

Beggars Noodles SEC

Plan Date: 18 Apr 2017

PLU Number 93131282
Recipe Price Band CA
Portions 10
Protein Type N/A
Portion Net Weight 156 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1063kJ 254kcal	1.5g	0.3g	0.8g	1.0g
13%	2%	2%	1%	17%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 682kJ/163kcal

Ingredients

700 G Noodles Egg Medium No 1F 3KG
 Brakes Ambient
 115789
30 ML Sauce Soy Dark Amoy 150ml
 Brakes Ambient
 115073
30 G Spring Onion 115g
 Brakes Chilled Ltd
 78091

Method

Method
 1. Soak the noodles in boiling water for 10 minutes. Finely slice the spring onions at an angle.
 2. Drain the noodles place in a bowl and stir through the soy sauce and spring onion. Serve.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Soybeans	✓

Wok Tossed Oriental Vegetables

Plan Date: 18 Apr 2017

PLU Number	93130848
Recipe Price Band	CA
Portions	10
Protein Type	N/A
Portion Net Weight	94 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
155kJ 37kcal	2.4g	0.2g	2.6g	trace
2%	3%	1%	3%	1%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 163kJ/39kcal

Ingredients

- 150 ML** Water Cold 1L
- 200 G** Broccoli Prepack N 500g
Brakes Chilled Ltd
77053
- 20 ML** [Oil Rapeseed Drum Jerry Can KTC 5L](#)
Ingredient not on unit APL
- 20 ML** Oil Rapeseed KTC 5L
Brakes Ambient
115983
- 25 G** Spring Onion 115g
Brakes Chilled Ltd
78091
- 150 G** Courgette Loose Essentials 5KG
Brakes Chilled Ltd
101854
- 125 G** Onion Red PK 5KG
Brakes Chilled Ltd
101804
- 200 G** Carrot BB 2KG
Brakes Chilled Ltd
101846
- 10 G** Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
- 150 G** Pepper Sliced Green Red Yellow 2.5KG
Brakes Frozen Foodservice Ltd
58377

Method

1. Cut the carrots into thin batons and cut the courgettes into 20mm thick half moon shapes. Slice the red onion and thinly slice the red onion.
2. Trim broccoli into approx 20mm florets and blanch in boiling water for 20 seconds then refresh in cold.
3. Place peppers broccoli carrots and courgette in a bowl.
4. Heat the oil in a wok or deep pan and stir fry the garlic over a medium heat until light brown. Add the mixed vegetables and stir fry until firm but crunchy add water and bring to the boil allowing steam to finish the cooking.
5. Lastly add in the spring onions and toss together with other vegetables and serve in a suitable serving dish.

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | All Day
Lifestyle Indicator | Vegan
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Mandarin Barbecued Pork

Plan Date: 18 Apr 2017

PLU Number 93130787
 Recipe Price Band CA
 Portions 10
 Protein Type Pork
 Portion Net Weight 169 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
678kJ 162kcal	6.0g	2.0g	5.8g	0.4g
8%	9%	10%	6%	7%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 402kJ/96kcal

Ingredients

50 G Honey Clear Brakes 3.17KG
 Brakes Ambient
 2141
50 G Sauce Hoi Sin Blue Dragon Knorr 1.1KG
 Brakes Ambient
 85664
12 ML Sauce Soy Dark Amoy 150ml
 Brakes Ambient
 115073
10 G Spice Chinese Five Spice Schwartz 450g
 Brakes Ambient
 29087
5 G Spices Paprika Pepper Brakes 500g
 Brakes Ambient
 33585
5 G Spice Ginger Ground Brakes 450g
 Brakes Ambient
 33583
1 KG Pork Shoulder Boned Rolled EU 1.8-2.2 KG
 Brakes Chilled Ltd
 109542
25 G Spring Onion 115g
 Brakes Chilled Ltd
 78091
1 L Water Cold 1L

Method

1. Remove strings from pork shoulder butterfly and open the joint score the skin thoroughly
2. For the marinade blend together all the remaining ingredients except the spring onion [shred spring onion into thin roundels]
3. place the butterfly cut pork shoulder in a large tray skin side up and pour over the marinade ensuring it evenly coats the joint
4. Cover tray and allow joint to marinate in a fridge for a minimum of 24hrs turning periodically to ensure the joint evenly marinates
5. Once the joint is marinated place the joint in approx 2" deep roasting or gastronorm tray cover with marinade and measured amount of water lid with foil and slow roast at 165C for approx 75mins.
6. After 75mins remove foil lid and roast for a further 60mins at 170C continually basting joint with the cooking liquor from the tray
7. Once cooked check core temperature 75°C or above strain cooking liquor and reduce to a glaze allow joint to rest then slice into portions lengthways.
8. To serve arrange slices in a service dish evenly brush with glaze and garnish with shredded spring onion counters.

Comments

Serving suggestions

Additional Information

Complexity Level | Intermediate
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Mustard	✓
Soybeans	✓

Chilli & Lime Sweetcorn SEC

Plan Date: 18 Apr 2017

PLU Number	93143075
Recipe Price Band	CA
Portions	10
Protein Type	N/A
Portion Net Weight	89 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
423kJ 101kcal	3.3g	0.7g	2.0g	trace
5%	5%	4%	2%	1%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 473kJ/113kcal

Ingredients

800 G Sweetcorn Standard 2.5KG
Brakes Frozen Foodservice Ltd
106348

25 G Margarine Buttery Kerrymaid 2KG
Brakes Chilled Ltd
465077

1 EA Lime 420g
Brakes Chilled Ltd
76325

20 G Chillies Red Longdutch SP 250g
Brakes Chilled Ltd
101826

Method

Method

1. Deseed & finely dice the chilli.
Juice the lime
2. Place sweetcorn in a pan of rapidly boiling water
2. Cook until al dente drain place into a service dish stir through the chilli lime juice & margarine then serve

Chefs Tip: Alternatively defrost sweetcorn and refresh in boiling water great product for batch cooking

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | Vegetarian
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Milk



Spicy Rice SEC

Plan Date: 18 Apr 2017

PLU Number 93131378
Recipe Price Band CA
Portions 10
Protein Type N/A
Portion Net Weight 285 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
996kJ 238kcal	2.3g	0.5g	0.8g	0.4g
12%	3%	3%	1%	6%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 351kJ/84kcal

Ingredients

650 G Rice Easy Cook Long Grain 5KG
Brakes Ambient
118694
10 G VegetableBouillon Powder Chefs Pass 800g
Brakes Ambient
118423
1.3 L Water Cold 1L
20 G Seasoning Piri Piri Brakes 500g
Brakes Ambient
85593

Method

Method
1. Place the bouillon powder and water in a suitable pan and bring to the boil. Add in the rice return to the boil place a lid on and simmer for 15 minutes.
2. Turn off the heat leave to stand for 10 minutes then stir through the piri piri seasoning.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Special Marinated Chicken Thigh Flatbread SEC

Plan Date: 18 Apr 2017

PLU Number 93143054
Recipe Price Band CA
Portions 10
Protein Type Poultry
Portion Net Weight 203 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1360kJ 325kcal	8.0g	1.8g	6.3g	0.6g
16%	11%	9%	7%	11%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 669kJ/160kcal

Ingredients

0.5 EA Lemon Fresh
 Brakes Chilled Ltd
 76370
250 G Tomato Medium Essentials PK 6KG
 Brakes Chilled Ltd
 101785
200 G Cucumber Crooked Essentials PK 10KG
 Brakes Chilled Ltd
 76568
200 G Lettuce Iceberg Essentials 8KG
 Brakes Chilled Ltd
 76937
8 G Herbs Mixed Brakes 140g
 Brakes Ambient
 33590
850 G Chicken Thigh Sknles Bnles PM Brt 2.27KG
 Brakes Chilled Ltd
 16792
10 EA Bread White Lebanese Khobes 8inch 5s S
 Brakes Frozen Foodservice Ltd
 57409
12 G Garlic Powder Lion Brakes 550g
 Brakes Ambient
 33686
10 PTN sauce brush

Method

Method
 1. Mix together the chicken thigh garlic powder mixed herbs and lemon juice and marinate for at least 2 hours.
 2. If you have a griddled sear the chicken breast on both sides place on a baking sheet and finish in the oven until core temperature is reached.
 3. If you do not have a griddle place directly onto a baking sheet and cook in the oven until core temperature is reached.
 4. Break up the lettuce slice the tomato and cucumber and place on the flatbread top with a chicken thigh and brush of your choice before wrapping up.
 This counts as one of your 5 a day

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Barley	✓
Wheat	✓
Mustard	✓
Soybeans	✓

Wings & Things Sauce Brushes SEC

Plan Date: 18 Apr 2017

PLU Number 93131219
Recipe Price Band N/A
Portions 10
Protein Type N/A
Portion Net Weight 14 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
92kJ 22kcal	1.6g	0.1g	2.3g	0.3g
1%	2%	1%	3%	5%

of an adult's Reference Intake (8400kJ / 2000kcal)
 Typical values per 100g; Energy 657kJ/157kcal

Ingredients

30 G Sauce Sweet And Sticky Tabasco 1.12KG
 Brakes Ambient
 105669

30 ML Sauce Lemon Herb Piri Piri 1L
 Brakes Ambient
 21870

45 G Sauce Barbecue Origin 2.3KG
 Brakes Ambient
 20653

30 ML Sauce Hot Piri Piri 1L
 Brakes Ambient
 21871

Method

Method
 1. Pour your choice of sauce into a bowl and place brush in top ready for service.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Barley	✓
Wheat	✓
Mustard	✓
Soybeans	✓

Quorn and Vegetable Lasagne

Plan Date: 18 Apr 2017

PLU Number	93046481
Recipe Price Band	CA
Portions	10
Protein Type	Other
Portion Net Weight	344 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1201kJ 287kcal	10.0g	4.7g	8.5g	0.8g
14%	14%	24%	9%	13%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 347kJ/83kcal

Ingredients

- 550 G** Quorn Mince 1KG
Brakes Frozen Foodservice Ltd
30825
- 18 G** Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
- 150 G** Carrot PK 12.5KG
Brakes Chilled Ltd
76345
- 150 G** Celery Bunch
Brakes Chilled Ltd
101841
- 200 G** [Tomato Chopped Caterers Choice 2.55KG](#)
Ingredient not on unit APL
- 200 G** Tomatoes Chopped Canned Riverdene 2.5KG
Brakes Ambient
119064
- 7 PTN** BECHAMEL
- 30 G** Flour Plain Imperial 16kg
Brakes Ambient
112618
- 200 ML** Water Cold 1L
- 400 G** Onion Medium 2.27KG
Brakes Chilled Ltd
76360
- 20 G** Margarine Premium Baking Kerrymaid 250g
Brakes Chilled Ltd
15811
- 100 G** Cheese Cheddar Grated Mild White 1KG
Brakes Chilled Ltd
111925
- 300 G** Pasta Lasagne 3KG
Brakes Ambient
105712
- 7 G** VegetableBouillon Powder Chefs Pass 800g

Method

- Method**
1. In a heavy bottomed pan cook the finely chopped onion in the margarine until opaque
 2. Add the finely chopped garlic chopped rosemary fronds and oregano continue to cook Add the carrot celery and quorn continue cooking until sealed and browned
 3. Add the tomato puree followed by the flour and cook out for 2 minutes. Add the chopped tomatoes and vegetable stock bring to the boil. then reduce to a gentle simmer. Leave to cook top up with stock as and if necessary correct seasoning
 4. Meanwhile prepare the béchamel adding half the grated cheese
To assemble the lasagne spread a quarter of the cheese sauce in bottom of a suitable sized serving dish followed by a layer of pasta then a layer of quorn sauce
 5. Continue layers of pasta and quorn sauce aiming for three layers finishing with pasta
 6. Spread remaining cheeses sauce on top of pasta then sprinkle with remaining cheese.
 7. Cook in a pre-heated oven at 180C and cook until core temperature is reached and is golden brown.
- Chefs Tip** If time permits lasagne can be prepared the day before

Comments

Serving suggestions

Additional Information

Complexity Level | Intermediate
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Celery	✓
Cereals With Gluten	✓
Barley	✓
Wheat	✓
Eggs	✓
Milk	✓

Brakes Ambient

118423

80 G [Tomato Puree Caterers Choice 800g](#)

Ingredient not on unit APL

80 G Paste Tomato Canned Riverdene 800g

Brakes Ambient

119065

6 G Herb Oregano Brakes 130g

Brakes Ambient

33592

2 G Pepper Black Cracked Brakes 550g

Brakes Ambient

29651

24 G Herbs Rosemary 100g

Brakes Chilled Ltd

101821

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Bechamel Sauce

Plan Date: 18 Apr 2017

PLU Number	93042704
Recipe Price Band	N/A
Portions	7
Protein Type	N/A
Portion Net Weight	130 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
418kJ 100kcal	5.0g	2.1g	5.9g	0.2g
5%	7%	11%	7%	4%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 322kJ/77kcal

Ingredients

840 ML Milk Pasteurised 1% 2.27L
Brakes Chilled Ltd
78187
35 G Flour Plain Imperial 16kg
Brakes Ambient
112618
35 G Margarine Premium Baking Kerrymaid 250g
Brakes Chilled Ltd
15811

Method

METHOD
1. Warm the milk.
2. In a thick bottomed pan melt margarine reduce heat and add flour.
3. Continue stirring until mixture leaves edge of pan increase heat and add the milk a ladle full at a time
4. Stir continually until sauce comes to the boil then reduce heat and simmer for 5 minutes
HINTS & TIPS
When warming the milk half an onion studded with cloves and bay leaf may be added to increase flavour

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Milk	✓

TRATTORIA 14 MARGHERITA STONE BAKE PIZZA

Plan Date: 18 Apr 2017

PLU Number 93041388
Recipe Price Band CA
Portions 10
Protein Type N/A
Portion Net Weight 145 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1356kJ 324kcal	7.7g	4.2g	3.4g	1.9g
16%	11%	21%	4%	32%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 933kJ/223kcal

Ingredients

250 G Cheese Mozzarella Shredded 2KG
 Brakes Chilled Ltd
 103301
1.67 EA Pizza Base Stone Bake 14inch
 Brakes Frozen Foodservice Ltd
 104482
191.67 G Sauce Pizza Spicy Compass 3KG
 Brakes Ambient
 21724
8.33 G Herb Oregano Brakes 130g
 Brakes Ambient
 33592

Method

PRIOR PREPARATION:
 1.Defrost Dough Base in chiller overnight.
METHOD:
 1.Prepare / roll the dough as per standard.
 2.Sauce Pizza as per standard 1 x spoodle.
 3.Cheese Pizza with 100gm of cheese 3 x spoodle.
 4.Finish with oregano.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Milk	✓

Oat Crusted Granary Bloomer

Plan Date: 18 Apr 2017

PLU Number 93119268
 Recipe Price Band CA
 Portions 10
 Protein Type N/A
 Portion Net Weight 75 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
669kJ 160kcal	1.5g	0.5g	1.4g	0.2g
8%	2%	3%	2%	4%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 891kJ/213kcal

Ingredients

300 ML Water Cold 1L
454 G Mix Bread Malty 12KG
 Brakes Ambient
 21693
5 ML Milk Pasteurised 1% 2.27L
 Brakes Chilled Ltd
 78187
25 G Cereal Porridge Oatflakes Brakes 2KG
 Brakes Ambient
 114868

Method

Method
 1. Heat the water to blood temperature.
 2. Gradually mix in the water to form a soft but not sticky dough.
 Place the dough on a lightly floured surface and knead for 10 minutes or 5 minutes in a mixer on medium speed with the dough hook. Place the dough in a bowl cover with clingfilm and leave to prove in a warm place until double in size.
 3. Lightly grease a baking sheet. Turn out the dough onto a lightly floured surface and roll out to a large rectangle about 2.5cm thick. Starting on a short side roll up the dough like a swiss roll pinching it together as you roll to make a short thick dough rather than a long thin one. Make sure the seam is underneath and place on the baking sheet. Cover with a damp tea towel or greased clingfilm and leave to prove in a warm place until doubled in size.
 4. Uncover the loaf brush the top with milk and sprinkle over the oats. Using a very sharp knife make 6 deep slashes across the top of the loaf. Bake in a pre heated oven for 15 minutes at 220° then turn the oven down to 200° for 15-20 minutes until the loaf sounds hollow when tapped underneath. Cool on a wire rack.

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Barley	✓
Oats	✓
Wheat	✓
Milk	✓

Tuna & Sweetcorn Pizza SEC

Plan Date: 18 Apr 2017

PLU Number 93128495
Recipe Price Band CA
Portions 10
Protein Type N/A
Portion Net Weight 161 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1423kJ 340kcal	7.9g	4.2g	3.6g	2.0g
17%	11%	21%	4%	33%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 883kJ/211kcal

Ingredients

1.67 EA Pizza Base Stone Bake 14inch
 Brakes Frozen Foodservice Ltd
 104482
250 G Cheese Mozzarella Shredded 2KG
 Brakes Chilled Ltd
 103301
191.67 G Sauce Pizza Spicy Compass 3KG
 Brakes Ambient
 21724
3.33 G Herb Oregano Brakes 130g
 Brakes Ambient
 33592
83.33 G [Tuna Chunks In Brine Pouch 650g](#)
 Ingredient not on unit APL
83.33 G Tuna Chunk Brine Caterers Pride 1880g
 Brakes Ambient
 21779
83.33 G Sweetcorn Standard 2.5KG
 Brakes Frozen Foodservice Ltd
 106348

Method

Method
 PRIOR PREPARATION:
 1. Defrost Dough Base in chiller overnight.
 METHOD:
 1. Prepare / roll the dough as per standard.
 2. Sauce Pizza as per standard ? 1 x spoodle.
 3. Cheese Pizza with 100gm of cheese ? 2x spoodle.
 4. Place the toppings on as per weight.
 5. Cheese pizza with 50gm of cheese ? 1x spoodle.
 6. Finish with oregano.
 7. Cook in a pre heated oven at 200 degrees for 6 minutes or until golden on top and the base is cooked through.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Fish	✓
Milk	✓

BBQ BOSTON BEANS IN A STEAMED BUN SEC

Plan Date: 18 Apr 2017

PLU Number 93147287
Recipe Price Band CA
Portions 10
Protein Type Other
Portion Net Weight 0 g

Ingredients

500 G Beans Red Kidney Brakes 800g
Brakes Ambient
10143

150 G Paste Barbecue Knorr 1.15KG
Brakes Ambient
103908

500 G Beans Butter KC1 Brakes 800g
Brakes Ambient
22724

20 ML [Oil Rapeseed Drum Jerry Can KTC 5L](#)
Ingredient not on unit APL

20 ML Oil Rapeseed KTC 5L
Brakes Ambient
115983

200 G Pepper Diced Green Red Yellow 2.5KG
Brakes Frozen Foodservice Ltd
58372

200 G Onions Diced 2.5KG
Brakes Frozen Foodservice Ltd
111289

10 EA Bun Hirata Sam Pan
Brakes Frozen Foodservice Ltd
112265

650 G Tomatoes Chopped Canned Riverdene 2.5KG
Brakes Ambient
119064

Method

METHOD:

1. Decant and drain the beans discard the juice.
2. Decant the tomatoes.
3. Heat the oil in a suitable pan add the onions and cook until translucent.
4. Add the peppers and cook for a further 2 minutes.
5. Add the remaining ingredients bring to the boil and simmer gently for 20 minutes.

TO SERVE:

6. Warm the bun then serve the beans inside the bun.

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Lunch
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Milk	✓
Sulphur D02/Sulphites	✓

YOGHURT

Plan Date: 18 Apr 2017

PLU Number 93035307
Recipe Price Band CA
Portions 10
Protein Type N/A
Portion Net Weight 90 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
293kJ 70kcal	1.0g	0.7g	11.0g	0.1g
4%	1%	4%	12%	2%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 326kJ/78kcal

Ingredients

900 ML Yoghurt Strawberry Low Fat Bulk 4.6L
Brakes Chilled Ltd
116516

Method

Method
1) Portion yoghurt into sundae dishes.
2) Chill before service.
Maintain a good standard of presentation.
Chefs Tip
Yoghurt can be served as an accompaniment to desserts this recipe will yield 100 portions as an accompaniment.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Milk



Seasonal Fresh Fruit Cups - Ind Prep

Plan Date: 18 Apr 2017

PLU Number 93040540
Recipe Price Band CA
Portions 10
Protein Type N/A
Portion Net Weight 87 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
172kJ 41kcal	0g	0g	9.6g	0g
2%	0%	0%	11%	0%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 197kJ/47kcal

Ingredients

0.5 EA Lemon Fresh
Brakes Chilled Ltd
76370
100 G Grapes White Seedless 500g
Brakes Chilled Ltd
76383
600 G Apple Small Bicolour 18KG
Brakes Chilled Ltd
101798
240 G Banana Premium FT Bubble Wrap 1.5KG
Brakes Chilled Ltd
78196

Method

Method
1. Wash fruit (leave peel on apples).
Prepare as near as possible to service
cut apples and bananas into slices
slice grapes squeeze juice over apples
and bananas to stop them from browning.
2. Portion into dishes making sure you
give a variety of the fruit.

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | Halal, Vegan, Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Assorted Homebakes

Plan Date: 18 Apr 2017

PLU Number 93038278
Recipe Price Band CA
Portions 10
Protein Type N/A
Portion Net Weight 60 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
929kJ 222kcal	8.0g	2.6g	20.0g	0.3g
11%	11%	13%	22%	5%

of an adult's Reference Intake (8400kJ / 2000kcal)
 Typical values per 100g; Energy 1548kJ/370kcal

Ingredients

- 2 PTN FRUITY FLAPJACK
- 0.25 PTN ICED BUN
- 0.25 PTN BANANA PARKIN
- 0.25 PTN MUSELI BAR
- 5.25 PTN FRUIT CRISPY BAR
- 0.25 PTN CHOC ORANGE CR
- 0.25 PTN OATIE COOKIES
- 0.25 PTN SHREWS BIS TR
- 0.25 PTN IND VIC SAND TR
- 0.25 PTN ROCK CAKES TR
- 0.25 PTN BLUEBERRY MUFIN
- 0.5 PTN Choc Brownies

Method

- Method
 1. See individual recipes.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Barley	✓
Oats	✓
Wheat	✓
Eggs	✓
Milk	✓
Sulphur D02/Sulphites	✓

Fruity Flapjack

Plan Date: 18 Apr 2017

PLU Number 93034746
Recipe Price Band N/A
Portions 2
Protein Type N/A
Portion Net Weight 55 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	13.0g	4.4g	16.0g	0.3g
13%	19%	22%	18%	4%

of an adult's Reference Intake (8400kJ / 2000kcal)
 Typical values per 100g; Energy 1904kJ/455kcal

Ingredients

16.67 G Sugar Cane Pure Granulated FT 1KG
 Brakes Ambient
 26823
30 G Margarine Premium Baking Kerrymaid 250g
 Brakes Chilled Ltd
 15811
41.67 G Cereal Porridge Oatflakes Brakes 2KG
 Brakes Ambient
 114868
10 G Syrup Golden Lyles 7.257KG
 Brakes Ambient
 28474
8.33 G Fruit Dried Sultanas 2KG
 Brakes Ambient
 116360
4.17 G Flour Plain 1.5kg
 Brakes Ambient
 112617

Method

Method
 1. Melt the margarine sugar and syrup in a pan
 2. Stir in the rolled oats flour and sultanas
 3. Press the mixture into a tin and bake at 160 C - 200 C
 4. Cut into portions before completely cold or serve warm

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | Halal, Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Oats	✓
Wheat	✓
Sulphur D02/Sulphites	✓

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Iced Buns Home Made

Plan Date: 18 Apr 2017

PLU Number 93067636
 Recipe Price Band N/A
 Portions 0.25
 Protein Type N/A
 Portion Net Weight 103 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
736kJ 176kcal	1.7g	0.4g	4.6g	0.9g
9%	2%	2%	5%	15%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 715kJ/171kcal

Ingredients

16.2 G Mix White Roll Soft Bap 12KG
 Brakes Ambient
 21694
9.72 ML Water Cold 1L
0.69 G Sugar Icing FairTrade 3KG
 Brakes Ambient
 28699

Method

Method
 1.Place the bread mix into a bowl
 2.Weigh the water and add. Using a dough hook mix for 2 minutes on a low speed. (number 1) then 6 minutes on Number 2 speed.
 3.Portion and shape dough mix into 54 fingers onto a lightly greased or oiled tin lid.
 4.Prove until double in size. DO NOT OVER PROVE.
 5.Bake in a hot oven for approximately 10 minutes.
 6.Allow to cool.
 Decorate with water icing .
 Must be served with fruit or fruit smoothie.
 OVEN Gas Mark 6 - 8
 Electric 400 - 450° F
 200 - 230°C



Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten 
 Wheat 

Banana and Ginger Parkin

Plan Date: 18 Apr 2017

PLU Number	93046591
Recipe Price Band	N/A
Portions	0.25
Protein Type	N/A
Portion Net Weight	97 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1397kJ 334kcal	9.9g	3.3g	26.0g	0.5g
17%	14%	17%	29%	9%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 1439kJ/344kcal

Ingredients

- 2.6 G** Sugar Demerara Fairtrade 3KG
Brakes Ambient
29628
- 0.02 EA** Eggs
Brakes Ambient
114704
- 5.21 G** Flour Plain Imperial 16kg
Brakes Ambient
112618
- 5 G** Banana Loose Fair Trade 4.5KG
Ingredient not on unit APL
- 0.78 G** Sugar Icing FairTrade 3KG
Brakes Ambient
28699
- 2.6 G** Margarine Premium Baking Kerrymaid 250g
Brakes Chilled Ltd
15811
- 0.21 G** Spice Ginger Ground Brakes 450g
Brakes Ambient
33583
- 0.16 G** Spice Cinnamon Ground Brakes 450g
Brakes Ambient
33581
- 5.21 G** Cereal Porridge Oatflakes Brakes 2KG
Brakes Ambient
114868
- 0.1 G** Soda Bicarbonate Brakes 1.1KG
Brakes Ambient
33596
- 3.12 G** Syrup Golden Lyles 7.257KG
Brakes Ambient
28474

Method

- Method
- 1.Line a BS tin with greaseproof paper.
 - 2.Combine the flour ginger cinnamon bicarb of soda and oats.
 - 3.Melt the margarine sugar and syrup in a pan and add to the flour mix
 - 4.Then add the beaten egg and the mashed bananas and mix well.
 - 5.Place in the prepared tin and bake at 160C/325F/Gas 3 for about 40 minutes
 - 6.Leave to cool in the tin then turn out and portion.
 - 7.Sieve the icing sugar into a bowl and add a touch of water to make a firm but runny icing.
 - 8.Decorate the top of the portions with the icing.
- Chefs Tip**
Line your BS tin with parchment for ease of removal after cooking

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Oats	✓
Wheat	✓
Eggs	✓

Chewy Muesli Fruit Bar

Plan Date: 18 Apr 2017

PLU Number	93046602
Recipe Price Band	N/A
Portions	0.25
Protein Type	N/A
Portion Net Weight	57 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
661kJ 158kcal	4.3g	1.3g	14.0g	0.1g
8%	6%	7%	16%	2%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 1159kJ/277kcal

Ingredients

- 1.04 G** Margarine Premium Baking Kerrymaid 250g
Brakes Chilled Ltd
15811
- 0.52 G** Dates Pitted Brakes 3KG
Brakes Ambient
100211
- 2.34 G** Apricots Whole 2KG
Brakes Ambient
112928
- 4.69 G** Cereal Porridge Oatflakes Brakes 2KG
Brakes Ambient
114868
- 0.52 ML** Juice Apple Brakes 1L
Brakes Ambient
100244
- 0.52 G** Fruit Dried Sultanas 2KG
Brakes Ambient
116360
- 1.56 G** Syrup Golden Lyles 7.257KG
Brakes Ambient
28474
- 0.03 EA** Apple Bi Colour Med Small Pack 10s
Brakes Chilled Ltd
101797

Method

- Method**
- 1.Core and grate the apples.
 - 2.Melt the margarine in a pan add the golden syrup.
 - 3.Add the remaining ingredients and mix well
 - 4.Line a baking tray with grease proof paper
 - 5.Press the mixture in to the tray evenly and press down firmly.
 - 6.Bake in a pre heated oven for 20 - 25 minutes at 180C / Gas 4.
 - 7.When golden brown cool on a cooling rack portion and serve.
- Chefs tips**
Line tin with parchment to ease removal after cooking

Comments

Serving suggestions

Additional Information

Complexity Level | Intermediate
Day Parts | Dinner, Lunch, Morning Coffee, Supper
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Oats	✓
Sulphur D02/Sulphites	✓

Fruit Crispy Bar - Ind Prep

Plan Date: 18 Apr 2017

PLU Number	93034729
Recipe Price Band	N/A
Portions	5.25
Protein Type	N/A
Portion Net Weight	54 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
862kJ 206kcal	5.7g	2.0g	24.0g	0.2g
10%	8%	10%	27%	4%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 1594kJ/381kcal

Ingredients

- 35 G** Sugar Demerara Fairtrade 3KG
Brakes Ambient
29628
- 35 G** Margarine Premium Baking Kerrymaid 250g
Brakes Chilled Ltd
15811
- 43.75 G** Cereal Porridge Oatflakes Brakes 2KG
Brakes Ambient
114868
- 35 G** Syrup Golden Lyles 7.257KG
Brakes Ambient
28474
- 78.75 G** Fruit Dried Sultanas 2KG
Brakes Ambient
116360
- 54.69 G** Cereal Crisp Rice Harvest Home 550g
Brakes Ambient
118050

Method

- Method**
- 1) Mix oats and crispies together in a large bowl.
 - 2) Melt margarine sugar syrup and sultanas and boil for 2 minutes
Add melted mix to dry ingredients.
 - 3) Press into a large greased flan tin.
Cut into portions.
Remove from tin while still warm - this makes it easier.
Can add chopped apricots instead of sultanas

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | Halal, Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Oats	✓
Sulphur D02/Sulphites	✓

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CHOCOLATE ORANGE CRISPY BAR

Plan Date: 18 Apr 2017

PLU Number	93074665
Recipe Price Band	N/A
Portions	0.25
Protein Type	N/A
Portion Net Weight	90 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
720kJ 172kcal	5.2g	2.0g	17.0g	0.4g
9%	7%	10%	19%	7%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 799kJ/191kcal

Ingredients

- 0.83 G** Milk Powder Classic 12.5KG
Brakes Ambient
20721
- 3.12 G** Cereal Rice Krispies Kelloggs Bag 10KG
Brakes Ambient
87394
- 1.56 G** Margarine Premium Baking Kerrymaid 250g
Brakes Chilled Ltd
15811
- 0.73 G** Cocoa Powder Red/Fat Fresher 500g
Brakes Ambient
10678
- 3.75 G** Syrup Golden Lyles 7.257KG
Brakes Ambient
28474
- 12.5 G** Orange Medium 15KG
Brakes Chilled Ltd
76373

Method

- Method
- 1.Zest the fruit and remove the juice.
 - 2.Boil the margarine syrup zest and juice in a pan for approx ten minutes until you have a syrup.
 - 3.Take off the stove and add the milk powder and cocoa to the syrup and whisk in very quickly.
 - 4.Pour the syrup mixture over the rice crispies and mix in well until you have all the crispies covered with the syrup.
 - 5.In a baking tin pre lined with grease proof paper pour the mixture in and smooth over until it is flat and evenly covered.
 - 6.Leave to set in a cool place.
 - 7.When set portion and present for service.
- Chefs Tip Keep in an air tight container for extended life.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Barley	✓
Milk	✓

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OATIE COOKIES SECONDARY

Plan Date: 18 Apr 2017

PLU Number 93034982
Recipe Price Band N/A
Portions 0.25
Protein Type N/A
Portion Net Weight 41 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
749kJ 179kcal	7.7g	2.7g	12.0g	0.4g
9%	11%	14%	13%	7%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 1828kJ/437kcal

Ingredients

2.34 G Sugar Cane Pure Granulated FT 1KG
 Brakes Ambient
 26823
0.15 G Powder Baking Supercook Bag 500g
 Brakes Ambient
 20902
2.34 G Flour Plain Imperial 16kg
 Brakes Ambient
 112618
2.34 G Margarine Premium Baking Kerrymaid 250g
 Brakes Chilled Ltd
 15811
2.34 G Cereal Porridge Oatflakes Brakes 2KG
 Brakes Ambient
 114868
0.73 G Syrup Golden Lyles 7.257KG
 Brakes Ambient
 28474
0.02 G Soda Bicarbonate Brakes 1.1KG
 Brakes Ambient
 33596

Method

Method
 1. Cream the margarine and sugar then add the syrup.
 2. Add the remaining ingredients and mix well.
 3. Roll into 2 inch wide sausages and cut into 1/2 inch slices.
 4. Place on greased and floured tin lids and bake for 15 minutes at Gas 4/ 180 degrees C / 325 F
 5. Cool and store in lidded tins.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Oats	✓
Wheat	✓
Eggs	✓
Milk	✓

Shrewsbury Biscuits

Plan Date: 18 Apr 2017

PLU Number	93101084
Recipe Price Band	N/A
Portions	0.25
Protein Type	N/A
Portion Net Weight	22 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
351kJ 84kcal	3.8g	1.4g	4.8g	0.1g
4%	5%	7%	5%	1%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 1598kJ/382kcal

Ingredients

- 1.15 G** Margarine Premium Baking Kerrymaid 250g
Brakes Chilled Ltd
15811
- 1.15 G** Sugar Caster FT 1KG
Brakes Ambient
26815
- 0.01 EA** Eggs
Brakes Ambient
114704
- 0.01 EA** Lemon Fresh
Brakes Chilled Ltd
76370
- 2.29 G** Flour Plain Imperial 16kg
Brakes Ambient
112618

Method

- Method:
1. Cream margarine and sugar until light and fluffy.
 2. Zest and juice the lemon and add to the mixture .
 3. Gradually add beaten eggs and sieved flour and mix until mixture comes together.
 4. Roll out to ¼ thick and using a large cutter cut out 24 biscuits.
 5. Place on a lightly greased baking tray and cook in a pre-heated oven at 180C until golden
 6. Transfer to a wire rack and allow to cool.

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | All Day
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓

Individual Victoria Sandwich

Plan Date: 18 Apr 2017

PLU Number	93101086
Recipe Price Band	N/A
Portions	0.25
Protein Type	N/A
Portion Net Weight	74 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
979kJ 234kcal	9.7g	5.5g	17.0g	0.4g
12%	14%	28%	19%	7%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 1322kJ/316kcal

Ingredients

- 3.33 ML** Water Cold 1L
- 8.33 G** Genoese Mix 12.5KG
Brakes Ambient
22041
- 1.17 G** Margarine Premium Baking Kerrymaid 250g
Brakes Chilled Ltd
15811
- 3.33 ML** Cream Whipping Topping Suprem Roselle 1L
Brakes Ambient
345
- 0.33 G** Sugar Icing FairTrade 3KG
Brakes Ambient
28699
- 0.25 EA** Case Muffin Mcdougalls Box
Brakes Ambient
5360
- 2 G** Jam Strawberry Brakes 2.72KG
Brakes Ambient
33741

Method

- Method:
1. Place Genoese Mix and margarine in a mixing bowl fitted with a beater and beat for 1 minute on low speed
 2. Add the water slowly and mix for a further minute
 3. Scrape down and continue mixing on medium speed for 4 minutes
 4. Using an ice cream scoop place 50g of the mixture into paper cases
 5. Cook in a pre-heated oven at 150C and bake for approx 20 minutes
 6. Once cooked transfer to wire rack and allow to cool
 7. Remove sponges from cases and using a serrated knife cut in half horizontally
 8. Spread bottom half with jam before neatly piping on the cream replace top and dredge with icing sugar prior to service

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | All Day
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Milk	✓

Rock Cakes

Plan Date: 18 Apr 2017

PLU Number	93101092
Recipe Price Band	N/A
Portions	0.25
Protein Type	N/A
Portion Net Weight	77 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1079kJ 258kcal	9.3g	3.3g	19.0g	0.5g
13%	13%	17%	21%	8%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 1402kJ/335kcal

Ingredients

- 1.88 G** Flour Wholemeal 1.5KG
Brakes Ambient
114955
- 0.23 G** Powder Baking Supercook Bag 500g
Brakes Ambient
20902
- 0.08 G** Spice Mixed Ground Brakes 450g
Brakes Ambient
33710
- 2.66 G** Margarine Premium Baking Kerrymaid 250g
Brakes Chilled Ltd
15811
- 2.66 G** Sugar Demerara Fairtrade 3KG
Brakes Ambient
29628
- 0.03 EA** Eggs
Brakes Ambient
114704
- 2.19 ML** Milk Pasteurised 1% 2.27L
Brakes Chilled Ltd
78187
- 5.31 G** Flour Plain Imperial 16kg
Brakes Ambient
112618
- 2.66 G** Fruit Dried Mixed 2KG
Brakes Ambient
116358

Method

Method:

1. Sieve the flour and baking powder into a bowl and rub in the margarine until it resembles fine breadcrumbs add the sugar and dried fruit
2. Beat the eggs and combine with the milk add the liquid to the dry ingredients and mix to a fairly sticky dough
3. Turn mixture out onto a floured surface and divide into 16 equal cakes
4. Bake in a pre-heated 180C for 10 minutes reduce heat to 180C and cook for a further 10 minutes

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | All Day
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Milk	✓
Sulphur D02/Sulphites	✓

BLUEBERRY MUFFINS USING MIX

Plan Date: 18 Apr 2017

PLU Number	93069578
Recipe Price Band	N/A
Portions	0.25
Protein Type	N/A
Portion Net Weight	147 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
2305kJ 551kcal	32.0g	3.1g	30.0g	0.9g
28%	46%	16%	33%	15%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 1569kJ/375kcal

Ingredients

- 8.85 ML** Water Cold 1L
- 20.83 G** Muffin American Mix 12.5KG
Brakes Ambient
22037
- 4.9 ML** Oil Rapeseed B/B 20L
Brakes Ambient
21557
- 3.12 G** Blueberry Wild 1KG
Brakes Frozen Foodservice Ltd
33325

Method

- Method
1. Place the water and oil into the mixer and add the muffin mix and mix on slow for 1 minute.
 2. Scrape down and mix on medium for 6 minute.
 3. Remove the bowl from the mixer and lightly fold in the frozen blueberries. Do not overblend or the batter will turn blue.
 5. Portion the muffin mix into muffin cases using an ice cream scoop (no 6 portion size)
 6. Bake in oven at gas 3 150-160 C for 30 - 35 minutes or until golden brown.
 7. Allow muffins to cool before displaying
- Chefs Tip**
Each scoop should weigh approximately 150g
If using tulip cases only 125g per case and 1kg will yield 14 muffins.
1 bag of muffin mix will yield 150 muffins in standard muffin cases.
Use cake cases to make small or mini muffins.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Milk	✓

Chocolate Brownies

Plan Date: 18 Apr 2017

PLU Number	93098051
Recipe Price Band	N/A
Portions	0.5
Protein Type	N/A
Portion Net Weight	58 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
824kJ 197kcal	8.6g	2.9g	21.0g	0.3g
10%	12%	15%	23%	5%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 1423kJ/340kcal

Ingredients

- 10 G** Sugar Caster FT 1KG
Brakes Ambient
26815
- 5.75 G** Margarine Buttery Kerrymaid 2KG
Brakes Chilled Ltd
465077
- 2 G** Cocoa Powder Red/Fat Fresher 500g
Brakes Ambient
10678
- 0.1 EA** Eggs
Brakes Ambient
114704
- 5.75 G** Flour Plain Imperial 16kg
Brakes Ambient
112618
- 0.25 ML** Flavouring Vanilla Dr Oetker 500ml
Brakes Ambient
110655
- 0.12 G** Powder Baking Supercook Bag 500g
Brakes Ambient
20902

Method

- Method
1. Thoroughly mix the following in this order:
 - Caster Sugar
 - Margarine
 - Cocoa Powder
 - Vanilla Flavoring
 - Eggs
 - Plain Flour
 - Baking Powder
 2. Line a shallow baking tin with parchment paper and pre-heat oven to 180C
 3. Cook for approximately 20 minutes transfer to wire rack and allow to cool before slicing with a serrated knife
 4. Transfer to a suitable serving dish

Comments

Chefs Tip: Do not overcook we are looking for a chewy centre and not a cake

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Milk	✓

ASSORTED SANDWICHES SEC NEW RANGE

Plan Date: 18 Apr 2017

PLU Number 93046761
Recipe Price Band CA
Portions 10
Protein Type N/A
Portion Net Weight 175 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1427kJ 341kcal	9.2g	3.9g	3.7g	1.9g
17%	13%	20%	4%	32%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 816kJ/195kcal

Ingredients

- 0.56 PTN CHEESE PKL SWH
- 0.56 PTN JUST HAM SWH
- 0.56 PTN EGG MAYO SAND
- 0.56 PTN CHICKEN MAYO WRP
- 0.56 PTN BLT
- 0.56 PTN TUNA GOURMET
- 0.56 PTN EGG CRESS GOUR
- 0.56 PTN PRAWN GOURMET
- 0.56 PTN CORONATION G
- 0.56 PTN HAM BAG GOUR
- 0.56 PTN GREEK PITTA
- 0.56 PTN CHEESE TOM CIA
- 0.56 PTN CRM CHEESE & CUE
- 0.56 PTN HAM CHEESE PAN
- 0.56 PTN TUNA MELT PAN
- 0.56 PTN CHEESE PESTO
- 0.56 PTN TUNA & CUE TRAD
- 0.56 PTN SAL & CUE TRAD

Method

Make as per individual recipe

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Barley	✓
Oats	✓
Rye	✓
Wheat	✓
Crustaceans	✓
Eggs	✓
Fish	✓
Milk	✓
Mustard	✓
Sesame	✓
Soybeans	✓
Sulphur D02/Sulphites	✓

Cheese and Pickle Sandwich

Plan Date: 18 Apr 2017

PLU Number	93046619
Recipe Price Band	N/A
Portions	0.56
Protein Type	Other
Portion Net Weight	146 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1753kJ 419kcal	21.0g	12.0g	6.2g	2.5g
21%	30%	60%	7%	42%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 1201kJ/287kcal

Ingredients

- 8.34 G** Pickle Branston Original 2.55KG
Brakes Ambient
85873
- 21.13 G** Bread White CompassCatering Thk19+2 800g
Brakes Chilled Ltd
116414
- 2.78 G** Margarine Buttery Kerrymaid 2KG
Brakes Chilled Ltd
465077
- 27.8 G** Cheese Cheddar Grated Mild White 1KG
Brakes Chilled Ltd
111925
- 21.13 G** Bread Wmeal CompassCatering Thk19+2
800g
Brakes Chilled Ltd
116415

Method

METHOD

1. Thinly spread the bread with the sunflower spread
2. Place the grated cheese on the bread and top with pickle before second bread slice
3. Cut in half into two triangles
4. Place in sandwich wedge label and chill prior to merchandising

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Barley	✓
Wheat	✓
Milk	✓
Soybeans	✓
Sulphur D02/Sulphites	✓

Ham Sandwich

Plan Date: 18 Apr 2017

PLU Number 93046669
Recipe Price Band N/A
Portions 0.56
Protein Type Pork
Portion Net Weight 131 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1067kJ 255kcal	6.5g	1.9g	2.6g	2.0g
13%	9%	10%	3%	33%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 816kJ/195kcal

Ingredients

27.8 G Ham Value ST 454g
 Brakes Chilled Ltd
 75788
21.13 G Bread White CompassCatering Thk19+2 800g
 Brakes Chilled Ltd
 116414
2.78 G Margarine Buttery Kerrymaid 2KG
 Brakes Chilled Ltd
 465077
21.13 G Bread Wmeal CompassCatering Thk19+2
 800g
 Brakes Chilled Ltd
 116415

Method

METHOD
 1. Thinly spread the bread with the sunflower spread
 2 Place the ham on the bread
 3 Top with the second piece of bread
 4 Cut in half into two triangles
 5 Place in sandwich wedge label and chill prior to merchandising

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Milk	✓
Soybeans	✓

Egg Mayo Sandwich

Plan Date: 18 Apr 2017

PLU Number	93046601
Recipe Price Band	N/A
Portions	0.56
Protein Type	Other
Portion Net Weight	146 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1184kJ 283kcal	10.0g	2.9g	3.2g	1.5g
14%	14%	15%	4%	25%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 812kJ/194kcal

Ingredients

- 0.56 EA** Eggs
Brakes Ambient
114704
- 8.34 ML** Sauce Mayonnaise Lighter Than Light 5L
Brakes Ambient
26782
- 21.13 G** Bread White CompassCatering Thk19+2 800g
Brakes Chilled Ltd
116414
- 2.78 G** Margarine Buttery Kerrymaid 2KG
Brakes Chilled Ltd
465077
- 21.13 G** Bread Wmeal CompassCatering Thk19+2 800g
Brakes Chilled Ltd
116415

Method

- Method
1. Boil the eggs cool shell chop and mix with lite mayonnaise
 2. Thinly spread 1 piece of bread with sunflower spread
 3. Place the egg mayonnaise on the bread with spread
 4. Top with second bread slice
 5. Cut in half into two triangles
 6. Place in sandwich wedge label and chill prior to merchandising
- Chefs Tip
Alternatively use Origin Sandwich filling 75182

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Milk	✓
Soybeans	✓

Chicken Mayo Wrap

Plan Date: 18 Apr 2017

PLU Number	93046672
Recipe Price Band	N/A
Portions	0.56
Protein Type	Poultry
Portion Net Weight	129 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1025kJ 245kcal	6.5g	2.4g	3.2g	1.0g
12%	9%	12%	4%	17%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 795kJ/190kcal

Ingredients

- 0.56 EA** Wrap Tortillas Plain Medium 10in
Brakes Frozen Foodservice Ltd
4381
- 5.56 G** Lettuce Iceberg Essentials 8KG
Brakes Chilled Ltd
76937
- 8.34 ML** Sauce Mayonnaise Lighter Than Light 5L
Brakes Ambient
26782
- 27.8 G** Chicken Cook Stripped 2.5KG
Brakes Chilled Ltd
111230

Method

- METHOD**
1. Mix mayonnaise with chicken
 2. Wash drain and shred lettuce
 3. Defrost wraps as required
 4. Place the chicken mayonnaise in the centre of the wrap and top with lettuce
 5. Roll the wrap and cut straight in half
 6. Place in bag label and chill prior to merchandising

Comments

- Chefs TipS**
1. Alternatively use the spinach or tomato wraps
 2. The filling can be used in a sandwich or soft roll by substituting the wrap with 2 slices of bread or 1 x soft white 5 floured bap.
 3. Alternatively use Origin Sandwich filling

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Milk	✓
Soybeans	✓

BLT Baguette

Plan Date: 18 Apr 2017

PLU Number	93046735
Recipe Price Band	N/A
Portions	0.56
Protein Type	Pork
Portion Net Weight	254 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1966kJ 470kcal	9.0g	3.0g	7.0g	2.9g
24%	13%	15%	8%	48%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 774kJ/185kcal

Ingredients

- 22.24 G** Tomato Medium Essentials PK 6KG
Brakes Chilled Ltd
101785
- 33.36 G** Bacon Back Unsmoked R/less Value 1.5KG
Brakes Chilled Ltd
103475
- 86.18 G** Baguette White Demi Part Baked
Brakes Frozen Foodservice Ltd
3490
- 5.56 ML** Sauce Mayonnaise Light Brakes 2.2L
Brakes Ambient
89704
- 5.56 G** Lettuce Iceberg
Brakes Chilled Ltd
76324

Method

- Method
1. Cook bacon and chop roughly
 2. Wash lettuce and shred coarsely
 3. Thinly slice tomatoes
 4. Cook Baguette to golden brown cool and slice ¾ through.
 5. Spread the baguette thinly with the mayonnaise
 6. Place lettuce in the baguette arrange the bacon neatly and finish with the tomato
 7. Place in a bag label and chill prior to merchandising

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Milk	✓

Tuna Spinach and Lemon Mayo Sandwich

Plan Date: 18 Apr 2017

PLU Number 93046736
 Recipe Price Band N/A
 Portions 0.56
 Protein Type Fish
 Portion Net Weight 201 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1318kJ 315kcal	3.5g	1.3g	4.5g	1.9g
16%	5%	7%	5%	32%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 657kJ/157kcal

Ingredients

- 8.34 G** Spinach 500g
Brakes Chilled Ltd
101971
- 0.06 EA** Lemon Fresh
Brakes Chilled Ltd
76370
- 13.9 ML** Sauce Mayonnaise Lighter Than Light 5L
Brakes Ambient
26782
- 33.36 G** [Tuna Chunks In Brine Pouch 650g](#)
Ingredient not on unit APL
- 33.36 G** Tuna Chunk Brine Caterers Pride 1880g
Brakes Ambient
21779
- 0.56 EA** Bread Roll Hoagies Wholemeal Brake 7in
Brakes Frozen Foodservice Ltd
31297

Method

- Method
1. Wash and drain spinach
 2. Add a few drops of lemon juice to the mayonnaise
 3. Drain the tuna and mix with lemon mayonnaise
 4. Place the tuna mayonnaise in the hoagie
 5. Dress with the spinach
 6. Place in a bag label and chill prior to merchandising

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Barley	✓
Oats	✓
Rye	✓
Wheat	✓
Eggs	✓
Fish	✓
Milk	✓
Sesame	✓
Soybeans	✓

Free Range Egg and Cress Baguette

Plan Date: 18 Apr 2017

PLU Number	93046737
Recipe Price Band	N/A
Portions	0.56
Protein Type	Other
Portion Net Weight	220 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1883kJ 450kcal	13.0g	3.1g	2.5g	1.6g
23%	19%	16%	3%	27%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 858kJ/205kcal

Ingredients

- 0.56 EA** Baguette Wholemeal Part Baked 135g
Brakes Frozen Foodservice Ltd
106707
- 0.83 EA** Eggs
Brakes Ambient
114704
- 5.56 ML** Sauce Mayonnaise Lighter Than Light 5L
Brakes Ambient
26782
- 0.08 G** Salad Cress Punnet Bunch
Brakes Chilled Ltd
76249

Method

- Method
1. Boil the eggs cool shell chop and mix with lite mayonnaise
 2. Cut wash and drain cress
 3. Cook Baguette to golden brown and cool
 4. Place the egg mayonnaise in the baguette
 5. Sprinkle with cress
 6. Place in a bag label and chill prior to merchandising
- Chefs Tip
Alternatively use Origin sandwich filling

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Milk	✓

Prawn Cocktail Sandwich

Plan Date: 18 Apr 2017

PLU Number	93046741
Recipe Price Band	N/A
Portions	0.56
Protein Type	Fish
Portion Net Weight	142 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
962kJ 230kcal	2.0g	0.4g	4.3g	2.8g
12%	3%	2%	5%	47%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 678kJ/162kcal

Ingredients

- 0.06 EA** Lemon Fresh
Brakes Chilled Ltd
76370
- 5.56 G** Lettuce Iceberg Essentials 8KG
Brakes Chilled Ltd
76937
- 5.56 ML** Sauce Mayonnaise Lighter Than Light 5L
Brakes Ambient
26782
- 21.13 G** Bread White CompassCatering Thk19+2 800g
Brakes Chilled Ltd
116414
- 21.13 G** Bread Wmeal CompassCatering Thk19+2 800g
Brakes Chilled Ltd
116415
- 0.28 EA** Sauce Tomato Ketchup Brakes 9g
Brakes Ambient
3853
- 22.24 G** Prawn Cooked Peeled 200-300g 1KG
Brakes Frozen Foodservice Ltd
113377

Method

- Method
1. Defrost prawns
 2. Mix mayonnaise with ketchup and lemon juice add prawns
 3. Wash drain and shred lettuce
 4. Cook off the baguette cool and side cut leaving a hinge
 5. Place the prawn mayonnaise in the baguette
 6. Top with lettuce
 7. Cut in half into two triangles
 8. Place in sandwich wedge label and chill prior to merchandising

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Crustaceans	✓
Eggs	✓
Milk	✓
Soybeans	✓
Sulphur D02/Sulphites	✓

Coronation Chicken Sandwich

Plan Date: 18 Apr 2017

PLU Number 93046743
Recipe Price Band N/A
Portions 0.56
Protein Type Poultry
Portion Net Weight 154 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1084kJ 259kcal	3.9g	1.0g	4.2g	1.9g
13%	6%	5%	5%	32%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 703kJ/168kcal

Ingredients

5.56 G Lettuce Iceberg Essentials 8KG
 Brakes Chilled Ltd
 76937
8.34 ML Sauce Mayonnaise Lighter Than Light 5L
 Brakes Ambient
 26782
27.8 G Chicken Cook Stripped 2.5KG
 Brakes Chilled Ltd
 111230
21.13 G Bread White CompassCatering Thk19+2 800g
 Brakes Chilled Ltd
 116414
21.13 G Bread Wmeal CompassCatering Thk19+2
 800g
 Brakes Chilled Ltd
 116415
2.78 G Spice Curry Powder Madras Brakes 500g
 Brakes Ambient
 33582

Method

Method
 1. Mix mayonnaise with curry powder add chicken
 2. Wash drain and shred lettuce
 3. Place the coronation chicken on the bread
 6. Top with lettuce and the second slice of bread
 7. Cut in half into two triangles
 8. Place in sandwich wedge label and chill prior to merchandising .

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Milk	✓
Mustard	✓
Soybeans	✓

Ham Salad Baguette

Plan Date: 18 Apr 2017

PLU Number	93046744
Recipe Price Band	N/A
Portions	0.56
Protein Type	Pork
Portion Net Weight	258 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1640kJ 392kcal	6.5g	1.3g	4.0g	2.2g
20%	9%	7%	4%	37%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 636kJ/152kcal

Ingredients

- 0.56 EA** Baguette Wholemeal Part Baked 135g
Brakes Frozen Foodservice Ltd
106707
- 22.24 G** Ham Value ST 454g
Brakes Chilled Ltd
75788
- 13.9 G** Tomato Medium Essentials PK 6KG
Brakes Chilled Ltd
101785
- 5.56 G** Salad Continental Mix 400g
Brakes Chilled Ltd
104209
- 5.56 ML** Sauce Mayonnaise Lighter Than Light 5L
Brakes Ambient
26782
- 22.24 G** Cucumber Crooked Essentials PK 10KG
Brakes Chilled Ltd
76568

Method

- Method
1. Wash and drain salad vegetables
 2. Thinly slice tomatoes and cucumber
shred lettuce
 3. Side cut the baguette leaving it
joined
 4. Spread one side with lite mayonnaise
 5. Place the ham in the baguette
 6. Top with salad
 7. Place in a bag label and chill prior
to merchandising

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Milk	✓

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Greek Salad Pitta

Plan Date: 18 Apr 2017

PLU Number	93046694
Recipe Price Band	N/A
Portions	0.56
Protein Type	N/A
Portion Net Weight	202 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1439kJ 344kcal	17.0g	8.2g	2.8g	2.1g
17%	24%	41%	3%	35%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 711kJ/170kcal

Ingredients

- 0.56 EA** Bread Pitta White 60g
Brakes Frozen Foodservice Ltd
3600
- 27.8 G** Cheese Feta DPD 900g
Brakes Chilled Ltd
115418
- 5.56 G** Lettuce Iceberg Essentials 8KG
Brakes Chilled Ltd
76937
- 8.34 G** Tomato Cherry Red 250g
Brakes Chilled Ltd
76341
- 13.9 G** Cucumber Crooked Essentials PK 10KG
Brakes Chilled Ltd
76568
- 8.34 G** Onion Red PK 5KG
Brakes Chilled Ltd
101804
- 13.9 G** Olive Black Pitted Brine Crespo 2.26KG
Brakes Ambient
21565
- 3.34 G** Herb Basil Sweet 100g
Brakes Chilled Ltd
76979

Method

- METHOD**
1. Defrost and open the pitta as required
 2. Dice the Feta
 3. Wash drain and shred lettuce
 4. Halve the tomatoes and olives and dice the cucumber
 5. Slice the onions
 6. Tear the basil
 7. Mix ingredients and place in the middle of the pitta.
 8. Place in a bag for service label and chill prior to merchandising

Comments

Pitta bread opens easily after toasting lightly

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Milk	✓

CHEESE AND TOMATO CIABATTA HOT DELI

Plan Date: 18 Apr 2017

PLU Number	93046712
Recipe Price Band	N/A
Portions	0.56
Protein Type	N/A
Portion Net Weight	155 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1628kJ 389kcal	13.0g	7.2g	4.0g	1.7g
19%	19%	36%	4%	28%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 1050kJ/251kcal

Ingredients

- 0.56 EA** Ciabatta Roll Twisted Labo 100g
Brakes Frozen Foodservice Ltd
33497
- 13.9 G** Tomato Medium Essentials PK 6KG
Brakes Chilled Ltd
101785
- 16.68 G** Cheese Cheddar Mature Slice 2KG
Brakes Chilled Ltd
16667

Method

- Method
1. Defrost Ciabatta and cut in half
 2. Wash and slice tomatoes Place cheese on the bottom and tomato slices on top
 3. Place in a Panini machine for 3-4 minutes or until cheese has melted
 4. Cut in half into two triangles
 5. Place in bag or wrap and label prior to merchandising

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Milk	✓
Sesame	✓

Cream Cheese and Cucumber Hoagie

Plan Date: 18 Apr 2017

PLU Number	93046618
Recipe Price Band	N/A
Portions	0.56
Protein Type	Other
Portion Net Weight	167 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1251kJ 299kcal	5.8g	3.2g	5.7g	1.1g
15%	8%	16%	6%	18%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 749kJ/179kcal

Ingredients

- 27.8 G** Cheese Soft Low Fat Compsey 5% 2KG
Brakes Chilled Ltd
113556
- 11.12 G** Cucumber Crooked Essentials PK 10KG
Brakes Chilled Ltd
76568
- 0.56 EA** Bread Roll Hoagies Wholemeal Brake 7in
Brakes Frozen Foodservice Ltd
31297

Method

- METHOD**
1. Finely slice cucumber
 2. Side cut the Hoagie leaving it joined
 3. Spread the cream cheese in the hoagie
 4. Top with cucumber
 5. Place in a bag label and chill prior to merchandising

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Barley	✓
Oats	✓
Rye	✓
Wheat	✓
Eggs	✓
Milk	✓
Sesame	✓
Soybeans	✓

HAM AND CHEESE PANINI HOT DELI

Plan Date: 18 Apr 2017

PLU Number 93046711
 Recipe Price Band N/A
 Portions 0.56
 Protein Type N/A
 Portion Net Weight 180 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1674kJ 400kcal	9.6g	5.3g	1.8g	2.0g
20%	14%	27%	2%	33%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 929kJ/222kcal

Ingredients

22.24 G Ham Value ST 454g
 Brakes Chilled Ltd
 75788
16.68 G Cheese Mozzarella Shredded 2KG
 Brakes Chilled Ltd
 103301
61.16 G Panini Plain No Bar Marks 110g
 Brakes Frozen Foodservice Ltd
 102402

Method

Method
 1. Defrost Panini as required and slice in half
 2. Place the cheese and ham in the Panini
 3. Place in the Panini machine for 3-4 minutes or until cheese has melted
 4. Cut in half at a slant
 5. Place in bag or wrap keep warm and label prior to merchandising
 Chefs Tip
 Will stay warm for up to 10 mins cook to order where possible

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Milk	✓

Tuna and Cheese Melt Panini

Plan Date: 18 Apr 2017

PLU Number 93046730
Recipe Price Band N/A
Portions 0.56
Protein Type Fish
Portion Net Weight 180 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1644kJ 393kcal	8.1g	4.9g	1.7g	1.5g
20%	12%	25%	2%	25%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 912kJ/218kcal

Ingredients

22.24 G [Tuna Chunks In Brine Pouch 650g](#)
 Ingredient not on unit APL
22.24 G Tuna Chunk Brine Caterers Pride 1880g
 Brakes Ambient
 21779
16.68 G Cheese Mozzarella Shredded 2KG
 Brakes Chilled Ltd
 103301
0.56 EA Panini Plain No Bar Marks 110g
 Brakes Frozen Foodservice Ltd
 102402

Method

Method
 1. Defrost panini as required and slice in half
 2. Place the cheese and tuna inside the panini
 3. Place in the Panini machine for 3-4 minutes or until golden and cheese has melted
 4. Cut in half at a slant
 5. Place in bag or wrap keep warm and label prior to merchandising
 Chefs Tip
 Will stay warm for up to 10 mins cook to order where possible

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Fish	✓
Milk	✓

Cheese and Pesto Panini

Plan Date: 18 Apr 2017

PLU Number	93046733
Recipe Price Band	N/A
Portions	0.56
Protein Type	Other
Portion Net Weight	170 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1920kJ 459kcal	17.0g	8.5g	2.1g	1.8g
23%	24%	43%	2%	30%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 1130kJ/270kcal

Ingredients

- 5.56 G** Condiment Pesto Nut Free Gr DellAmi 1KG
Brakes Chilled Ltd
116528
- 27.8 G** Cheese Mozzarella Shredded 2KG
Brakes Chilled Ltd
103301
- 0.56 EA** Panini Plain No Bar Marks 110g
Brakes Frozen Foodservice Ltd
102402

Method

- Method**
1. Defrost panini as required and slice in half
 2. Spread the pesto onto one half of the panini and sprinkle on the cheese
 3. Place in a Panini machine for 3-4 minutes
 4. Cut in half at a slant
 5. Place in bag or wrap keep warm and label prior to merchandising
- Chefs Tip**
Will stay warm for up to 10 mins cook to order where possible

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Milk	✓

Tuna and Cucumber Sandwich

Plan Date: 18 Apr 2017

PLU Number	93046695
Recipe Price Band	N/A
Portions	0.56
Protein Type	Fish
Portion Net Weight	165 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1084kJ 259kcal	5.1g	1.5g	3.5g	1.7g
13%	7%	8%	4%	28%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 657kJ/157kcal

Ingredients

- 8.34 ML** Sauce Mayonnaise Lighter Than Light 5L
Brakes Ambient
26782
- 27.8 G** [Tuna Chunks In Brine Pouch 650g](#)
Ingredient not on unit APL
- 27.8 G** Tuna Chunk Brine Caterers Pride 1880g
Brakes Ambient
21779
- 21.13 G** Bread White CompassCatering Thk19+2 800g
Brakes Chilled Ltd
116414
- 2.78 G** Margarine Buttery Kerrymaid 2KG
Brakes Chilled Ltd
465077
- 21.13 G** Bread Wmeal CompassCatering Thk19+2
800g
Brakes Chilled Ltd
116415
- 11.12 G** Cucumber Crooked Essentials PK 10KG
Brakes Chilled Ltd
76568

Method

- METHOD**
- 1.Drain tuna and mix with lite mayonnaise
 - 2.Thinly spread 1 piece of bread with sunflower spread
 - 3.Place the tuna mayonnaise on the bread with spread
 - 4.Top with the cucumber slices and the second bread slice
 - 5.Cut in half into two triangles
 - 6.Place in sandwich wedge label and chill prior to merchandising

Comments

Alternatively use Origin Sandwich filling 75136

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Fish	✓
Milk	✓
Soybeans	✓

Salmon and Cucumber Sandwich

Plan Date: 18 Apr 2017

PLU Number 93108137
Recipe Price Band N/A
Portions 0.56
Protein Type N/A
Portion Net Weight 154 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1130kJ 270kcal	7.4g	1.9g	3.5g	1.7g
14%	11%	10%	4%	28%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 732kJ/175kcal

Ingredients

2.78 G Margarine Buttery Kerrymaid 2KG
 Brakes Chilled Ltd
 465077
11.12 G Cucumber Crooked Essentials PK 10KG
 Brakes Chilled Ltd
 76568
8.34 ML Sauce Mayonnaise Lighter Than Light 5L
 Brakes Ambient
 26782
21.13 G Bread White CompassCatering Thk19+2 800g
 Brakes Chilled Ltd
 116414
21.13 G Bread Wmeal CompassCatering Thk19+2
 800g
 Brakes Chilled Ltd
 116415
27.8 G Salmon Pink Wild Pacific 418g
 Brakes Ambient
 86129

Method

METHOD
 1.Drain salmon and mix with lite mayonnaise
 2.Thinly spread 1 piece of bread with sunflower spread
 3.Place the salmon mayonnaise on the bread with spread
 4.Top with the cucumber slices and the second bread slice
 5.Cut in half into two triangles
 6.Place in sandwich wedge label and chill prior to merchandising

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | All Day
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Fish	✓
Milk	✓
Soybeans	✓

ASSORTED JACKET POTATOES SECONDARY

Plan Date: 18 Apr 2017

PLU Number 93040450
 Recipe Price Band CA
 Portions 10
 Protein Type N/A
 Portion Net Weight 302 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1711kJ 409kcal	5.3g	2.6g	4.3g	0.7g
20%	8%	13%	5%	12%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 565kJ/135kcal

Ingredients

- 2 PTN TUNA JACKET
- 2 PTN JACKET CHEESE
- 2 PTN BEAN JACKET
- 2 PTN JACKET CHILLI
- 2 PTN JACKET POTATO WI

Method

Bake the potatoes in the oven as per individual recipes.
 Prepare the toppings as per individual recipes.
 Split baked potatoes and fill with toppings.
 Serve immediately.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Fish	✓
Milk	✓

TUNA MAYONNAISE JACKET SECONDARY

Plan Date: 18 Apr 2017

PLU Number 93040440
Recipe Price Band N/A
Portions 2
Protein Type N/A
Portion Net Weight 278 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1469kJ 351kcal	1.2g	0.2g	3.3g	0.7g
18%	2%	1%	4%	12%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 527kJ/126kcal

Ingredients

500 G Potatoes Jkt 60
 Brakes Chilled Ltd
 101850
30 ML Sauce Mayonnaise Lighter Than Light 5L
 Brakes Ambient
 26782
90 G [Tuna Chunks In Brine Pouch 650g](#)
 Ingredient not on unit APL
90 G Tuna Chunk Brine Caterers Pride 1880g
 Brakes Ambient
 21779

Method

Wash the potstoes score the top with a cross.
 Bake in the oven Gas 6/200F for 1 hour or until soft in the middle.
 Drain the tuna flake and mix with the mayonnaise. Season with a little pepper if required.
 Split the potato fill with the tuna mayo and serve immediately.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Eggs	✓
Fish	✓
Milk	✓

JACKET POTATO WITH CHEESE SECONDARY

Plan Date: 18 Apr 2017

PLU Number 93040442
Recipe Price Band N/A
Portions 2
Protein Type N/A
Portion Net Weight 268 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
2096kJ 501kcal	17.0g	11.0g	2.7g	1.0g
25%	24%	55%	3%	17%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 782kJ/187kcal

Ingredients

500 G Potatoes Jkt 60
Brakes Chilled Ltd
101850
100 G Cheese Cheddar Grated Mild White 1KG
Brakes Chilled Ltd
111925

Method

Wash the potatoes score the top with a cross.
Bake in the oven Gas 6/200F for 1 hour or until soft in the middle.
Split and fill with grated cheese.
Serve immediately.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Milk



JACKET WITH BAKED BEANS SECONDARY

Plan Date: 18 Apr 2017

PLU Number 93038279
Recipe Price Band N/A
Portions 2
Protein Type N/A
Portion Net Weight 318 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1636kJ 391kcal	0.7g	0g	6.3g	0.8g
20%	1%	0%	7%	14%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 515kJ/123kcal

Ingredients

500 G Potatoes Jkt 60
Brakes Chilled Ltd
101850
200 G Beans Baked Tomato Sce Origin HR 2.62KG
Brakes Ambient
21726

Method

Wash the potatoes score the top with a cross.
Bake in the oven Gas 6/200F for 1 hour or until soft in the middle.
Heat the beans on the hob until over 73C.
Split the potato pour beans on top and serve immediately.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

JACKET POTATO WITH CHILLI SECONDARY

Plan Date: 18 Apr 2017

PLU Number 93040443
Recipe Price Band N/A
Portions 2
Protein Type N/A
Portion Net Weight 365 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1782kJ 426kcal	4.4g	1.6g	5.9g	0.2g
21%	6%	8%	7%	3%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 490kJ/117kcal

Ingredients

500 G Potatoes Jkt 60
 Brakes Chilled Ltd
 101850
2 G Garlic Greens Chopped 250g
 Brakes Frozen Foodservice Ltd
 110718
80 G [Tomato Chopped Caterers Choice 2.55KG](#)
 Ingredient not on unit APL
80 G Tomatoes Chopped Canned Riverdene 2.5KG
 Brakes Ambient
 119064
30 G Peppers Mixed Essentials PK 5KG
 Brakes Chilled Ltd
 101855
40 G Beans Red Kidney Brakes 800g
 Brakes Ambient
 10143
10 G Flour Plain Imperial 16kg
 Brakes Ambient
 112618
50 G Onion Medium 2.27KG
 Brakes Chilled Ltd
 76360
100 G Beef Mince Lean
 Brakes Chilled Ltd
 109462
10 G [Tomato Puree Caterers Choice 800g](#)
 Ingredient not on unit APL
10 G Paste Tomato Canned Riverdene 800g
 Brakes Ambient
 119065
1.4 G Spice Chilli Powder Hot Brakes 500g
 Brakes Ambient
 35016

Method

Wash and prick the potatoes.
 Cook in steamer for 45 minutes then
 place in hot oven until cooked.
 Make the chilli using the chilli recipe.
 Keep warm until service.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten
 Wheat



Jacket potato with salmon and tuna

Plan Date: 18 Apr 2017

PLU Number 93108151
Recipe Price Band N/A
Portions 2
Protein Type Fish
Portion Net Weight 284 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1565kJ 374kcal	3.1g	0.6g	3.3g	0.9g
19%	4%	3%	4%	14%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 552kJ/132kcal

Ingredients

80 G Salmon Pink Wild Pacific 418g
 Brakes Ambient
 86129
30 ML Sauce Mayonnaise Lighter Than Light 5L
 Brakes Ambient
 26782
40 G [Tuna Chunks In Brine Pouch 650g](#)
 Ingredient not on unit APL
40 G Tuna Chunk Brine Caterers Pride 1880g
 Brakes Ambient
 21779
500 G Potatoes Jkt 60
 Brakes Chilled Ltd
 101850

Method

Method
 1. Wash and prick the potatoes.
 2. Cook in steamer for 45 minutes then place in hot oven until cooked.
 3. Mix the drained tuna and salmon with the mayonnaise place in a dish and refridgerate until serving.

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Eggs	✓
Fish	✓
Milk	✓

Assorted salad accompaniment

Plan Date: 18 Apr 2017

PLU Number 93101455
Recipe Price Band CA
Portions 10
Protein Type N/A
Portion Net Weight 109 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
594kJ 142kcal	1.0g	0.2g	1.8g	0.2g
7%	1%	1%	2%	4%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 544kJ/130kcal

Ingredients

6 PTN COUS COUS
4 PTN MIXED SALAD

Method

Method
1.Prepare salads as per individual recipes and chill until required.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten
Wheat



Spiced Cous Cous

Plan Date: 18 Apr 2017

PLU Number 93042973
Recipe Price Band N/A
Portions 6
Protein Type N/A
Portion Net Weight 130 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
929kJ 222kcal	1.3g	0.3g	1.6g	0.3g
11%	2%	2%	2%	6%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 715kJ/171kcal

Ingredients

360 G Couscous Medium George Harker 1KG
 Brakes Ambient
 21977
18 G Herbs Coriander 100g
 Brakes Chilled Ltd
 76983
0.6 EA Lemon Fresh
 Brakes Chilled Ltd
 76370
7.8 G VegetableBouillon Powder Chefs Pass 800g
 Brakes Ambient
 118423
1.8 G Spices Cumin Ground Brakes 450g
 Brakes Ambient
 34002
3.6 G Chillies Green Longdutch SP 250g
 Brakes Chilled Ltd
 101827

Method

Method
 1.Combine the cous cous the finely chopped chilli cumin and finely chopped coriander
 2.Zest and juice the lemon and add to cous cous .
 3.Add boiling stock to the cous cous and stir well cover with cling film.
 4.Leave to stand for 3-4 minutes until liquid is dissolved.
 5.Remove cling film and with a fork separate the grains.
 6.Adjust seasoning and serve immediatly.
Chefs Tip If the cous cous appears to be sticky add a few drops of olive oil



Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Dinner, Lunch, Supper
Lifestyle Indicator | Halal, Vegan, Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten 
 Wheat 

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MIXED SALAD

Plan Date: 18 Apr 2017

PLU Number 93143440
Recipe Price Band N/A
Portions 4
Protein Type N/A
Portion Net Weight 78 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
88kJ 21kcal	0g	0g	1.9g	trace
1%	0%	0%	2%	< 1%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 113kJ/27kcal

Ingredients

48 G Tomato Medium Essentials PK 6KG
Brakes Chilled Ltd
101785
40 G Sweetcorn Standard 2.5KG
Brakes Frozen Foodservice Ltd
106348
80 G Cucumber Crooked Essentials PK 10KG
Brakes Chilled Ltd
76568
120 G Lettuce Iceberg Essentials 8KG
Brakes Chilled Ltd
76937
48 G Carrot PK 12.5KG
Brakes Chilled Ltd
76345

Method

Method
1. Thoroughly wash all salad ingredients before using under running cold water and drain thoroughly
2. Shred lettuce quarter tomatoes dice cucumber peel and grate or chop carrots
3. Add sweetcorn and mix together
Place in a dish cover and refrigerate prior to service

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

ASSORTED SALADS SECONDARY

Plan Date: 18 Apr 2017

PLU Number 93040686
Recipe Price Band CA
Portions 10
Protein Type N/A
Portion Net Weight 242 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1109kJ 265kcal	8.6g	2.8g	5.9g	1.0g
13%	12%	14%	7%	16%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 460kJ/110kcal

Ingredients

- 1.54 PTN EGG SHAKER
- 1.54 PTN 5 BEAN SHAKER
- 1.54 PTN CHICKEN SHAKER
- 1.54 PTN TUNA NICOISE SHA
- 1.54 PTN CHEESE SHAKER
- 0.77 PTN MOROCCAN CHICK
- 0.77 PTN CHICKEN CAESAR
- 0.77 PTN TUNA NICOISE

Method

Make all salads as per the individual recipes.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Celery	✓
Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Fish	✓
Milk	✓
Mustard	✓
Soybeans	✓
Sulphur D02/Sulphites	✓

LAYERED FREE RANGE EGG SHAKER SALAD

Plan Date: 18 Apr 2017

PLU Number 93040681
Recipe Price Band N/A
Portions 1.54
Protein Type N/A
Portion Net Weight 265 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1071kJ 256kcal	13.0g	2.8g	6.2g	1.0g
13%	19%	14%	7%	17%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 406kJ/97kcal

Ingredients

53.83 G Salad Mixed Leaf 500g
 Brakes Chilled Ltd
 107917
53.83 G Tomato Medium Essentials PK 6KG
 Brakes Chilled Ltd
 101785
1.54 EA Eggs
 Brakes Ambient
 114704
53.83 G Carrot PK 12.5KG
 Brakes Chilled Ltd
 76345
61.52 G Sweetcorn Standard 2.5KG
 Brakes Frozen Foodservice Ltd
 106348
38.45 ML Sauce Mayonnaise Lighter Than Light 5L
 Brakes Ambient
 26782
0.15 EA Salad Cress Pack
 Brakes Chilled Ltd
 75074
0.77 PTN GARLIC BREAD WED

Method

Grate the carrot dice the tomato
 blanch the sweetcorn and drain.
 Boil the egg cool peel and slice.
 Layer salad leaves on bottom of shaker
 salad pot follow with carrot then
 sweetcorn then tomato.
 Place lite mayo on top followed by
 sliced egg and cress.
 Top with bread wedge.
 Close the lid securely.
 Label and refrigerate.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Milk	✓

Garlic and Herb Bread Wedge

Plan Date: 18 Apr 2017

PLU Number	93119266
Recipe Price Band	N/A
Portions	0.77
Protein Type	N/A
Portion Net Weight	84 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
833kJ 199kcal	10.0g	1.6g	1.6g	0.6g
10%	14%	8%	2%	10%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 992kJ/237kcal

Ingredients

- 23.46 ML** Water Cold 1L
- 23.46 ML** Water Cold 1L
- 23.46 ML** Water Cold 1L
- 34.91 G** Mix White Roll Soft Bap 12KG
Brakes Ambient
21694
- 34.91 G** Mix White Roll Soft Bap 12KG
Brakes Ambient
21694
- 34.91 G** Mix White Roll Soft Bap 12KG
Brakes Ambient
21694
- 6.92 ML** [Oil Olive Fontoliva Btl 5L](#)
Ingredient not on unit APL
- 6.92 ML** [Oil Olive Fontoliva Btl 5L](#)
Ingredient not on unit APL
- 6.92 ML** [Oil Olive Fontoliva Btl 5L](#)
Ingredient not on unit APL
- 6.92 ML** Oil Pomace KTC 5L
Brakes Ambient
115982
- 6.92 ML** Oil Pomace KTC 5L
Brakes Ambient
115982
- 6.92 ML** Oil Pomace KTC 5L
Brakes Ambient
115982
- 1.92 G** Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
- 1.92 G** Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
- 1.92 G** Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd

Method

- Method
1. Heat the water to blood temperature.
 2. Gradually mix the water and half the olive oil into the bread mix to form a soft but not sticky dough.
 3. Place the dough on a lightly floured surface and knead for 10 minutes or 5 minutes in a mixer on medium speed with the dough hook. Place the dough in a bowl cover with clingfilm and leave to prove in a warm place until double in size.
 4. Lightly grease a half gastronorm. Turn out the dough onto a lightly floured surface and knead in the garlic puree and mixed herbs so they are evenly distributed. Roll out the dough to the size of the tin and place it in the gastronorm.
 5. Dimple the dough by pressing your fingertips in firmly so it is marked with indentations about 1cm deep. Cover with a damp tea towel or greased clingfilm and leave to prove in a warm place until doubled in size.
 6. Uncover the bread and dribble the remaining half of the oil over the dough so the dimples are filled. Bake in a pre heated oven for 25-30 minutes at 200° until the bread is risen and golden on top. Remove from the tin and cool on a wire rack. Cut into wedges.

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Cereals With Gluten	✓
Wheat	✓
Cereals With Gluten	✓
Wheat	✓

110718

0.15 G Herbs Mixed Brakes 140g
Brakes Ambient

33590

0.15 G Herbs Mixed Brakes 140g
Brakes Ambient

33590

0.15 G Herbs Mixed Brakes 140g
Brakes Ambient

33590

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LAYERED 5 BEAN SHAKER SALAD

Plan Date: 18 Apr 2017

PLU Number 93040683
Recipe Price Band N/A
Portions 1.54
Protein Type N/A
Portion Net Weight 237 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
841kJ 201kcal	6.6g	1.0g	5.3g	0.8g
10%	9%	5%	6%	13%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 356kJ/85kcal

Ingredients

53.83 G Salad Mixed Leaf 500g
 Brakes Chilled Ltd
 107917
53.83 G Tomato Medium Essentials PK 6KG
 Brakes Chilled Ltd
 101785
76.9 G Salad Five Bean C&B Tin 800g
 Brakes Ambient
 22722
53.83 G Carrot PK 12.5KG
 Brakes Chilled Ltd
 76345
61.52 G Sweetcorn Standard 2.5KG
 Brakes Frozen Foodservice Ltd
 106348
0.77 PTN GARLIC BREAD WED

Method

Grate the carrot dice the tomato
 blanch the sweetcorn and drain.
 Layer salad leaves on bottom of shaker
 salad pot follow with carrot then
 sweetcorn then tomato.
 Place the beans on top followed by the
 bread wedge.
 Close the lid securely.
 Label and refrigerate.



Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten 
 Wheat 

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Garlic and Herb Bread Wedge

Plan Date: 18 Apr 2017

PLU Number	93119266
Recipe Price Band	N/A
Portions	0.77
Protein Type	N/A
Portion Net Weight	84 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
833kJ 199kcal	10.0g	1.6g	1.6g	0.6g
10%	14%	8%	2%	10%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 992kJ/237kcal

Ingredients

- 23.46 ML** Water Cold 1L
- 23.46 ML** Water Cold 1L
- 23.46 ML** Water Cold 1L
- 34.91 G** Mix White Roll Soft Bap 12KG
Brakes Ambient
21694
- 34.91 G** Mix White Roll Soft Bap 12KG
Brakes Ambient
21694
- 34.91 G** Mix White Roll Soft Bap 12KG
Brakes Ambient
21694
- 6.92 ML** [Oil Olive Fontoliva Btl 5L](#)
Ingredient not on unit APL
- 6.92 ML** [Oil Olive Fontoliva Btl 5L](#)
Ingredient not on unit APL
- 6.92 ML** [Oil Olive Fontoliva Btl 5L](#)
Ingredient not on unit APL
- 6.92 ML** Oil Pomace KTC 5L
Brakes Ambient
115982
- 6.92 ML** Oil Pomace KTC 5L
Brakes Ambient
115982
- 6.92 ML** Oil Pomace KTC 5L
Brakes Ambient
115982
- 1.92 G** Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
- 1.92 G** Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
- 1.92 G** Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd

Method

- Method
1. Heat the water to blood temperature.
 2. Gradually mix the water and half the olive oil into the bread mix to form a soft but not sticky dough.
 3. Place the dough on a lightly floured surface and knead for 10 minutes or 5 minutes in a mixer on medium speed with the dough hook. Place the dough in a bowl cover with clingfilm and leave to prove in a warm place until double in size.
 4. Lightly grease a half gastronorm. Turn out the dough onto a lightly floured surface and knead in the garlic puree and mixed herbs so they are evenly distributed. Roll out the dough to the size of the tin and place it in the gastronorm.
 5. Dimple the dough by pressing your fingertips in firmly so it is marked with indentations about 1cm deep. Cover with a damp tea towel or greased clingfilm and leave to prove in a warm place until doubled in size.
 6. Uncover the bread and dribble the remaining half of the oil over the dough so the dimples are filled. Bake in a pre heated oven for 25-30 minutes at 200° until the bread is risen and golden on top. Remove from the tin and cool on a wire rack. Cut into wedges.

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Cereals With Gluten	✓
Wheat	✓
Cereals With Gluten	✓
Wheat	✓

110718

0.15 G Herbs Mixed Brakes 140g
Brakes Ambient

33590

0.15 G Herbs Mixed Brakes 140g
Brakes Ambient

33590

0.15 G Herbs Mixed Brakes 140g
Brakes Ambient

33590

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CHICKEN TIKKA AND RICE SHAKER SALAD

Plan Date: 18 Apr 2017

PLU Number	93040684
Recipe Price Band	N/A
Portions	1.54
Protein Type	N/A
Portion Net Weight	365 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1753kJ 419kcal	6.0g	1.5g	3.6g	0.7g
21%	9%	8%	4%	11%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 481kJ/115kcal

Ingredients

- 46.14 G** Salad Continental Mix 400g
Brakes Chilled Ltd
104209
- 23.07 G** Peppers Mixed Essentials PK 5KG
Brakes Chilled Ltd
101855
- 53.83 G** Sweetcorn Standard 2.5KG
Brakes Frozen Foodservice Ltd
106348
- 23.07 G** Spring Onion 115g
Brakes Chilled Ltd
78091
- 92.28 G** Chicken Cook Stripped 2.5KG
Brakes Chilled Ltd
111230
- 123.04 G** Rice Easy Cook Long Grain 5KG
Brakes Ambient
118694
- 3.08 G** Spice Turmeric Ground Brakes 550g
Brakes Ambient
33586
- 7.69 ML** Sauce Tikka Masala CreateMore Knorr 1.1L
Brakes Ambient
85656
- 7.69 ML** Water Cold 1L

Method

Method:
Mix the tikka sauce with the water
Blanch the sweetcorn and drain.
Cook the rice with the turmeric drain and cool.
Chop the peppers and spring onions and mix with the sweetcorn and rice.
Place half the rice in the pot followed by the mixed leaves then remaining rice.
Mix the chicken with the tikka sauce and place on top.
Close the lid securely.
Label and refrigerate.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Milk	✓
Mustard	✓
Soybeans	✓

TUNA NICOISE SHAKER SALAD

Plan Date: 18 Apr 2017

PLU Number 93037289
Recipe Price Band N/A
Portions 1.54
Protein Type N/A
Portion Net Weight 170 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
766kJ 183kcal	1.4g	0.3g	2.7g	0.9g
9%	2%	2%	3%	15%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 452kJ/108kcal

Ingredients

53.83 G Salad Continental Mix 400g
 Brakes Chilled Ltd
 104209
30.76 G Tomato Cherry Red 250g
 Brakes Chilled Ltd
 76341
1.54 EA Roll Soft Petit Pain White 40g
 Brakes Frozen Foodservice Ltd
 4042
23.07 G Sweetcorn Standard 2.5KG
 Brakes Frozen Foodservice Ltd
 106348
92.28 G [Tuna Chunks In Brine Pouch 650g](#)
 Ingredient not on unit APL
92.28 G Tuna Chunk Brine Caterers Pride 1880g
 Brakes Ambient
 21779

Method

Method
 1) Arrange 1/2 the leaves in bottom of pot
 2) Place tuna in centre and egg / potato on outer side of tuna and top with green beans
 3) Place on other ? of leaves
 4) Place lid on pot securely for service

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Fish	✓

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LAYERED CHEDDAR CHEESE SHAKER SALAD

Plan Date: 18 Apr 2017

PLU Number	93040687
Recipe Price Band	N/A
Portions	1.54
Protein Type	N/A
Portion Net Weight	248 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1264kJ 302kcal	20.0g	9.6g	5.6g	1.7g
15%	29%	48%	6%	28%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 510kJ/122kcal

Ingredients

- 53.83 G** Salad Mixed Leaf 500g
Brakes Chilled Ltd
107917
- 61.52 G** Celery Bunch
Brakes Chilled Ltd
101841
- 53.83 G** Tomato Medium Essentials PK 6KG
Brakes Chilled Ltd
101785
- 53.83 G** Carrot PK 12.5KG
Brakes Chilled Ltd
76345
- 38.45 ML** Sauce Mayonnaise Lighter Than Light 5L
Brakes Ambient
26782
- 61.52 G** Cheese Cheddar Grated Mild White 1KG
Brakes Chilled Ltd
111925
- 0.77 PTN** GARLIC BREAD WED

Method

Grate the carrot dice the tomato and celery.
Layer salad leaves on bottom of shaker salad pot follow with carrot then celery then tomato.
Place lite mayo on top followed by grated cheese.
Top with bread wedge.
Close the lid securely.
Label and refrigerate.

Comments

Serving suggestions

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Celery	✓
Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Milk	✓

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Garlic and Herb Bread Wedge

Plan Date: 18 Apr 2017

PLU Number	93119266
Recipe Price Band	N/A
Portions	0.77
Protein Type	N/A
Portion Net Weight	84 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
833kJ 199kcal	10.0g	1.6g	1.6g	0.6g
10%	14%	8%	2%	10%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 992kJ/237kcal

Ingredients

- 23.46 ML** Water Cold 1L
- 23.46 ML** Water Cold 1L
- 23.46 ML** Water Cold 1L
- 34.91 G** Mix White Roll Soft Bap 12KG
Brakes Ambient
21694
- 34.91 G** Mix White Roll Soft Bap 12KG
Brakes Ambient
21694
- 34.91 G** Mix White Roll Soft Bap 12KG
Brakes Ambient
21694
- 6.92 ML** [Oil Olive Fontoliva Btl 5L](#)
Ingredient not on unit APL
- 6.92 ML** [Oil Olive Fontoliva Btl 5L](#)
Ingredient not on unit APL
- 6.92 ML** [Oil Olive Fontoliva Btl 5L](#)
Ingredient not on unit APL
- 6.92 ML** Oil Pomace KTC 5L
Brakes Ambient
115982
- 6.92 ML** Oil Pomace KTC 5L
Brakes Ambient
115982
- 6.92 ML** Oil Pomace KTC 5L
Brakes Ambient
115982
- 1.92 G** Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
- 1.92 G** Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
- 1.92 G** Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd

Method

- Method
1. Heat the water to blood temperature.
 2. Gradually mix the water and half the olive oil into the bread mix to form a soft but not sticky dough.
 3. Place the dough on a lightly floured surface and knead for 10 minutes or 5 minutes in a mixer on medium speed with the dough hook. Place the dough in a bowl cover with clingfilm and leave to prove in a warm place until double in size.
 4. Lightly grease a half gastronorm. Turn out the dough onto a lightly floured surface and knead in the garlic puree and mixed herbs so they are evenly distributed. Roll out the dough to the size of the tin and place it in the gastronorm.
 5. Dimple the dough by pressing your fingertips in firmly so it is marked with indentations about 1cm deep. Cover with a damp tea towel or greased clingfilm and leave to prove in a warm place until doubled in size.
 6. Uncover the bread and dribble the remaining half of the oil over the dough so the dimples are filled. Bake in a pre heated oven for 25-30 minutes at 200° until the bread is risen and golden on top. Remove from the tin and cool on a wire rack. Cut into wedges.

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Cereals With Gluten	✓
Wheat	✓
Cereals With Gluten	✓
Wheat	✓

110718

0.15 G Herbs Mixed Brakes 140g
Brakes Ambient

33590

0.15 G Herbs Mixed Brakes 140g
Brakes Ambient

33590

0.15 G Herbs Mixed Brakes 140g
Brakes Ambient

33590

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MOROCCAN CHICKEN SALAD SEC THEATRE

Plan Date: 18 Apr 2017

PLU Number	93041812
Recipe Price Band	N/A
Portions	0.77
Protein Type	N/A
Portion Net Weight	221 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
1439kJ 344kcal	3.5g	1.0g	24.0g	0.8g
17%	5%	5%	27%	14%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 653kJ/156kcal

Ingredients

- 11.54 G** Carrot PK 12.5KG
Brakes Chilled Ltd
76345
- 7.69 G** Herbs Coriander 100g
Brakes Chilled Ltd
76983
- 7.69 G** Honey Clear Blossom Rowse 1.36KG
Brakes Ambient
84663
- 57.68 G** Chicken Cook Stripped 2.5KG
Brakes Chilled Ltd
111230
- 30.76 G** Couscous Medium George Harker 1KG
Brakes Ambient
21977
- 0.77 G** Spices Cumin Ground Brakes 450g
Brakes Ambient
34002
- 11.54 G** Apricots Whole 2KG
Brakes Ambient
112928
- 1.54 G** Pepper Black Ground Brakes 600g
Brakes Ambient
33579
- 7.69 G** Fruit Dried Sultanas 2KG
Brakes Ambient
116360
- 1.54 G** Chillies Red Longdutch SP 250g
Brakes Chilled Ltd
101826

Method

- PREPARATION**
1. Prepare Cous Cous following manufactures instructions set aside in suitable bowl
 2. Baste the chicken in the honey roast at 180c place in suitable serving dish
 3. Fry the chilli and cumin add to the cous cous
 4. Finely chop the coriander place in suitable serving bowl
 5. Half the apricots place in bowl and place sultanas in bowl
 6. Carrots dice 3 / 4 mm place in bowl
 7. As the salad will be prepared in front of the customer have all ingredients readily to hand
 8. Combine the cous cous with the apricots sultanas carrots and chilli place in centre of bowl
 9. Top with chicken
 10. Sprinkle with corriander

Comments

Serving suggestions

Can also be serve in Grab and GO disposable Box.

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Milk	✓
Soybeans	✓
Sulphur D02/Sulphites	✓

CHICKEN CASEAR SALAD SECONDARY THEATRE

Plan Date: 18 Apr 2017

PLU Number	93041811
Recipe Price Band	N/A
Portions	0.77
Protein Type	N/A
Portion Net Weight	160 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
992kJ 237kcal	11.0g	3.5g	4.2g	1.4g
12%	16%	18%	5%	23%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 619kJ/148kcal

Ingredients

- 38.45 G** Lettuce Iceberg Essentials 8KG
Brakes Chilled Ltd
76937
- 15.38 ML** Dressing Caesar Creamy Hellmanns 1L
Brakes Ambient
29935
- 0.38 ML** Oil Rapeseed B/B 20L
Brakes Ambient
21557
- 57.68 G** Chicken Cook Stripped 2.5KG
Brakes Chilled Ltd
111230
- 8.77 G** Bread White CompassCatering Thk19+2 800g
Brakes Chilled Ltd
116414
- 1.54 G** Pepper Black Ground Brakes 600g
Brakes Ambient
33579
- 7.69 G** Cheese Grated Grana Padano Brwn Bag 1KG
Brakes Chilled Ltd
107037

Method

PREPARATION

1. Chicken should be warmed at 180 C/Gas 5 for 15-20 minutes until heated through just prior to service set aside and place in a suitable serving dish.
2. Croutons remove crusts and cut into 1cm dice toss in a tsp of vegetable oil season with black pepper and oven bake until crisp and golden brown transfer to serving bowl
3. Lettuce cut into strands approximately 2cm wide wash drain well and transfer to serving bowl
4. Transfer parmesan cheese to suitable serving bowl
5. Have Caesar Dressing to hand along with Pepper Mill
6. The idea of this recipe is that the salad will be prepared in front of the customer and so all ingredients should be readily to hand
7. Toss the lettuce in a little of the dressing place in centre of bowl
8. Place chicken on top of lettuce followed by croutons
9. Sprinkle with parmesan cheese and finish with a twist of black pepper

Comments

Serving suggestions

Can also be served in a Grab and GoBox

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Cereals With Gluten	✓
Wheat	✓
Eggs	✓
Fish	✓
Milk	✓
Soybeans	✓

TUNA NICOISE SALAD SECONDARY THEATRE

Plan Date: 18 Apr 2017

PLU Number	93041810
Recipe Price Band	N/A
Portions	0.77
Protein Type	N/A
Portion Net Weight	194 g

per average serving

Energy	Fat	Saturates	Sugars	Salt
590kJ 141kcal	3.6g	1.0g	1.9g	0.6g
7%	5%	5%	2%	10%

of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 305kJ/73kcal

Ingredients

- 9.23 G** Tomato Cherry Red 250g
Brakes Chilled Ltd
76341
- 30.76 G** Salad Continental Mix 400g
Brakes Chilled Ltd
104209
- 19.22 G** Beans Whole Green Fine 2.5KG
Brakes Frozen Foodservice Ltd
111275
- 23.07 G** Potato Mid 7.5KG
Brakes Chilled Ltd
76022
- 0.38 EA** Eggs
Brakes Ambient
114704
- 46.14 G** [Tuna Chunks In Brine Pouch 650g](#)
Ingredient not on unit APL
- 46.14 G** Tuna Chunk Brine Caterers Pride 1880g
Brakes Ambient
21779
- 1.54 G** Pepper Black Ground Brakes 600g
Brakes Ambient
33579

Method

- Method
- 1) All ingredients need to be placed in suitable bowls for theatre style presentation and service.
 - 2) Drain tuna season with half the black pepper
 - 3) Wash lettuce drain well
 - 4) Prepare and cook beans and new potatoes
 - 5) Wash cherry tomatoes cut in halves
 - 6) Boil eggs shell and quarter
 - 7) Have all the ingredients ready to hand as the salad will be prepared in front of the customer
 - 8) Dress the lettuce in the centre of the bowl top with tuna.
 - 9) Arrange the potatoes eggs and tomatoes around the tuna
 - 10) Scatter with french beans and season with black pepper

Comments

Serving suggestions

Can also be served in a Grab and Go box

Additional Information

Complexity Level | None Listed
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

Eggs	✓
Fish	✓