Primary & Sursery School Lunch Menu

April 2021 – June 2022





Says your P4-P7 child may also be entitled to free school meals. To apply click the link below.

Free school meals and school clothing grants | Fife Council





April 2021 – June 2022

12/04/2021 21/06/2021 25/10/2021 03/01/2022 14/03/2022 30/05/2022 26/04/2021 16/08/2021 08/11/2021 17/01/2022 28/03/2022 13/06/2022 30/08/2021 10/05/2021 22/11/2021 31/01/2022 18/04/2022 27/06/2022 24/05/2021 13/09/2021 06/12/2021 14/02/2022 02/05/2022 07/06/2021 27/09/2021 20/12/2021 28/02/2022 16/05/2022

Weeki	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Homemade Soup with Bread V	Homemade Soup with Bread V	Homemade Soup with Bread V	Homemade Soup with Bread V	Homemade Soup with Bread V
Main 1	Macaroni Cheese V with Garlic Bread Broccoli, Salad & Tomato Wedges	Pork Sausage & Hot Dog Roll Sweetcorn & Coleslaw Potato Wedges	Chicken Korma Boiled Rice, Naan Bread Broccoli & Salad	Steak Pie Potatoes Carrots & Turnip	Crispy Cod Fillet Chips, Peas & Salad
Main 2	Cheesy Beano V With Tomato Wedges & Crudities	Baked Potato V & Various Filings & Salad	Vegetable Korma V Boiled Rice, Naan Bread Broccoli & Salad	Baked Potato V & Various Filings & Salad	Italian Pasta V Peas & Salad
Filled Roll	Roll with Turkey or Cheese Fillings	Roll with Egg Mayo or Cheese Fillings	Roll with Ham or Cheese Fillings	Roll with Tuna Mayo or Cheese Fillings	Roll with Turkey or Cheese Fillings
Dessert	Ice Cream Tub Selection of Fresh Fruit	Yoghurt Selection of Fresh Fruit	Mandarin & Melon Cocktail Selection of Fresh Fruit	Jelly & Fresh Fruit Salad Selection of Fresh Fruit	Apple & Grape Cup Selection of Fresh Fruit

Side Salad & Crudities are available daily with Main Course & Filled Rolls, there is also a choice of Milk or Water Daily.

Plated Salad available daily . Soup will be available for dining room service only.

Recipes , Allergens & Dietary Information available at School meals | Fife Council

April 2021 – June 2022

07/03/2022 19/04/2021 23/08/2021 15/11/2021 10/01/2022 23/05/2022 03/05/2021 06/09/2021 29/11/2021 24/01/2022 21/03/2022 06/06/2022 20/09/2021 17/05/2021 13/12/2021 07/02/2022 25/04/2022 20/06/2022 31/05/2021 04/10/2021 21/02/2022 09/05/2022 14/06/2021 01/11/2021

Week2	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Homemade Soup with Bread V	Homemade Soup with Bread V	Homemade Soup with Bread V	Homemade Soup with Bread V	Homemade Soup with Bread V
Main 1	Italian Meatballs with Spaghetti Broccoli & Salad	Beef Burger/Quorn V Burger & Bun with Sweetcorn Salad & Potato Wedges	Roast Chicken & Gravy Mashed Potatoes Carrots & Peas	Pasta Bolognaise Garlic Bread Peas & Salad	Salmon Fish Fingers Chips, Beans & Peas
Main 2	Cheese Panini V with Salad & Crudities	Baked Potato V & Various Filings	Cheese & Tomato Pizza V with Salad, Peas & Crudities	Baked Potato V & Various Filings	Vegetable Chilli V Boiled Rice Salad & Peas
Filled Roll	Roll with Turkey or Cheese Fillings	Roll with Egg Mayo or Cheese Fillings	Roll with Ham or Cheese Fillings	Roll with Tuna Mayo or Cheese Fillings	Roll with Turkey or Cheese Fillings
Dessert	Mandarin & Melon Cocktail Selection of Fresh Fruit	Yoghurt Selection of Fresh Fruit	Apple Sponge & Custard Selection of Fresh Fruit	Apple & Grape Cup Selection of Fresh Fruit	Yoghurt Selection of Fresh Fruit

Side Salad & Crudities are available daily with Main Course & Filled Rolls, there is also a choice of Milk or Water Daily. Plated Salad available daily. Soup will be available for dining room service only.

Recipes , Allergens & Dietary Information available at School meals | Fife Council

Nursery Menu Week 1

April 2021 – June 2022

Morning /Lunch /Afternoon

12/04/2021	21/06/2021	25/10/2021	03/01/2022	14/03/2022	30/05/2022
26/04/2021	16/08/2021	08/11/2021	17/01/2022	28/03/2022	13/06/2022
10/05/2021	30/08/2021	22/11/2021	31/01/2022	18/04/2022	27/06/2022
24/05/2021	13/09/2021	06/12/2021	14/02/2022	02/05/2022	
07/06/2021	27/09/2021	20/12/2021	28/02/2022	16/05/2022	

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Macaroni Cheese & Sweetcorn or	Pork Sausage in a Bun Coleslaw or Cheese or Egg Roll	Chicken Korma Boiled Rice, Naan Bread &	Steak Pie Potatoes Carrots or Cheese or Tuna Roll	Crispy Cod Fillet Chips Peas Or Cheese or Turkey Roll
	Cheese or Turkey Roll & Veggie Bag Fromage Frais Milk	& Veggie Bag Fruit Bag Milk	Broccoli or Cheese or Ham Finger Roll & Veggie Bag Melon Milk	& Veggie Bag Fruit Bag Milk	& Veggie Bag Fresh Fruit Milk
Morning t Afternoon	Cheese & Crackers Veggie Bag Fromage Frais Milk	Cheese or Egg Roll Veggie Bag Fruit Bag Milk	Cheese or Ham Finger Roll Veggie Bag Melon Milk	Cheese or Tuna Roll Veggie Bag Fruit Bag Milk	Cheese or Turkey Roll Veggie Bag Fresh Fruit Milk

Recipes, Allergens & Dietary Information available at School meals | Fife Council

Nursery Menu Week 2

April 2021 – June 2022

Morning /Lunch /Afternoon

19/04/2021	23/08/2021	15/11/2021	10/01/2022	07/03/2022	23/05/2022
03/05/2021	06/09/2021	29/11/2021	24/01/2022	21/03/2022	06/06/2022
17/05/2021	20/09/2021	13/12/2021	07/02/2022	25/04/2022	20/06/2022
31/05/2021	04/10/2021		21/02/2022	09/05/2022	
14/06/2021	01/11/2021				

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Italian Meatballs	Beef Burger & Bun	Chicken & Gravy	Cheese & Tomato Pizza	Salmon Fish Fingers
Lunch	&	&	&	& Salad	&
	Pasta / Broccoli	Sweetcorn	Carrots/Potatoes	or	Wedges /Beans
Bag	or	or	or	Cheese or Tuna Roll	Or
. 70	Cheese or Turkey Roll	Cheese or Egg Roll	Cheese or Ham Finger	&	Cheese or Turkey Roll
	&	&	Roll	Veggie Bag	&
	Veggie Bag	Veggie Bag	&	Melon	Veggie Bag
	Fromage Frais	Fruit Bag	Veggie Bag	Milk	Fruit Bag
	Milk	Milk	Apple Muffin		Milk
			Milk		
Morning	Cheese & Crackers	Cheese or Egg Roll	Cheese or Ham Finger	Cheese or Tuna Roll	Cheese or Turkey Roll
10101711719	Veggie Bag	Veggie Bag	Roll	Veggie Bag	Veggie Bag
†	Fromage Frais	Fruit Bag	Veggie Bag	Melon	Fruit Bag
1	Milk	Milk	Apple Muffin	Milk	Milk
Afternoon			Milk		

Recipes , Allergens & Dietary Information available at School meals | Fife Council

Recipe List

Starters

For details of ingredients and allergen information click on the individual recipes.

Green Pea Souppage
Leek & Potato Soup page
Lentil Soup page
Tomato Soup page 1
Vegetable Soup page 1
Yellow Split Pea Soup page 1
Main Course
Cheese Panini page 1
Cheesy Beano page 1
Chicken in Gravy page 1
Chicken Korma page 1
Crispy Cod Fillet page 1
Filled Roll with Cheese page 1
Filled Roll with Egg Mayonnaise page 1
Filled Roll with Ham page 2
Filled Roll with Tuna Mayonnaise . page 2
Filled Roll with Turkey page 2
O/F Deef Division 9 Divis

Italian Meatballs & Pastapage 24Italian Pastapage 25Jacket Potato & Fillingpage 26Macaroni Cheesepage 27Cheese & Tomato Pizzapage 28

Pasta Bolognaise	page 29
Plated Salad	page 30
Pork Sausage & Hot Dog Roll	page 31
Quorn Burger & Bun	page 32
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Salmon Fish Fingers	page 34
Steak Pie	page 35
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Sundries	
Baked Beans	
Basic Mixed Salad	
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ong Grain Rice	page 47
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Naan Bread	
Peas	
Potato Wedges	nage 51

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Apple & Grape Cup	page 58

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Apple & Grape Cup	page 5
Apple Muffin	page 5
Apple Sponge	page 6
Cheese & Crackers	page 6
Custard	page 6
Fresh Fruit Salad	page 6
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Mandarin & Melon Cocktail	page 6
Melon Boats	page 6
Selection of Fresh Fruit	page 6
Vanilla Ice Cream Tub	page 7
Yoghurt	page 7

	nd	ex	Drinks
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emi	Skimmed	Milk	page 72

Breakfast

Rice Krispie Multigrain	page 73
Weetabix	page 74
Brown Bread	page 75
Honey	page 76
Jam	page 77
Marmalade	page 78
Stork Spread	page 79
Milk	page 80

Measures are in place to minimise the risk of cross contamination. Details of these procedures are available in school kitchens.

edients :		1								
Ingredient		- 4	Allergens							Weight
carrots										100 g
leeks .										100 g
onions										100 g
water, distilled										
black pepper Vegetable Bouillon			Cosher							3 g 50 g
Green Split Peas			COSTICI							1 kg
od: Made Without wrapped products ma cover with water and ner until Tender. 5. bl ings from this recipe	y contain t bouillon. 2 end and se	traces of a 2. Bring to	llergens.'		1.	Place t	he was	shed peas in a	thick-	-bottomed pa
Group				S	ervi	ngs				
Primary, 7-10 yrs				2	-					
Secondary, 11-18 yrs				1	6					
ion Size, showing the	number of	grams of	each food g	roup in	ар	ortion:				
Group	Size	Units	Fruit	Veg	1	DriedFr	uit	RedMeat	Proc	essedMeat
					-)		0	0	
Primary, 7-10 yrs	256	9		52	(,		U	0	
Secondary, 11-18 yrs	320	g	0	65	(0	0	
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy	320	-		65 Amo i	(l k	Units			
Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat	320	-		93 0.7	(k g	ccal			
Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids	320	-		93 0.7 0.2	(k g g	ccal			
Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates	320	-		93 0.7	(k g g	ccal			
Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids	320	-		93 0.7 0.2 12.0	(k g g	ccal			
rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars	320	-		93 0.7 0.2 12.0 0.1	(ccal			
Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars	320	-		93 0.7 0.2 12.0 0.1	() k k g g g g g g g g g g	ccal			
Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre	320	-		93 0.7 0.2 12.0 0.1 0.6 1.7	(L k g g g g g g g g g	ccal			
rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein	320	-		93 0.7 0.2 12.0 0.1 0.6 1.7 4.4	() k k 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	ccal			
secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron	320	-		93 0.7 0.2 12.0 0.1 0.6 1.7 4.4	(ccal			
Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv	320	-		93 0.7 0.2 12.0 0.1 0.6 1.7 4.4 1.1 7.9 32.3 0.6	(k k 9 9 9 9 9 9 9 9	ccal			
Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv Folate Vitamin C	320	-		93 0.7 0.2 12.0 0.1 0.6 1.7 4.4 1.1 7.9 32.3 0.6 0.2	unt	у по	kcal			
secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv Folate Vitamin C Sodium	320	-		93 0.7 0.2 12.0 0.1 0.6 1.7 4.4 1.1 7.9 32.3 0.6 0.2	unt	. к к я я я я я я я я я я я я я я я я я я	kcal			
Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv Folate Vitamin C	320	-		93 0.7 0.2 12.0 0.1 0.6 1.7 4.4 1.1 7.9 32.3 0.6 0.2	unt	у в в в в в в в в в в в в в в в в в в в	kcal			

Primary Menu Week 2 Nursery Menu Week1

Nursery Menu Week 2

Leek & Potato Soup V1 Fife Contains: Checked for Allergens **Ingredients: Ingredient Allergens** Weight water, distilled 4 1 1 kg 1 kg potatoes onions 180 g Vegetable Bouillon Kosher 50 g Method: Made Without'whilst we have measures in place to prevent cross contamination, we cannot guarantee non wrapped products may contain traces of allergens.' Method 1.Place the leeks, onions and diced potato in a thick bottomed pan over a low heat and allow to sweat for 5 minutes. 2.Add the water and the bouillon, bring to the boil and simmer gently for 45 minutes. 3.Blend and serve. Servings from this recipe: Servings Group Primary, 7-10 yrs 20 Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: Group Size Units Fruit Veg DriedFruit RedMeat ProcessedMeat Primary, 7-10 yrs 181 0 63 0 0 0 g 0 Secondary, 11-18 yrs 227 g 79 Ω 0 **Nutrients:** Nutrient per 100 gms Amount Units Energy kcal Fat 0.4 Saturated fatty acids 0.2 g Carbohydrates 5.1 g Free Sugars 0.1 g Total Sugars 0.8 g AOAC Fibre 0.9 g Protein 0.8 q 0.3 Iron mg Calcium 6.2 mg 4.7 Vitamin A (retinol equivalents) μg 10.2 Folate μg Vitamin C 2.9 mg Sodium 154.7 mg Salt 0.4 q Zinc 0.1 mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☐ Milk products ☐ Nuts (cashew) Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Crustaceans Gluten (Rye) Mustard Nuts (macadamia) ☐ Nuts (walnut) ☐ Vegan Gluten (Wheat) Nuts (almond) Nuts (peanuts) ☐ Egg Sesame seeds ☐ Kosher Fish Lupin Nuts (brazil) ☐ Nuts (pecan) Soybeans Halal

Primary Menu Week 1

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

.vodiouto .										
redients : Ingredient			Allergens							Weight
carrots			aller gells							350 g
onions										150 g
black pepper										5 g
turnips										200 g
potatoes										350 g
red lentils										350 g
Vegetable Bouillon		K	Cosher							50 g
Water, distilled (fife)										41
lentils and cook for 1 30 minutes 5.Blend a atoes vings from this recipe	nd serve whe				Note-	Please				
Group						/ings				
Primary, 7-10 yrs					20					
Secondary, 11-18 yrs					16					
rtion Size, showing the	e number of g	rams of	each food gr	roup	in a	portion:				
Group	Size	Units	Fruit	Veg	ı	DriedFi	ruit	RedMeat	Proce	essedMeat
Primary, 7-10 yrs	196	g	0	25		0		0	0	
Secondary, 11-18 yrs	244	g	0	31		0		0	0	
rients : Nutrient per 100 gm	36			Λm	ount	.	Units			
Energy	15			50	lount		kcal			
Fat				0.5			9			
Saturated fatty acids				0.2			9			
Carbohydrates				8.9			9			
Free Sugars				0.1			9			
Total Sugars				1.3			g 9			
AOAC Fibre				1.2			g			
Protein				2.8			g			
Iron				0.9			mg			
Calcium				11.0	6		mg			
Vitamin A (retinol equi	valents)			145	.0		μg			
Folate				7.8		1	μg			
Vitamin C				1.8		1	mg			
Sodium				170	.4	1	mg			
Salt				0.4			g			
Zinc				0.4		1	mg			
	ingredients	·-								
ergens : Based on										
s dish flagged as	Glutan /Bar	lev) \	Ailk products		Nutc /	(cachow)		Nuts (nistachia)	, _	Sulphites
s dish flagged as Checked for Allergens	Gluten (Bar		filk products			(cashew)		Nuts (pistachio)	_	Sulphites
s dish flagged as Checked for Allergens Celery and celeriac	Gluten (Oat	s) \square M	1olluscs		Nuts ((hazelnut	_	Nuts (queenslar	nd) [Vegetarian
dish flagged as		s) \square M			Nuts (_		nd) [) Vegetarian) Vegan
s dish flagged as Checked for Allergens Celery and celeriac	Gluten (Oat	e)	1olluscs		Nuts (Nuts ((hazelnut	nia) 🗆	Nuts (queenslar	nd) [Vegetarian

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

redients :									
Ingredient			Allergens						Weight
canned tomatoes								1	L.6 kg
carrots								1	L75 g
onions								1	L75 g
tomato puree								1	L50 g
sugar								5	5 g
water, distilled								4	1 I
black pepper								3	3 g
Vegetable Bouillon			Kosher					Ę	50 g
Primary, 7-10 yrs Secondary, 11-18 yrs tion Size, showing the	numbers	of arams of	asch food		20 16				
ion size, snowing the	HUHIDEI O								
Group							RedMeat	Processe	edMeat
Group Primary 7-10 yrs	Size	Units	Fruit	Veg) Drie	on: dFruit	RedMeat	Processe	edMeat
Primary, 7-10 yrs Secondary, 11-18 yrs rients:	199 248			Veg 63 79) Drie 0 0	dFruit	RedMeat 0 0	Processe 0 0	edMeat
Primary, 7-10 yrs	199 248	Units	Fruit 0	Veg 63 79	Drie 0 0		0	0	edMeat
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy	199 248	Units	Fruit 0	Veg 63 79 Am 17	Drie 0 0 nount	Units kcal	0	0	edMeat
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat	199 248	Units	Fruit 0	Veg 63 79 Am 17 0.4	Drie 0 0 0 nount	Units kcal	0	0	edMeat
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids	199 248	Units	Fruit 0	Veg 63 79 Am 17 0.4 0.2	Drie 0 0 0	Units kcal g	0	0	edMeat
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates	199 248	Units	Fruit 0	Veg 63 79 Am 17 0.4 0.2 3.0	Drie 0 0	Units kcal g g g	0	0	edMeat
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars	199 248	Units	Fruit 0	Veg 63 79 Am 17 0.4 0.2 3.0 0.2	Drie 0 0 0 nount	Units kcal 9 9 9	0	0	edMeat
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars	199 248	Units	Fruit 0	Veg 63 79 17 0.4 0.2 3.0 0.2 2.4	Drie 0 0 0 nount	Units kcal g g g g g	0	0	edMeat
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre	199 248	Units	Fruit 0	Veg 63 79 17 0.4 0.2 3.0 0.2 2.4 0.8	Drie 0 0 0 nount	Units	0	0	edMeat
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium	Size 199 248	Units	Fruit 0	Veg 63 79	y Drie 0 0 nount	Units Kcal 9 9 9 9 9 9 9 9 9	0	0	edMeat
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv	Size 199 248	Units	Fruit 0	Neg 63 79 17 17 17 17 17 17 18 17 18 18	p Drie 0 0 0 nount	Units kcal g g g g g g g g g g mg	0	0	edMeat
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv	Size 199 248	Units	Fruit 0	Veg 63 79 17 0.4 0.2 3.0 0.2 2.4 0.8 0.5 0.2 7.9 96. 5.1	p Drie 0 0 nount	Units kcal g g g g g g g g mg mg hg	0	0	edMeat
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equivers) Folate Vitamin C	Size 199 248	Units	Fruit 0	Veg 63 79 17 0.4 0.2 3.0 0.2 2.4 0.8 0.5 0.2 7.9 96. 5.1 7.9	p Drie 0 0 nount	Units Kcal g g g g g g g g g	0	0	edMeat
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiver Folate Vitamin C Sodium	Size 199 248	Units	Fruit 0	Veg 63 79 17 0.4 0.2 2.4 0.8 0.5 0.2 7.9 96. 5.1 7.9 147	9	Units kcal g g g g g g g g g g units https://www.exam.com/doine/10/10/10/10/10/10/10/10/10/10/10/10/10/	0	0	edMeat
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equivers) Folate Vitamin C	Size 199 248	Units	Fruit 0	Veg 63 79 17 0.4 0.2 3.0 0.2 2.4 0.8 0.5 0.2 7.9 96. 5.1 7.9	9	Units Kcal g g g g g g g g g	0	0	edMeat

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

redients :									
Ingredient									
_			Allergens						Weight
water, distilled									41
onions									450 g
carrots									450 g
turnips									450 g
leeks									450 g
potatoes									450 g
Cabbage, boiled in uns	aited water,	average							450 g
parsley, fresh			Markan						25 g
Vegetable Bouillon			Kosher						50 g
Group Primary, 7-10 yrs Secondary, 11-18 yrs					Servings 20 16				
tion Size, showing the							D-dMA	D	
Group	Size	Units	Fruit	Veg	,	dFruit	RedMeat		essedMeat
Primary, 7-10 yrs	201	g	0	67	0		0	0	
Secondary, 11-18 yrs	252	g	0	84	0		0	0	
trients :									
Nutrient per 100 gm	s			Am	ount	Units			
Energy				23		kcal			
Fat									
rat				0.4		g			
Saturated fatty acids				0.4		g g			
]									
Saturated fatty acids				0.2 4.3 0.1		g			
Saturated fatty acids Carbohydrates Free Sugars Total Sugars				0.2 4.3 0.1 2.0		g g g			
Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre				0.2 4.3 0.1 2.0		g g g g			
Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein				0.2 4.3 0.1 2.0 1.4 0.8		9 9 9 9 9			
Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron				0.2 4.3 0.1 2.0 1.4 0.8		g g g g g g g			
Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium	(alonte)			0.2 4.3 0.1 2.0 1.4 0.8 0.2	1	g g g g g g g mg			
Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv	valents)			0.2 4.3 0.1 2.0 1.4 0.8 0.2 18.	1	g g g g g g g mg mg			
Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv	valents)			0.2 4.3 0.1 2.0 1.4 0.8 0.2 18. 167 9.3	1	9 9 9 9 9 9 9 mg mg µg			
Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv	valents)			0.2 4.3 0.1 2.0 1.4 0.8 0.2 18. 167 9.3 5.9	1	g g g g g g g g mg mg h g			
Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equivers) Folate Vitamin C Sodium	valents)			0.2 4.3 0.1 2.0 1.4 0.8 0.2 18. 167 9.3 5.9	1 7.1	g g g g g g g mg mg mg µg µg mg			
Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv	valents)			0.2 4.3 0.1 2.0 1.4 0.8 0.2 18. 167 9.3 5.9	1 7.1 2.7	g g g g g g g g mg mg h g			

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

eight 0 g 0 g 0 g 0 g g g uarantee
0 g 0 g g g
0 g
g uarantee
g uarantee
g uarante
uarante
Meat
Meat

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Cheese Panini V1 Fife Contains: Milk products, Gluten (Wheat), Checked for Allergens May Contain: Sesame Seeds & EggsMay Contain: Sesame Seeds & Eggs Ingredients: **Ingredient Allergens** Weight Grated Cheese Kosher, Vegan, Milk products 800 g Panini 2018 Gluten (Wheat) - May Contain: Sesame Seeds & Eggs 2 kg Method: Supplier Disclaimer "May contain Sesame seeds" due to being produced in a factory that handles this product. Panini Weight - may vary and is only a guide Servings from this recipe: Group Servings Primary, 7-10 yrs 20 Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: Size **Units** Fruit Veg DriedFruit RedMeat **ProcessedMeat** Primary, 7-10 yrs 140 g 0 0 0 0 0 Secondary, 11-18 yrs 0 0 0 0 g **Nutrients:** Nutrient per 100 gms Amount Units kcal Energy 294 10.4 g Saturated fatty acids 5.9 g Carbohydrates 37.2 g Free Sugars 1.9 g Total Sugars 0.1 g AOAC Fibre 2.8 g Protein 12.7 g Iron 7.1 mg Calcium 0.0 mg Vitamin A (retinol equivalents) 0.0 μg Folate 0.0 μд Vitamin C 0.0 mg Sodium 588.6 mg Salt 1.5 g Zinc 0.0 mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☑ Milk products ☐ Nuts (cashew) Sulphites Nuts (pistachio) Cellery and celleriac Gluten (Oats) Molluscs Nuts (hazelnut) Nuts (queensland) Vegetarian Crustaceans Gluten (Rye) Mustard Nuts (macadamia) □ Nuts (walnut) ☐ Vegan ☐ Kosher Ega ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) Sesame seeds Fish Lupin ☐ Nuts (brazil) Soybeans Halal ☐ Nuts (pecan) May contain: Sesame Seeds & Eggs

Primary Menu Week 1 Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Cheesy Beano V1 Fife Contains: Milk products, Gluten (Wheat), Checked for Allergens May Contain: Sesame SeedsMay Contain: Sesame SeedsMay Contain: Sesame SeedsMay Contain: Sesame SeedsMay Contain: Sesame Seeds **Ingredients: Ingredient Allergens** Weight baked beans Kosher 1 kg Grated Cheese 350 g Kosher, Vegan, Milk products Sandwich Baguette Gluten (Wheat), Kosher - May Contain: Sesame Seeds 2 kg Method: 1. Slice baguette in half 2. Cover baguette with heated beans and top with grated cheese. 3. Grill or bake in a hot oven until cheese has melted. Servings from this recipe: Servings Group Primary, 7-10 yrs 20 16 Secondary, 11-18 yrs Portion Size, showing the number of grams of each food group in a portion: Units Fruit DriedFruit RedMeat ProcessedMeat Group Size Veg Primary, 7-10 yrs 168 g 0 0 0 0 0 0 Secondary, 11-18 yrs 209 g **Nutrients:** Nutrient per 100 gms Amount Units 209 kcal Energy Fat 4.3 g Saturated fatty acids 2.2 g Carbohydrates 32.3 g Free Sugars 2.7 g Total Sugars 1.0 g AOAC Fibre 3.8 g Protein 9.3 Iron 8.2 mg Calcium 17.7 mg Vitamin A (retinol equivalents) 1.1 μg 8.7 μg Vitamin C 0.0 mg Sodium 327.2 mg Salt 0.8 Zinc 0.4 ma Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☑ Milk products Nuts (cashew) ☐ Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Crustaceans Mustard Nuts (macadamia) Nuts (walnut) ☐ Vegan Gluten (Rye) Egg ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) Sesame seeds Kosher

Primary Menu Week 1

May contain: Sesame Seeds

Primary Menu Week 2

Nuts (brazil)

Lupin

Nursery Menu Week1

Nuts (pecan)

Nursery Menu Week 2

Sovbeans

Recipe List

Halal

Roast Chicken & Gravy V1 fife Made Without Contains: Checked for Allergens Ingredients: Weight **Ingredient Allergens** water, distilled 1.5 l Chicken Roast G/G Kosher, Halal, Vegan, Vegetarian 1.6 kg Knorr Instant Gravy Granules 50 g Vegetable Bouillon Made Without Kosher 10 g Method: Made Without'whilst we have measures in place to prevent cross contamination, we cannot guarantee non wrapped products may contain traces of allergens.'..... Method 1.Roast joint in a, moderate oven till cooked. 2. Serve with gravy. Servings from this recipe: Group Servings Primary, 7-10 yrs 20 Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: Group Size **Units** Fruit Veg **DriedFruit** RedMeat **ProcessedMeat** Primary, 7-10 yrs 142 0 0 0 0 0 g 0 0 0 Secondary, 11-18 yrs 0 0 178 g **Nutrients:** Nutrient per 100 gms Amount Units 67 kcal Energy 0.7 Fat g Saturated fatty acids 0.2 g Carbohydrates 2.5 g Free Sugars 0.7 g **Total Sugars** 0.0 g AOAC Fibre 0.1 g Protein 12.2 g Iron 0.3 mg Calcium 2.8 ma Vitamin A (retinol equivalents) 0.0 μg Folate 0.0 μg Vitamin C 0.0 mg Sodium 39.7 mg Salt 0.1 g Zinc 0.0 mg Allergens: Based on ingredients. This dish flagged as.... Nuts (pistachio) Checked for Allergens Gluten (Barley) Milk products Sulphites Nuts (cashew) Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) Nuts (queensland) Vegetarian Crustaceans Gluten (Rye) Mustard Nuts (macadamia) Nuts (walnut) ☐ Vegan ☐ Egg Gluten (Wheat) Nuts (almond) Nuts (peanuts) Sesame seeds ☐ Kosher Halal Fish Lupin ☐ Nuts (brazil) ☐ Nuts (pecan) Soybeans

Primary Menu Week 1 Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Chicken Korma V1 Fife Contains: Sesame seeds, Milk products, Nuts (almond), Checked for Allergens **Ingredients: Ingredient Allergens** Weight Kosher, Sesame seeds, Vegan, Milk products, Nuts Korma Sauce 1 I (almond) Chicken Diced Green Gourmet Kosher, Halal, Vegan, Vegetarian 1.2 kg Method: 1. Saute chicken in a little oil until lightly coloured. 2. Cover with the korma sauce and heat in steamer or oven for approx 1 hour until tender. 3. Serve with boiled rice. Please be aware the Korma Sauce does not contain Nuts but "Almond paste and chopped almonds are being handled at the factory" Servings from this recipe: Group Servings 20 Primary, 7-10 yrs Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: DriedFruit ProcessedMeat Group Size Units Fruit Veg RedMeat Primary, 7-10 yrs 110 0 0 0 0 0 Secondary, 11-18 yrs 138 0 0 0 0 0 g **Nutrients:** Nutrient per 100 gms Amount Units Energy 132 kcal Fat 5.2 g Saturated fatty acids 2.6 g Carbohydrates 8.1 g 0.0 Free Sugars g Total Sugars 3.5 g AOAC Fibre 1.5 g Protein 12.7 g Iron 0.3 mg Calcium 2.7 mg Vitamin A (retinol equivalents) 0.0 μg Folate 0.0 μg Vitamin C 0.0 mg Sodium 0.2 mg Salt 0.0 g Zinc 0.0 mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☑ Milk products ☐ Nuts (cashew) Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs ☐ Nuts (hazeInut) Nuts (queensland) Vegetarian ☐ Nuts (macadamia) ☐ Nuts (walnut) Crustaceans Gluten (Rye) Mustard Vegan

Primary Menu Week 1

☐ Egg

Fish

Primary Menu Week 2

Lupin

Nursery Menu Week1

☐ Nuts (pecan)

Gluten (Wheat) Nuts (almond) Nuts (peanuts)

☐ Nuts (brazil)

Nursery Menu Week 2

Sesame seeds

Soybeans

Recipe List

Kosher

☐ Halal

G/G Crispy Cod Fillet V1 Fife Contains: Gluten (Wheat), Gluten (Oats), Gluten (Rye), Gluten (Barley), Fish, Checked for Allergens **Ingredients: Ingredient** Weight Gluten (Wheat), Kosher, Gluten (Oats), Gluten (Rye), Vegan, Vegetarian, Gluten (Barley), Fish Green Gourmet Cod Fillet 60 g Method: Cook from frozen on a lined baking tray for around 18-20 minutes approx.(Gas 6/200oC/400oF) check product is up to required temperature before serving Servings from this recipe: Group Servings Primary, 7-10 yrs 1 Secondary, 11-18 yrs 1 Portion Size, showing the number of grams of each food group in a portion: Units Fruit **DriedFruit** RedMeat ProcessedMeat Group Size Veg Primary, 7-10 yrs 60 0 0 0 0 g 0 Secondary, 11-18 yrs 60 0 0 0 0 g **Nutrients:** Nutrient per 100 gms **Amount** Units Energy 204 kcal 7.7 g 0.7 Saturated fatty acids g Carbohydrates 21.1 g 0.9 Free Sugars g Total Sugars 0.0 g AOAC Fibre 0.9 g Protein 11.6 g Iron 0.3 mg Calcium 50.0 mg Vitamin A (retinol equivalents) 1.0 μg Folate 6.0 μg Vitamin C 0.0 mg Sodium 0.3 mg Salt 0.0 g 0.2 Zinc mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☑ Gluten (Barley) ☐ Milk products ☐ Nuts (cashew) Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs ☐ Nuts (hazeInut) Nuts (queensland) ✓ Vegetarian Gluten (Rye) ☐ Nuts (macadamia) Crustaceans Mustard ☐ Nuts (walnut) Vegan Kosher ☐ Egg ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) Sesame seeds Halal Lupin **Fish** ☐ Nuts (brazil) Nuts (pecan) Soybeans

Cheese Roll V3 Fife Contains: Milk products, Gluten (Wheat), Checked for Allergens May Contain: Soya **Ingredients: Ingredient Allergens** Weight Kosher, Vegan, Milk products 800 g cheese, cheddar, average Stork Soft Spread 2Kg Kosher, Milk products 100 g 50/50 Roll/Hot Dog Roll Gluten (Wheat) - May Contain: Soya 1 kg Method: PLEASE NOTE Rolls - Weight may Vary Portion size is a guideline only Follow manufacturers instruction for Servings from this recipe: Servings Group Primary, 7-10 yrs 20 20 Secondary, 11-18 yrs Portion Size, showing the number of grams of each food group in a portion: Units Fruit Veg DriedFruit RedMeat ProcessedMeat Group Size Primary, 7-10 yrs g 0 Secondary, 11-18 yrs 95 0 0 0 0 0 g **Nutrients:** Nutrient per 100 gms Amount Units 307 kcal Energy Fat 18.1 g Saturated fatty acids 9.9 g Carbohydrates 22.8 g Free Sugars 1.2 g Total Sugars 0.0 g AOAC Fibre 2.1 g Protein 14.7 Iron 0.1 mg 409.0 Calcium mg Vitamin A (retinol equivalents) 152.6 μg 13.9 μg Vitamin C 0.0 mg Sodium 480.0 mg Salt 1.2 Zinc 1.7 mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☑ Milk products Nuts (cashew) ☐ Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Crustaceans Gluten (Rye) Mustard Nuts (macadamia) Nuts (walnut) ☐ Vegan Egg ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) Sesame seeds Kosher Halal Fish Lupin Nuts (brazil) Nuts (pecan) Soybeans May contain: Soya

Primary Menu Week 1

Primary Menu Week 2 Nursery Menu Week1

Nursery Menu Week 2

Egg Mayonnaise Roll V3 Fife Contains: Egg,Gluten (Wheat),Checked for Allergens May Contain: Soya **Ingredients: Ingredient Allergens** Weight Lite Mayonnaise (fife) 400 g Kosher, Vegan, Egg Medium Barn Eggs (High School Only) 800 g Kosher, Vegan, Egg 50/50 Roll/Hot Dog Roll Gluten (Wheat) - May Contain: Soya 1 kg Method: PLEASE NOTE Rolls - Weight may Vary Portion size is a guideline only Follow manufacturers instruction for Roll1. Boil the eggs 2. Cool and shell the eggs. 2. Chop up eggs and mix with the mayonnaise 3. Spread on to roll Servings from this recipe: Servings Group Primary, 7-10 yrs 20 Secondary, 11-18 yrs 20 Portion Size, showing the number of grams of each food group in a portion: RedMeat ProcessedMeat Fruit DriedFruit Group Size Units Veg Primary, 7-10 yrs 110 0 0 0 0 g 0 0 Secondary, 11-18 yrs 0 0 0 110 g **Nutrients:** Nutrient per 100 gms Amount Units Energy 194 kcal 9.3 Fat g Saturated fatty acids 1.7 g Carbohydrates 20.9 g 1.0 Free Sugars g 0.0 Total Sugars g AOAC Fibre 1.8 g Protein 8.1 g Iron 4.6 mg Calcium 95.0 mg Vitamin A (retinol equivalents) 0.0 μд 0.0 иа Vitamin C 0.0 mg Sodium 243.5 mg Salt 0.6 g Zinc 0.6 mq Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☐ Milk products ☐ Nuts (cashew) Nuts (pistachio) ☐ Sulphites Gluten (Oats) Celery and celeriac Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Crustaceans Gluten (Rve) Mustard Nuts (macadamia) ☐ Nuts (walnut) ☐ Vegan ☐ Kosher **Egg** Gluten (Wheat) Nuts (almond) Nuts (peanuts) Sesame seeds

Primary Menu Week 1

Fish

May contain: Soya

Week 2

Nuts (brazil)

Lupin

Nursery Menu Week1

Nuts (pecan)

Nursery Menu Week 2

Sovbeans

Recipe List

Halal

Ham Roll V3 Fife Contains: Milk products, Gluten (Wheat), Checked for Allergens May Contain: Soya **Ingredients: Ingredient** Weight Kosher, Halal, Vegan, Vegetarian Ham 800 g Stork Soft Spread 2Kg Kosher, Milk products 100 g 50/50 Roll/Hot Dog Roll Gluten (Wheat) - May Contain: Soya 1 kg Method: PLEASE NOTE Rolls - Weight may Vary Portion size is a guideline only Follow manufacturers instruction for Servings from this recipe: Servings Group Primary, 7-10 yrs 20 20 Secondary, 11-18 yrs Portion Size, showing the number of grams of each food group in a portion: Units Fruit Veg DriedFruit RedMeat ProcessedMeat Group Size Primary, 7-10 yrs g 0 40 Secondary, 11-18 yrs 95 0 0 0 40 0 g **Nutrients:** Nutrient per 100 gms Amount Units 176 kcal Energy Fat 4.8 g Saturated fatty acids 1.2 g Carbohydrates 23.1 g Free Sugars 1.2 g Total Sugars 0.4 g AOAC Fibre 2.1 g Protein 11.8 Iron 0.3 mg 108.7 Calcium mg Vitamin A (retinol equivalents) 0.0 μg 8.0 μg Vitamin C 0.0 mg Sodium 534.7 mg Salt 1.3 Zinc 1.5 ma Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☑ Milk products Nuts (cashew) ☐ Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Crustaceans Gluten (Rye) Mustard Nuts (macadamia) Nuts (walnut) ☐ Vegan Egg ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) Sesame seeds Kosher Halal Fish Lupin Nuts (brazil) Nuts (pecan) Soybeans May contain: Soya

Primary Menu Week 1

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Tuna Mayonnaise Roll V3 Fife Contains: Fish, Egg, Gluten (Wheat), Checked for Allergens May Contain: Soya **Ingredients: Ingredient Allergens** Weight Tuna, canned in brine, drained Vegan,Fish 800 g Lite Mayonnaise (fife) 400 g Kosher, Vegan, Egg 50/50 Roll/Hot Dog Roll Gluten (Wheat) - May Contain: Soya 1 kg Method: PLEASE NOTE Rolls - Weight may Vary Portion size is a guideline only Follow manufacturers instruction for Roll 1. Drain the tuna 2. Mix with the mayonnaise 3. Spread on to roll Servings from this recipe: Servings Group Primary, 7-10 yrs 20 20 Secondary, 11-18 yrs Portion Size, showing the number of grams of each food group in a portion: Size Units Fruit Veg DriedFruit RedMeat ProcessedMeat Group Primary, 7-10 yrs 102 g 0 Secondary, 11-18 yrs 0 0 0 0 0 102 g **Nutrients:** Nutrient per 100 gms Amount Units 183 kcal Energy Fat 6.0 g Saturated fatty acids 0.7 g Carbohydrates 22.5 g Free Sugars 1.1 g Total Sugars 0.0 g AOAC Fibre 1.9 g Protein 11.3 Iron 0.3 mg 104.6 Calcium mg Vitamin A (retinol equivalents) 0.0 μg 1.3 μg Vitamin C 0.0 mg Sodium 362.6 mg Salt 0.9 Zinc 0.9 ma Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☐ Milk products Nuts (cashew) ☐ Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Crustaceans Mustard Nuts (macadamia) Nuts (walnut) ☐ Vegan Gluten (Rye) Sesame seeds **E**gg ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) ☐ Kosher Halal **Fish** Lupin Nuts (brazil) Nuts (pecan) Sovbeans

Primary Menu Week 1

May contain: Soya

Primary Menu

Nursery Menu Week1 Nursery Menu Week 2

Turkey Roll V3 Fife Contains: Milk products, Gluten (Wheat), Checked for Allergens May Contain: Soya **Ingredients: Ingredient Allergens** Weight Stork Soft Spread 2Kg Kosher, Milk products 100 g Turkey slices (fife) 800 g 50/50 Roll/Hot Dog Roll Gluten (Wheat) - May Contain: Soya 1 kg Method: PLEASE NOTE Rolls - Weight may Vary Portion size is a guideline only Follow manufacturers instruction for Servings from this recipe: Servings Group Primary, 7-10 yrs 20 16 Secondary, 11-18 yrs Portion Size, showing the number of grams of each food group in a portion: Units Fruit Veg DriedFruit RedMeat ProcessedMeat Group Size Primary, 7-10 yrs g 0 Secondary, 11-18 yrs 0 0 0 0 0 119 g **Nutrients:** Nutrient per 100 gms Amount Units 182 kcal Energy Fat 4.4 g Saturated fatty acids 1.0 g Carbohydrates 23.2 g Free Sugars 1.2 g Total Sugars 0.2 g AOAC Fibre 2.1 g Protein 13.7 Iron 0.2 mg 108.3 Calcium mg Vitamin A (retinol equivalents) 0.0 μg 3.4 μg Vitamin C 0.0 mg Sodium 446.3 mg Salt 1.1 Zinc 1.2 mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☑ Milk products Nuts (cashew) Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Crustaceans Gluten (Rye) Mustard Nuts (macadamia) Nuts (walnut) ☐ Vegan Egg Sesame seeds ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) Kosher Halal Fish Lupin Nuts (brazil) Nuts (pecan) Soybeans May contain: Soya

Primary Menu Week 1

Week 2

Nursery Menu Week1

Nursery Menu Week 2

G/F Beef Burger & Bun V1 Fife Contains: Soybeans, Sulphites, Gluten (Wheat), Sesame seeds, Checked for Allergens **Ingredients: Ingredient** Weight QMS Beefburger GreeN Gourmet Kosher, Soybeans, Halal, Vegan, Sulphites, Vegetarian 1.2 kg Seeded Burger Bun (fife) Gluten (Wheat), Kosher, Sesame seeds 1 kg Method: Green Gourmet Product 1 X 60g Approx Follow manufacture's Instructions Please note Burger is G/F but served in a non G/F bun. A G/F bun may be used to make this meal totally G/F Please always follow the cross contamination rules when preparing any specific dietary requirement. Product must not come in to contact with any gluten products or utensils Please contact your co-ordinator if you require any additional information Servings from this recipe: Servings Group Primary, 7-10 yrs 20 Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: Units DriedFruit ProcessedMeat Group Size Veg 0 Primary, 7-10 yrs 0 0 105 g 0 0 Secondary, 11-18 yrs 131 g 0 0 71 0 **Nutrients:** Nutrient per 100 gms **Amount** Units 266 kcal Energy 9.8 g Saturated fatty acids 3.0 g Carbohydrates 25.0 g Free Sugars 2.8 g Total Sugars 0.0 g

2.9

15.8

5.9

5.2

0.0

6.3

0.0

0.4

2.8

176.1

g

g

mg

mg

μq

μg

mg

mg

g

mg

Allergens :	Based on ingredients.

Vitamin A (retinol equivalents)

AOAC Fibre

Protein

Calcium

Folate

Vitamin C

Sodium

Salt

Zinc

Iron

This dish flagged as					
Checked for Allergens	☐ Gluten (Barley)	☐ Mi l k products	☐ Nuts (cashew)	☐ Nuts (pistachio)	✓ Sulphites
Cellery and celleriac	Gluten (Oats)	Molluscs	Nuts (hazelnut)	☐ Nuts (queensland)	Vegetarian
Crustaceans	Gluten (Rye)	Mustard	☐ Nuts (macadamia)	☐ Nuts (walnut)	Vegan
Egg	Gluten (Wheat)	☐ Nuts (almond)	☐ Nuts (peanuts)	Sesame seeds	Kosher
Fish	Lupin	Nuts (brazil)	☐ Nuts (pecan)	Soybeans	Halal

Primary Menu Week 1

Week 2

Nursery Menu Week1

Nursery Menu Week 2

Italian Meatballs & Pasta V1 Fife Contains: Sovbeans, Gluten (Wheat), Checked for Allergens Ingredients: **Ingredient Allergens** Weight tomato puree 30 g mixed herbs 10 g 200 g onions vegetable oil 10 g water, distilled 400 ml cornflour Kosher, Sovbeans 30 a Gluten (Wheat), Kosher 800 g spaghetti Kosher 1.6 kg Tomatoes, crushed, canned Turkey Meatballs Kosher, Halal, Vegan, Vegetarian 1.6 kg Method: Gluten Free - Turkey Meatballs 4 x Meatballs per portion, (portion weight is a guide only) For best results cook from frozen. These meatballs are raw - ensure they are cooked thoroughly and reach required temperature throughout service. Pre-heat oven to 200°C/400°F/Gas Mark 6, place meatballs on a lightly greased baking tray and cook for 15-20 mins. Turn during cooking. Tomato Sauce 1. Sauté the onions in the vegetable oil. 2. Add the tomatoes, tomato puree and the mixed herbs, 3.Add the water and thicken with cornflour, 4.Cover the meatballs with sauce and cook in oven 5, Heat to reach 82C 6, Serve with spaghetti in Primary Schools 7, Serve with plain macaroni pasta in Nursery's The Meatballs are Gluten free and would need to be served with Gluten Free pasta if serving to a Pupil/Staff with Gluten Allergens. Please always follow the cross contamination rules when preparing any specific dietary requirement. Product must not come in to contact with any gluten products or utencils, this includes friers where gluten products have been fried. Please contact your co-ordinator if you require further information. Servings from this recipe : Group Servings Primary, 7-10 yrs 20 Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: DriedFruit RedMeat ProcessedMeat Units Group Size Fruit Veg Primary, 7-10 yrs 221 0 85 Secondary, 11-18 yrs 277 0 107 0 **Nutrients:** Nutrient per 100 gms Units Amount Energy kcal 3.7 Fat g 1.0 Saturated fatty acids g 20.1 Carbohydrates а 0.7 Free Sugars Total Sugars 0.9 g AOAC Fibre 2.4 Protein 8.0 q 1.0 mg 22.2 mg Vitamin A (retinol equivalents) 5.1 μg Folate 9.6 μg 3.8 Vitamin C mg Sodium 153.3 mg Salt 0.4 mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☐ Milk products ☐ Nuts (cashew) Nuts (pistachio) Sulphites Gluten (Oats) Molluscs □ Nuts (queensland) □ Vegetarian Celery and celeriac Nuts (hazelnut) Crustaceans Gluten (Rye) Mustard ☐ Vegan Nuts (macadamia) ☐ Nuts (walnut) ☐ Egg ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) Sesame seeds Kosher Fish Lupin ☐ Nuts (brazil) ☐ Nuts (pecan) **✓** Soybeans Halal

Primary Menu Week 1

Primary Menu

Nursery Menu Week1 Nursery Menu Week 2

ains: Gluten (Wheat), G	Gluten (Oats),Gluten	(Rye),Glute	n (Ba	rley),Soyb	eans,Mi	lk products,Ch	ecked	for Allergens
redients :									
Ingredient			Allergens						Weight
pasta, plain, fresh, raw				at),G	luten (Oa	ts),Glute	en (Rye),Glute	en	700 g
canned tomatoes			(Barley)						1.6 kg
tomato puree									30 g
mushrooms									300 g
onions									250 g
garlic powder									5 g
mixed herbs									5 g
vegetable oil									30 ml
water, distilled									800 ml
cornflour			Kosher,Soyb	eans					60 g
chilli powder									3 g
cheese, cheddar, averag	je		Kosher,Vega	n,Mil	k product	S			250 g
vings from this recipe Group					Servings				
Primary, 7-10 yrs					20				
I					20				
Secondary, 11-18 yrs					16				
	number of	grams of	each food a		16	n:			
, , , , , , , , , , , , , , , , , , , ,	number of o	grams of Units	each food g		16	n: IFruit	RedMeat	Proc	essedMeat
tion Size, showing the				roup i	16		RedMeat 0	Proc 0	essedMeat
tion Size, showing the	Size	Units	Fruit	roup i Veg	in a portio				essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs	Size 214	Units	Fruit 0	roup i Veg	in a portio		0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs	214 268	Units	Fruit 0	roup i Veg 114 143	in a portio		0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs	214 268	Units	Fruit 0	roup i Veg 114 143	in a portio Dried 0 0	lFruit	0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms	214 268	Units	Fruit 0	roup i Veg 114 143	in a portio Dried 0 0	Units	0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids	214 268	Units	Fruit 0	roup i Veg 114 143 Amo 91 3.3 1.5	in a portio Dried 0 0	Units kcal	0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates	214 268	Units	Fruit 0	roup i Veg 114 143 Amo 91 3.3 1.5 12.4	in a portio Dried 0 0	Units kcal g g g	0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars	214 268	Units	Fruit 0	roup i Veg 114 143 Amo 91 3.3 1.5 12.4 0.0	in a portio Dried 0 0	Units kcal g g g g g	0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs crients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars	214 268	Units	Fruit 0	Name	in a portio Dried 0 0	Units kcal g g g g g g g	0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre	214 268	Units	Fruit 0	Proup i Veg 114 143 Proup	in a portio Dried 0 0	Units kcal g g g g g g g	0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs crients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars	214 268	Units	Fruit 0	Name	in a portio Dried 0 0	Units kcal g g g g g g g g	0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein	214 268	Units	Fruit 0	Proup i Veg 114 143 91 3.3 1.5 12.4 0.0 1.9 1.4 3.7	in a portio Driec 0 0 ount	Units kcal g g g g g g g	0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron	Size 214 268	Units	Fruit 0	Proup i Veg 114 143 91 3.3 1.5 12.4 0.0 1.9 1.4 3.7 0.5	in a portio Dried 0 0 ount	Units kcal g g g g g g g g g mg	0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium	Size 214 268	Units	Fruit 0	Amo 114 143 3.3 1.5 12.4 0.0 1.9 1.4 3.7 0.5 54.7	in a portio Dried 0 0 constant	Units kcal g g g g g g g g g mg mg	0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equive) Folate Vitamin C	Size 214 268	Units	Fruit 0	Amo 114 143 3.3 1.5 12.4 0.0 1.9 1.4 3.7 0.5 54.7 49.6	in a portio Dried 0 0 ount	Units kcal g g g g g g g g g g mg mg	0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equive) Folate Vitamin C Sodium	Size 214 268	Units	Fruit 0	Amor 91 3.3 1.5 12.4 0.0 1.9 1.4 3.7 0.5 54.7 49.6 11.9 10.6 48.1	in a portio Dried 0 0 constants	Units kcal g g g g g g g g g g g units	0	0	essedMeat
tion Size, showing the Group Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiver Folate Vitamin C	Size 214 268	Units	Fruit 0	Amor 91 3.3 1.5 12.4 0.0 1.9 1.4 3.7 0.5 54.7 49.6 11.9 10.6	in a portio Dried 0 0 constants	Units kcal g g g g g g g g g g hmg hmg hug hug hmg	0	0	essedMeat

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Jacket Potato Combo Fife Contains: Egg,Fish,Milk products Ingredients: Component **Allergens** Portion Servings 3400 Jacket potato 20 Egg Mayonnaise 1350 7 Egg 7 Tuna and Mayonnaise Fish,Egg 1600 Cheddar cheese Milk products 800 6 Method: Servings from this recipe: Servings Primary, 7-10 yrs 20 Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: Group Size Units Fruit Veg DriedFruit RedMeat **ProcessedMeat** Primary, 7-10 yrs 230 0 0 0 0 0 g 0 Secondary, 11-18 yrs 288 g 0 0 0 0 **Nutrients:** Nutrient per 100 gms Amount Units Energy 155 kcal 4.2 Fat Saturated fatty acids 1.6 g Carbohydrates 23.5 g 0.2 Free Sugars g Total Sugars 0.0 g AOAC Fibre 2.6 g Protein 7.3 g 0.8 Iron mg Calcium 51.8 mg 37.5 Vitamin A (retinol equivalents) μg 37.5 Folate μg Vitamin C 10.2 mg Sodium 129.0 mg Salt 0.3 g 0.8 Zinc mg Allergens: Based on ingredients. This dish flagged as.... Gluten (Barley) Milk products Nuts (cashew) ☐ Vegetarian Nuts (pistachio) Sulphites ✓ Checked for Allergens ☐ Gluten (Oats) ☐ Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Celery and celeriac Gluten (Rye) Mustard Nuts (macadamia) ☐ Nuts (walnut) ☐ Vegan Kosher Crustaceans Gluten (Wheat) Nuts (almond) Nuts (peanuts) Sesame seeds Lupin Halal **Egg** Nuts (brazil) Nuts (pecan) Soybeans **Fish**

Primary Menu Week 1

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Macaroni cheese V1 Fife Contains: Gluten (Wheat), Gluten (Oats), Gluten (Rye), Gluten (Barley), Soybeans, Milk products, Sulphites, Checked for Allergens Ingredients: **Ingredient** Weight Gluten (Wheat), Gluten (Oats), Gluten (Rye), Gluten macaroni 575 g (Barley) cornflour 150 g semi-skimmed milk, pasteurised Kosher, Vegan, Milk products, Sulphites 2.7 I Grated Cheese Kosher, Vegan, Milk products 500 g Method: 1. Boil, rinse and drain the macaroni and place in tray 2. Make the cornflour sauce with the cornflour, milk and two thirds of the cheese 3. Pour the cheese sauce over the macaroni and top with the remaining cheese 4. Bake at 180c, 350f, gas4 for 20 minutes until golden brown Servings from this recipe: Servings Group Primary, 7-10 yrs 20 Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: Size Units Fruit Veg RedMeat ProcessedMeat Primary, 7-10 yrs 215 0 0 0 g 0 0 0 0 0 0 0 Secondary, 11-18 yrs 269 g **Nutrients:** Nutrient per 100 gms Units **Amount** Energy 133 kcal 4.9 g 3.0 Saturated fatty acids q Carbohydrates 16.5 g Free Sugars 0.0 g Total Sugars 3.4 g AOAC Fibre 0.7 g Protein 6.6 g Iron 3.2 mg Calcium 78.9 ma Vitamin A (retinol equivalents) 14.1 μg Folate 2.5 μg Vitamin C 0.3 mq Sodium 124.8 mg Salt 0.3 g Zinc 0.4 Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☑ Gluten (Barley) ☑ Milk products ☐ Nuts (cashew) Nuts (pistachio) **Sulphites** Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) Nuts (queensland) Vegetarian ☐ Vegan Crustaceans Gluten (Rye) Mustard □ Nuts (macadamia) □ Nuts (walnut) Kosher ☐ Egg ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) Sesame seeds Fish Lupin ☐ Nuts (brazil) ☐ Nuts (pecan) Soybeans Halal

Primary Menu Week 1

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

redients :									
Ingredient			Allergens						Weight
Multiserve Pizza			celeriac	eat),k	Cosher,Ve	jan,Mil	k products,Cele	ry and	2.25 kg
thod: Follow manufa tamination on site		uctions P	lease note - Ma	anufa	actures sta	temen	t Celery may be	present	from Cross
vings from this recip	e:								
Group					Servings				
Primary, 7-10 yrs Secondary, 11-18 yrs					20 16				
Secondary, 11-16 yrs	•				10				
tion Size, showing tl	ne number o	of grams	of each food g	roup	in a portio	n:			
Group	Size	Units	Fruit	Veg	Drie	dFruit	RedMeat	Proce	ssedMeat
Primary, 7-10 yrs	99	g	0	0	0		0	0	
Secondary, 11-18 yrs	124	g	0	0	0		0	0	
rients:									
Nutrient per 100 g	ms			Am	ount	Unit	s		
Energy				260		kcal			
Fat				7.4		g			
Saturated fatty acids				3.9		g			
Carbohydrates				34.8	3	g			
Free Sugars				2.6		g			
Total Sugars				0.0		g			
AOAC Fibre Protein				6.4	2	g			
Iron				11.0		g			
Calcium				0.0	,	mg			
Vitamin A (retinol eq	uivalents)			0.0	3				
Folate	,			0.0		μg			
Vitamin C				0.0		mg			
Sodium				427	.3	mg			
				1.1		g			
Salt				1.1		mg			

Weight 300 g 300 g 200 g 100 g 1.5 l 10 g 10 g 5 g 1.2 kg 800 g 25 g 25 g 25 g 25 and tomato puree. 3. Add wa powder and herbs. 6. Thicken a pot of water then add the particular street in the street of the street in the stre
300 g 300 g 200 g 100 g 100 g 1.5 l 10 g 10 g 5 g 1.2 kg (Rye),Gluten 800 g 25 g ts and tomato puree. 3. Add wa
300 g 300 g 200 g 100 g 100 g 1.5 l 10 g 10 g 5 g 1.2 kg (Rye),Gluten 800 g 25 g ts and tomato puree. 3. Add wa
300 g 300 g 200 g 100 g 100 g 1.5 l 10 g 10 g 5 g 1.2 kg (Rye),Gluten 800 g 25 g ts and tomato puree. 3. Add wa
300 g 200 g 100 g 100 g 1.5 l 10 g 10 g 5 g 1.2 kg (Rye),Gluten 800 g 25 g ts and tomato puree. 3. Add wa
200 g 100 g 100 g 100 g 1.5 l 10 g 10 g 5 g 1.2 kg 1.2 kg 800 g 25 g ts and tomato puree. 3. Add wa powder and herbs. 6. Thicken
100 g 100 g 1.5 I 10 g 10 g 1.5 g 10 g 10 g 10 g 10 g 25 g 1.2 kg 800 g 25 g ts and tomato puree. 3. Add wa powder and herbs. 6. Thicken
100 g 1.5 l 10 g 5 g 1.2 kg 1.2 kg 800 g 25 g ts and tomato puree. 3. Add wa powder and herbs. 6. Thicken
1.5 I 10 g 10 g 5 g 1.2 kg (Rye),Gluten 800 g 25 g ts and tomato puree. 3. Add wa powder and herbs. 6. Thicken
10 g 10 g 5 g 1.2 kg 800 g 25 g ts and tomato puree. 3. Add wa powder and herbs. 6. Thicken
10 g 5 g 1.2 kg 1.2 kg 800 g 25 g ts and tomato puree. 3. Add wa powder and herbs. 6. Thicken
5 g 1.2 kg 800 g 25 g ts and tomato puree. 3. Add wa powder and herbs. 6. Thicken
1.2 kg 800 g 25 g ts and tomato puree. 3. Add wa powder and herbs. 6. Thicken
(Rye),Gluten 800 g 25 g ts and tomato puree. 3. Add wa powder and herbs. 6. Thicken
25 g ts and tomato puree. 3. Add wa powder and herbs. 6. Thicken
ts and tomato puree. 3. Add wa powder and herbs. 6. Thicken
powder and herbs. 6. Thicken
RedMeat ProcessedMeat
55 0
69 0

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Plated Salad Combo fife Contains: Fish, Milk products, Egg, Mustard, Checked for Allergens Ingredients: Ingredient Weight Allergens 160 g lettuce (iceberg) tomatoes, raw 160 g red peppers 80 g green peppers 80 g Turkey slices (fife) Halal 60 g 60 g Tuna, canned in brine, drained Vegan, Fish cheese, cheddar, average Kosher, Vegan, Milk products 60 g Eggs, chicken, whole, boiled 60 g Lite Mayonnaise (fife) Kosher, Vegan, Egg 80 g coleslaw (reduced calorie mayonnaise) Mustard.Kosher.Halal.Egg 80 g 80 g Method: Prepare ingredients for a plated salad selection 1. Cheese salad 2. Tuna salad 3. Egg salad 4. Turkey salad Mayonnaise can be added to the above protein options The ingredients will produce 4 plated salads Servings from this recipe: Group Servings Primary, 7-10 yrs Secondary, 11-18 yrs Portion Size, showing the number of grams of each food group in a portion: Units Fruit Veg DriedFruit RedMeat ProcessedMeat Primary, 7-10 yrs g Secondary, 11-18 yrs 203 0 135 0 0 0 g **Nutrients:** Nutrient per 100 gms Amount Units 93 kcal 6.4 g Saturated fatty acids 2.0 g Carbohydrates 3.0 g Free Sugars 0.4 g Total Sugars 2.2 g AOAC Fibre 1.0 g Protein 6.0 g Iron 0.4 mg Calcium 63.6 Vitamin A (retinol equivalents) 96.0 μg Folate 27.1 μg Vitamin C 24.1 mg Sodium 167.3 mg Salt 0.4 g Zinc 0.4 Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☑ Milk products ☐ Nuts (cashew) Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs ☐ Nuts (hazelnut) Nuts (queensland) Vegetarian Crustaceans Gluten (Rye) ✓ Mustard Nuts (macadamia) ☐ Nuts (walnut) ☐ Vegan **Egg** Gluten (Wheat) Nuts (almond) Nuts (peanuts) Sesame seeds Kosher **✓** Fish Lupin □ Nuts (brazil) □ Nuts (pecan) Halal Soybeans

Primary Menu Week 1

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Butcher Pork Sausages in a Bun V3 Fife Contains: Gluten (Wheat), Sulphites, Checked for Allergens May Contain: Soya Ingredients: **Ingredient Allergens** Weight 50/50 Roll/Hot Dog Roll Gluten (Wheat) - May Contain: Soya 1.3 kg pork sausages Gluten (Wheat), Kosher, Halal, Vegan, Sulphites, Vegetarian Method: Method 1. Place sausages on trays. 2. Cook in a moderate oven 3. Heat to required temperature. 4. Serve 1 Hot dog roll per person Servings from this recipe: Group Servings Primary, 7-10 yrs 20 Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: DriedFruit ProcessedMeat Size Units Fruit Veg RedMeat Primary, 7-10 yrs 119 0 0 0 0 57 g Secondary, 11-18 yrs 148 0 0 0 0 71 g **Nutrients:** Nutrient per 100 gms Amount Units 268 kcal Energy Fat 13.4 g Saturated fatty acids 4.8 g Carbohydrates 28.4 g Free Sugars 1.2 g Total Sugars 1.4 g AOAC Fibre 3.3 g 10.2 Protein g Iron 0.4 mg Calcium 162.1 mg Vitamin A (retinol equivalents) 0.0 μg Folate 6.6 μg Vitamin C 3.5 mg Sodium 443.3 mg Salt 1.1 а Zinc 1.2 mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☐ Milk products Nuts (cashew) ☐ Nuts (pistachio) ✓ Sulphites Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) Nuts (queensland) Vegetarian Crustaceans Gluten (Rye) Mustard □ Nuts (macadamia) □ Nuts (walnut) ☐ Vegan ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) Sesame seeds ☐ Kosher ☐ Egg Lupin Soybeans Fish Nuts (brazil) Nuts (pecan) Halal May contain: Soya

Primary Menu Week 1 Primary Menu Week 2 Nursery Menu Week1

Nursery Menu Week 2

Quorn Burger In a Bun V1 Fife Contains: Gluten (Wheat), Egg, Milk products, Sesame seeds, Checked for Allergens Ingredients: **Ingredient Allergens** Weight Quorn Burger Gluten (Wheat), Kosher, Vegan, Egg, Milk products 1.2 kg Seeded Burger Bun (fife) Gluten (Wheat), Kosher, Sesame seeds 1 kg Method: 1. Follow manufactuters instructions Servings from this recipe: Group Servings Primary, 7-10 yrs 20 Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: Units ProcessedMeat Fruit Veg **DriedFruit** RedMeat Group Size Primary, 7-10 yrs 106 0 0 0 0 0 g Secondary, 11-18 yrs 132 g 0 0 0 0 0 **Nutrients:** Nutrient per 100 gms Amount Units 180 kcal 2.8 g Saturated fatty acids 0.7 g Carbohydrates 24.8 Free Sugars 2.2 g Total Sugars 0.6 g AOAC Fibre 5.1 g Protein 13.4 g Iron 5.0 mg Calcium 16.5 mg Vitamin A (retinol equivalents) 0.0 μg Folate 11.9 μg Vitamin C 0.0 mg Sodium 344.7 mg Salt 0.9 g 4.0 Zinc mg Allergens: Based on ingredients. This dish flagged as.... ✓ Checked for Allergens ☐ Gluten (Barley) ✓ Milk products Nuts (cashew) Nuts (pistachio) Sulphites Gluten (Oats) Molluscs ☐ Nuts (hazeInut) □ Nuts (queensland) □ Vegetarian Celery and celeriac Crustaceans Mustard ☐ Nuts (macadamia) ☐ Nuts (walnut) ☐ Vegan Gluten (Rye) Sesame seeds **E**gg ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) **K**osher ☐ Nuts (pecan) ☐ Halal Fish Lupin Nuts (brazil) Soybeans

	redients :								1	
	Ingredient			Allergens					Weigh	
	Salmon Nibles MSC			Gluten (Wh	eat),K	sher,Veg	an,Veg	getarian,Fish	60 g	
	hod : follow manufact		ructions							
er	vings from this recipe Group	:				Servings				
_	Primary, 7-10 yrs				1					
	Secondary, 11-18 yrs				1					
	December 7, 11 10 715					•				
or	ion Size, showing the							D - dM t	Durana dMara	
_	Group Primary, 7-10 yrs	Size 60	Units	Fruit 0	Veg 0	Dried 0	Fruit	RedMeat 0	ProcessedMea	
_	Secondary, 11-18 yrs	60	g g	0	0	0		0	0	
_								-		
ut	rients :									
_	Nutrient per 100 gm	S			Amo	unt	Units	S		
_	Energy				178		kcal			
_	Fat				5.2					
_	Saturated fatty acids						g			
_	Carbohydrates				18.6		g			
_	Free Sugars Total Sugars				0.0		g			
	AOAC Fibre						g			
	Protein				0.0	0.0 g 0.0 g				
	Iron				1.1			mg		
	Calcium				44.8		mg			
	Vitamin A (retinol equiv	valents)			23.0		μg			
	Folate				8.6		μд			
	Vitamin C				0.2		mg			
	Sodium				0.2		mg			
	Salt				0.0		g			
	Zinc				0.6		mg			

Gluten Free Salmon Fish Fingers Fife Contains: Fish,Checked for Allergens

Inc	ırad	٥i	nte	

Ingredient	Allergens	Weight
G/G Battered Salmon Fish Finger	Kosher, Halal, Vegan, Vegetarian, Fish	1.2 kg

Method: Please follow manufactors information. This is a gluten free product Brakes code 112546 Product must not come in to contact with any gluten products or utencils, this includes friers where gluten products have been fried. Please contact your co-ordinator if you require further information.

Servings from this recipe:

	Group	Servings
	Primary, 7-10 yrs	20
	Secondary, 11-18 yrs	16

Portion Size, showing the number of grams of each food group in a portion:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	57	g	0	0	0	0	0
Secondary, 11-18 yrs	71	g	0	0	0	0	0

Nutrients:

Nutrient per 100 gms	Amount	Units
Energy	247	kcal
Fat	11.5	g
Saturated fatty acids	1.1	g
Carbohydrates	20.2	g
Free Sugars	0.0	g
Total Sugars	0.0	g
AOAC Fibre	0.9	g
Protein	15.8	g
Iron	0.8	mg
Calcium	66.3	mg
Vitamin A (retinol equivalents)	24.2	μд
Folate	6.3	μд
Vitamin C	0.0	mg
Sodium	0.3	mg
Salt	0.0	g
Zinc	0.5	mg

Allergens: Based on ingredients.

Т	his dish flagged as					
	Checked for Allergens	Gluten (Barley)	☐ Milk products	☐ Nuts (cashew)	☐ Nuts (pistachio)	Sulphites
	Celery and celeriac	Gluten (Oats)	Molluscs	☐ Nuts (hazelnut)	☐ Nuts (queensland)	✓ Vegetarian
	Crustaceans	Gluten (Rye)	Mustard	☐ Nuts (macadamia)	☐ Nuts (walnut)	✓ Vegan
	☐ Egg	Gluten (Wheat)	\square Nuts (almond)	☐ Nuts (peanuts)	Sesame seeds	Kosher
	Fish	Lupin	☐ Nuts (brazil)	Nuts (pecan)	Soybeans	✓ Halal

Primary Menu Week 1 Primary Menu

Nursery Menu Week1 Nursery Menu Week 2

Steak Pie V1 Fife H Contains: Milk products, Sulphites, Gluten (Wheat), Checked for Allergens Ingredients: **Ingredient Allergens** Weight beef, braising steak, raw, lean Kosher, Halal, Vegan, Vegetarian 1.2 kg 500 g water, distilled 1.5 l semi-skimmed milk Kosher, Milk products, Sulphites 30 g Puff Pastry (fife) Gluten (Wheat) 600 g Knorr Instant Gravy Granules Kosher 40 a Method: 1. Brown the diced stewing steak in a pan with the onion. 2. Cover with water and simmer for 1 hour. 3. Mix the flour and gravy powder to a paste with a little water. 4. Add to the meat and simmer for 5 minutes. 5. Place the meat in a tray. 6. Roll out the pastry and place over meat. 7. Brush the pastry with milk.(FOR ANY DAIRY DIETARY REQUIREMENTS DO NOT BRUSH WITH MILK) 8. Bake in a hot oven 230C, 450F or Gas 8 for about 45 minutes. Servings from this recipe: Servings Group Primary, 7-10 yrs 20 16 Secondary, 11-18 yrs Portion Size, showing the number of grams of each food group in a portion: Size Units Fruit Veg DriedFruit RedMeat ProcessedMeat Primary, 7-10 yrs 170 0 22 53 0 g 0 28 0 0 Secondary, 11-18 yrs 213 66 g **Nutrients:** Nutrient per 100 gms Amount Units kcal Energy 128 Fat 6.4 g Saturated fatty acids 3.0 g Carbohydrates 8.6 g Free Sugars 0.3 g Total Sugars 0.9 g AOAC Fibre 0.5 g Protein 8.9 g Iron mg 1.6 Calcium 6.8 mg Vitamin A (retinol equivalents) 0.4 μg Folate 19.2 μg Vitamin C 0.4 mg Sodium 65.8 mg Salt 0.2 g Zinc 2.1 mg Allergens: Based on ingredients. This dish flagged as.... Checked for Allergens Gluten (Barley) Milk products **Sulphites** Nuts (cashew) Nuts (pistachio) Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Crustaceans Gluten (Rve) Mustard Nuts (macadamia) ☐ Nuts (walnut) ☐ Vegan

Primary Menu Week 1

☐ Egg

Fish

Primary Menu Week 2

Lupin

Nursery Menu Week1

Nuts (pecan)

✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts)

Nuts (brazil)

Nursery Menu Week 2

Sesame seeds

Soybeans

Recipe List

☐ Kosher

☐ Halal

redients :										
Ingredient		A	llergens						Weight	
onions			/I CII						120 g	
cinnamon		K	osher,Sulpl	nites	5				5 g 50 ml	
red peppers									100 g	
yellow peppers									100 g	
garlic									10 g	
coriander leaves									100 g	
canned kidney beans									800 g	
Tomatoes, crushed, ca	anned	К	osher						800 g	
chilli powder									10 g	
black pepper									5 g	
McCain Alternatives Si	imply for Mash	n K	osher						500 g	
cooked potato in to t yes and stir in just be vings from this recipe	fore service				1		ioosen i	r needed 13. Ch	op tne coriander	
Group					Ser	vings				
Primary, 7-10 yrs					10					
Secondary, 11-18 yrs					10					
tion Size, showing th	e number of	grams of	each food g	roup	in a	portion	1:			
Group	Size	Units	Fruit	Veg		Dried		RedMeat	ProcessedMeat	
Primary, 7-10 yrs	213	g	0	92		0		0	0	
Secondary, 11-18 yrs	213	g	0	92		0		0	0	
rionts										
rients :	ns			Am	ount	:	Units			
trients : Nutrient per 100 gn	ns			Am 92	ount	:	Units kcal			
Nutrient per 100 gn	ns			7		:				
Nutrient per 100 gn Energy	ns			92		:	kcal			
Nutrient per 100 gn Energy Fat	ns			92		:	kcal g			
Nutrient per 100 gn Energy Fat Saturated fatty acids	ns			92 3.7 0.5	6	:	kcal g			
Rutrient per 100 gn Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars	ns			92 3.7 0.5 12.0 0.0	6	:	kcal g g g g			
Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre	ns			92 3.7 0.5 12.0 0.0 0.0	6		kcal g g g g g			
Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein	ns			92 3.7 0.5 12.0 0.0 0.0 2.9 3.2	6	:	kcal g g g g g			
Rutrient per 100 gn Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron	ns			92 3.7 0.5 12.0 0.0 0.0 2.9 3.2 1.8	6		kcal g g g g g g g g mg			
Rutrient per 100 gn Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium				92 3.7 0.5 12.0 0.0 2.9 3.2 1.8 39.4	6		kcal g g g g g g g mg mg			
Rutrient per 100 gn Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ				92 3.7 0.5 12.0 0.0 0.0 2.9 3.2 1.8 39.4 64.9	6 4 9	:	kcal g g g g g g g g g h g g h g h g			
Rutrient per 100 gn Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ Folate				92 3.7 0.5 12.0 0.0 0.0 2.9 3.2 1.8 39.4	6 4 9	:	kcal g g g g g g g g g g p g p g p p			
Rutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ Folate Vitamin C				92 3.7 0.5 12.0 0.0 0.0 2.9 3.2 1.8 39.6 4.1 14.1	6 4 9 5 9	:	kcal g g g g g g g g g u g g mg mg mg µg mg			
Rutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ Folate Vitamin C Sodium				92 3.7 0.5 12.0 0.0 0.0 2.9 3.2 1.8 39.6 64.9 13.1	6 4 9 5 9	:	kcal g g g g g g g g mg mg mg μg mg mg			
Rutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ Folate Vitamin C Sodium Salt				92 3.7 0.5 12.0 0.0 0.0 2.9 3.2 1.8 39.4 64.1 70.1 0.2	6 4 9 5 9 5		kcal g g g g g g g g mg mg mg μg mg g g g			
Rutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ Folate Vitamin C Sodium Salt Zinc	ivalents)			92 3.7 0.5 12.0 0.0 0.0 2.9 3.2 1.8 39.6 64.9 13.1	6 4 9 5 9 5		kcal g g g g g g g g mg mg mg μg mg mg			
Rutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ Folate Vitamin C Sodium Salt Zinc		s.		92 3.7 0.5 12.0 0.0 0.0 2.9 3.2 1.8 39.4 64.1 70.1 0.2	6 4 9 5 9 5		kcal g g g g g g g g mg mg mg μg mg g g g			
Rutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ Folate Vitamin C Sodium Salt Zinc	ivalents)	s.		92 3.7 0.5 12.0 0.0 0.0 2.9 3.2 1.8 39.4 64.1 70.1 0.2	6 4 9 5 9 5		kcal g g g g g g g g mg mg mg μg mg g g g			
Rutrient per 100 gn Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ Folate Vitamin C Sodium Salt Zinc Ergens: Based on	ivalents)		lilk products	92 3.7 0.5 12 0.0 0.0 2.9 3.2 1.8 39 64.9 70 0.2	6 4 9 5 9 5 5	(cashew	kcal g g g g g g g g g mg mg mg mg g mg mg m	Nuts (pistachio)	✓ Sulphites	
Rutrient per 100 gn Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ Folate Vitamin C Sodium Salt Zinc ergens: Based on	ivalents) ingredient Gluten (Ba	rley) \square M	tilk products	92 3.7 0.5 12.0 0.0 0.0 2.9 3.2 1.8 39.6 64.1 70.1 0.2 0.3	6 4 9 5 9 5 5 9	(cashew	kcal g g g g g g g g mg mg µg mg m		_	
Rutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ Folate Vitamin C Sodium Salt Zinc ergens: Based on dish flagged as Checked for Allergens Celery and celeriac	ivalents) ingredient Gluten (Ba	rley) \square M	lolluscs	92 3.7 0.5 12.0 0.0 0.0 2.9 3.2 1.8 39.4 64.9 13.1 14.1 70.1 0.2	6 4 9 5 9 5 Nuts	(cashew	kcal g g g g g g g g g mg mg μg μg mg mg mg companies with	Nuts (queenslar	nd) Vegetarian	
Rutrient per 100 gn Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ Folate Vitamin C Sodium Salt Zinc ergens: Based on	ivalents) ingredient Gluten (Ba	rley)	lolluscs lustard	92 3.7 0.5 12.0 0.0 0.0 2.9 3.2 1.8 39.4 14.9 70 0.2 0.3	6 4 9 5 9 5 Nuts Nuts	(cashew (hazelnı (macada	kcal g g g g g g g g mg mg mg mg y g mg mg wg mg companies		_	

Primary Menu Week 2 Nursery Menu Week1

Nursery Menu Week 2

Vegetable Korma V1 Fife Contains: Sesame seeds, Milk products, Nuts (almond), Checked for Allergens Ingredients: **Ingredient Allergens** Weight cauliflower, raw 500 g red peppers 200 g green peppers 200 g 200 g yellow peppers onions 500 g mushrooms 200 g Kosher, Sesame seeds, Vegan, Milk products, Nuts Korma Sauce 2.5 I Method: 1.Par boil cauliflower, carrots then drain 2 Dry fry onions, peppers 3. Put all ingredients into unit and pour over sauce 4.Put in steamer or oven 5. Reheat until temperature of 82C is reached 6. Vegetables can be replaced with seasonable vegetables throughout the year. Servings from this recipe: Servings Primary, 7-10 yrs 20 Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: RedMeat **DriedFruit** ProcessedMeat Group Size Units Fruit Veg Primary, 7-10 yrs 174 0 73 0 0 0 g Secondary, 11-18 yrs 218 g 0 91 0 0 0 **Nutrients:** Units Nutrient per 100 gms Amount 129 kcal 7.4 g Saturated fatty acids 3.8 g Carbohydrates 13.3 0.0 Free Sugars g Total Sugars 0.0 g AOAC Fibre 2.8 g Protein 1.7 g 0.2 Iron mg Calcium 6.5 mq Vitamin A (retinol equivalents) 33.6 μg Folate 12.1 μg Vitamin C 22.8 mg Sodium 1.8 mg Salt 0.0 q Zinc 0.1 mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☑ Milk products ☐ Nuts (cashew) Nuts (pistachio) Sulphites ☐ Nuts (hazeInut) □ Nuts (queensland) □ Vegetarian Celery and celeriac Gluten (Oats) Molluscs Crustaceans Gluten (Rye) Mustard Nuts (macadamia) Nuts (walnut) ☐ Vegan ☐ Egg Gluten (Wheat) Nuts (almond) Nuts (peanuts) Sesame seeds ☐ Kosher Fish ☐ Nuts (brazil) ☐ Nuts (pecan) Soybeans ☐ Halal Lupin

Primary Menu Week 1 Primary Menu

Nursery Menu Week1 Nursery Menu Week 2

R BAKED	BEANS I	Allergens Kosher					Weight
R BAKED	BEANS I						
K BAKED	BEANS I	Kosner					
							1.6 kg
				Servings			
				16			
						D - dM 4	D
_					arruit		ProcessedMeat
							0
100	, 9		100	U		0	0
			Am	ount	Units		
			87		kcal		
			0.3		g		
			0.0		g		
			16.8	3	g		
			3.7		g		
			0.0		g		
					g		
					g		
					mg		
alents)							
				0			
				.0			
	size 80 100	Size Units 80 g 100 g	Size Units Fruit 80 g 0 100 g 0	Size Units Fruit Veg 80 g 0 100 100	20 16 16	20 16 16	20

Basic Mixed Salad V1 Fife Contains: Sulphites, Checked for Allergens Ingredients: **Ingredient Allergens** Weight 400 g lettuce (iceberg) tomatoes, raw 400 g cucumber 400 g Onions, pickled, drained Kosher, Sulphites 400 g Method: Method 1. Wash and dry then shred, lettuce. 2. Add the rest of the chopped ingredients Servings from this recipe: Servings Group Primary, 7-10 yrs 20 Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: Group Size Units Fruit Veg DriedFruit RedMeat ProcessedMeat Primary, 7-10 yrs 67 0 67 0 0 0 g 0 Secondary, 11-18 yrs 84 g 84 0 0 0 **Nutrients:** Nutrient per 100 gms Amount Units Energy kcal 0.2 Fat Saturated fatty acids 0.0 g Carbohydrates 2.6 g 0.0 Free Sugars g Total Sugars 0.0 g AOAC Fibre 1.1 g Protein 0.7 g 0.3 Iron mg Calcium 16.0 mg 22.3 Vitamin A (retinol equivalents) μg 24.8 Folate μg Vitamin C 7.8 mg Sodium 79.4 mg Salt 0.2 g 0.1 Zinc mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☐ Milk products ☐ Nuts (cashew) Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) Nuts (queensland) ☐ Vegetarian Crustaceans Gluten (Rye) Mustard Nuts (macadamia) ☐ Nuts (walnut) ☐ Vegan Kosher ☐ Egg Gluten (Wheat) Nuts (almond) Nuts (peanuts) Sesame seeds Lupin Halal Fish Nuts (brazil) Nuts (pecan) Soybeans

Primary Menu Week 1 Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

		1							1
Ingredient			Allergens						Weight
McCain Alternative Sim	ply For Ma	sh	Kosher						2 kg
ethod : McCains Simply	for Mash	Follow Ma	nufactors Ins	struct	ions				
ervings from this recipe	:								
Group					Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs					16				
rtion Size, showing the	number o	of grams o	f each food g	roup	in a portior	1:			
Group	Size	Units	Fruit	Veg	Dried		RedMeat	Proces	sedMeat
Primary, 7-10 yrs	100	g	0	0	0		0	0	
Secondary, 11-18 yrs	125	g	0	0	0		0	0	
trients :									
Nutrient per 100 gm	s			Ame	ount	Units			
Energy				72		kcal			
Fat				0.1		g			
Saturated fatty acids				0.1		g			
Carbohydrates				16.1		g			
Free Sugars				0.6		g			
Total Sugars				0.0		g			
AOAC Fibre				0.8		g			
Protein				1.7		g			
Iron				1.7		mg			
Calcium				0.0		mg			
Vitamin A (retinol equi	valents)			0.0		μg			
Folate				0.0		μg			
				0.0		mg			
Vitamin C				0.0		mg			
Vitamin C Sodium									
Vitamin C				0.0		g mg			

Broccoli Fresh Fife Contains: Checked for Allergens Ingredients: **Ingredient Allergens** Weight Broccoli, green, boiled in salted water 1.6 kg Method: Servings from this recipe: Group Servings Primary, 7-10 yrs 20 Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: Size Units Fruit RedMeat **ProcessedMeat** Veg Primary, 7-10 yrs 72 0 72 0 0 g Secondary, 11-18 yrs 0 90 0 0 0 90 g **Nutrients:** Nutrient per 100 gms Amount Units 31 kcal Energy Fat 0.6 g Saturated fatty acids 0.1 g Carbohydrates g Free Sugars 0.0 g Total Sugars 0.0 g AOAC Fibre 3.5 g Protein 3.7 g Iron 0.7 mg 38.9 mg Calcium Vitamin A (retinol equivalents) 110.7 μg Folate 37.8 μg Vitamin C 48.9 mg Sodium 166.7 mg Salt 0.4 g Zinc 0.4 mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☐ Milk products Nuts (cashew) ☐ Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Nuts (macadamia) Crustaceans Gluten (Rye) Mustard Nuts (walnut) ☐ Vegan Gluten (Wheat) Nuts (almond) Nuts (peanuts) Sesame seeds Kosher ☐ Egg Fish Lupin ☐ Halal Nuts (brazil) Nuts (pecan) Soybeans

Ingredient			Allergens						Weight
				heat).K	osher,Glute	en (Oa	ats).Gluten		
Malted Sandwich Brea	d				Gluten (Bar				56 g
hod:									
vings from this recipe	e :								
Group	-				Servings				
Primary, 7-10 yrs					1				
Secondary, 11-18 yrs					1				
tion Size, showing th	e number o	of grams	of each food	group	in a portion	:			
Group	Size	Units	Fruit	Veg	Driedl		RedMeat	Proce	ssedMeat
Primary, 7-10 yrs	56	g	0	0	0		0	0	
Secondary, 11-18 yrs	56	g	0	0	0		0 0		
rients :									
Nutrient per 100 gr	ns			Ame	ount	Units	5		
Energy				219		kcal			
Fat				2.5		g			
Saturated fatty acids				0.7		g			
Carbohydrates				38.9		g			
Free Sugars				0.0		g			
Total Sugars AOAC Fibre				7.0		g g			
Protein				10.3		g			
Iron				0.0		mg			
Calcium				0.0		mg			
Vitamin A (retinol equ	ivalents)			0.0		μg			
Folate				0.0		μg			
Vitamin C				0.0		mg			
Sodium				320.	.0	mg			
Salt Zinc				0.8 6.6		g			
				0.0		mg			

tains: Checked for Alle	rgens								
wadianta .									
redients : Ingredient			Allergens						Weight
carrots			Allergens						2.3 kg
Carrocs									2.5 kg
thod : Boil in unsalted	water.								
vings from this recipe	:								
Group					Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs					20				
tion Size, showing the	number /	of aroms o	f anch food s		in a nortic	201			
Group	Size	Units	Fruit	Veg		dFruit	RedMeat	Proces	ssedMeat
Primary, 7-10 yrs	80	g	0	80	0		0	0	
Secondary, 11-18 yrs	80	g	0	80	0		0	0	
					1- 1-				
trients :						1124			
Nutrient per 100 gm	ıs				ount	Unit	S		
Energy				0.4		kcal			
Fat				0.4		g			
Carbohydrates				4.9		g			
Free Sugars				0.0		g			
Total Sugars				0.0		g			
AOAC Fibre				3.3		g			
Protein				0.6	-				
Iron				0.4		mg			
Calcium				24.0)	mg			
Vitamin A (retinol equi	valents)			223	4.0	μд			
				16.0)	μg			
Folate				2.0		mg			
Folate Vitamin C				50.0		mg			
Vitamin C				0.1		g			

Fish

Lupin

☐ Nuts (brazil)

Nuts (pecan)

Soybeans

Halal

redients:										
Ingredien	t			Allergens						Weight
cabbage, w	hite, raw									70 g
onions										10 g
carrots										10 g
Lite mayon	naise			Kosher,Vega	ın,Egg	<u> </u>				20 ml
thod :										
vings from	this recipe	:								
Group						Servir	igs			
Primary, 7-	10 yrs				:	1				
Secondary,	11-18 yrs				:	1				
tion Size, sl	howing the	number of	f grams o	f each food g	roup i	n a po	rtion:			
Group		Size	Units	Fruit	Veg	D	riedFrui	it RedMeat	Process	edMeat
Primary, 7-	mary, 7-10 yrs 100 g 0 condary, 11-18 yrs 100 g 0		82	0		0	0			
Secondary,	11-18 yrs	100	g	0	82	0		0	0	
rients:										
Nutrient p	er 100 gm	s			Amo	unt	Un	nits		
Energy					79		kca	al		
Fat					5.8		g			
Saturated f	atty acids				0.4		g			
Carbohydra					6.0		g			
Free Sugars					0.9		g			
Total Sugar					0.0		g			
AOAC Fibre Protein					2.0		g			
					0.4		g	7		
Iron					41.2		mg			
Vitamin A (retinal equiv	/alents)			140.	6	mg			
Folate	. samor equi				58.6	-	μд			
Vitamin C					30.3		mg			
Sodium					6.7		mg			
Salt					0.0		g			
Zinc					0.2		mg	9		

Primary Menu Week 2 Nursery Menu Week1

Nursery Menu Week 2

Crudities V1 Fife Contains: Checked for Allergens Ingredients: **Ingredient Allergens** Weight 20 g peppers, capsicum, chilli, red, raw 20 g cucumber 20 g Method: Cut Vegetables in to baton style Other suitable on contract vegetables can be used. Servings from this recipe: Servings Group Primary, 7-10 yrs 1 Secondary, 11-18 yrs 1 Portion Size, showing the number of grams of each food group in a portion: DriedFruit RedMeat ProcessedMeat Size Units Fruit Veg Primary, 7-10 yrs 51 0 51 0 0 0 g Secondary, 11-18 yrs 51 0 51 0 0 0 g **Nutrients:** Nutrient per 100 gms Amount Units 22 kcal Energy Fat 0.2 g Saturated fatty acids 0.0 Carbohydrates 4.2 g Free Sugars 0.0 g 4.0 Total Sugars g AOAC Fibre 1.1 g Protein 1.0 g Iron 0.5 mg 19.5 Calcium mg Vitamin A (retinol equivalents) 783.1 μg 13.5 Folate μg Vitamin C 78.1 mg Sodium 12.8 mg Salt 0.0 g Zinc 0.2 mg Allergens : Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☐ Milk products ☐ Nuts (cashew) Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) □ Nuts (queensland) □ Vegetarian Molluscs Nuts (hazelnut) Crustaceans Gluten (Rye) Mustard Nuts (macadamia) Nuts (walnut) ☐ Vegan Kosher ☐ Egg Gluten (Wheat) Nuts (almond) Nuts (peanuts) Sesame seeds

Primary Menu Week 1

Fish

Primary Menu

Lupin

Nuts (brazil)

Nursery Menu Week1

☐ Nuts (pecan)

Nursery Menu Week 2

Soybeans

Recipe List

☐ Halal

Garlic Bread V2 Fife Contains: Milk products, Gluten (Wheat), Checked for Allergens May Contain: Sesame Seeds Ingredients: **Ingredient Allergens** Weight low-fat spread Kosher, Milk products 120 g garlic powder 10 g mixed herbs 5 g Sandwich Baguette Gluten (Wheat), Kosher - May Contain: Sesame Seeds 1 kg Method: 1. Cut the baguettes into circles 2. Mix the Spread, Garlic Powder and mixed Herbs together. 3. Spread a small amount of spread onto the baguettes. Put together to form a loaf shape again and wrap in foil. 4. Cook in Oven for 20-25 minutes. SUPPLIER DISCALIMER Baguette ...This product "May Contain Sesame Seeds" due to being processed in a factory that handles Sesame Seeds Servings from this recipe: Servings Group Primary, 7-10 yrs 16 Secondary, 11-18 yrs Portion Size, showing the number of grams of each food group in a portion: Group Size Units Fruit Veg **DriedFruit** RedMeat ProcessedMeat 57 Primary, 7-10 yrs 0 0 0 0 0 g Secondary, 11-18 yrs 71 g 0 0 0 0 0 **Nutrients:** Nutrient per 100 gms **Amount** Units Energy 259 kcal 5.5 Fat g Saturated fatty acids 1.4 g Carbohydrates 42.2 g Free Sugars 3.5 g Total Sugars 0.1 g AOAC Fibre 3.5 g Protein 8.4 g Iron 8.0 mg Calcium 174.1 mg Vitamin A (retinol equivalents) 120.6 μg Folate 0.0 μg Vitamin C 0.2 mg Sodium 351.2 mg Salt 0.9 g mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☑ Milk products ☐ Nuts (cashew) Nuts (pistachio) Sulphites Molluscs Cellery and celleriac Gluten (Oats) Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian ☐ Vegan Crustaceans Gluten (Rye) Mustard □ Nuts (macadamia) □ Nuts (walnut) ☐ Egg ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) Sesame seeds ☐ Kosher Fish Nuts (brazil) Halal Lupin ☐ Nuts (pecan) Soybeans May contain: Sesame Seeds

Primary Menu Week 1

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

readiants :									
gredients : Ingredient			Allergens						Weight
White rice, , boiled			Allergens						2 kg
thod : Please be awa Il only require 1kg ap mpany states No guai k of cross contaminat	prox. in raw antee of to ion due to t	v weight. 1 tal absenc	Boil in wate e of Cereals	er. PLE. contain	ASE NOT	E Disclai	imer supplied b	y manu	facturing
rvings from this recip	e:								
Group					ervings				
Primary, 7-10 yrs				2					
Secondary, 11-18 yrs				1	6				
rtion Size, showing th	e number o	of grams o	f each food o	roup ir	a portio	n:			
Group	Size	Units	Fruit	Veg	i	::: ::::::::::::::::::::::::::::::::::	RedMeat	Proce	ssedMeat
Primary, 7-10 yrs	100	g	0	0	0		0	0	
Secondary, 11-18 yrs	125	g	0	0	0		0	0	
trients :				Amoi		Units			
Nutrient per 100 gi	ns				ınt	kcal			
Energy				138					
Saturated fatty acids				0.3		g			
Carbohydrates				30.9		g			
Free Sugars				0.0		g			
Total Sugars				0.0		g			
AOAC Fibre				0.1		g			
Protein				2.6		g			
Iron				0.2		mg			
				18.0		mg			
Calcium				0.0		μg			
_	ivalents)			7.0		μg			
Calcium Vitamin A (retinol equ	iivalents)								
Vitamin A (retinol equ	uivalents)			0.0					
Vitamin A (retinol equ	uivalents)					mg mg			
Vitamin A (retinol equ Folate Vitamin C	uivalents)			0.0		mg			
Vitamin A (retinol equ Folate Vitamin C Sodium	uivalents)			0.0		mg mg			
Vitamin A (retinol equal Folate Vitamin C Sodium Salt Zinc	uivalents)			0.0 1.0 0.0		mg mg g			
Vitamin A (retinol equ Folate Vitamin C Sodium Salt Zinc	uivalents)			0.0 1.0 0.0		mg mg g			
Vitamin A (retinol equ Folate Vitamin C Sodium Salt Zinc	,			0.0 1.0 0.0		mg mg g			
Vitamin A (retinol equation of polaric vitamin C Sodium Salt Zinc Based on its dish flagged as	ngredients.	_		0.0 1.0 0.0 0.7		mg mg g mg			
Vitamin A (retinol equal Folate Vitamin C Sodium Salt Zinc ergens: Based on i	,	_	Milk products	0.0 1.0 0.0 0.7	its (cashe	mg mg g mg	⊃ Nuts (pistachio	o) 🗆	Sulphites
Vitamin A (retinol equation of polaric vitamin C Sodium Salt Zinc Based on its dish flagged as	ngredients.	Barley)	Milk products Molluscs	0.0 1.0 0.0 0.7	its (cashe its (hazelr	mg mg g mg	⊃ Nuts (pistachio	_	Sulphites Vegetarian
Vitamin A (retinol equation of polaric vitamin C Sodium Salt Zinc Based on its dish flagged as Checked for Allergens	ngredients.	Barley) 🔲		0.0 1.0 0.0 0.7		mg mg g mg w) (_	and)	

Fish

Primary Menu Week 2

Lupin

Nursery Menu Week1

☐ Nuts (pecan)

☐ Nuts (brazil)

Nursery Menu Week 2

Soybeans

Recipe List

☐ Halal

redients :									
Ingredient			Allergens						Weight
McCain Alternatives Si	mply for Ma	ash	Kosher						2 kg
thod :									
vings from this recipe	e :								
Group					Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs					16				
rtion Size, showing the	a number (of arams (of each food a	roun	in a portion	١.			
Group	Size	Units	Fruit	Veg	Dried		RedMeat	Proce	ssedMeat
Primary, 7-10 yrs	100	g	0	0	0	0		0	
Secondary, 11-18 yrs	125	g	0	0	0		0		
tulanta .	nts :								
trients : Nutrient per 100 gm	16			Δm	ount	Units	•		
Energy	13			135	Outre	kcal	<u>'</u>		
Fat				4.0		g			
Saturated fatty acids				1,1		g			
Carbohydrates				21.9)	g			
Free Sugars				0.0		g			
Total Sugars				0.0		g			
AOAC Fibre				0.0		g			
Protein				2.6		g			
Iron				2.6		mg			
Calcium				0.0		mg			
Vibonoin A (notine) con	ivalents)			0.0		μg			
Vitamin A (retinol equi				0.0		μg			
Folate				0.0		mg			
1						mg			
Folate				0.1		mg			
Folate Vitamin C				0.1		mg g			

	redients :									-	
	Ingredient			Allergens						Weight	
	Nan Bread			Gluten (Wh	eat),K	osher,Ve	gan,Mil	k products		65 g	
lad	hod: Follow Manufac e directly on the over vings from this recipe	n rack in a								with wate	
	Group					Servings					
	Primary, 7-10 yrs					1					
	Secondary, 11-18 yrs					1					
or	tion Size, showing the	number (of grams o	f each food	aroup	in a porti	on:				
	Group	Size	Units	Fruit	Veg		dFruit	RedMeat	Proces	ssedMeat	
	Primary, 7-10 yrs	65	g	0	0	0		0	0		
	Secondary, 11-18 yrs	65	55 g 0		0	0		0 0			
	rients :										
ш	Nutrient per 100 gm	s			Ame	ount	Units	S			
	Energy				265		kcal				
	Fat				4.6		g				
	Saturated fatty acids				0.4		g				
	Carbohydrates				46.9)	g				
	Free Sugars				2.8		g				
_	Total Sugars				0.0		g				
_	AOAC Fibre				4.9		g				
_	Protein				7.1		g				
_	Iron Calcium				0.0		mg				
	Vitamin A (retinol equiv	valents)			0.0		μд				
	Folate	,			0.0		μg				
	Vitamin C				0.0		mg				
	Sodium				156.	.0	mg				
	Salt				0.4		g				
					0.0		mg				

Ingredient			Allergens						Weight
frozen peas			Kosher						1.6 kg
1102cm peus			KOSHCI						1.0 Kg
thod :									
vings from this recipe	e:								
Group				Se	rvings				
Primary, 7-10 yrs				20					
Secondary, 11-18 yrs				20					
tion Size, showing th	e number o	of grams of	f each food a	roun in a	a portion	12			
Group	Size	Units	Fruit	Veg	Dried		RedMeat	Proce	ssedMeat
Primary, 7-10 yrs	80	g	0	80	0		0	0	
Secondary, 11-18 yrs	80	g	0	80	0		0	0	
	nts:								
rients : Nutrient per 100 gn	25			Amour	.	Units			
Energy	115			69		kcal			
Fat				0.9		g			
Saturated fatty acids				0.2		g			
Carbohydrates				9.7		g			
Free Sugars				0.0		g			
Total Sugars				0.0		g			
AOAC Fibre				6.8		g			
Protein				6.1		g			
Iron				1.6		mg			
Calcium				35.0		mg			
Vitamin A (retinol equ	ivalents)			68.0		μg			
Folate				47.0		μg			
Vitamin C				12.0		mg			
Sodium				2.0		mg			
-				0.0		g			
Salt				0.7		mg			

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Ingredient			Allergens					Weigh
Aviko Jacket Wedges								2 kg
hod : Follow manufac	ture's ins	tructions						
vings from this recipe								
Group	•				Serving	5		
Primary, 7-10 yrs					20			
Secondary, 11-18 yrs					20			
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,								
tion Size, showing the					1		- In .	
Group Primary, 7-10 yrs	Size	Units	Fruit 0	Veg 0	0	edFruit	RedMeat 0	ProcessedMea
Secondary, 11-18 yrs	100	g	0	0	0		0	0
Secondary, 11 10 yrs	100	9						
rients :								
Nutrient per 100 gm	S			Am	ount	Units	5	
Energy				130		kcal		
Fat				3.0		g		
Saturated fatty acids				0.4		g		
Carbohydrates				22.0)	g		
Free Sugars				0.5		g		
Total Sugars AOAC Fibre				3.3		g		
Protein				0.0		g		
Iron				0.0		g mg		
Calcium				0.0		mg		
Vitamin A (retinol equi	valents)			0.0		μg		
Folate	,			0.0		μg		
Vitamin C				0.0		mg		
Sodium				40.0)	mg		
Salt				0.1		g		
Zinc				0.0		mg		

redients :			T.						1
Ingredient			Allergens						Weight
frozen sweetcorn									1.6 kg
thod : Boil in unsalted	water.								
vings from this recipe									
Group					Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs					20				
rtion Size, showing the Group	Size	Units	Fruit	roup Veg	n a portion Dried		RedMeat	Proce	ssedMeat
Primary, 7-10 yrs	80	g	0	80	0		0	0	330411041
Secondary, 11-18 yrs	80	g	0	80	0		0		
trients :						1114			
Nutrient per 100 gm	15			-	ount	Units	<u> </u>		
Energy				1.2		kcal			
Fat				0.2		g			
Saturated fatty acids Carbohydrates				26.6		g			
Free Sugars				0.0	<u>'</u>	g			
Total Sugars				0.0		g			
AOAC Fibre				1.9		g			
Protein				2.9		g			
Iron				0.5		mg			
Calcium				4.0		mg			
Vitamin A (retinol equi	valents)			18.0)	μg			
Folate				20.0)	μg			
				1.0		mg			
Vitamin C				2.0		mg			
Vitamin C Sodium	Sodium								
				0.0		g			

Thick Cut Chips V1 Fife Contains: Checked for Allergens Ingredients: **Ingredient Allergens** Weight McCain Classics Thick Chips 2 kg **Method: Follow manufactors instructions** Servings from this recipe: Group Servings Primary, 7-10 yrs 20 Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: Size Units Fruit Veg RedMeat ProcessedMeat Primary, 7-10 yrs 0 0 100 0 0 g Secondary, 11-18 yrs 0 0 0 0 0 125 g **Nutrients:** Amount Nutrient per 100 gms Units 110 kcal Energy Fat 3.4 g Saturated fatty acids 0.4 g Carbohydrates 17.0 g Free Sugars 0.0 g Total Sugars 0.0 g AOAC Fibre 2.7 g Protein 1.7 g Iron 0.0 mg 0.0 mg Calcium Vitamin A (retinol equivalents) 0.0 μg Folate 0.0 μg Vitamin C 0.0 mg Sodium 116.0 mg Salt 0.3 g Zinc 0.0 mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☐ Milk products ☐ Nuts (cashew) ☐ Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Crustaceans Gluten (Rye) Mustard Nuts (macadamia) Nuts (walnut) ☐ Vegan Gluten (Wheat) Nuts (almond) Nuts (peanuts) Sesame seeds Kosher ☐ Egg Fish Lupin ☐ Halal Nuts (brazil) Nuts (pecan) Soybeans

redients :									
Ingredient			Allergens					W	eight/
Tomato sauce, no salt	added		Kosher					20)0 g
thod :									
vings from this recipe	e :								
Group					Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs					16				
tion Size, showing the	e number o	of grams of	f each food c	iroup	in a portio	n:			
Group	Size	Units	Fruit	Veg	i		RedMeat	Processe	dMeat
Primary, 7-10 yrs	10	g	0	0	0	0		0	
Secondary, 11-18 yrs	13	g	0	0	0		0	0	
	nts:								
rients : Nutrient per 100 gm	16			Δm	ount	Units	•		
Energy				37	ounc	kcal	<u> </u>		
Fat				0.2		g			
Saturated fatty acids				0.0		g			
Carbohydrates				7.4		g			
Free Sugars				4.2		g			
Total Sugars				0.0		g			
AOAC Fibre				1.5		g			
Protein				1.3		g			
Iron				0.8		mg			
Calcium				14.0	0	mg			
Vitamin A (retinol equi	ivalents)			34.	7	μg			
Folate				9.0		μg			
Vitamin C				13.	1	mg			
Sodium				11.0	0	mg			
Salt				0.0		g			
-				0.3		mg			

								1		
Ingredient			Allergens						Weight	
tomatoes, grilled									1.2 kg	
hod : Chop the tomat e	oes in to g	ood size w	redge (Smalle	er for N	lursery Pu	ıpils)	Put on baking t	tray and gr	ill Then	
rings from this recipe	:									
Group					ervings					
Primary, 7-10 yrs				2						
Secondary, 11-18 yrs				1	ь					
ion Size, showing th	e number o	of grams of	f each food g	roup in	a portior	1:	1			
Group	Size	Units	Fruit	Veg	Dried	Fruit	RedMeat	ProcessedMeat		
Primary, 7-10 yrs	60	g	0	60	0	0		0		
Secondary, 11-18 yrs	75	g	0	75	0		0	0	1	
rients :										
Nutrient per 100 gn	ns			Amou	unt	Units	5			
Energy				20		kcal				
Fat				0.3		g				
Saturated fatty acids				1.1		g				
Carbohydrates				3.5		g				
Free Sugars				0.0		g				
Total Sugars				0.0		g				
AOAC Fibre				2.0		g				
Protein				0.8		g				
Iron Calcium				0.6		mg				
Vitamin A (retinol equ	(valents)			107.7		mg				
Folate	valents)			25.0		µg				
Vitamin C				19.0		mg				
				10.0		mg				
Sodium						g				
Sodium Salt				0.0						

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Ingredient			Allergens					We	ight
turnips								2 k	9
thod :		·							
vings from this recipe	:				Comingo				
Group					Servings				
Primary, 7-10 yrs Secondary, 11-18 yrs					16				
Secondary, 11-16 yrs					10				
tion Size, showing the			1						
Group	Size	Units	Fruit	Veg		lFruit	RedMeat	Processed	1eat
Primary, 7-10 yrs	71	g	0	71	0		0	0	
Secondary, 11-18 yrs	89	g	0	89	0		0	0	
trients :									
Nutrient per 100 gm	ıs			Am	ount	Units	5		
Energy				24		kcal			
Fat				0.3		g			
Saturated fatty acids				0.0		g			
Carbohydrates				4.9		g			
Free Sugars				0.0		g			
Total Sugars				0.0		g			
AOAC Fibre				3.3		g			
Protein				0.9		g			
Iron				0.2	mg				
Calcium				50.5)	mg			
Vitamin A (retinol equi	valents)			3.5 14.7	,	μg			
Vitamin C				17.9		µg			
Sodium				15.8		mg			
Salt				0.0	<u>'</u>	g			
Zinc				0.1		mg			

Veggie Bag V1 fife - Nursery Contains: Checked for Allergens Ingredients: **Ingredient Allergens** Weight 30 g cucumber red peppers 30 g cherry tomatoes 30 g Method: Cut cucumber and peppers in to baton style Cut cherry tomatoes into quarters Servings from this recipe: Servings Group Primary, 7-10 yrs 1 Secondary, 11-18 yrs 1 Portion Size, showing the number of grams of each food group in a portion: DriedFruit RedMeat ProcessedMeat Size Units Fruit Veg Primary, 7-10 yrs 0 53 0 0 0 g Secondary, 11-18 yrs 80 0 53 0 0 0 g **Nutrients:** Nutrient per 100 gms Amount Units 21 kcal Energy Fat 0.3 g Saturated fatty acids 0.1 Carbohydrates 3.7 g Free Sugars 0.0 g 3.6 Total Sugars g AOAC Fibre 1.5 g Protein 0.9 g Iron 0.3 mg Calcium 12.2 mg Vitamin A (retinol equivalents) 222.2 μg Folate 17.9 μg 47.7 Vitamin C mg Sodium 3.7 mg Salt 0.0 g Zinc 0.1 mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☐ Milk products ☐ Nuts (cashew) Nuts (pistachio) Sulphites Celery and celeriac □ Nuts (queensland) □ Vegetarian Gluten (Oats) Molluscs Nuts (hazelnut) Crustaceans Gluten (Rye) Mustard Nuts (macadamia) Nuts (walnut) ☐ Vegan Kosher ☐ Egg Gluten (Wheat) Nuts (almond) Nuts (peanuts) Sesame seeds

Primary Menu Week 1

Fish

Primary Menu Week 2

Lupin

Nuts (brazil)

Nursery Menu Week1

☐ Nuts (pecan)

Nursery Menu Week 2

Soybeans

Recipe List

☐ Halal

redients :									1		
Ingredient			Allergens						Weight		
grapes, average									800 g		
apples									800 g		
thod : Grapes must be ve in a coupe cup	e cut in hal	f lengthwi	se Wash all f	ruit be	efore cut	ting 1. S	Slice apples 2. C	ut Grape	s in Half 3		
vings from this recipe	à:										
Group					Serving	S					
Primary, 7-10 yrs					20						
Secondary, 11-18 yrs					16						
tion Size, showing th	e number (of arams o	f each food d	roun i	n a nort	ion					
Group	Size	Units	Fruit	Veg		edFruit	RedMeat	Proce	ssedMeat		
Primary, 7-10 yrs	80	g	80	0	0		0	0			
Secondary, 11-18 yrs	100	g	100	0	0		0	0			
	g 200										
rients : Nutrient per 100 gn	25			Amo	unt	Unit					
Energy	15			56	Julic	kcal	.5				
Fat				0.2		g					
Saturated fatty acids				0.0		g					
Carbohydrates				14.0		g					
Free Sugars				0.0		g					
Total Sugars				0.0		g					
AOAC Fibre				1.7		g					
Protein				0.6		g					
Iron				0.2		mg					
Calcium				7.0		mg	-				
Vitamin A (retinol equ	ivalents)			2.1							
Folate				3.5		μg					
Vitamin C				4.0		mg					
Sodium				2.0		mg					
Salt				0.0		g					
Zinc				0.1		mg					

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Apple Muffin V2 Nursery Fife Middleton Contains: Gluten (Wheat), Gluten (Oats), Gluten (Rye), Egg, Milk products, Gluten (Barley), Checked for Allergens Ingredients: **Ingredient Allergens** Weight vegetable oil 300 g water, distilled 400 g apples (cooking) 800 g Gluten (Wheat),Kosher,Gluten (Oats),Gluten (Rye),Vegan,Egg,Milk products,Gluten (Barley) Middleton Plain Muffin Mix 1 kg Method: Method 1) Add dry mix to the bowl. 2) Mix together the oil and water. 3) Add 2/3 of the mixture to the bowl and beat on slow speed for 1 minute. 4) Scrape down then add remaining mixture and beat for a further 1 minute on slow speed. 5) Beat on fast speed for 2 minutes. 6) Scrape down mixture and beat for a further 1 minute on slow. Add fruit as required. 7) Chop tinned apples (recipe states fresh apples but use tinned apples) into bottom of tin/ unit /Muffin Case, and spread over sponge mix 8) Scale as required. 9) Bake at 190-200 °C/400-410 °F for approximately 25 minutes. *Reduce time by 5-10 minutes for fan assisted ovens. Servings from this recipe: Group Servings Primary, 7-10 yrs 40 Secondary, 11-18 yrs Portion Size, showing the number of grams of each food group in a portion: Units Fruit Veg DriedFruit RedMeat ProcessedMeat Group Primary, 7-10 yrs 55 18 0 0 0 g Secondary, 11-18 yrs 18 0 0 0 0 55 **Nutrients:** Nutrient per 100 gms **Amount** Units 312 kcal 13.7 g Saturated fatty acids 2.6 g Carbohydrates 38.1 g Free Sugars 12.9 q Total Sugars 3.2 g AOAC Fibre 0.8 g Protein 4.4 g Iron mg 1.5 Calcium mg Vitamin A (retinol equivalents) 1.0 μg Folate 1.8 μg Vitamin C 5.1 mg Sodium 218.9 mg Salt 0.5 g 0.0 Zinc ma Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☑ Gluten (Barley) ☑ Milk products ☐ Nuts (cashew) Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) Nuts (queensland) Vegetarian Crustaceans Gluten (Rye) Mustard □ Nuts (macadamia) □ Nuts (walnut) ☐ Vegan

Primary Menu Week 1

Egg

Fish

Primary Menu

Lupin

Nursery Menu Week1

Nuts (pecan)

✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts)

Nuts (brazil)

Nursery Menu Week 2

Sesame seeds

Soybeans

Recipe List

☐ Kosher

Halal

Apple Sponge V2 Fife Middleton Contains: Gluten (Wheat), Gluten (Oats), Gluten (Rye), Egg, Milk products, Gluten (Barley), Checked for Allergens Ingredients: **Ingredient Allergens** Weight vegetable oil 300 g water, distilled 400 g apples (cooking) 800 g Gluten (Wheat), Kosher, Gluten (Oats), Gluten Middleton Plain Muffin Mix 1 kg (Rye), Vegan, Egg, Milk products, Gluten (Barley) Method: Method 1) Add dry mix to the bowl. 2) Mix together the oil and water. 3) Add 2/3 of the mixture to the bowl and beat on slow speed for 1 minute. 4) Scrape down then add remaining mixture and beat for a further 1 minute on slow speed. 5) Beat on fast speed for 2 minutes. 6) Scrape down mixture and beat for a further 1 minute on slow. Add fruit as required. 7) Chop tinned apples (recipe states fresh apples but use tinned apples) into bottom of tin/ unit and spread over sponge mix 8) Scale as required. 9) Bake at 190-200 °C/400-410 °F for approximately 25 minutes. *Reduce time by 5-10 minutes for fan assisted ovens. Servings from this recipe: Servings Group Primary, 7-10 yrs 24 Secondary, 11-18 yrs 24 Portion Size, showing the number of grams of each food group in a portion: Size Units Fruit Veg DriedFruit RedMeat ProcessedMeat Primary, 7-10 yrs 29 0 g 0 29 0 0 0 Secondary, 11-18 yrs 92 0 g **Nutrients:** Nutrient per 100 gms Amount Units 312 Energy kcal 13.7 g Saturated fatty acids 2.6 g Carbohydrates 38.1 g Free Sugars 12.9 g Total Sugars 3.2 g AOAC Fibre 0.8 g Protein 4.4 g Iron 0.1 mg Calcium 1.5 mg Vitamin A (retinol equivalents) 1.0 μg Folate 1.8 μg Vitamin C 5.1 mg Sodium 218.9 ma Salt 0.5 g Zinc 0.0 mg Allergens: Based on ingredients. This dish flagged as.... Checked for Allergens Gluten (Barley) Milk products Nuts (cashew) Nuts (pistachio) Sulphites ☐ Nuts (hazeInut) Celery and celeriac Gluten (Oats) Molluscs □ Nuts (queensland) □ Vegetarian Crustaceans Gluten (Rve) Mustard Nuts (macadamia) ☐ Nuts (walnut) ☐ Vegan ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) **Egg** Sesame seeds ☐ Kosher Fish Lupin Nuts (brazil) Soybeans ☐ Halal

Primary Menu Week 1

Primary Menu

Nursery Menu Week1

Nuts (pecan)

Nursery Menu

Cheese & Cream Crackers fife - Nursery Contains: Gluten (Wheat), Milk products, Checked for Allergens Ingredients: **Ingredient Allergens** Weight cream crackers Gluten (Wheat), Kosher, Halal, Vegan 15 g Cheese Spread (fife) Kosher, Milk products 15 g Method: Cold Packed Lunch Bag..... Please use the 200g pack of crackers 2 X Jacobs Cream Crackers Spread with Cheese spread and wrap in cling film Servings from this recipe: Group Servings Primary, 7-10 yrs 1 Secondary, 11-18 yrs 1 Portion Size, showing the number of grams of each food group in a portion: DriedFruit ProcessedMeat Size Units Fruit Veg RedMeat Primary, 7-10 yrs 30 0 0 0 0 0 g Secondary, 11-18 yrs 0 0 0 0 0 g **Nutrients:** Nutrient per 100 gms Amount Units 325 kcal Energy Fat 14.4 g Saturated fatty acids 7.7 g Carbohydrates 38.0 g Free Sugars 3.2 g Total Sugars 0.8 g AOAC Fibre 2.2 g Protein 12.2 g Iron 1.0 mg Calcium 46.5 mg Vitamin A (retinol equivalents) 0.0 μg Folate 9.5 μg Vitamin C 0.0 mg Sodium 192.3 mg Salt 0.5 а Zinc 0.3 mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☑ Milk products Nuts (cashew) ☐ Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Crustaceans Gluten (Rye) Mustard Nuts (macadamia) Nuts (walnut) ☐ Vegan ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) Sesame seeds **K**osher ☐ Egg Nuts (brazil) ☐ Nuts (pecan) Soybeans Fish Lupin ☐ Halal

Custard V1 Fife Contains: Milk products, Sulphites, Checked for Allergens Ingredients: **Ingredient Allergens** Weight custard powder Kosher 125 g semi-skimmed milk, pasteurised Kosher, Vegan, Milk products, Sulphites 2.2 | 125 g Method: 1.Heat most of the milk till almost boiling 2.Mix remaining milk with custard powder 3.Add the custard mix to the hot milk and simmer gently until thickened 4.Add the sugar and serve 5. Please note new portion guide Servings from this recipe: Servings Group Primary, 7-10 yrs 24 20 Secondary, 11-18 yrs Portion Size, showing the number of grams of each food group in a portion: Size Units Fruit Veg **DriedFruit** RedMeat ProcessedMeat Group Primary, 7-10 yrs 102 0 0 0 g 0 0 0 0 0 Secondary, 11-18 yrs 123 g **Nutrients:** Nutrient per 100 gms Amount Units Energy 79 kcal 1.5 g Saturated fatty acids 0.9 g Carbohydrates 14.5 g Free Sugars 5.4 g Total Sugars 9.9 g AOAC Fibre 0.0 g Protein 3.0 g Iron 0.1 mg mg Calcium 108.4 20.2 Vitamin A (retinol equivalents) μg 4.4 μg Vitamin C 0.4 mg Sodium 68.9 mg Salt 0.2 g Zinc 0.4 mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☑ Milk products Nuts (cashew) Nuts (pistachio) ✓ Sulphites Cellery and celleriac Gluten (Oats) Molluscs ☐ Nuts (hazeInut) □ Nuts (queensland) □ Vegetarian Crustaceans ☐ Vegan Gluten (Rye) Mustard Nuts (macadamia) ☐ Nuts (walnut) Kosher ☐ Egg Gluten (Wheat) Nuts (almond) Nuts (peanuts) Sesame seeds

Fish

☐ Nuts (brazil)

Lupin

☐ Nuts (pecan)

Soybeans

Halal

Fresh Fruit Salad V1 Fife Contains: Checked for Allergens Ingredients: **Ingredient Allergens** Weight 80 g melon grapes, average 80 g kiwi fruit 80 g bananas 80 g apples 80 g oranges 80 g Method: Fruit should be cut up into pieces and served in seperate bowls for the pupils to choose from. Please use a selection of seasonal fruit when avaliable. Servings from this recipe: Group Servings Primary, 7-10 yrs 5 5 Secondary, 11-18 yrs Portion Size, showing the number of grams of each food group in a portion: Units Fruit DriedFruit RedMeat ProcessedMeat Group Size Veg Primary, 7-10 yrs 91 76 15 0 0 Secondary, 11-18 yrs 91 g 76 15 0 0 0 **Nutrients:** Nutrient per 100 gms Amount Units kcal Energy 54 0.2 g Saturated fatty acids 0.0 g Carbohydrates 13.0 g 0.0 Free Sugars g Total Sugars 12.5 g AOAC Fibre 1.7 g Protein 0.8 g Iron 0.2 mg Calcium 12.4 mg Vitamin A (retinol equivalents) 5.1 ца Folate 8.1 μg mg Vitamin C 21.7 Sodium 7.3 mg Salt 0.0 g Zinc 0.1 mg Allergens: Based on ingredients. This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☐ Milk products ☐ Nuts (cashew) Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Crustaceans Gluten (Rye) Mustard Nuts (macadamia) Nuts (walnut) ☐ Vegan ☐ Egg Gluten (Wheat) Nuts (almond) Nuts (peanuts) Sesame seeds ☐ Kosher Halal Fish Lupin Nuts (brazil) Nuts (pecan) Soybeans

Primary Menu Week 1

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

redients :									1	
Ingredient			Allergens						Weight	
Fromage Frais			Kosher,Vega	an,Mi	lk products				900 g	
thod :										
vings from this recipe	:									
Group					Servings					
Primary, 7-10 yrs					20					
Secondary, 11-18 yrs					20					
tion Size, showing the	e number c	of grams of	each food o	roun	in a portion	n:				
Group	Size	Units	Fruit	Veg			RedMeat	Proces	sedMeat	
Primary, 7-10 yrs	45	g	0	0	0		0	0		
Secondary, 11-18 yrs	45	g	0	0	0	0		0		
trients :										
Nutrient per 100 gm	ıs			Am	ount	Units				
Energy				107		kcal				
Fat				3.9		g				
Saturated fatty acids				2.4		g				
Carbohydrates				12.4	1	g				
Free Sugars				11.6	5	g				
Total Sugars				0.0		g				
AOAC Fibre				15.4	1	g				
Protein				4.9		g				
Iron				4.9		mg				
Calcium				0.0		mg				
Vitamin A (retinol equi	valents)			0.0		μg				
Folate				0.0		μg				
Vitamin C				0.0		mg				
Sodium				0.1		mg				
Salt				0.0		g				
Zinc				0.0		mg				

redients :								1
Ingredient			Allergens					Weight
melon								90 g
grapes, average								80 g
apples								90 g
oranges								80 g
hod: Fruit should be pes must be cut in ha vings from this recipe Group	lf lengthw					it with s	kin on in in ea	sy bite size pieces
Primary, 7-10 yrs					4			
Secondary, 11-18 yrs					4			
tion Size, showing the Group	Size	Units	Fruit	Veg	Ī	n: :: ::::::::::::::::::::::::::::::::	RedMeat	ProcessedMeat
Primary, 7-10 yrs	7-10 yrs 79 g 60			19	0		0	0
Secondary, 11-18 yrs	79	g	60	19			0	0
rients :				1				
Nutrient per 100 gm	ıs				ount	Units		
Energy				44		kcal		
Fat				0.1		g		
Saturated fatty acide				0.0		g		
Saturated fatty acids				0.0	3	g		
Carbohydrates						g		
Carbohydrates Free Sugars					0	-		
Carbohydrates Free Sugars Total Sugars				10.	8	g		
Carbohydrates Free Sugars Total Sugars AOAC Fibre				10.	8	g g		
Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein				10. 1.5 0.6	8	g g		
Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron				10. 1.5 0.6 0.1		g g g g mg		
Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium	valents)			10.5 1.5 0.6 0.1 10.		g g g mg		
Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equi	valents)			10.5 1.5 0.6 0.1 10.5		g g g mg mg		
Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equi	valents)			10 1.5 0.6 0.1 10 5.1 8.3	5	g g g mg mg µg		
Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equi Folate Vitamin C	valents)			10.3 1.5 0.6 0.1 10. 5.1 8.3	5	g g g mg mg µg µg µg		
Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equi	valents)			10 1.5 0.6 0.1 10 5.1 8.3	5	g g g mg mg µg		

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Ingradiant			Allana						Mainht
Ingredient jelly, made with water			Allergens Kosher,Ve	aan					Weight 200 g
water, distilled			Kosilei,ve	yan					1 I
water, distilled									11
hod : As per manufa	cturers inst	ructions							
rings from this recipe	e:								
Group					Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs					16				
ion Size, showing th	e number o	of grams	of each food	group	in a porti	on:			
Group	Size	Units	Fruit	Veg	Drie	dFruit	RedMeat	Proce	ssedMeat
Primary, 7-10 yrs	60	g	0	0	0		0		
Secondary, 11-18 yrs	75	g	0	0	0		0	0	
rients :									
Nutrient per 100 gn	ns			Am	ount	Units	•		
Energy				10		kcal			
Fat				0.0		g			
Saturated fatty acids				0.0		g			
Carbohydrates				2.5		g			
Free Sugars				2.5		g			
Total Sugars				0.0		g			
AOAC Fibre				0.0		g			
Protein				0.2		g			
Iron				0.1		mg			
Calcium	ivalanta)			1.2		mg			
Vitamin A (retinol equ Folate	ivalents)			0.0		μg			
Vitamin C				0.0		μg mg			
Sodium				0.8		mg			
Salt				0.0		g			
Juit				0.0		mg			

Primary Menu Week 2

Nursery Menu Week1

Nursery Menu Week 2

redients :									
Ingredient			Allergens						Weight
canned mandarin melon			Kosher						800 g
THEIOTI									800 g
hod: 1. Cube melo	1 and mix wi	ith manda	arins						
rings from this reci	pe:								
Group					Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yr	S				16				
ion Size, showing t	he number :	of arams	of each food c	ıroun	in a norti	on:			
Group	Size	Units	Fruit	Veg		dFruit	RedMeat	Proce	ssedMeat
Primary, 7-10 yrs	80	g	80	0	0		0		
Secondary, 11-18 yr	s 100	g	100	0	0		0	0	
rients :									
Nutrient per 100 g	ıms			Am	ount	Units			
Energy	,			30		kcal			
Fat				0.1		g			
Saturated fatty acid	3			0.0		g			
Carbohydrates				7.2		g			
Free Sugars				1.8		g			
Total Sugars				7.2		g			
AOAC Fibre				0.6		g			
Protein				0.6	3				
Iron Calcium				0.3	mg) mg				
Vitamin A (retinol ed	uivalents)			11.9		μд			
Folate				7.0	-	μg			
Vitamin C				14.	5	mg			
Sodium				19.0)	mg			
Salt				0.0		g			
Zinc				0.1		mg			

Primary Menu Week 2 Nursery Menu Week1

Nursery Menu Week 2

redients :									1	
Ingredient			Allergens						Weight	
melon									1.6 kg	
oranges									400 g	
thod: Method 1. Slice og per portion) 2. Rer the fresh oranges,	nove the see	eds 3. Slic	e the melon o	lose t	o the skin	and c	cut the melon on			
vings from this recip	e:									
Group					Servings					
Primary, 7-10 yrs					20					
Secondary, 11-18 yrs					1.6					
tion Size, showing th	e number o	f grams o	f each food g	roup i	n a portior	n:				
Group	Size	Units	Fruit	Veg	Dried	Fruit	RedMeat	Proces	ocessedMeat	
Primary, 7-10 yrs	94	g	75	19	0		0	0		
Secondary, 11-18 yrs	y, 11-18 yrs				0		0	0		
trients :										
Nutrient per 100 gi	ns			Amo	unt	Unit	:s			
Energy				29		kcal				
Fat				0.1		g				
Saturated fatty acids				0.0		g				
Carbohydrates				6.8		g				
Free Sugars				0.0		g				
Total Sugars				6.8		g				
AOAC Fibre				1.1		g				
Protein				0.6		g				
Iron				0.1		mg				
Calcium				11.3		mg				
Vitamin A (retinol equ	ıivalents)			8.2		μg				
Folate				6.7		μg				
Vitamin C				15.5		mg				
Sodium				27.3		mg				
Salt				0.1		g				
Zinc				0.0		mg				

Primary Menu Week 2 Nursery Menu Week1

Nursery Menu Week 2

Selection of fresh fruit Contains: Checked for Allergens Ingredients: **Ingredient Allergens** Weight 460 g apples banana 600 g oranges 580 g pears (fresh) 440 g Method: Servings from this recipe: Servings Primary, 7-10 yrs 20 Secondary, 11-18 yrs 20 Portion Size, showing the number of grams of each food group in a portion: Group Size Units Fruit Veg DriedFruit RedMeat **ProcessedMeat** Primary, 7-10 yrs 80 41 39 0 0 0 g Secondary, 11-18 yrs 80 g 41 39 0 0 0 **Nutrients:** Nutrient per 100 gms Amount Units Energy kcal 0.1 Fat Saturated fatty acids 0.0 g Carbohydrates 8.9 g 0.0 Free Sugars g Total Sugars 0.0 g AOAC Fibre 1.5 g Protein 0.6 g Iron 0.1 mg Calcium 15.0 mg 3.0 Vitamin A (retinol equivalents) μg 10.0 Folate μg Vitamin C 16.0 mg Sodium 2.0 mg Salt 0.0 g 0.1 Zinc mg Based on ingredients. Allergens: This dish flagged as.... ☑ Checked for Allergens ☐ Gluten (Barley) ☐ Milk products ☐ Nuts (cashew) Nuts (pistachio) Sulphites Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Crustaceans Gluten (Rye) Mustard Nuts (macadamia) ☐ Nuts (walnut) ☐ Vegan Kosher ☐ Egg Gluten (Wheat) Nuts (almond) Nuts (peanuts) Sesame seeds Lupin Halal Fish Nuts (brazil) Nuts (pecan) Soybeans

Primary Menu Week 1 Primary Menu

Nursery Menu Week1 Nursery Menu Week 2

								1	
Ingredient			Allergens						eight
Vanilla Ice Cream Tub	Reduced S	ugar	Milk produ	cts				1.6	
hod : Follow Manufac	turer Inst	ructions							
inga fuam thia vasina									
<u>rings from this recipe</u> Group	•				Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs					20				
tion Size, showing the									
Group	Size	Units	Fruit	Veg		dFruit	RedMeat	Processed	Meat
Primary, 7-10 yrs	80	g	0	0	0		0	0	
Secondary, 11-18 yrs	80	g	0	0	0		0	0	
rients :									
Nutrient per 100 gm	s			Amo	ount	Units			
Energy				115		kcal			
Fat				3.0		g			
Saturated fatty acids				2.1		g			
Carbohydrates				17.1		g			
Free Sugars				0.0		g			
Total Sugars				9.8		g			
AOAC Fibre				0.0		g			
Protein				3.5		g			
Iron				0.0		mg			
Calcium				0.0		mg			
Vitamin A (retinol equi	valents)			0.0		μg			
Folate				0.0		μg			
Vitamin C				0.0	0	mg			
Sodium				112.	U	mg			
Salt				0.3		g			
Zinc				0.0		mg			

ngredients:			-								(
Ingredient				Allergens							Weight
Golden Acre Y	ogurt			Vegan,Milk p	rod	ucts					100 g
ethod : Ambien	t Yogurt 2	20 x 100g	Peach & I	Passion Fruit,	Ras	spberr	y & Stı	rawbe	rry Flavours		
ervings from thi	is recipe :										
Group						Serv	ings				
Primary, 7-10						1					
Secondary, 11	18 yrs					1					
ortion Size, sho	wing the i	number of	f grams of	each food gi	roup	inap	ortion	:			
Group		Size	Units	Fruit	Veg	1	DriedF		RedMeat	Proces	ssedMeat
Primary, 7-10	yrs	100	g	0	0		0		0	0	
Secondary, 11	18 yrs	100	g	0	0	0			0	0	
trients :											
Nutrient per	100 gms				Am	nount		Units			
Energy					50			kcal			
Fat					0.5			g			
Saturated fatt	y acids				0.5			g			
Carbohydrate	5				0.0			g			
Free Sugars					3.6			g			
Total Sugars					0.0			g			
AOAC Fibre					0.0			g			
Protein					3.0			g			
Iron					0.0			mg			
Calcium					160	0.0		mg			
Vitamin A (ret	inol equiva	alents)			0.0			μg			
Folate					0.0			μg			
Vitamin C					0.0			mg			
Sodium					48.			mg			
					0.1			g			
Salt Zinc					0.0			mg			

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

			A.II						307-1-1-4	
Ingredient			Allergens	lle mundi	rata Culmb	itaa			Weight	
semi-skimmed milk			Kosher,Mil	ık proat	icts,Suipi	iites			4 1	
hod :										
vings from this recipe	:									
Group					Servings					
Primary, 7-10 yrs					20					
Secondary, 11-18 yrs					13					
tion Size, showing th	e number (of grams	of each food	group i	n a portic	n:				
Group	Size	Units	Fruit	Veg		dFruit	RedMeat	ProcessedMeat		
Primary, 7-10 yrs	200	g	0	0	0	0		0		
Secondary, 11-18 yrs	300	g	0	0	0		0		0	
rients :	nts:									
Nutrient per 100 gn	1S			Amo	unt	Units	5			
Energy				46		kcal				
Fat				1.7		g				
Saturated fatty acids				1.1		g				
Carbohydrates				4.7		g				
Free Sugars				0.0		g				
Total Sugars				0.0		g				
AOAC Fibre				0.0		g				
Protein				3.4	3.4		g			
Iron				0.0		mg	mg			
Calcium				120.	0	mg				
Vitamin A (retinol equ	ivalents)			20.0		μg				
Folate				6.0		μg				
Vitamin C				1.0		mg				
Sodium				43.0		mg				
				0.1		g mg				
Salt Zinc										

Fish

Lupin

☐ Nuts (brazil)

Nuts (pecan)

Soybeans

Halal

redients :										
Ingredient			Allergens						Weight	
Breakfast cereal, rice,	toasted/cris	p,Kello	Kosher, Glute	en (O	ats)				30 g	
:hod : Breakfast Club										
vings from this resince										
vings from this recipe Group					Servings					
Primary, 7-10 yrs					1					
Secondary, 11-18 yrs					1					
		_								
tion Size, showing the	Size	f grams of Units	of each food g	roup Veg	in a portio		RedMeat	Brososs	rodMost	
Primary, 7-10 yrs	30	g	0	0	0	0		ProcessedMeat 0		
Secondary, 11-18 yrs	30	g	0	0	0		0	0		
			-		-					
trients :	nts : utrient per 100 gms									
	S				ount	Units	5			
Energy				382		kcal				
Fat				3.1		g				
Saturated fatty acids				0.6		9				
Carbohydrates				78.0		g				
Free Sugars				15.0		9				
Total Sugars AOAC Fibre				12.4	+	g				
Protein				7.4		g				
Iron				8.0	3					
Calcium				456	mg .0 mg					
Vitamin A (retinol equi	valents)			0.0		μд				
Folate				180	.0	μд				
Vitamin C				0.0		mg				
Sodium				370	.0	mg				
Salt				0.9		g				
Zinc				2.6		mg				

	Ingredient Allergens								Weight			
				17 17	And Manhau Chutan (Barley)							
weetabix			Gluten (Wi	neat),K	at),Kosher,Gluten (Barley) 30 g							
hod : Breakfast Club												
vings from this recipe												
Group					Servings							
Primary, 7-10 yrs					1							
Secondary, 11-18 yrs		1										
,	Size, showing the number of grams of each food				i		D-dra 1	D				
Group	Size	Units	Fruit	Veg	DriedFruit		RedMeat	Process	еамеат			
Primary, 7-10 yrs	30	g g	0	0	0		0	0				
Secondary, 11-18 yrs	U	0 0		U	0							
rients :												
Nutrient per 100 gms					unt	Units						
Energy					332		kcal					
Fat						g						
Saturated fatty acids				0.3	3							
Carbohydrates				72.7		g						
Free Sugars				1.9								
Total Sugars				0.0		g						
AOAC Fibre				9.7		g						
Protein				10.5		g						
Iron				11.9		mg						
Calcium				30.0		mg						
Vitamin A (retinol equiv	alents)			0.0	2	μg						
Folate				0.0	J	μg						
Vitamin C Sodium				260.	<u> </u>	mg						
Salt				0.7	,	mg						
Zinc				1.7		g mg						

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Ingredient Allergens												
				heat) K	eat),Kosher,Gluten (Oats),Gluten							
Malted Sandwich Bread	d 				eans,Gluten (Barley)							
nod:												
ings from this recipe	:											
Group				5	Servings							
Primary, 7-10 yrs					1							
Secondary, 11-18 yrs				1								
ion Size, showing the	e number o	of grams	of each food	group i	n a portion:							
Group	Size	Units	Fruit	Veg	DriedF	ruit	RedMeat	Proce	ssedMeat			
Primary, 7-10 yrs	56	g	0	0	0		0 0					
Secondary, 11-18 yrs	56	g	0	0	0		0 0					
ients :												
Nutrient per 100 gms				Amo	unt	Units						
Energy				219		kcal						
Fat				2.5		g						
Saturated fatty acids				0.7		g						
Carbohydrates				38.9		g						
Free Sugars				1.9		g						
Total Sugars AOAC Fibre				0.0 7.0		g g						
Protein				10.3		g g						
Iron				0.0		mg						
Calcium				0.0		mg						
Vitamin A (retinol equi	valents)			0.0		μg						
Folate				0.0		μg						
Vitamin C				0.0		mg						
Sodium				320.0		mg						
Salt				0.8		g 						
Salt	Zinc				6.6 mg							

10.00												
redients :			Allergens			Weight						
Ingredient honey			Vegan				10 g					
Попеу			vegan						10 g			
thod : Breakfast Club												
vings from this recipe	e :											
Group					Servings							
Primary, 7-10 yrs					1							
Secondary, 11-18 yrs					1							
tion Size, showing th	o number of	arame o	of each food a	roun	in a portio							
Group						dFruit	RedMeat	Process	sedMeat			
Primary, 7-10 yrs	10	g	0	0	0		0	0				
Secondary, 11-18 yrs	10	g 0 0		0	0		0	0				
							-					
trients : Nutrient per 100 gn	16			Λm	ount	Units	e					
Energy Energy					ounc	kcal	•					
Fat						g						
Saturated fatty acids						g						
Carbohydrates					4	g						
Free Sugars				75.		g						
Total Sugars				0.0		g						
AOAC Fibre				0.0		g						
Protein				0.4		g						
Iron				0.4		mg						
Calcium				5.0		mg						
Vitamin A (retinol equ	ivalents)			0.0		μд						
Folate				0.0		μg						
Vitamin C				0.0		mg						
Sodium				11.0)	mg						
Salt				0.0		g						
Zinc						mg						

Week 2

Nursery Menu Week1

Nursery Menu Week 2

								1				
Ingredient			Allergens									
Mixed Fruit Jam			Kosher,Sulp	hites	hites							
thod : Breakfast Club												
vings from this recipe Group	:				Servings							
Primary, 7-10 yrs					20							
Secondary, 11-18 yrs			20									
tion Size, showing th	on Size, showing the number of grams of Group Size Units		Fruit	yroup Veg		n: IFruit	RedMeat	ProcessedMea				
Primary, 7-10 yrs	10	g	0	0	0	ii i uic	0	0				
Secondary, 11-18 yrs	10	g	0		0		0	0				
					-			1-				
trients :												
Nutrient per 100 gn		273	ount	Units	5							
Energy						kcal						
Fat						g						
Saturated fatty acids					.	g						
Carbohydrates Free Sugars				0.0	,	g						
Total Sugars				0.0		g						
AOAC Fibre				0.0		g						
Protein				0.3		g						
Iron				0.0		mg						
Calcium				0.0		mg	mg					
Vitamin A (retinol equ	ivalents)			0.0		μg						
Folate				0.0		μg						
Vitamin C				0.0		mg						
Sodium				0.0		mg						
Salt				0.0		g	g					
Zinc				0.0		mg						

	Ingredient Allergens							Weigh				
Marmalade portions			Kosher									
hod : Breakfast Club												
vings from this recipe												
Group					Servings							
Primary, 7-10 yrs					1							
Secondary, 11-18 yrs			1									
, , , , , , , , , , , , , , , , , , , ,												
, <u> </u>	Size, showing the number of grams of each food					- In the control of t	B 115					
Group	Size	Units	Fruit	Veg		edFruit	RedMeat	ProcessedMea				
Primary, 7-10 yrs	10	g g	0	0	0		0	0				
Secondary, 11-18 yrs	0	0			0	0						
rients:												
Nutrient per 100 gms					ount	Units						
Energy						kcal	kcal					
Fat				0.1		g						
Saturated fatty acids				0.0		g						
Carbohydrates				68.0		g						
Free Sugars				0.0		g						
Total Sugars				0.0		g						
AOAC Fibre				0.0		g						
Protein				0.2		g						
Iron				0.0		mg						
Calcium				0.0		mg						
Vitamin A (retinol equiv	alents)			0.0		μg						
Folate				0.0		μg						
Vitamin C Sodium				0.0		mg						
Salt				0.0			mg					
Zinc				0.0		g mg						

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

redients :												
Ingredient			Allergens									
Stork Soft Spread 2Kg			Kosher,Milk	prod	2	00 g						
thod :												
vings from this recipe												
Group					Servings							
Primary, 7-10 yrs		20										
Secondary, 11-18 yrs					16							
		-										
Group	on Size, showing the number of grams of each food Sroup Size Units Fruit				n a portion Dried		RedMeat	Processe	dMeat			
Primary, 7-10 yrs	10	g	0	Veg 0	0	ruic	0	0				
Secondary, 11-18 yrs	13	g	0	0	0		0	0				
trients :				T.								
					ount	Units	S					
Energy - Fat)	kcal						
)	g						
, , , , , , , , , , , , , , , , , , , ,					,	g						
Free Sugars				0.5		g						
Total Sugars				0.0		g						
AOAC Fibre				0.7		g						
Protein				0.0		g						
Iron				0.0		mg						
Calcium				0.0		mg						
Vitamin A (retinol equi	valents)			0.0		μg	μg					
Folate				0.0		μg						
Vitamin C				0.0		mg	mg					
Sodium				0.1		mg						
Salt				0.0		g						
Zinc						mg						

redients :								4			
Ingredient			Allergens								
semi-skimmed milk			Kosher,Milk	prod	1	50 g					
thod : Breakfast Club											
vings from this recipe	:				C						
Group					Servings 1						
Primary, 7-10 yrs Secondary, 11-18 yrs					1						
Secondary, 11-10 yrs					1						
tion Size, showing the		Ī									
Group	Size	Units	Fruit	Veg	Dried	Fruit	RedMeat	ProcessedMeat			
Primary, 7-10 yrs	150 150	g g	0	0			0	0			
Secondary, 11-18 yrs	0	0		0	0						
trients :											
Nutrient per 100 gm	Am	ount	Units	5							
Energy						kcal					
Fat						g					
Saturated fatty acids	Saturated fatty acids					g					
Carbohydrates				4.7		g					
Free Sugars				0.0		g					
Total Sugars				0.0		g					
AOAC Fibre				0.0		g					
Protein				3.4		g					
Iron				0.0		mg					
Calcium				120		mg					
Vitamin A (retinol equi	valents)			20.5	5	μg					
Folate				6.0		μg					
Vitamin C				1.0		mg					
Sodium				43.0	J	mg					
Salt				0.1		g					
ZIIIC				0.4		mg					