



2025/26
PRIMARY & NURSERY
MENU INFO PACK

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Abbreviations

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

2025 Menu Cycle

JANUARY

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY

M	T	W	T	F	S	S
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3	4	5	6	7	8	9
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24	25	26	27	28		

MARCH

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10	11	12	13	14	15	16
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24	25	26	27	28	29	30
31						

APRIL

M	T	W	T	F	S	S
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28	29	30				

MAY

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JUNE

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30						

JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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22	23	24	25	26	27	28
29	30	31				

Week 1

Week 2

Week 3

2026 Menu Cycle

JANUARY

M	T	W	T	F	S	S
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5	6	7	8	9	10	11
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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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29	30					

JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

M	T	W	T	F	S	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Week 1

Week 2

Week 3



2024/2025 Primary Menu

Week 1, 2, 3



2025/2026 Primary Week 1 Menu*

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

- We use UK seasonal produce when available, and where possible, use Scottish produce

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Starter	RSO002 Leek & Potato Soup (ve) (Optional: with Bread)	RSO003 Tangy Tomato Soup (ve) (Optional: with Bread)	RSO005 Seasonal Harvest Soup (ve) (Optional: with Bread)	RSO004 Seasonal Veg & Rice Soup (ve) (Optional: with Bread)	RSO001 Carrot & Coriander Soup (ve) (Optional: with Bread)
Main Option 1	MA2501 Mac 'N' Cheese (v) with Garlic Bread (ve) & Vegetable Medley (ve)	MA2504 Red Tractor Mild Chicken Curry with Rice (ve) & Seasonal Salad (ve)	MA2507 Free Range Folded Omelette (v) (served with condiments) With Potato Salad (v) & Sunshine Salad (ve)	MA2510 QMS Homemade Steak Pie with Roast Potatoes (ve) & Baby Carrots (ve)	MA2514 Herby Tomato Pasta (ve) with Garlic Bread (ve) & Garden Peas (ve)
Main Option 2	MA2502 Red Tractor Southern-Style Chicken Wrap with Sweet Chilli Mayo with Potato Wedges (ve) & Vegetable Medley (ve)	MA2505 QMS Beef Burger in a Bun (served with condiments) with Savoury Rice (ve) & Seasonal Salad (ve)	MA2508 Homemade Quorn Sausage Casserole (ve) with Mashed Potato (ve) & Sunshine Salad (ve)	MA2511 Plant-Power Hot Dog (v) (served with condiments) With Roast Potatoes (ve) & Baby Carrots (ve)	MA2513 MSC Salmon Fingers (served with condiments) with Potato Chips /Smiles/Fries/Puffs (ve) & Garden Peas (ve)
Main Option 3	MA2503 Baked Potato with Beans (ve) & Vegetable Medley (ve)	MA2506 Cheddar Cheese Panini (v) with Savoury Rice (ve) & Seasonal Salad (ve)	MA2509 Neatballs in Onion Gravy (ve) with Mashed Potato (ve) & Sunshine Salad (ve)	MA2512 Red Tractor Ham Sandwich & Baby Carrots (ve)	MA2515 Baked Potato with Cheese (v) & Garden Peas (ve)
Dessert	RDE004 Fruit Salad (ve) & Fresh Fruit Selection (ve)	RDE001 Fruity Yoghurt (v) & Fresh Fruit Selection (ve)	Cook's Choice of Home Baking (v) & Fresh Fruit Selection (ve)	RDE002 Jelly (ve) & Fresh Fruit Selection (ve)	RDE003 Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)

* We do not knowingly use nuts- or peanut-based products in the provision of catering to schools. However, some products may be produced in a factory where nuts or peanuts are used and therefore contamination of these products may occur. We cannot guarantee that all products are always nut free or peanut free.



2025/2026 Primary Week 2 Menu*

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

- We use UK seasonal produce when available, and where possible, use Scottish produce

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Starter	RSO003 Tangy Tomato Soup (ve) (Optional: with Bread)	RSO001 Carrot & Coriander Soup (ve) (Optional: with Bread)	RSO004 / RSO006 Seasonal Veg & Rice Soup (ve) / Lentil Soup (ve) (Optional: with Bread)	RSO005 Seasonal Harvest Soup (ve) (Optional: with Bread)	RSO002 Leet & Potato Soup (ve) (Optional: with Bread)
Main Option 1	MA2516 Red Tractor Meatball Sub Melt with Sauté Potatoes (ve) & Vegetable Medley (ve)	MA2519 Plant-Power Burger in a Bun (ve) (served with condiments) with Potato Salad (v) & Seasonal Salad (ve)	MA2522 Creamy Pesto Pasta (v) with Garlic Bread (ve) & Sunshine Salad (ve)	MA2525 Margherita Pizza (v) with Onion Rings (ve) & Carrot & Cucumber Sticks (ve)	MA2528 MSC Fish Goujons (served with condiments) with Pasta Salad (v) & Corn Cobettes (ve)
Main Option 2	MA2517 Red Tractor Homemade Chicken Puff Pie with Sauté Potatoes (ve) & Vegetable Medley (ve)	MA2520 Red Tractor Roast Chicken Dinner with Yorkshire Pudding with Mashed Potato (ve) & Seasonal Salad (ve)	MA2523 Quorn Bangers in Onion Gravy (ve) with Mashed Potato (ve) & Sunshine Salad (ve)	MA2526 QMS Mexican-Style Beef Chilli with Nacho Chips (ve) & Carrot & Cucumber Sticks (ve)	MA2529 QMS Beef Bolognese Pasta Bake & Corn Cobettes (ve)
Main Option 3	MA2518 Cheese Sandwich (v) & Vegetable Medley (ve)	MA2521 Tuna Melt Panini with Potato Salad (v) & Seasonal Salad (ve)	MA2524 Baked Potato with Beans (ve) & Sunshine Salad (ve)	MA2527 Ham Sandwich & Carrot & Cucumber Sticks (ve)	MA2530 Baked Potato with Cheese (v) & Corn Cobettes (ve)
Dessert	RDE004 Fruit Salad (ve) & Fresh Fruit Selection (ve)	RDE002 Fruity Yoghurt (v) & Fresh Fruit Selection (ve)	Cook's Choice of Home Baking (v) & Fresh Fruit Selection (ve)	RDE002 Jelly (ve) & Fresh Fruit Selection (ve)	Delight Dessert (v) & Fresh Fruit Selection (ve)

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2025/2026 Primary Week 3 Menu*

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

- We use UK seasonal produce when available, and where possible, use Scottish produce

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Starter	RSO002 Leek & Potato Soup (ve) (Optional: with Bread)	RSO004 or RSO006 Seasonal Veg & Rice Soup (ve) / Lentil Soup (ve) (Optional: with Bread)	RSO001 Carrot & Coriander Soup (ve) (Optional: with Bread)	RSO005 Seasonal Harvest Soup (ve) (Optional: with Bread)	RSO003 Tangy Tomato Soup (ve) (Optional: with Bread)
Main Option 1	MA2531 Sticky BBQ Quorn Dippers (v) with Pasta Salad (v) & Vegetable Medley (ve)	MA2534 QMS Beef Lasagne & Seasonal Salad (ve)	MA2537 Sau'sage Roll (ve) with Savoury Rice (ve) & Mixed Pepper Salad (ve)	MA2540 Jumbo Hot Dog with Potato Salad (v) & Garden Peas (ve)	MA2543 Cheese & Tomato Pizzini (v) with Potato Chips /Smiles/Fries/Puffs (ve) & Sunshine Salad (ve)
Main Option 2	MA2532 Red Tractor Chicken Fajita in Pitta Pockets with Pasta Salad (v) & Vegetable Medley (ve)	MA2535 Red Tractor Chicken Burger in a Bun with Potato Wedges (ve) & Seasonal Salad (ve)	MA2538 Shawarma-Style Fillets (ve) with Savoury Rice (ve) & Mixed Pepper Salad (ve)	MA2541 QMS Traditional Mince-Filled Yorkshire Pudding with Mashed Potato (ve) & Garden Peas (ve)	MA2544 MSC Fish Fingers (served with condiments) with Potato Chips /Smiles/Fries/Puffs (ve) & Sunshine Salad (ve)
Main Option 3	MA2533 Tuna Mayo & Sweetcorn Pasta with Garlic Bread (ve) & Vegetable Medley (ve)	MA2536 Baked Potato with Cheese (v) & Seasonal Salad (ve)	MA2539 Baked Potato with Beans (ve) & Mixed Pepper Salad (ve)	MA2542 Cheddar Cheese Panini (v) with Potato Salad (v) & Garden Peas (ve)	MA2545 Red Tractor Turkey Meatballs in Herby Tomato Sauce with Spaghetti With Garlic Bread (ve) & Sunshine Salad (ve)
Dessert	RDE002 Fruity Yoghurt (v) & Fresh Fruit Selection (ve)	RDE003 Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	Dessert Delight (v) & Fresh Fruit Selection (ve)	RDE003 Jelly (ve) & Fresh Fruit Selection (ve)	RDE004 Fruit Salad (ve) & Fresh Fruit Selection (ve)

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2024/2025

Primary Dietary Variations



2024/2025 Primary Dietary Variations

- These variations are developed to meet the dietary requirements of most pupils.
- Some pupils with other special dietary requirements may require further recipe modification, they are not included in this section

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Main Option 1	MA2501 Mac 'N' Cheese (v) with Garlic Bread (ve)	MA2504 Mild Chicken Curry With Rice (ve)	MA2507 Folded Omelette (v) With Potato Salad (v)	MA2510 Homemade Steak Pie With Roast Potatoes (ve)	MA2514 Herby Tomato Pasta (ve) With Garlic Bread (ve)
Diet Type Alternative	MA2501VE Vegan Mac 'N' Cheese (ve) With Garlic Bread (ve)	MA2404VE Vegan Quorn Curry (ve) With Rice (ve)	MA2507VE Veg Sausages (ve) With Vegan Potato Salad (ve)	MA2510VE Vegan Pie (ve) With Roast Potatoes (ve)	\
Omitting Sigular Allergen	MA2501GF Gluten Free Mac 'N' Cheese (v) With G/F Garlic Bread (ve)	\	MA2507DF Veg Sausages (ve) With Potato Salad (ve)	MA2510GF Steak Stew (No Pastry) With Roast Potatoes (ve)	MA2514GF Gluten Free Tomato Pasta (ve) With G/F Garlic Bread (ve)
Allergy-Friendly Alternative	MA2501AF Allergy-Friendly Mac 'N' Cheese (ve) With G/F Garlic Bread (ve)	\	\	\	\
Main Option 2	MA2502 Southern-Style Chicken Wrap with Sweet Chilli Mayo With Potato Wedges (ve)	MA2505 Beef Burger in a Bun with Savoury Rice (ve)	MA2508 Quorn Sausage Casserole (ve) With Mashed Potato (ve)	MA2511 Plant-Power Hot Dog (v) With Roast Potatoes (ve)	MA2513 Salmon Fingers With Chips/Smiles/Fries/Puffs (ve)
Diet Type Alternative	MA2502VE Vegan Quorn Wrap with Vegan Sweet Chilli Mayo (ve) With Potato Wedges (ve)	MA2505VE Vegan Burger in a Bun (ve) With Savoury Rice (ve)	\	MA2511VE Veg Sausage in Hot Dog Roll With Roast Potatoes (ve)	MA2513VE Vegan Fishless Fingers (ve) With Chips/Smiles/Fries/Puffs (ve)
Omitting Sigular Allergen	MA2502GF Gluten Free Chicken Wrap with Sweet Chilli Mayo with Wedges (ve)	MA2502EF Egg Free – Chicken Wrap with Vegan Sweet Chilli Mayo with Wedges (ve)	MA2505GF Gluten Free Beef Burger in a G/F Bun With Savoury Rice (ve)	MA2508GF Veg Sausage Casserole (ve) With Mashed Potato (ve)	MA2511GF Plant-Power Hot Dog in G/F Roll(v) With Roast Potatoes (ve)
Allergy-Friendly Alternative	MA2502AF Allergy-Friendly Chicken Wrap with Vegan Sweet Chilli Mayo With Potato Wedges (ve)	\	\	MA2511AF Allergy-Friendly Veg Sausage in G/F Roll (ve) With Roast Potatoes (ve)	\
Main Option 3	MA2503 Baked Potato with Beans (ve)	MA2506 Cheddar Cheese Panini (v) With Savoury Rice (ve)	MA2509 Neatballs in Onion Gravy (ve) With Mashed Potato (ve)	MA2512 Ham Sandwich	MA2515 Baked Potato with Cheese (v)
Diet Type Alternative	\	MA2506VE Vegan Cheese Panini (ve) With Savoury Rice (ve)	\	MA2512V Cheese Sandwich (v)	MA2512VE Vegan Cheese Sandwich (ve)
Omitting Sigular Allergen	\	MA2506GF Gluten Free Toasted Cheese Sandwich (v) With Savoury Rice (ve)	\	MA2512GF Gluten Free Ham Sandwich	MA2515VE Baked Potato with Vegan Cheese (ve)
Allergy-Friendly Alternative	\	MA2506AF Allergy-Friendly Toasted VE Cheese Sandwich (ve) With Savoury Rice (ve)	\	\	

2024/2025 Primary Dietary Variations

- These variations are developed to meet the dietary requirements of most pupils.
- Some pupils with other special dietary requirements may require further recipe modification, they are not included in this section

Week 2	Monday		Tuesday		Planet-Friendly Wednesday	Thursday		Friday	
Main Option 1	MA2516 Meatball Sub Melt With Sauté Potatoes (ve)		MA2519 Crispy Burger in a Bun (ve) With Potato Salad (v)		MA2522 Creamy Pesto Pasta (v) With Garlic Bread (ve)	MA2525 Margherita Pizza (v) With Onion Rings (ve)		MA2528 Fish Goujons With Pasta Salad (v)	
Diet Type Alternative	MA2516VE Vegan Meatball Sub Melt (ve) With Sauté Potatoes (ve)		MA2519VE Crispy Burger in a Bun (ve) With Vegan Potato Salad (ve)		MA2522VE Vegan Pesto Pasta (ve) With Garlic Bread (ve)	MA2525VE Vegan Margherita Pizza (ve) With Onion Rings (ve)		MA2528VE Vegan Fishless Fingers (ve) With Vegan Pasta Salad (ve)	
Omitting Singular Allergen	MA2516GF G/F Meatball Sub With Sauté Potatoes (ve)	MA2516DF D/F Meatball Sub With Sauté Potatoes (ve)	\		MA2522GF Gluten-Free Pesto Pasta (v) With G/F Garlic Bread (ve)	MA2525GF Gluten Free Margherita Pizza (v) With Nacho Chips (ve)		MA2528DF Fish Goujons With Vegan Pasta Salad (ve)	
Allergy- Friendly Alternative	MA2516AF Allergy-Friendly Meatball Sub Melt With Sauté Potatoes (ve)		\		MA2522AF Allergy-Friendl y Pesto Pasta (ve) With G/F Garlic Bread (ve)	MA2525AF Allergy-Friendly Pizza (ve) With Nacho Chips (ve)		MA2528AF G/F Fish Fingers With Allergy-Friendly Pasta Salad (ve)	
Main Option 2	MA2517 Homemade Chicken Puff Pie With Sauté Potatoes (ve)		MA2520 Roast Chicken Dinner with Yorkshire Pudding With Mashed Potato (ve)		MA2523 Quorn Bangers in Onion Gravy (ve) With Mashed Potato (ve)	MA2526 Mexican-Style Beef Chilli With Nacho Chips (ve)		MA2529 Beef Bolognese Pasta Bake	
Diet Type Alternative	MA2517VE Vegan Puff Pie (ve) With Sauté Potatoes (ve)		MA2520V Quorn Fillets with Yorkies (v) With Mashed Potato (ve)	MA2520VE Quorn Fillets in Gravy (ve) (no yorkies) With Mashed Potato (ve)	\	\		\	
Omitting Singular Allergen	\		\		MA2523GF G/F Veg Sausages in Gravy (ve) With Mashed Potato (ve)	\		MA2529GF G/F Bolognese Pasta Bake	MA2529DF D/F Bolognese Pasta Bake
Allergy- Friendly Alternative	MA2517AF Allergy-Friendly Chicken Stew (No Pastry) With Sauté Potatoes (ve)		MA2520AF Allergy-Friendly Chicken in Gravy (no yorkies) With Mashed Potato (ve)		\	\		MA2529AF Allergy-Friendly Bolognese Pasta Bake	
Main Option 3	MA2518 Cheese Sandwich (v)		MA2521 Tuna Melt Panini With Potato Salad (v)		MA2524 Baked Potato with Beans (ve)	MA2527 Ham Sandwich		MA2530 Baked Potato with Cheese (v)	
Diet Type Alternative	MA2518VE Vegan Cheese Sandwich (ve)		MA2521V Cheese Panini (v) With Potato Salad (ve)	MA2521VE Vegan Cheese Panini (ve) With Vegan Potato Salad (ve)	\	MA2527V Cheese Sandwich (v)	MA2527VE Vegan Cheese Sandwich (ve)	MA2515VE Baked Potato with Vegan Cheese (ve)	
Omitting Singular Allergen	MA2518GF Gluten Free Cheese Sandwich (ve)		\		\	MA2527GF Gluten Free Ham Sandwich			
Allergy- Friendly Alternative	MA2518AF Allergy-Friendly VE Cheese Sandwich (ve)		MA2521AF Allergy-Friendly Tuna Melt Roll With Vegan Potato Salad (ve)		\	\			

2024/2025 Primary Dietary Variations.

Some pupils with other special dietary requirements may require further recipe modification, they are not included in this section

- These variations are developed to meet the dietary requirements of most pupils

Week 3	Monday		Tuesday	Planet-Friendly Wednesday	Thursday		Friday
Main Option 1	MA2531 Sticky BBQ Quorn Dippers (v) With Pasta Salad (v)		MA2534 Beef Lasagne	MA2537 Sau’sage Roll (ve) With Savoury Rice (ve)	MA2540 Jumbo Hot Dog With Potato Salad (v)		MA2543 Cheese & Tomato Pizzini (v) With Chips/Smiles/Fries/Puffs (ve)
Diet Type Alternative	MA2531VE Plain Quorn Dippers (ve) With Vegan Pasta Salad (ve)		MA2534V Vegetable Lasagne (v)	\	MA2540V Veg Sausage in a Hot Dog Roll (ve) With Potato Salad (v)	MA2540VE Veg Sausage in a Hot Dog Roll (ve) With Vegan Potato Salad (ve)	MA2543VE Vegan Pizza Sub (ve) With Chips/Smiles/Fries/Puffs (ve)
Omitting Singular Allergen	MA2531DF Sticky BBQ Quorn Dippers (v) With Vegan Pasta Salad (ve)		\	\	MA2540EF Jumbo Hot Dog With Vegan Potato Salad (ve)	MA2540GF G/F Pork Sausage in a G/F Roll With Potato Salad (v)	MA2543GF Gluten-Free Pizza Sub (v) With Chips/Smiles/Fires/Puffs (ve)
Allergy-Friendly Alternative	MA2531AF Allergy-Friendly Sticky BBQ Veg Sausages (v) With A/F Pasta Salad (ve)		MA2534AF Allergy-Friendly Beef Bolognese Pasta	MA2537AF Allergy-Friendly Veg Sausages (ve) With Savoury Rice (ve)	MA2540AF G/F Pork Sausage in a G/F Roll (ve) With Vegan Potato Salad (ve)		MA2543AF Allergy-Friendly Pizza Sub (ve) With Chips/Smiles/Fries/Puffs (ve)
Main Option 2	MA2532 Chicken Fajita in Pitta Pocket With Pasta Salad (v)		MA2535 Chicken Burger in a Bun With Potato Wedges (ve)	MA2538 Shawarma-Style Fillets (ve) With Savoury Rice (ve)	MA2541 Traditional Mince-Filled Yorkies With Mashed Potato (ve)		MA2544 Fish Fingers With Chips/Smiles/Fries/Puffs (ve)
Diet Type Alternative	MA2532V Quorn Fajita in a Pitta Pocket (v) With Pasta Salad (v)	MA2532VE Quorn Fajita in a Wrap (ve) With Vegan Pasta Salad (ve)	MA2535VE Vegan Burger in a Bun (ve) with Potato Wedges (ve)	\	\		MA2544VE Vegan Fishless Fingers (ve) With Chips/Smiles/Fires/Puffs (ve)
Omitting Singular Allergen	MA2532DF Chicken Fajita in a Wrap With Vegan Pasta Salad (ve)		MA2535GF Gluten-Free Goujons in a Gluten-Free Bun With Potato Wedges (ve)	\	\		MA2544GF Gluten-Free Fish Fingers With Chips/Smiles/Fires/Puffs (ve)
Allergy-Friendly Alternative	\		\	\	MA2541AF Allergy-Friendly Traditional Mince in Gravy (No Yorkies) With Mashed Potato (ve)		\
Main Option 3	MA2533 Tuna Mayo & Sweetcorn Pasta With Garlic Bread (ve)		MA2536 Baked Potato with Cheese (v)	MA2539 Baked Potato with Beans (ve)	MA2542 Cheddar Cheese Panini (v) With Potato Salad (v)		MA2545 Turkey Meatballs in Herby Tomato Sauce with Spaghetti With Garlic Bread (ve)
Diet Type Alternative	\		MA2515VE Baked Potato with Vegan Cheese (ve)	\	MA2542VE Vegan Cheese Panini (ve) With Vegan Potato Salad (ve)		MA2545VE Vegan Meatballs in Herby Tomato Sauce with Spaghetti (ve) With Garlic Bread (ve)
Omitting Singular Allergen	\			\	MA2542GF G/F Toasted Cheese Sandwich (v) With Potato Salad (v)	MA2542EF Cheddar Cheese Panini (v) With Vegan Potato Salad (ve)	MA2545GF Turkey Meatballs in Herby Tomato Sauce with G/F Spaghetti With G/F Garlic Bread (ve)
Allergy-Friendly Alternative	MA2533AF Allergy-Friendly Tuna Mayo & Sweetcorn Pasta With G/F Garlic Bread (ve)			\	MA2542AF Allergy-Friendly Toasted Sandwich (ve) With Vegan Potato Salad (ve)		\

2024/2025

Nursery Menu

Week 1, 2, 3



2025/2026 Nursery Week 1 Menu*

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

- We use UK seasonal produce when available, and where possible, use Scottish produce

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Starter	\	RSO003 Tangy Tomato Soup (ve) (Optional: with Bread)	RSO005 Seasonal Harvest Soup (ve) (Optional: with Bread)	\	\
Main Option 1	MA2501 Mac 'N' Cheese (v) with Garlic Bread (ve) & Vegetable Medley (ve)	MA2504 Red Tractor Mild Chicken Curry with Rice (ve) & Seasonal Salad (ve)	MA2507 Free Range Folded Omelette (v) (served with condiments) With Potato Salad (v) & Sunshine Salad (ve)	MA2510 QMS Homemade Steak Pie with Roast Potatoes (ve) & Baby Carrots (ve)	MA2513N MSC Salmon Fingers (served with condiments) With Diced Potatoes (ve) & Garden Peas (ve)
Main Option 2	MA2503 Baked Potato with Beans (ve) & Vegetable Medley (ve)	MA2505 QMS Beef Burger in a Bun (served with condiments) with Savoury Rice (ve) & Seasonal Salad (ve)	MA2508 Quorn Sausage Casserole (v) with Mashed Potato (ve) & Corn Cobettes (ve)	MA2512N Tuna Mayo-Filled Roll & Baby Carrots (ve)	MA2514 Herby Tomato Pasta (ve) with Garlic Bread (ve) & Garden Peas (ve)
Dessert	RDE004 Fruit Salad (ve)	\	\	RDE002 Jelly (ve) & Fresh Fruit Selection (ve)	RDE003 Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)

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2025/2026 Nursery

Week 2 Menu*

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

- We use UK seasonal produce when available, and where possible, use Scottish produce

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Starter	\	RSO001 Carrot & Coriander Soup (ve) (Optional: with Bread)	\	RSO005 Seasonal Harvest Soup (ve) (Optional: with Bread)	\
Main Option 1	MA2517N Red Tractor Homemade Chicken Puff Pie with Baby Potatoes (ve) & Vegetable Medley (ve)	MA2519 Crispy Burger in a Bun (v) (served with condiments) with Potato Salad (v) & Seasonal Salad (ve)	MA2522 Creamy Pesto Pasta (v) with Garlic Bread (ve) & Mixed Pepper Salad (ve)	MA2525N Margherita Pizza (v) with Savoury Rice (ve) & Baby Carrots (ve)	MA2528 MSC Fish Goujons (served with condiments) with Pasta Salad (ve) & Corn Cobettes (ve)
Main Option 2	MA2518 Cheese Sandwich (v) & Vegetable Medley (ve)	MA2520N Red Tractor Roast Chicken Fillets in Gravy with Mashed Potato (ve) & Seasonal Salad (ve)	MA2523 Bangers in Onion Gravy (ve) with Mashed Potato (ve) & Sunshine Salad (ve)	MA2526N QMS Mexican-Style Beef Chilli with Rice (ve) & Baby Carrots (ve)	MA2529 QMS Beef Bolognese Pasta Bake & Corn Cobettes (ve)
Dessert	RDE004 Fruit Salad (ve)	\	Cook's Choice of Home Baking (v) & Fresh Fruit Selection (ve)	\	Delight Dessert (v) & Fresh Fruit Selection (ve)

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2025/2026 Nursery

Week 3 Menu*

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

- We use UK seasonal produce when available, and where possible, use Scottish produce

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Starter	RSO002 Leek & Potato Soup (ve) (Optional: with Bread)	\	RSO001 Carrot & Coriander Soup (ve) (Optional: with Bread)	\	RSO003 Tangy Tomato Soup (ve) (Optional: with Bread)
Main Option 1	MA2531N Quorn Dippers (ve) (served with condiments) with Pasta Salad (v) & Vegetable Medley (ve)	MA2533 QMS Beef Lasagne & Seasonal Salad (ve)	MA2537 Sau'sage Roll (ve) (served with condiments) with Savoury Rice (ve) & Mixed Pepper Salad (ve)	MA2541N QMS Traditional Mince with Mashed Potato (ve) & Garden Peas (ve)	MA2544N MSC Fish Fingers (served with condiments) with Diced Potato (ve) & Sunshine Salad (ve)
Main Option 2	MA2532 Tuna Mayo & Sweetcorn Pasta with Garlic Bread (ve) & Vegetable Medley (ve)	MA2534N Red Tractor Chicken Burger in a Bun (served with condiments) with Diced Potatoes (ve) & Seasonal Salad (ve)	MA2539 Baked Potato with Beans (ve) & Mixed Pepper Salad (ve)	MA2542 Cheddar Cheese Panini (v) with Potato Salad (v) & Garden Peas (ve)	MA2545 Red Tractor Turkey Meatballs in Herby Tomato Sauce with Spaghetti With Garlic Bread (ve) & Sunshine Salad (ve)
Dessert	\	RDE003 Vanilla Ice Cream (v) & Fresh Fruit Selection (ve)	\	RDE003 Jelly (ve) & Fresh Fruit Selection (ve)	\

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2024/2025

Nursery Dietary Variations

2024/2025 Nursery Dietary Variations

- These variations are developed to meet the dietary requirements of most pupils.
- Some pupils with other special dietary requirements may require further recipe modification, they are not included in this section

Week 1	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Main Option 1	MA2501 Mac 'N' Cheese (v) with Garlic Bread	MA2504 Mild Chicken Curry With Rice (ve)	MA2507 Folded Omelette (v) With Potato Salad (v)	MA2510 Homemade Steak Pie With Roast Potatoes (ve)	MA2514 Herby Tomato Pasta (ve) With Garlic Bread (ve)
Diet Type Alternative	MA2501VE Vegan Mac 'N' Cheese (ve) With Garlic Bread (ve)	MA2404VE Vegan Quorn Curry (ve) With Rice (ve)	MA2507VE Veg Sausages (ve) With Vegan Potato Salad (ve)	MA2510VE Vegan Pie (ve) With Roast Potatoes (ve)	\
Omitting Sigular Allergen	MA2501GF Gluten Free Mac 'N' Cheese (v) With G/F Garlic Bread (ve)	\	MA2507DF Veg Sausages (ve) With Potato Salad (ve)	MA2510GF Steak Stew (No Pastry) With Roast Potatoes (ve)	MA2514GF Gluten Free Tomato Pasta (ve) With G/F Garlic Bread (ve)
Allergy-Friendly Alternative	MA2501AF Allergy-Friendly Mac 'N' Cheese (ve) With G/F Garlic Bread (ve)	\	\	\	\
Main Option 2	MA2503 Baked Potato with Beans (ve)	MA2505 Beef Burger in a Bun with Savoury Rice (ve)	MA2508 Quorn Sausage Casserole (ve) With Mashed Potato (ve)	MA2512N Tuna Mayo-Filled Roll	MA2513N Salmon Fingers With Diced Potato (ve)
Diet Type Alternative	\	MA2505VE Vegan Burger in a Bun (ve) With Savoury Rice (ve)	\	MA2512V Cheese Roll (v)	MA2513NVE Vegan Fishless Fingers (ve) With Diced Potato (ve)
Omitting Sigular Allergen	\	MA2505GF Gluten Free Beef Burger in a G/F Bun With Savoury Rice (ve)	MA2508GF Veg Sausage Casserole (ve) With Mashed Potato (ve)	MA2512VE Vegan Cheese Roll (ve)	\
Allergy-Friendly Alternative	\	\	\	MA2512AF Allergy-Friendly Tuna Vegan Mayo in a G/F Roll	\

2024/2025 Nursery Dietary Variations

- These variations are developed to meet the dietary requirements of most pupils.
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Week 2	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday	
Main Option 1	MA2517N Homemade Chicken Puff Pie With Baby Potatoes (ve)	MA2519 Crispy Burger in a Bun (ve) With Potato Salad (v)	MA2522 Creamy Pesto Pasta (v) With Garlic Bread (ve)	MA2525N Margherita Pizza (v) With Savoury Rice (ve)	MA2528 Fish Goujons With Pasta Salad (v)	
Diet Type Alternative	MA2517VE Vegan Puff Pie (ve) With Baby Potatoes (ve)	MA2519VE Crispy Burger in a Bun (ve) With Vegan Potato Salad (ve)	MA2522VE Vegan Pesto Pasta (ve) With Garlic Bread (ve)	MA2525VE Vegan Margherita Pizza (ve) With Savoury Rice (ve)	MA2528VE Vegan Fishless Fingers (ve) With Vegan Pasta Salad (ve)	
Omitting Singular Allergen	\	\	MA2522GF Gluten-Free Pesto Pasta (v) With G/F Garlic Bread (ve)	MA2525GF Gluten Free Margherita Pizza (v) With Savoury Rice (ve)	MA2528DF Fish Goujons With Vegan Pasta Salad (ve)	
Allergy-Friendly Alternative	MA2517AF Allergy-Friendly Chicken Stew (No Pastry) With Baby Potatoes (ve)	\	MA2522AF Allergy-Friendly Pesto Pasta (ve) With G/F Garlic Bread (ve)	MA2525AF Allergy-Friendly Pizza (ve) With Savoury Rice (ve)	MA2528AF G/F Fish Fingers With Allergy-Friendly Pasta Salad (ve)	
Main Option 2	MA2518 Cheese Sandwich (v)	MA2520N Roast Chicken Fillets in Gravy With Mashed Potato (ve)	MA2523 Bangers in Onion Gravy (ve) With Mashed Potato (ve)	MA2526N Mexican-Style Beef Chilli With Rice (ve)	MA2529 Beef Bolognese Pasta Bake	
Diet Type Alternative	MA2518VE Vegan Cheese Sandwich (ve)	MA2520NVE Quorn Fillets in Gravy (ve) With Mashed Potato (ve)	\	MA2527V Cheese Sandwich (v)	MA2529V Baked Potato with Cheese (v)	MA2529VE Baked Potato with Vegan Cheese (ve)
Omitting Singular Allergen	MA2518GF Gluten Free Cheese Sandwich (ve)	\	MA2523GF G/F Veg Sausages in Gravy (ve) With Mashed Potato (ve)	\	MA2529GF G/F Bolognese Pasta Bake	MA2529DF D/F Bolognese Pasta Bake
Allergy-Friendly Alternative	MA2518AF Allergy-Friendly VE Cheese Sandwich (ve)	\	\	\	MA2529AF Allergy-Friendly Bolognese Pasta Bake	

2024/2025 Nursery Dietary Variations

- These variations are developed to meet the dietary requirements of most pupils.
- Some pupils with other special dietary requirements may require further recipe modification, they are not included in this section

Week 3	Monday	Tuesday	Planet-Friendly Wednesday	Thursday	Friday
Main Opton 1	MA2531N Quorn Dippers (ve) With Pasta Salad (v)	MA2534 Beef Lasagne	MA2537 Sau'sage Roll (ve) With Savoury Rice (ve)	MA2541N Traditional Mince in Gravy With Mashed Potato (ve)	MA2544N Fish Fingers With Diced Potatoes (ve)
Diet Type Alternative	MA2531NVE Quorn Dippers (ve) With Vegan Pasta Salad (ve)	MA2534V Vegetable Lasagne (v)	\	\	MA2544NVE Vegan Fishless Fingers (ve) with Diced Potatoes (ve)
Omitting Singular Allergen	\	\	\	\	MA2544NGF Gluten-Free Fish Fingers with Diced Potatoes (ve)
Allergy-Friendly Alternative	MA2531NAF Allergy-Friendly Veg Sausages (v) With A/F Pasta Salad (ve)	MA2534AF Allergy-Friendly Beef Bolognese Pasta	MA2537AF Allergy-Friendly Veg Sausages (ve) With Savoury Rice (ve)	\	\
Main Opton 2	MA2533 Tuna Mayo & Sweetcorn Pasta With Garlic Bread (ve)	MA2535N Chicken Burger in a Bun With Diced Potatoes (ve)	MA2539 Baked Potato with Beans (ve)	MA2542 Cheddar Cheese Panini (v) With Potato Salad (v)	MA2545 Turkey Meatballs in Herby Tomato Sauce with Spaghetti With Garlic Bread (ve)
Diet Type Alternative	\	MA2535NVE Vegan Burger in a Bun (ve) with Diced Potatoes (ve)	\	MA2542VE Vegan Cheese Panini (ve) With Vegan Potato Salad (ve)	MA2545VE Vegan Meatballs in Herby Tomato Sauce with Spaghetti (ve) With Garlic Bread (ve)
Omitting Singular Allergen	\	MA2535NGF Gluten-Free Goujons in a Gluten-Free Bun With Diced Potatoes (ve)	\	MA2542GF G/F Toasted Cheese Sandwich (v) With Potato Salad (v)	MA2545GF Turkey Meatballs in Herby Tomato Sauce with G/F Spaghetti With G/F Garlic Bread (ve)
Allergy-Friendly Alternative	MA2533AF Allergy-Friendly Tuna Mayo & Sweetcorn Pasta With G/F Garlic Bread (ve)	\	\	MA2542AF Allergy-Friendly Toasted Sandwich (ve) With Vegan Potato Salad (ve)	\

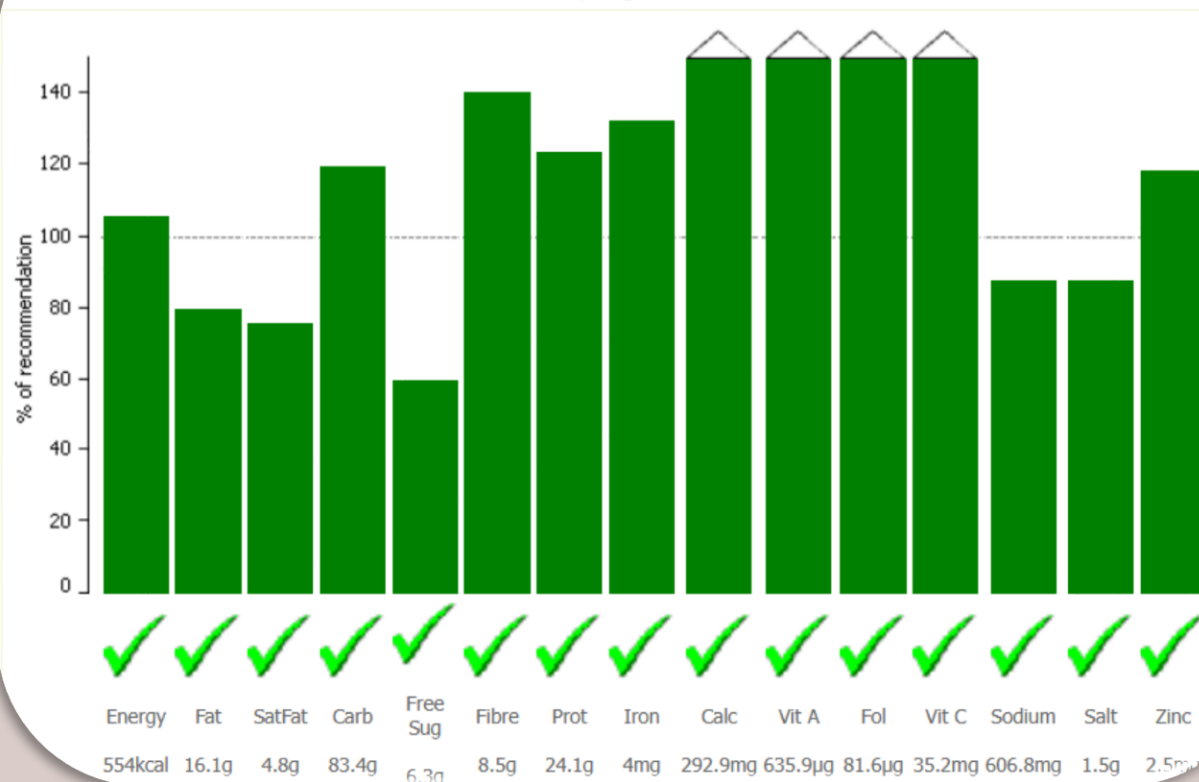
2025/26 Primary Nutritional Analysis Report



2025/26 Primary Menu Week 1

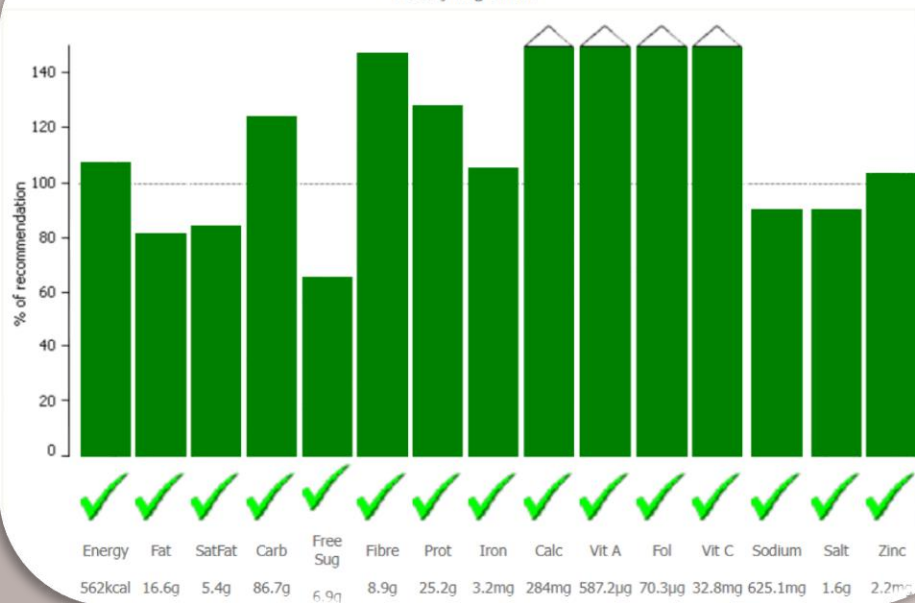
Renfrewshire Council School Meal

Weekly Avg Chart



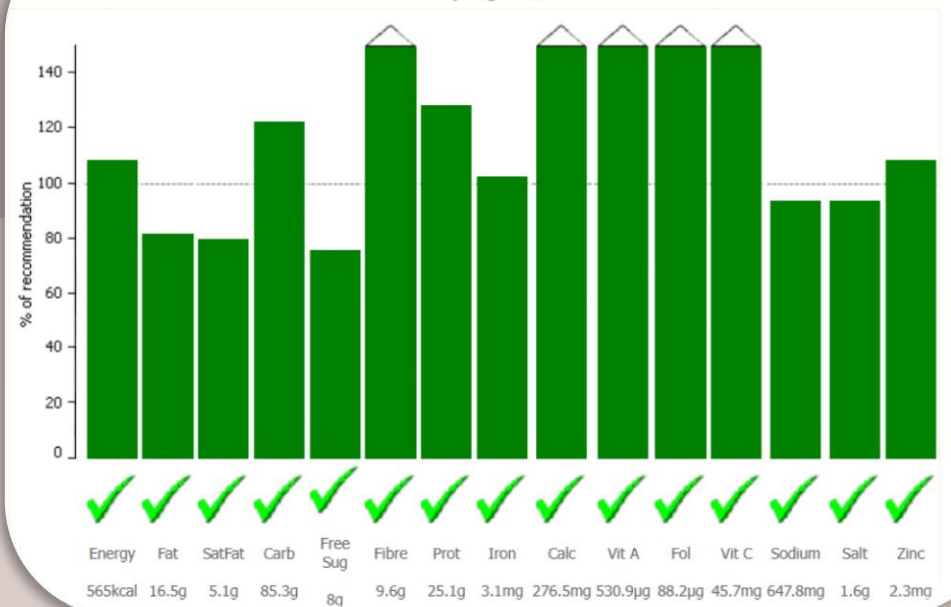
2025/2026 Primary Menu Week 2

Renfrewshire Council School Meal
Weekly Avg Chart

















2025/2026 Primary Menu Week 3

Renfrewshire Council School Meal
Weekly Avg Chart

















2025/26 Primary & Nursery Allergen Matrix

<div> <div>Contain</div> <div>May Contain</div> <div>Free from 14 Food Allergens</div> </div>		 Celery	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Mollusc	 Mustard	 Nuts	 Peanuts	 Sesame seeds	 Soya	 Sulphur Dioxide
Starter - Soup															
RSO001	Carrot & Coriander Soup (ve)														
RSO002	Leek & Potato Soup (ve)														
RSO003	Tangy Tomato Soup (ve)														
RSO004	Seasonal Veg & Rice Soup (ve)														
RSO005	Seasonal Harvest Soup (ve)														
RSO006	Lentil Soup (ve) (contains lentil)														
	Optional Bread: Kingsmill 50/50 (ve)														
	Optional Bread: Wholemeal Bread (ve)														
	Optional Bread: Brown Roll (v)														
	Optional Bread: G/F Just Good White Bread (ve)														
	Optional Bread: Schar Gluten Free & Vegan White Roll														
Main Options															
MA2501	Mac 'n' Cheese with Garlic Bread (Veg Medley) (v)														
MA2501VE	Vegan Mac 'n' Cheese with Garlic Bread (Veg Medley) (ve)														
MA2501GF	G/F Mac 'n' Cheese with G/F Garlic Bread (Veg Medley) (ve)														
MA2501AF	Allergy-Friendly Mac 'n' Cheese with G/F Garlic Bread (Veg Medley) (ve)														
MA2502	Southern-Style Chicken Wrap with Sweet Chilli Mayo with Potato Wedges (Veg Medley)														
MA2502VE	Vegan Quorn Wrap with Vegan Sweet Chilli Mayo, with Potato Wedges (Veg Medley) (ve)														
MA2502GF	G/F Chicken Wrap with Sweet Chilli Mayo, with Potato Wedges (Veg Medley)														
MA2502EF	Chicken Wrap with Vegan Sweet Chilli Mayo, with Potato Wedges (Veg Medley)														
MA2502AF	Allergy-Friendly Chicken Wrap with Vegan Sweet Chilli Mayo, with Potato Wedges (Veg Medley)														
MA2503	Baked Potato with Beans (Vegetable Medley) (ve)														
MA2504	Mild Chicken Curry with Rice (Seasonal Salad)														
MA2504VE	Vegan Quorn Curry with Rice (Seasonal Salad) (ve)														

















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2025/26 Primary & Nursery Allergen Matrix

<div> <div>Contain</div> <div>May Contain</div> <div>Free from 14 Food Allergens</div> </div>		 Celery	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Mollusc	 Mustard	 Nuts	 Peanuts	 Sesame seeds	 Soya	 Sulphur Dioxide
Main Options															
MA2505	Beef Burger in a Bun with Savoury Rice (Seasonal Salad)														
MA2505VE	Vegan Burger in a Bun with Savoury Rice (Seasonal Salad) (ve)														
MA2505GF	Beef Burger in a G/F Bun with Savoury Rice (Seasonal Salad)														
MA2506	Cheddar Cheese Panini with Savoury Rice (Seasonal Salad) (v)														
MA2506VE	Vegan Cheese Panini with Savoury Rice (Seasonal Salad) (ve)														
MA2506GF	G/F Toasted Cheese Sandwich with Savoury Rice (Seasonal Salad) (v)														
MA2506AF	Allergy-Friendly Toasted Vegan Cheese Sandwich with Savoury Rice (Seasonal Salad) (ve)														
MA2507	Folded Omelette with Potato Salad (Sunshine Salad) (v)														
MA2507DF	Veg Sausages with Potato Salad) (Sunshine Salad) (v)														
MA2507VE	Veg Sausages with Vegan Potato Salad (Sunshine Salad) (ve)														
MA2508	Quorn Sausage Casserole with Mashed Potato (Sunshine Salad) (ve)														
MA2508GF	Veg Sausage Casserole with Mashed Potato (Sunshine Salad) (ve)														
MA2509	Neatballs in Onion Gravy with Mashed Potato (Sunshine Salad) (ve)														
MA2510	Homemade Steak Pie with Roast Potatoes (Baby Carrots)														
MA2510VE	Vegan Pie with Roast Potatoes (Baby Carrots) (ve)														
MA2510GF	Steak Stew (No Pastry) with Roast Potatoes (Baby Carrot)														
MA2511	Plant-Power Hot Dog with Roast Potatoes (Baby Carrot) (v)														
MA2511VE	Veg Sausage in Hot Dog Roll with Roast Potato (Carrot) (ve)														
MA2511GF	Plant-Power Hot Dog in G/F Roll with Roast Potato (Carrot) (v)														
MA2511AF	Allergy-Friendly Veg Sausage in G/F Roll with Roast Potato (Carrot) (ve)														
MA2512	Ham Sandwich (Baby Carrot)														
MA2512V	Cheese Sandwich (Baby Carrot) (v)														
MA2512VE	Vegan Cheese Sandwich (Baby Carrot) (ve)														
MA2512GF	G/F Ham Sandwich (Baby Carrot)														



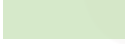














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2025/26 Primary & Nursery Allergen Matrix

																		
		Contain	May Contain	Free from 14 Food Allergens	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Main Options																		
MA2512N	Tuna Mayo-Filled Roll (Baby Carrots)																	
MA2512V	Cheese Roll (Baby Carrots) (v)																	
MA2512VE	Vegan Cheese Roll (Baby Carrots) (ve)																	
MA1512AF	Allergy-Friendly Tuna Vegan Mayo in a G/F Roll (Baby Carrots)																	
MA2513	Salmon Fingers with Chips/Smiles/Fires/Puffs (Garden Peas)																	
MA2513VE	Vegan Fishless Fingers with Chips/Smiles/Fires/Puffs (Peas)																	
MA2513N	Salmon Fingers with Diced Potatoes (Garden Peas)																	
MA2513NVE	Vegan Fishless Fingers with Diced Potatoes (Garden Peas)																	
MA2514	Herby Tomato Pasta with Garlic Bread (Garden Peas) (ve)																	
MA2514GF	G/F Tomato Pasta with G/F Garlic Bread (Garden Peas) (ve)																	
MA2515	Baked Potato with Cheese (Garden Peas) (v)																	
MA2515VE	Baked Potato with Vegan Cheese (Garden Peas) (ve)																	
MA2516	Meatball Sub Melt with Sauté Potatoes (Veg Medley)																	
MA2516VE	Vegan Meatballs Sub with Sauté Potatoes (Veg Medley) (ve)																	
MA2516GF	G/F Meatball Sub with Sauté Potatoes (Veg Medley)																	
MA2516DF	D/F Meatball Sub with Sauté Potatoes (Veg Medley)																	
MA2516AF	Allergy-Friendly Meatball Sub with Sauté Potato (Veg Medley)																	
MA2517	Homemade Chicken Puff Pie with Sauté Potatoes (Veg Medley)																	
MA2517VE	Vegan Puff Pie with Sauté Potatoes (Veg Medley) (ve)																	
MA2517AF	Allergy-Friendly Chicken Stew with Sauté Potato (Veg Medley)																	
MA2517N	Homemade Chicken Puff Pie with Baby Potatoes (Veg Medley)																	
MA2517VE	Vegan Puff Pie with Baby Potatoes (Veg Medley) (ve)																	
MA2517AF	Allergy-Friendly Chicken Stew with Baby Potato (Veg Medley)																	


















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2025/26 Primary & Nursery Allergen Matrix

			Contain		May Contain		Free from 14 Food Allergens														
								Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Main Options																					
MA2518	Cheese Sandwich (Veg Medley) (v)																				
MA2518VE	Vegan Cheese Sandwich (Veg Medley) (ve)																				
MA2518GF	G/F Cheese Sandwich (Veg Medley) (v)																				
MA2518AF	Allergy-Friendly Cheese Sandwich (Veg Medley) (ve)																				
MA2519	Plant Power Burger in a Bun with Potato Salad (Salad) (v)																				
MA2519VE	Plant Power Burger in a Bun with Vegan Potato Salad (Salad) (ve)																				
MA2520	Roast Chicken Dinner with Yorkies, with Mashed Potato (Salad)																				
MA2520V	Quorn Fillets with Yorkies, with Mashed Potato (Salad) (v)																				
MA2520VE	Quorn Fillets in Gravy with Mashed Potato (Seasonal Salad) (ve)																				
MA2520AF	Allergy-Friendly Chicken in Gravy with Mashed Potato (Salad)																				
MA2520N	Roast Chicken Fillets in Gravy with Mashed Potato (Salad)																				
MA2520NVE	Quorn Fillets in Gravy with Mashed Potato (Seasonal Salad) (ve)																				
MA2521	Tuna Melt Panini with Potato Salad (Seasonal Salad)																				
MA2521V	Cheese Panini with Potato Salad (Seasonal Salad)																				
MA2521VE	Vegan Cheese Panini with Vegan Potato Salad (Salad) (ve)																				
MA2521AF	Allergy-Friendly Tuna Melt Roll with Vegan Potato Salad (Salad)																				
MA2522	Creamy Pesto Pasta with Garlic Bread (Sunshine Salad) (v)																				
MA2522VE	Vegan Pesto Pasta with Garlic Bread (Sunshine Salad) (ve)																				
MA2522GF	G/F Pesto Pasta with G/F Garlic Bread (Sunshine Salad) (v)																				
MA2522AF	Allergy-Friendly Pesto Pasta with G/F Garlic Bread (Sunshine Salad) (ve)																				
MA2523	Quorn Bangers in Onion Gravy with Mash (Sunshine Salad) (ve)																				
MA2523GF	Veg Sausages in Gravy with Mash (Sunshine Salad) (ve)																				
MA2524	Baked Potato with Beans (Sunshine Salad) (ve)																				















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2025/26 Primary & Nursery Allergen Matrix

															
		Celery	Cereals contain- ing gluten	Crustac eans	Eggs	Fish	Lupin	Milk	Mollusc	Mustar d	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
 Contain															
 May Contain															
 Free from 14 Food Allergens															
Main Options															
MA2525	Margherita Pizza with Onion Rings (Carrot & Cucumber) (v)														
MA2525VE	Vegan Pizza with Onion Rings (Carrot & Cucumber) (ve)														
MA2525GF	G/F Margherita Pizza with Nacho Chips (Carrot & Cucumber) (v)														
MA2525AF	Allergy-Friendly Pizza with Nacho Chips (Carrot & Cucumber) (ve)														
MA2525N	Margherita Pizza with Savoury Rice (Baby Carrots) (v)														
MA2525NV E	Vegan Margherita Pizza with Savoury Rice (Baby Carrots) (ve)														
MA2525GF	G/F Margherita Pizza with Savoury Rice (Baby Carrots) (v)														
MA2525AF	Allergy-Friendly Pizza with Savoury Rice (Baby Carrots) (ve)														
MA2526	Mexican Beef Chilli with Nacho Chips (Carrot & Cucumber)														
MA2526N	Mexican Beef Chilli with Rice (Baby Carrots)														
MA2527	Ham Sandwich (Carrot & Cucumber Sticks)														
MA2527V	Cheese Sandwich (Carrot & Cucumber Sticks) (v)														
MA2527VE	Vegan Cheese Sandwich (Carrot & Cucumber Sticks) (ve)														
MA2527GF	G/F Ham Sandwich (Carrot & Cucumber Sticks)														
MA2528	Fish Goujons with Pasta Salad (Corn Cobettes)														
MA2528VE	Vegan Fishless Fingers with Vegan Pasta Salad (Corn Cobettes) (ve)														
MA2528DF	Fish Goujons with Vegan Pasta Salad (Corn Cobettes)														
MA2528AF	G/F Fish Goujons with Allergy-Friendly Pasta Salad (Corn Cobettes)														
MA2529	Beef Bolognese Pasta Bake (Corn Cobettes)														
MA2529GF	G/F Beef Bolognese Pasta Bake (Corn Cobettes)														
MA2529DF	D/F Beef Bolognese Pasta Bake (Corn Cobettes)														
MA2529AF	Allergy-Friendly Beef Bolognese Pasta Bake (Corn Cobettes)														


















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2025/26 Primary & Nursery Allergen Matrix

															
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Main Options															
MA2530	Baked Potato with Cheese (Corn Cobettes) (v)														
MA2530VE	Baked Potato with Vegan Cheese (Corn Cobettes) (ve)														
MA2531	Sticky BBQ Quorn Dippers with Pasta Salad (Veg Medley) (v)														
MA2531VE	Plain Quorn Dippers with Vegan Pasta Salad (Veg Medley) (ve)														
MA2531DF	Sticky BBQ Quorn Dippers with Vegan Pasta Salad (Medley) (v)														
MA2531AF	Allergy-Friendly Sticky BBQ Veg Sausage with Allergy-Friendly Pasta Salad (Veg Medley) (v)														
MA2531N	Plain Quorn Dippers with Pasta Salad (Veg Medley) (v)														
MA2531NVE	Plain Quorn Dippers with Vegan Pasta Salad (Veg Medley) (ve)														
MA2431NAF	Allergy-Friendly Veg Sausages with Allergy-Friendly Pasta Salad (Veg Medley) (ve)														
MA2532	Chicken Fajita in Pitta Pocket with Pasta Salad (Veg Medley)														
MA2532V	Quorn Fajita in Pitta Pocket with Pasta Salad (Veg Medley) (v)														
MA2532VE	Quorn Fajita in a Wrap with Vegan Pasta Salad (Veg Medley) (ve)														
MA2532DF	Chicken Fajita in a Wrap with Vegan Pasta Salad (Veg Medley)														
MA2533	Tuna Mayo & Sweetcorn Pasta with Garlic Bread (Veg Medley)														
MA2533AF	Allergy-Friendly Tuna Mayo & Sweetcorn Pasta with G/F Garlic Bread (Veg Medley)														
MA2534	Beef Lasagne (Seasonal Salad)														
MA2534V	Vegetable Lasagne (Seasonal Salad) (v)														
MA2545AF	Allergy-Friendly Beef Bolognese Pasta (Seasonal Salad)														
MA2535	Chicken Burger in a Bun with Potato Wedges (Seasonal Salad)														
MA2535VE	Vegan Burger in a Bun with Potato Wedges (Salad) (ve)														
MA2535GF	G/F Goujons in a G/F Bun with Potato Wedges (Seasonal Salad)														
MA2535N	Chicken Burger in a Bun with Diced Potatoes (Seasonal Salad)														
MA2535NVE	Vegan Burger in a Bun with Diced Potatoes (Salad) (ve)														
MA2535NGF	G/F Goujons in a G/F Bun with Diced Potatoes (Seasonal Salad)														


















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2025/26 Primary & Nursery Allergen Matrix



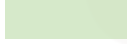














															
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
 Contain															
 May Contain															
 Free from 14 Food Allergens															
Main Options															
MA2536	Baked Potato with Cheese (Seasonal Salad) (v)														
MA2536VE	Baked Potato with Vegan Cheese (Seasonal Salad) (ve)														
MA2537	Sau'sage Roll with Savoury Rice (Mixed Pepper Salad) (ve)														
MA2537AF	Allergy-Friendly Veg Sausages with Savoury Rice (Peppers) (ve)														
MA2538	Shawarma-Style Fillets with Savoury Rice (Mixed Peppers) (ve)														
MA2539	Baked Potato with Beans (Mixed Pepper Salad) (ve)														
MA2540	Jumbo Hot Dog with Potato Salad (Garden Peas)														
MA2540V	Veg Sausage Hot Dog with Potato Salad (Garden Peas) (v)														
MA2540VE	Veg Sausage Hot Dog with Vegan Potato Salad (Peas) (ve)														
MA2540EF	Jumbo Hot Dog with Vegan Potato Salad (Garden Peas)														
MA2540GF	G/F Pork Sausage in a G/F Roll with Potato Salad (Peas)														
MA2540AF	G/F Pork Sausage in a G/F Roll with Vegan Potato Salad (Peas)														
MA2541	Traditional Mince-Filled Yorkies with Mash (Garden Peas)														
MA2541AF	Traditional Mince in Gravy with Mash (Garden Peas)														
MA2541N	Traditional Mince in Gravy with Mash (Garden Peas)														
MA2542	Cheddar Cheese Panini with Potato Salad (Garden Peas) (v)														
MA2542VE	Vegan Cheese Panini with Vegan Potato Salad (Peas) (ve)														
MA2542GF	G/F Toasted Cheese Sandwich with Potato Salad (Peas) (v)														
MA2542EF	Cheddar Cheese Panini with Vegan Potato Salad (Peas) (v)														
MA2542AF	Allergy-Friendly Toasted Sandwich with Vegan Potato Salad (Peas) (ve)														
MA2543	Pizzini with Chips/Smiles/Fries/Puffs (Sunshine Salad) (v)														
MA2543VE	Vegan Pizza Sub with Chips/Smiles/Fries/Puffs (Salad) (ve)														
MA2543GF	G/F Pizza Sub with Chips/Smiles/Fries/Puffs (Salad) (v)														
MA2543AF	Allergy-Friendly Pizza Sub with Chips/Smiles/Fries Puffs (Salad) (ve)														

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2025/26 Primary & Nursery Allergen Matrix

															
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
 Contain															
 May Contain															
 Free from 14 Food Allergens															
Main Options															
MA2544	Fish Fingers with Chips/Smiles/Fries/Puffs (Sunshine Salad)														
MA2544VE	Vegan Fishless Fingers with Chips/Smiles/Fries/Puffs (Salad) (ve)														
MA2544GF	G/F Fish Fingers with Chips/Smiles/Fries/Puffs (Salad)														
MA2544N	Fish Fingers with Diced Potatoes (Sunshine Salad)														
MA2544NVE	Vegan Fishless Fingers with Diced Potatoes (Sunshine Salad) (ve)														
MA2544NGF	G/F Fish Fingers with Diced Potatoes (Sunshine Salad)														
MA2545	Turkey Meatballs in Tomato Sauce & Spaghetti, with Garlic Bread (Sunshine Salad)														
MA2545VE	Vegan Meatballs in Tomato Sauce & Spaghetti, with Garlic Bread (Sunshine Salad) (ve)														
MA2545GF	Turkey Meatballs in Tomato Sauce, G/F Spaghetti, and G/F Garlic Bread (Sunshine Salad)														
Dessert Options															
RDE001	Fruity Yoghurt (v)														
RDE001VE	Vanilla Dessert (ve)														
RDE002	Fruit Jelly (ve)														
RDE003	Vanilla Ice Cream (v)														
RDE003VE	Fruity Iced Smoothie (ve)														
RDE004	Fruit Salad (ve)														
RDE005	Cook's Choice of Home Baking – Apple Crumble with Custard (v)														
RDE006	Cook's Choice of Home Baking – Apple Sponge (v)														
RDE006GF	G/F Apple Sponge (v)														
RDE006AF	Allergy-Friendly Apple Sponge (ve)														

2025/26 Primary & Nursery Allergen Matrix

																		
		Contain	May Contain	Free from 14 Food Allergens	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Dessert Options																		
RDE007	Cook's Choice of Home Baking – Apple Turnover (v)																	
RDE007EF	E/F Apple Turnover (ve)																	
RDE008	Cook's Choice of Home Baking – Banana Bread (v)																	
RDE008GF	G/F Banana Bread (v)																	
REDE008EF	E/F Banana Bread (ve)																	
RDE008AF	Allergy-Friendly Banana Bread (ve)																	
RDE009	Cook's Choice of Home Baking – Carrot Cake (v)																	
RDE009GF	G/F Carrot Cake (v)																	
RDE010	Cook's Choice of Home Baking – Choco-Orange Cake (v)																	
RDE010GF	G/F Choco-Orange Cake (v)																	
RDE010AF	Allergy-Friendly Choco-Orange Cake (ve)																	
RDE011	Cook's Choice of Home Baking – Oaty Biscuits (Melting Moments) (v)																	
RDE011VE	Vegan Melting Moments (ve)																	
RDE012	Cook's Choice of Home Baking – Oaty Flapjack (ve)																	
RDE012GF	G/F Flapjack (ve) (contains Oat)																	
RDE013	Cook's Choice of Home Baking – Peach Melba Sponge (v)																	
RDE013GF	G/F Peach Melba Sponge (v)																	
RDE013AF	Allergy-Friendly Peach Melba Sponge (ve)																	
RDE014	Cook's Choice of Home Baking – Rice Pudding & Jam (v)																	
RDE014DF	D/F Rice Pudding & Jam (ve)																	

2025/26 Primary & Nursery Allergen Matrix

<div> <div>Contain</div> <div>May Contain</div> <div>Free from 14 Food Allergens</div> </div>															
		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Dessert Options															
RDE015	Cook's Choice of Home Baking – Homemade Shortbread (ve)														
RDE016	Cook's Choice of Home Baking – Sponge Cake with Filling (v)														
RDE016GF	G/F Sponge Cake with Filling (v)														
RDE016AF	Allergy-Friendly Sponge Cake with Allergen-Free Filling (ve)														
RDE017	Cook's Choice of Home Baking – Plant-Based Chocolate Brownie with Banana Nice Cream (ve)														
RDE018	Delight Desserts (v)														
RDE019	Cook's Choice of Home Baking – Cookie (v)														
RDE021	Cook's Choice of Home Baking – Red Velvet Cake (v)														
RDE021GF	G/F Red Velvet Cake (v)														
RDE021AF	Allergy-Friendly Red Velvet Cake (ve)														
RDE022	Cook's Choice of Home Baking – Chocolate Brownie (v)														
Condiments															
Seasoning	Just Like KFC Chip Seasoning (ve)														
Sauce	Tomato Ketchup (ve)														
Sauce	Mayonnaise (v)														

2025/26 Primary & Nursery

Portion Sizes, Carb & Fat Counts

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

Recipe Code	Main Dish (sides not included)	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
RSO001	Carrot & Coriander Soup (ve)	4.9g	1.2g	200ml (est. 220g)	10.7g	2.6g	160ml (est. 176g)	8.6g	2.1g
RSO002	Leek & Potato Soup (ve)	4.7g	0.1g	200ml (est. 224g)	10.5g	0.1g	160ml (est. 179g)	8.4g	0.1g
RSO003	Tangy Tomato Soup (ve)	2.5g	0.0g	200ml (est. 223g)	5.6g	0.1g	160ml (est. 178g)	4.5g	0.1g
RSO004	Seasonal Veg & Rice Soup (ve)	7.1g	0.0g	200ml (est. 210g)	15.0g	0.0g	160ml (est. 168g)	12.0g	0.0g
RSO005	Seasonal Harvest Soup (ve)	2.5g	0.1g	200ml (est. 207g)	5.1g	0.2g	160ml (est. 166g)	4.1g	0.2g
RSO006	Lentil Soup (ve)	9.7g	0.3g	200ml (est. 207g)	19.2g	0.6g	160ml (est. 168g)	15.4g	0.5g
RSOBa	Optional Bread: Kingsmill 50/50 (ve)	41.9g	2.2g	40.0g	16.8g	0.9g	40.0g	16.8g	0.9g
RSOBb	Optional Bread: Wholemeal Bread (ve)	40.5g	1.4g	40.0g	16.2g	0.6g	40.0g	16.2g	0.6g
RSOBc	Optional Bread: Brown Roll (v)	46.0g	7.2g	40.0g	18.4g	2.9g	40.0g	18.4g	2.9g
RSOBd	Optional Bread: G/F Just Good White Bread (ve)	51.3g	1.7g	50.0g	25.7g	0.9g	50.0g	25.7g	0.9g
RSOBe	Optional Bread: Schar Gluten Free & Vegan White Roll	46.0g	7.2g	50.0g	23.0g	3.6g	50.0g	23.0g	3.6g

2025/26 Primary & Nursery

Portion Sizes, Carb & Fat Counts

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Recipe Code	Main Dish (sides not included)	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
RMA021	Mac 'N' Cheese (v) (new recipe)	23.5g	4.0g	175g	41.4g	7.1g	140g	32.9g	5.6g
RMA060	Southern-Style Chicken Wrap with Sweet Chilli Mayo (non-fried)	24.8g	7.0g	174g	47.4g	13.4g	\	\	\
RMA001	Baked Potato with Beans (ve)	20.3g	4.7g	170g	34.6g	7.9g	170g	34.6g	7.9g
RMA047	Mild Chicken Curry	4.1g	5.9g	120g	5.4g	7.7g	100g	4.4g	6.2g
RMA048	Beef Burger in a Bun	21.1g	7.2g	135g (est. 114g cooked)	28.6g	9.7g	135g (est. 114g cooked)	28.6g	9.7g
RMA049	Cheddar Cheese Panini (v)	29.2g	15.6g	115g	33.6g	17.9g	115g	33.6g	17.9g
RMA017	Folded Omelette (v)	1.8g	13.0g	Est. 85g cooked	1.4g	11.1g	Est. 85g cooked	1.4g	11.1g
RMA053	Quorn Sausage Casserole (ve)	8.1g	3.1g	158g	13.6g	5.2g	126g	10.9g	4.2g
RMA025	Neatballs in Onion Gravy (ve)	5.7g	6.3g	154g	8.8g	9.6g	123g	7.0g	7.7g
RMA020	Homemade Steak Pie	11.1g	8.3g	156g	17.2g	13.0g	130g	15.5g	11.8g
RMA051	Plant-Power Hot Dog (v)	25.4g	10.0g	90g	24.9g	9.8g	\	\	\
RMA031	Ham Sandwich	30.1g	4.1g	113g	34.0g	4.6g	\	\	\
RMA072	Tuna Mayo-Filled Roll	29.0g	4.9g	\	\	\	92.5g	26.8g	4.5g
RMA032	Salmon Fingers	33.2g	12.7g	120g (est. 104g cooked)	34.6g	13.2g	90g (est. 78g cooked)	25.9g	9.9g
RMA019	Herby Tomato Pasta (ve)	16.3g	0.6g	205g	33.6g	1.2g	165g	26.9g	0.9g
RMA002	Baked Potato with Cheese (v)	17.0g	14.7g	170g	28.9g	24.9g	170g	28.9g	24.9g
RMA023	Meatball Sub Melt	20.4g	4.7g	190g	40.9g	9.4g	\	\	\
RMA055	Homemade Chicken Puff Pie	13.0g	9.4g	176g	28.2g	20.1g	140g	22.5g	16.1g
RMA029	Cheese Sandwich (v)	32.6g	10.5g	103g	33.5g	10.9g	103g	33.5g	10.9g
RMA060	Plant-Power Burger in a Bun (v)	30.4g	6.5g	120g cooked	38.0g	8.1g	120g cooked	38.0g	8.1g
RMA057	Roast Chicken Dinner with Yorkshire Pudding	17.9g	6.1g	120g cooked	22.5g	7.6g	\	\	\
RMA057N	Roast Chicken Fillets in Gravy	1.0g	4.2g	\	\	\	118g cooked	1.3g	5.4g
RMA061	Tuna Melt Panini	24.4g	8.6g	140g	34.2g	12.1g	\	\	\
RMA014	Creamy Pesto Pasta (v)	27.0g	4.5g	176g	47.5g	7.9g	140g	38.0g	6.4g

2025/26 Primary & Nursery

Portion Sizes, Carb & Fat Counts

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Recipe Code	Main Dish (sides not included)	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
RMA005	Quorn Bangers in Onion Gravy (ve)	7.1g	2.3g	154g cooked	10.9g	3.5g	154g cooked	10.9g	3.5g
RMA001	Baked Potato with Beans (ve)	20.3g	4.7g	170g	34.6g	7.9g	170g	34.6g	7.9g
RMA058	Margherita Pizza (v)	27.2g	9.1g	112g	30.5g	10.2g	90g	24.4g	8.2g
RMA056	Mexican-Style Beef Chilli	5.4g	6.9g	164g	9.8g	12.3g	132g	7.8g	9.9g
RMA031	Ham Sandwich	30.1g	4.1g	113g	34.0g	4.6g	\	\	\
RMA062	Fish Goujons (non-fried)	19.7g	5.7g	4 pieces (120g) (est. 96g cooked)	23.6g	6.8g	3 pieces (90g) (est. 72g cooked)	17.7g	5.1g
RMA063	Beef Bolognese Pasta Bake	13.8g	4.4g	238g	35.2g	11.1g	190g	28.2g	8.9g
RMA002	Baked Potato with Cheese (v)	17.0g	14.7g	170g	28.9g	24.9g	170g	28.9g	24.9g
RMA037a	Sticky BBQ Quorn Dippers (v)	13.6g	8.6g	5 pieces & 10ml sauce (est. 85g cooked)	11.4g	7.2g	\	\	\
RMA037b	Plain Quorn Dippers (ve)	9.9g	9.6g	\	\	\	4 pieces (est. 62g cooked)	6.1g	6.0g
RMA069	Chicken Fajita in Pitta Pocket	20.4g	2.2g	160g	34.5g	3.7g	\	\	\
RMA042	Tuna Mayo & Sweetcorn Pasta	15.6g	2.3g	183g	28.4g	4.2g	146g	22.7g	3.3g
RMA065	Beef Lasagne	11.7g	5.2g	210g	26.2g	11.7g	170g	21.0g	9.3g
RMA071	Chicken Burger in a Bun (non-fried)	38.2g	7.0g	105g cooked	42.0g	7.7g	105g cooked	42.0g	7.7g
RMA002	Baked Potato with Cheese (v)	17.0g	14.7g	170g	28.9g	24.9g	170g	28.9g	24.9g
RMA034	Sau'sage Roll (ve)	24.0g	15.0g	73g	17.5g	11.0g	73g	17.5g	11.0g
RMA059	Shawarma-Style Fillets (ve)	1.3g	6.6g	102g	1.4g	6.7g	\	\	\
RMA001	Baked Potato with Beans (ve)	20.3g	4.7g	170g	34.6g	7.9g	170g	34.6g	7.9g
RMA039	Jumbo Hot Dog	21.1g	13.8g	125g cooked	31.6g	20.7g	\	\	\
RMA066	Traditional Mince-Filled Yorkies	13.8g	7.9g	156g	25.7g	14.7g	\	\	\
RMA040	Traditional Mince in Gravy	3.4g	7.1g	\	\	\	100g	3.4g	7.1g
RMA049	Cheddar Cheese Panini (v)	29.2g	15.6g	115g	33.6g	17.9g	115g	33.6g	17.9g
RMA052	Cheese & Tomato Pizzini (v)	26.0g	11.0g	135g (est. 120g cooked)	35.1g	14.9g	\	\	\
RMA068	Fish Fingers (non-fried)	20.5g	5.7g	4 pieces (120g) (est. 104g cooked)	24.6g	6.8g	3 pieces (90g) (est. 78g cooked)	18.5g	5.1g
RMA064	Turkey Meatballs in Herby Tomato Sauce with Spaghetti	16.5g	2.4g	176g	33.0g	4.8g	140g	26.4g	3.9g

2025/26 Primary & Nursery

Portion Sizes, Carb & Fat Counts

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Recipe Code	Side Carbs	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
RSC001	Baby Potatoes (ve)	16.1g	0.1g	100g	16.1g	0.1g	80g	12.9g	0.1g
RSC002	Oven Chips (ve)	21.0g	3.0g	100g	21.0g	3.0g	\	\	\
RSC003	Ziggy Fries (ve)	23.0g	6.3g	100g	23.0g	6.3g	\	\	\
RSC009	Smiley Faces (ve)	28.0g	6.1g	100g	28.0g	6.1g	\	\	\
RSC015	Potato Puffs (ve)	20.0g	7.1g	80g	16.0g	5.7g	\	\	\
RSC004	Diced Potato (ve) (non-fried)	16.1g	0.1g	100g	16.1g	0.1g	80g	12.9g	0.1g
RSC005	Garlic Bread (ve) (homemade)	43.8g	5.8g	30g	13.2g	1.7g	30g	13.2g	1.7g
RSC006	Mashed Potato (ve)	16.0g	4.8g	100g	16.0g	4.8g	80g	13.0g	3.9g
RSC007	Potato Wedges (ve)	22.0g	3.0g	100g	22.0g	3.0g	\	\	\
RSC008	Rice (ve)	26.0g	0.0g	120g	31.2g	0.0g	100g	26.0g	0.0g
RSC011	Savoury Rice (ve)	20.5g	0.2g	120g	24.7g	0.2g	100g	20.5g	0.2g
RSC013	Roast Potatoes (ve) (non-fried)	15.6g	0.1g	100g	15.6g	0.1g	80g	12.5g	0.1g
RSC014	Sauté Potatoes (ve)	22.0g	4.0g	100g	22.0g	4.0g	80g	17.6g	3.2g
RSC016	Onion Rings (ve)	29.0g	9.5g	100g	29.0g	9.5g	\	\	\
RSC017	Nacho Chips (ve)	63.0g	21.0g	40g	25.2g	8.4g	\	\	\
RSC018	Potato Salad (v) (homemade)	12.0g	0.1g	80g	9.7g	0.1g	65g	7.8g	0.1g
RSC019	Pasta Salad (v) (homemade)	15.4g	0.4g	102g	15.6g	0.4g	81g	12.5g	0.4g
Recipe Code	Side Veg	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
RSV003a	Veg Medley – Broccoli, Cauliflower & Baby Carrot (ve)	3.6g	0.6g	40g	1.4g	0.2g	40g	1.4g	0.2g
RSV003b	Veg Medley – Carrot, Swede, Turnip & Peas (ve)	6.6g	0.6g	40g	2.6g	0.2g	40g	2.6g	0.2g
RSV003c	Veg Medley – Carrot, Peas, Cut Beans, Sweetcorn & Broad Beans (ve)	8.8g	0.7g	40g	3.5g	0.3g	40g	3.5g	0.3g
RSV003d	Veg Medley – Courgette, Tomatoes, Peppers, Onion & Aubergine (ve)	3.5g	0.0g	40g	1.4g	0.0g	40g	1.4g	0.0g

2025/26 Primary & Nursery

Portion Sizes, Carb & Fat Counts

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

Recipe Code	Side Veg	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
RSV004	Carrot & Cucumber Sticks (ve)	4.7g	0.2g	80g	3.8g	0.2g	\	\	\
RSV005	Garden Peas (ve)	11.0g	1.5g	40g	4.4g	0.6g	40g	4.4g	0.6g
RSV007	Mixed Pepper Salad (ve)	4.3g	0.2g	40g	1.7g	0.1g	40g	1.7g	0.1g
RSV008	Seasonal Salad (ve) (example recipe)	3.1g	0.3g	40g	1.3g	0.1g	40g	1.3g	0.1g
RSV010a	Sunshine Salad 1 – Orange Salad (ve)	12.5g	0.2g	40g	6.9g	0.1g	40g	6.9g	0.1g
RSV010b	Sunshine Salad 2 – Sweetcorn Salad (ve)	6.8g	0.7g	40g	3.2g	0.3g	40g	3.2g	0.3g
RSV014	Baby Carrots (ve)	6.0g	0.5g	40g	2.4g	0.2g	40g	2.4g	0.2g
RSV015	Corn Cobettes (ve)	9.5g	1.9g	100g	9.5g	1.9g	100g	9.5g	1.9g
Recipe Code	Dessert & Home Baking	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
RDE001	Fruity Yoghurt – Muller Healthy Balance (v)	11.0g	1.6g	110g	12.1g	1.8g	110g	12.1g	1.8g
RDE001	Fruity Yoghurt – Golden Acre Fat Free (v)	7.6g	0.5g	100g	7.6g	0.5g	100g	7.6g	0.5g
RDE002	Jelly (ve)	15.0g	0.1g	65g	9.6g	0.1g	65g	9.6g	0.1g
RDE003	Vanilla Ice Cream (v)	18.0g	8.2g	80ml	14.4g	6.6g	80ml	14.4g	6.6g
RDE004	Fruit Salad (ve) (example recipe)	8.8g	0.2g	80g	7.1g	0.1g	80g	7.1g	0.1g
RDE005	Cook's Choice – Apple Crumble with Custard (v)	34.6g	0.8g	130g	50.1g	1.1g	104g	40.1g	0.9g
RDE006	Cook's Choice – Apple Sponge (v)	34.9g	5.3g	55g	20.1g	3.0g	55g	20.1g	3.0g
RDE007	Cook's Choice – Apple Turnover (v)	23.9g	12.7g	115g	27.9g	14.8g	115g	27.9g	14.8g
RDE008	Cook's Choice – Banana Bread (v)	41.2g	8.6g	60g	24.9g	5.2g	60g	24.9g	5.2g
RDE009	Cook's Choice – Carrot Cake (v)	40.5g	12.0g	54g	21.6g	6.4g	54g	21.6g	6.4g
RDE010	Cook's Choice – Choco-Orange Cake (v)	43.7g	2.6g	60g	26.4g	1.6g	60g	26.4g	1.6g
RDE011	Cook's Choice – Oaty Biscuit (Melting Moment) (v)	59.6g	15.1g	50g	29.1g	7.4g	50g	29.1g	7.4g
RDE012	Cook's Choice – Oaty Flapjack (ve)	51.6g	19.4g	32g	16.6g	6.2g	32g	16.6g	6.2g
RDE013	Cook's Choice – Peach Melba Sponge (v)	37.7g	5.9g	50g	18.8g	2.9g	50g	18.8g	2.9g
RDE014	Cook's Choice – Rick Pudding & Jam (v)	18.8g	1.3g	70g	13.9g	0.9g	70g	13.9g	0.9g

2025/26 Primary & Nursery

Portion Sizes, Carb & Fat Counts

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

Recipe Code	Dessert & Home Baking	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
RDE015	Cook's Choice – Homemade Shortbread (ve)	58g	27.2g	60g	34.8g	16.3g	60g	34.8g	16.3g
RDE016	Cook's Choice – Sponge Cake with Filling (v)	49.1g	7.2g	50g	24.1g	3.5g	50g	24.1g	3.5g
RDE017	Cook's Choice – Plant-Based Chocolate Brownie with Banana Nice Cream (ve)	27.8g	8.5g	50g	14.7g	4.5g	50g	14.7g	4.5g
RDE018	Delight Dessert (v)	6.5g	1.7g	75g	4.9g	1.2g	75g	4.9g	1.2g
RDE019	Cook's Choice – Cookie (v)	57.4g	15.8g	40g	22.9g	6.3g	40g	22.9g	6.3g
RDE021	Cook's Choice – Red Velvet Cake (v)	48.6g	10.1g	50g	24.6g	5.1g	50g	24.6g	5.1g
RDE022	Cook's Choice – Chocolate Brownie (v)	54.6g	17.0g	43g	23.7g	7.4g	43g	23.7g	7.4g
	Condiment	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
	Just Like KFC Chip Seasoning	25.1g	1.4g	1.0g	0.3g	0.0g	\	\	\
	Tomato Ketchup	11.0g	0.0g	10g	1.1g	0.0g	10g	1.1g	0.0g
	Mayonnaise	7.4g	26.0g	10g	0.7g	2.6g	10g	0.7g	2.6g
	Fruit (please get in touch if you require nutritional info for other fruit items)	Carb per 100g	Fat per 100g	Portion Size (Primary Average)	Carb per Portion (Primary)	Fat per Portion (Primary)	Portion Size (Nursery)	Carb per Portion (Nursery)	Fat per Portion (Nursery)
	Apple	11.6g	0.5g	115g	13.3g	0.6g	115g	13.3g	0.6g
	Banana	20.3g	0.1g	120g	24.4g	0.1g	120g	24.4g	0.1g
	Mandarin Orange	8.2g	0.2g	80g	6.6g	0.2g	80g	6.6g	0.2g
	Honeydew Melon	4.3g	0.1g	80g	3.4g	0.1g	80g	3.4g	0.1g

Recipe Book

01 Starter - Soup



RSO001

Carrot & Coriander Soup (ve)

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



Ingredients

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

Suggested Serving & Portion (sides not included)

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

Cooking Method

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

Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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

RSO002

Leek & Potato Soup (ve)

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



Ingredient

Code	Ingredient	Weight	Allergens	My Quantities
133534	Veg Stock	40g		
\	Water (Stock)	2500ml		
461235	Leek, Sliced	900g		
350002	Potato, Diced	900g		
30501	Onion, Diced	125g		
33591	Dried Parsley	15g		

Suggested Serving & Portion (sides not included)

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

Cooking Method

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

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	23.4	0.1	0.0	4.7	1.0	0.8	1.5	0.3
Nursery (179g)	41.9	0.1	0.0	8.4	1.8	1.4	2.7	0.5
Primary Average (224g)	52.3	0.1	0.0	10.5	2.3	1.8	3.4	0.6
Secondary (280g)	65.4	0.2	0.0	13.1	2.9	2.2	4.2	0.7

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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

RSO003

Tangy Tomato Soup (ve)

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



Ingredients

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

Suggested Serving & Portion (sides

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

Cooking Method

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

Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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



RSO004

Seasonal Veg & Rice Soup (ve)

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

Ingredients

Code	Ingredient	Weight	Allergens	My Quantities
133534	Veg Stock	40g		
\	Water (Stock)	2500ml		
4776	Carrot, Diced	700g		
461235	Leek, Sliced	500g		
4777	Swede, Diced	200g		
33630	Rice	250g		
Other McLays veg that can be used depending on seasonality: 3BRO broccoli (Jun-Nov), 3CKG courgette (Jun-Oct), 3BRU brussels sprout (Sep-Mar), 3CSA/3CD/3CR cabbage – different types (all year round), 3SB butternut squash (Sep-Nov), 4PD500 potato (all year round), 4PSKG sweet potato (Sep-Feb), 3TURKG turnip (Jun-Feb), 3BEE beetroot (Jun-Mar), 2TKG tomato (May-Sep), 1AGS1 apple (Aug-Feb)				

Suggested Serving & Portion (example)

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

Cooking Method

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

Nutritional Information (example recipe)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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



RSO005

Seasonal Harvest Soup (ve)

(Vegetable Soup)

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

Ingredients

Code	Ingredient	Weight	Allergens	My Quantities
133534	Veg Stock	40g		
\	Water (Stock)	2500ml		
30501	Onion, Diced	200g		
461235	Leek, Sliced	500g		
4776	Carrot, Diced	700g		
4777	Swede, Diced	200g		
Other McLays veg that could be used depending on seasonality: 3BRO broccoli (Jun-Nov), 3CKG courgette (Jun-Oct), 3BRU brussels sprout (Sep-Mar), 3CSA/3CD/3CR cabbage – different types (all year round), 3SB butternut squash (Sep-Nov), 4PD500 potato (all year round), 4PSKG sweet potato (Sep-Feb), 3TURKG turnip (Jun-Feb), 3BEE beetroot (Jun-Mar), 2TKG tomato (May-Sep), 1AGS1 apple (Aug-Feb)				

Suggested Serving & Portion (example recipe)

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

Cooking Method

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

Nutritional Information (example recipe)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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

RSO006

Lentil Soup (ve)

(Optional, do not use this recipe if there is air-borne lentil/legume allergy at your site)

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



Ingredients

Code	Ingredient	Weight	Allergens	My Quantities
133534	Veg Stock	40g		
\	Water (Stock)	2500ml		
151771	Onion, Diced	200g		
548	Red Lentils do not use this recipe if there is air-borne lentil/legume allergy at your site	500g		
4776	Carrot, Diced	300g		
4777	Swede, Diced	300g		

Suggested Serving & Portion (example recipe)

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

Cooking Method

1. Heat a soup pot with oil over a medium-low heat, once hot, add in **onion**, **carrot** and **swede**. Sweat for 5 min or until starting to soften.
2. Add in **red lentils**, **veg stock**, and **water**, bring to boil over a high heat, once boiling, reduce heat and simmer for 45min – 1 hr or until the lentils have broken down.
3. Blend till smooth. Ready to serve.

Nutritional Information (example recipe)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	61.1	0.3	0.1	9.7	1.5	4.2	2.2	0.3
Nursery (168g)	96.2	0.5	0.1	15.4	2.4	6.6	3.5	0.4
Primary Average (207g)	120.3	0.6	0.1	19.2	3.1	8.2	4.3	0.5
Secondary (266g)	150.4	0.7	0.1	24.0	3.8	10.3	5.4	0.7

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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

RSOB

Optional: Bread (v) (served with soup)

Ingredients

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

Suggested Serving & Portion

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



Cooking Method

1. n/a

Nutritional Information *

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

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

Recipe Book

o2 Main Meal



Mac 'N' Cheese (v) (RMA021)

Served with: Garlic Bread (RSC005), Vegetable Medley (RSV003)

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Macaroni	21110	Macaroni	Gluten, Wheat	1kg (uncooked)	
	\	Water (for Macaroni)		1L	
White Sauce	\	Water (for Bechamel)		1L	
	116408	Bechamel Sauce Mix	Milk	125g	
	151086	Cheese Stock Mix	Milk	75g	
	71268	White Cheddar	Milk	150g	
Topping	118872	Coloured Cheddar	Milk	150g	
Sides (refer to sides section for details)	RSC005	Garlic Bread	Gluten, Wheat May contain: Barley, Sesame		
	RSV003	Vegetable Medley			

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	157.7	4.0	2.3	23.5	2.2	6.5	0.6	0.9
Nursery (140g)	220.8	5.6	3.2	32.9	3.1	9.2	0.8	1.3
Primary Average (175g)	276.0	7.1	4.0	41.1	3.9	11.5	1.0	1.6
Secondary (218g)	345.0	8.8	5.0	51.3	4.9	14.3	1.2	2.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2501GF	Gluten-Free Mac 'N' Cheese with G/F Garlic Bread (Vegetable Medley) (ve)	21110 Macaroni RSC005 Garlic Bread	126919 G/F Pasta RSC003A G/F Garlic Bread	Milk
MA2501VE	Vegan Mac 'N' Cheese with Garlic Bread (Vegetable Medley) (ve)	116408 Bechamel 151086 Cheese Mix 71268 Cheddar 118872 Cheddar	114956 Flour (G/F) 71402 Flora 128154 Soya Milk 148819 Vegan Grated Cheese (for this recipe, make a dairy free white sauce using g/f flour, flora, soya milk and vegan grated cheese)	Gluten, Wheat, Soya May contain: Barley Sesame
MA2501A	Allergy-Friendly Mac 'N' Cheese with G/F Garlic Bread (Vegetable Medley) (ve)	21110 Macaroni 116408 Bechamel 151086 Cheese Mix 71268 Cheddar 118872 Cheddar RSC005 Garlic Bread	126919 G/F Pasta 114956 Flour (G/F) 71402 Flora 128154 Soya Milk 148819 Vegan Grated Cheese RSC003A G/F Garlic Bread	Soya

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	140g
Primary	20	175g (Average)
Secondary	16	218g

Cooking Method

- Macaroni:** Boil, rinse and drain the **macaroni**. Do not overcook.
- White Sauce:** in a large pot, measure required amount of **warm water** (not boiling water), add in **bechamel sauce mix**, whisk until fully dissolved. Once smooth, add in **cheese stock mix**, whisk until fully dissolved. Then add in **white cheddar**, whisk until thick & smooth. This is your **white sauce**.
- Transfer **white sauce** to a tin, mix in **drained macaroni**. Top with **coloured cheddar**, send to oven and bake until golden on top and bubbling through the edges.



MA2502

Southern-Style Chicken Wrap with Sweet Chilli Mayo (RMA060, non-fried)

Served with: Potato Wedges (RSC007), Vegetable Medley (RSV003)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Wrap	4719	Tortilla Wrap	Gluten, Wheat	20 wraps	
Wrap Filling	101359	Red Tractor Southern Style Chicken Goujons	Gluten, Wheat	60 goujons (approx. 1680g)	
	2LR/2LI (McLays)	Lettuce, Shredded		200g	
	2TKG (McLays)	Tomato, Sliced		400g	
Sweet Chilli Mayo Sauce	86972	Sweet Chilli Sauce		100g	
	32372	Mayonnaise	Egg	200g	
Sides (refer to sides page for details)	RSC007	Potato Wedges			
	RSV003	Veg Medley			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	
Primary	20	1 wrap (3 goujons + 40g veg + 15g chilli mayo)
Secondary	20	1 wrap (3 goujons + 40g veg + 15g chilli mayo)

Cooking Method

- Prep:** Defrost **tortilla wraps**. Wash and shred **lettuce**. Wash and slice **tomatoes**.
1. Cook **southern-style chicken goujons** in the oven following the cooking instructions on the packaging. **Ensure product reaches a minimum core temperature of 75°C**. If storing in a hot hold, keep covered to prevent drying out.
 2. In a mixing bowl, combine **sweet chilli sauce** and **mayonnaise**. This is your **sweet chilli mayo sauce**.
 3. Place **shredded lettuce**, **sliced tomato**, **cooked goujons**, and **sweet chilli mayo sauce** on the defrosted **wrap**.
 4. Serve the wrap open or closed.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	203.7	7.0	1.5	24.8	4.6	9.4	1.6	0.8
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (174g)	389.0	13.4	2.9	47.4	8.8	17.9	3.0	1.6
Secondary (174g)	389.0	13.4	2.9	47.4	8.8	17.9	3.0	1.6

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2502VE	For Meat-Free: Quorn Wrap with VE Sweet Chilli Mayo, with Potato Wedges (Vegetable Medley) (ve)	101359 Chicken Goujons 32372 Mayonnaise	135198 Quorn Dippers 126924 Vegan Mayo	Gluten, Wheat
MA2502GF	For G/F: G/F Chicken Wrap with Sweet Chilli Mayo, with Potato Wedges (Vegetable Medley)	4719 Tortilla Wrap 101359 Chicken Goujons	129228 G/F Wrap 125459 G/F Chicken Goujons	Egg
MA2502EF	For E/F: Southern-Style Chicken Wrap with Vegan Sweet Chilli Mayo, with Potato Wedges (Vegetable Medley)	32372 Mayonnaise	126924 Vegan Mayo	Gluten, Wheat
MA2502AF	Allergy-Friendly Chicken Wrap with Vegan Sweet Chilli Mayo, with Potato Wedges (Vegetable Medley) (ve)	4719 Tortilla Wrap 101359 Chicken Goujons 32372 Mayonnaise	129228 G/F Wrap 125459 G/F Chicken Goujons 126924 Vegan Mayo	None of the 14 Food Allergens

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



MA2503

Baked Potato with Beans (ve) (RMA001)

Served with: Vegetable Medley (RSV003)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Baker	3PB60CS	Baking Potatoes		2400g (20 potatoes)	
Beans	28758	Baked Beans		1000g	
Sides (refer to sides page for details)	RSV003	Vegetable Medley			

Suggested Serving & Portion (sides not included)

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

Cooking Method

1. Cook **baking potato** in the oven until soft inside. Slice open and fill with **beans**. Baked potato can also be served with beans on the side.

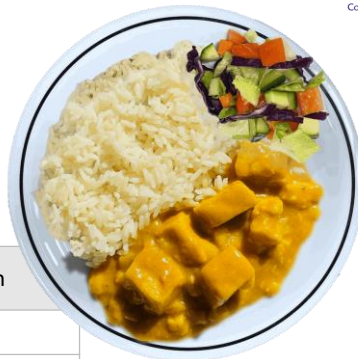
Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	135.8	4.7	0.0	20.3	2.0	3.3	3.3	0.1
Nursery (170g)	230.9	7.9	0.1	34.6	3.4	5.6	5.7	0.2
Primary Average (170g)	230.9	7.9	0.1	34.6	3.4	5.6	5.7	0.2
Secondary (170g)	230.9	7.9	0.1	34.6	3.4	5.6	5.7	0.2

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
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* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 50
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.



MA2504

Mild Chicken Curry (RMA047)

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

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Mild Chicken Curry	33568	Cooking Oil		50ml	
	114956	Flour (G/F)		50g	
	106048	Red Tractor Chicken Breast, Diced		1200g	
	151771	Onion, Diced		250g	
	33686	Garlic Powder		3g	
	33599	Curry Powder		25g	
	33583	Ground Ginger		1 tsp	
	114940	Tomato Puree Concentrate		20g	
	133535	Chicken Stock		30g	
	\	Water (Stock)		500ml (reduce down)	
Sides (refer to sides page for details)	127121	Coconut Milk		500ml	
	RSC008	Rice			
	RSV008	Seasonal Salad			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	100g
Primary	20	P1-3: 105g P4-5: 125g P6-7: 145g
Secondary	16	158g

Cooking Method

1. Heat a pot with **oil** over medium heat, once hot, add in **diced onion**. Cook until starting to soften. Add in **curry powder**, **garlic powder**, **ground ginger**, and **g/f flour**, stir and coat for 2 min.
2. Add in **made-up chicken stock**, **tomato puree**, **diced chicken**, and **coconut milk**. Mix well. Heat through for 20 min.

Note: Cook chicken from frozen, ensure product reaches a minimum core temperature of 75°C.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	115.6	5.9	3.2	4.1	1.6	11.5	0.8	0.4
Nursery (100g)	121.4	6.2	3.3	4.3	1.7	12.1	0.9	0.5
Primary Average (120g)	151.7	7.7	4.2	5.4	2.1	15.1	1.1	0.6
Secondary (150g)	189.7	9.6	5.2	6.7	2.6	18.9	1.4	0.7

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2504VE	For Meat-Free: Mild Quorn Curry with Rice (Seasonal Salad) (ve)	104841 Chicken, Diced 133535 Chicken Stock	136991 Quorn Vegan Pieces 133534 Vegetable Stock	Gluten, Wheat Barley

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



MA2505

Beef Burger in a Bun (RMA048)

Served with: Savoury Rice (RSC011), Seasonal Salad (RSV008), and condiment of choice

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
	5222	Burger Bun	Gluten, Wheat May contain: Sesame	20 Buns	
	118193	QMS Beef Burger	SO2	20 Burgers	
Sides (refer to sides page for details)	RSC011	Savoury Rice			
	RSV008	Seasonal Salad			
	Condiment of 10ml portion				

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 bun (50g) + 1 burger (85g uncooked wt. / approx. 65g cooked wt.)
Primary	20	1 bun (50g) + 1 burger (85g uncooked wt. / approx. 65g cooked wt.)
Secondary	20	1 bun (50g) + 1 burger (85g uncooked wt. / approx. 65g cooked wt.)

Cooking Method

1. Cook beef burger in the oven following instructions on the packaging. **Ensure product reaches a minimum core temperature of 75°C.** If storing in a hot hold, keep covered to prevent drying out.
2. Assemble the beef burgers in defrosted buns and serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	210.9	7.2	3.0	21.1	2.2	14.2	1.6	0.9
Nursery (114g)	284.7	9.7	4.0	28.6	3.0	19.2	2.2	1.2
Primary Average (114g)	284.7	9.7	4.0	28.6	3.0	19.2	2.2	1.2
Secondary (114g)	284.7	9.7	4.0	28.6	3.0	19.2	2.2	1.2

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2505VE	For Vegan : Vegetable Burger in a Bun with Savoury Rice (Seasonal Salad) (ve)	118193 Beef Burger	146279 Sysco Vegetable Burger	Gluten, Wheat May contain: Sesame
MA2505GF	For G/F : Beef Burger in a G/F Bun with Savoury Rice (Seasonal Salad)	5222 Burger Bun	183993 G/F While Roll	SO2

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

MA2506

Cheddar Cheese Panini (v) (RMA049)

Served with: Savoury Rice (RSC011), Seasonal Salad (RSV008)

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Cheddar Cheese Panini	3490	Panini Baguettes	Gluten, Wheat May contain: Barley, Sesame	10 baguettes (approx. 1400g)	
	71402	Flora		100g	
	71268	Grated Cheddar Cheese	Milk	800g	
Sides (refer to sides page for details)	RSC011	Savoury Rice			
	RSV008	Seasonal Salad			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	½ Panini (approx. 115g)
Primary	20	½ Panini (approx. 115g)
Secondary	\	

Cooking Method

1. Defrost **panini baguettes**. Once soft, spread on **flora** and add in **cheddar cheese**.
2. Heat the panini until cheese are melted. Do not overheat. If storing in hot hold, keep covered to prevent drying out.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	317.0	15.6	8.2	29.2	1.9	14.0	2.2	1.3
Nursery (115g)	364.6	17.9	9.4	33.6	2.2	16.1	2.5	1.5
Primary Average (115g)	364.6	17.9	9.4	33.6	2.2	16.1	2.5	1.5
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2506VE	Vegan Cheese Panini with Savoury Rice (Seasonal Salad) (ve)	71268 Cheddar Cheese	148819 Vegan Grated Cheese	Gluten, Wheat May contain: Barley, Sesame
MA2506GF	G/F Toasted Cheese Sandwich with Savoury Rice (Seasonal Salad) (v)	3490 Panini Baguettes	7202 (McGhees) G/F White Loaf	Milk
MA2506AF	Allergy-Friendly Toasted Vegan Cheese Sandwich with Savoury Rice (Seasonal Salad) (ve)	3490 Panini Baguettes 71268 Cheddar Cheese	7202 (McGhees) G/F White Loaf 148819 Vegan Grated Cheese	None of the 14 Food Allergens

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



This Meal Contains: Egg, Milk
Dietary Suitability: GF, SF, V

MA2507

Folded Omelette (RMA017)

Served with: Potato Salad (RSC018), Sunshine Salad (RSV010), and condiment of choice

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Omelette	152417	Free Range Omelette	Egg, Milk	20 omelettes (approx. 2kg)	
Sides (refer to sides page for details)	RSC018	Potato Salad	Egg		
	RSV010	Sunshine Salad			
	Condiment of 10ml portion				

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 omelette (approx. 80-90g cooked wt.)
Primary	20	1 omelette (approx. 80-90g cooked wt.)
Secondary	20	1 omelette (approx. 80-90g cooked wt.)

Cooking Method

1. Cook omelette following instructions on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	170.0	13.0	3.1	1.8	1.7	11.0	0.3	0.6
Nursery (85g)	144.5	11.1	2.6	1.5	1.4	9.4	0.3	0.5
Primary Average (85g)	144.5	11.1	2.6	1.5	1.4	9.4	0.3	0.5
Secondary (85g)	144.5	11.1	2.6	1.5	1.4	9.4	0.3	0.5

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2507VE	Veg Sausages with Vegan Potato Salad (Sunshine Salad) (ve)	152417 Omelette RSC018 Potato Salad	129633 Meatless Farm Veg Sausage RSC018VE Vegan Potato Salad	None of the 14 Food Allergens
MA2507DF	Veg Sausages with Potato Salad (Sunshine Salad) (V)	152417 Omelette	129633 Meatless Farm Veg Sausage	Egg

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



MA2508

Quorn Sausage Casserole (ve) (RMA053)

Served with: Mashed Potato (RSC006), Sunshine Salad (RSV010)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Quorn Sausage Casserole	135197	Quorn Sausage, browned and sliced	Gluten, Wheat	1000g	
	33568	Cooking Oil		50ml	
	4776	Carrot, Diced		200g	
	151771	Onion, Diced		200g	
	4794	Pepper, Diced		200g	
	33585	Paprika Powder		2 tbsp (12g)	
	33686	Garlic Powder		1.5 tsp (5g)	
	15785/22724/1050	Butter Beans or Cannellini (drained)		600g	
	114938	Passata/Tomato Paste		600g	
	133534	Veg Stock		30g	
	\	Water (stock)		500ml (before reducing down)	
	33579	Ground Black Pepper		1 tsp (3g)	
Sides (refer to sides page for details)	RSC006	Mashed Potato			
	RSV010	Sunshine Salad			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	126g (cooked wt.)
Primary	20	P1-3: 132g (cooked wt.) P4-5: 158g (cooked wt.) P6-7: 183g (cooked wt.)
Secondary	16	198g (cooked wt.)

Cooking Method

Prep: brown or steam **Quorn sausages**. For nursery or if preferred, slice sausages into bite-size pieces.

1. Heat a large pot with **oil** over a medium heat, once hot, add in **diced onion** and **carrot**, cook for 4 min or until veg start to soften.
2. Add in **diced pepper**, **paprika**, and **garlic powder**, stir and cook for 3 min.
3. Stir in **passata** and **made-up vegetable stock**, then add in **drained beans**, **Quorn sausage**, and **ground black pepper**. Simmer for 10 min, reduce the water down until thick. Ready to serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	90.5	3.1	0.6	8.1	1.9	6.1	2.7	0.6
Nursery (126g)	122.1	4.2	0.8	10.9	2.6	8.2	3.7	0.9
Primary Average (158g)	152.6	5.2	1.0	13.6	3.2	10.2	4.6	1.1
Secondary (198g)	190.7	6.6	1.3	17.0	4.0	12.8	5.8	1.3

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2508GF	Veg Sausage Casserole with Mashed Potato (Sunshine Salad) (ve)	135197 Quorn Sausage	129633 Meatless Farm Veg Sausage	None of the 14 Allergens

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



MA2509

Neatballs in Onion Gravy (ve) (RMA025)

Served with: Mashed Potato (RSC006), Sunshine Salad (RSV010)

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

Ingredients

Component	Code	Ingredient	Allergen	Weight	My Quantities
Neatballs	130516	Plant-Based Meatballs		100 meatballs (approx. 1.5kg)	
Onion Gravy	3ORKG (McLays)	Red Onion, Sliced		500g	
	28347	Gravy Granule (G/F)		75g	
	\	Water (Gravy)		1000ml	
Sides (refer to sides page for details)	RSC006	Mashed Potato			
	RSV010	Sunshine Salad			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	4 neatballs + 60ml onion gravy
Primary	20	P1-3: 4 neatballs + 75ml onion gravy P4-5: 5 neatballs + 75ml onion gravy P6-7: 6 neatballs + 75ml onion gravy
Secondary	16	6 neatballs + 90ml onion gravy

Cooking Method

- Prep:** Sliced/chop red onions.
1. Cook **neatballs** in the oven following instructions on the packaging.
 2. Make onion gravy: caramelise **sliced red onion** in a saucepan until very soft. Add in **made-up gravy** to the saucepan, mix until thick and fragrant. Ready to serve

Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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

MA2510

Homemade Steak Pie (RMA020)

Served with: Roast Potatoes (RSC013), Baby Carrots (RSV014)

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Stew	SSDG (McLays)	QMS Beef, Diced		1000g	
	105864	Red Tractor G/F Sausage, Sliced	SO2	500g	
	151771	Onion, Diced		400g	
	4776	Carrot, Diced		400g	
	114956	Flour (G/F)		50g	
	114938	Passata/Tomato Paste		30g	
	133536	Beef Stock		30g	
	\	Water		1000ml (reduce to half)	
Pastry	4301/4303	Puff Pastry	Gluten, Wheat	550g	
Sides (refer to sides page for details)	RSC013	Roast Potatoes			
	RSV014	Baby Carrots			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	102g stew
Primary	20	P1-3: 110g stew + ½ pastry P4-5: 125g stew + ½ pastry P6-7: 140g stew + ½ pastry
Secondary	16	160g stew + ½ pastry

Cooking Method

- Prep:** slice **g/f sausages** into bite-size chunks.
- Heat a large pot with **oil** over a medium heat. Brown the **diced beef** and **sliced g/f sausage** in batches, then set aside.
 - Return pot to a medium heat with a bit of **oil**, cook **onion** and **carrot** for 5 min or until starting to soften. Scatter over **g/f flour**, stir until coated.
 - Return **cooked meat** to the pot, add in **passata** and **made-up beef stock**. Bring to simmer.
 - Cover with a lid and cook over very low heat or in the oven (160C) for 2-3 hrs until meat is very tender.
 - Meanwhile, slice **pastry** into portions, and cook in the oven following instructions on the packaging until golden and puffy.

Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2510VE	Vegan Pie with Roast Potatoes (Baby Carrots) (ve)	SSDE Diced Beef 105864 G/F Sausage 133536 Beef Stock	129633 Veg Sausage 28347 Gravy Granules	Gluten, Wheat
MA2510GF	G/F Steak Stew (No Pastry) with Roast Potatoes (Baby Carrots)	4301 / 4303 Puff Pastry	Serve a bit more stew	SO2

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



MA2511

Plant-Power Hot Dog (v) (RMA051)

Served with: Roast Potatoes (RSC013), Baby Carrots (RSV014), and condiment of choice

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Roll	31298	Hot Dog Roll	Gluten, Wheat May contain: Sesame	20 pieces	
Frankfurter	56832	Quorn Frankfurters	Egg	20 pieces	
Sides (refer to sides page for details)	RSC013	Roast Potatoes			
	RSV014	Baby Carrots			
	Condiment of 10ml portion				

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	
Primary	20	1 hot dog roll (approx. 50g) + 1 frankfurter (approx. 48g uncooked / 40g cooked)
Secondary	20	1 hot dog roll (approx. 50g) + 1 frankfurter (approx. 48g uncooked / 40g cooked)

Cooking Method

- Defrost **hot dog rolls**. Cook **Quorn frankfurters** in the oven following the instructions on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	243.8	10.0	1.2	25.4	2.6	11.4	4.0	0.9
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (90g)	238.9	9.8	1.2	24.9	2.5	11.2	3.9	0.8
Secondary (90g)	238.9	9.8	1.2	24.9	2.5	11.2	3.9	0.8

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2510VE	Veg Sausage in Hot Dog Roll with Roast Potatoes (Baby Carrots) (ve)	56832 Quorn Frankfurters	129633 Meatless Farm Veg Sausage	Gluten, Wheat May contain: Sesame
MA2510GF	For G/F : Plant-Power Hot Dog in G/F Roll with Roast Potatoes (Baby Carrots) (v)	31298 Hot Dog Roll	183993 G/F White Roll	Egg
MA2510AF	For Allergy-Friendly: Veg Sausage in G/F Hot Dog Roll with Roast Potatoes (Baby Carrots) (ve)	56832 Quorn Frankfurters 31298 Hot Dog Roll	129633 Meatless Farm Veg Sausage 183993 G/F White Roll	None of the 14 Food Allergens

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



MA2512

Ham Sandwich (RMA031)

Served with: Baby Carrots (RSV014)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Bread	5226	Kingsmill 50/50	Gluten, Wheat, Soya	40 slices (approx. 1.6kg)	
Spread	71402	Flora		60g	
Ham	CMCM/RTW (McLays)	Red Tractor Cured Ham		20 slices (approx. 600g)	
Sides (refer to sides page for details)	RSV014	Baby Carrots			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	Refer to MA2512N
Primary	20	1 sandwich (approx. 113g)
Secondary	20	1 sandwich (approx. 113g)

Cooking Method

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

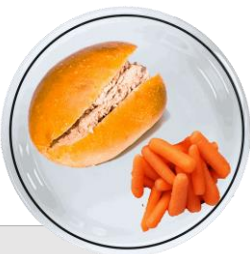
Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2512V	Cheese Sandwich (Baby Carrots) (ve)	CMCM/RTW Ham	74453 Cheese Slices	Gluten, Wheat, Milk, Soya
MA2512VE	Vegan Cheese Sandwich (Baby Carrots) (ve)	CMCM/RTW Ham	122001 Vegan Cheese Slices	Gluten, Wheat, Soya
MA2512GF	G/F Ham Sandwich (Baby Carrots)	5226 Kingsmill 50/50	7202 (McGhees) G/F Loaf	None of the 14 Food Allergens

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 59
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.



MA2512N

Tuna Mayo-Filled Roll (RMA072)

Served with: Baby Carrots (RSV014)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Bun	5222	Burger Bun	Gluten, Wheat May contain: Sesame	20 Buns (approx. 1kg)	
Tuna Mayo Filling	6359	Tuna	Fish	600g	
	32372	Mayonnaise	Egg	200g	
	2SYB	Spring Onions, Diced		50g	
Sides (refer to sides page for details)	RSV014	Baby Carrots			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 bun (50g) + 42g tuna mayo filling
Primary	\	\
Secondary	\	\

Cooking Method

- Prep: wash, peel and dice **spring onion**.
- Defrost **burger buns**.
 - In a mixing bowl, mix in **tuna**, **mayonnaise**, and **diced spring onion**. Fill the **buns** with **tuna mayo filling**. Ready to serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	215.7	4.9	0.8	29.0	3.2	12.8	2.5	0.9
Nursery (92.5g)	199.5	4.5	0.8	26.8	3.0	11.8	2.3	0.8
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2512NV	For Vegetarian – Cheese Roll (Baby Carrots) (v)	Tuna Mayo Filling	71402 Flora 74453 Cheese Slices	Gluten, Wheat, Milk May contain: Sesame
MA2512NVE	For Vegan – Vegan Cheese Roll (Baby Carrots) (ve)	Tuna Mayo Filling	71402 Flora 122001 Vegan Cheese Slices	Gluten, Wheat May contain: Sesame
MA2512NAF	For A/F – A/F Tuna Vegan Mayo in a G/F Roll (Baby Carrots)	5222 Burger Bun 32372 Mayonnaise	183993 G/F White Roll 126924 Vegan Mayo	Fish

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

MA2513

Salmon Fingers (RMA032)

Served with: Chips (RSC002) / Smiley Faces (RSC009) / Fries (RSC003) / Puffs (RSC015), Garden Peas (RSV005), condiment of choice

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Salmon	123822	G/F Salmon Fingers	Fish	80 pieces (approx. 2.4kg)	
Sides (refer to sides page for details)	RSC002/ RSC003/ RSC009 RSC015	Potato Chips/ Smiley Faces/ Fries/ Potato Puffs			
	RSV005	Garden Peas			
	Condiment of 10ml portion				

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	Refer to MA2513N
Primary	20	P1-3: 3 pieces (approx. 78g cooked wt.) P4-5: 4 pieces (approx. 104g cooked wt.) P6-7: 5 pieces (approx. 130g cooked wt.)
Secondary	16	5 pieces (approx. 130g cooked wt.)

Cooking Method

1. Cook **g/f salmon fingers** in the oven following the instructions on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	302.3	12.7	1.8	33.2	0.8	12.9	1.3	0.5
Nursery (78g)	235.8	9.9	1.4	25.9	0.6	10.1	1.0	0.4
Primary Average (104g)	314.4	13.2	1.9	34.6	0.8	13.4	1.3	0.5
Secondary (130g)	393.0	16.5	2.4	43.2	1.1	16.8	1.7	0.6

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2513VE	Vegan Fishless Fingers with Chips/Smiles/Fries/Puffs (Garden Peas) (ve)	123822 G/F Salmon Fingers	134767 Vegan Fishless Fingers	Gluten, Wheat

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 61
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2513N Salmon Fingers (RMA032)

Served with: Diced Potatoes (RSC004), Garden Peas (RSV005), and condiment of choice

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Salmon	123822	G/F Salmon Fingers	Fish	80 pieces (approx. 2.4kg)	
Sides (refer to sides page for details)	RSC004	Diced Potatoes			
	RSV005	Garden Peas			
	Condiment of 10ml portion				

Suggested Serving & Portion (sides not included)

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

Cooking Method

1. Cook **g/f salmon fingers** in the oven following the instructions on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	302.3	12.7	1.8	33.2	0.8	12.9	1.3	0.5
Nursery (78g)	235.8	9.9	1.4	25.9	0.6	10.1	1.0	0.4
Primary Average (104g)	314.4	13.2	1.9	34.6	0.8	13.4	1.3	0.5
Secondary (130g)	393.0	16.5	2.4	43.2	1.1	16.8	1.7	0.6

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2513NVE	Vegan Fishless Fingers with Diced Potatoes (Garden Peas) (ve)	123822 G/F Salmon Fingers	134767 Vegan Fishless Fingers	Gluten, Wheat

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



MA2514

Herby Tomato Pasta (ve) (RMA019)

Served with: Garlic Bread (RSC005), Garden Peas (RSV005)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Pasta	13397/ 150172/ 146179	Penne /Fusilli	Gluten, Wheat May contain: Mustard, Soya	800g (uncooked)	
	\	Water (Pasta)		800ml	
Pasta Sauce	6437	Tomato, Chopped		2000g	
	151771	Onion, Diced		250g	
	4794	Pepper, Diced		250g	
	33686	Garlic Powder		5g	
	35006	Dried Basil		3g	
	33592	Dried Oregano		3g	
	33591	Dried Parsley		3g	
Sides (refer to sides page for details)	RSC005	Garlic Bread	Gluten, Wheat May contain: Barley, Sesame		
	RSV005	Garden Peas			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	165g
Primary	20	P 1-3: 180g P 4-5: 205g P 6-7: 230g
Secondary	16	257g

Cooking Method

1. Cook **pasta** in water, once tender, drain and set aside. Careful not to overcook.
2. Meanwhile, heat a pot with **oil** over a medium heat, once hot, add in **onion, peppers, and garlic powder**. Stir and cook for 4 min or until veg start to soften. Add in **tinned tomato**, bring to simmer. Cook until slightly thickened. Stir in **dried basil, oregano**. This is your **pasta sauce**.
3. Add **drained pasta** to the **pasta sauce**, season to taste.
4. Optional: Top with some more **dried parsley**. Ready to serve.

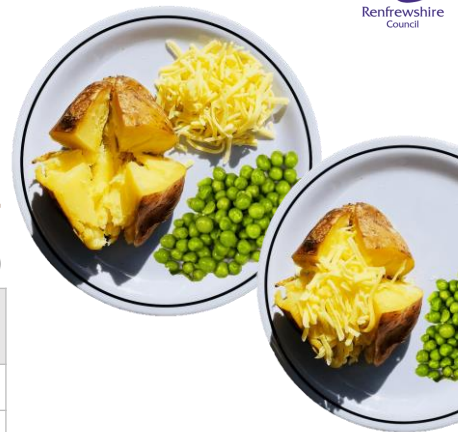
Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	83.8	0.6	0.2	16.3	2.7	3.1	1.5	0.0
Nursery (165g)	137.8	0.9	0.3	26.9	4.5	5.2	2.4	0.0
Primary Average (205g)	172.3	1.2	0.4	33.6	5.6	6.5	3.0	0.1
Secondary (257g)	215.4	1.5	0.5	42.0	7.0	8.1	3.8	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2514GF	G/F Herby Tomato Pasta with G/F Garlic Bread (Peas) (ve)	13397/150172/146179 Pasta	126919 G/F Pasta	None of the 14 Food Allergens

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 63
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.



MA2515

Baked Potato with Cheese (v) (RMA002)

Served with: Garden Peas (RSV005)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Baker	3PB60CS (McLays)	Baking Potatoes		20 potatoes (approx. 2.4kg)	
Topping	71268	Grated Cheddar Cheese	Milk	1000g	
Sides (refer to sides page for details)	RSC005	Garden Peas			

Suggested Serving & Portion (sides not included)

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

Cooking Method

1. Cook **baking potato** in the oven until soft inside. Slide open and serve with **grated cheese** (either on top or on the side).

Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2515VE	Baked Potato with Vegan Cheese (Garden Peas) (ve)	27543 Cheese	148819 Vegan Grated Cheese	None of the 14 Food Allergens

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 64
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2516

Meatball Sub Melt (RMA023)

Served with: Sauté Potato (RSC014), Vegetable Medley (RSV003)

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Sub	3490	Panini Baguettes	Gluten, Wheat May contain: Barley, Sesame	10 baguettes (approx. 1.4kg)	
Meatballs in Sauce	591108	Red Tractor Pork Meatballs	Soya, SO2	80 meatballs (approx. 1.6kg)	
	6437	Tomato, Chopped		1200g	
	33590	Mixed Herb		5g	
Topping	10163	Grated Mozzarella & Cheddar Cheese	Milk	200g	
Sides (refer to sides page for details)	RSC014	Sauté Potato			
	RSV003	Vegetable Medley			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	
Primary	20	½ baguette + 4 meatballs in sauce + 10g cheese
Secondary	12	1 baguette + 6 meatballs in sauce + 20g cheese

Cooking Method

- Prep: Defrost panini baguettes.
1. Cook **pork meatballs** following the instructions on the packaging. **Note: this is a raw product, cook from frozen and ensure product reaches a minimum core temperature of 75°.**
 2. Heat a saucepan, tip in **tinned tomato** and **mixed herb**. Once thickened, add in **cooked meatballs**. This is **meatball in sauce**.
 3. Fill the **paninis** with **grated cheese** and **meatballs in sauce**. Place in the oven to melt the cheese if necessary. If stored in hot hold, keep covered to prevent drying out.

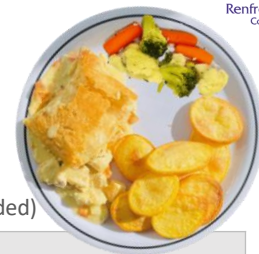
Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	162.2	4.7	1.9	20.4	2.3	9.6	2.5	0.7
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (190g)	324.9	9.4	3.9	40.9	4.6	19.2	5.0	1.5
Secondary (330g)	466.0	13.8	6.0	57.9	7.0	27.3	7.0	2.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2516VE	Vegan Meatball Sub Melt with Sauté Potato (Vegetable Medley) (ve)	591108 Pork Meatballs 10163 Grated Cheese	130516 Vegan Meatball 148819 Vegan Grated Cheese	Gluten, Wheat May contain: Barley, Sesame
MA2516GF	G/F Meatball Sub Melt with Sauté Potato (Vegetable Medley)	3490 Panini Baguette	183993 G/F White Roll	Milk, Soya, SO2
MA2516DF	D/F Meatball Sub Melt with Sauté Potato (Vegetable Medley)	10163 Grated Cheese	148819 Vegan Grated Cheese	Gluten, Wheat, Soya, SO2 May contain: Barley, Sesame
MA2516A	Allergy-Friendly Meatball Sub Melt with Sauté Potato (Vegetable Medley)	3490 Panini Baguette 10163 Grated Cheese	183993 G/F White Roll 148819 Vegan Grated Cheese	Soya, SO2

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



MA2517

Homemade Chicken Puff Pie (RMA055)

Served with: Sauté Potato (RSC014), Vegetable Medley (RSV003)

This Meal Contains: Gluten, Wheat, Milk

Dietary Suitability: EF, SF

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Chicken Stew	33568	Cooking Oil		50ml	
	106048	Red Tractor Chicken Breast, Diced		1kg	
	151771	Onion, Diced		400g	
	4776	Carrot, Diced		400g	
	33595	Dried Thyme		2 tsp (2g)	
	114956	Flour (G/F)		50g	
	133535	Chicken Stock		25g	
	\	Water (Stock)		800ml (before reducing down)	
	33686	Garlic Powder		2 tsp (3g)	
Pastry	71776/ 23348/ 71138	Soft Cheese	Milk	250g	
	33579	Ground Black Pepper		3g	
	4301/ 4303	Puff Pastry	Gluten, Wheat	2 sheets (1280g)	
Sides (refer to sides page for details)	RSC014	Sauté Potato			
	RSV003	Vegetable Medley			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	Refer to MA2517N
Primary	20	P1-3: 155g (cooked wt. including pastry) P4-5: 176g (cooked wt. including pastry) P6-7: 197g (cooked wt. including pastry)
Secondary	16	220g (cooked wt. including pastry)

Cooking Method

1. Heat a large pot with **oil** over a medium heat, once hot, add in **onion** and **carrot**, cook for 4 min or until starting to soften.
2. Add in **dried thyme**, **garlic powder**, and **g/f flour**, stir to coat.
3. Stir in **diced chicken**, **made-up chicken stock**, and **soft cheese**. Bring to boil and cook until thickened. Add in **black pepper**. This is your **creamy chicken stew**.
4. To finish, option 1: slice **pastry** into portions, bake until golden and puffy, ready to serve with **creamy chicken stew**.
5. To finish, option 2: transfer the **creamy chicken stew** to an oven dish, cover with **pastry** sheet and finish in the oven until golden on top and bubbling through the sides, ready to serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	169.3	9.4	4.2	13.2	3.2	7.2	1.4	0.5
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (176g)	360.8	20.1	8.9	28.2	6.8	15.3	2.9	1.0
Secondary (220g)	451.0	25.1	11.1	35.2	8.6	19.2	3.6	1.3

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2517VE	Vegan Puff Pie with Sauté Potato (Vegetable Medley) (ve)	106048 Diced Chicken 71776/23348/71138 Soft Cheese	136991 Quorn Pieces 133532 Vegan Soft Cheese	Gluten, Wheat
MA2517AF	Allergy-Friendly Chicken Stew with Sauté Potato (Vegetable Medley)	71776/23348/71138 Soft Cheese 4301/4303 Puff Pastry	133532 Vegan Soft Cheese Do not serve pastry to gluten free diets, serve a bit more chicken instead	None of the 14 Food Allergens



MA2517N

Homemade Chicken Puff Pie (RMA055)

Served with: Baby Potato (RSC001), Vegetable Medley (RSV003)

This Meal Contains: Gluten, Wheat, Milk

Dietary Suitability: EF, SF

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Chicken Stew	33568	Cooking Oil		50ml	
	106048	Red Tractor Chicken Breast, Diced		1kg	
	151771	Onion, Diced		400g	
	4776	Carrot, Diced		400g	
	33595	Dried Thyme		2 tsp (2g)	
	114956	Flour (G/F)		50g	
	133535	Chicken Stock		25g	
	\	Water (Stock)		800ml (before reducing down)	
	33686	Garlic Powder		2 tsp (3g)	
	71776/ 23348/ 71138	Soft Cheese	Milk	250g	
	33579	Ground Black Pepper		3g	
Pastry	4301/ 4303	Puff Pastry	Gluten, Wheat	2 sheets (1280g)	
Sides (refer to sides page for details)	RSC001	Baby Potatoes			
	RSV003	Vegetable Medley			

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	169.3	9.4	4.2	13.2	3.2	7.2	1.4	0.5
Nursery (140g)	288.6	16.1	7.1	22.5	5.5	12.3	2.3	0.8
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2517NVE	Vegan Puff Pie with Baby Potatoes (Vegetable Medley) (ve)	106048 Diced Chicken 71776/23348/71138 Soft Cheese	136991 Quorn Pieces 133532 Vegan Soft Cheese	Gluten, Wheat
MA2517NAF	Allergy-Friendly Chicken Stew with Baby Potatoes (Vegetable Medley)	71776/23348/71138 Soft Cheese 4301/4303 Puff Pastry	133532 Vegan Soft Cheese Do not serve pastry to gluten free diets, serve a bit more chicken instead	None of the 14 Food Allergens

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	140g (cooked wt.)
Primary	\	\
Secondary	\	\

Cooking Method

- Heat a large pot with **oil** over a medium heat, once hot, add in **onion** and **carrot**, cook for 4 min or until starting to soften.
- Add in **dried thyme**, **garlic powder**, and **g/f flour**, stir to coat.
- Stir in **diced chicken**, **made-up chicken stock**, and **soft cheese**. Bring to boil and cook until thickened. Add in **black pepper**. This is your **creamy chicken stew**.
- To finish, option 1: slice **pastry** into portions, bake until golden and puffy, ready to serve with **creamy chicken stew**.
- To finish, option 2: transfer the **creamy chicken stew** to an oven dish, cover with **pastry** sheet and finish in the oven until golden on top and bubbling through the sides, ready to serve.



MA2518

Cheese Sandwich (v) (RMA029)

Served with: Vegetable Medley (RSV003)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Bread	5226 (McGhees)	Kingsmill 50/50	Gluten, Wheat, Soya	1600g (40 slices)	
Spread	71402	Flora		60g	
Filling	74453	Cheese Slices	Milk	400g	
Sides (refer to sides page for details)	RSV003	Veg Medley			

Suggested Serving & Portion (sides not included)

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

Cooking Method

1. Spread flora on bread, and sandwich with cheese slice.
2. Cut sandwiches into 3 quarters and serve.

Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2518VE	Vegan Cheese Sandwich (Vegetable Medley) (ve)	74453 Cheese Slice	122001 Vegan Cheese Slices	Gluten, Wheat, Soya
MA2518GF	G/F Cheese Sandwich (Vegetable Medley) (v)	5226 Kingsmill 50/50	7202 (McGhees) G/F White Loaf	Milk
MA2518A	Allergy-Friendly Vegan Cheese Sandwich (Vegetable Medley) (ve)	5226 Kingsmill 50/50 74453 Cheese Slice	7202 (McGhees) G/F White Loaf 122001 Vegan Cheese Slices	None of the 14 Food Allergens

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 68
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.



MA2519

Plant-Power Burger in a Bun (v) (RMA060, pre-fried)

Served with: Potato Salad (RSC018), Seasonal Salad (RSV008), condiment of choice

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Bun	5222	Burger Bun	Gluten, Wheat May contain: Sesame	20 buns (approx. 1kg)	
Burger	152431	Southern Style Quorn Burger (Vegan)	Gluten, Wheat	20 burgers (approx. 1.5kg)	
Sides (refer to sides page for details)	RSC018	Potato Salad	Egg		
	RSV008	Seasonal Salad			
	Condiment of 10ml portion				

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 bun (50g) + 1 burger (approx. 70g cooked wt.)
Primary	20	1 bun (50g) + 1 burger (approx. 70g cooked wt.)
Secondary	20	1 bun (50g) + 1 burger (approx. 70g cooked wt.)

Cooking Method

1. Cook **Quorn burgers** in the oven following instructions on the packing. Assemble the burger and serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	232.8	6.5	0.9	30.4	2.8	10.8	5.0	0.9
Nursery (120g)	291.0	8.1	1.2	38.0	3.5	13.5	6.3	1.1
Primary Average (120g)	291.0	8.1	1.2	38.0	3.5	13.5	6.3	1.1
Secondary (120g)	291.0	8.1	1.2	38.0	3.5	13.5	6.3	1.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2519VE	For Vegan - Crispy Burger with Vegan Potato Salad (Seasonal Salad) (ve) (same burger, different sides)	RSC018 Potato Salad	RSC018VE Vegan Potato Salad	Gluten, Wheat May contain: Sesame

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



MA2520

Roast Chicken Dinner with Yorkshire Pudding (RMA057)

Served with: Mashed Potato (RSC006), Seasonal Salad (RSV008)

This Meal Contains: Gluten, Wheat, Milk, Egg

Dietary Suitability: SF

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Chicken	53333	Chicken Fillet		20 fillets (approx. 1140g)	
Gravy	28347	Gravy Granule (G/F)		20g	
	\	Water (Gravy)		250ml	
Yorkies	3090	Yorkshire Puddings	Gluten, Wheat, Milk, Egg	40 pieces (approx. 1100g)	
Sides (refer to sides page for details)	RSC006	Mashed Potato			
	RSV008	Seasonal Salad			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	Refer to MA2520N
Primary	20	1 chicken fillet (approx. 52g cooked wt.) + 14ml gravy + 2 Yorkshire puddings (55g)
Secondary	16	2 chicken fillets (approx. 104g cooked wt.) + 28ml gravy + 2 Yorkshire puddings (55g)

Cooking Method

1. Cook **chicken fillet** in the oven following instructions on the packaging, keep the chicken covered with foil to retain moisture while cooking. **Note: This is a raw product, cook from frozen and ensure product reaches a minimum of 75°C core temperature before serving. Keep covered to prevent drying out.**
2. Prepare **Yorkshire pudding** following instruction on the packaging.
3. Meanwhile, make up **gravy**. Once all elements are cooked, ready to serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	171.1	6.1	0.9	17.9	0.9	11.2	0.8	0.7
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (120g)	214.8	7.6	1.2	22.5	1.2	14.0	1.0	0.9
Secondary (186g)	286.0	10.3	1.9	23.5	1.6	25.0	1.3	1.5

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2520V	For vegetarian – Quorn Fillets with Yorkshire pudding, with Mashed Potato (Seasonal Salad) (v)	53333 Chicken Fillet	150295 Quorn Fillet	Gluten, Wheat, Milk, Egg
MA2520VE	For vegan – Quorn Fillets in Gravy with Mashed Potato (Seasonal Salad) (ve)	53333 Chicken Fillet 3090 Yorkshire Pudding	150295 Quorn Fillet Yorkies are not suitable for vegan diet, serve more Quorn fillets and gravy instead.	Gluten, Wheat
MA2520AF	A/F Chicken Fillet in Gravy with Mashed Potato (Seasonal Salad)	3090 Yorkshire Pudding	Serve more chicken fillet and gravy instead	None of the 14 Food Allergens

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



MA2520N

Roast Chicken Fillets in Gravy (RMA057N)

Served with: Mashed Potato (RSC006), Seasonal Salad (RSV008)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Chicken	53333	Chicken Fillet		40 fillets (approx. 1140g)	
Gravy	28347	Gravy Granule (G/F)		20g	
	\	Water (Gravy)		250ml	
Sides (refer to sides page for details)	RSC006	Mashed Potato			
	RSV008	Seasonal Salad			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	2 chicken fillets (approx. 104g cooked wt.) + 14ml gravy (or enough to cover)
Primary	\	
Secondary	\	

Cooking Method

1. Cook **chicken fillet** in the oven following instructions on the packaging. **Note: This is a raw product, cook from frozen and ensure product reaches a minimum of 75°C core temperature before serving.** If storing in hot hole, keep covered to prevent drying out.
2. Meanwhile, make up **gravy**. Once all elements are cooked, ready to serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	109.1	4.2	1.1	1.0	0.5	17.2	0.5	0.9
Nursery (118g)	139.1	5.4	1.4	1.3	0.7	21.9	0.6	1.1
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2520NVE	For Vegan – Quorn Fillets in Gravy with Mashed Potato (Seasonal Salad) (v)	53333 Chicken Fillet	150295 Quorn Fillet	Gluten, Wheat

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

MA2521

Tuna Melt Panini (RMA061)

Served with: Potato Salad (RSC018), Seasonal Salad (RSV008)

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Baguette	3490	Panini Baguettes	Gluten, Wheat May contain: Barley, Sesame	10 Paninis (Halved)	
Tuna Mayo	6359/28283	Tuna	Fish	600g	
	32372	Mayonnaise	Egg	300g	
	2SYB	Spring Onions, Diced		100g	
	33579	Ground Black Pepper		2g	
Cheese	71402	Cheese Slice		400g	
Sides (refer to sides page for details)	RSC018	Potato Salad	Egg		
	RSV008	Seasonal Salad			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	\
Primary	20	½ panini (approx. 140g)
Secondary	\	\

Cooking Method

1. Prep: defrost **panini baguettes** until soft. Wash and chop **spring onions**.
2. In a mixing bowl, add in **tinned tuna**, **mayonnaise**, **chopped spring onion**, and 1 tsp of **ground black pepper**. Mix well. This is your **tuna mayo**.
3. Open the baguettes, add in **sliced cheese** and **tuna mayo filling**. Heat the paninis in the oven until cheese is melted.
4. If storing in hot hold, keep covered to prevent from drying out.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	231.8	8.6	3.5	24.4	2.0	13.2	1.9	1.0
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (140g)	324.7	12.1	4.9	34.2	2.8	18.5	2.7	1.4
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2521V	For Vegetarian - Cheese Panini with Potato Salad (Seasonal Salad) (v)	Tuna Mayo Ingredients	71402 Cheese Slice	Gluten, Wheat, Egg, Milk May contain: Barley, Sesame
MA2521VE	Vegan Cheese Panini with Vegan Potato Salad (Seasonal Salad) (ve)	Tuna Mayo ingredients 71402 Cheese Slice RSC018 Potato Salad	148819 Vegan Grated Cheese 71402 Flora RSC018VE Vegan Potato Salad	Gluten, Wheat May contain: Barley, Sesame
MA2521AF	A/F Tuna Melt Roll with Vegan Potato Salad (Seasonal Salad)	3490 Baguette 32372 Mayonnaise 71402 Cheese Slice RSC018 Potato Salad	183993 G/F White Roll 126924 Vegan Mayo 122001 Vegan Cheese Slice RSC018VE Vegan Potato Salad	Fish

MA2522

Creamy Pesto Pasta (v) (RMA014)

Served with: Garlic Bread (RSC005), Sunshine Salad (RSV010)

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Pasta	146183/ 146179/ 13397/ 150171	Farfalle/ Fusilli/ Penne Pasta	Gluten, Wheat May contain: Mustard, Soya	1200g	
	30501	Onion, Diced		400g	
	3S (McLays)	Spinach		400g	
Sauce	71776/ 71138	Soft Cheese	Milk	200g	
	131779	Green Pesto		150g	
	27543	Grated Cheddar Cheese	Milk	150g	
	35006	Dried Basil		3g	
	133534	Veg Stock		20g	
	\	Starchy Pasta Water		1000ml	
Sides (refer to sides page for details)	RSC005	Garlic Bread	Gluten, Wheat May contain: Barley, Sesame		
	RSV010	Sunshine Salad			

Suggested Serving & Portion (sides not included)

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

Cooking Method

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

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	176.3	4.5	1.3	27.0	2.6	6.0	1.6	0.5
Nursery (140g)	248.4	6.4	1.9	38.0	3.7	8.5	2.3	0.7
Primary Average (176g)	310.5	7.9	2.3	47.5	4.6	10.7	2.8	0.9
Secondary (220g)	388.2	9.9	2.9	59.4	5.7	13.3	3.6	1.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2522VE	Vegan Pesto Pasta with Garlic Bread (Sunshine Salad) (ve)	71776/71138 Soft Cheese 27543 Grated Cheese	133532 Vegan Soft Cheese 148819 Vegan Grated Cheese	Gluten, Wheat May contain: Barley, Mustard, Sesame, Soya
MA2522GF	G/F Pesto Pasta with G/F Garlic Bread (Sunshine Salad) (v)	146183/146179/13397/150171 Pasta RSC005 Garlic Bread	126919 G/F Pasta RSC005GF G/F Garlic Bread	Milk
MA2522AF	A/F Pesto Pasta with G/F Garlic Bread (Sunshine Salad) (ve)	146183/146179/13397/150171 Pasta 71776/71138 Soft Cheese 27543 Grated Cheese RSC005 Garlic Bread	126919 G/F Pasta 133532 Vegan Soft Cheese 148819 Vegan Grated Cheese RSC005GF G/F Garlic Bread	None of the 14 Food Allergens

MA2523

Quorn Bangers in Onion Gravy (ve) (RMA005)

Served with: Mashed Potato (RSC006), Sunshine Salad (RSV010)

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Sausages	135197	Quorn Sausage	Gluten, Wheat	40 pieces (approx. 2kg)	
Gravy	3ORKG	Red Onion, Sliced		500g	
	28347	Gravy Granule (G/F)		75g	
	\	Water (Gravy)		1000ml	
Sides (refer to sides page for details)	RSC006	Mashed Potato			
	RSV010	Sunshine Salad			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	2 sausages (approx. 75g cooked wt.) + 75ml gravy
Primary	20	2 sausages (approx. 75g cooked wt.) + 75ml gravy
Secondary	20	2 sausages (approx. 75g cooked wt.) + 75ml gravy

Cooking Method

Prep: peel and slice **red onion**.

1. Cook **Quorn vegan sausages** in the oven following the instructions on the packaging.
2. Heat a saucepan with **oil** over a low heat, caramelise **sliced red onion**. Meanwhile, make up **gravy** with **water**. Add the **made-up gravy** to the saucepan. Mix well.

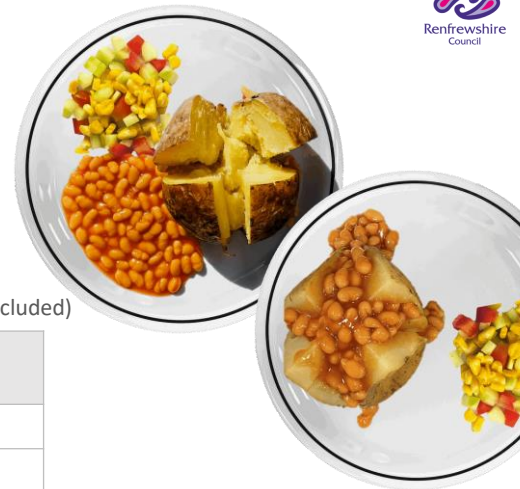
Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2525GF	G/F Veg Sausages in Gravy with Mashed Potato (Sunshine Salad) (ve)	135197 Quorn Sausage	129633 Meatless Farm Veg Sausage	None of the 14 Food Allergens

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



MA2524

Baked Potato with Beans (ve) (RMA001)

Served with: Sunshine Salad (RSV010)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Baker	3PB60CS	Baking Potatoes		2400g (20 potatoes)	
Beans	28758	Baked Beans		1000g	
Sides (refer to sides page for details)	RSV010	Sunshine Salad			

Suggested Serving & Portion (sides not included)

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

Cooking Method

1. Cook **baking potato** in the oven until soft inside. Slice open and fill with **beans**. Baked potato can also be served with beans on the side.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	135.8	4.7	0.0	20.3	2.0	3.3	3.3	0.1
Nursery (170g)	230.9	7.9	0.1	34.6	3.4	5.6	5.7	0.2
Primary Average (170g)	230.9	7.9	0.1	34.6	3.4	5.6	5.7	0.2
Secondary (170g)	230.9	7.9	0.1	34.6	3.4	5.6	5.7	0.2

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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

MA2525

Margherita Pizza (RMA058)

Served with: Onion Rings (RSC016), Carrot & Cucumber Sticks (RSV004)

This Meal Contains: Gluten, Wheat, Barley, Rye, Milk

May Contain: Egg, Milk

Dietary Suitability: SF, V



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Pizza Base	33829	Pizza Base	Gluten, Wheat, Barley, Rye May contain: Egg Milk	5 pizza bases (approx. 1250g)	
Pizza Sauce	114938	Passata/Tomato Paste		500g	
	35006	Dried Basil		5g	
	33686	Garlic Powder		5g	
Cheese	10163	Grated Mozzarella	Milk	450g	
Garnish	5BAS (McLays)	Optional: Basil Leaves		30g	
Sides (refer to sides page for details)	RSC016	Onion Rings	Gluten, Wheat		
	RSV004	Carrot & Cucumber Sticks			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	
Primary	20	P1-3: 1/5 Pizza (approx. 90g) P4-5: 1/4 Pizza (approx. 112g) P6-7: 1/3 Pizza (approx. 150g)
Secondary	15	1/3 Pizza (approx. 150g)

Cooking Method

Prep: defrost pizza bases.

1. In a mixing bowl, mix passata, dried basil, and garlic powder. This is your pizza sauce.
2. Spread the pizza sauce over the pizza bases, smooth out with the back of a spoon. Scatter grated mozzarella on top. Bake in the oven for 8-10 min or until golden on top.
3. Cut pizzas into portions, ready to serve. Optional: garnish with fresh basil leaves.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	236.4	9.1	3.4	27.2	2.1	10.3	1.7	1.0
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (112g)	265.4	10.2	3.8	30.5	2.3	11.6	1.9	1.2
Secondary (150g)	353.9	13.6	5.1	40.7	3.1	15.4	2.5	1.6

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2525VE	Vegan Margherita Pizza with Onion Rings (Carrot & Cucumber Sticks) (ve)	10163 Grated Mozzarella	148819 Vegan Grated Cheese	Gluten, Wheat, Barley, Rye May contain: Egg, Milk
MA2525GF	G/F Margherita Pizza with Nacho Chips (Carrot & Cucumber Sticks) (v)	33829 Pizza Base RSC016 Onion Rings	133505 G/F Pizza Base RSC017 Nacho Chips	Milk
MA2525AF	A/F Margherita Pizza with Nacho Chips (Carrot & Cucumber Sticks) (ve)	33829 Pizza Base 10163 Grated Mozzarella RSC016 Onion Rings	133505 G/F Pizza Base 148819 Vegan Grated Cheese RSC017 Nacho Chips	None of the 14 Food Allergens

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



MA2525N

Margherita Pizza (RMA058)

Served with: Savoury Rice (RSC011), Baby Carrots (RSV014)

This Meal Contains: Gluten, Wheat, Barley, Rye, Milk

May Contain: Egg, Milk

Dietary Suitability: SF, V

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Pizza Base	33829	Pizza Base	Gluten, Wheat, Barley, Rye May contain: Egg Milk	5 pizza bases (approx. 1250g)	
Pizza Sauce	114938	Passata/Tomato Paste		500g	
	35006	Dried Basil		5g	
	33686	Garlic Powder		5g	
Cheese	10163	Grated Mozzarella	Milk	450g	
Garnish	5BAS (McLays)	Optional: Basil Leaves		30g	
Sides (refer to sides page for details)	RSC011	Savoury Rice			
	RSV014	Baby Carrots			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	1/5 pizza (approx. 90g)
Primary	\	
Secondary	\	

Cooking Method

Prep: defrost pizza bases.

1. In a mixing bowl, mix passata, dried basil, and garlic powder. This is your pizza sauce.
2. Spread the pizza sauce over the pizza bases, smooth out with the back of a spoon. Scatter grated mozzarella on top. Bake in the oven for 8-10 min or until golden on top.
3. Cut pizzas into portions, ready to serve. Optional: garnish with fresh basil leaves.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	236.4	9.1	3.4	27.2	2.1	10.3	1.7	1.0
Nursery (90g)	211.8	8.2	3.1	24.4	1.9	9.2	1.4	0.9
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2525NVE	Vegan Margherita Pizza with Savoury Rice(Baby Carrots) (ve)	10163 Grated Mozzarella	148819 Vegan Grated Cheese	Gluten, Wheat, Barley, Rye May contain: Egg, Milk
MA2525GF	G/F Margherita Pizza with Savoury Rice (Baby Carrots) (v)	33829 Pizza Base	133505 G/F Pizza Base	Milk
MA2525NAF	A/F Margherita Pizza with Savoury Rice (Baby Carrots) (ve)	33829 Pizza Base 10163 Grated Mozzarella	133505 G/F Pizza Base 148819 Vegan Grated Cheese	None of the 14 Food Allergens

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

MA2526

Mexican-Style Beef Chilli (RMA056)

Served with: Nacho Chips (RSC017), Carrot & Cucumber Sticks (RSV004)

This Meal Contains: None
May contain: Gluten, Wheat
Dietary Suitability: DF, EF, SF



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Beef Chilli	95VL (McLays)	QMS Beef Mince		1200g	
	10143	Red Kidney Beans		600g	
	6437	Tomato, Chopped		800g	
	151771	Onion, Diced		500g	
	4794	Pepper, Diced		300g	
	114938	Passata/Tomato Paste		80g	
	33568	Cooking Oil		45ml	
	133536	Beef Stock		25g	
	350102	Brown Sugar		14g	
	33601	Mild Chilli Powder		5g	
	33585	Paprika Powder		5g	
	34002	Ground Cumin	May contain: Gluten, Wheat	5g	
	33686	Garlic Powder		2g	
	33590	Mixed Herb		2g	
	5COR	Coriander (Garnish)		5g	
Sides (refer to sides page for details)	RSC017	Nacho Chips			
	RSV004	Carrot & Cucumber Sticks			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	Refer to MA2526N
Primary	20	P1-3: 144g P4-5: 164g P6-7: 184g
Secondary	16	206g

Cooking Method

1. Brown **beef mince** in a pot, drain out beef fat if necessary.
2. Heat a large pot with **oil** over a medium heat, once hot, add in **onion**. Cook for 4 min or until starting to soften.
3. Add in **diced pepper, garlic powder, mild chilli powder, paprika, and ground cumin**, stir and cook for 3 min.
4. Add in **beef mince** and **mixed herb**, stir and cook until fragrant.
5. Stir in **tinned tomatoes, passata, and beef stock**, bring to simmer and stir occasionally.
6. Stir in **drained kidney beans** and **brown sugar**. Cook over a gentle heat for 10-15 min or until thickened. Season to taste.
7. Optional: garnish with some **chopped coriander**. Ready to serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	122.1	6.9	3.5	5.4	2.4	8.3	1.9	0.2
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (164g)	219.0	12.3	6.2	9.8	4.3	15.0	3.4	0.4
Secondary (206g)	273.8	15.4	7.8	12.2	5.4	18.7	4.3	0.5

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 78
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.

MA2526N

Mexican-Style Beef Chilli (RMA056)

Served with: Rice (RSC008), Baby Carrots (RSV014)

This Meal Contains: None
May contain: Gluten, Wheat
Dietary Suitability: DF, EF, SF



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Beef Chilli	95VL (McLays)	QMS Beef Mince		1200g	
	10143	Red Kidney Beans		600g	
	6437	Tomato, Chopped		800g	
	151771	Onion, Diced		500g	
	4794	Pepper, Diced		300g	
	114938	Passata/Tomato Paste		80g	
	33568	Cooking Oil		45ml	
	133536	Beef Stock		25g	
	350102	Brown Sugar		14g	
	33601	Mild Chilli Powder		5g	
	33585	Paprika Powder		5g	
	34002	Ground Cumin	May contain: Gluten, Wheat	5g	
	33686	Garlic Powder		2g	
	33590	Mixed Herb		2g	
	5COR	Coriander (Garnish)		5g	
Sides (refer to sides page for details)	RSC008	Rice			
	RSV014	Baby Carrots			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	132g
Primary	\	
Secondary	\	

Cooking Method

1. Brown **beef mince** in a pot, drain out beef fat if necessary.
2. Heat a large pot with **oil** over a medium heat, once hot, add in **onion**. Cook for 4 min or until starting to soften.
3. Add in **diced pepper, garlic powder, mild chilli powder, paprika**, and **ground cumin**, stir and cook for 3 min.
4. Add in **beef mince** and **mixed herb**, stir and cook until fragrant.
5. Stir in **tinned tomatoes, passata**, and **beef stock**, bring to simmer and stir occasionally.
6. Stir in **drained kidney beans** and **brown sugar**. Cook over a gentle heat for 10-15 min or until thickened. Season to taste.
7. Optional: garnish with some **chopped coriander**. Ready to serve.

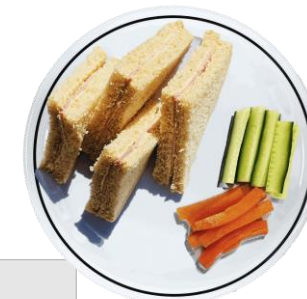
Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	122.1	6.9	3.5	5.4	2.4	8.3	1.9	0.2
Nursery (132g)	175.2	9.9	5.0	7.8	3.4	12.0	2.7	0.3
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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



MA2527

Ham Sandwich (RMA031)

Served with: Carrot & Cucumber Sticks (RSV004)

This Meal Contains: Gluten, Wheat, Soya

Dietary Suitability: DF, EF

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Bread	5226	Kingsmill 50/50	Gluten, Wheat, Soya	40 slices (approx. 1.6kg)	
Spread	71402	Flora		60g	
Ham	CMCM/RTW (McLays)	Red Tractor Cured Ham		20 slices (approx. 600g)	
Sides (refer to sides page for details)	RSV004	Carrot & Cucumber Sticks			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	\
Primary	20	1 sandwich (approx. 113g)
Secondary	20	1 sandwich (approx. 113g)

Cooking Method

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

Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2527V	Cheese Sandwich (Carrot & Cucumber Sticks) (v)	CMCM/RTW Ham	74453 Cheese Slices	Gluten, Wheat, Milk, Soya
MA2527VE	Vegan Cheese Sandwich (Carrot & Cucumber Sticks) (ve)	CMCM/RTW Ham	122001 Vegan Cheese Slices	Gluten, Wheat, Soya
MA2527GF	G/F Ham Sandwich (Carrot & Cucumber Sticks)	5226 Kingsmill 50/50	7202 (McGhees) G/F Loaf	None of the 14 Food Allergens

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

MA2528

Fish Goujons (RMA062, non-fried)

Served with: Pasta Salad (RSC019), Corn Cobettes (RSV015), condiment of choice

This Meal Contains: Gluten, Wheat, Fish, Milk
May contain: Mustard, Soya
Dietary Suitability: EF



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Fish	58343	Fish Goujons	Gluten, Wheat, Fish	80 pieces (approx. 2.4kg)	
Sides (refer to sides page for details)	RSC019	Pasta Salad	Gluten, Wheat, Milk May contain: Mustard, Soya		
	RSV015	Corn Cobettes			
	Condiment of 10ml portion				

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	3 pieces (approx. 72g cooked wt.)
Primary	20	P1-3: 3 pieces (approx. 72g cooked wt.) P4-5: 4 pieces (approx. 96g cooked wt.) P6-7: 5 pieces (approx. 120g cooked wt.)
Secondary	16	5 pieces (approx. 120g cooked wt.)

Cooking Method

1. Cook **fish goujons** in the oven following the instructions on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	179.0	5.7	0.4	19.7	0.4	12.1	1.2	0.6
Nursery (72g)	161.1	5.1	0.4	17.7	0.4	10.9	1.1	0.5
Primary Average (96g)	214.8	6.8	0.5	23.6	0.5	14.5	1.4	0.7
Secondary (120g)	268.5	8.6	0.6	29.6	0.6	18.2	1.8	0.9

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2528VE	Vegan Fishless Fingers with Vegan Pasta Salad (Corn Cobettes) (ve)	58343 Fish Goujons RSC019 Pasta Salad	134767 Vegan Fishless Fingers RSC019VE Vegan Pasta Salad	Gluten, Wheat May contain: Mustard, Soya
MA2528DF	For D/F : Fish Goujons with Vegan Pasta Salad (Corn Cobettes)	RSC019 Pasta Salad	RSC019VE Vegan Pasta Salad	Gluten, Wheat, Fish May contain: Mustard, Soya
MA2528AF	A/F Fish Fingers with A/F Pasta Salad (Corn Cobettes)	58343 Fish Goujons RSC019 Pasta Salad	123824 G/F Fish Fingers RSC019AF A/F Pasta Salad	Fish

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

MA2529

Beef Bolognese Pasta Bake (RMA063)

Served with: Corn Cobettes (RSV015)

This Meal Contains: Gluten, Wheat, Milk
May Contain: Mustard, Soya
Dietary Suitability: EF



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Pasta	13397/150172/146179	Penne Pasta/Fusilli	Gluten, Wheat May contain: Mustard, Soya	800g (uncooked)	
	\	Water (Pasta)		800ml	
Beef Bolognese	95VL (McLays)	QMS Beef Mince		1000g	
	151771	Onion, Diced		400g	
	4776	Carrot, Diced		400g	
	33686	Garlic Powder		5g	
	133536	Beef Stock		35g	
	\	Water (Stock)		500ml	
	114940	Tomato Puree Concentrate		40g	
	114938	Passata		100g	
	6437	Tomato, Chopped		800g	
	35006	Dried Basil		3g	
	33592	Dried Oregano		3g	
Topping	10163	Grated Mozzarella	Milk	200g	
Sides (refer to sides page for details)	RSV015	Corn Cobettes			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	190g
Primary	20	P1-3: 210g P4-5: 238g P6-7: 258g
Secondary	16	297g

Cooking Method

1. Boil **pasta** in water, once tender, drain and set aside. Careful not to overcook.
2. Meanwhile, add **beef mince** in a pot over a low heat, once browned, drain beef fat and set aside.
3. Return the pot to a medium heat, add in some **oil**. Once hot, add in **onion** and **carrot**. Cook until veg starts to soften.
4. Return the **browned mince** to the pot, and add in **garlic powder, made-up beef stock, tomato puree, passata, chopped tomato, dried basil, and dried oregano**. Season with some **black pepper**. Mix well and cook until thickened. This is your **beef Bolognese**.
5. Transfer the **cooked pasta** and **Bolognese** to an oven dish. Top with **grated cheese**. Finish in the oven until golden on top and bubbling through the sides. Ready to serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	126.5	4.4	2.6	13.8	2.3	7.3	1.1	0.3
Nursery (190g)	257.3	8.9	5.3	28.2	4.7	14.9	2.3	0.6
Primary Average (238g)	321.6	11.1	6.7	35.2	5.9	18.6	2.9	0.7
Secondary (297g)	402.0	13.9	8.3	44.0	7.4	23.3	3.6	0.9

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2529GF	G/F Beef Bolognese Pasta Bake (Corn Cobettes)	13397/150172/146179 Pasta	126919 G/F Pasta	Milk
MA2529DF	D/F Beef Bolognese Pasta Bake (Corn Cobettes)	10163 Grated Cheese	148819 Vegan Grated Cheese	Gluten, Wheat May contain: Mustard, Soya
MA2529AF	A/F Beef Bolognese Pasta Bake (Corn Cobettes)	13397/150172/146179 Pasta 10163 Grated Cheese	126919 G/F Pasta 148819 Vegan Grated Cheese	None of the 14 Food Allergens



MA2515

Baked Potato with Cheese (v) (RMA002)

Served with: Corn Cobettes (RSV015)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Baker	3PB60CS (McLays)	Baking Potatoes		20 potatoes (approx. 2.4kg)	
Topping	71268	Grated Cheddar Cheese	Milk	1000g	
Sides (refer to sides page for details)	RSV015	Corn Cobettes			

Suggested Serving & Portion (sides not included)

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

Cooking Method

1. Cook **baking potato** in the oven until soft inside. Slide open and serve with **grated cheese** (either on top or on the side).

Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2530VE	Baked Potato with Vegan Cheese (Corn Cobettes) (ve)	27543 Cheese	148819 Vegan Grated Cheese	None of the 14 Food Allergens

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



MA2531

Sticky BBQ Quorn Dippers (v) (RMA037a, pre-fried)

Served with: Pasta Salad (RSC019), Vegetable Medley (RSV003), and condiment of choice

This Meal Contains: Gluten, Wheat, Milk, SO2
May Contain: Mustard, Soya
Dietary Suitability: EF, V

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Dippers	135198	Quorn Dippers	Gluten, Wheat	2000g	
Sticky BBQ Dipping Sauce (not used in nursery)	149964	Ketchup		100ml	
	350157	Honey		50ml	
	350102	Brown Sugar		30g	
	121379	Salt		2.5g	
	33585	Paprika Powder		1g	
	117940	Onion Powder	SO2	1g	
	33686	Garlic Powder		0.6g	
	33579	Ground Black Pepper		a pinch	
Sides (refer to sides page for details)	RSC019	Pasta Salad	Gluten, Wheat, Milk May contain: Mustard, Soya		
	RSV003	Veg Medley			
	Condiment of 10ml portion				

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	Refer to MA2531N
Primary	20	5 dippers + 10ml sticky BBQ sauce (approx. 85g cooked wt.)
Secondary	16	6 dippers + 10ml sticky BBQ sauce (approx. 100g cooked wt.)

Cooking Method

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

Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2531VE	Quorn Dippers with Vegan Pasta Salad (Veg Medley) (ve)	Sticky BBQ Dipping Sauce RSC019 Pasta Salad	Provide other vegan condiment e.g., ketchup. RSC019VE Vegan Pasta Salad	Gluten, Wheat May contain: Mustard Soya
MA2531DF	For D/F : Sticky BBQ Quorn Dippers with Vegan Pasta Salad (Veg Medley) (v)	RSC019 Pasta Salad	RSC019VE Vegan Pasta Salad	Gluten, Wheat, SO2 May contain: Mustard Soya
MA2531AF	A/F Sticky BBQ Veg Sausages with A/F Pasta Salad (Veg Medley) (v)	135198 Quorn Dippers RSC019 Pasta Salad	129633 Meatless Farm Veg Sausages RSC019AF A/F Pasta Salad	SO2

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

MA2531N

Plain Quorn Dippers (v) (RMA037b, pre-fried)

Served with: Pasta Salad (RSC019), Vegetable Medley (RSV003), and condiment of choice

This Meal Contains: Gluten, Wheat, Milk
May Contain: Mustard, Soya
Dietary Suitability: EF, V



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Dippers	135198	Quorn Dippers	Gluten, Wheat	2000g	
Sides (refer to sides page for details)	RSC019	Pasta Salad	Gluten, Wheat, Milk May contain: Mustard, Soya		
	RSV003	Veg Medley			
	Condiment of 10ml portion				

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	4 pieces (approx. 62g cooked wt.)
Primary	\	
Secondary	\	

Cooking Method

1. Cook **Quorn dippers** following instruction on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g (without BBQ dipping)	184.0	9.6	1.0	9.9	0.1	11.6	6.0	0.8
Nursery (62g) (without BBQ dipping)	114.1	6.0	0.6	6.1	0.1	7.2	3.7	0.5
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2531NVE	Quorn Dippers with Vegan Pasta Salad (Veg Medley) (ve)	RSC019 Pasta Salad	RSC019VE Vegan Pasta Salad	Gluten, Wheat May contain: Mustard Soya
MA2531NAF	Veg Sausages with A/F Pasta Salad (Veg Medley) (v)	135198 Quorn Dippers RSC019 Pasta Salad	129633 Meatless Farm Veg Sausages RSC019AF A/F Pasta Salad	SO2

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

MA2532

Chicken Fajita in Pitta Pocket (RMA069)

Served with: Pasta Salad (RSC019), Vegetable Medley (RSV003)

This Meal Contains: Gluten, Wheat, Milk
May Contain: Mustard, Soya
Dietary Suitability: EF



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Pitta Pocket	145932	Pitta Bread (Halved)	Gluten, Wheat May contain: Milk, Soya	20 pitta breads	
Chicken Fajita	106048	Red Tractor Chicken Breast, Diced		1200g	
	151771	Onion, Diced		400g	
	2PRKG/ 2PYKG/ 2PGKG (McLays)	Peppers, Sliced		400g	
	6437	Tomato, Chopped		200g	
	33601	Mild Chilli Powder		1 tbsp (8g)	
	34002	Ground Cumin	May contain: Gluten, Wheat	1 tbsp (8g)	
	33686	Garlic Powder		2 tsp (5g)	
	33585	Paprika Powder		1 tsp (2.5g)	
	33592	Dried Oregano		1 tsp (2.5g)	
	121379	Salt		2 tsp (5g)	
	33579	Ground Black Pepper		0.5 tsp (1g)	
	33568	Cooking oil		50ml	
Sides (refer to sides page for details)	RSC019	Pasta Salad	Gluten, Wheat, Milk May contain: Mustard, Soya		
	RSV003	Veg Medley			

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	147.0	2.2	0.3	20.4	2.9	10.7	1.8	0.7
Nursery (N)	\	\	\	\	\	\	\	\
Primary Average (160g)	248.5	3.7	0.5	34.5	4.8	18.0	3.1	1.2
Secondary (160g)	248.5	3.7	0.5	34.5	4.8	18.0	3.1	1.2

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA3532V	For Vegetarian : Quorn Fajita in Pitta Pockets with Pasta Salad (Veg Medley) (v)	106048 Diced Chicken	136991 Quorn Vegan Pieces	Gluten, Wheat May contain: Milk, Mustard, Soya
MA2532VE	For Vegan : Quorn Fajita in a Wrap with Vegan Pasta Salad (Veg Medley) (ve)	145932 Pitta Bread 106048 Diced Chicken	4719 Tortilla Wrap 136991 Quorn Vegan Pieces	Gluten, Wheat, Barley May contain: Mustard, Soya
MA2532DF	For D/F : Chicken Fajita in a Wrap with Vegan Pasta Salad (Veg Medley)	145932 Pitta Bread RSC019 Pasta Salad	4719 Tortilla Wrap RSC019VE Vegan Pasta Salad	Gluten, Wheat May contain: Mustard, Soya

Serving & Portion (sides not included)

Population	Servings	Suggested Portion
Nursery	\	\
Primary	20	1 pitta bread (halved) + 100g chicken fajita (50g in each pocket)
Secondary	20	1 pitta bread (halved) + 100g chicken fajita (50g in each pocket)

Cooking Method

Prep: defrost **pitta bread**, once soft, slice in half and open the pockets. Wash, deseed, and slice **peppers**.

- In a clean cup/jar, add in **mild chilli powder, ground cumin, garlic powder, paprika powder, dried oregano, salt, and ground black pepper**. Mix well. This is your homemade **fajita seasoning**.
- Heat a pan/pot with **oil** over a medium heat, once hot, add in **diced chicken and onion**, stir and cook for 5 min. Add in **tinned tomato, fajita seasoning, and sliced peppers**. Stir and cook until chicken is fully heated and sauce is thickened. This is your **chicken fajita**.
- Fill the **pitta pockets** with **chicken fajita** and serve.

Tips: the fajita spice blend can be stored in a clean, empty jar, stored in dry cupboard and use within 6 months. Appropriate labelling is required.



MA2533

Tuna Mayo & Sweetcorn Pasta (RMA042)

Served with: Garlic Bread (RSC005), Vegetable Medley (RSV003)

This Meal Contains: Gluten, Wheat, Egg, Fish
May Contain: Barley, Mustard, Sesame, Soya
Dietary Suitability: DF

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantity
Pasta	13397/150172/146179	Penne Pasta/Fusilli	Gluten, Wheat May contain: Mustard, Soya	600g (uncooked) (approx. 1.2kg after cooking)	
Tuna Mayo & Sweetcorn	6359	Tuna	Fish	1200g	
	85128	Sweetcorn		1000g	
	32372	Mayonnaise	Egg	200g	
	2SYB (McLays)	Spring Onions, Diced		50g	
Sides (refer to sides page for details)	RSC005	Garlic Bread	Gluten, Wheat May contain: Barley, Sesame		
	RSV003	Veg Medley			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	146g
Primary	20	P1-3: 161g P4-5: 183g P6-7: 205g
Secondary	16	228g

Cooking Method

- Prep:** wash and diced **spring onion**.
1. Cook **pasta** in water, once tender, drain and set aside.
 2. In a large mixing bowl, mix in **tuna, sweetcorn, mayonnaise**, and **diced spring onion**.
 3. Add the **cooked pasta** to the **tuna mayo sweetcorn mixture**, season with a pinch of **black pepper**. Ready to serve.
 4. This dish can be served cold.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	126.8	2.3	0.3	15.6	1.7	10.6	1.3	0.3
Nursery (146g)	185.1	3.3	0.5	22.7	2.4	15.5	1.9	0.5
Primary Average (183g)	231.4	4.2	0.6	28.4	3.0	19.4	2.4	0.6
Secondary (228g)	289.3	5.2	0.8	35.5	3.8	24.3	3.0	0.8

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2533AF	A/F Tuna Mayo Sweetcorn Pasta with A/F Garlic Bread (Veg Medley)	13397 Penne Pasta/Fusilli 32372 Mayonnaise RSC005 Garlic Bread	126919 G/F Pasta 126924 Vegan Mayo RSC005AF A/F Garlic Bread	Fish

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



This Meal Contains: Gluten, Wheat, Milk
May Contain: Egg, Mustard, Soya
Dietary Suitability:

MA2534

Beef Lasagne (RMA065)

Served with: Seasonal Salad (RSV008)

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Lasagne	148838	Lasagne Sheets	Gluten, Wheat May contain: Egg, Mustard, Soya	500g	
White Sauce	\	Water (for Bachamel)		400ml	
	116408	Bechamel Sauce Mix	Milk	40g	
	151086	Cheese Stock Mix	Milk	20g	
	71268	White Cheddar	Milk	20g	
Meat Sauce	95VL (McLays)	QMS Beef Mince		1000g	
	151771	Onion, Diced		400g	
	4776	Carrot, Diced		400g	
	33686	Garlic Powder		5g	
	133536	Beef Stock		35g	
	\	Water (Stock)		500ml (reduce to half)	
	114940	Tomato Puree Concentrate		40g	
	114938	Passata		100g	
	6437	Tomato, Chopped		800g	
	35006	Dried Basil		3g	
	33592	Dried Oregano		3g	
Topping	10163	Grated Mozzarella	Milk	200g	
Sides (refer to sides page for details)	RSV008	Seasonal Salad			

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	127.8	5.2	3.2	11.7	2.5	7.8	1.1	0.5
Nursery (170g)	228.4	9.3	5.6	21.0	4.4	13.9	1.9	0.9
Primary Average (210g)	285.4	11.7	7.1	26.2	5.5	17.3	2.4	1.1
Secondary (264g)	356.8	14.6	8.8	32.7	6.9	21.7	3.0	1.4

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2534	Vegetable Lasagne (Seasonal Salad) (v)	95VL QMS Beef Mince	31026 Mediterranean Vegetable Medley	Gluten, Wheat, Milk May contain: Egg, Mustard, Soya
MA2534AF	A/F Beef Bolognese Pasta (Seasonal Salad)	148838 Lasagne Sheet White Sauce 10163 Grated Cheese	Refer to MA2529AF, use G/F Pasta and Vegan Grated Cheese to make a Bolognese pasta	None of the 14 Food Allergens

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	170g
Primary	20	P1-3: 176g P4-5: 210g P6-7: 235g
Secondary	16	264g

Cooking Method

- 1. Make meat sauce:** following the Beef Bolognese recipe (MA2528).
- 2. Make white sauce:** in a pot/saucepan, measure required amount of **warm water** (not boiling), add in required amount of **bechamel sauce mix**, whisk until fully dissolved. Once smooth, add in **cheese stock mix**, whisk until fully dissolved. Then add in **white cheddar**, whisk until thick & smooth. This is your **white sauce**.
- 3. Assemble lasagne:** in a baking dish/tin, spread **meat sauce** over the base, cover with a simple layer of **lasagne sheets**, then top with a layer of **white sauce**. Repeat the layers for 2 more times. Finally top with **grated mozzarella**.
- 4. Bake lasagne:** send the **assembled lasagne** to the oven and bake until golden on top and bubbling through the sides. Ready to serve.



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

MA2535

Chicken Burger in a Bun (RMA071, non-fried)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Bun	5222	Burger Bun	Gluten, Wheat May contain: Sesame	20 Buns (approx. 1kg)	
Burger	56010	Red Tractor Chicken Grill	Gluten, Wheat	20 Burgers (approx. 1.2kg)	
Sides (refer to sides page for details)	RSC007	Potato Wedges			
	RSV008	Seasonal Salad			
	Condiment of 10ml portion				

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	Refer to MA2535N
Primary	20	1 bun (50g) + 1 burger (approx. 55g after cooking)
Secondary	20	1 bun (50g) + 1 burger (approx. 55g after cooking)

Cooking Method

- Defrost burger buns.
 - Cook chicken burgers in the oven following instructions on the packaging.
- Note:** this is a raw chicken product, cook from frozen and ensure product reaches a minimum core temperature of 75°C before serving. If storing in a hot cupboard, keep covered to prevent drying out.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	262.9	7.0	0.7	38.2	3.6	10.9	2.2	0.9
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (105g)	289.2	7.7	0.8	42.0	4.0	12.0	2.4	1.0
Secondary (105g)	289.2	7.7	0.8	42.0	4.0	12.0	2.4	1.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2535VE	For Vegan - Vegetable Burger in a Bun with Potato Wedges (Seasonal Salad) (ve)	56010 Chicken Grill	146279 Sysco Vegetable Burger	Gluten, Wheat May contain: Sesame
MA2535GF	For G/F – G/F Goujons in a G/F Roll with Potato Wedges (Seasonal Salad)	5222 Burger Bun 56010 Chicken Grill	183993 G/F White Roll 125459 G/F Chicken Goujons	None of the 14 Food Allergens

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

MA2535N

Chicken Burger in a Bun (RMA071, non-fried)

Served with: Diced Potatoes (RSC004), Seasonal Salad (RSV008), and condiment of choice

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Bun	5222	Burger Bun	Gluten, Wheat May contain: Sesame	20 Buns (approx. 1kg)	
Burger	56010	Red Tractor Chicken Grill	Gluten, Wheat	20 Burgers (approx. 1.2kg)	
Sides (refer to sides page for details)	RSC004	Diced Potatoes			
	RSV008	Seasonal Salad			
	Condiment of 10ml portion				

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 bun (50g) + 1 burger (approx. 55g after cooking)
Primary	\	
Secondary	\	

Cooking Method

1. Defrost burger buns.
 2. Cook chicken burgers in the oven following instructions on the packaging.
- Note:** this is a raw chicken product, cook from frozen and ensure product reaches a minimum core temperature of 75°C before serving. If storing in a hot cupboard, keep covered to prevent drying out.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	262.9	7.0	0.7	38.2	3.6	10.9	2.2	0.9
Nursery (105g)	289.2	7.7	0.8	42.0	4.0	12.0	2.4	1.0
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2535NVE	For Vegan - Vegetable Burger in a Bun with Diced Potatoes (Seasonal Salad) (ve)	56010 Chicken Grill	146279 Sysco Vegetable Burger	Gluten, Wheat May contain: Sesame
MA2535NGF	For G/F – G/F Goujons in a G/F Roll with Diced Potatoes (Seasonal Salad)	5222 Burger Bun 56010 Chicken Grill	183993 G/F White Roll 125459 G/F Chicken Goujons	None of the 14 Food Allergens

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



MA2515

Baked Potato with Cheese (v) (RMA002)

Served with: Seasonal Salad (RSV008)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Baker	3PB60CS (McLays)	Baking Potatoes		20 potatoes (approx. 2.4kg)	
Topping	71268	Grated Cheddar Cheese	Milk	1000g	
Sides (refer to sides page for details)	RSV008	Seasonal Salad			

Suggested Serving & Portion (sides not included)

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

Cooking Method

1. Cook **baking potato** in the oven until soft inside. Slide open and serve with **grated cheese** (either on top or on the side).

Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2536VE	Baked Potato with Vegan Cheese (Seasonal Salad) (ve)	27543 Cheese	148819 Vegan Grated Cheese	None of the 14 Food Allergens

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives. 91
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.



This Meal Contains: Gluten, Wheat, Barley, Soya
May Contain: Milk
Dietary Suitability: EF, V, VE

MA2537

Sau'sage Roll (ve) (RMA034)

Served with: Savoury Rice (RSC011), Mixed Pepper Salad (RSV007)

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Sausage Roll	150793	4" Vegan Sausage Rolls	Gluten, Wheat, Barley, Soya May contain: Milk	20 pieces (approx. 1460g)	
Sides (refer to sides page for details)	RSC011	Savoury Rice			
	RSV007	Mixed Pepper Salad			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	1 sausage roll (approx. 73g)
Primary	20	1 sausage roll (approx. 73g)
Secondary	\	\

Cooking Method

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

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	266.0	15.0	6.0	24.0	1.8	7.2	3.2	1.1
Nursery (73g)	194.2	11.0	4.4	17.5	1.3	5.3	2.3	0.8
Primary Average (73g)	194.2	11.0	4.4	17.5	1.3	5.3	2.3	0.8
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2537AF	A/F Veg Sausages with Savoury Rice (Mixed Pepper Salad) (ve)	150793 Veg Sausage Roll	129633 Meatless Farm Veg Sausages	None of the 14 Food Allergens

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



MA2538

Shawarma-Style Fillets (ve) (RMA059)

Served with: Savoury Rice (RSC011), Mixed Pepper Salad (RSV007)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Shawarma Spice Blend	34002	Ground Cumin	May contain: Gluten, Wheat	1 tbsp (12g)	
	33586	Ground Turmeric		1 tbsp (12g)	
	33597	Ground Coriander		1 tbsp (12g)	
	33585	Paprika Powder		1 tbsp (12g)	
	33686	Garlic Powder		1 tsp (5g)	
	33581	Ground Cinnamon		1 tsp (5g)	
	117940	Onion Powder		1 tsp (5g)	
	121379	Salt		1 tsp (5g)	
Fillet	150295	Quorn Vegan Fillet	Gluten, Wheat	1900g	
Oil (for coating)	88887	Olive Oil		80ml	
Sides (refer to sides page for details)	RSC011	Savoury Rice			
	RSV007	Mixed Pepper Salad			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	\
Primary	20	102g
Secondary	16	128g

Cooking Method

- Prep:** defrost the **Quorn fillet** until soft, break the fillets into large bite size pieces.
- In a cup, mix in **ground cumin, ground turmeric, ground coriander, paprika powder, garlic powder, ground cinnamon, onion powder, salt**. Make sure the spices are evenly blended. This is your **shawarma spice blend**.
 - Add the **defrosted broken Quorn fillets** to a large mixing bowl, coat the fillets with **olive oil**. Then spread the **shawarma spice blend** onto the oil-coated Quorn fillets, toss until the fillets are evenly coated with spices.
 - Transfer the **coated fillets** to a baking tray, add a bit more **oil** on top and heat in the oven until the fillets are fragrant. Ready to serve.

Tips: the spice blend can be stored in a clean, empty jar, stored in dry cupboard and use within 6 months. Appropriate labelling is required.

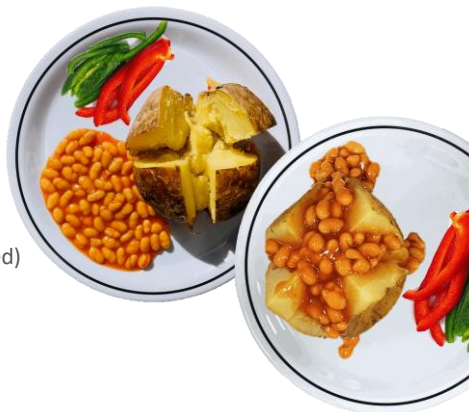
Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	145.6	6.6	1.2	1.3	0.2	16.2	8.5	0.8
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (102g)	149.1	6.7	1.2	1.4	0.2	16.6	8.7	0.8
Secondary (128g)	186.4	8.4	1.5	1.7	0.3	20.7	10.9	1.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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



MA2539

Baked Potato with Beans (ve) (RMA001)

Served with: Mixed Pepper Salad (RSV007)

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

Ingredients

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

Suggested Serving & Portion (sides not included)

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

Cooking Method

1. Cook **baking potato** in the oven until soft inside. Slice open and fill with **beans**. Baked potato can also be served with beans on the side.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	135.8	4.7	0.0	20.3	2.0	3.3	3.3	0.1
Nursery (170g)	230.9	7.9	0.1	34.6	3.4	5.6	5.7	0.2
Primary Average (170g)	230.9	7.9	0.1	34.6	3.4	5.6	5.7	0.2
Secondary (170g)	230.9	7.9	0.1	34.6	3.4	5.6	5.7	0.2

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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



This Meal Contains: Gluten, Wheat, Egg, SO2
May Contain: Sesame
Dietary Suitability: DF, SF

MA2540

Jumbo Hot Dog (RMA039)

Served with: Potato Salad (RSC018), Garden Peas (RSV005), and condiment of choice

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
	SPJG (McLays)	Farm Assured Jumbo Hotdog Sausage	Gluten, Wheat, SO2	20 pieces (approx. 2kg)	
	31298	Hot Dog Roll	Gluten, Wheat May contain: Sesame	20 pieces (approx. 1kg)	
Sides (refer to sides page for details)	RSC018	Potato Salad	Egg		
	RSV005	Garden Peas			
	Condiment of 10ml portion				

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	\
Primary	20	1 roll (50g) + 1 hot dog (approx. 75g cooked wt.)
Secondary	20	1 roll (50g) + 1 hot dog (approx. 75g cooked wt.)

Cooking Method

1. Defrost **hot dog rolls**.
2. Cook **hot dog sausages** in the oven, **ensure product reaches a minimum core temperature of 75°C before serving**. If storing in a hot cupboard, keep covered to prevent drying out.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	257.3	13.8	5.1	21.1	1.7	11.5	1.9	1.6
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (125g)	386.0	20.7	7.6	31.6	2.6	17.3	2.8	2.4
Secondary (125g)	386.0	20.7	7.6	31.6	2.6	17.3	2.8	2.4

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2540V	For Vegetarian – Veg Sausage in a Roll with Potato Salad (Garden Peas) (v)	SPJG Hot Dog	129633 Meatless Farm Veg Sausage	Gluten, Wheat, Egg May contain: Sesame
MA2540VE	For Vegan– Veg Sausage in a Roll with Vegan Potato Salad (Garden Peas) (ve)	SPJG Hot Dog RSC018 Potato Salad	129633 Meatless Farm Veg Sausage RSC018VE Vegan Potato Salad	Gluten, Wheat May contain: Sesame
MA2540EF	For E/F – Jumbo Hot Dog with Vegan Potato Salad (Garden Peas)	RSC018 Potato Salad	RSC018VE Vegan Potato Salad	Gluten, Wheat, SO2 May contain: Sesame
MA2540GF	For G/F – G/F Pork Sausage in a G/F Roll with Potato Salad (Garden Peas)	SPJG Hot Dog 31298 Hot Dog Roll	105864 G/F Pork Sausage 183993 G/F White Roll	Egg, SO2
MA2540GF	For A/F – G/F Pork Sausage in a G/F Roll with Vegan Potato Salad (Garden Peas)	SPJG Hot Dog 31298 Hot Dog Roll RSC018 Potato Salad	105864 G/F Pork Sausage 183993 G/F White Roll RSC018VE Vegan Potato Salad	SO2

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



MA2541

Traditional Mince-Filled Yorkies (RMA066)

Served with: Mashed Potato (RSC006), Garden Peas (RSV005)

This Meal Contains: Gluten, Wheat, Egg, Milk
Dietary Suitability: 5F

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Traditional Mince	95VL(McLays)	QMS Beef Mince		1200g	
	151771	Onion, Diced		200g	
	4776	Carrot, Diced		150g	
	33579	Ground Black Pepper		3g	
	28347	Gravy Granule (G/F)		75g	
	\	Water (Gravy)		1000ml (reduce to half)	
Yorkies	3090	Yorkshire Puddings	Gluten, Wheat, Milk, Egg	40 pieces	
Sides (refer to sides page for details)	RSC006	Mashed Potato			
	RSV005	Garden Peas			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	Refer to MA2541N
Primary	20	2 Yorkshire Puddings + 100g mince (cooked wt., 50g in each)
Secondary	16	2 Yorkshire Puddings + 100g mince (cooked wt., 50g in each)

Cooking Method

1. Brown the **mince** in the pot, drain excess fat if necessary.
2. Return the **mince** to a medium heat, add in **vegetables** with some **black pepper**. Mix well.
3. Pour in just enough **water** to cover the mince and add in **gravy granules**. Cook until thickened.
4. While the mince is cooking, prepare **Yorkshire pudding** in the oven following instructions on the packaging.
5. Fill the **heated yorkies** with **mince** and ready to serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	160.4	7.9	3.5	13.8	1.2	8.1	0.6	0.4
Nursery (\)	\	\	\	\	\	\	\	\
Primary (156.4g)	299.0	14.7	6.5	25.7	2.3	15.1	1.2	0.7
Secondary (156.4g)	299.0	14.7	6.5	25.7	2.3	15.1	1.2	0.7

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2541AF	Allergy-Friendly Traditional Mince in Gravy (no Yorkshire pudding) with Mashed Potato (Garden Peas)	3090 Yorkshire Pudding	Serve a bit more mince and mash	None of the 14 Food Allergens

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

MA2541N

Traditional Mince in Gravy (RMA040)

Served with: Mashed Potato (RSC006), Garden Peas (RSV005)

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Traditional Mince	95VL(McLay)	QMS Beef Mince		1400g	
	151771	Onion, Diced		200g	
	4776	Carrot, Diced		150g	
	33579	Ground Black Pepper		3g	
	28347	Gravy Granule (G/F)		75g	
	\	Water (Gravy)		1000ml	
Sides (refer to sides page for details)	RSC006	Mashed Potato			
	RSV005	Garden Peas			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	100g (cooked wt.)
Primary	\	
Secondary	\	

Cooking Method

1. Brown the **mince** in the pot, drain excess fat if necessary.
2. Return the **mince** to a medium heat, add in **vegetables** with some **black pepper**. Mix well.
3. Pour in just enough **water** to cover the mince and add in **gravy granules**. Cook until thickened. Ready to serve

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	113.6	7.1	4.3	3.4	1.2	8.7	0.4	0.3
Nursery (100g)	113.6	7.1	4.3	3.4	1.2	8.7	0.4	0.3
Primary (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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

MA2542

Cheddar Cheese Panini (v) (RMA049)

Served with: Potato Salad (RSC018), Garden Peas (RSV005)

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Cheddar Cheese Panini	3490	Panini Baguettes	Gluten, Wheat May contain: Barley, Sesame	10 baguettes (approx. 1400g)	
	71402	Flora		100g	
	71268	Grated Cheddar Cheese	Milk	800g	
Sides (refer to sides page for details)	RSC018	Potato Salad	Egg		
	RSV005	Garden Peas			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	20	½ Panini (approx. 115g)
Primary	20	½ Panini (approx. 115g)
Secondary	\	

Cooking Method

1. Defrost **panini baguettes**. Once soft, spread on **flora** and add in **cheddar cheese**.
2. Heat the panini until cheese are melted. Do not overheat. If storing in hot hold, keep covered to prevent drying out.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	317.0	15.6	8.2	29.2	1.9	14.0	2.2	1.3
Nursery (115g)	364.6	17.9	9.4	33.6	2.2	16.1	2.5	1.5
Primary Average (115g)	364.6	17.9	9.4	33.6	2.2	16.1	2.5	1.5
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2542VE	Vegan Cheese Panini with Vegan Potato Salad (Garden Peas) (ve)	71268 Cheddar Cheese RSC018 Potato Salad	148819 Vegan Grated Cheese RSC018VE Vegan Potato Salad	Gluten, Wheat May contain: Barley, Sesame
MA2542GF	G/F Toasted Cheese Sandwich with Potato Salad (Garden Peas) (v)	3490 Panini Baguettes	7202 (McGhees) G/F White Loaf	Milk, Egg
MA2542EF	For E/F : Cheddar Cheese Panini with Vegan Potato Salad (Garden Peas) (v)	RSC018 Potato Salad	RSC018VE Vegan Potato Salad	Gluten, Wheat, Milk May contain: Barley, Sesame
MA2542AF	Allergy-Friendly Toasted Vegan Cheese Sandwich with Vegan Potato Salad (Garden Peas) (ve)	3490 Panini Baguettes 71268 Cheddar Cheese RSC018 Potato Salad	7202 (McGhees) G/F White Loaf 148819 Vegan Grated Cheese RSC018VE Vegan Potato Salad	None of the 14 Food Allergens

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



MA2543

Cheese & Tomato Pizzini (v) (RMA052)

Served with: Chips (RSC002) / Smiley Faces (RSC009) / Fries (RSC003) / Puffs (RSC015), and Sunshine Salad (RSV010)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Pizzini	103435	Cosmo Brown Cheese & Tomato Pizzini	Gluten, Wheat, Milk	20 pieces (approx. 2.7kg)	
Sides (refer to sides page for details)	RSC002/RSC003/RSC009/RSC015	Potato Chips/Smiley Faces/Fries/Potato Puffs			
	RSV010	Sunshine Salad			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	\
Primary	20	1 Pizzini (approx. 135g uncooked, 120g cooked)
Secondary	20	1 Pizzini (approx. 135g uncooked, 120g cooked)

Cooking Method

1. Cook **pizzini** in the oven following instructions on the packaging.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	243.0	11.0	2.8	26.0	3.0	10.0	3.0	0.9
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (135g)	328.1	14.9	3.8	35.1	4.1	13.5	4.1	1.2
Secondary (135g)	328.1	14.9	3.8	35.1	4.1	13.5	4.1	1.2

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2543VE	Vegan Pizza Sub with Chips/Smiles/Fries/Puffs (Sunshine Salad) (ve)	103435 Pizzini	Pizza Base: 31298 Hot Dog Roll Pizza Sauce: 114938 Passata, 35006 Dried Basil, 33686 Garlic Powder Pizza Topping: 148819 Vegan Grated Cheese	Gluten, Wheat May contain: Sesame
MA2543GF	Gluten Free Pizza Sub with Chips/Smiles/Fries/Puffs (Sunshine Salad) (v)	103435 Pizzini	Pizza Base: 183993 G/F White Roll Pizza Sauce: 114938 Passata, 35006 Dried Basil, 33686 Garlic Powder Pizza Topping: 10163 Grated Mozzarella & Cheddar Cheese	Milk
MA2543AF	Allergy-Friendly Pizza Sub with Vegan Potato Salad (Sunshine Salad) (ve)	103435 Pizzini	Pizza Base: 183993 G/F White Roll Pizza Sauce: 114938 Passata, 35006 Dried Basil, 33686 Garlic Powder Pizza Topping: 148819 Vegan Grated Cheese	None of the 14 Food Allergens

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

MA2544

Fish Fingers (RMA068, non-fried)

Served with: Chips (RSC002) / Smiley Faces (RSC009) / Fries (RSC003) / Puffs (RSC015), Sunshine Salad (RSV010), and condiment of choice

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Fish	54402	MSC Breaded Fish Fillet Finger	Gluten, Wheat, Fish	80 pieces (approx. 2.4kg)	
Sides (refer to sides page for details)	RSC002/ RSC003/ RSC009 RSC015	Potato Chips/ Smiley Faces/ Fries/ Potato Puffs			
	RSV005	Garden Peas			
	Condiment of 10ml portion				

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	Refer to MA2544N
Primary	20	P1-3: 3 pieces (approx. 78g cooked wt.) P4-5: 4 pieces (approx. 104g cooked wt.) P6-7: 5 pieces (approx. 130g cooked wt.)
Secondary	16	5 pieces (approx. 130g cooked wt.)

Cooking Method

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	185.0	5.7	0.4	20.5	0.1	13.8	0.3	0.6
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (104g)	222.0	6.8	0.5	24.6	0.1	16.6	0.4	0.7
Secondary (130g)	277.5	8.6	0.6	30.8	0.2	20.7	0.5	0.8

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2544VE	Vegan Fishless Fingers with Chips/Smiles/Fries/Puffs (Sunshine Salad) (ve)	54402 Fish Fingers	134767 Vegan Fishless Fingers	Gluten, Wheat
MA2544GF	G/F Fish Fingers with Chips/Smile/Fires/Puffs (Sunshine Salad)	54402 Fish Fingers	123824 G/F Fish Fingers	Fish

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

MA2544N

Fish Fingers (RMA068, non-fried)

Served with: Diced Potato (RSC004), Sunshine Salad (RSV010), and condiment of choice

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Fish	54402	MSC Breaded Fish Fillet Finger	Gluten, Wheat, Fish	80 pieces (approx. 2.4kg)	
Sides (refer to sides page for details)	RSC004	Diced Potatoes			
	RSV005	Garden Peas			
	Condiment of 10ml portion				

Suggested Serving & Portion (sides not included)

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

Cooking Method

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	185.0	5.7	0.4	20.5	0.1	13.8	0.3	0.6
Nursery (78g)	166.5	5.1	0.4	18.5	0.1	12.4	0.3	0.5
Primary Average (\)	\	\	\	\	\	\	\	\
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2544NVE	Vegan Fishless Fingers with Diced Potatoes (Sunshine Salad) (ve)	54402 Fish Fingers	134767 Vegan Fishless Fingers	Gluten, Wheat
MA2544NGF	G/F Fish Fingers with Diced Potatoes (Sunshine Salad)	54402 Fish Fingers	123824 G/F Fish Fingers	Fish

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



MA2545 Turkey Meatballs in Herby Tomato Sauce with Spaghetti (RMA064)

Served with: Garlic Bread (RSC005), Sunshine Salad (RSV010)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Spaghetti	150170/146173	Spaghetti	Gluten, Wheat May contain: Mustard, Soya	800g (uncooked)	
	\	Water (Spaghetti)		800ml	
Meatballs	4643	Turkey Meatballs		80 meatballs (approx. 1120g)	
Herby Tomato Sauce	88887	Olive Oil		2 tbsp (approx. 30ml)	
	151771	Onion, Diced		200g	
	33686	Garlic Powder		2g	
	114940	Tomato Puree Concentrate		40g	
	6437	Tomato, Chopped		1kg (reduce down)	
	35006	Dried Basil		3 tsp (3g)	
Sides (refer to sides page for details)	RSC005	Garlic Bread	Gluten, Wheat May contain: Barley Sesame		
	RSV010	Sunshine Salad			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	140g (cooked wt., approx. 3 meatballs)
Primary	20	P1-3: 155g (cooked wt.) (3-4 meatballs) P4-5: 176g (cooked wt.) (4 meatballs) P6-7: 197g (cooked wt.) (4-5 meatballs)
Secondary	16	220g (cooked wt.) (approx. 5 meatballs)

Cooking Method

1. Boil **spaghetti** in water, once tender, drain and set aside.
2. Pre-cook **turkey meatballs** in the oven. **Note: this is a raw product, cook from frozen and ensure product reaches a minimum core temperature of 75°.**
3. Heat a saucepan/pot with **olive oil** over a medium heat. Once hot, add in **diced onion** and cook for 4 min or until starting to soften. Add in **garlic powder, tomato puree, tinned tomato and dried basil. Season to taste** and bring to simmer. This is your **herby tomato sauce**.
4. Gently drop the **cooked meatballs** into **tomato sauce** and move the meatballs around in the sauce. This is your **meatballs in tomato sauce**.
5. Serve **spaghetti** mixed in the **sauce** or with **sauce** on top.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	118.3	2.4	0.6	16.5	2.1	7.1	1.1	0.3
Nursery (140g)	189.2	3.9	0.9	26.4	3.3	11.3	1.8	0.5
Primary Average (176g)	236.4	4.8	1.1	33.0	4.2	14.2	2.2	0.6
Secondary (220g)	295.6	6.0	1.4	41.2	5.2	17.7	2.8	0.8

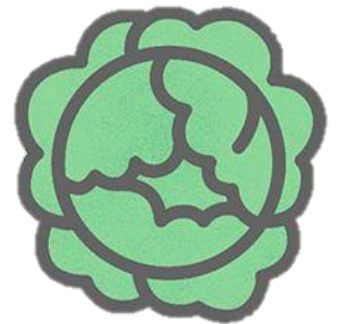
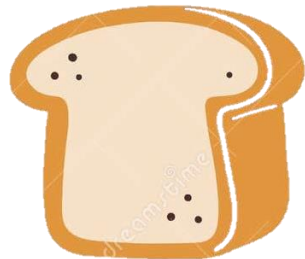
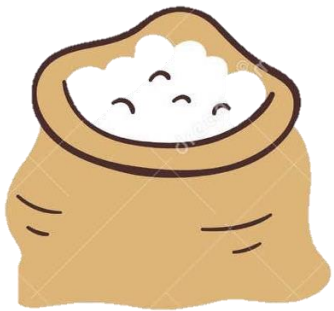
Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
MA2545VE	Vegan Meatballs in Herby Tomato Sauce with Spaghetti, with Garlic Bread (Sunshine Salad) (ve)	4643 Turkey Meatballs	130516 Vegan Meatballs	Gluten, Wheat May contain: Barley, Mustard, Sesame, Soya
MA2545GF	For G/F : Turkey Meatballs in Herby Tomato Sauce with G/F Spaghetti, with G/F Garlic Bread (Sunshine Salad)	150170/146173 Spaghetti RSC005 Garlic Bread	124868 G/F Spaghetti RSC005GF G/F Garlic Bread	May contain: Soya

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

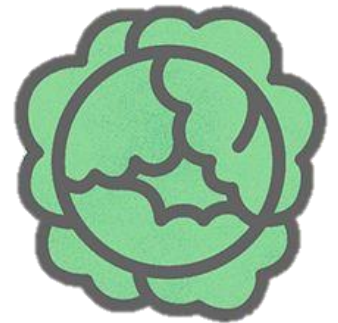
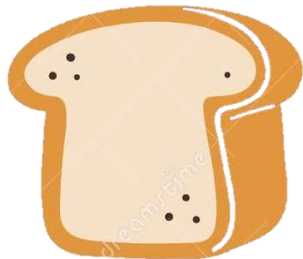
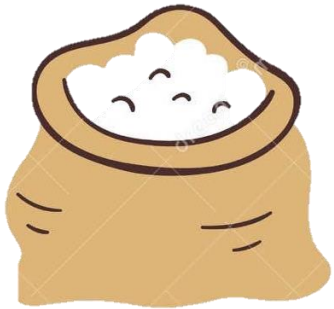
Recipe Book

o3 Sides - Carb & Veg



Recipe Book

o3 Sides - Carb & Veg



RSC001

Baby Potatoes (ve)

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



Ingredients

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

Suggested Serving & Portion

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

Cooking Method

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

Nutritional Information *

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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



RSC002 / RSC003 / RSC009 / RSC015

Chips/Crinkle Fries/Smiley Faces/Potato Puffs (ve)

Served with: Just like KFC Seasoning (RENC002)

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

Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
Options	3953	Oven Chips	2000g		
	129515	Ziggy Fries			
	350012	Smiley Faces			
	120087	Potato Puffs	1600g		
Seasoning (see seasoning page for details)	RENC002	Just Like KFC Seasoning (do not use in nursery)			

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	\	This item is not compliant for Nursery
Primary	20	100g (80g if using Potato Puffs)
Secondary	16	125g (100g if using Potato Puffs)

Cooking Method

1. Cook following instructions on the packaging.
2. If using seasoning, coat the products with required amount before or after cooking.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Oven Chips Per 100g	119.0	3.0	0.7	21.0	0.7	1.9	1.6	0.1
Oven Chips Primary (100g)	119.0	3.0	0.7	21.0	0.7	1.9	1.6	0.1
Oven Chips Secondary (125g)	148.8	3.8	0.9	26.3	0.9	2.4	2.0	0.1
Ziggy Fries Per 100g	161.0	6.3	0.7	23.0	0.5	2.3	2.7	0.6
Ziggy Fries Primary (100g)	161.0	6.3	0.7	23.0	0.5	2.3	2.7	0.6
Ziggy Fries Secondary (125g)	201.3	7.9	0.9	28.8	0.6	2.9	3.4	0.7
Smiley Faces Per 100g	188.0	6.1	0.7	28.0	0.5	1.9	2.2	0.3
Smiley Faces Primary (100g)	188.0	6.1	0.7	28.0	0.5	1.9	2.2	0.3
Smiley Faces Secondary (125g)	235.0	7.6	0.9	35.0	0.6	2.4	2.8	0.4
Potato Puffs Per 100g	156.0	7.1	0.7	20.0	0.5	1.9	2.6	0.5
Potato Puff Primary (80g)	124.8	5.7	0.5	16.0	0.4	1.5	2.1	0.4
Potato Puffs Secondary (10g)	156.0	7.1	0.7	20.0	0.5	1.9	2.6	0.5

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

RSC004

Diced Potato (Non-Fried) (ve)

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

Contains: None of the 14 Food Allergens

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



Ingredients

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

Suggested Serving & Portion

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

Cooking Method

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

Nutritional Information*

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

Dietary & Lifestyle Alternatives*

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



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

RSC005

Garlic Bread (ve)

Ingredients

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

Suggested Serving & Portion (sides not included)

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

Cooking Method

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

Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RSC005GF	G/F Garlic Bread (ve)	3490 Baguette	183993 G/F White Roll	None of the 14 Food Allergens

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

RSC006

Mashed Potato (ve)

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



Ingredients

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

Suggested Serving & Portion

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

Cooking Method

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

Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

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

RSC007

Potato Wedges (Pre-Fried) (ve)

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

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



Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
	4268	Potato Wedges (Pre-Fried)	2000g		
Seasoning (see seasoning page for details)	RENC002	Just Like KFC Seasoning (do not use in nursery)			

Suggested Serving & Portion\

Population Group	Servings	Suggested Portion
Nur\sery	\	
Primary	20	100g
Secondary	16	125g

Cooking Method

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

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	130.0	3.0	0.3	22.0	0.5	2.4	2.5	0.1
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (100g)	130.0	3.0	0.3	22.0	0.5	2.4	2.5	0.1
Secondary (125g)	162.5	3.8	0.4	27.5	0.6	3.0	3.1	0.1

Dietary & Lifestyle Alternatives*

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

RSC008

Rice (ve)

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



Ingredients

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

Suggested Serving & Portion

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

Cooking Method

1. Prepare following instructions on the packaging.

Nutritional Information *

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens

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

RSC011

Savoury Rice (ve)

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



Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
Rice	33630	Rice	600g		
	\	Water (Rice)	1.2L		
	33568	Cooking Oil	30ml		
	33599	Curry Powder	10g		
	133534	Veg Stock	20g		
Vegetable (example)	151771	Onion, Diced	140g		
	4599	Peas	140g		
	4782	Sweetcorn	140g		
	4794	Peppers, Diced	140g		
Can also use other seasonal veg: Carrot (all year round) Asparagus (Apr-Jul) Mushrooms (all year round) Spring Onion (Apr – Sep) Tomato/Cherry Tomato (May – Oct)					

Suggested Serving & Portion

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

Cooking Method

Prep: if using fresh vegetables, wash, peel, and diced the vegetables into small pieces.

1. Cook **rice** in water.
2. Heat a pot with **oil**, fry the **vegetables** until soft.
3. Add in **cooked rice**, **curry powder**, and **veg stick**. Mix well. Ready to serve.

Nutritional Information (example recipe)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	96.3	0.2	0.0	20.5	0.2	2.5	0.4	0.0
Nursery (100g)	96.3	0.2	0.0	20.5	0.2	2.5	0.4	0.0
Primary (120g)	116.3	0.2	0.1	24.7	0.3	3.0	0.4	0.0
Secondary (150g)	145.3	0.3	0.1	30.9	0.4	3.8	0.5	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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

RSC013

Roast Potatoes (Non-Fried) (ve)

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



Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
	34138	Simply Roast Potatoes	2000g		

Suggested Serving & Portion

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

Cooking Method

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

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	70.0	0.1	0.0	15.6	0.1	1.8	1.8	0.1
Nursery (80g)	56.0	0.1	0.0	12.5	0.1	1.4	1.4	0.1
Primary Average (100g)	70.0	0.1	0.0	15.6	0.1	1.8	1.8	0.1
Secondary (125g)	87.5	0.1	0.0	19.5	0.1	2.3	2.3	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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



RSC014

Sauté Potatoes (Pre-Fried) (ve)

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

Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
	32007	Sauté Potatoes	2000g		

Suggested Serving & Portion

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

Cooking Method

1. Oven cook following instructions on the packaging.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	137.0	4.0	2.0	22.0	0.5	2.4	2.5	0.1
Nursery (80g)	109.6	3.2	1.6	17.6	0.4	1.9	2.0	0.1
Primary Average (100g)	137.0	4.0	2.0	22.0	0.5	2.4	2.5	0.1
Secondary (125g)	171.3	5.0	2.5	27.5	0.6	3.0	3.1	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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



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

RSC016

Onion Rings (Pre-Fried) (ve)

Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
	4242	Breaded Onion Rings	2000g	Gluten, Wheat	

Suggested Serving & Portion

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

Cooking Method

1. Oven cook following instructions on the packaging.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	223.0	9.5	0.8	29.0	5.6	3.8	2.2	0.3
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (100g)	223.0	9.5	0.8	29.0	5.6	3.8	2.2	0.3
Secondary (125g)	278.8	11.9	1.0	36.3	7.0	4.8	2.8	0.4

Dietary & Lifestyle Alternatives*

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



RSC017

Nacho Chips (Pre-Fried) (ve)

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

Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
	35379	Tortilla Corn Chips	800g		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	\	
Primary	20	40g
Secondary	16	50g

Cooking Method

1. Ready to use out of the bag.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	478.0	21.0	3.0	63.0	1.6	6.3	6.1	0.5
Nursery (\)	\	\	\	\	\	\	\	\
Primary Average (40g)	191.2	8.4	1.2	25.2	0.6	2.5	2.4	0.2
Secondary (50g)	239.0	10.5	1.5	31.5	0.8	3.2	3.1	0.3

Dietary & Lifestyle Alternatives*

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



RSC018

Potato Salad (v)

This Item Contains: Egg
Dietary Suitability: GF, DF, SF, V

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Potato Salad	350002	Potato, Diced		1200g	
	33579	Ground Black Pepper		1 tsp	
	32372	Mayonnaise	Egg	400g	
	88887	Olive oil		1 tbsp (15ml)	
	85285	Dill		1 tsp	
	33591	Parsley		2 tsp	
Optional: use a teaspoon of paprika to change up the colour and flavour					

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	25	65g
Primary	20	80g
Secondary	16	101g

Cooking Method

1. Cook **diced potatoes** until tender.
2. In a mixing bowl, mix in **mayonnaise, olive oil, black pepper, dill, parsley**, and **cooked potatoes**. Ready to serve.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	54.2	0.1	0.1	12.0	0.5	1.3	1.6	0.1
Nursery (65g)	35.3	0.1	0.0	7.8	0.3	0.9	1.0	0.0
Primary Average (80g)	44.0	0.1	0.0	9.7	0.4	1.1	1.3	0.1
Secondary (101g)	55.0	0.1	0.1	12.1	0.5	1.3	1.6	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RSC018VE	Vegan Potato Salad (ve)	32372 Mayonnaise	126924 Vegan Mayo	None of the 14 Food Allergens

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



RSC019

Pasta Salad (v)

This Meal Contains: Gluten, Wheat, Milk
May Contain: Mustard Soya
Dietary Suitability: EF, V

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
Pasta Salad	13397/ 150172/146179	Penne Pasta/Fusilli	Gluten, Wheat May contain: Mustard, Soya	400g	
	\	Water (Pasta)		400ml	
		Mixed salad (e.g., Lettuce, Cherry Tomato, Carrot, Red Onion)		800g	
	10163	Cheddar Cheese	Milk	400g	
	88887	Olive oil		2 tbsp (25ml)	
	350157	Honey		1 tsp (5ml)	
	33579	Ground Black Pepper		1 tsp (1g)	
Other vegetables in season can be used in this recipe: Onion (Jun – Aug); Peas (May – Nov) Sweetcorn (Aug – Oct); Cucumber (May – Oct) Peppers (Jun – Sep); Zucchini (Jun – Oct) Spring Onion (May – Oct); Kale (Sep – Apr)					

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	25	81g
Primary	20	102g
Secondary	16	127g

Cooking Method

- Prep: if using **fresh vegetables**, wash, peel, and diced into small pieces.
1. Cook **pasta** in **water**, once tender, rinse under **cold running water** until cooled down. Drain and put into a mixing bowl.
 2. Add **prepared vegetables, grated cheese, olive oil, honey, and black pepper** in with the pasta. Mix well. Ready to serve.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	78.0	0.4	0.1	15.4	1.9	2.7	1.0	0.0
Nursery (81g)	63.8	0.4	0.1	12.5	1.5	2.2	0.8	0.0
Primary Average (102g)	79.2	0.4	0.1	15.6	1.9	2.8	1.0	0.0
Secondary (127g)	99.0	0.5	0.1	19.6	2.4	3.5	1.3	0.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RSC019VE	Vegan Pasta Salad (ve)	10163 Cheddar Cheese 350157 Honey	148819 Vegan Grated Cheese	Gluten, Wheat May contain: Mustard, Soya
RSC019AF	Allergy-Friendly Pasta Salad (v)	13397/150172/146179 Pasta 10163 Cheddar Cheese	126919 G/F Pasta 148819 Vegan Grated Cheese	None of the 14 Food Allergens

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

RSV003

Vegetable Medley (ve)

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



Ingredients

	Code	Ingredient	Weight	Allergens	My Quantities
Choose from options	3039	Broccoli, Cauliflower & Baby Carrot Medley	800g		
	4790	Carrots, Swede, Turnips & Peas. (contains peas, do not use this product if there's air-borne pea allergy at your site)			
	3235	Carrots, Peas, Cut Beans, Sweetcorn & Broad Beans (contains peas&beans, do not use this product if there's air-borne pea allergy at your site)			
	4792	Ratatouille Mix (Courgette, Tomatoes, Peppers, Onion & Aubergine)			

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	40g (on the days where soup is not offered on the nursery menu, serve 2 x 40g portions of vegetables)
Primary	20	40g
Secondary	10	80g

Cooking Method

1. Boil/steam/roast until tender. Careful not to overcook.

Nutritional Information *

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
3039 Per 100g	32.0	0.6	0.1	3.6	2.7	1.9	2.3	0.0
3039 Nursery (40g)	12.8	0.2	0.0	1.4	1.1	0.8	0.9	0.0
3039 Primary (40g)	12.8	0.2	0.0	1.4	1.1	0.8	0.9	0.0
3039 Secondary (80g)	25.6	0.5	0.1	2.9	2.2	1.5	1.8	0.0
4790 Per 100g	46.0	0.6	0.1	6.6	4.8	1.9	3.3	0.0
4790 Nursery (40g)	18.4	0.2	0.0	2.6	1.9	0.8	1.3	0.0
4790 Primary (40g)	18.4	0.2	0.0	2.6	1.9	0.8	1.3	0.0
4790 Secondary (80g)	36.8	0.5	0.1	5.3	3.8	1.5	2.6	0.0
3235 Per 100g	57.0	0.7	0.2	8.8	5.6	2.3	2.9	0.1
3235 Nursery (40g)	22.8	0.3	0.1	3.5	2.2	0.9	1.2	0.0
3235 Primary (40g)	22.8	0.3	0.1	3.5	2.2	0.9	1.2	0.0
3235 Secondary (80g)	45.6	0.6	0.2	7.0	4.5	1.8	2.3	0.0
4792 Per 100g	24.0	0.0	0.0	3.5	1.4	1.2	1.3	0.0
4792 Nursery (40g)	9.6	0.0	0.0	1.4	0.6	0.5	0.5	0.0
4792 Primary (40g)	9.6	0.0	0.0	1.4	0.6	0.5	0.5	0.0
4792 Secondary (80g)	19.2	0.0	0.0	2.8	1.1	1.0	1.0	0.0

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

RSV004

Carrot & Cucumber Sticks (ve)

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



Ingredients

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

Suggested Serving & Portion

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

Cooking Method

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

Note: carrot baton has very short shelf life of freshness, please consider using fresh carrot when possible.

Nutritional Information*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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

RSV005

Garden Peas (ve)

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



Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
	4599	Garden Peas	800g		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	40g (on the days where soup is not offered on the nursery menu, serve 2 x 40g portions of the vegetable)
Primary	20	40g
Secondary	10	80g

Cooking Method

1. Boil/steam until tender.

Nutritional Information*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
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* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives121
 Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.



RSV007

Mixed Pepper Salad (ve)

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

Ingredients

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

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	40g (on the days where soup is not offered on the nursery menu, serve 2 x 40g portions of the vegetable)
Primary	20	40g
Secondary	10	80g

Cooking Method

1. Wash, deseed, and slice to strips.

Nutritional Information*

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

Dietary & Lifestyle Alternatives*

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



RSV008

Seasonal Salad (ve)

This Contains: None of the 14 Food Allergens

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

Ingredients

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

Other seasonal veg can be used:

1AGS1 apple (Aug-Feb); 3A asparagus (Apr-Jul)

3BEE beetroot (Jun-Nov); 2TKG tomato (May-Sep)

2CUC Cucumber (May – Oct); 2LCK Kale (Sep – Apr)

3ORKG Red Onion (all year round); 3BEE Beetroot (Jun – Mar)

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

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

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	40g (on the days where soup is not offered on the nursery menu, serve 2 x 40g portions of the vegetable)
Primary	20	40g
Secondary	10	80g

Cooking Method

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

Nutritional Information (example recipe)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	21.6	0.3	0.0	3.1	2.9	1.2	1.5	0.0
Nursery (40g)	8.6	0.1	0.0	1.3	1.2	0.5	0.6	0.0
Primary (40g)	8.6	0.1	0.0	1.3	1.2	0.5	0.6	0.0
Secondary (80g)	17.3	0.2	0.0	2.5	2.3	0.9	1.2	0.0

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
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* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives.¹²³
Please refer to 'Side Carb' and 'Side Veg' sections for details of sides in this meal.



RSV010

Sunshine Salad 1: Orange Salad (ve)

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

Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
	3CAR (McLays)	Carrot, peeled and grated		800g	
	1ORM (McLays)	Orange, juice & zest		2 oranges	
	268/85702	Raisins/Sultanas		80g	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery & Primary	20	55g (on the days where soup is not offered on the nursery menu, serve 2 portions of the vegetable)
Secondary	10	110g

Cooking Method

1. Peel and grate carrot, squeeze in some orange juice and grate in some orange zest. Mix in raisins or sultanas. Mix well. Ready to serve

Nutritional Information

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	60.5	0.2	0.1	12.5	12.1	0.8	2.2	0.1
Nursery (55g)	33.3	0.1	0.0	6.9	6.7	0.4	1.2	0.0
Primary Average (55g)	33.3	0.1	0.0	6.9	6.7	0.4	1.2	0.0
Secondary (110g)	66.5	0.3	0.1	13.7	13.3	0.9	2.5	0.1

RSV010

Sunshine Salad 2: Sweetcorn Salad (ve)

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



Ingredients

Component	Code	Ingredient	Allergens	Weight	My Quantities
	85128	Sweetcorn, tinned, drained & rinsed		570g	
	2CUC	Cucumber, peeled, deseeded & diced		450g	
	2PYKG	Yellow Pepper, diced		320g	
	1LI	Lime, juice & zest		2 limes	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery & Primary	20	45g (on the days where soup is not offered on the nursery menu, serve 2 portions of the vegetable)
Secondary	10	90g

Cooking Method

1. Peel, deseed and dice cucumbers and peppers into small cubes, add in drained sweetcorn. Squeeze in some lime juice and grate in some lime zest. Mix well. Ready to serve.

Nutritional Information

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	40.8	0.7	0.2	6.8	2.8	1.3	1.9	0.0
Nursery (55g)	19.1	0.3	0.1	3.2	1.3	0.6	0.9	0.0
Primary Average (55g)	19.1	0.3	0.1	3.2	1.3	0.6	0.9	0.0
Secondary (110g)	38.3	0.6	0.2	6.4	2.6	1.3	1.8	0.0

RSV014

Baby Carrots (ve)

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



Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
	4756	Baby Carrots	800g		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	40g (on the days where soup is not offered on the nursery menu, serve 2 x 40g portions of the vegetable)
Primary	20	40g
Secondary	10	80g

Cooking Method

1. Boil/steam until tender.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	36.0	0.5	0.1	6.0	5.6	0.7	2.3	0.1
Nursery (40g)	14.4	0.2	0.0	2.4	2.2	0.3	0.9	0.0
Primary (40g)	14.4	0.2	0.0	2.4	2.2	0.3	0.9	0.0
Secondary (80g)	28.8	0.4	0.1	4.8	4.5	0.6	1.8	0.1

Dietary & Lifestyle Alternatives*

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



RSV015

Corn Cobettes (ve)

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

Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
	34069	Sweetcorn Cobettes	400 pieces (approx. 2kg)		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	2-3 pieces (approx. 100g)
Primary	20	2-3 pieces (approx. 100g)
Secondary	20	2-3 pieces (approx. 100g)

Cooking Method

1. Boil/steam until tender.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	75.0	1.9	0.3	9.5	2.5	3.6	2.6	0.0
Nursery (100g)	75.0	1.9	0.3	9.5	2.5	3.6	2.6	0.0
Primary (100g)	75.0	1.9	0.3	9.5	2.5	3.6	2.6	0.0
Secondary (100g)	75.0	1.9	0.3	9.5	2.5	3.6	2.6	0.0

Dietary & Lifestyle Alternatives*

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

Recipe Book

o4 Seasoning



Sauce, Seasoning & Condiment
RENC002

Just Like KFC Seasoning

Used for side potato products (e.g., Chips, Wedges, Dice, Smilies)



Contains: SO2

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

Ingredients

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

Cooking Method

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

Suggested Serving & Portions

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

Nutritional Values Per 100g

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

Nutritional Values Per Suggested Portion (Secondary)*

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

Nutritional Values Per Suggested Portion (Primary)*

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

Dietary & Lifestyle Alternatives*

	Meal Name	Do NOT use	Use Alternatives	Allergens
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* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portion, or nutritional information for the dietary alternatives

Recipe Book

o5 Dessert & Home Baking



RDE001

Fruity Yoghurt (v)

Contains: Milk

Dietary Suitability: GF, EF, SF, V



Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
Options:	15626	Müller Healthy Balance Smooth Mixed Case Yoghurt	20 cups		
	133944	Golden Acre Fat Free Mixed Yoghurt			

Suggested Serving & Portion

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

Cooking Method

1. \

Nutritional Information*

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

Dietary & Lifestyle Alternatives*

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

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives130

RDE002

Jelly (ve)

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



Ingredients

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

Suggested Serving & Portion

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

Cooking Method

- Need to be prepared and set in the refrigerator beforehand.
1. Dissolve **jelly crystals** in the **boiling water**. Stir well until completely dissolved.
 2. Pour the mixture into moist moulds and leave to set in a refrigerator until form.

Nutritional Information *

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens

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

RDE003

Vanilla Ice Cream (v)

Contains: Milk
Dietary Suitability: GF, EF, SF, V



Ingredients

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

Suggested Serving & Portion

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

Cooking Method

1. \

Nutritional Information (sides not included)*

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

Dietary & Lifestyle Alternatives*

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

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



RDE004

Fruit Salad (ve)

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

Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
Example	5552	Tinned Apple	400g		
	1MHM (McLays)	Honeydew Melon	400g		
	88724	Tinned Mandarins	400g		
	14342	Tinned Pineapples	400g		
Other McLays fruit that can be used depending on seasonality: 1AGS1 apple (Aug-Feb) 1BLK blackberries (Aug-Oct) 1BLU blueberries (Jun-Sep) 1P Pears (Sep-Oct) 1PLU Plums (Aug-Oct) 1RAS raspberries (Jun-Sep) 1STR strawberries (Jun-Sep)					

Suggested Serving & Portion

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

Cooking Method

Note: Ensure to slice small pieces of fruit (such as grapes and berries) for nursery to eliminate choking hazard.

Nutritional Information (example recipe)*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

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

RDE005

Cook's Choice:

Apple/Rhubarb Crumble with Custard (v) (using packet mix)

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



Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
Crumble	151645	Crumble Mix	1kg	Gluten, Wheat	
	5552 / 136665	Apple / Rhubarb	1kg		
Custard	136676	Custard Powder	100g	Milk	
	\	Water (Cold, for Custard)	100ml		
	\	Water (Boiling, for Custard)	400ml		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	25	80g Crumble + 24ml Custard
Primary	20	100g Crumble + 30ml Custard
Secondary	20	100g Crumble + 30ml Custard

Cooking Method

1. Prepare the **fruit** and place in tins. Sprinkle the **crumble mix** over the **fruit** and cook at 180C/Gas 4 for 1 hr or until golden brown.
2. Meanwhile, prepare **custard**: Blend the required amount of **custard mix** with the **cold water** and combine until it forms a **smooth paste**. Then gently whisk the **paste** into the **boiling water** in a suitable saucepan. Bring back to boil, stirring continuously. Simmer gently for 1 min, stir continuously. Make sure the custard is smooth before serving.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	152.8	0.8	0.2	34.6	5.5	2.1	0.7	0.0
Nursery (104g)	177.3	0.9	0.2	40.1	6.4	2.4	0.8	0.0
Primary Average (130g)	221.6	1.1	0.3	50.1	8.0	3.0	1.0	0.1
Secondary (130g)	221.6	1.1	0.3	50.1	8.0	3.0	1.0	0.1

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives134

RDE006

Cook's Choice:

Apple Sponge (v) (using packet mix)

Contains: Gluten, Wheat, Egg, Milk
May contain: Soya
Dietary Suitability: V



Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
Apple Sponge	132849	Sponge Mix	500g	Gluten, Wheat, Egg, Milk May contain: Soya	
	\	Water (Cold, for Sponge)	250ml		
	5552	Tinned Apple	600g		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	55g
Primary	20	55g
Secondary	20	55g

Cooking Method

1. Drain and chop **tinned apples** into small pieces.
2. In a mixing bowl, add in required amount of **sponge mix** and **water**.
3. Blend well (whisk for 1 min on medium speed if using electric whisk).
4. Scrape down, add in drained & chopped **apples**. Mix well.
5. Pour the mixture into a baking tray and bake in the centre of a pre-heated oven for 20-30 min or until risen and golden.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	200.8	5.3	2.3	34.9	13.5	3.8	1.3	0.6
Nursery (55g)	115.5	3.0	1.3	20.1	7.8	2.2	0.8	0.3
Primary Average (55g)	115.5	3.0	1.3	20.1	7.8	2.2	0.8	0.3
Secondary (55g)	115.5	3.0	1.3	20.1	7.8	2.2	0.8	0.3

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE006GF	G/F Apple Sponge (v)	132849 Sponge Mix	151657 G/F Sponge Mix	Egg, Milk
RDE006A	Allergy-Friendly Apple Sponge (ve)	132849 Sponge Mix	74153 Margarine/Flora 350098 Caster Sugar 114957 G/F Self-Rising Flour 5552 Tinned Apple 135429 Liquid Ogg 1. Drain and chop tinned apple. 2. Place the margarine and sugar in a bowl, cream until light and fluffy. 3. Add ogg a little at a time with a spoonful of g/f self-rising flour. 4. Add the remaining flour and mix well. Add the apples and mix well. 5. Place in tin and bake at 190C/Gas 5 for 30-40 min or until rise and golden.	None of the 14 Food Allergens

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

RDE007

Cook's Choice:

Apple Turnover (v)

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



Ingredients

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

Suggested Serving & Portion

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

Cooking Method

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

Nutritional Information*

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

Dietary & Lifestyle Alternatives*

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

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives136

RDE008

Cook's Choice:

Banana Bread (v)

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



Ingredients

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

Suggested Serving & Portion

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

Cooking Method

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

Nutritional Information*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE008GF	Gluten Free Banana Bread (v)	114953 Self-rising Flour	114957 G/F Self-rising Flour	Egg
RDE008EF	Egg Free Banana Bread (ve)	74521 Liquid Egg	135429 Liquid Ogg	Gluten, Wheat
RDE008A	Allergy-Friendly Banana Bread (ve)	114953 Self-rising Flour 74521 Liquid Egg	114957 G/F Self-rising Flour 135429 Liquid Ogg	None of the 14 Food Allergens

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives137



RDE009

Cook's Choice:

Carrot Cake (v) (using packet mix)

Contains: Gluten, Wheat, Barley, Egg, Milk, Soya
Dietary Suitability: V

Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
Carrot Cake	132842	Carrot Cake Mix	600g	Gluten, Wheat, Egg, Milk, Soya, Barley	
	\	Water (for Cake Mix)	240g		
	33568	Cooking Oil	45g		
	4CS2	Carrot, Grated	180g		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	54g
Primary	20	54g
Secondary	20	54g

Cooking Method

- Prep: Wash, peel, and grate **carrots**.
- In a mixing bowl, add in **carrot cake mix**, **oil**, and **water**, mix slowly for 1 min. Scrape down, mix for another 3 min on medium speed.
 - Fold in **grated carrots**.
 - Transfer the **mixture** to a baking tin and bake under pre-heated oven for 35-45 min or until rising and golden.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	288.7	12.0	3.9	40.5	17.7	4.3	1.8	1.2
Nursery (54g)	153.8	6.4	2.1	21.6	9.4	2.3	1.0	0.6
Primary Average (54g)	153.8	6.4	2.1	21.6	9.4	2.3	1.0	0.6
Secondary (54g)	153.8	6.4	2.1	21.6	9.4	2.3	1.0	0.6

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE009GF	G/F Carrot Cake (v)	132842 Carrot Cake Mix	151657 G/F Sponge & Muffin Mix	Egg, Milk

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives138



RDE010

Cook's Choice:

Choco-Orange Cake (v) (using packet mix)

Contains: Gluten, Wheat, Egg, Milk, Soya
Dietary Suitability: V

Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
Choco-Orange Cake	132845	Chocolate Sponge Mix	640g	Gluten, Wheat, Egg, Milk, Soya	
	\	Water (for Sponge Mix)	440ml		
	1ORAM/88724	Orange, Zest or Orange Pieces	30g		
	1ORAM/88724	Orange Juice	100ml		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	60g
Primary	20	60g
Secondary	\	Not compliant for secondary

Cooking Method

1. In a mixing bowl, add in required amount of **chocolate sponge mix**, **water**, **orange juice**, and **orange zest** (if applicable). Mix on slow speed for 1 min.
2. Scrape down, mix for further 5 min on medium speed.
3. In a baking tin, place **orange pieces** at the bottom and pour the **cake mixture** on top. Bake at 190°C for 30-40min or until rising and fluffy.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	213.6	2.6	1.0	43.7	24.3	3.5	0.8	0.8
Nursery (60g)	129.3	1.6	0.6	26.4	14.7	2.1	0.5	0.5
Primary Average (60g)	129.3	1.6	0.6	26.4	14.7	2.1	0.5	0.5
Secondary (\)	\	\	\	\	\	\	\	\

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE010GF	Gluten Free Choco-Orange Cake (v)	132845 Chocolate Sponge Mix	151657 G/F Sponge & Muffin Mix 10678 Cocoa Powder	Egg, Milk
RDE010AF	Allergy-Friendly Choco-Orange Cake (ve)	132845 Chocolate Sponge Mix	Make an Allergy Friendly Sponge using 74153 Margarine/Flora; 350098 Caster Sugar 114957 G/F Self-Rising Flour; 135429 Liquid Ogg 1. Sieve the g/f flour.. 2. Place the margarine and sugar in a bowl, cream until light and fluffy. 3. Add ogg a little at a time with a spoonful of flour. 4. Add the remaining flour and mix well. Add the orange juice and mix well. 5. Place in tin and bake at 190C/Gas 5 for 30-40 min or until rise and golden.	None of the 14 Food Allergens

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives139



RDE011

Cook's Choice:

Oaty Biscuits (Melting Moments) (v) (using packet mix)

Contains: Gluten, Wheat, Oat, Egg, Milk
May contain: Soya
Dietary Suitability: V

Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
Oaty Biscuits	6763	McDougalls Plain Cookie Mix 3.5kg	165g	Gluten, Wheat, Egg, Milk May contain: Soya	
	\	Water (For Cookie Mix)	125g		
	25148	Oat Flakes	211g	Gluten, Oat	

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	50g (2 pieces)
Primary	20	50g (2 pieces)
Secondary	20	50g (2 pieces)

Cooking Method

1. In a mixing bowl, add in required amount of **plain cookie mix** and **water**, mix on slow speed for 1 min until a **dough** is formed. Careful not to overmix.
2. Form the **dough** into small portions of **dough balls**, roll the formed **dough balls** in a plate of **oat flakes**, then transfer them to a baking tray.
3. Bake for 13-15 min in the oven, leave the **cookies** on the tray for 5 min before moving them to a cooling wire. Ready to serve.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	397.1	15.1	6.2	59.6	20.5	5.6	1.9	1.0
Nursery (50g)	194.2	7.4	3.0	29.1	10.0	2.7	0.9	0.5
Primary Average (50g)	194.2	7.4	3.0	29.1	10.0	2.7	0.9	0.5
Secondary (50g)	194.2	7.4	3.0	29.1	10.0	2.7	0.9	0.5

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE011VE	Vegan Melting Moment (ve)	6763 Cookie Mix	Make from scratch using: 74153 Margarine/Flora; 350098 Caster Sugar 114953 Self-Rising Flour; 135429 Liquid Ogg 35023 Baking Powder; 25148 Oat Flakes 1. Cream margarine and sugar together. 2. Add in liquid ogg, self-rising flour , and baking powder . Form into small balls. 3. Toss them in oat flakes to coat. Bake at 160C/Gas 3 for 15-20 min.	Gluten, Wheat, Oat

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives¹⁴⁰

RDE012

Cook's Choice:

Oaty Flapjack (ve) (using packet mix)

Contains: Gluten, Oat

May contain: Barley, Egg, Milk, Soya, Wheat

Dietary Suitability: V, VE



Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
Flapjack	132847	Flapjack Mix	1kg	Gluten, Oat May contain: Barley, Egg, Milk, Soya, Wheat	
	\	Water (for Flapjack Mix)	125ml		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	35	32g
Primary	35	32g
Secondary	35	32g

Cooking Method

1. In a mixing bowl, add in required amount of **flapjack mix** and **water**. Blend for 30 seconds on slow speed until all water is mixed.
2. Spread the mixture into **baking tray**, level and allow to stand for 15 min.
3. Bake at the centre of the oven for 20-25 min until golden brown.
4. Allow to cool on the baking tray before cutting. Ready to serve.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	402.7	19.4	6.3	51.6	16.2	5.9	4.4	0.4
Nursery (32g)	129.4	6.2	2.0	16.6	5.2	1.9	1.4	0.1
Primary Average (32g)	129.4	6.2	2.0	16.6	5.2	1.9	1.4	0.1
Secondary (32g)	129.4	6.2	2.0	16.6	5.2	1.9	1.4	0.1

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE012GF	Gluten-Free Flapjack (ve)	132847 Flapjack Mix	151650 G/F Flapjack Mix	Oat

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives141

RDE013

Cook's Choice:

Peach Melba Sponge (v) (using packet mix)

Contains: Gluten, Wheat, Egg, Milk

May contain: Soya

Dietary Suitability: V



Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
Peach Melba Sponge	132849	Sponge Mix	500g	Gluten, Wheat, Egg, Milk May contain: Soya	
	\	Water (Cold, for Sponge)	250ml		
	88599	Peaches, Halved	200g		
	4116	Raspberries	50g		

Suggested Serving & Portion

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

Cooking Method

1. In a mixing bowl, add in required amount of **sponge mix** and **water**.
2. Whisk for 1 min on medium speed. Scrape down and mix for a further 3-4 min.
3. In a lined baking tin, place **drained peach halves** and **raspberries** at the bottom, then pour the **sponge mixture** on top. Bake in a pre-heated oven for 30-40 min or until risen and golden.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	220.7	5.9	2.6	37.7	13.7	4.3	1.3	0.7
Nursery (50g)	110.4	2.9	1.3	18.8	6.8	2.2	0.7	0.3
Primary Average (50g)	110.4	2.9	1.3	18.8	6.8	2.2	0.7	0.3
Secondary (50g)	110.4	2.9	1.3	18.8	6.8	2.2	0.7	0.3

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE013GF	G/F Peach Melba Sponge (v)	132849 Sponge Mix	151657 G/F Sponge Mix	Egg, Milk
RDE013AF	Allergy-Friendly Peach Melba Sponge (ve)	132849 Sponge Mix	<p>Make an A/F sponge using: 74153 Margarine; 350098 Caster Sugar 87846 Vanilla Extract; 135429 Liquid Ogg; 114957 G/F Self-Rising Flour</p> <ol style="list-style-type: none"> 1. Place the margarine and sugar in a bowl, cream until light and fluffy. 2. Add in liquid ogg a little at a time with a spoonful of g/f self-rising flour. 3. Add the remaining flour and mix well. This is you're A/F sponge mixture. 4. Place peach and raspberries at the bottom of the baking tin and pour the mixture on top. 5. Place in tin and bake at 190C/Gas 5 for 30-40 min or until rise and golden. 	None of the 14 Food Allergens

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

RDE014

Cook's Choice:

Rice Pudding & Jam (v)

Contains: Milk
Dietary Suitability: GF, EF, SF, V



Ingredients

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

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	40	70g
Primary	40	70g
Secondary	\	This item is no longer compliant for secondary

Cooking Method

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

Nutritional Information*

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

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE014DF	Dairy Free Rice Pudding & Jam(ve)	19665/Muller Semi-Skimmed Milk	128154 Soya Milk	Soya

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives143



RDE015

Cook's Choice:

Homemade Shortbread (ve)

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

Ingredients

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

Suggested Serving & Portion

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

Cooking Method

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

Nutritional Information*

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

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives144

RDE016

Cook's Choice:

Sponge Cake with Filling (v) (using packet mix)

Contains: Gluten, Wheat, Egg, Milk, SO2
May contain: Soya
Dietary Suitability: V



Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
Sponge	132849	Sponge Mix	600g	Gluten, Wheat, Egg, Milk May contain: Soya	
	\	Water (Cold, for Sponge)	300ml		
Dusting	350101	Icing Sugar	for dusting		
Filling, choose from:	33739/ 33741 / 33740 / 34027 / 18502	Mixed Fruit Jam / Strawberry Jam / Raspberry Jam / Lemon Curd / Buttercream (make with 40g flora + ¼ tsp vanilla extract + 60g icing sugar)	80g	Milk, Egg, SO2	

Suggested Serving & Portion

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

Cooking Method

1. In a mixing bowl, add in required amount of **sponge mix** and **water**.
2. Whisk for 1 min on medium speed. Scrape down and mix for further 3-4 min.
3. Transfer the mixture to a lined baking tin. Bake in the centre of the oven for 25-30min or until risen and golden.
4. Leave the sponge to cool, slice open and add in filling. Dust a very thin layer of icing sugar on top and ready to serve.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	280.5	7.2	3.2	49.1	19.7	5.1	1.4	0.8
Nursery (50g)	137.5	3.5	1.6	24.1	9.7	2.5	0.7	0.4
Primary Average (50g)	137.5	3.5	1.6	24.1	9.7	2.5	0.7	0.4
Secondary (50g)	137.5	3.5	1.6	24.1	9.7	2.5	0.7	0.4

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE016GF	Gluten Free Sponge Cake with Filling (v)	132849 Sponge Mix	151657 G/F Sponge Mix	Milk, Egg, SO2
RDE016A	Allergy-Friendly Sponge Cake with Allergen-Free Filling (ve)	132849 Sponge Mix 34027 Lemon Curd	Make a A/F Sponge using: 74153 Margarine; 350098 Caster Sugar 87846 Vanilla Extract; 135429 Liquid Ogg; 114957 G/F Self-Rising Flour <ol style="list-style-type: none"> 1. Place the margarine and sugar in a bowl, cream until light and fluffy. 2. Add in liquid ogg a little at a time with a spoonful of g/f self-rising flour. 3. Add the remaining flour and mix well. This is you're A/F sponge mixture. 4. Place peach and raspberries at the bottom of the baking tin and pour the mixture on top. 5. Place in tin and bake at 190C/Gas 5 for 30-40 min or until rise and golden. 	SO2

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

RDE017

Cook's Choice:

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

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



Ingredients

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

Suggested Serving & Portion

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

Cooking Method

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

Nutritional Information*

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

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives146

RDE018

Delight Desserts

(Flavours: Chocolate / Strawberry / Raspberry / Butterscotch / Banana) (v)

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



Ingredients

Component	Code	Ingredient	Weight	Allergens
Milk	19665 / Muller	Semi-Skimmed Milk	2400ml	Milk
Choose from:	25599	Angel Delight Chocolate	600g	Milk
	25602	Angel Delight Strawberry		Milk
	25601	Angel Delight Raspberry		Milk
	25605	Angel Delight Butterscotch		Milk
	25604	Angel Delight Banana		Milk

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	40	75g (or 100ml)
Primary	40	75g (or 100ml)
Secondary	40	75g (or 100ml)

Cooking Method

1. Pour required quantity of **milk** into a large mixing bowl.
2. Add required quantity of **dessert mix**, whisk for 30 seconds on low speed.
3. Scrape down. Whisk for 4 minutes on high speed. Leave to stand for 5 minutes before serving.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g (all flavour)	54.6	1.7	1.2	6.5	5.9	3.3	0.1	0.2
Per Portion (75g) (all flavour)	41.0	1.2	0.9	4.9	4.4	2.5	0.1	0.1

Dietary & Lifestyle Alternatives*

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

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



RDE019

Cookie (v)

This Meal Contains: Gluten, Wheat, Milk, Egg
May contain: Soya
Dietary Suitability: V

Ingredients

Code	Ingredient	Weight	Allergens	My Quantities
88747	Plain Cookie Mix	3.5kg (whole bag)	Gluten, Wheat, Milk, Egg May contain: Soya	
\	Water	490ml		

Suggested Serving & Portion (sides not included)

Population Group	Servings	Suggested Portion
Nursery	100	40g
Primary	100	40g
Secondary	100	40g

Cooking Method

1. Place dry **cookie mix** in a mixing bowl, blend in the required amount of **water** using a beater on slow speed for 1 minute until a dough is formed.
2. Scrape down and mix for a further 1 minute on medium speed.
3. To portion shape dough into a roll 2" thick, wrap in cling film then chill in the fridge for 20-30 minutes. The dough can be stored in the fridge overnight and used next day. This dough can also be frozen for up to a week defrosted then used.
4. Cut the roll into portions and place on a baking tray with greaseproof paper allow plenty of room for the cookies to spread.
5. Bake at 190C/375F/ Gas Mark 5 for approximately 6-8 minutes for chewy cookies/ 10-12 for crisp cookies. Allow to cool for 5 minutes before moving to a cooling rack. Cooking times may vary. Cook thoroughly until piping hot throughout.

Nutritional Information (sides not included)*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	396.5	15.8	6.1	57.4	24.5	4.6	3.2	0.6
Nursery (40g)	158.2	6.3	2.5	22.9	9.8	1.8	1.3	0.2
Primary Average (40g)	158.2	6.3	2.5	22.9	9.8	1.8	1.3	0.2
Secondary (40g)	158.2	6.3	2.5	22.9	9.8	1.8	1.3	0.2

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

RDE021

Cook's Choice:

Red Velvet Cake (v) (using packet mix)

Contains: Gluten, Wheat, Egg, Milk
May contain: Soya
Dietary Suitability: V



Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
Sponge	132849	Sponge Mix	600g	Gluten, Wheat, Egg, Milk May contain: Soya	
	\	Water (Cold, for Sponge)	300ml		
	86880	Natural Red Food Colouring	10g		
Buttercream Icing	74153	Margarine/Flora	40g		
	87846	Vanilla Extract	1/4 tsp (1g)		
	350101	Icing Sugar	60g		

Suggested Serving & Portion

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

Cooking Method

1. In a mixing bowl, add in required amount of **sponge mix**, **water**, and **natural food colouring**.
2. Whisk for 1 min on medium speed. Scrape down and mix for further 3-4 min.
3. Transfer the mixture to a lined baking tin. Bake in the centre of the oven for 25-30min or until risen and golden
4. Meanwhile, in a mixing bowl, mix flora, vanilla extract and icing sugar. if necessary, add boiling water to loosen and beat until smooth. This is your buttercream icing.
5. Spread buttercream icing on the sponge and ready to serve.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	304.7	10.1	3.9	48.6	19.5	5.0	1.3	0.8
Nursery (50g)	154.0	5.1	2.0	24.6	9.8	2.5	0.7	0.4
Primary Average (50g)	154.0	5.1	2.0	24.6	9.8	2.5	0.7	0.4
Secondary (50g)	154.0	5.1	2.0	24.6	9.8	2.5	0.7	0.4

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
RDE021GF	Gluten Free Red Velvet Cake (v)	132849 Sponge Mix	151657 G/F Sponge Mix	Milk, Egg
RDE0121AF	Allergy-Friendly Red Velvet Cake (ve)	132849 Sponge Mix	<p>Make a A/F Sponge using: 74153 Margarine; 350098 Caster Sugar 87846 Vanilla Extract; 135429 Liquid Ogg; 114957 G/F Self-Rising Flour</p> <ol style="list-style-type: none"> 1. Place the margarine and sugar in a bowl, cream until light and fluffy. 2. Add in liquid ogg a little at a time with a spoonful of g/f self-rising flour. 3. Add the remaining flour and mix well. This is you're A/F sponge mixture. 4. Place peach and raspberries at the bottom of the baking tin and pour the mixture on top. 5. Place in tin and bake at 190C/Gas 5 for 30-40 min or until rise and golden. 	None of the 14 Food Allegens

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

RDE022

Cook's Choice:

Chocolate Brownie (v) (using packet mix)

Contains: Gluten, Wheat, Egg
May contain: Milk, Soya
Dietary Suitability: V



Ingredients

Component	Code	Ingredient	Weight	Allergens	My Quantities
Brownie	132844	Brownie Mix	740g	Gluten, Wheat, Egg May contain: Milk, Soya	
	\	Water	126ml		

Suggested Serving & Portion

Population Group	Servings	Suggested Portion
Nursery	20	43g
Primary	20	43g
Secondary	20	43g

Cooking Method

1. In a mixing bowl, add in required amount of **water** (no more than 50°C), add **brownie mix** to water.
2. Mix for 1 min on slow speed.
3. Mix for 1 min on medium speed
4. Mix for 1 min on slow speed.
5. Transfer the **mixture** to a lined baking tin. Bake at 180°C.
6. For Fudgy Brownie bake for 25-30 minutes.
7. For a Cakey Brownie bake for 30-35 minutes.

Nutritional Information*

	Energy (kcal)	Fat (g)	Saturated Fat (g)	Carbohydrate (g)	Sugar (g)	Protein (g)	Fibre (g)	Salt (g)
Per 100g	395.2	17.0	8.2	54.6	22.9	5.7	2.9	0.9
Nursery (43g)	171.3	7.4	3.6	23.7	9.9	2.5	1.3	0.4
Primary Average (43g)	171.3	7.4	3.6	23.7	9.9	2.5	1.3	0.4
Secondary (43g)	171.3	7.4	3.6	23.7	9.9	2.5	1.3	0.4

Dietary & Lifestyle Alternatives*

Meal Code	Meal Name	Do NOT use	Use Alternatives	Allergens
\				

* Please get in touch if you require detailed ingredient information within products, nutritional information for a different portions, or nutritional information for the dietary alternatives150

Fruit & Veg Portion Guidance

Primary & Nursery Standard

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

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

Secondary School Standard

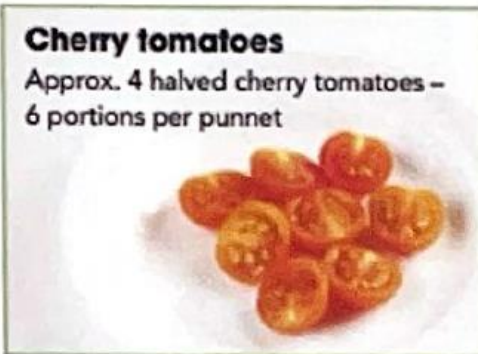
Lunch time must include at least 1 x 80g fresh, tinned, or frozen fruit (or 30g dried fruit). Also must include 2 x 80g portions of vegetables.

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

40g Vegetable Portion Guidance

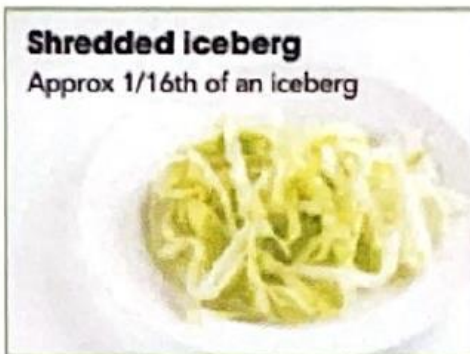
Cherry tomatoes

Approx. 4 halved cherry tomatoes –
6 portions per punnet



Shredded Iceberg

Approx 1/16th of an iceberg



Peppers

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



Hot vegetables

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



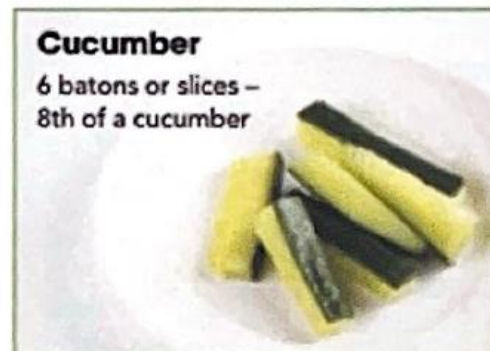
Carrot batons

Approx 6 batons –
half a standard carrot



Cucumber

6 batons or slices –
8th of a cucumber



Fruit & Veg Portion Guidance

Primary & Nursery Standard

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

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

Secondary School Standard

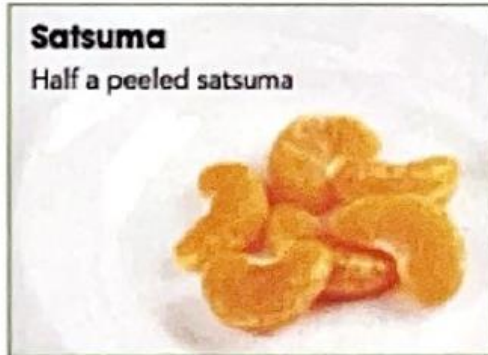
Lunch time must include at least 1 x 80g fresh, tinned, or frozen fruit (or 30g dried fruit). Also must include 2 x 80g portions of vegetables.

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

40g Fruit Portion Guidance

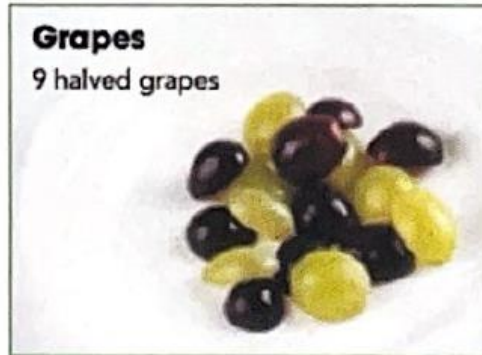
Satsuma

Half a peeled satsuma



Grapes

9 halved grapes



Peaches

3 peach slices



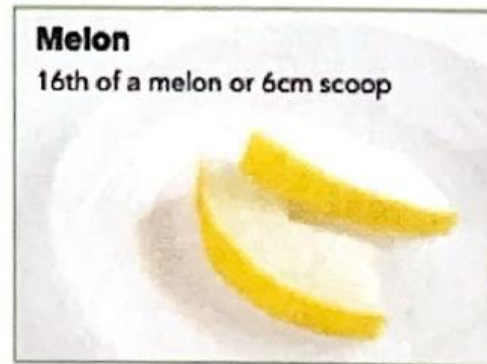
Apple

Half a whole apple



Melon

16th of a melon or 6cm scoop



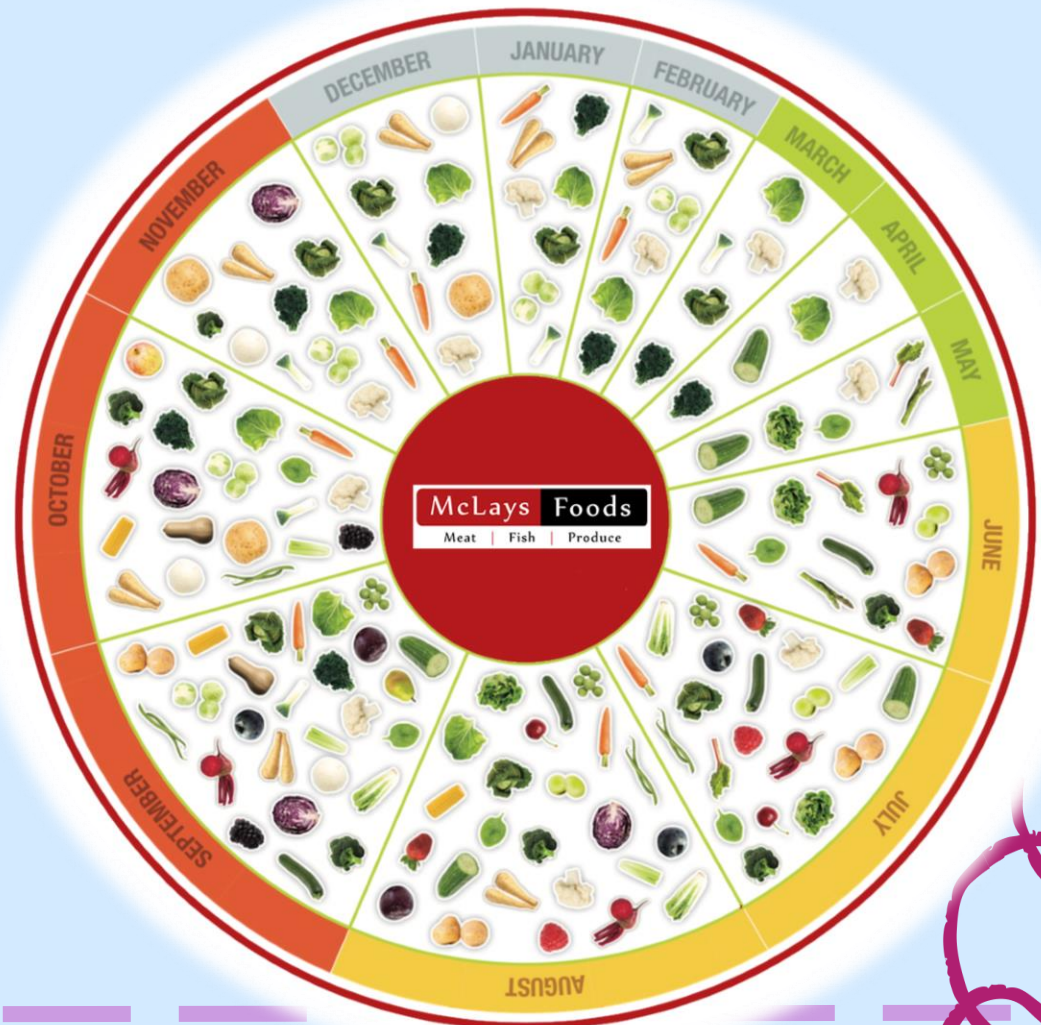
Fresh Produce Seasonality Guidance

What is seasonal produce and why eating seasonally?

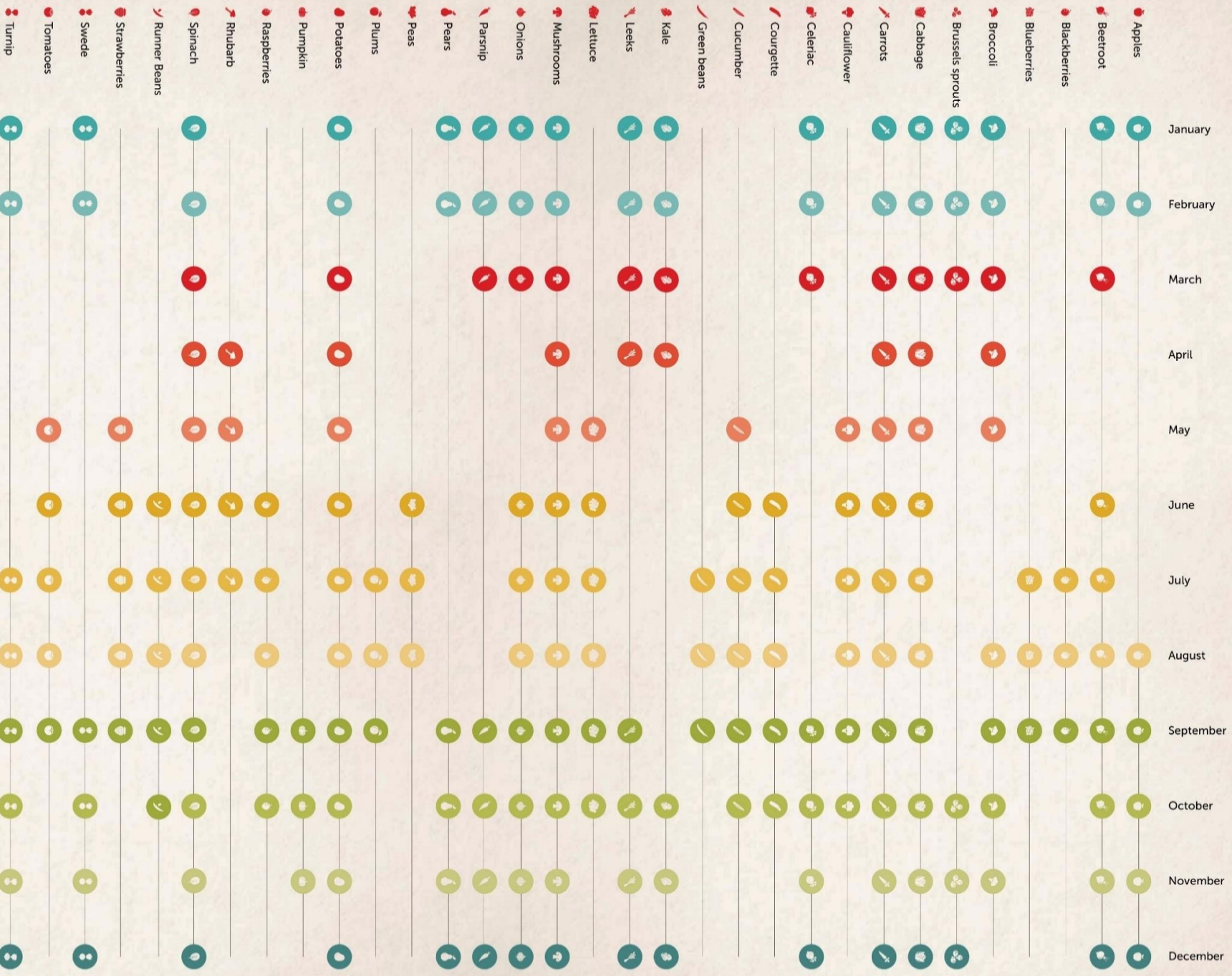
Eating seasonally means eating food that's naturally ripe and ready for harvest in your local area at the time, instead of imported foods from different climates around the world.

Eating UK produce in season can:

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



WHAT'S IN SEASON?



Scottish Government
Riaghaidh na h-Alba
gov.scot

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



Food Provenance Guide

Food Provenance


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

Why does food provenance matter?

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

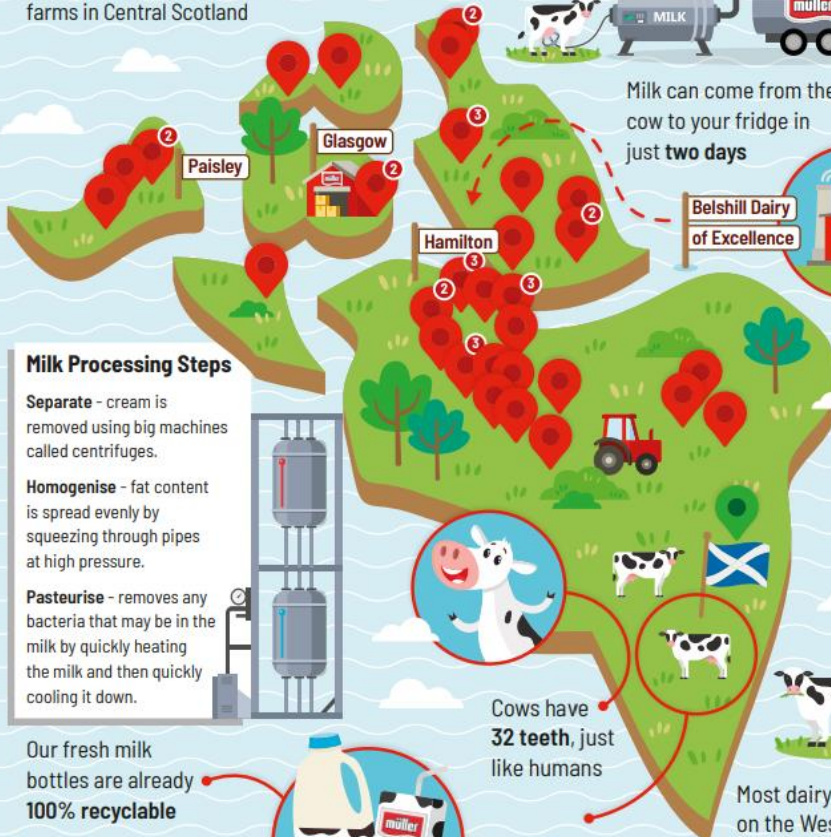
Do you know what local produce we use in our 24/25 menu?

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


Milk & Ingredients

Central Scotland

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



2 = Organic Farms

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

Belshill Dairy of Excellence

Milk Processing Steps

Separate - cream is removed using big machines called centrifuges.

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

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


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

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

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

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

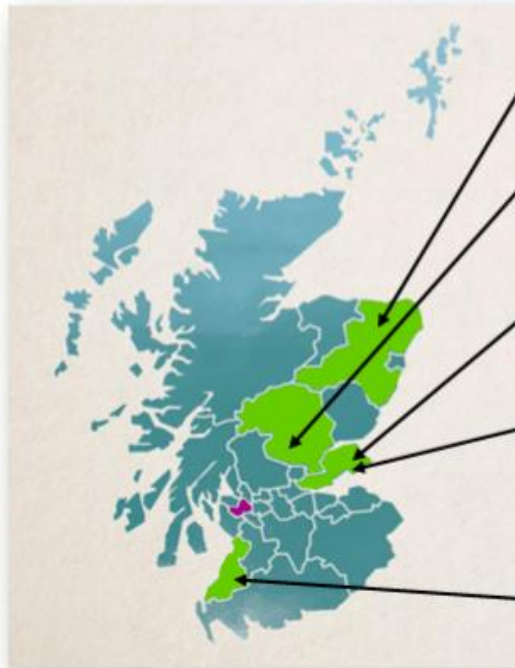
Most dairy farms are on the West Side of Scotland where the warm wet climate is **ideal for growing grass** - the cow's favourite food



Food Provenance Guide

McLays Foods

Meat | Fish | Produce



GAIRNIESTON FARM- Aberdeenshire
Baby Potatoes, Baking Potatoes



STEWARTS OF TAYSIDE- Toft Hill Farm, Perth
Turnip



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



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



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

Be Allergy Aware -The 14 Major Food Allergens Guide

Be Allergy Aware

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

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

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

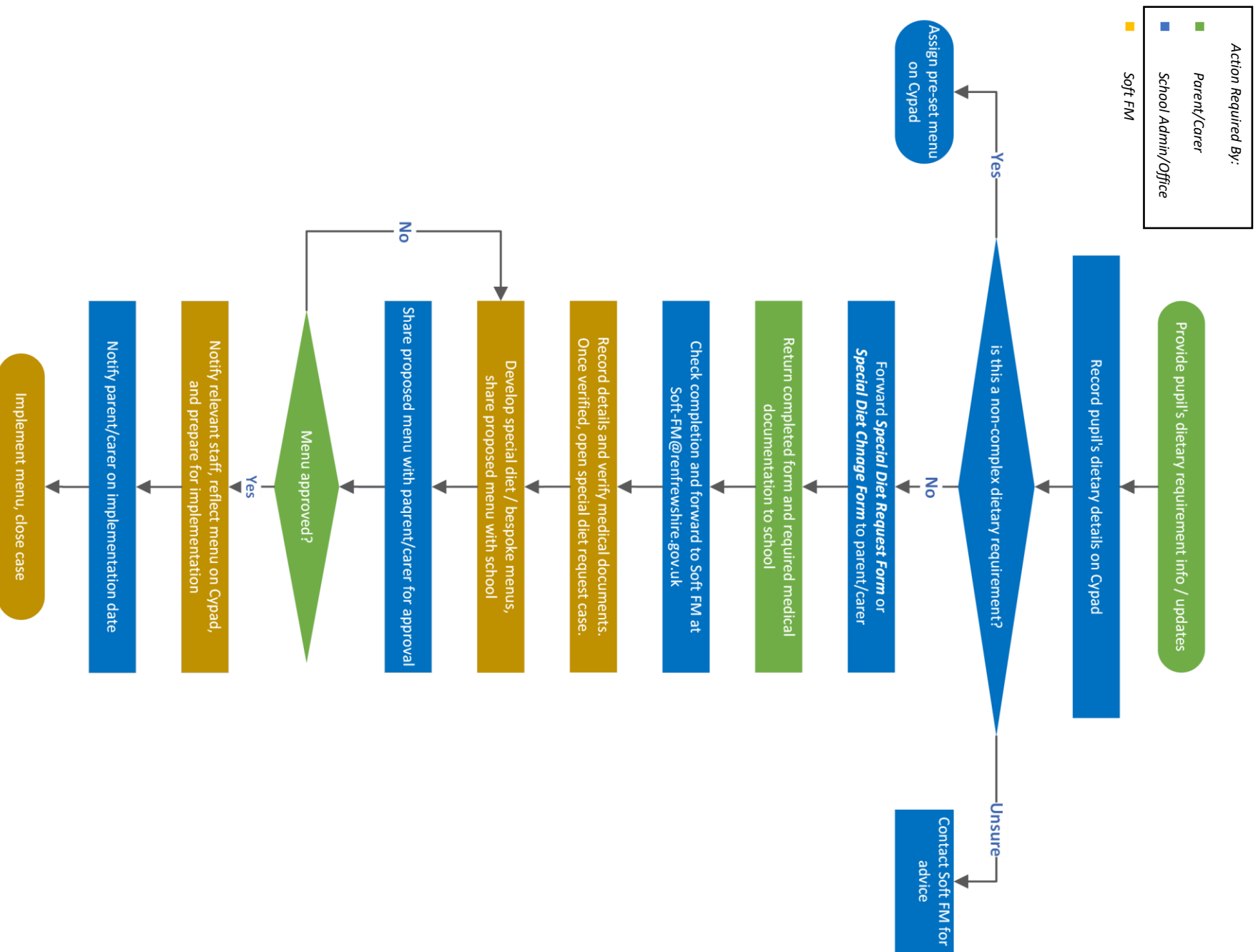
Best practices for preventing cross-contamination include:

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

The 14 Allergens



Special Diet Request Procedure Flowchart



Know the Food & Drink Standards in Scotland



Renfrewshire
Council

14 Nutritional Standards at a glance – EARLY YEARS

1. FRUIT AND VEGETABLES



Main meal At least 2x40g portions of vegetables should be provided as part of the main meal. Where a dessert is provided a 40g portion of fruit should always be an option.

Light meal/breakfast A 40g fruit and/or vegetable portion should be provided.

Snack A 40g fruit and/or vegetable portion should be provided. Dried fruits (15g portion) should not be provided at snack occasions.

7. FRIED FOODS



Main meal and light meals Fried foods should be limited to a maximum of once per week. This includes any product which is fried in the manufacturing process.

- Chips if provided, should be served as part of a meal
- Deep frying should not be used as a cooking method

Snack These foods should not be provided at snack occasions.

2. OILY FISH



Main meal Oily fish should be provided at least once every 3 weeks.

Light meal/breakfast Oily fish should be provided once per week across light meal or snack on the weeks when it is not provided as a main meal.

Oily fish should be limited to a maximum of twice per week.

9. BREAD AND BREAD ROLLS



All meals and snacks Only bread and bread rolls which contain a minimum of 3g fibre per 100g can be provided.

3. RED AND RED PROCESSED MEAT



Main Meal and light meals (including breakfast) Red and red processed meat should be limited to a maximum of 3 times per week. 1 of which can be red processed meat, but at no more than one meal occasion per day.

Snack These foods should not be provided at snack occasions.

10. SAVOURY PASTRY AND PASTRY PRODUCTS



Main meal and light meal Savoury pastry and pastry products should be limited to a maximum of once per week.

Snack These foods should not be provided at snack occasions.

4. YOGHURTS AND FROMAGE FRAIS (INCLUDING NON-DAIRY ALTERNATIVES)

All meals and snacks Only plain and unsweetened yoghurts or fromage frais can be provided.



11. OILS AND SPREADS



All meals and snacks Oils should contain a saturated fat content of no more than 16g per 100g. Fat spreads should contain a saturated fat content of no more than 20g per 100g.

5. SWEETENED AND BAKED PRODUCTS, PUDDINGS AND DESERTS (INCLUDING DAIRY AND NON-DAIRY ALTERNATIVES)



Main meal and light meal (including breakfast) Sweetened and baked products, puddings and desserts should be limited to a maximum of 3 times per week, but no more than one meal occasion per day.

If combination dishes are provided, eg crumble and custard, this would be classed as one serving. It is important that the portion size reflects one portion.

Snack These foods should not be provided at snack occasions.

12. SALT, OTHER CONDIMENTS AND PRESERVES



Main meal and light meal No salt should be used in cooking. No salt should be provided to add to food after the cooking process is complete. Other condiments, preserves, syrups and honey should only be provided infrequently and sparingly to add to the acceptability of a meal. When provided, these should be lower fat, salt and sugar varieties where possible.

Snack These foods should not be provided at snack occasions.

13. CONFECTIONERY



All meals and snacks Confectionery should not be provided at any time.

6. BREAKFAST CEREALS

All meals and snacks Only breakfast cereals meeting the following criteria can be provided:

- No more than 15g of total sugar per 100g
- No more than 440mg sodium per 100g
- No more than 1.1g of salt per 100g
- At least 3g of fibre per 100g
- Information on cereal bars is included in standard 5.



14. DRINKS

All meals and snacks The only drinks that should be provided are:

- Still plain water
- Plain milk or unsweetened fortified non-dairy alternative (over 1yrs old should be offered semi-skimmed milk)
- Children under 5 should not be given skimmed or 1% fat milk.



Know the Food & Drink Standards in Scotland

14 Nutritional Standards at a glance – PRIMARY SCHOOL

1. FRUIT AND VEGETABLES



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

2. OILY FISH

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



3. RED AND RED PROCESSED MEAT



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

4. SWEETENED BAKED PRODUCTS AND DESSERTS



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

5. BREAKFAST CEREAL



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

6. DEEP FRIED FOODS

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



7. SAVOURY SNACKS



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

8. BREAD

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



9. SWEETENED YOGHURTS, FROMAGE FRAIS AND MILK BASED DESSERTS

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



10. PASTRY AND PASTRY PRODUCTS

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



11. OILS AND SPREADS

Across the school day

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

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



12. SALT AND CONDIMENTS

Across the school day

No Salt should be provided.

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



13. CONFECTIONERY

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



14. DRINKS

Across the school day only the following can be provided

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

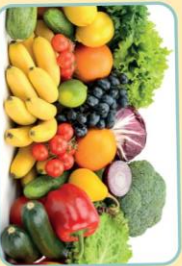


Know the Food & Drink Standards in Scotland

14 Nutritional Standards at a glance – HIGH SCHOOL



1. FRUIT AND VEGETABLES



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

8. BREAD

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



9. SWEETENED YOGHURTS, FROMAGE FRAIS AND MILK BASED DESSERTS

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



2. OILY FISH

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



3. RED AND RED PROCESSED MEAT



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

10. PASTRY AND PASTRY PRODUCTS

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



11. OILS AND SPREADS

Across the school day

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

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



4. SWEETENED BAKED PRODUCTS AND DESSERTS

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



12. SALT AND CONDIMENTS

Across the school day

No Salt should be provided.

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



5. BREAKFAST CEREAL

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



13. CONFECTIONERY

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



6. DEEP FRIED FOODS

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



7. SAVOURY SNACKS

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



14. DRINKS

Across the school day only the following can be provided

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



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

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

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

