



Autumn/Winter 2021/2022

Week 1

06/09/2021 – 11/02/2022

*All codes are correct as of **30.07.2021** – if you find any discrepancies, please notify us and we will issue new codes.

Beef Bolognese

Contains: Celery, Lactose, Soya, Gluten

Ingredients

- Beef mince x 2kg
- Tinned chopped tomatoes x 2
- Tomato paste/Puree x 2
- Frozen diced onions 2 kg
- Garlic Puree
- Frozen mixed peppers 2 kg
- Mixed herbs
- Beef bouillon

Method

1. Brown off the beef mince in a large saucepan, add onions and fry until they soften. Add frozen mixed peppers and garlic puree – fry for another few minutes.
2. Add Beef Bouillon, Tinned Tomatoes, and mixed herbs.
3. Simmer until it has thickened, then season to taste.

Ordering

Item	Source	Code	Allergens
Beef Mince	Booker	175179	-
Frozen Mixed Peppers	Waterdene	2125	-
Tinned Tomatoes	Waterdene	9895	-
Diced Frozen Onions	Waterdene	2133	-
Garlic Puree	Waterdene	9670	-
Mixed Herbs	Waterdene	2279	May Contain Celery
Beef Bouillon	Waterdene	9373	Celery, Lactose, Soya
Tomato Paste/Puree	Waterdene	9914	-

Every 1kg of meat = 1kg of veg

Veggie Ravioli

Contains: Lactose, Celery, Gluten

Ingredients

-

Method

1. Empty contents into tray, sprinkle with cheese and bake until golden brown.

Ordering

Item	Source	Code	Allergens
Vegetable Ravioli	Waterdene	9923	Celery, Gluten, May contain Milk
Mild Cheddar	Waterdene	2653	Lactose

Strawberry Mousse

Contains: Lactose

Ingredients

- Frozen Strawberry Mousse.

Method

1. Serve as per instructions on packaging.

Ordering

Item	Source	Code	Allergens
Strawberry Mousse	Waterdene	9156	Lactose

BBQ Chicken Melts

Contains: Gluten, Soy, Lactose

Ingredients

- Chicken Breast – Cooked
- White floured bap
- BBQ sauce
- Mozzarella Cheese

Method

1. Take cooked chicken, dice, and add BBQ sauce to a thick consistency.
2. Place a spoonful onto a floured bap and sprinkle with Mozzarella Cheese
3. Place in the oven until warmed through and the cheese is golden and bubbling.

Ordering

Item	Source	Code	Allergens
White floured bap	Booker	490310	Gluten
Cooked chicken Breast	Booker	203974	Soy (HALAL)
BBQ sauce	Waterdene	1679	-
Mozzarella cheese	Booker	227569	Lactose

Pepper & Courgette Wellington

Contains: Gluten, Egg/ Milk

Ingredients

- Fresh Peppers
- Fresh Courgette
- Fresh Onion
- Tomato Paste
- Puff Pastry Sheets
- Garlic Puree

Method

1. Slice and sweat down Peppers, Courgette and Onion
2. Add Garlic and tomato paste, season to taste.
3. Wrap in puff pastry and either egg or milk wash dependant on allergies.

Ordering

Item	Source	Code	Allergens
Peppers	Waterdene	1571	-
Onions	Waterdene	1451	-
Courgette	Waterdene	1471	-
Garlic Puree	Waterdene	9670	-
Tomato Puree	Waterdene	9914	-
Pastry Sheets - Frozen	Waterdene	5017	Gluten

Apple Crumble with Custard

Contains: Gluten, Lactose, May Contain Cereals, Eggs, Soya

Ingredients

- Margarine
- Plain flour
- Sugar
- Solid pack apples

Method

1. Rub the flour and Margarine together until you get a fine crumb.
2. Tip the solid pack apples into a tray and layer the crumb on top.
3. Sprinkle with sugar and bake until golden brown.
4. Make up the Custard according to the instructions on the packet.
5. Serve hot.

Ordering

Item	Source	Code	Allergens
Plain Flour	Waterdene	8628	Gluten, May contain Soya
Margarine	Waterdene	6871	Lactose
Solid pack apples	Waterdene	9915	-
Granulated Sugar	Waterdene	9281	-
Custard Powder	Waterdene	9467	Milk, May contain Soya, Eggs, Cereals

Roast Beef & Yorkshire Puddings

Contains: Gluten, Eggs, Milk

Ingredients

- Beef Roasting joint
- Yorkshire Puddings (frozen)
- Gravy

Method

1. Roast the beef until cooked through, however, try to avoid drying it out by prolonged cooking. If the joint is large, cut into smaller pieces.
2. Cool and slice.
3. Serve with Yorkshire puddings and gravy.

Ordering

Item	Source	Code	Allergens
Beef joint	Call butchery		
Yorkshire Pudding - Frozen	Waterdene	5021	Cereals, Eggs, Milk
Gravy	Waterdene	8674	-

Macaroni Cheese

Contains: Cereals containing Gluten, Lactose, Celery, Mustard, May contain Soya

Ingredients

- Macaroni pasta
- Plain Flour
- Milk
- Mild cheddar cheese
- Margarine
- Vegetable bouillon
- Mustard

Method

1. Cook off the macaroni until al dente, cover with cold water, drain and put to one side.
2. Make a roux – melt the margarine, then beat in the flour. Add milk and whisk.
3. Add the bouillon, cheese, mustard and salt/pepper to taste.
4. The cheese sauce should coat the back of a spoon as to not be too thick or thin.
5. Mix with the pasta, pour into trays and sprinkle with cheese.
6. Bake until golden brown.

Ordering

Item	Source	Code	Allergens
Macaroni pasta	Waterdene	9669	Gluten
Plain Flour	Waterdene	8623	Gluten – May contain Soya
Milk (Semi Skimmed)	Waterdene	9596	Lactose
Mild White Cheddar	Waterdene	2635	Lactose
Margarine	Waterdene	6871	Lactose
Vegetable bouillon	Waterdene	9371	Celery/Cereals
Mustard	Booker	129839	Mustard

Jelly

Contains: NOT VEGETARIAN

Ingredients

- Jelly (can be either orange or strawberry)
- Solo pots

Method

1. Make up the jelly according to the instructions on the packet.
2. Pour an even amount of mixture into each solo pot, chill and serve cold*.

*Preferable to make the day before needed.

Ordering

Item	Source	Code	Allergens
Strawberry Jelly	Waterdene	8399	-
Orange Jelly	Waterdene	8397	-

***NOT** vegetarian

Shepherd's Pie x50 portions approx.

Contains: Celery, Soya, Gluten

Ingredients

- Minced Lamb 2.5kg
- Stew pack vegetables 4kg
- Plain Flour 200gms
- Tomato puree 800gms
- Worcestershire sauce to taste.
- Beef bouillon 200gms
- Potatoes for mash 6kg
- Gravy mix to thicken
- Thyme 25gms

Method

1. Fry off minced lamb and stew pack until starting to brown.
2. Add flour to absorb any fat from lamb.
3. Cover with water.
4. Add beef bouillon, Worcestershire sauce, Tomato puree and thyme bring to simmer and cook until vegetables begin to break up into the meat.
5. Peel, cook and mash potatoes.
6. Once meat is cooked, thicken with gravy mix (liquid should just cover meat or the mixture will be too wet, and the mashed potato will not lay on top but will sink).
7. Cover mix with a stiff and not too wet mashed potato.

Decorate potato with a fork and bake in a medium oven around 170 degrees until golden brown.

Item	Source	Code	Allergens
Minced Lamb	Booker	142587	-
Beef Bouillon	Waterdene	9373	Celery
Worcestershire sauce	Booker	40758	Soya
Vegetable Stew pack	Waterdene	2155	Celery
Tomato Puree	Waterdene	9914	-
Plain flour	Waterdene	8623	Gluten
Gravy mix	Waterdene	8674	-
Thyme	Waterdene	2269	-
Potatoes	Waterdene	1342	-

Potato and Cauliflower Curry with Poppadom's

Contains: Celery, May contain Gluten

Ingredients

- Potatoes peeled and diced 2"
- Oil
- Cauliflower
- Onions
- Garlic puree
- Mild Madras curry powder
- Tomato puree
- Fresh Coriander
- Coconut (optional dependant on school)
- Vegetable Bouillon
- Cornflour to thicken

Method

1. Fry off Potatoes, onions, cauliflower & garlic in a little hot oil.
2. Add curry powder, coconut and tomato puree.
3. Cover with water and bring to the boil.
4. Add vegetable bouillon.
5. Once cooked and tender thicken with a little cornflour.
6. Chop Coriander and mix into curry prior to service.
7. Adjust seasoning.
8. Serve with half a large poppadom.

Item	Source	Code	Allergens
Potatoes	Waterdene	1342	-
Cauliflower	Waterdene	2066	-
Onions	Waterdene	1451	-
Garlic	Waterdene	9670	-
Mild Madras curry powder	Waterdene	2310	-
Tomato Puree	Waterdene	9914	--
Coriander	Waterdene	138078	-
Vegetable Bouillon	Waterdene	9371	Celery
Cornflour	Waterdene	9471	May contain Gluten

Cocoa Brownie

Contains: Cereals, Eggs, Milk, May Contain Soya

Ingredients

- Brownie Mix

Method

1. Make up brownie according to the instructions on the packet.
2. Cook so it is still slightly gooey in the middle, turn out and cool.
3. Dust with icing sugar and serve.

Ordering

Item	Source	Code	Allergens
Brownie Mix	Waterdene	9358	Cereals, Eggs, Milk, May contain Soya

Breaded White Fish & Lemon

Contains: Cereals containing Gluten, Fish

Ingredients

- Breaded white fish
- Lemons

Method

1. Fry fish until Golden brown and reaches the correct inside temperature. Fish is delicate so **DO NOT** overcook.
2. When trayed, garnish with lemon (If placing in hot hold do not wrap or it will go soggy)

Ordering

Item	Source	Code	Allergens
Breaded White Fish	Waterdene	3093	Cereals containing Glute, Fish
Lemon	Booker	97149	-

Cheese & Tomato Pizza

Contains: Gluten, Lactose, may contain Celery, Soya

Ingredients

- Plain flour
- Margarine
- Yeast
- Caster sugar
- Mozzarella cheese
- Onions
- Garlic
- Sunflower oil
- Tinned chopped tomatoes
- Mixed herbs

Method

1. To make the base, sieve the flour and the salt. Rub in the margarine.
2. Disperse the yeast in 3500ml of warm water. Add the sugar and add to mixture.
3. Mix well, knead to a smooth dough - prove until doubled in size.
4. Knock back, divide into two and roll out into the desired shape.
5. Place on a lightly greased baking sheet.
6. Sweat the onions and garlic in the oil until cooked.
7. Add the tomatoes, tomato puree, and mixed herbs. Bring to the boil and simmer for 5 minutes. Blitz down to a smooth sauce
8. If you need to thicken the sauce – add some diluted corn flour.
9. Allow to cool slightly and spread the mixture on to the dough.
10. Sprinkle the grated cheese on top.
11. Cook in a moderately hot oven at 180°C (gas mark 4; 350°F) for approximately 10 minutes.

Ordering

Item	Source	Code	Allergens
Plain Flour	Waterdene	8623	Wheat, May contain Soya
Margarine	Waterdene	6871	Lactose
Yeast	Booker	94465	-
Sugar	Waterdene	9281	-
Mozzarella Cheese	Booker	227569	Lactose
Diced Frozen Onions	Waterdene	2133	-
Garlic Puree	Waterdene	9670	-
Sunflower Oil	Waterdene	-	-
Tinned Tomatoes	Waterdene	9895	-
Mixed Herbs	Waterdene	2279	May contain Celery

Ice Cream

Contains: lactose

Ingredients

- Individual ice cream tubs

Method

1. Strawberry and Vanilla are the same price – please feel free to order either of them.

Ordering

Item	Source	Code	Allergens
Strawberry	Waterdene	8932	Lactose
Vanilla	Waterdene	8930	Lactose



Autumn/Winter 2021/2022

Week 2

06/09/2021 – 11/02/2022

Pork Meatballs & Tomato Sauce with Pasta

Contains: Cereals, Soya, Milk, May contain Celery, Eggs, Mustard

Ingredients

- Meatballs
- Tinned diced tomatoes
- Tomato Puree
- Diced onions
- Garlic Puree
- Chicken Bouillon
- Mixed Herbs
- Mozzarella Cheese

Method

1. Fry off the onions in a large saucepan until they soften, add garlic puree, tinned tomatoes, passata, chicken stock and mixed herbs – simmer until it thickens.
2. Mix with the pre-cooked meatballs (cooked in the oven until golden brown).
3. Serve with Pasta – this can be either as a bake or served separately.

Ordering

Item	Source	Code	Allergens
Meatballs – Frozen	Waterdene	4245	Cereals, Soya, may Contain Celery, Milk, Eggs, Mustard
Chicken Bouillon	Waterdene	9372	Celery
Tinned Tomatoes	Waterdene	9895	-
Diced Frozen Onions	Waterdene	2133	-
Tomato Puree	Waterdene	9914	-
Garlic Puree	Waterdene	9670	-
Mixed Herbs	Booker	129582	-
Mozzarella Cheese	Booker	227569	Lactose

Cheese & Red Onion Quiche

Contains: Gluten, Lactose, Egg

Ingredients

- Eggs
- Milk
- Fresh red Onions
- Cheddar Cheese
- Short crust pastry (half fat to flour)

Method

1. Line trays with Pastry and ensure that there is enough for a crust. Add onions and Cheddar Cheese – season to taste.
2. Mix Eggs and Milk together and pour the mixture into the pastry cases.
3. Cook until golden brown and so there is still a slight wobble to the egg filling.

Ordering

Item	Source	Code	Allergens
Plain Flour	Waterdene	8623	Gluten
Margarine	Waterdene	6871	Lactose
Red Onions	Waterdene	1569	-
Cheddar Cheese	Waterdene	2635	Lactose
Milk	Waterdene	9596	Lactose
Eggs	Waterdene	9850	Egg

Chocolate & Mandarin Sponge with Chocolate Custard

Contains: Cereals, Lactose, Eggs, Soya

Ingredients

- Sponge Mix
- Cocoa Powder
- Marmalade

Method

1. Make up the sponge mix according to the instructions on the package and add Cocoa Powder.
2. Line tins with parchment, pour sponge mix into prepared trays – ensuring that it is evenly distributed.
3. Cook until the sponge is no longer wet in the middle and so it still has a spring when touched.
4. Turn out and allow to cool sufficiently.
5. Coat with Marmalade and serve with Chocolate Custard.

Ordering

Item	Source	Code	Allergens
Sponge mix	Waterdene	9460	Cereals, Lactose, Eggs, Soya
Cocoa Powder	Waterdene	9454	-
Marmalade	Waterdene	1877	-

Beef Steak and Onion Slice

Contains: Gluten, Eggs, Cereals, Celery

Ingredients

- Beef Mince
- Frozen Carrots Diced
- Diced frozen Onions
- Beef Bouillon
- Gravy to thicken
- Potatoes Diced
- Puff Pastry sheets
- Eggs

Method

1. Sweat down onions, add carrots, potatoes, and your beef mince – then brown.
2. Add Beef Stock, and then add a little gravy ensuring it is still a stiff mix.
3. spoon onto a pastry sheet, you should achieve 24 individual slices per sheet- egg wash the edges and place another sheet on top and crimp edges to prevent leakages.
4. Egg or milk wash, depending on preference and any allergies you have in the school.
5. Slice two small holes in the tops to allow any air to escape.
6. I would advise making mix day before to make it easier to work with - this way the hot mix will not melt the pastry sheets.

Ordering

Item	Source	Code	Allergens
Puff Pastry Sheets	Waterdene	5017	Lactose Gluten
Beef Mince	Booker 2kg	175179	-
Frozen Carrots	Waterdene	2157	-
Diced Onions	Waterdene	2133	-
Beef Bouillon	Waterdene	9371	Celery, Cereals
Gravy	Waterdene	8674	-
Potatoes	Waterdene	1342	-

*You can also give the mix more texture by adding fresh breadcrumbs, this in turn will make the mix easier to work with and give the filling a stiffer consistency

Veggie Chilli & Nachos

Contains: Celery, Cereals, May contain Lactose

Ingredients

- Veggie Mince
- Vegetable bouillon
- Kidney beans
- Baked beans
- Diced frozen onion
- Frozen mixed peppers
- Tinned chopped tomatoes
- Chilli powder (Mild)
- Garlic puree
- Tomato Puree
- Nachos

Method

1. Brown off the mince in a large saucepan.
2. Add bouillon, peppers, onions, garlic and sweat until tender.
3. Pour in tinned chopped tomatoes, passata, tomato puree, baked beans and kidney beans.
4. Simmer and add chilli powder to taste.

Ordering

Item	Source	Code	Allergens
Veggie Mince	Waterdene	5808	
Vegetable Bouillon	Waterdene		Celery, Cereals
Kidney Beans	Waterdene	9834	Sulphites
Baked Beans	Waterdene	9911	-
Diced Frozen Onions	Waterdene	2133	-
Frozen Mixed Peppers	Waterdene	2125	-
Tinned Tomatoes	Waterdene	9895	-
Chilli Powder	Waterdene	8478	-
Garlic Puree	Waterdene	9670	-
Tomato Puree	Waterdene	9914	-
Nachos	Booker	248207	May contain Lactose

Apple Crunch

Contains: Lactose, Gluten

Ingredients

- Tinned apples
- Margarine
- sugar
- Plain flour

Method

1. Beat the butter and sugar until smooth.
2. Mix in flour to get a smooth paste.
3. Turn out half the mixture into a tin and press until it is about ½" thick.
4. Bake at 150 Degrees until golden brown.
5. Drain tinned apples and blitz into a puree then spread over the cooked pastry.
6. Top with a 'crumble', sprinkle with sugar (and cinnamon if desired) and bake until the crumble colours.
7. Cut into fingers and serve.

Ordering

Item	Source	Code	Allergens
Plain Flour	Waterdene	8628	Gluten
Margarine	Waterdene	6871	Lactose
Sugar	Waterdene	9281	-
Tinned Apples	Waterdene	9915	-
Cinnamon	Booker	129659	-

Roast Chicken & Stuffing

Contains: Barley, Wheat

Ingredients

- Chicken Breast – Sliced on-site
- Stuffing Mix

Method

1. Slice the pre-cooked chicken, lay out in trays, and serve cold.
2. Make up the stuffing mix according to the instructions on the packet.
Allow to cool and either roll into balls or line a tray so it can be cut into squares when cooked.

Ordering

Item	Source	Code	Allergens
Pre-Cooked Chicken Filets (Frozen)	Booker	203974	-
Stuffing Mix	Booker	194109	Barley, Wheat

Mascarpone Cheese & Tomato Pasta Bake

Contains: Cereals, Gluten, Lactose, Celery

Ingredients

- Pasta
- Tinned tomatoes
- Garlic puree
- Frozen peppers
- Frozen onions
- Mixed herbs
- Tomato Puree
- Cream Cheese (Mascarpone)
- Vegetable bouillon

Method

1. Sweat off the peppers and onions – getting rid of any excess moisture, then add your garlic puree, Vegetable stock, tinned tomatoes, mixed herbs, and Tomato Puree.
2. Use sugar if the sauce is too bitter then add your cream cheese.
3. Add herbs and seasoning to taste.

Ordering

Item	Source	Code	Allergens
Pasta	Waterdene	-	Gluten
Tinned Tomatoes	Waterdene	9895	-
Tomato Puree	Waterdene	9914	-
Garlic Puree	Waterdene	9670	-
Frozen Peppers	Waterdene	2125	-
Frozen Onions	Waterdene	2133	-
Mixed Herbs	Waterdene	2279	May contain Celery
Soft Cheese	Waterdene	9828	Lactose
Vegetable Bouillon	Waterdene	9371	Celery, Cereals

Strawberry Mousse

Contains: Lactose

Ingredients

- Frozen Strawberry Mousse.

Method

1. Serve as per instructions on packaging.

Ordering

Item	Source	Code	Allergens
Strawberry Mousse	Waterdene	9156	Lactose

Sliced Gammon & Pineapple Rings

Contains:

Ingredients

- Gammon Joint
- Tinned Pineapple

Method

1. Either boil or roast your gammon – ensuring it isn't too salty.
2. When cooked and cooled – slice thinly and serve with Pineapple.

Ordering

Item	Source	Code	Allergens
Gammon Joint	Waterdene	Call Butchery	
Pineapple Rings - Tinned	Waterdene	9919	-

Vegetarian Sausages

Contains: Gluten

Ordering

Item	Source	Code	Allergens
Vegetarian Sausages	Waterdene	4242	Gluten

Iced Sprinkly Sponge

Contains: Cereals, Lactose, Eggs, Soya

Ingredients

- Sponge Mix
- Icing Sugar
- Sprinkles

Method

1. Make up the sponge mix according to the instructions on the package.
2. Line tins with parchment, Pour sponge mix into prepared trays – ensuring that it is evenly distributed.
3. Cook until the sponge is golden brown, yet still has a spring when touched.
4. Turn out and allow to cool sufficiently.
5. Coat with a stiff icing sugar mixture and sprinkle the sprinkles.

Ordering

Item	Source	Code	Allergens
Sponge mix	Waterdene	9460	Cereals, Lactose, Eggs, Soya
Icing Sugar	Waterdene	9283	
Sprinkles	Waterdene	2869	-

Breaded White Fish & Lemon

Contains: Cereals containing Gluten, Fish

Ingredients

- Breaded white fish
- Lemons

Method

1. Fry or over bake Fish until Golden brown and reaches the correct inside temperature. Fish is delicate so **DO NOT** overcook.
2. When trayed, garnish with lemon (If placing in hot hold do not wrap or it will go soggy)

Ordering

Item	Source	Code	Allergens
Breaded White Fish	Waterdene	3093	Cereals containing Gluten, Fish
Lemon	Booker	97149	-

Cheese & Tomato Pizza

Contains: Gluten, Lactose, may contain Celery, Soya

Ingredients

- Plain flour
- Margarine
- Yeast
- Caster sugar
- Mozzarella cheese
- Onions
- Garlic
- Sunflower oil
- Tinned chopped tomatoes
- Mixed herbs

Method

1. To make the base, sieve the flour and the salt. Rub in the margarine.
2. Disperse the yeast in 3500ml of warm water. Add the sugar and add to mixture.
3. Mix well, knead to a smooth dough - prove until doubled in size.
4. Knock back, divide into two and roll out into the desired shape.
5. Place on a lightly greased baking sheet.
6. Sweat the onions and garlic in the oil until cooked.
7. Add the tomatoes, tomato puree, and mixed herbs. Bring to the boil and simmer for 5 minutes. Blitz down to a smooth sauce
8. If you need thicken the sauce – add some diluted corn flour.
9. Allow to cool slightly and spread the mixture on to the dough.
10. Sprinkle the grated cheese on top.
11. Cook in a moderately hot oven at 180°C (gas mark 4; 350°F) for approximately 10 minutes.

Ordering

Item	Source	Code	Allergens
Plain Flour	Waterdene	8628	Wheat, May contain Soya
Margarine	Waterdene	6871	Lactose
Yeast	Booker	94465	-
Sugar	Waterdene	9281	-
Mozzarella Cheese	Booker	227569	Lactose
Diced Frozen Onions	Waterdene	2133	-
Garlic Puree	Waterdene	9670	-
Sunflower Oil	Waterdene	-	-
Tinned Tomatoes	Waterdene	9895	-
Mixed Herbs	Waterdene	2279	May contain Celery

Ice Cream

Contains: lactose

Ingredients

- Individual ice cream tubs

Method

1. Strawberry and Vanilla are the same price – please feel free to order either of them.

Ordering

Item	Source	Code	Allergens
Strawberry	Waterdene	8932	Lactose
Vanilla	Waterdene	8930	Lactose



Autumn/Winter 2021/2022

Week 3

06/09/2021 – 11/02/2022

Sausages with Onion Gravy

Contains: Gluten

Ingredients

- Sausages
- Onions
- Gravy

Method

1. Bake sausages through oven.
2. Gently sweat onions until a nice dark brown (not burnt).
3. Make gravy with onions and gently simmer.

Item	Source	Code	Allergens
Sausages	Booker	147653	Gluten
Onions	Waterdene	2133	-
Gravy	Waterdene	8674	-

Cheese and Onion Pasty

Contains: Lactose, Gluten, Mustard, Egg

Ingredients

- Puff Pastry
- Diced Onions
- Breadcrumbs
- Cheddar Cheese
- Egg wash

Method

- Mix grated cheese, breadcrumbs, English mustard, and onions together into a stiff mix.
- Using a small ice cream scoop lay out 24 scoops evenly on a sheet of puff pastry
- Egg wash in between the cheese mix
- Place another sheet of pastry on top and gently seal trying to expel all air.
- Using scissors cut a little air hole in the top of each pasty and egg wash.

Item	Source	Code	Allergens
Puff pastry	Waterdene	5017	Lactose, Gluten
Diced Onions	Waterdene	2133	-
Cheddar Cheese	Waterdene	2634	Lactose
English Mustard	Booker	129839	Mustard
Egg	Waterdene	9850	Egg
Breadcrumbs	Waterdene	9357	Gluten

Jam & Coconut Sponge with Custard

Contains: Milk, Sulphur Dioxide, May contain Gluten, Eggs, Soy. Coconut: (nuts are used on site)

Ingredients

- Sponge Mix
- Honey
- Desiccated Coconut

Method

1. Make up the sponge mix according to the instructions on the package.
2. Cook until the sponge is golden brown, yet still has a spring when touched.
3. Turn out and allow to cool sufficiently.
4. Spread Jam over the top and sprinkle with coconut.

Ordering

Item	Source	Code	Allergens
Sponge mix	Waterdene	9460	Cereals, Milk, Eggs, Soya
Mixed Fruit Jam	Waterdene	1875	-
Desiccated Coconut	Waterdene	2214	Sulphur Dioxide
Custard Powder	Waterdene	9467	Milk, May contain Soya, Eggs, Cereals

Chicken Tagliatelle

Contains: Lactose, Gluten, Celery, Cereals

Ingredients

- Cooked Chicken breasts diced 2kg
- Milk
- Chicken Bouillon
- Frozen Onions 2kg
- Frozen Peppers 2kg
- Chicken Bouillon
- Cornflour
- Tagliatelle

Method

1. Dice chicken breasts
2. Sweat Onions and Peppers
3. Add milk and Chicken Stock as required for portions, bring to boil, and thicken with cornflour. Sauce should be of a coating consistency and not like wallpaper paste. If you wish to turn this into a tomato sauce, just add some tomato paste.
4. Serve with Tagliatelle.
5. Sprinkle with fresh, finely chopped parsley and serve

Ordering

Item	Source	Code	Allergens
Chicken Breast	Waterdene	203974	-
Diced Onions	Waterdene	2133	-
Diced peppers	Waterdene	2125	-
Milk	Waterdene	9596	Lactose
Cornflour	Waterdene	9471	-
Tagliatelle	Waterdene	9681	Gluten
Chicken Bouillon	Waterdene	9372	Celery, Cereals

Mushroom Stroganoff

Contains: Lactose, Celery, Cereals

Ingredients

- Mushrooms chopped
- Onions
- Peppers
- Vegetable Bouillon
- Garlic
- Vegetarian Gravy
- Double Cream
- Fresh Thyme
- Chopped Parsley

Method

1. Sweat mushrooms, onions, peppers and garlic in a large saucepan
2. Add thyme, vegetable bouillon and bring to the boil
3. Thicken with vegetarian gravy granules to a coating consistency
4. Finish with a little cream prior to service
5. Once on counter sprinkle with some finely chopped fresh parsley.

Ordering

Item	Source	Code	Allergens
Mushrooms	Waterdene	1572	-
Diced Onions	Waterdene	2133	-
Diced peppers	Waterdene	2125	-
Cream	Waterdene	9844	Lactose
Vegetarian gravy	Waterdene	8674	-
Parsley	Waterdene	-	
Vegetable Bouillon	Waterdene	9371	Celery, Cereals
Thyme	Waterdene	-	

*When using fresh thyme tie all stems together using string or an elastic band and place in sauce, remove prior to service

Cherry Slice

Contains: Gluten, Lactose, Egg, Sulphur Dioxide. In the Glace Cherries: (Nuts/ Peanuts/ Sesame Seeds – are used on site)

Ingredients – will make approx. 60 - 80 portions.

- Flour – 1kg
- Margarine - 1kg
- Sugar – 1kg
- Almond Essence – Optional
- Glace Cherries – 500g
- Eggs – 8
- Baking Powder – 2 tsp

Method

1. To make the Sponge, Cream fat and sugar together and add the eggs - add flour to the mixture as well as Glace cherries, baking powder, almond essence.
2. Make a short crust pastry using the half fat to flour rule.
3. Line trays with shortcrust pastry and blind bake.
4. When cooked, add the pre-made sponge mix and bake until golden brown.
5. When cooked and cooled, dust with icing sugar.

Ordering

Item	Source	Code	Allergens
Flour	Waterdene	8628	Gluten
Margarine	Waterdene	6871	Lactose
Sugar	Waterdene	9281	-
Almond Essence	Booker	128219	-
Glace Cherries	Waterdene	8608	May contain Gluten, Nuts, Peanuts, Sesame Seeds. Contains Sulphur Dioxide
Eggs	Waterdene	-	Egg
Baking Powder	Waterdene	2288	Gluten

Roast Pork with Apple Sauce

Contains:

Ingredients

- Pork Leg
- Tinned Apples

Method

1. Roast the pork – 20 mins per lb + 20 mins. Keep basting so it does not go dry (Cut the joint in half if it is too big).
2. Blitz down tinned apples and serve as an accompaniment.

Ordering

Item	Source	Code	Allergens
Pork Leg	Waterdene	Call Butchery	
Tinned Apples	Waterdene	9915	-

Tuna & Cheese Panini

Contains: Fish, Lactose, Cereals containing Gluten

Ingredients

- Panini
- Tuna
- Mild Cheddar

Method

1. Mix together your Grated cheese & Tuna using a paddle attachment and spoon into the paninis.
2. Flatten down and brush with oil
3. Cook until golden brown and the cheese has melted

Ordering

Item	Source	Code	Allergens
Panini	Waterdene	3753	Cereals containing Gluten, Lactose
Tuna	Waterdene	9908	Fish
Mild Cheddar Block	Waterdene	2635	Lactose

Homemade Cocoa Cookies

Contains: Lactose, Egg, Gluten, May Contain Soya

Ingredients

Makes approx. 20 Cookies; x these amounts to get a larger quantity

- 250g Butter (Softened)
- 350g Light Brown Sugar
- 2 Large Eggs
- 350g Self Raising Flour
- 100g Cocoa Powder

Method

1. Pre-heat the oven to gas 5/170c fan/190c
2. Beat the butter and sugar together until light and fluffy, then beat the eggs in one at a time. Sift the flour and cocoa powder and beat into the butter mixture.
3. Place even sized cookie dough pucks on a baking tray with enough space between them so they don't touch while baking.
4. Bake for 12-15 minutes.

Ordering

Item	Source	Code	Allergens
Margarine	Waterdene	6871	Lactose
Light Brown sugar	Waterdene	9285	-
Eggs	Waterdene	9850	Egg
Self-raising flour	Waterdene	8622	Gluten, May contain soya
Cocoa Powder	Waterdene	9454	-

Lamb Moussaka

Contains:

Ingredients

Makes approx. 20 portions; x the amounts to get larger quantities

- 1.5kg Potatoes – cut into 5mm rounds
- 2kg Lamb mince
- 500g Diced frozen onions
- 6tsp Garlic puree
- 8 heaped tsp Dried Oregano
- 5 tsp Ground Cinnamon
- 5 Bay Leaves
- 1kg Chopped Tomatoes
- 5 tbsp Tomato Paste
- 1.5 tbsp Light Brown Sugar

Method

1. Heat oil in a pan and brown off mince until golden, then tip into a bowl so it doesn't over cook.
2. Add a dash more oil and gently fry off the onion along with a few pinches of salt until the onions have softened.
3. Add garlic, oregano, cinnamon and bay leaves – cooking for a further few minutes.
4. Return the mince to the pan.
5. Add chopped tomatoes, tomato puree and brown sugar, along with 500ml of water
6. Simmer gently until the sauce has thickened – season to taste (add beef stock if necessary)
7. Slice the potatoes and boil for 6 minutes – drain and leave to dry off in the colander.
8. Make a Bechamel sauce
9. Layer the potatoes and meat mixture, then top off with the bechamel sauce.
10. Smooth over with a palette knife and bake until cooked through and golden brown

Ordering

Item	Source	Code	Allergens
Potatoes	Waterdene	1342	-
Lamb Mince	Booker	142587	-
Diced Frozen Onions	Waterdene	2133	-
Garlic Puree	Waterdene	9670	-
Oregano	Booker	129584	-
Ground Cinnamon	Booker	129659	-
Bay Leaves	Waterdene	2293	-
Chopped Tomatoes	Waterdene	9895	-
Tomato Paste	Waterdene	9914	-
Light Brown Sugar	Waterdene	9285	-

*The mixtures need to be stiff enough that when cut and portioned, the layers are clearly defined

Tomato & Veggie Sausage traybake

Contains: Gluten, May contain Celery, Cereals Containing Gluten

Ingredients

- Veggie Sausages
- Red Onion
- Chopped Tomatoes
- Vegetable Bouillon
- Mixed Herbs
- Garlic Puree

Method

1. Slice and fry off the onion, add the chopped tomatoes, stock, garlic, and mixed herbs – season to taste (you might need a little sugar to take away the tartness of the tomato).
2. Bake your veggie sausages in the oven on parchment lined trays.
3. When the sausages are ready, tray them up and pour your sauce over them before serving.

Ordering

Item	Source	Code	Allergens
Veggie Sausages	Waterdene	4242	Gluten
Red Onion	Waterdene	1569	-
Chopped Tomatoes	Waterdene	9895	-
Vegetable Bouillon	Waterdene	9371	Celery, Cereals
Mixed Herbs		2279	May contain Celery
Garlic Puree	Waterdene	9670	

Pear Sponge

Contains: Cereals, Milk, Eggs, Soya

Ingredients

- Sponge Mix
- Tinned Pear halves
- Custard Powder

Method

1. Make up the sponge mix according to the instructions on the package.
2. Line tins with parchment, then spread out the pears so they evenly cover the bottom of the tray (if you need to slice them smaller so they cover more are please do so).
3. Pour sponge mix over the pears – ensuring that it is evenly distributed.
4. Cook until the sponge is golden brown, yet still has a spring when touched.
5. Turn out and allow to cool sufficiently.
6. Make Custard according to instructions.

Ordering

Item	Source	Code	Allergens
Sponge mix	Waterdene	9460	Cereals, Milk, Eggs, Soya
Tinned Pears	Waterdene	9900	
Custard Powder	Waterdene	9467	Milk

Breaded White Fish & Lemon

Contains: Cereals containing Gluten, Fish

Ingredients

- Breaded white fish
- Lemons

Method

1. Fry or over bake Fish until Golden brown and reaches the correct inside temperature. Fish is delicate so **DO NOT** overcook.
2. When trayed, garnish with lemon (If placing in hot hold do not wrap or it will go soggy)

Ordering

Item	Source	Code	Allergens
Breaded White Fish	Waterdene	3093	Cereals containing Gluten, Fish
Lemon	Booker	97149	-

Cheese & Tomato Pizza

Contains: Gluten, Lactose, may contain Celery, Soya

Ingredients

- Plain flour
- Margarine
- Yeast
- Caster sugar
- Mozzarella cheese
- Onions
- Garlic
- Sunflower oil
- Tinned chopped tomatoes
- Mixed herbs

Method

1. To make the base, sieve the flour and the salt. Rub in the margarine.
2. Disperse the yeast in 3500ml of warm water. Add the sugar and add to mixture.
3. Mix well, knead to a smooth dough - prove until doubled in size.
4. Knock back, divide into two and roll out into the desired shape.
5. Place on a lightly greased baking sheet.
6. Sweat the onions and garlic in the oil until cooked.
7. Add the tomatoes, tomato puree, and mixed herbs. Bring to the boil and simmer for 5 minutes. Blitz down to a smooth sauce
8. If you need thicken the sauce – add some diluted corn flour.
9. Allow to cool slightly and spread the mixture on to the dough.
10. Sprinkle the grated cheese on top.
11. Cook in a moderately hot oven at 180°C (gas mark 4; 350°F) for approximately 10 minutes.

Ordering

Item	Source	Code	Allergens
Plain Flour	Waterdene	8623	Wheat (Gluten) – May contain Soya
Margarine	Waterdene	6871	Lactose
Yeast	Booker	94465	-
Sugar	Waterdene	9281	-
Mozzarella Cheese	Booker	227569	Lactose
Diced Frozen Onions	Waterdene	2133	-
Garlic Puree	Waterdene	9670	-
Sunflower Oil	Waterdene	-	-
Tinned Tomatoes	Waterdene	9895	-
Mixed Herbs	Waterdene	2279	May contain Celery

Ice Cream

Contains: lactose

Ingredients

- Individual ice cream tubs

Method

2. Strawberry and Vanilla are the same price – please feel free to order either of them.

Ordering

Item	Source	Code	Allergens
Strawberry	Waterdene	8932	Lactose
Vanilla	Waterdene	8930	Lactose