



2024/2025 Primary & Nursery



Menu Info Pack



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Abbreviations

V	Vegetarian
VE	Vegan
GF	Gluten Free
DF	Dairy Free
EF	Egg Free
SF	Soya Free
QMS	Quality Meat Scotland Protected Geographical Indication of Scotch Beef and Scotch Lamb
MSC	The Marine Stewardship Council Certified Sustainable Seafood



2024 Menu Cycle

JANUARY						
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2025 Menu Cycle

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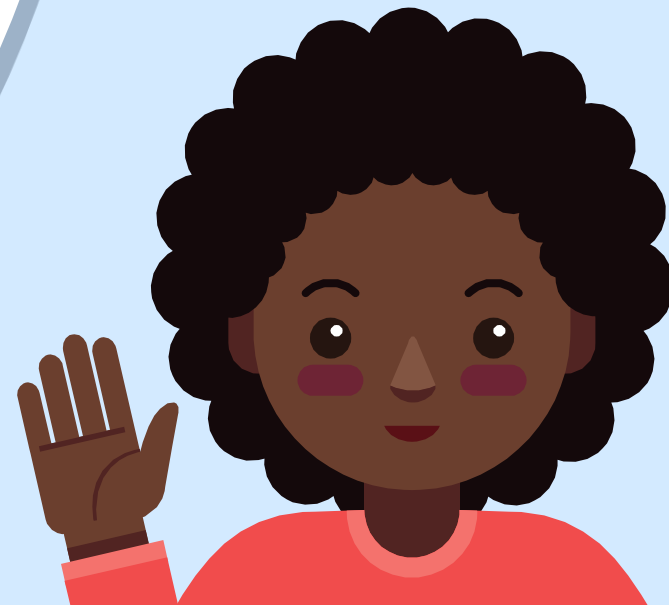
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DECEMBER						
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2024/2025

Primary Menu

Week 1, 2, 3





2024/2025 Primary

Week 1 Menu*

v: Suitable for Vegetarian Diet
 ve: Suitable for Vegan Diet

- This menu is free from Nuts and Peanuts
- We use UK seasonal produce when available, and where possible, use Scottish produce

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Starter	RSO004 Seasonal Veg & Rice Soup (ve) (Optional: with Bread)	RSO002 Leek & Potato Soup (ve) (Optional: with Bread)	RSO005 Seasonal Harvest Soup (ve) (Optional: with Bread)	RSO003 Tangy Tomato Soup (ve) (Optional: with Bread)	RSO001 Carrot & Coriander Soup (ve) (Optional: with Bread)
Main Option 1	MA2401 Classic Mac 'N' Cheese (v) with Garlic Bread (ve) & Broccoli, Cauliflower & Carrot Medley (ve)	MA2404 OMS The J-Dog Roll (served with condiments) with Seasoned Diced Potato (ve) & Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2407 Chilli Non-Carne (v) With Rice (ve) & Seasonal Salad (ve)	MA2410 Margherita Pizza Sub (v) with Seasoned Diced Potato (ve) & Carrot & Cucumber Sticks (ve)	MA2413 QMS Shepherd's Pie & Seasonal Salad (ve), Garden Peas (ve)
Main Option 2	MA2402 Red Tractor Chicken Burger (served with condiments) with Seasoned Wedges (ve) & Broccoli, Cauliflower & Carrot Medley (ve)	MA2405 Neatballs in Onion Gravy (ve) with Mashed Potato (ve) & Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2408 Sau'sage Roll (ve) with Seasoned Wedges (ve) & Seasonal Salad (ve), Baked Beans (ve)	MA2411 Red Tractor Chicken Kebob With Warmed Chapati (ve) & Carrot & Cucumber Sticks (ve)	MA2414 MSC Fish Fillet (served with condiments) With Seasoned Chips/Smiles/Crinkle Fries (ve) & Seasonal Salad (ve), Garden Peas (ve)
Main Option 3	MA2403 Tuna Mayo Finger Roll with Seasoned Wedges (ve) & Broccoli, Cauliflower & Carrot Medley (ve)	MA2406 Baked Potato with Beans (ve) & Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2409 Baked Potato with Chilli (v) & Seasonal Salad (ve), Baked Beans (ve)	MA2412 Baked Potato with Cheese (v) & Carrot & Cucumber Sticks (ve)	MA2415 Cheese Sandwich (v) & Seasonal Salad (ve), Garden Peas (ve)
Dessert	RDE001 Fruity Yoghurt (v) & Fresh Fruit Selection (ve)	RDE002 Jelly (ve) & Fresh Fruit Selection (ve)	RDE005-017 Cook's Choice of Home Baking (v) & Fresh Fruit Selection (ve)	RDE003 Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	RDE004 Fruit Salad (ve) & Fresh Fruit Selection (ve)





2024/2025 Primary

Week 2 Menu*

v: Suitable for Vegetarian Diet
 ve: Suitable for Vegan Diet

- This menu is free from Nuts and Peanuts
- We use UK seasonal produce when available, and where possible, use Scottish produce

Week 2	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Starter	RSO004 Seasonal Veg & Rice Soup (ve) (Optional: with Bread)	RSO002 Leek & Potato Soup (ve) (Optional: with Bread)	RSO005 Seasonal Harvest Soup (ve) (Optional: with Bread)	RSO003 Tangy Tomato Soup (ve) (Optional: with Bread)	RSO001 Carrot & Coriander Soup (ve) (Optional: with Bread)
Main Option 1	MA2416 Creamy Cauli Mac 'N' Cheese (ve) with Seasoned Wedges (ve) & Seasonal Salad (ve), Green Beans (ve)	MA2419 Red Tractor Meatball Sub Melt & Seasonal Salad (ve), Baby Corn (ve)	MA2422 Herby Tomato Pasta (ve) with Garlic Bread (ve) & Broccoli, Cauliflower & Carrot Medley (ve)	MA2425 Bangers in Onion Gravy (ve) with Mashed Potato (ve) & Carrot and Cucumber Sticks (ve)	MA2428 MSC Salmon Fingers (served with condiments) with Chips/Smiles/Crinkle Fries (ve) & Seasonal Salad (ve), Garden Peas (ve)
Main Option 2	MA2417 Red Tractor Chicken Goujons (served with condiments) with Seasoned Wedges (ve) & Seasonal Salad (ve), Green Beans (ve)	MA2420 Chinese-Style Quorn Curry (ve) with Rice (ve) & Seasonal Salad (ve), Baby Corn (ve)	MA2423 Rainbow Puff Pastry (v) with Seasoned Wedges (ve) & Broccoli, Cauliflower & Carrot Medley (ve)	MA2426 Red Tractor Tex-Mex Chicken Enchiladas with Seasoned Diced Potato (ve) & Carrot and Cucumber Sticks (ve)	MA2429 QMS Spaghetti Bolognese & Seasonal Salad (ve), Garden Peas (ve)
Main Option 3	MA2418 Baked Potato with Tuna Mayo & Seasonal Salad (ve), Green Beans (ve)	MA2421 Baked Potato with Cheese (v) & Seasonal Salad (ve), Baby Corn (ve)	MA2424 Baked Potato with Beans (ve) & Broccoli, Cauliflower & Carrot Medley (ve)	MA2427 Red Tractor Ham Sandwich & Carrot and Cucumber Sticks (ve)	MA2415 Cheese Sandwich (v) & Seasonal Salad (ve), Garden Peas (ve)
Dessert	RDE001 Fruity Yoghurt (v) & Fresh Fruit Selection (ve)	RDE002 Jelly (ve) & Fresh Fruit Selection (ve)	RDE005-017 Cook's Choice of Home Baking (v) & Fresh Fruit Selection (ve)	RDE003 Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	RDE004 Fruit Salad (ve) & Fresh Fruit Selection (ve)





2024/2025 Primary

Week 3 Menu*

v: Suitable for Vegetarian Diet
 ve: Suitable for Vegan Diet

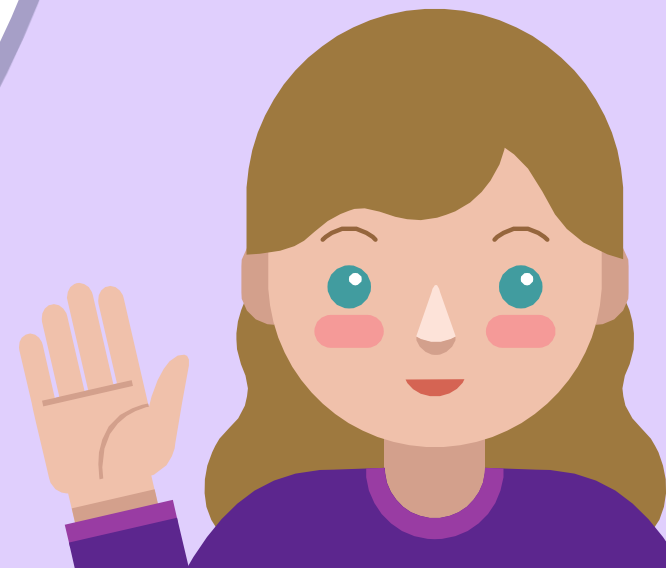
- This menu is free from Nuts and Peanuts
- We use UK seasonal produce when available, and where possible, use Scottish produce

Week 3	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Starter	RSO004 Seasonal Veg & Rice Soup (ve) (Optional: with Bread)	RSO002 Leek & Potato Soup (ve) (Optional: with Bread)	RSO005 Seasonal Harvest Soup (ve) (Optional: with Bread)	RSO003 Tangy Tomato Soup (ve) (Optional: with Bread)	RSO001 Carrot & Coriander Soup (ve) (Optional: with Bread)
Main Option 1	MA2430 Filled Yorkies (v) with Mashed Potato (ve) & Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2433 Red Tractor Homemade Steak Pie with Baby Potatoes (ve) & Seasonal Salad (ve), Green Beans (ve)	MA2436 Creamy Pesto Pasta (v) with Garlic Bread (ve) & Broccoli, Cauliflower & Carrot Medley (ve)	MA2438 Sticky BBQ Quorn Dippers (v) (served with condiments) with Seasoned Wedges (ve) & Carrot and Cucumber Sticks (ve)	MA2440 QMS Traditional Mince in Gravy With Mashed Potato (ve) & Seasonal Salad (ve), Garden Peas (ve)
Main Option 2	MA2431 Red Tractor Popper Rice Bowl & Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2434 Free Range Omelette (v) with Seasoned Wedges (ve) & Seasonal Salad (ve), Green Beans (ve)	MA2437 Pepperoni Pizza Sub (v) with Seasoned Diced Potato (ve) & Broccoli, Cauliflower & Carrot Medley (ve)	MA2439 Red Tractor Saucy Chicken Tacos & Carrot and Cucumber Sticks (ve)	MA2441 MSC Golden Fish Burger (served with condiments) With Seasoned Diced Potato (ve) & Seasonal Salad (ve), Garden Peas (ve)
Main Option 3	MA2432 Baked Potato with Cheese (v) & Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2435 Tuna Mayo Finger Roll with Seasoned Wedges (ve) & Seasonal Salad (ve), Green Beans (ve)	MA2424 Baked Potato with Beans (ve) & Broccoli, Cauliflower & Carrot Medley (ve)	MA2427 Red Tractor Ham Sandwich & Carrot and Cucumber Sticks (ve)	MA2415 Cheese Sandwich (v) & Seasonal Salad (ve), Garden Peas (ve)
Dessert	RDE003 Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	RDE001 Fruity Yoghurt (v) & Fresh Fruit Selection (ve)	RDE005-017 Cook's Choice of Home Baking (v) & Fresh Fruit Selection (ve)	RDE003 Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	RDE004 Fruit Salad (ve) & Fresh Fruit Selection (ve)



2024/2025

Primary Dietary Variations



2024/2025 Primary Week 1 Dietary Variations

- These variations are developed to meet the dietary requirements of most pupils.
- Some pupils with complex diet may require bespoke recipes, they are not included in this section

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Main Option 1	MA2401 Mac 'N' Cheese (v) with Garlic Bread Broccoli, Cauliflower & Carrot Medley (ve)	MA2404 The J-Dog Roll (served with condiments) with Seasoned Diced Potato (ve) Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2407 Chilli Non-Carne (v) With Rice (ve) Seasonal Salad (ve)	MA2410 Margherita Pizza Sub (v) with Seasoned Diced Potato (ve) Carrot & Cucumber Sticks (ve)	MA2413 Shepherd's Pie Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	MA2401VE Vegan Mac 'N' Cheese (ve) With Garlic Bread (ve) Broccoli, Cauliflower & Carrot Medley (ve)	\	\	MA2410VE Vegan Pizza Sub (ve) With Seasoned Diced Potato (ve) Carrot & Cucumber Sticks (ve)	\
Allergy-Friendly Alternative	MA2401A Allergy-Friendly Mac 'N' Cheese (ve) With A/F Garlic Bread (ve) Broccoli, Cauliflower & Carrot Medley (ve)	\	\	MA2410A Allergy-Friendly Pizza Sub (ve) With Seasoned Diced Potato (ve) Carrot & Cucumber Sticks (ve)	\
Main Option 2	MA2402 Chicken Burger (served with condiments) with Seasoned Wedges Broccoli, Cauliflower & Carrot Medley (ve)	MA2405 Neatballs in Onion Gravy (ve) with Mashed Potato (ve) Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2408 Sau'sage Roll (ve) with Seasoned Wedges Seasonal Salad (ve), Baked Beans (ve)	MA2411 Chicken Kebob With Warmed Chapati (ve) Carrot & Cucumber Sticks (ve)	MA2414 Fish Fillet (served with condiments) With Seasoned Chips/Smiles (ve) Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	MA2402VE Vegan Burger (ve) With Seasoned Wedges (ve) Broccoli, Cauliflower & Carrot Medley (ve)	\	\	\	MA2414VE Fishless Fingers (ve) With Seasoned Chips/Smiles (ve) Seasonal Salad (ve), Garden Peas (ve)
Allergy-Friendly Alternative	MA2402A Allergy-Friendly Chicken Burger With Seasoned Wedges (ve) Broccoli, Cauliflower & Carrot Medley (ve)	\	MA2408A Allergy-Friendly Vegan Sausage (ve) With Seasoned Wedges (ve) Seasonal Salad (ve), Baked Beans (ve)	MA2411A Chicken Kebob With Seasoned Diced Potato (ve) Carrot & Cucumber Sticks (ve)	MA2414A Bubble Fish With Seasoned Chips/Smiles (ve) Seasonal Salad (ve), Garden Peas (ve)
Main Option 3	MA2403 Tuna Mayo Finger Roll with Seasoned Wedges Broccoli, Cauliflower & Carrot Medley (ve)	MA2406 Baked Potato with Beans (ve) Mixed Pepper Salad, Sweetcorn	MA2409 Baked Potato with Chilli (v) Seasonal Salad (ve), Baked Beans (ve)	MA2412 Baked Potato with Cheese (v) Carrot & Cucumber Sticks (ve)	MA2415 Cheese Sandwich (v) Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	\	\	MA2409VE Baked Potato with VE Cheese (ve) Seasonal Salad (ve), Baked Beans (ve)	MA2412VE Baked Potato with VE Cheese (ve) Carrot & Cucumber Sticks (ve)	MA2415VE Vegan Cheese Sandwich (ve) Seasonal Salad (ve), Garden Peas (ve)
Allergy-Friendly Alternative	\	\	MA2409GF Baked Potato with Cheese (v) Seasonal Salad (ve), Baked Beans (ve)	MA2415A Allergy-Friendly VE Cheese Sandwich (ve) Seasonal Salad (ve), Garden Peas (ve)	10

2024/2025 Primary Week 2 Dietary Variations

- These variations are developed to meet the dietary requirements of most pupils.
- Some pupils with complex diet may require bespoke recipes, they are not included in this section

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Main Option 1	MA2416 Creamy Cauli Mac 'N' Cheese (ve) with Seasoned Wedges (ve) Seasonal Salad (ve), Green Beans (ve)	MA2419 Meatball Sub Melt Seasonal Salad (ve), Baby Corn (ve)	MA2422 Herby Tomato Pasta (ve) with Garlic Bread (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2425 Bangers in Onion Gravy (ve) with Mashed Potato (ve) Carrot and Cucumber Sticks (ve)	MA2428 Salmon Fingers (served with condiments) with Chips/Smiles/Crinkle Fries (ve) Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	\	\	\	\	MA2414VE Fishless Fingers (ve) With Seasoned Chips/Smiles (ve) Seasonal Salad (ve), Garden Peas (ve)
Allergy-Friendly Alternative	MA2416A Allergy-Friendly Cauli Mac 'N' Cheese (ve) With Seasoned Wedges (ve) Seasonal Salad (ve), Green Beans (ve)	MA2419A Allergy-Friendly Meatball Sub Seasonal Salad (ve), Baby Corn (ve)	MA2422A Allergy-Friendly Tomato Pasta (ve) With A/F Garlic Bread (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2425A Allergy-Friendly Meatless Farm Sausage in Onion Gravy (ve) With Mashed Potato (ve) Carrot and Cucumber Sticks (ve)	\
Main Option 2	MA2417 Chicken Goujons (served with condiments) with Seasoned Wedges (ve) Seasonal Salad (ve), Green Beans (ve)	MA2420 Chinese-Style Quorn Curry (ve) with Rice (ve) Seasonal Salad (ve), Baby Corn (ve)	MA2423 Rainbow Puff Pastry (v) with Seasoned Wedges (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2426 Tex-Mex Chicken Enchiladas with Seasoned Diced Potato (ve) Carrot and Cucumber Sticks (ve)	MA2429 Spaghetti Bolognese Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	MA2417VE Vegan Quorn Dippers (ve) With Seasoned Wedges (ve) Seasonal Salad (ve), Green Beans (ve)	\	\	\	\
Allergy-Friendly Alternative	MA2417A Allergy-Friendly Chicken Goujons With Seasoned Wedges (ve) Seasonal Salad (ve), Green Beans (ve)	\	\	\	MA2429A Allergy-Friendly Spaghetti Bolognese Seasonal Salad (ve), Garden Peas (ve)
Main Option 3	MA2418 Baked Potato with Tuna Mayo Seasonal Salad (ve), Green Beans (ve)	MA2421 Baked Potato with Cheese (v) Seasonal Salad (ve), Baby Corn (ve)	MA2424 Baked Potato with Beans (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2427 Ham Sandwich Carrot and Cucumber Sticks (ve)	MA2415 Cheese Sandwich (v) Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	\	MA2421VE Baked Potato with VE Cheese (ve) Seasonal Salad (ve), Baby Corn (ve)	\	MA2427VE Vegan Cheese Sandwich (ve) Carrot and Cucumber Sticks (ve)	MA2415VE Vegan Cheese Sandwich (ve) Seasonal Salad (ve), Garden Peas (ve)
Allergy-Friendly Alternative	\	\	\	MA2427A Allergy-Friendly Ham Sandwich Carrot and Cucumber Sticks (ve)	MA2415A Allergy-Friendly VE Cheese Sandwich (ve) 11 Seasonal Salad (ve), Garden Peas (ve)

2024/2025 Primary Week 3 Dietary Variations

- These variations are developed to meet the dietary requirements of most pupils.
- Some pupils with complex diet may require bespoke recipes, they are not included in this section

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Main Opton 1	MA2430 Filled Yorkies (v) with Mashed Potato (ve) Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2433 Homemade Steak Pie with Baby Potatoes (ve) Seasonal Salad (ve), Green Beans (ve)	MA2436 Creamy Pesto Pasta (v) with Garlic Bread (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2438 Sticky BBQ Quorn Dippers (v) (served with condiments) with Seasoned Wedges (ve) Carrot and Cucumber Sticks (ve)	MA2440 Traditional Mince in Gravy With Mashed Potato (ve) Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	MA2430VE Quorn Stew (no yorkies) (ve) With Mashed Potato (ve) Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2433VE Vegan Pie (ve) With Baby Potatoes (ve) Seasonal Salad (ve), Green Beans (ve)	MA2436VE Vegan Pesto Pasta (ve) With Garlic Bread (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2438VE Quorn Dippers (no BBQ dipping) (ve) With Seasoned Wedges (ve) Carrot and Cucumber Sticks (ve)	\
Allergy-Friendly Alternative	\	MA2433A Steak Stew (no pastry) With Baby Potatoes (ve) Seasonal Salad (ve), Green Beans (ve)	MA2436A Allergy-Friendly Pesto Pasta (ve) With A/F Garlic Bread (ve) Broccoli, Cauliflower & Carrot Medley (ve)	\	\
Main Opton 2	MA2431 Popper Rice Bowl Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2434 Free Range Omelette (v) with Seasoned Wedges (ve) Seasonal Salad (ve), Green Beans (ve)	MA2437 Pepperoni Pizza Sub (v) with Seasoned Diced Potato (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2439 Saucy Chicken Tacos Carrot and Cucumber Sticks (ve)	MA2441 Golden Fish Burger (served with condiments) With Seasoned Diced Potato (ve) Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	\	MA2434VE Vegan Sausage (ve) With Seasoned Wedges (ve) Seasonal Salad (ve), Green Beans (ve)	MA2437VE Vegan Pizza Sub (ve) With Seasoned Diced Potato (ve) Broccoli, Cauliflower & Carrot Medley (ve)	\	MA2441VE Vegan Burger (ve) With Seasoned Diced Potato (ve) Seasonal Salad (ve), Garden Peas (ve)
Allergy-Friendly Alternative	MA2431A Chicken Curry Rice Bowl Mixed Pepper Salad (ve), Sweetcorn (ve)		MA2437A Allergy-Friendly Pizza Sub (ve) With Seasoned Diced Potato (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2439A Saucy Chicken Baked Potato Carrot and Cucumber Sticks (ve)	MA2441A Allergy-Friendly Fish Burger With Seasoned Diced Potato (ve) Seasonal Salad (ve), Garden Peas (ve)
Main Opton 3	MA2432 Baked Potato with Cheese (v) Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2435 Tuna Mayo Finger Roll with Seasoned Wedges (ve) Seasonal Salad (ve), Green Beans (ve)	MA2424 Baked Potato with Beans (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2427 Ham Sandwich Carrot and Cucumber Sticks (ve)	MA2415 Cheese Sandwich (v) Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	MA2432VE Baked Potato with VE Cheese (ve) Mixed Pepper Salad (ve), Sweetcorn (ve)	\	\	MA2427VE Vegan Cheese Sandwich (ve) Carrot and Cucumber Sticks (ve)	MA2415VE Vegan Cheese Sandwich (ve) Seasonal Salad (ve), Garden Peas (ve)
Allergy-Friendly Alternative		\	\	MA2427A Allergy-Friendly Ham Sandwich Carrot and Cucumber Sticks (ve)	MA2415A Allergy-Friendly VE Cheese Sandwich (ve) ¹² Seasonal Salad (ve), Garden Peas (ve)

2024/2025

Nursery Menu

Week 1, 2, 3



2024/2025 Nursery

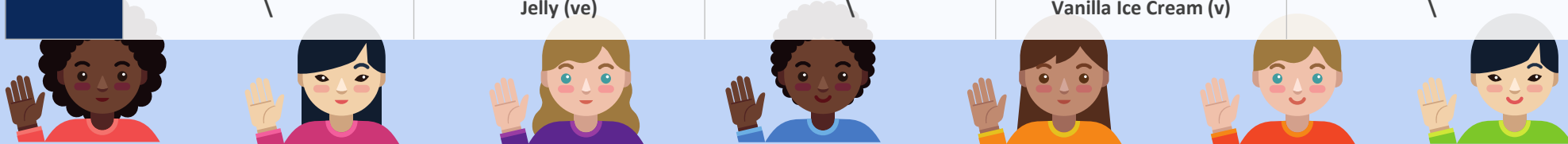
Week 1 Menu*

v: Suitable for Vegetarian Diet

ve: Suitable for Vegan Diet

- This menu is free from Nuts and Peanuts
- We use UK seasonal produce when available, and where possible, use Scottish produce

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Starter	RSO004 Seasonal Veg & Rice Soup (ve) (Optional: with Bread)	\	RSO005 Seasonal Harvest Soup (ve) (Optional: with Bread)	\	RSO001 Carrot & Coriander Soup (ve) (Optional: with Bread)
Main Opton 1	MA2401 Classic Mac 'N' Cheese (v) with Garlic Bread (ve) & Broccoli, Cauliflower & Carrot Medley (ve)	MA2404N Beef Burger With Diced Potato (ve) & Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2407 Chilli Non-Carne (v) with Rice (v) & Seasonal Salad (ve)	MA2410 Margherita Pizza Sub (v) with Diced Potato (ve) & Carrot & Cucumber Sticks (ve)	MA2413 Shepherd's Pie & Seasonal Salad (ve), Garden Peas (ve)
Main Option 2	MA2403 Tuna Mayo Finger Roll with Potato Wedges (ve) & Broccoli, Cauliflower & Carrot Medley (ve)	MA2406 Baked Potato with Beans (ve) & Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2408 Sau'sage Roll (ve) with Potato Wedges (ve) & Seasonal Salad (ve), Baked Beans (ve)	MA2411 Chicken Kebob With Warmed Chapati (ve) & Carrot & Cucumber Sticks (ve)	MA2414N Bubble Fish (served with condiments) with Potato Wedges (ve) & Seasonal Salad (ve), Garden Peas (ve)
Dessert	\	RDE002 Jelly (ve)	\	RDE003 Vanilla Ice Cream (v)	\



2024/2025 Nursery

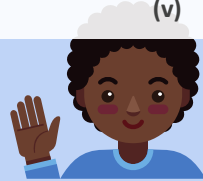
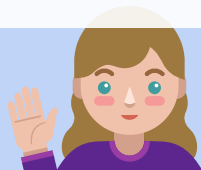
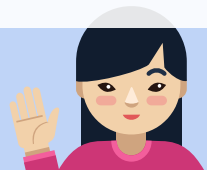
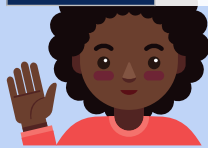
Week 2 Menu*

v: Suitable for Vegetarian Diet

ve: Suitable for Vegan Diet

- This menu is free from Nuts and Peanuts
- We use UK seasonal produce when available, and where possible, use Scottish produce

Week 2	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Starter	RSO004 Seasonal Veg & Rice Soup (ve) (Optional: with Bread)	RS0002 Leek & Potato Soup (ve) (Optional: with Bread)	\	\	\
Main Option 1	MA2416 Creamy Mac 'N' Cheese (ve) with Potato Wedges (ve) & Seasonal Salad (ve), Green Beans (ve)	MA2419N Meatballs in Onion Gravy With Mashed Potato (ve) & Seasonal Salad (ve), Baby Corn (ve)	MA2422 Herby Tomato Pasta (ve) with Garlic Bread & Broccoli, Cauliflower & Carrot Medley (ve)	MA2426 Tex-Mex Chicken Enchiladas with Diced Potato (ve) & Carrot and Cucumber Sticks (ve)	MA2428 Salmon Fingers (served with condiments) With Potato wedges (ve) & Seasonal Salad (ve), Garden Peas (ve)
Main Option 2	MA2418 Baked Potato with Tuna Mayo & Seasonal Salad (ve), Green Beans (ve)	MA2420 Chinese-Style Quorn Curry (ve) with Rice (ve) & Seasonal Salad (ve), Baby Corn (ve)	MA2423 Rainbow Puff Pastry (v) with Potato Wedges (ve) & Broccoli, Cauliflower & Carrot Medley (ve)	MA2427N Cheese Roll (v) (served with condiments) & Carrot and Cucumber Sticks (ve)	MA2429 Spaghetti Bolognese & Seasonal Salad (ve), Garden Peas (ve)
Dessert	\	\	RDE005-017 Cook's Choice of Home Baking (v)	RDE003 Vanilla Ice Cream (v)	RDE004 Fruit Salad (ve)



2024/2025 Nursery

Week 3 Menu*

v: Suitable for Vegetarian Diet

ve: Suitable for Vegan Diet

- This menu is free from Nuts and Peanuts
- We use UK seasonal produce when available, and where possible, use Scottish produce

Week 3	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Starter	\	RSO002 Leek & Potato Soup (ve) (Optional: with Bread)	\	RSO003 Tangy Tomato Soup (ve) (Optional: with Bread)	\
Main Opton 1	MA2430 Filled Yorkies (v) with Mashed Potato (ve) & Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2433 Homemade Steak Pie with Baby Potatoes (ve) & Seasonal Salad (ve), Green Beans (ve)	MA2436 Creamy Pesto Pasta (v) with Garlic Bread (ve) & Broccoli, Cauliflower & Carrot Medley (ve)	MA2438N Quorn Dippers (ve) with Potato Wedges (ve) & Carrot and Cucumber Sticks (ve)	MA2440 Traditional Mince in Gravy With Mashed Potato (ve) Seasonal Salad (ve), Garden Peas (ve)
Main Option 2	MA2431N Chicken Curry Rice Bowl & Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2434 Free Range Omelette (v) with Potato Wedges (ve) & Seasonal Salad (ve), Green Beans (ve)	MA2437 Pepperoni Pizza Sub (v) with Diced Potato (ve) & Broccoli, Cauliflower & Carrot Medley (ve)	MA2439N Saucy Chicken Baked Potato & Carrot and Cucumber Sticks (ve)	MA2441N Tuna Mayo Pasta With Diced Potato (ve) & Seasonal Salad (ve), Garden Peas (ve)
Dessert	RDE003 Vanilla Ice Cream (v)	\	RDE005-017 Cook's Choice of Home Baking (v)	\	RDE004 Fruit Salad (ve)



2024/2025

Nursery Dietary Variations



2024/2025 Nursery Week 1 Dietary Variations

- These variations are developed to meet the dietary requirements of most pupils.
- Some pupils with complex diet may require bespoke recipes, they are not included in this section

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Main Option 1	MA2401 Mac 'N' Cheese (v) with Garlic Bread Broccoli, Cauliflower & Carrot Medley (ve)	MA2404N Beef Burger With Diced Potato Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2407 Chilli Non-Carne (v) With Rice (ve) Seasonal Salad (ve)	MA2410 Margherita Pizza Sub (v) with Diced Potato (ve) Carrot & Cucumber Sticks (ve)	MA2413 Shepherd's Pie Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	MA2401VE Vegan Mac 'N' Cheese (ve) With Garlic Bread (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2404NVE Vegan Burger (ve) With Diced Potato (ve) Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2409VE Baked Potato with VE Cheese (ve) Seasonal Salad (ve), Baked Beans (ve)	MA2410VE Vegan Pizza Sub (ve) With Diced Potato (ve) Carrot & Cucumber Sticks (ve)	MA2415 Cheese Sandwich (v) Seasonal Salad (ve), Garden Peas(ve) MA2415VE Vegan Cheese Sandwich (ve) Seasonal Salad (ve), Garden Peas(ve)
Allergy-Friendly Alternative	MA2401A Allergy-Friendly Mac 'N' Cheese (ve) With A/F Garlic Bread (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2404NA Allergy-Friendly Beef Burger With Diced Potato (ve) Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2409GF Baked Potato with Cheese (v) Seasonal Salad (ve), Baked Beans (ve)	MA2410A Allergy-Friendly Pizza Sub (ve) With Diced Potato (ve) Carrot & Cucumber Sticks (ve)	MA2415A Allergy-Friendly VE Cheese Sandwich (ve) Seasonal Salad (ve), Garden Peas (ve)
Main Option 2	MA2403 Tuna Mayo Finger Roll with Potato Wedges Broccoli, Cauliflower & Carrot Medley (ve)	MA2406 Baked Potato with Beans (ve) Mixed Pepper Salad, Sweetcorn	MA2408 Sau'usage Roll (ve) with Potato Wedges Seasonal Salad (ve), Baked Beans (ve)	MA2411 Chicken Kebob With Warmed Chapati (ve) Carrot & Cucumber Sticks (ve)	MA2414N Bubble Fish (served with condiments) With Potato Wedges (ve) Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	\	\	\	MA2412 Baked Potato with Cheese (v) Carrot & Cucumber Sticks (ve)	MA2414NVE Fishless Fingers (ve) With Potato Wedges(ve) Seasonal Salad (ve), Garden Peas (ve)
Allergy-Friendly Alternative	\	\	MA2408A Allergy-Friendly Vegan Sausage (ve) With Potato Wedges (ve) Seasonal Salad (ve), Baked Beans (ve)	MA2411A Chicken Kebob With Diced Potato (ve) Carrot & Cucumber Sticks (ve)	\

2024/2025 Nursery Week 2 Dietary Variations

- These variations are developed to meet the dietary requirements of most pupils.
- Some pupils with complex diet may require bespoke recipes, they are not included in this section

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Main Opton 1	MA2416 Creamy Cauli Mac 'N' Cheese (ve) with Potato Wedges (ve) Seasonal Salad (ve), Green Beans (ve)	MA2419N Meatballs in Onion Gravy With Mashed Potato Seasonal Salad (ve), Baby Corn (ve)	MA2422 Herby Tomato Pasta (ve) with Garlic Bread (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2426 Tex-Mex Chicken Enchiladas with Diced Potato (ve) Carrot and Cucumber Sticks (ve)	MA2428N Salmon Fingers (served with condiments) with Potato Wedges(ve) Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	\	MA2421 Baked Potato with Cheese (v) Seasonal Salad (ve), Baby Corn (ve)	\	\	MA2414NVE Fishless Fingers (ve) With Potato Wedges(ve) Seasonal Salad (ve), Garden Peas(ve)
Allergy-Friendly Alternative	MA2416A Allergy-Friendly Cauli Mac 'N' Cheese (ve) With Potato Wedges (ve) Seasonal Salad (ve), Green Beans (ve)	MA2421VE Baked Potato with VE Cheese (ve) Seasonal Salad (ve), Baby Corn (ve)	MA2422A Allergy-Friendly Tomato Pasta (ve) With A/F Garlic Bread (ve) Broccoli, Cauliflower & Carrot Medley (ve)	\	\
Main Opton 2	MA2418 Baked Potato with Tuna Mayo Seasonal Salad (ve), Green Beans (ve)	MA2420 Chinese-Style Quorn Curry (ve) with Rice (ve) Seasonal Salad (ve), Baby Corn (ve)	MA2423 Rainbow Puff Pastry (v) with Potato Wedges (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2427N Cheese Roll (v) Carrot and Cucumber Sticks (ve)	MA2429 Spaghetti Bolognese Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	MA2417VE Vegan Quorn Dipper (ve) With Potato Wedges (ve) Seasonal Salad (ve), Green Beans (ve)	\	MA2424 Baked Potato with Beans (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2427VE Vegan Cheese Roll (ve) Carrot and Cucumber Sticks (ve)	MA2415 Cheese Sandwich (v) Seasonal Salad (ve), Garden Peas(ve)
Allergy-Friendly Alternative	\	\			MA2429A Allergy-Friendly Spaghetti Bolognese Seasonal Salad (ve), Garden Peas (ve)

2024/2025 Nursery Week 3 Dietary Variations

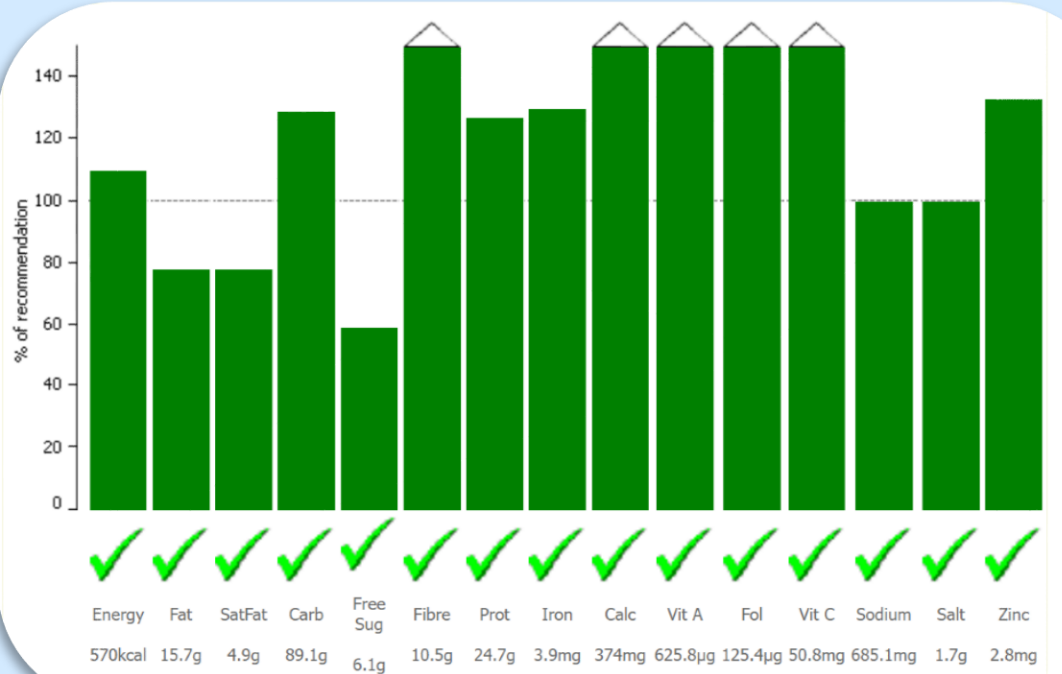
- These variations are developed to meet the dietary requirements of most pupils.
- Some pupils with complex diet may require bespoke recipes, they are not included in this section

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Main Opton 1	MA2430 Filled Yorkies (v) with Mashed Potato (ve) Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2433 Homemade Steak Pie with Baby Potatoes (ve) Seasonal Salad (ve), Green Beans (ve)	MA2436 Creamy Pesto Pasta (v) with Garlic Bread (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2438N Quorn Dippers (ve) (served with condiments) with Potato Wedges (ve) Carrot and Cucumber Sticks (ve)	MA2440 Traditional Mince in Gravy With Mashed Potato (ve) Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	MA2430VE Quorn Stew (no yorkies) (ve) With Mashed Potato (ve) Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2433VE Vegan Pie (ve) With Baby Potatoes (ve) Seasonal Salad (ve), Green Beans (ve)	MA2436VE Vegan Pesto Pasta (ve) With Garlic Bread (ve) Broccoli, Cauliflower & Carrot Medley (ve)	\	\
Allergy-Friendly Alternative	\	MA2433A Steak Stew (no pastry) With Baby Potatoes (ve) Seasonal Salad (ve), Green Beans (ve)	MA2436A Allergy-Friendly Pesto Pasta (ve) With A/F Garlic Bread (ve) Broccoli, Cauliflower & Carrot Medley (ve)	\	\
Main Opton 2	MA2431N Chicken Curry Rice Bowl Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2434 Free Range Omelette (v) with Potato Wedges (ve) Seasonal Salad (ve), Green Beans (ve)	MA2437 Pepperoni Pizza Sub (v) with Seasoned Diced Potato (ve) Broccoli, Cauliflower & Carrot Medley (ve)	MA2439N Saucy Chicken Baked Potato Carrot and Cucumber Sticks (ve)	MA2441N Tuna Mayo Pasta With Diced Potato (ve) Seasonal Salad (ve), Garden Peas (ve)
Diet Type Alternative	MA2432 Baked Potato with Cheese (v) Mixed Pepper Salad (ve), Sweetcorn (ve) MA2432VE Baked Potato with Vegan Cheese (ve) Mixed Pepper Salad (ve), Sweetcorn (ve)	MA2434VE Vegan Sausage (ve) With Potato Wedges (ve) Seasonal Salad (ve), Green Beans (ve)	MA2437VE Vegan Pizza Sub (ve) With Seasoned Diced Potato (ve) Broccoli, Cauliflower & Carrot Medley (ve)	\	MA2415 Cheese Sandwich (v) Seasonal Salad (ve), Garden Peas (ve)
Allergy-Friendly Alternative	\	\	MA2437A Allergy-Friendly Pizza Sub (ve) With Seasoned Diced Potato (ve) Broccoli, Cauliflower & Carrot Medley (ve)	\	MA2415A Allergy-Friendly VE Cheese Sandwich (ve) Seasonal Salad (ve), Garden Peas (ve)

2024/2025 Primary Weekly Nutritional Analysis Report

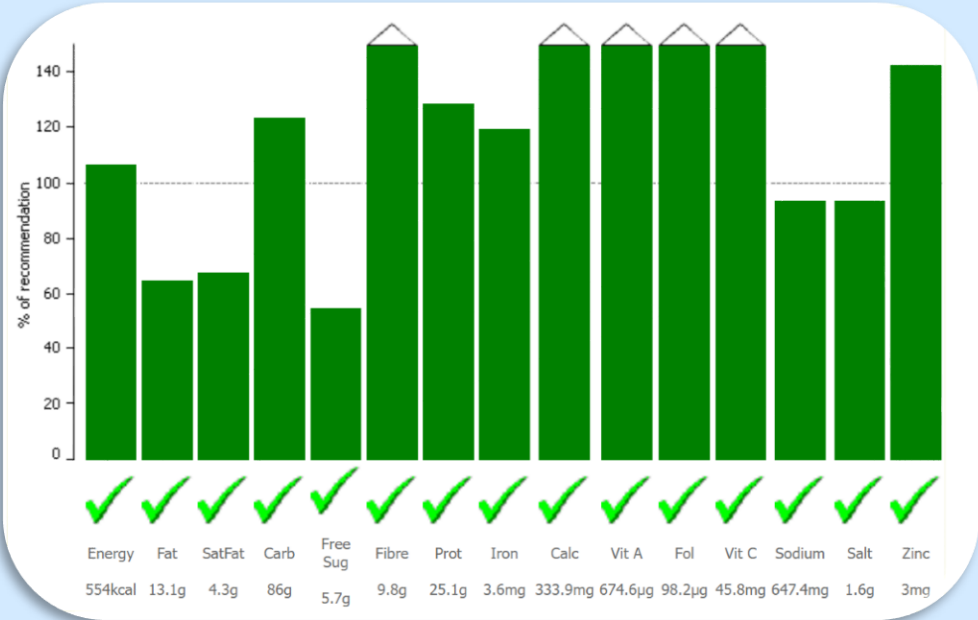


Week 1

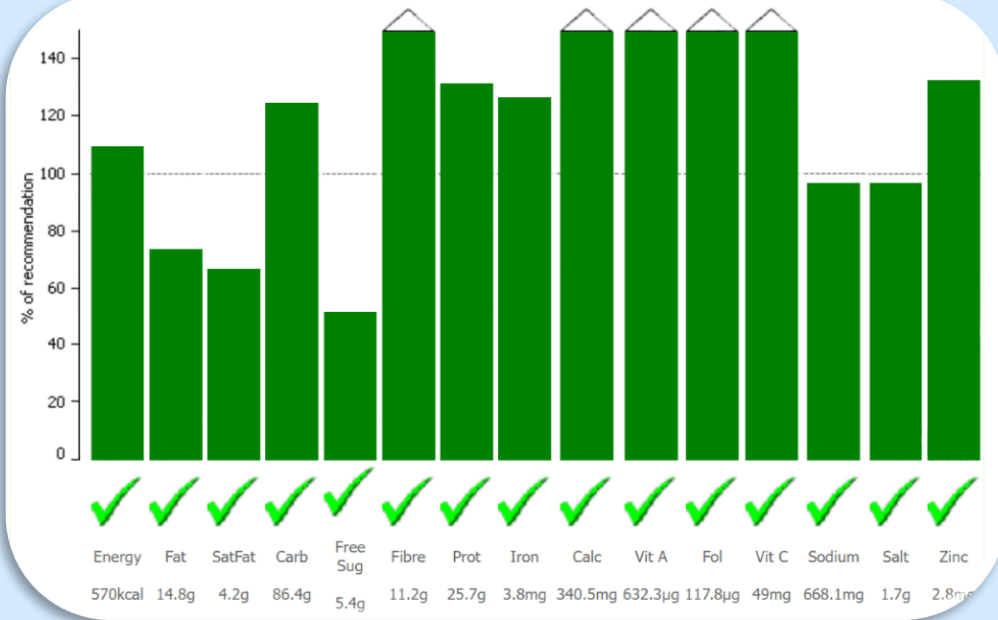


















Week 2

















Week 3

















2024/25 Primary & Nursery Allergen Matrix

																
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	
Starter - Soup																
RSO001	Carrot & Coriander Soup (ve)															
RSO002	Leek & Potato Soup (ve)															
RSO003	Tangy Tomato Soup (ve)															
RSO004	Seasonal Veg & Rice Soup (ve)															
RSO005	Seasonal Harvest Soup (ve)															
	Optional Bread: Kingsmill 50/50 (ve)															
	Optional Bread: Wholemeal Bread (ve)															
	Optional Bread: Brown Roll (v)															
	Optional Bread: G/F Just Good White Bread (ve)															
	Optional Bread: G/F Just Great White Roll (ve)															
Main Options																
MA2401	Mac 'N' Cheese with Garlic Bread (Broccoli, Cauliflower & Carrot Medley) (v)															
MA2401A	Allergy-Friendly Mac 'N' Cheese with A/F Garlic Bread (Broccoli, Cauliflower & Carrot Medley) (ve)															
MA2401VE	Vegan Mac 'N' Cheese with Garlic Bread (BCC Medley) (ve)															
MA2402	Chicken Burger with Wedges (BCC Medley)															
MA2402A	Allergy-Friendly Chicken Burger with Wedges (BCC Medley)															
MA2402VE	Vegan Burger with Wedges (BCC Medley)															
MA2403	Tuna Mayo Finger Roll with Wedges (BCC Medley)															
MA2404	The J-Dog Roll with Diced Potatoes (Mixed Pepper Salad, Sweetcorn)															
MA2404N	Beef Burger with Diced Potato (Mixed Pepper Salad, Sweetcorn)															
MA2404NVE	Vegan Burger with Diced Potato (Mixed Pepper Salad, Sweetcorn)															
MA2404NA	Allergy-Friendly Beef Burger with Diced Potato (Mixed Pepper Salad, Sweetcorn)															
MA2405	Neatballs in Onion Gravy with Mashed Potato (Mixed Pepper Salad, Sweetcorn) (ve)															
MA2406	Baked Potato with Beans (Mixed Pepper Salad, Sweetcorn) (ve)															
MA2407	Chilli Non-Carne with Rice (Seasonal Salad) (v)															
MA2408	Sau'sage Roll with Wedges (Seasonal Salad, Baked Beans) (ve)															
MA2408A	Allergy-Friendly Veg Sausage with Wedges (Seasonal Salad, Baked Beans) (ve)															















2024/25 Primary & Nursery Allergen Matrix

															
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Main Options															
MA2409	Baked Potato with Chilli (Seasonal Salad, Baked Beans) (v)														
MA2409GF	Baked Potato with Cheese (Seasonal Salad, Baked Beans) (ve)														
MA2409VE	Baked Potato with VE Cheese (Seasonal Salad, Baked Beans) (ve)														
MA2410	Margherita Pizza Sub with Diced Potato (Carrot and Cucumber Sticks) (v)														
MA2410A	Allergy-Friendly Pizza Sub with Diced Potato (Carrot and Cucumber Sticks) (ve)														
MA2410VE	Vegan Pizza Sub with Diced Potato (Carrot and Cucumber Sticks) (ve)														
MA2411	Chicken Kebob with Warmed Chapati (Carrot & Cucumebtr Sticks)														
MA2411A	Chicken Kebob with Diced Potato (Carrot & Cucumebtr Sticks)														
MA2412	Baked Potato with Cheese (Carrot and Cucumber Sticks) (v)														
MA2412VE	Baked Potato with Vegan Cheese (Carrot and Cucumber Sticks) (ve)														
MA2413	Shepherd's Pie (Seasonal Salad, Garden Peas)														
MA2414	Fish Fillet with Chips/Smiles/Fries (Seasonal Salad, Garden Peas)														
MA2414A	Allergy-Friendly Bubble Fish with Chips/Smiles/Fries (Seasonal Salad, Garden Peas)														
MA2414VE	Fishless Fingers with Chips/Smiles/Fries (Seasonal Salad, Garden Peas) (ve)														
MA2414N	Bubble Fish with Wedges (Seasonal Salad, Garden Peas)														
MA2414NVE	Fishless Fingers with Wedges (Seasonal Salad, Garden Peas) (ve)														
MA2415	Cheese Sandwich (Seasonal Salad, Garden Peas) (v)														
MA2415A	Allergy-Friendly Cheese Sandwich (Seasonal Salad, Garden Peas) (ve)														
MA2415VE	Vegan Cheese Sandwich (Seasonal Salad, Garden Peas) (ve)														
MA2416	Cauli Mac 'N' Cheese with Wedges (Salad, Green Beans) (ve)														
MA2416A	Allergy-Friendly Cauli Mac 'N' Cheese with Wedges (Salad, Green Beans) (ve)														
MA2417	Chicken Goujons with Wedges (Seasonal Salad, Green Beans)														
MA2417A	Allergy-Friendly Chicken Goujons with Wedges (Seasonal Salad, Green Beans)														
MA2417VE	Vegan Dippers with Wedges (Seasonal Salad, Green Beans) (ve)														
MA2418	Baked Potato with Tuna Mayo (Seasonal Salad, Green Beans)														















2024/25 Primary & Nursery Allergen Matrix

															
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Main Options															
MA2419	Meatball Sub Melt (Seasonal Salad, Baby Corn)		Contain					Contain					May Contain	Contain	Contain
MA2419A	Allergy-Friendly Meatball Sub Melt (Seasonal Salad, Baby Corn)													Contain	Contain
MA2419N	Meatballs in Onion Gravy with Mash(Seasonal Salad, Baby Corn)													Contain	Contain
MA2420	Chinese-Style Quorn Curry with Rice (Seasonal Salad, Baby Corn) (ve)		Contain											Contain	
MA2421	Baked Potato with Cheese (Seasonal Salad, Baby Corn) (v)							Contain							
MA2421VE	Baked Potato with Vegan Cheese (Seasonal Salad, Baby Corn) (ve)														
MA2422	Herby Tomato Pasta with Garlic Bread (Broccoli, Cauliflower & Carrot Medley) (ve)		Contain							May Contain			May Contain	May Contain	
MA2422A	Allergy-Friendly Tomato Pasta with A/F Garlic Bread (Broccoli, Cauliflower & Carrot Medley) (ve)														
MA2423	Rainbow Puff Pastry with Wedges (Broccoli, Cauliflower & Carrot Medley) (v)		Contain					Contain							
MA2424	Baked Potato with Beans (Broccoli, Cauliflower & Carrot Medley) (ve)														
MA2425	Bangers in Onion Gravy with Mash(Carrot and Cucumber Sticks) (ve)		Contain												
MA2425A	Allergy-Friendly Vegan Sausage in Onion Gravy with Mashed Potato (Carrot & Cucumber Sticks) (ve)														
MA2426	Tex-Mex Chicken Enchiladas with Diced Potato (Carrot and Cucumber Sticks)		Contain					Contain							
MA2427	Ham Sandwich (Carrot and Cucumber Sticks)		Contain											Contain	
MA2427A	Allergy-Friendly Ham Sandwich (Carrot and Cucumber Sticks)														
MA2427VE	Vegan Cheese Sandwich (Carrot and Cucumber Sticks) (ve)		Contain											Contain	
MA2427N	Cheese Roll (Carrot and Cucumber Sticks) (v)		Contain		May Contain			Contain					May Contain	Contain	
MA2427NVE	Vegan Cheese Roll (Carrot and Cucumber Sticks) (ve)														
MA2428	Salmon Fingers with Chips/Smiles/Fries (Seasonal Salad, Garden Peas)					Contain									
MA2428N	Salmon Fingers with Wedges (Seasonal Salad, Garden Peas)					Contain									
MA2429	Spaghetti Bolognese (Seasonal Salad, Garden Peas)		Contain					Contain						Contain	
MA2429A	Allergy-Friendly Spaghetti Bolognese (Seasonal Salad, Garden Peas)													Contain	















2024/25 Primary & Nursery Allergen Matrix

															
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Main Options															
MA2430	Filled Yorkies with Mashed Potato (Mixed Pepper Salad, Sweetcorn) (v)		Contain		Contain			Contain							
MA2430VE	Quorn Stew (no yorkies) with Mashed Potato (Mixed Pepper Salad, Sweetcorn) (ve)		Contain												
MA2431	Popper Rice Bowl (Mixed Pepper Salad, Sweetcorn)		Contain												
MA2431N, MA2431A	Chicken Curry Rice Bowl (Mixed Pepper Salad, Sweetcorn)													Contain	
MA2432	Baked Potato with Cheese (Mixed Pepper Salad, Sweetcorn) (v)							Contain							
MA2432VE	Baked Potato with Vegan Cheese (Mixed Pepper Salad, Sweetcorn) (ve)														
MA2433	Homemade Steak Pie with Baby Potatoes (Seasonal Salad, Green Beans)		Contain												Contain
MA2433A	Allergy-Friendly Steak Stew (no pastry) with Baby Potatoes (Seasonal Salad, Green Beans)														Contain
MA2433VE	Vegan Pie with Baby Potatoes (Seasonal Salad, Green Beans) (ve)		Contain												
MA2434	Omelette with Wedges (Seasonal Salad, Green Beans) (v)				Contain			Contain							
MA2434VE	Vegan Sausage with Wedges (Seasonal Salad, Green Beans) (ve)														
MA2435	Tuna Mayo Finger Roll with Wedges (Seasonal Salad, Green Beans)		Contain		Contain	Contain							May Contain		
MA2436	Creamy Pesto Pasta with Garlic Bread (Broccoli, Cauliflower & Carrot Medley) (v)		Contain					Contain		May Contain			May Contain	May Contain	
MA2436A	Allergy-Friendly Pesto Pasta with A/F Garlic Bread (Broccoli, Cauliflower & Carrot Medley) (ve)														
MA2436VE	Vegan Pesto Pasta with Garlic Bread (Broccoli, Cauliflower & Carrot Medley) (ve)		Contain							May Contain			May Contain	May Contain	
MA2437	Pepperoni Pizza Sub with Diced Potato (Broccoli, Cauliflower & Carrot Medley) (v)		Contain					Contain					May Contain		
MA2437A	Allergy-Friendly Pizza Sub with Diced Potato (Broccoli, Cauliflower & Carrot Medley) (ve)														
MA2437VE	Vegan Pizza Sub with Diced Potato (Broccoli, Cauliflower & Carrot Medley) (ve)		Contain										May Contain		

2024/25 Primary & Nursery Allergen Matrix

															
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Main Options															
MA2438	Sticky BBQ Quorn Dippers with Wedges (Carrot and Cucumber Sticks) (v)		Contain												Contain
MA2438N, MA2438VE	Quorn Dippers (no bbq dipping) with Wedges (Carrot and Cucumber Sticks) (ve)		Contain												
MA2439	Saucy Chicken Tacos (Carrot and Cucumber Sticks)		May Contain					Contain							
MA2439N, MA2439A	Saucy Chicken Baked Potato (Carrot and Cucumber Sticks)														
MA2440	Traditional Mince in Gravy with Mashed Potato (Seasonal Salad, Garden Peas)														
MA2441	Golden Fish Burger with Diced Potato (Seasonal Salad, Garden Peas)		Contain		May Contain	Contain		Contain		Contain			May Contain	Contain	
MA2441A	Allergy-Friendly Fish Burger with Diced Potato (Seasonal Salad, Garden Peas)					Contain									
MA2441VE	Vegan Burger with Diced Potato (Seasonal Salad, Garden Peas) (ve)		Contain												
MA2441N	Tuna Mayo Pasta with Diced Potato (Seasonal Salad, Garden Peas)		Contain		Contain	Contain				May Contain					May Contain
Dessert Options															
RDE001	Fruity Yoghurt (v)							Contain							
RDE001VE	Vanilla Dessert (ve)													Contain	
RDE002	Jelly (ve)														
RDE003	Vanilla Ice Cream (v)							Contain							
RDE003VE	Fruity Iced Smoothie (ve)														
RDE004	Fruit Salad (ve)														
RDE005	Cook's Choice of Home Baking_Apple/Rhubarb Crumble with Custard (v)		Contain					Contain							
RDE006	Cook's Choice of Home Baking_Apple Sponge (v)		Contain		Contain										
RDE006GF	Gluten Free Apple Sponge (v)				Contain										
RDE006EF	Egg Free Apple Sponge (ve)		Contain												
RDE006A	Allergy-Friendly Apple Sponge (ve)														

2024/25 Primary & Nursery Allergen Matrix

															
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Dessert Options															
RDE007	Cook's Choice of Home Baking_Apple Turnover (v)		Contain		Contain										
RDE007EF	Egg Free Apple Turnover (ve)		Contain		Contain										
RDE008	Cook's Choice of Home Baking_Banana Bread (v)		Contain		Contain										
RDE008GF	Gluten Free Banana Bread (v)		May Contain		Contain										
RDE008EF	Egg Free Banana Bread (v)		Contain		Contain										
RDE008A	Allergy-Friendly Banana Bread (v)		May Contain		Contain										
RDE009	Cook's Choice of Home Baking_Carrot & Beet Cake (v)		Contain		Contain										
RDE009EF	Egg Free Carrot Beet Cake (v)		Contain		Contain										
RDE010	Cook's Choice of Home Baking_Choco-Orange Cake (v)		Contain		Contain										
RDE010GF	Gluten Free Choco-Orange Cake (v)		May Contain		Contain										
RDE010EF	Egg Free Choco-Orange Cake (v)		Contain		Contain										
RDE010A	Allergy-Friendly Choco-Orange Cake (v)		May Contain		Contain										
RDE011	Cook's Choice of Home Baking_Melting Moments (v)		Contain		Contain										
RDE011EF	Egg Free Melting Moment (ve)		Contain		Contain										
RDE012	Cook's Choice of Home Baking_Oaty Flapjack (ve)		Contain		Contain										
RDE013	Cook's Choice of Home Baking_Peach Melba Sponge (v)		Contain		Contain										
RDE013GF	Gluten Free Peach Melba Sponge (v)		May Contain		Contain										
RDE013EF	Egg Free Peach Melba Sponge (v)		Contain		Contain										
RDE013A	Allergy-Friendly Peach Melba Sponge (v)		May Contain		Contain										
RDE014	Cook's Choice of Home Baking_Rice Pudding & Jam (v)							Contain							
RDE014DF	Dairy Free Rice Pudding & Jam (v)							Contain						Contain	
RDE015	Cook's Choice of Home Baking_Shortbread (ve)														
RDE016	Cook's Choice of Home Baking_Sponge Cake with Filling (v)		Contain		Contain			Contain							Contain
RDE016GF	Gluten Free Sponge Cake with Filling (v)		May Contain		Contain			Contain							Contain
RDE016EF	Egg Free Sponge Cake with Filling (v)		Contain		Contain			Contain							Contain
RDE016DF	Dairy Free Sponge Cake with Filling (v)		Contain		Contain			Contain						Contain	Contain
RDE016A	Allergy-Friendly Sponge Cake with Filling (ve)		May Contain		Contain			Contain						Contain	Contain
RDE017	Cook's Choice of Home Baking_Plant-Power Chocolate Brownie with Banana Nice Cream (ve)		Contain		Contain									Contain	
Condiments															
	Just Like KFC Chips Seasoning (ve)														Contain
	Tomato Ketchup (ve)														
	Mayonnaise (v)				Contain					Contain					

2024/2025 Primary & Nursery

Portion Sizes, Carb & Fat Counts

This chart only includes general menu items, please get in touch you require information for dietary alternatives

Soup	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
Carrot & Coriander Soup (ve)	4.9g	1.2g	200ml (219.8g)	10.7g	2.6g	160ml (175.8g)	8.6g	2.1g
Leek & Potato Soup (ve)	5.0g	0.1g	200ml (224.0g)	11.1g	0.1g	160ml (179.2g)	8.9g	0.1g
Tangy Tomato Soup (ve)	2.5g	0.0g	200ml (222.8g)	5.6g	0.1g	160ml (178.2g)	4.5g	0.1g
Seasonal Veg & Rice Soup (ve) (example recipe)	7.1g	0.0g	200ml (209.5g)	15.0g	0.0g	160ml (167.6g)	12.0g	0.0g
Seasonal Harvest Soup (ve) (example recipe)	2.5g	0.1g	200ml (207.0g)	5.1g	0.2g	160ml (165.6g)	4.1g	0.2g
Optional Bread (Kingsmill 50/50) (ve)	41.9g	2.2g	40.0g	16.8g	0.9g	40.0g	16.8g	0.9g
Optional Bread (Wholemeal) (ve)	40.5g	1.4g	40.0g	16.2g	0.6g	40.0g	16.2g	0.6g
Optional Bread (Just Good G/F) (ve)	46.0g	7.2g	40.0g	18.4g	2.9g	40.0g	18.4g	2.9g
Optional Bread (Brown Roll) (ve)	51.3g	1.7g	50.0g	25.7g	0.9g	50.0g	25.7g	0.9g
Optional Bread (Just Great G/F White Roll) (ve)	46.0g	7.2g	50.0g	23.0g	3.6g	50.0g	23.0g	3.6g
Main Dish (sides not included)	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
Classic Mac 'N' Cheese (v)	25.8g	9.8g	180g	46.5g	17.6g	145g	37.2g	14.1g
Chicken Burger	27.1g	9.1g	102g	27.6g	9.3g	\	\	\
Tuna Mayo Finger Roll	25.6g	5.0g	93g	23.7g	4.6g	93g	23.7g	4.6g
The J-Dog Roll	23.6g	12.7g	125g	29.5g	15.9g	\	\	\
Beef Burger	42.5g	4.2g	\	\	\	115g	48.9g	4.8g
Neatballs in Onion Gravy (ve)	5.7g	6.3g	154g	8.8g	9.6g	123g	7.0g	7.7g
Baked Potato with Beans (ve)	17.0g	14.7g	170g	28.9g	24.9g	170g	28.9g	24.9g
Chilli Non-Carne (v)	6.8g	2.1g	156g	10.7g	3.3g	125g	8.5g	2.6g
Sau'sage Roll (ve)	28.0g	17.0g	64g	17.9g	10.9g	64g	17.9g	10.9g
Baked Potato with Chilli (v)	16.9g	4.8g	198g	33.4g	9.6g	\	\	\
Margherita Pizza Sub (v)	28.9g	6.2g	86g	24.8g	5.3g	86g	24.8g	5.3g
Chicken Kebob	3.6g	4.8g	125g	4.5g	6.1g	101g	3.6g	4.9g
Baked Potato with Cheese (v)	17.0g	14.7g	170g	28.9g	24.9g	170g	28.9g	24.9g
Shepherd's Pie	8.2g	5.6g	227g	18.7g	12.7g	182g	15.0g	10.2g
Fish Fillet	16.0g	11.0g	115g	18.4g	12.7g	\	\	\
Bubble Fish	25.0g	9.0g	110g	30.0g	10.8g	55g	15.0g	5.4g
Cheese Sandwich (v)	32.6g	10.5g	103g	33.5g	10.9g	103g	33.5g	10.9g
Creamy Cauli Mac 'N' Cheese (ve)	24.6g	3.7g	180g	44.4g	6.7g	145g	35.5g	5.4g

2023/2024 Primary & Nursery

Portion Sizes, Carb & Fat Counts

This chart only includes general menu items, please get in touch you require information for dietary alternatives

Main Dish (sides not included)	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
Chicken Goujons	15.0g	2.9g	88g	14.7g	2.8g	\	\	\
Baked Potato with Tuna Mayo	17.0g	7.9g	173g	29.5g	13.7g	173g	29.5g	13.7g
Meatball Sub Melt	18.7g	5.3g	190g	35.6g	10.0g	\	\	\
Meatballs in Onion Gravy	5.7g	6.3g	\	\	\	143g	8.1g	10.2g
Chinese-Style Quorn Curry (ve)	6.5g	2.7g	142g	9.2g	3.8g	115g	7.3g	3.1g
Herby Tomato Pasta (ve)	25.8g	0.8g	185g	48.0g	1.5g	148g	38.4g	1.2g
Rainbow Puff Pastry (v)	14.0g	15.7g	153g	21.4g	23.9g	153	21.4g	23.9g
Bangers in Onion Gravy (ve)	7.1g	2.3g	154g	10.9g	3.5g	154g	10.9g	3.5g
Tex-Mex Chicken Enchiladas	14.4g	7.3g	155g	22.4g	11.3g	125g	17.9g	9.0g
Ham Sandwich	30.1g	4.1g	113g	34.0g	4.6g	113g	34.0g	4.6g
Cheese Roll (v)	26.0g	16.1g	\	\	\	73g	19.0g	11.8g
Salmon Fingers	28.8g	11.0g	104g	30.0g	11.4g	78g	22.5g	8.6g
Spaghetti Bolognese	24.9g	3.3g	231g	57.5g	7.6g	185g	46.0g	6.1g
Filled Yorkies (v)	16.4g	4.8g	170g	27.9g	8.2g	170g	27.9g	8.2g
Popper Rice Bowl	17.6g	4.1g	218g	38.3g	9.0g	\	\	\
Chicken Curry Rice Bowl	15.8g	1.4g	\	\	\	183g	27.7g	2.6g
Homemade Steak Pie	11.1g	8.3g	156g	17.2g	13.0g	130g	15.5g	11.8g
Folded Omelette (v)	4.0g	12.0g	85g	3.4g	10.2g	85g	3.4g	10.2g
Creamy Pesto Pasta (v)	26.4g	4.5g	176g	46.6g	8.0g	140g	37.3g	6.4g
Pepperoni Pizza Sub (v)	28.5g	6.5g	90g	25.8g	5.9g	90g	25.8g	5.9g
Sticky BBQ Quorn Dippers (v)	13.6g	8.6g	85g	11.4g	7.2g	\	\	\
Quorn Dippers (plain) (ve)	9.9g	9.6g	\	\	\	62g	6.1g	6.0g
Saucy Chicken Tacos	16.5g	8.4g	196g	32.3g	16.5g	\	\	\
Saucy Chicken Baked Potato	13.1g	3.9g	\	\	\	186g	31.3g	9.1g
Traditional Mince in Gravy	3.4g	7.1g	125g	4.3g	8.8g	100g	3.4g	7.1g
Golden Fish Burger	21.5g	14.6g	160g	34.4g	23.3g	\	\	\
Tuna Mayo Pasta	27.4g	2.5g	\	\	\	146g	39.9g	3.7g

2023/2024 Primary & Nursery

Portion Sizes, Carb & Fat Counts

This chart only includes general menu items, please get in touch you require information for dietary alternatives

Side Carbs (seasoning not included)	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
Baby Potato (ve)	16.1g	0.1g	100.0g	16.1g	0.1g	80.0g	12.9g	0.1g
Chips (ve)	21.0g	3.0g	100.0g	21.0g	3.0g	80.0g	16.8g	2.4g
Crinkle fries (ve)	23.0g	6.3g	100.0g	23.0g	6.3g	80.0g	18.4g	5.0g
Diced Potato (ve)	16.1g	0.1g	100.0g	16.1g	0.1g	80.0g	12.9g	0.1g
Garlic Bread (v)	43.8g	5.8g	30.2g	13.2g	1.7g	30.2g	13.2g	1.7g
Mashed Potato (ve)	16.0g	4.8g	102.0g	16.3g	4.9g	81.6g	13.0g	3.9g
Potato Wedges (ve)	15.0g	0.5g	100.0g	15.0g	0.5g	80.0g	12.0g	0.4g
Rice (ve)	26.0g	0.0g	120.0g	31.2g	0.0g	96.0g	25.0g	0.0g
Smiley Faces (ve)	28.0g	6.1g	100.0g	28.0g	6.1g	80.0g	22.4g	4.9g
Warmed Chapati (ve)	49.0g	4.6g	59.0g	28.9g	2.7g	59.0g	28.9g	2.7g
Side Veg	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
Baby Corn (ve)	2.7g	0.4g	40.0g	1.1g	0.2g	40.0g	1.1g	0.2g
Baked Beans (ve)	14.0g	0.6g	40.0g	5.6g	0.2g	40.0g	5.6g	0.2g
Broccoli, Cauliflower & Carrot Medley (ve)	3.6g	0.6g	80.0g	2.9g	0.5g	80.0g	2.9g	0.5g
Carrot & Cucumber Sticks (ve)	4.7g	0.2g	80.0g	3.8g	0.2g	80.0g	3.8g	0.2g
Garden Peas (ve)	11.0g	1.5g	40.0g	4.4g	0.6g	40.0g	4.4g	0.6g
Green Beans (ve)	3.1g	0.0g	40.0g	1.2g	0.0g	40.0g	1.2g	0.0g
Mixed Pepper Salad (ve)	4.3g	0.2g	40.0g	1.7g	0.1g	40.0g	1.7g	0.1g
Seasonal Salad (ve) (example recipe)	9.2g	5.1g	40.0g	3.7g	2.0g	40.0g	3.7g	2.0g
Sweetcorn (ve)	8.1g	1.8g	40.0g	3.2g	0.7g	40.0g	3.2g	0.7g

2023/2024 Primary & Nursery

Portion Sizes, Carb & Fat Counts

This chart only includes general menu items, please get in touch you require information for dietary alternatives

Dessert	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
Fruity Yoghurt (v)	26.8g	2.8g	100g	26.8g	2.8g	100g	26.8g	2.8g
Jelly (ve)	15.0g	0.1g	64.5g	9.6g	0.1g	64.5g	9.6g	0.1g
Vanilla Ice Cream (v)	18.0g	8.2g	80ml	14.4g	6.6g	80ml	14.4g	6.6g
Fruit Salad (ve) (example recipe)	8.8g	0.2g	80g	7.1g	0.1g	80g	7.1g	0.1g
Cook's Choice of Home Baking_Apple/Rhubarb Crumble with Custard (v)	31.7g	8.9g	127.5g	40.4g	11.4g	102.0g	32.3g	9.1g
Cook's Choice of Home Baking_Apple Sponge (v)	40.3g	13.0g	57.5g	23.2g	7.5g	57.5g	23.2g	7.5g
Cook's Choice of Home Baking_Apple Turnover (v)	23.9g	12.7g	116.8g	27.9g	14.8g	116.8g	27.9g	14.8g
Cook's Choice of Home Baking_Banana Bread (v)	41.2g	8.6g	60.4g	24.9g	5.2g	60.4g	24.9g	5.2g
Cook's Choice of Home Baking_Carrot & Beet Cake (v)	40.4g	11.4g	52.5g	21.2g	6.0g	52.5g	21.2g	6.0g
Cook's Choice of Home Baking_Choco-Orange Cake (v)	42.8g	15.4g	64.0g	27.4g	9.9g	64.0g	27.4g	9.9g
Cook's Choice of Home Baking_Melting Moments (v)	44.0g	20.8g	49.3g	21.7g	10.2g	49.3g	21.7g	10.2g
Cook's Choice of Home Baking_Oaty Flapjack (ve)	58.6g	23.8g	32.8g	19.2g	7.8g	32.8g	19.2g	7.8g
Cook's Choice of Home Baking_Peach Melba Sponge (v)	31.7g	20.1g	54.2g	17.2g	10.9g	54.2g	17.2g	10.9g
Cook's Choice of Home Baking_Rice Pudding & Jam (v)	18.8g	1.3g	74.0g	13.9g	0.9g	74.0g	13.9g	0.9g
Cook's Choice of Home Baking_Shortbread (ve)	58.0g	27.2g	60.0g	34.8g	16.3g	60.0g	34.8g	16.3g
Cook's Choice of Home Baking_Sponge Cake & Filling (v)	43.5g	21.0g	54.0g	23.5g	11.3g	54.0g	23.5g	11.3g
Cook's Choice of Home Baking_Plant-Power Chocolate Brownie with Banana Nice Cream (ve)	27.8g	8.5g	52.9g	14.7g	4.5g	52.9g	14.7g	4.5g
Condiment	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
Just Like KFC Chip Seasoning	25.1g	1.4g	1.0g	0.3g	0.0g	\	\	\
Tomato Ketchup	11.0g	0.0g	10g	1.1g	0.0g	10g	1.1g	0.0g
Mayonnaise	7.4g	26.0g	10g	0.7g	2.6g	10g	0.7g	2.6g
Fruit (please get in touch if you require nutritional info for other fruit items)	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
Apple	11.6g	0.5g	115g	13.3g	0.6g	115g	13.3g	0.6g
Banana	20.3g	0.1g	120g	24.4g	0.1g	120g	24.4g	0.1g
Mandarin Orange	8.2g	0.2g	80g	6.6g	0.2g	80g	6.6g	0.2g
Honeydew Melon	4.3g	0.1g	80g	3.4g	0.1g	80g	3.4g	0.1g

Recipe Book

01 Starter - Soup



Recipe Book

01 Starter - Soup



RSO001

Carrot & Coriander Soup (ve)

This Meal Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Code	Ingredient	Weight	Allergens
4776	Carrot, Diced	1000g	
30501	Onion, Diced	200g	
350002	Potato, Diced	600g	
33568	Cooking Oil	40g	
133534	Veg Stock	40g	
\	Water (Stock)	2500ml	
5COR (McLays)	Coriander	5g	

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	160ml
Primary	20	200ml
Secondary	16	250ml

Cooking Method

1. Saute chopped carrots and onion.
2. Add in diced potato, made-up veg stock, and coriander.
3. Bring to boil and simmer till veg are very soft. Blend to smooth.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	34.1	1.2	0.1	4.9	2.1	0.5	1.8	0.3
Nursery (176g)	59.9	2.1	0.2	8.6	3.8	0.8	3.2	0.4
Primary Average (220g)	74.9	2.6	0.2	10.7	4.7	1.1	4.0	0.6
Secondary (275g)	93.7	3.2	0.3	13.4	5.9	1.3	5.0	0.7

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 35
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSO002

Leek & Potato Soup (ve)

This Meal Contains: None of the 14 Food Allergens
Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredient

Code	Ingredient	Weight	Allergens
133534	Veg Stock	40g	
\	Water (Stock)	2500ml	
461235	Leek, Sliced	800g	
350002	Potato, Diced	1000g	
30501	Onion, Diced	125g	
33591	Dried Parsley	15g	

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	160ml
Primary	20	200ml
Secondary	16	250ml

Cooking Method

1. Heat a pot with oil, once hot, add in leeks, potato and onion. Cook over a low heat for 5 min.
2. Add in veg stock and water, bring to boil. Once boiling, reduce to low heat and simmer until veg are completely soften.
3. Optional: garnish with parsley on top.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	24.5	0.1	0.0	5.0	1.0	0.8	1.5	0.3
Nursery (179g)	43.9	0.1	0.0	8.9	1.7	1.4	2.7	0.5
Primary Average (224g)	54.9	0.1	0.0	11.1	2.2	1.8	3.4	0.6
Secondary (280g)	68.6	0.2	0.0	13.9	2.7	2.2	4.2	0.7

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
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* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 36
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSO003

Tangy Tomato Soup (ve)

This Meal Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Code	Ingredient	Weight	Allergens
133534	Veg Stock	40g	
\	Water (Stock)	2500ml	
6437	Tomato, Chopped	1200	
114938	Passata/ Tomato Paste	500g	
30501	Onion, Diced	200g	
35006	Dried Basil	5g	
33592	Dried Oregano	5g	
33686	Garlic Powder	5g	

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	160ml
Primary	20	200ml
Secondary	16	250ml

Cooking Method

1. Heat a pot with oil, once hot, add in onion, cook until starting to soften.
2. Add in veg stock, water, chopped tomato, passata, dried basil, dried oregano and garlic powder, bring to boil over a high heat. Once boiling, reduce to low heat and simmer until veg are completely softened. Remove from heat, blend until smooth.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	14.6	0.0	0.0	2.5	1.7	0.6	1.5	0.3
Nursery (178g)	26.1	0.1	0.0	4.5	3.0	1.2	2.7	0.5
Primary Average (223g)	32.6	0.1	0.0	5.6	3.7	1.4	3.4	0.6
Secondary (278g)	40.8	0.1	0.0	7.0	4.7	1.8	4.2	0.8

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 37
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSO004

Seasonal Veg & Rice Soup (ve)

This Meal Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Code	Ingredient	Weight	Allergens
133534	Veg Stock	40g	
\	Water (Stock)	2500ml	
4776	Carrot, Diced	700g	
461235	Leek, Sliced	500g	
4777	Swede, Diced	200g	
33630	Rice	250g	

Other McLays veg that can be used depending on seasonality:

- 3BRO broccoli (Jun-Nov),
- 3CKG courgette (Jun-Oct),
- 3BRU brussels sprout (Sep-Mar),
- 3CSA/3CD/3CR cabbage – different types (all year round),
- 3SB butternut squash (Sep-Nov),
- 4PD500 potato (all year round),
- 4PSKG/3PSKG sweet potato (Sep-Feb),
- 3TURKG turnip (Jun-Feb),
- 3BEE beetroot (Jun-Mar),
- 2TKG tomato (May-Sep),
- 1AGS1 apple (Aug-Feb)
- 2MBKG mushroom (all year round)

Suggested Serving & Portion (example recipe)

Population Group	Servings	Suggested Portion
Nursery	25	160ml
Primary	20	200ml
Secondary	16	250ml

Cooking Method

1. Heat a large pot with **oil** over a medium heat, once hot, add in **vegetables**, cook until starting to soften.
2. Add in **veg stock** and **water**, bring to boil over a high heat. Once boiling, add in **rice**, cover the pot and cook over a medium heat until rice is tender.

Nutritional Information (example recipe)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	34.5	0.0	0.0	7.1	1.9	0.8	0.7	0.3
Nursery (168g)	57.8	0.0	0.0	12.0	3.2	1.4	1.2	0.4
Primary Average (210g)	72.2	0.0	0.0	15.0	4.1	1.7	1.5	0.6
Secondary (262g)	90.3	0.1	0.1	18.7	5.1	2.1	1.9	0.7

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 38
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSO005

Seasonal Harvest Soup (ve)

(Vegetable Soup)

This Meal Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Code	Ingredient	Weight	Allergens
133534	Veg Stock	40g	
\	Water (Stock)	2500ml	
30501	Onion, Diced	200g	
461235	Leek, Sliced	500g	
4776	Carrot, Diced	700g	
4777	Swede, Diced	200g	

Other McLays veg that could be used depending on seasonality:

- 3BRO broccoli (Jun-Nov),
- 3CKG courgette (Jun-Oct),
- 3BRU brussels sprout (Sep-Mar),
- 3CSA/3CD/3CR cabbage – different types (all year round),
- 3SB butternut squash (Sep-Nov),
- 4PD500 potato (all year round),
- 4PSKG/3PSKG sweet potato (Sep-Feb),
- 3TURKG turnip (Jun-Feb),
- 3BEE beetroot (Jun-Mar),
- 2TKG tomato (May-Sep),
- 1AGS1 apple (Aug-Feb),
- 2MBKG mushroom (all year round)

Suggested Serving & Portion (example recipe)

Population Group	Servings	Suggested Portion
Nursery	25	160ml
Primary	20	200ml
Secondary	16	250ml

Cooking Method

1. Heat a large pot with oil, once hot, add in vegetables, cook until starting soften.
2. Add in veg stock and water, bring to boil over high heat. Once boiling, reduce to low heat and simmer until veg are completely softened.

Nutritional Information (example recipe)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	12.5	0.1	0.0	2.5	1.9	0.4	1.4	0.3
Nursery (166g)	20.8	0.2	0.0	4.1	3.1	0.7	2.3	0.4
Primary Average (207g)	25.9	0.2	0.0	5.1	3.8	0.8	2.9	0.5
Secondary (259g)	32.4	0.3	0.1	6.4	4.8	1.1	3.6	0.7

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 39
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

Optional: Bread (v) (served with soup)



Ingredients

Component	Code	Ingredient	Weight	Allergens
Bread Options	5226 (McGhees)	Kingsmill 50/50	½ - 1 slice	Gluten, Wheat, Soya
	5308 (McGhees)	Wholemeal Bread		Gluten, Wheat May contain: Soya
	1127 (McGhees)	Brown Roll		Gluten, Wheat May contain: Milk, Egg, Soya
	7202 (McGhees)	G/F Just Great or Just Good White Bread		
	7204 (McGhees)	G/F White Roll		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	1	½ - 1 slice
Primary	1	½ - 1 slice
Secondary	1	½ - 1 slice

Cooking Method

1. n/a

Nutritional Information *

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Kingsmill Per 100g	230.4	2.2	0.4	41.9	3.5	9.4	4.7	1.0
Kingsmill Per slice (40g)	93.6	0.9	0.2	16.8	1.4	3.8	1.9	0.4
Wholemeal Loaf Per 100g	228.0	1.4	0.4	40.5	2.7	9.5	7.5	0.9
Wholemeal Loaf Per slice (40g)	91.2	0.6	0.2	16.2	1.1	3.8	3.0	0.4
Brown Roll Per 100g	246.0	1.7	0.3	51.3	2.5	10.4	3.5	1.1
Brown Roll Per Roll (50g)	123.0	0.9	0.2	25.7	1.3	5.2	1.8	0.6
G/F White Loaf per 100g	268.0	7.2	0.5	46.0	0.9	2.3	5.4	0.9
G/F White Loaf per slice (40g)	107.2	2.9	0.2	18.4	0.4	0.9	2.2	0.4
G/F White Roll Per 100g	268.0	7.2	0.5	46.0	0.9	2.3	5.4	0.9
G/F White Roll Per Roll (50g)	134.0	3.6	0.3	23.0	0.5	1.2	2.7	0.5

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 40
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

Recipe Book

o2 Main Meal



MA2401

Mac 'N' Cheese (v) (RMA021)

Serve with: Garlic Bread (RSC005) and Broccoli, Cauliflower & Carrot Medley (RSV003)

This Meal Contains: Gluten, Wheat, Milk
May contain: Gluten, Barley, Sesame
Dietary Suitability: EF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Macaroni	21110	Macaroni 150173	1000g	Gluten, Wheat
White Sauce	114956	Flour (G/F)	150g	
	71402	Flora	150g	
	Muller/19665	Semi-Skimmed Milk	1700ml	Milk
	33686	Garlic Powder	3g	
	71268	White Cheddar	450g	Milk
Topping	118872	Coloured Cheddar	150g	Milk
Sides (refer to sides page for details)	RSC005	Garlic Bread		Gluten, Wheat May contain: Barley, Sesame
	RSV006	Broccoli, Cauliflower & Carrot Medley		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	145g
Primary	20	P1-3: 168g P4-5: 180g p6-7: 214g
Secondary	16	225g

Cooking Method

1. Boil, rinse and drain the **macaroni**. Do not overcook.
2. Make a roux with **flora** and **g/f flour**, cook until a sandy texture.
3. Gradually mix in **milk**, cook until thickened. Once thickened, remove from heat, add in **white cheddar**. Add the **sauce** to cooked **macaroni**, top with **coloured cheddar**, bake for 10min or until golden on top and bubbling through the edges.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	230.5	9.8	4.8	25.8	3.4	9.5	0.6	0.4
Nursery (145g)	332.3	14.1	6.9	37.2	4.8	13.7	0.8	0.6
Primary Average (180g)	415.3	17.6	8.7	46.5	6.0	17.1	1.1	0.8
Secondary (225g)	519.1	22.0	10.9	58.2	7.5	21.3	1.3	1.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2401VE	Vegan Mac 'N' Cheese with Garlic Bread (Broccoli, Cauliflower & Carrot Medley) (ve)	19665 Milk 71268 White Cheddar 118872 Coloured Cheddar	128154 Soya Milk 148819 Vegan Grated Cheese	Gluten, Wheat, Soya May contain: Barley, Sesame
MA2401A	Allergy-Friendly Mac 'N' Cheese with A/F Garlic Bread (Broccoli, Cauliflower & Carrot Medley) (ve)	21110 Macaroni 19665 Milk 71268 White Cheddar 118872 Coloured Cheddar RSC005 Garlic Bread	126919 G/F Pasta 128154 Soya Milk 148819 Vegan Grated Cheese RSC003A GF Garlic Bread	Soya

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 42
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2402

Chicken Burger (RMA008)

Served with: Wedges (RSC007), Broccoli, Cauliflower & Carrot Medley (RSV003), and condiment of choice

This Meal Contains: Gluten, Wheat, Soya
May contain: Milk, Egg, Sesame, Barley, Oats, Rye
Dietary Suitability: \



Ingredients

Component	Code	Ingredient	Weight	Allergens
Bun	121701	Burger Bun (v)	20 buns	Gluten, Wheat, Soya May contain: Milk, Egg, Sesame, Barley, Oats
Chicken	123590	Red Tractor Breaded Chicken	20 fillets	Gluten, Wheat
Sides (refer to sides page for details)	RSC007	Wedges		
	RSV006	BCC Medley (2 portions per child)		
		Condiment of 10ml portion		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	This item is not used in nursery
Primary	20	1 bun (50g) + 1 burger (approx. 52g, cooked wt.)
Secondary	20	1 bun (50g) + 1 burger (approx. 52g, cooked wt.)

Cooking Method

1. Cook chicken burger following instructions on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	248.3	9.1	2.0	27.1	3.2	12.3	4.5	0.7
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (102g)	253.3	9.3	2.0	27.6	3.3	12.6	4.6	0.7
Secondary (102g)	253.3	9.3	2.0	27.6	3.3	12.6	4.6	0.7

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2402VE	Vegan Burger with Wedges (Broccoli, Cauliflower & Carrot Medley) (ve)	121701 Burger Bun 123590 Breaded Chicken	7204 (McGhees) G/F White Roll 146279 Crispy Crumbed Vegetable Burger	Gluten, Wheat
MA2402A	Allergy-Friendly Chicken Burger with Wedges (Broccoli, Cauliflower & Carrot Medley)	121701 Burger Bun 123590 Breaded Chicken	7204 (McGhees) G/F White Roll 125459 G/F Chicken Goujon (2 goujons per portion)	None

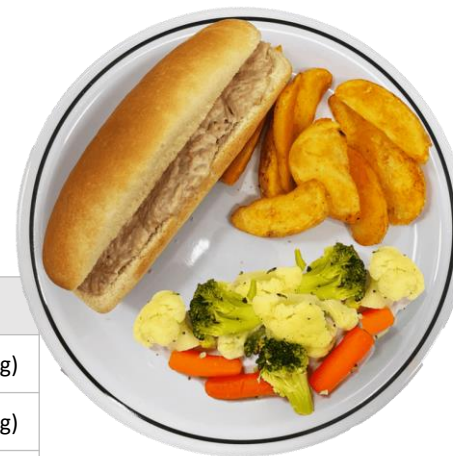
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2403

Tuna Mayo Finger Roll (RMA041)

Served with: Wedges (RSC007), and Broccoli, Cauliflower & Carrot Medley (RSV003)

This Meal Contains: Gluten, Wheat, Egg, Fish
May contain: Sesame
Dietary Suitability: DF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Roll	31298	Hot Dog Roll	20 pieces	Gluten, Wheat May contain: Sesame
Filling	6359	Tuna	600g	Fish
	5990	Mayo	200g	Egg
	2SYB (McLays)	Spring Onion, Chopped	50g	
Sides (refer to sides page for details)	RSC007	Potato Wedges		
	RSV003	Broccoli, Cauliflower & Carrot Medley (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 roll + 43g filling (approx. 93g)
Primary	20	1 roll + 43g filling (approx. 93g)
Secondary	20	1 roll + 43g filling (approx. 93g)

Cooking Method

1. Wash and chop **spring onion**. Mix **tuna**, **mayo** and **chopped spring onion** together in a bowl.
2. Add filling to **hot dog roll** and serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	202.5	5.0	0.9	25.6	2.6	12.8	2.8	0.8
Nursery (93g)	187.3	4.6	0.9	23.7	2.4	11.8	2.5	0.7
Primary Average (93g)	187.3	4.6	0.9	23.7	2.4	11.8	2.5	0.7
Secondary (93g)	187.3	4.6	0.9	23.7	2.4	11.8	2.5	0.7

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 44
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2404

The J-Dog Roll (Jumbo Hot Dog) (RMA039)

Served with: Diced Potato (RSC004), Mixed Pepper Salad (RSV007), Sweetcorn (RSV009), and condiment of choice

This Meal Contains: Gluten, Wheat, SO2
May contain: Sesame
Dietary Suitability: DF, EF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Hot Dog	SPJG (McLays)	Farm Assured Jumbo Hotdog Sausage	20 pieces	Gluten, Wheat, SO2
Roll	31298	Hot Dog Roll	20 pieces	Gluten, Wheat May contain: Sesame
Sides (refer to sides page for details)	RSC004	Diced Potato		
	RSV007	Mixed Pepper Salad		
	RSV009	Sweetcorn		
	Condiment of 10ml portion			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	This item is not used in nursery, please see MA2404N for alternative
Primary	20	1 sausage + 1 roll (approx. 125g cooked wt.)
Secondary	20	1 sausage + 1 roll (approx. 125g cooked wt.)

Cooking Method

1. Cook hot dog sausage in the oven until reached safe temperature in the core. Once cooked, serve within hotdog roll.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	257.4	12.7	4.7	23.6	2.0	11.3	2.2	1.5
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (125g)	321.8	15.9	5.8	29.5	2.5	14.1	2.7	1.9
Secondary (125g)	321.8	15.9	5.8	29.5	2.5	14.1	2.7	1.9

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 45
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2404N

Beef Burger (RMA006)

Served with: Diced Potato (RSC004), Mixed Pepper Salad (RSV007), Sweetcorn (RSV009), and condiment of choice

This Meal Contains: Gluten, Wheat, Soya, SO2
May contain: Milk, Egg, Sesame, Barley, Oats, Rye
Dietary Suitability: \



Ingredients

Component	Code	Ingredient	Weight	Allergens
Burger Bun	121701	Burger Bun	20 pieces	Gluten, Wheat, Soya May contain: Milk, Egg, Sesame, Barley, Oats, Rye
Burger	118193	Beef Burger	20 pieces	Soya, SO2
Sides (refer to sides page for details)	RSC004	Diced Potato		
	RSV007	Mixed Pepper Salad		
	RSV009	Sweetcorn		
	Condiment of 10ml portion			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 burger bun + 1 burger (approx. 115g cooked wt.)
Primary	\	This item is not used in primary
Secondary	\	This item is not used in secondary

Cooking Method

1. Cook **beef burger** in the oven until reached temperature in the core. Once cooked, serve within **burger bun**.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	258.0	4.2	1.4	42.5	4.5	9.9	5.6	0.7
Nursery (115g)	296.7	4.8	1.7	48.9	5.2	11.4	6.5	0.8
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2404NVE	Vegan Burger with Diced Potato (Mixed Pepper Salad, Sweetcorn) (ve)	121701 Burger Bun 118193 Beef Burger	7204 (McGhees) G/F White Roll 146279 Vegan Burger	Gluten, Wheat
MA2404NA	Allergy-Friendly Beef Burger with Diced Potato (Mixed Pepper Salad, Sweetcorn)	121701 Burger Bun	7204 (McGhees) G/F White Roll	Soya, SO2

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 46
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

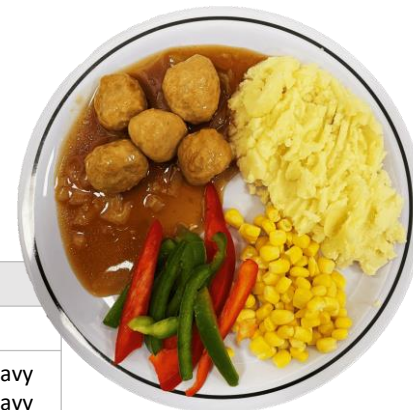
MA2405

Neatballs in Onion Gravy (ve) (RMA025)

This Meal Contains: None of the 14 Food Allergens

Served with: Mashed Potato (RSC006), Mixed Pepper Salad (RSV007), and Sweetcorn (RSV009)

Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Neatballs	130516	Plant-Based Meatballs	100 meatballs (approx. 1.5kg)	
Onion Gravy	3ORKG (McLays)	Red Onion, Sliced	500g	
	28347	Gravy Granule (G/F)	75g	
	\	Water (Gravy)	1000ml	
Sides (refer to sides page for details)	RSC006	Mashed Potato		
	RSV007	Mixed Pepper Salad		
	RSV009	Sweetcorn		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	4 neatballs + 60ml onion gravy
Primary	20	P1-3: 4 neatballs + 75ml onion gravy
		P4-5: 5 neatballs + 75ml onion gravy
		p6-7: 6 neatballs + 75ml onion gravy
Secondary	16	6 neatballs + 90ml onion gravy

Cooking Method

Prep: Slice/chop **red onion**.

1. Cook **plant-based meatballs** in the oven following instructions on the packaging.
2. To make onion gravy: caramalise **sliced red onion** in a saucepan until very soft and reaches a dark red/purple colour. Meanwhile, make up **gravy**. Add **made-up gravy** to the saucepan with the caramelised onion, mix until thick and fragrant.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	122.3	6.3	1.1	5.7	1.6	9.3	5.6	1.0
Nursery (123g)	150.4	7.7	1.4	7.0	2.0	11.5	6.9	1.2
Primary Average (154g)	188.0	9.6	1.7	8.8	2.5	14.4	8.6	1.5
Secondary (188g)	226.8	11.5	2.1	10.8	3.1	17.3	10.6	1.8

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 47
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2406

Baked Potato with Beans (ve) (RMA001)

Served with: Mixed Pepper Salad (RSV007), and Sweetcorn (RSV009)

This Meal Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Baker	3PB60CS	Baking Potatoes	2400g (20 potatoes)	
Beans	28758	Baked Beans	1000g	
Sides (refer to sides page for details)	RSV007	Mixed Pepper Salad		
	RSV009	Sweetcorn		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 potato + 50g beans
Primary	20	1 potato + 50g beans
Secondary	20	1 potato + 50g beans

Cooking Method

1. Cook **baking potato** in the oven until soft inside. Slice open and fill with **beans**.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	232.6	14.7	6.2	17.0	0.7	9.1	2.1	0.6
Nursery (170g)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0
Primary Average (170g)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0
Secondary (170g)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 48
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2407

Chilli Non-Carne (v) (RMA011)

Served with: Rice (RSC008) and Seasonal Salad (RSV008)

This Meal Contains: Gluten, Wheat, Barley, Egg
Dietary Suitability: DF, SF, V



Ingredients

Components	Code	Ingredient	Weight	Allergens
Chilli	136990	Quorn Mince	1000g	Gluten, Barley, Eggs
	10143	Red Kidney Beans	600g	
	6437	Tomato, Chopped	800g	
	30501	Onion, Diced	400g	
	2PRE (McLays)	Red Pepper, Diced	400g	
	114938	Tomato Paste	80g	
	33568	Cooking Oil	45ml	
	133534	Veg Stock	25g	
	350102	Brown Sugar	14g	
	33601	Mild Chilli Powder	5g	
	33585	Paprika Powder	5g	
	34002	Ground Cumin	5g	May contain: Gluten, Wheat
	33686	Garlic Powder	2g	
	33590	Mixed Herb	2g	
5COR (McLays)	Coriander (Garnish)	10g		
Sides (refer to sides page for details)	RSC008	Rice		
	RSV008	Seasonal Salad		

Suggested Serving & Portions (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	125g
Primary	20	P 1-3: 137g P 4-5: 156g P 6-7: 174g
Secondary	16	196g

Cooking Method

1. Prep: Wash, deseed, and chop the **peppers**.
2. Heat a large pot/pan with **oil** over a medium heat, once hot, add in **onion**, cook for 5min or until soften.
3. Add in **chopped pepper, garlic powder, mild chilli powder, paprika**, and **ground cumin**, cook for 3 min.
4. Add in **Quorn mince** and **mixed herb**, stir and cook for 5 min until coloured and fragrant.
5. Stir in canned **chopped tomatoes, passata**, and **veg stock**. bring to a simmer for 8 min, stirring occasionally.
6. Stir in **drained kidney beans** and **brown sugar**. Cook over a gentle heat for a further 10min and season to taste. Ready to serve. (Optional: garnish with some **chopped coriander**).

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	74	2.1	0.2	6.8	2.8	5.1	6.6	0.4
Nursery (125g)	94	2.6	0.3	8.5	3.5	6.3	8.2	0.4
Primary Average (156g)	117	3.3	0.4	10.7	4.4	7.9	10.3	0.5
Secondary (196g)	147	4.1	0.5	13.4	5.5	9.9	12.9	0.6

Dietary & Lifestyle Alternatives*

Meal Name	Do NOT use	Use Alternatives	Allergens
\			

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 49
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2408

Sau'sage Roll (ve) (RMA034)

Served with: Wedges (RSC007), Seasonal Salad (RSV008), and Baked Beans (RSV002)

This Meal Contains: Gluten, Wheat
Dietary Suitability: DF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Sausage Roll	34545	Vegan Sausage Roll	20 pieces	Gluten, Wheat
Sides (refer to sides page for details)	RSC007	Potato Wedges		
	RSV008	Seasonal Salad		
	RSV002	Baked Beans		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 piece (approx. 64g)
Primary	20	1 piece (approx. 64g)
Secondary	20	1 piece (approx. 64g)

Cooking Method

1. Cook vegan sausage roll following instructions on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	300.0	17.0	8.0	28.0	0.7	7.9	1.9	0.7
Nursery (64g)	192.0	10.9	5.1	17.9	0.4	5.1	1.2	0.4
Primary Average (64g)	192.0	10.9	5.1	17.9	0.4	5.1	1.2	0.4
Secondary (64g)	192.0	10.9	5.1	17.9	0.4	5.1	1.2	0.4

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2408A	Allergy-Friendly Veg Sausage with Wedges (Seasonal Salad, Baked Beans) (ve)	34545 Sausage Roll	129633 Meatless Farm Veg Sausage	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 50
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

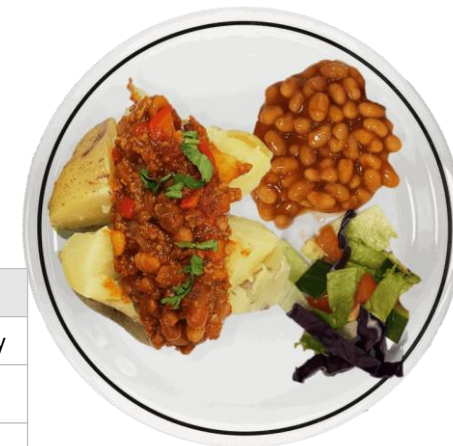
MA2409

Baked Potato with Chilli (v) (RMA003)

This Meal Contains: Gluten, Wheat, Barley, Egg

Dietary Suitability: DF, SF, V

Served with: Seasonal Salad (RSV008), and Baked Beans (RSV002)



Ingredients

Component	Code	Ingredient	Weight	Allergens
Baker	3PB60CS (McLays)	Baking Potato	20 pieces	
Chilli	Please refer to MA2407 for chilli recipe	Chilli Non-Carne	1.5kg (cooked wt.)	Gluten, Barley, Egg
Sides (refer to sides page for details)	RSV008	Seasonal Salad		
	RSV002	Baked Beans		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	This item is not used in nursery
Primary	20	1 baking potato + 75g chilli
Secondary	20	1 baking potato + 75g chilli

Cooking Method

1. Cook **baking potato** until soft inside. Slice open and fill with cooked **chilli non-carne**.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	124.5	4.8	0.1	16.9	1.7	3.5	4.4	0.1
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (198g)	247.0	9.6	0.2	33.4	3.4	7.0	8.8	0.2
Secondary (198g)	247.0	9.6	0.2	33.4	3.4	7.0	8.8	0.2

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2409GF	Baked Potato with Cheese (Seasonal Salad, Baked Beans) (v)	MA2407 Chilli Non-Carne	27543 Grated Cheddar Cheese	Milk
MA2409VE	Baked Potato with VE Cheese (Seasonal Salad, Baked Beans) (ve)	MA2407 Chilli Non-Carne	148819 Vegan Grated Cheese	None

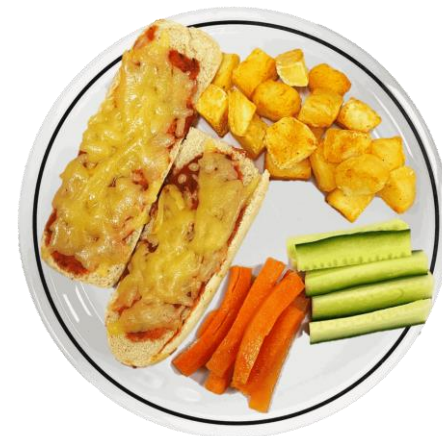
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 51
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2410

Margherita Pizza Sub (v) (RMA022)

Served with: Diced Potato (RSC004) and Carrot & Cucumber Sticks (RSV004)

This Meal Contains: Gluten, Wheat, Milk
May contain: Sesame
Dietary Suitability: EF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Pizza Sub Base	31298	Hot Dog Roll	20 pieces (1000g)	Gluten, Wheat May contain: Sesame
Pizza Sauce	114938	Passata/Tomato Paste	400g	
	35006	Dried Basil	3g (2.5 tsp)	
	33686	Garlic Powder	3g (2.5 tsp)	
Topping	10163	Grated Mozzarella & Cheddar Cheese	300g	Milk
	5BAS	Basil Leaves	10g	
Sides (refer to sides page for details)	RSC004	Diced Potato		
	RSV004	Carrot & Cucumber Sticks (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	2 half rolls
Primary	20	2 half rolls
Secondary	20	2 half rolls

Cooking Method

1. Prep: take hot dog roll out from freezer and leave to soften.
2. In a mixing bowl, combine passata, dried basil, and garlic powder. This is your pizza sauce.
3. Separate hot dog rolls into half rolls. On each half roll, spread 20-22g pizza sauce, top with 15g mozzarella cheese (optional: top with some basil leaves).
4. Bake the prepared pizza sub in the oven until cheese on top is melted and golden.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	216.8	6.2	3.2	28.9	3.5	10.0	3.1	0.8
Nursery (86g)	186.0	5.3	2.8	24.8	3.0	8.6	2.7	0.7
Primary Average (86g)	186.0	5.3	2.8	24.8	3.0	8.6	2.7	0.7
Secondary (86g)	186.0	5.3	2.8	24.8	3.0	8.6	2.7	0.7

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2410VE	Vegan Pizza Sub with Diced Potato (Carrot & Cucumber Sticks) (ve)	10163 Grated Cheese	148819 Vegan Grated Cheese	Gluten, Wheat May contain: Sesame
MA2410A	Allergy-Friendly Pizza Sub with Diced Potato (Carrot & Cucumber Sticks) (ve)	31298 Hot Dog Roll 10163 Grated Cheese	7204 (McGhees) G/F White Roll 148819 Vegan Grated Cheese	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 52
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2411

Chicken Kebob (RMA010)

Served with: Warmed Chapati (RSC010) and Carrot & Cucumber Sticks (RSV004)

This Meal Contains: Gluten, Wheat, Soya

Dietary Suitability: DF, EF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Meat & Veg	106048	Red Tractor Chicken Breast, Diced	1200g	
	2PRE	Pepper, Diced (Red/Yellow)	500g	
	2SYB	Spring Onions, Diced	300g	
Kebob Sauce	14342	Pineapple Juice	500ml	
	124867	Soy Sauce (G/F)	100ml	Soya
	33956	Olive Oil	50ml	
	350157	Honey	50ml	
	33686	Garlic Powder	5g	
	33601	Mild Chilli Powder	1g	
	33585	Paprika Powder	3g	
Sides (refer to sides page for details)	RSC010	Warmed Chapati		
	RSV004	Carrot & Cucumber Sticks (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	101g
Primary	20	P1-3: 111g P4-5: 126g p6-7: 141g
Secondary	16	158g

Cooking Method

1. Prep: wash and chop **peppers**, dice or slice **spring onion**.
2. In a mixing bowl, combine **pineapple juice**, **g/f soy sauce**, **olive oil**, **honey**, **garlic powder**, **mild chilli powder**, and **paprika powder**. This is your **kebob sauce**.
3. Heat a pot/saucepan with **oil** over a medium heat, once hot, add in **chicken**, **diced pepper** and **spring onion**, stir and cook for 5 min or until slightly browned.
4. Add in **kebob sauce**, stir and coat chicken and veg in the sauce, cook for 10-15 min or until chicken is cooked through and the sauce is reduced to nearly nothing.
5. Serve with **warmed chapati**.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	84.6	4.8	2.2	3.6	2.9	9.5	1.2	0.9
Nursery (101g)	85.6	4.9	2.2	3.6	2.9	9.6	1.2	0.9
Primary Average (125g)	107.0	6.1	2.7	4.5	3.7	12.0	1.5	1.2
Secondary (158g)	133.7	7.6	3.4	5.6	4.6	15.0	1.8	1.5

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2411A	Chicken Kebob with Diced Potato (Carrot & Cucumber Sticks)	RSC010 Chapati	RSC004 Diced Potato	Soya

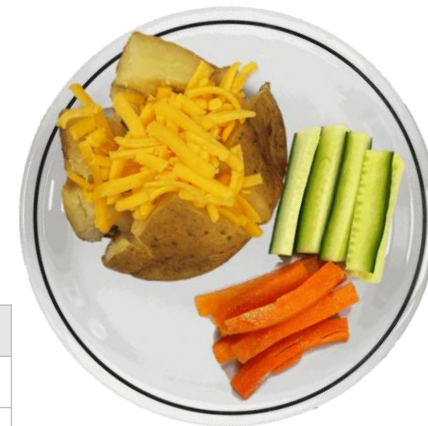
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 53
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2412

Baked Potato with Cheese (v) (RMA002)

Served with: Carrot & Cucumber Sticks (RSV004)

This Meal Contains: Milk
Dietary Suitability: GF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Baker	3PB60CS	Baking Potatoes	2400g (20 potatoes)	
Cheese	27543	Grated Cheddar Cheese	1000g	Milk
Sides (refer to sides page for details)	RSV004	Carrot & Cucumber Sticks (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 potato + 50g cheese
Primary	20	1 potato + 50g cheese
Secondary	20	1 potato + 50g cheese

Cooking Method

1. Cook **baking potato** in the oven until soft inside. Slice open and serve with **cheese**.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	232.6	14.7	6.2	17.0	0.7	9.1	2.1	0.6
Nursery (170g)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0
Primary Average (170g)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0
Secondary (170g)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2412VE	Baked Potato with Vegan Cheese (Carrot & Cucumber Sticks) (ve)	27543 Cheese	148819 Vegan Grated Cheese	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 54
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2413

Shepherd's Pie (RMA035)

Served with: Seasonal Salad (RSV008) and Garden Peas (RSV005)

This Meal Contains: Gluten, Barley, Fish

Dietary Suitability: DF, EF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Mince Stew	HALGMR (McLays)	Red Tractor Lamb Mince	2000g	
	33568	Cooking Oil	4 tbsp (50ml)	
	30501	Onion, Diced	500g	
	4776	Carrot, Diced	500g	
	114938	Passata/Tomato Paste	120g	
	85118	Worcestershire Sauce	30ml	Gluten, Barley, Fish
	133536	Beef Stock	40g + 1000ml water	
	\	Water (Stock)	(reduce to half)	
Potato Top	123260	Mashed Potato	1600g	
Sides (refer to sides page for details)	RSV008	Seasonal Salad		
	RSV005	Garden Peas		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	25	182g
Primary	20	P1-3: 200g P4-5: 227g p6-7: 254g
Secondary	16	284g

Cooking Method

1. Heat a saucepan/pot with **oil** over a medium heat, once hot, soften **onions** and **carrots** for 5 min.
2. When soft, turn up the heat and brown **lamb mince**, tipping off any excess fat.
3. Add in **tomato paste** and **Worcestershire sauce**, stir and continue cooking for a few min.
4. Add in **made-up beef stock**, bring to simmer, then cover and cook for 40min, uncovering halfway.
5. Meanwhile, make **mashed potato** following instructions on the packaging.
6. Transfer **mince** to oven dish, top with **mash** and ruffle with a fork. Bake at 180C/160C fan/gas 4 for 20-25min until the top is starting to colour and the mince is bubbling through the edge.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	111.2	5.6	2.0	8.2	2.1	5.9	3.7	0.6
Nursery (182g)	201.9	10.2	3.5	15.0	3.8	10.8	6.7	1.0
Primary Average (227g)	252.4	12.7	4.4	18.7	4.8	13.5	8.3	1.3
Secondary (284g)	315.5	15.9	5.5	23.4	6.0	16.9	10.4	1.6

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

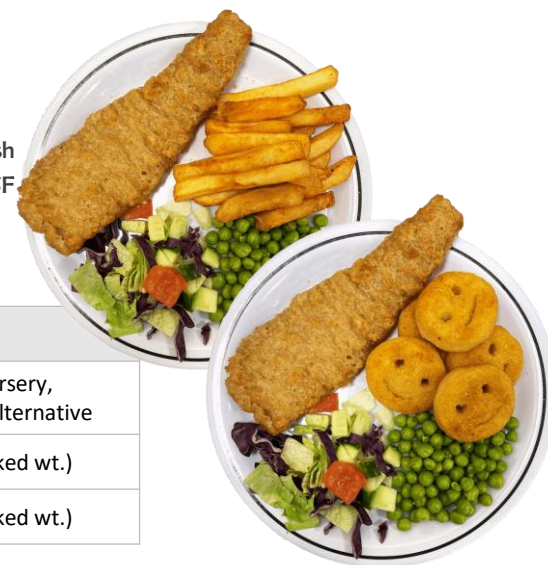
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 55
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2414

Fish Fillet (RMA016)

Served with: Chips (RSC002)/Smiley Faces (RSC009)/Crinkle Fries (RSC003), Seasonal Salad (RSV008), Garden Peas (RSV005), and condiment of choice

This Meal Contains: Gluten, Wheat, Fish
Dietary Suitability: DF, EF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Fish Fillet	31387	MSC Alaska Pollock Fillets	20 pieces	Gluten, Wheat, Fish
Sides (refer to sides page for details)	RSC002/ RSC003/ RSC009	Choose from: Chips/ Crinkle Fries/ Smiley Faces		
	RSV008	Seasonal Salad		
	RSV005	Garden Peas		
	Condiment of 10ml portion			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	This item is not used in nursery, Please see MA2414N for alternative
Primary	20	1 piece (approx. 115g cooked wt.)
Secondary	20	1 piece (approx. 115g cooked wt.)

Cooking Method

1. Cook fish fillet following instructions on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	199.0	11.0	1.0	16.0	0.5	9.5	0.7	0.6
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (115g)	228.9	12.7	1.2	18.4	0.6	10.9	0.8	0.7
Secondary (115g)	228.9	12.7	1.2	18.4	0.6	10.9	0.8	0.7

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2414VE	Fishless Fingers with Chips/Smiles/Fries (Seasonal Salad, Garden Peas) (ve)	31387 Fish Fillet	134767 Vegan Fishless Fingers	Gluten, Wheat
MA1414A	Allergy-Friendly Bubble Fish with Chips/Smiles/Fries (Seasonal Salad, Garden Peas)	31387 Fish Fillet	116114 Bubble Fish (G/F)	Fish

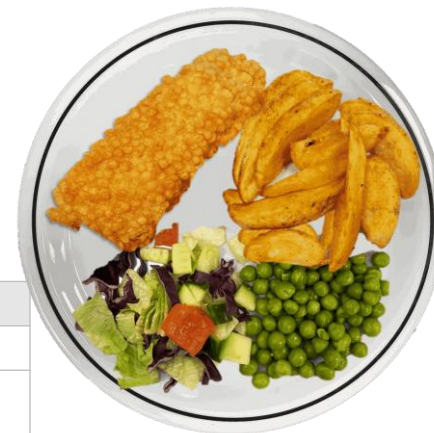
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 56
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2414N

Bubble Fish (RMA007)

Served with: Wedges (RSC007), Seasonal Salad (RSV008), Garden Peas (RSV005), condiment of choice

This Meal Contains: Fish
Dietary Suitability: GF, DF, EF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
	116114	MSC Bubble Fish (G/F)	20 pieces	Fish
Sides (refer to sides page for details)	RSVC007	Potato Wedges		
	RSV008	Seasonal Salad		
	RSV005	Garden Peas		
	Condiment of 10ml portion			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 piece (approx. 55g cooked wt.)
Primary	\	This item is not used in primary
Secondary	\	This item is not used in primary

Cooking Method

1. Cook bubble fish following instruction on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	227.0	9.0	0.7	25.0	0.5	11.0	0.9	0.8
Nursery (55g)	136.2	5.4	0.4	15.0	0.3	6.6	0.5	0.5
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2414NVE	Fishless Fingers with Potato Wedges (Seasonal Salad, Garden Peas) (ve)	116114 Bubble Fish	134767 Fishless Fingers	Gluten, Wheat

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 57
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2415

Cheese Sandwich (v) (RMA029)

Served with: Seasonal Salad (RSV008) and Garden Peas (RSV005)

This Meal Contains: Gluten, Wheat, Soya, Milk

Dietary Suitability: EF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Cheese Sandwich	5226 (McGhees)	Kingsmill 50/50	1600g (40 slices)	Gluten, Wheat, Soya
	71402	Flora	60g	
	74453	Cheese Slices	400g	Milk
Sides (refer to sides page for details)	RSV008	Seasonal Salad		
	RSV005	Garden Peas		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	2 bread slices + 1 cheese slice + 3g flora
Primary	20	2 bread slices + 1 cheese slice + 3g flora
Secondary	20	2 bread slices + 1 cheese slice + 3g flora

Cooking Method

1. Spread **flora** on **bread**, and sandwich with **cheese slice**.
2. Cut sandwiches diagonally into 4 quarters and serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	280.6	10.5	5.1	32.6	2.7	12.2	3.7	1.1
Nursery (103g)	289.0	10.9	5.2	33.5	2.8	12.5	3.8	1.2
Primary Average (103g)	289.0	10.9	5.2	33.5	2.8	12.5	3.8	1.2
Secondary (103g)	289.0	10.9	5.2	33.5	2.8	12.5	3.8	1.2

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2415VE	Vegan Cheese Sandwich (Seasonal Salad, Garden Peas) (ve)	74453 Cheese Slice	122001 Vegan Cheese Slices	Gluten, Wheat, Soya
MA2415A	Allergy-Friendly Vegan Cheese Sandwich (Seasonal Salad, Garden Peas) (ve)	5226 Kingsmill 50/50 74453 Cheese Slice	7202 (McGhees) G/F White Loaf 122001 Vegan Cheese Slices	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 58
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2416

Creamy Cauli Mac 'N' Cheese (ve) (RMA013)

Served with: Wedges (RSC007), Seasonal Salad (RSV008), and Green Beans (RSV006)

This Meal Contains: Gluten, Wheat
Dietary Suitability: DF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Cauli Sauce	4768	Cauliflower Florets	650g	
	133534	Veg Stock	30g	
	\	Water (Stock)	1500ml	
	71402	Flora	100g	
	114956	Flour (G/F)	100g	
	148819	Vegan Grated Cheese	175g	
Macaroni	21110	Macaroni 150173	900g	Gluten, Wheat
Topping	33853	Breadcrumbs (or can be made with crumbing McGhee's G/F bread)	150g	Gluten, Wheat
Sides (refer to sides page for details)	RSC007	Potato Wedges		
	RSV008	Seasonal Salad		
	RSV006	Green Beans		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	145g
Primary	20	P1-3: 168g P4-5: 180g p6-7: 214g
Secondary	16	225g

Cooking Method

1. Cook **macaroni** in boiling water, slightly **undercook**, as the pasta will continue to cook in the oven.
2. Make cauli sauce: boil **cauliflower florets** in **veg stock** until cooked through to tender. Blend **cooked cauliflower** and **stock** until smooth. This is your **cauli sauce**.
3. In a saucepan/pot, melt **flora** and stir in **g/f flour**.
4. Add **cauli sauce** to the saucepan, a little at a time, stirring constantly to give a smooth sauce.
5. Add in **vegan cheese** and stir until melted.
6. Combine the **sauce** with **cooked macaroni**.
7. Transfer the **mixture** to a baking tin and cover with an even layer of **breadcrumbs**.
8. Bake at 200C for 25 min or until golden on top and bubble through the edges.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	149.5	3.7	1.7	24.6	1.5	4.0	1.0	0.4
Nursery (145g)	215.5	5.4	2.4	35.5	2.2	5.7	1.4	0.6
Primary Average (180g)	269.4	6.7	3.0	44.4	2.8	7.1	1.8	0.7
Secondary (225g)	336.8	8.4	3.8	55.5	3.4	8.9	2.2	0.9

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2416A	Allergy-Friendly Creamy Cauli Pasta with Wedges (Seasonal Salad, Green Beans) (ve)	21110 Macaroni 33853 Breadcrumb	126919 G/F Pasta	None

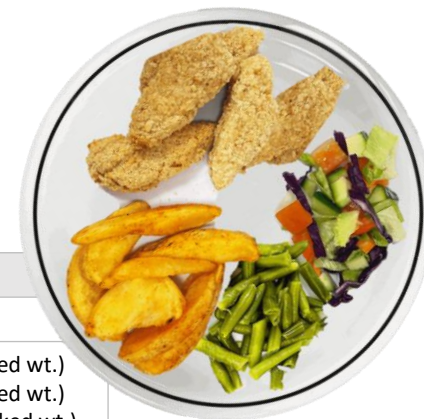
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2417

Chicken Goujons (RMA009)

Served with: Wedges (RSC007), Seasonal Salad (RSV008), Green Beans (RSV006), and condiment of choice

This Meal Contains: Gluten, Wheat
Dietary Suitability: DF, EF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Goujons	58870/101359	Red Tractor Chicken Goujons	80 pieces	Gluten, Wheat
Sides (refer to sides page for details)	RSC007	Potato Wedges		
	RSV008	Seasonal Salad		
	RSV006	Green Beans		
	Condiment of 10ml			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	This item is not used in nursery
Primary	20	P1-3: 3 pieces (approx. 66g cooked wt.) P4-5: 4 pieces (approx. 88g cooked wt.) P6-7: 5 pieces (approx. 110g cooked wt.)
Secondary	16	5 pieces (approx. 110g cooked wt.)

Cooking Method

1. Cook chicken goujons following the instruction on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	161.0	2.9	0.2	15.0	2.0	18.3	0.6	1.0
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (88g)	157.8	2.8	0.2	14.7	2.0	17.9	0.6	1.0
Secondary (110g)	225.4	4.1	0.3	21.0	2.8	25.6	0.8	1.4

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2417VE	Vegan Quorn Dippers with Wedges (Seasonal Salad, Green Beans) (ve)	58870/101359 Chicken Goujons	135198 Quorn Dippers	Gluten, Wheat
MA2417A	Allergy-Friendly Chicken Goujons with Wedges (Seasonal Salad, Green Beans)	58870/101359 Chicken Goujons	125459 G/F Chicken Goujons	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 60
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2418

Baked Potato with Tuna Mayo (RMA004)

Served with: Seasonal Salad (RSV008) and Green Beans (RSV006)

This Meal Contains: Egg, Fish

Dietary Suitability: GF, DF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Baker	3PB60CS (McLays)	Baking Potatoes	2400g (20 potatoes)	
Filling	6359	Tuna	600g	Fish
	5990	Mayo	400g	Egg
	2SYB (McLays)	Spring Onions, Diced	60g	
Sides (refer to sides page for details)	RSV008	Seasonal Salad		
	RSV006	Green Beans		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 Baking Potato + 53g filling
Primary	20	1 Baking Potato + 53g filling
Secondary	20	1 Baking Potato + 53g filling

Cooking Method

1. Wash and chop **spring onion**. Mix **tuna**, **mayo** and **chopped spring onion** together in a bowl
2. Bake **potato** till soft inside, slice open and fill with **tuna mayo filling**.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	158.8	7.9	0.4	17.0	1.1	6.0	2.2	0.3
Nursery (173g)	274.7	13.7	0.7	29.5	2.0	10.4	3.9	0.5
Primary Average (173g)	274.7	13.7	0.7	29.5	2.0	10.4	3.9	0.5
Secondary (173g)	274.7	13.7	0.7	29.5	2.0	10.4	3.9	0.5

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2419

Meatball Sub Melt (RMA023)

Served with: Seasonal Salad (RSV008), and Baby Corn (RSV001)

This Meal Contains: Gluten, Wheat, Milk, Soya, SO2
May contain: Sesame
Dietary Suitability: EF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Sub	32378	Panini Baguettes	1200g (10 baguettes)	Gluten, Wheat May contain: Sesame
Meatballs in Sauce	117653	Red Tractor Pork Meatballs	1600g (80 balls)	Soya, SO2
	6437	Tomato, Chopped	1200g	
	33590	Mixed Herb	5g	
Topping	10163	Grated Mozzarella & Cheddar Cheese	200g	Milk
Sides (refer to sides page for details)	RSV008	Seasonal Salad		
	RSV001	Baby Corn		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	This item is not used in nursery
Primary	20	½ baguette + 4 meatballs in sauce + 10g cheese
Secondary	12	1 baguette + 6 meatballs in sauce + 20g cheese

Cooking Method

1. Cook **meatballs** following the instructions on the packaging.
2. Heat a saucepan, tip in **tomato** and **mixed herb**, cook until thickened. Once thickened, add in **cooked meatballs**. This is **meatballs in sauce**.
3. Fill the panini with **grated mozzarella** and **meatballs in sauce**. Place in the oven to melt if necessary.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	160.0	5.3	2.1	18.7	2.9	9.3	2.6	0.7
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (190g)	304.5	10.0	3.9	35.6	5.6	17.7	5.0	1.4
Secondary (330g)	549.1	17.0	6.7	67.6	10.3	30.3	8.9	2.4

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2419A	Allergy-Friendly Meatball Sub Melt (Seasonal Salad, Baby Corn)	32378 Panini 10163 Cheese	7204 (McGhees) G/F White Roll 148819 Vegan Grated Cheese	Soya, SO2

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 62
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

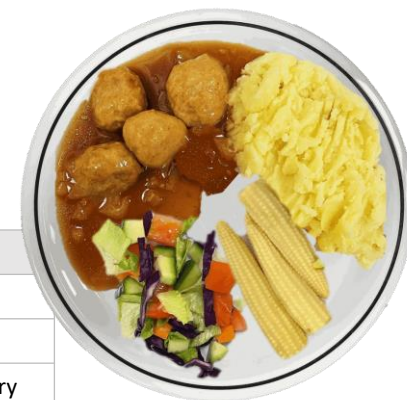
MA2419N

Meatballs in Gravy (RMA024)

Served with: Mashed Potato (RSC006), Seasonal Salad (RSV008), and Baby Corn (RSV001)

This Meal Contains: Soya, SO2

Dietary Suitability: GF, DF, EF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Meatballs	117653	Red Tractor Pork Meatballs	100 meatballs	Soya, SO2
Onion Gravy	3ORKG	Red Onion, Sliced	500g	
	28347	Gravy Granule (G/F)	75g	
	\	Water (Gravy)	1000ml	
Sides (refer to sides page for details)	RSC006	Mashed Potato		
	RSV008	Seasonal Salad		
	RSV001	Baby Corn		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	4 meatballs + 60ml onion gravy
Primary	\	This item is not used in primary
Secondary	\	This item is not used in secondary

Cooking Method

Prep: Slice/chop **red onion**.

1. Cook **meatballs** in the oven following instructions on the packaging.
2. To make onion gravy: caramelise **sliced red onion** in a saucepan until very soft and reaches a dark red/purple colour. Meanwhile, make up **gravy**. Add **made-up gravy** to the saucepan with the caramelised onion, mix until thick and fragrant.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	122.3	6.3	1.1	5.7	1.6	9.3	5.6	1.0
Nursery (143g)	194.4	10.2	1.9	8.1	2.2	15.2	7.7	1.5
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2420

Chinese-Style Quorn Curry (ve) (RMA012)

Served with: Rice (RSC008), Seasonal Salad (RSV008), and Baby Corn (RSV001)

This Meal Contains: Gluten, Wheat, Barley, Soya
Dietary Suitability: DF, EF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Curry Sauce	133534	Veg Stock	28g	
	\	Water (Stock)	800ml (reduce to half)	
	124867	Soy Sauce (G/F)	100ml	Soya
	33599	Curry Powder	15g	
	29087	Chinese Five Spice Powder	3g	
	33586	Ground Turmeric	3g	
	350102	Brown Sugar	25g	
	5946	Cornflour	32g	
\	Water (Slurry)	115ml		
Stir Fry	33568	Cooking Oil	50ml	
	136991	Quorn Pieces	600g	Gluten, Wheat, Barley
	30501	Onion, Diced	450g	
	2PRE (McLays)	Red Pepper, Diced	450g	
	33686	Garlic Powder	3g	
	33583	Ground Ginger	0.5 tsp (1g)	
	4599	Garden Peas	250g	
	2SYB (McLays)	Spring Onions, Diced	100g	
Sides (refer to sides page for details)	RSC008	Rice		
	RSV008	Seasonal Salad		
	RSV001	Baby Corn		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	115g
Primary	20	P1-3: 125g P4-5: 142g P6-7: 160g
Secondary	16	178g

Cooking Method

1. Prep: wash and chop red **pepper** and **spring onion**.
2. Make curry sauce: in a saucepan, add in **made-up veg stock**, **soy sauce**, **curry powder**, **five spice**, **ground turmeric**, and **brown sugar**. Heat up the mixture over a high heat. Meanwhile, make a slurry using **cornflour** and **cold water**. Once the curry mixture starts to boil, add in **slurry**. Gently mix until the sauce is thickened. Once thickened, remove from heat. This is your **Chinese-style curry sauce**.
3. Make stir-fry: heat a separate pan/pot with **cooking oil**, once hot, add in **chopped onion** and cook for about 5 min until starting to soften. Add in **Quorn pieces**, **chopped pepper**, **peas**, **garlic powder**, and **ground ginger**. Stir and cook for 10 min or until Quorn and peas are cooked through.
4. Pour the **curry sauce** over the **stir-fry mix**. Stir and mix well. Garnish with **chopped spring onion**. Ready to serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	75.1	2.7	0.3	6.5	3.7	5.0	5.9	1.2
Nursery (115g)	84.8	3.1	0.4	7.3	4.1	5.6	6.7	1.4
Primary Average (142g)	106.0	3.8	0.5	9.2	5.2	7.0	8.3	1.7
Secondary (178g)	132.5	4.8	0.6	11.5	6.5	8.8	10.4	2.1

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2421

Baked Potato with Cheese (v) (RMA002)

Served with: Seasonal Salad (RSV008) and Baby Corn (RSV002)

This Meal Contains: Milk
Dietary Suitability: GF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Baker	3PB60CS	Baking Potatoes	2400g (20 potatoes)	
Cheese	27543	Grated Cheddar Cheese	1000g	Milk
Sides (refer to sides page for details)	RSV008	Seasonal Salad		
	RSV002	Baby Corn		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 potato + 50g cheese
Primary	20	1 potato + 50g cheese
Secondary	20	1 potato + 50g cheese

Cooking Method

1. Cook **baking potato** in the oven until soft inside. Slice open and serve with **cheese**.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	232.6	14.7	6.2	17.0	0.7	9.1	2.1	0.6
Nursery (\)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0
Primary Average (170g)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0
Secondary (170g)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2421VE	Baked Potato with Vegan Cheese (Seasonal Salad, Baby Corn) (ve)	27543 Cheese	148819 Vegan Grated Cheese	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 65
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2422

Herby Tomato Pasta (ve) (RMA019)

Served with: Garlic Bread (RSC005) and Broccoli, Cauliflower & Carrot Medley (RSV003)

This Meal Contains: Gluten, Wheat
May contain: Mustard, Sesame, Soya, Barley
Dietary Suitability: DF, EF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Pasta	146174/ 146179	Penne Pasta/ Tricolour Fusilli	1200g	Gluten, Wheat May contain: Mustard, Soya
Pasta Sauce	6437	Tomato, Chopped	2000g	
	30501	Onion, Diced	250g	
	2PRE (McLays)	Red Pepper, Diced	250g	
	33686	Garlic Powder	5g	
	35006	Dried Basil	3g	
Topping	33592	Dried Oregano	3g	
	33591	Dried Parsley	3g	
Sides (refer to sides page for details)	RSC005	Garlic Bread		Gluten, Wheat May contain: Barley, Sesame
	RSV003	BCC Medley (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	148g
Primary	20	P 1-3: 162g P 4-5: 185g P 6-7: 207g
Secondary	16	232g

Cooking Method

1. Prep: wash and chop **pepper**.
2. Boil **pasta** in water, once tender, drain and set aside.
3. Meanwhile, heat a saucepan/pot with **oil** over a medium heat, once hot, add in **chopped onion, chopped pepper, and garlic powder**. Stir and cook for 5 min or until veg start to soften. Add in tinned **chopped tomato**, bring to simmer. Cook until slightly thickened. Stir in **dried basil, oregano**. This is your **pasta sauce**.
4. Add **drained pasta** to the **pasta sauce**, season to taste. Top with **dried parsley**. Ready to serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	130.4	0.8	0.2	25.8	3.4	4.8	3.4	0.0
Nursery (148g)	193.8	1.2	0.4	38.4	5.0	7.1	5.0	0.0
Primary Average (185g)	242.2	1.5	0.4	48.0	6.2	8.9	6.2	0.1
Secondary (232g)	302.8	1.8	0.5	60.0	7.8	11.1	7.8	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2322A	Allergy-Friendly Herby Tomato Pasta with A/F Garlic Bread (Broccoli, Cauliflower & Carrot Medley)	146174/146179 Penne Pasta/Fusilli RSC003 Garlic Bread	126919 G/F Pasta RSC003A G/F Garlic Bread (G/F Roll, Flora, and Garlic Puree)	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2423

Rainbow Puff Pastry (v) (RMA028)

Served with: Wedges (RSC007) and Broccoli, Cauliflower & Carrot Medley (RSV003)

This Meal Contains: Gluten, Wheat, Milk
Dietary Suitability: EF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Pastry	4301/460609	Puff Pastry Square/ Pastry Sheet	1100g	Gluten, Wheat
Pesto	131779	Green Pesto	120g	
Veg Mix	6437	Tomato, Chopped	400g	
	31026	Mediterranean Vegetable Medley	1000g	
	35006	Dried Basil	2g	
	33956	Olive Oil	30ml	
Topping	10163	Grated Mozzarella & Cheddar Cheese	400g	Milk
Sides (refer to sides page for details)	RSC007	Potato Wedges		
	RSV003	BCC Medley (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	153g (55g pastry + 6g pesto + 72g veg mix + 20g cheese)
Primary	20	153g (55g pastry + 6g pesto + 72g veg mix + 20g cheese)
Secondary	20	153g (55g pastry + 6g pesto + 72g veg mix + 20g cheese)

Cooking Method

1. In a mixing bowl, mix **chopped tomato, Mediterranean veg, dried basil** and **olive oil**. This is your **veg mixture**.
2. Place **pastry squares/sheets** on a work surface, spread **green pesto** onto the centre of each square, don't spread it onto the edges (just like spreading pizza sauce on a pizza).
3. Pile around 72g of **veg mixture** on each pesto-smearred pastry tart. Then top with **grated mozzarella**.
4. Bake at 200C for 15-20min or until pastry is golden, veg is cooked, and cheese is bubbly.

If using large pastry sheet, cut into portions after cooking.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	225.5	15.7	7.0	14.0	3.2	6.0	1.7	0.4
Nursery (153g)	344.2	23.9	10.6	21.4	4.9	9.2	2.6	0.6
Primary Average (153g)	344.2	23.9	10.6	21.4	4.9	9.2	2.6	0.6
Secondary (153g)	344.2	23.9	10.6	21.4	4.9	9.2	2.6	0.6

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
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* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 67
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2424

Baked Potato with Beans (ve) (RMA001)

Served with: Broccoli, Cauliflower & Carrot Medley (RSV003)

This Meal Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Baker	3PB60CS	Baking Potatoes	2400g (20 potatoes)	
Beans	28758	Baked Beans	1000g	
Sides (refer to sides page for details)	RSV003	BCC Medley (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 potato + 50g beans
Primary	20	1 potato + 50g beans
Secondary	20	1 potato + 50g beans

Cooking Method

1. Cook **baking potato** in the oven until soft inside. Slice open and fill with **beans**.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	232.6	14.7	6.2	17.0	0.7	9.1	2.1	0.6
Nursery (170g)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0
Primary Average (170g)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0
Secondary (170g)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

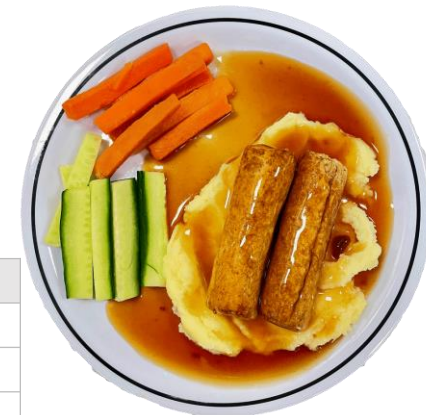
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2425

Bangers in Onion Gravy (ve) (RMA005)

Served with: Mashed Potato (RSC006) and Carrot & Cucumber Sticks (RSV004)

This Meal Contains: Gluten, Wheat
Dietary Suitability: DF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Sausage	135197	Quorn Sausage	40 pieces	Gluten, Wheat
Onion Gravy	3ORKG (McLays)/10607	Red Onion, Sliced	500g	
	28347	Gravy Granule (G/F)	75g	
	\	Water (Gravy)	1000ml	
Sides (refer to sides page for details)	RSC006	Mashed Potato		
	RSV004	Carrot & Cucumber Sticks (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	2 sausages + 75ml gravy
Primary	20	2 sausages + 75ml gravy
Secondary	20	2 sausages + 75ml gravy

Cooking Method

1. Prep: slice **red onion**.
2. Cook **Quorn sausage** in the oven following instructions on the packing.
3. Heat a saucepan with oil over a low heat, caramelize **sliced red onion**. Meanwhile make up **gravy** with **water**. Add **made-up gravy** to the **caramelised onion**. Mix well.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	82.3	2.3	0.8	7.1	1.3	7.3	5.2	0.8
Nursery (154g)	126.5	3.5	1.2	10.9	1.9	11.2	8.0	1.2
Primary Average (154g)	126.5	3.5	1.2	10.9	1.9	11.2	8.0	1.2
Secondary (154g)	126.5	3.5	1.2	10.9	1.9	11.2	8.0	1.2

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2425A	Allergy-Friendly Meatless Farm Veg Sausage in Onion Gravy with Mashed Potato (Carrot & Cucumber Sticks) (ve)	135197 Quorn Sausage	129633 Meatless Farm Veg Sausage	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 69
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2426

Tex-Mex Chicken Enchiladas (RMA038)

Served with: Diced Potato (RSC004) and Carrot & Cucumber Sticks (RSV004)

This Meal Contains: Gluten, Wheat, Milk

Dietary Suitability: EF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Red Enchilada Sauce	33568	Cooking Oil	50ml	
	114956	Flour (G/F)	50g	
	115043	Tomato Sauce	1000g	
	133535	Chicken Stock	12.5g + 500ml water,	
	\	Water (Stock)	reduce to half	
	33601	Mild Chilli Powder	5g	
	33585	Paprika Powder	5g	
	33686	Garlic Powder	3g	
	34002	Ground Cumin	3g	May contain: Gluten, Wheat
Tortilla & Enchilada Filling	350102	Brown Sugar	8g	
	4719	Tortilla	620g	Gluten, Wheat
	30501	Onion, Diced	200g	
	106048	Red Tractor Chicken Breast, Diced	1000g	
	33579	Ground Black Pepper	2g	
Sides (refer to sides page for details)	10163	Grated Mozzarella & Cheddar Cheese	400g (save half for topping)	Milk
	RSC004	Diced Potato		
	RSV004	Carrot & Cucumber Sticks (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	125g
Primary	25	155g
Secondary	16	195g

Cooking Method

- To make red enchilada sauce: heat a saucepan/pot with oil over a medium heat, then add in **g/f flour** to make a roux. Add in **tomato sauce, made-up chicken stock, spices, brown sugar**, mix well. Bring to a light boil, then reduce the heat to a simmer and allow the sauce to cook for 10 min or until thicken. This is your **red enchilada sauce**.
- To make chicken enchiladas: in a separate pan/pot, heat oil over medium heat, add in **chopped onion** and **diced chicken** with **black pepper**. Cook until onion is softened, and chicken is cooked through. Lay **tortilla wraps** on work surface, add in **chicken and onion mixture** with **half the grated cheese**. Roll the enchiladas up and gently place them into a baking tin. Repeat the process until the tin is full.
- Spoon **enchilada red sauce** on top of the rolled filled tortillas and top with the **remaining grated cheese**. Cook in the oven until the cheese on top is melted and golden.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	167.9	7.3	2.8	14.4	3.1	10.6	2.6	0.7
Nursery (125g)	208.8	9.0	3.5	17.9	3.8	13.1	3.2	0.9
Primary Average (155g)	261.0	11.3	4.4	22.4	4.8	16.4	4.0	1.1
Secondary (195g)	326.2	14.1	5.5	28.0	6.0	20.5	5.0	1.4

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal. 70

MA2427

Ham Sandwich (RMA031)

Served with: Carrot & Cucumber Sticks (RSV004)

This Meal Contains: Gluten, Wheat, Soya

Dietary Suitability: DF, EF



Ingredients

Component	Code	Ingredient	Weight	Allergens
	5226	Kingsmill 50/50	1600g (40 slices)	Gluten, Wheat, Soya
	71402	Flora	60g	
	CMCM/RTW (McLays)	Red Tractor Cured Ham	20 slices (600g)	
Sides (refer to sides page for details)	RSV004	Carrot & Cucumber Sticks (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	2 slices of bread + 1 slice of ham (30g) + 3g flora
Primary	20	2 slices of bread + 1 slice of ham (30g) + 3g flora
Secondary	20	2 slices of bread + 1 slice of ham (30g) + 3g flora

Cooking Method

1. Spread **flora** on **bread**, and sandwich with **ham slice**.
2. Cut sandwiches diagonally into 4 quarters and serve

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	213.4	4.1	1.0	30.1	2.5	12.6	3.5	1.1
Nursery (113g)	241.2	4.6	1.1	34.0	2.9	14.2	3.9	1.3
Primary Average (113g)	241.2	4.6	1.1	34.0	2.9	14.2	3.9	1.3
Secondary (113g)	241.2	4.6	1.1	34.0	2.9	14.2	3.9	1.3

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2427VE	Vegan Cheese Sandwich (Carrot & Cucumber Sticks) (ve)	CMCM/RTW Ham	122001 Vegan Cheese Slices	Gluten, Wheat, Soya
MA2427A	Allergy-Friendly Ham Sandwich (Carrot & Cucumber Sticks)	5226 Kingsmill 50/50	7202 (McGhees) G/F White Loaf	None

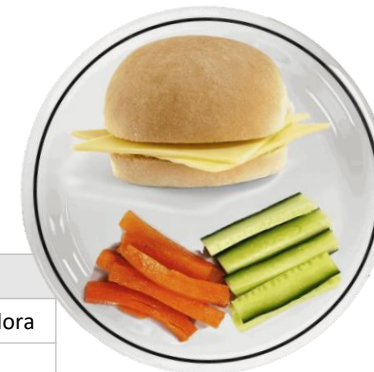
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 71
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2427N

Cheese Roll (v) (RMA030)

Served with: Carrot and Cucumber Sticks (RSV004), condiment of choice

This Meal Contains: Gluten, Wheat, Soya, Milk
May contain: Egg, Sesame, Barley, Oats, Rye
Dietary Suitability: V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Cheese Roll	121701	Burger Bun	20 buns	Gluten, Wheat, Soya May contain: Milk, Egg, Sesame Barley, Oats, Rye
	71402	Flora	60g	
	74453	Cheese Slices	20 slices (400g)	Milk
Sides (refer to sides page for details)	RSV004	Carrot & Cucumber Sticks (2 portions per child)		
		Condiment of 10ml portion		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 bun + 1 cheese slice (20g) + 3g flora
Primary	\	This item is not used in primary
Secondary	\	This item is not used in secondary

Cooking Method

1. Spread **flora** on the **buns**, add in **cheese slice**.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	316.1	16.1	8.1	26.0	3.5	14.4	4.6	1.0
Nursery (73g)	230.8	11.8	5.9	19.0	2.6	10.5	3.4	0.7
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2427NVE	Vegan Cheese Roll (Carrot & Cucumber Sticks) (ve)	121701 Burger Bun 74453 Cheese Slices	7204 (McGhees) G/F White Roll 122001 Vegan Cheese Slices	None

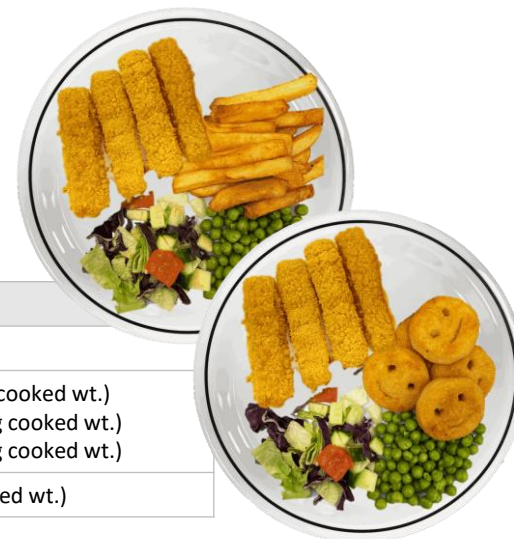
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 72
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2428

Salmon Fingers (RMA032)

Served with: Chips (RSC002)/Smiley Faces (RSC009)/Crinkle Fries (RSC003), Seasonal Salad (RSV008), Garden Peas (RSV005), and condiment of choice

This Meal Contains: Fish
Dietary Suitability: GF, DF, EF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
	123822	MSC G/F Salmon Fingers	80 pieces (2400g)	Fish
Sides (refer to sides page for details)	RSC002/ RSC003/ RSC009	Choose from: Chips/ Crinkle Fries/ Smiley Faces		
	RSV008	Seasonal Salad		
	RSV005	Garden Peas		
	Condiment of 10ml portion			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	Please refer to MA2428N
Primary	20	P1-3: 3 pieces (approx. 78g cooked wt.) P4-5: 4 pieces (approx. 104g cooked wt.) P6-7: 5 pieces (approx. 130g cooked wt.)
Secondary	16	5 pieces (approx. 130g cooked wt.)

Cooking Method

1. Cook G/F salmon fingers in the oven following instructions on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	262.0	11.0	1.6	28.8	0.7	11.2	1.1	0.4
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (104g)	272.5	11.4	1.7	30.0	0.7	11.6	1.1	0.4
Secondary (130g)	340.6	14.3	2.1	37.4	0.9	14.6	1.4	0.5

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

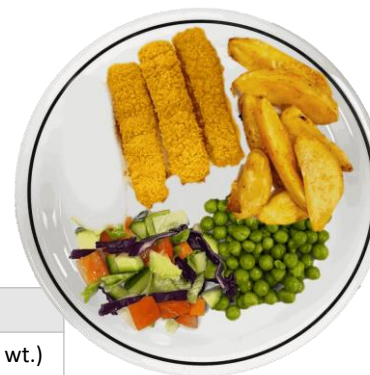
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 73
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2428N

Salmon Fingers (RMA032)

Served with: Potato Wedges (RSC007), Seasonal Salad (RSV008), Garden Peas (RSV005), and condiment of choice

This Meal Contains: Fish
Dietary Suitability: GF, DF, EF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
	123822	MSC G/F Salmon Fingers	80 pieces (2400g)	Fish
Sides (refer to sides page for details)	RSC007	Potato Wedges		
	RSV008	Seasonal Salad		
	RSV005	Garden Peas		
	Condiment of 10ml portion			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	3 pieces (approx. 78g cooked wt.)
Primary	\	Please refer to MA2428
Secondary	\	Please refer to MA2428

Cooking Method

1. Cook G/F salmon fingers in the oven following instructions on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	262.0	11.0	1.6	28.8	0.7	11.2	1.1	0.4
Nursery (78g)	204.4	8.6	1.2	22.5	0.5	8.7	0.9	0.3
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 74
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2429

Spaghetti Bolognese (RMA036)

Served with: Seasonal Salad (RSV008) and Garden Peas (RSV005)

Contains: Gluten, Wheat, Milk, Soya

Dietary Suitability: EF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Spag	150170	Spaghetti	1400g	Gluten, Wheat
	95VL	QMS Beef Mince	1000g	
Bol	30501	Onion, Diced	600g	
	4776	Carrot, Diced	600g	
	33686	Garlic Powder	8g	
	133536	Beef Stock	20g	
	\	Water (Stock)	800ml (reduce to half)	
	124867	Soy Sauce (G/F)	40ml	Soya
	114938	Passata	100g	
	6437	Tomato, Chopped	1000g	
	35006	Dried Basil	3g	
	33592	Dried Oregano	3g	
Topping	27543	Grated Cheddar	50g	Milk
Sides (refer to sides page for details)	RSV008	Seasonal Salad	800g	
	RSV005	Garden Peas	800g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	25	185g
Primary	20	P1-3: 186g P4-5: 231g p6-7: 276g
Secondary	16	289g

Cooking Method

1. Boil **spaghetti** in water.
2. Meanwhile, heat a saucepan/pot with **oil** over a medium heat, once hot, add in **onion** and **carrot**. Cook until veg starts to soften. Once veg begins to soften, increase the heat, and add in **beef mince**, cook until meat turned brown. Drain out beef fat if necessary.
3. Make up **beef stock** with **water**. Once beef is browned, add in **made-up stock**, **G/F soy sauce**, **garlic powder**, **passata**, tinned **chopped tomato**, **dried basil** and **dried oregano**. Season with **black pepper** and stir well. Cook over high heat until thickened. This is your **beef Bolognese**.
4. Serve **spaghetti** with **beef Bolognese** on top or mixed in. Top with **grated cheddar**.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	162.9	3.3	1.9	24.9	3.5	7.7	4.0	0.3
Nursery (185g)	301.2	6.1	3.4	46.0	6.5	14.2	7.4	0.6
Primary Average (231g)	376.5	7.6	4.3	57.5	8.1	17.7	9.3	0.7
Secondary (289g)	470.7	9.5	5.4	71.9	10.1	22.1	11.6	0.9

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2429A	Allergy-Friendly Spag Bol (Seasonal Salad, Garden Peas)	150170 Spaghetti 27543 Grated Cheddar	124868 G/F Spaghetti 148891 Vegan Grated Cheese	Soya

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 75
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2430

Filled Yorkies (v) (RMA015)

This Meal Contains: Gluten, Wheat, Milk, Egg, Barley
Dietary Suitability: SF, V

Served with: Mashed Potato (RSC006), Mixed Pepper Salad (RSV007), and Sweetcorn (RSV009)



Ingredients

Component	Code	Ingredient	Weight	Allergens
Yorkie	3090	Yorkshire Puddings	40 pieces	Gluten, Wheat, Milk, Egg
Filling: Quorn Stew	33568	Cooking Oil	30ml	
	136991	Quorn Pieces	1200g	Gluten, Wheat, Barley
	30501	Onion, Diced	400g	
	33686	Garlic Powder	3g	
	114938	Tomato Puree	30g	
	28347	Gravy Granule (G/F)	70g	
	\	Water (Gravy)	800ml (reduce to half)	
Sides (refer to sides page for details)	RSC006	Mashed Potato		
	RSV007	Mixed Pepper Salad		
	RSV009	Sweetcorn		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	2 yorkies + 100g filling (50g each)
Primary	20	2 yorkies + 100g filling (50g each)
Secondary	20	2 yorkies + 100g filling (50g each)

Cooking Method

1. Heat a pot with **oil** over a medium heat, once hot, add in **onion**, cook until starting to soften.
2. Add in **Quorn pieces** and **garlic powder** and cook for 10min.
3. Add in **made-up gravy** and **tomato puree**, bring to simmer, cook until thickened.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	145.3	4.8	0.6	16.4	2.4	7.6	5.2	0.7
Nursery (170g)	247.3	8.2	1.0	27.9	4.1	12.9	8.9	1.3
Primary Average (170g)	247.3	8.2	1.0	27.9	4.1	12.9	8.9	1.3
Secondary (170g)	247.3	8.2	1.0	27.9	4.1	12.9	8.9	1.3

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2430VE	Quorn Stew (no yorkies) with Mashed Potato (Mixed Pepper Salad, Sweetcorn) (ve)	3090 Yorkshire Pudding	Serve a bit more Quorn stew	Gluten, Wheat, Barley

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 76
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2431

Popper Rice Bowl (RMA027)

Served with: Mixed Pepper Salad (RSV007) and Sweetcorn (RSV009)

On a plate

In a bowl

Contains: Gluten, Wheat Soya.
Dietary Suitability: DF, EF



Ingredients

Components	Code	Ingredient	Weight	Allergens
Chicken	149937	Red Tractor Chicken Poppers	1200g	Gluten, Wheat
Curry Sauce	33568	Cooking Oil	3.5 tbsp (50ml)	
	30501	Onion, Diced	200g	
	33599	Curry Powder	3.5tbsp (20g)	
	114956	Flour (G/F)	3.5 tbsp (25g)	
	124867	Soy Sauce (G/F)	7 tbsp (100ml)	Soya
	133535	Chicken Stock	16g +800ml water	
\	Water (Stock)			
Rice	33630	Rice	800g + 1600ml water	
	\	Water (Rice)		
Sides (refer to sides page for details)	RSV007	Mixed Pepper		
	RSV009	Sweetcorn		

Suggested Serving & Portions

Population Group	Servings	Suggested Portion
Nursery	\	Please refer to MA2431N
Primary	20	P 1-3: 192g (45g poppers + 42g curry sauce + 106g rice + spring onion) P 4-5: 218g (50g poppers + 48g curry sauce + 120g rice + spring onion) P 6-7: 244g (56g poppers + 54g curry sauce + 135g rice + spring onion)
Secondary	16	273g (62g popper + 60g curry sauce + 150g rice + spring onion)

Cooking Method

1. Cook **chicken poppers** and **rice** in the oven following instructions on the packaging.
2. To make curry sauce: Heat a saucepan with **oil** over medium heat, once hot, add in **curry powder** and **g/f flour**, stir and cook for 2 min. Add in **soy sauce** and made-up **chicken stock**. Stir and cook for 5 min until sauce boils and thickens. Remove from heat. This is your **curry sauce**
3. To serve, spoon **rice** into bowl/plate, top with **chicken poppers** and drizzle with **curry sauce**.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	130.3	4.1	0.4	17.6	0.5	5.1	1.5	0.5
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (218g)	284.1	9.0	0.8	38.3	1.2	11.1	3.2	1.1
Secondary (273g)	355.1	11.3	1.0	47.9	1.5	13.8	4.0	1.4

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2431A	Chicken Curry Rice Bowl (Mixed Pepper Salad, Sweetcorn)	149937 Red Tractor Chicken Popcorn	106048 Red Tractor Cooked Diced Chicken (add diced chicken to the curry sauce and heat up thoroughly, see MA2431N for details)	Soya

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portion, or nutritional information for the dietary alternatives

MA2431N

Chicken Curry Rice Bowl (RMA027N)

Served with: Mixed Pepper Salad (RSV007) and Sweetcorn (RSV009)

On a plate



In a bowl

This meal contains: Soya.
Dietary Suitability: GF, DF, EF

Ingredients

Components	Code	Ingredient	Weight	Allergens
Chicken Curry	106048	Red Tractor Cooked Diced Chicken	1200G	
	33568	Cooking Oil	3.5 tbsp (50ml)	
	30501	Onion, Diced	200g	
	33599	Curry Powder	3.5tbsp (20g)	
	114956	Flour (G/F)	3.5 tbsp (25g)	
	124867	Soy Sauce (G/F)	7 tbsp (100ml)	Soya
	133535	Chicken Stock	16g +800ml water	
	\	Water (Stock)		
Rice	33630	Rice	800g + 1600ml water	
	\	Water (Rice)		
Sides (refer to sides page for details)	RSV007	Mixed Pepper		
	RSV009	Sweetcorn		

Suggested Serving & Portions

Population Group	Servings	Suggested Portion
Nursery	25	85g chicken curry + 96g rice
Primary	\	Please refer to MA2431
Secondary	\	Please refer to MA2431

Cooking Method

1. Cook **rice** following instructions on the packaging.
2. To make chicken curry sauce: Heat a saucepan with **oil** over medium heat, once hot, add in **curry powder** and **g/f flour**, stir and cook for 2 min. Add in **soy sauce** and made-up **chicken stock**. Add in diced chicken, heat through for 20 min and serve.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	103.9	1.4	0.2	15.8	0.5	6.5	1.2	0.5
Nursery (183g)	189.0	2.6	0.3	27.7	0.9	12.9	2.2	1.0
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portion, or nutritional information for the dietary alternatives

MA2432

Baked Potato with Cheese (v) (RMA002)

Served with: Mixed Pepper Salad (RSV007) and Sweetcorn (RSV009)

This Meal Contains: Milk
Dietary Suitability: GF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Baker	3PB60CS	Baking Potatoes	2400g (20 potatoes)	
Cheese	27543	Grated Cheddar Cheese	1000g	Milk
Sides (refer to sides page for details)	RSV007	Mixed Pepper Salad		
	RSV009	Sweetcorn		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 potato + 50g cheese
Primary	20	1 potato + 50g cheese
Secondary	20	1 potato + 50g cheese

Cooking Method

1. Cook **baking potato** in the oven until soft inside. Slice open and serve with **cheese**.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	232.6	14.7	6.2	17.0	0.7	9.1	2.1	0.6
Nursery (v)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0
Primary Average (170g)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0
Secondary (170g)	395.4	24.9	10.5	28.9	1.2	15.5	3.6	1.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2432VE	Baked Potato with Vegan Cheese (Mixed Pepper Salad, Sweetcorn) (ve)	27543 Cheese	148819 Vegan Grated Cheese	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 79
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2433

Homemade Steak Pie (RMA020)

Served with: Baby Potatoes (RSC001), Seasonal Salad (RSV008), and Green Beans (RSV006)

This Meal Contains: Gluten, Wheat, SO2

Dietary Suitability: DF, EF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Stew	SSDG (McLays)	QMS Diced Beef	1000g	
	105864	Red Tractor G/F Sausage	500g	SO2
	30501	Onion, Diced	400g	
	4776	Carrot, Diced	400g	
	114956	Flour (G/F)	50g	
	114938	Passata/Tomato Paste	30g	
	133536	Beef Stock	30g	
	\	Water	1000ml (reduce to half)	
Pastry	4301	Puff Pastry	550g	Gluten, Wheat
Sides (refer to sides page for details)	RSC001	Baby Potatoes		
	RSV008	Seasonal Salad		
	RSV006	Green Beans		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	102g stew + ½ pastry
Primary	20	P1-3: 110g stew + ½ pastry P4-5: 125g stew + ½ pastry p6-7: 140g stew + ½ pastry
Secondary	16	160g stew + ½ pastry

Cooking Method

1. Prep: chop **g/f sausages** into small bite-size pieces.
2. Heat a large pot with **oil** over a medium heat. Brown the **meat** and **sausage** well in batches, then set aside.
3. Return pot to a medium heat with a bit of **oil**, cook **onion** and **carrot** for 5 min or until starting to soften. Scatter over **g/f flour**, stir until coated.
4. Return **meat** to the pot, add in **tomato paste** and **made-up beef stock**. bring to simmer.
5. Cover with a lid and cook over very low heat or in the oven (160C) for 2-3 hrs until meat is very tender.
6. Meanwhile, prepare **pastry** following instruction on the packaging, then slice into portions.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	154.7	8.3	3.7	11.1	2.8	8.1	3.8	0.6
Nursery (130g)	213.6	11.8	5.4	15.5	3.7	10.4	4.8	0.7
Primary Average (156g)	240.5	13.0	5.8	17.2	4.4	12.6	5.9	0.9
Secondary (188g)	274.1	14.4	6.4	19.4	5.2	15.3	7.1	1.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2433VE	Vegan Pie with Baby Potatoes (Seasonal Salad, Green Beans) (ve)	SSDG Diced Beef 105864 G/F Sausage 133536 Beef Stock	129633 Veg Sausage 28347 Gravy Granules	Gluten, Wheat
MA2433A	Allergy-Friendly Steak Stew (no pastry) with Baby Potatoes (Seasonal Salad, Green Beans)	4301 Puff Pastry	Serve a bit more stew	SO2

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 80
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

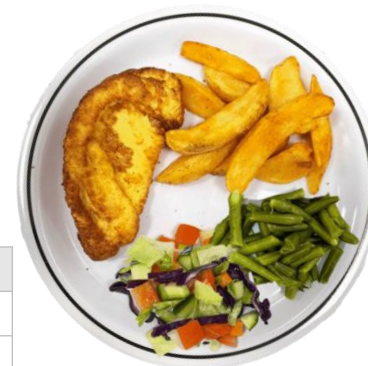
MA2434

Folded Omelette (v) (RMA017)

Served with: Potato Wedges (RSC007), Seasonal Salad (RSV008), and Green Beans (RSV006)

This Meal Contains: Milk, Egg

Dietary Suitability: GF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
	3135	Free Range Omelette	20 pieces	Milk, Egg
Sides (refer to sides page for details)	RSC007	Potato Wedges		
	RSV008	Seasonal Salad		
	RSV006	Green Beans		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 omelette (approx. 85g cooked wt.)
Primary	20	1 omelette (approx. 85g cooked wt.)
Secondary	\	This item is not used in secondary

Cooking Method

1. Cook omelette following instructions on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	162.0	12.0	3.0	4.0	1.8	10.0	0.5	0.7
Nursery (85g)	137.7	10.2	2.6	3.4	1.5	8.5	0.4	0.6
Primary Average (85g)	137.7	10.2	2.6	3.4	1.5	8.5	0.4	0.6
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2434VE	Vegan Sausage with Wedges (Seasonal Salad, Green Beans) (ve)	3135 Omelette	129633 Meatless Farm Veg Sausage	None

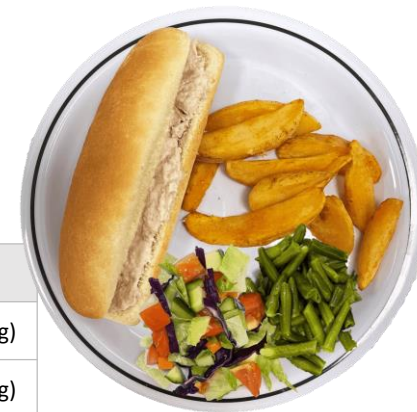
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 81
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2435

Tuna Mayo Finger Roll (RMA041)

Served with: Wedges (RSC007), Seasonal Salad (RSV008), and Green Beans (RSV006)

This Meal Contains: Gluten, Wheat, Egg, Fish
May contain: Sesame
Dietary Suitability: DF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Roll	31298	Hot Dog Roll	20 pieces	Gluten, Wheat May contain: Sesame
Filling	6359	Tuna	600g	Fish
	5990	Mayo	200g	Egg
	2SYB (McLays)	Spring Onion, Chopped	50g	
Sides (refer to sides page for details)	RSC007	Potato Wedges		
	RSV008	Seasonal Salad		
	RSV006	Green Beans		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 roll + 43g filling (approx. 93g)
Primary	20	1 roll + 43g filling (approx. 93g)
Secondary	20	1 roll + 43g filling (approx. 93g)

Cooking Method

1. Wash and chop **spring onion**. Mix **tuna**, **mayo** and **chopped spring onion** together in a bowl.
2. Add filling to **hot dog roll** and serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	202.5	5.0	0.9	25.6	2.6	12.8	2.8	0.8
Nursery (93g)	187.3	4.6	0.9	23.7	2.4	11.8	2.5	0.7
Primary Average (93g)	187.3	4.6	0.9	23.7	2.4	11.8	2.5	0.7
Secondary (93g)	187.3	4.6	0.9	23.7	2.4	11.8	2.5	0.7

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 82
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2436

Creamy Pesto Pasta (v) (RMA014)

Served with: Garlic Bread (RSC005) and Broccoli, Cauliflower & Carrot Medley (RSV003)

This Meal Contains: Gluten, Wheat, Milk
May contain: Mustard, Sesame, Soya, Barley
Dietary Suitability: EF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Pasta	146183/ 146179/ 146174	Farfalle/ Tricolour Fusilli/ Penne Pasta	1200g	Gluten, Wheat May contain: Mustard, Soya
	30501	Onion, Diced	400g	
	3S (McLays)	Spinach	400g	
Sauce	71776/ 71138	Soft Cheese	200g	Milk
	131779	Green Pesto	150g	
	27543	Grated Cheddar Cheese	150g	Milk
	35006	Dried Basil	3g	
	133534	Veg Stock	20g	
	\	Starchy Pasta Water	1000ml	
Sides (refer to sides page for details)	RSC005	Garlic Bread		Gluten, Wheat May contain: Barley, Sesame
	RSV003	BCC Medley (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	140g
Primary	20	P1-3: 155g
		P4-5: 176g
		p6-7: 197g
Secondary	16	220g

Cooking Method

1. Boil **pasta**, once tender, drain and set aside. Reserve some **pasta water**.
2. Meanwhile, heat a saucepan/pot with **oil** over a medium heat, once hot, add in **onion**, cook until starts to soften. Add in **veg stock**, **soft cheese**, **dried basil**, **pesto**, **most of the grated cheddar**, and **starchy pasta water**. Stir and cook until the sauce is starting to thicken.
3. Add in **spinach** and continue cooking until wilted. Mix in **cooked pasta**.
4. To serve, garnish with **remaining grated cheddar**.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	176.2	4.5	1.3	26.4	2.3	6.5	3.9	0.5
Nursery (140g)	248.3	6.4	1.9	37.3	3.2	9.1	5.5	0.7
Primary Average (176g)	310.3	8.0	2.3	46.6	4.1	11.4	6.9	0.9
Secondary (220g)	387.9	10.0	2.9	58.2	5.1	14.3	8.6	1.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2436VE	Vegan Pesto Pasta with Garlic Bread (Broccoli, Cauliflower & Carrot Medley) (ve)	71776/71138 Soft Cheese 27543 Grated Cheese	133532 Vegan Soft Cheese 148819 Vegan Grated Cheese	Gluten, Wheat May contain: Mustard Sesame Soya Barley
MA2436A	Allergy-Friendly Pesto Pasta with A/F Garlic Bread (Broccoli, Cauliflower & Carrot Medley) (ve)	146183/146179/146174 Farfalle/Fusilli/Penne 71776/71138 Soft Cheese 27543 Grated Cheese RSC003 Garlic Bread	126919 G/F Pasta 133532 Vegan Soft Cheese 148819 Vegan Grated Cheese RSC003A G/F Garlic Bread	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 83
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2437

Pepperoni Pizza Sub (v) (RMA026)

Served with: Diced Potato (RSC004) and Broccoli, Cauliflower & Carrot Medley (RSV003)

This Meal Contains: Gluten, Wheat, Milk
May contain: Sesame
Dietary Suitability: EF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Pizza Sub Base	31298	Hot Dog Roll	20 pieces (1000g)	Gluten, Wheat May contain: Sesame
Pizza Sauce	114938	Passata/Tomato Paste	400g	
	35006	Dried Basil	3g (2.5 tsp)	
	33686	Garlic Powder	3g (2.5 tsp)	
Topping	10163	Grated Mozzarella & Cheddar Cheese	300g	Milk
	150453	Vegan Pepperoni	200g	
Sides (refer to sides page for details)	RSC004	Diced Potato		
	RSV003	BCC Medley (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	2 half rolls (approx. 90g)
Primary	20	2 half rolls (approx. 90g)
Secondary	20	2 half rolls (approx. 90g)

Cooking Method

1. Prep: take **hot dog roll** out from freezer and leave to soften.
2. In a mixing bowl, combine **passata**, **dried basil**, and **garlic powder**. This is your **pizza sauce**.
3. Separate **hot dog rolls** into half rolls. On each half roll, spread 20-22g **pizza sauce**, top with 3 slices of **vegan pepperoni** and 15g **mozzarella cheese**.
4. Bake the prepared pizza sub in the oven until cheese on top is melted and golden.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	211.6	6.5	2.4	28.5	3.6	8.6	3.8	1.0
Nursery (90g)	191.1	5.9	2.2	25.8	3.2	7.8	3.4	0.9
Primary Average (90g)	191.1	5.9	2.2	25.8	3.2	7.8	3.4	0.9
Secondary (90g)	191.1	5.9	2.2	25.8	3.2	7.8	3.4	0.9

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2437VE	Vegan Pepperoni Pizza Sub with Diced Potato (Carrot & Cucumber Sticks) (ve)	10163 Grated Cheese	148819 Vegan Grated Cheese	Gluten, Wheat May contain: Sesame
MA2437A	Allergy-Friendly Pepperoni Pizza Sub with Diced Potato (Carrot & Cucumber Sticks) (ve)	31298 Hot Dog Roll 10163 Grated Cheese	7204 (McGhees) G/F White Roll 148819 Vegan Grated Cheese	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2438

Sticky BBQ Quorn Dippers (v) (RMA037)

Served with: Potato Wedges (RSC007) and Carrot & Cucumber Sticks (RSV004)

This Meal Contains: Gluten, Wheat, SO2

Dietary Suitability: DF, EF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Quorn Dipper	135198	Quorn Dippers	2000g	Gluten, Wheat
Sticky BBQ Dipping (not used in nursery)	136901	Ketchup	100ml	
	350157	Honey	50ml	
	350102	Brown Sugar	30g	
	121379	Salt	2.5g	
	33585	Paprika Powder	1g	
	117940	Onion Powder	1g	SO2
	33686	Garlic Powder	0.6g	
	33579	Ground Black Pepper	a pinch	
Sides (refer to sides page for details)	RSC007	Potato Wedges		
	RSV004	Carrot & Cucumber Sticks (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	4 dippers (approx. 62g cooked wt.) (do not use sticky BBQ sauce for nursery, replace with other condiments such as ketchup can be served in 10ml portion)
Primary	20	5 dippers + 10ml sticky BBQ sauce (approx. 85g cooked wt.)
Secondary	16	6 dippers + 10ml sticky BBQ sauce (approx. 100g cooked wt.)

Cooking Method

1. Cook **Quorn dippers** following instruction on the packaging.
2. To make sticky BBQ sauce: in a mixing bowl, mix in **all ingredient** till smooth. Do not serve over 10ml per portion. Do not let pupils 'help themselves'.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g (with BBQ dipping)	183.6	8.6	0.9	13.6	4.5	10.4	5.4	1.0
Per 100g (without BBQ dipping)	184.0	9.6	1.0	9.9	0.1	11.6	6.0	0.8
Nursery (62g) (without BBQ dipping)	114.1	6.0	0.6	6.1	0.1	7.2	3.7	0.5
Primary Average (85g)	154.7	7.2	0.8	11.4	3.8	8.7	4.6	0.8
Secondary (100g)	182.3	8.7	0.9	12.9	3.8	10.5	5.5	0.9

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2438VE	Quorn Dippers (no BBQ dipping) with Wedges (Carrot & Cucumber Sticks) (ve)	Sticky BBQ Dipper	Other condiments in portion of 10ml	Gluten, Wheat

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 85
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2439

Saucy Chicken Tacos (RMA033)

Served with: Carrot & Cucumber Sticks (RSV004)

This Meal Contains: Milk
May contain: Gluten, Wheat
Dietary Suitability: EF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Taco Shell	85788	Taco Shells	40 pieces	May contain: Gluten, Wheat
Filling	106048	Red Tractor Chicken, Diced	1200g	
	30501	Onion, Diced	360g	
	2PRE (McLays)	Pepper, Diced (Red/Yellow)	360g	
	33568	Cooking Oil	36ml	
	33686	Garlic Powder	3 tsp (5g)	
	33592	Dried Oregano	2 tsp (2g)	
	33585	Paprika Powder	3 tsp (5g)	
	133535	Chicken Stock	14g + 400ml water (reduce to a thin syrup consistency)	
	\	Water (Stock)		
Topping	114938	Passata	60g	
	350102	Brown Sugar	15g	
	450344	Lettuce, Shredded	200g	
	10163	Grated Mozzarella & Cheddar Cheese	200g	Milk
Sides (refer to sides page for details)	RSV004	Carrot & Cucumber Sticks (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	Please see MA2439N for alternative
Primary	20	2 tacos + 110g filling (55g each) + top with shredded lettuce and cheese
Secondary	20	2 tacos + 110g filling (55g each) + top with shredded lettuce and cheese

Cooking Method

1. Prep: wash and dice **peppers**.
2. Heat a large pan/pot with **oil** over a medium heat, once hot, add in **onion** and cook for 5 min until starting to soften. Add in **chicken, garlic powder, dried oregano, and paprika powder**, stir to fragrant.
3. Add in **made-up chicken stock, passata** and **brown sugar**, bring to simmer.
4. Add in **diced pepper**, simmer until chicken is cooked through and the sauce reduces to a thin syrup consistency. This is your **taco filling**.
5. Fill the **taco shells** with 55g **filling** in each and top with **grated cheese** and **shredded lettuce**.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	177.8	8.4	1.4	16.5	2.6	8.3	3.4	0.4
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (196g)	348.9	16.5	2.8	32.3	5.1	16.4	6.8	0.9
Secondary (196g)	348.9	16.5	2.8	32.3	5.1	16.4	6.8	0.9

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2439A	Saucy Chicken Baked Potato (Carrot & Cucumber Sticks)	85788 Taco Shells 10163 Grated Cheese	3PB60CS (McLays) Baking Potato	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

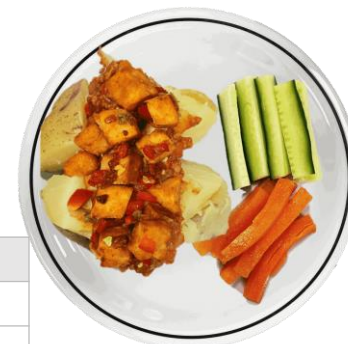
MA2439N

Saucy Chicken Baked Potato (RMA033N)

Served with: Carrot & Cucumber Sticks (RSV004)

This Meal Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Baking Potato	3PB60CS (McLays)	Baking Potato	40 Potatoes	
Filling	106048	Red Tractor Chicken, Diced	1200g	
	30501	Onion, Diced	360g	
	2PRE (McLays)	Pepper, Diced (Red/Yellow)	360g	
	33568	Cooking Oil	36ml	
	33686	Garlic Powder	3 tsp (5g)	
	33592	Dried Oregano	2 tsp (2g)	
	33585	Paprika Powder	3 tsp (5g)	
	133535	Chicken Stock	14g + 400ml water (reduce to a thin syrup consistency)	
	\	Water (Stock)		
	114938	Passata	60g	
	350102	Brown Sugar	15g	
Sides (refer to sides page for details)	RSV004	Carrot & Cucumber Sticks (2 portions per child)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	40	1 potato + 70g filling
Primary	\	Please see MA2439
Secondary	\	Please see MA2439

Cooking Method

1. Prep: wash and dice **peppers**.
2. Baked **potato** in the oven.
3. Heat a large pan/pot with **oil** over a medium heat, once hot, add in **onion** and cook for 5 min until starting to soften. Add in **chicken, garlic powder, dried oregano,** and **paprika powder**, stir to fragrant.
4. Add in **made-up chicken stock, passata** and **brown sugar**, bring to simmer.
5. Add in **diced pepper**, simmer until chicken is cooked through and the sauce reduces to a thin syrup consistency. This is your **saucy chicken filling**.
6. Fill the **baked potato** with 70g **filling**.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	108.3	3.9	0.1	13.1	2.2	5.5	3.3	0.3
Nursery ()	236.6	9.1	0.1	31.3	3.5	8.8	6.2	0.3
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2440

Traditional Mince in Gravy (RMA040)

This Meal Contains: None of the 14 Food Allergens

Served with: Mashed Potato (RSC006), Seasonal Salad (RSV008), and Garden Peas (RSV005)

Dietary Suitability: GF, DF, EF, SF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Mince in Gravy	95VL (McLays)	QMS Beef Mince	1400g	
	30501	Onion, Diced	200g	
	4776	Carrot, Diced	150g	
	33579	Ground Black Pepper	3g	
	28347	Gravy Granule (G/F)	75g	
	\	Water	1000ml	
Sides (refer to sides page for details)	RSC006	Mashed Potato		
	RSV008	Seasonal Salad		
	RSV005	Garden Peas		

Suggested Serving & Portion (Sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	100g
Primary	20	P1-3: 110g P4-5: 125g p6-7: 140g
Secondary	16	157g

Cooking Method

1. Brown the **mince** in a dry pot and **drain excess fat**.
2. Add in **vegetables** with some **black pepper**.
3. Pour in just enough **water** to cover the mince and add in **gravy granules**. Cook until thickened.
4. Season to taste, ready to serve.

Nutritional Information (Sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	113.2	7.1	4.3	3.4	1.2	8.7	2.0	0.3
Nursery (100g)	113.2	7.1	4.3	3.4	1.2	8.7	2.0	0.3
Primary Average (125g)	142.0	8.8	5.4	4.3	1.5	10.9	2.5	0.4
Secondary (157g)	177.4	11.1	6.8	5.3	1.8	13.6	3.1	0.5

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

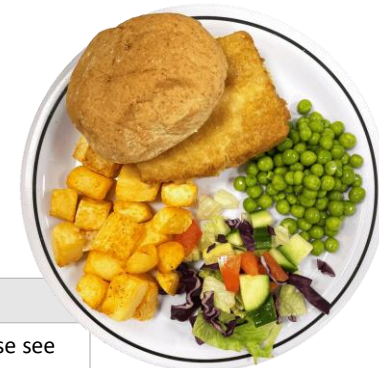
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 88
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2441

Golden Fish Burger (RMA018)

Served with: Diced Potato (RSC004), Seasonal Salad (RSV008), Garden Peas (RSV006), and condiment of choice

This Meal Contains: Gluten, Wheat, Milk, Mustard, Fish, Soya
May contain: Milk, Egg, Sesame, Barley, Oat, Rye
Dietary Suitability: \



Ingredients

Component	Code	Ingredient	Weight	Allergens
Fish Burger	129025	MSC Fish Burger	20 pieces	Gluten, Wheat, Milk, Mustard, Fish
	121701	Burger Bun	20 buns	Gluten, Wheat, Soya May contain: Milk, Egg, Sesame, Barley, Oats, Rye
Sides (refer to sides page for details)	RSC004	Diced Potato		
	RSV008	Seasonal Salad		
	RSV006	Garden Peas		
	Condiment of 10ml portion			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	This item is not used in nursery, please see MA2441N for alternative
Primary	20	1 bun + 1 burger (approx. 160g cooked wt.)
Secondary	20	1 bun + 1 burger (approx. 160g cooked wt.)

Cooking Method

1. Cook fish burger in the oven following instruction on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	272.4	14.6	1.6	21.5	1.9	12.4	2.9	0.8
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (l)	435.9	23.3	2.5	34.4	3.0	19.8	4.6	1.3
Secondary (l)	435.9	23.3	2.5	34.4	3.0	19.8	4.6	1.3

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2441VE	Vegan Burger with Diced Potato (Seasonal Salad, Garden Peas) (ve)	129025 Fish Burger 121701 Burger Bun	146279 Vegan Burger 7204 (McGhees) G/F White Roll	Gluten, Wheat
MA2441A	Allergy-Friendly Fish Burgers with Diced Potato (Seasonal Salad, Garden Peas)	129025 Fish Burger 121701 Burger Bun	123824 G/F Fish Fingers 7204 (McGhees) G/F White Roll	Fish

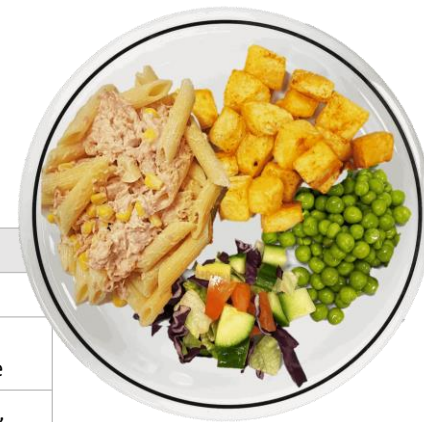
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 89
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2441N

Tuna Mayo Pasta (RMA042)

Served with: Diced Potato (RSC004), Seasonal Salad (RSV008), and Garden Peas (RSV006)

This Meal Contains: Gluten, Wheat, Egg, Fish
May contain: Mustard, Soya
Dietary Suitability: DF



Ingredients

Component	Code	Ingredient	Weight	Allergens
Pasta	146174/ 146179	Penne Pasta/ Fusilli	1200g (uncooked)	Gluten, Wheat May contain: Mustard, Soya
Tuna Mayo	6359	Tuna	1200g	Fish
	85128/127124	Sweetcorn	1000g	
	5990	Mayo	200g	Egg
	2SYB (McLays)	Spring Onions, Diced/Chopped	50g	
Sides (refer to sides page for details)	RSC004	Diced Potato		
	RSV008	Seasonal Salad		
	RSV006	Garden Peas		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	146g (cooked wt.)
Primary	\	This item is not used in primary, please see MA2441 for alternative
Secondary	\	This item is not used in secondary, please see MA2441 for alternative

Cooking Method

1. Prep: wash and chop **spring onion**.
2. Boil **pasta** in water, once tender, drain and set aside.
3. In a mixing bowl, mix in **tuna, sweetcorn, mayo** and **chopped spring onion**. Add the drained pasta to the pot and mix well.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	184.9	2.5	0.4	27.4	2.2	12.5	1.8	0.3
Nursery (l)	269.9	3.7	0.6	39.9	3.2	18.3	2.7	0.5
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

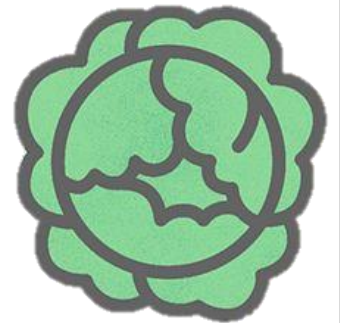
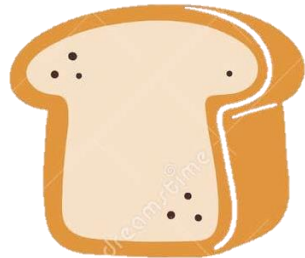
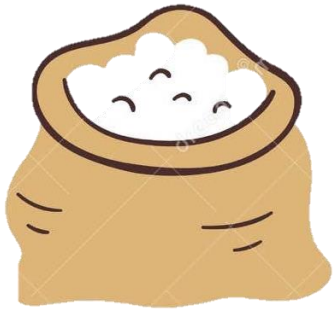
Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 90
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

Recipe Book

03 Sides - Carb & Veg



RSC001

Baby Potato (ve)

This Meal Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Code	Ingredient	Weight	Allergens
3PN750 (McLays)	Baby Potatoes	2000g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	25	80g (slice in half before serving)
Primary	20	100g
Secondary	16	125g

Cooking Method

1. Boil in water until very tender, **slice in half for nursery before serving.**

Nutritional Information *

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	72.0	0.1	0.0	16.1	0.6	1.7	2.0	0.1
Nursery (80g)	57.6	0.1	0.0	12.9	0.5	1.4	1.6	0.1
Primary Average (100g)	72.0	0.1	0.0	16.1	0.6	1.7	2.0	0.1
Secondary (125g)	90.0	0.1	0.0	20.1	0.8	2.1	2.5	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 92
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSC002 / RSC003 / RSC009

Chips / Crinkle Fries / Smiley Faces (ve)

Served with: Just like KFC Seasoning (RENC002)

This Meal Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Options	3953	Oven Chips	2000g	
	129515	Ziggy Fries		
	350012	Smiley Faces		
Seasoning (see seasoning page for details)	RENC002	Just Like KFC Seasoning (do not use in nursery)		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	This item is not compliant for Nursery
Primary	20	100g
Secondary	16	125g

Cooking Method

1. Cook following instructions on the packaging. Season with seasoning before serving/cooking.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Oven Chips Per 100g	119.0	3.0	0.7	21.0	0.7	1.9	1.6	0.1
Oven Chips Primary (100g)	119.0	3.0	0.7	21.0	0.7	1.9	1.6	0.1
Oven Chips Secondary (125g)	148.8	3.8	0.9	26.3	0.9	2.4	2.0	0.1
Ziggy Fries Per 100g	161.0	6.3	0.7	23.0	0.5	2.3	2.7	0.6
Ziggy Fries Primary (100g)	161.0	6.3	0.7	23.0	0.5	2.3	2.7	0.6
Ziggy Fries Secondary (125g)	201.3	7.9	0.9	28.8	0.6	2.9	3.4	0.7
Smiley Faces Per 100g	188.0	6.1	0.7	28.0	0.5	1.9	2.2	0.3
Smiley Faces Primary (100g)	188.0	6.1	0.7	28.0	0.5	1.9	2.2	0.3
Smiley Faces Secondary (125g)	235.0	7.6	0.9	35.0	0.6	2.4	2.8	0.4

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 93
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSC004

Diced Potato (ve)

Served with: RENC002 Just Like KFC Seasoning (not used in nursery)

Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
	350002	Potato, Diced	2000g	
Seasoning (see seasoning page for details)	RENC002	Just Like KFC Seasoning (do not use in nursery)		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	25	80g
Primary	20	100g
Secondary	16	125g

Cooking Method

1. Oven cook following instructions on the packaging. Do not deep fry.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	72.0	0.1	0.0	16.1	0.6	1.7	2.0	0.1
Nursery (80g)	57.6	0.1	0.0	12.9	0.5	1.4	1.6	0.1
Primary Average (100g)	72.0	0.1	0.0	16.1	0.6	1.7	2.0	0.1
Secondary (125g)	90.0	0.1	0.0	20.1	0.8	2.1	2.5	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 94
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSC005

Garlic Bread (ve)

Contains: Gluten, Wheat
May contain: Barley, Sesame
Dietary Suitability: DF, EF, SF, V, VE



Ingredients

Code	Ingredient	Weight	Allergens
3490	Baguette	4 baguettes (560g)	Gluten, Wheat May contain: Barley, Sesame
33591	Dried Parsley	1g	
89971	Garlic Puree	2g	
71402	Flora	40g	

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	30g
Primary	20	30g
Secondary	20	30g

Cooking Method

1. In a mixing bowl, combine **garlic puree**, **dried parsley**, and **flora**. This is your **garlic butter**.
2. Slice **baguettes** into 28-30g portions, spread 3g of **garlic butter** on each baguette slice and bake in the oven until slightly brown and crispy.
3. Can be pre-made and frozen to save prep time.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	265.0	5.8	1.3	43.8	3.0	8.2	3.4	0.9
Nursery (30g)	79.9	1.7	0.4	13.2	0.9	2.5	1.0	0.3
Primary Average (30g)	79.9	1.7	0.4	13.2	0.9	2.5	1.0	0.3
Secondary (30g)	79.9	1.7	0.4	13.2	0.9	2.5	1.0	0.3

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RSC005A	Allergy-Friendly Garlic Bread (ve)	3490 Baguette	7204 (McGhees) G/F White Roll	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 95
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSC006

Mashed Potato (ve)

This Meal Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Code	Ingredient	Weight	Allergens
71402	Flora	40g	
123260	Mashed Potato	2000g	

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	80g
Primary	20	100g
Secondary	16	125g

Cooking Method

1. Prepare **mashed potato** following instructions on the packaging.
2. Add in **flora** and mash till smooth.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	120.0	4.8	0.9	16.0	0.9	1.7	2.7	0.7
Nursery (80g)	97.9	3.9	0.8	13.0	0.7	1.4	2.2	0.5
Primary Average (100g)	120.0	4.8	0.9	16.0	0.9	1.7	2.7	0.7
Secondary (125g)	153.0	6.1	1.2	20.4	1.1	2.1	3.4	0.8

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
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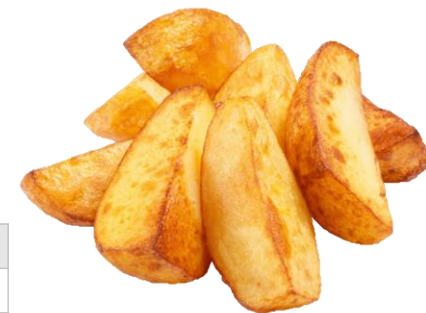
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 96
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSC007

Potato Wedges (ve)

Served with: RENC002 Just Like KFC Seasoning (not used in nursery)

Contains: None of the 14 Food Allergens
Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
	149585	Simply Wedges	2000g	
Seasoning (see seasoning page for details)	RENC002	Just Like KFC Seasoning (do not use in nursery)		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	25	80g
Primary	20	100g
Secondary	16	125g

Cooking Method

1. Oven cook following instructions on the packaging. Do not deep fry.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	75.0	0.5	0.1	15.0	0.5	2.5	1.8	0.1
Nursery (80g)	60.0	0.4	0.1	12.0	0.4	2.0	1.4	0.1
Primary Average (100g)	75.0	0.5	0.1	15.0	0.5	2.5	1.8	0.1
Secondary (125g)	93.8	0.6	0.1	18.8	0.6	3.1	2.3	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 97
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSC008

Rice (ve)

Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
	33630	Rice	800g	
	\	Water (Rice)	1600g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	25	100g
Primary	20	120g
Secondary	16	150g

Cooking Method

1. Prepare following instructions on the packaging.

Nutritional Information *

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	116.7	0.0	0.0	26.0	0.0	2.6	0.0	0.0
Nursery (100g)	116.7	0.0	0.0	26.0	0.0	2.6	0.0	0.0
Primary Average (120g)	140.0	0.0	0.0	31.2	0.0	3.1	0.0	0.1
Secondary (150g)	175.0	0.0	0.0	39.0	0.0	3.9	0.0	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 98
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSC010

Warmed Chapati (ve)

Contains: Gluten, Wheat
Dietary Suitability: DF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
	120202	La Boulangerie Chapati	20 pieces (1180g)	

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 piece (59g)
Primary	20	1 piece (59g)
Secondary	20	1 piece (59g)

Cooking Method

1. Slightly warm the chapati before serving.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	275.0	4.6	0.5	49.0	0.6	7.3	4.4	0.3
Nursery (59g)	162.3	2.7	0.3	28.9	0.4	4.3	2.6	0.2
Primary (59g)	162.3	2.7	0.3	28.9	0.4	4.3	2.6	0.2
Secondary (59g)	162.3	2.7	0.3	28.9	0.4	4.3	2.6	0.2

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 99
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSV001

Baby Corn (ve)

Contains: None of the 14 Food Allergens
Dietary Suitability: GF, DF, EF, SF, V, VE



A 40g portion consists of around 3 baby corns

Ingredients

Component	Code	Ingredient	Weight	Allergens
	34045	Baby Corn	800g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	40g
Primary	20	40g
Secondary	10	80g

Cooking Method

1. Boil/steam until tender.

Nutritional Information *

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	28.0	0.4	0.1	2.7	1.9	2.5	2.0	0.0
Nursery (40g)	11.2	0.2	0.0	1.1	0.8	1.0	0.8	0.0
Primary (40g)	11.2	0.2	0.0	1.1	0.8	1.0	0.8	0.0
Secondary (80g)	22.4	0.3	0.1	2.2	1.5	2.0	1.6	0.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. **100**
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSV002

Baked Beans (ve)

Contains: None of the 14 Food Allergens
Dietary Suitability: GF, DF, EF, SF, V, VE



A 40g portion

Ingredients

Component	Code	Ingredient	Weight	Allergens
	28758	Baked Beans	800g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	40g
Primary	20	40g
Secondary	10	80g

Cooking Method

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Nutritional Information *

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	86.0	0.6	0.1	14.0	4.0	4.3	3.8	0.5
Nursery (40g)	34.4	0.2	0.0	5.6	1.6	1.7	1.5	0.2
Primary (40g)	34.4	0.2	0.0	5.6	1.6	1.7	1.5	0.2
Secondary (80g)	68.8	0.5	0.1	11.2	3.2	3.4	3.0	0.4

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. ¹⁰¹
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSV003

Broccoli, Cauliflower & Carrot Medley(ve)

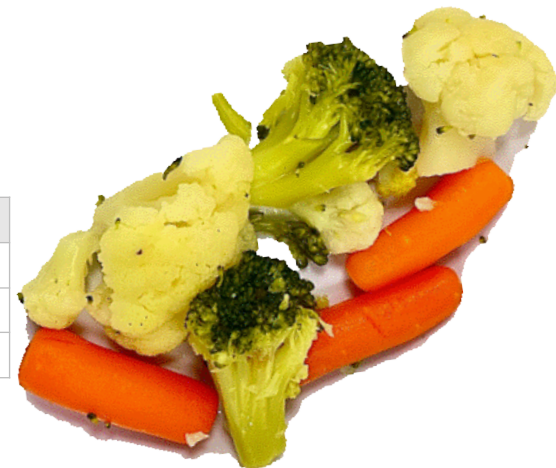
Contains: None of the 14 Food Allergens
Dietary Suitability: GF, DF, EF, SF, V, VE

Ingredients

Component	Code	Ingredient	Weight	Allergens
	3039	Broccoli, Cauliflower & Carrot Medley	1600g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	80g (Two 40g portions per child)
Primary	20	80g (Two 40g portions per child)
Secondary	10	160g (Two 80g portions per child)



An 80g portion

Cooking Method

1. Boil/steam until tender. Do not overcook.

Nutritional Information *

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	32.0	0.6	0.1	3.6	2.7	1.9	2.3	0.0
Nursery (80g)	25.6	0.5	0.1	2.9	2.2	1.5	1.8	0.0
Primary (80g)	25.6	0.5	0.1	2.9	2.2	1.5	1.8	0.0
Secondary (160g)	51.2	1.0	0.2	5.8	4.3	3.0	3.7	0.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

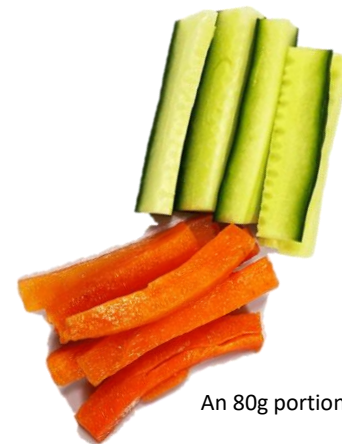
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. ¹⁰²
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSV004

Carrot & Cucumber Sticks (ve)

This Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE



An 80g portion

Ingredients

Component	Code	Ingredient	Weight	Allergens
Carrot	4CB1S/ 3CARKG	Carrot Baton OR Whole Carrot	800g	
Cucumber	2CUC	Cucumber	800g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	80g (40g carrot + 40g cucumber)
Primary	20	80g (40g carrot + 40g cucumber)
Secondary	10	160g (80g carrot + 80g cucumber)

Cooking Method

1. If using whole carrot, peel and cut carrot into sticks. Wash and cut cucumber into sticks.

Note: carrot baton has very short shelf life of freshness, please consider using whole carrot depending on your McLays delivery days.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	26.5	0.2	0.1	4.7	4.4	0.6	1.6	0.0
Nursery (80g)	21.2	0.2	0.0	3.8	3.5	0.5	1.2	0.0
Primary (80g)	21.2	0.2	0.0	3.8	3.5	0.5	1.2	0.0
Secondary (160g)	42.4	0.3	0.1	7.5	7.0	1.0	2.5	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSV005

Garden Peas (ve)

This Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE

Ingredients

Component	Code	Ingredient	Weight	Allergens
	4599	Garden Peas	800g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	40g
Primary	20	40g
Secondary	10	80g



A 40g portion

Cooking Method

1. Boil/steam until tender.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	96.0	1.5	0.6	11.0	2.3	6.9	4.7	0.0
Nursery (40g)	38.4	0.6	0.2	4.4	0.9	2.8	1.9	0.0
Primary (40g)	38.4	0.6	0.2	4.4	0.9	2.8	1.9	0.0
Secondary (80g)	76.8	1.2	0.5	8.8	1.8	5.5	3.8	0.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives¹⁰⁴
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSV006

Green Beans (ve)

This Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE

Ingredients

Component	Code	Ingredient	Weight	Allergens
	4762	Green Beans (pre-cut)	800g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	40g
Primary	20	40g
Secondary	10	80g



A 40g portion

Cooking Method

1. Boil/steam until tender, do not overcook.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	31.0	0.0	0.0	3.1	2.2	2.1	3.4	0.0
Nursery (40g)	12.4	0.0	0.0	1.2	0.9	0.8	1.4	0.0
Primary (40g)	12.4	0.0	0.0	1.2	0.9	0.8	1.4	0.0
Secondary (80g)	24.8	0.0	0.0	2.5	1.8	1.7	2.7	0.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

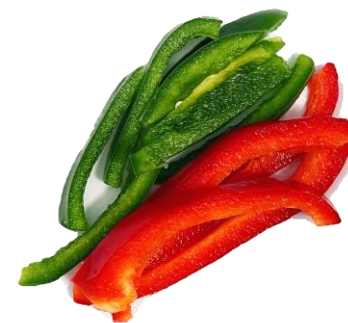
* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. ¹⁰⁵
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSV007

Mixed Pepper Salad (ve)

This Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE



A 40g portion

Ingredients

Component	Code	Ingredient	Weight	Allergens
	2PRKG/ 2PYKG/ 2PGKG	Pepper, Red/Yellow/Green	800g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	40g
Primary	20	40g
Secondary	10	80g

Cooking Method

1. Wash, deseed, and slice to strips.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	21.0	0.2	0.0	4.3	4.2	0.8	2.2	0.0
Nursery (40g)	8.5	0.1	0.0	1.7	1.7	0.3	0.9	0.0
Primary (40g)	8.5	0.1	0.0	1.7	1.7	0.3	0.9	0.0
Secondary (80g)	17.0	0.2	0.0	3.5	3.4	0.6	1.8	0.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. **106**
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSV008

Seasonal Salad (ve)

This Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE

Ingredients

Component	Code	Ingredient	Weight	Allergens
Example	2LI	Lettuce (iceburg, Chopped)	160g	
	2TKG	Tomatoes (chopped)	160g	
	4CS2/ 3CARKG	Carrot	160g	
	2PRE	Pepper	160g	
	4CSR	Red Cabbage (Shredded)	160g	

Other McLays veg that can be used:

1AGS1 apple (Aug-Feb)

3A asparagus (Apr-Jul)

3BEE beetroot (Jun-Nov)

2TKG tomato (May-Sep),

2LC/2LR/2LLG/2LI lettuce – different types (May-Oct)

3CSA/3CD/3CR cabbage – different types (all year round),

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	40g
Primary	20	40g
Secondary	10	80g



A 40g portion

Cooking Method

1. wash, deseed, chop/shred veg, mix together.

Nutritional Information (example recipe)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	32.0	5.1	0.1	9.2	2.6	4.0	2.6	0.0
Nursery (40g)	12.8	2.0	0.0	3.7	1.0	1.6	1.0	0.0
Primary (40g)	12.8	2.0	0.0	3.7	1.0	1.6	1.0	0.0
Secondary (80g)	25.6	4.1	0.0	7.4	2.1	3.2	2.0	0.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RSV009

Sweetcorn (ve)

This Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE

Ingredients

Component	Code	Ingredient	Weight	Allergens
	4782	Sweetcorn	800g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	40g
Primary	20	40g
Secondary	10	80g



A 40g portion

Cooking Method

1. Boil/steam until tender.

Nutritional Information (example recipe)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	65.0	1.8	0.2	8.1	2.0	3.4	1.5	0.0
Nursery (40g)	26.0	0.7	0.1	3.2	0.8	1.4	0.6	0.0
Primary (40g)	26.0	0.7	0.1	3.2	0.8	1.4	0.6	0.0
Secondary (80g)	52.0	1.4	0.2	6.5	1.6	2.7	1.2	0.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
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* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. ¹⁰⁸
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

Recipe Book

04 Seasoning



Just Like KFC Seasoning Used for side potato products (e.g., Chips, Wedges, Dice, Smilies)



Contains: SO2

Dietary Suitability: GF, DF, EF, SF, V, VE

Ingredients

Code	Ingredient	Weight	Allergens
286	Salt	4 tbsp	
133534	Knorr Veg Stock Powder	2 heaped tbsp	
117940	Onion Powder	1 tbsp	SO2
33686	Garlic Powder	1 tbsp	
33585	Paprika	0.5 tbsp	

Cooking Method

- Mix all ingredients together in a clean, empty jar. Store in dry cupboard and use within 6 months. Correct labelling is required.

Suggested Serving & Portions

Population Groups	Serving	Suggested Portions
Secondary	100	1.4g
Primary	120	1.3g
Nursery	n/a	This item is not compliant for nursery

Nutritional Values Per 100g

Energy	Fat	Saturated Fat	Carbohydrate
133 kcal / 557 kJ	1.4 g	0.3 g	25.1 g
Sugar	Protein	Fibre	Salt
5.9 g	4.1 g	2.9 g	64.1 g

Nutritional Values Per Suggested Portion (Secondary)*

Energy	Fat	Saturated Fat	Carbohydrate
1.7 kcal / 7.0 kJ	0.0 g	0.0 g	0.3 g
Sugar	Protein	Fibre	Salt
0.1 g	0.1 g	0.0 g	0.8 g

Nutritional Values Per Suggested Portion (Primary)*

Energy	Fat	Saturated Fat	Carbohydrate
1.4 kcal / 5.8 kJ	0.0 g	0.0 g	0.3 g
Sugar	Protein	Fibre	Salt
0.1 g	0.0 g	0.0 g	0.7 g

Dietary & Lifestyle Alternatives*

	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

Recipe Book

05 Dessert & Home Baking



RDE001

Fruity Yoghurt (v)

Contains: Milk

Dietary Suitability: GF, EF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Options:	15626	Müller Healthy Balance Smooth Mixed Case Yogurt	20 cups	
	28419	Müller Assorted Strawberry & Mango & Passionfruit		
	133944	Golden Acre Fat Free Mixed Yogurt		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	1 cup
Primary	20	1 cup
Secondary	20	1 cup

Cooking Method

1. \

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Müller Healthy Balance Smooth Mixed Case Yogurt Per 100g	80.0	1.6	1.0	11.0	10.0	4.7	0.0	0.2
Müller Healthy Balance Smooth Mixed Case Yogurt Per serving (110g)	88.0	1.8	1.1	12.1	11.0	5.2	0.0	0.2
Müller Assorted Strawberry & Mango & Passionfruit Per 100g	52.5	0.5	0.1	7.1	6.4	4.9	0.0	0.2
Müller Assorted Strawberry & Mango & Passionfruit Per serving (100g)	52.5	0.5	0.1	7.1	6.4	4.9	0.0	0.2
Golden Acre Fat Free Mixed Yogurt Per 100g	50.0	0.5	0.1	7.6	3.6	3.0	0.0	0.1
Golden Acre Fat Free Mixed Yogurt Per serving	50.0	0.5	0.1	7.6	3.6	3.0	0.0	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE001VE	Vanilla Soya Dessert (ve)	Yoghurt	121525 Alpro Heavenly Velvet Vanilla Flavour Soya Dessert	Soya

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 112

RDE002

Jelly (ve)

Contains: None of the 14 Food Allergens
Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
	149787/ 149788/ 149786	McDougalls Jelly Crystals Raspberry/Orange/Strawberry	210g	
	\	Water	1080ml	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	60ml (65g)
Primary	20	60ml (65g)
Secondary	20	60ml (65g)

Cooking Method

Need to be prepared and set in the refrigerator beforehand.

1. Dissolve **jelly crystals** in the **boiling water**. Stir well until completely dissolved.
2. Pour the mixture into moist moulds and leave to set in a refrigerator until firm.

Nutritional Information *

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	60.4	0.1	0.0	15.0	13.9	0.1	0.3	0.0
Nursery (65g)	39.0	0.1	0.0	9.6	9.0	0.1	0.2	0.0
Primary Average (65g)	39.0	0.1	0.0	9.6	9.0	0.1	0.2	0.0
Secondary (65g)	39.0	0.1	0.0	9.6	9.0	0.1	0.2	0.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. [113](#)
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RDE003

Vanilla Ice Cream (v)

Contains: Milk

Dietary Suitability: GF, EF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
	50985	Vanilla Ice Cream	20 pieces	Milk

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	1 tub (80ml)
Primary	20	1 tub (80ml)
Secondary	20	1 tub (80ml)

Cooking Method

1. \

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	162.0	8.2	4.0	18.0	15.0	3.4	0.9	0.2
Nursery (80ml)	129.6	6.6	3.2	14.4	12.0	2.7	0.7	0.1
Primary (80ml)	129.6	6.6	3.2	14.4	12.0	2.7	0.7	0.1
Secondary (80ml)	129.6	6.6	3.2	14.4	12.0	2.7	0.7	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE003VE	Fruity Iced Smoothie (ve)	50985 Ice Cream	32574/32573/32572 Iced Smoothie	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. ¹¹⁴
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RDE004

Fruit Salad (ve)

Contains: None of the 14 Food Allergens

Dietary Suitability: GF, DF, EF, SF, V, VE

Ingredients

Component	Code	Ingredient	Weight	Allergens
Example	5552	Tinned Apple	400g	
	1MHM (McLays)	Honeydew Melon	400g	
	88724	Tinned Mandarins	400g	
	14342	Tinned Pineapples	400g	

Other McLays fruit that can be used depending on seasonality:

- 1AGS1 apple (Aug-Feb)
- 1BLK blackberries (Aug-Oct)
- 1BLU blueberries (Jun-Sep)
- 1P Pears (Sep-Oct)
- 1PLU Plums (Aug-Oct)
- 1RAS raspberries (Jun-Sep)
- 1STR strawberries (Jun-Sep)
- 1GBP grapes (Sep-Nov)
- 1KIW kiwi fruit (Feb-Aug)

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	80g
Primary	20	80g
Secondary	20	80g



Cooking Method

1. Peel, deseed, and chop honeydew menu into small pieces.

Nutritional Information (example recipe)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	39.0	0.2	0.0	8.8	7.7	0.6	0.8	0.0
Nursery (80g)	31.2	0.1	0.0	7.1	6.1	0.5	0.6	0.0
Primary Average (80g)	31.2	0.1	0.0	7.1	6.1	0.5	0.6	0.0
Secondary (80g)	31.2	0.1	0.0	7.1	6.1	0.5	0.6	0.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

RDE005

Cook's Choice:

Apple/Rhubarb Crumble with Custard (v)

Contains: Gluten, Oat, Milk
Dietary Suitability: EF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Crumble	114956	Flour (G/F)	500g	
	25148	Porridge Oats	100g	Gluten, Oat
	74153	Margarine/Flora	250g	
	350102	Brown Sugar	150g	
	5552 / 136665	Tinned Apple / Rhubarb	1000g	
Custard Powder	85842	Custard Powder	25g	
	19665 / Muller	Semi-Skimmed Milk	500ml	Milk
	350098	Caster Sugar	25g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	25	80g Crumble + 22ml Custard
Primary	20	100g Crumble + 30ml Custard
Secondary	\	This item is not compliant for secondary

Cooking Method

1. Prepare the **fruit** and place in tins.
2. Make the crumble by rubbing the **margarine** into the **dry ingredients** until they resemble breadcrumbs.
3. Sprinkle the **crumble** over the **fruit** and cook at 180C/Gas 4 for 1 hr or until golden brown.
4. Meanwhile, make up **custard**, make sure the texture is smooth.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	215.2	8.9	2.4	31.7	11.8	2.3	0.9	0.2
Nursery (102g)	219.5	9.1	2.4	32.3	12.0	2.4	1.0	0.2
Primary Average (127g)	274.4	11.4	3.0	40.4	15.0	3.0	1.2	0.2
Secondary (\)	\	\	\	\	\	\	\	\

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives **116**

RDE006

Cook's Choice:

Apple Sponge (v)

Contains: Gluten, Wheat, Egg

Dietary Suitability: DF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Apple Sponge	74153	Margarine/Flora	250g	
	350098	Caster Sugar	225g	
	114953	Self-rising Flour	500g	Gluten, Wheat
	5552	Tinned Apple	600g	
	74521	Free Range Liquid Egg	150g	Egg

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	30	55g
Primary	30	55g
Secondary	30	55g

Cooking Method

1. Sieve the flour. Drain and chop tinned apple.
2. Place the margarine and sugar in a bowl, cream until light and fluffy.
3. Add egg a little at a time with a spoonful of flour.
4. Add the remaining flour and mix well. Add the apples and mix well.
5. Place in tin and bake at 190C/Gas 5 for 30-40 min or until rise and golden.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	295.8	13.0	3.4	40.3	16.7	4.2	1.6	0.8
Nursery (55g)	170.1	7.5	1.9	23.2	9.6	2.4	0.9	0.4
Primary Average (55g)	170.1	7.5	1.9	23.2	9.6	2.4	0.9	0.4
Secondary (55g)	170.1	7.5	1.9	23.2	9.6	2.4	0.9	0.4

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE006GF	Gluten Free Apple Sponge (v)	114953 Self-rising Flour	114957 G/F Self-rising Flour	Egg
RDE006EF	Egg Free Apple Sponge (ve)	74521 Liquid Egg	135429 Liquid Ogg	Gluten, Wheat
RDE006A	Allergy-Friendly Apple Sponge (ve)	114953 Self-rising Flour 74521 Liquid Egg	114957 G/F Self-rising Flour 135429 Liquid Ogg	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 117

RDE007

Cook's Choice:

Apple Turnover (v)

Contains: Gluten, Wheat, Egg

Dietary Suitability: DF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Apple Turnover	4301/460609	Puff Pastry Square/ Pastry Sheet	1100g	Gluten, Wheat
	5552	Tinned Apple	1100g	
	74521	Free Range Liquid Egg	45g	Egg
	350098	Caster Sugar	90g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	115g
Primary	20	115g
Secondary	\	This item is not compliant for secondary

Cooking Method

1. Drain and chop the **apple** (or cut in a meat cutter). Then mix with **sugar** to make filling.
2. Prepare **pastry** (if using large pastry sheet): roll out the pastry and cut into 11cm rounds.
3. Dampen the edges with water, place a spoonful of **filling** in the centre of each **pastry** portion, fold over and seal the edges.
4. Glaze with **egg**, sprinkle with caster **sugar**, and cut some steam vents.
5. Bake at 230C/Gas 8 for 10-15 min or until puffy and golden.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	223.8	12.7	6.2	23.9	10.4	3.2	1.7	0.2
Nursery (115g)	261.3	14.8	7.2	27.9	12.2	3.7	2.0	0.2
Primary Average (115g)	261.3	14.8	7.2	27.9	12.2	3.7	2.0	0.2
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE007EF	Egg Free Apple Turnover (ve)	74521 Liquid Egg	135429 Liquid Ogg	Gluten, Wheat

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives **118**

RDE008

Cook's Choice:

Banana Bread (v)

Contains: Gluten, Wheat, Egg

Dietary Suitability: DF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Banana Bread	114953	Self-rising Flour	280g	Gluten, Wheat
	74153	Margarine/Flora	105g	
	350098	Caster Sugar	205g	
	74521	Free Range Liquid Egg	168g	Egg
	1BAN1 (McLays)	Banana, very ripe	450g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	60g
Primary	20	60g
Secondary	\	This item is not compliant for secondary

Cooking Method

1. Mix **margarine** and **sugar**.
2. Add in **flour** and **egg**, a little at a time. Mix well.
3. Add in **bananas** and mix gently.
4. Line the tins with greaseproof paper and divide the **mixture** into the tin.
5. Bake at 190C/Gas 5 for 50min to 1hr or until risen and golden, it's ready when you insert a toothpick in the middle and it comes out clean.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	262.1	8.6	2.3	41.2	22.3	4.3	1.2	0.6
Nursery (60g)	158.3	5.2	1.4	24.9	13.4	2.6	0.7	0.4
Primary Average (60g)	158.3	5.2	1.4	24.9	13.4	2.6	0.7	0.4
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE008GF	Gluten Free Banana Bread (v)	114953 Self-rising Flour	114957 G/F Self-rising Flour	Egg
RDE008EF	Egg Free Banana Bread (ve)	74521 Liquid Egg	135429 Liquid Ogg	Gluten, Wheat
RDE008A	Allergy-Friendly Banana Bread (ve)	114953 Self-rising Flour 74521 Liquid Egg	114957 G/F Self-rising Flour 135429 Liquid Ogg	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 119

RDE009

Cook's Choice:

Carrot & Beet Cake (v)

Contains: Gluten, Wheat, Egg

Dietary Suitability: DF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Carrot & Beet Cake	114953	Self-rising Flour	240g	Gluten, Wheat
	350098	Caster Sugar	200g	
	33568	Cooking Oil	100ml	
	74521	Free Range Liquid Egg	170g	Egg
	4CS2 (McLays)	Carrot, Grated	110g	
	3BEE (McLays)	Beets, Grated	125g	
	87846	Vanilla Extract	1 tsp (4g)	
	35023	Baking Powder	2 tsp (8g)	Gluten, Wheat
	33581	Ground Cinnamon	1 tsp (2.5g)	
100243	Orange Juice	90ml		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	55g
Primary	20	55g
Secondary	\	This item is not compliant for secondary

Cooking Method

1. Finely grate the **carrots** and **beets**.
2. Beat the **eggs, oil** and **sugar** to form a pale-yellow emulsion. Mix in the **vanilla extract**.
3. Sift the dry ingredients – **flour, spices,** and **baking powder** – together.
4. Add half of the **dry ingredients** to the **wet mix**. Mix in gently, avoiding lumps. Add in **orange juice** and mix well.
5. Fold in the **remaining dry ingredients**. Fold in the **grated carrots** and **grated beets**, stir well.
6. Transfer the **mixture** to a lined tin, bake at 175C for 30 min. The cake is done when a you insert a toothpick in the middle and it comes out clean.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	286.1	11.4	1.2	40.4	21.3	4.7	1.6	0.7
Nursery (55g)	150.1	6.0	0.6	21.2	11.2	2.5	0.8	0.4
Primary Average (55g)	150.1	6.0	0.6	21.2	11.2	2.5	0.8	0.4
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE009EF	Egg Free Carrot & Beet Cake (ve)	74521 Liquid Egg	135429 Liquid Ogg	Gluten, Wheat

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 120

RDE010

Cook's Choice:

Choco-Orange Cake (reduced sugar) (v)

Contains: Gluten, Wheat, Egg

Dietary Suitability: DF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Choco-Orange Cake	74153	Margarine/Flora	240g	
	350098	Caster Sugar	200g	
	10678	Cocoa Powder (reduced fat)	100ml	
	114953	Self-rising Flour	170g	Gluten, Wheat
	74521	Free Range Liquid Egg	110g	Egg
	10RAM (McLays)	Orange, Zest	125g	
	100243	Orange Juice	1 tsp (4g)	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	60g
Primary	20	60g
Secondary	20	60g

Cooking Method

1. Cream the **margarine** and **sugar** until light and fluffy.
2. Sieve the **flour** and **cocoa powder** together.
3. Lightly beat the **egg**.
4. Add a small amount of **eggs**, then some **flour** until all the mix is used up.
5. Finally add in **orange zest** and **orange juice**. Mix well.
6. Place the **mixture** in lined tin, bake at 190C/Gas 5 for 30-40 min.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	341.7	15.4	4.2	42.8	15.0	7.0	1.6	0.9
Nursery (60g)	218.7	9.9	2.7	27.4	9.6	4.5	1.1	0.6
Primary Average (60g)	218.7	9.9	2.7	27.4	9.6	4.5	1.1	0.6
Secondary (60g)	218.7	9.9	2.7	27.4	9.6	4.5	1.1	0.6

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE010GF	Gluten Free Choco-Orange Cake (v)	114953 Self-rising Flour	114957 G/F Self-rising Flour	Egg
RDE010EF	Egg Free Choco-Orange Cake (ve)	74521 Liquid Egg	135429 Liquid Ogg	Gluten, Wheat
RDE010A	Allergy-Friendly Choco-Orange Cake (ve)	114953 Self-rising Flour 74521 Liquid Egg	114957 G/F Self-rising Flour 135429 Liquid Ogg	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives [121](#)

RDE011

Cook's Choice:

Melting Moments (v)

Contains: Gluten, Wheat, Barley, Egg

Dietary Suitability: DF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Melting Moments	74153	Margarine/Flora	165g	
	350098	Caster Sugar	125g	
	114953	Self-rising Flour	211g	Gluten, Wheat
	74521	Free Range Liquid Egg	200g	Egg
	35023	Baking Powder	2g	Gluten, Wheat
	102610	Cornflakes	36g	Gluten, Barley

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	15	50g
Primary	15	50g
Secondary	15	50g

Cooking Method

1. Cream **margarine** and **sugar** together.
2. Add in **egg, flour**, and **baking powder**. Form into small balls.
3. Toss them in **cornflakes** to coat. Leave for 30 min in a cool place.
4. Bake at 160C/Gas 3 for 15-20 min.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	391.3	20.8	5.5	44.0	17.5	6.6	1.3	1.0
Nursery (50g)	192.8	10.2	2.7	21.7	8.6	3.2	0.6	0.5
Primary Average (50g)	192.8	10.2	2.7	21.7	8.6	3.2	0.6	0.5
Secondary (50g)	192.8	10.2	2.7	21.7	8.6	3.2	0.6	0.5

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE011EF	Egg Free Melting Moments(ve)	74521 Liquid Egg	135429 Liquid Ogg	Gluten, Wheat, Barley

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 122

RDE012

Cook's Choice:

Oaty Flapjack (ve)

Contains: Gluten, Oat
Dietary Suitability: DF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Flapjack	74153	Margarine/Flora	250g	
	128761	Golden Syrup	180g	
	350102	Brown Sugar	150g	
	25148	Porridge Oats	400g	Gluten, Oat
	33581	Ground Cinnamon	0.25tsp (2.5g)	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	30	30g
Primary	30	30g
Secondary	30	30g

Cooking Method

1. In a saucepan, warm **margarine, golden syrup** and **sugar** – stirring regularly – until melted together. This can also be done in a microwave.
2. In a mixing bowl, lightly mix **oats** and **cinnamon**. Then add to the **melted wet mixture**. Stir until all oats are coated.
3. Transfer to lined baking tin, bake at 180C/Gas 4 for 25min or until golden.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	461.3	23.8	5.9	58.6	29.9	4.6	3.3	0.4
Nursery (30g)	151.1	7.8	1.9	19.2	9.8	1.5	1.1	0.1
Primary Average (30g)	151.1	7.8	1.9	19.2	9.8	1.5	1.1	0.1
Secondary (30g)	151.1	7.8	1.9	19.2	9.8	1.5	1.1	0.1

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives [123](#)

RDE013

Cook's Choice:

Peach Melba Sponge (reduced sugar) (v)

Contains: Gluten, Wheat, Egg
Dietary Suitability: DF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Flapjack	74153	Margarine/Flora	250g	
	350098	Caster Sugar	160g	
	87846	Vanilla Extract	1 tsp (4g)	
	74521	Free Range Liquid Egg	170g	Egg
	114953	Self-rising Flour	200g	Gluten, Wheat
	88599	Peaches, Halved	200g	
	4116	Raspberries	100g	
	350101	Icing Sugar	dusting	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	52g
Primary	20	52g
Secondary	20	52g

Cooking Method

1. Gently melt **margarine**, cool for 5 min, then add **sugar**, **vanilla extract** and **eggs**. beat until smooth
2. Stir in **flour**, mix well.
3. Grease and line the tin, arrange the **raspberries** and **peach** slices on the bottom.
4. Place the **sponge mixture** on top of the fruit in the tin.
5. Bake at 170C/Gas 3 for 25-30min or until firm to touch. Leave to cool, then turn out. Dredge with **icing sugar** and cut into portions.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	326.6	20.1	5.3	31.7	17.1	4.0	1.1	0.7
Nursery (52g)	177.0	10.9	2.9	17.2	9.3	2.2	0.6	0.4
Primary Average (52g)	177.0	10.9	2.9	17.2	9.3	2.2	0.6	0.4
Secondary (52g)	177.0	10.9	2.9	17.2	9.3	2.2	0.6	0.4

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE013GF	Gluten Free Peach Melba Sponge (v)	114953 Self-rising Flour	114957 G/F Self-rising Flour	Egg
RDE013EF	Egg Free Peach Melba Sponge (ve)	74521 Liquid Egg	135429 Liquid Ogg	Gluten, Wheat
RDE013A	Allergy-Friendly Peach Melba Sponge (ve)	114953 Self-rising Flour 74521 Liquid Egg	114957 G/F Self-rising Flour 135429 Liquid Ogg	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives¹²⁴

RDE014

Cook's Choice:

Rice Pudding & Jam (v)

Contains: Milk

Dietary Suitability: GF, EF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Rice Pudding	544	Pudding Rice	260g	
	19665	Semi-Skimmed Milk	2400ml	Milk
	350098	Caster Sugar	100g	
Jam	33741	Strawberry Jam	200g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	40	70g
Primary	40	70g
Secondary	40	70g

Cooking Method

1. Wash the **pudding rice**.
2. Gently heat up the **milk**. When nearly boiling, sprinkle in the **rice**, stirring continuously.
3. Continue to stir until the grain is suspended. Add in **sugar**.
4. Cook for 2 hours. Serve with **jam**.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	101.3	1.3	0.9	18.8	11.9	3.4	0.1	0.1
Nursery (70g)	75.0	0.9	0.7	13.9	8.8	2.5	0.1	0.1
Primary Average (70g)	75.0	0.9	0.7	13.9	8.8	2.5	0.1	0.1
Secondary (70g)	75.0	0.9	0.7	13.9	8.8	2.5	0.1	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE014DF	Dairy Free Rice Pudding & Jam(ve)	19665/Muller Semi-Skimmed Milk	128154 Soya Milk	None

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives 125

RDE015

Cook's Choice:

Shortbread (ve)

Contains: None of the 14 Food Allergens
Dietary Suitability: GF, DF, EF, SF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Shortbread	114956	Flour (G/F)	500g	
	5946	Cornflour	250g	
	74153	Margarine/Flora	500g	
	350101	Icing Sugar	250g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	25	60g
Primary	25	60g
Secondary	25	60g

Cooking Method

1. Mix all ingredients in a mixer until thoroughly mixed.
2. Knead/mix well until a dough is formed.
3. Roll out, cut into portions.
4. Bake at 180C/Gas 4 for 18-20 min.
5. Leave to cool.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	483.3	27.2	7.1	58.0	16.2	1.8	0.3	0.4
Nursery (60g)	290.0	16.3	4.3	34.8	9.7	1.1	0.2	0.3
Primary Average (60g)	290.0	16.3	4.3	34.8	9.7	1.1	0.2	0.3
Secondary (60g)	290.0	16.3	4.3	34.8	9.7	1.1	0.2	0.3

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives **126**

RDE016

Cook's Choice:

Sponge Cake with Filling (reduced sugar) (v)

Contains: Gluten, Wheat, Milk, Egg, SO2

Dietary Suitability: SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens
Sponge	74153	Margarine/Flora	250g	
	350098	Caster Sugar	200g	
	74521	Free Range Liquid Egg	250g	Egg
	136748	Lemon, Zest/Juice	10g zest / 20g juice	SO2
	87846	Vanilla Extract	1 tsp (4g)	
	114953	Self-rising Flour	250g	Gluten, Wheat
	19665/Muller	Semi-Skimmed Milk	splash (5ml)	Milk
Dusting	350101	Icing Sugar	for dusting	
Filling, choose from:	33739/ 33741/ 33740/ 34027/ 18502	Mixed Fruit Jam / Strawberry Jam / Raspberry Jam / Lemon Curd / Buttercream (make with 40g flora + ¼ tsp vanilla extract + 60g icing sugar)	100g	Milk, Egg, SO2

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	50g
Primary	20	50g
Secondary	\	This item is not compliant for secondary

Cooking Method

1. Cream **margarine** and **sugar** until pale and fluffy. Add in **egg** a little at a time and whisk well.
2. Add in **lemon zest/juice, vanilla extract, flour,** and **milk**. Whisk until combined.
3. Transfer the **mixture** to a lined tin, bake at 180C/Gas 4 for 25-30 min. It is done when you insert a toothpick in the middle and it comes out clean.
4. Leave to cool. Then add a **filling** of choice and sandwich them. Dust with **icing sugar**, cut into portions, and serve.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	385.8	21.0	5.5	43.5	25.1	5.2	1.0	0.8
Nursery (50g)	208.1	11.3	3.0	23.5	13.5	2.8	0.6	0.4
Primary Average (50g)	208.1	11.3	3.0	23.5	13.5	2.8	0.6	0.4
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE016GF	Gluten Free Sponge Cake (v)	114953 Self-rising Flour	114957 G/F Self-rising Flour	Milk, Egg, SO2
RDE016DF	Dairy Free Sponge Cake (v)	19665/Muller Semi-Skimmed Milk	128154 Soya Milk	Gluten, Wheat, Soya, Egg, SO2
RDE016EF	Egg Free Sponge Cake (v)	74521 Liquid Egg 34027 Lemon Curd	135429 Liquid Ogg Use other filling (such as jam)	Gluten, Wheat, Milk, SO2
RDE016A	Allergy-Friendly Sponge Cake (ve)	114953 Self-rising Flour 19665/Muller Semi-Skimmed Milk 74521 Liquid Egg 34027 Lemon Curd	114957 G/F Self-rising Flour 128154 Soya Milk 135429 Liquid Ogg Use other filling (such as jam)	SO2

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives.

RDE017

Cook's Choice:

Plant-Power Chocolate Brownie with Banana Nice Cream (ve)

Contains: Gluten, Wheat, Soya
Dietary Suitability: DF, EF, V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens
Plant-Based Chocolate Brownie	114956	Flour (G/F)	100g	
	10678	Cocoa Powder (reduced fat)	50g	
	35023	Baking Powder	3/4 tsp	Gluten, Wheat
	350098	Caster Sugar	125g	
	74153	Margarine/Flora	100g	
	128154	Soya Milk (or other Plant-Based Milk)	100ml	Soya
	3BEE (McLays)	Beets, Grated	80g	
	100171	Cooked Black Beans, Drained & Rinsed	100g	
	87846	Vanilla Extract	1tsp	
Banana Nice Cream	1BAN1 (McLays)	Banana	400g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	50g
Primary	20	50g
Secondary	20	50g

Cooking Method

1. To make **banana nice cream**: peel and slice the **bananas**, blend until smooth, then freeze.
2. To make **plant-based chocolate brownie**: sift **flour**, **cocoa powder**, and **baking powder** into a mixing bowl.
3. Add in the **remaining ingredients** and mix until thoroughly combined.
4. Transfer the **mixture** to a lined baking tin (the mixture should be about 3cm deep).
5. Bake at 180C for 30-40 min or until a toothpick/skewer comes out clean when inserted into the middle.
6. Leave out to cool. Then divide into portions.
7. Remove **banana nice cream** from the freezer 10 min before serving.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	205.2	8.5	2.4	27.8	17.8	3.0	1.3	0.2
Nursery (50g)	108.5	4.5	1.3	14.7	9.4	1.6	0.7	0.1
Primary Average (50g)	108.5	4.5	1.3	14.7	9.4	1.6	0.7	0.1
Secondary (50g)	108.5	4.5	1.3	14.7	9.4	1.6	0.7	0.1

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 128

Fruit & Veg Portion Guidance

Primary & Nursery Standard

Lunch time must include at least 1 x 40g fresh, tinned, or frozen fruit (or 15g dried fruit). Also must include 2 x 40g portions of vegetables.

All other times where food is provided, 1 x 40g fruit or vegetable (or 15g dried fruit) must be available.

Secondary School Standard

Lunch time must include at least 1 x 80g fresh, tinned, or frozen fruit (or 30g dried fruit). Also must include 2 x 80g portions of vegetables.

All other times where food is provided, 1 x 80g fruit or vegetable (or 30g dried fruit) must be available.

40g Vegetable Portion Guidance

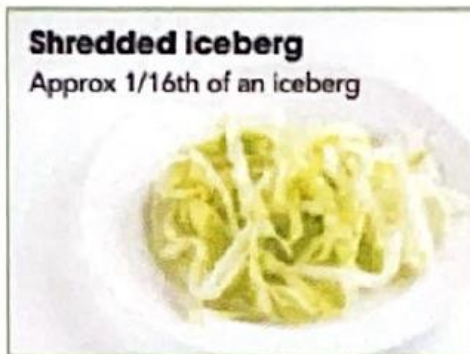
Cherry tomatoes

Approx. 4 halved cherry tomatoes –
6 portions per punnet



Shredded iceberg

Approx 1/16th of an iceberg



Peppers

Approx 10 slices –
1/3rd of a pepper sliced



Hot vegetables

e.g. sweetcorn, peas, carrots –
One 6cm pea ladle



Carrot batons

Approx 6 batons –
half a standard carrot



Cucumber

6 batons or slices –
8th of a cucumber



Fruit & Veg Portion Guidance

Primary & Nursery Standard

Lunch time must include at least 1 x 40g fresh, tinned, or frozen fruit (or 15g dried fruit). Also must include 2 x 40g portions of vegetables.

All other times where food is provided, 1 x 40g fruit or vegetable (or 15g dried fruit) must be available.

Secondary School Standard

Lunch time must include at least 1 x 80g fresh, tinned, or frozen fruit (or 30g dried fruit). Also must include 2 x 80g portions of vegetables.

All other times where food is provided, 1 x 80g fruit or vegetable (or 30g dried fruit) must be available.

40g Fruit Portion Guidance

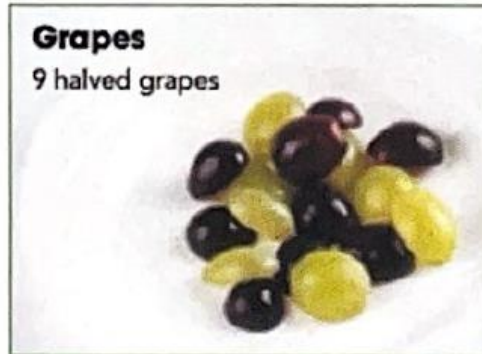
Satsuma

Half a peeled satsuma



Grapes

9 halved grapes



Peaches

3 peach slices



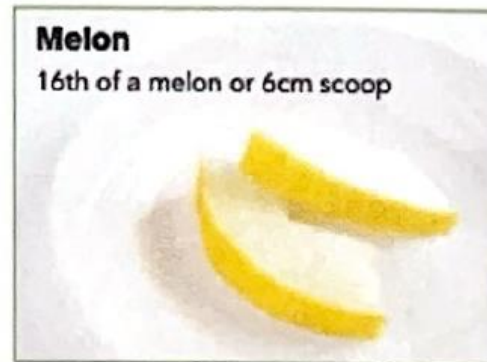
Apple

Half a whole apple



Melon

16th of a melon or 6cm scoop



Fresh Produce Seasonality Guidance

What is seasonal produce and why eating seasonally?

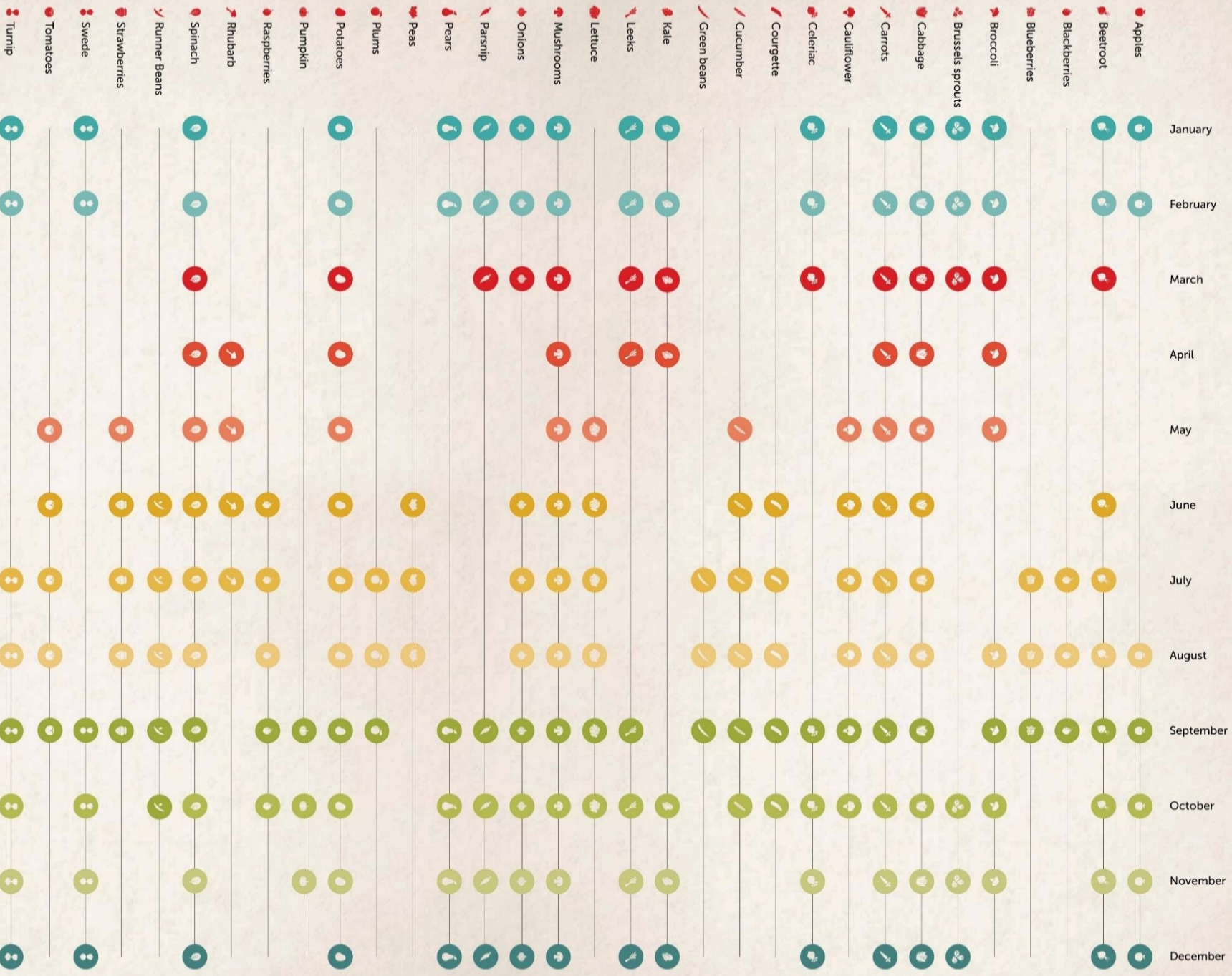
Eating seasonally means eating food that's naturally ripe and ready for harvest in your local area at the time, instead of imported foods from different climates around the world.

Eating UK produce in season can:

- ✓ Reduce our carbon footprint
- ✓ Lower food miles (currently 90% of fruit and 44% of vegetables consumed in the UK are imported)
- ✓ Less energy intensive (avoiding energy intensive glasshouses and refrigerated storage)
- ✓ Eating food at its best – it tastes better
- ✓ Often more affordable
- ✓ Supports local suppliers and producers



WHAT'S IN SEASON?



Scottish Government
Riaghaidhais na h-Alba
gov.scot

J F M A M J J A S O N D



Food Provenance Guide

Food Provenance

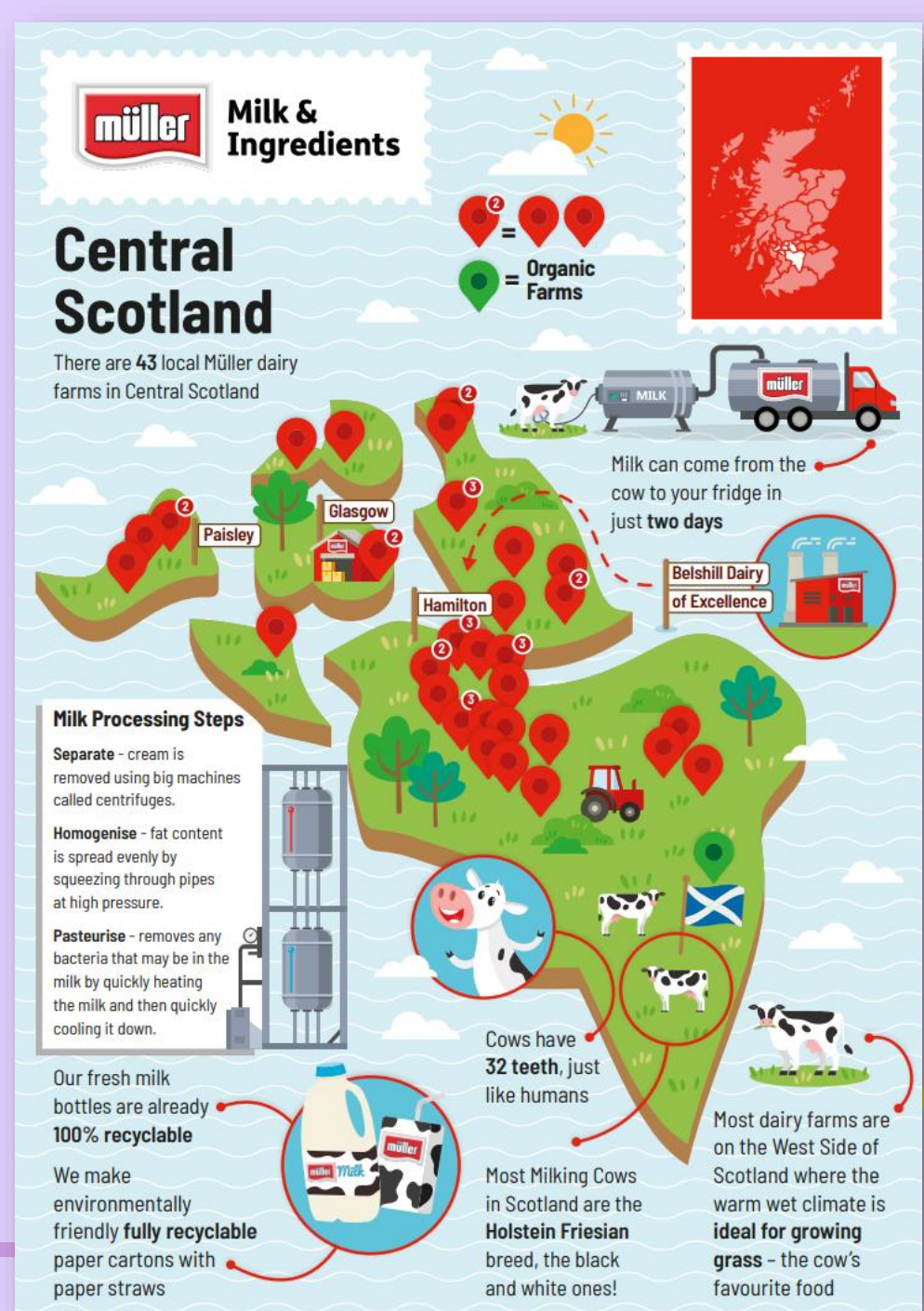
“Provenance” means where something first originated, so food provenance is about knowing about where our food comes from. This means knowing where our food was grown, raised, caught or harvested, as well as knowing how it was produced and transported.

Why does food provenance matter?

- ✓ Let pupils and customers know about the origin of the food on the menu
- ✓ Builds a connection between the food, where it comes from, and how it was produced
- ✓ Supports local businesses

Do you know what local produce we use in our 24/25 menu?

- ✓ All our milk from Muller is produced in Scotland dairy farms
- ✓ Our beef, pork, and lamb are from farm-assured sources within Scotland.
- ✓ Our processed meat products used in the primary menu are from farm-assured sources within the UK.



müller Milk & Ingredients

Central Scotland

There are **43** local Müller dairy farms in Central Scotland

Legend:
 2 = 2 (Red pins)
 = Organic Farms (Green pin)

Milk can come from the cow to your fridge in just **two days**

Belshill Dairy of Excellence

Milk Processing Steps

Separate - cream is removed using big machines called centrifuges.

Homogenise - fat content is spread evenly by squeezing through pipes at high pressure.

Pasteurise - removes any bacteria that may be in the milk by quickly heating the milk and then quickly cooling it down.

Our fresh milk bottles are already **100% recyclable**

We make environmentally friendly **fully recyclable** paper cartons with paper straws

Cows have **32 teeth**, just like humans

Most Milking Cows in Scotland are the **Holstein Friesian** breed, the black and white ones!

Most dairy farms are on the West Side of Scotland where the warm wet climate is **ideal for growing grass** - the cow's favourite food

Food Provenance Guide

McLays Foods

Meat | Fish | Produce



GAIRNIESTON FARM- Aberdeenshire
Baby Potatoes, Baking Potatoes



STEWARTS OF TAYSIDE- Tofthill Farm, Perth
Turnip



BARNSMUIR FARM- Crail
Broccoli (June-Nov), Cauliflower (April- Nov)



ALLANHILL FARMING CO- St Andrews
Strawberries (May-Sept)



CALDWELLS VEG- Turnberry, Ayrshire
Carrots, Beetroot, Cabbage, Cauliflower

Be Allergy Aware -The 14 Major Food Allergens Guide

Be Allergy Aware

In the UK, there are 14 allergens listed in food allergen labelling regulations that are recognised as the most common ingredients that cause food allergies and intolerances.

In our schools & nurseries, other foods (such as peas, beans, pulses, fruit) outside the 14 food allergens can also lead to allergic reactions. It is important to have an up-to-date knowledge on the food allergies/intolerance present in your school.

As a school catering staff, you play a crucial role in ensuring the health and safety of students by managing food allergens carefully.

Best practices for preventing cross-contamination include:

- ✓ **Label reading and verification:** always read allergen info on the labels, especially when receiving substitute products.
- ✓ **Separate preparation areas:** use designated areas and equipment for preparing allergy meals.
- ✓ **Cleaning and sanitising:** thoroughly clean and sanitise all surfaces, utensils and equipment before and after preparing food, especially when switching between allergen-containing and allergen-free foods.
- ✓ **Clear communication:** communicate with teachers/office staff and verify pupils' exact needs. Get in touch with uncertainties and special diet requests.
- ✓ **Avoid cross-contact:** store allergen-free foods separately from other foods. Re-package and label opened foods before storing.

The 14 Allergens



Be Allergy Aware –Special Diet Request Procedure

Be Allergy Aware

When a pupil is diagnosed with multiple complex food allergies or allergies outside the 14 major food allergen, it is important to follow our **Special Diet Request Procedure (v1, Sep 2022)** to have a bespoke menu in place, summary of the procedure includes:

- ✓ Parents/carers are required to submit a new special diet request by completing the **Special Diet Request Form (v1, Sep 2022)** . All requests for medical diets must be supported in writing by the medical authorities. A state registered dietitian, a general practitioner, speech and language therapist or hospital consultant may issue requests clarifying the child's exact dietary needs. Verbal requests are not acceptable.
- ✓ Renfrewshire Council will review the documents submitted and carefully produce a bespoke menu based on information provided. All foods will be screened for suitability.
- ✓ The produced bespoke menu will then be shared with parent for review, amendments, and sign-off.
- ✓ Once the menu has been signed-off, it will be shared with school office and kitchen, kitchen will be required to confirm that the bespoke menu is understood.
- ✓ All bespoke menus will be reflected on Cypad. For extra complex dietary requirements, kitchen will be given a 4-week notice prior to start date of the bespoke menu, to ensure kitchen has organised all items and equipment needed.

Know the Food & Drink Standards in Scotland

14 Nutritional Standards at a glance – PRIMARY SCHOOL

1. FRUIT AND VEGETABLES



Lunch time must include at least **1 x 40g** fresh, tinned or frozen or **15g** dried fruit and **2 x 40g** portions of vegetables. At all other times where food is provided **1 x 40g** fruit or vegetable or **15g** dried fruit must be made available.

2. OILY FISH

Must be provided at least **once every 3 weeks.**



3. RED AND RED PROCESSED MEAT



Lunch Time no more than 175g over the week & only 100g of this 175g can be red processed. At all other times no red or red processed meat.

4. SWEETENED BAKED PRODUCTS AND DESSERTS



Lunch Time maximum of **3 times** per week and less than 15g of sugar per portion. At all other times less than 7g sugar, 13g fat and 4g of saturated fat per portion.

5. BREAKFAST CEREAL



Across the school day must meet the following - no more than 15g of sugar, 1.1g of salt and contain at least 3g of fibre per 100g.

6. DEEP FRIED FOODS

A maximum of **3** portions can be provided in a week.



7. SAVOURY SNACKS



Lunch time only plain crackers, oatcakes and breadsticks. At all other times as above and other pre packed savoury snacks such as crisps must be a pack size no more than 25g and contain no more than 22g fat, 1.5g salt and 3g of sugar per 100g.

8. BREAD

Across the school day must contain a minimum of **3g of Fibre per 100g.**



9. SWEETENED YOGHURTS, FROMAGE FRAIS AND MILK BASED DESSERTS

The portion should be less than 125g. Less than 10g of sugar and 3g of fat per 100g.



10. PASTRY AND PASTRY PRODUCTS



Must not be provided more than **twice** a week across the school day.

11. OILS AND SPREADS

Across the school day

Spreads must not contain more than 20g of saturated fat per 100g and more than 30g per 100g of combined mono and poly and monounsaturated fat.

Oils must not contain more than 16g of saturated fat per 100g and must contain at least 55g per 100g of monounsaturated fat **OR** at least 30g per 100g of polyunsaturated fat.



12. SALT AND CONDIMENTS



Across the school day
No Salt should be provided.

Comments can be provided when included in the menu but must be dispensed in no more than 10ml portions.

13. CONFECTIONERY

Across the school day no confectionery can be offered. This includes chocolate and non-chocolate confectionery.



14. DRINKS



Across the school day only the following can be provided

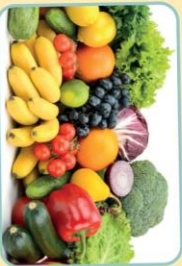
- Plain water, must be freely available
- Plain semi skimmed milk
- Favourised semi skimmed milk with no added sugars
- No added sugar lower fat drinking yoghurt

Know the Food & Drink Standards in Scotland

14 Nutritional Standards at a glance – HIGH SCHOOL



1. FRUIT AND VEGETABLES



Lunch time must include at least **1 x 80g** fresh, tinned or frozen or **30g** dried fruit and **2 x 80g** portions of vegetables. At all other times where food is provided **1 x 80g** fruit or vegetable or **30g** dried fruit must be made available.

8. BREAD

Across the school day must contain a minimum of **3g of Fibre per 100g**.



9. SWEETENED YOGHURTS, FROMAGE FRAIS AND MILK BASED DESSERTS

The portion should be less than 175g. Less than 10g of sugar and 3g of fat per 100g.



2. OILY FISH

Must be provided at least **once every 3 weeks**.



3. RED AND RED PROCESSED MEAT

Across the school day no more than 230g over the week & only 130g of this 230g can be red processed.



10. PASTRY AND PASTRY PRODUCTS

Must not be provided more than **twice** a week across the school day.



11. OILS AND SPREADS

Across the school day

Spreads must not contain more than 20g of saturated fat per 100g and more than 30g per 100g of combined mono and poly **and** monounsaturated fat.



Oils must not contain more than 16g of saturated fat per 100g and must contain at least 55g per 100g of monounsaturated fat **OR** at least 30g per 100g of polyunsaturated fat.



4. SWEETENED BAKED PRODUCTS AND DESSERTS

Across the school day must meet the following – no more than 10g of total sugar, no more than 19g of fat and no more than 6g of saturated fat per portion.

12. SALT AND CONDIMENTS

Across the school day

No Salt should be provided.

Condiments can be provided when included in the menu but must be dispensed in no more than 10ml portions.



5. BREAKFAST CEREAL

Across the school day must meet the following - no more than 15g of sugar, 1.1g of salt and contain at least 3g of fibre per 100g.



13. CONFECTIONERY

Across the school day no confectionery can be offered this includes chocolate and non-chocolate confectionery.



Across the school day

14. DRINKS

Across the school day only the following can be provided

- Plain water, must be freely available
- Plain semi skimmed milk
- Flavoured semi skimmed milk with no added sugars
- No added sugar lower fat drinking yoghurt
- Tea and coffee
- Sugar-free drinks (excluding high caffeine -150mg per litre)

7. SAVOURY SNACKS

Across the school day plain crackers, oatcakes and breadsticks and any other pre packed savoury snacks such as crisps must be a pack size no more than 25g and contain no more than 22g fat, 1.5g salt and 3g of sugar per 100g.



6. DEEP FRIED FOODS

A maximum of **3** portions can be provided in a week.

From farm to fork, we're committed to quality.

Our catering service takes pride in delivering value-packed meals crafted with quality ingredients. Every bite reflects our dedication to sourcing locally and sustainably. The following regularly appear on our menu:

- ✓ Beef, pork, and lamb from farm-assured sources within Scotland.
- ✓ Processed meat products used in the primary menu are from farm-assured sources within the UK.
- ✓ Certified UK Red Tractor chicken products.
- ✓ Free-range eggs and egg products.
- ✓ Fruits, vegetables, and milk from trusted local suppliers, prioritising Scottish produce and seasonal delights.

