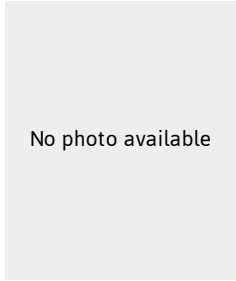


26 Cocoa & Vanilla Mousse

#185296

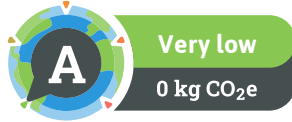


Recipe yield: 10 x 100g

Allergen Summary

Contains: Milk

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|--------------------------------------|----------|---------|
| Bidfood | 25359 | COOLDELIGHT VEG CHOC &VAN FRZN MOUSS | 10 | item |

Allergen Information

For recipe #185296: 26 Cocoa & Vanilla Mousse

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--------|--------------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 185296 | 26 Cocoa & Vanilla Mousse | | | | | | | ● | | | | | | | |
| 25359 | COOLDELIGHT VEG CHOC &VAN FRZN MOUSS | | | | | | | ● | | | | | | | |

- Item contains the allergen
- Item may contain the allergen
- ? No data has been provided about this allergen

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26 strawberry and vanilla Mousse

#184139

Strawberry Mousse



Recipe yield: 1 x 90g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 674 | 607 |
| Energy (kcal) | 161 | 145 |
| Carbohydrates (g) | 19 | 17 |
| ...of which sugars (g) | 13 | 12 |
| Fat (g) | 8 | 7 |
| ...of which saturates (g) | 4 | 4 |
| Protein (g) | 3 | 2 |
| Fibre (g) | 0 | 0 |
| Sodium (mg) | 64 | 58 |

† If this symbol is displayed above it indicates that nutritional data could not be calculated because the ingredient(s) is missing nutritional or measure information. Please contact Pi Support for help. The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

Contains: Milk

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|--------------------------------------|----------|---------|
| Bidfood | 73288 | COOLDELIGHT VEG MOUSSE STRWB & VANIL | 90 | ml |

Directions

follow the manufacturer storage and serving instructions

Allergen Information

For recipe #184139: 26 strawberry and vanilla Mousse

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--------|--------------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 184139 | 26 strawberry and vanilla Mousse | | | | | | | ● | | | | | | | |
| 73288 | COOLDELIGHT VEG MOUSSE STRWB & VANIL | | | | | | | ● | | | | | | | |

- Item contains the allergen
- Item may contain the allergen
- ? No data has been provided about this allergen

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SWEETCORN

#71160



Recipe yield: 10 x 800g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 30 | 241 |
| Energy (kcal) | 7 | 57 |
| Carbohydrates (g) | 1 | 9 |
| ...of which sugars (g) | 0 | 1 |
| Fat (g) | 0 | 1 |
| ...of which saturates (g) | 0 | 0 |
| Protein (g) | 0 | 2 |
| Fibre (g) | 0 | 1 |
| Sodium (mg) | 0 | 0 |

† If this symbol is displayed above it indicates that nutritional data could not be calculated because the ingredient(s) is missing nutritional or measure information. Please contact Pi Support for help. The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

No allergen warnings

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|-----------------------|----------|---------|
| Bidfood | 98441 | 3663 SWEETCORN TT P/L | 600 | g |

Directions

See the package instructions.

Allergen Information

For recipe #71160: SWEETCORN

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|-------|-----------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 71160 | SWEETCORN | | | | | | | | | | | | | | |
| 98441 | 3663 SWEETCORN TT P/L | | | | | | | | | | | | | | |

- Item contains the allergen
- Item may contain the allergen
- ? No data has been provided about this allergen

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BBQ Chicken Breast Burger with Wedges

#189587

You can use any flavoured Chicken Thigh Fillet and market it accordingly.

 Halal



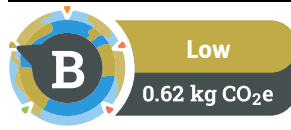
Recipe yield: 10 x 190g

Allergen Summary

Contains: Gluten (Wheat)

May contain: Eggs, Milk, Soybeans

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|-----------|---------|--|----------|---------|
| Bidfood | 1106 | 3663 WEDGES SEASONED TT | 500 | g |
| Bidfood | 98441 | 3663 SWEETCORN TT P/L | 500 | g |
| Love Joes | Q10934H | HALAL Plain Red Tractor Chicken Breast Steak (70-90g) Bag FROZEN | 800 | g |
| Bidfood | 37872 | McGhees Brown Morning Rolls | 10 | item |
| Bidfood | 18342 | EVFAV BARBECUE SAUCE | 100 | g |

Directions

Cook chicken until core temp of 75c has been reached. Place the chicken fillet in the bun, add salad. Serve with wedges.

Allergen Information

For recipe #189587: **BBQ Chicken Breast Burger with Wedges**

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---------------------------------|--|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 189587 | BBQ Chicken Breast Burger with Wedges | | | ○ | | ● | | ○ | | | | | | ○ | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 1106 | 3663 WEDGES SEASONED TT | | | | | | | | | | | | | | |
| 98441 | 3663 SWEETCORN TT P/L | | | | | | | | | | | | | | |
| Q10934H | HALAL Plain Red Tractor Chicken Breast Steak (70-90g) Bag FROZEN | | | | | | | | | | | | | | |
| 37872 | McGhees Brown Morning Rolls | | | ○ | | ● | | ○ | | | | | | ○ | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 18342 | EVFAV BARBECUE SAUCE | | | | | | | | | | | | | | |

- Item contains the allergen
- Item may contain the allergen
- ⚠ No data has been provided about this allergen

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Mandarin Jelly

#111469

Mandarin jelly



Recipe yield: 10 x 60g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 713 | 428 |
| Energy (kcal) | 169 | 101 |
| Carbohydrates (g) | 41 | 25 |
| ...of which sugars (g) | 39 | 23 |
| Fat (g) | 0 | 0 |
| ...of which saturates (g) | 0 | 0 |
| Protein (g) | 0 | 0 |
| Fibre (g) | 1 | 1 |
| Sodium (mg) | 33 | 20 |

† If this symbol is displayed above it indicates that nutritional data could not be calculated because the ingredient(s) is missing nutritional or measure information. Please contact Pi Support for help. The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

No allergen warnings

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|----------------------------------|----------|---------|
| Bidfood | 17753 | MCDUGALLS VEGAN ORANGE FLV JELLY | 200 | g |
| Bidfood | 4078 | MANDARIN SEGMENTS IN JUICE | 400 | g |

Directions

Mix the jelly crystals into 12 pints of hot water, leave the mixture to cool down for about 10 minutes before adding the fruit pour the mixture into a gastronorm tray and leave it to set overnight After set scoop out into bowls.

Allergen Information

For recipe #111469: Mandarin Jelly

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--------|----------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 111469 | Mandarin Jelly | | | | | | | | | | | | | | |
| 17753 | MCDUGALLS VEGAN ORANGE FLV JELLY | | | | | | | | | | | | | | |
| 4078 | MANDARIN SEGMENTS IN JUICE | | | | | | | | | | | | | | |



- Item contains the allergen
- Item may contain the allergen
- ? No data has been provided about this allergen

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BBQ Quorn Fillet Burger with Wedges

#189592

Vegan Vegetable burger

 **Vegetarian**  **Vegan**



Recipe yield: 10 x 119g

Allergen Summary

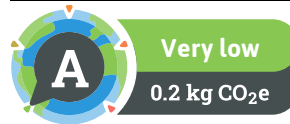
Contains: Gluten (Wheat)

May contain: Eggs, Milk, Soybeans

Tags

Nut Free, Morning break, Lunch

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|-----------------------------|----------|---------|
| Bidfood | 1106 | 3663 WEDGES SEASONED TT | 400 | g |
| Bidfood | 23354 | QUORN VEGAN FILLETS 69G | 690 | g |
| Bidfood | 37872 | McGhees Brown Morning Rolls | 10 | item |
| Bidfood | 18342 | EVFAV BARBECUE SAUCE | 100 | g |

Directions

200°C/400°F/Gas Mark 6 - 20 mins. Place on a preheated baking tray in preheated oven, turning once. For fan assisted ovens, cooking time should be reduced.

Allergen Information

For recipe #189592: BBQ Quorn Fillet Burger with Wedges

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---------------------------------|-------------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 189592 | BBQ Quorn Fillet Burger with Wedges | | | ○ | | ● | | ○ | | | | | | ○ | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 1106 | 3663 WEDGES SEASONED TT | | | | | | | | | | | | | | |
| 23354 | QUORN VEGAN FILLETS 69G | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 37872 | McGhees Brown Morning Rolls | | | ○ | | ● | | ○ | | | | | | ○ | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 18342 | EVFAV BARBECUE SAUCE | | | | | | | | | | | | | | |

- Item contains the allergen
- Item may contain the allergen
- ? No data has been provided about this allergen

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Bracknell Pri Spring Summer Cheese Panini WHOLEMEAL

#189621

Grilled Cheese Panini

 **Vegetarian**



Recipe yield: 10 x 150g

Allergen Summary

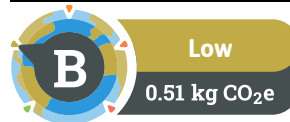
Contains: Gluten (Barley, Wheat), Milk

May contain: Sesame seeds

Tags

Morning break

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|---------------|---------|------------------------------------|----------|---------|
| TUGO Food Ltd | 08674 | TUGO VALUE BLEND CHEESE | 800 | g |
| Bidfood | 18323 | EVFAV FULLY BAKED MLT WHT BAGUETTE | 10 | item |

Directions

Slice the Panini

Fill with Cheese

On a lined tray bake the Panini for 5 minutes using Steam/Roast 30% moisture

Serve

Allergen Information

For recipe #189621: Bracknell Pri Spring Summer Cheese Panini WHOLEMEAL

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---|---|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 189621 | Bracknell Pri Spring Summer Cheese Panini WHOLEMEAL | | | | | ● | | ● | | | | | ○ | | |
| <i>Contains: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |
| 08674 | TUGO VALUE BLEND CHEESE | | | | | | | ● | | | | | | | |
| 18323 | EVFAV FULLY BAKED MLT WHT BAGUETTE | | | | | ● | | | | | | | ○ | | |
| <i>Contains: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |

- Item contains the allergen
- Item may contain the allergen
- ? No data has been provided about this allergen

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Jan 25 Pri Jacket Potato with Cheese and Beans

#152808



Recipe yield: 1 x 330g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 595 | 1,964 |
| Energy (kcal) | 142 | 467 |
| Carbohydrates (g) | 17 | 56 |
| ...of which sugars (g) | 2 | 6 |
| Fat (g) | 5 | 18 |
| ...of which saturates (g) | 3 | 11 |
| Protein (g) | 6 | 21 |
| Fibre (g) | 3 | 9 |
| Sodium (mg) | 163 | 537 |

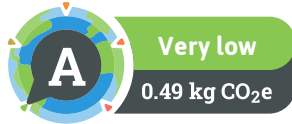
† If this symbol is displayed above it indicates that nutritional data could not be calculated because the ingredient(s) is missing nutritional or measure information. Please contact Pi Support for help.

The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

Contains: Milk

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|---------------------------------|---------|------------------------------------|----------|---------|
| Bidfood | 29715 | EVFAV GRATED MATURED WHITE CHEDDAR | 50 | g |
| Bidfood | 30396 | EVFAV LOW SUGR SLT BAKD BEAN | 80 | g |
| NCB Foodservice - Fresh Produce | P2005 | BAKER (JACKETS) BOX 60 (60) | 200 | g |

Allergen Information

For recipe #152808: Jan 25 Pri Jacket Potato with Cheese and Beans

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--------|--|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 152808 | Jan 25 Pri Jacket Potato with Cheese and Beans | | | | | | | ● | | | | | | | |
| 29715 | EVFAV GRATED MATURED WHITE CHEDDAR | | | | | | | ● | | | | | | | |
| 30396 | EVFAV LOW SUGR SLT BAKD BEAN | | | | | | | | | | | | | | |
| P2005 | BAKER (JACKETS) BOX 60 (60) | | | | | | | | | | | | | | |

- Item contains the allergen
- Item may contain the allergen
- ? No data has been provided about this allergen

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GLT Grab And Go BBQ Chicken Panini WHOLEMEAL #81205



Recipe yield: 1 x 240g

Allergen Summary

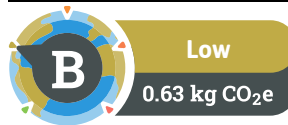
Contains: Gluten (Barley, Wheat), Milk

May contain: Sesame seeds

Tags

Morning break

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|-----------|-----------|--|----------|---------|
| Bidfood | 29716 | EVFAV GRATED MOZZ CHEDDAR MIX | 40 | g |
| Love Joes | ZF350001 | Love Joes BBQ Sauce | 15 | ml |
| Love Joes | C1110303H | HALAL BBQ Flavour Red Tractor Sliced Chicken FRESH | 50 | g |
| Bidfood | 18323 | EVFAV FULLY BAKED MLT WHT BAGUETTE | 1 | item |

Directions

Defrost panini.

Place the cheese into the panini followed by the diced chicken.

Drizzle BBQ sauce over the fillings in the panini.

Cook thoroughly and serve.

Allergen Information

For recipe #81205: GLT Grab And Go BBQ Chicken Panini WHOLEMEAL

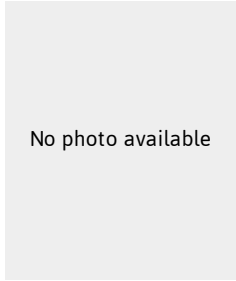
| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---|--|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 81205 | GLT Grab And Go BBQ Chicken Panini WHOLEMEAL | | | | | ● | | ● | | | | | ○ | | |
| <i>Contains: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |
| 29716 | EVFAV GRATED MOZZ CHEDDAR MIX | | | | | | | ● | | | | | | | |
| ZF350001 | Love Joes BBQ Sauce | | | | | | | | | | | | | | |
| C1110303H | HALAL BBQ Flavour Red Tractor Sliced Chicken FRESH | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Barley)</i> | | | | | | | | | | | | | | | |
| 18323 | EVFAV FULLY BAKED MLT WHT BAGUETTE | | | | | ● | | | | | | | ○ | | |
| <i>Contains: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |

- Item contains the allergen
- Item may contain the allergen
- ? No data has been provided about this allergen

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Cheese & Pepperoni Panini WHOLEMEAL

#189624



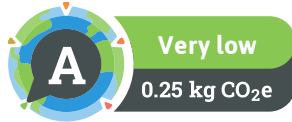
Recipe yield: 10 x 65g

Allergen Summary

Contains: Gluten (Barley, Wheat), Milk, Mustard

May contain: Sesame seeds

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



The CO₂e value maybe higher than stated, because one or more ingredients are missing required information.

Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|---------------|---------|------------------------------------|----------|---------|
| Bidfood | 18323 | EVFAV FULLY BAKED MLT WHT BAGUETTE | 10 | item |
| TUGO Food Ltd | 08676 | TUGO STANDARD BLEND CHEESE | 400 | g |
| TUGO Food Ltd | 38956EA | HABIBI HALAL PEPPERONI SLICES | 250 | g |

Allergen Information

For recipe #189624: Cheese & Pepperoni Panini WHOLEMEAL

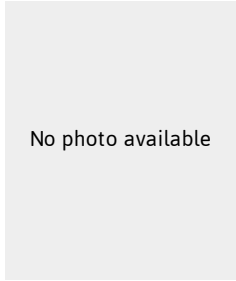
| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---|-------------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 189624 | Cheese & Pepperoni Panini WHOLEMEAL | | | | | ● | | ● | | ● | | | ○ | | |
| <i>Contains: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |
| 18323 | EVFAV FULLY BAKED MLT WHT BAGUETTE | | | | | ● | | | | | | | ○ | | |
| <i>Contains: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |
| 08676 | TUGO STANDARD BLEND CHEESE | | | | | | | ● | | | | | | | |
| 38956EA | HABIBI HALAL PEPPERONI SLICES | | | | | | | | | ● | | | | | |

- Item contains the allergen
- Item may contain the allergen
- ? No data has been provided about this allergen

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Cheese & Ham Panini WHOLEMEAL

#189630



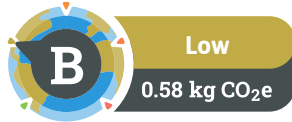
Recipe yield: 10 x 80g

Allergen Summary

Contains: Gluten (Barley, Wheat), Milk

May contain: Sesame seeds

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|---------------|---------|------------------------------------|----------|---------|
| Bidfood | 18323 | EVFAV FULLY BAKED MLT WHT BAGUETTE | 10 | item |
| TUGO Food Ltd | 08676 | TUGO STANDARD BLEND CHEESE | 400 | g |
| Bidfood | 15398 | HOUGHTON SLICED COOKED GAMMON HAM | 400 | g |

Allergen Information

For recipe #189630: Cheese & Ham Panini WHOLEMEAL

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---|------------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 189630 | Cheese & Ham Panini WHOLEMEAL | | | | | ● | | ● | | | | | ○ | | |
| <i>Contains: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |
| 18323 | EVFAV FULLY BAKED MLT WHT BAGUETTE | | | | | ● | | | | | | | ○ | | |
| <i>Contains: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |
| 08676 | TUGO STANDARD BLEND CHEESE | | | | | | | ● | | | | | | | |
| 15398 | HOUGHTON SLICED COOKED GAMMON HAM | | | | | | | | | | | | | | |

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- ? No data has been provided about this allergen

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Fresh Fruit Salad

#185294



Recipe yield: 10 x 90g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 135 | 122 |
| Energy (kcal) | 32 | 28 |
| Carbohydrates (g) | 7 | 6 |
| ...of which sugars (g) | 7 | 6 |
| Fat (g) | 0 | 0 |
| ...of which saturates (g) | 0 | 0 |
| Protein (g) | 1 | 0 |
| Fibre (g) | 1 | 1 |
| Sodium (mg) | 3 | 2 |

† If this symbol is displayed above it indicates that nutritional data could not be calculated because the ingredient(s) is missing nutritional or measure information. Please contact Pi Support for help. The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

No allergen warnings

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|--------------------|---------|-------------------------|----------|---------|
| Bidfood | 50357 | FRUIT COCKTAIL IN JUICE | 200 | g |
| Supreme Fine Foods | 9430E | Melon Water | 200 | g |
| Supreme Fine Foods | 9220K | Clementine / Satsuma | 300 | g |
| Supreme Fine Foods | 9410E | Melon Galia | 200 | g |

Allergen Information

For recipe #185294: Fresh Fruit Salad

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--------|-------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 185294 | Fresh Fruit Salad | | | | | | | | | | | | | | |
| 50357 | FRUIT COCKTAIL IN JUICE | | | | | | | | | | | | | | |
| 9430E | Melon Water | | | | | | | | | | | | | | |
| 9220K | Clementine / Satsuma | | | | | | | | | | | | | | |
| 9410E | Melon Galia | | | | | | | | | | | | | | |

- Item contains the allergen
- Item may contain the allergen
- ⚠ No data has been provided about this allergen

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Rainbow Rice

#189619



Recipe yield: 10 x 81g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 1,053 | 853 |
| Energy (kcal) | 252 | 204 |
| Carbohydrates (g) | 52 | 42 |
| ...of which sugars (g) | 2 | 1 |
| Fat (g) | 2 | 2 |
| ...of which saturates (g) | 0 | 0 |
| Protein (g) | 5 | 4 |
| Fibre (g) | 3 | 2 |
| Sodium (mg) | 4 | 3 |

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The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

No allergen warnings

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|--------------------|---------|---------------------------------|----------|---------|
| Bidfood | 25279 | EASY COOK BROWN LONG GRAIN RICE | 500 | g |
| Bidfood | 97692 | EVFAV MIXED PEPPERS DICED | 300 | g |
| Supreme Fine Foods | 11080E | Coriander | 10 | g |

Allergen Information

For recipe #189619: **Rainbow Rice**

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--------|---------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 189619 | Rainbow Rice | | | | | | | | | | | | | | |
| 25279 | EASY COOK BROWN LONG GRAIN RICE | | | | | | | | | | | | | | |
| 97692 | EVFAV MIXED PEPPERS DICED | | | | | | | | | | | | | | |
| 11080E | Coriander | | | | | | | | | | | | | | |

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- Item may contain the allergen
- ? No data has been provided about this allergen

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Tomato and Basil pasta with cheese

#184635

Tomato and Basil Pasta

 **Vegetarian**



Recipe yield: 10 x 254g

Nutritional Information

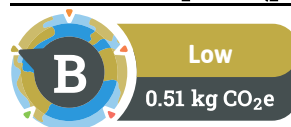
| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 630 | 1,599 |
| Energy (kcal) | 149 | 380 |
| Carbohydrates (g) | 22 | 55 |
| ...of which sugars (g) | 4 | 10 |
| Fat (g) | 4 | 9 |
| ...of which saturates (g) | 2 | 5 |
| Protein (g) | 7 | 17 |
| Fibre (g) | 3 | 8 |
| Sodium (mg) | 161 | 408 |

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Allergen Summary

Contains: Gluten (Wheat), Milk
May contain: Gluten (Barley)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|--------------------|---------|------------------------------------|----------|---------|
| Supreme Fine Foods | 11020E | Basil | 20 | g |
| Bidfood | 29607 | WHOLEMEAL PENNE PASTA | 600 | g |
| Bidfood | 29715 | EVFAV GRATED MATURED WHITE CHEDDAR | 200 | g |
| Piranha Recipes | 106921 | Recipe: GLT Tomato Base Sauce | 10 | serving |

Directions

- Heat the tomato & basil sauce
add the tomato puree into the tomato & basil sauce , mix well and simmer till thicken.
- Boil the spaghetti in the boiling water until tender and drain
- Mix the drained spaghetti into the tomato sauce
- Serve the spaghetti with the tomato sauce and top with the grated cheese at the point of service.

Allergen Information

For recipe #184635: **Tomato and Basil pasta with cheese**

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--|------------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 184635 | Tomato and Basil pasta with cheese | | | | | ● | | ● | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley)</i> | | | | | | | | | | | | | | | |
| 11020E | Basil | | | | | | | | | | | | | | |
| 29607 | WHOLEMEAL PENNE PASTA | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 29715 | EVFAV GRATED MATURED WHITE CHEDDAR | | | | | | | ● | | | | | | | |
| 106921 | Recipe: GLT Tomato Base Sauce | | | | | ○ | | | | | | | | | |
| <i>May contain: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |

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GLT Base Bechamel Sauce GLUTEN FREE

#159500

To make a gluten free version, use cornflour instead of plain flour

 Vegetarian



Recipe yield: 10 x 92g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 420 | 386 |
| Energy (kcal) | 100 | 92 |
| Carbohydrates (g) | 10 | 9 |
| ...of which sugars (g) | 4 | 3 |
| Fat (g) | 5 | 5 |
| ...of which saturates (g) | 3 | 3 |
| Protein (g) | 3 | 3 |
| Fibre (g) | 1 | 1 |
| Sodium (mg) | 313 | 288 |

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Allergen Summary

Contains: Milk

Carbon Footprint (per portion)



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Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|---------------------------------|---------|-----------------------------|----------|---------|
| NCB Foodservice - Fresh Produce | D1016 | MILK - SEMI SKIMMED (2LTR) | 500 | ml |
| Bidfood | 34587 | MARGARINE | 50 | g |
| Bidfood | 32654 | EUROSTAR CORN FLOUR | 50 | g |
| Bidfood | 83372 | CAULIFLOWER FLORETS | 300 | g |
| Bidfood | 4192 | 3663 VEGETABLE BOUILLON MIX | 20 | g |

Directions

Make a roux and add hot milk to thicken stirring regularly.

OR

Heat milk in a separate bowl mix a small amount of milk with cornflour till a smooth , add cornflour mixture stirring well after each addition.

Allergen Information

For recipe #159500: GLT Base Bechamel Sauce GLUTEN FREE

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--------|-------------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 159500 | GLT Base Bechamel Sauce GLUTEN FREE | | | | | | | ● | | | | | | | |
| D1016 | MILK - SEMI SKIMMED (2LTR) | | | | | | | ● | | | | | | | |
| 34587 | MARGARINE | | | | | | | | | | | | | | |
| 32654 | EUROSTAR CORN FLOUR | | | | | | | | | | | | | | |
| 83372 | CAULIFLOWER FLORETS | | | | | | | | | | | | | | |
| 4192 | 3663 VEGETABLE BOUILLON MIX | | | | | | | | | | | | | | |

- Item contains the allergen
- Item may contain the allergen
- ? No data has been provided about this allergen

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Mac & Cheese

#189586

vegetarian pasta dish

 **Vegetarian**



Recipe yield: 10 x 250g

Nutritional Information

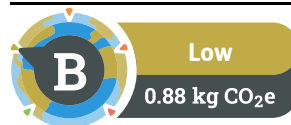
| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 1,049 | 2,623 |
| Energy (kcal) | 250 | 625 |
| Carbohydrates (g) | 28 | 69 |
| ...of which sugars (g) | 3 | 7 |
| Fat (g) | 10 | 26 |
| ...of which saturates (g) | 6 | 14 |
| Protein (g) | 11 | 26 |
| Fibre (g) | 3 | 7 |
| Sodium (mg) | 281 | 703 |

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Allergen Summary

Contains: Gluten (Wheat), Milk

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|-----------------|---------|---|----------|---------|
| TUGO Food Ltd | 08674 | TUGO VALUE BLEND CHEESE | 300 | g |
| Bidfood | 29715 | EVFAV GRATED MATURED WHITE CHEDDAR | 300 | g |
| Piranha Recipes | 159500 | Recipe: GLT Base Bechamel Sauce GLUTEN FREE | 10 | serving |
| Bidfood | 29607 | WHOLEMEAL PENNE PASTA | 800 | g |
| Bidfood | 98441 | 3663 SWEETCORN TT P/L | 500 | g |

Directions

1. Cook pasta according to manufacturer's instructions drain and set aside
2. In an appropriate saucepan melt the Butter over medium heat; stir in flour, and cook for 3-5 minutes to form a roux; slowly add warmed milk, stirring well after each addition. Stir in the Cheddar Cheese a small amount at a time until fully melted (Do not use the Tugo cheese yet!!).
3. Add the Cheese Sauce to the Macaroni and stir well, if the mixture is too stiff then add a little warmed milk to loosen the mix.
4. Decant into the appropriate container and sprinkle with the Tugo Cheese
5. Bake in the oven at 190C/375F/gas mark 5 for 12-15 minutes until hot, bubbling, and crisp on top.

TO MAKE THIS GLUTEN FREE REPLACE THE ROUX BASED CHEESE SAUCE BY MAKING SAUCE WITH MILK AND CORNFLOUR - RECIPE 106922 AND GF PASTA 30175

Allergen Information

For recipe #189586: Mac & Cheese

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---------------------------------|---|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 189586 | Mac & Cheese | | | | | ● | | ● | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 08674 | TUGO VALUE BLEND CHEESE | | | | | | | ● | | | | | | | |
| 29715 | EVFAV GRATED MATURED WHITE CHEDDAR | | | | | | | ● | | | | | | | |
| 29607 | WHOLEMEAL PENNE PASTA | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 98441 | 3663 SWEETCORN TT P/L | | | | | | | | | | | | | | |
| 159500 | Recipe: GLT Base Bechamel Sauce GLUTEN FREE | | | | | | | ● | | | | | | | |

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- Item may contain the allergen
- ⚠ No data has been provided about this allergen

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Cowboy Beans

#147069

Place the required rice into an appropriate Oven proof container Add the Pulses with the Spices and Seasoning. Make the Veg Bouillion with the required amount of tap wate. Cover the rice to a depth of around 2.5cm above the rice Tightly cover the container with Foil Bake the rice until tender (add more liquid during cooking if required).



Recipe yield: 10 x 56g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 383 | 214 |
| Energy (kcal) | 91 | 51 |
| Carbohydrates (g) | 10 | 6 |
| ...of which sugars (g) | 1 | 0 |
| Fat (g) | 2 | 1 |
| ...of which saturates (g) | 0 | 0 |
| Protein (g) | 5 | 3 |
| Fibre (g) | 5 | 3 |
| Sodium (mg) | 397 | 222 |

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Allergen Summary

May contain: Gluten (Barley, Oats, Rye, Wheat)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|-----------------------------------|----------|---------|
| Bidfood | 70375 | CHEF WILLIAM PAPRIKA 500G | 10 | g |
| Bidfood | 30158 | EVFAV GROUND CUMIN | 10 | g |
| Bidfood | 4666 | EVFAV VEG BOUIL PASTE. | 25 | g |
| Bidfood | 7261 | ROYAL CRWN FIVE BEAN SALAD IN WTR | 500 | g |
| Bidfood | 22216 | ET VOILA GARLIC PUREE | 10 | g |

Allergen Information

For recipe #147069: **Cowboy Beans**

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---|-----------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 147069 | Cowboy Beans | | | | | ○ | | | | | | | | | |
| <i>May contain: Gluten (Barley, Oats, Rye, Wheat)</i> | | | | | | | | | | | | | | | |
| 70375 | CHEF WILLIAM PAPRIKA 500G | | | | | | | | | | | | | | |
| 30158 | EVFAV GROUND CUMIN | | | | | ○ | | | | | | | | | |
| <i>May contain: Gluten (Barley, Oats, Rye, Wheat)</i> | | | | | | | | | | | | | | | |
| 4666 | EVFAV VEG BOUIL PASTE. | | | | | | | | | | | | | | |
| 7261 | ROYAL CRWN FIVE BEAN SALAD IN WTR | | | | | | | | | | | | | | |
| 22216 | ET VOILA GARLIC PUREE | | | | | | | | | | | | | | |

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- Item may contain the allergen
- ⚠ No data has been provided about this allergen

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Roast Chicken Dinner Primary

#184616

Roast chicken dinner For Non Halal use Bidfood 86980 RT RAW CHICKEN BREAST FILLET PTN 57G

 Halal



Recipe yield: 10 x 248g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 382 | 947 |
| Energy (kcal) | 90 | 224 |
| Carbohydrates (g) | 12 | 30 |
| ...of which sugars (g) | 2 | 4 |
| Fat (g) | 1 | 2 |
| ...of which saturates (g) | 0 | 1 |
| Protein (g) | 9 | 21 |
| Fibre (g) | 2 | 4 |
| Sodium (mg) | 178 | 441 |

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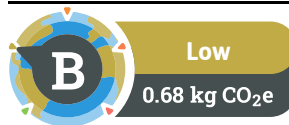
Allergen Summary

No allergen warnings

Tags

Nut Free, Lunch

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|---------------------------------|---------|--|----------|---------|
| Bidfood | 30646 | KNORR GRAVY GRAN MEAT 25L TT \$ | 75 | g |
| Love Joes | Q10934H | HALAL Plain Red Tractor Chicken Breast Steak (70-90g) Bag FROZEN | 800 | g |
| NCB Foodservice - Fresh Produce | P4000 | CARROTS (KG) | 300 | g |
| Bidfood | 4364 | EVFAV PEAS | 300 | g |
| NCB Foodservice - Fresh Produce | P2203 | POTATOES - MIDS (10KG) | 1000 | g |

Directions

Roast the chicken as per instructions or until the core temperature reaches 75c.
Serve Hot.

FOR THE ROAST POTATOES

1. Peel and wash potatoes.
2. Cut into appropriate size.
3. Part boil for 5-7 minutes.
4. Roast in oven 180C for approximately 1 hour or until golden brown and cooked or if you are using frozen roast potatoes follow the manufacturer cooking instructions.

served with the vegetables and gravy

Allergen Information

For recipe #184616: **Roast Chicken Dinner Primary**

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---------|--|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 184616 | Roast Chicken Dinner Primary | | | | | | | | | | | | | | |
| 30646 | KNORR GRAVY GRAN MEAT 25L TT \$ | | | | | | | | | | | | | | |
| Q10934H | HALAL Plain Red Tractor Chicken Breast Steak (70-90g) Bag FROZEN | | | | | | | | | | | | | | |
| P4000 | CARROTS (KG) | | | | | | | | | | | | | | |
| 4364 | EVFAV PEAS | | | | | | | | | | | | | | |
| P2203 | POTATOES - MIDS (10KG) | | | | | | | | | | | | | | |

- Item contains the allergen
- Item may contain the allergen
- ? No data has been provided about this allergen

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Cauliflower & Broccoli Cheese Bake

#176114

Make the White Sauce as per recipe and add the cheese and set aside. Add the cooked veg to the white sauce (enough to bind the mix) but make sure it is moist enough. Top with a sprinkle of cheese Serve with Roast Potatoes

 **Vegetarian**



Recipe yield: 10 x 325g

Nutritional Information

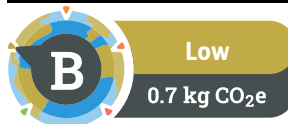
| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 501 | 1,629 |
| Energy (kcal) | 120 | 389 |
| Carbohydrates (g) | 11 | 35 |
| ...of which sugars (g) | 2 | 7 |
| Fat (g) | 6 | 21 |
| ...of which saturates (g) | 3 | 9 |
| Protein (g) | 5 | 15 |
| Fibre (g) | 2 | 6 |
| Sodium (mg) | 171 | 556 |

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Allergen Summary

Contains: Milk

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|---------------------------------|---------|---|----------|---------|
| Bidfood | 3435 | EVFAV EXTNDDED LIFE VEG OIL | 50 | ml |
| Bidfood | 83372 | CAULIFLOWER FLORETS | 600 | g |
| Bidfood | 42287 | Broccoli Florets 50-70mm | 600 | g |
| Piranha Recipes | 159500 | Recipe: GLT Base Bechamel Sauce GLUTEN FREE | 10 | serving |
| NCB Foodservice - Fresh Produce | P2131 | POTATOES - WASHED WHITES (25KG) | 1000 | g |
| TUGO Food Ltd | 08674 | TUGO VALUE BLEND CHEESE | 400 | g |

Allergen Information

For recipe #176114: **Cauliflower & Broccoli Cheese Bake**

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--------|---|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 176114 | Cauliflower & Broccoli Cheese Bake | | | | | | | ● | | | | | | | |
| 3435 | EVFAV EXTENDED LIFE VEG OIL | | | | | | | | | | | | | | |
| 83372 | CAULIFLOWER FLORETS | | | | | | | | | | | | | | |
| 42287 | Broccoli Florets 50-70mm | | | | | | | | | | | | | | |
| P2131 | POTATOES - WASHED WHITES (25KG) | | | | | | | | | | | | | | |
| 08674 | TUGO VALUE BLEND CHEESE | | | | | | | ● | | | | | | | |
| 159500 | Recipe: GLT Base Bechamel Sauce GLUTEN FREE | | | | | | | ● | | | | | | | |

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- Item may contain the allergen
- ? No data has been provided about this allergen

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Apple Crumble & Custard

#160448

Apple Crumble & Custard

 **Vegetarian**



Recipe yield: 10 x 83g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 1,079 | 895 |
| Energy (kcal) | 256 | 212 |
| Carbohydrates (g) | 37 | 31 |
| ...of which sugars (g) | 19 | 16 |
| Fat (g) | 10 | 9 |
| ...of which saturates (g) | 6 | 5 |
| Protein (g) | 3 | 2 |
| Fibre (g) | 2 | 1 |
| Sodium (mg) | 90 | 75 |

† If this symbol is displayed above it indicates that nutritional data could not be calculated because the ingredient(s) is missing nutritional or measure information. Please contact Pi Support for help. The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

Contains: Gluten (Wheat), Milk
May contain: Gluten (Barley)

Tags

Lunch

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|--------------------------------|----------|---------|
| Bidfood | 96886 | T&L GRANULATED SUGAR SACK | 100 | g |
| Bidfood | 34587 | MARGARINE | 100 | g |
| Bidfood | 42018 | PLAIN FLOUR: | 200 | g |
| Bidfood | 10451 | 3663 APPLE SOLID PK 2.6KG TT | 400 | g |
| Bidfood | 26182 | BIRDS INSTANT CUSTARD MIX BAGS | 32 | g |

Directions

Lay the fruit in the oven tray .
Mix the dry ingredients and butter together until crumble texture
heat the oven at 180c and put the crumble in the oven for approx 30 minutes

Allergen Information

For recipe #160448: **Apple Crumble & Custard**

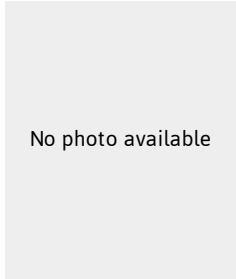
| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|-------------------------------------|--------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 160448 | Apple Crumble & Custard | | | | | ● | | ● | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley)</i> | | | | | | | | | | | | | | | |
| 96886 | T&L GRANULATED SUGAR SACK | | | | | | | | | | | | | | |
| 34587 | MARGARINE | | | | | | | | | | | | | | |
| 42018 | PLAIN FLOUR: | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley)</i> | | | | | | | | | | | | | | | |
| 10451 | 3663 APPLE SOLID PK 2.6KG TT | | | | | | | | | | | | | | |
| 26182 | BIRDS INSTANT CUSTARD MIX BAGS | | | | | | | ● | | | | | | | |

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- ? No data has been provided about this allergen

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Eat curious Beef Pasta Bolognese

#189607



Recipe yield: 10 x 264g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 534 | 1,408 |
| Energy (kcal) | 126 | 333 |
| Carbohydrates (g) | 19 | 50 |
| ...of which sugars (g) | 4 | 10 |
| Fat (g) | 2 | 4 |
| ...of which saturates (g) | 1 | 1 |
| Protein (g) | 8 | 21 |
| Fibre (g) | 3 | 8 |
| Sodium (mg) | 112 | 295 |

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The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

Contains: Gluten (Wheat)

May contain: Gluten (Barley)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|-------------------------|---------|------------------------------------|----------|---------|
| Bidfood | 22891 | EAT CURIOUS DEHYDRATED MINCE | 60 | g |
| Reeves Butchers Limited | RT2909 | RT Beef Halal Minced Beef 95% Lean | 360 | g |
| Piranha Recipes | 106921 | Recipe: GLT Tomato Base Sauce | 10 | serving |
| Bidfood | 29607 | WHOLEMEAL PENNE PASTA | 500 | g |

Directions

1. Hydrate Eat Curious Dehydrated Mince using 1 part Mince: 3 parts cold water (or stock):

For this recipe, add 80g Eat Curious Dehydrated Mince to a gastronorm tray or food-grade container.

Add 240ml water and stir well to fully submerge. . Cover and leave to hydrate for a minimum of 30 minutes. Cover and leave to hydrate for a minimum of 30 minutes.

Overnight hydration (chilled) is recommended for best yield and texture. Drain any excess liquid before using.

Allergen Information

For recipe #189607: **Eat curious Beef Pasta Bolognese**

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--|------------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 189607 | Eat curious Beef Pasta Bolognese | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley)</i> | | | | | | | | | | | | | | | |
| 22891 | EAT CURIOUS DEHYDRATED MINCE | | | | | | | | | | | | | | |
| RT2909 | RT Beef Halal Minced Beef 95% Lean | | | | | | | | | | | | | | |
| 29607 | WHOLEMEAL PENNE PASTA | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 106921 | Recipe: GLT Tomato Base Sauce | | | | | ○ | | | | | | | | | |
| <i>May contain: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |

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Eat curious Vegan Pasta Bolognese

#189610



Recipe yield: 10 x 237g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 565 | 1,338 |
| Energy (kcal) | 134 | 317 |
| Carbohydrates (g) | 21 | 50 |
| ...of which sugars (g) | 4 | 10 |
| Fat (g) | 1 | 3 |
| ...of which saturates (g) | 0 | 0 |
| Protein (g) | 8 | 19 |
| Fibre (g) | 4 | 10 |
| Sodium (mg) | 144 | 342 |

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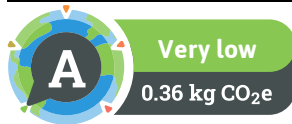
The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

Contains: Gluten (Wheat)

May contain: Gluten (Barley)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|-----------------|---------|-------------------------------|----------|---------|
| Bidfood | 22891 | EAT CURIOUS DEHYDRATED MINCE | 150 | g |
| Piranha Recipes | 106921 | Recipe: GLT Tomato Base Sauce | 10 | serving |
| Bidfood | 29607 | WHOLEMEAL PENNE PASTA | 500 | g |

Directions

- Hydrate Eat Curious Dehydrated Mince using 1 part Mince: 3 parts cold water (or stock):

For this recipe, add 80g Eat Curious Dehydrated Mince to a gastronorm tray or food-grade container.

Add 240ml water and stir well to fully submerge. . Cover and leave to hydrate for a minimum of 30 minutes. Cover and leave to hydrate for a minimum of 30 minutes.

Overnight hydration (chilled) is recommended for best yield and texture. Drain any excess liquid before using.

Allergen Information

For recipe #189610: Eat curious Vegan Pasta Bolognese

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--|-----------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 189610 | Eat curious Vegan Pasta Bolognese | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley)</i> | | | | | | | | | | | | | | | |
| 22891 | EAT CURIOUS DEHYDRATED MINCE | | | | | | | | | | | | | | |
| 29607 | WHOLEMEAL PENNE PASTA | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 106921 | Recipe: GLT Tomato Base Sauce | | | | | ○ | | | | | | | | | |
| <i>May contain: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |

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Fish Fingers and Chips and Peas

#184133

Fish Fingers



Recipe yield: 10 x 235g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 624 | 1,466 |
| Energy (kcal) | 148 | 349 |
| Carbohydrates (g) | 19 | 45 |
| ...of which sugars (g) | 1 | 3 |
| Fat (g) | 5 | 11 |
| ...of which saturates (g) | 1 | 1 |
| Protein (g) | 6 | 14 |
| Fibre (g) | 3 | 6 |
| Sodium (mg) | 189 | 445 |

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Allergen Summary

Contains: Fish, Gluten (Wheat)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|--------------------------------|----------|---------|
| Bidfood | 7397 | MSC YNG BRD ALASKA FISH FINGER | 750 | g |
| Bidfood | 4456 | EVFAV PETITS POIS | 300 | g |
| Bidfood | 76904 | GMTSEL CTD THCK CUT FRIES 14MM | 1000 | g |
| Bidfood | 30396 | EVFAV LOW SUGR SLT BAKD BEAN | 300 | g |

Directions

For all the products on this recipe follow the manufacturer cooking instruction

Allergen Information

For recipe #184133: Fish Fingers and Chips and Peas

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---------------------------------|---------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 184133 | Fish Fingers and Chips and Peas | | | | ● | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 7397 | MSC YNG BRD ALASKA FISH FINGER | | | | ● | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 4456 | EVFAV PETITS POIS | | | | | | | | | | | | | | |
| 76904 | GMTSEL CTD THCK CUT FRIES 14MM | | | | | | | | | | | | | | |
| 30396 | EVFAV LOW SUGR SLT BAKD BEAN | | | | | | | | | | | | | | |

- Item contains the allergen
- Item may contain the allergen
- ? No data has been provided about this allergen

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Salmon Fish Fingers

#184151

Salmon Fish Fingers



Recipe yield: 10 x 235g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 665 | 1,563 |
| Energy (kcal) | 158 | 372 |
| Carbohydrates (g) | 19 | 46 |
| ...of which sugars (g) | 1 | 3 |
| Fat (g) | 6 | 14 |
| ...of which saturates (g) | 1 | 2 |
| Protein (g) | 6 | 14 |
| Fibre (g) | 2 | 6 |
| Sodium (mg) | 145 | 341 |

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Allergen Summary

Contains: Fish, Gluten (Wheat)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|--------------------------------|----------|---------|
| Bidfood | 4364 | EVFAV PEAS | 300 | g |
| Bidfood | 4379 | EVFAV MSC SALMON FISH FINGER | 750 | g |
| Bidfood | 76904 | GMTSEL CTD THCK CUT FRIES 14MM | 1000 | g |
| Bidfood | 30396 | EVFAV LOW SUGR SLT BAKD BEAN | 300 | g |

Directions

For all the products on this recipe follow the manufacturer cooking instruction

Allergen Information

For recipe #184151: Salmon Fish Fingers

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---------------------------------|--------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 184151 | Salmon Fish Fingers | | | | ● | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 4364 | EVFAV PEAS | | | | | | | | | | | | | | |
| 4379 | EVFAV MSC SALMON FISH FINGER | | | | ● | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 76904 | GMTSEL CTD THCK CUT FRIES 14MM | | | | | | | | | | | | | | |
| 30396 | EVFAV LOW SUGR SLT BAKD BEAN | | | | | | | | | | | | | | |



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- ? No data has been provided about this allergen

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Vegetables Fingers served with Baked Chips

#184134

vegetable fingers chips

 **Vegetarian**  **Vegan**



Recipe yield: 10 x 244g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 618 | 1,508 |
| Energy (kcal) | 147 | 359 |
| Carbohydrates (g) | 21 | 52 |
| ...of which sugars (g) | 2 | 4 |
| Fat (g) | 5 | 11 |
| ...of which saturates (g) | 2 | 4 |
| Protein (g) | 4 | 9 |
| Fibre (g) | 3 | 8 |
| Sodium (mg) | 246 | 600 |

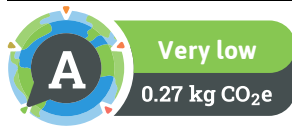
† If this symbol is displayed above it indicates that nutritional data could not be calculated because the ingredient(s) is missing nutritional or measure information. Please contact Pi Support for help.

The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

Contains: Gluten (Wheat)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|--------------------------------|----------|---------|
| Bidfood | 61373 | EVFAV VEGETABLE FINGERS | 30 | item |
| Bidfood | 76904 | GMTSEL CTD THCK CUT FRIES 14MM | 1000 | g |
| Bidfood | 30396 | EVFAV LOW SUGR SLT BAKD BEAN | 300 | g |
| Bidfood | 4364 | EVFAV PEAS | 300 | g |

Allergen Information

For recipe #184134: **Vegetables Fingers served with Baked Chips**

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---------------------------------|--|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 184134 | Vegetables Fingers served with Baked Chips | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 61373 | EVFAV VEGETABLE FINGERS | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 76904 | GMTSEL CTD THCK CUT FRIES 14MM | | | | | | | | | | | | | | |
| 30396 | EVFAV LOW SUGR SLT BAKD BEAN | | | | | | | | | | | | | | |
| 4364 | EVFAV PEAS | | | | | | | | | | | | | | |

- Item contains the allergen
- Item may contain the allergen
- ? No data has been provided about this allergen

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Lemon Shortbread

#185295

Lemon shortbread Can be made gluten free with Doves Farm Gluten Free Plain White Flour Free by Doves Farm | GENERAL / 93127



Recipe yield: 10 x 78g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 1,938 | 1,512 |
| Energy (kcal) | 460 | 359 |
| Carbohydrates (g) | 52 | 40 |
| ...of which sugars (g) | 17 | 13 |
| Fat (g) | 26 | 20 |
| ...of which saturates (g) | 15 | 11 |
| Protein (g) | 4 | 3 |
| Fibre (g) | 1 | 1 |
| Sodium (mg) | 226 | 176 |

† If this symbol is displayed above it indicates that nutritional data could not be calculated because the ingredient(s) is missing nutritional or measure information. Please contact Pi Support for help. The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

Contains: Gluten (Wheat), Sulphur dioxide

May contain: Gluten (Barley)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|-----------------------------------|----------|---------|
| Bidfood | 96886 | T&L GRANULATED SUGAR SACK | 125 | g |
| Bidfood | 32654 | EUROSTAR CORN FLOUR | 62.5 | g |
| Bidfood | 42018 | PLAIN FLOUR: | 313 | g |
| Bidfood | 34587 | MARGARINE | 250 | g |
| Bidfood | 17695 | VANILLA FLAVOURING | 12.5 | ml |
| Bidfood | 33562 | GOMO LEMON JUICE FROM CONCENTRATE | 15 | ml |

Directions

- 1.Heat the oven to 180C/375F/Gas 5.
- 2.Beat the butter and the sugar together until smooth.
- 3.Stir in the flour to get a smooth paste and 3 tsp of vanilla essence. ...and lemon juice
- 4.Turn onto a work surface and gently roll out until the paste is 1cm/½in thick,alternatively roll it into a big sausage and sliced it.
- 5.Cut into rounds or fingers and place onto a baking tray. ...
- 6.Bake in the oven for 15 minutes, or until pale golden-brown.
- 7. Dust with icing sugar.

Allergen Information

For recipe #185295: **Lemon Shortbread**

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|-------------------------------------|-----------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 185295 | Lemon Shortbread | | | | | ● | | | | | | | | | ● |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley)</i> | | | | | | | | | | | | | | | |
| 96886 | T&L GRANULATED SUGAR SACK | | | | | | | | | | | | | | |
| 32654 | EUROSTAR CORN FLOUR | | | | | | | | | | | | | | |
| 42018 | PLAIN FLOUR: | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley)</i> | | | | | | | | | | | | | | | |
| 34587 | MARGARINE | | | | | | | | | | | | | | |
| 17695 | VANILLA FLAVOURING | | | | | | | | | | | | | | |
| 33562 | GOMO LEMON JUICE FROM CONCENTRATE | | | | | | | | | | | | | | ● |

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Pinsa Sweetcorn & Pepper

#189613

Please vary pizza topping daily Spread Tomato sauce into the base evenly, and spread the grated cheese evenly. Cook pizza as per manufacturers instructions Cut into six even portions and serve

 **Vegetarian**



Recipe yield: 12 x 820g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 110 | 905 |
| Energy (kcal) | 26 | 217 |
| Carbohydrates (g) | 3 | 28 |
| ...of which sugars (g) | 0 | 2 |
| Fat (g) | 1 | 8 |
| ...of which saturates (g) | 0 | 3 |
| Protein (g) | 1 | 8 |
| Fibre (g) | 0 | 3 |
| Sodium (mg) | 61 | 497 |

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Allergen Summary

Contains: Gluten (Wheat), Milk, Soybeans

Tags

Morning break, Lunch

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|---------------|---------|---------------------------|----------|---------|
| TUGO Food Ltd | 08674 | TUGO VALUE BLEND CHEESE | 240 | g |
| Bidfood | 73506 | PIZZA SAUCE POUCH | 240 | g |
| TUGO Food Ltd | 32030 | Pinsa Romana | 433 | g |
| Bidfood | 98441 | 3663 SWEETCORN TT P/L | 30 | g |
| Bidfood | 97692 | EVFAV MIXED PEPPERS DICED | 20 | g |
| Bidfood | 1106 | 3663 WEDGES SEASONED TT | 500 | g |

Directions

Spread Tomato sauce into the base evenly, and spread the grated cheese evenly.

Cook pizza as per the manufacturer's instructions.

Cut pizza into six even portions and serve

Allergen Information

For recipe #189613: Pinsa Sweetcorn & Pepper

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---------------------------------|---------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 189613 | Pinsa Sweetcorn & Pepper | | | | | ● | | ● | | | | | | ● | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 08674 | TUGO VALUE BLEND CHEESE | | | | | | | ● | | | | | | | |
| 73506 | PIZZA SAUCE POUCH | | | | | | | | | | | | | | |
| 32030 | Pinsa Romana | | | | | ● | | | | | | | | ● | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 98441 | 3663 SWEETCORN TT P/L | | | | | | | | | | | | | | |
| 97692 | EVFAV MIXED PEPPERS DICED | | | | | | | | | | | | | | |
| 1106 | 3663 WEDGES SEASONED TT | | | | | | | | | | | | | | |

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Pinsa Cheese Pizza

#189609

Please vary pizza topping daily Spread Tomato sauce into the base evenly, and spread the grated cheese evenly. Cook pizza as per manufacturers instructions Cut into six even portions and serve

 **Vegetarian**



Recipe yield: 12 x 118g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 757 | 894 |
| Energy (kcal) | 181 | 214 |
| Carbohydrates (g) | 23 | 27 |
| ...of which sugars (g) | 2 | 2 |
| Fat (g) | 6 | 8 |
| ...of which saturates (g) | 3 | 3 |
| Protein (g) | 7 | 8 |
| Fibre (g) | 3 | 3 |
| Sodium (mg) | 421 | 497 |

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Allergen Summary

Contains: Gluten (Wheat), Milk, Soybeans

Tags

Morning break, Lunch

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|---------------|---------|-------------------------|----------|---------|
| TUGO Food Ltd | 08674 | TUGO VALUE BLEND CHEESE | 240 | g |
| Bidfood | 73506 | PIZZA SAUCE POUCH | 240 | g |
| TUGO Food Ltd | 32030 | Pinsa Romana | 433 | g |
| Bidfood | 1106 | 3663 WEDGES SEASONED TT | 500 | g |

Directions

Spread Tomato sauce into the base evenly, and spread the grated cheese evenly.

Cook pizza as per the manufacturer's instructions.

Cut pizza into six even portions and serve

Allergen Information

For recipe #189609: Pinsa Cheese Pizza

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---------------------------------|-------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 189609 | Pinsa Cheese Pizza | | | | | ● | | ● | | | | | | ● | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 08674 | TUGO VALUE BLEND CHEESE | | | | | | | ● | | | | | | | |
| 73506 | PIZZA SAUCE POUCH | | | | | | | | | | | | | | |
| 32030 | Pinsa Romana | | | | | ● | | | | | | | | ● | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 1106 | 3663 WEDGES SEASONED TT | | | | | | | | | | | | | | |

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Eat Curious Beef Lasagne

#176129

Beef Lasagne Can be made gluten free with 30178



Recipe yield: 10 x 355g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 506 | 1,797 |
| Energy (kcal) | 120 | 427 |
| Carbohydrates (g) | 14 | 49 |
| ...of which sugars (g) | 4 | 13 |
| Fat (g) | 4 | 14 |
| ...of which saturates (g) | 2 | 7 |
| Protein (g) | 7 | 24 |
| Fibre (g) | 2 | 7 |
| Sodium (mg) | 199 | 707 |

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Allergen Summary

Contains: Gluten (Wheat), Milk

May contain: Eggs, Gluten (Barley)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|-------------------------|---------|---|----------|---------|
| Bidfood | 21476 | DRIED PASTA LASAGNE | 300 | g |
| Piranha Recipes | 159500 | Recipe: GLT Base Bechamel Sauce GLUTEN FREE | 10 | serving |
| Piranha Recipes | 106921 | Recipe: GLT Tomato Base Sauce | 10 | serving |
| Bidfood | 22891 | EAT CURIOUS DEHYDRATED MINCE | 60 | g |
| Reeves Butchers Limited | RT2909 | RT Beef Halal Minced Beef 95% Lean | 350 | g |
| TUGO Food Ltd | 08676 | TUGO STANDARD BLEND CHEESE | 200 | g |

Directions

Hydrate Eat Curious Dehydrated Mince using 1 part Mince: 3 parts cold water (or stock):

For this recipe, add 80g Eat Curious Dehydrated Mince to a gastronorm tray or food-grade container.

Add 240ml water and stir well to fully submerge. . Cover and leave to hydrate for a minimum of 30 minutes. Cover and leave to hydrate for a minimum of 30 minutes.

Overnight hydration (chilled) is recommended for best yield and texture. Drain any excess liquid before using.

Diced the onion and fry gently with the garlic & Mixed Herbs until softened

Add the Mince and fry until browned, remove the excess fat then add the lentils.

Add the Tomato Paste and the Tomatoes and simmer until reduced and the lentils are cooked.

Assemble the Lasagne by layering the dish with the Pasta Sheets and Beef mix, the final layer should be White Sauce

Sprinkle with Cheese and bake until the Pasta sheets are tender

Serve with Wedges & Sweetcorn

Allergen Information

For recipe #176129: **Eat Curious Beef Lasagne**

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--|---|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 176129 | Eat Curious Beef Lasagne | | | ○ | | ● | | ● | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley)</i> | | | | | | | | | | | | | | | |
| 21476 | DRIED PASTA LASAGNE | | | ○ | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 22891 | EAT CURIOUS DEHYDRATED MINCE | | | | | | | | | | | | | | |
| RT2909 | RT Beef Halal Minced Beef 95% Lean | | | | | | | | | | | | | | |
| 08676 | TUGO STANDARD BLEND CHEESE | | | | | | | ● | | | | | | | |
| 159500 | Recipe: GLT Base Bechamel Sauce GLUTEN FREE | | | | | | | ● | | | | | | | |
| 106921 | Recipe: GLT Tomato Base Sauce | | | | | ○ | | | | | | | | | |
| <i>May contain: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |

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Roasted Veg Lasagna Primary

#167390



Recipe yield: 10 x 389g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 489 | 1,903 |
| Energy (kcal) | 116 | 452 |
| Carbohydrates (g) | 13 | 51 |
| ...of which sugars (g) | 4 | 16 |
| Fat (g) | 4 | 16 |
| ...of which saturates (g) | 2 | 9 |
| Protein (g) | 6 | 25 |
| Fibre (g) | 2 | 8 |
| Sodium (mg) | 134 | 522 |

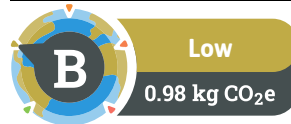
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Allergen Summary

Contains: Gluten (Wheat), Milk

May contain: Eggs, Gluten (Barley)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|-----------------|---------|---------------------------------|----------|---------|
| Bidfood | 21476 | DRIED PASTA LASAGNE | 300 | g |
| Piranha Recipes | 159499 | Recipe: GLT Base Bechamel Sauce | 8 | serving |
| Piranha Recipes | 106921 | Recipe: GLT Tomato Base Sauce | 8 | serving |
| Bidfood | 4514 | EVFAV RATATOUILLE | 500 | g |
| Bidfood | 22891 | EAT CURIOUS DEHYDRATED MINCE | 150 | g |
| TUGO Food Ltd | 08676 | TUGO STANDARD BLEND CHEESE | 200 | g |

Directions

Hydrate Eat Curious Dehydrated Mince using 1 part Mince: 3 parts cold water (or stock):

For this recipe, add 80g Eat Curious Dehydrated Mince to a gastronorm tray or food-grade container.

Add 240ml water and stir well to fully submerge. . Cover and leave to hydrate for a minimum of 30 minutes. Cover and leave to hydrate for a minimum of 30 minutes.

Overnight hydration (chilled) is recommended for best yield and texture. Drain any excess liquid before using.

Allergen Information

For recipe #167390: **Roasted Veg Lasagna Primary**

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--|---------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 167390 | Roasted Veg Lasagna Primary | | | ○ | | ● | | ● | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley)</i> | | | | | | | | | | | | | | | |
| 21476 | DRIED PASTA LASAGNE | | | ○ | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 4514 | EVFAV RATATOUILLE | | | | | | | | | | | | | | |
| 22891 | EAT CURIOUS DEHYDRATED MINCE | | | | | | | | | | | | | | |
| 08676 | TUGO STANDARD BLEND CHEESE | | | | | | | ● | | | | | | | |
| 159499 | Recipe: GLT Base Bechamel Sauce | | | | | ● | | ● | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley)</i> | | | | | | | | | | | | | | | |
| 106921 | Recipe: GLT Tomato Base Sauce | | | | | ○ | | | | | | | | | |
| <i>May contain: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |

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Old School Sprinkle Cake Pri

#167375



Recipe yield: 10 x 79g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 1,644 | 1,299 |
| Energy (kcal) | 390 | 308 |
| Carbohydrates (g) | 53 | 42 |
| ...of which sugars (g) | 38 | 30 |
| Fat (g) | 17 | 14 |
| ...of which saturates (g) | 9 | 7 |
| Protein (g) | 5 | 4 |
| Fibre (g) | 1 | 1 |
| Sodium (mg) | 232 | 183 |

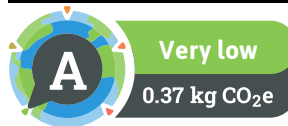
† If this symbol is displayed above it indicates that nutritional data could not be calculated because the ingredient(s) is missing nutritional or measure information. Please contact Pi Support for help. The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

Contains: Eggs, Gluten (Wheat)

May contain: Gluten (Barley, Oats, Rye)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|-------------------------------|----------|---------|
| Bidfood | 34080 | EVFAV SELF RAISING FLOUR | 150 | g |
| Bidfood | 34587 | MARGARINE | 150 | g |
| Bidfood | 4285 | 3663 FREE RANGE MED LION EGGS | 3 | item |
| Bidfood | 17695 | VANILLA FLAVOURING | 7 | ml |
| Bidfood | 16165 | T&L CASTER SUGAR TT | 150 | g |
| Bidfood | 15792 | T&L ICING SUGAR. test | 150 | g |
| Bidfood | 26026 | WAVERLEY ASSORT SUGR STRD | 10 | g |

Directions

- **step 1**

Heat the oven to 180C/160C fan/gas 4. Butter a 20 x 30cm cake tin and line with baking parchment. Put the butter and sugar in a large [bowl](#) and [whisk](#) for a few minutes until pale and fluffy. Add the eggs, flour, milk and vanilla and beat again until you have a smooth batter.

- **step 2**

Scrape the batter into the prepared tin, spread right to the corners and smooth the surface. Bake for 40-45 mins or until a skewer inserted into the centre comes out clean, checking at 5 min intervals if it isn't ready after 45 mins. Leave the sponge to cool on a wire rack.

- **step 3**

Mix the icing sugar with enough water to make a thick icing. Spread the icing over the cooled cake, then top with lots of sprinkles – the surface should be almost completely covered. Leave for at least 1 hr to set. Cut into squares

Allergen Information

For recipe #167375: Old School Sprinkle Cake Pri

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--|-------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 167375 | Old School Sprinkle Cake Pri | | | ● | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley, Oats, Rye)</i> | | | | | | | | | | | | | | | |
| 34080 | EVFAV SELF RAISING FLOUR | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley, Oats, Rye)</i> | | | | | | | | | | | | | | | |
| 34587 | MARGARINE | | | | | | | | | | | | | | |
| 4285 | 3663 FREE RANGE MED LION EGGS | | | ● | | | | | | | | | | | |
| 17695 | VANILLA FLAVOURING | | | | | | | | | | | | | | |
| 16165 | T&L CASTER SUGAR TT | | | | | | | | | | | | | | |
| 15792 | T&L ICING SUGAR. test | | | | | | | | | | | | | | |
| 26026 | WAVERLEY ASSORT SUGR STRD | | | | | | | | | | | | | | |

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- Item may contain the allergen
- ? No data has been provided about this allergen

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Vegetable parcel

#184128

Vegetable Parcel



Recipe yield: 10 x 196g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 822 | 1,611 |
| Energy (kcal) | 197 | 386 |
| Carbohydrates (g) | 17 | 34 |
| ...of which sugars (g) | 2 | 4 |
| Fat (g) | 10 | 20 |
| ...of which saturates (g) | 5 | 10 |
| Protein (g) | 7 | 14 |
| Fibre (g) | 3 | 5 |
| Sodium (mg) | 139 | 272 |

† If this symbol is displayed above it indicates that nutritional data could not be calculated because the ingredient(s) is missing nutritional or measure information. Please contact Pi Support for help. The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

Contains: Gluten (Wheat), Soybeans

May contain: Gluten (Barley, Oats, Rye)

Tags

Lunch

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|--|----------|---------|
| Bidfood | 60756 | Everyday Favourites Puff Pastry Sheets | 750 | g |
| Bidfood | 30158 | EVFAV GROUND CUMIN | 12.5 | g |
| Bidfood | 4514 | EVFAV RATATOUILLE | 700 | g |
| Bidfood | 45738 | KATER VEG VEGAN MINCE | 500 | g |

Directions

1. diced the onions, potato, carrot
2. in a oiled hot pan, saute the onion until soften , add in the frozen quorn , potato and carrot; cook for 10 minutes. Add in the herbs and seasoning , add in the frozen veg and cook till half soften
3. cut the soften puff pastry into square shape (4"x4"), scoop the mixture from 2 and spread even and sprinkle some mature grated cheese and baked in the 180 C dry heat oven until golden brown and reaches 75 C or above

Allergen Information

For recipe #184128: **Vegetable parcel**

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---|--|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 184128 | Vegetable parcel | | | | | ● | | | | | | | | ● | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley, Oats, Rye)</i> | | | | | | | | | | | | | | | |
| 60756 | Everyday Favourites Puff Pastry Sheets | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 30158 | EVFAV GROUND CUMIN | | | | | ○ | | | | | | | | | |
| <i>May contain: Gluten (Barley, Oats, Rye, Wheat)</i> | | | | | | | | | | | | | | | |
| 4514 | EVFAV RATATOUILLE | | | | | | | | | | | | | | |
| 45738 | KATER VEG VEGAN MINCE | | | | | | | | | | | | | ● | |

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Chicken creamy curry With Rice

#184146

Mild Creamy Curry with rice

 Halal



Recipe yield: 10 x 318g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 528 | 1,678 |
| Energy (kcal) | 126 | 401 |
| Carbohydrates (g) | 16 | 52 |
| ...of which sugars (g) | 3 | 8 |
| Fat (g) | 4 | 11 |
| ...of which saturates (g) | 2 | 7 |
| Protein (g) | 6 | 21 |
| Fibre (g) | 2 | 6 |
| Sodium (mg) | 118 | 377 |

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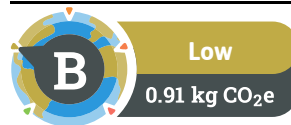
Allergen Summary

No allergen warnings

Tags

Lunch

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|-----------|----------|--|----------|---------|
| Bidfood | 5634 | TOMATO PASTE 800G TT | 200 | g |
| Bidfood | 48576 | EVFAV CHOPPED TOMATOES | 800 | g |
| Bidfood | 70369 | CHEF WILLIAM GARAM MASALA | 5 | g |
| Bidfood | 70395 | EVFAV MADRAS CURRY POWDER | 20 | g |
| Love Joes | C1112303 | Tikka Flavour Red Tractor Sliced Chicken FRESH | 750 | g |
| Bidfood | 4506 | EVFAV COUNTRY STYLE VEG MIX | 500 | g |
| Bidfood | 29825 | THAI COCONUT MILK | 1 | item |
| Bidfood | 25279 | EASY COOK BROWN LONG GRAIN RICE | 500 | g |

Directions

Season chicken with garam masala and curry powder and cook to 75c

Place in a little oil and brown add the chopped tomatoes, puree and water, mix well and bring to a boil, simmer until thickened add cooked chicken

Cook rice

Allergen Information

For recipe #184146: Chicken creamy curry With Rice

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|----------|--|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 184146 | Chicken creamy curry With Rice | | | | | | | | | | | | | | |
| 5634 | TOMATO PASTE 800G TT | | | | | | | | | | | | | | |
| 48576 | EVFAV CHOPPED TOMATOES | | | | | | | | | | | | | | |
| 70369 | CHEF WILLIAM GARAM MASALA | | | | | | | | | | | | | | |
| 70395 | EVFAV MADRAS CURRY POWDER | | | | | | | | | | | | | | |
| C1112303 | Tikka Flavour Red Tractor Sliced Chicken FRESH | | | | | | | | | | | | | | |
| 4506 | EVFAV COUNTRY STYLE VEG MIX | | | | | | | | | | | | | | |
| 29825 | THAI COCONUT MILK | | | | | | | | | | | | | | |
| 25279 | EASY COOK BROWN LONG GRAIN RICE | | | | | | | | | | | | | | |

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Blueberry Traybake

#185997

 **Vegetarian**



Recipe yield: 48 x 84g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 1,617 | 1,358 |
| Energy (kcal) | 384 | 323 |
| Carbohydrates (g) | 40 | 34 |
| ...of which sugars (g) | 20 | 17 |
| Fat (g) | 22 | 19 |
| ...of which saturates (g) | 12 | 10 |
| Protein (g) | 5 | 4 |
| Fibre (g) | 1 | 1 |
| Sodium (mg) | 291 | 245 |

† If this symbol is displayed above it indicates that nutritional data could not be calculated because the ingredient(s) is missing nutritional or measure information. Please contact Pi Support for help.

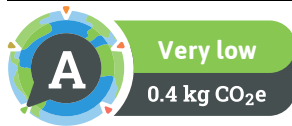
The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

Contains: Eggs, Gluten (Wheat)

May contain: Gluten (Barley, Oats, Rye)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|-------------------------------|----------|---------|
| Bidfood | 34080 | EVFAV SELF RAISING FLOUR | 1 | Kg |
| Bidfood | 34587 | MARGARINE | 1 | Kg |
| Bidfood | 4285 | 3663 FREE RANGE MED LION EGGS | 16 | item |
| Bidfood | 17695 | VANILLA FLAVOURING | 100 | ml |
| Bidfood | 16165 | T&L CASTER SUGAR TT | 800 | g |
| Bidfood | 4614 | BLUEBERIES.. | 200 | g |

Directions

Make the standard sponge mix by:

Cream the fat and sugar together in a mixer until it turns white.

Add a small amount of the flour to this mix, this will help to prevent the mix splitting when the eggs are added.

Add the beaten eggs and Vanilla essence

Whisk until properly combined.

Add the remaining flour to form a batter like consistency.

Place into a greased lined tray and bake at 170c for approx 20 minutes or until you can insert a skewer and out comes out clean.

Allergen Information

For recipe #185997: **Blueberry Traybake**

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--|-------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 185997 | Blueberry Traybake | | | ● | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley, Oats, Rye)</i> | | | | | | | | | | | | | | | |
| 34080 | EVFAV SELF RAISING FLOUR | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley, Oats, Rye)</i> | | | | | | | | | | | | | | | |
| 34587 | MARGARINE | | | | | | | | | | | | | | |
| 4285 | 3663 FREE RANGE MED LION EGGS | | | ● | | | | | | | | | | | |
| 17695 | VANILLA FLAVOURING | | | | | | | | | | | | | | |
| 16165 | T&L CASTER SUGAR TT | | | | | | | | | | | | | | |
| 4614 | BLUEBERIES.. | | | | | | | | | | | | | | |

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Quorn Nuggets with Chips and Baked Beans

#176118

Quorn Nuggets Chips & Beans

 **Vegetarian**



Recipe yield: 10 x 244g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 627 | 1,531 |
| Energy (kcal) | 149 | 364 |
| Carbohydrates (g) | 21 | 52 |
| ...of which sugars (g) | 2 | 4 |
| Fat (g) | 3 | 7 |
| ...of which saturates (g) | 0 | 1 |
| Protein (g) | 6 | 16 |
| Fibre (g) | 6 | 15 |
| Sodium (mg) | 302 | 738 |

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Allergen Summary

Contains: Gluten (Wheat)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|--------------------------------|----------|---------|
| Bidfood | 74705 | QUORN VEGAN NUGGETS 21G | 840 | g |
| Bidfood | 30396 | EVFAV LOW SUGR SLT BAKD BEAN | 300 | g |
| Bidfood | 76904 | GMTSEL CTD THCK CUT FRIES 14MM | 1000 | g |
| Bidfood | 4364 | EVFAV PEAS | 300 | g |

Directions

For all the products on this recipe follow the manufacturer cooking instructions

Allergen Information

For recipe #176118: Quorn Nuggets with Chips and Baked Beans

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|---------------------------------|--|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 176118 | Quorn Nuggets with Chips and Baked Beans | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 74705 | QUORN VEGAN NUGGETS 21G | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| 30396 | EVFAV LOW SUGR SLT BAKD BEAN | | | | | | | | | | | | | | |
| 76904 | GMTSEL CTD THCK CUT FRIES 14MM | | | | | | | | | | | | | | |
| 4364 | EVFAV PEAS | | | | | | | | | | | | | | |



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GLT Tomato Base Sauce

#106921

Rich tomato base sauce Gustoso Gluten Free Penne Pasta Gustoso | GENERAL | 30175 for gluten free Contains 30grms of Red Lentils per portion, for calculating protein content of a dish.

 **Vegetarian**  **Vegan**



Recipe yield: 80 x 172g

Nutritional Information

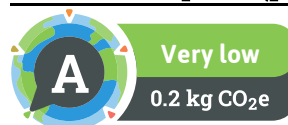
| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 233 | 401 |
| Energy (kcal) | 55 | 95 |
| Carbohydrates (g) | 9 | 16 |
| ...of which sugars (g) | 5 | 8 |
| Fat (g) | 1 | 1 |
| ...of which saturates (g) | 0 | 0 |
| Protein (g) | 3 | 5 |
| Fibre (g) | 2 | 4 |
| Sodium (mg) | 150 | 258 |

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Allergen Summary

May contain: Gluten (Barley, Wheat)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|---------------------------------|---------|---------------------------|----------|---------|
| NCB Foodservice - Fresh Produce | P4200 | ONIONS - SPANISH (KG) | 1600 | g |
| NCB Foodservice - Fresh Produce | P4000 | CARROTS (KG) | 1600 | g |
| NCB Foodservice - Fresh Produce | P9042 | BASIL (100GRMS) | 320 | g |
| Bidfood | 56614 | RED LENTILS TT | 800 | g |
| Bidfood | 96886 | T&L GRANULATED SUGAR SACK | 80 | g |
| Bidfood | 2108 | TOMATO PASTE | 800 | g |
| Bidfood | 4669 | EVFAV WHITE WINE VINEGAR | 160 | ml |
| Bidfood | 22216 | ET VOILA GARLIC PUREE | 160 | g |
| Bidfood | 17576 | 3663 CHOPPED TOMATOES TT | 8000 | g |
| Bidfood | 4666 | EVFAV VEG BOUIL PASTE. | 200 | g |

Directions

Method

Fry onions, carrots

add sugar, vinegar

add red lentils

add toms & paste

add approx 2.5 ltr water

add fresh basil

Blend.

.

Allergen Information

For recipe #106921: GLT Tomato Base Sauce

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--|---------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 106921 | GLT Tomato Base Sauce | | | | | ○ | | | | | | | | | |
| <i>May contain: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |
| P4200 | ONIONS - SPANISH (KG) | | | | | | | | | | | | | | |
| P4000 | CARROTS (KG) | | | | | | | | | | | | | | |
| P9042 | BASIL (100GRMS) | | | | | | | | | | | | | | |
| 56614 | RED LENTILS TT | | | | | ○ | | | | | | | | | |
| <i>May contain: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |
| 96886 | T&L GRANULATED SUGAR SACK | | | | | | | | | | | | | | |
| 2108 | TOMATO PASTE | | | | | | | | | | | | | | |
| 4669 | EVFAV WHITE WINE VINEGAR | | | | | | | | | | | | | | |
| 22216 | ET VOILA GARLIC PUREE | | | | | | | | | | | | | | |
| 17576 | 3663 CHOPPED TOMATOES TT | | | | | | | | | | | | | | |
| 4666 | EVFAV VEG BOUIL PASTE. | | | | | | | | | | | | | | |

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Banana & Toffee sponge

#119467

Banana & Toffee Sponge

 **Vegetarian**



Recipe yield: 10 x 159g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 1,085 | 1,726 |
| Energy (kcal) | 257 | 409 |
| Carbohydrates (g) | 35 | 55 |
| ...of which sugars (g) | 16 | 25 |
| Fat (g) | 11 | 17 |
| ...of which saturates (g) | 6 | 9 |
| Protein (g) | 5 | 7 |
| Fibre (g) | 2 | 2 |
| Sodium (mg) | 169 | 269 |

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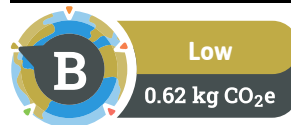
Allergen Summary

Contains: Eggs, Gluten (Oats, Wheat), Milk
May contain: Gluten (Barley, Rye)

Tags

Nut Free, Lunch

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|---------------------------------|---------|--------------------------------------|----------|---------|
| Bidfood | 96891 | T&L DARK BROWN SOFT SUGAR | 75 | g |
| Bidfood | 96886 | T&L GRANULATED SUGAR SACK | 100 | g |
| Bidfood | 34587 | MARGARINE | 175 | g |
| Bidfood | 42228 | MORNFLAKE SUPERFAST OATS 3KG | 100 | g |
| Bidfood | 17695 | VANILLA FLAVOURING | 5 | ml |
| Bidfood | 6152 | SEMI SKIMMED MILK BAG BOX 24 PINT () | 500 | ml |
| Bidfood | 26182 | BIRDS INSTANT CUSTARD MIX BAGS | 25 | g |
| Bidfood | 34080 | EVFAV SELF RAISING FLOUR | 300 | g |
| Bidfood | 9126 | EVFAV FREE RANGE MED LION EGG | 2 | item |
| NCB Foodservice - Fresh Produce | F3010 | BANANA (KG) | 200 | g |

Directions

Lay the fruit in the oven tray **.make the toffee sauce (recipe below)**

Cream butter and caster sugar together until pale cream add the eggs mix well after add the dry ingredients mix well and pour on top of the fruit heat the oven at 180c and put the sponge in the oven for approx 30-40 minutes

TOFFEE SAUCE

- 50g butter
- 3 tablespoons plain flour
- 150g dark brown soft sugar
- 250ml cold milk
- 1/4 teaspoon vanilla extract

1. **Melt butter in a small saucepan set over medium heat. In a medium-size bowl, stir flour with sugar. Then whisk into melted butter until mixture is moistened. Stir in milk until smooth. Cook, whisking frequently, until thickened and smooth, about 5 minutes. Stir in vanilla. Remove from heat.**

Allergen Information

For recipe #119467: **Banana & Toffee sponge**

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--|--------------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 119467 | Banana & Toffee sponge | | | ● | | ● | | ● | | | | | | | |
| <i>Contains: Gluten (Oats, Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley, Rye)</i> | | | | | | | | | | | | | | | |
| 96891 | T&L DARK BROWN SOFT SUGAR | | | | | | | | | | | | | | |
| 96886 | T&L GRANULATED SUGAR SACK | | | | | | | | | | | | | | |
| 34587 | MARGARINE | | | | | | | | | | | | | | |
| 42228 | MORNFLAKE SUPERFAST OATS 3KG | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Oats)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |
| 17695 | VANILLA FLAVOURING | | | | | | | | | | | | | | |
| 6152 | SEMI SKIMMED MILK BAG BOX 24 PINT () | | | | | | | ● | | | | | | | |
| 26182 | BIRDS INSTANT CUSTARD MIX BAGS | | | | | | | ● | | | | | | | |
| 34080 | EVFAV SELF RAISING FLOUR | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley, Oats, Rye)</i> | | | | | | | | | | | | | | | |
| 9126 | EVFAV FREE RANGE MED LION EGG | | | ● | | | | | | | | | | | |
| F3010 | BANANA (KG) | | | | | | | | | | | | | | |

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Cocoa & beetroot brownie

#184123

Chocolate Brownie

 Vegetarian



Recipe yield: 10 x 100g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 1,257 | 1,257 |
| Energy (kcal) | 298 | 298 |
| Carbohydrates (g) | 32 | 32 |
| ...of which sugars (g) | 16 | 16 |
| Fat (g) | 15 | 15 |
| ...of which saturates (g) | 8 | 8 |
| Protein (g) | 7 | 7 |
| Fibre (g) | 4 | 4 |
| Sodium (mg) | 500 | 500 |

† If this symbol is displayed above it indicates that nutritional data could not be calculated because the ingredient(s) is missing nutritional or measure information. Please contact Pi Support for help. The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

Contains: Eggs, Gluten (Wheat)

May contain: Gluten (Barley)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|----------|---------|-------------------------------|----------|---------|
| Bidfood | 34587 | MARGARINE | 150 | g |
| Bidfood | 42018 | PLAIN FLOUR: | 200 | g |
| Bidfood | 96886 | T&L GRANULATED SUGAR SACK | 150 | g |
| Bidfood | 26385 | FRESHERS LOW FAT COCOA POWDER | 100 | g |
| Bidfood | 17695 | VANILLA FLAVOURING | 10 | ml |
| Bidfood | 60426 | GLUTEN FREE BAKING POWDER | 20 | g |
| Bidfood | 9126 | EVFAV FREE RANGE MED LION EGG | 3 | item |
| Bidfood | 88328 | DICED BEETROOT IN WATER | 200 | g |

Directions

Preheat the oven to 180 C (160 C Fan)/350 F/Gas Mark 4

Line a 20 cm/ 8 in square tin with grease proof or baking paper.

Measure the butter and melted .

Add the eggs, vanilla, sugar and whiz until well mixed, then add the flour, cocoa powder and beetroot.

Whisk again, then spoon into the tin.

Bake for 30 minutes until set and just firm in the middle.

Leave until cool, then slice into 12 squares.

Allergen Information

For recipe #184123: **Cocoa & beetroot brownie**



| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|-------------------------------------|-------------------------------|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 184123 | Cocoa & beetroot brownie | | | ● | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley)</i> | | | | | | | | | | | | | | | |
| 34587 | MARGARINE | | | | | | | | | | | | | | |
| 42018 | PLAIN FLOUR: | | | | | ● | | | | | | | | | |
| <i>Contains: Gluten (Wheat)</i> | | | | | | | | | | | | | | | |
| <i>May contain: Gluten (Barley)</i> | | | | | | | | | | | | | | | |
| 96886 | T&L GRANULATED SUGAR SACK | | | | | | | | | | | | | | |
| 26385 | FRESHERS LOW FAT COCOA POWDER | | | | | | | | | | | | | | |
| 17695 | VANILLA FLAVOURING | | | | | | | | | | | | | | |
| 60426 | GLUTEN FREE BAKING POWDER | | | | | | | | | | | | | | |
| 9126 | EVFAV FREE RANGE MED LION EGG | | | ● | | | | | | | | | | | |
| 88328 | DICED BEETROOT IN WATER | | | | | | | | | | | | | | |

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Sweet Potato, Chickpea and Spinach Curry

#160245

 Vegetarian  Vegan



Recipe yield: 10 x 305g

Nutritional Information

| | Per 100g | Per Portion |
|---------------------------|----------|-------------|
| Energy (kJ) | 539 | 1,643 |
| Energy (kcal) | 128 | 391 |
| Carbohydrates (g) | 20 | 60 |
| ...of which sugars (g) | 2 | 7 |
| Fat (g) | 3 | 10 |
| ...of which saturates (g) | 2 | 5 |
| Protein (g) | 4 | 13 |
| Fibre (g) | 3 | 9 |
| Sodium (mg) | 45 | 137 |

† If this symbol is displayed above it indicates that nutritional data could not be calculated because the ingredient(s) is missing nutritional or measure information. Please contact Pi Support for help. The calculated nutritional values above are based on the composition of the ingredients in their uncooked state and are indicative only.

Allergen Summary

May contain: Gluten (Barley, Wheat)

Carbon Footprint (per portion)



To help you evaluate the carbon footprint per portion, we apply an A (very low) to E (very high) grade range. Scan the QR code to learn more about Carbon Footprints.



Ingredients

| SUPPLIER | CODE/ID | DESCRIPTION | QUANTITY | MEASURE |
|--|---------|---|----------|---------|
| Bidfood | 29825 | THAI COCONUT MILK | 0.8 | item |
| Bidfood | 3444 | 3663 EXTENDED LIFE VEG OIL TT | 10 | ml |
| Bidfood | 17576 | 3663 CHOPPED TOMATOES TT | 0.25 | item |
| Sheringhams Fine Foods - OLD Now Menu Partners | 164-W | ONION LARGE | 300 | g |
| Bidfood | 70403 | CHEF WILLIAM MILD MADRAS CURRY | 30 | g |
| NCB Foodservice - Fresh Produce | P9012 | CORIANDER (100GRMS) | 20 | g |
| NCB Foodservice - Fresh Produce | P3130 | SWEET POTATO (KG) | 300 | g |
| Bidfood | 22216 | ET VOILA GARLIC PUREE | 20 | g |
| NCB Foodservice - Fresh Produce | P3040 | GINGER (KG) | 20 | g |
| Bidfood | 98472 | EVFAV CHOPPED LEAF SPINACH | 300 | g |
| Bidfood | 98544 | CHICK PEAS IN WATER | 600 | g |
| Piranha Recipes | 139472 | Recipe: GLT Sides- Brown and White Rice PRI | 10 | serving |
| Bidfood | 56614 | RED LENTILS TT | 100 | g |

Directions

Fry chopped onions, add the spices, and cook for 2 mins, add tomatoes, sweet potatoes, lentils and chickpeas. Add Coconut Milk and reduce slightly until sweet potatoes are softened but still holding shape. Add the chopped spinach 5 mins from the end to retain the colour and garnish with fresh chopped coriander.

Cook the rice to manufacturers instructions

Allergen Information

For recipe #160245: Sweet Potato, Chickpea and Spinach Curry

| | | Celery | Crustaceans | Eggs | Fish | Gluten | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame seeds | Soybeans | Sulphur dioxide |
|--|---|--------|-------------|------|------|--------|-------|------|----------|---------|------|---------|--------------|----------|-----------------|
| 160245 | Sweet Potato, Chickpea and Spinach Curry | | | | | ○ | | | | | | | | | |
| <i>May contain: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |
| 29825 | THAI COCONUT MILK | | | | | | | | | | | | | | |
| 3444 | 3663 EXTENDED LIFE VEG OIL TT | | | | | | | | | | | | | | |
| 17576 | 3663 CHOPPED TOMATOES TT | | | | | | | | | | | | | | |
| 164-W | ONION LARGE | | | | | | | | | | | | | | |
| 70403 | CHEF WILLIAM MILD MADRAS CURRY | | | | | | | | | | | | | | |
| P9012 | CORIANDER (100GRMS) | | | | | | | | | | | | | | |
| P3130 | SWEET POTATO (KG) | | | | | | | | | | | | | | |
| 22216 | ET VOILA GARLIC PUREE | | | | | | | | | | | | | | |
| P3040 | GINGER (KG) | | | | | | | | | | | | | | |
| 98472 | EVFAV CHOPPED LEAF SPINACH | | | | | | | | | | | | | | |
| 98544 | CHICK PEAS IN WATER | | | | | | | | | | | | | | |
| 56614 | RED LENTILS TT | | | | | ○ | | | | | | | | | |
| <i>May contain: Gluten (Barley, Wheat)</i> | | | | | | | | | | | | | | | |
| 139472 | Recipe: GLT Sides- Brown and White Rice PRI | | | | | | | | | | | | | | |

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