

SECONDARY SCHOOL **MENUS**



THREE WEEK MENU PLAN

WEEK ONE



Tap or click
recipe name

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1					
Grab & Go Pots <small>(includes Plant-Forward options that use less meat)</small>	Chicken & Cauliflower Curry	Asian Slow Cooked Beef with Peppers	Chicken & Rice with Vegetables	Turkey Meatballs	North African Chicken Tagine
Vegetarian Grab & Go Pots	Cauliflower, Spinach & Bean Curry	Asian Slow Cooked Quorn Beef with Peppers	Gnocchi with Butternut Squash, Spinach & Beans	Plant Based Meatballs	North African Lentil & Vegetable Tagine
Sides	Cauliflower Samosas	Noodles	Baked Garlic & Herb Cauliflower	Wholemeal Penne Pasta	Cous Cous
	50/50 Rice	*Included in the recipe above and noodles		Ratatouille	Herby Bean Salad
Hand-held Meat Options	Indian Cauliflower Wraps	Curry Filled Pitta with Mango Mayonnaise	Yorkshire Pudding Wrap with Sausages, Mash & Gravy	Chicken & Rice Burrito	Squeaky Bean Ham & Vegan Mozzarella Toastie
Hand-held Vegetarian Options	Egg, Avocado & Salad Wraps	Samosas with Mango Mayo	Coronation Cauliflower Sub	Smoked Mackerel, Soft Cheese & Beets Bagel	Turkey Meatball & Houmous Pitta
Salad & Protein Salad Pots	Smoked Mackerel, Beetroot, Houmous & Orange Salad	Glazed Chilli Salmon & Pak Choi & Rice	Beetroot, Lentil & Feta Salad	Plant Based Chilli Tofu & Mango Poke Bowl	Moroccan Falafel & Tabbouleh Salad plus Flatbread

Week 2 >>

WEEK TWO



Tap or click
recipe name

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2					
Grab & Go in a food container eaten with a fork, plant forward & vegetarian options	Piri Piri Chicken Tenders	Shakshuka	Courgette, Leek & Pea Risotto	Plant Forward Smokey Sausage & Bean Pot	Free From Pesto Crumb Fish Goujons
	Piri Piri Tofu Tenders	Sweet Potato, Lentil & Coconut Dhal	Courgette, Leek & Pea Risotto	Vegan Smokey Sausage & Bean Pot	Pesto Crumb Coated Aubergine Goujons
	Seasoned Sweet Potato Wedges	50/50 Rice	Caprese Salad		Italian Herby Diced Potatoes
	Apple Slaw	Mango & Sweetcorn Salsa			Smashed Peas
Hand-held Meat & Plant Forward	Bean, Bacon & Cheese Toastada	Piri Piri Chicken Tacos with Red Cabbage & Bean Salsa	Smokey Burrito	Arancini	Lamb Kofta, Pitta, Salad & Houmous
	Taquitos with Piri Piri Dip	Ham & Cheese Pin Wheel with Barbecue Sauce	Pork & Apple Burger	Caprese Panini	Rarebit Cheese & Bacon Croissant
Salad & Protein Salad Pots	Sweet Potato, Roquette, Wholegrain Rice Salad with Ginger Dressing	Tex Mex Chicken, Salsa & Tortilla Chip Box	Roasted Squash, Chicken, Spinach Salad Box with Salsa	Kale, Quinoa, Chickpea & Feta Salad	Smoked Mackerel, Beetroot, Houmous & Orange Salad



Week 3 >>

WEEK THREE



Tap or click
recipe name

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3					
Grab & Go in a food container eaten with a fork, plant forward & vegetarian options	BBQ Shredded Chicken Bao Buns & Asian Salad	Mongolian Beef with Rice Noodles	Fish & Rice	British Favourite Sausage & Mash	Korean Pulled Pork Mac Cheese
	BBQ Fabel Mushroom Bao Bun & Asian Salad	Mongolian Quorn with Rice Noodles	Oumph! & Rice	British Favourite Vegan Sausage & Mash	Plant Forward Mushroom & Butternut Macaroni Cheese
				Carrots & Peas	
Hand-held Meat & Plant Forward	Chicken & Halloumi Wrap	Loaded Naan Bread	Korean Beef Tacos	Mackerel, Soft Cheese & Cucumber Baguette	Asian Egg Salad Wrap
Salad & Protein Salad Pots	Glazed Chilli Salmon & Pak Choi & Rice	Chicken, Pepper & Free From Pesto Pasta Salad	Lentil & Houmous Herby Salad	Chicken & Roasted Root Vegetables & Cranberry Slaw	Honey Glazed Sausage & Potato Salad



SERVES

10

WEEK ONE
Chicken & Cauliflower
Curry

BACK TO
MENU

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

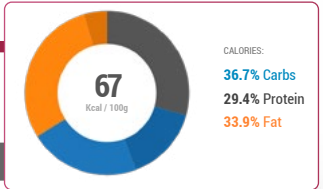
Method

- 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 ONE
Cauliflower, Spinach &
Bean 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	125g	
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	500g	
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

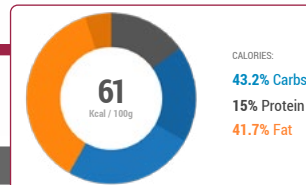
Transfer the cauliflower to the sauce & simmer for 20 minutes to ensure the cauliflower absorbs the flavours

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)	269 kJ	3%	635 kJ	8%
Energy(kcal)	64 kcal	3%	152 kcal	8%
Fat	2.8 g	4%	6.6 g	9%
of which saturates	0.3 g	2%	0.8 g	4%
Carbohydrate	6.5 g	3%	15 g	6%
of which sugars	2.8 g	3%	6.5 g	7%
Fibre	1.9 g	8%	4.6 g	18%
Protein	2.3 g	5%	5.4 g	11%
Salt	0.36 g	6%	0.86 g	14%

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK ONE
Cauliflower Samosas

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10295 White Ware Potatoes	400g	
10376 Cauliflower	250g	
4753 Sysco Classic Choice Garden Peas	125g	
350094 Sysco Classic Sunflower Oil	20g	
10469 Cooking Onions	100g	
10439 Fresh Garlic	8g	
10380 Ginger	8g	
114210 Chillies Green	10g	
134291 Sysco Classic Whole Cumin Seeds	5g	
134286 Sysco Classic Whole Fennel Seeds	5g	
35002 Sysco Classic Garam Masala	5g	
33597 Sysco Classic Ground Coriander	5g	
114218 Lemons	50g	0.5x Each
113885 Herb Bunched Coriander	15g	
4305 Jus-Rol Filo Pastry Sheets 500g	500g	1x Each
71927 Brakes Sunflower Light Spread	50g	

COOKING INSTRUCTIONS

Preparation

- Peel & slice the potatoes
- Cut the cauliflower into small florets
- Peel & dice the onion
- Thaw the pastry
- Juice the lemon
- Finely chop the coriander

Method

- Place the potatoes in a pan of water, bring to the boil, cover & cook for 8 minutes, add the cauliflower & cook for a further 3 minutes, add the peas & cook for 1 minutes, drain. Lightly mash with a masher
- Heat the oil in a large sauté pan, add the cumin seeds & onion, cooking for 8 minutes
- Grind the fennel seeds in a pestle & mortar, add to the onion with the other spices, cook for 2 minutes
- Add the vegetables & combine the ingredients together. Allow to cool before adding the coriander

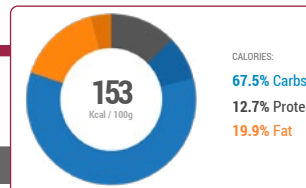
- Lay out the pastry & cut into strips approximately 7cm wide
- Melt the butter, & brush the edges of the pastry with the butter, top with another sheet of pastry & butter

- At one end of the pastry spoon on some of the filling, fold the pastry several times, to create the classic samosa shape, trim any excess pastry
- Brush with a little more butter & place on a lined baking tray

- Bake in a pre-heated oven at 180°C for approximately 15 minutes

Service

- Accompany with mango chutney



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	663 kJ	8%	1032 kJ	12%
Energy(kcal)	157 kcal	8%	245 kcal	12%
Fat	3.4 g	5%	5.3 g	8%
of which saturates	0.7 g	4%	1 g	5%
Carbohydrate	26 g	10%	40 g	15%
of which sugars	3.2 g	4%	4.9 g	5%
Fibre	2.2 g	9%	3.5 g	14%
Protein	4.8 g	10%	7.5 g	15%
Salt	0.23 g	4%	0.36 g	6%

CONTAINS:



WHEAT

OTHER PROPERTIES:



VEGETARIAN



VEGAN

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

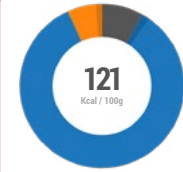
COOKING INSTRUCTIONS

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



CALORIES:
85% Carbs
8.2% Protein
6.8% Fat

FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 57G SERVING	%RI
Energy(KJ)	518 kJ	6%	295 kJ	4%
Energy(kcal)	122 kcal	6%	70 kcal	4%
Fat	0.9 g	1%	0.5 g	1%
<i>of which saturates</i>	0.2 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 ONE
Indian Cauliflower Wraps

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
Cauliflower, Spinach & Bean Curry	600g	
134394 Mission 25cm Bran Tortilla Wrap	689g	10 x Each
3000 Brakes Onion Bhajis	270g	10 x Each
89704 Sysco Classic Light Mayonnaise	200g	

COOKING INSTRUCTIONS

Preparation

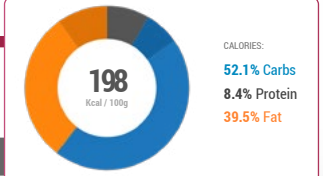
Make up the curry as per recipe spec & cool thoroughly
Thaw the wraps & bhajis

Method

Spread over the mayonnaise over each wrap
Spoon over the cold curry
Crumble over the bhajis & then fold & wrap

Service

Serve as a cold grab & go option



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 176G SERVING	%RI
Energy(KJ)	852 kJ	10%	1499 kJ	18%
Energy(kcal)	203 kcal	10%	358 kcal	18%
Fat	8.7 g	12%	15 g	21%
of which saturates	2.2 g	11%	3.8 g	19%
Carbohydrate	26 g	10%	45 g	17%
of which sugars	3.4 g	4%	6 g	7%
Fibre	2.7 g	11%	4.7 g	19%
Protein	4.1 g	8%	7.3 g	15%
Salt	0.78 g	13%	1.4 g	23%

CONTAINS:



WHEAT



EGGS

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK ONE
Egg, Avocado & Salad Wraps

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
134394 Mission 25cm Bran Tortilla Wrap	690g	10 x Each
16392 Brakes 18 British Free Range Fresh Medium Eggs	560g	10 x Each
89704 Sysco Classic Light Mayonnaise	150g	
10306 Avocados	200g	
10527 Roquette	80g	

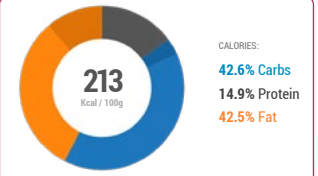
COOKING INSTRUCTIONS

Preparation

Thaw the wraps
 Hard boil the eggs, cooking for approximately 8 minutes - refresh under cold running water.
 Cut the avocado in half, remove the stone and cut the flesh into slices
 Wash & pat dry the roquette

Method

Peel & chop the eggs, combine with the mayonnaise
 Take the wraps, arrange the leaves, top with the egg & avocado, then fold & wrap
 Serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	915 kJ	11%	1536 kJ	18%
Energy(kcal)	218 kcal	11%	367 kcal	18%
Fat	10 g	14%	17 g	24%
of which saturates	2.7 g	14%	4.5 g	23%
Carbohydrate	23 g	9%	38 g	15%
of which sugars	1.8 g	2%	3 g	3%
Fibre	2.7 g	11%	4.5 g	18%
Protein	7.9 g	16%	13 g	26%
Salt	0.59 g	10%	0.99 g	17%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK ONE
Smoked Mackerel, Beetroot,
Houmous & Orange Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
32411 M&J Seafood Scottish Hot Smoked Mackerel Fillets	900g	11 ½ x Each
105129 Cooked Beetroots	600g	
129211 Sysco Premium Quinoa & Sunflower Seed Houmous	500g	
10292 Medium Oranges	750g	
450343 Baby Leaf Mix	250g	
88884 Brakes Sunflower Seeds	50g	
10844 Sysco Classic Pumpkin Seeds	50g	
132721 Chia Seeds	10g	
88386 Brakes Glaze with Balsamic Vinegar of Modena	30g	
134404 Feta Cubes (15mm)	150g	
13609 Brakes Chickpeas in Water	300g	

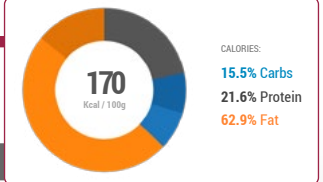
COOKING INSTRUCTIONS

Preparation

- Thaw the mackerel
- Dice the beetroot
- Segment the orange
- Drain the feta
- Drain the chickpeas

Method

- To build the salad take a suitable food to go salad box
- Place the leaves in the base of the salad
- Scatter over the mackerel, orange, feta, chickpeas
- Spoon in the houmous
- Scatter over the seeds & finely add a drizzle of balsamic glaze



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 359G SERVING	%RI
Energy(kJ)	722 kJ	9%	2592 kJ	31%
Energy(kcal)	174 kcal	9%	623 kcal	31%
Fat	12 g	17%	43 g	61%
of which saturates	2.6 g	13%	9.5 g	48%
Carbohydrate	6.6 g	3%	24 g	9%
of which sugars	3.4 g	4%	12 g	13%
Fibre	1.9 g	8%	6.9 g	28%
Protein	9.2 g	18%	33 g	66%
Salt	0.93 g	16%	3.3 g	55%

CONTAINS:



SERVES

10

WEEK ONE
Asian Slow Cooked Beef
with Peppers

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10469 Cooking Onions	300g	
100448 Brakes Beef Flavour Bouillon Paste	16g	
100445 Brakes Vegetable Flavour Bouillon Paste	25g	
1 Tap Water (for VC recipes)	750g	
100259 Sysco Classic Extended Life Rapeseed Oil (auto-calculated)	3g	
4793 Brakes Sliced Mixed Peppers	700g	
70068 British Red Tractor Diced Chuck Steak	700g	
86965 Sysco Classic Hoi Sin Sauce	350g	
16285 Blue Dragon Dark Soy Sauce	40g	
28326 Sysco Classic Tomato Paste	65g	

COOKING INSTRUCTIONS

Preparation

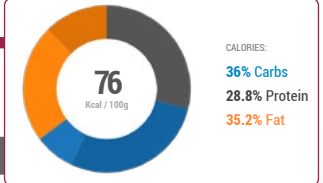
- Peel & slice the onions
- Make up the stock as per guidelines
- Pre-heat the oven to 160°C

Method

- Heat the oil in a large sauté pan & seal the beef
- Add the onions and cook for approximately 10-12 minutes
- Add the peppers & cook for a further 5 minutes
- Stir in the hoi sin sauce, soy sauce & tomato puree and mix well into the beef & vegetables
- Gradually add the beef stock, stirring until it's brought to the boil
- Transfer to an ovenproof dish & cook for approximately 2-3 hours, or until the meat is tender

Service

- Serve the slow cooked beef with the rice



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	323 kJ	4%	953 kJ	11%
Energy(kcal)	77 kcal	4%	227 kcal	11%
Fat	3 g	4%	8.7 g	12%
of which saturates	1 g	5%	3.1 g	16%
Carbohydrate	6.8 g	3%	20 g	8%
of which sugars	5.3 g	6%	16 g	18%
Fibre	0.6 g	2%	1.9 g	8%
Protein	5.4 g	11%	16 g	32%
Salt	0.63 g	11%	1.9 g	32%

CONTAINS:



MAY CONTAIN:



SERVES

10

WEEK ONE
Asian Slow Cooked Quorn Beef
with Peppers

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10469 Cooking Onions	300g	
100445 Brakes Vegetable Flavour Bouillon Paste	25g	
1 Tap Water (for VC recipes)	750g	
100259 Sysco Classic Extended Life Rapeseed Oil	3g	
4793 Brakes Sliced Mixed Peppers	700g	
136991 Quorn Vegan Beef Pieces	700g	
86965 Sysco Classic Hoi Sin Sauce	350g	
16285 Blue Dragon Dark Soy Sauce 2 Litre	40g	
28326 Sysco Classic Tomato Paste	65g	

COOKING INSTRUCTIONS

Preparation

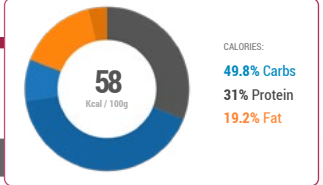
- Peel & slice the onions
- Make up the stock as per guidelines
- Pre-heat the oven to 160°C

Method

- Heat the oil in a large sauté pan & seal the Quorn pieces
- Add the onions and cook for approximately 10-12 minutes
- Add the peppers & cook for a further 5 minutes
- Stir in the hoi sin sauce, soy sauce & tomato puree and mix well into the Quorn & vegetables
- Gradually add the stock, stirring until it's brought to the boil
- Reduce to a simmer and cook for approximately 20-30 minutes until everything is tender

Service

- Serve with rice



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	261 kJ	3%	766 kJ	9%
Energy(kcal)	62 kcal	3%	182 kcal	9%
Fat	1.2 g	2%	3.6 g	5%
of which saturates	0.2 g	1%	0.7 g	4%
Carbohydrate	7.2 g	3%	21 g	8%
of which sugars	6 g	7%	18 g	20%
Fibre	2.2 g	9%	6.3 g	25%
Protein	4.5 g	9%	13 g	26%
Salt	0.81 g	14%	2.4 g	40%

CONTAINS:



WHEAT,
BARLEY



SESAME



SOYA

MAY CONTAIN:



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



PEANUTS

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK ONE
Noodles

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
21142 Brakes Medium Egg Noodles	800g	
1 Tap Water (for VC recipes)	2kg	
131459 KTC Sonneveld Divider Spray Can	8g	
10439 Fresh Garlic	25g	
10380 Ginger	20g	
10582 Pak Choi	600g	
114212 Chillies Red	40g	

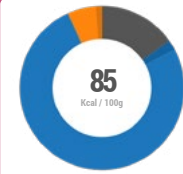
COOKING INSTRUCTIONS

Preparation

- Cook the noodles as per the pack instructions - keep warm
- Peel & finely chop the garlic & ginger
- Shred the pak choi
- Deseed the chilli & thinly slice

Method

- In a wok, spray with oil, place on a medium to hot heat
- Stir fry the garlic & ginger, just for 2-3 minutes
- Add the pak choi & cook for 3-4 minutes
- Add the noodles & combine well
- Finally add the chilli
- Serve



CALORIES:
77.9% Carbs
15.3% Protein
6.8% Fat

FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	370 kJ	4%	1294 kJ	15%
Energy(kcal)	88 kcal	4%	306 kcal	15%
Fat	0.6 g	1%	2.2 g	3%
<i>of which saturates</i>	0.1 g	1%	0.4 g	2%
Carbohydrate	16 g	6%	58 g	22%
<i>of which sugars</i>	0.5 g	1%	1.4 g	2%
Fibre	1.4 g	6%	5 g	20%
Protein	3.2 g	6%	11 g	22%
Salt	0.18 g	3%	0.64 g	11%

CONTAINS:



WHEAT



EGGS

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK ONE
Curry Filled Pitta with
Mango Mayonnaise

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
Cauliflower, Spinach & Bean Curry	800g	
3600 La Boulangerie Pitta Breads	600g	10 x Each
89704 Sysco Classic Light Mayonnaise	200g	
114844 Geeta's Premium Mango Chutney Medium 1.5kg	100g	

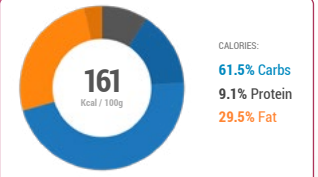
COOKING INSTRUCTIONS

Preparation

Make up the sub recipe for the curry
Thaw the pittas, place on a lined baking tray
In a bowl combine the mayonnaise & chutney
Pre-heat the oven to 160°C

Method

Warm the pittas for 5 minutes in the oven, cut in half but not cutting all the way through
Fill with the curry
Spoon over the chutney mayonnaise over the filling
Serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 170G SERVING	%RI
Energy(kJ)	690 kJ	8%	1173 kJ	14%
Energy(kcal)	164 kcal	8%	279 kcal	14%
Fat	5.3 g	8%	8.9 g	13%
of which saturates	0.6 g	3%	1.1 g	6%
Carbohydrate	25 g	10%	42 g	16%
of which sugars	6 g	7%	10 g	11%
Fibre	1.8 g	7%	3 g	12%
Protein	3.6 g	7%	6.2 g	12%
Salt	0.66 g	11%	1.1 g	18%

CONTAINS:



WHEAT



EGGS

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK ONE
Samosa with Mango
Mayo

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10295 White Ware Potatoes	400g	
10376 Cauliflower	250g	
4753 Sysco Classic Choice Garden Peas	125g	
350094 Sysco Classic Sunflower Oil	20g	
10469 Cooking Onions	100g	
10439 Fresh Garlic	8g	
10380 Ginger	8g	
114210 Chillies Green	10g	
134291 Sysco Classic Whole Cumin Seeds	5g	
134286 Sysco Classic Whole Fennel Seeds	5g	
35002 Sysco Classic Garam Masala	5g	
33597 Sysco Classic Ground Coriander	5g	
114218 Lemons	50g	0.5x Each
113885 Herb Bunched Coriander	15g	
4305 Jus-Rol Filo Pastry Sheets 500g	500g	1x Each
71927 Brakes Sunflower Light Spread	50g	
89704 Sysco Classic Light Mayonnaise	100g	
114844 Geeta's Premium Mango Chutney Medium 1.5kg	50g	

COOKING INSTRUCTIONS

Preparation

- Peel & slice the potatoes
- Cut the cauliflower into small florets
- Peel & dice the onion
- Thaw the pastry
- Juice the lemon
- Finely chop the coriander

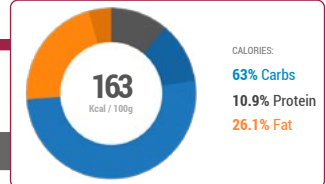
Method

- Place the potatoes in a pan of water, bring to the boil, cover & cook for 8 minutes, add the cauliflower & cook for a further 3 minutes, add the peas & cook for 1 minutes, drain. Lightly mash with a masher.
- Heat the oil in a large sauté pan, add the cumin seeds & onion, cooking for 8 minutes
- Grind the fennel seeds in a pestle & mortar, add to the onion with the other spices, cook for 2 minutes

- Add the vegetables & combine the ingredients together. Allow to cool before adding the coriander
- Lay out the pastry & cut into strips approximately 7cm wide
- Melt the spread, & brush the edges of the pastry with the butter, top with another sheet of pastry & butter
- At one end of the pastry spoon on some of the filling, fold the pastry several times, to create the classic samosa shape, trim any excess pastry
- Brush with a little more butter & place on a lined baking tray
- Bake in a preheated oven at 180°C for approximately 15 minutes

Service

- Accompany with mango chutney



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	705 kJ	8%	1203 kJ	14%
Energy(kcal)	168 kcal	8%	286 kcal	14%
Fat	4.7 g	7%	8.1 g	12%
of which saturates	0.8 g	4%	1.3 g	7%
Carbohydrate	26 g	10%	44 g	17%
of which sugars	4.8 g	5%	8.1 g	9%
Fibre	2.1 g	8%	3.6 g	14%
Protein	4.5 g	9%	7.6 g	15%
Salt	0.35 g	6%	0.59 g	10%

CONTAINS:



MAY CONTAIN:



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

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK ONE
Glazed Chilli Salmon & Pak Choi & Rice

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
128687 M&J Seafood Scottish Salmon Fillet Suprêmes	800g	1x Each
86972 Pan Asia Sweet Chilli Dipping Sauce	150g	
16285 Blue Dragon Dark Soy Sauce 2 Litre	100g	
118090 Supernature Oil Original Cold Pressed Rapeseed Oil	20g	
10582 Pak Choi	1kg	
10439 Fresh Garlic	20g	
50/50 Cooked Rice Secondary	569g	
131459 KTC Sonneveld Divider Spray Can	5g	

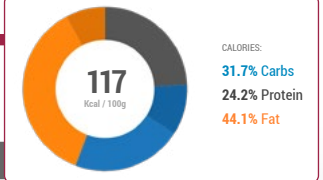
COOKING INSTRUCTIONS

Preparation

- Mix sweet chilli sauce, half the soy sauce and oil and set aside
- Cook the sub recipe for the rice and chill immediately
- Cut pak choi into quarters, clean and dry
- Finely slice the garlic

Method

- Preheat the overhead grill
- Place the salmon side down on a suitable baking tray, and cover with the chilli glaze
- Place under the grill and cook until core temperature is reached - allow to cool completely
- Spray the pak choy with oil and sear pink side down in a hot pan until coloured
- Add remaining soy & splash of water and sliced garlic, then cover and steam until cooked
- Allow to cool completely
- Serve the rice topped with the salmon, then add the pak choi & drizzle with any remaining glaze



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	494 kJ	6%	1316 kJ	16%
Energy(kcal)	118 kcal	6%	314 kcal	16%
Fat	5.7 g	8%	15 g	21%
<i>of which saturates</i>	1 g	5%	2.7 g	14%
Carbohydrate	9.2 g	4%	25 g	10%
<i>of which sugars</i>	2.9 g	3%	7.7 g	9%
Fibre	0.7 g	3%	1.9 g	8%
Protein	7 g	14%	19 g	38%
Salt	0.9 g	15%	2.4 g	40%

CONTAINS:



WHEAT



FISH



SOYA

MAY CONTAIN:



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



PEANUTS

SERVES

10

WEEK ONE
Chicken & Rice with
Vegetables

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
Whole Grain Cooked Rice Primary	1kg	
350094 Sysco Classic Sunflower Oil	60g	
10439 Fresh Garlic	15g	
10380 Ginger	15g	
136746 Halal Chicken Diced Thigh Meat	810g	
450694 Carrots	160g	
4794 Brakes Diced Mixed Peppers	160g	
4599 Sysco Essentials Garden Peas	90g	
15322 Brakes 5 Dozen British Fresh Free Range Medium Eggs	599g	
124867 Kikkoman Tamari Gluten Free Soy Sauce 1L	20g	
87863 Blue Dragon Oyster Sauce 1L	20g	
10473 Spring Onions Bunch	40g	
12085 Broccoli	400g	

COOKING INSTRUCTIONS

Preparation

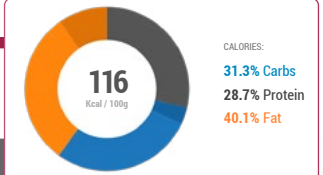
- Cook the rice as per instructions
- Peel & finely chop the garlic & ginger
- Finely dice the carrot (do not peel)
- Thaw the peppers & peas
- Lightly beat the eggs
- Cut the broccoli into florets

Method

- Heat half the oil in a wok, stir fry the onion & garlic for 3 minutes
- Add the chicken & stir fry for 5-6 minutes
- Add the carrot, combine well & cook for 2 minutes
- Stir in the peppers & peas, cook for 4 minutes
- Add the rice & cook for 4-5 minutes to start to heat the rice
- Gently push the ingredients in the pan to the side, heat the remaining oil, add the egg & gently cook before gradually incorporating all of the ingredients
- Stir in the sauces, finally adding the spring onions
- Steam the broccoli until tender

Service

- Serve the chicken & rice with the broccoli



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	493 kJ	6%	1671 kJ	20%
Energy(kcal)	118 kcal	6%	399 kcal	20%
Fat	5.2 g	7%	17 g	24%
of which saturates	1.2 g	6%	4.2 g	21%
Carbohydrate	9.1 g	4%	31 g	12%
of which sugars	1 g	1%	3.3 g	4%
Fibre	0.8 g	3%	2.8 g	11%
Protein	8.3 g	17%	28 g	56%
Salt	0.31 g	5%	1 g	17%

CONTAINS:



EGGS



MOLLUSCS



SOYA



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



PEANUTS

SERVES

10

WEEK ONE
Gnocchi with Butternut
Squash, Spinach &
Beans

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
3840 Brakes Whole Leaf Spinach Portions	400g	
12083 Butternut Squash	700g	
131459 KTC Sonneveld Divider Spray Can	5g	
10226 Button Mushrooms	100g	
19839 Sysco Classic Chopped Tomatoes	2kg	2 ½ x Each
71063 Authentic Italian Fresh Gnocchi	700g	
22724 Brakes Butter Beans in Water	500g	

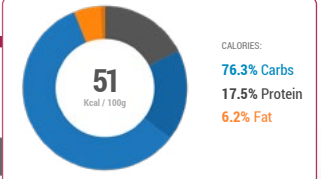
COOKING INSTRUCTIONS

Preparation

- Thaw the spinach, drain over a colander, squeeze out any excess liquid
- Peel, deseed & dice the squash
- Slice the mushrooms
- Blanch the gnocchi in a pan of boiling water
- Drain & rinse the beans
- Pre-heat the oven to 180°C

Method

- Place the squash in a large tray, spray with the oil & bake for approximately 10 minutes
- Add the Gnocchi & mushrooms to the tray & mix in with the squash
- Cook for approximately 10 minutes
- Scatter over the spinach & beans, pour over the chopped tomatoes - Stir well to combine
- Bake for a further 15 minutes
- Serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 441G SERVING	%RI
Energy(kJ)	228 kJ	3%	1003 kJ	12%
Energy(kcal)	54 kcal	3%	237 kcal	12%
Fat	0.5 g	1%	1.5 g	2%
of which saturates	0 g	0%	0.2 g	1%
Carbohydrate	9.7 g	4%	43 g	17%
of which sugars	2.3 g	3%	10 g	11%
Fibre	1.5 g	6%	6.5 g	26%
Protein	2.2 g	4%	9.8 g	20%
Salt	0.24 g	4%	1 g	17%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK ONE
Baked Garlic & Herb
Cauliflower

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10376 Cauliflower	800g	
131459 KTC Sonneveld Divider Spray Can	5g	
131421 Sysco Classic Spiced Garlic, Herb Seasoning	80g	

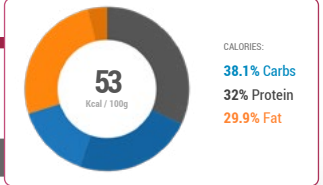
COOKING INSTRUCTIONS

Preparation

Cut the cauliflower into florets & place on a lined baking tray
Pre-heat the oven to 180°C

Method

Spray the cauliflower with the oil & sprinkle over the seasoning
Bake in the oven for approximately 18 minutes until cooked through



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	249 kJ	3%	220 kJ	3%
Energy(kcal)	59 kcal	3%	53 kcal	3%
Fat	1.8 g	3%	1.6 g	2%
<i>of which saturates</i>	0.2 g	1%	0.2 g	1%
Carbohydrate	5.1 g	2%	4.5 g	2%
<i>of which sugars</i>	3.1 g	3%	2.7 g	3%
Fibre	3.2 g	13%	2.8 g	11%
Protein	4.2 g	8%	3.8 g	8%
Salt	2.3 g	38%	2 g	33%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK ONE
Yorkshire Pudding Wrap with
Sausage, Mash & Gravy

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
132834 Aunt Bessie's Yorkshire Bases	1.8kg	12x Each
53573 British Red Tractor Healthier Option Pork Sausages 8s	800g	
149710 Sysco Classic Mashed Potato	500g	
4855 Brakes Country Mixed Vegetables	400g	
136678 Sysco Classic Reduced Fat & Salt Gluten-Free Fine Gravy Granules	18g	
1 Tap Water (for VC recipes)	250g	

COOKING INSTRUCTIONS

Preparation

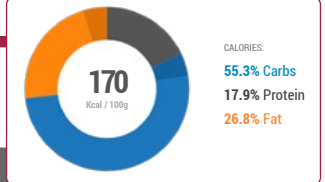
- Place the Yorkshires on a baking tray, cover well with cling film & allow to thaw
- Grill the sausages & allow to cool, then slice
- Thaw the mash & vegetables
- Make up the gravy as per guidelines
- Pre-heat the oven at 180°C

Method

- Take the Yorkshire & place on a sheet of food wrap or parchment paper
- Spread over the mash
- Arrange the sausage & vegetables
- Drizzle over the gravy
- Then roll the Yorkshire from the bottom, roll tightly just like you would do with a burrito
- Twist the ends of the paper
- Heat through the Yorkshire for approximately 25-30 minutes

Service

- Serve as a grab & go option



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	732 kJ	9%	2758 kJ	33%
Energy(kcal)	174 kcal	9%	655 kcal	33%
Fat	5.1 g	7%	19 g	27%
<i>of which saturates</i>	0.9 g	5%	3.4 g	17%
Carbohydrate	24 g	9%	89 g	34%
<i>of which sugars</i>	1.9 g	2%	7.2 g	8%
Fibre	2 g	8%	7.4 g	30%
Protein	7.6 g	15%	29 g	58%
Salt	0.57 g	10%	2.1 g	35%

CONTAINS:



WHEAT



EGGS



MILK



SULPHITES

MAY CONTAIN:



MUSTARD



SOYA

SERVES

10

WEEK ONE
Coronation Cauliflower
Sub

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10376 Cauliflower	400g	Each
89704 Sysco Classic Light Mayonnaise	200g	
114844 Geeta's Premium Mango Chutney Medium	75g	
113308 Malay Curry Paste	40g	
85702 Brakes Sultanas	50g	
33446 La Boulangerie Big Foot Sliced White Deli Sub	750g	5 x Each

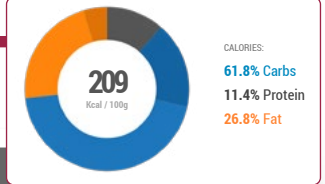
COOKING INSTRUCTIONS

Preparation

Cut the cauliflower into florets, include the stalk & chop
Place on a lined baking tray, spray with oil & bake in the oven at 180°C for approximately 15 minutes
Allow to cool & roughly chop
In a bowl combine the mayonnaise, curry paste, mango chutney & sultanas
Thaw the rolls

Method

Take the bowl of the mayonnaise & add the cauliflower, mix well
Fill the roll with the filling



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	899 kJ	11%	1362 kJ	16%
Energy(kcal)	214 kcal	11%	324 kcal	16%
Fat	6.2 g	9%	9.4 g	13%
of which saturates	1.1 g	6%	1.6 g	8%
Carbohydrate	32 g	12%	49 g	19%
of which sugars	8.9 g	10%	14 g	16%
Fibre	2.4 g	10%	3.6 g	14%
Protein	5.9 g	12%	9 g	18%
Salt	0.81 g	14%	1.2 g	20%

CONTAINS:



MAY CONTAIN:



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



PEANUTS

SERVES

10

WEEK ONE
Beetroot, Lentil & Feta
Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
6082 Brakes Whole Brown Lentils	200g	
105129 Cooked Beetroots	1kg	
74897 Yamas Salad Cheese	300g	
121392 Sysco Classic Reduced Fat Houmous	400g	
10428 Baby Leaf Spinach	150g	
450694 Carrots	100g	
10230 Cucumber	100g	
131459 KTC Sonneveld Divider Spray Can	2g	

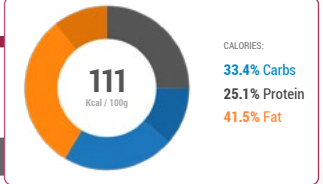
COOKING INSTRUCTIONS

Preparation

- Cook the lentils as per guidelines
- Dice the beetroot, place on a lined baking tray & spray with oil
- Dice the cheese
- Grate the carrot
- Cut the cucumber in half & slice
- Pre-heat the oven to 180°C

Method

- Roast the beetroot for approximately 12 minutes - allow to cool
- In a grab & go salad box, arrange the leaves & lentils
- Add the beetroot, cheese, houmous, carrot & cucumber
- Serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	489 kJ	6%	1101 kJ	13%
Energy(kcal)	117 kcal	6%	263 kcal	13%
Fat	5.1 g	7%	12 g	17%
<i>of which saturates</i>	1.3 g	7%	3 g	15%
Carbohydrate	9.3 g	4%	21 g	8%
<i>of which sugars</i>	3.2 g	4%	7.1 g	8%
Fibre	2.9 g	12%	6.6 g	26%
Protein	7 g	14%	16 g	32%
Salt	0.61 g	10%	1.4 g	23%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK ONE
Turkey Meatballs

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10469 Cooking Onions	195g	
10226 Button Mushrooms	195g	
450693 Carrots CLASS II	130g	
10439 Fresh Garlic	15g	
33568 Sysco Classic Extended Life Rapeseed Oil	40g	
548 Brakes Red Lentils	195g	
109406 Wilsons Turkey Mince	970g	
100357 Brakes Cranberry Sauce	65g	
115043 Maggi Rich, Rustic Tomato Sauce 800g	1.14kg	

COOKING INSTRUCTIONS

Preparation

- Peel & dice the onions
- Finely chop the mushrooms
- Wash & grate the carrot (don't peel)
- Finely chop the garlic
- Rinse the lentils & cook for approximately 12 minutes - drain & allow to cool
- Pre-heat the oven to 170°C

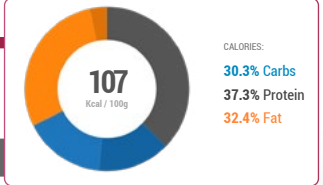
Method

- Heat the oil in a sauté pan, gently sweat the onions & mushrooms, cooking for approximately 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, then shape into 40-45g balls

- Place on the tray, cover with cling film & place in the chillier for at least an hour
- Prior to service, place the meatballs in an ovenproof dish, pour over the tomato sauce, cover with foil and cook for approximately 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)	460 kJ	5%	1353 kJ	16%
Energy(kcal)	109 kcal	5%	322 kcal	16%
Fat	3.9 g	6%	11 g	16%
<i>of which saturates</i>	0.4 g	2%	1.2 g	6%
Carbohydrate	8.1 g	3%	24 g	9%
<i>of which sugars</i>	3.8 g	4%	11 g	12%
Fibre	1.1 g	4%	3.3 g	13%
Protein	10 g	20%	29 g	58%
Salt	0.28 g	5%	0.82 g	14%

SERVES

12

WEEK ONE
Plant Based Meatballs

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10469 Cooking Onions	260g	
10439 Fresh Garlic	30g	
4793 Brakes Sliced Mixed Peppers	315g	
131049 Brakes Plant-Based Meatballs	940g	47 x Each
115043 Maggi Rich & Rustic Tomato Sauce	2.08kg	
33592 Sysco Classic Oregano	13g	
350094 Sysco Classic Sunflower Oil	6g	
(auto-calculated)		

COOKING INSTRUCTIONS

Preparation

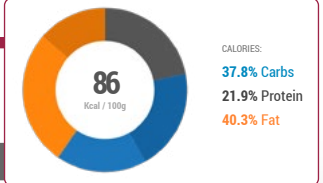
- Peel & dice the onions
- Peel & finely chop the garlic
- Thaw the peppers
- Bring a pan of water to the boil

Method

- Heat the oil in a large pan, sweat the onions for approximately 5 minutes
- Add the peppers & cook for approximately 5 minutes
- Add the garlic & cook for a further two minutes
- Remove from the pan & set aside
- Return the pan to the heat & brown the meatballs
- Once browned return the vegetables to the pan
- Pour in the sauce & bring to a gentle simmer for approximately 15 minutes
- Stir in the oregano

Service

- Serve the pasta with three meatballs & sauce



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	381 kJ	5%	1158 kJ	14%
Energy(kcal)	91 kcal	5%	277 kcal	14%
Fat	3.8 g	5%	12 g	17%
of which saturates	1.3 g	7%	3.9 g	20%
Carbohydrate	8.1 g	3%	25 g	10%
of which sugars	4.3 g	5%	13 g	14%
Fibre	2.8 g	11%	8.5 g	34%
Protein	4.7 g	9%	14 g	28%
Salt	0.6 g	10%	1.8 g	30%

CONTAINS:



WHEAT,
BARLEY

MAY CONTAIN:



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



PEANUTS



SESAME

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK ONE
Wholemeal Penne Pasta

BACK TO
MENU

RECIPE INGREDIENTS

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

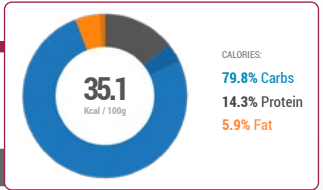
QUANTITY DESCRIPTION

700g
6kg

COOKING INSTRUCTIONS

Method

Bring a pan of water to the boil
Add the pasta, cook for approximately 12-13 minutes
Drain and keep warm until serving



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	155 kJ	2%	1036 kJ	12%
Energy(kcal)	37 kcal	2%	245 kcal	12%
Fat	0 g	0%	1.5 g	2%
of which saturates	0 g	0%	0.3 g	2%
Carbohydrate	7 g	3%	47 g	18%
of which sugars	0.5 g	1%	2.2 g	2%
Fibre	0.7 g	3%	4.9 g	20%
Protein	1.3 g	3%	8.4 g	17%
Salt	0 g	0%	0 g	0%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK ONE
Ratatouille

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
4792 Brakes Ratatouille Mix	600g	
134644 Cooks & Co Garlic Puree	25g	
19839 Sysco Classic Chopped Tomatoes	400g	½ x Each
33590 Sysco Classic Mixed Herbs	5g	

COOKING INSTRUCTIONS

Preparation

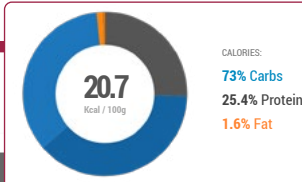
Thaw the ratatouille

Method

Place the vegetables in a pan on a medium heat & cook until they start to take on a little colour

Add the garlic & cook for 3-4 minutes

Add the tomatoes & herbs, bring to a gentle simmer & cook for approximately 15 minutes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	98 kJ	1%	101 kJ	1%
Energy(kcal)	23 kcal	1%	24 kcal	1%
Fat	0 g	0%	0 g	0%
<i>of which saturates</i>	0 g	0%	0 g	0%
Carbohydrate	3.8 g	1%	3.9 g	2%
<i>of which sugars</i>	2 g	2%	2 g	2%
Fibre	1.2 g	5%	1.3 g	5%
Protein	1.3 g	3%	1.4 g	3%
Salt	0.04 g	1%	0.04 g	1%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK ONE
Chicken & Rice Burrito

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
Chicken, Rice & Vegetables	800g	
134394 Mission 25cm Bran Tortilla Wrap	690g	10 x Each
86965 Sysco Classic Hoi Sin Sauce	250g	

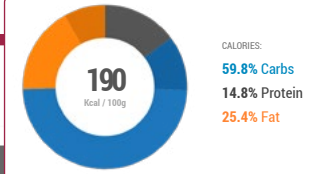
COOKING INSTRUCTIONS

Preparation

- Make the Chicken, Rice & Vegetable sub recipe
- Thaw the wraps
- Line a baking tray with parchment
- Preheat the oven to 180°C

Method

- Take the wrap, spread over the sauce & add the rice
- Fold in the sides of the wrap almost to the centre & roll
- Place on the tray, cover with foil & bake for approximately 20-25 minutes



FOOD LABELLING...

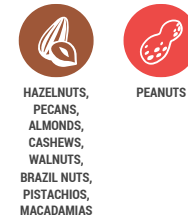
EU Label values per 100g

	PER 100G	%RI	PER 174G SERVING	%RI
Energy(KJ)	820 kJ	10%	1426 kJ	17%
Energy(kcal)	195 kcal	10%	339 kcal	17%
Fat	5.4 g	8%	9.3 g	13%
of which saturates	1.7 g	9%	3 g	15%
Carbohydrate	28 g	11%	50 g	19%
of which sugars	5.2 g	6%	9 g	10%
Fibre	2.1 g	8%	3.7 g	15%
Protein	7 g	14%	12 g	24%
Salt	0.67 g	11%	1.2 g	20%

CONTAINS:



MAY CONTAIN:



SERVES

10

WEEK ONE
Smoked Mackerel, Soft
Cheese & Beets Bagel

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
4884 La Boulangerie Fully Baked Plain Bagels	1.15kg	10 x Each
32411 M&J Seafood Scottish Hot Smoked Mackerel Fillets	300g	
71138 Philadelphia 165g	200g	
105129 Cooked Beetroots	150g	
74063 Watercress	50g	

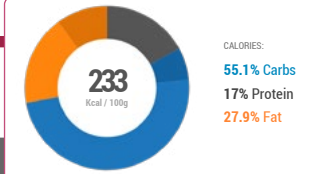
COOKING INSTRUCTIONS

Preparation

Thaw the bagels & mackerel
Slice the bagels in half
Grate the beetroot

Method

On the base of the bagel, spread over the soft cheese, top with the leaves, mackerel & beetroot



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 185G SERVING	%RI
Energy(KJ)	997 kJ	12%	1844 kJ	22%
Energy(kcal)	237 kcal	12%	438 kcal	22%
Fat	7.2 g	10%	13 g	19%
of which saturates	2.6 g	13%	4.8 g	24%
Carbohydrate	32 g	12%	59 g	23%
of which sugars	3.7 g	4%	6.9 g	8%
Fibre	1.8 g	7%	3.2 g	13%
Protein	9.9 g	20%	18 g	36%
Salt	0.98 g	16%	1.8 g	30%

CONTAINS:



WHEAT,
BARLEY, RYE



MILK



FISH

MAY CONTAIN:



SESAME

SERVES

10

WEEK ONE
Plant Based Chilli Tofu
& Mango Poke Bowl

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
127135 Blue Dragon Extra Firm Silken Tofu	349g	460g
10380 Ginger		30g
124866 Kikkoman Soy Sauce		65g
85288 Sysco Classic Crushed Chillies		5g
117407 Tilda Brown, White Wholegrain Rice	5kg	500g
100445 Brakes Vegetable Flavour Bouillon Paste		75g
5946 Sysco Classic Cornflour		40g
33385 Diced Mango		320g
10214 Red Cabbage		400g
118169 Penguin Edamame Beans in Pods		300g
10439 Fresh Garlic		15g
100535 Brakes Pure Canadian Maple Syrup		15g
21856 Prep Premium Toasted Sesame Oil		15g
151022 Hazlemere Cider Vinegar		15g

COOKING INSTRUCTIONS

Preparation

- Remove the tofu from the packaging, drain from any liquid & pat dry
- Dice the tofu in pieces
- Grate the ginger
- Rinse the rice under cold running water
- Make the stock up as per guidelines
- Thaw the mango
- Shred the red cabbage
- Thaw the beans
- Pre-heat the oven to 170°C

Method

- In a small bowl combine half the ginger, 4 tbsp soy sauce, chilli flakes & marinade the tofu
- Allow to marinade for at least an hour
- Place the rice in a large saucepan, add the stock, cover with a lid & cook for approximately 12 minutes

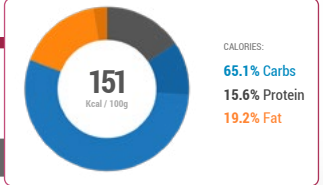
Remove from the heat & allow to stand with the lid on for a further 12 minutes, occasionally fluff the rice with a fork

To make the dressing in a bowl combine, the garlic, remaining ginger & soy, maple syrup, sesame oil & vinegar

Take the marinated tofu & coat in corn flour
Place the tofu on a lined baking tray & bake for approximately 15 minutes

Service

- To assemble place the rice in the bowl & arrange the tofu, cabbage, mango and beans in separate sections
- Finally drizzle over the dressing



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	659 kJ	8%	1486 kJ	18%
Energy(kcal)	156 kcal	8%	352 kcal	18%
Fat	3.2 g	5%	7.3 g	10%
of which saturates	0.5 g	3%	1 g	5%
Carbohydrate	25 g	10%	56 g	22%
of which sugars	4 g	4%	9 g	10%
Fibre	2.4 g	10%	5.5 g	22%
Protein	5.9 g	12%	13 g	26%
Salt	1.2 g	20%	2.8 g	47%

CONTAINS:



WHEAT



SESAME



SOYA



SULPHITES

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK ONE
North African Chicken
Tagine

BACK TO
MENU

RECIPE INGREDIENTS

	QUANTITY	DESCRIPTION
350094 Sysco Classic Sunflower Oil	28g	
10224 Red Onions	160g	
134644 Cooks, Co Garlic Puree	20g	
10380 Ginger	20g	
33581 Sysco Classic Ground Cinnamon	8g	
33585 Sysco Classic Paprika	8g	
33586 Sysco Classic Ground Turmeric	8g	
132801 Imported Chicken Thighs (skinless, boneless) Halal	640g	
19839 Sysco Classic Chopped Tomatoes	640g	
100445 Brakes Vegetable Flavour Bouillon Paste	10g	
1 Tap Water (for VC recipes)	560g	
12083 Butternut Squash	480g	
13609 Brakes Chickpeas in Water	320g	
268 Brakes Seedless Raisins	100g	
114218 Lemons	60g	

COOKING INSTRUCTIONS

Preparation

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

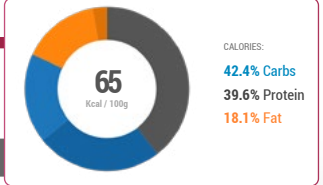
Method

- 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 ensuring the chicken is cooked through
- Stir in the chickpeas, cooking for 5 minutes
- Finally add the raisins & lemon zest

Service

- Serve with cous cous



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	285 kJ	3%	872 kJ	10%
Energy(kcal)	68 kcal	3%	207 kcal	10%
Fat	1.3 g	2%	4 g	6%
<i>of which saturates</i>	0.2 g	1%	0.6 g	3%
Carbohydrate	6.9 g	3%	21 g	8%
<i>of which sugars</i>	4 g	4%	12 g	13%
Fibre	1.2 g	5%	3.8 g	15%
Protein	6.4 g	13%	20 g	40%
Salt	0.14 g	2%	0.44 g	7%

SERVES

10

WEEK ONE
North African Lentil &
Vegetable Tagine

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	
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

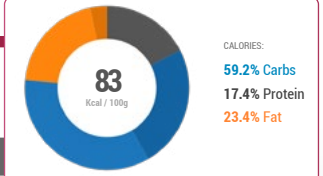
Method

- 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 ONE
Cous Cous

BACK TO
MENU

RECIPE INGREDIENTS

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

QUANTITY DESCRIPTION

600g
1.2kg

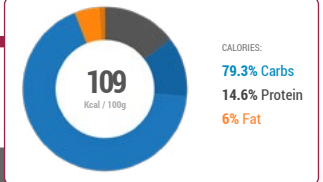
COOKING INSTRUCTIONS

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 & finely fluff the grains with the fork



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 180G SERVING	%RI
Energy(KJ)	478 kJ	6%	860 kJ	10%
Energy(kcal)	113 kcal	6%	203 kcal	10%
Fat	0.7 g	1%	1.3 g	2%
<i>of which saturates</i>	0.1 g	1%	0.2 g	1%
Carbohydrate	22 g	8%	39 g	15%
<i>of which sugars</i>	3.2 g	4%	5.8 g	6%
Fibre	1.8 g	7%	3.2 g	13%
Protein	4 g	8%	7.2 g	14%
Salt	0.63 g	11%	1.1 g	18%

CONTAINS:



WHEAT



SULPHITES

MAY CONTAIN:



MUSTARD



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK ONE
Herby Bean Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
4762 Sysco Classic Cut Green Beans	400g	
1050 Brakes Cannellini Beans in Water	400g	½ x Each
121392 Sysco Classic Reduced Fat Houmous	300g	Each
450450 Fresh Flat Leaf Parsley	20g	
113880 Premium Large Chives Bunch	5g	

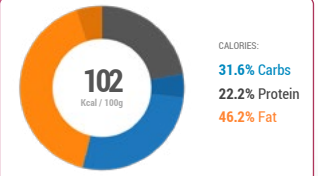
COOKING INSTRUCTIONS

Preparation

- Blanch the green beans, drain & refresh
- Drain & rinse the cannellini beans
- Finely chop the herbs

Method

Place all of the ingredients in a bowl & combine well



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 114G SERVING	%RI
Energy(kJ)	466 kJ	6%	529 kJ	6%
Energy(kcal)	112 kcal	6%	127 kcal	6%
Fat	5.2 g	7%	5.9 g	8%
of which saturates	0.6 g	3%	0.6 g	3%
Carbohydrate	8 g	3%	9.1 g	4%
of which sugars	1.2 g	1%	1.4 g	2%
Fibre	5 g	20%	5.7 g	23%
Protein	5.6 g	11%	6.4 g	13%
Salt	0.3 g	5%	0.34 g	6%

CONTAINS:



OTHER PROPERTIES:



SERVES

1

WEEK ONE
Squeaky Bean Ham & Vegan
Mozzarella Toastie

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
136368 La Boulangerie Part Baked Ciabatta Sandwich Rolls	110g	1x Each
134279 Squeaky Bean Sliced Vegan Ham	40g	
122001 Violife Mature Flavour Slices 200g	25g	
12068 Yellow Cherry Tomatoes	30g	
131779 Cooks, Co Vegan Green Pesto	10g	
10428 Baby Leaf Spinach	5g	

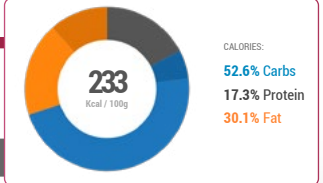
COOKING INSTRUCTIONS

Preparation

Thaw the ciabatta - cut in half
Slice the tomatoes in half

Method

Layer the ingredients within the ciabatta - this can be serve as a hot deli option or cold



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 220G SERVING	%RI
Energy(kJ)	1006 kJ	12%	2212 kJ	26%
Energy(kcal)	239 kcal	12%	526 kcal	26%
Fat	7.8 g	11%	17 g	24%
of which saturates	3 g	15%	6.5 g	33%
Carbohydrate	31 g	12%	67 g	26%
of which sugars	3.3 g	4%	7.2 g	8%
Fibre	2.9 g	12%	6.4 g	26%
Protein	10 g	20%	22 g	44%
Salt	1.2 g	20%	2.7 g	45%

CONTAINS:



WHEAT,
BARLEY, RYE

MAY CONTAIN:



HAZELNUTS,
ALMONDS,
CASHEWS



CELERY



MUSTARD



SESAME



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK ONE
Turkey Meatball & Houmous
Pitta

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
Turkey Meatballs secondary	800g	Each
121392 Sysco Classic Reduced Fat Houmous	25g	
3600 La Boulangerie Pitta Breads	600g	

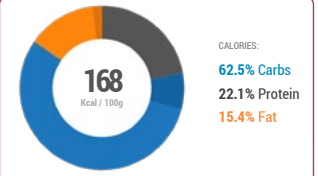
COOKING INSTRUCTIONS

Preparation

Make up the turkey meatball sub recipe
Thaw the pitta & slice to make a pocket

Method

Spread the houmous inside the pitta & fill with the meatballs. They can be served as a hot-deli option or cold



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 143G SERVING	%RI
Energy(KJ)	725 kJ	9%	1033 kJ	12%
Energy(kcal)	172 kcal	9%	245 kcal	12%
Fat	2.9 g	4%	4.1 g	6%
<i>of which saturates</i>	0.3 g	2%	0.5 g	3%
Carbohydrate	26 g	10%	37 g	14%
<i>of which sugars</i>	3 g	3%	4.3 g	5%
Fibre	1.9 g	8%	2.8 g	11%
Protein	9.3 g	19%	13 g	26%
Salt	0.4 g	7%	0.57 g	10%

CONTAINS:



WHEAT



SESAME

SERVES

10

WEEK ONE
Moroccan Falafel & Tabbouleh
Salad plus Flatbread

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
148609 Gosh! Moroccan Style Spiced Falafel	750g	
145935 Brakes 8" White Khobez Bread	300g	5 x Each
121197 Tabbouleh 2.5kg	750g	
10428 Baby Leaf Spinach	200g	
121392 Sysco Classic Reduced Fat Houmous	300g	

COOKING INSTRUCTIONS

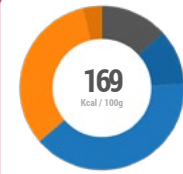
Preparation

Thaw the falafel, tabbouleh & bread

Method

In a grab & go box, place the leaves, tabbouleh, falafel & houmous

Cut the bread in half, roll up & tuck in the box to the side



CALORIES:
50.4% Carbs
13.3% Protein
36.3% Fat

FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 230G SERVING	%RI
Energy(KJ)	752 kJ	9%	1730 kJ	21%
Energy(kcal)	180 kcal	9%	413 kcal	21%
Fat	6.8 g	10%	16 g	23%
of which saturates	0.7 g	4%	1.6 g	8%
Carbohydrate	21 g	8%	49 g	19%
of which sugars	4.6 g	5%	11 g	12%
Fibre	5.5 g	22%	13 g	52%
Protein	5.6 g	11%	13 g	26%
Salt	0.88 g	15%	2 g	33%

CONTAINS:



WHEAT



SESAME

MAY CONTAIN:



MILK



SOYA

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK TWO
Piri Piri Chicken Tenders

BACK TO
MENU

RECIPE INGREDIENTS

118363 Halal British Chicken Inner Fillets
28367 Major Piri Piri Mari Base

QUANTITY DESCRIPTION

1kg
150g

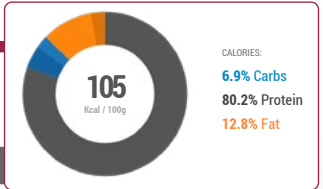
COOKING INSTRUCTIONS

Preparation

Place the chicken in a tray, brush over the marinade, turn over the fillets & brush with remaining marinade
Allow to marinade for approximately 1 hour
Pre-heat the oven to 180°C

Method

Oven bake for approximately 12-15 minutes, turning halfway through cooking



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	446 kJ	5%	513 kJ	6%
Energy(kcal)	105 kcal	5%	121 kcal	6%
Fat	1.5 g	2%	1.7 g	2%
<i>of which saturates</i>	0.3 g	2%	0.4 g	2%
Carbohydrate	1.8 g	1%	2.1 g	1%
<i>of which sugars</i>	1.2 g	1%	1.3 g	1%
Fibre	0 g	0%	0 g	0%
Protein	21 g	42%	24 g	48%
Salt	0.84 g	14%	0.96 g	16%

SERVES

10

WEEK TWO
Piri Piri Tofu Tenders

BACK TO
MENU

RECIPE INGREDIENTS

127135 Blue Dragon Extra Firm Silken Tofu 349g
28367 Major Piri Piri Mari Base

QUANTITY DESCRIPTION

1kg
150g

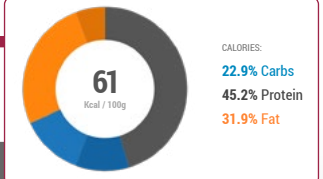
COOKING INSTRUCTIONS

Preparation

Remove the tofu from the packaging, pat dry & cut into strips
Place the tofu in a tray, brush over the marinade, turn over the fillets & brush with remaining marinade
Allow to marinade for approximately 1 hour
Pre-heat the oven to 180°C

Method

Oven bake for approximately 12-15 minutes, turning halfway through cooking



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	267 kJ	3%	307 kJ	4%
Energy(kcal)	64 kcal	3%	73 kcal	4%
Fat	2.2 g	3%	2.5 g	4%
of which saturates	0.4 g	2%	0.4 g	2%
Carbohydrate	3.5 g	1%	4 g	2%
of which sugars	1.6 g	2%	1.9 g	2%
Fibre	1.5 g	6%	1.7 g	7%
Protein	6.9 g	14%	7.9 g	16%
Salt	0.76 g	13%	0.87 g	15%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
Seasoned Sweet Potato Wedges

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
450653 Sweet Potato Wedges	2kg	
131459 KTC Sonneveld Divider Spray Can (auto-calculated)	0g	
131421 Sysco Classic Spiced Garlic, Herb Seasoning	40g	

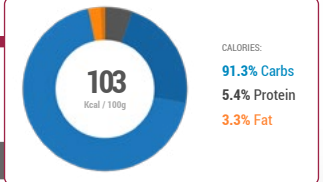
COOKING INSTRUCTIONS

Preparation

Place the wedges in a lined baking tray
Spray with the oil
Pre-heat the oven to 190°C

Method

Oven bake for approximately 20-25 minutes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	459 kJ	5%	937 kJ	11%
Energy(kcal)	109 kcal	5%	221 kcal	11%
Fat	0.5 g	1%	0.8 g	1%
<i>of which saturates</i>	0 g	0%	0.2 g	1%
Carbohydrate	24 g	9%	48 g	18%
<i>of which sugars</i>	5.8 g	6%	12 g	13%
Fibre	2.7 g	11%	5.5 g	22%
Protein	1.4 g	3%	2.8 g	6%
Salt	0.58 g	10%	1.2 g	20%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK TWO
Apple Slaw

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
450698 Prepared Coleslaw Mix	600g	
450504 Small Red Apples	200g	
74550 Brakes Low Fat Natural Yogurt	200g	
27699 Green Valley Dairy Crème Fraîche	200g	
113881 Herb Bunched Flat Leaf Parsley	40g	

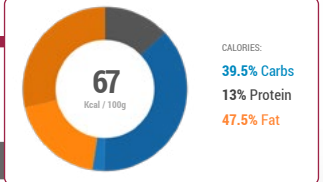
COOKING INSTRUCTIONS

Preparation

Core the apples and then grate them, leaving the skin on
Finely chop the parsley

Method

Place the coleslaw mix in a bowl, add the apple, parsley, crème fraîche & yogurt



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 124G SERVING	%RI
Energy(kJ)	293 kJ	3%	363 kJ	4%
Energy(kcal)	70 kcal	4%	87 kcal	4%
Fat	3.5 g	5%	4.4 g	6%
of which saturates	2.1 g	11%	2.6 g	13%
Carbohydrate	6.6 g	3%	8.2 g	3%
of which sugars	6.2 g	7%	7.7 g	9%
Fibre	1.6 g	6%	1.9 g	8%
Protein	2.2 g	4%	2.7 g	5%
Salt	0.07 g	1%	0.08 g	1%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
Bean, Bacon & Cheese Toastada

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
134394 Mission 25cm Bran Tortilla Wrap	689g	10 x Each
16481 Prime Meats British Rindless Back Bacon	428g	10 x Each
28758 Sysco Classic Reduced Salt & Sugar Baked Beans in Tomato Sauce	500g	
71951 Sysco Classic Grated Reduced Fat White Cheese	200g	

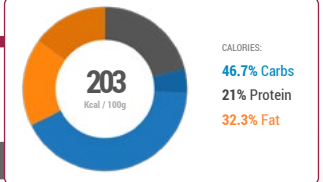
COOKING INSTRUCTIONS

Preparation

- Thaw the wraps
- Grill the bacon
- Pre-heat the oven to 180°C

Method

- Chop the bacon
- Take the wraps, fold in half & open
- Over half the wrap spread over the beans, then scatter over the bacon & cheese
- Fold in half & place on a lined baking tray
- Place in the oven for 12-14 minutes, turning half way



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	871 kJ	10%	1582 kJ	19%
Energy(kcal)	207 kcal	10%	377 kcal	19%
Fat	7.3 g	10%	13 g	19%
of which saturates	3.4 g	17%	6.1 g	31%
Carbohydrate	23 g	9%	42 g	16%
of which sugars	2.4 g	3%	4.4 g	5%
Fibre	2.8 g	11%	5.2 g	21%
Protein	11 g	22%	19 g	38%
Salt	1.2 g	20%	2.3 g	38%

CONTAINS:



SERVES

10

WEEK TWO
Taqitos with Piri Piri Dip

BACK TO
MENU

RECIPE INGREDIENTS

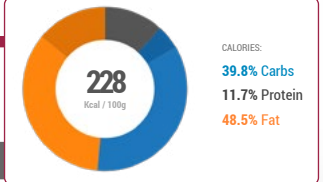
RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
146003 Danora Chilli Cheese Taqitos	800g	10 x Each
146002 Danora Chicken Fajita Taqitos	800g	10 x Each
89704 Sysco Classic Light Mayonnaise	250g	
28367 Major Piri Piri Mari Base	50g	

COOKING INSTRUCTIONS

Method

Place the taqitos on a tray and cook as per their instructions

Combine the mayonnaise & piri piri marinade & transfer to a squeeze bottle to drizzle over



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 190G SERVING	%RI
Energy(kJ)	956 kJ	11%	1816 kJ	22%
Energy(kcal)	229 kcal	11%	434 kcal	22%
Fat	12 g	17%	23 g	33%
<i>of which saturates</i>	3.5 g	18%	6.7 g	34%
Carbohydrate	23 g	9%	43 g	17%
<i>of which sugars</i>	2.7 g	3%	5.1 g	6%
Fibre	0 g	0%	0.5 g	2%
Protein	6.7 g	13%	13 g	26%
Salt	1.7 g	28%	3.2 g	53%

CONTAINS:



SERVES

10

WEEK TWO
Sweet Potato, Roquette,
Wholegrain Rice Salad with
Ginger Dressing

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
50/50 Cooked Rice Primary	569g	1 x Recipe Total
10449 Sweet Potatoes	600g	
123190 Green Courgettes BB	500g	
450514 Fine Beans	200g	
13609 Brakes Chickpeas in Water	600g	
10844 Sysco Classic Pumpkin Seeds	30g	
88884 Brakes Sunflower Seeds	30g	
10527 Roquette	200g	
10473 Spring Onions Bunch	50g	
88829 Brakes Totally Apricots Bag	200g	
33889 Veraneo Olive Oil	100g	
151022 Hazlemere Cider Vinegar	30g	
27640 Colman's Dijon Mustard	20g	
100535 Brakes Pure Canadian Maple Syrup	20g	
10380 Ginger	25g	

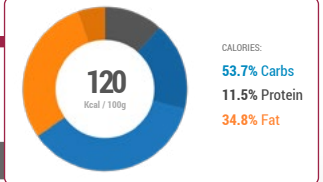
COOKING INSTRUCTIONS

Preparation

- Cook & chill the sub recipe for the rice
- Cut the potatoes in wedges, place on a tray, spray with oil & oven bake for approximately 25-30 minutes at 180°C
- Using a vegetable peeler, cut the courgette into ribbons
- Blanch & refresh the beans
- Drain the chickpeas & rinse
- Dry roast the seeds
- Wash & pat dry the roquette
- Thinly slice the onions
- Dice the apricots
- Make the dressing with the oil, vinegar, mustard, maple syrup & ginger

Method

- Take a grab & go box, arrange the ingredients in separate components in the box
- Start with the rice, add the leaves, sweet potato, vegetables, chickpeas, then scatter the apricots, onion & seeds, finely adding a drizzle of ginger dressing



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 317G SERVING	%RI
Energy(kJ)	522 kJ	6%	1657 kJ	20%
Energy(kcal)	125 kcal	6%	395 kcal	20%
Fat	4.6 g	7%	15 g	21%
of which saturates	0.7 g	4%	2.3 g	12%
Carbohydrate	16 g	6%	51 g	20%
of which sugars	5.2 g	6%	17 g	19%
Fibre	2.3 g	9%	7.3 g	29%
Protein	3.5 g	7%	11 g	22%
Salt	0.14 g	2%	0.45 g	8%

CONTAINS:



SERVES

10

WEEK TWO
Shakshuka

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
16392 Brakes 18 British Free Range Fresh Medium Eggs	556g	10 x Each
13007 Red Peppers	600g	
10469 Cooking Onions	600g	
13120 Peeled Garlic	30g	
33585 Sysco Classic Paprika	10g	
113113 Spicentice Harissa Rub	10g	
34002 Sysco Classic Ground Cumin	10g	
115043 Maggi Rich & Rustic Tomato Sauce 800g	800g	
113881 Herb Bunched Flat Leaf Parsley	6g	
113885 Herb Bunched Coriander	6g	
3600 La Boulangerie Pitta Breads	600g	10 x Each
131459 KTC Sonneveld Divider Spray Can (auto-calculated)	12.3g	

COOKING INSTRUCTIONS

Preparation

- Slice the peppers
- Peel & slice the onions
- Peel & finely chop the garlic
- Pick the parsley and coriander leaves
- Thaw the pitta & cut in half
- Pre heat the oven to 180°C

Method

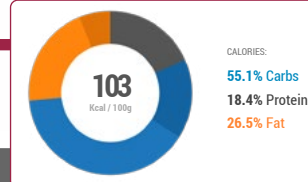
- Heat a sauté pan, add the spray oil & sauté the peppers, onions and garlic for 3-4 minutes or until soft
- Add paprika, harissa and cumin, cook for approximately 2 minutes
- Add tomatoes, simmer for approximately 8-10 minutes
- Remove from the heat and allow to cool
- Transfer the Shakshuka sauce into an ovenproof dish or gastro tray

Using the back of a large spoon, make 10 dips in the sauce

- Crack the eggs into each one of the dips
- Place the dish into an oven and continue to cook for 3-5 mins ensuring the yolks are still runny
- Warm the pitta bread for 2 minutes
- Remove from oven and scatter over the coriander and parsley

Service

- Serve in a grab & go food container & accompany with the pitta bread



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	448 kJ	5%	1450 kJ	17%
Energy(kcal)	106 kcal	5%	345 kcal	17%
Fat	3 g	4%	9.9 g	14%
of which saturates	0.7 g	4%	2.3 g	12%
Carbohydrate	14 g	5%	46 g	18%
of which sugars	4 g	4%	13 g	14%
Fibre	1.6 g	6%	5.1 g	20%
Protein	4.7 g	9%	15 g	30%
Salt	0.29 g	5%	0.95 g	16%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
Sweet Potato & Coconut Dahl

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33597 Sysco Classic Ground Coriander	8g	Each
34002 Sysco Classic Ground Cumin	8g	
134286 Sysco Classic Whole Fennel Seeds	8g	
28189 Sysco Classic Whole Green Cardamoms	4g	
84810 Sysco Classic Whole Cloves	2.5g	
35014 Sysco Classic Cayenne Pepper	4g	
10291 Large Onions 2.5kg	320g	
10380 Ginger	15g	
10439 Fresh Garlic	15g	
105472 Sweet Potatoes	1.13kg	
350094 Sysco Classic Sunflower Oil	30g	1 ½ x Each
548 Brakes Red Lentils	320g	
28326 Sysco Classic Tomato Paste	30g	
100445 Brakes Vegetable Flavour Bouillon Paste	25g	
1 Tap Water (for VC recipes)	1kg	
127121 Brakes Coconut Milk	600ml	
10478 Limes	140g	
3840 Brakes Whole Leaf Spinach Portions	320g	
450449 Fresh Coriander	25g	

COOKING INSTRUCTIONS

Preparation

- Grind the cloves & cardamom seeds, then combine with the other spices
- Peel & finely slice the onion
- Peel & finely chop the garlic & ginger
- Peel & dice the potato
- Rinse the lentils under cold water
- Make up the stock as per guidelines
- Zest the limes
- Thaw the spinach
- Finely chop the coriander

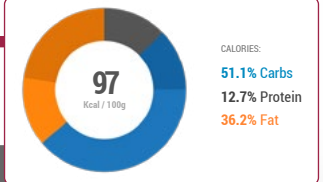
Method

- In a large sauté pan heat the oil & fry the onions
- Add the spices, garlic & ginger cook for 2 minutes, stirring well

- Add the potato, lentil, tomato paste, stock & milk. Simmer for approximately 25-30 minutes or until the potatoes are tender & the sauce has thickened
- Stir in the lime zest & spinach, heat through the spinach for approximately 5 minutes

Service

- Serve with rice & scatter over the coriander



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	421 kJ	5%	1684 kJ	20%
Energy(kcal)	100 kcal	5%	402 kcal	20%
Fat	3.9 g	6%	16 g	23%
of which saturates	2.4 g	12%	9.7 g	49%
Carbohydrate	12 g	5%	49 g	19%
of which sugars	3 g	3%	12 g	13%
Fibre	1.8 g	7%	7.4 g	30%
Protein	3.1 g	6%	12 g	24%
Salt	0.19 g	3%	0.75 g	13%

MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
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

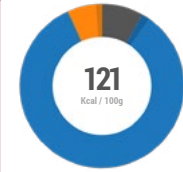
COOKING INSTRUCTIONS

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



CALORIES:
85% Carbs
8.2% Protein
6.8% Fat

FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 57G SERVING	%RI
Energy(KJ)	518 kJ	6%	295 kJ	4%
Energy(kcal)	122 kcal	6%	70 kcal	4%
Fat	0.9 g	1%	0.5 g	1%
<i>of which saturates</i>	0.2 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
Mango & Sweetcorn Salsa

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
33385 Diced Mango	300g	
4794 Brakes Diced Mixed Peppers	50g	
114218 Lemons	50g	
10481 Curly Parsley	5g	
4782 Sysco Classic Sweetcorn	50g	

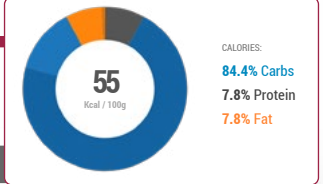
COOKING INSTRUCTIONS

Mis en Place / Prep

- Blanch the sweetcorn in boiling water then refresh
- Defrost and roughly chop the mango
- Defrost the mixed peppers
- Zest and juice the lemon
- Pick and chop the parsley

Method

- Mix all items together and serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	245 kJ	3%	112 kJ	1%
Energy(kcal)	58 kcal	3%	26 kcal	1%
Fat	0.5 g	1%	0 g	0%
of which saturates	0 g	0%	0 g	0%
Carbohydrate	12 g	5%	5.3 g	2%
of which sugars	9.9 g	11%	4.5 g	5%
Fibre	1.4 g	6%	0.6 g	2%
Protein	1.1 g	2%	0.5 g	1%
Salt	0 g	0%	0 g	0%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

12

WEEK TWO
Piri Piri Chicken Tacos
with Red Cabbage &
Bean Salsa

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
135590 Chicken Thighs Skinless Boneless Halal Uncalibrated	500g	
113119 Spicentice Piri Piri Rub	40g	
350094 Sysco Classic Sunflower Oil	20g	
10214 Red Cabbage	400g	
10224 Red Onions	150g	
100545 Brakes Red Wine Vinegar	100ml	
350098 Tate & Lyle Caster Sugar	5g	
33588 Sysco Classic Bay Leaves	1g	
85788 Old El Paso Hard Taco Shells	312g	
115070 Blue Dragon Original Thai Sweet Chilli Sauce	60g	
74550 Brakes Low Fat Natural Yogurt	60g	
115024 St Nicholas Five Bean Salad	300g	
450672 Tomatoes MM	130g	
114212 Chillies Red	30g	
113885 Herb Bunched Coriander	20g	

COOKING INSTRUCTIONS

Preparation

Marinate the chicken in the spice mix & oil, leave to marinate for at least two hours or overnight in the fridge

Shred the cabbage

Peel & thinly slice the onion

Dice the tomato

Deseed & finely chop the chilli

Finely chop the coriander

Pre-heat the oven to 180°C

Method

Roast the chicken in the oven for approximately 25 minutes until cooked through

Remove from the oven & shred

In a small pan place the onion, vinegar, sugar & bay leaf

Bring to the boil, remove from the heat & stand to cool

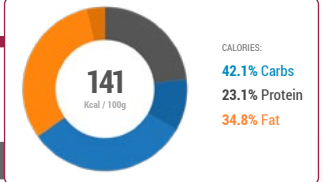
In a bowl place the cabbage & pour over the vinegar liquid. Stand for one hour

To make the salsa combine the beans, tomato, chilli & coriander

Service

Fill the taco with the cabbage, top with chicken & salsa

Drizzle over the chilli sauce & yogurt



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	607 kJ	7%	1077 kJ	13%
Energy(kcal)	145 kcal	7%	257 kcal	13%
Fat	5.4 g	8%	9.7 g	14%
of which saturates	0.6 g	3%	1 g	5%
Carbohydrate	15 g	6%	26 g	10%
of which sugars	3.6 g	4%	6.3 g	7%
Fibre	2 g	8%	3.6 g	14%
Protein	8.1 g	16%	14 g	28%
Salt	0.59 g	10%	1 g	17%

CONTAINS:



MAY CONTAIN:



BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS

SERVES

10

WEEK TWO
Ham & Cheese Pin Wheel
with Barbecue Sauce

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
4301 Brakes Puff Pastry Squares	550g	10 x Each
126921 Sacla Free From Basil Pesto	250g	
71951 Brakes Grated Reduced Fat White Cheese	250g	
118265 Sysco Classic Cooked Sliced Smoked Ham	168g	10 x Each

COOKING INSTRUCTIONS

Preparation

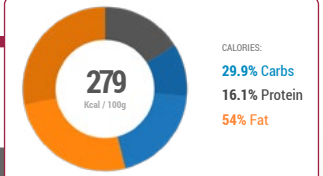
- Thaw the pastry squares
- Chop the ham
- Pre-heat the oven to 190°C

Method

- Spread over the sauce
- Scatter over the ham & cheese
- Roll from the bottom to the top & then shape into a pinwheel
- Place on a lined baking tray & bake for approximately 20 minutes

Service

- Serve hot or cold as a breakfast, mid morning or lunch item



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	1175 kJ	14%	1432 kJ	17%
Energy(kcal)	282 kcal	14%	343 kcal	17%
Fat	17 g	24%	20 g	29%
<i>of which saturates</i>	8.7 g	44%	11 g	55%
Carbohydrate	21 g	8%	25 g	10%
<i>of which sugars</i>	7.2 g	8%	8.8 g	10%
Fibre	1.5 g	6%	1.8 g	7%
Protein	11 g	22%	14 g	28%
Salt	1.5 g	25%	1.8 g	30%

CONTAINS:



WHEAT,
BARLEY



MILK



CELERY



SOYA

SERVES

10

WEEK TWO
Tex Mex Chicken, Salsa &
Tortilla Chip Box

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
Piri Piri Chicken Tenders	920g	
Mango and sweetcorn salsa copy	500g	
134394 Mission 25cm Bran Tortilla Wrap	689g	10 x Each
131459 KTC Sonneveld Divider Spray Can (auto-calculated)	0g	
151872 Global Hacienda Avocado Halves	500g	
450672 Tomatoes MM	400g	

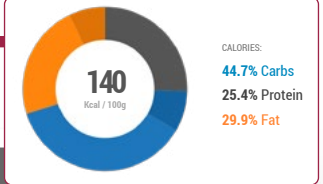
COOKING INSTRUCTIONS

Preparation

- Marinate & cook the chicken as per sub recipe
- Prepare & make the salsa as per sub recipe
- Cut the wraps into triangles, place on a baking tray
- Thaw & roughly chop the avocado
- Roughly chop the tomatoes
- Pre-heat the oven to 180°C

Method

- Spray with cut wraps & bake in the oven for approximately 3-4 minutes, allow to cool
- Take a food to go box, load with the baked tortilla chips, top with the chicken, salsa, avocado & tomato



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	606 kJ	7%	1823 kJ	22%
Energy(kcal)	144 kcal	7%	434 kcal	22%
Fat	4.6 g	7%	14 g	20%
<i>of which saturates</i>	1.1 g	6%	3.3 g	17%
Carbohydrate	16 g	6%	47 g	18%
<i>of which sugars</i>	2.8 g	3%	8.4 g	9%
Fibre	2.3 g	9%	6.9 g	28%
Protein	8.9 g	18%	27 g	54%
Salt	0.46 g	8%	1.4 g	23%

CONTAINS:



SERVES

10

WEEK TWO
Courgette, Leek & Pea Risotto

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10291 Large Onions	2.5kg	300g
10439 Fresh Garlic		40g
10303 Courgettes		500g
10288 Leeks		500g
4599 Sysco Essentials Garden Peas		400g
562 Brakes Pearl Barley		400g
100445 Brakes Vegetable Flavour Bouillon Paste		70g
1 Tap Water (for VC recipes)		3kg
71776 Green Valley Dairy Low Fat Soft Cheese		400g
113881 Herb Bunched Flat Leaf Parsley		40g
350094 Sysco Classic Sunflower Oil		13.4g
(auto-calculated)		

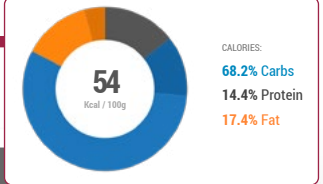
COOKING INSTRUCTIONS

Preparation

- Peel & dice the onion
- Peel & finely chop the garlic
- Dice the courgette
- Thinly slice the leeks
- Thaw the peas
- Make up the stock as per guidelines
- Finely chop the parsley

Method

- Heat the oil in a large sauté pan & gently sweat the onion, cooking for approximately 5-8 minutes
- Add the garlic & cook for 2 minutes
- Add the courgette & leek, cook for approximately 8 minutes
- Add the pearl barley, cooking for 2 minutes
- Pour in the stock & bring to a gentle simmer, cooking for approximately 20-25 minutes
- Stir in the soft cheese and peas. Keep on the heat for a further 10 minutes
- Remove from the heat & stir in the parsley
- Serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	231 kJ	3%	1309 kJ	16%
Energy(kcal)	55 kcal	3%	310 kcal	16%
Fat	1 g	1%	5.9 g	8%
<i>of which saturates</i>	0.2 g	1%	1.4 g	7%
Carbohydrate	9.1 g	4%	52 g	20%
<i>of which sugars</i>	1.6 g	2%	9 g	10%
Fibre	0.6 g	2%	3.3 g	13%
Protein	1.9 g	4%	11 g	22%
Salt	0.31 g	5%	1.7 g	28%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
Caprese Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
149913 Latbri Mozzarella Loaf	75g	
450672 Tomatoes MM	400g	
12068 Yellow Cherry Tomatoes	200g	
88386 Brakes Glaze with Balsamic Vinegar of Modena	30g	
10527 Roquette	100g	

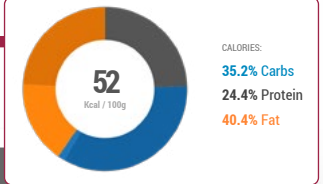
COOKING INSTRUCTIONS

Preparation

- Dice the mozzarella
- Roughly chop the tomatoes
- Wash & dry the roquette

Method

In a bowl combine the tomatoes, mozzarella & roquette, place in a serving dish & drizzle over the balsamic



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 81G SERVING	%RI
Energy(kJ)	228 kJ	3%	183 kJ	2%
Energy(kcal)	54 kcal	3%	44 kcal	2%
Fat	2.3 g	3%	1.9 g	3%
<i>of which saturates</i>	1.4 g	7%	1.1 g	6%
Carbohydrate	4.6 g	2%	3.7 g	1%
<i>of which sugars</i>	4.4 g	5%	3.6 g	4%
Fibre	0.5 g	2%	0.5 g	2%
Protein	3.2 g	6%	2.6 g	5%
Salt	0.15 g	3%	0.12 g	2%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
Smokey Burrito

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
Beef & Bean Smoky (secondary schools)	800g	
134394 Mission 25cm Bran Tortilla Wrap	689g	10x Each
Whole Grain Cooked Rice Primary	500g	
100395 Brakes Barbecue Sauce	150g	

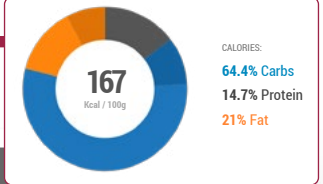
COOKING INSTRUCTIONS

Preparation

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

Method

- Combine the rice & barbecue sauce
- Take the wrap spoon over the rice & the smoky mix
- Fold & roll the wrap
- Wrap each burrito in ovenable paper wraps



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	722 kJ	9%	1544 kJ	18%
Energy(kcal)	171 kcal	9%	366 kcal	18%
Fat	3.9 g	6%	8.3 g	12%
<i>of which saturates</i>	1.4 g	7%	3 g	15%
Carbohydrate	27 g	10%	57 g	22%
<i>of which sugars</i>	3.9 g	4%	8.4 g	9%
Fibre	2.4 g	10%	5 g	20%
Protein	6.1 g	12%	13 g	26%
Salt	0.66 g	11%	1.4 g	23%

CONTAINS:



WHEAT,
BARLEY



CELERY



SOYA

SERVES

10

WEEK TWO
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	Each

COOKING INSTRUCTIONS

Preparation

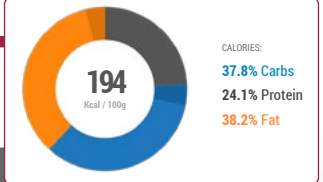
- Thaw the pork mince
- Wash & finely dice the leek
- Thaw the buns
- Wash & pat dry the leaves
- Pre-heat the oven to 180°C

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 TWO
Roasted Squash, Chicken,
Spinach Salad Box with Salsa

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
118708 Diced Butternut Squash 20mm	1kg	
131459 KTC Sonneveld Divider Spray Can	4g	
151031 Schwartz Chicken Seasoning	100g	
117363 Cooked Chicken Inner Fillets	800g	
10428 Baby Leaf Spinach	200g	
22724 Brakes Butter Beans in Water	250g	
Mango and sweetcorn salsa copy	300g	

COOKING INSTRUCTIONS

Preparation

Place the squash on a lined baking tray, spray with oil & season with the chicken seasoning, coat the squash well

Roast in a pre-heated oven at 190°C for approximately 12-14 minutes - allow to completely cool

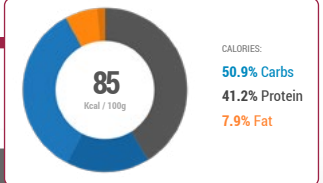
Thaw the chicken & slice

Drain the beans & rinse

Make the salsa as per sub recipe

Method

In a grab & go salad box, arrange the spinach, add the squash, chicken, beans & salsa



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	374 kJ	4%	992 kJ	12%
Energy(kcal)	88 kcal	4%	235 kcal	12%
Fat	0.7 g	1%	2 g	3%
<i>of which saturates</i>	0.1 g	1%	0.4 g	2%
Carbohydrate	11 g	4%	29 g	11%
<i>of which sugars</i>	3.5 g	4%	9.3 g	10%
Fibre	1.7 g	7%	4.5 g	18%
Protein	8.8 g	18%	23 g	46%
Salt	3.1 g	52%	8.3 g	138%

SERVES

10

WEEK TWO
Plant Forward Smokey
Sausage & Bean Pot

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
350094 Sysco Classic Sunflower Oil	40g	
10469 Cooking Onions	250g	
4793 Brakes Sliced Mixed Peppers	300g	
10439 Fresh Garlic	40g	
53573 British Red Tractor Healthier Option Pork Sausages 8s	1kg	
134289 Sysco Classic Smoked Paprika	40g	
19839 Sysco Classic Chopped Tomatoes	800g	1 x Each
28758 Sysco Classic Reduced Salt, Sugar Baked Beans in Tomato Sauce	600g	
100445 Brakes Vegetable Flavour Bouillon Paste	20g	
30080 Brakes Seasoned Crispy Cubes	600g	
129517 Ardo Roasted Corn Mexicana	600g	

COOKING INSTRUCTIONS

Preparation

- Peel & slice the onion
- Peel & finely chop the garlic
- Thaw the peppers
- Thaw the sausages
- Make up the stock as per guidelines
- Preheat the oven to 160°C

Method

- In a large saute pan heat the oil
- Gently sweat the onions & peppers for approximately 8 minutes
- Add the garlic & cook for a further 2-3 minutes
- Remove the vegetable from the pan
- Add the sausages and cook until brown on all sides
- Return the vegetables to the pan

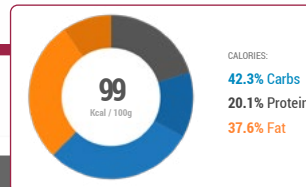
- Stir in the paprika & cook for a further 2-3 minutes
- Add the tomatoes, beans & stock, bring to a gentle simmer
- Transfer to an ovenproof dish & cover
- Place in the oven & cook for approximately 1 hour & 30 minutes
- Separately place the diced potatoes on a tray & cook in the oven at 180°C for approximately 15-18 minutes

Service

- Serve a portion of the sausages & beans in a bowl & scatter over the potatoes

Chefs Hints & Tips

- As an alternative to the diced potato, top with mashed potato & bake in the oven



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 429G SERVING	%RI
Energy(kJ)	434 kJ	5%	1862 kJ	22%
Energy(kcal)	104 kcal	5%	444 kcal	22%
Fat	4.1 g	6%	18 g	26%
of which saturates	1.1 g	6%	4.5 g	23%
Carbohydrate	10 g	4%	45 g	17%
of which sugars	3.2 g	4%	14 g	16%
Fibre	2.4 g	10%	10 g	40%
Protein	5 g	10%	21 g	42%
Salt	0.63 g	11%	2.7 g	45%

CONTAINS:



SERVES

10

WEEK TWO
Vegan Smokey
Sausage & Bean Pot

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
350094 Sysco Classic Sunflower Oil	40g	
10469 Cooking Onions	250g	
4793 Brakes Sliced Mixed Peppers	300g	
10439 Fresh Garlic	40g	
135197 Quorn Vegan Sausages	1kg	20 x Each
134289 Sysco Classic Smoked Paprika	40g	
19839 Sysco Classic Chopped Tomatoes	800g	1 x Each
28758 Sysco Classic Reduced Salt, Sugar Baked Beans in Tomato Sauce	600g	
100445 Brakes Vegetable Flavour Bouillon Paste	20g	
30080 Brakes Seasoned Crispy Cubes	600g	
129517 Ardo Roasted Corn Mexicana	600g	

COOKING INSTRUCTIONS

Preparation

- Peel & slice the onion
- Peel & finely chop the garlic
- Thaw the peppers
- Thaw the sausages
- Make up the stock as per guidelines
- Preheat the oven to 160°C

Method

- In a large saute pan heat the oil
- Gently sweat the onions & peppers for approximately 8 minutes
- Add the garlic & cook for a further 2-3 minutes
- Remove the vegetable from the pan
- Add the sausages and cook until brown on all sides
- Return the vegetables to the pan

Stir in the paprika & cook for a further 2-3 minutes
Add the tomatoes, beans & stock, bring to a gentle simmer

Transfer to an ovenproof dish & cover
Place in the oven & cook for approximately 1 hour & 30 minutes

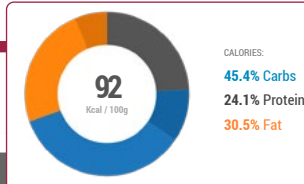
Separately place the diced potatoes on a tray & cook in the oven at 180°C for approximately 15-18 minutes

Service

Serve a portion of the sausages & beans in a bowl & scatter over the potatoes

Chefs hints & tips

As an alternative to the diced potato, top with mashed potato & bake in the oven



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 429G SERVING	%RI
Energy(kJ)	411 kJ	5%	1762 kJ	21%
Energy(kcal)	98 kcal	5%	420 kcal	21%
Fat	3.1 g	4%	13 g	19%
of which saturates	0.7 g	4%	2.8 g	14%
Carbohydrate	10 g	4%	45 g	17%
of which sugars	2.4 g	3%	10 g	11%
Fibre	2.8 g	11%	12 g	48%
Protein	5.6 g	11%	24 g	48%
Salt	0.61 g	10%	2.6 g	43%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
Arancini

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
Courgette, Leek & Pea Risotto	2kg	
114956 FREEE Gluten Free Plain White Flour Blend	200g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	333g	6 x Each
130999 Brakes Gluten Free Breadcrumbs	300g	
131459 KTC Sonneveld Divider Spray Can (auto-calculated)	0g	

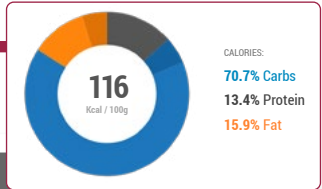
COOKING INSTRUCTIONS

Preparation

- Prepare & cook the risotto as per sub recipe, allow to cool
- Line a baking tray with parchment
- Lay out three trays - one for the flour, one for the egg and one for breadcrumbs
- Preheat the oven to 190°C

Method

- Shape the risotto into 20 x 100g balls
- Coat in the flour, then roll in the egg & then breadcrumbs
- Place on the baking tray and spray with oil
- Bake for approximately 30 minutes
- Serve with a tomato sauce or a low fat dip



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	496 kJ	6%	1405 kJ	17%
Energy(kcal)	117 kcal	6%	332 kcal	17%
Fat	2.1 g	3%	5.8 g	8%
<i>of which saturates</i>	0.6 g	3%	1.8 g	9%
Carbohydrate	21 g	8%	58 g	22%
<i>of which sugars</i>	1.5 g	2%	4.4 g	5%
Fibre	0.5 g	2%	1.3 g	5%
Protein	3.9 g	8%	11 g	22%
Salt	0.41 g	7%	1.2 g	20%

CONTAINS:



SERVES

10

WEEK TWO
Caprese Panini

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
4040 La Boulangerie 10" Part Baked Malted Wheat Baguettes	1.35kg	10 x Each
149913 Latbri Mozzarella Loaf	250g	
88386 Brakes Glaze with Balsamic Vinegar of Modena	20g	
450672 Tomatoes MM	300g	
12068 Yellow Cherry Tomatoes	100g	
10527 Roquette	80g	

COOKING INSTRUCTIONS

Preparation

Thaw the baguettes & slice length ways but not cutting all the way through

Slice the cheese & tomatoes

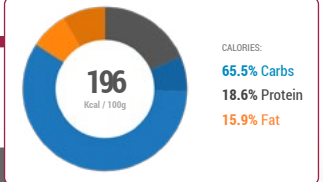
Wash & pat dry the leaves

Method

Arrange the leaves on the base of the baguette

Arrange the cheese & tomatoes over the leaves, drizzle with the glaze

Place in a panini grill for approximately 6 minutes until the mozzarella is melting



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	851 kJ	10%	1787 kJ	21%
Energy(kcal)	202 kcal	10%	423 kcal	21%
Fat	3.5 g	5%	7.3 g	10%
<i>of which saturates</i>	1.8 g	9%	3.8 g	19%
Carbohydrate	32 g	12%	67 g	26%
<i>of which sugars</i>	3.4 g	4%	7 g	8%
Fibre	2.5 g	10%	5.3 g	21%
Protein	9.1 g	18%	19 g	38%
Salt	0.54 g	9%	1.1 g	18%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
Kale, Quinoa, Chickpea
& Feta Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
455914 Curly Kale	400g	
10224 Red Onions	200g	
113885 Herb Bunched Coriander	30g	
113881 Herb Bunched Flat Leaf Parsley	30g	
10230 Cucumber	200g	
12068 Yellow Cherry Tomatoes	300g	
119260 Ardo Express Quick Frozen, Precooked Quinoa	400g	
13609 Brakes Chickpeas in Water	300g	
134404 Feta Cubes (15mm)	200g	
89727 Sysco Classic Reduced Fat French Dressing	250ml	

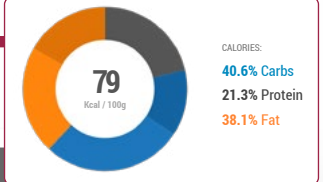
COOKING INSTRUCTIONS

Preparation

- Wash, pat dry & finely shred the kale
- Peel & dice the onions
- Finely chop the herbs
- Dice the cucumber
- Quarter the tomatoes
- Thaw the quinoa
- Drain the chickpeas & feta

Method

- In a bowl combine all of the ingredients & add the dressing, coating all of the ingredients
- Transfer to a take away salad box to serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 231G SERVING	%RI
Energy(kJ)	348 kJ	4%	803 kJ	10%
Energy(kcal)	83 kcal	4%	192 kcal	10%
Fat	3.3 g	5%	7.7 g	11%
<i>of which saturates</i>	1.5 g	8%	3.4 g	17%
Carbohydrate	8 g	3%	18 g	7%
<i>of which sugars</i>	2.5 g	3%	5.9 g	7%
Fibre	2 g	8%	4.5 g	18%
Protein	4.2 g	8%	9.7 g	19%
Salt	0.38 g	6%	0.89 g	15%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
Free From Pesto Crumb
Fish Goujon

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
32729 ASC Basa Fillets (skinless, boneless)	833g	5 x Each
130999 Brakes Gluten Free Breadcrumbs	250g	
114956 FREEE Gluten Free Plain White Flour Blend	225g	
16392 Brakes 18 British Free Range Fresh Medium Eggs Free From Pesto	278g	5 x Each
	150g	

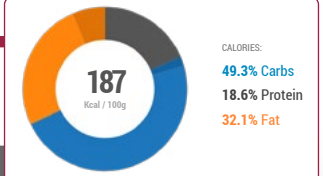
COOKING INSTRUCTIONS

Preparation

- Thaw the fish & cut into goujons
- Lightly beat the egg
- Make up the sub recipe for the free from pesto
- Pre-heat the oven to 190°C

Method

- Pat dry the fish
- in a bowl combine the breadcrumbs & pesto
- In shallow baking trays place the flour, egg & crumbs
- Coat the fish in the flour, then egg & finely the crumb
- Place on a lined baking tray & bake for 15-18 minutes, turning half way



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	788 kJ	9%	1367 kJ	16%
Energy(kcal)	187 kcal	9%	325 kcal	16%
Fat	6.7 g	10%	12 g	17%
of which saturates	1.3 g	7%	2.3 g	12%
Carbohydrate	23 g	9%	40 g	15%
of which sugars	0.9 g	1%	1.5 g	2%
Fibre	0.5 g	2%	0.7 g	3%
Protein	8.7 g	17%	15 g	30%
Salt	0.61 g	10%	1.1 g	18%

CONTAINS:



SERVES

10

WEEK TWO
Free From Pesto Crumb
Aubergine Goujons

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
10281 Aubergine	900g	
Free From Pesto	150g	
130999 Brakes Gluten Free Breadcrumbs	250g	
114956 FREEE Gluten Free Plain White Flour Blend	225g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	278g	5 x Each

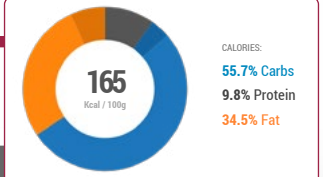
COOKING INSTRUCTIONS

Preparation

- Cut off the stalk to the aubergine, cut into thick slices & then cut in half to resemble a goujon
- Lightly beat the egg
- Make up the sub recipe for the pesto
- Pre heat the oven to 190°C

Method

- In a bowl combine the breadcrumbs & pesto
- In shallow baking trays place the flour, egg & crumbs
- Coat the aubergine in the flour, then egg & finally the crumb
- Place on a lined baking tray & bake for 15-18 minutes, turning half way

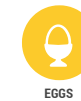


FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	703 kJ	8%	1267 kJ	15%
Energy(kcal)	167 kcal	8%	302 kcal	15%
Fat	6.3 g	9%	11 g	16%
of which saturates	1.3 g	7%	2.3 g	12%
Carbohydrate	23 g	9%	41 g	16%
of which sugars	1.6 g	2%	2.9 g	3%
Fibre	1.1 g	4%	2 g	8%
Protein	4 g	8%	7.3 g	15%
Salt	0.31 g	5%	0.56 g	9%

CONTAINS:



OTHER PROPERTIES:



SERVES

10

WEEK TWO
Italian Herby Diced Potatoes

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
12024 Prepared Large Diced Potatoes	1.5kg	
131459 KTC Sonneveld Divider Spray Can	10g	
134287 Sysco Classic Italian Seasoning	20g	

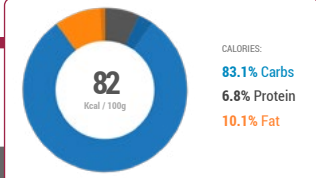
COOKING INSTRUCTIONS

Preparation

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

Method

In a large bowl combine the potatoes, oil & herbs
Transfer to the tray & bake for approximately 25 minutes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	368 kJ	4%	563 kJ	7%
Energy(kcal)	87 kcal	4%	133 kcal	7%
Fat	0.9 g	1%	1.4 g	2%
of which saturates	0 g	0%	0.1 g	1%
Carbohydrate	17 g	7%	26 g	10%
of which sugars	0.6 g	1%	0.9 g	1%
Fibre	2.3 g	9%	3.6 g	14%
Protein	1.4 g	3%	2.2 g	4%
Salt	0.02 g	0%	0.03 g	1%

CONTAINS:



SULPHITES

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK TWO
Smashed Peas

BACK TO
MENU

RECIPE INGREDIENTS

4599 Sysco Essentials Garden Peas
114218 Lemons

QUANTITY DESCRIPTION

800g
154g **1 x Each**

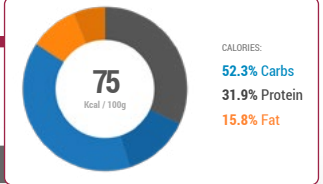
COOKING INSTRUCTIONS

Preparation

Steam the peas until cooked through
Zest the lemon

Method

In a bowl smash the peas with a potato masher, stir through the lemon zest



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	347 kJ	4%	331 kJ	4%
Energy(kcal)	82 kcal	4%	79 kcal	4%
Fat	1.3 g	2%	1.2 g	2%
<i>of which saturates</i>	0.5 g	3%	0.5 g	3%
Carbohydrate	9.7 g	4%	9.3 g	4%
<i>of which sugars</i>	2.4 g	3%	2.3 g	3%
Fibre	3.9 g	16%	3.8 g	15%
Protein	5.9 g	12%	5.7 g	11%
Salt	0 g	0%	0 g	0%

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK TWO
Lamb Kofta, Pitta, Salad
& Houmous

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
Lamb Kofta	560g	1 x Recipe Total
3600 La Boulangerie Pitta Breads	600g	10 x Each
10332 Lettuce Little Gem	100g	
10224 Red Onions	50g	
10230 Cucumber	50g	
121392 Sysco Classic Reduced Fat Houmous	200g	

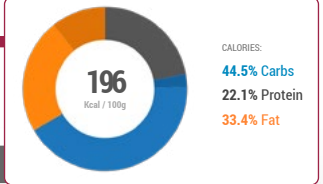
COOKING INSTRUCTIONS

Preparation

- Make the koftas as per sub recipe
- Thaw the pitta
- Wash & dry the leaves
- Peel & dice the onion
- Dice the cucumber

Method

- Warm the pitta in the oven for 4-5 minutes
- Cut a pocket in the pitta, fill with the leaves, add the kofta, scatter over the onion & cucumber
- Finish with the houmous



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 156G SERVING	%RI
Energy(KJ)	845 kJ	10%	1318 kJ	16%
Energy(kcal)	201 kcal	10%	314 kcal	16%
Fat	7.3 g	10%	11 g	16%
of which saturates	2.3 g	12%	3.7 g	19%
Carbohydrate	22 g	8%	34 g	13%
of which sugars	1.3 g	1%	2 g	2%
Fibre	2.4 g	10%	3.8 g	15%
Protein	11 g	22%	17 g	34%
Salt	0.39 g	7%	0.61 g	10%

CONTAINS:



WHEAT



SESAME

SERVES

10

WEEK TWO
Rarebit Cheese &
Bacon Croissant

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
3647 La Boulangerie Fully Baked Croissants	370g	10 x Each
70072 Prime Meats Smoked Rindless Back Bacon	470g	10 x Each
450672 Tomatoes MM	400g	
152132 Flavours Hot Mustard Rarebit Topper	250g	

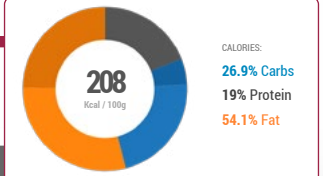
COOKING INSTRUCTIONS

Preparation

- Ideally use yesterdays croissants or thaw ones from the freezer
- Frill the bacon & allow to cool
- Slice the tomatoes
- Pre-heat the oven to 170°C

Method

- Slice the croissant but not all of the way through
- Spread over the cheese on the bottom of the opened croissant
- Place the bacon & tomatoes inside
- Warm through in the oven for approximately 8 minutes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 149G SERVING	%RI
Energy(KJ)	877 kJ	10%	1306 kJ	16%
Energy(kcal)	210 kcal	11%	313 kcal	16%
Fat	13 g	19%	19 g	27%
of which saturates	5.7 g	29%	8.5 g	43%
Carbohydrate	14 g	5%	21 g	8%
of which sugars	2.7 g	3%	4 g	4%
Fibre	1 g	4%	1.5 g	6%
Protein	9.9 g	20%	15 g	30%
Salt	1.5 g	25%	2.3 g	38%

CONTAINS:



MAY CONTAIN:



SERVES

10

WEEK TWO
Smoked Mackerel, Beetroot,
Houmous & Orange Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
32411 M&J Seafood Scottish Hot Smoked Mackerel Fillets	900g	11 ½ x Each
105129 Cooked Beetroots	600g	
129211 Sysco Premium Quinoa & Sunflower Seed Houmous	500g	
10292 Medium Oranges	750g	
450343 Baby Leaf Mix	250g	
88884 Brakes Sunflower Seeds	50g	
10844 Sysco Classic Pumpkin Seeds	50g	
132721 Chia Seeds	10g	
88386 Brakes Glaze with Balsamic Vinegar of Modena	30g	
134404 Feta Cubes (15mm)	150g	
13609 Brakes Chickpeas in Water	300g	

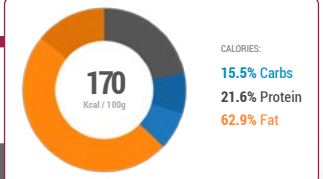
COOKING INSTRUCTIONS

Preparation

- Thaw the mackerel
- Dice the beetroot
- Segment the orange
- Drain the feta
- Drain the chickpeas

Method

- To build the salad take a suitable food to go salad box
- Place the leaves in the base of the salad
- Scatter over the mackerel, orange, feta, chickpeas
- Spoon in the houmous
- Scatter over the seeds & finely add a drizzle of balsamic glaze



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 359G SERVING	%RI
Energy(kJ)	722 kJ	9%	2592 kJ	31%
Energy(kcal)	174 kcal	9%	623 kcal	31%
Fat	12 g	17%	43 g	61%
of which saturates	2.6 g	13%	9.5 g	48%
Carbohydrate	6.6 g	3%	24 g	9%
of which sugars	3.4 g	4%	12 g	13%
Fibre	1.9 g	8%	6.9 g	28%
Protein	9.2 g	18%	33 g	66%
Salt	0.93 g	16%	3.3 g	55%

CONTAINS:



MILK



FISH



SESAME



SULPHITES

SERVES

10

WEEK THREE
BBQ Shredded Chicken Bao
Buns & Asian Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
6615 Brakes 12mm Cooked Chicken Breast Strips	800g	
112265 Bao (Hirata) Bun	500g	10x Each
149963 Sysco Classic Barbecue Sauce	200g	
10214 Red Cabbage	100g	
124173 White Cabbage CLASS II	100g	
450693 Carrots CLASS II	100g	
12010 Red Onions	80g	
350098 Tate, Lyle Caster Sugar 2kg	20g	
127153 Mikado Rice Vinegar CASE	120ml	

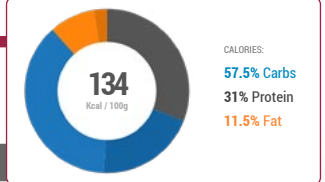
COOKING INSTRUCTIONS

Preparation

- Thaw the chicken
- Thaw the buns
- Shred the cabbages
- Grate the carrots
- Peel & slice the onions
- Line a baking tray with parchment
- Pre-heat the oven to 170°C

Method

- Place the vinegar and sugar in a large bowl and mix well
- Place all of the vegetables in the vinegar and stir well - leave to marinade
- In a bowl combine the chicken & sauce, transfer to the tray & bake for approximately 12-15 minutes
- Steam buns in steamer for 8 minutes or steam over a pan of boiling water
- Fill hot buns with chicken & sauce
- Serve with a portion of the salad



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	575 kJ	7%	1161 kJ	14%
Energy(kcal)	136 kcal	7%	274 kcal	14%
Fat	1.7 g	2%	3.5 g	5%
of which saturates	0.4 g	2%	0.8 g	4%
Carbohydrate	19 g	7%	39 g	15%
of which sugars	6.5 g	7%	13 g	14%
Fibre	1.1 g	4%	2.3 g	9%
Protein	10 g	20%	21 g	42%
Salt	0.52 g	9%	1 g	17%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

10

WEEK THREE
BBQ Fabel Mushroom Bao
Bun & Asian Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
135893 Fabel Plant Based Meaty Pulled Mushrooms	800g	
112265 Bao (Hirata) Bun	500g	10x Each
149963 Sysco Classic Barbecue Sauce	200g	
10214 Red Cabbage	100g	
124173 White Cabbage CLASS II	100g	
450693 Carrots CLASS II	100g	
12010 Red Onions	80g	
350098 Tate & Lyle Caster Sugar	20g	
127153 Mikado Rice Vinegar CASE	120ml	

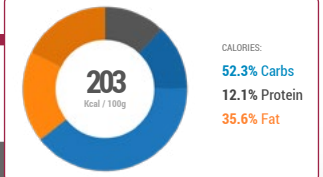
COOKING INSTRUCTIONS

Preparation

- Thaw the mushrooms
- Thaw the buns
- Shred the cabbages
- Grate the carrots
- Peel & slice the onions
- Line a baking tray with parchment
- Pre-heat the oven to 170°C

Method

- Place the vinegar and sugar in a large bowl and mix well
- Place all of the vegetables in the vinegar and stir well - leave to marinade
- In a bowl combine the mushrooms & sauce, transfer to the tray & bake for approximately 12-15 minutes
- Steam buns in steamer for 8 minutes or steam over a pan of boiling water
- Fill hot buns with mushrooms & sauce
- Serve with a portion of the salad



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	909 kJ	11%	1836 kJ	22%
Energy(kcal)	217 kcal	11%	438 kcal	22%
Fat	8 g	11%	16 g	23%
of which saturates	4 g	20%	8 g	40%
Carbohydrate	27 g	10%	54 g	21%
of which sugars	6.5 g	7%	13 g	14%
Fibre	6.8 g	27%	14 g	56%
Protein	6.1 g	12%	12 g	24%
Salt	0.71 g	12%	1.4 g	23%

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



SERVES

1

WEEK THREE
Chicken & Halloumi Wrap

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
4381 La Boulangerie 10" Fully Baked Flour Tortillas	54g	1x Each
117371 Roasted Chicken Strips 12mm	55g	
74550 Brakes Low Fat Natural Yogurt	40g	
114218 Lemons	1g	
134644 Cooks, Co Garlic Puree	3g	
33592 Sysco Classic Oregano	1g	
71035 Traditional Halloumi	20g	
119688 Cooks & Co Red Pesto Alla Siciliana	5g	
10332 Lettuce Little Gem	25g	
10224 Red Onions	5g	
10364 Red Cherry Tomatoes	15g	
131459 KTC Sonneveld Divider Spray Can	1g	

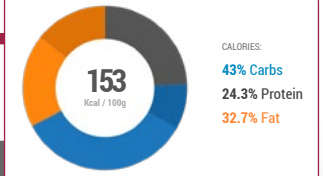
COOKING INSTRUCTIONS

Preparation

- Thaw the wraps
- Thaw the chicken
- Zest the lemon
- Dice the halloumi
- Wash & shred the lettuce
- Finely dice the tomato & red onion

Method

- Place the chicken in a bowl and mix with the yogurt, lemon, garlic, oregano & season
- Heat a sauté pan with the spray oil & pan fry the halloumi on all sides
- Take the wrap & spread over the pesto
- Arrange the lettuce along the centre, then top with the chicken & halloumi
- Scatter over the onion & tomato
- Fold the wrap and serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	652 kJ	8%	1470 kJ	18%
Energy(kcal)	155 kcal	8%	350 kcal	18%
Fat	5.6 g	8%	13 g	19%
<i>of which saturates</i>	2.4 g	12%	5.5 g	28%
Carbohydrate	16 g	6%	37 g	14%
<i>of which sugars</i>	3.4 g	4%	7.7 g	9%
Fibre	1.1 g	4%	2.5 g	10%
Protein	9.3 g	19%	21 g	42%
Salt	0.75 g	13%	1.7 g	28%

CONTAINS:



WHEAT



MILK

MAY CONTAIN:



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

SERVES

10

WEEK THREE
Glazed Chilli Salmon & Pak Choi & Rice

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
128687 M&J Seafood Scottish Salmon Fillet Suprêmes	800g	1x Each
86972 Pan Asia Sweet Chilli Dipping Sauce	150g	
16285 Blue Dragon Dark Soy Sauce 2 Litre	100g	
118090 Supernature Oil Original Cold Pressed Rapeseed Oil	20g	
10582 Pak Choi	1kg	
10439 Fresh Garlic	20g	
50/50 Cooked Rice Secondary	569g	
131459 KTC Sonneveld Divider Spray Can	5g	

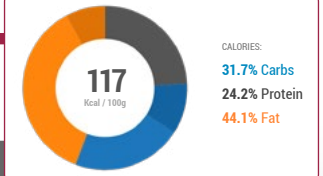
COOKING INSTRUCTIONS

Preparation

- Mix sweet chilli sauce, half the soy sauce and oil and set aside
- Cook the sub recipe for the rice and chill immediately
- Cut pak choi into quarters, clean and dry
- Finely slice the garlic

Method

- Preheat the overhead grill
- Place the salmon side down on a suitable baking tray, and cover with the chilli glaze
- Place under the grill and cook until core temperature is reached - allow to cool completely
- Spray the pak choy with oil and sear pink side down in a hot pan until coloured
- Add remaining soy & splash of water and sliced garlic, then cover and steam until cooked
- Allow to cool completely
- Serve the rice topped with the salmon, then add the pak choi & drizzle with any remaining glaze



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	494 kJ	6%	1316 kJ	16%
Energy(kcal)	118 kcal	6%	314 kcal	16%
Fat	5.7 g	8%	15 g	21%
<i>of which saturates</i>	1 g	5%	2.7 g	14%
Carbohydrate	9.2 g	4%	25 g	10%
<i>of which sugars</i>	2.9 g	3%	7.7 g	9%
Fibre	0.7 g	3%	1.9 g	8%
Protein	7 g	14%	19 g	38%
Salt	0.9 g	15%	2.4 g	40%

CONTAINS:



WHEAT



FISH



SOYA

MAY CONTAIN:



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



PEANUTS

SERVES

10

WEEK THREE
Mongolian Beef with
Rice Noodles

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
136645 Birchstead Beef Stir Fry Strips	1kg	1 x Each
118090 Supernature Oil Original Cold Pressed Rapeseed Oil	165g	
100244 The Juice Apple Juice	40ml	
124867 Kikkoman Tamari Gluten Free Soy Sauce 1L	240g	
5946 Sysco Classic Cornflour	490g	
1 Tap Water (for VC recipes)	640g	
33596 Sysco Classic Bicarbonate of Soda	5g	
114962 Tate, Lyle Fairtrade Light Brown Soft Pure Cane Sugar 500g	200g	
128315 Flat Rice Noodles	750g	
26695 Knorr Professional Ginger Puree 750g	20g	
117818 Ardo Chopped Red Chilli	25g	
10473 Spring Onions Bunch	150g	

COOKING INSTRUCTIONS

Preparation

Marinate the beef in a large bowl with 40ml oil, apple juice, 40ml soy sauce, 40g cornflour, 40ml water & bicarbonate of soda

Cover in cling film & marinate in the fridge for at least an hour

In a bowl take the sugar & pour on 600ml boiling water

Stir until this dissolves, then add 200ml soy sauce

In another bowl mix the 400g cornflour with 125ml oil

Remove the beef from the marinade and then coat in the cornflour mixture

Place the noodle in a large bowl, cover with boiling water & stand for a few minutes to soften

Stir with a fork, then drain, set aside

Method

Heat a wok on a high heat & cook the beef quickly, then remove it from the wok & set aside

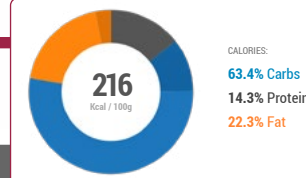
Return the wok to the heat, stir fry the ginger & chilli for 1 minute

Add the spring onions & cook for a further minute

Add the noodles

Finally combine the remaining 50g cornflour with a little cold water & add to the wok

Return the beef to combine and heat through



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	913 kJ	11%	3399 kJ	40%
Energy(kcal)	216 kcal	11%	806 kcal	40%
Fat	5.3 g	8%	20 g	29%
<i>of which saturates</i>	0.7 g	4%	2.7 g	14%
Carbohydrate	34 g	13%	127 g	49%
<i>of which sugars</i>	5.7 g	6%	21 g	23%
Fibre	0.5 g	2%	1.3 g	5%
Protein	7.7 g	15%	29 g	58%
Salt	1.2 g	20%	4.6 g	77%

CONTAINS:



SOYA

SERVES

10

WEEK THREE
Mongolian Quorn with
Rice Noodles

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
135193 Quorn Pieces	1kg	10 x Each
118090 Supernature Oil Original Cold Pressed Rapeseed Oil	165g	
100244 The Juice Apple Juice	40ml	
124867 Kikkoman Tamari Gluten Free Soy Sauce 1L	240g	
5946 Sysco Classic Cornflour	490g	
1 Tap Water (for VC recipes)	640g	
33596 Sysco Classic Bicarbonate of Soda	5g	
114962 Tate, Lyle Fairtrade Light Brown Soft Pure Cane Sugar 500g	200g	
128315 Flat Rice Noodles	750g	
26695 Knorr Professional Ginger Puree 750g	20g	
117818 Ardo Chopped Red Chilli	25g	
10473 Spring Onions Bunch	150g	

COOKING INSTRUCTIONS

Preparation

Marinate the Quorn in a large bowl with 40ml oil, apple juice, 40ml soy sauce, 40g cornflour, 40ml water & bicarbonate of soda

Cover in cling film & marinate in the fridge for at least an hour

In a bowl take the sugar & pour on 600ml boiling water

Stir until this dissolves, then add 200ml soy sauce

In another bowl mix the 400g cornflour with 125ml oil

Remove the Quorn from the marinade and then coat in the cornflour mixture

Place the noodle in a large bowl, cover with boiling water & stand for a few minutes to soften

Stir with a fork, then drain, set aside

Method

Heat a wok on a high heat & cook the Quorn quickly, then remove it from the wok & set aside

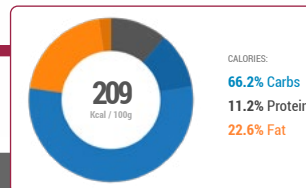
Return the wok to the heat, stir fry the ginger & chilli for 1 minute

Add the spring onions & cook for a further minute

Add the noodles

Finally combine the remaining 50g cornflour with a little cold water & add to the wok

Return the Quorn to combine and heat through



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	901 kJ	11%	3357 kJ	40%
Energy(kcal)	214 kcal	11%	797 kcal	40%
Fat	5.3 g	8%	20 g	29%
<i>of which saturates</i>	0.5 g	3%	2 g	10%
Carbohydrate	35 g	13%	129 g	50%
<i>of which sugars</i>	5.8 g	6%	22 g	24%
Fibre	2.2 g	9%	8.4 g	34%
Protein	5.8 g	12%	22 g	44%
Salt	1.4 g	23%	5.2 g	87%

CONTAINS:



EGGS



SOYA

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK THREE
Loaded Naan Bread

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
30133 La Boulangerie Garlic & Coriander Chota Naan Breads	350g	10 x Each
117525 Maggi Rich Rustic Tomato Sauce	200g	
135893 Fable Plant Based Meaty Pulled Mushrooms	400g	4 x Each
4793 Brakes Sliced Mixed Peppers	400g	
146290 Arla Pro Mozzarella Dice 4mm	200g	2 x Each
10473 Spring Onions Bunch	100g	1 x Each
86972 Pan Asia Sweet Chilli Dipping Sauce 1L	100g	Each

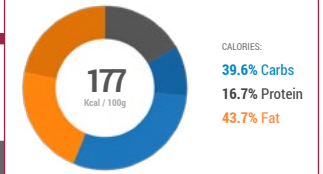
COOKING INSTRUCTIONS

Preparation

Thaw the bread, mushrooms & peppers
Finely slice the onions
Pre-heat the oven to 190°C

Method

Spread over the tomato sauce over the bread
Scatter over the mushrooms, peppers, cheese, finally adding the spring onions & drizzle over the sweet chilli
Bake for approximately 10-12 minutes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	777 kJ	9%	1359 kJ	16%
Energy(kcal)	186 kcal	9%	325 kcal	16%
Fat	8.6 g	12%	15 g	21%
<i>of which saturates</i>	4.3 g	22%	7.5 g	38%
Carbohydrate	18 g	7%	31 g	12%
<i>of which sugars</i>	4.3 g	5%	7.6 g	8%
Fibre	4.6 g	18%	8 g	32%
Protein	7.4 g	15%	13 g	26%
Salt	0.72 g	12%	1.3 g	22%

CONTAINS:



WHEAT



MILK



SOYA



SULPHITES

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK THREE
Chicken, Pepper & Free From
Pesto Pasta Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
Wholemeal Penne Pasta Secondary	670g	
Free From Pesto	315g	
6615 Brakes 12mm Cooked Chicken Breast Strips	800g	
4793 Brakes Sliced Mixed Peppers	300g	
126924 Sysco Classic Vegan Mayo	315ml	

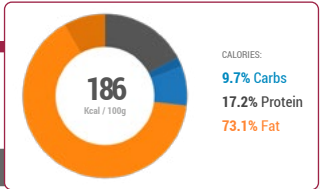
COOKING INSTRUCTIONS

Preparation

- Cook the pasta as per sub recipe
- Make the pesto sub recipe
- Thaw the chicken & peppers

Method

- In a large bowl combine the pasta, pesto, peppers & mayonnaise
- Serve together with the chicken on top



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 240G SERVING	%RI
Energy(kJ)	776 kJ	9%	1863 kJ	22%
Energy(kcal)	187 kcal	9%	449 kcal	22%
Fat	15 g	21%	36 g	51%
of which saturates	1.7 g	9%	4 g	20%
Carbohydrate	4.5 g	2%	11 g	4%
of which sugars	0.9 g	1%	2.1 g	2%
Fibre	0.6 g	2%	1.5 g	6%
Protein	8 g	16%	19 g	38%
Salt	0.32 g	5%	0.76 g	13%

CONTAINS:



WHEAT

MAY CONTAIN:



MUSTARD



SOYA

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

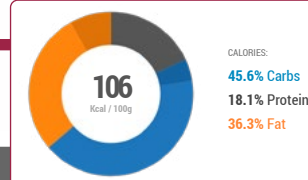
In a large sauté pan heat the oil & gently sweat the onion, carrot & leek for approximately 8 minutes
Add the garlic & cook for a further 2 minutes
Stir in the curry powder & cook for 2 minutes
Add the rice, allow to cook for a couple of minutes, combining all of the ingredients
Stir in the stock, bring 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%
<i>of which saturates</i>	1 g	5%	3.8 g	19%
Carbohydrate	12 g	5%	48 g	18%
<i>of which sugars</i>	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:



EGGS



FISH

SERVES

10

WEEK THREE
Oumph! & Rice

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
128104 Oumph! The Original Chunk	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 Oumph!
- 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

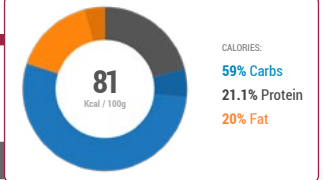
Method

- 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 Oumph! & 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)	353 kJ	4%	1411 kJ	17%
Energy(kcal)	84 kcal	4%	335 kcal	17%
Fat	1.8 g	3%	7.2 g	10%
<i>of which saturates</i>	0.4 g	2%	1.4 g	7%
Carbohydrate	12 g	5%	48 g	18%
<i>of which sugars</i>	1.1 g	1%	4.5 g	5%
Fibre	1.3 g	5%	5.2 g	21%
Protein	4.3 g	9%	17 g	34%
Salt	0.37 g	6%	1.5 g	25%

CONTAINS:



EGGS



SOYA

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK THREE
Korean Beef Tacos

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
136291 Halal Mince Beef	600g	
124059 Lion Korean BBQ Sauce 1 Litre	300g	
10332 Lettuce Little Gem	160g	
10224 Red Onions	200g	
148955 Radish	100g	
85788 Old El Paso Hard Taco Shells	260g	
146195 Lion Chipotle Mayo	100g	

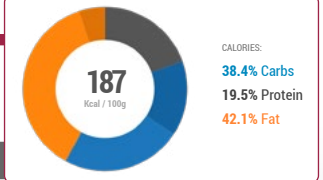
COOKING INSTRUCTIONS

Preparation

- Wash, dry & finely shred the lettuce
- Peel & finely dice the onion
- Grate the radish

Method

- Pan fry the mince until golden brown & stir in the sauce
- Fill the taco shells with the lettuce, fill with the mince, scatter over the radish & cucumber & finish with a drizzle chipotle mayonnaise
- Serve two tacos per serving



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	792 kJ	9%	1363 kJ	16%
Energy(kcal)	189 kcal	9%	325 kcal	16%
Fat	8.7 g	12%	15 g	21%
<i>of which saturates</i>	1.1 g	6%	1.8 g	9%
Carbohydrate	18 g	7%	31 g	12%
<i>of which sugars</i>	6.9 g	8%	12 g	13%
Fibre	1 g	4%	1.7 g	7%
Protein	9.1 g	18%	16 g	32%
Salt	0.62 g	10%	1.1 g	18%

CONTAINS:



WHEAT



SOYA

SERVES

10

WEEK THREE
Lentil & Houmous Herby
Salad

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
136535 Ardo Tricolore Lentil Mix	600g	
121392 Sysco Classic Reduced Fat Houmous	200g	
12068 Yellow Cherry Tomatoes	300g	
10224 Red Onions	200g	
10230 Cucumber	200g	
113882 Premium Large Mint Bunch	30g	
113881 Herb Bunched Flat Leaf Parsley	30g	
114218 Lemons	10g	

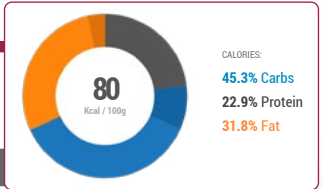
COOKING INSTRUCTIONS

Preparation

- Thaw the lentils
- Quarter the tomatoes
- Peel & finely dice the onion
- Grate the radish
- Finely chop the herbs
- Zest the lemon

Method

- In a bowl combine all of the ingredients & mix well
- Serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 157G SERVING	%RI
Energy(kJ)	374 kJ	4%	587 kJ	7%
Energy(kcal)	89 kcal	4%	140 kcal	7%
Fat	2.8 g	4%	4.5 g	6%
<i>of which saturates</i>	0.3 g	2%	0.5 g	3%
Carbohydrate	9.1 g	4%	14 g	5%
<i>of which sugars</i>	1.8 g	2%	2.8 g	3%
Fibre	4 g	16%	6.3 g	25%
Protein	4.6 g	9%	7.2 g	14%
Salt	0.14 g	2%	0.23 g	4%

CONTAINS:



SESAME

OTHER PROPERTIES:



VEGETARIAN



VEGAN

SERVES

10

WEEK THREE
British Favourite Sausage
& Mash

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
53573 British Red Tractor Healthier Option Pork Sausages 8s	1.13kg	
85654 Maggi Mashed Potato Flakes (low salt)	200g	
1 Tap Water (for VC recipes)	2kg	
136678 Sysco Classic Reduced Fat, Salt Gluten-Free Fine Gravy Granules	75g	
10607 Sliced Red Onions	200g	

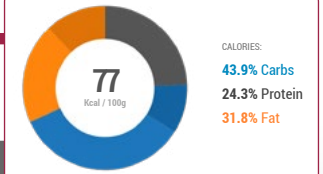
COOKING INSTRUCTIONS

Preparation

Place the sausage on a baking tray & cook at 180°C for approximately 20 minutes
Remove from the pan & allow to cool slightly, then cut each sausage into four chunks
Make up the gravy as per guidelines

Method

Transfer the gravy to a saucepan
Add the onions & simmer for 20 minutes
Add the sausages to the gravy to heat back through
Make the mash potato as per guidelines
Serve together



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	331 kJ	4%	1193 kJ	14%
Energy(kcal)	79 kcal	4%	284 kcal	14%
Fat	2.7 g	4%	9.8 g	14%
<i>of which saturates</i>	1 g	5%	3.7 g	19%
Carbohydrate	8.4 g	3%	30 g	12%
<i>of which sugars</i>	1.9 g	2%	6.7 g	7%
Fibre	0.9 g	4%	3.4 g	14%
Protein	4.7 g	9%	17 g	34%
Salt	0.64 g	11%	2.3 g	38%

CONTAINS:



WHEAT



MILK



SULPHITES

MAY CONTAIN:



EGGS



MUSTARD



SOYA

SERVES

10

WEEK THREE
British Favourite Vegan
Sausage & Mash

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
135197 Quorn Vegan Sausages	1.13kg	
85654 Maggi Mashed Potato Flakes (low salt)	200g	
1 Tap Water (for VC recipes)	2kg	
136678 Sysco Classic Reduced Fat, Salt Gluten-Free Fine Gravy Granules	75g	
10607 Sliced Red Onions	200g	

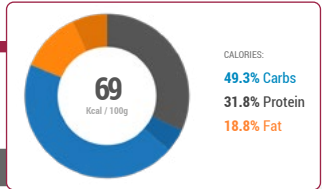
COOKING INSTRUCTIONS

Preparation

Place the sausage on a baking tray & cook at 180°C for approximately 20 minutes
Remove from the pan & allow to cool slightly, then cut each sausage into four chunks
Make up the gravy as per guidelines

Method

Transfer the gravy to a saucepan
Add the onions & simmer for 20 minutes
Add the sausages to the gravy to heat back through
Make the mash potato as per guidelines
Serve together



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	302 kJ	4%	1089 kJ	13%
Energy(kcal)	72 kcal	4%	258 kcal	13%
Fat	1.4 g	2%	5.2 g	7%
<i>of which saturates</i>	0.5 g	3%	1.9 g	10%
Carbohydrate	8.5 g	3%	31 g	12%
<i>of which sugars</i>	0.8 g	1%	2.8 g	3%
Fibre	1.5 g	6%	5.5 g	22%
Protein	5.5 g	11%	20 g	40%
Salt	0.62 g	10%	2.2 g	37%

CONTAINS:



WHEAT



MILK



SULPHITES

MAY CONTAIN:



EGGS



MUSTARD



SOYA

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK THREE
Mackerel, Soft Cheese &
Cucumber Baguette

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
3490 La Boulangerie 10" Part Baked White Sandwich Baguettes	1.4kg	
32411 M&J Seafood Scottish Hot Smoked Mackerel Fillets	600g	
10230 Cucumber	100g	
71776 Green Valley Dairy Low Fat Soft Cheese	150g	

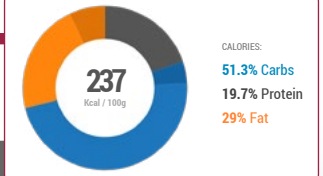
COOKING INSTRUCTIONS

Preparation

Bake the baguettes as per their instructions and allow to cool completely
Thaw the mackerel and break up gently to flake
Slice the cucumber

Method

Slice the baguette in half but not all the way through
Spread over the cheese
Arrange the mackerel & cucumber on top
Cut in half to serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER 225G SERVING	%RI
Energy(kJ)	1014 kJ	12%	2282 kJ	27%
Energy(kcal)	241 kcal	12%	543 kcal	27%
Fat	7.6 g	11%	17 g	24%
<i>of which saturates</i>	1.8 g	9%	4.2 g	21%
Carbohydrate	30 g	12%	68 g	26%
<i>of which sugars</i>	2.6 g	3%	5.8 g	6%
Fibre	2.2 g	9%	5 g	20%
Protein	12 g	24%	26 g	52%
Salt	1.3 g	22%	2.9 g	48%

CONTAINS:



WHEAT



MILK



FISH

MAY CONTAIN:



BARLEY



SESAME

SERVES

10

WEEK THREE
Chicken & Roasted Root
Vegetables & Cranberry Slaw

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
117363 Cooked Chicken Inner Fillets	800g	
450666 Chunky Vegetable Mix	800g	
131459 KTC Sonneveld Divider Spray Can	0g	
130382 Prepared Chestnuts	160g	
525427 Asian Slaw Mix	800g	
89704 Sysco Classic Light Mayonnaise	300g	
100357 Brakes Cranberry Sauce	60g	

COOKING INSTRUCTIONS

Preparation

Thaw the chicken & slice

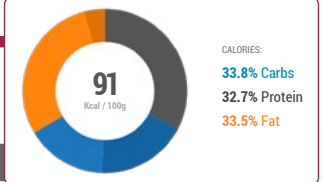
Place the vegetables on a lined baking tray, spray with oil, bake at 180°C for approximately 15-18 minutes

Method

In a bowl combine the slaw mix, chestnuts, mayonnaise & cranberry sauce

Service

Arrange the vegetable, add the slaw & top with the chicken



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	392 kJ	5%	1146 kJ	14%
Energy(kcal)	94 kcal	5%	273 kcal	14%
Fat	3.4 g	5%	9.8 g	14%
<i>of which saturates</i>	0.4 g	2%	1.2 g	6%
Carbohydrate	7.6 g	3%	22 g	8%
<i>of which sugars</i>	4 g	4%	12 g	13%
Fibre	1.5 g	6%	4.4 g	18%
Protein	7.4 g	15%	22 g	44%
Salt	0.49 g	8%	1.4 g	23%

CONTAINS:



EGGS



SULPHITES

SERVES

10

WEEK THREE
Korean Pulled Pork Mac
Cheese

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71927 Brakes Sunflower Light Spread	128g	Each 1 x Each
114951 Brakes Plain Flour	128g	
78224 Wholesome Farms Fresh Skimmed Milk	1.23ltr	
146186 Sysco Classic Straight Macaroni	375g	
131249 Cooked Pulled Pork	500g	
124059 Lion Korean BBQ Sauce 1 Litre	300g	
71951 Sysco Classic Grated Reduced Fat White Cheese	250g	

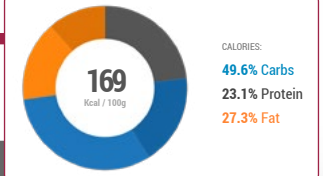
COOKING INSTRUCTIONS

Preparation

Thaw the pork
Pre-heat the oven to 180°C

Method

Warm the milk & bring to a gentle simmer
Make the béchamel sauce by melting the sunflower spread in a large pan, whisk in the flour & cook for 3-4 minutes. Gradually add the milk & keep stirring to avoid any lumps
Bring to a simmer & allow to cook for 15 minutes, then add 150g of cheese
In a pan of boiling water cook the macaroni for 3 minutes - drain
In a bowl combine the macaroni, pork & Korean sauce, transfer to a 9x9 dish
Pour in three quarters of the cheese sauce & use a fork to gently mix the sauce into the pasta
Pour the remaining sauce over the top & scatter with remaining cheese
Bake in the oven for approximately 40-45 minutes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	717 kJ	9%	2089 kJ	25%
Energy(kcal)	170 kcal	9%	496 kcal	25%
Fat	5.1 g	7%	15 g	21%
of which saturates	2.1 g	11%	6.2 g	31%
Carbohydrate	21 g	8%	61 g	23%
of which sugars	7.6 g	8%	22 g	24%
Fibre	0.6 g	2%	1.7 g	7%
Protein	9.8 g	20%	28 g	56%
Salt	0.65 g	11%	1.9 g	32%

CONTAINS:



WHEAT



MILK



CELERY



MUSTARD



SOYA

SERVES

10

WEEK THREE
Plant Forward Mushroom &
Butternut Macaroni Cheese

BACK TO
MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
71927 Brakes Sunflower Light Spread	128g	
114951 Brakes Plain Flour	128g	
128154 Alpro Soya Unsweetened Long Life Drink	1.27kg	
22724 Brakes Butter Beans in Water	240g	
146186 Sysco Classic Straight Macaroni	375g	
12083 Butternut Squash	675g	
10226 Button Mushrooms	450g	
10469 Cooking Onions	240g	
10439 Fresh Garlic	24g	
126489 Violife Original Flavour Vegan Grated	410g	
470829 KTC Vegetable Oil	60g	

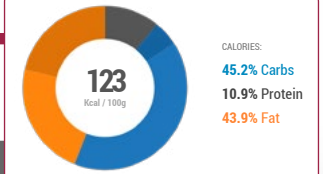
COOKING INSTRUCTIONS

Preparation

- Peel & finely dice the squash
- Finely dice the mushrooms
- Peel & finely dice the onions
- Peel & finely chop the garlic
- Pre-heat the oven to 180°C

Method

- Warm the milk & bring to a gentle simmer
- Make the béchamel sauce by melting the sunflower spread in a large pan, whisk in the flour & cook for 3-4 minutes Gradually add the milk & keep stirring to avoid any lumps
- Bring to a simmer & allow to cook for 15 minutes
- Stir in the butterbeans & blend until smooth, then add 150g of cheese
- In a sauté pan heat the oil, & cook the squash for approximately 8-10 minutes
- Add the mushrooms & cook for a 5-8 minutes
- Finally add the onions & cook for 5 minutes, then add the garlic & cook for a further 2 minutes
- In a pan of boiling water cook the macaroni for 3 minutes, drain
- In a bowl combine the macaroni & vegetables, transfer to a 9x9 dish
- Pour in three quarters of the cheese sauce & use a fork to gently mix the sauce into the pasta
- Pour the rest of the sauce over the top & scatter with remaining cheese
- Bake in the oven for approximately 40-45 minutes



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	528 kJ	6%	2115 kJ	25%
Energy(kcal)	126 kcal	6%	505 kcal	25%
Fat	6 g	9%	24 g	34%
<i>of which saturates</i>	2.9 g	15%	12 g	60%
Carbohydrate	14 g	5%	56 g	22%
<i>of which sugars</i>	1.5 g	2%	6.1 g	7%
Fibre	1.4 g	6%	5.5 g	22%
Protein	3.4 g	7%	13 g	26%
Salt	0.3 g	5%	1.2 g	20%

CONTAINS:



WHEAT



SOYA

MAY CONTAIN:



MUSTARD

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK THREE
Asian Egg Salad Wrap

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
134394 Mission 25cm Bran Tortilla Wrap	690g	
16392 Brakes 18 British Free Range Fresh Medium Eggs	560g	
525427 Asian Slaw Mix	400g	
86972 Pan Asia Sweet Chilli Dipping Sauce	150g	
10527 Roquette	80g	

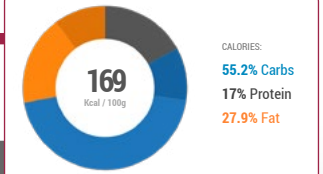
COOKING INSTRUCTIONS

Preparation

Thaw the wraps
Hard boil the eggs, refresh, peel & roughly chop
In a bowl combine the slaw mix, egg & chili sauce

Method

Arrange the leaves on the wrap, top with the egg mixture
Fold & roll the wrap to serve



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	730 kJ	9%	1373 kJ	16%
Energy(kcal)	174 kcal	9%	326 kcal	16%
Fat	5.2 g	7%	9.8 g	14%
<i>of which saturates</i>	1.9 g	10%	3.6 g	18%
Carbohydrate	23 g	9%	44 g	17%
<i>of which sugars</i>	4.5 g	5%	8.4 g	9%
Fibre	2.3 g	9%	4.2 g	17%
Protein	7.2 g	14%	13 g	26%
Salt	0.67 g	11%	1.3 g	22%

CONTAINS:



WHEAT



EGGS

OTHER PROPERTIES:



VEGETARIAN

SERVES

10

WEEK THREE
Honey Glazed Sausage & Potato Salad

BACK TO MENU

RECIPE INGREDIENTS

RECIPE INGREDIENTS	QUANTITY	DESCRIPTION
53573 British Red Tractor Healthier Option Pork Sausages 8s	1.2kg	
350157 Brakes Squeezy Clear Blossom Honey	100g	
10420 Potatoes Baby 25-35mm Washed	700g	
525427 Asian Slaw Mix	700g	
148955 Radish	100g	
113881 Herb Bunched Flat Leaf Parsley	30g	
89704 Sysco Classic Light Mayonnaise	400g	

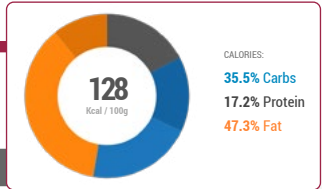
COOKING INSTRUCTIONS

Preparation

Place the sausages on a lined baking & drizzle with honey
 Bake in a pre-heated oven at 180°C for approximately 20 minutes - allow to cool & slice
 Cook the potatoes in a pan of boiling water until tender, drain, refresh & cut into chunks
 Grate the radish
 Finely chop the parsley

Method

In a bowl combine the potatoes, slaw mix, radish, parsley & mayonnaise
 Serve with the sausages



FOOD LABELLING...

EU Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	546 kJ	7%	1764 kJ	21%
Energy(kcal)	131 kcal	7%	422 kcal	21%
Fat	6.7 g	10%	22 g	31%
<i>of which saturates</i>	1.5 g	8%	5 g	25%
Carbohydrate	11 g	4%	37 g	14%
<i>of which sugars</i>	4.7 g	5%	15 g	17%
Fibre	1.5 g	6%	4.9 g	20%
Protein	5.5 g	11%	18 g	36%
Salt	0.56 g	9%	1.8 g	30%

CONTAINS:



WHEAT



EGGS



SULPHITES