

# Primary & Nursery School

## Lunch Menu

April 2021 – June 2022



### DYSART DAiSY

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](#)

# Primary Menu *Week 1*

## 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  
 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

<i>Week 1</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Starter</i>	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
<i>Main 1</i>	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
<i>Main 2</i>	Cheesy Beano V With Tomato Wedges & Crudities	Baked Potato V & Various Filings & Salad	Vegetable Korma V Boiled Rice, Naan Bread Broccoli & Salad	Baked Potato V & Various Filings & Salad	Italian Pasta V Peas & Salad
<i>Filled Roll</i>	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
<i>Dessert</i>	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](#)**

**DIETARY REQUIREMENTS** - If you need help or advise about your child's dietary requirements, please email [dietaryrequest@ffe.gov.uk](mailto:dietaryrequest@ffe.gov.uk)  
 A meeting will then be arranged for you with the school cook and manager.

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

# Primary Menu *Week 2*

## April 2021 – June 2022

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				

<i>Week2</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Starter</i>	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
<i>Main 1</i>	Italian Meatballs with Spaghetti Broccoli & Salad	Beef Burger/Quorn V Burger & Bun with Sweetcorn Salad & Potato Wedges	Roast Chicken & Gravy Mashed Potatoes Carrots & Peas	Pasta Bolognese Garlic Bread Peas & Salad	Salmon Fish Fingers Chips, Beans & Peas
<i>Main 2</i>	Cheese Panini V with Salad & Crudities	Baked Potato V & Various Filings	Cheese & Tomato Pizza V with Salad, Peas & Crudities	Baked Potato V & Various Filings	Vegetable Chilli V Boiled Rice Salad & Peas
<i>Filled Roll</i>	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
<i>Dessert</i>	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.**

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Primary Menu  
Week 1

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

# 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	

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

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A meeting will then be arranged for you with the school cook and manager.

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 2

Recipe List



# 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				

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

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Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Recipe List

# Recipe List

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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

# Green Pea Soup V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
carrots		100 g
leeks		100 g
onions		100 g
water, distilled		5 l
black pepper		3 g
Vegetable Bouillon	<b>Kosher</b>	50 g
Green Split Peas		1 kg

**Method : Made Without .....**'whilst we have measures in place to prevent cross contamination, we cannot guarantee non wrapped products may contain traces of allergens.'..... **1. Place the washed peas in a thick-bottomed pan and cover with water and bouillon. 2. Bring to the boil and skim. 3. Add the remaining vegetables and the pepper. 4. Simmer until Tender. 5. blend and serve.**

## 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	256	g	0	52	0	0	0
Secondary, 11-18 yrs	320	g	0	65	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	93	kcal
Fat	0.7	g
Saturated fatty acids	0.2	g
Carbohydrates	12.0	g
Free Sugars	0.1	g
Total Sugars	0.6	g
AOAC Fibre	1.7	g
Protein	4.4	g
Iron	1.1	mg
Calcium	7.9	mg
Vitamin A (retinol equivalents)	32.3	µg
Folate	0.6	µg
Vitamin C	0.2	mg
Sodium	116.2	mg
Salt	0.3	g
Zinc	0.8	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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Leek & Potato Soup V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
water, distilled		4 l
leeks		1 kg
potatoes		1 kg
onions		180 g
Vegetable Bouillon	<b>Kosher</b>	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 :

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	181	g	0	63	0	0	0
Secondary, 11-18 yrs	227	g	0	79	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	27	kcal
Fat	0.4	g
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	g
Iron	0.3	mg
Calcium	6.2	mg
Vitamin A (retinol equivalents)	4.7	µg
Folate	10.2	µg
Vitamin C	2.9	mg
Sodium	154.7	mg
Salt	0.4	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  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Lentil Soup V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
carrots		350 g
onions		150 g
black pepper		5 g
turnips		200 g
potatoes		350 g
red lentils		350 g
Vegetable Bouillon	<b>Kosher</b>	50 g
Water, distilled (fife)		4 l

**Method : Made Without .....**'whilst we have measures in place to prevent cross contamination, we cannot guarantee non wrapped products may contain traces of allergens.'..... **1.Bring the water and bouillon to the boil 2.Add the lentils and cook for 10 minutes, stirring occasionally 3.Add the diced vegetables 4.Bring to the boil and simmer for 30 minutes 5.Blend and serve when vegetables are tender Note- Please use McCains diced potato in place of old potatoes**

## 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	196	g	0	25	0	0	0
Secondary, 11-18 yrs	244	g	0	31	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	50	kcal
Fat	0.5	g
Saturated fatty acids	0.2	g
Carbohydrates	8.9	g
Free Sugars	0.1	g
Total Sugars	1.3	g
AOAC Fibre	1.2	g
Protein	2.8	g
Iron	0.9	mg
Calcium	11.6	mg
Vitamin A (retinol equivalents)	145.0	µg
Folate	7.8	µg
Vitamin C	1.8	mg
Sodium	170.4	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
- Crustaceans
  Gluten (Rye)
  Mustard
  Nuts (macadamia)
  Nuts (walnut)
  Vegan
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
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Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Tomato Soup V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
canned tomatoes		1.6 kg
carrots		175 g
onions		175 g
tomato puree		150 g
sugar		5 g
water, distilled		4 l
black pepper		3 g
Vegetable Bouillon	<b>Kosher</b>	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.** Add Onions and carrots to pan with water, bouillon, tomato puree and tinned tomatoes. **2. Boil for 25/35 minutes until carrots are soft 3. Season with sugar and pepper to taste 4. Blend (if required) 5. Serve**

## 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	199	g	0	63	0	0	0
Secondary, 11-18 yrs	248	g	0	79	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	17	kcal
Fat	0.4	g
Saturated fatty acids	0.2	g
Carbohydrates	3.0	g
Free Sugars	0.2	g
Total Sugars	2.4	g
AOAC Fibre	0.8	g
Protein	0.5	g
Iron	0.2	mg
Calcium	7.9	mg
Vitamin A (retinol equivalents)	96.8	µg
Folate	5.1	µg
Vitamin C	7.9	mg
Sodium	147.4	mg
Salt	0.4	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  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

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Recipe List

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



# Vegetable Soup V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
water, distilled		4 l
onions		450 g
carrots		450 g
turnips		450 g
leeks		450 g
potatoes		450 g
Cabbage, boiled in unsalted water, average		450 g
parsley, fresh		25 g
Vegetable Bouillon	<b>Kosher</b>	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.**Put all the ingredients in a pan and simmer for **30-40 minutes** . **2.**Blend and serve garnished with parsley

## 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	201	g	0	67	0	0	0
Secondary, 11-18 yrs	252	g	0	84	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	23	kcal
Fat	0.4	g
Saturated fatty acids	0.2	g
Carbohydrates	4.3	g
Free Sugars	0.1	g
Total Sugars	2.0	g
AOAC Fibre	1.4	g
Protein	0.8	g
Iron	0.2	mg
Calcium	18.1	mg
Vitamin A (retinol equivalents)	167.1	µg
Folate	9.3	µg
Vitamin C	5.9	mg
Sodium	142.7	mg
Salt	0.4	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  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
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Week 2

Recipe List

Measures are in place to minimise the risk of cross contamination.  
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# Yellow Split Pea Soup V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
yellow split peas		500 g
carrots		400 g
onions		400 g
water, distilled		4 l
black pepper		5 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.'..... Soak the split peas overnight Sweat the diced carrot and onion for 5 minutes Add peas, water,stock and pepper Boil for 1.5 hours Blend and serve

## 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	218	g	0	33	0	0	0
Secondary, 11-18 yrs	272	g	0	41	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	47	kcal
Fat	0.6	g
Saturated fatty acids	0.2	g
Carbohydrates	8.3	g
Free Sugars	0.1	g
Total Sugars	1.2	g
AOAC Fibre	1.3	g
Protein	2.7	g
Iron	0.7	mg
Calcium	8.5	mg
Vitamin A (retinol equivalents)	130.9	µg
Folate	0.9	µg
Vitamin C	0.2	mg
Sodium	133.6	mg
Salt	0.3	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
- Crustaceans
- Gluten (Rye)
- Mustard
- Nuts (macadamia)
- Nuts (walnut)
- Vegan
- Egg
- Gluten (Wheat)
- Nuts (almond)
- Nuts (peanuts)
- Sesame seeds
- Kosher
- Fish
- Lupin
- Nuts (brazil)
- Nuts (pecan)
- Soybeans
- Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Cheese Panini V1 Fife

Contains: **Milk products,Gluten (Wheat),Checked for Allergens**

May Contain: Sesame Seeds & EggsMay Contain: Sesame Seeds & EggsMay Contain: Sesame Seeds & EggsMay Contain: Sesame Seeds & Eggs

## Ingredients :

Ingredient	Allergens	Weight
Grated Cheese	<b>Kosher,Vegan,Milk products</b>	800 g
Panini 2018	<b>Gluten (Wheat) - May Contain: Sesame Seeds &amp; Eggs</b>	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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	140	g	0	0	0	0	0
Secondary, 11-18 yrs	175	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	294	kcal
Fat	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	µg
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)
  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)
  Soybeans
  Halal

May contain: Sesame Seeds & Eggs

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# 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	<b>Kosher</b>	1 kg
Grated Cheese	<b>Kosher,Vegan,Milk products</b>	350 g
Sandwich Baguette	<b>Gluten (Wheat),Kosher - May Contain: Sesame Seeds</b>	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 :

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	168	g	0	0	0	0	0
Secondary, 11-18 yrs	209	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	209	kcal
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	g
Iron	8.2	mg
Calcium	17.7	mg
Vitamin A (retinol equivalents)	1.1	µg
Folate	8.7	µg
Vitamin C	0.0	mg
Sodium	327.2	mg
Salt	0.8	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  
 Crustaceans
  Gluten (Rye)
  Mustard
  Nuts (macadamia)
  Nuts (walnut)
  Vegan  
 Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

May contain: Sesame Seeds

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Roast Chicken & Gravy V1 file Made Without

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
water, distilled		1.5 l
Chicken Roast G/G	<b>Kosher, Halal, Vegan, Vegetarian</b>	1.6 kg
Knorr Instant Gravy Granules	<b>Kosher</b>	50 g
Vegetable Bouillon Made Without	<b>Kosher</b>	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	g	0	0	0	0	0
Secondary, 11-18 yrs	178	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	67	kcal
Fat	0.7	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	mg
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....

- 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)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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

# Chicken Korma V1 Fife

Contains: Sesame seeds, Milk products, Nuts (almond), Checked for Allergens

## Ingredients :

Ingredient	Allergens	Weight
Korma Sauce	Kosher, Sesame seeds, Vegan, Milk products, Nuts (almond)	1 l
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
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	110	g	0	0	0	0	0
Secondary, 11-18 yrs	138	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	132	kcal
Fat	5.2	g
Saturated fatty acids	2.6	g
Carbohydrates	8.1	g
Free Sugars	0.0	g
Total Sugars	3.5	g
AOAC Fibre	1.5	g
Protein	12.7	g
Iron	0.3	mg
Calcium	2.7	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	0.0	µg
Vitamin C	0.0	mg
Sodium	0.2	mg
Salt	0.0	g
Zinc	0.0	mg

## Allergens : Based on ingredients.

This dish flagged as....

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

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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



# G/G Crispy Cod Fillet V1 Fife

Contains: **Gluten (Wheat),Gluten (Oats),Gluten (Rye),Gluten (Barley),Fish,Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
Green Gourmet Cod Fillet	<b>Gluten (Wheat),Kosher,Gluten (Oats),Gluten (Rye),Vegan,Vegetarian,Gluten (Barley),Fish</b>	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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	60	g	0	0	0	0	0
Secondary, 11-18 yrs	60	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	204	kcal
Fat	7.7	g
Saturated fatty acids	0.7	g
Carbohydrates	21.1	g
Free Sugars	0.9	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
Zinc	0.2	mg

## Allergens : Based on ingredients.

This dish flagged as....

- |   |   |  |   |  |  |
|---|---|--|---|--|--|
| <input checked="" type="checkbox"/> Checked for Allergens | <input checked="" type="checkbox"/> Gluten (Barley) | <input type="checkbox"/> Milk products | <input type="checkbox"/> Nuts (cashew)    | <input type="checkbox"/> Nuts (pistachio)  | <input type="checkbox"/> Sulphites             |
| <input type="checkbox"/> Celery and celeriac              | <input checked="" type="checkbox"/> Gluten (Oats)   | <input type="checkbox"/> Molluscs      | <input type="checkbox"/> Nuts (hazelnut)  | <input type="checkbox"/> Nuts (queensland) | <input checked="" type="checkbox"/> Vegetarian |
| <input type="checkbox"/> Crustaceans                      | <input checked="" type="checkbox"/> Gluten (Rye)    | <input type="checkbox"/> Mustard       | <input type="checkbox"/> Nuts (macadamia) | <input type="checkbox"/> Nuts (walnut)     | <input checked="" type="checkbox"/> Vegan      |
| <input type="checkbox"/> Egg                              | <input checked="" type="checkbox"/> Gluten (Wheat)  | <input type="checkbox"/> Nuts (almond) | <input type="checkbox"/> Nuts (peanuts)   | <input type="checkbox"/> Sesame seeds      | <input checked="" type="checkbox"/> Kosher     |
| <input checked="" type="checkbox"/> Fish                  | <input type="checkbox"/> Lupin                      | <input type="checkbox"/> Nuts (brazil) | <input type="checkbox"/> Nuts (pecan)     | <input type="checkbox"/> Soybeans          | <input type="checkbox"/> Halal                 |

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Cheese Roll V3 Fife

Contains: **Milk products,Gluten (Wheat),Checked for Allergens**

May Contain: Soya

## Ingredients :

Ingredient	Allergens	Weight
cheese, cheddar, average	<b>Kosher,Vegan,Milk products</b>	800 g
Stork Soft Spread 2Kg	<b>Kosher,Milk products</b>	100 g
50/50 Roll/Hot Dog Roll	<b>Gluten (Wheat) - May Contain: Soya</b>	1 kg

**Method : PLEASE NOTE Rolls - Weight may Vary Portion size is a guideline only Follow manufacturers instruction for Roll .....**

## Servings from this recipe :

Group	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	95	g	0	0	0	0	0
Secondary, 11-18 yrs	95	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	307	kcal
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	g
Iron	0.1	mg
Calcium	409.0	mg
Vitamin A (retinol equivalents)	152.6	µg
Folate	13.9	µg
Vitamin C	0.0	mg
Sodium	480.0	mg
Salt	1.2	g
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  
 Fish  
 Lupin  
 Nuts (brazil)  
 Nuts (pecan)  
 Soybeans  
 Halal

May contain: Soya

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Egg Mayonnaise Roll V3 Fife

Contains: **Egg,Gluten (Wheat),Checked for Allergens**

May Contain: Soya

## Ingredients :

Ingredient	Allergens	Weight
Lite Mayonnaise (fife)	<b>Kosher,Vegan,Egg</b>	400 g
Medium Barn Eggs (High School Only)	<b>Kosher,Vegan,Egg</b>	800 g
50/50 Roll/Hot Dog Roll	<b>Gluten (Wheat) - May Contain: Soya</b>	1 kg

**Method : PLEASE NOTE Rolls - Weight may Vary Portion size is a guideline only Follow manufacturers instruction for Roll .....1. 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 :

Group	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	110	g	0	0	0	0	0
Secondary, 11-18 yrs	110	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	194	kcal
Fat	9.3	g
Saturated fatty acids	1.7	g
Carbohydrates	20.9	g
Free Sugars	1.0	g
Total Sugars	0.0	g
AOAC Fibre	1.8	g
Protein	8.1	g
Iron	4.6	mg
Calcium	95.0	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	0.0	µg
Vitamin C	0.0	mg
Sodium	243.5	mg
Salt	0.6	g
Zinc	0.6	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  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

May contain: Soya

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Ham Roll V3 Fife

Contains: **Milk products,Gluten (Wheat),Checked for Allergens**

May Contain: Soya

## Ingredients :

Ingredient	Allergens	Weight
Ham	<b>Kosher,Halal,Vegan,Vegetarian</b>	800 g
Stork Soft Spread 2Kg	<b>Kosher,Milk products</b>	100 g
50/50 Roll/Hot Dog Roll	<b>Gluten (Wheat) - May Contain: Soya</b>	1 kg

**Method : PLEASE NOTE Rolls - Weight may Vary Portion size is a guideline only Follow manufacturers instruction for Roll .....**

## Servings from this recipe :

Group	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	95	g	0	0	0	40	0
Secondary, 11-18 yrs	95	g	0	0	0	40	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	176	kcal
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	g
Iron	0.3	mg
Calcium	108.7	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	8.0	µg
Vitamin C	0.0	mg
Sodium	534.7	mg
Salt	1.3	g
Zinc	1.5	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  
 Fish  
  Lupin  
  Nuts (brazil)  
  Nuts (pecan)  
  Soybeans  
  Halal

May contain: Soya

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# 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	<b>Vegan,Fish</b>	800 g
Lite Mayonnaise (fife)	<b>Kosher,Vegan,Egg</b>	400 g
50/50 Roll/Hot Dog Roll	<b>Gluten (Wheat) - May Contain: Soya</b>	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 :

Group	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	102	g	0	0	0	0	0
Secondary, 11-18 yrs	102	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	183	kcal
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	g
Iron	0.3	mg
Calcium	104.6	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	1.3	µg
Vitamin C	0.0	mg
Sodium	362.6	mg
Salt	0.9	g
Zinc	0.9	mg

**Allergens : Based on ingredients.**

This dish flagged as....

- |   |  |  |   |  |                                     |
|---|--|--|---|--|-------------------------------------|
| <input checked="" type="checkbox"/> Checked for Allergens | <input type="checkbox"/> Gluten (Barley)           | <input type="checkbox"/> Milk products | <input type="checkbox"/> Nuts (cashew)    | <input type="checkbox"/> Nuts (pistachio)  | <input type="checkbox"/> Sulphites  |
| <input type="checkbox"/> Celery and celeriac              | <input type="checkbox"/> Gluten (Oats)             | <input type="checkbox"/> Molluscs      | <input type="checkbox"/> Nuts (hazelnut)  | <input type="checkbox"/> Nuts (queensland) | <input type="checkbox"/> Vegetarian |
| <input type="checkbox"/> Crustaceans                      | <input type="checkbox"/> Gluten (Rye)              | <input type="checkbox"/> Mustard       | <input type="checkbox"/> Nuts (macadamia) | <input type="checkbox"/> Nuts (walnut)     | <input type="checkbox"/> Vegan      |
| <input checked="" type="checkbox"/> Egg                   | <input checked="" type="checkbox"/> Gluten (Wheat) | <input type="checkbox"/> Nuts (almond) | <input type="checkbox"/> Nuts (peanuts)   | <input type="checkbox"/> Sesame seeds      | <input type="checkbox"/> Kosher     |
| <input checked="" type="checkbox"/> Fish                  | <input type="checkbox"/> Lupin                     | <input type="checkbox"/> Nuts (brazil) | <input type="checkbox"/> Nuts (pecan)     | <input type="checkbox"/> Soybeans          | <input type="checkbox"/> Halal      |

May contain: Soya

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Turkey Roll V3 Fife

Contains: **Milk products,Gluten (Wheat),Checked for Allergens**

May Contain: Soya

## Ingredients :

Ingredient	Allergens	Weight
Stork Soft Spread 2Kg	<b>Kosher,Milk products</b>	100 g
Turkey slices (fife)	<b>Halal</b>	800 g
50/50 Roll/Hot Dog Roll	<b>Gluten (Wheat) - May Contain: Soya</b>	1 kg

**Method : PLEASE NOTE Rolls - Weight may Vary Portion size is a guideline only Follow manufacturers instruction for Roll .....**

## 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	95	g	0	0	0	0	0
Secondary, 11-18 yrs	119	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	182	kcal
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	g
Iron	0.2	mg
Calcium	108.3	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	3.4	µg
Vitamin C	0.0	mg
Sodium	446.3	mg
Salt	1.1	g
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  
  Gluten (Wheat)  
  Nuts (almond)  
  Nuts (peanuts)  
  Sesame seeds  
  Kosher  
 Fish  
  Lupin  
  Nuts (brazil)  
  Nuts (pecan)  
  Soybeans  
  Halal

May contain: Soya

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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



# G/F Beef Burger & Bun V1 Fife

Contains: Soybeans,Sulphites,Gluten (Wheat),Sesame seeds,Checked for Allergens

## Ingredients :

Ingredient	Allergens	Weight
QMS Beefburger GreenN 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 :

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	105	g	0	0	0	57	0
Secondary, 11-18 yrs	131	g	0	0	0	71	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	266	kcal
Fat	9.8	g
Saturated fatty acids	3.0	g
Carbohydrates	25.0	g
Free Sugars	2.8	g
Total Sugars	0.0	g
AOAC Fibre	2.9	g
Protein	15.8	g
Iron	5.9	mg
Calcium	5.2	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	6.3	µg
Vitamin C	0.0	mg
Sodium	176.1	mg
Salt	0.4	g
Zinc	2.8	mg

## Allergens : Based on ingredients.

This dish flagged as....

- |   |  |  |   |  |   |
|---|--|--|---|--|---|
| <input checked="" type="checkbox"/> Checked for Allergens | <input type="checkbox"/> Gluten (Barley)           | <input type="checkbox"/> Milk products | <input type="checkbox"/> Nuts (cashew)    | <input type="checkbox"/> Nuts (pistachio)        | <input checked="" type="checkbox"/> Sulphites |
| <input type="checkbox"/> Celery and celeriac              | <input type="checkbox"/> Gluten (Oats)             | <input type="checkbox"/> Molluscs      | <input type="checkbox"/> Nuts (hazelnut)  | <input type="checkbox"/> Nuts (queensland)       | <input type="checkbox"/> Vegetarian           |
| <input type="checkbox"/> Crustaceans                      | <input type="checkbox"/> Gluten (Rye)              | <input type="checkbox"/> Mustard       | <input type="checkbox"/> Nuts (macadamia) | <input type="checkbox"/> Nuts (walnut)           | <input type="checkbox"/> Vegan                |
| <input type="checkbox"/> Egg                              | <input checked="" type="checkbox"/> Gluten (Wheat) | <input type="checkbox"/> Nuts (almond) | <input type="checkbox"/> Nuts (peanuts)   | <input checked="" type="checkbox"/> Sesame seeds | <input checked="" type="checkbox"/> Kosher    |
| <input type="checkbox"/> Fish                             | <input type="checkbox"/> Lupin                     | <input type="checkbox"/> Nuts (brazil) | <input type="checkbox"/> Nuts (pecan)     | <input checked="" type="checkbox"/> Soybeans     | <input type="checkbox"/> Halal                |

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# 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	200 g
Oil, vegetable, average (fife)		10 g
Water, distilled (fife)	Kosher, Halal, Vegan, Vegetarian	400 ml
Cornflour (fife)	Kosher, Soybeans	30 g
Spaghetti, white, raw (fife)	Gluten (Wheat), Kosher	800 g
Tomatoes, crushed, canned	Kosher	1.6 kg
GG Chicken Meatballs (fife)	Gluten (Wheat)	1.6 kg

**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 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 utensils, 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	221	g	0	85	0	0	0
Secondary, 11-18 yrs	277	g	0	107	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	165	kcal
Fat	5.7	g
Saturated fatty acids	1.4	g
Carbohydrates	22.0	g
Free Sugars	0.1	g
Total Sugars	0.9	g
AOAC Fibre	1.6	g
Protein	7.8	g
Iron	1.3	mg
Calcium	22.2	mg
Vitamin A (retinol equivalents)	5.1	µg
Folate	9.6	µg
Vitamin C	3.8	mg
Sodium	193.8	mg
Salt	0.5	g
Zinc	0.7	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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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

# Italian Pasta V1 fife

Contains: **Gluten (Wheat),Gluten (Oats),Gluten (Rye),Gluten (Barley),Soybeans,Milk products,Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
pasta, plain, fresh, raw	<b>Gluten (Wheat),Gluten (Oats),Gluten (Rye),Gluten (Barley)</b>	700 g
canned tomatoes		1.6 kg
tomato puree		30 g
mushrooms		300 g
onions		250 g
garlic powder		5 g
mixed herbs		5 g
vegetable oil		30 ml
water, distilled		800 ml
cornflour	<b>Kosher,Soybeans</b>	60 g
chilli powder		3 g
cheese, cheddar, average	<b>Kosher,Vegan,Milk products</b>	250 g

**Method : Method 1. Cook the pasta,drain and refresh 2. Saute the onion,garlic and mushrooms in the oil 3. Add the tomatoes,tomato puree,mixed herbs and chilli powder. 4. Add the water and thicken with cornflour 5. Mix the pasta with the sauce and place in tin 6. Sprinkle with the grated cheese and bake at 200c 400f,gas mark 6 for about 15 minutes till correct temperature has been reached**

## 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	214	g	0	114	0	0	0
Secondary, 11-18 yrs	268	g	0	143	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	91	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	54.7	mg
Vitamin A (retinol equivalents)	49.6	µg
Folate	11.9	µg
Vitamin C	10.6	mg
Sodium	48.1	mg
Salt	0.1	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
- Crustaceans
  Gluten (Rye)
  Mustard
  Nuts (macadamia)
  Nuts (walnut)
  Vegan
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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

# Jacket Potato Combo Fife

Contains: **Egg,Fish,Milk products**

## Ingredients :

Component	Allergens	Portion	Servings
Jacket potato		3400	20
Egg Mayonnaise	<b>Egg</b>	1350	7
Tuna and Mayonnaise	<b>Fish,Egg</b>	1600	7
Cheddar cheese	<b>Milk products</b>	800	6

## 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	230	g	0	0	0	0	0
Secondary, 11-18 yrs	288	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	155	kcal
Fat	4.2	g
Saturated fatty acids	1.6	g
Carbohydrates	23.5	g
Free Sugars	0.2	g
Total Sugars	0.0	g
AOAC Fibre	2.6	g
Protein	7.3	g
Iron	0.8	mg
Calcium	51.8	mg
Vitamin A (retinol equivalents)	37.5	µg
Folate	37.5	µg
Vitamin C	10.2	mg
Sodium	129.0	mg
Salt	0.3	g
Zinc	0.8	mg

## Allergens : Based on ingredients.

This dish flagged as....

- |   |  |   |   |  |                                     |
|---|--|---|---|--|-------------------------------------|
| <input type="checkbox"/> Vegetarian                       | <input type="checkbox"/> Gluten (Barley) | <input checked="" type="checkbox"/> Milk products | <input type="checkbox"/> Nuts (cashew)    | <input type="checkbox"/> Nuts (pistachio)  | <input type="checkbox"/> Sulphites  |
| <input checked="" type="checkbox"/> Checked for Allergens | <input type="checkbox"/> Gluten (Oats)   | <input type="checkbox"/> Molluscs                 | <input type="checkbox"/> Nuts (hazelnut)  | <input type="checkbox"/> Nuts (queensland) | <input type="checkbox"/> Vegetarian |
| <input type="checkbox"/> Celery and celeriac              | <input type="checkbox"/> Gluten (Rye)    | <input type="checkbox"/> Mustard                  | <input type="checkbox"/> Nuts (macadamia) | <input type="checkbox"/> Nuts (walnut)     | <input type="checkbox"/> Vegan      |
| <input type="checkbox"/> Crustaceans                      | <input type="checkbox"/> Gluten (Wheat)  | <input type="checkbox"/> Nuts (almond)            | <input type="checkbox"/> Nuts (peanuts)   | <input type="checkbox"/> Sesame seeds      | <input type="checkbox"/> Kosher     |
| <input checked="" type="checkbox"/> Egg                   | <input type="checkbox"/> Lupin           | <input type="checkbox"/> Nuts (brazil)            | <input type="checkbox"/> Nuts (pecan)     | <input type="checkbox"/> Soybeans          | <input type="checkbox"/> Halal      |
| <input checked="" type="checkbox"/> Fish                  |  |   |   |  |                                     |

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Macaroni cheese V1 Fife

Contains: **Gluten (Wheat),Gluten (Oats),Gluten (Rye),Gluten (Barley),Soybeans,Milk products,Sulphites,Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
macaroni	<b>Gluten (Wheat),Gluten (Oats),Gluten (Rye),Gluten (Barley)</b>	575 g
cornflour	<b>Kosher,Soybeans</b>	150 g
semi-skimmed milk, pasteurised	<b>Kosher,Vegan,Milk products,Sulphites</b>	2.7 l
Grated Cheese	<b>Kosher,Vegan,Milk products</b>	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 :

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	215	g	0	0	0	0	0
Secondary, 11-18 yrs	269	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	133	kcal
Fat	4.9	g
Saturated fatty acids	3.0	g
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	mg
Vitamin A (retinol equivalents)	14.1	µg
Folate	2.5	µg
Vitamin C	0.3	mg
Sodium	124.8	mg
Salt	0.3	g
Zinc	0.4	mg

**Allergens : Based on ingredients.**

This dish flagged as....

- |   |   |   |   |  |   |
|---|---|---|---|--|---|
| <input checked="" type="checkbox"/> Checked for Allergens | <input checked="" type="checkbox"/> Gluten (Barley) | <input checked="" type="checkbox"/> Milk products | <input type="checkbox"/> Nuts (cashew)    | <input type="checkbox"/> Nuts (pistachio)    | <input checked="" type="checkbox"/> Sulphites |
| <input type="checkbox"/> Celery and celeriac              | <input checked="" type="checkbox"/> Gluten (Oats)   | <input type="checkbox"/> Molluscs                 | <input type="checkbox"/> Nuts (hazelnut)  | <input type="checkbox"/> Nuts (queensland)   | <input type="checkbox"/> Vegetarian           |
| <input type="checkbox"/> Crustaceans                      | <input checked="" type="checkbox"/> Gluten (Rye)    | <input type="checkbox"/> Mustard                  | <input type="checkbox"/> Nuts (macadamia) | <input type="checkbox"/> Nuts (walnut)       | <input type="checkbox"/> Vegan                |
| <input type="checkbox"/> Egg                              | <input checked="" type="checkbox"/> Gluten (Wheat)  | <input type="checkbox"/> Nuts (almond)            | <input type="checkbox"/> Nuts (peanuts)   | <input type="checkbox"/> Sesame seeds        | <input type="checkbox"/> Kosher               |
| <input type="checkbox"/> Fish                             | <input type="checkbox"/> Lupin                      | <input type="checkbox"/> Nuts (brazil)            | <input type="checkbox"/> Nuts (pecan)     | <input checked="" type="checkbox"/> Soybeans | <input type="checkbox"/> Halal                |

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Multi Serve Cheese & Tomato Pizza V1 Fife

Contains: **Gluten (Wheat),Milk products,Celery and celeriac,Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
Multiserve Pizza	Gluten (Wheat),Kosher,Vegan,Milk products,Celery and celeriac	2.25 kg

**Method : Follow manufacturers instructions Please note - Manufactures statement Celery may be present from Cross Contamination on site**

## 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	99	g	0	0	0	0	0
Secondary, 11-18 yrs	124	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	260	kcal
Fat	7.4	g
Saturated fatty acids	3.9	g
Carbohydrates	34.8	g
Free Sugars	2.6	g
Total Sugars	0.0	g
AOAC Fibre	6.4	g
Protein	11.0	g
Iron	11.0	mg
Calcium	0.0	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	0.0	µg
Vitamin C	0.0	mg
Sodium	427.3	mg
Salt	1.1	g
Zinc	1.1	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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Pasta Bolognese V1 Fife

Contains: **Gluten (Wheat),Gluten (Oats),Gluten (Rye),Gluten (Barley),Soybeans,Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
onions		300 g
carrots		300 g
mushrooms		200 g
green peppers		100 g
red peppers		100 g
canned tomatoes		1.5 l
garlic powder		10 g
mixed herbs		10 g
black pepper		5 g
minced beef	<b>Kosher,Halal,Vegan,Vegetarian</b>	1.2 kg
macaroni	<b>Gluten (Wheat),Gluten (Oats),Gluten (Rye),Gluten (Barley)</b>	800 g
Cornflour (fife)	<b>Kosher,Soybeans</b>	25 g

**Method : Method 1. Dry fry the mince and skim off any fat. 2. Add the onions, carrots and tomato puree. 3. Add water and cook until tender. 4. Add the chopped tomatoes and mix well. 5. Add the garlic powder and herbs. 6. Thicken with cornflour blended with a little water 7. Check temperature is above 75. 8. Boil a pot of water then add the pasta 9. Cook until tender.**

## 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	210	g	0	115	0	55	0
Secondary, 11-18 yrs	263	g	0	145	0	69	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	144	kcal
Fat	5.1	g
Saturated fatty acids	2.0	g
Carbohydrates	17.3	g
Free Sugars	0.0	g
Total Sugars	2.4	g
AOAC Fibre	1.7	g
Protein	8.3	g
Iron	1.0	mg
Calcium	18.9	mg
Vitamin A (retinol equivalents)	135.1	µg
Folate	10.6	µg
Vitamin C	8.2	mg
Sodium	26.4	mg
Salt	0.1	g
Zinc	1.4	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
- Crustaceans
  Gluten (Rye)
  Mustard
  Nuts (macadamia)
  Nuts (walnut)
  Vegan
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Plated Salad Combo fife

Contains: **Fish, Milk products, Egg, Mustard, Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
lettuce (iceberg)		160 g
tomatoes, raw		160 g
red peppers		80 g
green peppers		80 g
Turkey slices (fife)	<b>Halal</b>	60 g
Tuna, canned in brine, drained	<b>Vegan, Fish</b>	60 g
cheese, cheddar, average	<b>Kosher, Vegan, Milk products</b>	60 g
Eggs, chicken, whole, boiled	<b>Egg</b>	60 g
Lite Mayonnaise (fife)	<b>Kosher, Vegan, Egg</b>	80 g
coleslaw (reduced calorie mayonnaise)	<b>Mustard, Kosher, Halal, Egg</b>	80 g
cucumber		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	4
Secondary, 11-18 yrs	4

## 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	203	g	0	135	0	0	0
Secondary, 11-18 yrs	203	g	0	135	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	93	kcal
Fat	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	mg
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	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  
 Fish  
 Lupin  
 Nuts (brazil)  
 Nuts (pecan)  
 Soybeans  
 Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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



# 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	<b>Gluten (Wheat) - May Contain: Soya</b>	1.3 kg
pork sausages	<b>Gluten (Wheat),Kosher,Halal,Vegan,Sulphites,Vegetarian</b>	1.2 kg

**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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	119	g	0	0	0	0	57
Secondary, 11-18 yrs	148	g	0	0	0	0	71

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	268	kcal
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
Protein	10.2	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	g
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
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

May contain: Soya

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Quorn Burger In a Bun V1 Fife

Contains: **Gluten (Wheat),Egg,Milk products,Sesame seeds,Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
Quorn Burger	<b>Gluten (Wheat),Kosher,Vegan,Egg,Milk products</b>	1.2 kg
Seeded Burger Bun (fife)	<b>Gluten (Wheat),Kosher,Sesame seeds</b>	1 kg

## Method : 1. Follow manufacturers 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	106	g	0	0	0	0	0
Secondary, 11-18 yrs	132	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	180	kcal
Fat	2.8	g
Saturated fatty acids	0.7	g
Carbohydrates	24.8	g
Free Sugars	2.2	g
Total Sugars	0.6	g
AOAC Fibre	5.1	g
Protein	13.4	g
Iron	5.0	mg
Calcium	16.5	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	11.9	µg
Vitamin C	0.0	mg
Sodium	344.7	mg
Salt	0.9	g
Zinc	4.0	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  
 Egg  
 Gluten (Wheat)  
 Nuts (almond)  
 Nuts (peanuts)  
 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

Recipe List

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

# Salmon Bites V1 fife - Nursery

Contains: **Gluten (Wheat),Fish,Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
Salmon Nibbles MSC	<b>Gluten (Wheat),Kosher,Vegan,Vegetarian,Fish</b>	60 g

Method : follow manufactures' instructions

## 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	60	g	0	0	0	0	0
Secondary, 11-18 yrs	60	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	178	kcal
Fat	5.2	g
Saturated fatty acids	0.5	g
Carbohydrates	18.6	g
Free Sugars	1.4	g
Total Sugars	0.0	g
AOAC Fibre	0.0	g
Protein	0.0	g
Iron	1.1	mg
Calcium	44.8	mg
Vitamin A (retinol equivalents)	23.0	µg
Folate	8.6	µg
Vitamin C	0.2	mg
Sodium	0.2	mg
Salt	0.0	g
Zinc	0.6	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  
 Fish  
 Lupin  
 Nuts (brazil)  
 Nuts (pecan)  
 Soybeans  
 Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Gluten Free Salmon Fish Fingers Fife

Contains: **Fish, Checked for Allergens**

## Ingredients :

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

**Method :** Please follow manufacturers information. This is a gluten free product Brakes code 112546 Product must not come in to contact with any gluten products or utensils, 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	µg
Folate	6.3	µg
Vitamin C	0.0	mg
Sodium	0.3	mg
Salt	0.0	g
Zinc	0.5	mg

**Allergens :** Based on ingredients.

This dish flagged as....

- |   |  |  |   |  |  |
|---|--|--|---|--|--|
| <input checked="" type="checkbox"/> Checked for Allergens | <input type="checkbox"/> Gluten (Barley) | <input type="checkbox"/> Milk products | <input type="checkbox"/> Nuts (cashew)    | <input type="checkbox"/> Nuts (pistachio)  | <input type="checkbox"/> Sulphites             |
| <input type="checkbox"/> Celery and celeriac              | <input type="checkbox"/> Gluten (Oats)   | <input type="checkbox"/> Molluscs      | <input type="checkbox"/> Nuts (hazelnut)  | <input type="checkbox"/> Nuts (queensland) | <input checked="" type="checkbox"/> Vegetarian |
| <input type="checkbox"/> Crustaceans                      | <input type="checkbox"/> Gluten (Rye)    | <input type="checkbox"/> Mustard       | <input type="checkbox"/> Nuts (macadamia) | <input type="checkbox"/> Nuts (walnut)     | <input checked="" type="checkbox"/> Vegan      |
| <input type="checkbox"/> Egg                              | <input type="checkbox"/> Gluten (Wheat)  | <input type="checkbox"/> Nuts (almond) | <input type="checkbox"/> Nuts (peanuts)   | <input type="checkbox"/> Sesame seeds      | <input checked="" type="checkbox"/> Kosher     |
| <input checked="" type="checkbox"/> Fish                  | <input type="checkbox"/> Lupin           | <input type="checkbox"/> Nuts (brazil) | <input type="checkbox"/> Nuts (pecan)     | <input type="checkbox"/> Soybeans          | <input checked="" type="checkbox"/> Halal      |

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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

# Steak Pie V1 Fife H

Contains: **Milk products,Sulphites,Gluten (Wheat),Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
beef, braising steak, raw, lean	<b>Kosher,Halal,Vegan,Vegetarian</b>	1.2 kg
onions		500 g
water, distilled		1.5 l
semi-skimmed milk	<b>Kosher,Milk products,Sulphites</b>	30 g
Puff Pastry (fife)	<b>Gluten (Wheat)</b>	600 g
Knorr Instant Gravy Granules	<b>Kosher</b>	40 g

**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 :

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	170	g	0	22	0	53	0
Secondary, 11-18 yrs	213	g	0	28	0	66	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	128	kcal
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	1.6	mg
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
  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)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Vegetable chilli V1 fife

Contains: Sulphites, Checked for Allergens

## Ingredients :

Ingredient	Allergens	Weight
onions		120 g
cinnamon	Kosher, Sulphites	5 g
vegetable oil		50 ml
red peppers		100 g
yellow peppers		100 g
garlic		10 g
coriander leaves		100 g
canned kidney beans		800 g
Tomatoes, crushed, canned	Kosher	800 g
chilli powder		10 g
black pepper		5 g
McCain Alternatives Simply for Mash	Kosher	500 g

**Method :** 1 Place Diced potato on a baking tray 2. Sprinkle with a pinch of the spices and with oil then toss to coat 3. Cook in oven 200c/400f for approx. 40 minutes until tender 4. Chop the onions, deseed peppers and finely chop the garlic 5. Finely chop the Washed coriander stalks 6.. Heat the oil in a large pan and cook the onion , peppers and garlic for 5 minutes 7. Add the coriander stalks ,chilli and the spices and cook for a further 5 minutes 8. Drain and add the kidney beans and tomatoes and add to pan 11. Bring to the boil, then simmer for approx. 30 minutes 12. Stir the cooked potato in to the mixture once cooked, add a splash of water to loosen if needed 13. Chop the coriander leaves and stir in just before service 14. Serve with Boiled Rice

## Servings from this recipe :

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

## 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	213	g	0	92	0	0	0
Secondary, 11-18 yrs	213	g	0	92	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	92	kcal
Fat	3.7	g
Saturated fatty acids	0.5	g
Carbohydrates	12.6	g
Free Sugars	0.0	g
Total Sugars	0.0	g
AOAC Fibre	2.9	g
Protein	3.2	g
Iron	1.8	mg
Calcium	39.4	mg
Vitamin A (retinol equivalents)	64.9	µg
Folate	13.5	µg
Vitamin C	14.9	mg
Sodium	70.5	mg
Salt	0.2	g
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
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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

# 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
yellow peppers		200 g
onions		500 g
mushrooms		200 g
Korma Sauce	Kosher, Sesame seeds, Vegan, Milk products, Nuts (almond)	2.5 l

**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 :

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	174	g	0	73	0	0	0
Secondary, 11-18 yrs	218	g	0	91	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	129	kcal
Fat	7.4	g
Saturated fatty acids	3.8	g
Carbohydrates	13.3	g
Free Sugars	0.0	g
Total Sugars	0.0	g
AOAC Fibre	2.8	g
Protein	1.7	g
Iron	0.2	mg
Calcium	6.5	mg
Vitamin A (retinol equivalents)	33.6	µg
Folate	12.1	µg
Vitamin C	22.8	mg
Sodium	1.8	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  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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

# Baked Beans V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
REDUCED SALT & SUGAR BAKED BEANS I...	<b>Kosher</b>	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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	80	g	0	80	0	0	0
Secondary, 11-18 yrs	100	g	0	100	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
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	0.0	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	0.0	µg
Vitamin C	0.0	mg
Sodium	300.0	mg
Salt	0.8	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
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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



# Basic Mixed Salad V1 Fife

Contains: Sulphites, Checked for Allergens

## Ingredients :

Ingredient	Allergens	Weight
lettuce (iceberg)		400 g
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 :

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	67	g	0	67	0	0	0
Secondary, 11-18 yrs	84	g	0	84	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	14	kcal
Fat	0.2	g
Saturated fatty acids	0.0	g
Carbohydrates	2.6	g
Free Sugars	0.0	g
Total Sugars	0.0	g
AOAC Fibre	1.1	g
Protein	0.7	g
Iron	0.3	mg
Calcium	16.0	mg
Vitamin A (retinol equivalents)	22.3	µg
Folate	24.8	µg
Vitamin C	7.8	mg
Sodium	79.4	mg
Salt	0.2	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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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

# Boiled Potato V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
McCain Alternative Simply For Mash	<b>Kosher</b>	2 kg

**Method : McCains Simply for Mash Follow Manufacturers 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	100	g	0	0	0	0	0
Secondary, 11-18 yrs	125	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	72	kcal
Fat	0.1	g
Saturated fatty acids	0.1	g
Carbohydrates	16.1	g
Free Sugars	0.6	g
Total Sugars	0.0	g
AOAC Fibre	0.8	g
Protein	1.7	g
Iron	1.7	mg
Calcium	0.0	mg
Vitamin A (retinol 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  
 Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  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

Recipe List

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

# 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	72	g	0	72	0	0	0
Secondary, 11-18 yrs	90	g	0	90	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	31	kcal
Fat	0.6	g
Saturated fatty acids	0.1	g
Carbohydrates	3.1	g
Free Sugars	0.0	g
Total Sugars	0.0	g
AOAC Fibre	3.5	g
Protein	3.7	g
Iron	0.7	mg
Calcium	38.9	mg
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
- Crustaceans
  Gluten (Rye)
  Mustard
  Nuts (macadamia)
  Nuts (walnut)
  Vegan
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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

# Brown Bread V1 fife

Contains: **Gluten (Wheat),Gluten (Oats),Gluten (Rye),Soybeans,Gluten (Barley),Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
Malted Sandwich Bread	<b>Gluten (Wheat),Kosher,Gluten (Oats),Gluten (Rye),Soybeans,Gluten (Barley)</b>	56 g

## Method :

### 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	56	g	0	0	0	0	0
Secondary, 11-18 yrs	56	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	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	0.0	g
AOAC Fibre	7.0	g
Protein	10.3	g
Iron	0.0	mg
Calcium	0.0	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	0.0	µg
Vitamin C	0.0	mg
Sodium	320.0	mg
Salt	0.8	g
Zinc	6.6	mg

## Allergens : Based on ingredients.

This dish flagged as....

- |   |   |  |   |  |  |
|---|---|--|---|--|--|
| <input checked="" type="checkbox"/> Checked for Allergens | <input checked="" type="checkbox"/> Gluten (Barley) | <input type="checkbox"/> Milk products | <input type="checkbox"/> Nuts (cashew)    | <input type="checkbox"/> Nuts (pistachio)    | <input type="checkbox"/> Sulphites         |
| <input type="checkbox"/> Celery and celeriac              | <input checked="" type="checkbox"/> Gluten (Oats)   | <input type="checkbox"/> Molluscs      | <input type="checkbox"/> Nuts (hazelnut)  | <input type="checkbox"/> Nuts (queensland)   | <input type="checkbox"/> Vegetarian        |
| <input type="checkbox"/> Crustaceans                      | <input checked="" type="checkbox"/> Gluten (Rye)    | <input type="checkbox"/> Mustard       | <input type="checkbox"/> Nuts (macadamia) | <input type="checkbox"/> Nuts (walnut)       | <input type="checkbox"/> Vegan             |
| <input type="checkbox"/> Egg                              | <input checked="" type="checkbox"/> Gluten (Wheat)  | <input type="checkbox"/> Nuts (almond) | <input type="checkbox"/> Nuts (peanuts)   | <input type="checkbox"/> Sesame seeds        | <input checked="" type="checkbox"/> Kosher |
| <input type="checkbox"/> Fish                             | <input type="checkbox"/> Lupin                      | <input type="checkbox"/> Nuts (brazil) | <input type="checkbox"/> Nuts (pecan)     | <input checked="" type="checkbox"/> Soybeans | <input type="checkbox"/> Halal             |

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Carrots

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
carrots		2.3 kg

**Method : Boil in unsalted water.**

## Servings from this recipe :

Group	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	g	0	80	0	0	0
Secondary, 11-18 yrs	80	g	0	80	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	24	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	mg
Calcium	24.0	mg
Vitamin A (retinol equivalents)	2234.0	µg
Folate	16.0	µg
Vitamin C	2.0	mg
Sodium	50.0	mg
Salt	0.1	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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
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Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Coleslaw Fife H

Contains: **Egg, Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
cabbage, white, raw		70 g
onions		10 g
carrots		10 g
Lite mayonnaise	<b>Kosher, Vegan, Egg</b>	20 ml

## Method :

## 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	100	g	0	82	0	0	0
Secondary, 11-18 yrs	100	g	0	82	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	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 equivalents)	140.6	µg
Folate	58.6	µg
Vitamin C	30.3	mg
Sodium	6.7	mg
Salt	0.0	g
Zinc	0.2	mg

## Allergens : Based on ingredients.

This dish flagged as....

- |   |  |  |   |  |                                     |
|---|--|--|---|--|-------------------------------------|
| <input checked="" type="checkbox"/> Checked for Allergens | <input type="checkbox"/> Gluten (Barley) | <input type="checkbox"/> Milk products | <input type="checkbox"/> Nuts (cashew)    | <input type="checkbox"/> Nuts (pistachio)  | <input type="checkbox"/> Sulphites  |
| <input type="checkbox"/> Celery and celeriac              | <input type="checkbox"/> Gluten (Oats)   | <input type="checkbox"/> Molluscs      | <input type="checkbox"/> Nuts (hazelnut)  | <input type="checkbox"/> Nuts (queensland) | <input type="checkbox"/> Vegetarian |
| <input type="checkbox"/> Crustaceans                      | <input type="checkbox"/> Gluten (Rye)    | <input type="checkbox"/> Mustard       | <input type="checkbox"/> Nuts (macadamia) | <input type="checkbox"/> Nuts (walnut)     | <input type="checkbox"/> Vegan      |
| <input checked="" type="checkbox"/> Egg                   | <input type="checkbox"/> Gluten (Wheat)  | <input type="checkbox"/> Nuts (almond) | <input type="checkbox"/> Nuts (peanuts)   | <input type="checkbox"/> Sesame seeds      | <input type="checkbox"/> Kosher     |
| <input type="checkbox"/> Fish                             | <input type="checkbox"/> Lupin           | <input type="checkbox"/> Nuts (brazil) | <input type="checkbox"/> Nuts (pecan)     | <input type="checkbox"/> Soybeans          | <input type="checkbox"/> Halal      |

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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

# Crudities V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
peppers, capsicum, chilli, red, raw		20 g
carrots		20 g
cucumber		20 g

**Method :** Cut Vegetables in to baton style Other suitable on contract vegetables can be used.

## 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	51	g	0	51	0	0	0
Secondary, 11-18 yrs	51	g	0	51	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	22	kcal
Fat	0.2	g
Saturated fatty acids	0.0	g
Carbohydrates	4.2	g
Free Sugars	0.0	g
Total Sugars	4.0	g
AOAC Fibre	1.1	g
Protein	1.0	g
Iron	0.5	mg
Calcium	19.5	mg
Vitamin A (retinol equivalents)	783.1	µg
Folate	13.5	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)
  Molluscs
  Nuts (hazelnut)
  Nuts (queensland)
  Vegetarian
- Crustaceans
  Gluten (Rye)
  Mustard
  Nuts (macadamia)
  Nuts (walnut)
  Vegan
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# 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 :

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	259	kcal
Fat	5.5	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
Zinc	0.9	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  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

May contain: Sesame Seeds

Primary Menu  
Week 1

Primary Menu  
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Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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



# Long grain Rice V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
White rice, , boiled		2 kg

**Method :** Please be aware this is the cooked weight in recipe. Rice double's approx. in weight when cooked. So you will only require 1kg approx. in raw weight. **1. Boil in water. PLEASE NOTE Disclaimer supplied by manufacturing company states No guarantee of total absence of Cereals containing Gluten and Soybeans, as there is always a low risk of cross contamination due to the nature of the product**

## 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	100	g	0	0	0	0	0
Secondary, 11-18 yrs	125	g	0	0	0	0	0

## Nutrients :

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
Vitamin A (retinol equivalents)	0.0	µg
Folate	7.0	µg
Vitamin C	0.0	mg
Sodium	1.0	mg
Salt	0.0	g
Zinc	0.7	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  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Mashed Potato V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
McCain Alternatives Simply for Mash	<b>Kosher</b>	2 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	100	g	0	0	0	0	0
Secondary, 11-18 yrs	125	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	135	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 equivalents)	0.0	µg
Folate	0.0	µg
Vitamin C	0.0	mg
Sodium	0.1	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  
 Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
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Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Naan Bread Mini Teardrop V1 Fife

Contains: **Gluten (Wheat),Milk products,Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
Nan Bread	<b>Gluten (Wheat),Kosher,Vegan,Milk products</b>	65 g

**Method : Follow Manufacturers Instructions From frozen Oven: Remove all packaging and sprinkle lightly with water. place directly on the oven rack in a preheated oven at 200°C, Gas Mark 6 for 4-5 minutes approx**

## 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	65	g	0	0	0	0	0
Secondary, 11-18 yrs	65	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	265	kcal
Fat	4.6	g
Saturated fatty acids	0.4	g
Carbohydrates	46.9	g
Free Sugars	2.8	g
Total Sugars	0.0	g
AOAC Fibre	4.9	g
Protein	7.1	g
Iron	7.2	mg
Calcium	0.0	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	0.0	µg
Vitamin C	0.0	mg
Sodium	156.0	mg
Salt	0.4	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  
 Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
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Nursery Menu  
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Nursery Menu  
Week 2

Recipe List

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

# Peas frozen

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
frozen peas	Kosher	1.6 kg

## Method :

## Servings from this recipe :

Group	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	g	0	80	0	0	0
Secondary, 11-18 yrs	80	g	0	80	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
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 equivalents)	68.0	µg
Folate	47.0	µg
Vitamin C	12.0	mg
Sodium	2.0	mg
Salt	0.0	g
Zinc	0.7	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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
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Recipe List

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

# Aviko Spicy Wedges V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
Aviko Jacket Wedges		2 kg

**Method : Follow manufacture's instructions**

## Servings from this recipe :

Group	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	100	g	0	0	0	0	0
Secondary, 11-18 yrs	100	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
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	0.0	mg
Calcium	0.0	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	0.0	µg
Vitamin C	0.0	mg
Sodium	40.0	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
  Gluten (Oats)
  Molluscs
  Nuts (hazelnut)
  Nuts (queensland)
  Vegetarian  
 Crustaceans
  Gluten (Rye)
  Mustard
  Nuts (macadamia)
  Nuts (walnut)
  Vegan  
 Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
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Recipe List

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

# Sweetcorn frozen

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
frozen sweetcorn		1.6 kg

**Method : Boil in unsalted water.**

## Servings from this recipe :

Group	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	g	0	80	0	0	0
Secondary, 11-18 yrs	80	g	0	80	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	122	kcal
Fat	1.2	g
Saturated fatty acids	0.2	g
Carbohydrates	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 (retinol 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

**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)
  Soybeans
  Halal

Primary Menu  
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Recipe List

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

# Thick Cut Chips V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
McCain Classics Thick Chips		2 kg

**Method : Follow manufacturers 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	100	g	0	0	0	0	0
Secondary, 11-18 yrs	125	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	110	kcal
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
Calcium	0.0	mg
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  
 Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
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Recipe List

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

# Tomato Ketchup V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
Tomato sauce, no salt added	Kosher	200 g

## 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	10	g	0	0	0	0	0
Secondary, 11-18 yrs	13	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	37	kcal
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	mg
Vitamin A (retinol equivalents)	34.7	µg
Folate	9.0	µg
Vitamin C	13.1	mg
Sodium	11.0	mg
Salt	0.0	g
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
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
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Recipe List

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



# Tomato Wedge V1 fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
tomatoes, grilled		1.2 kg

**Method :** Chop the tomatoes in to good size wedge (Smaller for Nursery Pupils ) Put on baking tray and grill Then serve

## 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	60	g	0	60	0	0	0
Secondary, 11-18 yrs	75	g	0	75	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	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	20.0	mg
Vitamin A (retinol equivalents)	107.7	µg
Folate	25.0	µg
Vitamin C	19.0	mg
Sodium	10.0	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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
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Recipe List

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

# Turnip Fresh Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
turnips		2 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	71	g	0	71	0	0	0
Secondary, 11-18 yrs	89	g	0	89	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	24	kcal
Fat	0.3	g
Saturated fatty acids	0.0	g
Carbohydrates	4.9	g
Free Sugars	0.0	g
Total Sugars	0.0	g
AOAC Fibre	3.3	g
Protein	0.9	g
Iron	0.2	mg
Calcium	50.5	mg
Vitamin A (retinol equivalents)	3.5	µg
Folate	14.7	µg
Vitamin C	17.9	mg
Sodium	15.8	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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
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Recipe List

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

# Veggie Bag V1 fife - Nursery

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
cucumber		30 g
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 :

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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	80	g	0	53	0	0	0
Secondary, 11-18 yrs	80	g	0	53	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	21	kcal
Fat	0.3	g
Saturated fatty acids	0.1	g
Carbohydrates	3.7	g
Free Sugars	0.0	g
Total Sugars	3.6	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
Vitamin C	47.7	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
  Gluten (Oats)
  Molluscs
  Nuts (hazelnut)
  Nuts (queensland)
  Vegetarian
- Crustaceans
  Gluten (Rye)
  Mustard
  Nuts (macadamia)
  Nuts (walnut)
  Vegan
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
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Recipe List

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

# Apple & Grape Cup V2 fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
grapes, average		800 g
apples		800 g

**Method :** Grapes must be cut in half lengthwise Wash all fruit before cutting **1. Slice apples 2. Cut Grapes in Half 3. Serve in a coupe cup**

## 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	80	g	80	0	0	0	0
Secondary, 11-18 yrs	100	g	100	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
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 equivalents)	2.1	µg
Folate	3.5	µg
Vitamin C	4.0	mg
Sodium	2.0	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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
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Nursery Menu  
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Recipe List

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

# 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
Middleton Plain Muffin Mix	<b>Gluten (Wheat),Kosher,Gluten (Oats),Gluten (Rye),Vegan,Egg,Milk products,Gluten (Barley)</b>	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	40

## 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	55	g	18	0	0	0	0
Secondary, 11-18 yrs	55	g	18	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	312	kcal
Fat	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	mg
Salt	0.5	g
Zinc	0.0	mg

## Allergens : Based on ingredients.

This dish flagged as...

- |   |   |   |   |  |                                     |
|---|---|---|---|--|-------------------------------------|
| <input checked="" type="checkbox"/> Checked for Allergens | <input checked="" type="checkbox"/> Gluten (Barley) | <input checked="" type="checkbox"/> Milk products | <input type="checkbox"/> Nuts (cashew)    | <input type="checkbox"/> Nuts (pistachio)  | <input type="checkbox"/> Sulphites  |
| <input type="checkbox"/> Celery and celeriac              | <input checked="" type="checkbox"/> Gluten (Oats)   | <input type="checkbox"/> Molluscs                 | <input type="checkbox"/> Nuts (hazelnut)  | <input type="checkbox"/> Nuts (queensland) | <input type="checkbox"/> Vegetarian |
| <input type="checkbox"/> Crustaceans                      | <input checked="" type="checkbox"/> Gluten (Rye)    | <input type="checkbox"/> Mustard                  | <input type="checkbox"/> Nuts (macadamia) | <input type="checkbox"/> Nuts (walnut)     | <input type="checkbox"/> Vegan      |
| <input checked="" type="checkbox"/> Egg                   | <input checked="" type="checkbox"/> Gluten (Wheat)  | <input type="checkbox"/> Nuts (almond)            | <input type="checkbox"/> Nuts (peanuts)   | <input type="checkbox"/> Sesame seeds      | <input type="checkbox"/> Kosher     |
| <input type="checkbox"/> Fish                             | <input type="checkbox"/> Lupin                      | <input type="checkbox"/> Nuts (brazil)            | <input type="checkbox"/> Nuts (pecan)     | <input type="checkbox"/> Soybeans          | <input type="checkbox"/> Halal      |

Primary Menu  
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Recipe List

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

# 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
Middleton Plain Muffin Mix	<b>Gluten (Wheat),Kosher,Gluten (Oats),Gluten (Rye),Vegan,Egg,Milk products,Gluten (Barley)</b>	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 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	24
Secondary, 11-18 yrs	24

## 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	92	g	29	0	0	0	0
Secondary, 11-18 yrs	92	g	29	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	312	kcal
Fat	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	mg
Salt	0.5	g
Zinc	0.0	mg

**Allergens :** Based on ingredients.

This dish flagged as....

- |   |   |   |   |  |                                     |
|---|---|---|---|--|-------------------------------------|
| <input checked="" type="checkbox"/> Checked for Allergens | <input checked="" type="checkbox"/> Gluten (Barley) | <input checked="" type="checkbox"/> Milk products | <input type="checkbox"/> Nuts (cashew)    | <input type="checkbox"/> Nuts (pistachio)  | <input type="checkbox"/> Sulphites  |
| <input type="checkbox"/> Celery and celeriac              | <input checked="" type="checkbox"/> Gluten (Oats)   | <input type="checkbox"/> Molluscs                 | <input type="checkbox"/> Nuts (hazelnut)  | <input type="checkbox"/> Nuts (queensland) | <input type="checkbox"/> Vegetarian |
| <input type="checkbox"/> Crustaceans                      | <input checked="" type="checkbox"/> Gluten (Rye)    | <input type="checkbox"/> Mustard                  | <input type="checkbox"/> Nuts (macadamia) | <input type="checkbox"/> Nuts (walnut)     | <input type="checkbox"/> Vegan      |
| <input checked="" type="checkbox"/> Egg                   | <input checked="" type="checkbox"/> Gluten (Wheat)  | <input type="checkbox"/> Nuts (almond)            | <input type="checkbox"/> Nuts (peanuts)   | <input type="checkbox"/> Sesame seeds      | <input type="checkbox"/> Kosher     |
| <input type="checkbox"/> Fish                             | <input type="checkbox"/> Lupin                      | <input type="checkbox"/> Nuts (brazil)            | <input type="checkbox"/> Nuts (pecan)     | <input type="checkbox"/> Soybeans          | <input type="checkbox"/> Halal      |

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Recipe List

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

# Cheese & Cream Crackers fife - Nursery

Contains: **Gluten (Wheat),Milk products,Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
cream crackers	<b>Gluten (Wheat),Kosher,Halal,Vegan</b>	15 g
Cheese Spread (fife)	<b>Kosher,Milk products</b>	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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	30	g	0	0	0	0	0
Secondary, 11-18 yrs	30	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	325	kcal
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	g
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
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

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Recipe List

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

# 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 l
sugar		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 :

Group	Servings
Primary, 7-10 yrs	24
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	102	g	0	0	0	0	0
Secondary, 11-18 yrs	123	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	79	kcal
Fat	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
Calcium	108.4	mg
Vitamin A (retinol equivalents)	20.2	µg
Folate	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
- 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)
  Soybeans
  Halal

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Recipe List

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



# Fresh Fruit Salad V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
melon		80 g
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 separate bowls for the pupils to choose from. Please use a selection of seasonal fruit when available.

## Servings from this recipe :

Group	Servings
Primary, 7-10 yrs	5
Secondary, 11-18 yrs	5

## 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	91	g	76	15	0	0	0
Secondary, 11-18 yrs	91	g	76	15	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	54	kcal
Fat	0.2	g
Saturated fatty acids	0.0	g
Carbohydrates	13.0	g
Free Sugars	0.0	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	µg
Folate	8.1	µg
Vitamin C	21.7	mg
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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

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Recipe List

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

# Fromage Frais V1 fife Nursery

Contains: **Milk products, Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
Fromage Frais	Kosher, Vegan, Milk products	900 g

## Method :

### Servings from this recipe :

Group	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	45	g	0	0	0	0	0
Secondary, 11-18 yrs	45	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	107	kcal
Fat	3.9	g
Saturated fatty acids	2.4	g
Carbohydrates	12.4	g
Free Sugars	11.6	g
Total Sugars	0.0	g
AOAC Fibre	15.4	g
Protein	4.9	g
Iron	4.9	mg
Calcium	0.0	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	0.0	µg
Vitamin C	0.0	mg
Sodium	0.1	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
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

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Recipe List

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

# Fruit Bag V1 fife - Nursery

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
melon		90 g
grapes, average		80 g
apples		90 g
oranges		80 g

**Method :** Fruit should be cut up into pieces Melon Apples and Oranges , cut with skin on in in easy bite size pieces  
Grapes must be cut in half lengthwise All fruit must be washed

## Servings from this recipe :

Group	Servings
Primary, 7-10 yrs	4
Secondary, 11-18 yrs	4

## 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	79	g	60	19	0	0	0
Secondary, 11-18 yrs	79	g	60	19	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	44	kcal
Fat	0.1	g
Saturated fatty acids	0.0	g
Carbohydrates	10.8	g
Free Sugars	0.0	g
Total Sugars	10.8	g
AOAC Fibre	1.5	g
Protein	0.6	g
Iron	0.1	mg
Calcium	10.5	mg
Vitamin A (retinol equivalents)	5.1	µg
Folate	8.3	µg
Vitamin C	14.1	mg
Sodium	10.4	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  
 Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

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

# Jelly Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
jelly, made with water	Kosher,Vegan	200 g
water, distilled		1 l

Method : As per manufacturers 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	60	g	0	0	0	0	0
Secondary, 11-18 yrs	75	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	10	kcal
Fat	0.0	g
Saturated fatty acids	0.0	g
Carbohydrates	2.5	g
Free Sugars	2.5	g
Total Sugars	0.0	g
AOAC Fibre	0.0	g
Protein	0.2	g
Iron	0.1	mg
Calcium	1.2	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	0.0	µg
Vitamin C	0.0	mg
Sodium	0.8	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  
 Egg    Gluten (Wheat)    Nuts (almond)    Nuts (peanuts)    Sesame seeds    Kosher  
 Fish    Lupin    Nuts (brazil)    Nuts (pecan)    Soybeans    Halal

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Recipe List

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

# Mandarin & Melon Cocktail V1 fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
canned mandarin	Kosher	800 g
melon		800 g

**Method : 1. Cube melon and mix with mandarins**

## 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	80	g	80	0	0	0	0
Secondary, 11-18 yrs	100	g	100	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	30	kcal
Fat	0.1	g
Saturated fatty acids	0.0	g
Carbohydrates	7.2	g
Free Sugars	1.8	g
Total Sugars	7.2	g
AOAC Fibre	0.6	g
Protein	0.6	g
Iron	0.3	mg
Calcium	13.0	mg
Vitamin A (retinol equivalents)	11.9	µg
Folate	7.0	µg
Vitamin C	14.5	mg
Sodium	19.0	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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

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

# Melon Boats V1 fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
melon		1.6 kg
oranges		400 g

**Method : Method 1. Slice melon long way's, depending on the size of the melon you should have approx. 8-10 slices. (80g per portion) 2. Remove the seeds 3. Slice the melon close to the skin and cut the melon on top in to cubes 4. Slice the fresh oranges, and decorate with orange in between the cubes of melon**

## 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	94	g	75	19	0	0	0
Secondary, 11-18 yrs	118	g	94	24	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
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 equivalents)	8.2	µg
Folate	6.7	µg
Vitamin C	15.5	mg
Sodium	27.3	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
  Gluten (Oats)
  Molluscs
  Nuts (hazelnut)
  Nuts (queensland)
  Vegetarian
- Crustaceans
  Gluten (Rye)
  Mustard
  Nuts (macadamia)
  Nuts (walnut)
  Vegan
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

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

# Selection of fresh fruit

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
apples		460 g
banana		600 g
oranges		580 g
pears (fresh)		440 g

## Method :

### Servings from this recipe :

Group	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	g	41	39	0	0	0
Secondary, 11-18 yrs	80	g	41	39	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	37	kcal
Fat	0.1	g
Saturated fatty acids	0.0	g
Carbohydrates	8.9	g
Free Sugars	0.0	g
Total Sugars	0.0	g
AOAC Fibre	1.5	g
Protein	0.6	g
Iron	0.1	mg
Calcium	15.0	mg
Vitamin A (retinol equivalents)	3.0	µg
Folate	10.0	µg
Vitamin C	16.0	mg
Sodium	2.0	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  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

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Recipe List

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

# Vanilla Ice Cream Tubs Reduced Sugar fife

Contains: **Milk products**, Checked for Allergens

## Ingredients :

Ingredient	Allergens	Weight
Vanilla Ice Cream Tub Reduced Sugar	<b>Milk products</b>	1.6 l

## Method : Follow Manufacturer Instructions

## Servings from this recipe :

Group	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	g	0	0	0	0	0
Secondary, 11-18 yrs	80	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	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 equivalents)	0.0	µg
Folate	0.0	µg
Vitamin C	0.0	mg
Sodium	112.0	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  
 Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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



# G/A Mixed Flavour Yoghurt Fife

Contains: Milk products, Checked for Allergens

## Ingredients :

Ingredient	Allergens	Weight
Golden Acre Yoghurt	Vegan, Milk products	100 g

Method : Ambient Yoghurt 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	100	g	0	0	0	0	0
Secondary, 11-18 yrs	100	g	0	0	0	0	0

## 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	mg
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...

- |   |  |   |   |  |   |
|---|--|---|---|--|---|
| <input checked="" type="checkbox"/> Checked for Allergens | <input type="checkbox"/> Gluten (Barley) | <input checked="" type="checkbox"/> Milk products | <input type="checkbox"/> Nuts (cashew)    | <input type="checkbox"/> Nuts (pistachio)  | <input type="checkbox"/> Sulphites        |
| <input type="checkbox"/> Celery and celeriac              | <input type="checkbox"/> Gluten (Oats)   | <input type="checkbox"/> Molluscs                 | <input type="checkbox"/> Nuts (hazelnut)  | <input type="checkbox"/> Nuts (queensland) | <input type="checkbox"/> Vegetarian       |
| <input type="checkbox"/> Crustaceans                      | <input type="checkbox"/> Gluten (Rye)    | <input type="checkbox"/> Mustard                  | <input type="checkbox"/> Nuts (macadamia) | <input type="checkbox"/> Nuts (walnut)     | <input checked="" type="checkbox"/> Vegan |
| <input type="checkbox"/> Egg                              | <input type="checkbox"/> Gluten (Wheat)  | <input type="checkbox"/> Nuts (almond)            | <input type="checkbox"/> Nuts (peanuts)   | <input type="checkbox"/> Sesame seeds      | <input type="checkbox"/> Kosher           |
| <input type="checkbox"/> Fish                             | <input type="checkbox"/> Lupin           | <input type="checkbox"/> Nuts (brazil)            | <input type="checkbox"/> Nuts (pecan)     | <input type="checkbox"/> Soybeans          | <input type="checkbox"/> Halal            |

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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

# Milk semi-skimmed

Contains: **Milk products,Sulphites,Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
semi-skimmed milk	<b>Kosher,Milk products,Sulphites</b>	4 l

## Method :

### Servings from this recipe :

Group	Servings
Primary, 7-10 yrs	20
Secondary, 11-18 yrs	13

### 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	200	g	0	0	0	0	0
Secondary, 11-18 yrs	300	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
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 equivalents)	20.0	µg
Folate	6.0	µg
Vitamin C	1.0	mg
Sodium	43.0	mg
Salt	0.1	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
- Crustaceans
  Gluten (Rye)
  Mustard
  Nuts (macadamia)
  Nuts (walnut)
  Vegan
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Rice Krispie Multigrain Breakfast Club Only V1 Fife

Contains: **Gluten (Oats)**, Checked for Allergens

## Ingredients :

Ingredient	Allergens	Weight
Breakfast cereal, rice, toasted/crisp, Kello...	<b>Kosher, Gluten (Oats)</b>	30 g

## Method : Breakfast Club

## 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	30	g	0	0	0	0	0
Secondary, 11-18 yrs	30	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	382	kcal
Fat	3.1	g
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 equivalents)	0.0	µg
Folate	180.0	µg
Vitamin C	0.0	mg
Sodium	370.0	mg
Salt	0.9	g
Zinc	2.6	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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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

# Weetabix Breakfast Club Only V1 Fife

Contains: **Gluten (Wheat),Gluten (Barley),Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
weetabix	<b>Gluten (Wheat),Kosher,Gluten (Barley)</b>	30 g

## Method : Breakfast Club

## 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	30	g	0	0	0	0	0
Secondary, 11-18 yrs	30	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	332	kcal
Fat	1.9	g
Saturated fatty acids	0.3	g
Carbohydrates	72.7	g
Free Sugars	1.9	g
Total Sugars	0.0	g
AOAC Fibre	9.7	g
Protein	10.5	g
Iron	11.9	mg
Calcium	30.0	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	170.0	µg
Vitamin C	0.0	mg
Sodium	260.0	mg
Salt	0.7	g
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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
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Nursery Menu  
Week1

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Week 2

Recipe List

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

# Brown Bread V1 fife

Contains: **Gluten (Wheat),Gluten (Oats),Gluten (Rye),Soybeans,Gluten (Barley),Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
Malted Sandwich Bread	<b>Gluten (Wheat),Kosher,Gluten (Oats),Gluten (Rye),Soybeans,Gluten (Barley)</b>	56 g

## Method :

### 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	56	g	0	0	0	0	0
Secondary, 11-18 yrs	56	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	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	0.0	g
AOAC Fibre	7.0	g
Protein	10.3	g
Iron	0.0	mg
Calcium	0.0	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	0.0	µg
Vitamin C	0.0	mg
Sodium	320.0	mg
Salt	0.8	g
Zinc	6.6	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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
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Week 2

Recipe List

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

# Honey Breakfast Club Only V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
honey	Vegan	10 g

## Method : Breakfast Club

## 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:

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

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	288	kcal
Fat	0.0	g
Saturated fatty acids	0.0	g
Carbohydrates	76.4	g
Free Sugars	75.5	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 equivalents)	0.0	µg
Folate	0.0	µg
Vitamin C	0.0	mg
Sodium	11.0	mg
Salt	0.0	g
Zinc	0.9	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
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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

# Jam Breakfast Club only V1 Fife

Contains: Sulphites, Checked for Allergens

## Ingredients :

Ingredient	Allergens	Weight
Mixed Fruit Jam	Kosher, Sulphites	200 g

## Method : Breakfast Club

## Servings from this recipe :

Group	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	10	g	0	0	0	0	0
Secondary, 11-18 yrs	10	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	273	kcal
Fat	0.0	g
Saturated fatty acids	0.0	g
Carbohydrates	68.0	g
Free Sugars	0.0	g
Total Sugars	0.0	g
AOAC Fibre	0.0	g
Protein	0.3	g
Iron	0.0	mg
Calcium	0.0	mg
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
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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

# Marmalade Breakfast Club Only V1 Fife

Contains: **Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
Marmalade portions	Kosher	10 g

## Method : Breakfast Club

## 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:

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

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	273	kcal
Fat	0.1	g
Saturated fatty acids	0.0	g
Carbohydrates	68.0	g
Free Sugars	0.0	g
Total Sugars	0.0	g
AOAC Fibre	0.0	g
Protein	0.2	g
Iron	0.0	mg
Calcium	0.0	mg
Vitamin A (retinol 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
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
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Nursery Menu  
Week1

Nursery Menu  
Week 2

Recipe List

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



# Stork SB Breakfast Club V1 Fife

Contains: **Milk products, Checked for Allergens**

## Ingredients :

Ingredient	Allergens	Weight
Stork Soft Spread 2Kg	Kosher, Milk products	200 g

## 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	10	g	0	0	0	0	0
Secondary, 11-18 yrs	13	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
Energy	495	kcal
Fat	55.0	g
Saturated fatty acids	11.0	g
Carbohydrates	0.5	g
Free Sugars	0.5	g
Total Sugars	0.0	g
AOAC Fibre	0.7	g
Protein	0.0	g
Iron	0.0	mg
Calcium	0.0	mg
Vitamin A (retinol equivalents)	0.0	µg
Folate	0.0	µg
Vitamin C	0.0	mg
Sodium	0.1	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  
 Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher  
 Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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

# Milk Breakfast Club Only V1 Fife

Contains: Milk products, Sulphites, Checked for Allergens

## Ingredients :

Ingredient	Allergens	Weight
semi-skimmed milk	Kosher, Milk products, Sulphites	150 g

## Method : Breakfast Club

## 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:

Group	Size	Units	Fruit	Veg	DriedFruit	RedMeat	ProcessedMeat
Primary, 7-10 yrs	150	g	0	0	0	0	0
Secondary, 11-18 yrs	150	g	0	0	0	0	0

## Nutrients :

Nutrient per 100 gms	Amount	Units
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 equivalents)	20.5	µg
Folate	6.0	µg
Vitamin C	1.0	mg
Sodium	43.0	mg
Salt	0.1	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
- Crustaceans
  Gluten (Rye)
  Mustard
  Nuts (macadamia)
  Nuts (walnut)
  Vegan
- Egg
  Gluten (Wheat)
  Nuts (almond)
  Nuts (peanuts)
  Sesame seeds
  Kosher
- Fish
  Lupin
  Nuts (brazil)
  Nuts (pecan)
  Soybeans
  Halal

Primary Menu  
Week 1

Primary Menu  
Week 2

Nursery Menu  
Week 1

Nursery Menu  
Week 2

Recipe List

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