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 16/05/2022 07/06/2021 27/09/2021 20/12/2021 28/02/2022

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	& Boiled Rice, Naan Bread & Various Filings &		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	Burger & Bun Mashed Potatoes		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	& V &		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
مام مام	Macaroni Cheese &	Pork Sausage in a Bun Coleslaw	Chicken Korma Boiled Rice, Naan	Steak Pie Potatoes Carrots	Crispy Cod Fillet Chips Peas
Lunch	Sweetcorn	or	Bread	or	Or
	or	Cheese or Egg Roll	&	Cheese or Tuna Roll	Cheese or Turkey Roll
	Cheese or Turkey Roll	&	Broccoli	&	&
	&	Veggie Bag	or	Veggie Bag	Veggie Bag
	Veggie Bag	Fruit Bag	Cheese or Ham Finger	Fruit Bag	Fresh Fruit
	Fromage Frais	Milk	Roll	Milk	Milk
	Milk		&		
			Veggie Bag		
			Melon		
			Milk		
Morning	Cheese & Crackers	Cheese or Egg Roll	Cheese or Ham Finger	Cheese or Tuna Roll	Cheese or Turkey Roll
פו יוו י וטועי	Veggie Bag	Veggie Bag	Roll	Veggie Bag	Veggie Bag
+	Fromage Frais	Fruit Bag	Veggie Bag	Fruit Bag	Fresh Fruit
A.Classia ia	Milk	Milk	Melon	Milk	Milk
Atternoon			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
14/01/11/19	Veggie Bag	Veggie Bag	Roll	Veggie Bag	Veggie Bag
+	Fromage Frais	Fruit Bag	Veggie Bag	Melon	Fruit Bag
A.C.	Milk	Milk	Apple Muffin	Milk	Milk
Afternoon			Milk		

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

Recipe List

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

Starters		
Green Pea Soupp	age	
Leek & Potato Soupp	age	
Lentil Soupp	oage	
Tomato Soup pa	age 1	
Vegetable Soup pa	age 1	
Yellow Split Pea Soup pa	age 1	
Main Course		
Cheese Panini pa	age 1	
Cheesy Beano pa	age 1	
Chicken in Gravy pa	age 1	
Chicken Korma pa	age 1	
Crispy Cod Fillet pa	age 1	
Filled Roll with Cheese pa	age 1	
Filled Roll with Egg Mayonnaise pa	age 1	
Filled Roll with Ham pa	age 2	
Filled Roll with Tuna Mayonnaise . pa	ge 2	
Filled Roll with Turkey pa	ige 2	

Pasta Bolognaise	page	29
Plated Salad	page	30
Pork Sausage & Hot Dog Roll	page	31
Quorn Burger & Bun	page	32
Salmon Bites	page	33
Salmon Fish Fingers	page	34
Steak Pie	page	35
Vegetable Chilli	page	36
Vegetable Korma	page	37
Curralui a a		
Sundries		
Baked Beans	page	38
Basic Mixed Salad	page	39
Boiled Potato	page	40
Broccoli	page	41
Brown Bread for Soup	page	42
Carrots	page	43
Coleslaw	page	44
Crudities	page	45
Garlic Bread	page	46
Long Grain Rice	page	47
Mashed Potato	page	48
Naan Bread	page	49
Peas	page	50
Potato Wedges	nage	51

Thick Cut Chips	page 53
Tomato Ketchup	page 54
Tomato Wedges	page 55
Turnip	
Veggie Bag	page 57
Desserts	
Apple & Grape Cup	page 58
Apple Muffin	page 59

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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
Fromage Frais	page 6
Fruit Bag	page 6
Jelly	page 6
Mandarin & Melon Cocktail	page 6
Melon Boats	page 6
Selection of Fresh Fruit	page 6
Vanilla Ice Cream Tub	page 7
Yoghurt	page 7

no	OV	Drink	0
		Drinks	5

emi	Skimm	ied 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.

Primary Menu Week 1

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

redients :								
Ingredient		А	llergens					Weight
carrots								100 g
leeks								100 g
onions								100 g
water, distilled								5
black pepper		.,						3 g
Vegetable Bouillon		K	osher					50 g
Green Split Peas								1 kg
wrapped products m cover with water and mer until Tender. 5. b vings from this recipe Group	d bouillon. 2 plend and se	. Bring to t	he boil and	skim. 3	Add th	e remain	ing vegetable	s and the pepper. 4.
Primary, 7-10 yrs				20	villgs			
Secondary, 11-18 yrs				16				
Decentual				10				
tion Size, showing the		T .			1			
Group	Size	Units	Fruit	Veg	Dried	Fruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	256	g	0	52	0		0	0
Secondary, 11-18 yrs	320	g	0	65	0		0	0
rients :								
rients : Nutrient per 100 gm	าร			Amour	ıt	Units		
	15			Amour 93	it	Units kcal		
Nutrient per 100 gm	ıs				it			
Nutrient per 100 gm Energy	ns			93	it	kcal		
Nutrient per 100 gm Energy Fat	15			93 0.7 0.2 12.0	t	kcal g		
Nutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars	ns			93 0.7 0.2 12.0 0.1	it	kcal g g g		
Nutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars	ns			93 0.7 0.2 12.0 0.1	t	kcal g g g g		
Nutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre	ns			93 0.7 0.2 12.0 0.1 0.6 1.7	t	kcal g g g g g		
Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein	ns			93 0.7 0.2 12.0 0.1 0.6 1.7 4.4	nt .	kcal g g g g g g g		
Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron	ns			93 0.7 0.2 12.0 0.1 0.6 1.7 4.4	it	kcal g g g g g g g g		
Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium				93 0.7 0.2 12.0 0.1 0.6 1.7 4.4 1.1	it	kcal g g g g g g g g g mg		
Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equi				93 0.7 0.2 12.0 0.1 0.6 1.7 4.4 1.1 7.9	it	kcal g g g g g g g g g mg mg		
Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equi				93 0.7 0.2 12.0 0.1 0.6 1.7 4.4 1.1 7.9 32.3 0.6	it	kcal g g g g g g g g mg mg		
Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equi				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	it	kcal g g g g g g g g g u g mg mg µg µg mg		
Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equifolate) Vitamin C Sodium				93 0.7 0.2 12.0 0.1 0.6 1.7 4.4 1.1 7.9 32.3 0.6 0.2 116.2	it	kcal g g g g g g g g g g u g g mg mg mg mg mg		
Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equi				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	it .	kcal g g g g g g g g g u g mg mg µg µg mg		

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

Nursery Menu Week1 Nursery Menu Week 2

Ingredient carrots										
Ingredient										
carrots		А	llergens							Weight
1										350 g
onions										150 g
black pepper										5 g
turnips										200 g
potatoes										350 g
red lentils										350 g
Vegetable Bouillon		К	osher							50 g
Water, distilled (fife)										4 1
Group Primary, 7-10 yrs Secondary, 11-18 yrs			Serv 20 16	/ings						
tion Size, showing the	number of	grams of e	ach food g	roup	inaı	portion				
Group	Size	Units	Fruit	Veg		DriedF		RedMeat	Droco	essedMeat
							Tuit		PIUCE	
Primary, 7-10 yrs	196	q	0	25		0	Tuit	0	0	
Primary, 7-10 yrs Secondary, 11-18 yrs	196 244	g g	0	25 31			Tuit			
	244			31	ount	0	Units kcal	0	0	
Secondary, 11-18 yrs trients: Nutrient per 100 gms	244			31		0	Units	0	0	
Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy	244			31 Am 50	ount	0	Units kcal	0	0	
Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat	244			31 Am 50 0.5	ount	0	Units kcal	0	0	
Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids	244			31 Am 50 0.5 0.2	ount	0	Units kcal g	0	0	
Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates	244			31 50 0.5 0.2 8.9	ount	0	Units kcal g g	0	0	
Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars	244			31 50 0.5 0.2 8.9 0.1	ount	0	Units kcal g g g	0	0	
Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars	244			31 50 0.5 0.2 8.9 0.1 1.3	ount	0	Units kcal g g g g g	0	0	
Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre	244			31 50 0.5 0.2 8.9 0.1 1.3 1.2	ount	0	Units kcal g g g g g	0	0	
Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein	244			31 50 0.5 0.2 8.9 0.1 1.3 1.2 2.8	ount	0	Units kcal g g g g g g g	0	0	
secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron	244			31 50 0.5 0.2 8.9 0.1 1.3 1.2 2.8 0.9	oount 6	0	Units kcal g g g g g g g g g mg	0	0	
Secondary, 11-18 yrs trients: Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium	244			31 50 0.5 0.2 8.9 0.1 1.3 1.2 2.8 0.9 11.6 145 7.8	oount 6	0	Units kcal g g g g g g g g g mg	0	0	
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 equivalent) Folate Vitamin C	244			31 50 0.5 0.2 8.9 0.1 1.3 1.2 2.8 0.9 11.6 145 7.8 1.8	6 6.0	0	Units kcal g g g g g g g mg mg	0	0	
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 equival) Folate Vitamin C Sodium	244			31 50 0.5 0.2 8.9 0.1 1.3 1.2 2.8 0.9 11.6 145 7.8 1.8 1.70	6 6.0	0	Units kcal g g g g g g g mg mg h pg	0	0	
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 equivalent) Folate Vitamin C	244			31 50 0.5 0.2 8.9 0.1 1.3 1.2 2.8 0.9 11.6 145 7.8 1.8	6 6.0	0	Units kcal g g g g g g g g h g h h h h h h h h h	0	0	

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Ingredient			Allergens					Weight
canned tomatoes								1.6 kg
carrots								175 g
onions								175 g
tomato puree								150 g
sugar								5 g
water, distilled								4
black pepper								3 g
Vegetable Bouillon			Kosher					50 g
Secondary, 11-18 yrs	number	of grams of	each food	group	16	on:		
Group	Size	Units	Fruit	Veg	Drie	dFruit	RedMeat	ProcessedMeat
	Size	Units	0	63	0	dFruit	RedMeat 0	ProcessedMeat 0
Group Primary, 7-10 yrs Secondary, 11-18 yrs						dFruit		
Primary, 7-10 yrs Secondary, 11-18 yrs	199 248	g	0	63 79	0		0	0
Primary, 7-10 yrs Secondary, 11-18 yrs ients: Nutrient per 100 gm	199 248	g	0	63 79	0	Units	0	0
Primary, 7-10 yrs Secondary, 11-18 yrs ients: Nutrient per 100 gm Energy	199 248	g	0	63 79 Am	0	Units kcal	0	0
Primary, 7-10 yrs Secondary, 11-18 yrs ients: Nutrient per 100 gm Energy Fat	199 248	g	0	63 79 Am 17 0.4	0	Units kcal	0	0
Primary, 7-10 yrs Secondary, 11-18 yrs ients: Nutrient per 100 gm Energy Fat Saturated fatty acids	199 248	g	0	63 79 Ame 17 0.4 0.2	0	Units kcal g	0	0
Primary, 7-10 yrs Secondary, 11-18 yrs rients: Nutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates	199 248	g	0	63 79 17 0.4 0.2 3.0	0	Units kcal g g g	0	0
Primary, 7-10 yrs Secondary, 11-18 yrs ients: Nutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars	199 248	g	0	63 79 17 0.4 0.2 3.0 0.2	0	Units kcal g g g g	0	0
Primary, 7-10 yrs Secondary, 11-18 yrs ients: Nutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars	199 248	g	0	63 79 17 0.4 0.2 3.0 0.2 2.4	0	Units kcal g g g g g g g g g	0	0
Primary, 7-10 yrs Secondary, 11-18 yrs ients: Nutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre	199 248	g	0	63 79 17 0.4 0.2 3.0 0.2 2.4 0.8	0	Units	0	0
Primary, 7-10 yrs Secondary, 11-18 yrs ients: Nutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars	199 248	g	0	63 79 17 0.4 0.2 3.0 0.2 2.4	0	Units kcal g g g g g g g g g	0	0
Primary, 7-10 yrs Secondary, 11-18 yrs ients: Nutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein	199 248	g	0	63 79 17 0.4 0.2 3.0 0.2 2.4 0.8 0.5	0	Units	0	0
Primary, 7-10 yrs Secondary, 11-18 yrs ients: Nutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron	199 248	g	0	63 79 17 0.4 0.2 3.0 0.2 2.4 0.8 0.5	ount	Units kcal g g g g g g g mg	0	0
Primary, 7-10 yrs Secondary, 11-18 yrs ients: Nutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium	199 248	g	0	63 79 17 0.4 0.2 3.0 0.2 2.4 0.8 0.5 0.2 7.9	ount	Units kcal g g g g g g g mg mg	0	0
Primary, 7-10 yrs Secondary, 11-18 yrs ients: Nutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv	199 248	g	0	17 0.4 0.2 3.0 0.2 2.4 0.8 0.5 0.2 7.9 96.8	ount	Units kcal g g g g g g g mg mg mg	0	0
Primary, 7-10 yrs Secondary, 11-18 yrs ients: Nutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equires)	199 248	g	0	63 79 17 0.4 0.2 3.0 0.2 2.4 0.8 0.5 0.2 7.9 96.8 5.1	o o o o o o o o o o o o o o o o o o o	Units kcal g g g g g g g mg mg µg µg	0	0
Primary, 7-10 yrs Secondary, 11-18 yrs ients: Nutrient per 100 gm Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equifolate Folate Vitamin C	199 248	g	0	63 79 17 0.4 0.2 3.0 0.2 2.4 0.8 0.5 0.2 7.9 96.8 5.1	o o o o o o o o o o o o o o o o o o o	Units kcal g g g g g g g g units	0	0

Primary Menu Week 2 Nursery Menu Week1

Nursery Menu Week 2

edients :								
Ingredient			Allergens					Weight
water, distilled								41
onions								450 g
carrots								450 g
turnips								450 g
leeks								450 g
potatoes								450 g
Cabbage, boiled in unsa	aited water, a	verage						450 g
parsley, fresh			Maalaan					25 g
Vegetable Bouillon			Kosher					50 g
Primary, 7-10 yrs Secondary, 11-18 yrs			Construction de		20			
on Size, showing the Group	Size	grams o Units	Fruit	roup Vec		on: dFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs		g	0	67	0	uriuit		0
Secondary, 11-18 yrs		g	0	84	0			0
	1-4-	9						<u> </u>
ients :				1				
Nutrient per 100 gms	5			-	nount	Units	5	
Energy 				23		kcal		
Fat				0.4		g		
Saturated fatty acids				0.2 4.3		g		
Carbohydrates Free Sugars				0.1		g		
Total Sugars				2.0		g		
AOAC Fibre				1.4		g		
Protein				0.8		g		
Iron				0.2		mg		
Calcium				18.		mg		
Vitamin A (retinol equiv	valents)			167		μд		
Folate				9.3		μд		
				5.9		mg		
Vitamin C				142	2.7	mg		
				0.4		g		
Vitamin C								
				142	2.7	mg		

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Ingredient			Allergens					Weight
_			Allergens					
yellow split peas								500 g
carrots								400 g
onions								400 g
water, distilled								41
black pepper								5 g
Vegetable Bouillon			Kosher					50 g
Group Primary, 7-10 yrs Secondary, 11-18 yrs				16				
tion Size, showing th		Ī			Ī			
Group	Size	Units	Fruit	Veg		dFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	218	g	0	33	0		0	0
Secondary, 11-18 yrs	272	g	0	41	0		0	0
rients :								
Nutrient per 100 gr	ns			Amou	nt	Units		
Energy				47		kcal		
Fat				0.6		g		
Saturated fatty acids				0.2		g		
				8.3		g		
Carbohydrates				0.1		g		
Carbohydrates Free Sugars				1.2		g		
Free Sugars				1.3		g		
Free Sugars Total Sugars				1.3 2.7		g g		
Free Sugars Total Sugars AOAC Fibre								
Free Sugars Total Sugars AOAC Fibre Protein				2.7		g		
Free Sugars Total Sugars AOAC Fibre Protein Iron	iivalents)			2.7 0.7 8.5 130.9		g mg		
Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium	uivalents)			2.7 0.7 8.5 130.9 0.9		g mg mg		
Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ Folate Vitamin C	uivalents)			2.7 0.7 8.5 130.9 0.9		g mg mg		
Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ Folate Vitamin C Sodium	uivalents)			2.7 0.7 8.5 130.9 0.9 0.2 133.6		g mg mg µg		
Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ Folate Vitamin C	iivalents)			2.7 0.7 8.5 130.9 0.9		g mg mg µg µg mg		

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 Cellery and celleriac Gluten (Oats) Molluscs ☐ Nuts (hazeInut) Nuts (queensland) Vegetarian ☐ Nuts (macadamia)

Primary Menu Week 1

Crustaceans

☐ Egg

Fish

Gluten (Rye)

Lupin

Mustard

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

☐ Nuts (brazil)

Nursery Menu Week1

☐ Nuts (pecan)

☐ Nuts (walnut)

Sesame seeds

Soybeans

Recipe List

Vegan 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

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

Primary Menu 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 Primary Menu 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 105 0 0 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

	Salt			0.4	g		
	Zinc			2.8	mg		
Alle	rgens : Based on i	ngredients.					
This	dish flagged as						
✓	Checked for Allergens	Gluten (Barley)	☐ Mi l k products	☐ Nuts (cashew))	☐ Nuts (pistachio)	✓ Sulphites
	Celery and celeriac	Gluten (Oats)	Molluscs	☐ Nuts (hazelnu	t)	☐ Nuts (queensland)	Vegetarian
	Crustaceans	Gluten (Rye)	Mustard	Nuts (macada	mia)	☐ Nuts (walnut)	Vegan
	Egg	Gluten (Wheat)	☐ Nuts (almond)	☐ Nuts (peanuts	5)	Sesame seeds	Kosher
	Fish	Lupin	Nuts (brazil)	☐ Nuts (pecan)		Soybeans	☐ Halal

0.0

2.9

15.8

5.9

5.2

0.0

6.3

0.0

176.1

g

g

g

mg

mg

μq

μg

mg

mg

Primary Menu Week 1

Total Sugars

AOAC Fibre

Protein

Calcium

Folate

Vitamin C

Sodium

Vitamin A (retinol equivalents)

Iron

Week 2

Nursery Menu Week1

Nursery Menu Week 2

Italian Meatballs & Pasta V2 Fife Contains: Soybeans, Gluten (Wheat), Checked for Allergens Ingredients: Ingredient Allergens Weight Tomato puree 30 g Mixed herbs, dried (fife) 10 g Onions, raw (fife) Kosher, Halal, Vegan, Vegetarian Oil, vegetable, average (fife) 10 g Kosher, Halal, Vegan, Vegetarian Water, distilled (fife) 400 ml Cornflour (fife) Kosher, Soybeans 30 g Spaghetti, white, raw (fife) Gluten (Wheat), Kosher 800 g Tomatoes, crushed, canned 1.6 kg GG Chicken Meatballs (fife) Gluten (Wheat) 1.6 kg $\label{thm:method:chicken Meatballs 5 x Meatballs per portion, (portion weight is a guide only) For best results cook from frozen. These meatballs are raw - ensure they are cooked thoroughly and reach required temperature throughout the property of the second cooked throughly and reach required temperature throughout the property of the second cooked throughly and reach required temperature throughout the second cooked throughly and reach required temperature throughout the second cooked throughly and reach required temperature throughout the second cooked throughly and reach required temperature throughout the second cooked throughly and reach required temperature throughout the second cooked throughly and reach required temperature throughout the second cooked throughly and reach required temperature throughout the second cooked throughly and reach required temperature throughout the second cooked throughly and reach required temperature throughout the second cooked throughly and reach required temperature throughout the second cooked throughly and reach required temperature throughout the second cooked throughly and reach required temperature throughout the second cooked throughly and reach required temperature throughout the second cooked throughly and reach required temperature throughout the second cooked throughly and reach required throughly and reach required temperature throughout the second cooked throughly and reach required temperature throughly an expectation of the second cooked throughly an expect$ 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 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 Secondary, 11-18 yrs 16 Portion Size, showing the number of grams of each food group in a portion: DriedFruit ProcessedMeat Fruit Veg RedMeat Group Primary, 7-10 yrs 0 g 0 Secondary, 11-18 yrs 0 107 0 0 g **Nutrients:** Nutrient per 100 gms Amount Units kcal Energy g Saturated fatty acids g Carbohydrates 22.0 g Free Sugars g Total Sugars g AOAC Fibre g Protein g 1.3 22.2 mg Vitamin A (retinol equivalents) μg 9.6 μg Vitamin C Sodium 193.8 mg 0.5 g 0.7 mg Allergens: Based on ingredients. This dish flagged as.... ✓ Checked for Allergens ☐ Gluten (Barley) ☐ Milk products ☐ Nuts (cashew) Sulphites Nuts (pistachio) Celery and celeriac Gluten (Oats) Molluscs Nuts (hazelnut) □ Nuts (queensland) □ Vegetarian Crustaceans Gluten (Rve) Mustard Nuts (macadamia) ☐ Nuts (walnut) Vegan ✓ Gluten (Wheat) □ Nuts (almond) □ Nuts (peanuts) Sesame seeds Kosher ☐ Egg Fish ☐ Nuts (brazil) Halal Lupin ☐ Nuts (pecan) ✓ Soybeans

Primary Menu Week 1 Primary Menu
Week 2

Nursery Menu Week1 Nursery Menu Week 2

ains: Gluten (Wheat)	Gluten (Oato				arlow	\ Covbo				Allergens
	Jointell (Oals),Glute	n (Rye),Glute	n (B	апеу,),Soybea	ans,Mi	lk products,Che	cked for	Allergens
gredients :										
Ingredient			Allergens							Weight
pasta, plain, fresh, rav	N			at),	Glute	n (Oats),Glut	en (Rye),Gluter	1	700 g
canned tomatoes	*		(Barley)							_
tomato puree										1.6 kg 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	5					60 g
chilli powder										3 g
cheese, cheddar, aver	age		Kosher,Vega	n,Mi	lk pr	oducts				250 g
utes till correct temp vings from this recipe Group					Serv	/ings				
Primary, 7-10 yrs					20					
Secondary, 11-18 yrs					16					
tion Size, showing th	1	grams o Units	Fruit	roup Veg		portion: DriedF		RedMeat	Process	sedMeat
Primary, 7-10 yrs		g	0	114		0	ruit	0	0	seumeat
Secondary, 11-18 yrs		g	0	143		0		0	0	
						1			1	
trients :							H-25			
Nutrient per 100 gn Energy	15			91	ount		Units kcal			
Fat				3.3			g			
Saturated fatty acids				1.5			g			
Carbohydrates				12.	4		g			
Free Sugars				0.0			g			
Total Sugars				1.9			g			
AOAC Fibre				1.4			g			
Protein				3.7			g			
Iron				0.5			mg			
Calcium	ivalort-\			54.			mg			
Vitamin A (retinol equ	valents)			49.			μд			
Vitamin C				10.			μg mg			
and the second s				48.			mg			
Sodium				0.1			g			
Sodium Salt				0.4			mg			
				0.4						
Salt				0.4						
Salt Zinc	ngredients.			0.4						
Salt Zinc ergens: Based on i	ngredients.			0.4		'				
Salt Zinc ergens: Based on i		iev) 🗸	Milk products			(cashew)	, (Nuts (nistachio) Ns	ulphites
Salt Zinc Pergens: Based on i s dish flagged as Checked for Allergens	Gluten (Bar				Nuts ((cashew)		Nuts (pistachio		ulphites
Salt Zinc Pergens: Based on i s dish flagged as Checked for Allergens Celery and celeriac	Gluten (Bar	ts)	Molluscs		Nuts ((hazelnut	t) [Nuts (queensla	nd) 🗆 V	egetarian
Salt Zinc ergens: Based on i dish flagged as Checked for Allergens Celery and celeriac Crustaceans	✓ Gluten (Bar ✓ Gluten (Oat ✓ Gluten (Rye	ts)	Molluscs Mustard		Nuts (Nuts (Nuts ((hazelnut (macadar	t) [Nuts (queensla	nd) 🗆 V	egetarian egan
Salt Zinc ergens: Based on i s dish flagged as Checked for Allergens Celery and celeriac	Gluten (Bar	ts)	Molluscs		Nuts (Nuts (Nuts ((hazelnut	t) [mia) [) [Nuts (queensla	nd)	egetarian

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 :			Allenes						Mainh
Ingredient			Allergens		/ o o lo o u \/ o o	on Mil	li nua dirata Calar		Weight
Multiserve Pizza			celeriac	eat),i	Kosner, veg	an,mii	k products,Cele	y and	2.25 kg
hod: Follow manufa tamination on site vings from this recip		ıctions Pl	ease note - M	anufa	actures stat	tement	: Celery may be	present	from Cross
Group					Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs	;				16				
tion Size, showing th	ne number o	of grams Units	of each food g		i	n: IFruit	RedMeat	Drass	ssedMeat
Group Primary, 7-10 yrs	99		0	Veg 0	0	irruit	0	0	SSeumeat
Secondary, 11-18 yrs		g g	0	0	0		0	0	
Decondary, 11 10 yrs	121	9		-					
rients :									
Nutrient per 100 g	ms				ount	Unit	5		
Energy				260		kcal			
Fat				7.4		g			
Saturated fatty acids Carbohydrates				3.9	0	g			
Free Sugars				2.6	5	g g			
Total Sugars				0.0		g			
AOAC Fibre				6.4		g			
Protein				11.0	0	g			
Iron				11.0	0	mg			
Calcium				0.0		mg			
Vitamin A (retinol eq	uivalents)			0.0		μg			
Folate				0.0		μg			
Vitamin C				0.0		mg			
Sodium				427	.3	mg			
Salt				1.1		g			
Zinc				1.1		mg			

redients: Ingredient onions carrots mushrooms green peppers red peppers canned tomatoes garlic powder mixed herbs black pepper minced beef macaroni	nuten (oa	3),014.6	Allergens	III (Bai		Jeans, Cir	ecked for Allery	gens	
Ingredient onions carrots mushrooms green peppers red peppers canned tomatoes garlic powder mixed herbs black pepper minced beef			Allergens						
onions carrots mushrooms green peppers red peppers canned tomatoes garlic powder mixed herbs black pepper minced beef			Allergens						
onions carrots mushrooms green peppers red peppers canned tomatoes garlic powder mixed herbs black pepper minced beef			Allergens						
carrots mushrooms green peppers red peppers canned tomatoes garlic powder mixed herbs black pepper minced beef								Weig	ght
mushrooms green peppers red peppers canned tomatoes garlic powder mixed herbs black pepper minced beef								300 g)
green peppers red peppers canned tomatoes garlic powder mixed herbs black pepper minced beef								300 g	9
red peppers canned tomatoes garlic powder mixed herbs black pepper minced beef								200 g	9
canned tomatoes garlic powder mixed herbs black pepper minced beef								100 g]
garlic powder mixed herbs black pepper minced beef								100 g	9
mixed herbs black pepper minced beef								1.5	
black pepper minced beef								10 g	
minced beef								10 g	
			Vacher Helel	Vone				5 g	_
macaroni			Kosher, Halal		-		n (Byo) Clute	1.2 k	y
			(Barley)	ar),G	исеп (Ua	is),Glute	en (Rye),Gluter	800 9	
Cornflour (fife)			Kosher,Soyb	eans				25 g	
h cornflour blended wi look until tender. vings from this recipe		vater 7.	Check temper			75. 8. Bo	il a pot of wate	r then add the	e pasta
Group					ervings				
Primary, 7-10 yrs					0				
Secondary, 11-18 yrs				1	6				
tion Size, showing the	number of	grams o	of each food g	roup ii	a portio	n:			
Group	Size	Units	Fruit	Veg	Î	dFruit	RedMeat	ProcessedMe	eat
Primary, 7-10 yrs	210	g	0	115	0		55	0	
Secondary, 11-18 yrs	263	g	0	145	0				
triante :							69	0	
							69	0	
	<u> </u>			Amo	17	Units	69	0	
Nutrient per 100 gms	;			Amo	17	Units kcal	69	0	
Nutrient per 100 gms	5				17		69	0	
Nutrient per 100 gms	;			144	17	kcal	69	0	
Nutrient per 100 gms Energy Fat	3			144 5.1	17	kcal g	69	0	
Energy Fat Saturated fatty acids	3			144 5.1 2.0	17	kcal g g	69	0	
Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates	;			144 5.1 2.0 17.3	17	kcal g g	69	0	
Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars	5			144 5.1 2.0 17.3 0.0	17	kcal g g g	69	0	
Nutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars	5			144 5.1 2.0 17.3 0.0 2.4	17	kcal g g g g	69	0	
Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron	i			144 5.1 2.0 17.3 0.0 2.4 1.7 8.3 1.0	17	kcal g g g g g	69	0	
Rutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium				144 5.1 2.0 17.3 0.0 2.4 1.7 8.3 1.0	unt	kcal g g g g g g g g mg	69	0	
Rutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv				144 5.1 2.0 17.3 0.0 2.4 1.7 8.3 1.0 18.9	unt	kcal g g g g g g g g g g g g g	69	0	
Rutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv				144 5.1 2.0 17.3 0.0 2.4 1.7 8.3 1.0 18.9 135.1	unt	kcal g g g g g g g g g mg mg µg	69	0	
Rutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv				144 5.1 2.0 17.3 0.0 2.4 1.7 8.3 1.0 18.9 135.1 10.6	unt	kcal g g g g g g g g g mg mg µg µ	69	0	
Rutrient 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 Sodium				144 5.1 2.0 17.3 0.0 2.4 1.7 8.3 1.0 18.9 135.1 10.6 8.2 26.4	unt	kcal g g g g g g g g g g g g g	69	0	
Rutrient per 100 gms Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equiv				144 5.1 2.0 17.3 0.0 2.4 1.7 8.3 1.0 18.9 135.1 10.6	unt	kcal g g g g g g g g g mg mg µg µ	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 RedMeat ProcessedMeat Size Units Fruit Veg 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 0.0 Vitamin A (retinol equivalents) 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 :									
	Ingredient			Allergens					Weigh	
	Salmon Nibles MSC			Gluten (Whe	eat),K	sher,Veg	an,Veg	getarian,Fish	60 g	
	hod : follow manufact		cuctions							
er	vings from this recipe Group	:				Servings				
_	Primary, 7-10 yrs									
	Secondary, 11-18 yrs									
	Secondary, 11 10 yrs					•				
'Or	tion Size, showing the			1				DodMont	ProcessedMea	
_	Group Primary, 7-10 yrs	Size 60	Units	Fruit 0	Veg 0	Dried 0	Fruit	RedMeat 0	0	
	Secondary, 11-18 yrs	60	g g	0	0	0		0	0	
	00001100177 11 10 7.0	100								
lut	rients :				1					
_	Nutrient per 100 gm	S			Amo	unt	Units	5		
_	Energy					178 kcal				
	Fat					5.2 g				
	Saturated fatty acids				0.5		g			
	Carbohydrates				18.6		g			
	Free Sugars				1.4		g			
_	Total Sugars AOAC Fibre				0.0		g			
	Protein				0.0		g			
	Iron				1.1		mg			
	Calcium				44.8		mg			
	Vitamin A (retinol equiv	valents)			23.0		μg			
	Folate	,			8.6		μg			
	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

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	hā
Folate	6.3	hā
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

Nursery Menu Week1

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			Marana						Maiaba
onions		P	Allergens						Weight 120 g
cinnamon		L	Cosher,Sulph	hitos					5 g
vegetable oil			cosner,5uipi	11003					50 ml
red peppers									100 g
yellow peppers									100 g
garlic									10 g
coriander leaves									100 g
canned kidney beans									800 g
Tomatoes, crushed, c	anned	k	Cosher						800 g
chilli powder									10 g
black pepper									5 g
McCain Alternatives S	Simply for Mas	h k	Cosher						500 g
the kidney beans ar cooked potato in to res and stir in just be vings from this recip	the mixture efore service	once cook	ed, add a sp	lash	of w				
Group					Serv	vings			
Primary, 7-10 yrs					10				
Secondary, 11-18 yrs					10				
tion Size, showing th		T T						D 114 .	ProcessedMeat
Group	Size	Units	Fruit	Veg		Dried	Fruit	RedMeat	
Primary, 7-10 yrs	213	g				0		0	
Cocondany 11 10 yrs		-	0	92		0		0	0
Secondary, 11-18 yrs		g	0	92		0		0	
		-				-		-	0
	213	-		92	ount	0	Units	-	0
trients :	213	-		92 Am 92	ount	0	Units kcal	-	0
trients : Nutrient per 100 gi Energy Fat	213	-		92 Am 92 3.7	ount	0	kcal g	-	0
trients: Nutrient per 100 gr Energy Fat Saturated fatty acids	213	-		92 Am 92 3.7 0.5		0	kcal g	-	0
trients: Nutrient per 100 gr Energy Fat Saturated fatty acids Carbohydrates	213	-		92 Am 92 3.7 0.5 12.6		0	kcal g g	-	0
trients: Nutrient per 100 gr Energy Fat Saturated fatty acids Carbohydrates Free Sugars	213	-		92 92 3.7 0.5 12.6 0.0		0	kcal g g g	-	0
trients: Nutrient per 100 gr Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars	213	-		92 92 3.7 0.5 12.6 0.0 0.0		0	kcal g g g g	-	0
trients: Nutrient per 100 gr Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre	213	-		92 3.7 0.5 12.6 0.0 0.0 2.9		0	kcal g g g g g	-	0
trients: Nutrient per 100 gi Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein	213	-		92 92 3.7 0.5 12.6 0.0 0.0 2.9 3.2		0	kcal g g g g g	-	0
trients: Nutrient per 100 gi Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron	213	-		92 3.7 0.5 12.6 0.0 0.0 2.9 3.2 1.8	5	0	kcal g g g g g g g g mg	-	0
trients: Nutrient per 100 gi Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium	ms 213	-		92 92 3.7 0.5 12.6 0.0 0.0 2.9 3.2	5	0	kcal g g g g g g g g mg mg	-	0
trients: Nutrient per 100 gi Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron	ms 213	-		92 3.7 0.5 12.6 0.0 0.0 2.9 3.2 1.8 39.4	5 1	0	kcal g g g g g g g g g mg mg	-	0
trients: Nutrient per 100 gr Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equ	ms 213	-		92 3.7 0.5 12.6 0.0 0.0 2.9 3.2 1.8 39.4 64.9	1 1 9	0	kcal g g g g g g g g mg mg	-	0
trients: Nutrient per 100 gr Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equals	ms 213	-		92 3.7 0.5 12.6 0.0 0.0 2.9 3.2 1.8 39.4 64.5 13.5	5 4 9	0	kcal g g g g g g g g g g p g p g p g mg m	-	0
trients: Nutrient per 100 gr Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equal Folate Vitamin C	ms 213	-		92 3.7 0.5 12.6 0.0 0.0 2.9 3.2 1.8 39.4 64.9 13.1	5 4 9	0	kcal g g g g g g g g mg mg mg μg mg	-	0
Exicutes: Nutrient per 100 gr Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equal or second or	ms 213	-		92 3.7 0.5 12.6 0.0 0.0 2.9 3.2 1.8 39.4 64.9 70.5	5 4 9	0	kcal g g g g g g g g mg mg mg mg mg	-	0
trients: Nutrient per 100 gr 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	ms 213	g		92 Am 92 3.7 0.5 12.6 0.0 0.0 2.9 3.2 1.8 39.4 64.9 70.5 0.0 0.0 0.0 0.0 0.0 0.0 0.0	5 4 9 5 5	0	kcal g g g g g g g g mg mg mg mg g mg mg mg	-	0
trients: Nutrient per 100 gr Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equal foliate) Vitamin C Sodium Salt Zinc ergens: Based or	ms Livalents)	g sts.		92 Am 92 3.7 0.5 12.6 0.0 0.0 2.9 3.2 1.8 39.4 64.9 70.5 0.0 0.0 0.0 0.0 0.0 0.0 0.0	5 4 9 5 5	0	kcal g g g g g g g g mg mg mg mg g mg mg mg	-	0
trients: Nutrient per 100 gr Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equal foliate) Vitamin C Sodium Salt Zinc ergens: Based or	ms Livalents)	g sts.	0	92 Am 92 3.7 0.5 12.6 0.0 0.0 2.9 3.2 1.8 39.4 64.9 70.5 0.0 0.0 0.0 0.0 0.0 0.0 0.0	5 4 9 5 9	0	kcal g g g g g g g g g mg mg mg µg mg mg mg	0	0 0 Sulphites
trients: Nutrient per 100 gi Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equivalent of the company of the	uivalents)	g g ts. arley) \(\sum_{\text{N}} \)	0 Vilk products	92 Am 92 3.7 0.5 12.6 0.0 0.0 2.9 3.2 1.8 39.2 14.9 0.2 0.3	14 9 5 5 9 5 5 Nuts	0 (cashew	kcal g g g g g g g g g mg mg µg mg m	0 Nuts (pistachio)	0 0 Sulphites
trients: Nutrient per 100 gi Energy Fat Saturated fatty acids Carbohydrates Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equivalent) Folate Vitamin C Sodium Salt Zinc ergens: Based or s dish flagged as Checked for Allergens Celery and celeriac	uivalents) n ingredien Gluten (Ba	g g sts. arley) \[\text{N} \] ats) \[\text{N} \] ats) \[\text{N} \] ye) \[\text{N} \]	0 Olik products	92 Am 92 3.7 0.5 12.6 0.0 0.0 2.9 3.2 1.8 39.4 64.9 0.2 0.3	Nuts Nuts	(cashew (hazelnu	kcal g g g g g g g g mg mg mg mg y g mg mg contact con	Nuts (pistachio)	0 0 0 Vegetarian 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

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

gredients :			Allawaana						18/aiaba
Ingredient	AD DAKED	DEANC I	Allergens						Weight
REDUCED SALT & SUG	AK BAKED	BEANS I	Kosher						1.6 kg
thod:									
rvings from this recipe	. :								
Group					Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs					16				
rtion Size, showing the			1				- In In I		
Group	Size	Units	Fruit	Veg		dFruit	RedMeat	Process	еамеат
Primary, 7-10 yrs Secondary, 11-18 yrs	100	g	0	100	0		0	0	
Secondary, 11-16 yrs	100	g	U	100	0		0	0	
trients :									
Nutrient per 100 gn	ıs			Ame	ount	Units	5		
Energy				87		kcal			
Fat				0.3		g			
Saturated fatty acids				0.0		g			
Carbohydrates				16.8		g			
Free Sugars				3.7		g			
Total Sugars				0.0		g			
AOAC Fibre				5.2		g			
Protein				4.3		g			
Iron				0.0		mg			
Calcium	lamba)			0.0		mg			
Vitamin A (retinol equ	valerits)			0.0		μg			
Vitamin C				0.0		µg			
Sodium				300.	n	mg			
Salt				0.8		g			
Zinc				0.0		mg			

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

Boiled Potato V1 Fife Contains: Checked for Allergens Ingredients: **Ingredient Allergens** Weight McCain Alternative Simply For Mash Kosher 2 kg Method: McCains Simply for Mash 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 0 g Secondary, 11-18 yrs 0 0 0 0 0 125 g **Nutrients:** Nutrient per 100 gms Amount Units 72 kcal Energy 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 0.0 mg Calcium Vitamin A (retinol equivalents) 0.0 μg Folate 0.0 μg Vitamin C 0.0 mg Sodium 0.0 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 (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

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

Nuts (brazil)

Lupin

Nuts (pecan)

Soybeans

☐ Halal

			Allergens						Weight
Ingredient				heat).K	sher,Glute	n (Oai	ts).Gluten		
Malted Sandwich Brea	d 				luten (Barle		,		56 g
hod:									
rings from this recipe	:								
Group					Servings				
Primary, 7-10 yrs				:					
Secondary, 11-18 yrs									
ion Size, showing the	e number (of grams	of each food	group i	n a portion:				
Group	Size	Units	Fruit	Veg	DriedFi	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	
rients :									
Nutrient per 100 gm	ıs			Amo	unt	Units			
Energy				219		kcal			
Fat				2.5		g			
Saturated fatty acids				0.7	9	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	1	μg			
Vitamin C				0.0		mg			
Sodium				320.0		mg			
0.1:				0.8 6.6		g mg			
Salt Zinc									

	Trots S: Checked for Allergens								
tains: Checked for Alle	rgens								
idanis. Giredica for Ane	. 901.0								
redients :									
Ingredient			Allergens						Weight
carrots									2.3 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 grams c	of each food o	ıroup	in a portio	n:			
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	
ents :									
Nutrient per 100 gm				Δm	ount	Units	<u> </u>		
Energy				24	ourie	kcal			
Fat				0.4		g			
Saturated fatty acids				0.1		g			
Carbohydrates				4.9		g			
Free Sugars				0.0		g			
Total Sugars				0.0		g			
AOAC Fibre				3.3		g			
Protein				0.6		g			
Iron				0.4	0.4				
Calcium				24.)	mg			
Vitamin A (retinol equi	valents)			223	2234.0				
Folate				16.)	μg			
				2.0		mg			
Vitamin C				50.)	mg			
Sodium						О			
				0.1		g mg			

Fish

Lupin

☐ Nuts (brazi**!**)

Nuts (pecan)

Soybeans

Halal

edients :		-						4
Ingredient			Allergens					Weig
cabbage, white, raw								70 g
onions								10 g
carrots								10 g
Lite mayonnaise			Kosher,Veg	an,Egg	l			20 ml
nod : ings from this recipe								
Group					Servings			
Primary, 7-10 yrs					1			
Secondary, 11-18 yrs				:	L			
ion Size, showing the	number o	f arams o	f each food (aroun i	n a nortic	n:		
Group	Size	Units	Fruit	Veg		lFruit	RedMeat	ProcessedMe
Primary, 7-10 yrs	100	g	0	82	0		0	0
Secondary, 11-18 yrs	100	g	0	82	0		0	0
ients :								
ients : Nutrient per 100 gm	s			Amo	unt	Units		
Energy				79		kcal		
Fat				5.8		g		
Saturated fatty acids				0.4		g		
Carbohydrates				6.0		g		
Free Sugars				0.9		g		
Total Sugars				0.0		g		
AOAC Fibre				2.0		g		
Protein				1.1		g		
Iron				0.4		mg		
Calcium				41.2	_	mg		
Vitamin A (retinol equi	valents)			140.		μg		
Zinc								
Folate Vitamin C Sodium Salt	valents)			58.6 30.3 6.7 0.0	5	µg µg mg mg g mg		

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

Week 2

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

Ingredients: Ingredient Name in the rice, , boiled Allergens A	redients :									
White rice, , boiled 2 kg	War and a self-result			A.II						107 - 1 - 1 - 1
lethod : Please be aware this is the cooked weight in recipe. Rice double's approx. in weight when cooked. So fill only require 1kg approx. in raw weight. 1. Boil in water. PLEASE NOTE Disclaimer supplied by manufacturi or or pany states No guarantee of total absence of Cereals containing Gluten and Soybeans, as there is always ask of cross contamination due to the nature of the product ervings from this recipe : Group				Allergens						Weight
ill only require 1kg approx. in raw weight. 1. Boil in water. PLEASE NOTE Disclaimer supplied by manufacturion pany states No guarantee of total absence of Cereals containing Gluten and Soybeans, as there is always as sk of cross contamination due to the nature of the product environs from this recipe: Group	White rice, , boiled									2 kg
Group	only require 1kg appr pany states No guara	ox. in raw	weight. 1 tal absenc	. Boil in wa e of Cereals	ter. PLI contai	EASE NOT	E Disclai	imer supplied	by manuf	acturing
Primary, 7-10 yrs 20 Secondary, 11-18 yrs 16 16	vings from this recipe	:								
Secondary, 11-18 yrs										
Size Units Fruit Veg DriedFruit RedMeat ProcessedMeat Processe						20				
Group Size Units Fruit Veg DriedFruit RedMeat ProcessedM Primary, 7-10 yrs 100 g 0	Secondary, 11-18 yrs					16				
Group Size Units Fruit Veg DriedFruit RedMeat ProcessedMeat Primary, 7-10 yrs 100 g 0 <th>tion Size, showing the</th> <th>number o</th> <th>f grams of</th> <th>f each food</th> <th>aroup i</th> <th>in a portic</th> <th>on:</th> <th></th> <th></th> <th></th>	tion Size, showing the	number o	f grams of	f each food	aroup i	in a portic	on:			
Primary, 7-10 yrs 100 g 0		1		1		i		RedMeat	Proces	sedMeat
Secondary, 11-18 yrs 125 g 0 0 0 0 0 0 0 0 0		100	g	0		0		0	0	
Nutrient per 100 gms Amount Units Energy 138 kcal Fat 1.3 g 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 Calcium 18.0 mg	Secondary, 11-18 yrs	125	g	0	0	0		0	0	
Nutrient per 100 gms Amount Units Energy 138 kcal Fat 1.3 g 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 Calcium 18.0 mg										
Energy 138 kcal Fat 1.3 g 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 Calcium 18.0 mg	rients:				-					
Fat 1.3 g 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 Calcium 18.0 mg	Nutrient per 100 gms	5			Amo	ount	Units			
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 Calcium 18.0 mg	Energy				138		kcal			
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 Calcium 18.0 mg	Fat				1.3		g			
Free Sugars 0.0 g Total Sugars 0.0 g AOAC Fibre 0.1 g Protein 2.6 g Iron 0.2 mg Calcium 18.0 mg	Saturated fatty acids				0.3		g			
Total Sugars 0.0 g AOAC Fibre 0.1 g Protein 2.6 g Iron 0.2 mg Calcium 18.0 mg	Carbohydrates				30.9		g			
AOAC Fibre 0.1 g Protein 2.6 g Iron 0.2 mg Calcium 18.0 mg	_						g			
Protein 2.6 g Iron 0.2 mg Calcium 18.0 mg	_						g			
Iron 0.2 mg Calcium 18.0 mg							g			
Calcium 18.0 mg							g			
	Iron						mg			
Vitamin A (retinol equivalents) 0.0 µg							mg			
	, ,	alents)					μg			
Folate 7.0 µg							μg			
Vitamin C 0.0 mg							mg			
Sodium 1.0 mg							mg			
Salt 0.0 g							g			
Zinc 0.7 mg	Zinc				0.7		mg			

Fish

Primary Menu Week 2

Lupin

Nursery Menu Week1

☐ Nuts (pecan)

☐ Nuts (brazil)

Nursery Menu Week 2

Soybeans

Recipe List

☐ Halal

redients :								
Ingredient			Allergens					Weigl
McCain Alternatives Si	mply for Ma	ash	Kosher					2 kg
thod :								
vings from this recipe	:							
Group					Servings			
Primary, 7-10 yrs					20			
Secondary, 11-18 yrs					16			
tion Size, showing the	number (of arams o	f each food	aroun i	n a nortio	n.		
Group	Size	Units	Fruit	Veg		dFruit	RedMeat	ProcessedMea
Primary, 7-10 yrs	100	g	0	0	0		0	0
Secondary, 11-18 yrs	125	g	0	0	0		0	0
							-	-
rients : Nutrient per 100 gn	ne			Amo	unt	Units		
Energy	13			135	ranc	kcal	,	
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		
Vitamin A (retinol equ	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		

			1						1
Ingredient			Allergens						Weight
Nan Bread			Gluten (Whe	eat),Ko	sher,Vega	n,Milk	products		65 g
thod: Follow Manuface directly on the over	n rack in a								with wate
Group				s	ervings				
Primary, 7-10 yrs				1					
Secondary, 11-18 yrs				1					
tion Cine characters 11		£	f and ford						
rtion Size, showing th	Size	Units	Fruit	roup in Veg	a portion: DriedF		RedMeat	Proce	ssedMeat
Primary, 7-10 yrs	65	g	0	0	0		0	0	
Secondary, 11-18 yrs	65	g	0	0	0		0	0	
	ents:								
trients :									
Nutrient per 100 gn	ıs			Amou		Units			
Energy				265 4.6		kcal			
Saturated fatty acids				0.4		g 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				7.2		mg			
				0.0		mg			
				0.0		hд			
Calcium Vitamin A (retinol equ	/itamin A (retinol equivalents)					μg			
						mg			
Vitamin A (retinol equ Folate Vitamin C				0.0		mg			
Vitamin A (retinol equ Folate Vitamin C Sodium				156.0		mg mg			
Vitamin A (retinol equ Folate Vitamin C									

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

redients :									
Ingredient			Allergens						Weight
frozen peas			Kosher						1.6 kg
<u> </u>									
thod :									
vings from this recipe) :				Comingo				
Group					Servings 20				
Primary, 7-10 yrs Secondary, 11-18 yrs					20				
Secondary, 11-16 yrs					20				
tion Size, showing the									
Group	Size	Units	Fruit	Veg	Dried	Fruit	RedMeat		ssedMeat
Primary, 7-10 yrs	80	g	0	80	0		0	0	
Secondary, 11-18 yrs	80	g	0	80	0		0	0	
trients :									
Nutrient per 100 gn	าร			Am	ount	Units	3		
Energy				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 12.0		μg			
Witamin C				2.0		mg			
Vitamin C				0.0		g			
Sodium						9			
				0.7		mg			

	redients :										,
	Ingredient			Allergens							Weight
	Aviko Jacket Wedges										2 kg
	hod : Follow manufac		uctions								
er	vings from this recipe	:				Com	dnac				
_	Group Primary, 7-10 yrs					20	/ings				
	Secondary, 11-18 yrs					20					
_	Secondary, 11-10 yrs					20					
or	tion Size, showing the	number o		each food g	roup	in a	portion	:		1	
	Group	Size	Units	Fruit	Veg		DriedF	ruit	RedMeat		sedMeat
	Primary, 7-10 yrs	100	g	0	0		0		0	0	
_	Secondary, 11-18 yrs	100	g	0	0		0		0	0	
ut	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				0.0			g			
_	AOAC Fibre				3.3			g			
	Protein				0.0			g			
	Iron Calcium				0.0			mg			
	Vitamin A (retinol equiv	(alonto)			0.0			mg			
	Folate	/dients)			0.0			μg			
	Vitamin C				0.0			mg			
	Sodium				40.0)		mg			
	Salt				0.1			g			
	Zinc				0.0			mg			

Ingredient		,	Allergens					W	/eight
frozen sweetcorn								1.	.6 kg
ethod : Boil in uns	alted water.								
ervings from this r	ocine :								
Group	scipe i				Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18					20				
ortion Size, showir	g the number o	Units	Fruit	Veg	i	n: IFruit	RedMeat	Processe	dMost
Primary, 7-10 yrs		g	0	80	0	ii i uic	0	0	arreat
Secondary, 11-18		g	0	80	0		0	0	
	·								
utrients :				1.		T			
Nutrient per 10	0 gms				ount	Units	5		
Energy Fat				1.2		kcal			
Saturated fatty a	side			0.2		g			
Carbohydrates	lius			26.6		g			
Free Sugars				0.0		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 (retino	equivalents)			18.0		μg			
Folate				20.0		μg			
Vitamin C				1.0		mg			
Sodium				2.0		mg			
Salt				0.0		g			
Zinc				0.5		mg			

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					V	Veight	
Tomato sauce, no salt	added		Kosher					2	00 g	
thod :										
vings from this recipe	:									
Group	-				Servings					
Primary, 7-10 yrs					20					
Secondary, 11-18 yrs					16					
tion Size, showing the	number c	of arams of	f each food o	ıroun	in a portio	2.				
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		
wiente .										
rients : Nutrient per 100 gm	ıs			Δm	ount	Units				
Energy				37		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	valents)			34.	7	μg				
Folate				9.0		μg				
Vitamin C				13.		mg				
Sodium				11.0	0	mg				
Salt				0.0		g				
Zinc				0.3		mg				

edients:									
Ingredient			Allergens						Weight
tomatoes, grilled									1.2 kg
hod : Chop the tomat e	oes in to g	jood size w	vedge (Smal	ler for	Nursery Pu	upils)	Put on baking t	tray and g	rill Then
ings from this recipe	:								
Group					Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs				1	L6				
ion Size, showing the	e number o	of grams o	f each food	group i	n a portion	n:			
Group	Size	Units	Fruit	Veg	Dried	Fruit	RedMeat	Proces	sedMeat
Primary, 7-10 yrs	60	g	0	60	0		0	0	
Secondary, 11-18 yrs	75	g	0	75	0		0	0	
ients :									
Nutrient per 100 gm	ıs			Amo	unt	Units	;		
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				0.6		mg			
Calcium	l			20.0	7	mg			
Vitamin A (retinol equi Folate	valents)			25.0	/	μg			
Vitamin C				19.0		μg			
Sodium				10.0		mg			
Salt				0.0					
Salt Zinc				0.0		g mg			

redients :									
Ingredient			Allergens					Wei	jht
turnips								2 kg	
thod :								-	
vings from this recipe	. :								
Group					Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs					16				
tion Cine alternion th									
tion Size, showing the Group	Size	Units	Fruit	Veg		n: :: ::::::::::::::::::::::::::::::::	RedMeat	ProcessedM	eat
Primary, 7-10 yrs	71	g	0	71	0		0	0	
Secondary, 11-18 yrs	89	g	0	89	0		0	0	
trients :				1.		1			
Nutrient per 100 gn	ns .				ount	Units	S		
Energy				24		kcal			
Fat				0.3		g			
Saturated fatty acids Carbohydrates				0.0 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	j	mg			
Vitamin A (retinol equ	valents)			3.5		μg			
Folate				14.7	,	μд			
Vitamin C				17.9)	mg			
Sodium				15.8	3	mg			
Salt				0.0		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

Lupin

Nuts (brazil)

Nursery Menu Week1

☐ Nuts (pecan)

Nursery Menu Week 2

Soybeans

Recipe List

☐ Halal

redients :									
Ingredient			Allergens						Weight
grapes, average									800 g
apples									800 g
hod : Grapes must be ve in a coupe cup	cut in hal	f lengthwi	se Wash all 1	ruit b	efore cutti	ng 1. S	lice apples 2. C	ut Grape	s in Half 3
rings from this recipe	:								
Group					Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs					16				
ion Size, showing the	e number o	of grams o	f each food o	roup	in a portio	n:			
Group	Size	Units	Fruit	Veg	Dried	Fruit	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	
rients :									
Nutrient per 100 gm	าร			Am	ount	Units	5		
Energy				56		kcal			
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 equi	ivalents)			2.1		μg			
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) Nuts (pecan) Soybeans ☐ Halal

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

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

Primary Menu Week 1

Fish

Primary Menu Week 2

☐ Nuts (brazil)

Lupin

Nursery Menu Week1

☐ Nuts (pecan)

Nursery Menu Week 2

Soybeans

Recipe List

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

Week 2

Nursery Menu Week1 Nursery Menu Week 2

redients :									
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	number o	of grams of	each food o	roup	in a portion	n:			
Group	Size	Units	Fruit	Veg			RedMeat	Process	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	s			Am	ount	Units	<u> </u>		
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 Cine alternation of			facility of						
tion Size, showing the Group	Size	Units	Fruit	group	i	n: :: ::::::::::::::::::::::::::::::::	RedMeat	ProcessedMeat	
Primary, 7-10 yrs	79	g	60	19	0		0	0	
Secondary, 11-18 yrs	79	g	60	19					
<u> </u>									
rients :				1.		1			
Nutrient per 100 gm	S				ount	Units			
Energy				44		kcal			
Fat				0.1		g			
Saturated fatty acids				0.0	2	g			
Carbobydrates				0.0	5	g			
Carbohydrates				0.0		g			
Free Sugars				10	0				
Free Sugars Total Sugars				10.	8	g			
Free Sugars				10.5 1.5	8	g			
Free Sugars Total Sugars AOAC Fibre				1.5	8	g g			
Free Sugars Total Sugars AOAC Fibre Protein Iron				1.5 0.6 0.1		g g mg			
Free Sugars Total Sugars AOAC Fibre Protein	valents)			1.5 0.6		g g mg mg			
Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium	valents)			1.5 0.6 0.1 10.		g g mg			
Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equi	valents)			1.5 0.6 0.1 10.	5	g g mg mg µg			
Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equi	valents)			1.5 0.6 0.1 10. 5.1 8.3	5	g g mg mg µg			
Free Sugars Total Sugars AOAC Fibre Protein Iron Calcium Vitamin A (retinol equi Folate Vitamin C	valents)			1.5 0.6 0.1 10. 5.1 8.3	5	g g mg mg µg µg pg			

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

Ingredient			Allergens						Weight		
jelly, made with water			Kosher,Ve	nan					200 g		
water, distilled			Rosilei, ve	gan					l I		
hod : As per manufa	rturers ins	tructions									
vings from this recip											
Group					Servings						
Primary, 7-10 yrs					20						
Secondary, 11-18 yrs					16						
tion Size, showing th Group	Size	of grams of Units	Fruit	Veg		on: dFruit	RedMeat	Processe	nd Mont		
Primary, 7-10 yrs	60	g	0	0	0	ariuit	О	0	симеас		
Secondary, 11-18 yrs	75	g	0	0	0		0	0			
200011441 77 11 10 710	, ,	9									
rients :											
Nutrient per 100 gr	ns				ount	Units					
Energy				10		kcal					
Fat				0.0		g					
Saturated fatty acids				0.0		g					
Carbohydrates				2.5		g					
Free Sugars Total Sugars				0.0		g					
AOAC Fibre				0.0		g					
Protein				0.2		g					
Iron				0.1		mg					
Calcium				1.2		mg					
Vitamin A (retinol equ	ivalents)			0.0		μд					
Folate				0.0		μg					
Vitamin C				0.0		mg					
Sodium				0.8		mg					
Salt				0.0		g					
Zinc				0.0		mg					

Fish

Primary Menu Week 2

Lupin

Nursery Menu Week1

☐ Nuts (pecan)

Nuts (brazil)

Nursery Menu Week 2

Soybeans

Recipe List

☐ Halal

T				Allana						107-1-1-1
Ingredient				Allergens						Weight
canned manda	rin			Kosher						800 g
melon										800 g
:hod : 1. Cube	melon ar	nd mix with	n mandar	ins						
vings from thi	s recine :									
Group	o recipe i					Serving	5			
Primary, 7-10	yrs				2	20				
Secondary, 11					:	L6				
tion Size, show	ving the	Size	grams of Units	Fruit			ion: edFruit	RedMeat	Drococc	sedMeat
Group Primary, 7-10	vrs	80	g	80	Veg 0	0	curiuit	О	0	
Secondary, 11		100	g	100	0	0		0	0	
Jecondary, 11	10 713	100	9	100		0				
rients :					1					
Nutrient per	100 gms	:			Amo	unt	Unit	s		
Energy					30		kcal			
Fat					0.1		g			
Saturated fatty					0.0		g			
Carbohydrates					7.2		g			
Free Sugars Total Sugars					1.8 7.2		g			
AOAC Fibre					0.6		g			
Protein					0.6		g			
Iron					0.3		mg			
Calcium					13.0		mg			
Vitamin A (ret	nol equiva	alents)			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	ut the melon on		
vings from this recip	e:								
Group					Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs				1	L6				
tion Size, showing th	ne number o	f grams o	f each food g	roup i	n a portior	n:			
Group	Size	Units	Fruit	Veg	Dried	Fruit	RedMeat	Proces	sedMeat
Primary, 7-10 yrs	94	g	75	19	0		0	0	
Secondary, 11-18 yrs	118	g	94	24	0		0	0	
trients :									
Nutrient per 100 gi	ms			Amo	unt	Unit	ts		
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	uivalents)			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

Vanilla Ice Cream Tub Re	duced S	lan.	Allergens					V	Veight
	duced S	1000							
hod : Follow Manufactu		ugar	Milk produ	cts				1	.6 I
	rer Inst	ructions							
vinga from this resine .									
vings from this recipe : Group					Servings				
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs					20				
<u> </u>									
tion Size, showing the n	1						1		
Group	Size	Units	Fruit	Veg		edFruit	RedMeat	Processe	dMeat
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 gms				Ame	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 equiva	lents)			0.0		μg			
Folate				0.0		μg			
Vitamin C Sodium				112.	0	mg			
Salt				0.3	U	mg			
Zinc				0.0		g mg			

G/A Mixed Flavour Yoghurt Fife Contains: Milk products, Checked for Allergens Ingredients: **Ingredient Allergens** Weight Golden Acre Yogurt Vegan, Milk products 100 g Method: Ambient Yogurt 20 x 100g Peach & Passion Fruit, Raspberry & Strawberry Flavours 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** Group Units Fruit Veg RedMeat Primary, 7-10 yrs 100 g 0 0 0 0 0 0 0 0 0 0 Secondary, 11-18 yrs 100 g **Nutrients:** Nutrient per 100 gms Amount Units Energy 50 kcal Fat 0.5 g Saturated fatty acids 0.5 g Carbohydrates 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 ma Vitamin A (retinol equivalents) 0.0 μg Folate 0.0 μg Vitamin C 0.0 mg Sodium 48.0 mg Salt 0.1 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 Molluscs Nuts (queensland) Vegetarian Gluten (Oats) Nuts (hazelnut) Mustard Crustaceans Gluten (Rye) Nuts (macadamia) Nuts (walnut) **V**egan Gluten (Wheat) Nuts (almond) Nuts (peanuts) Sesame seeds ☐ Kosher ☐ Egg Fish ☐ Nuts (brazil) Halal Lupin Nuts (pecan) Soybeans

Primary Menu Week 1

Week 2

Nursery Menu Week1 Nursery Menu Week 2

- 11 -									1
Ingredient			Allergens						Weight
semi-skimmed milk			Kosher, Milk	prod	ucts,Sulp	hites			4
hod :									
vings from this recipe									
Group	•				Servings	<u> </u>			
Primary, 7-10 yrs					20				
Secondary, 11-18 yrs					13				
tion Size, showing the		-6	f and food a						
Group	Size	Units	Fruit	Veg	i	edFruit	RedMeat	Proces	sedMeat
Primary, 7-10 yrs	200	g	0	0	0		0	0	
Secondary, 11-18 yrs	300	g	0	0	0		0	0	
	nts :								
rients : Nutrient per 100 gm	s			Am	ount	Unit	:s		
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		g			
Iron				0.0		mg			
Calcium				120	.0	mg			
Vitamin A (retinol equi	valents)			20.0)	μg			
Folate				6.0		μg			
Vitamin C				1.0		mg			
Sodium				43.0)	mg			
0 1:				0.1		g			
Salt Zinc						mg			

Fish

Lupin

☐ Nuts (brazil)

Nuts (pecan)

Soybeans

Halal

redients :									1	
Ingredient			Allergens						Weight	
Breakfast cereal, rice,	toasted/cris	p,Kello	Kosher, Glute	en (O	ats)				30 g	
thod : Breakfast Club										
wings from this resine										
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 portion Dried		RedMeat	Proces	sedMeat	
Primary, 7-10 yrs	30	g	0	0	0	Truit	0	0		
Secondary, 11-18 yrs	30	g	0	0	0		0	0		
, , ,										
trients :				1 -		I				
Nutrient per 100 gm	S			-	ount	Units	5			
Energy				382		kcal				
Saturated fatty acids				0.6		g				
Carbohydrates				78.0)	g				
Free Sugars				15.0		g				
Total Sugars				12.4		g				
AOAC Fibre				7.4		g				
Protein				7.5		g				
Iron				8.0		mg				
Calcium				456	.0	mg				
Vitamin A (retinol equi	valents)			0.0		μд				
Folate				180	.0	μg				
Vitamin C				0.0		mg				
Sodium				370	.0	mg				
Salt				0.9		g				
Zinc				2.6		mg				

redients :									
Ingredient			Allergens						Weight
weetabix			Gluten (Whe	eat),	Kosher,Glu	ten (Ba	arley)		30 g
U d. D l. C l. Cl l					•				
thod : Breakfast Club									
vings from this recip	e:				Servings				
Primary, 7-10 yrs					1				
Secondary, 11-18 yrs					1				
tion Size, showing th	ne number o Size	f grams Units	1	roup Veg		n: dFruit	RedMeat	Process	edMeat
Primary, 7-10 yrs	30	g	0	0	0	arruit	0	0	euricat
Secondary, 11-18 yrs		g	0	0	0		0	0	
		9			"				
trients :				1					
Nutrient per 100 g	ms			-	ount	Unit	S		
Energy				332		kcal			
Fat				1.9		g			
Saturated fatty acids				0.3	_	g			
Carbohydrates				72.	/	g			
Free Sugars				1.9		g			
Total Sugars AOAC Fibre				0.0 9.7		g			
Protein				10.	5	g			
Iron				11.		g mg			
Calcium				30.		mg			
Vitamin A (retinol equ	uivalents)			0.0		μд			
Folate	,			170	0.0	μg			
Vitamin C				0.0		mg			
Sodium				260	0.0	mg			
Salt				0.7		g			
Zinc				1.7		mg			

Week 2

Nursery Menu Week1

Nursery Menu Week 2

			Allergens						Weight	
Ingredient				heat).K	osher,Glute	n (Oa	ts).Gluten			
Malted Sandwich Bread	d 				luten (Barl				56 g	
hod:										
rings from this recipe	:									
Group				!	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		RedMeat	Proce	ssedMeat	
Primary, 7-10 yrs	56	g	0	0	0				0	
Secondary, 11-18 yrs	56	g	0	0	0		0	0		
rients :										
Nutrient per 100 gm	ıs			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				
Iron				0.0		mg				
Calcium				0.0		mg				
Vitamin A (retinol equi	valents)			0.0		μд				
Folate				0.0		μg				
Vitamin C				0.0		mg				
Sodium				320.0		mg				
o li				0.8 6.6		g mg				
Salt Zinc										

redients:												
Ingredient			Allergens			Weight						
honey			Vegan						10 g			
thod : Breakfast Club												
vings from this recipe	:											
Group	-				Servings							
Primary, 7-10 yrs				1								
Secondary, 11-18 yrs				1								
ii												
Group	on Size, showing the number of grams of each food graces of each f					n: dFruit			ssedMeat			
Primary, 7-10 yrs	10	g	0	Veg 0	0		0	0				
Secondary, 11-18 yrs	10	g	0	0	0		0	0				
							<u> </u>					
trients :						1114						
Nutrient per 100 gms					ount	Units	kcal					
Energy												
Fat Saturated fathy asids						g						
Saturated fatty acids Carbohydrates					4	g						
Free Sugars					<u> </u>	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		μg						
Folate				0.0		μg						
Vitamin C				0.0		mg						
Sodium				11.0	0	mg						
Salt				0.0		g	g					
Zinc						mg	mg					

Week 2

Nursery Menu Week1

Nursery Menu Week 2

redients :												
Ingredient			Allergens									
Mixed Fruit Jam			Kosher,Sulp	hites				200 g				
thod : Breakfast Club												
vings from this recip												
Group	- ·				Servings							
Primary, 7-10 yrs					20							
Secondary, 11-18 yrs					20							
tion Size, showing th	on Size, showing the number of grams of each food grants of each f				in a portio		RedMeat	ProcessedMeat				
Primary, 7-10 yrs	10	g	0	Veg 0	0	uit	О	0				
Secondary, 11-18 yrs	10	g	0	0	0		0	0				
				1								
trients :				1.		T						
Nutrient per 100 gms					ount	Units						
Energy						kcal	11					
Fat Cohumbed fable paids						9						
Saturated fatty acids)	g						
Carbohydrates Free Sugars					'	g						
Total Sugars				0.0		g						
AOAC Fibre				0.0		g						
Protein				0.3		g						
Iron				0.0		mg						
Calcium				0.0		mg						
Vitamin A (retinol equ	ivalents)			0.0		μд						
Folate				0.0		μg						
Vitamin C				0.0		mg						
Sodium				0.0		mg						
Salt				0.0	0.0		g					
Zinc				0.0		mg	mg					

edients :									ight			
Ingredient			Allergens									
Marmalade portions			Kosher					10 (]			
nod : Breakfast Club												
ings from this recipe												
Group					Servings							
Primary, 7-10 yrs					1							
Secondary, 11-18 yrs					1							
on Size, showing the number of grams of each food g					i		B 100					
Group	Size	Units	Fruit	Veg		edFruit	RedMeat	Processed	ıeat			
Primary, 7-10 yrs	10	9	0	0	0		0	0				
Secondary, 11-18 yrs	10	g	0	0	0		0	0				
ients :												
Nutrient per 100 gms					ount	Units	Jnits					
Energy						kcal	kcal					
Fat				0.1		g						
Saturated fatty acids				0.0		g						
Carbohydrates				68.0		g						
Free Sugars				0.0	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 equi	valents)			0.0		μg						
Folate				0.0		μg						
Vitamin C Sodium Salt Zinc				0.0 0.0 0.0		mg mg g mg						

Primary Menu Week 2 Nursery Menu Week1 Nursery Menu Week 2

redients :								4			
Ingredient			Allergens								
Stork Soft Spread 2Kg	J		Kosher,Milk	produ	ıcts			20	00 g		
thod :											
vings from this recipe	e:				Sorvings						
Group Primary, 7-10 yrs					Servings 20						
Secondary, 11-18 yrs		16									
Secondary, 11 10 yrs					10						
ion Size, showing the number of grams of each food gro								T			
Group	Size	Units	Fruit	Veg				Processe	dMeat		
Primary, 7-10 yrs	10	g	0	0	0		0	0			
Secondary, 11-18 yrs	13	g	0	0	0		0	0			
trients :											
Nutrient per 100 gms					ount	Units	nits				
Energy						kcal	<u> </u>				
Fat						g					
Saturated fatty acids						g					
Carbohydrates				0.5		g					
Free Sugars				0.5		g					
Total Sugars				0.0		g					
AOAC Fibre				0.7		g					
Protein Iron				0.0		g					
Calcium				0.0		mg					
Vitamin A (retinol equ	ivalents)			0.0		-	μg				
Folate	· vaicinto)			0.0			μg				
Vitamin C				0.0		mg					
Sodium				0.1			mg				
Salt				0.0		g					
Zinc				0.0		mg					

ngredients :		1			1							
Ingredient			Allergens			Weight						
semi-skimmed milk			Kosher, Milk	prod	ucts,Sulphi	tes			150 g			
lethod : Breakfast Clu	ıb											
ervings from this rec	no !											
Group	pe :				Servings							
Primary, 7-10 yrs					1							
Secondary, 11-18 y	rs				1							
		_										
	ion Size, showing the number of grams of each food group Size Units Fruit				in a portion Dried		RedMeat	ProcessedMeat				
Primary, 7-10 yrs	150	g	0	Veg 0	0	TTUIC	0	0	,ccsscarreat			
Secondary, 11-18 y		g	0	0	0		0	0				
utrients :				1 _		l						
Nutrient per 100 gms					ount	Units						
Energy						kcal	.aı					
Fat						g						
Saturated fatty acids Carbohydrates						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	.0	mg	mg					
Vitamin A (retinol e	quivalents)			20.5		μg						
Folate				6.0		μд	μg					
Vitamin C				1.0		mg	mg					
Sodium				43.0	43.0							
Salt				0.1		g						
_	Zinc					mg						