



Autumn / Winter
2020/21 Week 1

Chickpea Korma & Poppadum's

Allergens: Lactose/Mustard/Gluten/Soya

Ingredients

- Sunflower Oil
- Diced onion frozen
- Garlic
- Salt
- Korma Sauce
- Chickpeas A10 – ensure they are drained & rinsed before cooking
- Poppadum

Ordering

Item	Source	Code	Allergens
Sunflower oil			-
Diced frozen onion			-
Garlic Puree			-
Korma Sauce			Lactose/Mustard/Gluten/Soya
Chickpeas (A10 – Rinsed)			-
Poppadum			-

Mascarpone & Tomato Pasta Bake

Contains: Lactose/Gluten

Ingredients

- RTU Tomato & Mascarpone sauce
- Pasta (any shape)
- Mozzarella Cheese

Ordering

Item	Source	Code	Allergens
Pasta – Penne			Gluten
Tomato & Mascarpone RTU			Milk (lactose)
Mozzarella			Milk (lactose)

Jam & Coconut Sponge

Contains: Cereals/Eggs/Milk/Soya

Ingredients

- Sponge Mix
- Strawberry Jam
- Desiccated coconut

Ordering

Item	Source	Code	Allergens
Sponge mix			Cereals/Milk/Eggs/Soya
Desiccated Coconut			Sulphur Dioxide – trace of Cereals /Nuts/Peanuts/Sesame Seeds
Strawberry Jam			-

Pork Meatball & Tomato Panini (Meatball Subs)

Contains: Cereals/Soya/Celery/Lactose – May Contain: Mustard/Eggs

Ingredients

- Meatballs
- Tinned diced tomatoes
- Passata
- Diced onions
- Garlic Puree
- Chicken Bouillon
- Mixed Herbs
- Sub Roll
- Mozzarella Cheese

Ordering

Item	Source	Code	Allergens
Meatballs – Frozen			Cereals/Soya – may Contain Celery/Milk/Eggs/Mustard
Chicken Bouillon			Celery
Tinned Tomatoes			-
Diced Frozen Onions			-
Passata			
Garlic Puree			-
Mixed Herbs			-
Panini			Cereals – May Contain Sesame seeds – Prepared near Eggs/Milk
Mozzarella Cheese			Milk (lactose)

Sweet & Sour Spring Rolls with Prawn Crackers

Contains: Gluten

Ingredients

- Spring Rolls
- Sweet & Sour RTU sauce with vegetables
- Prawn Crackers

Ordering

Item	Source	Code	Allergens
Vegetable Spring Roll			Sesame/Gluten
Sweet & Sour RTU			-
Prawn Crackers *these will be distributed from head office			May Contain Gluten

Sauté Potatoes

Contains:

Ingredients

- Sauté Potatoes – Frozen, sliced
- Mixed Herbs – Optional

Ordering

Item	Source	Code	Allergens
Sauté potatoes - frozen			-
Mixed Herbs			-

Noodles

Contains:

Ingredients

- Dried Noodles
- Oil

Ordering

Item	Source	Code	Allergens
Dried Noodles			-
Sunflower Oil			-

Chocolate Brownie

Contains: Cereals/Eggs/Milk. May Contain Soya

Ingredients

- Chocolate Brownie Mix

Ordering

Item	Source	Code	Allergens
Brownie Mix			Cereals/Eggs/Milk – May contain Soya

Roast Chicken & Stuffing

Contains: Gluten – prepared in the same factory as Celery/Eggs/Fish/Milk/Mustard/Nuts/Peanuts/Sesame Seeds/ Sulphur Dioxide/Soya.

Ingredients

- Chicken Breast – Sliced on-site
- Stuffing Mix

Ordering

Item	Source	Code	Allergens
Pre-Cooked Chicken Filets (Frozen)			-
Stuffing Mix			Gluten – prepared in the same factory as Celery/Eggs/Fish/Milk /Mustard/Nuts/Peanuts/Sesame Seeds/ Sulphur Dioxide/Soya.

Cheese & Onion Quiche

Contains: Gluten/Lactose/Egg

Ingredients

- Eggs
- Milk
- Frozen Diced Onions
- Mozzarella Cheese
- Pastry Sheets

Ordering

Item	Source	Code	Allergens
Pastry Sheets - Frozen			Gluten
Diced Frozen Onions			-
Mozzarella Cheese			Milk (lactose)
Milk (Semi Skimmed)			Milk (lactose)
Eggs			Egg

Roast Potatoes

Contains:

Ingredients

- Washed White potatoes
- Sunflower Oil

Ordering

Item	Source	Code	Allergens
Washed White Potatoes			-
Sunflower Oil			

Jelly

Contains:

Ingredients

- Jelly (can be either orange or strawberry)
- Solo pots

Ordering

Item	Source	Code	Allergens
Strawberry Jelly			-
Orange Jelly			-

Beef Bolognese

Contains: Celery/Milk/Soya/Gluten

Ingredients

- Beef mince x 2kg
- Tinned chopped tomatoes x 2
- Tomato paste/Puree x 2
- Frozen diced onions 1 kg
- Garlic Puree
- Frozen mixed peppers 1 kg
- Mixed herbs
- Beef bouillon

Ordering

Item	Source	Code	Allergens
Beef Mince			-
Frozen Mixed Peppers			-
Tinned Tomatoes			-
Diced Frozen Onions			-
Garlic Puree			-
Mixed Herbs			-
Beef Bouillon			Celery/Milk/Soya
Tomato Paste/Puree			-

Root Veg, Tomato & Butterbean Bake

Contains: Celery/Cereals (Gluten)

Ingredients

- Sunflower Oil
- Garlic
- Paprika
- Stew pack – Frozen
- Butterbeans – A10 tin
- Tomato paste
- Vegetable bouillon
- Mozzarella cheese

Ordering

Item	Source	Code	Allergens
Sunflower oil			-
Garlic Puree			-
Paprika			-
Stew pack			Celery
Butterbeans			-
Tomato Paste/Puree			-
Vegetable Bouillon			Celery/Cereals
Mozzarella Cheese			Milk (lactose)

Spaghetti

Contains: Gluten

Ingredients

- Spaghetti
- Oil

Ordering

Item	Source	Code	Allergens
Spaghetti			Cereals (Gluten)
Sunflower Oil			-

Herby Diced Potatoes

Contains: Gluten

Ingredients

- Frozen diced potatoes

Ordering

Item	Source	Code	Allergens
Herby Diced Potatoes			-

Lemon Shortbread

Contains: Gluten/Milk/Eggs – May contain Soya

Ingredients

- Lemon curd
- Butter
- Caster sugar
- Plain flour

Ordering

Item	Source	Code	Allergens
Margarine			Milk (Lactose)
Caster sugar			-
Plain Flour			Wheat (Gluten) – May contain Soya
Lemon curd			Eggs/Wheat (Gluten)

Breaded White Fish & Lemon

Contains: Gluten

Ingredients

- Breaded white fish
- Lemons

Ordering

Item	Source	Code	Allergens
Breaded White Fish			Cereals/Fish/Mustard
Lemon			-

Cheese & Tomato Pizza

Contains: Gluten

Ingredients

- Plain flour
- Margarine
- Yeast
- Caster sugar
- Mozzarella cheese
- Onions
- Garlic
- Sunflower oil
- Tinned chopped tomatoes
- Mixed herbs
- Cornflour

Ordering

Item	Source	Code	Allergens
Plain Flour			Wheat (Gluten) – May contain Soya
Margarine			Milk (Lactose)
Yeast			-
Caster Sugar			-
Mozzarella Cheese			Milk (Lactose)
Diced Frozen Onions			-
Garlic Puree			-
Sunflower Oil			-
Tinned Tomatoes			-
Mixed Herbs			-
Cornflour			Prepared in the same factory as Celery/Gluten/Milk/Mustard/Nuts /Peanuts/Sesame Seeds/Soya / Sulphur Dioxide

Chips

Contains: Gluten

Ingredients

- Lutosa Chips

Ordering

Item	Source	Code	Allergens
Sterling 9/16 Fryer Chips			
Oven Chips			

Ice Cream

Contains: lactose

Ingredients

- Individual ice cream tubs

Ordering

Item	Source	Code	Allergens
Strawberry			Milk (Lactose)
Vanilla			Milk (Lactose)



Autumn / Winter
2020/21 Week 2

Veggie Hotdogs

Contains: Gluten/Cereals/Sesame Seeds and some items prepared in a factory that uses Eggs/Milk

Ingredients

- Veggie hotdogs
- Hotdog rolls
- Ketchup – optional

Ordering

Item	Source	Code	Allergens
Veggie hotdogs x 48			Gluten
Hotdog roll			Cereals/ Sesame Seeds Prepared in a factory containing Eggs/Milk
ketchup			-

Lentil & Cheddar Bake

Contains: Cereals/Celery/Lactose/Egg

Ingredients

- Red lentils
- Vegetable bouillon
- Mild cheddar/Mozzarella cheese
- Diced frozen peppers
- Diced frozen onions
- Garlic puree
- Coriander
- Eggs
- Sunflower oil

Ordering

Item	Source	Code	Allergens
Red lentils			Packaged in a factory containing Cereals/Gluten/Nuts /Peanuts/Sulphur Dioxide /Sesame Seeds
Vegetable bouillon			Celery/Cereals
Mozzarella Cheese			Milk (Lactose)
Diced Frozen Onions			-
Frozen Mixed Peppers			-
Garlic Puree			-
Eggs			Egg
Mixed Herbs			-

Sauté Potatoes

Contains:

Ingredients

- Sauté potatoes – Frozen, sliced
- Mixed herbs – optional

Ordering

Item	Source	Code	Allergens
Sauté potatoes - frozen			-
Mixed Herbs			-

Chocolate Mousse

Contains: Milk

Ingredients

- Frozen chocolate & vanilla swirl mousse

Ordering

Item	Source	Code	Allergens
Chocolate Mousse			Milk

Chicken Tikka & Naan Bread

Contains: Gluten/Wheat/Soya/Soybeans/Milk/Mustard

Ingredients

- Tikka Masala RTU sauce
- Diced frozen onions
- Frozen mixed peppers
- Chicken breast
- Fresh coriander
- Naan bread

Ordering

Item	Source	Code	Allergens
Tikka Masala Sauce RTU			Milk/Mustard/Wheat
Diced Frozen Onions			-
Frozen Mixed Peppers			-
Chicken Breast			
Naan Bread			Gluten/Wheat/Soya/Soybeans
Coriander			-

Veggie Chilli & Nachos

Contains: Celery/Cereals

Ingredients

- Veggie mince
- Vegetable bouillon
- Kidney beans
- Baked beans
- Diced frozen onion
- Frozen mixed peppers
- Tinned chopped tomatoes
- Passata
- Chilli powder (Mild)
- Garlic puree

Ordering

Item	Source	Code	Allergens
Veggie Mince			
Vegetable bouillon			Celery/Cereals
Kidney Beans			-
Baked Beans			-
Diced Frozen Onions			-
Frozen Mixed Peppers			-
Tinned Tomatoes			-
Passata			-
Chilli Powder			-
Garlic Puree			-
Nachos			May contain milk

Bombay Potatoes

Contains: Mustard

Ingredients

- Potatoes
- Diced frozen onion
- Curry powder
- Sunflower oil

Ordering

Item	Source	Code	Allergens
Washed White Potatoes			-
Sunflower Oil			-
Curry powder			Mustard
Diced Frozen Onions			-

Apple & Cinnamon Crumble with Custard

Contains: Wheat/Gluten/ May Contain Soya/Milk/Eggs

Ingredients

- Margarine
- Plain flour
- Sugar
- Cinnamon
- Solid pack apples

Ordering

Item	Source	Code	Allergens
Plain Flour			Wheat (Gluten) – May contain Soya
Margarine			Milk (Lactose)
Solid pack apples			-
Ground cinnamon			-
Caster Sugar			-
Custard Powder			Milk/ May contain Soya/Eggs /Cereals

Boiled Gammon

Contains:

Ingredients

- Gammon Joint – cook for 20 mins per lb
- Tinned Pineapple Rings – cut in half

Ordering

Item	Source	Code	Allergens
Gammon	Call butchery		
Pineapple rings			-

Lentil Bolognese

Contains: Celery/Cereals – lentils are Packaged in a factory containing Cereals/Gluten/Nuts /Peanuts/Sulphur Dioxide /Sesame Seeds

Ingredients

- Red lentils
- Tinned chopped tomatoes
- Passata
- Frozen diced onions
- Garlic puree
- Frozen mixed peppers
- Mixed herbs
- Vegetable bouillon

Ordering

Item	Source	Code	Allergens
Red lentils			Packaged in a factory containing Cereals/Gluten/Nuts /Peanuts/Sulphur Dioxide /Sesame Seeds
Frozen Mixed Peppers			-
Tinned Tomatoes			-
Diced Frozen Onions			-
Passata			-
Garlic Puree			-
Mixed Herbs			-
Vegetable bouillon			Celery/Cereals

Cherry Muffin

Contains: Cereals/Celery/Lactose/Egg

Ingredients

- Sponge Mix
- Cherry Pie Filling

Ordering

Item	Source	Code	Allergens
Sponge mix			Cereals/Milk/Eggs/Soya
Cherry pie filling			-

Toad in the Hole

Contains: Wheat/Cereals/Celery/Lactose/Egg

Ingredients

- Pork sausages
- Yorkshire puddings (Frozen)

Ordering

Item	Source	Code	Allergens
Sausages			Soya/Soybeans/sulphur dioxide/Sulphites/Wheat
Yorkshire Pudding - Frozen			Cereals/Gluten/Eggs/Milk

Veggie Curry Puffs

Contains: Mustard/Egg/Lactose/Cereals/Gluten

Ingredients

- Curry powder
- Peas
- Carrots
- Frozen diced onions
- Potato
- Puff Pastry sheets (Frozen)

Ordering

Item	Source	Code	Allergens
Curry powder			Mustard
Frozen Peas			-
Carrots			-
Diced Frozen Onions			-
Washed White Potatoes			-
Sunflower oil			-
Puff Pastry Sheets (Frozen)			Cereals/Gluten

Sag Aloo

Contains: Mustard

Ingredients

- Potatoes
- Spinach
- Curry powder

Ordering

Item	Source	Code	Allergens
Spinach			-
Washed White Potatoes			-
Curry powder			Mustard

Chocolate Sponge & Chocolate Custard

Contains: Cereals/Eggs/Milk/Soya

Ingredients

- Sponge mix
- Cocoa powder
- Custard powder

Ordering

Item	Source	Code	Allergens
Sponge mix			Cereals/Milk/Eggs/Soya
Cocoa Powder (reduced fat)			-
Custard Powder			Milk/ May contain Soya/Eggs /Cereals

Breaded White Fish & Lemon

Contains: Gluten

Ingredients

- Breaded White Fish
- Lemons

Ordering

Item	Source	Code	Allergens
Breaded White Fish			Cereals/Fish/Mustard
Lemon			-

Cheese & Tomato Pizza

Contains: Gluten

Ingredients

- Plain Flour
- Margarine
- Yeast
- Caster Sugar
- Mozzarella Cheese
- Onions
- Garlic
- Sunflower Oil
- Tinned Chopped Tomatoes
- Mixed Herbs
- Cornflour

Ordering

Item	Source	Code	Allergens
Plain Flour			Wheat (Gluten) – May contain Soya
Margarine			Milk (Lactose)
Yeast			-
Caster Sugar			-
Mozzarella Cheese			Milk (Lactose)
Diced Frozen Onions			-
Garlic Puree			-
Sunflower Oil			-
Tinned Tomatoes			-
Mixed Herbs			-
Cornflour			Prepared in the same factory as Celery/Gluten/Milk/Mustard/Nuts /Peanuts/Sesame Seeds/Soya / Sulphur Dioxide

Chips

Contains: Gluten

Ingredients

- Lutosa Chips

Ordering

Item	Source	Code	Allergens
Sterling 9/16 Fryer Chips			
Oven Chips			

Ice Cream

Contains: lactose

Ingredients

- Individual ice cream tubs

Ordering

Item	Source	Code	Allergens
Strawberry			Milk (Lactose)
Vanilla			Milk (Lactose)



Autumn / Winter

2020/21 Week 3

Quorn Stir fry

Contains: Soya/Wheat

Ingredients

- Quorn pieces
- Frozen stir fry vegetables
- (Dark) Soy sauce

Ordering

Item	Source	Code	Allergens
Stir fry vegetables			-
Soy Sauce (dark)			Soya/Wheat
Quorn pieces			Egg

Baked Bean Cheesy Parcels

Contains: Milk/Cereals/Gluten/Egg

Ingredients

- Baked beans
- Mozzarella cheese
- Potatoes
- Pastry sheets
- Milk/Egg (to wash)

Ordering

Item	Source	Code	Allergens
Baked beans			-
Mozzarella cheese			Milk (Lactose)
White washed potatoes			-
Pastry sheets			Cereals/Gluten
Milk (Semi Skimmed)			Milk (lactose)
Eggs			Egg

Lemon Drizzle Cake

Contains: Cereals/Milk/Eggs/Soya

Prepared in a factory containing Celery/Cereals/Gluten/Milk/ Mustard/Nuts/Peanuts/Sesame seeds/Soya/Sulphur Dioxide

Ingredients

- Sponge Mix
- Lemon Juice
- Icing sugar
- Fresh lemon juice and rind

Ordering

Item	Source	Code	Allergens
Sponge mix			Cereals/Milk/Eggs/Soya
Lemon juice			Prepared in a factory containing Celery/Cereals/Gluten/Milk/ Mustard/Nuts/Peanuts/Sesame seeds/Soya/Sulphur Dioxide
Icing sugar			-
Lemons (fresh)			-

Grilled Sausages in Onion Gravy

Contains: Gluten/Soya/Soybeans/sulphur dioxide/Sulphites

Ingredients

- Sausages
- Diced frozen onions
- Gravy

Ordering

Item	Source	Code	Allergens
Sausages			Soya/Soybeans/sulphur dioxide/ Sulphites/Gluten
Diced Frozen Onions			-
Gravy (Gluten Free)			Sulphur Dioxide

Macaroni Cheese

Contains: Gluten/Lactose/Milk/Celery/Cereals/Mustard/ May contain Soya

Ingredients

- Macaroni pasta
- Milk
- Mozzarella/mild cheddar heese
- Margarine
- Vegetable bouillon
- Mustard

Ordering

Item	Source	Code	Allergens
Macaroni pasta			Gluten
Plain Flour			Wheat (Gluten) – May contain Soya
Milk (Semi Skimmed)			Milk (lactose)
Mozzarella cheese			Milk (Lactose)
Margarine			Milk (Lactose)
Vegetable bouillon			Celery/Cereals
Mustard			Mustard

Cookies

Contains: Lactose/Egg/Gluten/Milk/May contain Soya

Ingredients

Makes: 16 to 20 cookies – x these amounts by 10 to get a larger quantity

- 125g margarine **1.25 kg**
- 160g soft brown sugar **1.6 kg**
- 60g caster sugar **600 g**
- 1 egg **10**
- 1 teaspoon vanilla essence **2 tbspn**
- 150g self-raising flour **1.5 kg**
- 120g plain flour **1.2 kg**
- 1 teaspoon baking powder **1 tbspn**
- 190g milk chocolate chips **1.9 kg**

Ordering

Item	Source	Code	Allergens
Margarine			Milk (Lactose)
Brown sugar			-
Caster sugar			-
Eggs			Egg
Vanilla essence			-
Self-raising flour			Gluten/ May contain soya
Plain flour			Wheat (Gluten) – May contain Soya
Baking powder			-
Chocolate chips			Milk

Roast Beef & Yorkshire Puddings

Contains: Cereals/Gluten/Eggs/Milk/ Sulphur Dioxide

Ingredients

- Roasting joint
- Yorkshire Puddings (frozen)
- Gravy

Ordering

Item	Source	Code	Allergens
Beef joint			
Yorkshire Pudding - Frozen			Cereals/Gluten/Eggs/Milk
Gravy (Gluten Free)			Sulphur Dioxide

Fish cakes (white fish)

Contains: Egg/Gluten/Fish - Produced in a factory that contains Celery/Cereals/Gluten/Milk/Mustard/ Nuts/peanuts/sesame seeds/Soya/ Sulphur dioxide

Ingredients

- Potatoes (Old/white washed)
- Tinned Tuna
- Parsley – Fresh
- Black Pepper (Powdered)
- Eggs
- Brown Breadcrumbs

Ordering

Item	Source	Code	Allergens
White washed potatoes			-
Tuna			Fish
Parsley (fresh)			-
Black pepper			Produced in a factory that contains Celery/Cereals/Gluten/Milk/Mustard/ Nuts/peanuts/sesame seeds/Soya/ Sulphur dioxide
Eggs			Egg
Breadcrumbs			Cereals contain gluten Produced in a factory that contains Celery/Mustard/Nuts/Sesame Seeds/ soya

Strawberry Mousse

Contains: Milk

Ingredients

- Frozen Strawberry Mousse.

Ordering

Item	Source	Code	Allergens
Strawberry Mousse			Milk

BBQ Chicken Melts

Contains: Gluten, lactose, Barley, Celery, Soya, Wheat

Ingredients

- Chicken – pulled/Shredded
- White floured bap
- BBQ sauce
- Mozzarella Cheese

Ordering

Item	Source	Code	Allergens
Chicken breasts			
White floured bap			Wheat/Sesame
BBQ sauce			-
Mozzarella cheese			Milk (Lactose)

Mexican Veggie Wrap

Contains: Wheat

Ingredients

- Flour tortilla
- Sweetcorn
- Frozen mixed peppers
- Frozen diced onions
- Tomato puree
- Chili powder

Ordering

Item	Source	Code	Allergens
Flour Tortilla			Wheat
Frozen sweetcorn			-
Diced Frozen Onions			-
Frozen Mixed Peppers			-
Chilli Powder			-
Tomato Paste/Puree			-

Frosted Banana Cake

Contains: Cereals/Milk/Eggs/Soya

Ingredients

- Sponge Mix
- Fresh Bananas
- Margarine
- Icing Sugar

Ordering

Item	Source	Code	Allergens
Sponge mix			Cereals/Milk/Eggs/Soya
Bananas			
Margarine			Milk (Lactose)
Icing sugar			-

Breaded White Fish & Lemon

Contains: Gluten

Ingredients

- Breaded White Fish
- Lemons

Ordering

Item	Source	Code	Allergens
Breaded White Fish			Cereals/Fish/Mustard
Lemon			-

Cheese & Tomato Pizza

Contains: Gluten

Ingredients

- Plain Flour
- Margarine
- Yeast
- Caster Sugar
- Mozzarella Cheese
- Onions
- Garlic
- Sunflower Oil
- Tinned Chopped Tomatoes
- Mixed Herbs
- Cornflour

Ordering

Item	Source	Code	Allergens
Plain Flour			Wheat (Gluten) – May contain Soya
Margarine			Milk (Lactose)
Yeast			-
Caster Sugar			-
Mozzarella Cheese			Milk (Lactose)
Diced Frozen Onions			-
Garlic Puree			-
Sunflower Oil			-
Tinned Tomatoes			-
Mixed Herbs			-
Cornflour			Prepared in the same factory as Celery/Gluten/Milk/Mustard/Nuts /Peanuts/Sesame Seeds/Soya / Sulphur Dioxide

Chips

Contains: Gluten

Ingredients

- Lutosa Chips

Ordering

Item	Source	Code	Allergens
Sterling 9/16 Fryer Chips			
Oven Chips			

Ice Cream

Contains: lactose

Ingredients

- Individual ice cream tubs

Ordering

Item	Source	Code	Allergens
Strawberry			Milk (Lactose)
Vanilla			Milk (Lactose)