

PRIMARY SCHOOL **MENUS**



THREE WEEK MENU PLAN

WEEK ONE



Tap or click
recipe name

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1					
Mains	Sticky Honey Salmon with Noodles & Stir Fry Vegetables	Beef & Bean Smokey	Breaded Chicken, Indian Sauce, Rice & Vegetable Ribbons	Greek Marinated Chicken	Pork & Apple Burger
Plant Forward – Allergen Free	Sticky Honey Tofu with Noodles & Stir Fry Vegetables	Lentil & Bean Smokey	Breaded Cauliflower, Indian Sauce, Rice & Vegetable Ribbons	Greek Marinated Quorn Fillet	Vegetable Burger
Side Dishes	*vegetables included in the main dish	50/50 Rice	*included in the recipe above	Wraps	Oven Baked Wedges
		Tacos		Houmous	School Slaw
		Salsa		Roasted Sunny Vegetables & Potatoes	Rainbow Corn
Salad Bar	Fresh Salad Available Every Day	Fresh Salad Available Every Day	Fresh Salad Available Every Day	Fresh Salad Available Every Day	Fresh Salad Available Every Day
Lighter Options	Chinese Chicken & Sweetcorn Soup	Sticky Salmon & Salad Wrap	Smokey Burrito	Chicken & Crunchy Cauliflower Salad Bowl	Sweetcorn & Potato Soup
Dessert	Fruit & Yogurt	Fruit & Yogurt	Fruit & Yogurt	Fruit & Yogurt	No Waste Fruit Crumble

Week 2 >>

WEEK TWO



Tap or click
recipe name

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2					
Mains	North African Chicken	Turkey Moussaka	Glazed Salmon	Turkey Meatballs	Chicken & Cauliflower Curry
Plant Forward – Allergen Free	North African Vegetable & Lentil Pot	Quorn & Lentil Moussaka	Glazed Tofu Fingers	Vegetable Meatballs	Cauliflower, Bean & Spinach Curry
Side Dishes	Cous Cous	*included in the recipe above	50/50 Rice	Wholemeal Penne Pasta	50/50 Rice
	Baked Cauliflower	Greek Style Salad	Stir Fried Vegetables	Tomato Salad	Spinach & Peas
Lighter Options	Potato Pie	North African Soup	Crunchy Aubergine Sub	Vegetable Omelette	Cheesy Meatball Pitta
Dessert	Fruit & Mousse	Fruit & Mousse	Fruit & Mousse	Fruit & Mousse	Strawberry & Banana Shake plus Cornflake Cookies



Week 3 >>

WEEK THREE Tap or click recipe name

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3					
Mains	Chicken & Aubergine Bake	Asian Pork with Coconut & Lime Rice	Mediterranean Pizza	Fish & Rice	Cornflake Chicken Burger
Plant Forward – Allergen Free	Quorn & Aubergine Bake	Asian Tofu with Coconut & Lime Rice	Mediterranean Pizza with Vegan Cheese	Quorn & Rice	Cornflake Quorn Burger
Side Dishes	Wholemeal Penne Pasta	*included in the recipe above	Glazed Corn Cobettes	*included in the recipe above	Oven Baked Wedges
	Roasted Sunny Vegetables	Steamed Pak Choi & Broccoli	School Slaw	Cucumber Salad	Rainbow Corn
Salad Bar	Fresh Salad Available Every Day	Fresh Salad Available Every Day	Fresh Salad Available Every Day	Fresh Salad Available Every Day	Fresh Salad Available Every Day
Lighter Options	Egg Salad Pitta	Shredded Quorn Spaghetti Cake	Chinese Chicken & Sweetcorn Soup	Mediterranean Pasta Salad	Katsu Quorn Burrito
Dessert	Fruit with Frozen Yogurt	Fruit with Frozen Yogurt	Fruit with Frozen Yogurt	Fruit with Frozen Yogurt	Apple, Banana & Date Sponge & Custard



SERVES

10

WEEK ONE
Sticky Honey Salmon
with Noodles & Stir Fry

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
114962 Tate & Lyle Fairtrade Light Brown Soft Pure Cane Sugar 500g	80g	
124867 Kikkoman Tamari Gluten Free Soy Sauce	80g	
134644 Cooks & Co Garlic Puree	5g	
26695 Knorr Professional Ginger Puree 750g	5g	
5946 Sysco Classic Cornflour	10g	
128501 M&J Seafood MSC Pink Salmon Portions (skinless, boneless)	570g	10x Each
10224 Red Onions	100g	
134034 Mixed Peppers	200g	
10467 Savoy Cabbage	200g	
4782 Sysco Classic Sweetcorn	200g	
113270 Thai Taste Rice Vermicelli Noodle Nests 200g	300g	1.5x Each
131459 KTC Sonneveld Divider Spray Can	2g	

COOKING INSTRUCTIONS

Preparation

In a bowl combine the sugar, soy sauce, garlic, ginger & cornflour, mix until smooth

Peel & slice the onion

De-seed the peppers & slice

Shred the cabbage

Thaw the sweetcorn

Place the noodles in a bowl, cover with boiling water & allow to stand for approximately 8 minutes, drain

Line a baking tray with parchment paper

Pre-heat the oven to 180°C

Method

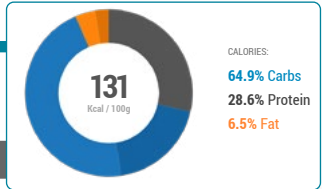
Place the salmon on the tray & brush over the sauce, bake for approximately 8-10 minutes

Heat a wok, spray with oil, stir fry the onions, peppers & cabbage, cooking for approximately 8 minutes

Add the noodles & sweetcorn

Service

Place the noodles & vegetables in a bowl & top with the salmon



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	562 kJ	7%	985 kJ	12%
Energy(kcal)	133 kcal	7%	232 kcal	12%
Fat	0.9 g	1%	1.7 g	2%
<i>of which saturates</i>	0.4 g	2%	0.7 g	4%
Carbohydrate	21 g	8%	37 g	14%
<i>of which sugars</i>	6.2 g	7%	11 g	12%
Fibre	1.1 g	4%	1.8 g	7%
Protein	9.3 g	19%	16 g	32%
Salt	0.84 g	14%	1.5 g	25%

CONTAINS:



FISH



SOYA

SERVES

10

WEEK ONE
Sticky Honey Tofu with
Noodles & Stir Fry

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
114962 Tate & Lyle Fairtrade Light Brown Soft Pure Cane Sugar 500g	80g	
124867 Kikkoman Tamari Gluten Free Soy Sauce	80g	
134644 Cooks & Co Garlic Puree	5g	
26695 Knorr Professional Ginger Puree 750g	5g	
5946 Sysco Classic Cornflour	10g	
127135 Blue Dragon Extra Firm Silken Tofu	570g	
10224 Red Onions	100g	
134034 Mixed Peppers	200g	
10467 Savoy Cabbage	200g	
4782 Sysco Classic Sweetcorn	200g	
113270 Thai Taste Rice Vermicelli Noodle Nests 200g	300g	1.5x Each
131459 KTC Sonneveld Divider Spray Can	2g	

COOKING INSTRUCTIONS

Preparation

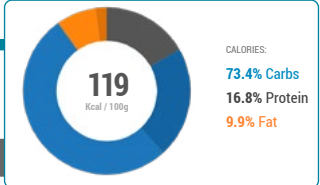
In a bowl combine the sugar, soy sauce, garlic, ginger & cornflour, mix until smooth
Remove the tofu from the packaging, pat dry & cut into 57g slices
Peel & slice the onion
De-seed the peppers & slice
Shred the cabbage
Thaw the sweetcorn
Place the noodles in a bowl, cover with boiling water & allow to stand for approximately 8 minutes, drain
Line a baking tray with parchment paper
Pre-heat the oven to 180°C

Method

Place the tofu on the tray & brush over the sauce, bake for approximately 8-10 minutes
Heat a wok, spray with oil, stir fry the onions, peppers & cabbage, cooking for approximately 8 minutes
Add the noodles & sweetcorn

Service

Place the noodles & vegetables in a bowl & top with the tofu



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	516 kJ	6%	904 kJ	11%
Energy(kcal)	122 kcal	6%	214 kcal	11%
Fat	1.3 g	2%	2.3 g	3%
<i>of which saturates</i>	0.3 g	2%	0.5 g	3%
Carbohydrate	22 g	8%	38 g	15%
<i>of which sugars</i>	6.4 g	7%	11 g	12%
Fibre	1.6 g	6%	2.8 g	11%
Protein	5 g	10%	8.7 g	17%
Salt	0.82 g	14%	1.4 g	23%

CONTAINS:



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK ONE
Chinese Chicken and
Sweetcorn Soup

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
124867 Kikkoman Tamari Gluten Free Soy Sauce	6g	
100446 Brakes Chicken Flavour Bouillon Paste	14g	
1 Tap Water (for VC recipes)	1.4kg	
117371 Roasted Chicken Strips 12mm	330g	
26695 Knorr Professional Ginger Puree 750g	20g	
10467 Savoy Cabbage	130g	
113270 Thai Taste Rice Vermicelli Noodle Nests 200g	130g	
10473 Spring Onions Bunch	6g	
4782 Sysco Classic Sweetcorn	100g	

COOKING INSTRUCTIONS

Preparation

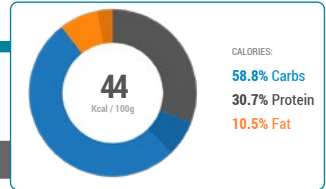
- Make up the stock as per guidelines
- Thaw the chicken
- Shred & blanch the cabbage, drain
- Place the noodles in a bowl & cover with boiling water, allow to stand for 5 minutes, drain
- Thinly slice the spring onions
- Thaw the corn

Method

- In a pan place the soy, stock, chicken & ginger, bring to a gentle simmer for 4 minutes
- Add the cabbage & noodles & cook for a further 4-5 minutes
- Add the corn & onions, remove from the heat

Service

- Serve in bowls



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	189 kJ	2%	403 kJ	5%
Energy(kcal)	45 kcal	2%	95 kcal	5%
Fat	0.5 g	1%	1.1 g	2%
<i>of which saturates</i>	0.1 g	1%	0.3 g	2%
Carbohydrate	6.4 g	2%	14 g	5%
<i>of which sugars</i>	0.8 g	1%	1.6 g	2%
Fibre	0.5 g	2%	1 g	4%
Protein	3.3 g	7%	7.2 g	14%
Salt	0.44 g	7%	0.95 g	16%

CONTAINS:



SERVES

10

WEEK ONE
Fruit & Yogurt

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
114223 Easy Peelers	150g	
10345 Large Honeydew Melon	150g	
450610 Strawberries	150g	
450531 Seasonal Red Apples	150g	
10354 Bananas	150g	
100244 The Juice Apple Juice	200ml	
74550 Brakes Low Fat Natural Yogurt	800g	

COOKING INSTRUCTIONS

Preparation

Peel the oranges & tear the individual segments
Remove the skin from the melon, deseed & cut into small chunks

Cut the apples in to quarters & remove the core then cut into chunks

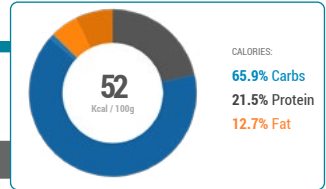
Peel & slice the banana

Method

Place all of the fruits in a bowl & cover with juice until service

Service

Serve a portion of fruit with the yogurt



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 175G SERVING	%RI
Energy(Kj)	226 kJ	3%	395 kJ	5%
Energy(kcal)	53 kcal	3%	93 kcal	5%
Fat	0.7 g	1%	1.3 g	2%
<i>of which saturates</i>	0.4 g	2%	0.7 g	4%
Carbohydrate	8.6 g	3%	15 g	6%
<i>of which sugars</i>	8.5 g	9%	15 g	17%
Fibre	0.5 g	2%	0.9 g	4%
Protein	2.8 g	6%	4.9 g	10%
Salt	0.1 g	2%	0.17 g	3%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK ONE
Beef & Bean Smokey

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
350094 Sysco Classic Sunflower Oil	20g	
104878 Healthier Choices 10% Fat British Beef Mince	450g	
10224 Red Onions	115g	
100448 Brakes Beef Flavour Bouillon Paste	6g	
1 Tap Water (for VC recipes)	280g	
134644 Cooks & Co Garlic Puree	14g	
134291 Sysco Classic Whole Cumin Seeds	6g	
33597 Sysco Classic Ground Coriander	6g	
33592 Sysco Classic Oregano	1g	
134289 Sysco Classic Smoked Paprika	6g	
28326 Sysco Classic Tomato Paste	20g	
19839 Sysco Classic Chopped Tomatoes	450g	
28758 Sysco Classic Reduced Salt & Sugar Baked Beans in Tomato Sauce	450g	

COOKING INSTRUCTIONS

Preparation

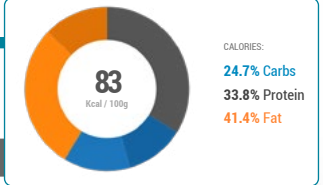
Peel & dice the onion
Make up the stock as per guidelines

Method

In a large sauté pan heat the oil, brown the mince
Add the onion & cook for approximately 8 minutes
Stir in the garlic puree & spices, cook for 1 minute
Add the tomato paste, tomatoes & beans, stir well
Add the stock, bring to a gentle simmer & reduce the heat, cooking on the stove for approximately 20 minutes

Service

Accompany with whole grain rice or taco shells & salad



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	362 kJ	4%	661 kJ	8%
Energy(kcal)	87 kcal	4%	158 kcal	8%
Fat	3.8 g	5%	7 g	10%
<i>of which saturates</i>	1.2 g	6%	2.1 g	11%
Carbohydrate	5.1 g	2%	9.4 g	4%
<i>of which sugars</i>	2.4 g	3%	4.4 g	5%
Fibre	1.7 g	7%	3.2 g	13%
Protein	7 g	14%	13 g	26%
Salt	0.26 g	4%	0.47 g	8%

MAY CONTAIN:



SERVES

10

WEEK ONE
Lentil & Bean Smokey

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
350094 Sysco Classic Sunflower Oil	30g	Each
6082 Brakes Whole Brown Lentils	335g	0.11 x Each
10224 Red Onions	170g	Each
134644 Cooks & Co Garlic Puree	20g	0.2 x Each
134291 Sysco Classic Whole Cumin Seeds	8g	0.02 x Each
33597 Sysco Classic Ground Coriander	8g	Each
33592 Sysco Classic Oregano	2g	Each
134289 Sysco Classic Smoked Paprika	10g	0.02 x Each
28326 Sysco Classic Tomato Paste	30g	Each
19839 Sysco Classic Chopped Tomatoes	675g	Each
100445 Brakes Vegetable Flavour Bouillon Paste	20g	0.02 x Each
1 Tap Water (for VC recipes)	840g	2/3 x Each
28758 Sysco Classic Reduced Salt & Sugar Baked Beans in Tomato Sauce	675g	Each

COOKING INSTRUCTIONS

Preparation

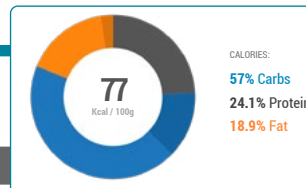
Peel & dice the onion
rinse the lentils under cold running water
Make up the stock as per guidelines

Method

In a large sauté pan heat the oil, add the onion & cook for approximately 8 minutes
Stir in the garlic puree & spices, cook for 1 minute, add the lentils & stir well
Add the tomato paste, tomatoes & beans, stir
Add the stock, bring to a gentle simmer & reduce the heat, cooking on the stove for approximately 20 minutes

Service

Accompany with whole grain rice or taco shells & salad



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	346 kJ	4%	977 kJ	12%
Energy(kcal)	82 kcal	4%	232 kcal	12%
Fat	1.6 g	2%	4.6 g	7%
of which saturates	0.2 g	1%	0.6 g	3%
Carbohydrate	11 g	4%	31 g	12%
of which sugars	2.5 g	3%	7.2 g	8%
Fibre	2.6 g	10%	7.5 g	30%
Protein	4.6 g	9%	13 g	26%
Salt	0.28 g	5%	0.78 g	13%

MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK ONE
50/50 Rice

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
117407 Tilda Brown & White Wholegrain Rice	5kg	185g
100445 Brakes Vegetable Flavour Bouillon Paste		9g
1 Tap Water (for VC recipes)		375g

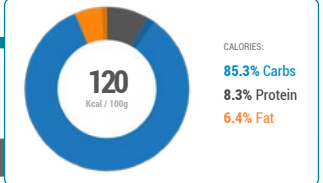
COOKING INSTRUCTIONS

Preparation

Rinse the rice under cold running water
Make up the stock as per guidelines

Method

Place the rice in a pan, add the stock & cover with a lid
Cook for approximately 12 minutes
Remove from the heat, keep the lid on and allow to absorb any remaining stock for 15 minutes
Serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	515 kJ	6%	293 kJ	3%
Energy(kcal)	122 kcal	6%	69 kcal	3%
Fat	0.9 g	1%	0.5 g	1%
of which saturates	0.1 g	1%	0 g	0%
Carbohydrate	26 g	10%	15 g	6%
of which sugars	0.5 g	1%	0.5 g	1%
Fibre	0.6 g	2%	0.5 g	2%
Protein	2.5 g	5%	1.4 g	3%
Salt	0.34 g	6%	0.19 g	3%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK ONE
Tacos

BACK TO
MENU

RECIPE INGREDIENTS

85788 Old El Paso Hard Taco Shells

QUANTITY DESCRIPTION

200g

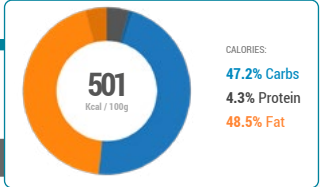
COOKING INSTRUCTIONS

Preparation

Remove the tacos from the packaging
Place on a tray
Pre-heat the oven to 180°C

Method

Warm through the tacos before filling with the beef & bean smoky or the lentil & bean smoky



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 20G SERVING	%RI
Energy(Kj)	2126 kJ	25%	425 kJ	5%
Energy(kcal)	509 kcal	25%	102 kcal	5%
Fat	27 g	39%	5.4 g	8%
of which saturates	2.3 g	12%	0.5 g	3%
Carbohydrate	59 g	23%	12 g	5%
of which sugars	1 g	1%	0 g	0%
Fibre	3.6 g	14%	0.7 g	3%
Protein	5.4 g	11%	1.1 g	2%
Salt	0.05 g	1%	0 g	0%

MAY CONTAIN:



WHEAT

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK ONE
Salsa

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
19839 Sysco Classic Chopped Tomatoes	200g	Each
4782 Sysco Classic Sweetcorn	100g	
4793 Brakes Sliced Mixed Peppers	100g	
134644 Cooks & Co Garlic Puree	10g	0.1x Each
10478 Limes	35g	0.5x Each
450449 Fresh Coriander	5g	

COOKING INSTRUCTIONS

Preparation

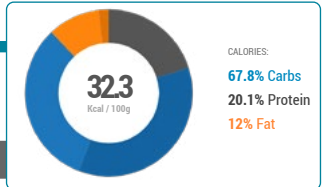
Thaw the peppers & corn
Chop the coriander

Method

In a bowl combine all of the ingredients

Service

Serve with the beef & bean or lentil & bean smoky



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 45G SERVING	%RI
Energy(Kj)	147 kJ	2%	66 kJ	1%
Energy(kcal)	35 kcal	2%	16 kcal	1%
Fat	0.5 g	1%	0 g	0%
<i>of which saturates</i>	0 g	0%	0 g	0%
Carbohydrate	5.5 g	2%	2.5 g	1%
<i>of which sugars</i>	2.9 g	3%	1.3 g	1%
Fibre	1.2 g	5%	0.6 g	2%
Protein	1.6 g	3%	0.7 g	1%
Salt	0.05 g	1%	0.02 g	0%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK ONE
Sticky Salmon & Salad
Wrap

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
114962 Tate & Lyle Fairtrade Light Brown Soft Pure Cane Sugar	80g	
124867 Kikkoman Tamari Gluten Free Soy Sauce	80g	
134644 Cooks & Co Garlic Puree	5g	
26695 Knorr Professional Ginger Puree 750g	5g	
5946 Sysco Classic Cornflour	10g	
128501 M&J Seafood MSC Pink Salmon Portions (skinless, boneless)	570g	10x Each
134034 Mixed Peppers	200g	
10332 Lettuce Little Gem	100g	1x Each
4782 Sysco Classic Sweetcorn	100g	
450694 Carrots	100g	
111263 La Boulangerie 8" Tortilla Wraps	400g	10x Each

COOKING INSTRUCTIONS

Preparation

In a bowl combine the sugar, soy sauce, garlic, ginger & cornflour, mix until smooth

De-seed the peppers & slice

Wash & shred the lettuce

Grate the carrots- do not peel, just scrub

Thaw the sweetcorn & wraps

Line a baking tray with parchment paper

Pre-heat the oven to 180°C

Method

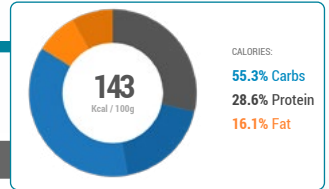
Place the salmon on the tray & brush over the sauce, bake for approximately 8-10 minutes, allow to cool & then flake

Take the wrap arrange the lettuce, pepper, carrot & sweetcorn

Top with the salmon & roll like a burrito

Service

Cut in half



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	611 kJ	7%	1008 kJ	12%
Energy(kcal)	145 kcal	7%	239 kcal	12%
Fat	2.5 g	4%	4.2 g	6%
<i>of which saturates</i>	1.3 g	7%	2.1 g	11%
Carbohydrate	20 g	8%	33 g	13%
<i>of which sugars</i>	6.6 g	7%	11 g	12%
Fibre	1.1 g	4%	1.7 g	7%
Protein	10 g	20%	17 g	34%
Salt	1.1 g	18%	1.8 g	30%

CONTAINS:



SERVES

10

WEEK ONE
Breaded Chicken,
Indian Sauce, Rice &
Vegetable Ribbons

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
350094 Sysco Classic Sunflower Oil	30g	
450694 Carrots	130g	
10469 Cooking Onions	100g	
10439 Fresh Garlic	6g	
10380 Ginger	3g	
33599 Sysco Classic Standard Curry Powder	10g	
350157 Brakes Squeezy Clear Blossom Honey	10g	
149964 Sysco Classic Tomato Ketchup	6g	
124867 Kikkoman Tamari Gluten Free Soy Sauce	6g	
100445 Brakes Vegetable Flavour Bouillon Paste	12g	
1 Tap Water (for VC recipes)	460g	
22724 Brakes Butter Beans in Water	150g	
132801 Imported Chicken Thighs (skinless, boneless) Halal	500g	
74550 Brakes Low Fat Natural Yogurt	150g	
102443 Brakes Essentials Medium Square Sliced Wholemeal Loaves	90g	
123190 Green Courgettes BB	200g	
450694 Carrots	130g	
148955 Radish	50g	
131459 KTC Sonneveld Divider Spray Can (auto-calculated)	4.9g	
50/50 Cooked Rice Primary	569g	1 x Recipe Total

COOKING INSTRUCTIONS

Preparation

Roughly chop 130g carrots, do not peel, just wash
Peel & roughly chop the onion
Peel & finely chop the garlic & ginger
Make up the stock as per guidelines
Drain & rinse the beans
Thaw the bread & blend to breadcrumbs

Method

For the sauce...

In a pan heat the oil, gently sweat the carrot & onion, cooking for approximately 10 minutes
Add the garlic & ginger, cooking for a further 2 minutes
Stir in the curry powder, honey, ketchup & soy sauce
Pour in the stock, bring to a simmer, cover & cook for approximately 25-30 minutes
Remove from the heat, allow to stand for 5 minutes.
Using a stick blender, blend until smooth. Keep warm or gently warm through at service

For rice...

Follow the sub recipe

For the chicken...

Remove from the packaging, place on a red board, cover with cling film & gently tenderise with a mallet or rolling pin, remove the cling film

Place on a baking tray, spread each piece of chicken with the yogurt, top with the breadcrumbs

Spray with the oil & bake in the oven at 180°C for approximately 25-30 minutes until cooked through

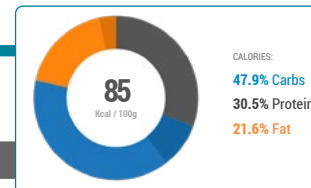
For the Vegetables...

Using a speedy peeler, peel ribbons of the courgette & carrot
Grate the radish, at this point bring back the reserved cauliflower leaves

Service

Plate the chicken & rice. Pour the sauce over the chicken, garnish with the raw vegetables.

FOOD LABELLING...



EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	370 kJ	4%	968 kJ	12%
Energy(kcal)	88 kcal	4%	230 kcal	12%
Fat	2 g	3%	5.4 g	8%
of which saturates	0.3 g	2%	0.8 g	4%
Carbohydrate	10 g	4%	27 g	10%
of which sugars	1.9 g	2%	5 g	6%
Fibre	1.2 g	5%	3.1 g	12%
Protein	6.5 g	13%	17 g	34%
Salt	0.31 g	5%	0.81 g	14%

CONTAINS:



MAY CONTAIN:



SERVES

10

WEEK ONE
Breaded Cauliflower, Indian
Sauce, Rice & Vegetable
Ribbons

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
350094 Sysco Classic Sunflower Oil	35g	
450694 Carrots	130g	
10469 Cooking Onions	100g	
10439 Fresh Garlic	6g	
10380 Ginger	3g	
33599 Sysco Classic Standard Curry Powder	10g	
350157 Brakes Squeezy Clear Blossom Honey	6g	
149964 Sysco Classic Tomato Ketchup	6g	
124867 Kikkoman Tamari Gluten Free Soy Sauce	6g	
100445 Brakes Vegetable Flavour Bouillon Paste	12g	
1 Tap Water (for VC recipes)	465g	
22724 Brakes Butter Beans in Water	150g	
10376 Cauliflower	530g	
74550 Brakes Low Fat Natural Yogurt	150g	
102443 Brakes Essentials Medium Square Sliced Wholemeal Loaves	90g	
123190 Green Courgettes BB	200g	
450694 Carrots	130g	
148955 Radish	50g	
131459 KTC Sonneveld Divider Spray Can (auto-calculated)	2.4g	
50/50 Cooked Rice Primary	569g	1 x Recipe Total

COOKING INSTRUCTIONS

Preparation

Roughly chop 130g carrots, do not peel, just wash
Peel & roughly chop the onion
Peel & finely chop the garlic & ginger
Make up the stock as per guidelines
Drain & rinse the beans
Thaw the bread & blend to breadcrumbs

Method

For the sauce...

In a pan heat the oil, gently sweat the carrot & onion, cooking for approximately 10 minutes
Add the garlic & ginger, cooking for a further 2 minutes
Stir in the curry powder, honey, ketchup & soy sauce
Pour in the stock, bring to a simmer, cover & cook for approximately 25-30 minutes
Remove from the heat, allow to stand for 5 minutes.
Using a stick blender, blend until smooth. Keep warm or gently warm through at service

For rice...

Follow the sub recipe

For the cauliflower...

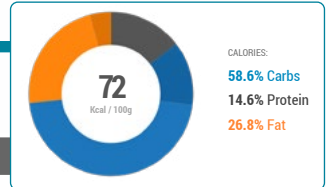
Cut into florets, set aside the lighter green leaves
Bring a pan of water to the boil, cook the cauliflower until tender, drain, refresh & dry
Take each floret & dip in the yogurt, then breadcrumbs
Place on a lined baking tray & spray with the oil
Bake in the oven at 180°C for approximately 20 minutes until tender

For the Vegetables...

Using a speedy peeler, peel ribbons of the courgette & carrot
Grate the radish, at this point bring back the reserved cauliflower leaves

Service

Plate the cauliflower & rice. Pour the sauce over the cauliflower, garnish with the raw vegetables.



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	316 kJ	4%	838 kJ	10%
Energy(kcal)	75 kcal	4%	199 kcal	10%
Fat	2.1 g	3%	5.7 g	8%
of which saturates	0.3 g	2%	0.9 g	5%
Carbohydrate	11 g	4%	28 g	11%
of which sugars	2.3 g	3%	6 g	7%
Fibre	1.5 g	6%	4.1 g	16%
Protein	2.6 g	5%	7 g	14%
Salt	0.28 g	5%	0.74 g	12%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK ONE
Smokey Burrito

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
Beef & Bean Smokey	500g	
134394 Mission 25cm Bran Tortilla Wrap	689g	10x Each
Whole Grain Cooked Rice Primary	700g	
71951 Sysco Classic Grated Reduced Fat White Cheese	200g	Each

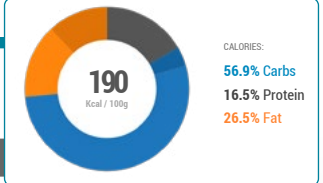
COOKING INSTRUCTIONS

Preparation

- Make the beef & bean smoky as per recipe
- Thaw the wraps
- Cook the rice as per recipe & cool
- Pre-heat the oven 180°C

Method

- Combine the smoky & rice
- Take the wrap and spoon over the rice & the smoky mix
- Fold & roll the wrap
- Scatter over the cheese
- Wrap each burrito in ovenable paper wraps or parchment paper & place on a baking tray
- Heat through for approximately 18 minutes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	817 kJ	10%	1707 kJ	20%
Energy(kcal)	194 kcal	10%	406 kcal	20%
Fat	5.6 g	8%	12 g	17%
<i>of which saturates</i>	2.5 g	13%	5.3 g	27%
Carbohydrate	27 g	10%	56 g	22%
<i>of which sugars</i>	1.8 g	2%	3.8 g	4%
Fibre	2.1 g	8%	4.3 g	17%
Protein	7.9 g	16%	16 g	32%
Salt	0.63 g	11%	1.3 g	22%

CONTAINS:



WHEAT



MILK

SERVES

10

WEEK ONE
Greek Marinated
Chicken

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
132801 Imported Chicken Thighs (skinless, boneless) Halal	750g	
74550 Brakes Low Fat Natural Yogurt	250g	
134644 Cooks & Co Garlic Puree	10g	
114218 Lemons	3g	
33592 Sysco Classic Oregano	2g	
33595 Sysco Classic Thyme	2g	
131459 KTC Sonneveld Divider Spray Can	3g	

COOKING INSTRUCTIONS

Preparation

Remove the chicken from the packaging. Place on a red board, cover with cling film, tenderise with a mallet or meat tenderiser.

Zest the lemon

Pre-heat the oven to 180°C

Method

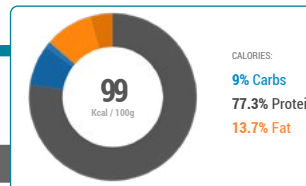
In a bowl combine the yogurt, garlic, lemon & herbs. Pour onto a tray & coat the chicken in the yogurt on both sides

Take a large non stick frying pan, spray with the oil, place on a medium heat

Remove the chicken from the yogurt & seal in the pan on both sides. Transfer to the oven & bake for approximately 15-20 minutes

Service

Serve with warmed wraps or flatbread, salad & homemade houmous- see our sub recipe



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	419 kJ	5%	427 kJ	5%
Energy(kcal)	99 kcal	5%	101 kcal	5%
Fat	1.5 g	2%	1.5 g	2%
<i>of which saturates</i>	0.5 g	3%	0.5 g	3%
Carbohydrate	2.2 g	1%	2.3 g	1%
<i>of which sugars</i>	2 g	2%	2 g	2%
Fibre	0 g	0%	0 g	0%
Protein	19 g	38%	19 g	38%
Salt	0.17 g	3%	0.17 g	3%

CONTAINS:



MILK

SERVES

10

WEEK ONE
Greek Marinated Quorn
Fillet

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
135196 Quorn Vegan Fillets	1kg	10 x Each
74550 Brakes Low Fat Natural Yogurt	250g	
134644 Cooks & Co Garlic Puree	10g	
114218 Lemons	3g	
33592 Sysco Classic Oregano	2g	
33595 Sysco Classic Thyme	2g	
131459 KTC Sonneveld Divider Spray Can	3g	

COOKING INSTRUCTIONS

Preparation

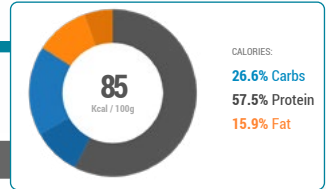
Zest the lemon
Pre-heat the oven to 180°C

Method

In a bowl combine the yogurt, garlic, lemon & herbs. Pour onto a tray & coat the Quorn fillet in the yogurt on both sides
Take a large non stick frying pan, spray with the oil, place on a medium heat
Remove the fillet from the yogurt & seal in the pan on both sides. Transfer to the oven & bake for approximately 15-20minutes

Service

Serve with warmed wraps or flatbread, salad & homemade houmous- see our sub recipe



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	399 kJ	5%	507 kJ	6%
Energy(kcal)	95 kcal	5%	121 kcal	6%
Fat	1.5 g	2%	1.9 g	3%
<i>of which saturates</i>	0.5 g	3%	0.7 g	4%
Carbohydrate	5.6 g	2%	7.2 g	3%
<i>of which sugars</i>	2 g	2%	2.5 g	3%
Fibre	5.1 g	20%	6.5 g	26%
Protein	12 g	24%	15 g	30%
Salt	0.83 g	14%	1.1 g	18%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK ONE
Wraps

BACK TO
MENU

RECIPE INGREDIENTS

134394 Mission 25cm Bran Tortilla Wrap

QUANTITY DESCRIPTION

344g 5x Each

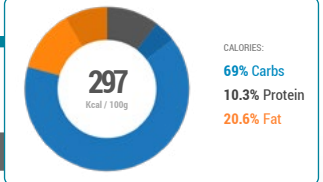
COOKING INSTRUCTIONS

Preparation

Thaw the wraps

Method

Serve half the wrap with the Greek marinade chicken or Quorn fillet



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 34.4G SERVING	%RI
Energy(kJ)	1286 kJ	15%	443 kJ	5%
Energy(kcal)	305 kcal	15%	105 kcal	5%
Fat	6.8 g	10%	2.3 g	3%
<i>of which saturates</i>	2.8 g	14%	0.9 g	5%
Carbohydrate	51 g	20%	18 g	7%
<i>of which sugars</i>	3.2 g	4%	1.1 g	1%
Fibre	4.2 g	17%	1.4 g	6%
Protein	7.7 g	15%	2.6 g	5%
Salt	0.83 g	14%	0.29 g	5%

CONTAINS:



WHEAT

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK ONE
Houmous

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
13609 Brakes Chickpeas in Water	400g	0.5x Each
134644 Cooks & Co Garlic Puree	5g	
114218 Lemons	5g	
33889 Olive Oil	10g	
113113 Spicentice Harissa Rub	10g	

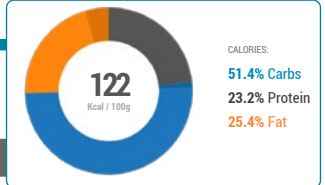
COOKING INSTRUCTIONS

Preparation

Drain the chickpea, reserve 80ml of the brine, then rinse
Juice the lemon

Method

Place all ingredients & the reserved brine, blend until smooth



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 43G SERVING	%RI
Energy(Kj)	543 kJ	6%	233 kJ	3%
Energy(kcal)	129 kcal	6%	56 kcal	3%
Fat	3.4 g	5%	1.5 g	2%
<i>of which saturates</i>	0.6 g	3%	0.3 g	2%
Carbohydrate	16 g	6%	6.7 g	3%
<i>of which sugars</i>	0.5 g	1%	0 g	0%
Fibre	3.8 g	15%	1.6 g	6%
Protein	7.1 g	14%	3 g	6%
Salt	0.37 g	6%	0.16 g	3%

SERVES

10

WEEK ONE
Roasted Sunny Vegetables
& Potatoes

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10420 Potatoes Baby 25-35mm Washed	1kg	
31026 Sysco Classic Roasted Mediterranean Vegetable Medley	500g	½ x Each
131459 KTC Sonneveld Divider Spray Can	5g	
114218 Lemons	154g	1 x Each
33595 Sysco Classic Thyme	2g	
33592 Sysco Classic Oregano	2g	

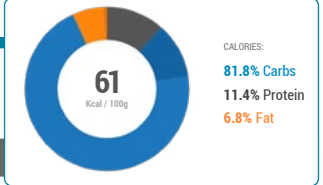
COOKING INSTRUCTIONS

Preparation

Bring a pan of water to the boil & par cook the potatoes, drain, cut in half
Place the vegetables on a lined baking tray,
Zest the lemon
Pre-heat the oven to 180°C

Method

Add the potatoes to the tray with the vegetables, spray with oil
Scatter over the zest & herb
Bake in the oven for approximately 10 minutes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	271 kJ	3%	450 kJ	5%
Energy(kcal)	64 kcal	3%	106 kcal	5%
Fat	0.5 g	1%	0.8 g	1%
of which saturates	0 g	0%	0 g	0%
Carbohydrate	12 g	5%	21 g	8%
of which sugars	1.7 g	2%	2.8 g	3%
Fibre	1.5 g	6%	2.5 g	10%
Protein	1.7 g	3%	2.9 g	6%
Salt	0 g	0%	0.02 g	0%

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK ONE
Chicken & Crunchy
Cauliflower Salad Bowl

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
135836 Chicken Thighs Skinless Boneless Halal	100-120g	650g
10376 Cauliflower.		400g
74550 Brakes Low Fat Natural Yogurt		300g
102443 Brakes Essentials Medium Square Sliced Wholemeal Loaves		90g
131459 KTC Sonneveld Divider Spray Can		5g
123190 Green Courgettes		200g
450694 Carrots		200g
148955 Radish		50g
4782 Sysco Classic Sweetcorn		300g
113882 Premium Large Mint Bunch		20g
114218 Lemons		8g

COOKING INSTRUCTIONS

Preparation

Place the chicken on a lined baking tray, spray with a little oil.

Thaw the bread & then blitz into breadcrumbs

Remove the outer leaves from the cauliflower, cut the cauliflower into thick slices.

Top & tail the courgettes & carrots. Using a vegetable peeler, cut into ribbons

Top & tail the radish & grate

Thaw the sweetcorn

Finely chop the mint

Zest the lemon

Method

Coat both sides in of the cauliflower in 150g of yoghurt, then coat in the breadcrumbs

Transfer to a lined baking tray. Spray with a little oil

Bake for approximately 25 minutes, turning half way through cooking

Place the chicken in the oven & cook until core temperature is reached

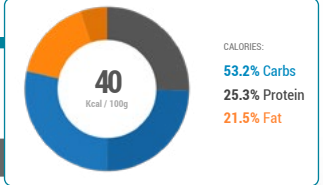
Allow the cauliflower to slightly cool, then place in a food processor. Gently blitz, you want a course texture

Return to the tray & bake for a further 10 minutes

Make the minty yogurt dressing by mixing the remaining yogurt, mint & lemon zest

Service

Place the crunch cauliflower in a bowl, slice & arrange the chicken, garnish with the vegetables & drizzle over the minty yogurt



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 222G SERVING	%RI
Energy(KJ)	179 kJ	2%	398 kJ	5%
Energy(kcal)	43 kcal	2%	95 kcal	5%
Fat	1 g	1%	2.1 g	3%
<i>of which saturates</i>	0.2 g	1%	0.5 g	3%
Carbohydrate	5.3 g	2%	12 g	5%
<i>of which sugars</i>	2.5 g	3%	5.5 g	6%
Fibre	1.2 g	5%	2.7 g	11%
Protein	2.5 g	5%	5.6 g	11%
Salt	0.07 g	1%	0.15 g	3%

CONTAINS:



MAY CONTAIN:



SERVES

10

WEEK ONE
Pork & Apple Burger

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
3106 Wilsons Pork Mince	750g	
350094 Sysco Classic Sunflower Oil	10g	
10288 Leeks	115g	
35510 Brakes Bramley Apple Sauce	15g	
134290 Sysco Classic Sage	1g	
133712 Kara 4" Pre-Sliced High Fibre Bun	600g	
89704 Sysco Classic Light Mayonnaise	50g	
10332 Lettuce Little Gem	50g	½ x Each

COOKING INSTRUCTIONS

Preparation

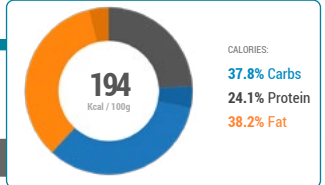
- Thaw the pork mince
- Wash & finely dice the leek
- Thaw the buns
- Wash & pat dry the leaves
- Pre-heat the oven to 180°C

Method

- Heat the oil in a sauté pan & gently sweat the leek for approximately 8 minutes, allow to cool
- In a bowl combine the pork, leek, apple & sage
- Shape into 10 patties, place on a lined baking tray & chill for approximately 1 hour
- Bake in the oven for approximately 15-18 minutes

Service

- Warm or toast the buns
- Spread the mayonnaise on the inside of the lid, place the lettuce leaf on the base & then top with the burger



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	837 kJ	10%	1331 kJ	16%
Energy(kcal)	200 kcal	10%	318 kcal	16%
Fat	8.2 g	12%	13 g	19%
<i>of which saturates</i>	0.8 g	4%	1.3 g	7%
Carbohydrate	18 g	7%	29 g	11%
<i>of which sugars</i>	2 g	2%	3.3 g	4%
Fibre	2.6 g	10%	4.1 g	16%
Protein	12 g	24%	19 g	38%
Salt	0.49 g	8%	0.78 g	13%

CONTAINS:



MAY CONTAIN:



SERVES

10

WEEK ONE
Vegetable Burger

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10288 Leeks	150g	Each
10226 Button Mushrooms	400g	Each
1050 Brakes Cannellini Beans in Water	150g	0.19 x Each
Whole Grain Cooked Rice Primary	100g	1 ¼ x Serving
134644 Cooks & Co Garlic Puree	20g	0.2 x Each
134289 Sysco Classic Smoked Paprika	10g	0.02 x Each
33592 Sysco Classic Oregano	8g	Each
28326 Sysco Classic Tomato Paste	20g	0.03 x Each
350094 Sysco Classic Sunflower Oil	10g	0.01 x Each
133712 Kara 4" Pre-Sliced High Fibre Bun	600g	Each
89704 Sysco Classic Light Mayonnaise	50g	0.02 x Each
10332 Lettuce Little Gem	50g	Each

COOKING INSTRUCTIONS

Preparation

Wash & thinly slice the leeks
Place the mushrooms in a food processor & blitz but not to a smooth paste
Drain & rinse the beans, roughly chop
Cook the rice as per recipe
Thaw the rolls
Wash & pat dry the leaves
Pre-heat the oven to 180°C

Method

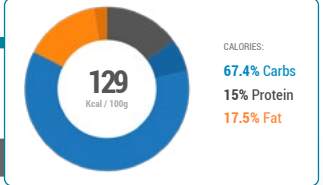
Heat the oil in a sauté pan
Gently sweat the leeks, cooking for approximately 8-10 minutes or until soft - allow to cool
Place all of the ingredients in a bowl & combine well

Shape into ten burgers

Place on a lined baking tray & bake for approximately 14 minutes, turning half way

Service

Warm or toast the buns
Spread the mayonnaise on the inside of the lid
Place the lettuce leaf on the base & then top with the burger



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	574 kJ	7%	900 kJ	11%
Energy(kcal)	136 kcal	7%	214 kcal	11%
Fat	2.5 g	4%	3.9 g	6%
of which saturates	0.4 g	2%	0.6 g	3%
Carbohydrate	22 g	8%	34 g	13%
of which sugars	2.1 g	2%	3.2 g	4%
Fibre	3.7 g	15%	5.8 g	23%
Protein	4.8 g	10%	7.6 g	15%
Salt	0.46 g	8%	0.72 g	12%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK ONE
Oven Baked Wedges

BACK TO
MENU

RECIPE INGREDIENTS

10420 Potatoes Baby 25-35mm Washed
131459 KTC Sonneveld Divider Spray Can

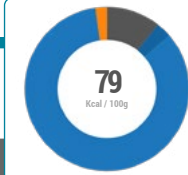
QUANTITY DESCRIPTION

1kg
0g

COOKING INSTRUCTIONS

Method

Bring a pan of water to the boil, cook the potatoes until almost tender
Drain & cut into wedges
Place the potatoes on a lined baking tray & spray with oil
Bake in the oven at 190°C for approximately 15-18 minutes until golden



CALORIES:
87.1% Carbs
10.6% Protein
2.3% Fat

FOOD LABELLING...

EU Label values per 100g serving:

	PER 100G	%RI
Energy(KJ)	346 kJ	4%
Energy(kcal)	82 kcal	4%
Fat	0 g	0%
<i>of which saturates</i>	0 g	0%
Carbohydrate	17 g	7%
<i>of which sugars</i>	0.6 g	1%
Fibre	1.3 g	5%
Protein	2.1 g	4%
Salt	0.02 g	0%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK ONE
School Slaw

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10467 Savoy Cabbage	150g	
450694 Carrots	150g	
10224 Red Onions	80g	
105129 Cooked Beetroots	120g	
113881 Herb Bunched Flat Leaf Parsley	20g	
89704 Sysco Classic Light Mayonnaise	120g	
74550 Brakes Low Fat Natural Yogurt	120g	

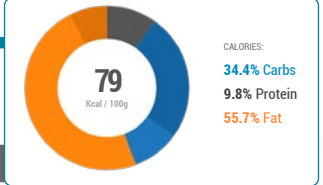
COOKING INSTRUCTIONS

Preparation

- Slice the cabbage
- Grate the carrot
- Thinly slice the onion
- Grate the beetroot
- Wash and chop the parsley
- Mix the mayonnaise and yoghurt together

Method

Add all the ingredients into a bowl and stir together until well mixed



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 76G SERVING	%RI
Energy(kJ)	343 kJ	4%	261 kJ	3%
Energy(kcal)	82 kcal	4%	63 kcal	3%
Fat	4.9 g	7%	3.7 g	5%
<i>of which saturates</i>	0.6 g	3%	0.5 g	3%
Carbohydrate	6.8 g	3%	5.2 g	2%
<i>of which sugars</i>	4.9 g	5%	3.8 g	4%
Fibre	1.8 g	7%	1.4 g	6%
Protein	1.9 g	4%	1.5 g	3%
Salt	0.29 g	5%	0.22 g	4%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK ONE
Rainbow Corn

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
4782 Sysco Classic Sweetcorn	400g	
10245 Mixed Peppers	160g	
10224 Red Onions	100g	
4599 Sysco Essentials Garden Peas	100g	
450672 Tomatoes MM	100g	

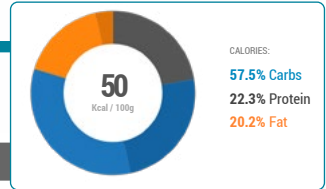
COOKING INSTRUCTIONS

Preparation

- Thaw the sweetcorn & peas
- De-seed & finely chop the peppers
- Peel & finely chop the onions
- Finely chop the tomatoes

Method

- Simply combine all of the vegetables in a bowl
- Heat through in the steamer until cooked through and tender



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 86G SERVING	%RI
Energy(KJ)	225 kJ	3%	194 kJ	2%
Energy(kcal)	54 kcal	3%	46 kcal	2%
Fat	1.1 g	2%	1 g	1%
<i>of which saturates</i>	0.2 g	1%	0.2 g	1%
Carbohydrate	7.2 g	3%	6.2 g	2%
<i>of which sugars</i>	3 g	3%	2.6 g	3%
Fibre	1.7 g	7%	1.5 g	6%
Protein	2.8 g	6%	2.4 g	5%
Salt	0 g	0%	0 g	0%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK ONE
Sweetcorn & Potato Soup

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
127124 Brakes Sweetcorn in Water	260g	
100445 Brakes Vegetable Flavour Bouillon Paste	35g	
1 Tap Water (for VC recipes)	1.5kg	
562 Brakes Pearl barley	60g	
134644 Cooks & Co Garlic Puree	15g	
33595 Sysco Classic Thyme	3g	
111313 Riverdene Roasted Red Peppers	125g	
2361 Brakes Complete Mashed Potato Mix	40g	

COOKING INSTRUCTIONS

Preparation

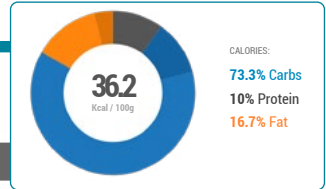
- Drain & rinse the sweetcorn
- Make up the stock as per guidelines
- Rinse the pearl barley under cold running water
- Drain, rinse & slice the peppers

Method

- In a large saucepan place the sweetcorn, stock, pearl barley & garlic
- Bring to a gentle simmer for approximately 20 minutes
- Add the peppers & herbs
- Using a fork gradually stir in the mashed potato, simmer for 2-3 minutes - season

Service

- Serve in warm bowls with chunks of freshly baked bread



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	157 kJ	2%	321 kJ	4%
Energy(kcal)	37 kcal	2%	76 kcal	4%
Fat	0.7 g	1%	1.4 g	2%
of which saturates	0.1 g	1%	0.3 g	2%
Carbohydrate	6.6 g	3%	14 g	5%
of which sugars	1 g	1%	2 g	2%
Fibre	0.6 g	2%	1.2 g	5%
Protein	0.9 g	2%	1.8 g	4%
Salt	0.45 g	8%	0.91 g	15%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK ONE
No Waste Fruit Crumble

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
450531 Seasonal Red Apples	350g	2.19x Each
114231 Pears	350g	2.67x Each
114956 FREEE Gluten Free Plain White Flour Blend	300g	0.3x Each
118890 Quaker Gluten Free Original Porridge Oats	50g	Each
71927 Brakes Sunflower Light Spread	135g	0.07x Each
301 Brakes Caster Sugar	50g	
33581 Sysco Classic Ground Cinnamon	5g	

COOKING INSTRUCTIONS

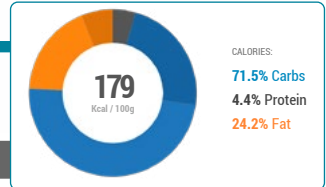
Preparation

Remove the core from the fruit & cut into small chunks
(you can keep the skin on to add fibre)
Pre-heat the oven to 180°C

Method

Place the fruits in an ovenproof dish
To make the crumble topping place the flour, oats & spread in a bowl & rub together, stir in the sugar
Place the crumble mix on top of the fruits & gently press down
Bake in the oven for approximately 40 minutes

Serve with choice of surplus yogurt or hot custard
You can add some raisins or sultanas if you wish



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	775 kJ	9%	961 kJ	11%
Energy(kcal)	184 kcal	9%	228 kcal	11%
Fat	4.8 g	7%	6 g	9%
<i>of which saturates</i>	1.2 g	6%	1.5 g	8%
Carbohydrate	32 g	12%	40 g	15%
<i>of which sugars</i>	10 g	11%	13 g	14%
Fibre	1.9 g	8%	2.4 g	10%
Protein	1.9 g	4%	2.4 g	5%
Salt	0.12 g	2%	0.15 g	3%

CONTAINS:



OATS

MAY CONTAIN:



WHEAT

SERVES

10

WEEK TWO
North African Chicken

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
350094 Sysco Classic Sunflower Oil	20g	
10224 Red Onions	100g	
134644 Cooks & Co Garlic Puree	15g	
10380 Ginger	15g	
33581 Sysco Classic Ground Cinnamon	5g	
33585 Sysco Classic Paprika	5g	
33586 Sysco Classic Ground Turmeric	5g	
132801 Imported Chicken Thighs (skinless, boneless) Halal	430g	
19839 Sysco Classic Chopped Tomatoes	430g	
100445 Brakes Vegetable Flavour Bouillon Paste	7g	
1 Tap Water (for VC recipes)	370g	
12083 Butternut Squash	320g	
13609 Brakes Chickpeas in Water	200g	
268 Brakes Seedless Raisins	65g	
114218 Lemons	30g	

COOKING INSTRUCTIONS

Preparation

- Peel & slice the onion
- Peel & finely chop the ginger
- Dice the carrot (do not peel)
- cut the thighs in half
- Make up the stock as per guidelines
- Peel, de-seed & dice the squash
- Drain & rinse the chickpeas
- Zest half a lemon

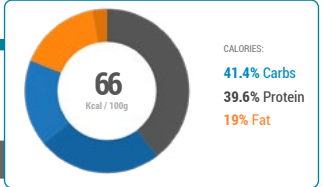
Method

- In a large pan heat the oil & sweat the onions, cooking for approximately 10 minutes
- Add the chicken & brown on all sides

- Add the carrot & combine with the onion & chicken, cooking for 4 minutes
- Add the ginger, cooking for 2 minutes
- Stir in the spices cooking for 2 minutes
- Add the stock & tomatoes, bring to a gentle simmer
- Add the squash, cover with a lid & cook for approximately 30 minutes
- Stir in the chickpeas, cooking for 5 minutes
- Finally add the raisins & lemon zest

Service

- Accompany with cous cous



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	287 kJ	3%	579 kJ	7%
Energy(kcal)	68 kcal	3%	137 kcal	7%
Fat	1.4 g	2%	2.8 g	4%
<i>of which saturates</i>	0.2 g	1%	0.4 g	2%
Carbohydrate	6.8 g	3%	14 g	5%
<i>of which sugars</i>	4 g	4%	8 g	9%
Fibre	1.2 g	5%	2.4 g	10%
Protein	6.5 g	13%	13 g	26%
Salt	0.15 g	3%	0.3 g	5%

SERVES

10

WEEK TWO
North African
Vegetable & Lentil Pot

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
350094 Sysco Classic Sunflower Oil	50g	
10224 Red Onions	200g	
450694 Carrots	150g	
134644 Cooks & Co Garlic Puree	25g	
33583 Sysco Classic Ground Ginger	15g	
33581 Sysco Classic Ground Cinnamon	15g	
33585 Sysco Classic Paprika	15g	
33586 Sysco Classic Ground Turmeric	15g	
12083 Butternut Squash	400g	½ x Each
19839 Sysco Classic Chopped Tomatoes	800g	1 x Each
100445 Brakes Vegetable Flavour Bouillon Paste	12g	
1 Tap Water (for VC recipes)	600g	
548 Brakes Red Lentils	240g	
13609 Brakes Chickpeas in Water	240g	
268 Brakes Seedless Raisins	115g	
114218 Lemons	40g	

COOKING INSTRUCTIONS

Preparation

Peel & slice the onions
Dice the carrots (do not peel)
Peel, de-seed & dice the squash
Make up the stock as per guidelines
Rinse the lentils
Drain & rinse the chickpeas
Zest half a lemon

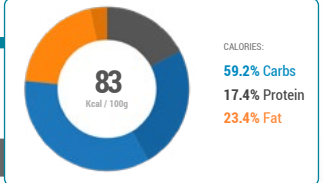
Method

In a large pan heat the oil & sweat the onions, cooking for approximately 10 minutes
Add the carrot, cooking for 4 minutes
Add the spices, cooking for 2 minutes
Add the stock & tomatoes, bring to a gentle simmer

Add the squash, cover with a lid & cook for approximately 15 minutes
Add the lentils, cooking for a further 20 minutes
Stir in the chickpeas, cooking for 5 minutes
Finally add the raisins & lemon zest

Service

Accompany with cous cous



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	368 kJ	4%	1079 kJ	13%
Energy(kcal)	87 kcal	4%	256 kcal	13%
Fat	2.2 g	3%	6.4 g	9%
<i>of which saturates</i>	0.3 g	2%	0.9 g	5%
Carbohydrate	12 g	5%	36 g	14%
<i>of which sugars</i>	5 g	6%	15 g	17%
Fibre	2.1 g	8%	6.1 g	24%
Protein	3.6 g	7%	11 g	22%
Salt	0.13 g	2%	0.39 g	7%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK TWO
Cous Cous

BACK TO
MENU

RECIPE INGREDIENTS

149945 Sysco Classic Moroccan Style Couscous
1 Tap Water (for VC recipes)

QUANTITY DESCRIPTION

300g
600g

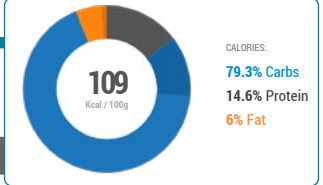
COOKING INSTRUCTIONS

Preparation

Bring the water to the boil

Method

Place the cous cous in a bowl, pour over the water, combine using a fork, cover with cling film, stand for 4 minutes & finally fluff the grains with the fork



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 90G SERVING	%RI
Energy(Kj)	478 kJ	6%	430 kJ	5%
Energy(kcal)	113 kcal	6%	102 kcal	5%
Fat	0.7 g	1%	0.7 g	1%
<i>of which saturates</i>	0.1 g	1%	0.1 g	1%
Carbohydrate	22 g	8%	20 g	8%
<i>of which sugars</i>	3.2 g	4%	2.9 g	3%
Fibre	1.8 g	7%	1.6 g	6%
Protein	4 g	8%	3.6 g	7%
Salt	0.63 g	11%	0.57 g	10%

CONTAINS:



WHEAT



SULPHITES

MAY CONTAIN:



MUSTARD



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK TWO
Baked Cauliflower

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10376 Cauliflower	800g	
119112 Spicentice Sumac	20g	
131459 KTC Sonneveld Divider Spray Can	5g	

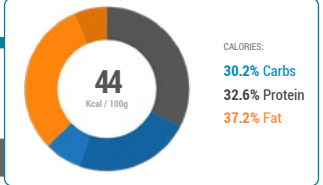
COOKING INSTRUCTIONS

Preparation

Cut the cauliflower into florets
Line a baking tray with parchment
Preheat the oven to 180°C

Method

Place the cauliflower in a bowl with the sumac & spray over the oil
Toss the florets to coat in the spray & sumac
Transfer to the tray & bake for approximately 18-20 minutes until cooked through and tender



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 83G SERVING	%RI
Energy(kJ)	207 kJ	2%	171 kJ	2%
Energy(kcal)	50 kcal	3%	41 kcal	2%
Fat	1.8 g	3%	1.5 g	2%
of which saturates	0.3 g	2%	0.3 g	2%
Carbohydrate	3.3 g	1%	2.7 g	1%
of which sugars	2.5 g	3%	2.1 g	2%
Fibre	2.9 g	12%	2.4 g	10%
Protein	3.6 g	7%	3 g	6%
Salt	0.08 g	1%	0.06 g	1%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK TWO
Potato Pie

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
12083 Butternut Squash	600g	
131459 KTC Sonneveld Divider Spray Can	0.7g	(auto-calculated)
10295 White Ware Potatoes	900g	
455914 Curly Kale	70g	
350094 Sysco Classic Sunflower Oil	20g	
70892 Brakes 5 Dozen Fresh Medium Eggs	247g	4 x Each
71951 Sysco Classic Grated Reduced Fat White Cheese	100g	

COOKING INSTRUCTIONS

Preparation

- Peel & dice the squash
- Wash & cut the potatoes into quarters
- Wash the kale & finely shred
- Lightly beat the eggs
- Pre-heat the oven to 190°C

Method

- Place the squash on a lined baking tray, spray with oil & roast for approximately 15-18 minutes
- Par cook the potatoes in boiling water for approximately 15-20 minutes, drain, cool & slice
- Heat the sunflower oil in a sauté pan, stir fry the kale cooking for approximately 8 minutes
- Lightly grease a 9x9 dish with a little spray oil

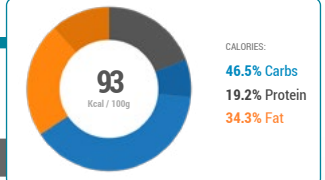
Arrange some of the potatoes in the base of the dish

Scatter over the squash & kale, repeat the layers until the ingredients have been used

Pour over the egg & finally scatter with cheese
Bake in the oven for approximately 45-55 minutes

Service

Serve as a hot mid morning snack or lunch



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	399 kJ	5%	773 kJ	9%
Energy(kcal)	95 kcal	5%	184 kcal	9%
Fat	3.5 g	5%	6.8 g	10%
of which saturates	1.2 g	6%	2.3 g	12%
Carbohydrate	11 g	4%	21 g	8%
of which sugars	1.7 g	2%	3.3 g	4%
Fibre	1.2 g	5%	2.3 g	9%
Protein	4.4 g	9%	8.6 g	17%
Salt	0.16 g	3%	0.31 g	5%

CONTAINS:



EGGS



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK TWO
Mousse & Fruits

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
127132 Brakes Strawberry Flavour Mousse Mix	100g	
78224 Wholesome Farms Fresh Skimmed Milk	380ml	
33328 Fresh Frozen Strawberries 1000g	200g	
4116 Brakes Raspberries	200g	
10354 Bananas	200g	

COOKING INSTRUCTIONS

Preparation

Make up the mousse as per guidelines
Thaw the strawberries & raspberries

Method

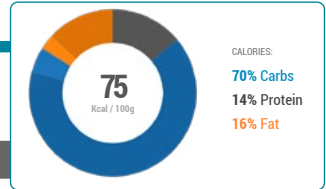
Transfer the mousse to a piping bag, pipe into individual pots
Peel & slice the banana & mix with the berries

Service

Serve the mousse with the fruits

Other fruit options...

Apple & pear
Apple & blueberries
Mandarin & peach
Other flavours of mousse- chocolate, banana, butterscotch



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 108G SERVING	%RI
Energy(Kj)	324 kJ	4%	350 kJ	4%
Energy(kcal)	77 kcal	4%	83 kcal	4%
Fat	1.3 g	2%	1.4 g	2%
<i>of which saturates</i>	1.1 g	6%	1.2 g	6%
Carbohydrate	13 g	5%	14 g	5%
<i>of which sugars</i>	12 g	13%	13 g	14%
Fibre	0.8 g	3%	0.9 g	4%
Protein	2.6 g	5%	2.8 g	6%
Salt	0.24 g	4%	0.26 g	4%

CONTAINS:



SERVES

10

WEEK TWO
Turkey Moussaka

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
109406 Wilsons Turkey Mince	340g	
548 Brakes Red Lentils	60g	
10469 Cooking Onions	100g	
350094 Sysco Classic Sunflower Oil	20g	
10281 Aubergine	140g	
123190 Green Courgettes BB	120g	
134644 Cooks & Co Garlic Puree	25g	
28326 Sysco Classic Tomato Paste	35g	
19839 Sysco Classic Chopped Tomatoes	540g	
100445 Brakes Vegetable Flavour Bouillon Paste	3g	
1 Tap Water (for VC recipes)	135g	
33592 Sysco Classic Oregano	2.5g	
6890 Riverdene New Potatoes Peeled in Water	400g	
Free From Béchamel Sauce	200g	
71951 Sysco Classic Grated Reduced Fat White Cheese	35g	

COOKING INSTRUCTIONS

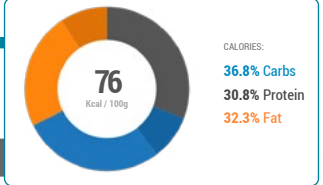
Preparation

- Rinse the lentils
- Peel & finely chop the onion
- Dice the aubergine & courgette
- Make up the stock as per guidelines
- Drain, rinse & slice the potatoes
- Make up the required amount of sauce following the sub recipe
- Pre-heat the oven to 180°C

Method

- Heat the oil in a large pan & brown the mince.
- Remove from the pan & set aside
- Return the pan to the heat & gently sweat the onions, aubergine & courgette. Cook for approx. 10 minutes

- Return the mince to the pan & stir in the garlic
- Add the paste, tomatoes & stock
- Bring to a gentle simmer & cook on a low heat for approx. 20 minutes
- Stir in the oregano
- Transfer to an ovenproof dish (I've used a 9x9 dish)
- Arrange the sliced potatoes on top, pour over the sauce & scatter over the cheese
- Bake in the oven for approximately 40 minutes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	327 kJ	4%	706 kJ	8%
Energy(kcal)	78 kcal	4%	168 kcal	8%
Fat	2.7 g	4%	5.9 g	8%
of which saturates	0.8 g	4%	1.7 g	9%
Carbohydrate	7 g	3%	15 g	6%
of which sugars	1.7 g	2%	3.6 g	4%
Fibre	0.8 g	3%	1.8 g	7%
Protein	5.9 g	12%	13 g	26%
Salt	0.18 g	3%	0.38 g	6%

CONTAINS:



SERVES

10

WEEK TWO
Quorn & Lentil Moussaka

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
136990 Quorn Mince	600g	
87468 Sysco Classic Non-Stick Fry, Cook & Bake Spray	30g	
19839 Sysco Classic Chopped Tomatoes	400g	
33581 Sysco Classic Ground Cinnamon	5g	
71927 Brakes Sunflower Light Spread	50g	
350091 Brakes Plain Flour	450g	
71148 Sysco Classic Mature Coloured Cheddar Cheese	100g	
10675 Potatoes Mid Standard Washed	1.2kg	
10281 Aubergine	170g	
10291 Large Onions 2.5kg	200g	
10439 Fresh Garlic	20g	
548 Brakes Red Lentils	400g	
70218 Wholesome Farms Fresh Semi Skimmed Milk	50ml	

COOKING INSTRUCTIONS

Mis en Place / Preparation

Potatoes Mid Standard Washed - Peel and wash and slice potatoes 1cm thick

Aubergine - Slice and roast aubergine in half the oil

Large Onions - Peel and dice the onions

Fresh Garlic - Peel and crush the garlic

Brakes Red Leicester Cheese - Grate the cheese

Method:

Pre-heat oven to 180°C

In a sauce pan add sliced potatoes, cover with water and bring to the boil then turn off the heat

Heat the oil in a pan and fry the Quorn mince for 5 mins

Add onion and garlic and cook for a further 5 mins before adding cinnamon

Add lentils, water and chopped tomatoes and bring to the boil before turning down to simmer

Once lentils have cooked and sauce has thickened remove from the heat

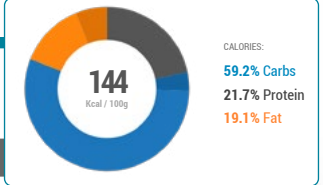
Make the white sauce by melting the spread and adding the flour to make a roux

Add milk a little at a time mixing well and cooking out in between

Layer the moussaka using the potato, Quorn mince and aubergine

Top with white sauce and cheese

Bake in to oven for approx. 30 mins until golden and core temperature is achieved

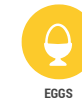


FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	632 kJ	8%	2321 kJ	28%
Energy(kcal)	150 kcal	8%	551 kcal	28%
Fat	3.1 g	4%	11 g	16%
of which saturates	1 g	5%	3.7 g	19%
Carbohydrate	21 g	8%	78 g	30%
of which sugars	1.3 g	1%	4.7 g	5%
Fibre	2.9 g	12%	11 g	44%
Protein	7.8 g	16%	29 g	58%
Salt	0.11 g	2%	0.39 g	7%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
Greek Style Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10401 Cos Lettuce	150g	
10230 Cucumber	150g	
450672 Tomatoes MM	150g	
114222 Red Onions	75g	
113886 Herb Bunched Oregano	3g	
10533 Lemons	30g	¼ x Each
89712 Sysco Classic French Dressing	50ml	

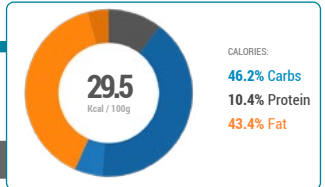
COOKING INSTRUCTIONS

Preparation

- Wash & pat dry the leaves
- Cut the cucumber in half & slice
- Roughly chop the tomatoes
- Peel & dice the onion
- Finely chop the oregano
- Zest the lemon

Method

Place the leaves in a bowl, add the remaining ingredients & gently toss together



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 61G SERVING	%RI
Energy(Kj)	129 kJ	2%	78 kJ	1%
Energy(kcal)	31 kcal	2%	19 kcal	1%
Fat	1.4 g	2%	0.9 g	1%
of which saturates	0.1 g	1%	0 g	0%
Carbohydrate	3.4 g	1%	2.1 g	1%
of which sugars	3 g	3%	1.8 g	2%
Fibre	0.6 g	2%	0.5 g	2%
Protein	0.8 g	2%	0.5 g	1%
Salt	0.14 g	2%	0.08 g	1%

CONTAINS:



MUSTARD

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK TWO
North African Soup

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
350094 Sysco Classic Sunflower Oil	20g	
10224 Red Onions	100g	
450694 Carrots	125g	
134644 Cooks, Co Garlic Puree	25g	
33583 Sysco Classic Ground Ginger	10g	
33581 Sysco Classic Ground Cinnamon	10g	
33585 Sysco Classic Paprika	10g	
33586 Sysco Classic Ground Turmeric	10g	
12083 Butternut Squash	300g	
19839 Sysco Classic Chopped Tomatoes	400g	
100445 Brakes Vegetable Flavour Bouillon Paste	30g	
1 Tap Water (for VC recipes)	2kg	
548 Brakes Red Lentils	200g	
13609 Brakes Chickpeas in Water	300g	
268 Brakes Seedless Raisins	125g	
114218 Lemons	75g	

COOKING INSTRUCTIONS

Preparation

- Peel & slice the onions
- Dice the carrots (do not peel)
- Peel, de-seed & dice the squash
- Make up the stock as per guidelines
- Rinse the lentils
- Drain & rinse the chickpeas
- Zest half a lemon

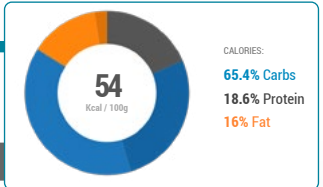
Method

- In a large pan heat the oil & sweat the onions, cooking for approximately 10 minutes
- Add the carrot, cooking for 4 minutes
- Add the spices, cooking for 2 minutes
- Add the stock & tomatoes, bring to a gentle simmer

- Add the squash, cover with a lid & cook for approximately 15 minutes
- Add the lentils, cooking for a further 20 minutes
- Stir in the chickpeas, cooking for 5 minutes
- Finally add the raisins & lemon zest

Service

- Accompany with cous cous



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	238 kJ	3%	889 kJ	11%
Energy(kcal)	56 kcal	3%	211 kcal	11%
Fat	1 g	1%	3.6 g	5%
<i>of which saturates</i>	0.1 g	1%	0.5 g	3%
Carbohydrate	8.8 g	3%	33 g	13%
<i>of which sugars</i>	3.6 g	4%	13 g	14%
Fibre	1.3 g	5%	5 g	20%
Protein	2.5 g	5%	9.3 g	19%
Salt	0.2 g	3%	0.73 g	12%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK TWO
Glazed Salmon

BACK TO
MENU

RECIPE INGREDIENTS

128501 M&J Seafood MSC Pink Salmon Portions (skinless, boneless)
88645 Blue Dragon Hoisin Sauce

QUANTITY DESCRIPTION

570g **10x Each**
100g

COOKING INSTRUCTIONS

Preparation

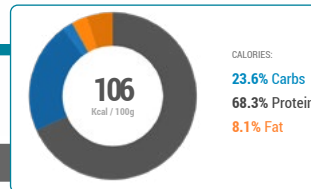
Thaw the salmon
Pre-heat the oven to 190°C
Line a baking tray with parchment

Method

Brush the sauce over the salmon
Bake in the oven for approximately 10 minutes

Service

Accompany with whole grain rice & stir fry vegetables



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	449 kJ	5%	301 kJ	4%
Energy(kcal)	106 kcal	5%	71 kcal	4%
Fat	1 g	1%	0.6 g	1%
<i>of which saturates</i>	0.6 g	3%	0.4 g	2%
Carbohydrate	6.3 g	2%	4.2 g	2%
<i>of which sugars</i>	5.7 g	6%	3.8 g	4%
Fibre	0 g	0%	0 g	0%
Protein	18 g	36%	12 g	24%
Salt	0.42 g	7%	0.28 g	5%

CONTAINS:



FISH



SOYA

MAY CONTAIN:



HAZELNUTS,
PECANS,
ALMONDS,
CASHEWS,
WALNUTS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS



PEANUTS

SERVES

10

WEEK TWO
Glazed Tofu Fingers

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
127135 Blue Dragon Extra Firm Silken Tofu	349g	600g
85664 Knorr Professional Blue Dragon Hoi Sin Concentrated Sauce	100g	100g

COOKING INSTRUCTIONS

Preparation

Remove the tofu from the packaging, pat dry & cut into 30g fingers

Pre-heat the oven to 190°C

Line a baking tray with parchment

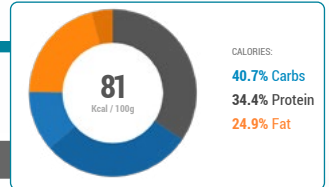
Method

Brush the sauce over the tofu

Bake in the oven for approximately 10 minutes

Service

Accompany with whole grain rice & stir fry vegetables



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	351 kJ	4%	246 kJ	3%
Energy(kcal)	84 kcal	4%	58 kcal	3%
Fat	2.2 g	3%	1.6 g	2%
of which saturates	0.4 g	2%	0.3 g	2%
Carbohydrate	8.2 g	3%	5.7 g	2%
of which sugars	5.9 g	7%	4.1 g	5%
Fibre	1.5 g	6%	1 g	4%
Protein	6.9 g	14%	4.8 g	10%
Salt	0.5 g	8%	0.35 g	6%

CONTAINS:



WHEAT



SOYA

MAY CONTAIN:



ALMONDS,
CASHEWS



PEANUTS



MUSTARD

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK TWO
50/50 Rice

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
117407 Tilda Brown & White Wholegrain Rice	185g	
100445 Brakes Vegetable Flavour Bouillon Paste	9g	
1 Tap Water (for VC recipes)	375g	

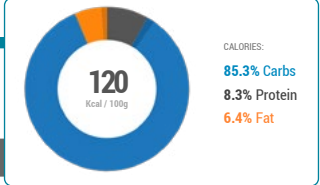
COOKING INSTRUCTIONS

Preparation

Rinse the rice under cold running water
Make up the stock as per guidelines

Method

Place the rice in a pan, add the stock & cover with a lid
Cook for approximately 12 minutes
Remove from the heat, keep the lid on and allow to absorb any remaining stock for 15 minutes
Serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	515 kJ	6%	293 kJ	3%
Energy(kcal)	122 kcal	6%	69 kcal	3%
Fat	0.9 g	1%	0.5 g	1%
<i>of which saturates</i>	0.1 g	1%	0 g	0%
Carbohydrate	26 g	10%	15 g	6%
<i>of which sugars</i>	0.5 g	1%	0.5 g	1%
Fibre	0.6 g	2%	0.5 g	2%
Protein	2.5 g	5%	1.4 g	3%
Salt	0.34 g	6%	0.19 g	3%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK TWO
Stir Fry Vegetables

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
107021 Pinguin Oriental Vegetable Stir Fry Mix	700g	
10380 Ginger	25g	
10439 Fresh Garlic	25g	
124867 Kikkoman Tamari Gluten Free Soy Sauce	50g	
131459 KTC Sonneveld Divider Spray Can	5g	

COOKING INSTRUCTIONS

Preparation

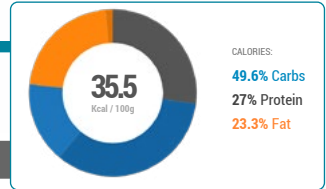
Peel & finely chop the ginger & garlic

Method

Heat a wok on a medium-high heat, spray with oil, stir fry the vegetables, cooking for approximately 8 minutes

Add the garlic & ginger, cook for 3-4 minutes

Add the soy sauce & bring all of the ingredients together



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	151 kJ	2%	121 kJ	1%
Energy(kcal)	36 kcal	2%	29 kcal	1%
Fat	0.9 g	1%	0.7 g	1%
<i>of which saturates</i>	0 g	0%	0 g	0%
Carbohydrate	4.4 g	2%	3.5 g	1%
<i>of which sugars</i>	3 g	3%	2.4 g	3%
Fibre	0 g	0%	0 g	0%
Protein	2.4 g	5%	1.9 g	4%
Salt	1.2 g	20%	0.96 g	16%

CONTAINS:



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK TWO
Crunchy Aubergine Sub

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10281 Aubergine	700g	
114951 Brakes Plain Flour	150g	
15322 Brakes 5 Dozen British Fresh Free Range Medium Eggs	299g	
135538 James Brown, Co Panko Breadcrumbs	250g	
450672 Tomatoes MM	700g	
71951 Sysco Classic Grated Reduced Fat White Cheese	200g	
31297 Kara 7" Wholemeal Hoagies	980g	10x Each
131459 KTC Sonneveld Divider Spray Can	0g	(auto-calculated)

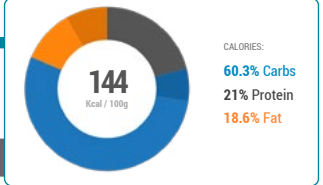
COOKING INSTRUCTIONS

Preparation

- Slice the aubergine
- Lightly beat the eggs
- Slice the tomatoes
- Thaw the rolls
- Line a baking tray with parchment
- Pre-heat the oven to 190°C

Method

- Place the flour, eggs & breadcrumbs in separate trays
- Coat each slice of aubergine in the flour, egg & then breadcrumb
- Place on the baking tray & spray with oil
- Bake in the oven for approximately 15 minutes, turn over, spray with a little oil & bake for a further 15 minutes
- Fill the rolls with the aubergine, top with sliced tomato & cheese
- Return to the oven for 3-5 minutes to warm the rolls, tomato & for the cheese to melt



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	634 kJ	8%	2077 kJ	25%
Energy(kcal)	150 kcal	8%	493 kcal	25%
Fat	3 g	4%	9.8 g	14%
of which saturates	1.3 g	7%	4.3 g	22%
Carbohydrate	22 g	8%	71 g	27%
of which sugars	2.3 g	3%	7.6 g	8%
Fibre	3.1 g	12%	10 g	40%
Protein	7.6 g	15%	25 g	50%
Salt	0.39 g	7%	1.3 g	22%

CONTAINS:



MAY CONTAIN:



SERVES

10

WEEK TWO
Turkey Meatballs

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10469 Cooking Onions	90g	
10226 Button Mushrooms	90g	
450693 Carrots CLASS II	90g	
10439 Fresh Garlic	10g	
33568 Sysco Classic Extended Life Rapeseed Oil	25g	
548 Brakes Red Lentils	130g	
109406 Wilsons Turkey Mince	600g	
100357 Brakes Cranberry Sauce	22g	
115043 Maggi Rich & Rustic Tomato Sauce 800g	760g	

COOKING INSTRUCTIONS

Preparation

Peel & dice the onions
 Finely chop the mushrooms
 Wash & grate the carrot (don't peel)
 Finely chop the garlic
 Cook the lentils in a saucepan & cover with boiling water, cook for approx. 12 minutes, drain & allow to cool

Method

Heat the oil in a sauté pan, gently sweat the onions & mushrooms. cooking for approx. 8 minutes
 Add the garlic & cook for 2-3 minutes, remove from the heat & allow to cool

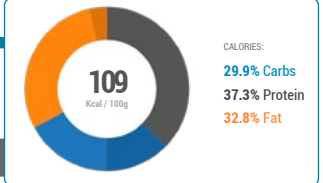
In a large bowl add the mince, lentils, vegetables & cranberry sauce, season with pepper. Mix together well

Shape into 40-45g balls, place on the tray, cover with cling film & place in the chillier for at least an hour

To bake the meatballs, place in an ovenproof dish, pour over the sauce, cover with foil
 Cook in a pre-heated oven at 170°C for approx. 20 minutes

Service

Serve the meatballs with pasta & seasonal vegetables



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	466 kJ	6%	847 kJ	10%
Energy(kcal)	111 kcal	6%	202 kcal	10%
Fat	4 g	6%	7.2 g	10%
<i>of which saturates</i>	0.4 g	2%	0.8 g	4%
Carbohydrate	8.1 g	3%	15 g	6%
<i>of which sugars</i>	3.5 g	4%	6.4 g	7%
Fibre	1.1 g	4%	2 g	8%
Protein	10 g	20%	18 g	36%
Salt	0.3 g	5%	0.54 g	9%

SERVES

10

WEEK TWO
Vegetable Meatballs

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
350094 Sysco Classic Sunflower Oil	25g	
10288 Leeks	150g	
10439 Fresh Garlic	30g	
10226 Button Mushrooms	375g	
1050 Brakes Cannellini Beans in Water	375g	
Whole Grain Cooked Rice Primary	175g	
102443 Brakes Essentials Medium Square Sliced Wholemeal Loaves	45g	
134289 Sysco Classic Smoked Paprika	15g	
33592 Sysco Classic Oregano	15g	
28326 Sysco Classic Tomato Paste	15g	
115043 Maggi Rich, Rustic Tomato Sauce 800g	760g	

COOKING INSTRUCTIONS

Preparation

Wash & finely dice the leeks
Peel & finely chop the garlic
Finely chop the mushrooms
Drain & rinse the beans, finely chop
Cook the rice as per recipe
Thaw the bread & whizz into breadcrumbs
Pre-heat the oven at 180°C

Method

Heat the oil in a large sauté pan & gently sweat the leeks, cooking for approximately 6-8 minutes
Add the garlic, cooking for 1-2 minutes
Add the mushrooms & cook for approximately 10 minutes

Remove from the heat & allow to completely cool, transfer to a large bowl

Add to the mix the beans, rice, breadcrumbs, paprika, oregano & paste, combine well
Shape into 30 meatballs

Place on a lined baking tray & chill for approximately 1 hour

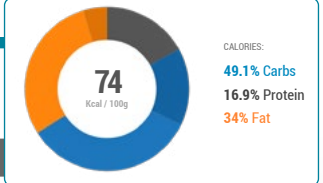
Bake in the oven for approximately 15 minutes, turning half way

Warm the sauce

Place the meatballs in a serving dish & pour over the sauce & hot food

Service

Serve with pasta



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	334 kJ	4%	662 kJ	8%
Energy(kcal)	80 kcal	4%	158 kcal	8%
Fat	2.8 g	4%	5.6 g	8%
of which saturates	0.4 g	2%	0.8 g	4%
Carbohydrate	9.1 g	4%	18 g	7%
of which sugars	2.8 g	3%	5.6 g	6%
Fibre	2.7 g	11%	5.3 g	21%
Protein	3.2 g	6%	6.2 g	12%
Salt	0.28 g	5%	0.56 g	9%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
Wholemeal Penne Pasta

BACK TO MENU

RECIPE INGREDIENTS

146176 Sysco Classic Wholewheat Penne
1 Tap Water (for VC recipes)

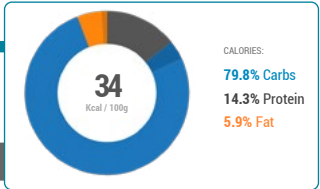
QUANTITY DESCRIPTION

225g
2kg

COOKING INSTRUCTIONS

Method

Bring a pan of water to the boil
Add the pasta, cook for approximately 12-13 minutes
Drain



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	150 kJ	2%	333 kJ	4%
Energy(kcal)	35 kcal	2%	79 kcal	4%
Fat	0 g	0%	0.5 g	1%
<i>of which saturates</i>	0 g	0%	0 g	0%
Carbohydrate	6.8 g	3%	15 g	6%
<i>of which sugars</i>	0.5 g	1%	0.7 g	1%
Fibre	0.7 g	3%	1.6 g	6%
Protein	1.2 g	2%	2.7 g	5%
Salt	0 g	0%	0 g	0%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
Tomato Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
450672 Tomatoes MM	500g	
12068 Yellow Cherry Tomatoes	200g	
10224 Red Onions	100g	
35006 Sysco Classic Basil	5g	

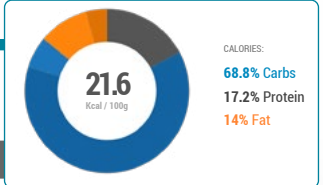
COOKING INSTRUCTIONS

Preparation

Roughly chop the tomatoes
Peel & dice the onion

Method

In a bowl combine the tomatoes, onion & basil, toss together & then serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 81G SERVING	%RI
Energy(KJ)	101 kJ	1%	82 kJ	1%
Energy(kcal)	24 kcal	1%	19 kcal	1%
Fat	0.5 g	1%	0.5 g	1%
of which saturates	0 g	0%	0 g	0%
Carbohydrate	3.7 g	1%	3 g	1%
of which sugars	3.4 g	4%	2.7 g	3%
Fibre	0.7 g	3%	0.6 g	2%
Protein	0.9 g	2%	0.7 g	1%
Salt	0.02 g	0%	0.02 g	0%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK TWO
Vegetable Omelette

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
107021 Pinguin Oriental Vegetable Stir Fry Mix	350g	
10380 Ginger	12g	
10439 Fresh Garlic	12g	
124867 Kikkoman Tamari Gluten Free Soy Sauce 1L	25g	
131459 KTC Sonneveld Divider Spray Can	5g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	220g	4 x Each

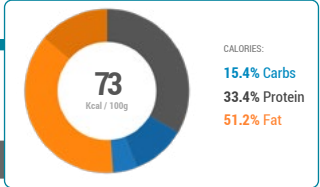
COOKING INSTRUCTIONS

Preparation

Peel & finely chop the ginger & garlic
Lightly beat the eggs

Method

Heat a small omelette pan on a medium-high heat, spray with oil, stir fry the vegetables for approx. 8 minutes
Add the garlic & ginger, cook for 3-4 minutes
Add the soy sauce & bring all of the ingredients together
Pour in the eggs, once starting to set slightly using a fork drag the egg from the edges to the centre
Once the egg has cooked fold in half & serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	307 kJ	4%	191 kJ	2%
Energy(kcal)	73 kcal	4%	46 kcal	2%
Fat	4.2 g	6%	2.6 g	4%
of which saturates	1.1 g	6%	0.7 g	4%
Carbohydrate	2.8 g	1%	1.8 g	1%
of which sugars	1.9 g	2%	1.2 g	1%
Fibre	0 g	0%	0 g	0%
Protein	6.1 g	12%	3.8 g	8%
Salt	0.91 g	15%	0.57 g	10%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
Chicken & Cauliflower Curry

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
350094 Sysco Classic Sunflower Oil	50g	
10224 Red Onions	100g	
13120 Peeled Garlic	20g	
10380 Ginger	20g	
450693 Carrots CLASS II	250g	
33599 Sysco Classic Standard Curry Powder	30g	
350157 Brakes Squeezy Clear Blossom Honey	40g	
87110 Sysco Classic Tomato Paste	25g	
22724 Brakes Butter Beans in Water	600g	
16792 Prime Meats British Chicken Thigh	400g	
10376 Cauliflower	400g	
100445 Brakes Vegetable Flavour Bouillon Paste	25g	
1 Tap Water (for VC recipes)	1kg	

COOKING INSTRUCTIONS

Preparation

- Peel & thinly slice the onions
- Finely chop the garlic
- Peel & grate the ginger
- Wash & grate the carrot- no need to peel
- Drain & rinse the butter beans
- Dice the chicken
- Cut the cauliflower into small florets & place on a lined baking tray
- Rinse the rice
- Make up the stock as per guidelines
- Pre-heat the oven to 180°C

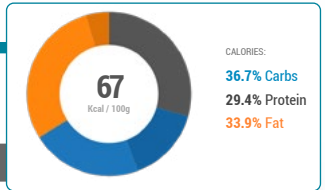
Method

- Heat 30ml of the oil in a large pan, gently sweat the onions
- Add the garlic & ginger cooking for a further 2-3 minutes
- Add the carrot with the curry powder, stir to combine the ingredients
- Stir in the honey, tomato paste, beans & half the stock

- Bring to a gentle simmer & cook on the stove for approximately 20 minutes
- Remove from the heat & blend until smooth
- Heat the remaining oil & brown the chicken on all sides
- Dry roast the cauliflower in the oven for approximately 15 minutes
- Transfer the chicken & cauliflower to the sauce & simmer for 20 minutes to ensure chicken & cauliflower absorb the flavours & the chicken is thoroughly cooked through
- Place the rice in a pan, pour over the remaining stock, cover with a lid
- Bring back to the boil & cook for approximately 12-14 minutes. Turn off the heat, keep the lid on, gently fork the rice

Service

- Serve the curry with the rice



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	295 kJ	4%	872 kJ	10%
Energy(kcal)	70 kcal	4%	208 kcal	10%
Fat	2.5 g	4%	7.4 g	11%
of which saturates	0.3 g	2%	1 g	5%
Carbohydrate	6.1 g	2%	18 g	7%
of which sugars	2.5 g	3%	7.3 g	8%
Fibre	1.8 g	7%	5.3 g	21%
Protein	4.9 g	10%	15 g	30%
Salt	0.3 g	5%	0.9 g	15%

SERVES

10

WEEK TWO
Cauliflower, Bean & Spinach
Curry

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
350094 Sysco Classic Sunflower Oil	50g	
10224 Red Onions	100g	
13120 Peeled Garlic	20g	
10380 Ginger	20g	
450693 Carrots	125g	
33599 Sysco Classic Standard Curry Powder	30g	
350157 Brakes Squeezy Clear Blossom Honey	40g	
87110 Sysco Classic Tomato Paste	25g	
10376 Cauliflower	250g	
100445 Brakes Vegetable Flavour Bouillon Paste	25g	
1 Tap Water (for VC recipes)	1kg	
3840 Brakes Whole Leaf Spinach Portions	175g	

COOKING INSTRUCTIONS

Preparation

- Peel & thinly slice the onions
- Finely chop the garlic
- Peel & grate the ginger
- Wash & grate the carrot- no need to peel
- Drain & rinse the butter beans
- Cut the cauliflower into small florets, include the stalk & dice
- Thaw the spinach
- Rinse the rice
- Make up the stock as per guidelines
- Pre-heat the oven to 180°C

Method

- Heat 30ml of the oil in a large pan, gently sweat the onions
- Add the garlic & ginger cooking for a further 2-3 minutes
- Add the carrot with the curry powder, stir to combine the ingredients

Stir in the honey, tomato paste, beans & half the stock

Bring to a gentle simmer & cook on the stove for approximately 20 minutes

Remove from the heat & blend until smooth

Dry roast the cauliflower in the oven for approximately 15 minutes

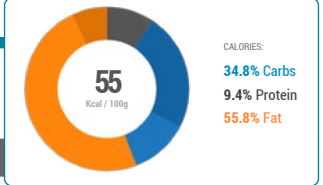
Transfer the cauliflower to the sauce & simmer for 20 minutes to ensure the cauliflower absorbs the flavours

Stir in the spinach

Place the rice in a pan, pour over the remaining stock, cover with a lid. Bring back to the boil & cook for approximately 12-14 minutes. Turn off the heat, keep the lid on, gently fork the rice

Service

Serve the curry with the rice



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	240 kJ	3%	447 kJ	5%
Energy(kcal)	58 kcal	3%	107 kcal	5%
Fat	3.4 g	5%	6.4 g	9%
of which saturates	0.4 g	2%	0.8 g	4%
Carbohydrate	4.8 g	2%	8.9 g	3%
of which sugars	3.2 g	4%	6 g	7%
Fibre	1.2 g	5%	2.3 g	9%
Protein	1.3 g	3%	2.4 g	5%
Salt	0.43 g	7%	0.81 g	14%

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK TWO
Spinach & Peas

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
3840 Brakes Whole Leaf Spinach Portions	600g	
4753 Sysco Classic Choice Garden Peas	200g	
134644 Cooks, Co Garlic Puree	40g	

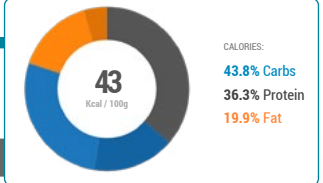
COOKING INSTRUCTIONS

Preparation

Thaw the spinach in a colander over a bowl, once thawed squeeze out any excess liquid
Thaw the peas

Method

In a pan steam the spinach, stir in the garlic, cooking for a few minutes, add the peas to heat through & serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 84G SERVING	%RI
Energy(KJ)	203 kJ	2%	170 kJ	2%
Energy(kcal)	48 kcal	2%	41 kcal	2%
Fat	1 g	1%	0.8 g	1%
<i>of which saturates</i>	0.2 g	1%	0.2 g	1%
Carbohydrate	4.7 g	2%	4 g	2%
<i>of which sugars</i>	1.7 g	2%	1.5 g	2%
Fibre	2.6 g	10%	2.2 g	9%
Protein	3.9 g	8%	3.3 g	7%
Salt	0.25 g	4%	0.21 g	4%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK TWO
Cheesy Meatball Pitta

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
3600 La Boulangerie Pitta Breads	600g	10x Each
71951 Sysco Classic Grated Reduced Fat White Cheese	150g	
Turkey Meatballs Primary	900g	

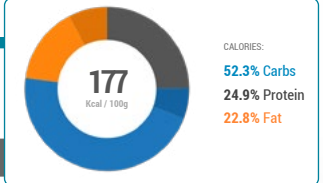
COOKING INSTRUCTIONS

Preparation

Make up the turkey meatball sub recipe
Thaw the pitta

Method

Warm the pittas & cut a pocket
Fill with the meatballs & sprinkle with cheese



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 165G SERVING	%RI
Energy(KJ)	760 kJ	9%	1254 kJ	15%
Energy(kcal)	180 kcal	9%	298 kcal	15%
Fat	4.5 g	6%	7.4 g	11%
<i>of which saturates</i>	1.5 g	8%	2.4 g	12%
Carbohydrate	23 g	9%	38 g	15%
<i>of which sugars</i>	2.6 g	3%	4.4 g	5%
Fibre	1.7 g	7%	2.8 g	11%
Protein	11 g	22%	18 g	36%
Salt	0.53 g	9%	0.87 g	15%

CONTAINS:



WHEAT



MILK

SERVES

10

WEEK TWO
Strawberry & Banana
Milkshake

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33328 Fresh Frozen Strawberries	540g	
10354 Bananas	540g	
128154 Alpro Soya Unsweetened Long Life Drink	630g	
118890 Quaker Gluten Free Original Porridge Oats	110g	

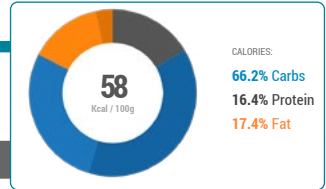
COOKING INSTRUCTIONS

Preparation

Thaw the strawberries
Peel the bananas

Method

Place all ingredients in a blender & blend until smooth
Serve chilled



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 182G SERVING	%RI
Energy(Kj)	256 kJ	3%	465 kJ	6%
Energy(kcal)	61 kcal	3%	110 kcal	6%
Fat	1.1 g	2%	2 g	3%
of which saturates	0.2 g	1%	0.4 g	2%
Carbohydrate	9.6 g	4%	17 g	7%
of which sugars	5.5 g	6%	10 g	11%
Fibre	1.4 g	6%	2.5 g	10%
Protein	2.4 g	5%	4.3 g	9%
Salt	0.03 g	1%	0.06 g	1%

CONTAINS:



MAY CONTAIN:



SERVES

10

WEEK THREE
Chicken & Aubergine Bake

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
53333 Green Gourmet British Red Tractor Raw Chicken Breast Fillets	570g	10 x Each
450381 Roberts Medium Sliced Brown Loaves	60g	
3840 Brakes Whole Leaf Spinach Portions	200g	
10281 Aubergine	300g	
10469 Cooking Onions	200g	
13120 Peeled Garlic	20g	
146176 Sysco Classic Wholewheat Penne	225g	
1 Tap Water (for VC recipes)	2kg	
19839 Sysco Classic Chopped Tomatoes	1kg	
28326 Sysco Classic Tomato Paste	20g	
33592 Sysco Classic Oregano	3g	
71951 Sysco Classic Grated Reduced Fat White Cheese	100g	
131459 KTC Sonneveld Divider Spray Can	2.2g	

COOKING INSTRUCTIONS

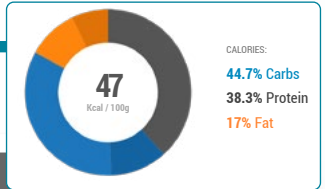
Preparation

Thaw the chicken, bread & spinach
 Cut the aubergines into slices, pan cook in a dry pan cooking on both sides - just until they are browned
 Peel & finely chop the onion & garlic
 Cook the pasta, amend the cooking time to 6-8 minutes, drain & refresh
 Blitz the bread into crumbs
 Pre-heat the oven to 180°C

Method

Place a sauté pan on a medium heat, add the spray oil, gently sweat the onions for approximately 5 minutes
 Add the garlic & cook for a further two minutes

Add the chopped tomatoes & spinach, allow to simmer for 5 minutes
 Add the oregano, remove from the heat
 In an ovenproof dish place the aubergine slices, for each slice top with the chicken
 Scatter over the pasta, pour over the sauce
 Scatter with breadcrumbs & cheese
 Bake in the oven for approximately 25 minutes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	206 kJ	2%	967 kJ	12%
Energy(kcal)	49 kcal	2%	229 kcal	11%
Fat	0.9 g	1%	4.2 g	6%
of which saturates	0.4 g	2%	1.7 g	9%
Carbohydrate	5.3 g	2%	25 g	10%
of which sugars	1.3 g	1%	6.1 g	7%
Fibre	0.9 g	4%	4.1 g	16%
Protein	4.5 g	9%	21 g	42%
Salt	0.19 g	3%	0.89 g	15%

CONTAINS:



MAY CONTAIN:



SERVES

10

WEEK THREE
Quorn & Aubergine Bake

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
135196 Quorn Vegan Fillets	1kg	10 x Each
450381 Roberts Medium Sliced Brown Loaves	60g	
3840 Brakes Whole Leaf Spinach Portions	200g	
10281 Aubergine	300g	
10469 Cooking Onions	200g	
13120 Peeled Garlic	20g	
146176 Sysco Classic Wholewheat Penne	225g	
1 Tap Water (for VC recipes)	2kg	
19839 Sysco Classic Chopped Tomatoes	1kg	
28326 Sysco Classic Tomato Paste	20g	
33592 Sysco Classic Oregano	3g	
71951 Sysco Classic Grated Reduced Fat White Cheese	100g	
131459 KTC Sonneveld Divider Spray Can	2.2g	

COOKING INSTRUCTIONS

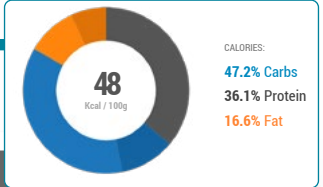
Preparation

Thaw the Quorn fillet, bread & spinach
Cut the aubergines into slices, pan cook in a dry pan cooking on both sides- just until they are browned
Peel & finely chop the onion & garlic
Cook the pasta, amend the cooking time to 6-8 minutes, drain & refresh
Blitz the bread into crumbs
Pre-heat the oven to 180°C

Method

Place a sauté pan on a medium heat, add the spray oil, gently sweat the onions for approximately 5 minutes
Add the garlic & cook for a further two minutes

Add the chopped tomatoes & spinach, allow to simmer for 5 minutes
Add the oregano, remove from the heat
In an ovenproof dish place the aubergine slices, for each slice top with the Quorn fillets
Scatter over the pasta, pour over the sauce
Scatter with breadcrumbs & cheese
Bake in the oven for approximately 25 minutes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	219 kJ	3%	1126 kJ	13%
Energy(kcal)	52 kcal	3%	267 kcal	13%
Fat	0.9 g	1%	4.6 g	7%
of which saturates	0.4 g	2%	1.9 g	10%
Carbohydrate	5.7 g	2%	29 g	11%
of which sugars	1.3 g	1%	6.6 g	7%
Fibre	2 g	8%	10 g	40%
Protein	4.3 g	9%	22 g	44%
Salt	0.27 g	5%	1.4 g	23%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK THREE
Wholemeal Penne Pasta

BACK TO
MENU

RECIPE INGREDIENTS

146176 Sysco Classic Wholewheat Penne Pasta
1 Tap Water (for VC recipes)

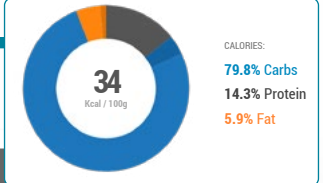
QUANTITY DESCRIPTION

225g
2kg

COOKING INSTRUCTIONS

Method

Bring a pan of water to the boil
Add the pasta, cook for approximately 12-13 minutes
Drain



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	150 kJ	2%	333 kJ	4%
Energy(kcal)	35 kcal	2%	79 kcal	4%
Fat	0 g	0%	0.5 g	1%
<i>of which saturates</i>	0 g	0%	0 g	0%
Carbohydrate	6.8 g	3%	15 g	6%
<i>of which sugars</i>	0.5 g	1%	0.7 g	1%
Fibre	0.7 g	3%	1.6 g	6%
Protein	1.2 g	2%	2.7 g	5%
Salt	0 g	0%	0 g	0%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK THREE
Roasted Sunny Vegetables

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
31026 Sysco Classic Roasted Mediterranean Vegetable Medley	500g	½ x Each
131459 KTC Sonneveld Divider Spray Can	5g	
114218 Lemons	154g	1 x Each
33595 Sysco Classic Thyme	2g	
33592 Sysco Classic Oregano	2g	

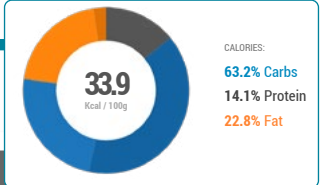
COOKING INSTRUCTIONS

Preparation

- Place the vegetables on a lined baking tray
- Zest the lemon
- Pre-heat the oven to 180°C

Method

- Scatter over the zest & herb
- Bake in the oven for approximately 10 minutes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	157 kJ	2%	104 kJ	1%
Energy(kcal)	37 kcal	2%	25 kcal	1%
Fat	0.9 g	1%	0.6 g	1%
of which saturates	0 g	0%	0 g	0%
Carbohydrate	5.4 g	2%	3.5 g	1%
of which sugars	3.3 g	4%	2.2 g	2%
Fibre	1.7 g	7%	1.2 g	5%
Protein	1.2 g	2%	0.8 g	2%
Salt	0 g	0%	0 g	0%

OTHER PROPERTIES:



VEGETARIAN

SERVES

12

WEEK THREE
Egg Salad Pitta

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
15322 Brakes 5 Dozen British Fresh Free Range Medium Eggs	674g	9x Each
10214 Red Cabbage	300g	
450672 Tomatoes MM	240g	
89704 Sysco Classic Light Mayonnaise	400g	
3600 La Boulangerie Pitta Breads	720g	12 x Each

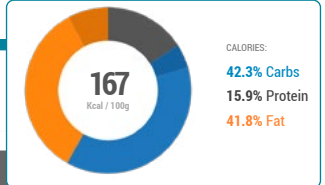
COOKING INSTRUCTIONS

Preparation

- Hard boil the eggs, cooking for approximately 8-10 minutes
- Remove from the heat and run under cold water for approximately 5-7 minutes
- Shred the cabbage
- Dice the tomato
- Thaw and toast the pittas

Method

- Peel the eggs, wash & pat dry
- Chop the egg & mix in the mayonnaise
- Cut the pitta to create a pocket
- Fill with the cabbage, spoon in the egg & top with the tomato



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	710 kJ	8%	1381 kJ	16%
Energy(kcal)	169 kcal	8%	330 kcal	17%
Fat	7.7 g	11%	15 g	21%
<i>of which saturates</i>	1.5 g	8%	2.8 g	14%
Carbohydrate	18 g	7%	34 g	13%
<i>of which sugars</i>	1.9 g	2%	3.8 g	4%
Fibre	1.4 g	6%	2.8 g	11%
Protein	6.6 g	13%	13 g	26%
Salt	0.5 g	8%	0.97 g	16%

CONTAINS:



WHEAT



EGGS

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK THREE
Fruit with Frozen Yogurt

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
103603 Coolicious Low Fat Natural Flavour Frozen Yogurt 4 Litre	600g	
33385 Diced Mango	300g	
85835 Brakes Pineapple Chunks in Juice	300g	

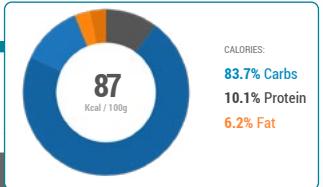
COOKING INSTRUCTIONS

Preparation

Thaw the mango
Drain the pineapple
pre-scoop the yogurt & place on a lined baking tray then return to the freezer

Service

Serve the yogurt with the fruits



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 120G SERVING	%RI
Energy(Kj)	375 kJ	4%	450 kJ	5%
Energy(kcal)	88 kcal	4%	106 kcal	5%
Fat	0.6 g	1%	0.7 g	1%
<i>of which saturates</i>	0.3 g	2%	0.4 g	2%
Carbohydrate	18 g	7%	22 g	8%
<i>of which sugars</i>	16 g	18%	19 g	21%
Fibre	0.8 g	3%	1 g	4%
Protein	2.2 g	4%	2.6 g	5%
Salt	0.08 g	1%	0.1 g	2%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK THREE
Asian Pork with Coconut & Lime Rice

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
15904 Prime Meats British Pork Shoulder Roasting Joint	1kg	½ x Each
10245 Mixed Peppers	800g	
10473 Spring Onions Bunch	50g	½ x Each
113309 Street Food Sweet Tamarind Sauce	150g	
50/50 Cooked Rice Primary	569g	
255 Brakes Desiccated Coconut	50g	
10478 Limes	120g	Each

COOKING INSTRUCTIONS

Preparation

- De-seed the peppers & cut into chunks
- Slice the onions
- Toast the coconut in a dry pan
- Zest & juice 1 and a half limes
- Pre-heat the oven to 160°C

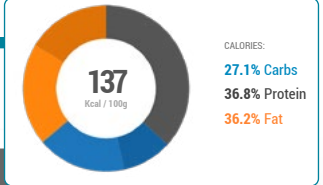
Method

- In an ovenproof dish place the peppers & onions
- Add the pork to the vegetables & brush over the sauce
- Cover with foil & cook for approximately 4 hours

- Remove from the oven & allow to rest before pulling, then combine with the meat juices, sauce & vegetables
- Cook the rice as per sub recipes, once cooked stir through the coconut & lime

Service

- Serve the pork & rice



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	582 kJ	7%	1594 kJ	19%
Energy(kcal)	139 kcal	7%	380 kcal	19%
Fat	5.5 g	8%	15 g	21%
of which saturates	2.5 g	13%	6.8 g	34%
Carbohydrate	9.2 g	4%	25 g	10%
of which sugars	3.3 g	4%	9.1 g	10%
Fibre	1 g	4%	2.8 g	11%
Protein	13 g	26%	34 g	68%
Salt	0.37 g	6%	1 g	17%

CONTAINS:



MAY CONTAIN:



SERVES

10

WEEK THREE
Asian Tofu with Coconut &
Lime Rice

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
127135 Blue Dragon Extra Firm Silken Tofu	349g	600g
188773 Essential Cuisine Peanut Free Satay Seasoning	80g	
10245 Mixed Peppers	800g	
10473 Spring Onions Bunch	50g	½ x Each
50/50 Cooked Rice Primary	569g	
255 Brakes Desiccated Coconut	50g	
10478 Limes	120g	Each

COOKING INSTRUCTIONS

Preparation

- Cut the tofu into cubes
- De-seed the peppers & cut into chunks
- Slice the onions
- Toast the coconut in a dry pan
- Zest & juice 1 and a half limes
- Pre-heat the oven to 180°C

Method

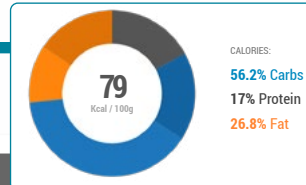
- In an ovenproof dish place the peppers & onions
- Add the tofu to the vegetables & sprinkle over the seasoning

Cover with foil & cook for approximately 35 minutes

Cook the rice as per sub recipes, once cooked stir through the coconut & lime

Service

Serve the tofu & rice



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	344 kJ	4%	782 kJ	9%
Energy(kcal)	82 kcal	4%	186 kcal	9%
Fat	2.3 g	3%	5.3 g	8%
of which saturates	1.4 g	7%	3.1 g	16%
Carbohydrate	11 g	4%	25 g	10%
of which sugars	3.4 g	4%	7.6 g	8%
Fibre	1.7 g	7%	3.8 g	15%
Protein	3.3 g	7%	7.6 g	15%
Salt	0.34 g	6%	0.76 g	13%

CONTAINS:



SOYA



SULPHITES

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK THREE
Steamed Pak Choi & Broccoli

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10213 Broccoli	300g	
10582 Pak Choi	300g	
114205 Beansprouts	200g	
86972 Pan Asia Sweet Chilli Dipping Sauce	150g	Each

COOKING INSTRUCTIONS

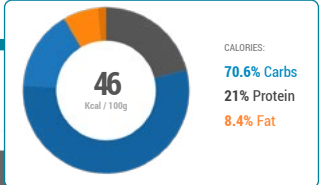
Preparation

- Cut the broccoli into florets
- Shred the pak choi
- Wash the bean shoots
- Set the oven to steam at 100°C

Method

- Place the broccoli in a steam tray & cook for approximately 6 minutes
- Add the pak choi to the tray & mix with the broccoli return to the steamed cooking for approximately 4 minutes

- Add the bean shoots & mix with the vegetables, return to the steamer & cook for a further 2 minutes
- Transfer the vegetables to a serving dish & stir through the sauce just to lightly coat the vegetables



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	209 kJ	2%	198 kJ	2%
Energy(kcal)	49 kcal	2%	47 kcal	2%
Fat	0.5 g	1%	0.5 g	1%
<i>of which saturates</i>	0 g	0%	0 g	0%
Carbohydrate	8.1 g	3%	7.7 g	3%
<i>of which sugars</i>	6.3 g	7%	6 g	7%
Fibre	1.7 g	7%	1.6 g	6%
Protein	2.4 g	5%	2.3 g	5%
Salt	0.5 g	8%	0.47 g	8%

OTHER PROPERTIES:



SERVES

10

WEEK THREE
Shredded Quorn
Spaghetti Cake

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
135196 Quorn Vegan Fillets	500g	5 x Each
5439 Knorr Pasta Spaghetti 3kg	100g	
1 Tap Water (for VC recipes)	1kg	
74550 Brakes Low Fat Natural Yogurt	500g	
27699 Green Valley Dairy Crème Fraîche	250g	
71951 Sysco Classic Grated Reduced Fat White Cheese	150g	
136531 Ardo Chives	15g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	556g	10 x Each
131459 KTC Sonneveld Divider Spray Can (auto-calculated)	0g	

COOKING INSTRUCTIONS

Preparation

Thaw & then shred the Quorn fillet
Cook the spaghetti for approximately 8 minutes,
drain & refresh

Thaw the chives

Take a muffin trays & spray with the oil

Pre-heat the oven to 180°C

Method

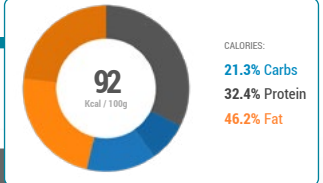
In a bowl lightly beat the egg, then whisk in the
yogurt & crème fraîche, add the chives
Gently stir in the Quorn & cooked spaghetti

Transfer the mixture to the muffin tray- this will
make approximately 20 cakes

Bake for approximately 15 minutes

Service

Serve two per portion



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	395 kJ	5%	1214 kJ	14%
Energy(kcal)	95 kcal	5%	290 kcal	15%
Fat	4.7 g	7%	15 g	21%
<i>of which saturates</i>	2.4 g	12%	7.3 g	37%
Carbohydrate	4.9 g	2%	15 g	6%
<i>of which sugars</i>	1.8 g	2%	5.5 g	6%
Fibre	1.1 g	4%	3.4 g	14%
Protein	7.5 g	15%	23 g	46%
Salt	0.35 g	6%	1.1 g	18%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK THREE
Mediterranean Pizza

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33828 Brakes Stonebaked Thin & Crispy Pizza Bases 9"	392g	2 x Each
60587 Flatstone Tomato Pizza Sauce	100g	
4792 Brakes Ratatouille Mix	300g	
3243 Sysco Classic Sweetcorn	100g	
450672 Tomatoes MM	160g	
71951 Sysco Classic Grated Reduced Fat White Cheese	160g	
33592 Sysco Classic Oregano	2g	

COOKING INSTRUCTIONS

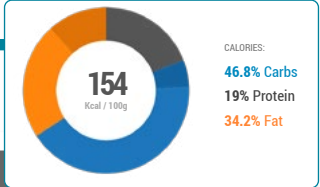
Preparation

Thaw the pizza bases, ratatouille & sweetcorn
Slice the tomatoes
Pre-heat the oven to 200°C

Method

Place the ratatouille on a lined baking tray & bake in the oven for approximately 10 minutes - allow to cool slightly
Place the pizzas on a pizza tray
Spread over the sauce
Scatter over the ratatouille & sweetcorn

Sprinkle over the cheese & arrange the tomato slices on top
Sprinkle over the oregano
Bake in the oven for approximately 10-12 minutes
Allow the pizza to stand for a few minutes before portioning



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	657 kJ	8%	797 kJ	9%
Energy(kcal)	156 kcal	8%	190 kcal	10%
Fat	5.8 g	8%	7.1 g	10%
of which saturates	2 g	10%	2.4 g	12%
Carbohydrate	18 g	7%	22 g	8%
of which sugars	2 g	2%	2.5 g	3%
Fibre	1.2 g	5%	1.5 g	6%
Protein	7.3 g	15%	8.9 g	18%
Salt	0.6 g	10%	0.73 g	12%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK THREE

Mediterranean Pizza with
Vegan Cheese

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33828 Brakes Stonebaked Thin & Crispy Pizza Bases 9"	392g	2 x Each
60587 Flatstone Tomato Pizza Sauce	100g	
4792 Brakes Ratatouille Mix	300g	
3243 Sysco Classic Sweetcorn	100g	
450672 Tomatoes MM	160g	
135420 Sheese Vegan Grated Mozzarella 1kg	160g	
33592 Sysco Classic Oregano	2g	

COOKING INSTRUCTIONS

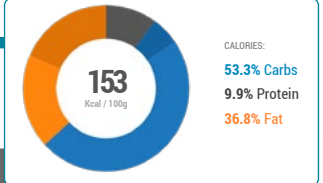
Preparation

Thaw the pizza bases, ratatouille & sweetcorn
Slice the tomatoes
Pre-heat the oven to 200°C

Method

Place the ratatouille on a lined baking tray & bake in the oven for approximately 10 minutes - allow to cool slightly
Place the pizzas on a pizza tray
Spread over the sauce
Scatter over the ratatouille & sweetcorn

Sprinkle over the cheese & arrange the tomato slices on top
Sprinkle over the oregano
Bake in the oven for approximately 10-12 minutes
Allow the pizza to stand for a few minutes before portioning



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	653 kJ	8%	793 kJ	9%
Energy(kcal)	156 kcal	8%	189 kcal	9%
Fat	6.2 g	9%	7.6 g	11%
of which saturates	3.1 g	16%	3.8 g	19%
Carbohydrate	20 g	8%	25 g	10%
of which sugars	2.1 g	2%	2.6 g	3%
Fibre	1.6 g	6%	1.9 g	8%
Protein	3.8 g	8%	4.6 g	9%
Salt	0.55 g	9%	0.67 g	11%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK THREE
Glazed Corn Cobettes

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
34069 Brakes Supersweet Sweetcorn Cobettes	500g	
100535 Brakes Pure Canadian Maple Syrup	40g	
350094 Sysco Classic Sunflower Oil	20g	

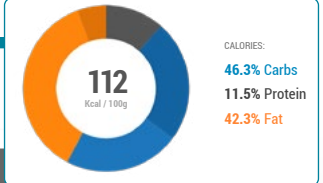
COOKING INSTRUCTIONS

Preparation

Thaw the cobettes
To make the glaze, in a bowl combine the maple syrup & oil
Line a baking tray with parchment
Pre-heat the oven to 180°C

Method

Brush each cobette with the glaze
Roast the corn for approximately 10 minutes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 56G SERVING	%RI
Energy(Kj)	489 kJ	6%	274 kJ	3%
Energy(kcal)	117 kcal	6%	65 kcal	3%
Fat	5.3 g	8%	3 g	4%
<i>of which saturates</i>	0.7 g	4%	0.4 g	2%
Carbohydrate	13 g	5%	7.3 g	3%
<i>of which sugars</i>	6.7 g	7%	3.7 g	4%
Fibre	2.3 g	9%	1.3 g	5%
Protein	3.2 g	6%	1.8 g	4%
Salt	0 g	0%	0 g	0%

OTHER PROPERTIES:



SERVES

10

WEEK THREE
School Slaw

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10467 Savoy Cabbage	150g	
450694 Carrots	150g	
10224 Red Onions	80g	
105129 Cooked Beetroots	120g	
113881 Herb Bunched Flat Leaf Parsley	20g	
89704 Sysco Classic Light Mayonnaise	120g	
74550 Brakes Low Fat Natural Yogurt	120g	

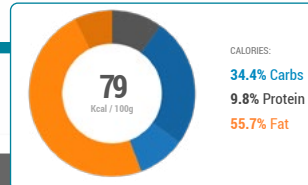
COOKING INSTRUCTIONS

Preparation

- Slice the cabbage
- Grate the carrot
- Thinly slice the onion
- Grate the beetroot
- Wash and chop the parsley
- Mix the mayonnaise and yoghurt together

Method

- Add all the ingredients into a bowl and stir together until well mixed



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 76G SERVING	%RI
Energy(KJ)	343 kJ	4%	261 kJ	3%
Energy(kcal)	82 kcal	4%	63 kcal	3%
Fat	4.9 g	7%	3.7 g	5%
of which saturates	0.6 g	3%	0.5 g	3%
Carbohydrate	6.8 g	3%	5.2 g	2%
of which sugars	4.9 g	5%	3.8 g	4%
Fibre	1.8 g	7%	1.4 g	6%
Protein	1.9 g	4%	1.5 g	3%
Salt	0.29 g	5%	0.22 g	4%

CONTAINS:



EGGS



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK THREE
Chinese Chicken &
Sweetcorn Soup

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
124867 Kikkoman Tamari Gluten Free Soy Sauce	6g	
100446 Brakes Chicken Flavour Bouillon Paste	14g	
1 Tap Water (for VC recipes)	1.4kg	
117371 Roasted Chicken Strips 12mm	330g	
26695 Knorr Professional Ginger Puree 750g	20g	
10467 Savoy Cabbage	130g	
113270 Thai Taste Rice Vermicelli Noodle Nests 200g	130g	
10473 Spring Onions Bunch	6g	
4782 Sysco Classic Sweetcorn	100g	

COOKING INSTRUCTIONS

Preparation

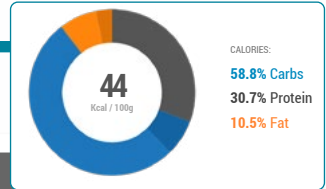
- Make up the stock as per guidelines
- Thaw the chicken
- Shred & blanch the cabbage, drain
- Place the noodles in a bowl & cover with boiling water, allow to stand for 5 minutes, drain
- Thinly slice the spring onions
- Thaw the corn

Method

- In a pan place the soy, stock, chicken & ginger, bring to a gentle simmer for 4 minutes
- Add the cabbage & noodles & cook for a further 4-5 minutes
- Add the corn & onions, remove from the heat

Service

- Serve in bowls



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	189 kJ	2%	403 kJ	5%
Energy(kcal)	45 kcal	2%	95 kcal	5%
Fat	0.5 g	1%	1.1 g	2%
<i>of which saturates</i>	0.1 g	1%	0.3 g	2%
Carbohydrate	6.4 g	2%	14 g	5%
<i>of which sugars</i>	0.8 g	1%	1.6 g	2%
Fibre	0.5 g	2%	1 g	4%
Protein	3.3 g	7%	7.2 g	14%
Salt	0.44 g	7%	0.95 g	16%

CONTAINS:



SERVES

10

WEEK THREE
Fish & Rice

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
32411 M&J Seafood Scottish Hot Smoked Mackerel Fillets	400g	
350094 Sysco Classic Sunflower Oil	25g	
10469 Cooking Onions	320g	
450693 Carrots CLASS II	160g	
10288 Leeks	300g	
33599 Sysco Classic Standard Curry Powder	35g	
10439 Fresh Garlic	20g	
16805 Brakes Easy Cook Basmati Rice	480g	
100445 Brakes Vegetable Flavour Bouillon Paste	40g	
1 Tap Water (for VC recipes)	1.75kg	
4753 Sysco Classic Choice Garden Peas	100g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	278g	5x Each
114212 Chillies Red	15g	
10478 Limes	70g	1x Each

COOKING INSTRUCTIONS

Preparation

- Thaw the mackerel
- Peel & finely chop the onion & carrots
- Finely slice the leek
- Peel & crush the garlic
- Make up the stock
- Thaw the peas
- Soft boil the eggs for approximately 6-7 minutes, refresh, peel & cut into quarters
- Deseed & finely slice the chillies
- Cut the lime into ten wedges

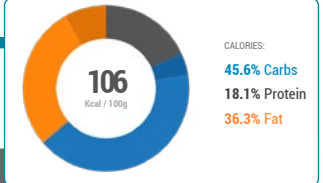
Method

- In a large sauté pan heat the oil & gently sweat the onion, carrot & leek for approximately 8 minutes
- Add the garlic & cook for a further 2 minutes

- Stir in the curry powder & cook for 2 minutes
- Add the rice, allow to cook for a couple of minutes, combining all of the ingredients
- Stir in the stock, bring to the boil, reduce to a simmer
- Add the mackerel & gently combine with the other ingredients
- Cover & cook for approximately 12 minutes
- Turn off the heat & add the peas, keep the lid on & stand in the residual heat for a further 12-14 minutes

Service

- Garnish with eggs, chilli & limes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	450 kJ	5%	1798 kJ	21%
Energy(kcal)	107 kcal	5%	429 kcal	21%
Fat	4.3 g	6%	17 g	24%
of which saturates	1 g	5%	3.8 g	19%
Carbohydrate	12 g	5%	48 g	18%
of which sugars	1.1 g	1%	4.5 g	5%
Fibre	0.8 g	3%	3.1 g	12%
Protein	4.8 g	10%	19 g	38%
Salt	0.57 g	10%	2.3 g	38%

CONTAINS:



SERVES

10

WEEK THREE
Quorn & Rice

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
135193 Quorn Pieces	400g	
350094 Sysco Classic Sunflower Oil	25g	
10469 Cooking Onions	320g	
450693 Carrots CLASS II	160g	
10288 Leeks	300g	
33599 Sysco Classic Standard Curry Powder	35g	
10439 Fresh Garlic	20g	
16805 Brakes Easy Cook Basmati Rice	480g	
100445 Brakes Vegetable Flavour Bouillon Paste	40g	
1 Tap Water (for VC recipes)	1.75kg	
4753 Sysco Classic Choice Garden Peas	100g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	278g	5x Each
114212 Chillies Red	15g	
10478 Limes	70g	1x Each

COOKING INSTRUCTIONS

Preparation

- Thaw the Quorn pieces
- Peel & finely chop the onion & carrots
- Finely slice the leek
- Peel & crush the garlic
- Make up the stock
- Thaw the peas
- Soft boil the eggs for approximately 6-7 minutes, refresh, peel & cut into quarters
- Deseed & finely slice the chillies
- Cut the lime into ten wedges

Method

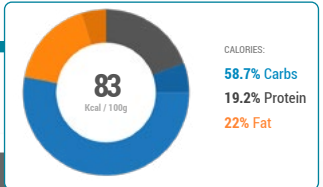
- In a large sauté pan heat the oil & gently sweat the onion, carrot & leek for approximately 8 minutes
- Add the garlic & cook for a further 2 minutes

- Stir in the curry powder & cook for 2 minutes
- Add the rice, allow to cook for a couple of minutes, combining all of the ingredients
- Stir in the stock, bring to the boil, reduce to a simmer

- Add the Quorn & gently combine with the other ingredients
- Cover & cook for approximately 12 minutes
- Turn off the heat & add the peas, keep the lid on & stand in the residual heat for a further 12-14 minutes

Service

- Garnish with eggs, chilli & limes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	361 kJ	4%	1441 kJ	17%
Energy(kcal)	86 kcal	4%	342 kcal	17%
Fat	2 g	3%	8.1 g	12%
of which saturates	0.4 g	2%	1.7 g	9%
Carbohydrate	12 g	5%	48 g	18%
of which sugars	1.2 g	1%	4.8 g	5%
Fibre	1.5 g	6%	6 g	24%
Protein	4 g	8%	16 g	32%
Salt	0.39 g	7%	1.6 g	27%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK THREE
Cucumber Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10230 Cucumber	400g	1 x Each
10224 Red Onions	100g	
113882 Premium Large Mint Bunch	20g	
74550 Brakes Low Fat Natural Yogurt	100g	
114218 Lemons	154g	1 x Each

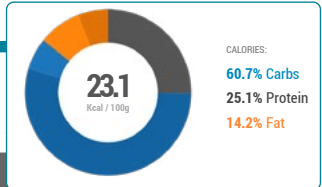
COOKING INSTRUCTIONS

Preparation

- Dice the cucumber
- Peel & finely dice the onion
- Finely shred the mint
- Zest the lemon

Method

In a bowl combine the ingredients together



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 77G SERVING	%RI
Energy(Kj)	103 kJ	1%	80 kJ	1%
Energy(kcal)	24 kcal	1%	19 kcal	1%
Fat	0.5 g	1%	0.5 g	1%
of which saturates	0.1 g	1%	0.1 g	1%
Carbohydrate	3.5 g	1%	2.7 g	1%
of which sugars	3.2 g	4%	2.4 g	3%
Fibre	0.7 g	3%	0.5 g	2%
Protein	1.5 g	3%	1.1 g	2%
Salt	0.04 g	1%	0.03 g	1%

CONTAINS:



MILK

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK THREE
Mediterranean Pasta Salad

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
Wholemeal Penne Pasta Primary	2.23kg	1 x Recipe Total
4792 Brakes Ratatouille Mix	600g	
19839 Sysco Classic Chopped Tomatoes	800g	1 x Each
134644 Cooks & Co Garlic Puree	30g	
28326 Sysco Classic Tomato Paste	20g	
33592 Sysco Classic Oregano	5g	

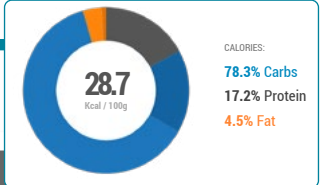
COOKING INSTRUCTIONS

Preparation

Cook the pasta as per sub recipe, drain, refresh & drain
Place the vegetables on a lined baking tray, bake at 180°C for approximately 10 minutes

Method

Place the vegetable in a saucepan, add the tomatoes, paste, garlic & oregano
Bring to a simmer, cooking for approximately 10-12 minutes - allow to cool completely
In a bowl, combine the pasta & sauce.
Chill & serve as a cold pasta salad



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	129 kJ	2%	473 kJ	6%
Energy(kcal)	30 kcal	2%	112 kcal	6%
Fat	0 g	0%	0.5 g	1%
of which saturates	0 g	0%	0.1 g	1%
Carbohydrate	5.6 g	2%	21 g	8%
of which sugars	1.2 g	1%	4.2 g	5%
Fibre	0.9 g	4%	3.2 g	13%
Protein	1.2 g	2%	4.5 g	9%
Salt	0.02 g	0%	0.08 g	1%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK THREE
Cornflake Chicken Burger

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
74550 Brakes Low Fat Natural Yogurt	350g	
134644 Cooks, Co Garlic Puree	15g	
134289 Sysco Classic Smoked Paprika	15g	
132801 Imported Chicken Thighs (skinless, boneless) Halal	700g	
136911 Harvest Home Cornflakes	200g	
117940 Chef William Onion Powder	15g	
33592 Sysco Classic Oregano	15g	
133712 Kara 4" Pre-Sliced High Fibre Bun	600g	10 x Each
131459 KTC Sonneveld Divider Spray Can (auto-calculated)	0g	

COOKING INSTRUCTIONS

Preparation

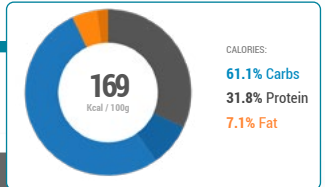
In a large dish combine the yogurt, garlic & paprika
Add the chicken & coat in the yogurt mixture, cover, place in the chillier for at least an hour
Crush the cornflakes, add the onion powder & oregano, stir. Transfer to a tray
Thaw the rolls

Pre-heat the oven to 180°C

Line a baking tray with parchment paper

Method

Remove the chicken from the yogurt, gently shaking off any excess yogurt, coat in the cornflakes
Transfer to the baking tray, spray with oil & bake for approximately 20-25 minutes, turning half way
Warm the roll & slice, add the chicken
Serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	739 kJ	9%	1411 kJ	17%
Energy(kcal)	174 kcal	9%	333 kcal	17%
Fat	1.3 g	2%	2.5 g	4%
of which saturates	0.4 g	2%	0.8 g	4%
Carbohydrate	26 g	10%	49 g	19%
of which sugars	3.5 g	4%	6.8 g	8%
Fibre	2.9 g	12%	5.5 g	22%
Protein	13 g	26%	26 g	52%
Salt	0.47 g	8%	0.91 g	15%

CONTAINS:



MAY CONTAIN:



SERVES

10

WEEK THREE
Cornflake Quorn Burger

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
74550 Brakes Low Fat Natural Yogurt	350g	
134644 Cooks, Co Garlic Puree	15g	
134289 Sysco Classic Smoked Paprika	15g	
135196 Quorn Vegan Fillets	1kg	10 x Each
136911 Harvest Home Cornflakes	200g	
117940 Chef William Onion Powder	15g	
33592 Sysco Classic Oregano	15g	
133712 Kara 4" Pre-Sliced High Fibre Bun	600g	10 x Each
131459 KTC Sonneveld Divider Spray Can (auto-calculated)	0g	

COOKING INSTRUCTIONS

Preparation

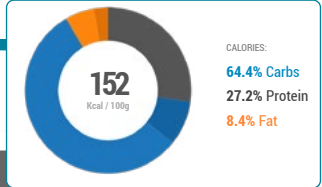
In a large dish combine the yogurt, garlic & paprika
Add the Quorn & coat in the yogurt mixture, cover, place in the chillier for at least an hour
Crush the cornflakes, add the onion powder & oregano, stir. Transfer to a tray
Thaw the rolls

Pre-heat the oven to 180°C

Line a baking tray with parchment paper

Method

Remove the Quorn from the yogurt, gently shaking off any excess yogurt, coat in the cornflakes
Transfer to the baking tray, spray with oil & bake for approximately 15-20 minutes, turning half way
Warm the roll & slice, add the fillet
Serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	688 kJ	8%	1520 kJ	18%
Energy(kcal)	163 kcal	8%	360 kcal	18%
Fat	1.4 g	2%	3.1 g	4%
of which saturates	0.5 g	3%	1 g	5%
Carbohydrate	24 g	9%	54 g	21%
of which sugars	3.3 g	4%	7.3 g	8%
Fibre	5.4 g	22%	12 g	48%
Protein	10 g	20%	23 g	46%
Salt	0.77 g	13%	1.7 g	28%

CONTAINS:



MAY CONTAIN:



SERVES

10

WEEK THREE
Oven Baked Wedges

BACK TO MENU

RECIPE INGREDIENTS

10420 Potatoes Baby 25-35mm Washed
131459 KTC Sonneveld Divider Spray Can
(auto-calculated)

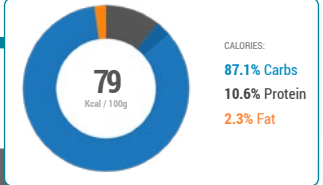
QUANTITY DESCRIPTION

1kg
0g

COOKING INSTRUCTIONS

Method

Bring a pan of water to the boil, cook the potatoes until almost tender
Drain & cut into wedges
Place the potatoes on a lined baking tray & spray with oil
Bake in the oven at 190°C for approximately 15-18 minutes until golden



FOOD LABELLING...

EU Label values per 100g serving:

	PER 100G	%RI
Energy(KJ)	346 kJ	4%
Energy(kcal)	82 kcal	4%
Fat	0 g	0%
<i>of which saturates</i>	0 g	0%
Carbohydrate	17 g	7%
<i>of which sugars</i>	0.6 g	1%
Fibre	1.3 g	5%
Protein	2.1 g	4%
Salt	0.02 g	0%

OTHER PROPERTIES:



SERVES

10

WEEK THREE
Rainbow Corn

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
4782 Sysco Classic Sweetcorn	400g	
10245 Mixed Peppers	160g	
10224 Red Onions	100g	
4599 Sysco Essentials Garden Peas	100g	
450672 Tomatoes MM	100g	

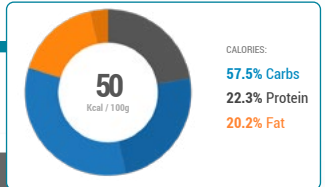
COOKING INSTRUCTIONS

Preparation

- Thaw the sweetcorn & peas
- De-seed & finely chop the peppers
- Peel & finely chop the onions
- Finely chop the tomatoes

Method

- Simply combine all of the vegetables in a bowl
- Heat through in the steamer until cooked through and tender



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 86G SERVING	%RI
Energy(Kj)	225 kJ	3%	194 kJ	2%
Energy(kcal)	54 kcal	3%	46 kcal	2%
Fat	1.1 g	2%	1 g	1%
<i>of which saturates</i>	0.2 g	1%	0.2 g	1%
Carbohydrate	7.2 g	3%	6.2 g	2%
<i>of which sugars</i>	3 g	3%	2.6 g	3%
Fibre	1.7 g	7%	1.5 g	6%
Protein	2.8 g	6%	2.4 g	5%
Salt	0 g	0%	0 g	0%

OTHER PROPERTIES:



SERVES

10

WEEK THREE
Katsu Quorn Burrito

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
Quorn & Rice	800g	
109271 Sysco Classic Katsu Curry Sauce	200g	
134394 Mission 25cm Bran Tortilla Wrap	690g	10 x Each

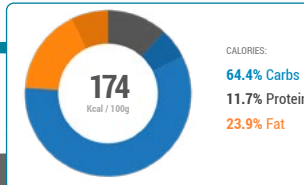
COOKING INSTRUCTIONS

Preparation

Make up the Quorn & rice recipe - do not include the eggs, chilli & lime - leave to cool completely
Thaw the wraps

Method

Take the rice mix & stir through the sauce
Take the wraps, spoon in the rice, gently fold in the sides of the wrap almost to the centre & then roll to form a burrito
Place on a baking tray, cover in foil & heat in the oven for approximately 20 minutes
Serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	752 kJ	9%	1272 kJ	15%
Energy(kcal)	179 kcal	9%	302 kcal	15%
Fat	4.6 g	7%	7.8 g	11%
of which saturates	1.4 g	7%	2.3 g	12%
Carbohydrate	28 g	11%	47 g	18%
of which sugars	2.6 g	3%	4.4 g	5%
Fibre	2.5 g	10%	4.3 g	17%
Protein	5.1 g	10%	8.6 g	17%
Salt	0.6 g	10%	1 g	17%

CONTAINS:



WHEAT



EGGS



SOYA

OTHER PROPERTIES:



VEGETARIAN

SERVES

12

WEEK THREE
Apple, Banana & Date
Sponge & Custard

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71402 Flora Original 2kg	300g	
350102 Tate, Lyle Light Soft Brown Sugar	110g	
114957 FREEE Gluten Free Self Raising White Flour	300g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	278g	5x Each
10354 Bananas	100g	
5552 Brakes Solid Pack Apple	125g	
89781 Brakes Chopped Dates	75g	
33581 Sysco Classic Ground Cinnamon	5g	
136676 Sysco Classic Complete Custard Mix	100g	

COOKING INSTRUCTIONS

Preparation

- Sift the flour
- Lightly beat the eggs
- Mash the banana
- Chop the apple
- Line with parchment paper an ovenproof dish – we've used a 9"x9" dish
- Pre-heat the oven to 170°C
- Boil 480ml of water

Method

- Cream together the spread & sugar
- Gradually add the flour & egg, combine well
- Stir in the fruits & cinnamon
- Bake for approximately 25 minutes, remove from the oven

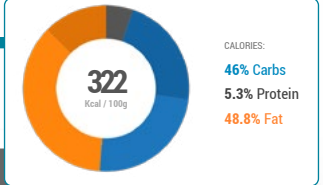
To make the custard, mix the dry mix with 120ml cold water to a smooth paste

Place the boiling water in a saucepan & gently whisk in the custard paste

Bring back to the boil, stirring continuously
Simmer gently for 1 minute to thicken

Service

Portion the sponge & pour over the custard



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	1354 kJ	16%	1571 kJ	19%
Energy(kcal)	324 kcal	16%	376 kcal	19%
Fat	17 g	24%	20 g	29%
of which saturates	4.5 g	23%	5.2 g	26%
Carbohydrate	37 g	14%	43 g	17%
of which sugars	18 g	20%	20 g	22%
Fibre	0.7 g	3%	0.9 g	4%
Protein	4.2 g	8%	4.9 g	10%
Salt	0.61 g	10%	0.71 g	12%

CONTAINS:



EGGS

MILK

MAY CONTAIN:



MUSTARD

SOYA

OTHER PROPERTIES:



VEGETARIAN