



Menu Information Pack

2023/2024 Primary & Nursery





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	Abbreviations
V	Vegetarian
VE	Vegan
GF	Gluten Free
DF	Dairy Free
EF	Egg Free
	(C)
SF	Soya Free

2023 Menu Cycle

	JANUARY											
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Week 1 Week 2

Week 3

2024 Menu Cycle

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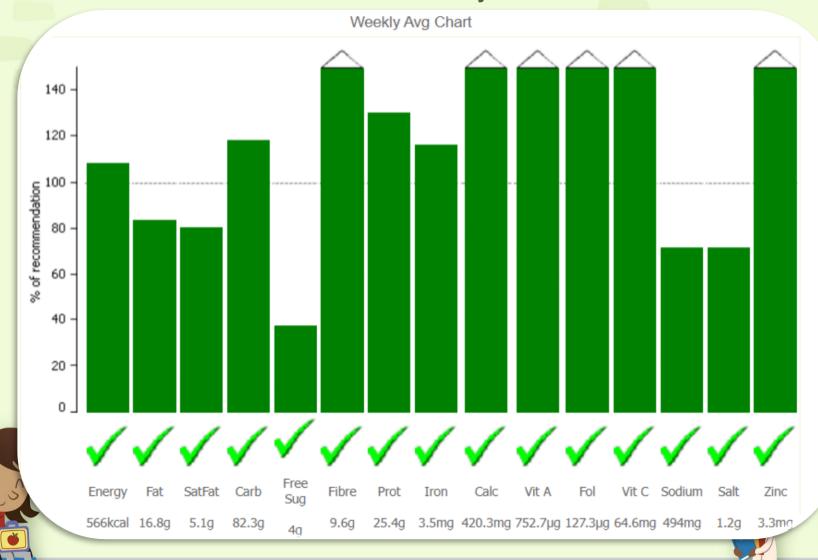
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Week 1 Week 2 Week 3



Nutritional Analysis Report 2023/2024 Primary Week 1



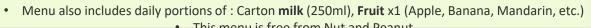


2023/2024 Primary



Week 1 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2302	SO2301	SO2303	SO2301
Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Vegetable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2301	MA2303	MA2304	MA2306	MA2309
Bangers 'N' Mash (Broccoli, Carrot)	Chicken Nuggets With Potato Wedges (Rainbow Salad, Coleslaw) (serve with condiment)	Margherita Pizza (v) (Broccoli, Mexican-Style Corn Salad)	Sloppy Joe's Tacos (Rainbow Salad, Coleslaw)	Mediterranean Fish Wrap (Sweetcorn, Spinach Salad)
Main	Main	Main	Main	Main
MA2302	MA2328, 2329, 2330	MA2305	MA2307, 2308	MA2310
Creamy Pesto Bow-Tie Pasta With Garlic Bread (v) (Broccoli, Carrot)	Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey) (Rainbow Salad, Coleslaw)	Oriental Chow Mein (ve) (Broccoli, Mexican-Style Corn Salad)	Selection of Jacket Potato (Cheese (v), or Beans (v)) (Rainbow Salad, Coleslaw)	Fragrant Thai Green Curry With Rice (ve) (Sweetcorn, Spinach Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302	DE2301	DE2304	DE2303	DE2305
Fruity Yoghurt (v)	Orange Jelly (ve)	Oaty Flapjack (v)	Fruit Salad with Honey Lemon Dressing (ve)	Vanilla Ice Cream (v)



• This menu is free from Nut and Peanut



2023/2024 Primary Allergy-Friendly



Week 1 Allergy-Friendly Alternatives* (All options are free from Gluten, Dairy, Egg, Sesame)

Monday	Tuesday	Wednesday		Thursday	Friday	
Soup	Soup		Soup		Soup	Soup
SO2301	SO2302		SO2301		SO2303	SO2301
Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Veget	cable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)
Main	Main		Main		Main	Main
MA2301VE	MA2303A	1	MA2304VE		MA2306A	MA2309A
Meat-Free Bangers 'N' Mash (ve) (Broccoli, Carrot)	Allergy-Friendly Chicken Goujons With Potato Wedges (Rainbow Salad, VE Coleslaw) (serve with condiment)	1	gherita Pizza (v exican-Style Corr	•	Allergy-Friendly Sloppy Joe's Jacket Potato (Rainbow Salad, VE Coleslaw)	Allergy-Friendly Fish Wrap (Sweetcorn, Spinach Salad)
Main	Main		Main		Main	Main
MA2302A	MA2328A, 2329A, 2330A				MA2307VE, 2308VE	MA2310
Allergy-Friendly Creamy Pesto Pasta With VE Garlic Bread (ve) (Broccoli, Carrot)	Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey) (Rainbow Salad, VE Coleslaw)				Selection of Jacket Potato (VE Cheese (ve), or Beans (ve)) (Rainbow Salad, VE Coleslaw)	Fragrant Thai Green Curry With Rice (ve) (Sweetcorn, Spinach Salad)
Dessert	Dessert		Dessert		Dessert	Dessert
DE2302VE	DE2301		DE2305VE		DE2303	DE2305VE
Vanilla Dessert (ve)	Orange Jelly (ve)	Fruity Ic	ed Smoothie (ve)	Fruit Salad with Honey Lemon Dressing (ve)	Fruity Iced Smoothie (ve)



^{*} Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements

Menu also includes daily portions of: Soya milk (250ml), Fruit x1 (Apple, Banana, Mandarin, etc.)





2023/2024 Primary Veg & Fish, Vegetarian, Halal



Week 1 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2302	SO2301	SO2303	SO2301
Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Vegetable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2301VE	MA2303VE	MA2304	MA2307	MA2309
Meat-Free Bangers 'N' Mash (ve) (Broccoli, Carrot)	Veg Nuggets With Potato Wedges (ve) (Rainbow Salad, VE Coleslaw) (serve with condiment)	Margherita Pizza (v) (Broccoli, Mexican-Style Corn Salad)	Cheese Jacket Potato (v) (Rainbow Salad, Coleslaw)	Mediterranean Fish Wrap (Sweetcorn, Spinach Salad)
Main	Main	Main	Main	Main
MA2302	MA2328, 2329	MA2305	MA2307, 2308	MA2310
Creamy Pesto Bow-Tie Pasta With Garlic Bread (v) (Broccoli, Carrot)	Selection of Sandwich (Cheese (v), Tuna Mayo) (Rainbow Salad, Coleslaw)	Oriental Chow Mein (ve) (Broccoli, Mexican-Style Corn Salad)	Beans Jacket Potato (ve) (Rainbow Salad, Coleslaw)	Fragrant Thai Green Curry With Rice (ve) (Sweetcorn, Spinach Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302	DE2301	DE2304	DE2303	DE2305
Fruity Yoghurt (v)	Orange Jelly (ve)	Oaty Flapjack (v)	Fruit Salad with Honey Lemon Dressing (ve)	Vanilla Ice Cream (v)

^{*} Menu also includes daily portions of : Carton milk (250ml), Fruit x1 (Apple, Banana, Mandarin, etc.)



2023/2024 Primary Plant-Based (Vegan) Week 1 Menu*

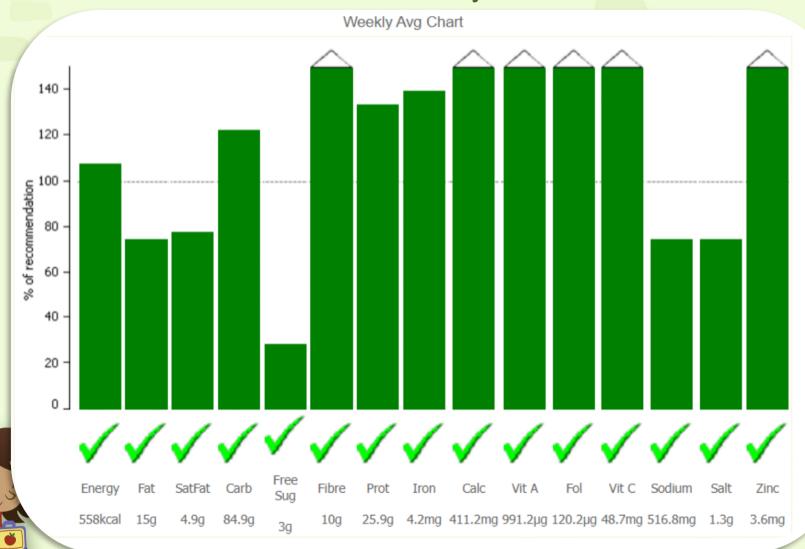


Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2302	SO2301	SO2303	SO2301
Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Vegetable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2301VE	MA2303VE	MA2304VE	MA2307VE	MA2310
Meat-Free Bangers 'N' Mash (ve) (Broccoli, Carrot)	Veg Nuggets With Potato Wedges (ve) (Rainbow Salad, VE Coleslaw) (serve with condiment)	VE Margherita Pizza (ve) (Broccoli, Mexican-Style Corn Salad)	VE Cheese Jacket Potato (ve) (Rainbow Salad, VE Coleslaw)	Fragrant Thai Green Curry With Rice (ve) (Sweetcorn, Spinach Salad)
Main	Main	Main	Main	Main
MA2302A	MA2328VE	MA2305	MA2308VE	
Allergy-Friendly Creamy Pesto Pasta with VE Garlic Bread (ve) (Broccoli, Carrot)	VE Cheese Sandwich (ve) (Rainbow Salad, VE Coleslaw)	Oriental Chow Mein (ve) (Broccoli, Mexican-Style Corn Salad)	Beans Jacket Potato (ve) (Rainbow Salad, VE Coleslaw)	
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302VE	DE2301	DE2305VE	DE2303	DE2305VE
Vanilla Dessert (ve)	Orange Jelly (ve)	Fruity Iced Smoothie (ve)	Fruit Salad with Honey Lemon Dressing (ve)	Fruity Iced Smoothie (ve)

^{*} Menu also includes daily portions of : Soya milk (250ml), Fruit x1 (Apple, Banana, Mandarin, etc.)



Nutritional Analysis Report 2023/2024 Primary Week 2



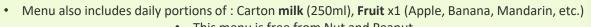


2023/2024 Primary



Week 2 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2303	SO2301	SO2302	SO2301
Vegetable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2311	MA2313	MA2314	MA2316	MA2318
Stack Your Beef Burger Oven Chips (Broccoli) (serve with condiment)	Creamy Chicken Potato- Topped Pie (Rainbow Salad, Coleslaw)	Gnocchi & Tomato Bake with Garlic Bread (v) (Spinach Salad)	Crispy Salmon Bites with Baked Sweet Potato Fries (Peas, Rainbow Salad) (serve with condiment)	Jumbo Hot Dog (Carrot, Mexican-Style Corn Salad) (serve with condiment)
Main	Main	Main	Main	Main
MA2312, MA2312V	MA2328, 2329, 2330	MA2315	MA2317, MA2317V	MA2319
Tuna Mayo Pasta / Herby Tomato Pasta (v) With Garlic Bread (Broccoli)	Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey) (Rainbow Salad, Coleslaw)	Zingy Chipotle Burrito (ve) (Spinach Salad)	Chicken Katsu Curry / Quorn Katsu Curry (ve) with Rice (Peas, Rainbow Salad)	Egg Stir-Fried Rice Noodles (v) (Carrot, Mexican-Style Corn Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302	DE2301	DE2304	DE2303	DE2305
Fruity Yoghurt (v)	Orange Jelly (ve)	Oaty Flapjack (v)	Fruit Salad with Honey Lemon Dressing (ve)	Vanilla Ice Cream (v)



• This menu is free from Nut and Peanut

2023/2024 Primary Allergy-Friendly



Week 2 Allergy-Friendly Alternatives* (All options are free from Gluten, Dairy, Egg, Sesame)

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Monday	Tuesday	Wednesday	Thursday	Friday	
Soup	Soup	Soup	Soup	Soup	
SO2301	SO2303	SO2301	SO2302	SO2301	
Vegetable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Vegetable Soup (ve)	
Main	Main	Main	Main	Main	
MA2311A	MA2313A	MA2315A	MA2316A	MA2319VE	
Allergy-Friendly Stack Your Beef Burger with Oven Chips (Broccoli) (serve with condiment)	Allergy-Friendly Creamy Chicken Potato- Topped Pie (Rainbow Salad, Coleslaw)	Allergy-Friendly Zingy Chipotle Burrito (ve) (Spinach Salad)	Allergy-Friendly Salmon Fish Fingers with Baked Sweet Potato Fries (Peas, Rainbow Salad) (serve with condiment)	Ogg Stir-Fried Rice Noodles (v) (Carrot, Mexican-Style Corn Salad)	
Main	Main	Main	Main	Main	
MA2312A, MA2312VA	MA2328A, 2329A, 2330A		MA2317		
Allergen Friendly Tuna Mayo Pasta / Herby Tomato Pasta (ve) With VE Garlic Bread (Broccoli)	Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey) (Rainbow Salad, VE Coleslaw)		Chicken Katsu Curry with Rice (Peas, Rainbow Salad)		
Dessert	Dessert	Dessert	Dessert	Dessert	
DE2302VE	DE2301	DE2305VE	DE2303	DE2305VE	
Vanilla Dessert (ve)	Orange Jelly (ve)	Fruity Iced Smoothie (ve)	Fruit Salad with Honey Lemon Dressing (ve)	Fruity Iced Smoothie (ve)	



^{*} Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements

Menu also includes daily portions of: Soya milk (250ml), Fruit x1 (Apple, Banana, Mandarin, etc.)





2023/2024 Primary Veg & Fish, Vegetarian, Halal



Week 2 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2303	SO2301	SO2302	SO2301
Vegetable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2311VE	MA2328	MA2314	MA2316	MA2319
Stack Your Vegan Burger Oven Chips (ve) (Broccoli) (serve with condiment)	Cheese Sandwich (v) (Rainbow Salad, Coleslaw)	Gnocchi & Tomato Bake with Garlic Bread (v) (Spinach Salad)	Crispy Salmon Bites with Baked Sweet Potato Fries (Peas, Rainbow Salad) (serve with condiment)	Egg Stir-Fried Rice Noodles (v) (Carrot, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2312, MA2312V	MA2329	MA2315	MA2317V	
Tuna Mayo Pasta / Herby Tomato Pasta (v) With Garlic Bread (Broccoli)	Tuna Mayo Sandwich (Rainbow Salad, Coleslaw)	Zingy Chipotle Burrito (ve) (Spinach Salad)	Quorn Katsu Curry (ve) with Rice (Peas, Rainbow Salad)	
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302	DE2301	DE2304	DE2303	DE2305
Fruity Yoghurt (v)	Orange Jelly (ve)	Oaty Flapjack (v)	Fruit Salad with Honey Lemon Dressing (ve)	Vanilla Ice Cream (v)

^{*} Menu also includes daily portions of : Carton milk (250ml), Fruit x1 (Apple, Banana, Mandarin, etc.)

2023/2024 Primary Plant-Based (Vegan)



Week 2 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2303	SO2301	SO2302	SO2301
Vegetable Soup (ve)	Leek & Potato Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2311VE	MA2328VE	MA2315	MA2317V	MA2319VE
Stack Your Vegan Burger Oven Chips (ve) (Broccoli) (serve with condiment)	VE Cheese Sandwich (ve) (Rainbow Salad, VE Coleslaw)	Zingy Chipotle Burrito (ve) (Spinach Salad)	Quorn Katsu Curry (ve) with Rice (Peas, Rainbow Salad)	Ogg Stir-Fried Rice Noodles (v) (Carrot, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2312VA				
Herby Tomato Pasta (ve) With VE Garlic Bread (Broccoli)				
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302VE	DE2301	DE2305VE	DE2303	DE2305VE
Vanilla Dessert (ve)	Orange Jelly (ve)	Fruity Iced Smoothie (ve)	Fruit Salad with Honey Lemon Dressing (ve)	Fruity Iced Smoothie (ve)

^{*} Menu also includes daily portions of : Soya milk (250ml), Fruit x1 (Apple, Banana, Mandarin, etc.)



Nutritional Analysis Report

2023/2024 Primary Week 3



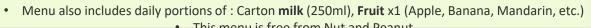


2023/2024 Primary



Week 3 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2304	SO2301	SO2302	SO2301
Vegetable Soup (ve)	Vegetable & Rice Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2320	MA2322	MA2324	MA2325	MA2326
Chicken Biryani (Carrot, Mexican-Style Corn Salad)	Meatball Sub Melt (Rainbow Salad, Coleslaw)	BBQ Pepper & Beans Fajita (ve) (Baked Beans, Spinach Salad)	Bubble Fish & Chips (Rainbow Salad, Coleslaw) (serve with condiment)	Simply Perfect Spaghetti Bolognese with Garlic Bread (Broccoli, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2321	MA2328, 2329, 2330	MA2323	MA2307, 2308	MA2327, 2304
Vegetable Samosas with Chutney Dip (ve) (Carrot, Mexican-Style Corn Salad)	Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey) (Rainbow Salad, Coleslaw)	Sausage Roll with Potato Wedges (ve) (Baked Beans, Spinach Salad) (serve with condiment)	Selection of Jacket Potato (Cheese (v), or Beans (v)) (Rainbow Salad, Coleslaw)	Hawaiian Pizza / Margherita Pizza (v) (Broccoli, Mexican-Style Corn Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2305	DE2304	DE2302	DE2303	DE2301
Vanilla Ice Cream (v)	Oaty Flapjack (v)	Fruity Yoghurt (v)	Fruit Salad with Honey Lemon Dressing (ve)	Orange Jelly (ve)



• This menu is free from Nut and Peanut



2023/2024 Primary Allergy-Friendly



Week 3 Allergy-Friendly Alternatives* (All options are free from Gluten, Dairy, Egg, Sesame)

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2304	SO2301	SO2302	SO2301
Vegetable Soup (ve)	Vegetable & Rice Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2320	MA2322A	MA2324A	MA2325A	MA2326A
Chicken Biryani (Carrot, Mexican-Style Corn Salad)	Allergy-Friendly Meatball Sub Melt (Rainbow Salad, VE Coleslaw)	Allergy-Friendly BBQ Pepper & Beans Fajita (ve) (Baked Beans, Spinach Salad)	Allergy-Friendly Bubble Fish & Chips (Rainbow Salad, VE Coleslaw) (serve with condiment)	Allergy-Friendly Beef Spaghetti Bolognese with VE Garlic Bread (Broccoli, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
	MA2328A, 2329A, 2330A	MA2323A	MA2307VE, 2308VE	MA2327A, 2304VE
	Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey) (Rainbow Salad, VE Coleslaw)	Allergy-Friendly Veg Sausages with Potato Wedges(ve) (Baked Beans, Spinach Salad) (serve with condiment)	Selection of Jacket Potato (VE Cheese (ve), or Beans (ve)) (Rainbow Salad, VE Coleslaw)	Allergy-Friendly Hawaiian Pizza / VE Margherita Pizza (ve) (Broccoli, Mexican-Style Corn Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2305VE	DE2305VE	DE2302VE	DE2303	DE2301
Fruity Iced Smoothie (ve)	Fruity Iced Smoothie (ve)	Vanilla Dessert (ve)	Fruit Salad with Honey Lemon Dressing (ve)	Orange Jelly (ve)

^{*} Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements

Menu also includes daily portions of: Soya milk (250ml), Fruit x1 (Apple, Banana, Mandarin, etc.)





2023/2024 Primary Veg & Fish, Vegetarian, Halal



Week 3 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2304	SO2301	SO2302	SO2301
Vegetable Soup (ve)	Vegetable & Rice Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2320VE	MA2328	MA2324	MA2325	MA2304
Quorn Biryani (ve) (Carrot, Mexican-Style Corn Salad)	Cheese Sandwich (v) (Rainbow Salad, Coleslaw)	BBQ Pepper & Beans Fajita (ve) (Baked Beans, Spinach Salad)	Bubble Fish & Chips (Rainbow Salad, Coleslaw) (serve with condiment)	Margherita Pizza (v) (Broccoli, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2321	MA2329	MA2323	MA2307, 2308	
Vegetable Samosas with Chutney Dip (ve) (Carrot, Mexican-Style Corn Salad)	Tuna Mayo Sandwich (Rainbow Salad, Coleslaw)	Veg Sausage Roll with Potato Wedges (ve) (Baked Beans, Spinach Salad) (serve with condiment)	Selection of Jacket Potato (Cheese (v), or Beans (v)) (Rainbow Salad, Coleslaw)	
Dessert	Dessert	Dessert	Dessert	Dessert
DE2305	DE2304	DE2302	DE2303	DE2301
Vanilla Ice Cream (v)	Oaty Flapjack (v)	Fruity Yoghurt (v)	Fruit Salad with Honey Lemon Dressing (ve)	Orange Jelly (ve)

^{*} Menu also includes daily portions of : Carton milk (250ml), Fruit x1 (Apple, Banana, Mandarin, etc.)

2023/2024 Primary Plant-Based (Vegan)



Week 3 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301	SO2304	SO2301	SO2302	SO2301
Vegetable Soup (ve)	Vegetable & Rice Soup (ve)	Vegetable Soup (ve)	Tangy Tomato Soup	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2320VE	MA2328VE	MA2324	MA2307VE	MA2304VE
Quorn Biryani (ve) (Carrot, Mexican-Style Corn Salad)	VE Cheese Sandwich (ve) (Rainbow Salad, VE Coleslaw)	BBQ Pepper & Beans Fajita (ve) (Baked Beans, Spinach Salad)	VE Cheese Jacket Potato (ve) (Rainbow Salad, VE Coleslaw)	VE Margherita Pizza (ve) (Broccoli, Mexican-Style Corn Salad
Main	Main	Main	Main	Main
MA2321		MA2323	MA2308VE	
Vegetable Samosas with Chutney Dip (ve) (Carrot, Mexican-Style Corn Salad)		Veg Sausage Roll with Potato Wedges(ve) (Baked Beans, Spinach Salad) (serve with condiment)	Beans Jacket Potato (ve) (Rainbow Salad, VE Coleslaw)	
Dessert	Dessert	Dessert	Dessert	Dessert
DE2305VE	DE2305VE	DE2302VE	DE2303	DE2301
Fruity Iced Smoothie (ve)	Fruity Iced Smoothie (ve)	Vanilla Dessert (ve)	Fruit Salad with Honey Lemon Dressing (ve)	Orange Jelly (ve)

^{*} Menu also includes daily portions of : Soya milk (250ml), Fruit x1 (Apple, Banana, Mandarin, etc.)

2023/2024 Nursery Week 1



2023/2024 Nursery Week 1





2023/2024 Nursery Week 1 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
\	SO2302 Tangy Tomato Soup (ve)	1	SO2303 Leek & Potato Soup (ve)	Y
Main	Main	Main	Main	Main
MA2301	MA2303	MA2304	MA2306N	MA2309
Bangers 'N' Mash (Broccoli, Carrot)	Chicken Nuggets With Potato Wedges (Rainbow Salad, Coleslaw) (serve with condiment)	Margherita Pizza (v) (Broccoli, Mexican-Style Corn Salad)	Sloppy Joe's Jacket Potato (Rainbow Salad, Coleslaw)	Mediterranean Fish Wrap (Sweetcorn, Spinach Salad)
Main	Main	Main	Main	Main
Creamy Pesto Bow-Tie Pasta With Garlic Bread (v) (Broccoli, Carrot)	MA2328, 2329, 2330 Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey) (Rainbow Salad, Coleslaw)	MA2305 Oriental Chow Mein (ve) (Broccoli, Mexican-Style Corn Salad)	MA2307N Cheese Bread Roll (Rainbow Salad, Coleslaw)	Fragrant Thai Green Curry With Rice (ve) (Sweetcorn, Spinach Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302 Fruity Yoghurt (v)	\	DE2304 Oaty Flapjack (v)	\	DE2305 Vanilla Ice Cream (v)

[•] This menu is free from Nut and Peanut

2023/2024 Nursery Allergy-Friendly



Week 1 Allergy-Friendly Alternatives* (All options are free from Gluten, Dairy, Egg, Sesame)

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
	SO2302		SO2303	
\	Tangy Tomato Soup (ve)	V	Leek & Potato Soup (ve)	
Main	Main	Main	Main	Main
MA2301VE Meat-Free Bangers 'N' Mash (ve) (Broccoli, Carrot)	MA2303A Allergy-Friendly Chicken Goujons With Potato Wedges (Rainbow Salad, VE Coleslaw) (serve with condiment)	MA2304VE VE Margherita Pizza (ve) (Broccoli, Mexican-Style Corn Salad)	Allergy-Friendly Sloppy Joe's Jacket Potato (Rainbow Salad, VE Coleslaw)	Allergy-Friendly Fish Wrap (Sweetcorn, Spinach Salad)
Main	Main	Main	Main	Main
MA2302A	MA2328A, 2329A, 2330A		MA2307VE, 2308VE	MA2310
Allergy-Friendly Creamy Pesto Pasta With VE Garlic Bread (ve) (Broccoli, Carrot)	Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey) (Rainbow Salad, VE Coleslaw)		Selection of Jacket Potato (VE Cheese (ve), or Beans (ve)) (Rainbow Salad, VE Coleslaw)	Fragrant Thai Green Curry With Rice (ve) (Sweetcorn, Spinach Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302VE		DE2305VE		DE2305VE
Vanilla Dessert (ve)	\	Fruity Iced Smoothie (ve)	\	Fruity Iced Smoothie (ve)

^{*} Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements

Menu also includes daily portions of: **Soya** milk (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)



2023/2024 Nursery Veg & Fish, Vegetarian, Halal

Week 1 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
	SO2302		SO2303	
\	Tangy Tomato Soup (ve)	1	Leek & Potato Soup (ve)	
Main	Main	Main	Main	Main
MA2301VE	MA2303VE	MA2304	MA2307	MA2309
Meat-Free Bangers 'N' Mash (ve) (Broccoli, Carrot)	Veg Nuggets With Potato Wedges (ve) (Rainbow Salad, VE Coleslaw) (serve with condiment)	Margherita Pizza (v) (Broccoli, Mexican-Style Corn Salad)	Cheese Jacket Potato (v) (Rainbow Salad, Coleslaw)	Mediterranean Fish Wrap (Sweetcorn, Spinach Salad)
Main	Main	Main	Main	Main
MA2302	MA2328, 2329	MA2305	MA2307, 2308	MA2310
Creamy Pesto Bow-Tie Pasta With Garlic Bread (v) (Broccoli, Carrot)	Selection of Sandwich (Cheese (v), Tuna Mayo) (Rainbow Salad, Coleslaw)	Oriental Chow Mein (ve) (Broccoli, Mexican-Style Corn Salad)	Beans Jacket Potato (ve) (Rainbow Salad, Coleslaw)	Fragrant Thai Green Curry With Rice (ve) (Sweetcorn, Spinach Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302		DE2304		DE2305
Fruity Yoghurt (v)	\	Oaty Flapjack (v)	\	Vanilla Ice Cream (v)

2023/2024 Nursery Plant-Based (Vegan) Week 1 Menu*



Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
	SO2302		SO2303	
\	Tangy Tomato Soup (ve)	1	Leek & Potato Soup (ve)	
Main	Main	Main	Main	Main
MA2301VE	MA2303VE	MA2304VE	MA2307VE	MA2310
Meat-Free Bangers 'N' Mash (ve) (Broccoli, Carrot)	Veg Nuggets With Potato Wedges (ve) (Rainbow Salad, VE Coleslaw) (serve with condiment)	VE Margherita Pizza (ve) (Broccoli, Mexican-Style Corn Salad)	VE Cheese Jacket Potato (ve) (Rainbow Salad, VE Coleslaw)	Fragrant Thai Green Curry With Rice (ve) (Sweetcorn, Spinach Salad)
Main	Main	Main	Main	Main
MA2302A	MA2328VE	MA2305	MA2308VE	
Allergy-Friendly Creamy Pesto Pasta with VE Garlic Bread (ve) (Broccoli, Carrot)	VE Cheese Sandwich (ve) (Rainbow Salad, VE Coleslaw)	Oriental Chow Mein (ve) (Broccoli, Mexican-Style Corn Salad)	Beans Jacket Potato (ve) (Rainbow Salad, VE Coleslaw)	D D
Dessert	Dessert	Dessert	Dessert	Dessert
DE2302VE		DE2305VE		DE2305VE
Vanilla Dessert (ve)	\	Fruity Iced Smoothie (ve)	\	Fruity Iced Smoothie (ve)

2023/2024 Nursery Week 2



2023/2024 Nursery Week 2





2023/2024 Nursery Week 2 Menu*

Mond	ay	Tuesday	Wednesday		Thursday	Friday		
Soup)	Soup		Soup		Soup	Soup	
SO230)1				SO2302	SO2301		
Vegetable So	oup (ve)	\	1		Tangy Tomato Soup (ve)	Vegetable Sou	o (ve)	
Mair	า	Main		Main		Main	Main	
MA231	11	MA2313		MA2314		MA2316	MA2318N	- "
Stack Your Be Oven Ch (Brocco	hips oli)	Creamy Chicken Potato- Topped Pie (Rainbow Salad, Coleslaw)	Gnocchi & Tomato Bake with Garlic Bread (v) (Spinach Salad)		Crispy Salmon Bites with Baked Sweet Potato Fr (Peas, Rainbow Salad) (serve with condiment)	Omelette with Potato Wed (Carrot, Mexican-Style	dges (v)	
Mair	า	Main	Main		Main	Main		
MA2312, M	A2312V	MA2328, 2329, 2330		MA2315		MA2317, MA2317V	MA231 <mark>9</mark>	
Tuna Mayo Herby Tomato With Garlio (Brocco	Pasta (v) Bread	Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey) (Rainbow Salad, Coleslaw)		i potle Bur oinach Salac		Chicken Katsu Curry / Quorn Katsu Curry (ve) with Rice (Peas, Rainbow Salad)	Egg Stir-Fried Rice N (Carrot, Mexican-Style	
Desse	rt	Dessert	Dessert		Dessert	Dessert		
\		Orange Jelly (ve)	Oat	DE2304 y Flapjack	(v)	\	\	

[•] This menu is free from Nut and Peanut

2023/2024 Nursery Allergy-Friendly



Week 2 Allergy-Friendly Alternatives* (All options are free from Gluten, Dairy, Egg, Sesame)

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301			SO2302	SO2301
Vegetable Soup (ve)	\		Tangy Tomato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2311A	MA2313A	MA2315A	MA2316A	MA231 <mark>9VE //</mark>
Allergy-Friendly Stack Your Beef Burger with Oven Chips (Broccoli) (serve with condiment)	Allergy-Friendly Creamy Chicken Potato- Topped Pie (Rainbow Salad, Coleslaw)	Allergy-Friendly Zingy Chipotle Burrito (ve) (Spinach Salad)	Allergy-Friendly Salmon Fish Fingers with Baked Sweet Potato Fries (Peas, Rainbow Salad) (serve with condiment)	Ogg Stir-Fried Rice Noodles (v) (Carrot, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2312A, MA2312VA	MA2328A, 2329A, 2330A		MA2317	
Allergen Friendly Tuna Mayo Pasta / Herby Tomato Pasta (ve) With VE Garlic Bread (Broccoli)	Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey) (Rainbow Salad, VE Coleslaw)		Chicken Katsu Curry with Rice (Peas, Rainbow Salad)	
Dessert	Dessert	Dessert	Dessert	Dessert
	DE2301	DE2305VE		
\	Orange Jelly (ve)	Fruity Iced Smoothie (ve)	\	\ \

^{*} Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements

Menu also includes daily portions of: **Soya** milk (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)



2023/2024 Nursery Veg & Fish, Vegetarian, Halal

Week 2 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301			SO2302	SO2301
Vegetable Soup (ve)	\	1	Tangy Tomato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2311VE	MA2328	MA2314	MA2316	MA2318N
Stack Your Vegan Burger Oven Chips (ve) (Broccoli) (serve with condiment)	Cheese Sandwich (v) (Rainbow Salad, Coleslaw)	Gnocchi & Tomato Bake with Garlic Bread (v) (Spinach Salad)	Crispy Salmon Bites with Baked Sweet Potato Fries (Peas, Rainbow Salad) (serve with condiment)	Omelette with Potato Wedges (v) (Carrot, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2312, MA2312V	MA2329	MA2315	MA2317V	MA2319
Tuna Mayo Pasta / Herby Tomato Pasta (v) With Garlic Bread (Broccoli)	Tuna Mayo Sandwich (Rainbow Salad, Coleslaw)	Zingy Chipotle Burrito (ve) (Spinach Salad)	Quorn Katsu Curry (ve) with Rice (Peas, Rainbow Salad)	Egg Stir-Fried Rice Noodles (v) (Carrot, Mexican-Style Corn Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
\	DE2301 Orange Jelly (ve)	DE2304 Oaty Flapjack (v)	\	\

2023/2024 Nursery Plant-Based (Vegan) Week 2 Menu*



Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
SO2301			SO2302	SO2301
Vegetable Soup (ve)	\	1	Tangy Tomato Soup (ve)	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2311VE	MA2328VE	MA2315	MA2317V	MA2319VE
Stack Your Vegan Burger Oven Chips (ve) (Broccoli) (serve with condiment)	VE Cheese Sandwich (ve) (Rainbow Salad, VE Coleslaw)	Zingy Chipotle Burrito (ve) (Spinach Salad)	Quorn Katsu Curry (ve) with Rice (Peas, Rainbow Salad)	Ogg Stir-Fried Rice Noodles (v) (Carrot, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2312VA Herby Tomato Pasta (ve) With VE Garlic Bread (Broccoli)				
Dessert	Dessert	Dessert	Dessert	Dessert
\	Orange Jelly (ve)	DE2305VE Fruity Iced Smoothie (ve)	\	\

2023/2024 Nursery Week 3



2023/2024 Nursery Week 3





2023/2024 Nursery Week 3 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
	SO2304			SO2301
\	Vegetable & Rice Soup (ve)	1	\	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2320	MA2322N	MA2324	MA2325	MA2326
Chicken Biryani (Carrot, Mexican-Style Corn Salad)	Meatball in Gravy with Mashed Potato (Rainbow Salad, Coleslaw)	BBQ Pepper & Beans Fajita (ve) (Baked Beans, Spinach Salad)	Bubble Fish & Chips (Rainbow Salad, Coleslaw) (serve with condiment)	Simply Perfect Spaghetti Bolognese with Garlic Bread (Broccoli, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2321	MA2328, 2329, 2330	MA2323	MA2307, 2308	MA2327, 2 <mark>30</mark> 4
Vegetable Samosas with Chutney Dip (ve) (Carrot, Mexican-Style Corn Salad)	Selection of Sandwich (Cheese (v), Tuna Mayo, Turkey) (Rainbow Salad, Coleslaw)	Sausage Roll with Potato Wedges (ve) (Baked Beans, Spinach Salad) (serve with condiment)	Selection of Jacket Potato (Cheese (v), or Beans (v)) (Rainbow Salad, Coleslaw)	Hawaiian Pizza / Margherita Pizza (v) (Broccoli, Mexican-Style Corn Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2305		DE2302	DE2303	
Vanilla Ice Cream (v)	\	Fruity Yoghurt (v)	Fruit Salad with Honey Lemon Dressing (ve)	\ \

[•] This menu is free from Nut and Peanut

Renfrewshire Council

2023/2024 Nursery Allergy-Friendly

Week 3 Allergy-Friendly Alternatives*

(All options are free from Gluten, Dairy, Egg, Sesame)

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
	SO2304			SO2301
\	Vegetable & Rice Soup (ve)	1	\	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2320	MA2322NA	MA2324A	MA2325A	MA23 <mark>26A</mark>
Chicken Biryani (Carrot, Mexican-Style Corn Salad)	Allergy-Friendly Meatball in Gravy with Mashed Potato (Rainbow Salad, VE Coleslaw)	Allergy-Friendly BBQ Pepper & Beans Fajita (ve) (Baked Beans, Spinach Salad)	Allergy-Friendly Bubble Fish & Chips (Rainbow Salad, VE Coleslaw) (serve with condiment)	Allergy-Friendly Beef Spaghetti Bolognese with VE Garlic Bread (Broccoli, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
	MA2328A, 2329A, 2330A	MA2323A	MA2307VE, 2308VE	MA2327A, 2304VE
	Allergy-Friendly Sandwich (VE Cheese (ve), Tuna Mayo, Turkey) (Rainbow Salad, VE Coleslaw)	Allergy-Friendly Veg Sausages with Potato Wedges(ve) (Baked Beans, Spinach Salad) (serve with condiment)	Selection of Jacket Potato (VE Cheese (ve), or Beans (ve)) (Rainbow Salad, VE Coleslaw)	Allergy-Friendly Hawaiian Pizza / VE Margherita Pizza (ve) (Broccoli, Mexican-Style Corn Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2305VE		DE2302VE	DE2303	
Fruity Iced Smoothie (ve)	\	Vanilla Dessert (ve)	Fruit Salad with Honey Lemon Dressing (ve)	\ \

^{*} Pupils with gluten, dairy, egg or sesame allergies, will be able to choose from the allergy-friendly options the standard menu options which meet their dietary requirements

Menu also includes daily portions of: **Soya** milk (250ml), **Fruit** x1 (Apple, Banana, Mandarin, etc.)



2023/2024 Nursery Veg & Fish, Vegetarian, Halal

Week 3 Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
	SO2304			SO2301
\	Vegetable & Rice Soup (ve)	1	\	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2320VE	MA2328	MA2324	MA2325	
Quorn Biryani (ve) (Carrot, Mexican-Style Corn Salad)	Cheese Sandwich (v) (Rainbow Salad, Coleslaw)	BBQ Pepper & Beans Fajita (ve) (Baked Beans, Spinach Salad)	Bubble Fish & Chips (Rainbow Salad, Coleslaw) (serve with condiment)	7
Main	Main	Main	Main	Main
MA2321	MA2329	MA2323	MA2307, 2308	MA2304
Vegetable Samosas with Chutney Dip (ve) (Carrot, Mexican-Style Corn Salad)	Tuna Mayo Sandwich (Rainbow Salad, Coleslaw)	Veg Sausage Roll with Potato Wedges (ve) (Baked Beans, Spinach Salad) (serve with condiment)	Selection of Jacket Potato (Cheese (v), or Beans (v)) (Rainbow Salad, Coleslaw)	Margherita Pizza (v) (Broccoli, Mexican-Style Corn Salad)
Dessert	Dessert	Dessert	Dessert	Dessert
DE2305		DE2302	DE2303	
Vanilla Ice Cream (v)	\	Fruity Yoghurt (v)	Fruit Salad with Honey Lemon Dressing (ve)	\ \

2023/2024 Nursery Plant-Based (Vegan) Week 3 Menu*



Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup	Soup	Soup	Soup
	SO2304			SO2301
\	Vegetable & Rice Soup (ve)	1	\	Vegetable Soup (ve)
Main	Main	Main	Main	Main
MA2320VE	MA2328VE	MA2324	MA2307VE	MA2304VE
Quorn Biryani (ve) (Carrot, Mexican-Style Corn Salad)	VE Cheese Sandwich (ve) (Rainbow Salad, VE Coleslaw)	BBQ Pepper & Beans Fajita (ve) (Baked Beans, Spinach Salad)	VE Cheese Jacket Potato (ve) (Rainbow Salad, VE Coleslaw)	VE Margherita Pizza (ve) (Broccoli, Mexican-Style Corn Salad)
Main	Main	Main	Main	Main
MA2321		MA2323	MA2308VE	
Vegetable Samosas with Chutney Dip (ve) (Carrot, Mexican-Style Corn Salad)		Veg Sausage Roll with Potato Wedges(ve) (Baked Beans, Spinach Salad) (serve with condiment)	Beans Jacket Potato (ve) (Rainbow Salad, VE Coleslaw)	D D
Dessert	Dessert	Dessert	Dessert	Dessert
DE2305VE		DE2302VE	DE2303	
Fruity Iced Smoothie (ve)	\	Vanilla Dessert (ve)	Fruit Salad with Honey Lemon Dressing (ve)	\ \

Portion Sizes, Carb & Fat Counts







Analysed Portion Sizes, Carb & Fat Counts

Soup	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
/egetable Soup (ve)	200ml (208g)	2.1g	4.4g	0.1g	0.2g
Tangy Tomato Soup (ve)	200ml (223g)	3.2g	7.1g	0.1g	0.2g
eek & Potato Soup (ve)	200ml (225g)	5.2g	11.7g	0.1g	0.2g
/egetable & Rice Soup (ve)	200ml (210g)	3.4g	7.1g	0.2g	0.4g
Main Dish	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Bangers in Gravy	183g	8.5g	15.6g	9.9g	18.1g
Creamy Pesto Bow-Tie Pasta	186g	14.5g	27.0g	4.0g	7.5g
Chicken Nuggets	100g	11.0g	11.0g	9.7g	9.7g
Margherita Pizza	125g	37.5g	46.8g	6.7g	8.4g
Driental Chow Mein	140g	13.3g	18.6g	1.1g	1.5g
Sloppy Joe's Tacos	200g	20.7g	38.2g	7.4g	13.7g
Cheese Jacket Potato	170g	16.0g	27.2g	4.6g	7.8g
Beans Jacket Potato	170g	20.1g	34.2g	0.3g	0.5g
Mediterranean Fish Wrap	150g	22.2g	33.3g	4.6g	6.9g
ragrant Thai Green Curry	195g	16.3g	31.8g	8.4g	16.4g
Stack Your Beef Burger	193g	16.4g	28.8g	4.3g	7.4g
Tuna Mayo Pasta	153g	16.1g	24.6g	2.8g	3.8g
Herby Tomato Pasta	186g	14.7g	27.4g	0.7g	1.3g
Creamy Chicken Potato-Topped Pie	296g	7.5g	22.2g	0.8g	2.4g
Gnocchi & Tomato Bake	211g	11.5g	24.3g	1.8g	3.8g
Zingy Chi <mark>potle</mark> Burrito	278g	20.0g	55.6g	1.6g 1/2 ³	4.4g
Crispy Salmon Bites	100g	21.2g	21.2g	12.5g	12.5g



Analysed Portion Sizes, Carb & Fat Counts

Main Dish	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Chicken Katsu Curry	184g	9.7g	17.8g	5.7g	10.5g
Quorn Katsu Curry	184g	9.1g	16.7g	5.7g	10.5g
Jumbo Hot Dog	150g	20.5g	30.8g	17.0g	25.5g
Egg Stir-Fired Noodles	152g	45.8g	69.6g	2.5g	3.8g
Chicken Biryani	207	11.7g	24.2g	1.3g	2.7g
Vegetable Samosas with Chutney Dip	170g	26.4g	44.8g	8.4g	14.4g
Meatball Sub Melt	195g	20.3g	39.6g	6.1g	12.0g
Veg Sausage Roll	64g	28.0g	17.9g	16.0g	10.2g
BBQ Pepper & Beans Fajita	258g	17.9g	46.1g	2.3g	5.9g
Bubble Fish	120g	25.0g	30.0g	6.0g	7.2g
Spaghetti Bolognese	281g	9.7g	27.3g	1.8g	5.1g
Hawaiian Pizza	143g	33.5g	47.9g	6.1g	8.7g
Cheese Sandwich	103g	32.6g	33.5g	6.3g	6.5g
Tuna Mayo Sandwich	109g	31.6g	34.5g	4.4g	4.8g
Turkey Sandwich	106g	32.2g	34.1g	3.6g	3.8g
Side Dish	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Mashed Potato	100g	26.1g	26.1g	0.0g	0.0g
Potato Wedges	100g	22.0g	22.0g	3.0g	3.0g
Baked Sweet Potato Fries	100g	27.9g	27.9g	0.4g	0.4g
Oven Chips	100g	21.0g	21.0g	3.0g	3.0g
Ga <mark>rlic Bread</mark>	32g	40.0g	12.8g	14.0g	4.5g
Rice	120g	26.5g	31.8g	0.7g	0.8g



Analysed Portion Sizes, Carb & Fat Counts

Side Vegetables	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Carrot	50g	4.7g	2.4g	0.3g	0.2g
Broccoli	50g	2.5g	1.2g	0.9g	0.4g
Peas	50g	11.2g	5.6g	0.7g	0.4g
Baked Beans	50g	14.0g	7.0g	0.6g	0.3g
Sweetcorn	50g	4.6g	2.3g	0.6g	0.3g
Rainbow Salad	50g	3.4g	1.7g	0.3g	0.2g
Mexican-Style Corn Salad	50g	5.2g	2.6g	2.6g	1.3g
Creamy Coleslaw	50g	5.4g	2.7g	3.4g	1.7g
Spinach Salad	50g	1.0g	0.5g	5.6g	2.8g
Dessert Items	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Orange Jelly	65g	15.1g	9.8g	0.1g	0.1g
Fruity Yoghurt	100g	11.6g	11.6g	0.5g	0.5g
Fruit Salad with Honey Lemon Dressing	107g	12.6g	13.5g	0.0g	0.0g
Oaty Flapjack	30g	55.4g	16.6g	14.6g	4.4g
Vanilla Ice Cream	80g	18.0g	14.4g	1.0g	0.8g
Condiments	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Tomato Ketchup	10g	11g	1.1g	0g	Og
Mayonnaise	10g	7.4g	0.7g	26g	2.6g
Fruit	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Apple	115g	11.6g	13.3g	0.5g	0.6g
Banana	120g	20.3g	24.4g	0.1g	0.1g
Mandarin Orange	80g	8.2g	6.6g	0.2g	0.2g
Honeydew Melon	80g	4.3g	3.4g	0.1g	0.1g



Portion Sizes, Carb & Fat Counts



Portion Sizes, Carb & Fat Counts

This chart only includes general mei	id items, piedse get in t	ouch you require inion	nation for allergy-ine	enaly and vegetarial	i/vegan alternatives
Soup	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Vegetable Soup (ve)	200ml (208g)	2.1g	4.4g	0.1g	0.2g
Tangy Tomato Soup (ve)	200ml (223g)	3.2g	7.1g	0.1g	0.2g
Leek & Potato Soup (ve)	200ml (225g)	5.2g	11.7g	0.1g	0.2g
Vegetable & Rice Soup (ve)	200ml (210g)	3.4g	7.1g	0.2g	0.4g
Main Dish	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Bangers in Gravy	183g	8.5g	15.6g	9.9g	18.1g
Creamy Pesto Bow-Tie Pasta	144g	14.5g	21.6g	4.0g	6.0g
Chicken Nuggets	80g	11.0g	8.8g	9.7g	7.8g
Margherita Pizza	100g	37.5g	37.5g	6.7g	6.7g
Oriental Chow Mein	112g	13.3g	14.9g	1.1g	1.2g
Sloppy Joe's Jacket Potato	200g	16.5g	32.8g	1.3g	2.6g
Cheese Bread Roll	73g	30.7g	22.4g	8.7g	6.4g
Cheese Jacket Potato	170g	16.0g	27.2g	4.6g	7.8g
Beans Jacket Potato	170g	20.1g	34.2g	0.3g	0. <mark>5g</mark>
Mediterranean Fish Wrap	150g	22.2g	33.3g	4.6g	6.9g
Fragrant Thai Green Curry	170g	16.3g	25.4g	8.4g	13.1g
Stack Your Beef Burger	193g	16.4g	28.8g	4.3g	7.4g
Tuna Mayo Pasta	122g	16.1g	19.7g	2.8g	3.0g
Herby Tomato Pasta	148g	14.7g	21.9g	0.7g	1.0g
Creamy Chicken Potato-Topped Pie	240g	7.5g	17.8g	0.8g	1.9g
Gnocchi & Tomato Bake	170g	11.5g	19.4g	1.8g	3.0g
Zingy Chipotle Burrito	220g	20.0g	44.5g	1.6g	3.5g
Crispy Salmon Bites	80g	21.2g	17.0g	12.5g	10.0g



Portion Sizes, Carb & Fat Counts

Main Dish	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Chicken Katsu Curry	144g	9.7g	14.3g	5.7g	8.4g
Quorn Katsu Curry	144g	9.1g	13.4g	5.7g	8.4g
Omelette	100g	2.8g	2.8g	11.5g	11.5g
Egg Stir-Fired Noodles	120g	45.8g	55.7g	2.5g	3.0g
Chicken Biryani	165g	11.7g	19.4g	1.3g	2.2g
Vegetable Samosas with Chutney Dip	170g	26.4g	44.8g	8.4g	14.4g
Meatball in Gravy	143g	6.6g	9.5g	4.4g	6.2g
Veg Sausage Roll	64g	28.0g	17.9g	16.0g	10.2g
BBQ Pepper & Beans Fajita	220g	17.9g	36.7g	2.3g	4.7g
Bubble Fish	120g	25.0g	30.0g	6.0g	7.2g
Spaghetti Bolognese	230g	9.7g	21.8g	1.8g	4.1g
Hawaiian Pizza	120g	33.5g	38.3g	6.1g	7.0g
Cheese Sandwich	103g	32.6g	33.5g	6.3g	6. <mark>5g</mark>
Tuna Mayo Sandwich	109g	31.6g	34.5g	4.4g	4.8g
Turkey Sandwich	106g	32.2g	34.1g	3.6g	3.8g
Side Dish	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Mashed Potato	80g	26.1g	20.9g	0.0g	0.0g
Potato Wedges	80g	22.0g	17.6g	3.0g	2.4g
Baked Sweet Potato Fries	80g	27.9g	22.3g	0.4g	0.3g
Oven Chips	80g	21.0g	16.8g	3.0g	2.4g
Garlic Bread	32g	40.0g	128g	14.0g	4.5g
Rice	100g	26.5g	26.5g	0.7g	0.7g



Portion Sizes, Carb & Fat Counts

Side Vegetables	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Carrot	40g	4.7g	1.9g	0.3g	0.2g
Broccoli	40g	2.5g	1.0g	0.9g	0.3g
Peas	40g	11.2g	4.5g	0.7g	0.3g
Baked Beans	40g	14.0g	5.6g	0.6g	0.2g
Sweetcorn	40g	4.6g	1.8g	0.6g	0.2g
Rainbow Salad	40g	3.4g	1.1g	0.3g	0.1g
Mexican-Style Corn Salad	40g	5.2g	1.8g	2.6g	0.9g
Creamy Coleslaw	40g	5.4g	2.0g	3.4g	1.2g
Spinach Salad	40g	1.0g	0.4g	5.6g	2.2g
Dessert Items	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Orange Jelly	65g	15.1g	9.8	0.1g	0.1
Fruity Yoghurt	100g	11.6g	11.6g	0.5g	0.5g
Fruit Salad with Honey Lemon Dressing	86g	12.6g	10.8g	0.0g	0.0g
Oaty Flapjack	30g	55.4g	16.6g	14.6g	4. <mark>4g</mark>
Vanilla Ice Cream	80ml	18.0g	14.4g	1.0g	0.8g
Condiments	Portion Size	Carb per 100g	Carb per Portion	Fat per 100g	Fat per Portion
Tomato Ketchup	10g	11g	1.1g	Og	Og
Mayonnaise	10g	7.4g	0.7g	26g	2.6g



Allergen & Dietary Suitability Report

	Menu Item	Allergens	Dietary Suitability*
SO2301	Vegetable Soup (ve)	None.	GF, DF, EF, SF, V, VE
SO2302	Tangy Tomato Soup (ve)	None.	GF, DF, EF, SF, V, VE
SO2303	Leek & Potato Soup (ve)	None.	GF, DF, EF, SF, V, VE
SO2304	Vegetable & Rice Soup (ve)	None.	GF, DF, EF, SF, V, VE
SO2305	Sweet Potato & Coconut Soup (ve)	(None)	GF, DF, EF, SF, V, VE
MA2301	Bangers 'N' Mash (Broccoli, Carrot)	Gluten (Wheat), SO2 .	DF, EF, SF
MA2301A	(Allergy-Friendly Bangers 'N' Mash (Broccoli, Carrot)	602	GF, DF, EF, SF, V, VE
MA2301VE	Meat-Free Bangers 'N' Mash (Broccoli, Carrot) (ve)	None.	GF, DF, EF, SF, V, VE
MA2302	Creamy Pesto Bow-Tie Pasta with Garlic Bread (Broccoli, Carrot) (v)	Gluten (Wheat), Milk. (May contain: Soya)	EF, V
MA2302A	Allergy-Friendly Pesto Pasta with VE Garlic Bread (Broccoli, Carrot) (ve)	None.	GF, DF, EF, SF, V, VE
MA2303	Chicken Nuggets with Potato Wedges (Rainbow Salad, Coleslaw)	Gluten (Wheat), Egg.	DF, SF
MA2303A	Allergy-Friendly Chicken Goujons with Wedges (Rainbow Salad, VE Coleslaw)	None.	GF, DF, EF, SF
MA2303VE	Veg Nuggets with Wedges (Rainbow Salad, VE Coleslaw) (ve)	Gluten (Wheat).	DF, EF, SF, V, VE
MA2304	Margherita Pizza (Broccoli, Mexican-Style Corn Salad) (v)	Gluten (Wheat, Barley, Rye), Milk, SO2. (May contain: Milk, Egg)	SF, V
MA2304VE	VE Margherita Pizza (Broccoli, Mexican-Style Corn Salad) (ve)	Oat, SO2	GF, DF, EF, SF, V, VE
MA2305	Oriental Chow Mein (Broccoli, Mexican-Style Corn Salad) (ve)	Gluten (Wheat, Barley), SO2.	DF, EF, SF, V, VE
MA2306	Sloppy Joe's Tacos (Rainbow Salad, Coleslaw)	Milk, Egg. (May contain: Gluten (Wheat))	SF
MA2306N	Sloppy Joe's Jacket Potato (Rainbow Salad, Coleslaw)	Milk, Egg	GF, SF
MA2306A	Allergy-Friendly Sloppy Joe's Jacket Potato (Rainbow Salad, VE Coleslaw)	None.	GF, DF, EF, SF
MA2307	Cheese Jacket Potato (Rainbow Salad, Coleslaw) (v)	Milk, Egg.	GF, SF, V
MA2307VE	VE Cheese Jacket Potato (Rainbow Salad, VE Coleslaw) (ve)	None.	GF, DF, EF, SF, V, VE
MA2307N	Nursery Only Cheese Bread Roll (Rainbow Salad, Coleslaw) (v)	Gluten (Wheat), Milk, Egg, Soya. (May Contain: Oat, Rye, Barley, Sesame)	V



Council

Allergen & Dietary Suitability Report

	Menu Item	Allergens	Dietary Suitability*
MA2308	Beans Jacket Potato (Rainbow Salad, Coleslaw) (v)	Egg.	GF, DF, SF, V
MA2308VE	Beans Jacket Potato (Rainbow Salad, VE Coleslaw) (ve)	None.	GF, DF, EF, SF, V, VE
MA2309	Mediterranean Fish Wrap (Sweetcorn, Spinach Salad)	Gluten (Wheat), Milk, Fish, SO2.	EF, SF
MA2309A	Allergy-Friendly Fish Wrap (Sweetcorn, Spinach Salad)	Fish, SO2.	GF, DF, EF, SF
MA2310	Fragrant Thai Green Curry with Rice (Sweetcorn, Spinach Salad) (ve)	SO2.	GF, DF, EF, SF, V, VE
MA2311	Stack Your Beef Burger with Oven Chips (Broccoli)	Gluten (Wheat), Milk, Soya, SO2. (May contain: Egg, Oat, Rye, Barley, Sesame)	١
MA2311A	Allergy-Friendly Stack Your Beef Burger with Oven Chips (Broccoli)	Soya, SO2.	GF, DF, EF
MA2311VE	Stack Your Vegan Burger with Oven Chips (Broccoli) (ve)	Gluten (Wheat).	DF, EF, SF, V, VE
MA2312	Tuna Mayo Pasta with Garlic Bread (Broccoli)	Gluten (Wheat), Milk, Egg, Fish. (May contain: Soya)	\
MA2312A	Allergy-Friendly Tuna Mayo Pasta with VE Garlic Bread (Broccoli)	Fish.	GF, DF, EF, SF
MA2312V	Herby Tomato Pasta with Garlic Bread (Broccoli) (v)	Gluten (Wheat), Milk. (May contain: Soya)	EF, V
MA2312VA	Allergy-Friendly Herby Tomato Pasta with VE Garlic Bread (Broccoli) (ve)	None.	GF, DF, EF, SF, V, VE
MA2313	Creamy Chicken Potato-Topped Pie (Rainbow Salad, Coleslaw)	Milk, Egg .	GF, SF
MA2313A	Allergy-Friendly Chicken Potato-Topped Pie (Rainbow Salad, VE Coleslaw)	None.	GF, DF, EF, SF
MA2314	Gnocchi & Tomato Bake with Garlic Bread (Spinach Salad) (v)	Gluten (Wheat), Milk, SO2. (May contain: Soya)	EF, V
MA2315	Zingy Chipotle Burrito (Spinach Salad) (ve)	Gluten (Wheat), SO2.	DF, EF, SF, V, VE
MA2315A	Allergy-Friendly Zingy Chipotle Burrito (Spinach Salad) (ve)	SO2.	GF, DF, EF, SF, V, VE
MA2316	Crispy Salmon Bites with Sweet Potato Fries (Peas, Rainbow Salad)	Gluten (Wheat), Fish.	DF, EF, SF
MA2316A	Allergy-Friendly Fish Fingers with Sweet Potato Fries (Peas, Rainbow Salad)	Fish.	GF, DF, EF, SF
MA2317	Chicken Katsu Curry with Rice (Peas, Rainbow Salad)	Soya, Mustard.	GF, DF, EF
MA231 7 V	Quorn Katsu Curry with Rice (Peas, Rainbow Salad) (ve)	Gluten (Wheat), Soya, Mustard.	DF, EF, V, VE







Allergen & Dietary Suitability Report

	Menu Item	Allergen	Dietary Suitability*
MA2318	Jumbo Hot Dog (Carrot, Mexican-Style Corn Salad)	Gluten (Wheat), SO2. (May contain: Sesame)	DF, EF, SF
MA2318N	Nursery Only Omelette (Carrot, Mexican-Style Corn Salad) (v)	Milk, Egg, SO2	GF, SF, V
MA2319	Egg Stir-Fired Noodles (Carrot, Mexican-Style Corn Salad) (v)	Egg, Soya, SO2.	GF, DF, V
MA2319VE	Ogg Stir-Fried Noodles (Carrot, Mexican-Style Corn Salad) (ve)	Soya, SO2	GF, DF, EF, V, VE
MA2320	Chicken Biryani (Carrot, Mexican-Style Corn Salad)	SO2.	GF, DF, EF, SF
MA2320VE	Quorn Biryani (Carrot, Mexican-Style Corn Salad) (ve)	Gluten (Wheat, Barley), SO2.	DF, EF, SF, V, VE
MA2321	Vegetable Samosas with Chutney Dip (Carrot, Mexican-Style Corn Salad) (ve)	Gluten (Wheat) SO2.	DF, EF, SF, V, VE
MA2322	Meatball Sub Melt (Rainbow Salad, Coleslaw)	Gluten (Wheat), Milk, Egg, Soya, SO2. (May contain: Sesame)	\
MA2322A	Allergy-Friendly Meatball Sub Melt (Rainbow Salad, VE Coleslaw)	Soya, Oat, SO2.	GF, DF, EF
MA2322N	Nursery Only Meatball in Gravy with Mashed Potato (Rainbow Salad, Coleslaw)	Egg, Soya, SO2	GF, DF
MA2322NA	Allergy-Friendly Nursery Only Meatball in Gravy with Mash (Salad, VE Coleslaw)	Soya, SO2	GF, DF, EF
MA2323	Veg Sausage Roll with Potato Wedges (Baked Beans, Spinach Salad) (ve)	Gluten (Wheat), SO2.	DF, EF, SF, V, VE
MA2323A	Allergy-Friendly Veg Sausage with Wedges (Baked Beans, Spinach Salad) (ve)	SO2	GF, DF, EF, SF, V, VE
MA2324	BBQ Pepper & Beans Fajita (Baked Beans, Spinach Salad) (ve)	Gluten (Wheat), SO2	DF, EF, SF, V, VE
MA2324A	Allergy-Friendly BBQ Pepper & Beans Fajita (Baked Beans, Spinach Salad) (ve)	SO2.	GF, DF, EF, SF, V, VE
MA2325	Bubble Fish 'N' Chips (Rainbow Salad, Creamy Coleslaw)	Fish, Egg.	GF, DF, SF
MA2325A	Bubble Fish 'N' Chips (Rainbow Salad, VE Coleslaw)	Fish.	GF, DF, EF, SF
MA2326	Spaghetti Bolognese with Garlic Bread (Broccoli, Mexican-Style Corn Salad)	Gluten (Wheat), Milk, Soya, SO2. (May contain: Soya)	EF C:
MA2326A	Allergy-Friendly Spaghetti Bolognese with VE Garlic Bread (Broccoli, Corn Salad)	Soya, SO2.	GF, DF, EF
MA2327	Hawaiian Pizza (Broccoli, Mexican-Style Corn Salad)	Gluten (Wheat, Barley, Rye), Milk, SO2. (May contain: Milk, Egg)	SF
MA2327A	Allergy-Friendly Hawaiian Pizza (Broccoli, Mexican-Style Corn Salad)	Oat, SO2.	GF, DF, EF, SF



Allergen & Dietary Suitability Report

	Menu Item	Allergen	Dietary Suitability*
MA2328	Cheese Sandwich (Rainbow Salad, Coleslaw) (v)	Gluten (Wheat), Milk, Egg, Soya.	V
MA2328A	Allergy-Friendly VE Cheese Sandwich (Rainbow Salad, VE Coleslaw) (ve)	None.	GF, DF, EF, SF, V, VE
MA2328VE	VE Cheese Sandwich (Rainbow Salad, VE Coleslaw) (ve)	Gluten (Wheat), Soya.	DF, EF, V, VE
MA2329	Tuna Mayo Sandwich (Rainbow Salad, Coleslaw)	Gluten (Wheat), Egg, Fish, Soya.	DF
MA2329A	Allergy-Friendly Tuna Mayo Sandwich (Rainbow Salad, VE Coleslaw)	Fish.	GF, DF, EF, SF
MA2330	Turkey Sandwich (Rainbow Salad, Coleslaw)	Gluten (Wheat), Egg, Soya.	DF
MA2330A	Allergy-Friendly Turkey Sandwich (Rainbow Salad, VE Coleslaw)	None.	GF, DF, EF, SF
DE2301	Orange Jelly (ve)	None.	GF, DF, EF, SF, V, VE
DE2302	Fruity Yoghurt (v)	Milk	GF, EF, SF, V
DE2302VE	Vanilla Dessert (ve)	Soya.	GF, DF, EF, V, VE
DE2303	Fruit Salad with Honey Lemon Dressing (ve)	SO2	GF, DF, EF, SF, V, VE
DE2304	Oaty Flapjack (v)	Gluten, Oat. (May contain: Gluten (Wheat, Barley), Milk, Egg, Soya)	V
DE2305	Vanilla Ice Cream (v)	Milk	GF, EF, SF, V
DE2305VE	Fruity Iced Smoothie (ve)	None.	GF, DF, EF, SF, V, VE
34	Condiment: Tomato Ketchup	None.	GF, DF, EF, SF, V, VE
	Condiment: Mayonnaise	Egg, Mustard.	GF, DF, SF, V
0	Semi-Skimmed Milk (250ml)	Milk	GF, EF, SF, V
1	Soya Milk (250ml)	Soya	GF, DF, EF, V, VE
	Fruit	None.	GF, DF, EF, SF, V, VE

2023/2024 Recipe Book



Section 1 Soup

	Menu Item
SO2301	Vegetable Soup (ve)
SO2302	Tangy Tomato Soup (ve)
SO2303	Leek & Potato Soup (ve)
SO2304	Vegetable & Rice Soup (ve)
SO2305	Sweet Potato & Coconut Soup (ve)

Vegetable Soup (ve)



Ingredients:

Code	Ingredient	Weight	Allergens
	Water	2.5L	
133534	Knorr Veg Stock	50g	
30501	Onions	200g	
461235	Leeks	500g	
3326	Carrots	700g	
4777	Turnip	200g	

Servings & Portions:

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Cooking Method:

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

Serving Serve in the white cups



Vegetable Soup (ve)

Nutrient	Per 100g	Per Portion (Primary)	Per Portion (Nursery)	Units
Energy	11.0	22.0	17.6	kcal
Fat	0.1	0.2	0.2	g
SatFat	0.0	0.0	0.0	g
Carb	2.1	4.4	3.5	g
NMES	0.0	0.0	0.0	g
Tot Sug	1.4	2.9	2.3	g
Fibre	1.1	1.7	1.4	g
Prot	0.4	0.8	0.6	g
Iron	0.1	0.2	0.2	mg
Calc	15.3	31.8	25.4	mg
Vit A	217.8	453.0	362.4	μg
Fol	8.9	18.5	14.8	μg
Vit C	1.2	2.5	2.0	mg
Sodium	83.0	172.6	138.1	mg
Salt	0.0	0.0	0.0	g
Zinc	0.1	0.2	0.2	mg

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

Tangy Tomato Soup (ve)



Ingredients:

Code	Ingredient	Weight	Allergens
	Water	2,5L	
133534	Knorr Veg Stock	50g	
6437	Chopped Tomato	1.2kg	
114938	Tomato Paste	500g	
30501	Onion	200g	
35006	Dried Basil	.5g	
33592	Dried Oregano	5g	
33686	Garlic Powder	.5g	

Servings & Portions:

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Cooking Method:

- 1 Heat a large pot with **vegetable oil**, once hot, add in **onion**, cook until **onions** are starting to soften.
- Add in veg stock, water, chopped tomato, tomato paste, dried basil, dried oregano and garlic powder, bring to boil over a high heat. Once boiling, reduce to low heat and simmer until vegetables are completely soften. Remove from heat, blend until smooth. Ready to serve.

Serving Serve in the white cups



Tangy Tomato Soup (ve)

Nutrient	Per 100g	Per Portion (Primary)	Per Portion (Nursery)	Units
Energy	16	36	28.8	kcal
Fat	0.1	0.2	0.16	g
SatFat	0	0	0	g
Carb	3.2	7.1	5.68	g
NMES	0	0	0	g
Tot Sug	2.6	5.8	4.64	g
Fibre	0.9	1.6	1.28	g
Prot	0.8	1.8	1.44	g
Iron	0.3	0.7	0.56	mg
Calc	14.2	31.7	25.36	mg
Vit A	49.6	110.6	88.48	μg
Fol	11.1	24.8	19.84	μg
Vit C	10.9	24.3	19.44	mg
Sodium	123.4	275.2	220.2	mg
Salt	0.0	0.0	0.0	g

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

Leek & Potato Soup (ve)



Ingredients:

Code	Ingredient	Weight	Allergens
	Water	2.5L	
133534	Knorr Veg Stock	50g	
461235	Leek	800g	
350002	Potato	1kg	
30501	Onion	125g	
33591	Dried Parsley	15g	

Servings & Portions:

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Cooking Method:

- 1 Heat a large pot with **vegetable 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 over a high heat, once boiling, reduce heat to low and simmer until vegetable are completely soften.

Serving Serve in white cups with parsley garnished on top



Allergens: None
Dietary Suitability: GF, DF, EF, SF V, VE

Nutrient	Per 100g	Per Portion (Primary)	Per Portion (Nursery)	Units
Energy	24	54	43.2	kcal
Fat	0.1	0.2	0.16	g
SatFat	0	0	0	g
Carb	5.2	11.7	9.36	g
NMES	0	0	0	g
Tot Sug	0.9	2	1.6	g
Fibre	0.9	1.6	1.28	g
Prot	0.8	1.8	1.44	g
Iron	0.3	0.7	0.56	mg
Calc	14.8	33.3	26.64	mg
Vit A	13.6	30.6	24.48	μg
Fol	12.1	27.2	21.76	μg
Vit C	2.9	6.5	5.2	mg
Sodium	1.1	2.5	2.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.1	0.2	0.16	mg

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

Vegetable & Rice Soup (ve)



Ingredients:

Code	Ingredient	Weight	Allergens
	Water	2.5L	
133534	Knorr Veg Stock	50g	
3326	Carrot	700g	
461235	Leek	500g	
4777	Turnip	200g	
533	Rice	250g	

Servings & Portions:

Group	Servings		Portion Size				
Primary	20		200ml				
Nursery	25		160ml				

Cooking Method:

- 1 Heat a large port with **vegetable oil** over a medium-high heat, once hot, add in **vegetables**, cook until tender.
- 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.

 Ready to serve.

Serving Serve in the white cups.



Vegetable & Rice Soup (ve)

Nutrient	Per 100g	Per Portion (Primary)	Per Portion (Nursery)	Units
Energy	16	35	28	kcal
Fat	0.2	0.4	0.32	g
SatFat	0	0	0	g
Carb	3.4	7.1	5.68	g
NMES	0	0	0	g
Tot Sug	1.2	2.5	2	g
Fibre	0.9	1.5	1.2	g
Prot	0.5	1	0.8	g
Iron	0.1	0.2	0.16	mg
Calc	14.8	31.1	24.88	mg
Vit A	215.1	451.7	361.36	μg
Fol	8.8	18.5	14.8	μg
Vit C	1	2.1	1.68	mg
Sodium	5.5	11.6	9.3	mg
Salt	0.0	0.0	0.0	g
Zinc	0.1	0.2	0.16	mg

Section 2

Main

		Menu Item	
MA2301	Bangers 'N' Mash (Broccoli, Carrot)	MA2316	Crispy Salmon Bites with Sweet Potato Fries (Peas, Rainbow Salad)
MA2301A	Allergy-Friendly Bangers 'N' Mash (Broccoli, Carrot)	MA2316A	Allergy-Friendly Fish Fingers with Sweet Potato Fries (Peas, Rainbow Salad)
MA2301VE	Meat-Free Bangers 'N' Mash (Broccoli, Carrot)	MA2317	Chicken Katsu Curry with Rice (Peas, Rainbow Salad)
MA2302	Creamy Pesto Bow-Tie Pasta with Garlic Bread (Broccoli, Carrot) (v)	MA2317V	Quorn Katsu Curry with Rice (Peas, Rainbow Salad) (ve)
MA2302A	Allergy-Friendly Pesto Pasta with VE Garlic Bread (Broccoli, Carrot) (ve)	MA2318	Jumbo Hot Dog (Carrot, Mexican-Style Corn Salad)
MA2303	Chicken Nuggets with Potato Wedges (Rainbow Salad, Coleslaw)	MA2318N	Nursery Only Omelette with Potato Wedges (Carrot, Mexican-Style Corn Salad) (v)
MA2303A	Allergy-Friendly Chicken Goujons with Wedges (Salad, VE Coleslaw)	MA2319	Egg Stir-Fired Noodles (Carrot, Mexican-Style Corn Salad) (v)
MA2303VE	Veg Nuggets with Wedges (Rainbow Salad, VE Coleslaw) (ve)	MA2319VE	Ogg Stir-Fried Noodles (Carrot, Mexican-Style Corn Salad) (ve)
MA2304	Margherita Pizza (Broccoli, Mexican-Style Corn Salad) (v)	MA2320	Chicken Biryani (Carrot, Mexican-Style Corn Salad)
MA2304VE	VE Margherita Pizza (Broccoli, Mexican-Style Corn Salad) (ve)	MA2320VE	Quorn Biryani (Carrot, Mexican-Style Corn Salad) (ve)
MA2305	Oriental Chow Mein (Broccoli, Mexican-Style Corn Salad) (ve)	MA2321	Vegetable Samosas with Chutney Dip (Carrot, Mexican-Style Corn Salad) (ve)
MA2306	Sloppy Joe's Tacos (Rainbow Salad, Coleslaw)	MA2322	Meatball Sub Melt (Rainbow Salad, Coleslaw)
MA2306N	Sloppy Joe's Jacket Potato (Rainbow Salad, Coleslaw) (Nursery)	MA2322A	Allergy-Friendly Meatball Sub Melt (Rainbow Salad, VE Coleslaw)
MA2306A	Allergy-Friendly Sloppy Joe's Jacket Potato (Rainbow Salad, VE Coleslaw)	MA2322N	Nursery Only Meatball in Gravy with Mashed Potato (Rainbow Salad, Coleslaw)
MA2307	Cheese Jacket Potato (Rainbow Salad, Coleslaw) (v)	MA2322NA	Allergy-Friendly Nursery Only Meatball in Gravy with Mashed Potato (Salad, VE Coleslaw)
MA2307N	Nursery Only Cheese Bread Roll (Rainbow Salad, Coleslaw) (v)	MA2323	Veg Sausage Roll with Potato Wedges (Baked Beans, Spinach Salad) (ve)
MA2307VE	VE Cheese Jacket Potato (Rainbow Salad, VE Coleslaw) (ve)	MA2323A	Allergy-Friendly Veg Sausage with Wedges (Baked Beans, Spinach Salad) (ve)
MA2308	Beans Jacket Potato (Rainbow Salad, Coleslaw) (v)	MA2324	BBQ Pepper & Beans Fajita (Baked Beans, Spinach Salad) (ve)
MA2308VE	Beans Jacket Potato (Rainbow Salad, VE Coleslaw) (ve)	MA2324A	Allergy-Friendly BBQ Pepper & Beans Fajita (Baked Beans, Spinach Salad) (ve)
MA2309	Mediterranean Fish Wrap (Sweetcorn, Spinach Salad)	MA2325	Bubble Fish 'N' Chips (Rainbow Salad, Creamy Coleslaw)
MA2309A	Allergy-Friendly Fish Wrap (Sweetcorn, Spinach Salad)	MA2325A	Allergy-Friendly Bubble Fish 'N' Chips (Rainbow Salad, VE Coleslaw)
MA2310	Fragrant Thai Green Curry with Rice (Sweetcorn, Spinach Salad) (ve)	MA2326	Spaghetti Bolognese with Garlic Bread (Broccoli, Mexican-Style Corn Salad)
MA2311	Stack Your Beef Burger with Oven Chips (Broccoli)	MA2326A	Allergy-Friendly Spaghetti Bolognese with VE Garlic Bread (Broccoli, Corn Salad)
MA2311A	Allergy-Friendly Stack Your Beef Burger with Oven Chips (Broccoli)	MA2327	Hawaiian Pizza (Broccoli, Mexican-Style Corn Salad)
MA2311VE	Stack Your Vegan Burger with Oven Chips (Broccoli) (ve)	MA2327A	Allergy-Friendly Hawaiian Pizza (Broccoli, Mexican-Style Corn Salad)
MA2312	Tuna Mayo Pasta with Garlic Bread (Broccoli)	MA2328	Cheese Sandwich (Rainbow Salad, Coleslaw) (v)
MA2312A	Allergy-Friendly Tuna Mayo Pasta with VE Garlic Bread (Broccoli)	MA2328A	Allergy-Friendly Cheese Sandwich (Rainbow Salad, VE Coleslaw) (ve)
MA2312V	Herby Tomato Pasta with Garlic Bread (Broccoli) (v)	MA2328VE	VE Cheese Sandwich (Rainbow Salad, VE Coleslaw) (ve)
MA2312VA	Allergy-Friendly Herby Tomato Pasta with VE Garlic Bread (Broccoli) (ve)	MA2329	Tuna Mayo Sandwich (Rainbow Salad, Coleslaw)
MA2313	Creamy Chicken Potato-Topped Pie (Rainbow Salad, Coleslaw)	MA2329A	Allergy-Friendly Tuna Mayo Sandwich (Rainbow Salad, VE Coleslaw)
MA2313A	Allergy-Friendly Chicken Potato-Topped Pie (Salad, VE Coleslaw)	MA2330	Turkey Sandwich (Rainbow Salad, Coleslaw)
MA2314	Gnocchi & Tomato Bake with Garlic Bread (Spinach Salad) (v)	MA2330A	Allergy-Friendly Turkey Sandwich (Rainbow Salad, VE Coleslaw)
MA2315	Zingy Chipotle Burrito (Spinach Salad) (ve)		
MA2315A	Allergy-Friendly Zingy Chipotle Burrito (Spinach Salad) (ve)		

Dietary & Lifesty



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Sausage	30198	Pork Sausage	40 pieces (2280g)	Gluten (Wheat), SO2
	133534	Knorr Veg Stock	20g	
Red Onion	1	Water	1L	
Gravy	3ORKG	Onion (McLays)	5 onions (approx. 700g)	
	114956	G/F Flour	5 tsp (12g)	
	SideCarb2301	Mashed Potato	2kg	
Sides	SideVeg2301	Carrot	1kg	
	SideVeg2302	Broccoli	1kg	

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

•	Group	Servings	Serving Instructions per child	
	Primary	20	2 Sausages + 70ml Red Onion Gravy	
1	Nursery	20	2 Sausages + 70ml Red Onion Gravy	

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

	Code	Meal Name	Do NOT use Use Alternatives Allergens
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1,1	MΔ2201Δ · · · · · · · · ·	Allergy-Eriendly Bangers (N', Mash (Carrot, Broccoli)	105864 G/E Sausage 11 105864 G/E Sausage 11 105864 G/E Sausage 11 11 11 11 11 11 11 11 11 11 11 11 11
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. 1.	NAA2201VE	Meat-Free Bangers (N' Mach (Carrot Broccoli)	30198 Pork Sausage 129633 Vegan Sausage None
100	INIMAZOUTAL	integration bangers in this in (carrotty procedur)	123033 Vegail Sausage
10.1			. 1.] . 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1

MA2301

Bangers 'N' Mash

Side Carb: Mashed Potato | Side Veg: Carrot, Broccoli

Allergens: Gluten (Wheat), SO2

Dietary Suitability: DF, EF, SF

Cooking Method:

Prep: Peel and slice red onions

- 1 Cook sausages, according to the instructions on the packaging.
- Heat a large pan/pot with vegetable oil, once hot, add sliced onion with a pinch of salt. Cook until onions are softened and caramelized. While onions are cooking, mix veg stock with water.
- Add in G/F flour, stir and evenly coat the onions. Then add in mixed veg stock, increase heat and cook until thickened to a gravy-like consistency. This 3 is your red onion gravy

Serve sausages with red onion gravy, and mashed potato, carrot and broccoli on the side. Serving

Nutritional Information for Bangers in Gravy

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 183g)	Per Portion (Nursery 183g)	Units
Energy	150.0	275	275	kcal
Fat	9.9	18.1	18.1	g
SatFat	2.0	3.6	3.6	g
Carb	8.5	15.6	15.6	g
NMES	0.0	0.0	0.0	g:g
Tot Sug	2.0	3.8	3.8	g.
Fibre	1.1	::::::::::::::::::::::::::::::::::::::	2.1	g:::::::::::
Prot	6.2	11.4	11,4	g g
in in Iron	0.9	1.6	1.6	er er er er er er er er er er er er er e
Calc	9.8	17.9	17.9	mg
Vit A	0.3	0.5	0.5	μg
Fol	1.9	3.5	3.5	μg
Vit C	0.5	0.9	0.9	mg
Sodium	276.0	505.1	505.1	mg
Salt	0.7	1.3	1.3	g
Zinc	0.8	1.5	1.5	mg

Creamy Pesto Bow-Tie Pasta (v)

Side Carb: Garlic Bread | Side Veg: Carrot, Broccoli

Dietary Suitability: EF, V

May contain: Soya



Dietary & Lifestyle Alternatives

Ingredients:

Component	Code	Ingredient	Weight	Allergens
	123386	Farfalle	1.2kg (uncooked wt.)	Gluten (Wheat)
		Pasta Water	1L	
	30RKG	Onion (McLays)	600g	
Creamy	30866	Spinach	400g	
Pesto	71776	Soft Cheese	200g	Milk
Farfalle	131779	Green Pesto	150g	
	27543	Grated Cheddar	150g	Milk
	35006	Dried Basil		
	133534	Knorr Veg Stock	20g	
	SideCarb2303	Garlic Bread	20 pieces (640g)	Gluten (Wheat), Milk May contain: Soya
Sides	SideVeg2301	Carrot	1kg	
	SideVeg2302	Broccoli	1kg	

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group Servings	Serving Instructions per Child
Primary 20	186g Creamy Pasta
Nursery 25	144g Creamy Pasta

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

Code	Meal Name	Do NOT use	Use Alternatives Allergens	
	Allergy-Friendly Pesto	123386 Farfalle	126919/124869 G/F Pasta	ŀ
NAN 2202V	Pasta with VE Garlic	71776 Soft Cheese	133532 Vegan Soft Cheese	
MA2302A	Bread (Carrot Broccoli)	27543 Grated Cheddar	122000 Vegan Grated Cheese	
	(ve)	SideCarb2303 Garlic Bread	SideCarb2303VE: VE Garlic Bread (make with McGhees G/F Roll, Flora and Garlic Powder)	ire

Creamy Pesto Bow-Tie Pasta

Side Carb: Garlic Bread | Side Veg: Carrot, Broccoli

Dietary Suitability: EF, V

May contain: Soya

Cooking Method:

Prep: Peel and slice red onions

- 1 Boil farfalle. While the farfalle is boiling, heat a large pot with oil over a medium heat, once hot, add sliced onion, cook until onion starts to soften.
- Add cooked farfalle to the pot with the onion, add in veg stock, soft cheese, dried basil, pesto, most of the grated cheese and starchy pasta water. 2 Cook until the sauce is creamy and starting to thicken.
- 3 Add in spinach and stir through until wilted, season to taste (add a splash more starchy water if the sauce looks too dry). Ready to serve.

Serving Serve the creamy pesto farfalle with grated cheese garnished on top. Serve with sides: garlic bread, carrot and broccoli.

Nutritional Information for Creamy Pesto Bow-Tie Pasta

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 186g)	Per Portion (Nursery 144g)	Units
Energy	111.0	206.0	164.8	kcal
Fat	4.0	7.5	6.0	g
SatFat	0.9	1.7	1.4	g
Carb	14.5	27.0	21.6	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.1	3.9	3.1	g
Fibre	1.7	2.4	1.9	g
Prot	4.3	8.1	6.5	g
Iron	0.7	1.3	1.0	mg
Calc	76.6	142.5	114.0	mg
Vit A	146.7	272.8	218.2	μg
Fol	18.1	33.7	27.0	μg
Vit C	1.2	2.2	1.8	mg
Sodium	119.6	222.5	178.0	mg
Salt	0.0	0.0	(1)	:::::: g :::::::
Zinc	0.4	3.6 66666666666666666666666666666666666	0.6	mg

Side Carb: Potato Wedges | Side Veg: Rainbow Salad, Coleslaw



Ingredients:

Component	Code	Ingredient Weight	Allergens
Nuggets	113982	Chicken Nuggets 2kg	Gluten (Wheat)
	SideCarb2302	Potato Wedges 2kg	
Sides	VE2301	Rainbow Salad 1kg	
	VE2303	Coleslaw 1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	4 pieces (100g) Chicken Nuggets Serve with options of condiments
. Filinally		
Nurserv	25	3 pieces (80g) Chicken Nuggets Serve with options of condiments
	[:T]:::::::::::::::::::::::::::::::::::	Serve with options of condiments

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2303A	Allergy-Friendly Chicken Goujons with Wedges	113982 Chicken Nuggets	125459 G/F Chicken Goujons	None
141725057	(Rainbow Salad, VE Coleslaw)	VE2303 Coleslaw	VE2303VE Vegan Coleslaw	
MA2303VE	Veg Nuggets with Wedges		134570 Veg Nuggets	Gluten (Wheat)
	(Rainbow Salad, VE Coleslaw) (ve)	VE2303 Coleslaw	VE2303VE Vegan Coleslaw	

Dietary Suitability: DF, SF

Cooking Method:

Follow cooking instructions on the packaging.

Serving Serve chicken nuggets with potato wedges, rainbow salad, and coleslaw on the side. Offer options of condiments.

Nutritional Information for Chicken Nuggets

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 100g)	Per Portion (Nursery 80g)	Units	
Energy	157.0	157.0	125.6	kcal	
Fat	9.7	9.7	7.8	g	
SatFat	1.0	1.0	0.8	g	
Carb	11.0	11.0	8.8	g	
NMES	0.0	0.0	0.0	g	
Tot Sug	0.5	0.5	0.4	g	
Fibre	0.7	0.5	0.4	g	
Prot	17.2	17.2	13.8	g	
lron	1.2	1.2	1.0	mg	
Calc	31.0	31.0	24.8	mg	
Vit A	0.0	0.0	0.0	μg	
Fol	22.0	22.0	17.6	μg	
Vit C	0.5	0.5	0.4	mg	
Sodium	240.0	240.0	192.0	mg	
Salt	0.6	0.6	0.5	g	
Zinc	0.7	0.7	0.6	mg	€
		68			Renfrews Council

May contain: Milk, Egg

Margherita Pizza (v)

Side Veg: Broccoli, Mexican-Style Corn Salad

Dietary Suitability: SF, V



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Pizza Base	33829	12" Pizza Base	5 bases (1.5kg)	Gluten (Wheat, Barley, Rye) May contain: Milk, Egg
	114938	Passata	500g	Gluten (Wheat, Barley, Rye) May contain: Milk, Egg 500g 10g 5g
Pizza Sauce	35006	Dried Basil	10g	
	33686	Garlic Powder	5g	
Pizza Topping	10163	Grated Mozzarella	450g	Milk
Pizza Topping	113879	Basil Leaves	30g	
	SideVeg2302	Broccoli	1kg	
Sides	VE2302	Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Ch	ild	
Primary	20	1/4 (125g) Pizza		
		1/5 (100g) Pizza		

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

Dietary & Lifestyle Alternatives

	Code	Meal Name	Do NOT use	Use Alternatives	Allergens
	ΜΔ2304VF	VE Pizza Margherita (Broccoli, Mexican-Style Corn Salad) (ve)	33829 Pizza Base	133505 10" Pizza Base	Oat, SO2
H	. 191A2304 V.L.	WE TIZZU WILL STICTLU (BLOCCOL), MEXICAL STYLE COLL SUIDLY (VC)	10163 Grated Mozzarella	135420 Vegan Mozzarella	

Serving Instruction for MA2304VE: 1/3 pizza per primary child, 1/4 pizza per nursery child



Margherita Pizza (v)

Side Veg: Broccoli, Mexican-Style Corn Salad

May contain: Milk, Egg
Dietary Suitability: SF, V

Cooking Method:

- 1 Make the sauce: mix passata, dried basil and garlic powder, season to taste.
- Heat the oven to 240C/220C fan/gas 8. Smooth sauce over bases with the back of a spoon. Scatter cheese on top. Bake in the oven for 8-10min or until crisp. Cut the pizza, ready to serve.

Serving Serve pizza with basil leaves on top, serve with broccoli and corn salad on the side.

Nutritional Information for Margherita Pizza

Please refer to 'Side Carb' and 'Side Veg' section for nutritional information for any sides in the meal

Nutrient	Per 100g	Per Portion (Primary 125g)	Per Portion (Nursery 100g)	Units
Energy	242.0	302.0	242.0	kcal
Fat	6.7	8.4	6.7	gg
SatFat	2.4	3.0	2.4	g
Carb	37.5	46.8	37.5	g
NMES	1.4	1.7	1.4	g
Tot Sug	4.6	5.8	4.6	g
Fibre	2.5	2.4	2.5	g
Prot	10.2	12.8	10.2	g
Iron	1.5	1.9	1.5	mg
Calc	178.7	223.4	178.7	mg
Vit A	118.7	148.3	118.7	μg
Fol	16.0	20.1	16.0	μg
Vit C	8.9	11.2	8.9	mg
Sodium	360.6	450.8	360.6	mg
Salt		0.0	0.0	g
Zinc	0.8		0.8	mg

Side Veg: Broccoli, Mexican-Style Corn Salad



Ingredients:

Component	Code	Ingredient	Weight	Allergens
	105854	Noodles	2kg	Gluten (Wheat)
Chow Mein	134294	Oriental Plant Based Pulled Duck	800g	Gluten (Wheat, Barley)
Cido	SideVeg2302	Broccoli	1kg	
Sides	VE2302	Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per	Child			
Primary	20	140g Chow Mein				
Nursery	25	112g Chow Mein				

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

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Dietary Suitability: DF, EF, V, VE

Cooking Method:

- 1 Place the noodles in boiling water. Remove from heat and leave to soak for 7 min. Stir frequently to separate the noodles.
- 2 Heat a large pot with vegetable oil, add in drained noodles and Oriental filling. Heat and mix well. Season to taste, ready to serve.

Serving Serve chow mein with broccoli and corn salad on the side.

Nutritional Information for Oriental Chow Mein

Nutrient	Per 100g	Per Portion (Primary 140g)	Per Portion (Nursery 112g)	Units
Energy	82.0	114.0	91.2	kcal
Fat	1.1	1.5	1.2	g
SatFat	0.1	0.1	0.1	.
Carb	13.3	18.6	14.9	g
NMES	0.0	0.0	0.0	.
Tot Sug	3.0	4.2	3.4	gg
Fibre	1.1	1.1	9.9	g:
Prot	5.1	7.1	5.7	gg
Iron	0.2	0.3	0.2	mg
Calc	3.6	5.0	4.0	mg
Vit A	0.0	0.0	0.0	μg
Fol	1.4	2.0	1.6	μg
Vit C	0.0	0.0	0.0	mg
Sodium	23.6	33.0	26.4	mg
Salt	0.0	0.0	0.0	::::::::::::::::::::::::::::::::::::::
Zinc	0.2	0.3	0.2	mg · · · · · · · ·

May contain: Gluten (Wheat)

Allergens: Milk, Egg

Side Veg: Rainbow Salad, Coleslaw



Dietary & Lifestyle Alternatives

Ingredients:

Component	Code	Ingredient	Weight	Allergens
Taco Shell	85788	Taco Shell	40 shells (860g)	May contain: Gluten (Wheat)
Cheese	27543	Grated Cheddar	200g	Milk
	SML	Mince (McLays)	1kg	
	30501	Onion	400g	
	2PRKG	Pepper (McLays)	400g	
Sloppy Filling	114938	Tomato Paste	1kg	
	33686	Garlic Powder	10g	
	113184	BBQ Sauce	100ml	
	· · · · · · · · · · · · · · · · · · ·	Water	500ml (reduce to 0)	
	VE2301	Rainbow Salad	1kg	
Sides	VE2303	Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Child	ŀ
Primary	20	2 Tacos shells + 150g Filling (75g each) + 10g Cheese on top (5g each)	
Nursery	n/a	n/a, this item is not suitable for nursery child, please see below alternative	ŀ

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2306N	Sloppy Joe's Jacket Potato (Rainbow Salad, Creamy Coleslaw) (Nursery)	85788 Taco Shell	3PB15 Baking Potato	Milk, Egg
	Allergy-Friendly Sloppy Joes Jacket Potato	85788 Taco Shell	3PB15 Baking Potato 122000 Vegan Grated	
MA2306A	(Rainbow Salad, VE Coleslaw)	27543 Grated Cheddar VE2303 Coleslaw	Cheese VE2303VE Vegan Coleslaw	None

Serving Instructions for MA2306N & MA2306A: 1 potato + 75g filling per primary and nursery child

Renfre wshire

Side Veg: Rainbow Salad, Coleslaw

Cooking Method:

- 1 Start with a cold pot/pan, add in beef and onion, cook over a medium heat, stir well. Drain out beef fat if necessary.
- 2 Add in garlic powder and pepper, stir for 2-3 min.
- 3 Add in water, tomato paste, BBQ sauce, season with salt & pepper. Stir well.
- 4 Let the mixture simmer until water evaporates to reach a very thick consistency. Ready to serve.

Serving Serve tacos filled with sloppy fillings, top with grated cheese. Serve with salad and colesiaw on the side:

Nutritional Information for Sloppy Joe's Tacos

Nutrient	Per 100g	Per Portion (Primary 200g)	Per Portion (Nursery n/a)	Units
Energy	192.0	355.0	n/a	kcal
Fat	7.4	13.7	n/a	g:
SatFat	2.2	4.0	n/a	g:
Carb	20.7	38.2	n/a	g:
NMES	0.0	0.0	n/a	::::::g:::::::::::::::::::::::::::::::
Tot Sug	5.6	10.3	n/a	g:g
Fibre	2.5	3.5	n/a	::::::::::::::::::::::::::::::::::::::
Prot	10.7	19.8	n/a	g:g
Iron	1.3	2.5	n/a	:::::::::mg
Calc	89.2	165.1	n/a	····mg·····
Vit A	98.1	181.5	n/a	μg
Fol	39,3	72.6	n/a	μg
Vit C	23.4	43.2	n/a	:::::::::mg::::::::::::
Sodium	165.6	306.3	n/a	mg
Salt	0.0	0.0	n/a	::::::g:::::::::::::::::::::::::::::::
Zinc	1.9	3.6	n/a	mg
		74		

Cheese Jacket Potato (v)

Side Veg: Rainbow Salad, Coleslaw

Dietary Suitability: GF, SF, V



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Baked Potato	3PB15	Baking Potato	20 Potatoes (2.4kg)	
with Cheese	27543	Grated Cheddar	1kg	Milk
Sidos	VE2301	Rainbow Salad	1kg	
Siues	VE2303	Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per C	Child						
Primary	20	1 Potato + 50g Cheese							
Nursery	20	1 Potato + 50g Cheese							

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

	Code	Meal Name	Do NOT use	Use Alternatives	Allergens	
	. Λ. Λ. Λ. Δ. Δ. Δ. Δ. Λ. Λ. Γ	VE Chaasa Jackat Potato (Rainhow Salad VE Colaciaw) (va)	27543 Grated Cheddar	122000 Vegan Grated Cheese	None	ŀ
:	IVIAZ3U7.V.E.	VE Cheese Jacket Potato (Rahibow Salad, VE Colesiaw) (Ve)	VE2303 Coleslaw	VE2303VE Vegan Coleslaw	None	Ŀ



Cheese Jacket Potato (v)

Side Veg: Rainbow Salad, Coleslaw

Dietary Suitability: GF, SF, V

Cooking Method:

- 1 Preheat the oven. Bake **potato** until the skin is crisp and the inside soft.
- 2 Make a cross in the center of each potato, dollop over the grated cheese. Ready to serve.

Serving Serve the baked potato with cheese on top, salad and colesiaw on the side.

Nutritional Information for Cheese Jacket Potato

Nutrient	Per 100g	Per Portion (Primary 170g)	Per Portion (Nursery 170g)	Units	
Energy	161.0	274.0	274.0	kcal	
Fat	4.6	7.8	7.8	g	
SatFat	0.9	1.6	1.6	g	
Carb	15.9	27.2	27.2	g	
NMES	0.0	0.0	0.0	g	
Tot Sug	1.0	::::::::::::::::::::::::::::::::::::::	1.7	g:::::::	
Fibre	1.3	1.7	1.7	g	
Prot	9.1	15.5	15.5	g:::::::	
Iron	0.6	1.1	1.1	mg	
Calc	225.1	382.7	382.7	mg	
Vit A	107.1	182.0	182.0	μg	
Fol	21.8	37.1	37.1	μg	
Vit C	4.3	7.2	7.2	mg	
Sodium	1.4	2. 4	2.4	mg	
Salt	0.0	0.0	0.0	g	
Zinc	1.5	2.5	2.5	mg	0
		76			Renfre

Nursery Only Cheese Bread Roll (v)

Side Veg: Rainbow Salad, Coleslaw

Dietary Suitability: V



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Cheese Bread	121701	Burger Bun	20 buns (1kg)	Gluten (Wheat), Soya May contain: Milk, Egg, Oat, Rye, Barley, Sesame
Roll	74453	Cheese Slices	20 slices (400g)	Milk
	71402	Flora	60g	
Sides	VE2301	Rainbow Salad	800g	
Sides	VE2303	Coleslaw	800g	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

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Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

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MA2307N

Nursery Only Cheese Bread Roll (v)

Side Veg: Rainbow Salad, Coleslaw

Allergens: Gluten (Wheat), Milk, Egg, Soya

May Contain: Milk, Egg, Oat, Rye, Barley, Sesame

Dietary Suitability: V

Cooking Method:

1 n/a

2

Serving n/a

Nutritional Information for Cheese Bread Roll

Nutrient	Per 100g	Per Portion (Primary n/a)	Per Portion (Nursery 73g)	Units	
Energy	270	n/a	197	kcal	
Fat	8.7	n/a	6.4	g	
SatFat	2.1	n/a	1.5	g	
Carb	30.7	n/a	22.4	gg	
NMES	0.0	n/a	0.0	g	
Tot Sug	1.9	n/a	1.4	g	
Fibre	3.5	n/a	2.6	g	
Prot	13.7	n/a	10.0	g	
Iron	1.8	n/a	1.3	mg	
Calc	340.1	n/a	248.3	mg	
Vit A	99.7	n/a	72.8	μg	
Fol	47.5	:n/a	34.7	μg	
Vit C	0.0	n/a	0.0	mg	
Sodium	266.8	n/a	194.8	mg	
Salt	0.7	n/a	0.5	g	
Zinc	2.1	n/a	1.5	mg	
		78-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1			Renfrews

Beans Jacket Potato (v)

Side Veg: Rainbow Salad, Coleslaw

Allergens: Egg.

Dietary Suitability: GF, DF, SF, V



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Baked Potato	3PB15	Baking Potato	20 Potatoes (2.4kg)	
with Beans	28758	Baked Beans	1kg	
Ġ:	VE2301	Rainbow Salad	1kg	
Sides	VE2303	Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per	Child						
Primary	20	1 Potato + 50g Beans							
Nursery	20	1 Potato + 50g Beans							

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

	Code		Meal Name				Do NOT use		Use Alternatives		Allergens	Ė
ì), /E	Reans Jacket Potate	(D.:b.:	VE Colorland (vo		VE2202 Cala		VE2202VE V	6-1-1-1	11:00:222:33:3	E
ì	IVIAZ3U	SVE	Beans Jacket Potato) (Rainbow Saiad,	ve colesiaw) (ve) : . ; . ; . ; . ; . ; . ; . ; . ; . ;	VEZ303 Coles	law	vezsusve vegar	Colesiaw	None	ŀ



Allergens: Egg.

Side Veg: Rainbow Salad, Coleslaw

Cooking Method:

- 1 Preheat the oven. Bake potato until the skin is crisp and the inside soft.
- 2 Make a cross in the center of each potato, dollop over the baked beans. Ready to serve.

Serve the **baked potato** with **beans** on top, **salad** and **coleslaw** on the side. Serving

Nutritional Information for Beans Jacket Potato

Nutrient	Per 100g	Per Portion (Primary 170g)	Per Portion (Nursery 170g)	Units	
Energy	94.0	159.0	159.0	kcal	
Fat	0.3	0.5	0.5	g:	
SatFat	0.1	0.2	0.2	g.	
Carb	20.1	34.2	34.2	g:	
NMES	0.0	0.0	0.0	g.	
Tot Sug	2.2	3.7	3. 7	g::::::::::	
Fibre	2.4	3.1	3.1	g.	
Prot	3.0	5:1:::::::::::::::::::::::::::::::::::	(1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	g::::::::::	
Iron	0.9	1.5	1.5	:::::::::mg	
Calc	21.3	36.2	36.2	mg	
Vit A	0.0	0.0	: (μg	
Fol	36.5	62.0	62.0	μg	
Vit C	4.2	7.1	7.1	:::::::::mg:::::::::	
Sodium	80.8	137.4	137.4	mg	
Salt	0.0	0.0	0.0	g	
Zinc	0.5	0.8	0.8	mg	€
		80			Renfrews Council

Mediterranean Fish Wrap

Side Veg: Sweetcorn, Spinach Salad

Allergens: Gluten (Wheat), Milk, Fish, SO2.

Dietary Suitability: EF, SF



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Wrap	4719	Tortilla Wrap	1kg	Gluten (Wheat)
Fish	54402	Fish Finger	1kg	Gluten (Wheat), Fish
	2CUCL	Cucumber (sliced)	300g	
Veg Filling	2LI	Lettuce (shredded)	300g	
	6437	Tomato (chopped)	300g	
Yoghurt	74550	Natural Yoghurt	200g	Milk
Cidos	SideVeg2305	Sweetcorn	1kg	
Sides	VE2304	Spinach Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1 Wrap + 2 Fish fingers + 45g Veg filling + 10g Natural yoghurt
Nursery	20	1 Wrap + 2 Fish fingers + 45g Veg filling + 10g Natural yoghurt

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
		4719 Tortilla Wrap	129230 G/F Wrap	
MA2309A	Allergy-Friendly Fish Wrap (Sweetcorn, Spinach Salad)	54402 Fish Finger	123824 G/F Fish Finger	Fish, SO2
		74550 Natural Yoghurt	134989 Vegan Yoghurt	



Mediterranean Fish Wrap

Side Veg: Sweetcorn, Spinach Salad

Allergens: Gluten (Wheat), Milk, Fish, SO2.

Dietary Suitability: EF, SF

Cooking Method:

Prep: slice cucumber and shred lettuce

- 1 Follow instructions on the packaging and bake **fish fingers**.
- 2 Mix sliced cucumber, shredded lettuce, chopped tomato in a large bowl. Season with salt & pepper.
- 3 Fill the tortillas with cooked fish, mixed veg, and a dollop of natural yoghurt. Ready to serve.

Serving Serve the **fish wrap** with **sweetcorn** and **spinach salad** on the side.

Nutritional Information for Mediterranean Fish Wrap

Nutrient	Per 100g	Per Portion (Primary 150g)	Per Portion (Nursery 150g)	Units
Energy	164.0	245.0	245.0	kcal
Fat	4.6	6.9	6.9	g
SatFat	1.5	2.2	2.2	::::::g:::::::
Carb	22.2	33.3	33.3	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.1	3.2	3.2	g
Fibre	1.6	1.8	1.8	g
Prot	7.5	11.2	11.2	gg
Iron	0.3	0.4	0.4	mg
Calc	45.6	68.4	68.4	mg
Vit A	7.9	11.8	11.8	μg
Fol	13.5	20.2	20.2	μg
Vit C	2.6	3.9	3.9	mg
Sodium	174.0	261.0	261.0	mg
Salt	0.0	0.0	0.0	::::::g:::::::
Zinc	0.2	0.3	0.3	mg

Fragrant Thai Green Curry (ve)

Side Carb: Rice | Side Veg: Sweetcorn, Spinach Salad

Allergens: SO2.

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



Ingredients:

Compone nt	Code	Ingredient	Weight	Allergens
	4792	Ratatouille Mix	2kg	
	33601	Chilli Powder	5g	
	33583	Ground Ginger	15g	
Green	85108	Curry Paste	200g	
Curry	133534	Knorr Veg Stock	20g	
1		Water	1.4L	
	134445	Coconut Cream	200g	
	114947	Lemon Juice	50ml	SO2
	SideCarb2304	Long Grain Rice	2.4kg (cooked weight)	
Sides	SideVeg2305	Sweetcorn	1kg	
	VE2304	Spinach Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group Servings	Serving Instructions per Child	
Primary 20	195g Thai Green Curry	
Nursery 25	170g Thai Green Curry	

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

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Fragrant Thai Green Curry (ve)

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

Allergens: SO2.

Side Carb: Rice | Side Veg: Sweetcorn, Spinach Salad

Cooking Method:

Prep: thaw retatouille

- Heat a large pan/pot with vegetable oil over a medium-high heat. Once hot, add in thawed ratatouille with a large pinch of salt, cook until veg starting 1 to soften.
- 2 Once veg had softened, add in curry paste, chilli powder, and ground ginger. Mix and cook for 2 min.
- Mix veg stock with water, coconut cream and lemon juice, then add the mixed stock to the veg. Bring to boil. Once boiling, reduce heat and let it 3 simmer until all vegetables are tender and the sauce has thickened. Ready to serve.

Serve that green curry with rice, sweetcorn, and spinach salad on the side. Serving

Nutritional Information for Fragrant Thai Green Curry

Nutrient	Per 100g	Per Portion (Primary 195g)	Per Portion (Nursery 170g)	Units
Energy	80.0	155.0	124.0	kcal
Fat	8.4	16.4	13.1	g
SatFat	2.6	5.1	4.1	::::::g::::::
Carb	16.3	31.8	25.4	g
NMES	0.0	0.0	0.0	g
Tot Sug	5.8	11.3	9.0	g
Fibre	0.0	0.0	0.0	g
Prot	1.1	2.1	1.7	g
Iron	1.4	2.7	2.2	mg
Calc	2.5	4.9	3.9	mg
Vit A	4.0	7.8	6.2	μg
Fol	12.5	24.4	19.5	μg
Vit C	9.8	19.1	15.3	mg
Sodium	80.0	156.0	124.8	mg
Salt	0.2	0.3	0.3	;;;;;;;;; g ;;;;;;;
Zinc	0.5	1.0	0.8	mg

May Contain: Milk, Egg, Oat, Rye, Barley, Sesame

Dietary Suitability: \

Stack Your Beef Burger

Side Carb: Oven Chips | Side Veg: Broccoli



Dietary & Lifestyle Alternatives

Ingredients:

Component	Code	Ingredient	Weight	Allergens
Bun	121701	Burger Bun	20 buns (1kg)	Gluten (Wheat), Soya May contain: Milk, Egg, Oat, Rye, Barley, Sesame
Beef Burger	118193	Beef Burger	20 burgers (1.7kg)	Soya, SO2
	2LI	Lettuce (McLays)	200g	
Additional Control	28797	Gherkin Slices	40 slices (300g)	
Stackings	2TKG	Tomato (McLays)	20 slices (400g)	
	74453	Cheese Slices	20 slices (400g)	Milk
	SideCarb2306	Oven Chips	2kg	
Sides	SideVeg2302	Broccoli	1kg	

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary		1 Bun + 1 Burger + 10g Lettuce + 2 Gherkin slices + 1 Tomato slice + 1 Cheese slice Serve with options of condiments
Nursery	20	1 Bun + 1 Burger + 10g Lettuce + 2 Gherkin slices + 1 Tomato slice + 1 Cheese slice Serve with options of condiments

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

Code	Meal Name	Do NOT use	Use Alternatives	Allergens	
MA2311A	Allergy-Friendly Beef Stack Burger with Chips (Broccoli)	121701 Burger Bun 74453 Cheese Slice	7204 McGhees G/F Roll 122001 VE Cheese Slice	Soya, SO2	
MA2311VE	Vegan Stack Burger with Oven Chips (Broccoli) (ve)	121701 Burger Bun 118193 Beef Buger 74453 Cheese Slice	7204 McGhees G/F Roll 134187 Vegan Burger 122001 VE Cheese Slice	Gluten (Wheat)	

Stack Your Beef Burger

Side Carb: Oven Chips | Side Veg: Broccoli

Dietary Suitability: \

Cooking Method:

Prep: wash and slice tomatoes and lettuce

1 Cook beef burgers according to cooking instructions on the packaging.

Serving

Encourage children to stack up their own burgers with the ingredients provided on the plate. Offer options of condiments. Serve with oven chips and broccoli on the side.

Nutritional Information for Beef Stack Burger

Nutrient	Per 100g	Per Portion (Primary 193g)	Per Portion (Nursery 193g)	Units	
Energy	166.0	321.0	321.0	kcal	
Fat	4.7	1	9.1	g	
SatFat	1.3	2.6	2.6	g	
Carb	14.9	28.8	28.8	g	
NMES	0.0	0.0	0.0	g	
Tot Sug	1.1	11.11.11.11.11.11.11.11.11.11.11.11.11.	2.1	g	
Fibre	1.2	1.8	1.8	g	
Prot	10.7	20.7	20.7	g	
Iron	1.9	3.7	3.7	mg	
Calc	138.4	267.1	267.1	mg	
Vit A	44.0	85.0	85.0	μg	
Fol	23.2	44.8	44.8	μg	
Vit C	2.5	4.7	4.7	mg	
Sodium	213.6	412.3	412.3	mg	
Salt	0.0	0.0	0.0	g	
Zinc	2.9	5.7	5.7	mg	
		86			Renfrey

Tuna Mayo Pasta

Side Carb: Garlic Bread | Side Veg: Broccoli





Ingredients:

Component	Code	Ingredient	Weight	Allergens
Pasta	123383	Penne Pasta	1.2kg (uncooked wt.)	Gluten (Wheat)
	6359	Tuna	1.2kg	Fish
Debte Celia	4782	Sweetcorn	1kg	
Pasta Sauce	5990	Mayo	200g	Egg
	2SYB	Spring Onion (Chopped)	100g	
Sides	SideCarb2303	Garlic Bread	20 pieces	Gluten (Wheat), Milk May contain: Soya
	SideVeg2301	Broccoli	1kg	

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Child	
Primary	20	153g Tuna Mayo Pasta	
Nursery	25	122g Tuna Mayo Pasta	1

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

126919/124869 G/F Pasta									
123383 Denne Parta									
MA2312A Allergy-Friendly Tuna Mayo Pasta 5990 Mayo 126924 Vegan Mayo		N	one) Fi	ish	n.			
with VE Garlic Bread (Broccoli) SideCarb2303 Garlic Bread McGhees G/F Roll. Flora and Garlic Powde	i Grana								



Tuna Mayo Pasta

Side Carb: Garlic Bread | Side Veg: Broccoli

May contain: Soya Dietary Suitability: \

Cooking Method:

Preps chop spring onions

- 1 Boil pasta in water, once tender, drain and set aside.
- 2 In a large pot, mix in tuna, sweetcorn, mayo and spring onion. Add drained pasta to the pot, mix well. This is your Tuna Mayo Pasta. Ready to serve.

Serving Serve the **Tuna Mayo Pasta** with **garlic bread** and **broccoli** on the side.

Nutritional Information for Tuna Mayo Pasta

Nutrient	Per 100g	Per Portion (Primary 153g)	Per Portion (Nursery 122g)	Units
Energy	115.0	177.0	141.6	kcal
Fat	2.5	3.8	3.0	g
SatFat	0.2	0.4	0.3	g:::::
Carb	16.1	24.3	19.7	gg
NMES	0.3	0.5	0.4	g:::::
Tot Sug	1.4	2. 1	1.7	g
Fibre	1.8	2.1	1.7	g
Prot	8.1	12.4	9.9	g
Iron	0.8	1.3	1.0	mg
Calc	12.8	19.5	15.6	mg
Vit A	14.1	21.5	17.2	μg
Fol	55.7	85.2	68.2	μg
Vit C	13.1	20.0	16.0	mg
Sodium	79.3	121.3	97.0	mg
Salt	0.0	0.0	0.0	g::::::
Zinc	0.6	(1.0)		mg

Herby Tomato Pasta (v)

Side Carb: Garlic Bread | Side Veg: Broccoli



Dietary & Lifestyle Alternatives

Ingredients:

Component	Code	Ingredient	Weight	Allergens
Pasta	123383	Penne Pasta	1.2kg	Gluten (Wheat)
	6437	Canned Chopped Tomato	2kg	
	30501	Diced Onion	250g	
	2PRKG	Pepper (McLays)	250g	
Pasta Sauce	33686	Garlic Powder	5g	
	35006	Dried Basil	3g	
	33592	Dried Oregano	3g	
	33591	Dried Parsley	3g	
Sides	SideCarb2303	Garlic Bread	20 pieces	Gluten (Wheat), Milk May contain: Soya
	SideVeg2301	Broccoli	1kg	

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Child										
Primary	20	186g Herby Tomato Pasta										ŀ
Nursery	25	148g Herby Tomato Pasta							Ţ			

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

Code	Meal Name	Do NOT use	Use Alternatives Allergens
	Allergy Friendly Herby Tomato Pacta	172282 Danna Dasta	126919/124869 G/F Pasta
MA2312VA	with VE Garlic Bread (Broccoli) (ve)	SideCarb2303 Garlic Bread	SideCarb2303VE: VE Garlic Bread (make with McGhees None
			G/F Roll, Flora and Garlic Powder)

Herby Tomato Pasta (v)

Dietary Suitability: EF, V

May contain: Soya

Side Carb: Garlic Bread | Side Veg: Broccoli

Cooking Method:

Prep: Chop pepper

- 1 Boil pasta in water, once tender, drain and set aside.
- Heat a large pot with oil over a medium heat, once hot, add in chopped onion, chopped pepper, and garlic powder. Stir and cook for 3-4min or until 2 veg has softened. Add in canned tomato, bring to simmer. Simmer until slightly thickened. Stir in dried basil, oregano. This is your pasta sauce.
- 3 Add pasta to the pasta sauce, season to taste, top with dried parsley. Ready to serve.

Serve the Herby Tomato Pasta with garlic bread and broccoli on the side. Serving

Nutritional Information for Herby Tomato Pasta

Nutrient	Per 100g	Per Portion (Primary 186g)	Per Portion (Nursery 148g)	Units
Energy	73.0	135.0	108.0	kcal
Fat	0.7	1.3	1.0	g
SatFat	0.1	0.1	0.1	::::::g:::::::::::::::::::::::::::::::
Carb	14.7	27.4	21.9	g
NMES	0.0	0.0	: (::::::g:::::::::::::::::::::::::::::::
Tot Sug	2.7	::::::::::::::::::::::::::::::::::::::	4.0	····g
Fibre	1.5	2.1	1.7	:::::g::::::::::::
Prot	2.5	(1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.	3.8 (1) (1) (1) (1) (1)	····g
Iron	0.7	1.4	1.1	mg
Calc	17.0	31.6	25.3	mg
Vit A	187.5	348.8	279.0	μg
Fol	11.2	20.9	16.7	μg
Vit C	12.2	22.7	18.2	mg
Sodium	18.0	33.6	26.9	mg
Salt	0.0	0.0	0.0	g
Zinc	0.3	0.5	0.4	mg

Dietary Suitability: GF, SF

Side Veg: Rainbow Salad, Creamy Coleslaw



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Potato Top	350009	Mashed Potato	1.6kg	
	6615	Cooked Chicken Strips	1.6kg	
	3326	Diced Carrot	800g	
	30501	Diced Onion	800g	
Creamy	71776	Soft Cheese	250g	Milk
Chicken	133534	Knorr Veg Stock	20g	
		Water (Stock)	11.	
	33686	Garlic Powder	5g	
	114956	G/F Flour	5 tbsp (38g)	
	VE2301	Rainbow Salad	1kg	
	VE2303	Creamy Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

÷																
1	Group	Convinge	Sarving Instructions per Child													Mr.
Н	Group	Servings	Serving Instructions per Child													11:
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Н	Drimary	20	295g Chicken Potato-Topped	Dio	-1-1-1	-1-1	1111	-1-1-	1414	1414	1414	1414	100	100	1919	HE
Н	i i ii ii ii ii ii y	· . 4 · . · . · . · . · . · . · . · . ·	2338 Ciliciter Fotato Topped	i ic.	1,1,1	1212	1.1.1.	12121	25.25	200	200	11.1	11.1	17.7	11.1	21/2
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d	Nursery	125	240g Chicken Potato-Topped	Pie .	11111	1010	1.1.1.	12121	2000	200	2000	27.27	17.7	17.7	1717	21/2
-1	itaisci.y	. 23	2708 Chicken Lotato Toppea	ı i.c.	1000	100	100	100	100	100	100	100	100	100	100	11.0

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

	Code	Meal Name	Do NOT use	Use Alternatives	Allergens	
į	ΜΑ2213Δ	Allergy-Friendly Chicken Potato-Topped Pie	71776 Soft Cheese	133532 Vegan Soft Cheese	None	1
ł	IVIAZ313A	(Rainbow Salad, VE Coleslaw)	VE2303 Creamy Coleslaw	VE2303VE VE Coleslaw	None	1



Creamy Chicken Potato-Topped Pie

Side Veg: Rainbow Salad, Creamy Coleslaw

Allergens: Milk, Egg

Dietary Suitability: GF, SF

Cooking Method:

Prep: pull the chicken if necessary

- 1 Preheat oven, cook potato according to instructions on the packaging. Once cooked, mash with a pinch of salt and pepper.
- Heat a large pot with oil over a medium heat, once hot, add chopped onion, carrot and season with a pinch of salt, cook for 5 min or until starting to soften. 2 Add in garlic powder and G/F flour, stir and cook for 30s.
- Stir in veg stock, water, and soft cheese, bring to boil over a high heat, cook until thickened. Add in chicken and a grind of black pepper. This is your Creamy 3 Chicken.
- 4 Transfer the Creamy Chicken to an oven dish, top with potato mash, put the dish in the oven until bubbling and golden. Ready to serve.

Serving Serve the Creamy Chicken Potato-Topped Pie with Rainbow Salad and Coleslaw on the side.

Nutritional Information for Creamy Chicken Potato-Topped Pie

Nutrient	Per 100g	Per Portion (Primary 295g)	Per Portion (Nursery 240g)	Units	
Energy	68.0	202.0	161.6	kcal	
Fat	0.8	2.4	1.9	g	
SatFat	0.3	0.9	0.7	g	
Carb	7.5	22.2	17.8	g	
NMES	0.0	0.0	0.0	g	
Tot Sug	1.8	5.3	4.2	gg	
Fibre	1.2	2.7	2.2	g	
Prot	7.8	23.1	18.5	::::::::::::::::::::::::::::::::::::::	
Iron	0.5	14.5	1.2	mg	
Calc	18.3	54.2	43,4	::::::::mg:::::::	
Vit A	162.4	480.7	384.6	μg	
Fol	11.5	34.0	27.2	μg	
Vit C	1.6	4.7	3.8	mg	
Sodium	40.4	119.6	95.7	mg	
Salt	0.0	0.0	0.0	gg	
Zinc	0.7	2.1	1.7	mg	Renfre

Gnocchi & Tomato Bake (v)

Side Carb: Garlic Bread | Side Veg: Spinach Salad

Dietary Suitability: EF, V

May contain: Soya



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Gnocchi	71063	Gnocchi	1kg	Gluten (Wheat)
	30501	Diced Onion	500g	
	2PRKG	Pepper (McLays)	500g	
Tomato	6437	Chopped Tinned Tomato	2kg	
Sauce	33686	Garlic Powder	5g	
	10163	Grated Mozzarella	200g	Milk
	35006	Dried Basil	5g	
Sides	SideCarb2303	Garlic Bread	20 pieces	Gluten (Wheat), Milk May contain: Soya
	VE2304	Spinach Salad	1 kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal.

Servings & Portions:

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4	Group	Servings	Serving Instructions per Child													
f				1111							100				111	7
1	Primary	: 20 : : : : : : : : : : : : : : : : : :	210g Gnocchi & Tomato Bake			400	454	1414	44	-1-1-	Н	-1-15	44	0.0	1818	H
ł											+					÷.
1	Nursery	1. 25 .1.1.1.1.1.1.1.1.1.1.1.	170g Gnocchi & Tomato Bake	ararar.	. 1.1.1	1111	. 1.11.	12.2	. 1 1	. 1.11.	11.1	2020	. 1. 1	. t. t.	1.1.	
1			2706 Chioconi di Farnaco Bana			1000			1000		100	. 1 1	. 1 1	. 1. 1.	100	10.10

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

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Gnocchi & Tomato Bake (v)

Side Carb: Garlic Bread | Side Veg: Spinach Salad

Dietary Suitability: EF, V

May contain: Soya

Cooking Method:

Prep: Chop the pepper

- Heat a large pot with oil over a medium heat, once hot, add in **diced onion** and **pepper**, cook until veg start to soften.
- 2 Stir in **garlic powder**, **chopped tomato** and **gnocchi**, bring to simmer and bubble for 10-15min, stir occasionally, until the gnocchi is soft and the sauce has thickened.
- 3 Stir in dried basil, season to taste, transfer to oven dish, scatter grated mozzarella, and put in the oven until the bubbling and golden. Ready to serve.

Serving Serve the **Gnocchi & Tomato Bake** with **Garlic Bread** and **Spinach Salad** on the side.

Nutritional Information for

Nutrient	Per 100g	Per Portion (Primary 210g)	Per Portion (Nursery 170g)	Units
Energy	74.0	157.0	125.6	kcal
Fat	1.8	3.8 (1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	3.0	g
SatFat	0.7	1.5	1.2	g
Carb	11.5	24.3	19.4	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.8	5.9	4.7	g
Fibre	1.2	1.9	1.5	.g
Prot	2.9	6.1	4,9	g
Iron	0.7	1.5	1.2	mg
Calc	51.7	109.1	87.3	mg
Vit A	184.0	388.2	310.6	μg
Fol	11.0	23.2	18.6	μg
Vit C	16.3	34.4	27.5	mg
Sodium	112.9	238.2	190.6	mg
Salt	0.0	(1)	0.0	g
Zinc	0.2	0.4	0.3	mg

Side Veg: Spinach Salad



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Wrap	4719	Tortilla Wraps	20 Wraps (1240g)	Gluten (Wheat)
	132681	Chipotle Paste	20g	
Chipotle	6437	Chopped Tinned Tomato	1.4kg	
Filling	118225	Black Beans	1.5kg	
	33597	Coriander		
	533	Rice	600g	
Burrito Rice		Water	1.2L	
	30501	Chopped Onion	200g	
Sides	VE2304	Spinach Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group Servings	Serving Instructions per Child
Primary 20	1 Wrap + 150g Chipotle Filling + 100g Burrito Rice
Nursery 25	1 Wrap + 120g Chipotle Filling + 80g Burrito Rice

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

	Code	Meal Name	Do NOT use	Use Alternatives Allergens	
1					1.
	MA2315A	Allergy-Friendly Zingy Chipotle Burrito (Spinach Salad) (ve)	4719 Tortilla Wraps	129230 G/F Wrap SO2	ľ
٠.					1.



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

Side Veg: Spinach Salad

Cooking Method:

Prep: None

- Heat a large pot with oil over a medium heat, once hot, add in chopped tomato and chipotle paste, stir and bring to simmer. Simmer until thickened. 1 Once thickened, add in black beans and coriander. Mix well, season to taste. This is your Chipotle Filling.
- 2 In another pot, add in rice, chopped onion and water, cook until tender. This is your Burrito Rice. Ready to serve.

Serving Wrap the Chipotle Filling and Burrito Rice in the tortilla wrap and serve with Spinach Salad on the side.

Nutritional Information for Zingy Chipotle Burrito

Nutrient	Per 100g	Per Portion (Primary 278g)	Per Portion (Nursery 220g)	Units
Energy	116.0	322.0	257.6	kcal
Fat	1.6	(4.4 (4.4 (4.4 (4.4 (4.4 (4.4 (4.4 (4.4	3.5	g
SatFat	0.5	1.4	1.1	g
Carb	20.0	55.6	44.5	g
NMES	0.0	0.0	0.0	g
Tot Sug	1.5	4.2	3.4	\mathbf{g}
Fibre	2.4	5.0	4.0	g
Prot	4.3	12.0	9.6	\mathbf{g}
Iron	1.5	4.2	3.4	mg
Calc	46.2	128.4	102.7	mg
Vit A	84.3	234.4	187.5	μg
Fol-	60.7	168.7	135.0	μg
Vit C	2.9	8.1	6.5:	mg
Sodium	21.2	58.9		mg
Salt	0.0	0.0	0.0	g
Zinc	0.5	1.4	1.1	mg
	+1	- []]]]]]]]]]]]]		-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-

Side Carb: Baked Sweet Potato Fries | Side Veg: Peas, Rainbow Salad



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Salmon	134779	Salmon Nuggets	2kg	Gluten (Wheat), Fish
	SideCarb2305	Baked Sweet Potato Fries	2kg	
Sides	SideVeg2303	Peas	1kg	
	VE2301	Rainbow Salad	1kg	

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	100g (5 pieces) Salmon Bites Serve with options of condiments
Nursery	25	80g (4 pieces) Salmon Bites Serve with options of condiments

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
	Allergy-Friendly Salmon Fish Fingers with Baked Sweet Potato Fires			
MA2316A	(Peas, Rainbow Salad)	134779 Salmon Nuggets	123822 G/F Fish Finger	Fish
 				7. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1.

Serving Instruction for MA2316A: 3 Fish Finger per primary child; 2 Fish Fingers per nursery child.



Crispy Salmon Bites

Side Carb: Baked Sweet Potato Fries | Side Veg: Peas, Rainbow Salad

Allergens: Gluten (Wheat), Fish

Dietary Suitability: DF, EF, SF

Cooking Method:

Prep: None

Oven bake: Place on a baking tray in a pre-heated oven at 200°c / Gas mark 6 for approximately 12 - 15 minutes. This is a raw product and must be 1 cooked to a minimum temperature of 75°c for 30 seconds or equivalent.

Serve Salmon Bites with options of condiments, serve with Baked Sweet Potato Fries, Peas, and Rainbow Salad on the side. Serving

Nutritional Information for Crispy Salmon Bites

Nutrient	Per 100g	Per Portion (Primary 100g)	Per Portion (Nursery 80g)	Units	
Energy	200.0	200.0	160.0	kcal	
Fat	12.5	12.5	10.0	g:	
SatFat	2.3	2.3	1.8	g	
Carb	21.2	21.2	17.0	g	
NMES	0.0		0.0	g	
Tot Sug	0.8	19.50	0.6	g:	
Fibre	1.5		0.9	g:	
Prot	10.4	10.4	::::::::::::::::::::::::::::::::::::::	g:	
Iron	1.2	1.2	1.0	mg	
Calc	8.0	1919 1919 1919 1919 1919 1919 1919 1919 1919 1919 1919 1919 1919 1919 1919 1919	6.4	mg	
Vit A	0.0	0.0	0.0	μg	
Fol	11.0	11.0	8.8	μg	
Vit C	0.0	0.0	0.0	mg	
Sodium	40.0	40.0	32.0:	mg	
Salt	0.0	0.0	0.0	g	
Zinc	0.5	0.5	0.4	mg	
		98.			Renfrew

MA2317

Chicken Katsu Curry

Side Carb: Rice | Side Veg: Peas, Rainbow Salad

Allergens: Soya, Mustard

Dietary Suitability: GF, DF, EF



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Chicken	125459	G/F Chicken Goujons	2kg	
	3326	Diced Carrot	200g	
	30501	Diced Onion	200g	
	33583	Ground Ginger	10g	
Vatar Criss	114956	G/F Flour	5 tbsp (38g)	
Katsu Curry	33599	Curry Powder	5 tbsp (38g)	Mustard
	124867	G/F Soy Sauce	40ml	Soya
	134860	Mango Chutney	100g	
	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Water	1.5L	
	SideCarb2304	Long Grain Rice	2.4kg (cooked wt)	
Sides	SideVeg2303	Peas	1kg	
	VE2301	Rainbow Salad	1kg	

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Child	
Primary	20	100g (3 pieces) Chicken Goujons + 90g Katsu Curry	
Nursery	25	80g (2 pieces) Chicken Goujons + 70g Katsu Curry	

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

	С	od	e						Me	al	Na	m	e											D	0 [VC	T	us	e									U	se	Alt	ter	na	itiv	es/										ΑII	erg	gei	ns					ŀ
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Dietary Suitability: GF, DF, EF

Side Carb: Rice | Side Veg: Peas, Rainbow Salad

Cooking Method:

Prep: None

- 1 Cook **chicken** according to instructions on the packaging. Cook **rice** until tender.
- Heat a large pot with oil over a medium heat, once hot, add in onion, carrot and ground ginger. Cook until veg start to soften. Add in curry powder and 2 G/F flour, stir and coat vegetables evenly. Add in water, bring to boil over a high heat, once boiling, reduce to low heat. Add in G/F soy sauce and mango chutney, stir and cook until reduced and thickened to a curry-like consistency. Season to taste. This is your Katsu Curry Sauce. Ready to serve.

Serving Serve the chicken with curry sauce. Serve with rice, peas and rainbow salad on the side.

Nutritional Information for Chicken Katsu Curry

Nutrient	Per 100g	Per Portion (Primary 184g)	Per Portion (Nursery 144g)	Units
Energy	128.0	236.0	188.8	kcal
Fat	5.7	10.5	8.4	gg
SatFat	0.6	1.1	0.9	g
Carb	9.7	17.9	14.3	g
NMES	0.9	1.6	1.3	g:
Tot Sug	2.2	4.0	3.2	g:::::::::::::::::::::::::::::::::::::
Fibre	0.9	1.3	1.0	g:
Prot	9.7	17.9	14.3	g::::::::
Iron	1.2	2.3	1.8	mg
Calc	33,4	61.4	49.1	mg
Vit A	58.8	108.3	86.6	μg
Fol	19,9	16.66.66.66.66.66.66.36.5	29.2	μg
Vit C	0.6	1.0	0.8	mg
Sodium	113.7	209.2	167.4	mg
Salt	0.0	0.0	0.0	g
Zinc	0.4	0.7	0.6	mg
		100		

MA2317V

Quorn Katsu Curry (ve)

Side Carb: Rice | Side Veg: Peas, Rainbow Salad

Allergens: Gluten (Wheat), Soya, Mustard

Dietary Suitability: GF, DF, EF



Ingredients:

DF, EF, V, VE

Component	Code	Ingredient	Weight	Allergens
Chicken	135198	Quorn Dippers	2kg	Gluten (Wheat)
	3326	Diced Carrot	200g	
	30501	Diced Onion	200g	
	33583	Ground Ginger	10g	
Voto: Ciren	114956	G/F Flour	5 tbsp (38g)	
Katsu Curry	33599	Curry Powder	5 tbsp (38g)	Mustard
	124867	G/F Soy Sauce	40ml	Soya
	134860	Mango Chutney	100g	
		Water	1.5L	
	SideCarb2304	Long Grain Rice	2.4kg (cooked wt)	
Sides	SideVeg2303	Peas	1kg	
	VE2301	Rainbow Salad	1kg	

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Child	
Primary	20:	100g (4 pieces) Quorn Dippers + 90g Katsu Curry	
Nursery	25	75g (3 pieces) Quorn Dippers + 70g Katsu Curry	

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

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Quorn Katsu Curry

Side Carb: Rice | Side Veg: Peas, Rainbow Salad

Allergens: Gluten (Wheat), Soya, Mustard

Dietary Suitability: GF, DF, EF

DF, EF, V, VE

Cooking Method:

Prep: None

- 1 Cook quorn pieces according to instructions on the packaging. Cook rice until tender.
- Heat a large pot with oil over a medium heat, once hot, add in onion, carrot and ground ginger. Cook until veg start to soften. Add in curry powder and G/F flour, stir and coat vegetables evenly. Add in water, bring to boil over a high heat, once boiling, reduce to low heat. Add in G/F soy sauce and mango chutney, stir and cook until reduced and thickened to a curry-like consistency. Season to taste. This is your Katsu Curry Sauce. Ready to serve.

Serving Serve the **quorn** with **curry sauce**. Serve with **rice**, **peas** and **rainbow salad** on the side.

Nutritional Information for Quorn Katsu Curry

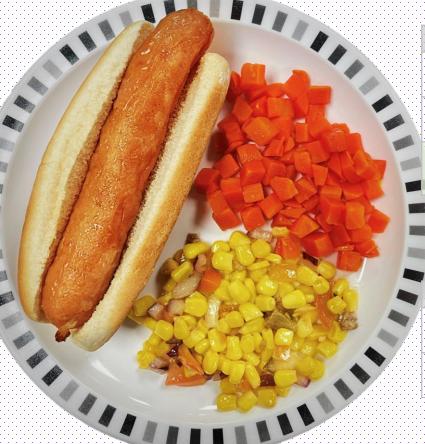
Nutrient	Per 100g	Per Portion (Primary 184g)	Per Portion (Nursery 144g)	Units
Energy	120.0	220.0	176.0	kcal
Fat	5.7	10.5	8.4	g
SatFat	0.6		:	g
Carb	9.1	16.7	13.4	g
NMES	0.6	: (1. 1 .1)	0.9	g:
Tot Sug	2.0	3.7	3.0 (1) (1) (1) (1) (1)	g
Fibre	3.9	::::::::::::::::::::::::::::::::::::::	4.2	ġ
Prot	6.7	12.3	9.8 (1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	g:::::::::
Iron	0.8	: (1.5)	1.2	mg
Calc	12.2	22.4	17.9	mg
Vit A	58.8	108.2	86.6	μg
Fol	5.7	10.5	8.4 (1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	μg
Vit C	0.3	0.6	0.5	mg
Sodium	244.3	449.5	359.6	mg
Salt	0.0	0.0	0.0	g:
Zinc	0.1	0.2	0.2	mg

May contain: Sesame

Dietary Suitability: DF, EF, SF

Jumbo Hot Dog

Side Veg: Carrot, Mexican-Style Corn Salad



Ingredients:

Component	Code	Ingredient	Weight	Allergens
		Jumbo Hot Dog Sausage (McLays)	20 pieces (2kg)	Gluten (Wheat)
	31298	Hot Dog Roll	20 rolls (1kg)	Gluten (Wheat) May contain: Sesame
Sides	SideVeg2301	Carrot	1kg	
Jiues	VE2302	Mexican-Style Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group Servings	Serving Instructions per Child
Group Scrvings	Scring made decions per crima
	1 Jumbo Hot Dog Sausage + 1 Hot Dog Roll
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.	I Serve with antions at condiments
	Serve with options of condiments
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i nurservi i n/a	This item is not suitable for nursery child, please see alternative MA2318N
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Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

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Jumbo Hot Dog

Side Veg: Carrot, Mexican-Style Corn Salad

Dietary Suitability: DF, EF, SF

May contain: Sesame

Cooking Method:

Prep: Thaw hot dog rolls

1 Cook **hot dog sausag**e according to instructions on the packaging.

Serving Serve hat dog sausage in a hot dog roll, with carrot and Mexican-Style corn salad on the side. Offer options of condiments.

Nutritional Information for Jumbo Hot Dog

Nutrient	Per 100g	Per Portion (Primary 150g)	Per Portion (Nursery n/a)	Units	
Energy	232.0	348.0	n/a	kcal	
Fat	17.0	25.5	n/a	g	
SatFat	3.8	5.7	n/a	g	Ī
Carb	20.5	30.8	n/a	g	
NMES	0.0	0.0	n/a	g	j
Tot Sug	1.5	2.2	n/a	g	
Fibre	1.9	2.1	n/a	g	à
Prot	10.5	15.8	n/a	gg	
Iron	1.9	2.8	n/a	mg	Ä
Calc	114.0	171.0	n/a	mg	
Vit A	0.0	0.0	n/a	μg	á
Fol	85.0	127.5	n/a	μg	
Vit C	0.4	0.6	n/a	mg	Ì
Sodium	133.3	200.0	n/a	mg	
Salt	0.0	0.0	n/a	g	Ė
Zinc	0.9	1.4	n/a	mg	
		104			Ī

MA2318N

Nursery Only Omelette (v)

Side Veg: Carrot, Mexican-Style Corn Salad

Allergens: Milk, Egg, SO2

Dietary Suitability: GF, SF, V



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Omelettes	3135	Omelette	20 pieces (2 kg)	Milk, Egg
	SideCarb2302	Potato Wedges	1.6kg	
Sides	SideVeg2301	Carrot	800g	
	VE2302	Mexican-Style Corn Salad	800g	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings Serving Instructions per Child	
Primary	n/a n/a, this item is for nursery only	
Nursery	20 Serve with options of condiments	

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

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MA2318N

Nursery Only Omelette (v)

Side Veg: Carrot, Mexican-Style Corn Salad

Allergens: Milk, Egg, SO2

Dietary Suitability: GF, SF, V

Cooking Method:

Prep: None

1 Cook **omelette** according to instructions on the packaging.

Serving Serve Omelette with Carrot and Corn Salad on the side. Offer options of condiments.

Nutritional Information for Omelette

Nutrient	Per 100g	Per Portion (Primary n/a)	Per Portion (Nursery 100g)	Units	
Energy	150.0	n/a	150.0	kcal	
Fat	11.5	n/a	11.5	g	
SatFat	3.1	n/a	3.1	g	
Carb	2.8	n/a	2.8	g	
NMES	0.0	n/a	0.0	g	
Tot Sug	1.5	n/a	1.5	g	
Fibre	1.2	n/a	1.2	g	
Prot	8.9	n/a	8.9	g	
Iron	1.0	n/a	1.0	mg	
Calc	51.0	n/a	51.0	mg	
Vit A	150.0	n/a	150.0	μg	
Fol	15.0	n/a	15.0	μg	
Vit C	0.0	n/a	0.0	mg	
Sodium	106.0	n/a	106.0	mg	
Salt	0.3	n/a	0.3	g	
Zinc	0.8	1.4	0.8	mg	Renfrewshire Council
		106			Council

Side Veg: Carrot, Mexican-Style Corn Salad



Ingredients:

Component	Code	Ingredient	Weight	Allergens
	128315	Rice Noodles	1.6kg (cooked wt)	
	30501	Diced Onion	500g	
Egg Stir	30866	Spinach	200g	
Fired Rice Noodles	33686	Garlic Powder	5g	
	124867	G/F Soy Sauce	40ml	Soya
	3140	Liquid Egg	400g	Egg
C: doo	SideVeg2301	Carrot	1kg	
Sides	VE2302	Mexican-Style Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal.

Servings & Portions:

Group Servings	s Serving I	Instructions per Child						
Primary 20	152g Egg	g Stir-Fired Rice Nood	les					I
Nursery 25	120g Egg	g Stir-Fried Rice Nood	les					ŀ

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

:	Code	Meal Name	Do NOT use	Use Alternatives	Allergens	E
:	MΔ2319VF	Ogg Stir-Fried Rice Noodles (Carrot, Mexican-Style Corn Salad) (ve)	3140 Liquid Faa	184496 Liquid Ogg	Sova. SO2	
1	. IVIAZOTO V.E	obs still trick like thouses teation, wextern style com saidy (ve)	. STTO LINGIU LES	TOTTO LIQUID OBS	30,44, 302	ļ.,



Egg Stir-Fried Rice Noodles (v)

Side Veg: Carrot, Mexican-Style Corn Salad

Allergens: Egg, Soya, SO2

Dietary Suitability: GF, DF, V

Cooking Method:

Prep: None

- 1 Soak **rice noodles** in hot water for 12-15min or until soft, once soft, drain and set aside.
- Heat a large pot with oil over a medium heat, once hot, add in onion, spinach, garlic powder, and season with a pinch of salt. Add in soy sauce, stir and cook until veg are softened. This is your Vegetable Stir Fry
- Heat another pot with oil, once hot, add in liquid egg, scramble and season with salt and pepper, once scrambled, add in drained noodles and vegetable stir fry, mix everything together. This is your Egg Stir-Fried Rice Noodles. Ready to serve.

Serving Serve Egg Stir-Fried Rice Noodles with carrot and Mexican-style corn salad on the side.

Nutritional Information for Egg Stir-Fried Rice Noodles

Nutrient	Per 100g	Per Portion (Primary 152g)	Per Portion (Nursery 120g)	Units
Energy	87.0	132.0	105.6	kcal
Fat	2.5	3.8	3.0	g
SatFat	0.5	0.8	0.6	g
Carb	45.8	69.6	55.7	g
NMES	0.0	0.0	0.0	g
Tot Sug	1.5	2. 3		gg
Fibre	1.3	1.5	1.2	g: · · · · · · · · · · · · · · · · · · ·
Prot	3.8		4.6	g
Iron	0.7	: (1.1)	0.9	mg
Calc	50.4	76.6	61.3	mg
Vit A	200.3	304.5	243.6	μg
Fol	15.6	23.7	19.0	μg
Vit C	1.5	2.3	1.8	mg
Sodium	83.4	126.8	101.4	mg
Salt	0.0	0.0	0.0	g
Zinc	0.5	0.8	0.6	mg
		108		R

Allergens: SO2



Ingredients:

Component	Code	Ingredient	Weight	Allergens
	533	Rice	1.2kg	
	6615	Chicken Strips	1.2kg	
	30501	Diced Onion	500g	
Chicken	114938	Tomato Paste	80g	
Biryani	35002	Garam Masala	30g	
	85702	Sultanas	100g	
	133534	Knorr Veg Stock	20g	
		Water	2L	
C: Jan	SideVeg2301	Carrot	1kg	
Sides	VE2302	Mexican-Style Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal.

Servings & Portions:

- 1	 	Serving Instructions p	 	 	 	 	 	 -
÷		207g Chicken Biryani	 	 1111	 		 100	
1.1	 	165g Chicken Biryani	 	 	 	 	 	 71.

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

	Code	Meal Name	Do NOT use	Use Alternatives	Allergens
	MA2320VF	Ouarn Biryani (Carrot Mayican Style Corn Salad) (vo)	661E Chickon String	12/705/126001 Quorn Diaces	Cluton (Wheat Parley) 503
ы	IVIAZ3ZUVE	Quorn Biryani (Carrot, Mexican-Style Corn Salad) (ve)	6615 Chicken Strips	134705/136991 Quorn Pieces	Gluten (Wheat, Barley), SO2



Allergens: None

Side Veg: Carrot, Mexican-Style Corn Salad

Dietary Suitability: GF, DF, EF, SF

Cooking Method:

Prep: None

- Heat a large pot with oil over a medium heat, once hot, add in chopped onion, garam masala and a pinch of salt & pepper. Cook until onion starts to 1 soften.
- Add in chicken, stir and cook for 4 min, add in Knorr veg stock and tomato paste, stir and cook for 2 min. 2
- Add in rice and cold water, bring to boil over a high heat, once boiling, reduce to low heat and cook until water has been fully absorbed by rice. Add in 3 sultanas half way through. Fluff up the rice and season to taste. This is your chicken biryani. Ready to serve.

Serving Serve chicken biryani with Carrot and Corn Salad on the side.

Nutritional Information for Chicken Biryani

Nutrient	Per 100g	Per Portion (Primary 207g)	Per Portion (Nursery 165g)	Units
Energy	88.0	183.0	146.4	kcal
Fat	1.3	2.7	2.2	g
SatFat	0.1	0.2	0.2	g
Carb	11.7	24.2	19.4	g
NMES	0.0	0.0	0.0	g
Tot Sug	3.1	6.4	5.1	gg
Fibre	0.8	1.2	1.0	g: · · · · · · · · · · · · · · · · · · ·
Prot	8.4	17.3	13.8	gg
Iron	0.7	1.4	1.1	mg
Calc	22.8	47.2	37.8	mg
Vit A	6.4	13.3	10.6	μg
Fol	3.7		6.2	μg
Vit C	1.2	2.5	2.0	mg
Sodium	54.3	1112.4	89.9	mg
Salt	0.0	0.0	0.0	giiiiiiiiiiiiiii
Zinc	0.8	1.7	1.4	mg
		110		

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

Side Veg: Carrot, Mexican-Style Corn Salad



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Samosa	136425	Vegetable Samosa	40 pieces (2800g)	Gluten (Wheat)
Chutney Dip	134860	Mango Chutney	600g	
C: Jac	SideVeg2301	Carrot	1kg	
Sides	VE2302	Mexican-Style Corn Salad	1kg	SO2

lease refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Child	1				
Primary	20	2 Samosas + 30g Chutney Dip)				
Nursery	20	2 Samosas + 30g Chutney Dip)				

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

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Vegetable Samosas with Chutney Dip (ve)

Allergens: Gluten (Wheat)

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

Cooking Method:

Side Veg: Carrot, Mexican-Style Corn Salad

Prep: None

Oven Bake Vegetable Samosas: Preheat oven to 190°C. Place on a baking tray and cook for approximately 24 minutes. For fan assisted ovens, cooking time or temperature should be reduced. For best results refer to manufacturer's handbook.

Serving Serve vegetable samosas with chutney dip, serve with carrot and corn salad on the side

Nutritional Information for Vegetable Samosas with Chutney Dip

Nutrient	Per 100g	Per Portion (Primary 170g)	Per Portion (Nursery 170g)	Units	
Energy	196.0	333.0	333.0	kcal	
Fat	8.4	14.4	14.4	g	
SatFat	0.6	1.0	1.0	g	
Carb	26.4	44.8	44.8	g	
NMES	3.9	6.6	6.6	g	
Tot Sug	10.5	17.8	17.8	g	
Fibre	2.3	2.9	2.9	g	
Prot	2.5	::::::::::::::::::::::::::::::::::::::	4.3	g	
Iron	1.0	1.7	1.7	mg	
Calc	19.8	33.6	33.6	mg	
Vit A	0.0	0.0	0.0	μg	
Fol	0.0	0.0	0.0	μg	
Vit C	0.0	0.0	0.0	mg	
Sodium	237.6	404.0	404.0	mg	
Salt	0.0	0.0	0.0	g	
Zinc	0.0	0.0	0.0	mg	
		112			Renfrey

Meatball Sub Melt

Side Veg: Rainbow Salad, Creamy Coleslaw

May contain: Sesame

Dietary Suitability: \



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Baguette	32378	Panini Baguettes		Gluten (Wheat) May contain: Sesame
	117653	Pork Meatballs	80 balls (1.6kg)	Soya, SO2
Meatball in	6437	Chopped Tinned Tomato	1.2kg	
sauce	33590	Mix Herb	5g	
	10163	Grated Mozzarella	200g	Milk
C: -1	VE2301	Rainbow Salad	1kg	
Sides	VE2303	Creamy Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	1/2 Baguette + 4 Meatballs in sauce + 10g Mozzarella
Nursery		n/a, this item is not suitable for nursery child, please see
ituisciy	. 1.17.a.	alternative MA2322N

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

1	Code	Meal Name	Do NOT use	Use Alternatives	Allergens
	MA2322A	Allergy-Friendly Meatball Sub Melt	32378 Panini Baguettes 10163 Grated Mozzarella	7204 G/F White Roll 135420 Vegan Grated Mozzarella	Soya, Oat, SO2
į		(Rainbow Salad, VE Coleslaw)	VE2303 Creamy Coleslaw	VE2303VE VE Coleslaw	



Meatball Sub Melt

Side Veg: Rainbow Salad, Creamy Coleslaw

May contain: Sesame

Dietary Suitability: \

Cooking Method:

Prep: None

- 1 Cook **meatballs** according to 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 your meatball in sauce.
- 3 Fill panini with grated mozzarella and meatballs in sauce. Place in the oven to melt if necessary. This is your meatball sub melt. Ready to serve.

Serving Serve meatball sub melt with rainbow salad and creamy colesiaw on the side.

Nutritional Information for Meatball Sub Melt

Nutrient	Per 100g	Per Portion (Primary 195g)	Per Portion (Nursery n/a)	Units
Energy	179.0	349.0	n/a	kcal
Fat	6.1	12.0	n/a	g:
SatFat	2.3	4.5	n/a	g
Carb	20.3	39.6	n/a	g
NMES	0.0		n/a	g
Tot Sug	3.0	16.16.16.16.16.16.16.16.16.16.16.16.16.1	n/a	g:::::::::::::::::::::::::::::::::::::
Fibre	2.9	4.3	n/a	ġ
Prot	10.9	21.2	n/a	g:::::::::::::::::::::::::::::::::::::
Iron	1.5	2.9	n/a	mg
Calc	53.8	105.0	n/a	mg
Vit A	116.3	226.7	n/a	μg
Fol	4.3	::::::::::::::::::::::::::::::::::::::	n/a	μg
Vit C	3.4	6.7	n/a	mg
Sodium	164.1	320.0	n/a	mg
Salt	0.0	0.0	n/a	g
Zinc	0.8	1.5	n/a	mg
		114		R



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Meatball	117653	Pork Meatball	60 balls (1.2kg)	Soya, SO2
	133534	Knorr Veg Stock	20g	
Red Onion	::::::\\:::::::	Water	1L	
Gravy	3ORKG	Onion (McLays)	5 onions (approx. 700g)	
	114956	G/F Flour	5 tsp (12g)	
	SideCarb2301	Mashed Potato	1.6kg	
Sides	VE2301	Rainbow Salad	800g	
	VE2303	Creamy Coleslaw	800g	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

•	Group Servings	Serving Instructions per Child	
	Primary n/a	n/a, this item is for nursery only	
1	Nursery 25	3 Meatballs + 70ml Gravy	

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

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MA2322N

Nursery Only Meatball in Gravy

Side Carb: Mashed Potato | Side Veg: Rainbow Salad, Creamy Coleslaw

Allergens: Soya, Egg, SO2

Dietary Suitability: GF, DF

Cooking Method:

Prep: None

- 1 Cook **meatballs** according to the instructions on the packaging.
- Heat a large pan/pot with **vegetable oil**, once hot, add **sliced onion** with a pinch of **salt**. Cook until onions are softened and caramelized. While onions are cooking, mix **Knorr veg stock** with **water**.
- Add in **G/F flour**, stir and evenly coat the onions. Then add in **mixed veg stock**, increase heat and cook until thickened to a gravy-like consistency. This is your **red onion gravy**

Serving Serve **meatballs** with **gravy**, serve with **mashed potato**, **salad**, and **coleslaw** on the side.

Nutritional Information for Meatball in Gravy

Nutrient	Per 100g	Per Portion (Primary n/a)	Per Portion (Nursery 143g)	Units
Energy	89.0	n/a	128.0	kcal
::::: Fat:::::::::::::::::::::::::::::::	: ::::::::::::::::::::: .4.4 :::::::::::::	: ::::::::::::::::::::::::::::::::::::	6.2	gg
SatFat	1.6	in/a	2.2	::::::::::::::::::::::::::::::::::::::
Carb	6.6	in/a	9.5	g
NMES	0.0	n/a	0.0	g.::::::::::::::::::::::::::::::::::::
Tot Sug	1.9	in/a	2.7	g
Fibre	1.6	n/a	2.3	::::::::::g:::::::::::::::::::::::::::
Prot	7.1	in/a	10.2	g
Iron	0.4	n/a	0.6	::::::::::mg::::::::::::::::::::::::::
Calc	19.4	in/a	27.7	mg
Vit A	0.4	n/a	0.5	μg
Fol	2.4	in/a	3.5	μg
Vit C	0.7	n/a	0.9	::::::::::mg::::::::::::::::::::::::::
Sodium	90.4	in/a	129.3	mg
Salt	0.2	n/a	0.3	::::::::::::::::::::::::::::::::::::::
Zinc	0.7	in/a	1.0	mg
		116		

Side Carb: Potato Wedges | Side Veg: Baked Beans, Spinach Salad



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Sausage Roll (ve)	34545	Vegan Sausage Roll	20 pieces (1280g)	Gluten (Wheat)
	SideCarb2302	Potato Wedges	2kg	
Sides	SideVeg2304	Baked Beans	1kg	
	VE2304	Spinach Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per	Child					
Primary	20	1 Vegan Sausage Roll						
Nursery	20	1 Vegan Sausage Roll						

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

Dietary & Lifestyle Alternatives

	Code	Meal Name	Do NOT use Use Alternatives Allerg	ens
	MA2323	Allergy-Friendly Veg Sausages with Potato Wedges	34545 Vegan Sausage Roll 129633 Vegan Sausages SO2	
	Α	(Baked Beans, Spinach Salad) (ve)	34545 Vegan Sausage Roll 129633 Vegan Sausages SO2	
٠				

Serving instruction for MA2323A: 2 sausages per child for primary and nursery.

Sausage Roll (ve)

Side Carb: Potato Wedges | Side Veg: Baked Beans, Spinach Salad

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

Cooking Method:

Prep: None

1 Cook Sausage Roll (ve) according to the instructions on the packaging. Ready to serve.

Serving Serve Sausage Roll (ve) with potato wedges, baked beans, and spinach salad on the side.

Nutritional Information for Sausage Roll (ve)

Nutrient	Per 100g	Per Portion (Primary 64g)	Per Portion (Nursery 64g)	Units
Energy	300.0	192.0	192.0	kcal
Fat	16.0	10.2	10.2	g
SatFat	3.0	1.9	1.9	g
Carb	28.0	17.9	17.9	g
NMES	0.7	0.4	0.4	g
Tot Sug	0.7	0.4	0.4	g
Fibre	1.9	9.0	0.9	g
Prot	7.9	5.1	5.1	g
Iron	3.2	2.0	2.0	mg
Calc	173.0	110.7	110.7	mg
Vit A	0.0	0.0	0.0	μg
Fol	0.0	0.0	0.0	μg
Vit C	0.0	0.0	0.0	mg
Sodium	272.0	174.1	174.1	mg
Salt	0.0	0.0	0.0	g
Zinc	0.0	0.0	0.0	mg
		118::::::::::::::::::::::::::::::::::::		

Dietary Suitability: fDF, EF, SF, V, VE

Side Veg: Baked Beans, Spinach Salad



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Wrap	4719	Tortilla Wraps	20 wraps (1240g)	Gluten (Wheat)
	118225	Black Beans	1kg	
	3ORKG	Red Onion (Sliced) (McLays)	5 onions (700g)	
BBQ Veg	2PRKG	Pepper (Sliced) (McLays)	1kg	
Filling	6437	Chopped Tinned Tomato	1kg	
	113184	BBQ Sauce	200ml	
	2SYB	Spring Onion (Chopped) (McLays)	200g	
Cidos	SideVeg2304	Baked Beans	1kg	
Sides	VE2304	Spinach Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

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Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

	Code	Meal Name	Do NOT use Use Alternatives	Allergens
1	MA2324A	Allergy-Friendly BBQ Pepper & Beans Fajita (Baked Beans, Spinach Salad) (ve)	4719 Tortilla Wraps 129230 G/F Wrap	SO2



BBQ Pepper & Beans Fajita (ve)

Side Veg: Baked Beans, Spinach Salad

Allergens: Gluten (Wheat), SO2

Dietary Suitability: fDF, EF, SF, V, VE

Cooking Method:

Prep: Slice red onion and pepper into strips, chop spring onion.

- Heat a large pot with **oil** over a medium heat, once hot, add in **sliced pepper**, **sliced onion** and **BBQ sauce**. Cook until vegetable are softened. Splash some water if the pot looks too dry.
- 2 Season **chopped tomato** with salt and pepper. Drain **black beans**.
- Once vegetables are softened, add drained black beans. Plash some water if needed. Cook until beans are softened. Mix in chopped tomato, season to taste. This is your BBQ Veg Filling.

Serving Load the tortilla with BBQ Veg Filling top with chopped spring onion. Serve with baked beans and spinach salad on the side.

Nutritional Information for BBQ Pepper & Beans Fajita

Nutrient	Per 100g	Per Portion (Primary 258g)	Per Portion (Nursery 220g)	Units
Energy	112.0	289.0	231.2	kcal
Fat	2.3	5.9	4.7	g
SatFat	0.5	1.3	1.0	g
Carb	17.8	45.9	36.7	g
NMES	0.0	0.0	0.0	g
Tot Sug	4.0	10.3	8.2	g
Fibre	2.4	4.6	3.7	g
Prot	3.8	9.8	7.8	g
Iron	1.5	3.9	3.1	mg
Calc	49.4	127.5	102.0	mg
Vit A	82.7	213.4	170.7	μg
Fol	57.4	148.1	118.5	μg
Vit C	23.7	61.1	48.9	mg
Sodium	19.2	49.5	39.6	mg
Salt	0.0	0.0	0.0	g
Zinc	0.4	1.0	0.8	mg
		120		<u>+1+1+1+1+1+1+1+1+1+1+1+1+1+1+1+1+</u>

Side Carb: Oven Chips | Side Veg: Rainbow Salad, Creamy Coleslaw



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Fish	116114	Bubble Fish	40 pieces (2.4kg)	Fish
	SideCarb2306	Oven Chips	2kg	
Sides	VE2301	Rainbow Salad	1kg	
	VE2303	Creamy Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	2 Bubble Fish Fillets (120g) Serve with options of condiments
		2 Bubble Fish Fillets (120g)
Nursery	20	Serve with options of condiments

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

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Side Carb: Oven Chips | Side Veg: Rainbow Salad, Creamy Coleslaw

Cooking Method: **Prep:** None

1 Oven bake for approximately 18 minutes at 200'c, ready to serve.

Serving Serve bubble fish with oven chips, rainbow salad, and creamy coleslaw on the side. Offer options of condiments.

Nutritional Information for Bubble Fish

Nutrient	Per 100g	Per Portion (Primary 120g)	Per Portion (Nursery 120g)	Units	
Energy	213.0	256.0	256.0	kcal	
Fat	6.0	7.2	7.2	g	
SatFat	0.7	0.8	0.8	g	
Carb	25.0	30.0	30.0	g	
NMES	0.0	0.0	0.0	g	
Tot Sug	0.5	0.6	0.6	g	
Fibre	0.9	0.8	0.8	g	
Prot	11.0	13.2	13.2	g	
Iron	0.6	0.7	0.7	mg	
Calc	32.0	38.4	38.4	mg	
Vit A	1.0	1,2	1.2	μg	
Fol	9.0	10.8	10.8	μg	
Vit C	0.0	0.0	0.0	mg	
Sodium	240.0	288.0	288.0	mg	
Salt	0.0	0.0	0.0	g	
Zinc	0.5	0.6	0.6	mg	€ C
		122			Renfrews

Simply Perfect Spaghetti Bolognese

Side Carb: Garlic Bread | Side Veg: Broccoli, Mexican-Style Corn Salad

May contain: Soya

Dietary Suitability: \



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Spaghetti	123384	Spaghetti	1.4kg (uncooked wt)	Gluten (Wheat)
	SML	Beef Mince (McLays)	1kg	
	30501	Diced Onion	600g	
	3326	Diced Carrot	600g	
	33686	Garlic Powder	8g · · · · ·	
	133536	Knorr Beef Stock	20g	
Beef	:::::::X:::::::::	Water (mix with stock)	800ml	
Bolognese	124867	G/F Soya Sauce	40ml	Soya
	114938	Tomato Paste	100g	
	6437	Chopped Tinned Tomato	1kg	
	35006	Dried Basil		
	33592	Dried Oregano	3g:	
	27543	Grated Cheddar Cheese	50g	Milk
	SideCarb2303	Garlic Bread	20 pieces (640g)	Gluten (Wheat), Milk May contain: Soya
Sides	SideVeg2302	Broccoli	1kg	
	VE2302	Mexican-Style Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

· · · · · · · · ·	 	
Group	Servings	Serving Instructions per Child
Primary	20	120g Spaghetti + 170g Beef Bolognese
Nursery	25	100g Spaghetti + 135g Beef Bolognese

Please refer to '**Side Carb'** and '**Side Veg'** section for servings and portion sizes of sides in this meal

	Code	Meal Name	Do NOT use	Use Alternatives A	llergens
	MA2326A	with VE Garlic Bread	27543 Cheddar SideCarb2303 Garlic	124868 G/F Spaghetti 122000 Vegan Grated Cheese SideCarb2303VE: VE Garlic Bread So (make with McGhees G/F Roll,	oya, SO2
1		(Broccoli, Corn Salad)	Bread	Flora and Garlic Powder)	€

Simply Perfect Spaghetti Bolognese

Side Carb: Garlic Bread | Side Veg: Broccoli, Mexican-Style Corn Salad

May contain: Soya
Dietary Suitability: \

Cooking Method:

Prep: None

- Boil spaghetti in water. Meanwhile, heat a large pot with oil over a medium-high heat, once hot, add in onion and carrot with a pinch of salt, cook until veg starts to soften. Once veg begins to soften, increase heat and add in beef mince, cook until meat turned brown. (Drain out beef fat if necessary)
- Mix beef stock with water. Once beef turned brown, add in mixed stock, G/F soy sauce, garlic powder, tomato paste, chopped tinned tomato, dried basil and dried oregano. Season with black pepper and stir well. Cook over high heat until thickened. This is your Beef Bolognese. Ready to serve.

Serving Serve spagnetti with Beef Bolognese. Serve with garlic bread, broccoli, and corn salad on the side.

Nutritional Information for Simply Perfect Spaghetti Bolognese

Nutrient	Per 100g	Per Portion (Primary 280g)	Per Portion (Nursery 230g)	Units	
Energy	79.0	221.0	176.8	kcal	
Fat	1.8	5.1	4.1	g	
SatFat	0.5	1.4	1.1	::::::::::::::::::::::::g:::::::::::::	
Carb	9.7	27.3	21.8	g	
NMES	0.0	• • • • • • • • • • • • • • • • • • •	0.0	::::::::::::::::::::::::g:::::::::::::	
Tot Sug	2.1	5.9	4.7	g	
Fibre	2.3	4.8	3.8	::::::g:::::::g::::::::::	
Prot	6.6	18.5	14.8	g	
Iron	1.1	3.1	2.5	mg	
Calc	30.8	86.5	69.2	mg	
Vit A	203.2	571.0	456.8	μg	
Fol	11,5	32.3	25.8	μg	
Vit C	3.2	9.0	7.2	mg	
Sodium	99.6	279.9	223.9	mg	
Salt	0.0	0.0	0.0	g	
Zinc	1.4	3.9	3.1	mg	
		124			Renfrewshi Council

Hawaiian Pizza

Side Veg: Broccoli, Mexican-Style Corn Salad

May Contain: Milk, Egg

Dietary Suitability: SF



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Pizza Base	33829	Pizza Base	5 pizzas	Gluten (Wheat, Barley) May contain: Milk, Egg
	114938	Tomato Paste	500g	
Pizza Sauce	35006	Dried Basil	5g	
	33686	Garlic Powder	5g	
	10163	Grated Mozzarella	200g	Milk
Pizza Toppings	14342	Tinned Pineapple	200g	
	70008	Ham	200g	
C: d -	SideVeg2302	Broccoli	1kg	
Sides	VE2302	Mexican-Style Corn Salad	1kg	SO2

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

			-1-1-1				- [- [- 1 - 1		- [- [- [-	141	- [-]	-1-1	i i
Group	Servings	Serving Instruction	is pei	r Child	1										
					. 1.1.1	1.11	1111	. 1.1	 	 		٠	 		7
Primary	20	1/4 Pizza (143g)									Ŕ				
									 	 			 		∵.
Nursery	25	1/5 Pizza (110g)								M	Ŕ				

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

Dietary & Lifestyle Alternatives

	Code		Meal Name	2						Do	NO	T use	9				Use Alternative	s					Alle	rgen	S		į
H	N// A 2 2	274	Allergy-Frie	ndly Ha	waiiar	ı Pizza	a: · : · :			33	829	Pizz	a Bas	ā . ∵			133505 G/F Pizz	a Bas	e				Oat.	SO			Ì
ġ	IVIAZS	27/4	(Broccoli, N	/lexican	-Style	Corn S	Salad)			10	163	Grat	ed M	ozza	rella		135420 Vegan 0	irated	Mo	zzare	lla		υαι,	, 302			į

Serving instructions for MA2327A: 1/3 Pizza per primary child; 1/4 pizza per nursery child.



Hawaiian Pizza

Side Veg: Broccoli, Mexican-Style Corn Salad

May Contain: Milk, Egg
Dietary Suitability: SF

Cooking Method:

Prep: cut ham and pineapple into small pieces

1 Make the sauce: mix passata, dried basil and garlic powder, season to taste.

Heat the oven to 240C/220C fan/gas 8. Smooth pizza sauce over the bases with the back of a spoon. Scatter mozzarella, ham and chopped pineapple on top. Bake in the oven for 8-10min or until crisp. Cut the pizza, ready to serve.

Serving Serve **pizza** with **broccoli** and **corn salad** on the side.

Nutritional Information for Hawaiian Pizza

Nutrient	Per 100g	Per Portion (Primary 143g)	Per Portion (Nursery 120g)	Units
Energy	221.0	316.0	252.8	kcal
Fat	6.1	8.7	7.0	
SatFat	2.1	3.1	2.5	g
Carb	33.5	47.9	38.3	g
NMES	1.5	2.2	1.8	g
Tot Sug	5.0	7.1	5.7	g:g
Fibre	2.2	2.4	1.9	g
Prot	10.2	14.6	11.7	g
iron iron	1.4	2.0	1.6	mg
Calc	154.1	220.3	176.2	mg
Vit A	96.6	138.1	110.5	μg
Fol	15.4	22.0	17.6	μg
Vit C	8.3	11.8	9.4	mg
Sodium	369.9	528.9	423.1	mg
Salt	0.0	0.0	0.0	g
Zinc	0.9	1.2	1.0	mg
		126		



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Bread	5226	Kingsmill 50/50	40 slices (1.6kg)	Gluten (Wheat), Soya
Filling	74453	Cheese Slices	20 slices (400g)	Milk
. 1 111111 5	71402	Flora	60g	
Cidoo	VE2301	Rainbow Salad	1kg	
Sides	VE2303	Creamy Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	2 Bread slices + 1 Cheese slice + 3g Flora
Nursery	20	2 Bread slices + 1 Cheese slice + 3g Flora

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2328A	Allergy-Friendly Cheese Sandwich	5226 Kingsmill 50/50 74453 Cheese Slices	7202 G/F White Loaf 122001 VE Cheese Slice	None
	(Rainbow Salad, VE Coleslaw) (ve)	VE2303 Creamy Coleslaw	VE2303VE VE Coleslaw	
MA2328VE	VE Cheese Sandwich (Rainbow Salad, VE Coleslaw) (ve)	74453 Cheese Slices VE2303 Creamy Coleslaw	122001 VE Cheese Slice VE2303VE VE Coleslaw	Gluten (Wheat), Soya

Cheese Sandwich (v)

Side Veg: Rainbow Salad, Creamy Coleslaw

Dietary Suitability: V

Cooking Method:

Prep: None

1 N/A

Serving Serve cheese sandwich with salad and coleslaw on the side.

Nutritional Information for Cheese Sandwich

Nutrient	Per 100g	Per Portion (Primary 103g)	Per Portion (Nursery 103g)	Units	
Energy	278.0	286.0	286.0	kcal	
Fat	6.3	6.5	6.5	g	
SatFat	1.2	1.3	1.3	g	
Carb	32.6	33.5	33.5	gg	
NMES	0.0	0.0	0.0	g	
Tot Sug	2.7	2.8	2.8	g	
Fibre	3.6	2.8	2.8	g	
Prot	12.2	12.5	12.5	g	
Iron	4.5	4.6	4.6	mg	
Calc	143.5	147.8	147.8	mg	
Vit A	70.7	72.8	72.8	μg	
Fol	6.0	6.2	6.2	μg	
Vit C	0.0	0.0	0.0	mg	
Sodium	16.1	16.6	16.6	mg	
Salt	0.0	0.0	0.0	g	
Zinc	0.8	0.8	0.8	mg	
		128		+1	-[-

Tuna Mayo Sandiwch

Side Veg: Rainbow Salad, Creamy Coleslaw

Dietary Suitability: DF



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Bread	5226	Kingsmill 50/50	40 slices (1.6kg)	Gluten (Wheat), Soya
Filling	6359	Tuna	600g	Fish
гиинд	5990	Mayo	200g	Egg
Sides	VE2301	Rainbow Salad	1kg	
Sides	VE2303	Creamy Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

7	Group	Servings	Serving Instructions per Child
	Primary	20	2 Bread Slices + 40g Tuna Mayo
	Nursery	20	2 Bread Slices + 40g Tuna Mayo

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

	Code	Meal Name	Do NOT use	Use Alternatives	Allergens
		Allergy-Friendly Tuna Mayo Sandwich	5226 Kingsmill 50/50	7202 G/F White Loaf	
	MA2329A	Rainhow Salad: VF Coleslaw)	5990 Mayo	126924 Vegan Mayo	Fish
ì		(Managow Salad), v.E. colesiaw)	VE2303 Creamy Coleslaw	VE2303VE VE Coleslaw	



Allergens: Gluten (Wheat), Fish, Egg, Soya

Tuna Mayo Sandiwch

Side Veg: Rainbow Salad, Creamy Coleslaw

Dietary Suitability: DF

Cooking Method:

Prep: None

1 N/A

Serving Serve **tuna mayo sandwich** with **salad** and **coleslaw** on the side.

Nutritional Information for Tuna Mayo Sandwich

Nutrient	Per 100g	Per Portion (Primary 109g)	Per Portion (Nursery 109g)	Units	
Energy	218.0	237.0	237.0	kcal	
Fat	4.4	4.8	4.8	g	
SatFat	0.5	0.6	0.6	g	
Carb	31.6	34.5	34.5	gg	
NMES	0.4	0.5	0.5	g	
Tot Sug	3.0	3.3	3.3	g	
Fibre	3.4	2.8	2.8	g	
Prot	11.3	12.3	12.3	g	
Iron	4.4	4.8	4.8	mg	· . · . · . · . · . · . · . · . · . · .
Calc	2.2	2.4	2.4	mg	
Vit A	4.4	4,9	4.9	μg	
Fol	2.2	2.4	2.4	μg	
Vit C	0.0	0.0	0.0	mg	
Sodium	50.2	54.7	54.7	mg	
Salt	0.0	0.0	0.0	g	
Zinc	0.2	0.2	0.2	mg	Renfrewshi
		130			Council

Side Veg: Rainbow Salad, Creamy Coleslaw



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Bread	5226	Kingsmill 50/50	40 slices (1.6kg)	Gluten (Wheat), Soya
Filling	29182	Turkey Slices	20 slices (454g)	
	71402	Flora	60g	
Cidos	VE2301	Rainbow Salad	1kg	
Sides	VE2303	Creamy Coleslaw	1kg	Egg

Please refer to 'Side Carb' and 'Side Veg' section for details of sides in this meal

Servings & Portions:

Group	Servings	Serving Instructions per Child
Primary	20	2 Bread slices + 1 Turkey Slice + 3g Flora
Nursery	20	2 Bread slices + 1 Turkey Slice + 3g Flora

Please refer to 'Side Carb' and 'Side Veg' section for servings and portion sizes of sides in this meal

Code	Meal Name	Do NOT use	Use Alternatives	Allergens
. N. A A A A A A A A A A A A A A A A A A	Allergy-Friendly Turkey Sandwich	5226 Kingsmill 50/50	7202 G/F White Loaf	None
IVIAZSSUA	(Rainbow Salad, VE Coleslaw)	VE2303 Creamy Coleslaw	VE2303VE VE Coleslaw	None



Turkey Sandwich

Side Veg: Rainbow Salad, Creamy Coleslaw

Allergens: Gluten (Wheat), Egg, Soya

Dietary Suitability: GF, DF, SF

Cooking Method:

Prep: None

1 N/A

Serving Serve **Turkey sandwich** with **salad** and **coleslaw** on the side.

Nutritional Information for Turkey Sandwich

	Per 100g	Per Portion (Primary 106g)	Per Portion (Nursery 106g)	Units
Energy	212.0	225.0	225.0	kcal
Fat	3.6	3.8	3.8	g
SatFat	0.8	0.8	0.8	g
Carb	32.2	34.1	34.1	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.9	3.1	3.1	g
Fibre	3.5	2.8	2.8	g
Prot	11.2	11.9	11.9	g.
Iron	0.0	0.0	0.0	mg
Calc	0.0	0.0	0.0	mg
Vit A	0.0	0,0	0.0	μg
Fol	0.0	0.0	0.0	μg
Vit C	0.0	0.0	0.0	mg
Sodium	101.6	107.7	107.7	mg
Salt	0.0	0.0	0.0	g
Zinc	0.0	0.0	0.0	mg

Section 3

Side Carb

	ltem
SideCarb2301	Mashed Potato (ve)
SideCarb2302	Potato Wedges (ve)
SideCarb2303	Garlic Bread (v)
SideCarb2303VE	VE Garlic Bread (ve)
SideCarb2304	Rice (ve)
SideCarb2305	Baked Sweet Potato Fries (ve)
SideCarb2306	Oven Chips (ve)

SideCarb2301

Mashed Potato (ve)

Allergens: None.

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



Ingredients:

	Code	Ingredient														
		Simply Potato Mash	4 4 4	 100	40.00	 	100	 100	4.7	100	100	100	 	100	100	- 1

Servings & Portions:

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Dietary & Lifestyle Alternatives

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Cooking Method: **Prep:** None

1 Oven cook From Frozen: Combi Oven.100% Steam, 12 - 15 mins Oven cook From Chilled: Combi Oven.100% Steam, 6 - 9 mins

Serving Serve as a side



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

Mashed Potato (ve)

<u> </u>						<u>-:-:-</u> -:-:-
	Nutrient	Per 100g	Per Portion (Primary 100g)	Per Portion (Nursery 80g)	Units	
	Energy	72.0	72.0	57.6	kcal	
	Fat	0.0	0.0	0.0	g	
	SatFat	0.0	0.0	0.0	g	
	Carb	26.1	26.1	20.9	g	
	NMES	0.0	0.0	0.0	g	
	Tot Sug	0.6	0.6	0.5	g	
	Fibre	2.0	1.5	1.2	g.	
	Prot	1.8	1.8	1.4	g	
	lron	0.8	0.8	0.6	mg	
	Calc	13.0	13.0	10.4	mg	
	Vit A	31.5	31.5	25.2	μg	
	Fol	17.0	17.0	13.6	μg	
	Vit C	8.0	8.0	6.4	mg	
	Sodium	0.0	0.0	0.0	mg	
	Salt	0.0	0.0	0.0	g	
	Zinc	0.2	0.2	0.2	mg	
		 	 	 		

SideCarb2302

Potato Wedges (ve)

Allergens: None.

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



Ingredients:

Component Code Ingredient			Weig	ht		Α	lle	rge	ns		
Wedges 131267 McCain Wedge	es		2kg								1

Servings & Portions:

Group	Servings	erving Instructions per Child	
Primary	20	00g	
		Og	

Dietary & Lifestyle Alternatives

Code	Meal Name		Do NOT us	e Use	
None					

Cooking Method:

Prep: None

1 Cook from frozen. Industrial oven: 210°C/425°F, 25 min. Gas Oven: Gas Mark 8, 75min.

Serving Serve as a side



Potato Wedges (ve)

Nutrient	Per 100g	Per Portion (Primary 100g)	Per Portion (Nursery 80g)	Units
Energy	123.0	123.0	98.4	kcal
Fat	3.0	3.0	2.4	g
SatFat	0.3	0.3	0.2	g
Carb	22.0	22.0	17.6	g
NMES	0.0	0.0	0.0	g
Tot Sug	0.5	0.5	0.4	g.
Fibre	1.9	1.9	1.5	g
Prot	2.2	2.2	1.8	g
lron	0.9	0.9	0.7	mg
Calc	0.0	0.0	0.0	mg
Vit A	0.0	0.0	0.0	μg
Fol	0.0	0.0	0.0	μg
Vit C	0.0	0.0	0.0	mg
Sodium	0.0	0.0	0.0	mg
Salt	0.0	0.0	0.0	g
Zinc	1.1	1,1	0.9	mg
				*:::::::::::::::::::::::::::::::::::::

SideCarb2303 Garlic Bread

Allergens: Gluten (Wheat), Milk

May Contain: Soya

Dietary Suitability: EF, V



Component	Code	Ingredient	Weight	Allergens
Garlie Proad	4660	Garlic Proad	20 piocos (640g)	Gluten (Wheat), Milk May contain: Soya
Garric Breau	4000	Gariic Breau	zo pieces (040g)	May contain: Soya



Servings & Portions:

(Group	Servings	Serving Instructions per Child	
F	rimary	20	1 pieces (32g)	
ľ	lursery	20	1 pieces (32g)	

Dietary & Lifestyle Alternatives

Code Meal Name	Do NOT use	Use Alternatives (20 servings)	Allergens
		7240 McGhees G/F Roll (500g)	
OSVE VE Garlic Bread	4660 Garlic Bread	71402 Flora (100g)	None
- 03 v E		33686 Garlic Bread (5g)	

Cooking Method:

Prep: None

Cook from frozen, Remove required number of slices from packaging. Place product on a baking tray in the centre of a pre-heated oven at 220°C/ Gas mark 7 for approximately 7-10 minutes.

Serving Serve as a side for pasta



SideCarb2303 Garlic Bread

May Contain: Soya

Dietary Suitability: EF, V

Nutrient	Per 100g	Per Portion (Primary 32g)	Per Portion (Nursery 32g)	Units
Energy	320.0	102.0	102.0	kcal
Fat	14.0	4.5	4.5	g.
SatFat	5.0	1.6	1.6	g
Carb	40.0	12.8	12.8	g
NMES	0.0	0.0	0.0	g
Tot Sug	2.5	0.8	0.8	g
Fibre	3.1	0.7	0.7	g
Prot	6.9	2.2	2.2	g
Iron	3.1	1.0	1.0	mg
Calc	27.0	8.6	8.6	mg
Vit A	0.0	0.0	0.0	μg
Fol	0.0	0.0	0.0	μg
Vit C	0.0	0.0	0.0	mg
Sodium	0.0	0.0	0.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.0	0.0	0.0	mg

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

Rice (ve)



Ingredients:

1	Component Code	Ingredient	Weight	Allergens
	Rice 533	Long Grain Rice	800g	
	Water \	Water	1600ml	

Servings & Portions:

Group	Servings Serving Instructions per Child	
Primary	20 120g (cooked weight)	
Nursery	25 100g (cooked weight)	

Dietary & Lifestyle Alternatives

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Cooking Method:

Prep: None

- Rinse rice in cold water. Bring a large pot of water to boil, add in rice, simmer for 10-12 min or until rice is fully cooked. 1
- 2 Once the rice is cooked, remove from heat and drain if necessary.

Serving Serve as a side.



Nutrient	Per 100g	Per Portion (Primary 120g)	Per Portion (Nursery 100g)	Units
Energy	117.0	140.0	117.0	kcal
Fat	0.7	0.8	0.7	ġ
SatFat	0.2	0.2	0.2	g
Carb	26.5	31.8	26.5	g
NMES	0.0	0.0	0.0	g
Tot Sug	0.0	0.0	0.0	g
Fibre	0.8	0.7	0.8	ġ
Prot	2.8	3.4	2.8	g
lron	0.1	0.1	0.1	mg
Calc	14.0	16.8	14.0	mg
Vit A	0.0	0.0	0.0	μg
Fol	5.0	6.0	5.0	μg
Vit C	0.0	0.0	0.0	mg
Sodium	4.0	4.8	4.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.4	0.5	0.4	mg

Allergens: None.

Baked Sweet Potato Fries (ve)

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

Ingredients:

Component	Code	Ingredient	Weight	Allergens
Fries	121752	Sweet Potato Fries	2kg	



Servings & Portions:

Group	Servings	Serving	Instructions	per Child	1				
Primary	20	100g							
Nursery	25	80g							

Dietary & Lifestyle Alternatives

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Cooking Method:

Prep: None

Cook from frozen. Preheat the oven (fan) to 180°C. Spread the frozen fries evenly (single layer) on to a baking tray and bake for approximately 20 - 25 minutes. Bake until crunchy, well coloured and do not overcook. Turn the fries halfway through baking time. Always use a baking paper.

Serving Serve as a side



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

Baked Sweet Potato Fries (ve)

Nutrient	Per 100g	Per Portion (Primary 100g)	Per Portion (Nursery 80g)	Units
Energy	105.0	105.0	84.0	kcəl
Fat	0.4	0.4	0.3	g
SatFat	0.2	0.2	0.2	g
Carb	27.9	27.9	22.3	g
NMES	0.0	0.0	0.0	g
Tot Sug	14.5	14.5	11.6	g
Fibre	4.4	4.4	3.5	g
Prot	1.6	1.6	1.3	g
lron	0.9	0.9	0.7	mg
Calc	31.0	31.0	24.8	mg
Vit A	856.7	856.7	685.4	μg
Fol	9.0	9.0	7.2	μg
Vit C	23.0	23.0	18.4	mg
Sodium	40.0	40.0	32.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.4	0.4	0.3	mg

Ingredients:

Component		Weigh		
Chips	 	 2kg	 	



Servings & Portions:

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Group	Servings		Serving	Instructi	one nor	Child								e.
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Dietary & Lifestyle Alternatives

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Cooking Method:

Prep: None

Cook from frozen. Cooking directions based on 2.5kg of product. For different quantities, adjust cooking time accordingly. Industrial Electric Oven: 210°C 425°F, 20 mins. Industrial Gas Oven: Gas Mark 7, 45 mins

Serving Serve as a side.



Oven Chips (ve)

					<u>-:-:-:</u> -::-:
Nutrient	Per 100g	Per Portion (Primary 100g)	Per Portion (Nursery 80g)	Units	
Energy	109.0	109.0	87.2	kcal	
Fat	3.0	3.0	2.4	g	
SatFat	0.3	0.3	0.2	g	
Carb	21.0	21.0	16.8	g	
NMES	0.0	0.0	0.0	g	
Tot Sug	0.7	0.7	0.6	g	
Fibre	1.6	1.6	1.3	g	
Prot	1.9	1.9	1.5	g	
lron	0.8	0.8	0.6	mg	
Calc	12.0	12.0	9.6	mg	
Vit A	0.0	0.0	0.0	μg	
Fol	21.0	21.0	16.8	μg	
Vit C	12.0	12.0	9.6	mg	
Sodium	53.0	53.0	42.4	mg	
Salt	0.0	0.0	0.0	g	
Zinc	0.4	0.4	0.3	mg	
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Section 4

Side Veg & Mixed Salads

	Item
SideVeg2301	Carrot (ve)
SideVeg2302	Broccoli (ve)
SideVeg2303	Peas (ve)
SideVeg2304	Baked Beans (ve)
SideVeg2305	Sweetcorn (ve)
VE2301	Rainbow Salad (ve)
VE2302	Mexican-Style Corn Salad (ve)
VE2303	Creamy Coleslaw (v)
VE2303VE	VE Coleslaw (ve)
VE2304	Spinach Salad (ve)

Carrot (ve)

Ingredients:

- 1			Ingredient			ш.
1	Carrot	3326	Diced Carrot	1kg		

Servings & Portions:

Group	Servings	Servin	g Instructions per	Child	
Primary	20	50g			
Nursery	25	40g	and the second of the second of the second		

Dietary & Lifestyle Alternatives

Code	Meal Name	Do NOT use	Use Alternatives
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Cooking Method:

Prep: None

Boiling: cook from frozen, put frozen product into slightly boiling water, cook until vegetables are cooked through. 1

Serving Serve as a side.



ride rega	
Carrot	(ve)

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units	
Energy	22.0	11.0	8.8	kcal	
Fat	0.3	0.2	0.2	g.	
SatFat	0.1	0.0	0.0	g	
Carb	4.7	2.4	1,9	g	
NMES	0.0	0.0	0.0	g	
Tot Sug	3.3	1,6	1.3	g	
Fibre	3.1	1,2	1.0	g	
Prot	0.4	0.2	0.2	g	
Iron	0.3	0.2	0.2	mg	
Calc	30.0	15.0	12.0	mg	
Vit A	1074.2	537.1	429.7	μg	
Fol	15.0	7.5	6.0	μg	
Vit C	2.0	1.0	0.8	mg	
Sodium	35.0	17.5	14.0	mg	
Salt	0.0	0.0	0.0	g	
Zinc	0.1	0.0	0.0	mg	
				· · · · · · · · · · · · · · · · · · ·	20

Broccoli (ve)

Ingredients:

.1			Ingredient			
	Broccoli	4748	Broccoli Florets	1kg		



Servings & Portions:

Group		Serving Instructions pe		
	1	50g		
Nursery	25	40g		

Dietary & Lifestyle Alternatives

	Code	Meal Name	Do NOT use	Use Alternatives
- [None		***********************	
1				

Cooking Method:

Prep: None

Boiling: cook from frozen, put frozen product into slightly boiling water, cook until vegetables are cooked through. 1

Serving Serve as a side



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

SideVeg2302 Broccoli (ve)

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	31.0	16.0	12.8	kcal
Fat	0.9	0.4	0.3	ġ
SatFat	0.1	0.0	0.0	g
Carb	2.5	1.2	1,0	.
NMES	0.0	0.0	0.0	g
Tot Sug	1,5	0.8	0.6	g
Fibre	4.8	1,8	1.4	ġ
Prot	3.3	1.6	1.3	g
Iron	0.6	0.3	0.2	mg
Calc	37.0	18.5	14.8	mg
Vit A	90.0	45.0	36.0	μg
Fol	64.0	32.0	25.6	μg
Vit C	64.0	32.0	25.6	mg
Sodium	13.0	6.5	5.2	mg
Salt	0.0	0.0	0.0	g
Zinc	0.3	0.2	0.2	mg 🥒

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



Ingredients:

-1			Ingredient			
	Peas	4599	Garden Peas	1kg		ŀ

Servings & Portions:

1	Group	Servings	Serving Instructions per Child	
	Primary	20:::::::::::::::::::::::::::::::::::::	50g	
	Nursery	25	10g	

Dietary & Lifestyle Alternatives

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Cooking Method:

Prep:

Boiling: cook from frozen, put frozen product into slightly boiling water, cook until vegetables are cooked through.

Serving Serve as a side.



Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	70.0	35.0	28.0	kcal
Fat	0.7	0.4	0.3	g
SatFat	0.1	0.1	0.1	g
Carb	11.2	5.6	4.5	g
NMES	0.0	0.0	0.0	g
Tot Sug	5.9	3.0	2.4	g
Fibre	5.3	2.0	1.6	g.
Prot	5.5	2.8	2.2	g
lron	1.8	0.9	0.7	mg
Calc	37.0	18.5	14.8	mg
Vit A	46.0	23.0	18.4	μg
Fol	31.0	15.5	12.4	μg
Vit C	12.0	6.0	4.8	mg
Sodium	4.0	2.0	1.6	mg
Salt	0.0	0.0	0.0	g
Zinc	0.8	0.4	0.3	mg



Ingredients:

- 1			Ingredient			
	Beans	28758	Baked Beans	1kg		

Servings & Portions:

1	Group	Servings	Serving Instructions per Child	
	Primary	20:::::::::::::::::::::::::::::::::::::	50g	
	Nursery	25	10g	

Dietary & Lifestyle Alternatives

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Cooking Method: **Prep:** None

1 Drain and serve.

Serving Serve as a side

Baked Beans (ve)

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units	
Energy	86.0	43.0	34.4	kcal	
Fat	0.6	0.3	0.2	g	
SatFat	0.1	0.0	0.0	g	
Carb	14.0	7.0	5,6	g	
NMES	0.0	0.0	0.0	g	
Tot Sug	4.0	2.0	1.6	g	
Fibre	3.9	1.4	1.1	g	
Prot	4.3	2.2	1.8	g	
lron	1.6	0.8	0.6	mg	
Calc	46.0	23.0	18.4	mg	
Vit A	0.0	0.0	0.0	μg	
Fol	81.0	40.5	32.4	μg	
Vit C	0.0	0.0	0.0	mg	
Sodium	270.0	135.0	108.0	mg	
Salt	0.0	0.0	0.0	g	
Zinc	0.6	0.3	0.2	mg	

Sweetcorn (ve)



Ingredients:

Component Code	Ingredient	Weight	Allergens
Sweetcorn 4782	Sweetcorn	1kg	

Servings & Portions:

1	Group	Servings	Serving Instructions per Child	
1	Primary	20	50g	
1	Nursery	25	40g	

Dietary & Lifestyle Alternatives

	Code	Meal Name	Do NOT use	Use Alternatives
- [None		***********************	
1				

Cooking Method:

Prep: None

Boiling: cook from frozen, put frozen product into slightly boiling water, cook until vegetables are cooked through. 1

Serving Serve as a side



Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	31.0	16.0	12.8	kcal
Fat	0.6	6:0	0.2	g
SatFat	0.1	0.1	0.1	g
Carb	4.6	2.3	1.8	g
NMES	0.0	0.0	0.0	g
Tot Sug	3.8	1.9	1.5	g
Fibre	2.7	1.0	0.8	g
Prot	2.2	1.1	0.9	g
Iron	0.2	0.1	0.1	mg
Calc	11.0	5.5	4.4	mg
Vit A	2.5	1.2	1.0	μg
Fol	160.0	80.0	64.0	μg
Vit C	3.0	1.5	1.2	mg
Sodium	0.0	0.0	0.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.4	0.2	0.2	mg



Ingredients:

Component	Ingredient Weight Allergens
Lettuce	McLays Iceberg 200g
Tomato	McLays Tomatoes 200g
Carrot	McLays Carrot
Sweetcorn	McLays Pepper (green/yellow) 200g
Red Cabbage	McLays Red Cabbage 200g

Servings & Portions:

		Serving Instructions per Child
Primary	20	50g
Nursery	25	40g

Dietary & Lifestyle Alternatives

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Cooking Method:

Prep: Wash and cut vegetables into small bite size, shred cabbage and lettuce

1 Mix all vegetables in a large bowl. Ready to serve

Serving Serve as a side.



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

Rainbow Salad (ve)

	<u> </u>			
Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	20.0	10.0	8.0	kcal
Fat	0.3	0.1	0.1	ġ
SatFat	0.0	0.0	0.0	g
Carb	3.4	1.4	1,1	g
NMES	0.0	0.0	0.0	g
Tot Sug	3.2	1.3	1.0	g
Fibre	2.1	0.7	0.6	ġ
Prot	1.0	0.4	0.3	g
Iron	0.8	0.3	0.2	mg
Calc	27.1	11.1	8.9	mg
Vit A	293.3	120.2	96.2	μg
Fol	30.7	12.6	10.1	μg
Vit C	20.6	8.5	6.8	mg
Sodium	16.2	6.6	5,3	mg
Salt	0.0	0.0	0.0	g
Zinc	1.1	0.5	0.4	mg

VE2302

Mexican-Style Corn Salad (ve)

Allergens: SO2.

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



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Sweetcorn	4782	Sweetcorn	600g	
Onion	30501	Diced Onions	200g	
Tomato	2TKG	McLays Tomatos	200g	
Lemon Juice	114947	Lemon Juice	20g	SO2
Honey	33889	Honey	20g	
Olive Oil	350157	Olive Oil	20g	

Servings & Portions:

Group	erving Instructions per Child	the second second
Primary	0g	
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Dietary & Lifestyle Alternatives

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Cooking Method:

Prep: Wash and cut tomato into small bite size pieces

1 Mix all vegetables in a large bowl. Mix lemon juice, honey and olive oil and stir in the vegetables.

Serving Serve as a side



Mexican-Style Corn Salad (ve)

Allergens: SO2.

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

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	50.0	25.0	20.0	kcal
Fat	2.6	1.1	0.9	ġ
SatFat	0.3	0.1	0.1	g
Carb	5.2	2.2	1.8	g.
NMES	1.8	0.8	0.6	g
Tot Sug	4.5	1.9	1.5	g
Fibre	1.6	0.5	0.4	ġ
Prot	1.8	0.8	0.6	g
Iron	1.9	0.8	0.6	mg
Calc	12.3	5.3	4.2	mg
Vit A	25.2	10.8	8.6	μg
Fol	7.9	3.4	2.7	μg
Vit C	13.4	5.8	4.6	mg
Sodium	21.0	9.0	7.2	mg
Salt	0.0	0.0	0.0	g
Zinc	4.0	1.7	1.4	mg

Creamy Coleslaw (v)



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Cabbage	3CD	McLays Cabbage	500g	
Carrot	3CARKG	McLays Carrot	400g	
Spring Onion	2SYB	McLays Spring Onion	100g	
Mayo	5990	Mayo	100g	Egg

Servings & Portions:

Group	Servings	Serving	Instructions pe	r Child			
Primary	20				-1-1-1-1-		
Nursery	25	40g]

Dietary & Lifestyle Alternatives

		Use Alternatives	
		126924 Vegan Coleslaw	

Cooking Method:

Prep: Chop/slice carrot, cabbage, and spring onion

1 In a large bowl mix all **vegetables** and **mayo**. Ready to serve

Serving Serve as a side



Creamy Coleslaw (v)

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	57.0	26.0	20.8	kcal
Fat	3.4	1:5	1.2	g
SatFat	0.3	0.1	0.1	g
Carb	5.4	2.5	2.0	g
NMES	0.5	0.2	0.2	g
Tot Sug	4.9	2.2	1.8	g
Fibre	3.0	1.0	0.8	g.
Prot	1.5	0.7	0.6	g.
Iron	0.5	0.2	0.2	mg
Calc	44.9	20.6	16.5	mg
Vit A	531,4	244.5	195.6	μg
Fol	34.6	15.9	12.7	ħâ
Vit C	25.2	11.6	9.3	mg
Sodium	19.0	8.7	7.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.2	0:1	0.1	mg

Spinach Salad (ve)

Allergens: SO2.

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



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Baby Spinach		McLays Baby Spinach	900g	
Vinegar	114484	Balsamic Vinegar	50ml	SO2
Olive Oil	88887	Olive Oil	50ml	

Servings & Portions:

Group	Servings	Serving Instructions per Child	
Primary	20	50g	
Nursery	25	40g	

Dietary & Lifestyle Alternatives

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Cooking Method:

Prep: Wash and dry baby spinach.

1 In a large bowl mix spinach with vinegar and olive oil (soften the spinach with hot water if necessary). Ready to serve.

Serving Serve as a side



Spinach Salad (ve)

Allergens: SO2.

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

Nutrient	Per 100g	Per Portion (Primary 50g)	Per Portion (Nursery 40g)	Units
Energy	67.0	34.0	27.2	kcal
Fat	5.6	2.8	2.2	ġ
SatFat	0.9	0.4	0.3	g
Carb	1.0	0.5	0,4	g.
NMES	0.0	0.0	0.0	g
Tot Sug	0.8	0.4	0.3	g
Fibre	1.8	0.7	0.6	g .
Prot	2.9	1.4	1.1	g
Iron	2.4	1.2	1.0	mg
Calc	150.8	75.4	60.3	mg
Vit A	325.8	162.9	130.3	μg
Fol	121.5	60.8	48.6	μg
Vit C	19.8	9.9	7.9	mg
Sodium	37.8	18.9	15.1	mg
Salt	0.0	0.0	0.0	g
Zinc	1.2	0.6	0.5	mg

Section 5

Dessert

	ltem
DE2301	Orange Jelly (ve)
DE2302	Fruity Yoghurt (v)
DE2303	Fruity Salad with Honey Lemon Dressing (ve)
DE2304	Oaty Flapjack (v)
DE2305	Vanilla Ice Cream (v)

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



Ingredients:

	Component Code	Ingredient Weight Allergens	
1	15882	Orange Flavour Jelly 210g	
1	Jeny \	Water 1.08L	

Servings & Portions:

1	Group	Servings	Serving	Instructions	oer Child					
	Primary		 the second of the second			and the second	 	the second of	40.00	
	Nursery									ŀ

Dietary & Lifestyle Alternatives

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Cooking Method:

Prep: 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 forms. Ready to serve.

Serving Serve as a dessert



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

Orange Jelly (ve)

	.,			
Nutrient	Per 100g	Per Portion (Primary 65g)	Per Portion (Nursery 65g)	Units
Energy	61.0	40.0	40.0	kcal
Fat	0.1	0.1	0.1	g
SatFat	0.0	0.0	0.0	g
Carb	15.1	9.8	9.8	g
NMES	0.0	0.0	0.0	g
Tot Sug	15.0	9.8	9.8	g
Fibre	0.3	0.1	0.1	g.
Prot	0.1	0.1	0.1	g
Iron	0.0	0.0	0.0	mg
Calc	2.5	1.6	1.6	mg
Vit A	0.0	0.0	0.0	μg
Fol	0.0	0.0	0.0	μg
Vit C	0.0	0.0	0.0	mg
Sodium	3.3	2.1	2.1	mg
Salt	0.0	0.0	0.0	g
Zinc	0.0	0.0	0.0	mg
	·			*:*::::::::::::::::::::::::::::::::::::

Fruity Yoghurt (v)



Ingredients:

1	Component	Code	Ingredient	Weight	Allergens	
	Yoghurt	133944	Fat Free Mixed Yogurt	20 tubs (2kg)	Milk	

Servings & Portions:

]	Group	Servings	erving Instructions per Child	
	Primary	20	tub (100g)	
	Nursery	20	tub (100g)	

Dietary & Lifestyle Alternatives

	Code	Meal Name	Do NOT use	Use Alternatives	Allergens
	DESSOSVE	Vanilla Dossort (vo)	122044 Vaghurt	121E2E Vanilla Deceart	Covo
Ì	DEZ3UZVE	vanina Dessert (ve)	133944 Yognuri	121525 Vanilla Dessert	Suya

Cooking Method: **Prep:** None

1 N/A

Serving Serve as a dessert

Fruity Yoghurt (v)

Nutrient	Per 100g	Per Portion (Primary 100g)	Per Portion (Nursery 100g)	Units
Energy	65.0	65.0	65.0	kcal
Fat	0.5	0.5	0.5	g
SatFat	0.1	0.1	0.1	g
Carb	11.6	11.6	11.6	g
NMES	0.0	0.0	0.0	g
Tot Sug	8.5	8.5	8.5	g
Fibre	0.1	0.1	0.1	g.
Prot	2.9	2.9	2.9	g
lron	0.1	0.1	0.1	mg
Calc	110.0	110.0	110.0	mg
Vit A	4.0	4.0	4.0	μg
Fol	35.0	35.0	35.0	μg
Vit C	0.0	0.0	0.0	mg
Sodium	36.0	36.0	36.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.9	0.9	0.9	mg

Fruit Salad with Honey Lemon Dressing (ve)

Allergens: SO2.

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



Ingredients:

Component	Code	Ingredient	Weight	Allergens
	1MHS	McLays Honeydew Melon	500g	
Fruity	5552	Tinned Apples	500g	
Truity.	88724	Tinned Mandarins	500g	
	14342	Tinned Pinapples	500g	
Drossing	350157	Honey	100g	
niessing	114947	Lemon Juice	40ml	SO2

Servings & Portions:

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Dietary & Lifestyle Alternatives

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Cooking Method:

Prep: Peel, deseed, and chop honeydew melon into small pieces

1 Mix honey with lemon juice, this is your honey lemon dressing. In a large bowl, mix in all fruit and top with dressing. Ready to serve.

Serving Serve as a dessert



Fruit Salad with Honey Lemon Dressing

Allergens: SO2.

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

Nutrient	Per 100g	Per Portion (Primary 107g)	Per Portion (Nursery 86g)	Units
Energy	50.0	53.0	42.4	kcal
Fat	0.0	0.0	0.0	g
SatFat	0.0	0.0	0.0	g
Carb	12.6	13.5	10.8	g
NMES	5.4	5.8	4.6	g
Tot Sug	12.6	13.5	10.8	g
Fibre	1.1	0.9	0.7	g
Prot	0.5	0.5	0.4	g
Iron	0.3	0.3	0.2	mg
Calc	9.2	9.8	7.8	mg
Vit A	6.8	7.3	5.8	μg
Fol	4.0	4:3	3.4	μg
Vit C	11.4	12.2	9.8	mg
Sodium	10.4	11.1	8.9	mg
Salt	0.0	0.0	0.0	g
Zinc	0.1	0.1	0.1	mg

Oaty Flapjack (v)





Ingredients:

Component Code	Ingredient	Weight	Allergens
			Oat
Flapjack 113354	Нарјаск Міх	550g	May contain: Gluten (Wheat, Barley), Milk, Egg, Soya
	Water		

Servings & Portions:

Group	Servings	Serving Instructions per Child	
Primary	20	30g	
Nursery	20	30g	

Dietary & Lifestyle Alternatives

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Cooking Method:

Prep: None

Mix flapjack mix with water, stand for 10 min, spread the mixture out on a baking tray, and bake at 180C / gas 4, for 20-25min. Once cooked, leave to cool. Ready to serve.

Serving Serve as a dessert



Oaty Flapjack (v)

Dietary Suitability: V

Nutrient	Per 100g	Per Portion (Primary 30g)	Per Portion (Nursery 30g)	Units
Energy	364.0	109.2	109.2	kcal
Fat	14.6	4.4	4.4	g.
SatFat	2.7	0.8	0.8	g
Carb	55.4	16.6	16.6	g
NMES	9.1	2.7	2.7	g
Tot Sug	17.3	5,2	5.2	g
Fibre	4.3	1.3	1.3	g.
Prot	5.6	1.7	1.7	g
Iron	3.0	0.9	0.9	mg
Calc	0.3	0.1	0.1	mg
Vit A	0.4	0.1	0.1	μg
Fol	0.1	0.0	0.0	μg
Vit C	0.0	0.0	0.0	mg
Sodium	1.4	0.4	0.4	mg
Salt	0.0	0.0	0.0	g
Zinc	1.2	0,4	0.4	mg

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

Vanilla Ice Cream (v)



Ingredients:

Component	Code	Ingredient	Weight	Allergens
Ice Cream	50985	Vanilla Ice Cream	20 tubs (1.6L)	Milk

Servings & Portions:

1	Group	Servings	Serving Instructions per Child	
	Primary	20	Ltub (80ml)	
	Nursery	20	L tub (80ml)	

Dietary & Lifestyle Alternatives

	Code Meal Name	Do NOT use	Use Alternatives Allergens	į
ŀ				þ
j	DE2305VE Iced Smoothie (ve)	50985 Vanilla Ice Cream	32574/32573/32572 Iced Smoothie	j
j			Iced Smoothie	j

Cooking Method: **Prep:** None

1 N/A

Serving Serve as a dessert



Vanilla Ice Cream (v)

Nutrient	Per 100ml	Per Portion (Primary 80ml)	Per Portion (Nursery 80ml)	Units
Energy	160.0	128.0	128.0	kcal
Fat	1.0	0.8	0.8	g.
SatFat	0.1	0.1	0.1	g
Carb	18.0	14.4	14.4	g
NMES	0.0	0.0	0.0	g
Tot Sug	15.0	12.0	12.0	g
Fibre	0.9	0.7	0.7	g
Prot	3.4	2.7	2.7	g
Iron	0.1	0.1	0.1	mg
Calc	128.0	102.4	102.4	mg
Vit A	0.1	0.1	0.1	μg
Fol	0.5	0.4	0.4	μg
Vit C	0.6	0.5	0.5	mg
Sodium	80.0	64.0	64.0	mg
Salt	0.0	0.0	0.0	g
Zinc	0.7	0.6	0.6	mg

