467.5
Energy per Portion (kj)	1970
Protein per Portion	22.9
Carbohydrate per Portion	67.1
Sugars per Portion	7.3
Fat per Portion	11.4
Saturates per Portion	6.2
Fibre per Portion	1.2*
Salt Equivalent per Ptn	1.3

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BEAN CHILLI, STEAMED RICE & NACHOS

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 12083	Butternut Squash	700	g	
F 30501	Brakes Diced Onions	300	g	
F 4776	Brakes Diced Carrots	300	g	
A 33784	Brakes Garlic Purée	20	g	
C 525284	Green Peppers	200	g	
A 113118	Spicentice Chipotle Rub	20	g	
A 350094	Brakes Sunflower Oil	100	g	
A 84891	Brakes Multi-Use Tomato Sauce	500	g	
A 100348	St. Nicholas Mexican Style Bean Salad 800g	350	g	
A 33630	Brakes Easy Cook Long Grain Rice	600	g	
F 4753	Brakes Choice Garden Peas	300	g	
F 4782	Brakes Sweetcorn	300	g	
A 35379	Brakes Tortilla Corn Chips	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
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

Estimated Cooking Time: 50

- 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
- 6 Cook rice in boiling water, add peas & sweetcorn for the last five minutes of cooking

Nutrition (pre-cooking)	
Energy per Portion (kcal)	535.8
Energy per Portion (kj)	2253
Protein per Portion	12
Carbohydrate per Portion	82.9
Sugars per Portion	12.8
Fat per Portion	15.2
Saturates per Portion	1.8
Fibre per Portion	7.6
Salt Equivalent per Ptn	1.2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## BEEF CHILLI, STEAMED RICE & NACHOS

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 71884	Prime Meats 20% Fat British Beef Mince	700	g	
C 10291	Large Onions	300	g	Peeled & diced
C 450693	Carrots	300	g	Peeled & diced
A 33784	Brakes Garlic Purée	20	g	
C 525284	Green Peppers	200	g	Diced
A 113118	Spicentice Chipotle Rub	20	g	
A 350094	Brakes Sunflower Oil	100	g	
A 84891	Brakes Multi-Use Tomato Sauce	500	g	
A 100348	St. Nicholas Mexican Style Bean Salad 800g	350	g	
A 33630	Brakes Easy Cook Long Grain Rice	600	g	
F 4753	Brakes Choice Garden Peas	300	g	
F 4782	Brakes Sweetcorn	300	g	
A 35379	Brakes Tortilla Corn Chips	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
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

### Method

**Estimated Cooking Time: 50**

- 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
- 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
- 6 Cook rice in boiling water, add peas & sweetcorn for the last five minutes of cooking

### Nutrition (pre-cooking)

Energy per Portion (kcal)	666.5
Energy per Portion (kj)	2794
Protein per Portion	25.3
Carbohydrate per Portion	77.6
Sugars per Portion	8.9
Fat per Portion	26.3
Saturates per Portion	6.6
Fibre per Portion	6.6
Salt Equivalent per Ptn	1.3

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BUTTERMILK CHICKEN BURGER

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 124853	Green Gourmet British Red Tractor Raw Buttermilk So	10	ea	
F 5222	La Boulangerie 4" Unseeded Burger Bun	10	ea	Defrosted
A 89703	Brakes Real Mayonnaise	200	g	
C 10214	Red Cabbage	100	g	Shredded
C 10291	Large Onions	100	g	Peeled & Slice
C 124173	Cabbage White	200	g	Shredded
C 450693	Carrots	100	g	Peeled & Grated
F 4268	Brakes Jacket Potato Wedges	1000	g	
C 10527	Roquette	30	g	

### 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	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 Place wedges on a baking tray and place in oven at 200°C for 20-25 minutes
- 2 Place chicken on a baking tray and place in oven for 16-18 minutes
- 3 In a large bowl mix together red cabbage, cabbage, carrot, onions and mayonnaise
- 4 Serve chicken in bun with roquette
- 5 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	860.6
Energy per Portion (kj)	3622
Protein per Portion	33
Carbohydrate per Portion	130.6
Sugars per Portion	13.8
Fat per Portion	21
Saturates per Portion	1.5
Fibre per Portion	9.5
Salt Equivalent per Ptn	2.8

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## CORONATION CHICKPEA BAGEL

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 4884	La Boulangerie Fully Baked Plain Bagels	10	ea	Defrosted
C 130711	Brakes Vegan Coronation Chickpea Savoury Filling	500	g	
C 10527	Roquette	50	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 10**

- 1 Slice open bagels
- 2 Fill with chickpea filling and finish with roquette

### Nutrition (pre-cooking)

Energy per Portion (kcal)	361.3
Energy per Portion (kj)	1523
Protein per Portion	10.8
Carbohydrate per Portion	56.3
Sugars per Portion	7.9
Fat per Portion	9.4
Saturates per Portion	1.2
Fibre per Portion	4.3
Salt Equivalent per Ptn	1.2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## CUMBERLAND SAUSAGE, CREAMY MASH & CARMELISED RED ONION GRAVY

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 74887	Brakes Pork Cumberland Sausage Eights	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	Peeled & Sliced
A 33831	Brakes Gluten Free Fine Gravy Granules	200	g	
A 350094	Brakes Sunflower Oil	400	g	
C 450693	Carrots	500	g	Peeled & Sliced
F 4599	Brakes Garden Peas	500	g	

### 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
<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: 50**

- 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 & caramelised 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)	978.5
Energy per Portion (kj)	4063
Protein per Portion	19.5
Carbohydrate per Portion	58.6
Sugars per Portion	10
Fat per Portion	72.6
Saturates per Portion	16.3
Fibre per Portion	6.1
Salt Equivalent per Ptn	5.3

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## FISH FINGER SUB

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 33446	La Boulangerie Big Foot Sliced White Deli Sub	5	ea	Defrosted
F 123090	M&J Seafood Panko Breaded MSC Cod Fillet Goujons	300	g	
C 10527	Roquette	50	g	
A 89703	Brakes Real Mayonnaise	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
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 fish on baking tray and cook at 200°C for 20 minutes
- 2 Cut open bread lengthways
- 3 Spread mayo on bottom slice of bread and top with roquette
- 4 Finish with goujons and cut bread into two

### Nutrition (pre-cooking)

Energy per Portion (kcal)	386.5
Energy per Portion (kj)	1618
Protein per Portion	10.7
Carbohydrate per Portion	44.4
Sugars per Portion	4.5
Fat per Portion	17.6
Saturates per Portion	2
Fibre per Portion	2.8
Salt Equivalent per Ptn	1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## FISHLESS FINGERS, CHUNKY CHIPS, PEAS & KETCHUP

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 123480	Quorn Vegan Fishless Fingers	800	g	
F 32150	Brakes Chunky Cut Chips	1200	g	
F 4599	Brakes Garden Peas	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
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 fish on baking tray and cook at 200°C for 20 minutes
- 2 Deep fry chips at 175°C for 4 minutes
- 3 Cook peas in boiling water
- 4 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	364
Energy per Portion (kj)	1530
Protein per Portion	9.7
Carbohydrate per Portion	52.8
Sugars per Portion	3.8
Fat per Portion	10.8
Saturates per Portion	1.2
Fibre per Portion	8.1
Salt Equivalent per Ptn	1.1

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## ITALIANO PASTA SALAD

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 10527	Roquette	50	g	
C 118706	Coleslaw Mix 3mm Cut	250	g	
C 71194	Brakes Grilled Mediterranean Vegetable Pasta Salad	500	g	
C 10230	Cucumber	200	g	Diced
C 10364	Red 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: 10**

- 1 Layer salad in takeaway pot with pasta mix first, then coleslaw
- 2 Then add tomato & cucumber and finish with roquette

### Nutrition (pre-cooking)

Energy per Portion (kcal)	89.6
Energy per Portion (kj)	375.7
Protein per Portion	2.3
Carbohydrate per Portion	13.2
Sugars per Portion	5.8
Fat per Portion	2.7
Saturates per Portion	0.8
Fibre per Portion	1.7
Salt Equivalent per Ptn	0.4

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## ROASTED VEGETABLE & RED PEPPER HOUMOUS FLATBREAD

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 30864	La Boulangerie Part Baked Focaccia Sandwich Rolls	10	ea	Defrosted
F 106614	KM Roasted Mediterranean Vegetables	300	g	
C 10527	Roquette	50	g	
C 74814	Brakes Roasted Red Pepper Houmous	200	g	
C 10230	Cucumber	100	g	Chopped
C 10364	Red Cherry Tomatoes	100	g	Halved

### Allergens Contained in this recipe

Celery	No	<b>Sesame</b>	<b>Yes</b>
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	<b>Rye</b>	<b>Yes</b>
Mustard	No	Spelt	No
Nuts	<b>May</b>	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

**Estimated Cooking Time: 20**

- 1 Roast vegetables in oven at 200°C for 12 minutes
- 2 Slice bread open lengthways and spread with the houmous
- 3 Top bread with roasted vegetables cucumber & tomato
- 4 Finish with the roquette

### Nutrition (pre-cooking)

Energy per Portion (kcal)	292.7
Energy per Portion (kj)	1231
Protein per Portion	8.4
Carbohydrate per Portion	44.1
Sugars per Portion	2
Fat per Portion	8.5
Saturates per Portion	1
Fibre per Portion	3.2
Salt Equivalent per Ptn	1.4

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## SOUTHERN STYLE QUORN BURGER, RED CABBAGE SLAW & WEDGES

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 109371	Quorn Southern Style Burger	10	ea	
F 5222	La Boulangerie 4" Unseeded Burger Bun	10	ea	Defrosted
A 89703	Brakes Real Mayonnaise	200	g	
C 10214	Red Cabbage	100	g	Shredded
C 10291	Large Onions	100	g	Peeled & Slice
C 124173	Cabbage White	200	g	Shredded
C 450693	Carrots	100	g	Peeled & Grated
F 4268	Brakes Jacket Potato Wedges	1000	g	
C 10527	Roquette	50	g	

### 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	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 Place wedges on a baking tray and place in oven at 200°C for 20-25 minutes
- 2 Place burger on a baking tray and place in oven for 16-18 minutes
- 3 In a large bowl mix together red cabbage, cabbage, carrot, onions and mayonnaise
- 4 Serve chicken in bun with roquette
- 5 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	2736
Energy per Portion (kj)	11469
Protein per Portion	127.5
Carbohydrate per Portion	271.9
Sugars per Portion	39.8
Fat per Portion	118.1
Saturates per Portion	13.2
Fibre per Portion	40.5
Salt Equivalent per Ptn	21.9

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## STICKY KOREAN CHICKEN & KOREAN FRIED RICE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 30011	Brakes Battered Chicken Chunks	50	ea	
A 114869	Heinz Sticky Korean Barbecue Sauce	300	g	
A 33630	Brakes Easy Cook Long Grain Rice	600	g	
C 124656	Mushroom Paris Brown Chestnut	200	g	Sliced
A 33784	Brakes Garlic Purée	20	g	
A 115074	Amoy Light Soy Sauce 150ml	100	g	
C 114205	Beanshoots	125	g	
F 4599	Brakes Garden Peas	300	g	
F 4762	Brakes Sliced Green Beans	200	g	
			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
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 a baking tray and place in oven at 200°C for 16-18 minutes
- 2 Cook rice in boiling water for 12-14 minutes
- 3 In a wok or large frying pan, heat oil and sauté mushrooms
- 4 Add garlic, peas & green beans. Cook for a further 2 minutes
- 5 Drain rice and add to pan along with soy and beanshoots
- 6 Remove chicken from oven and mix with BBQ sauce whilst still hot
- 7 Serve rice topped with chicken

### Nutrition (pre-cooking)

Energy per Portion (kcal)	456.1
Energy per Portion (kj)	1928
Protein per Portion	24.5
Carbohydrate per Portion	75.3
Sugars per Portion	13.7
Fat per Portion	5.2
Saturates per Portion	2
Fibre per Portion	3*
Salt Equivalent per Ptn	2.5

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## STICKY KOREAN QUORN BITES & FRIED RICE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 118850	Quorn Vegan Nuggets	1000	g	
A 114869	Heinz Sticky Korean Barbecue Sauce	300	g	
A 33630	Brakes Easy Cook Long Grain Rice	600	g	
C 124656	Mushroom Paris Brown Chestnut	200	g	
A 33784	Brakes Garlic Purée	20	g	
A 115074	Amoy Light Soy Sauce 150ml	100	g	
C 114205	Beanshoots	125	g	
F 4599	Brakes Garden Peas	300	g	
F 4762	Brakes Sliced Green Beans	200	g	
		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
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: 40

- Place nuggets on a baking tray and place in oven at 200°C for 16-18 minutes
- Cook rice in boiling water for 12-14 minutes
- In a wok or large frying pan, heat oil and sauté mushrooms
- Add garlic, peas & green beans. Cook for a further 2 minutes
- Drain rice and add to pan along with soy and beanshoots
- Remove nuggets from oven and mix with BBQ sauce whilst still hot
- Serve rice topped with nuggets

### Nutrition (pre-cooking)

Energy per Portion (kcal)	515.1
Energy per Portion (kj)	2176
Protein per Portion	20.8
Carbohydrate per Portion	89.9
Sugars per Portion	15.3
Fat per Portion	4
Saturates per Portion	0.6
Fibre per Portion	14.6*
Salt Equivalent per Ptn	3.3

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## TATER TOTS, BEANS & CHEESE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 120087	Lamb Weston Potato Puffs 1000g	1000	g	
C 130980	Arla Large Diced Mozzarella 2kg	200	g	
A 186	Brakes Baked Beans in Tomato Sauce	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
<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: 20

- 1 Place potato puffs on a baking tray and place in oven at 200°C
- 2 Cook for 15-20 minutes
- 3 Heat beans
- 4 Place in takeaway pot and top with beans & cheese

### Nutrition (pre-cooking)

Energy per Portion (kcal)	252.3
Energy per Portion (kj)	1056
Protein per Portion	8.7
Carbohydrate per Portion	25.3
Sugars per Portion	3.4
Fat per Portion	12.1
Saturates per Portion	3.7
Fibre per Portion	4.5*
Salt Equivalent per Ptn	1.1

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## HALLOUMI FRIES & SWEET CHILLI SAUCE

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 120924	Brakes Breaded Halloumi Sticks	40	ea	
A 86972	Pan Asia Thai Sweet Chilli Dipping Sauce	40	ml	

### 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: 12**

- 1 Deep fry at 180°C for 1 minute 30 seconds
- 2 Drain on kitchen roll
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	258.9
Energy per Portion (kj)	1082
Protein per Portion	12.4
Carbohydrate per Portion	19.9
Sugars per Portion	3.1
Fat per Portion	13.8
Saturates per Portion	9.1
Fibre per Portion	2.5
Salt Equivalent per Ptn	1.5

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## BREAKFAST POT

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
A 186	Brakes Baked Beans in Tomato Sauce	1200	g	
C 70071	Prime Meats Rindless Back Bacon	250	g	
F 128346	Catering Sausage Eights	10	ea	
F 3957	Brakes Pre-fried potato dice	1000	g	

### 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
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 Grill bacon on both sides for 4-5 minutes then cut in to quarters
- 2 Place sausages on lightly greased baking sheet
- 3 Place in oven at 190°C for 20 minutes turning half way through cooking then cut into quarters
- 4 Deep fry potato in hot oil at 175°C for 3 minutes
- 5 Re-heat baked beans
- 6 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving
- 7 Place beans in serving pot, top with bacon & sausage
- 8 Finally, finish with diced potato

### Nutrition (pre-cooking)

Energy per Portion (kcal)	461.5
Energy per Portion (kj)	1929
Protein per Portion	18.6
Carbohydrate per Portion	42.4
Sugars per Portion	8.9
Fat per Portion	22.6
Saturates per Portion	1.8
Fibre per Portion	8.2
Salt Equivalent per Ptn	3.2

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SPICY BEEF PIZZA BAGUETTE

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 32391	La Boulangerie 10" Fully Baked White Baguettes	5	ea	Defrosted
A 84497	Brakes Pizza Topping Sauce	300	g	
C 130980	Arla Large Diced Mozzarella 2kg	300	g	
F 107893	Supertops Spicy Pizza Meatballs	300	g	

### Allergens Contained in this recipe

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

### Method

**Estimated Cooking Time: 20**

- 1 Slice baguette and lay out onto baking tray. Place in oven at 200°C for 5 minutes
- 2 Remove from oven and spread with tomato sauce, meatballs, then cheese
- 3 Place back in oven for another 6-7 minutes
- 4 Remove from oven and serve

### Nutrition (pre-cooking)

Energy per Portion (kcal)	370.1
Energy per Portion (kj)	1553
Protein per Portion	18.3
Carbohydrate per Portion	40.5
Sugars per Portion	5.8
Fat per Portion	14.5
Saturates per Portion	7
Fibre per Portion	2.6*
Salt Equivalent per Ptn	1.8

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## MEDITERRANEAN MEATBALL SUB

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 33446	La Boulangerie Big Foot Sliced White Deli Sub	5	ea	Defrosted
C 74904	Brakes Meatballs in Spanish Style Sauce	500	g	
C 130980	Arla Large Diced Mozzarella 2kg	200	g	
C 10527	Roquette	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	<b>Barley</b>	<b>Yes</b>
<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 Slice open sub roll and fill with meatball filling, cheese & roquette
- 2 This can also be served hot by placing in oven for 15 minutes at 200°C

### Nutrition (pre-cooking)

Energy per Portion (kcal)	383.2
Energy per Portion (kj)	1606
Protein per Portion	16
Carbohydrate per Portion	42.4
Sugars per Portion	7
Fat per Portion	15.8
Saturates per Portion	5.1
Fibre per Portion	4*
Salt Equivalent per Ptn	1.7

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## SPRING ROLLS

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 3928	Brakes Mini Vegetable Spring Rolls	900	g	
A 86972	Pan Asia Thai Sweet Chilli Dipping Sauce	400	ml	

### 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: 20

- 1 Deep fry spring rolls at 180°C for 2-3 minutes
- 2 Place in takeaway pot and top with chilli sauce

### Nutrition (pre-cooking)

Energy per Portion (kcal)	250.4
Energy per Portion (kj)	1054
Protein per Portion	3.9
Carbohydrate per Portion	41.4
Sugars per Portion	15.6
Fat per Portion	7.1
Saturates per Portion	2.1
Fibre per Portion	2.6
Salt Equivalent per Ptn	2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## CHICKEN TIKKA SALAD

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 2021	Brakes Cooked Chicken Tikka Breast Strips	300	g	Defrosted
C 10527	Roquette	50	g	
C 118706	Coleslaw Mix 3mm Cut	250	g	
C 71192	Brakes Indian Saag Aloo Potato Salad	500	g	
C 10230	Cucumber	200	g	Diced
C 10364	Red Cherry Tomatoes	100	g	Halved

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 20

- 1 Layer salad in takeaway pot with potato salad first ,chicken tikka then coleslaw
- 2 Then add tomato & cucumber and finish with roquette

### Nutrition (pre-cooking)

Energy per Portion (kcal)	111.1
Energy per Portion (kj)	465.9
Protein per Portion	8.8
Carbohydrate per Portion	10.1
Sugars per Portion	4.1
Fat per Portion	3.5
Saturates per Portion	0.7
Fibre per Portion	1.9
Salt Equivalent per Ptn	0.5

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## VEGETABLE TIKKA & PILAU RICE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 4034	Quorn Pieces	400	g	
A 128592	Brakes Tikka Paste	150	g	
C 10291	Large Onions	500	g	Peeled & Diced
A 33898	Brakes Vegetable Bouillon Mix	20	g	Mix with 500ml of water
A 127121	Brakes Coconut Milk	400	g	
F 4792	Brakes Ratatouille Mix	400	g	
A 33630	Brakes Easy Cook Long Grain Rice	500	g	
C 10291	Large Onions	500	g	Peeled & Sliced
A 33898	Brakes Vegetable Bouillon Mix	40	ml	Mix with 1tr water
A 350094	Brakes Sunflower Oil	50	g	
F 120202	La Boulangerie Chapati	5	ea	

### 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
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 For the curry, sauté onions in a little oil before adding Quorn & Veg mix 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)	493.5
Energy per Portion (kj)	2073
Protein per Portion	14.7
Carbohydrate per Portion	68.8
Sugars per Portion	9.2
Fat per Portion	15.7
Saturates per Portion	7.7
Fibre per Portion	6.9
Salt Equivalent per Ptn	2.4

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## CAJUN CHICKEN POT SALAD

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
A 29086	Brakes Cajun Seasoning	50	g	
C 10527	Roquette	50	g	
C 118706	Coleslaw Mix 3mm Cut	250	g	
C 71192	Brakes Indian Saag Aloo Potato Salad	500	g	
C 10230	Cucumber	200	g	Diced
C 10364	Red Cherry Tomatoes	100	g	Halved
F 117361	Brakes Cooked Chicken Breast Strips	1000	g	Defrosted

### Allergens Contained in this recipe

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

### Method

Estimated Cooking Time: 20

- 1 Coat chicken in cajun seasoning
- 2 Layer salad in takeaway pot with potato salad first, chicken tikka, then coleslaw
- 3 Then add tomato & cucumber and finish with roquette

### Nutrition (pre-cooking)

Energy per Portion (kcal)	211.9
Energy per Portion (kj)	891.4
Protein per Portion	28.4
Carbohydrate per Portion	10.9
Sugars per Portion	4.4
Fat per Portion	5.4
Saturates per Portion	1.2
Fibre per Portion	3
Salt Equivalent per Ptn	3.1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

## BALSAMIC ROASTED VEGETABLE SALAD

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 121197	Crops Tabbouleh 2.5kg	400	g	Defrosted
F 106614	KM Roasted Mediterranean Vegetables	300	g	Defrosted
C 10527	Roquette	50	g	
C 118706	Coleslaw Mix 3mm Cut	250	g	
C 10230	Cucumber	200	g	
C 10364	Red Cherry Tomatoes	100	g	
A 88386	Brakes Glaze with Balsamic Vinegar of Modena	200	g	

### 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 Mix together the tabbouleh and vegetables
- 2 Layer salad in takeaway pot with tabbouleh mix first, then coleslaw
- 3 Then add tomato & cucumber and finish with roquette Balsamic glaze

### Nutrition (pre-cooking)

Energy per Portion (kcal)	113.6
Energy per Portion (kj)	477.6
Protein per Portion	2.7
Carbohydrate per Portion	19.4
Sugars per Portion	13.4
Fat per Portion	1.9
Saturates per Portion	0.5
Fibre per Portion	2.4
Salt Equivalent per Ptn	0.7

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## CHEESE & ONION SLICE

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 32736	Brakes Cheese & Onion Slices	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
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

**Estimated Cooking Time: 30**

- 1 From frozen, place slices on baking tray
- 2 Place in oven at 200°C for 25-30 minutes
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	391.3
Energy per Portion (kj)	1632
Protein per Portion	9.4
Carbohydrate per Portion	35.1
Sugars per Portion	1.6
Fat per Portion	23.4
Saturates per Portion	11.7
Fibre per Portion	2.1
Salt Equivalent per Ptn	0.8

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

## VEGAN SAUSAGE ROLL

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 129445	Brakes 6" Unbaked Vegan Sausage Roll	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	<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: 35

- 1 From frozen, place sausage rolls on baking tray
- 2 Place in oven at 200°C for 25-30 minutes
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	379.2
Energy per Portion (kj)	1583
Protein per Portion	9.8
Carbohydrate per Portion	32.4
Sugars per Portion	1.6
Fat per Portion	22.8
Saturates per Portion	8.8
Fibre per Portion	4.7
Salt Equivalent per Ptn	1.6

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## VEGETABLE PASTIE

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 3623	Brakes Unbaked Vegetable Pasties	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
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 From frozen place pasties on baking tray
- 2 Place in oven at 200°C for 25-30 minutes
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	342.9
Energy per Portion (kj)	1436
Protein per Portion	6.9
Carbohydrate per Portion	35.8
Sugars per Portion	1.4
Fat per Portion	18.7
Saturates per Portion	8.6
Fibre per Portion	3.3
Salt Equivalent per Ptn	0.7

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes

## TOMATO & MOZZARELLA BAKE

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
F 122516	Brakes Tomato, Mozzarella & Basil Bake	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
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

### Method

Estimated Cooking Time: 25

- 1 From frozen place bakes on baking tray
- 2 Place in oven at 200°C for 25-30 minutes
- 3 Ensure core temperature reaches 75°C for a minimum of 30 seconds before serving

### Nutrition (pre-cooking)

Energy per Portion (kcal)	449.7
Energy per Portion (kj)	1873
Protein per Portion	11.5
Carbohydrate per Portion	39.4
Sugars per Portion	2.4
Fat per Portion	26.8
Saturates per Portion	13.1
Fibre per Portion	2.4
Salt Equivalent per Ptn	1.4

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No