



**Spring/Summer 2022**

**Week 1**

**21.02.2022 – 22.07.2022**

\*All codes are correct as of **01.02.22** – if you find any discrepancies, please notify us and we will issue new codes.

## **Beef Bolognese Pasta Bake**

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
- Pasta

### 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.
4. Boil pasta until just cooked and then cool immediately.
5. Combine mince mixture and pasta. Top with a sprinkle of cheese and bake until cooked through and golden.

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
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	-
Pasta	Waterdene	9678	Gluten

## **Veggie Meatballs & Tomato Sauce with Pasta**

Contains: Celery, Cereals, Lactose, Eggs

### Ingredients

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

### Method

1. Fry off the onions in a large saucepan until they soften, add garlic puree, tinned tomatoes, passata, veg 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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Meatballs – Frozen	Waterdene	2447	Cereals, Eggs
Vegetable bouillon	Waterdene	9371	Celery/Cereals
Tinned Tomatoes	Waterdene	9895	-
Diced Frozen Onions	Waterdene	2133	-
Tomato Puree	Waterdene	9914	-
Garlic Puree	Waterdene	9670	-
Mixed Herbs	Waterdene	2279	May Contain Celery
Mozzarella Cheese	Booker	227569	Lactose

## **Iced Sprinkly Sponge**

Contains: Cereals, Lactose, Eggs, Soya

### Ingredients

- Sponge Mix
- Icing Sugar
- Sprinkles
- Custard Powder
- Red Food Colouring

### 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.
6. Prepare custard and add a few drops of red food colouring.

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Sponge mix	Waterdene	9460	Cereals, Lactose, Eggs, Soya
Icing Sugar	Waterdene	9283	
Sprinkles	Waterdene	2869	-
Custard Powder	Waterdene	9467	Milk, May contain Soya, Eggs, Cereals

## **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 (please ensure you have used enough to cover the bap)
3. Place in the oven until warmed through and the cheese is golden and bubbling.

### Ordering

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

## **Cheese & Tomato Turnover**

Contains: Gluten, Lactose, May Contain Celery

### Ingredients

- Puff Pastry
- Tomato Paste
- Mozzarella Cheese
- Tomato (sliced)
- Mixed Herbs

### Method

1. Cut the pastry sheet into 24 equal portions
2. In the centre, spoon on tomato paste, a sprinkle of mozzarella cheese, top with a slice of tomato and some mixed herbs.
3. Bring two corners of the pastry square together in the centre so they overlap slightly and stick down.
4. Egg or milk wash depending on allergies.
5. Bake until golden.

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Pastry sheets	Waterdene	5017	Gluten
Mozzarella	Booker	95276	Lactose
Tomato Paste	Waterdene	9914	-
Tomatoes	Booker	111554	-
Mixed Herbs	Waterdene	2279	May Contain Celery

## **Pineapple Upside Down Cake**

Contains: Cereals, Lactose, Eggs, Soya, glace cherries contain sulphur dioxide and may contain nuts, peanuts, sesame seeds

### Ingredients

- Sponge Mix
- Syrup
- Tinned Pineapple
- Glace Cherries
- Icing Sugar

### Method

1. Make up the sponge mix according to the instructions on the package.
2. Warm the syrup so it is easily pourable. Pour a coating layer into the bottom of your prepared baking trays (greased & lined with parchment).
3. Neatly place the pineapple rings in lines across the bottom of the trays. Then put a cherry in the centre of each ring.
4. Pour sponge mix over the syrup and fruit – ensuring that it is evenly distributed.
5. Cook until the sponge is no longer wet in the middle and so it still has a spring when touched.
6. Turn out and allow to cool sufficiently.
7. Dust with icing sugar before serving.

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Sponge mix	Waterdene	9460	Cereals, Lactose, Eggs, Soya
Syrup	Booker	598627	-
Pineapple Rings - Tinned	Waterdene	9919	-
Glace Cherries	Waterdene	8608	May contain Gluten, Nuts, Peanuts, Sesame Seeds. Contains Sulphur Dioxide
Icing Sugar	Waterdene	9283	

## 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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Gammon Joint	Waterdene	Call Butchery	
Pineapple Rings - Tinned	Waterdene	9919	-



## **Veggie Sausages with Onion Gravy**

Contains: Soya, Wheat (possibly Celery, Gluten, Soya, Sulphites; dependent on gravy used)

### Ingredients

- 'Naked Glory' Vegan 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.

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Vegan sausages	Booker	271438 (single) 271436 (case)	Soya, Wheat
Onions	Waterdene	2133	-
Gravy	Waterdene	8674 (Knorr) 9370 (Sterling)	- Celery, Gluten, Soya, Sulphites

## 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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Strawberry Jelly	Waterdene	8399	-
Orange Jelly	Waterdene	8397	-
Solo Pots	Booker	193340	

\***NOT** vegetarian

**Sausage Plait – makes approx. 50 ptns.**

Contains: Gluten, Egg, Wheat, Sulphites

Ingredients

- Blakemans Sausage meat – 1kg
- Onions – 1kg
- Breadcrumbs - 1 kg
- Eggs – 6
- Puff Pastry sheets

Method

1. Mix sausage meat, breadcrumbs, eggs and seasoning until a stiff mix is formed.
2. Lay out on pastry sheets and roll.
3. Make sure any joins are sealed well.
4. Decorate and egg wash.
5. Bake until cooked through and the pastry is golden. It should look like a giant sausage roll when it comes out the oven.

Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Blakemans Sausage Meat	Booker	938630	Wheat, Gluten, Sulphites
Frozen Onions	Waterdene	1451	-
Breadcrumbs	Booker	141905	Wheat
Eggs	Waterdene	9850	Egg
Pastry Sheets - Frozen	Waterdene	5017	Gluten

## **Haloumi & Mixed Salad Wraps**

Contains: Wheat, Lactose, Eggs, May Contain Celery

### Ingredients

- Tortilla wraps
- Garlic Mayonnaise
- Haloumi cheese (Oumi)
- Mixed Herbs
- Salad leaves
- Tomato

### Method

1. Dice and fry off haloumi so it is golden (make sure it doesn't stick) sprinkle with mixed herbs, cover and keep warm.
2. Take the wrap and cut once from the centre to the edge.
3. Picture the wrap in quarters now. On one quarter spread garlic mayo, on the other place some salad leaves, on the next a few slices of tomato. Leave the final quarter empty (this will give you a little pocket to put the haloumi in when serving)

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Tortilla Wraps 10"	Booker	233939	Wheat
Haloumi Cheese	Booker	252113	Lactose
Garlic Mayo	Waterdene	1677	Eggs
Mixed Herbs	Waterdene	2279	May contain celery
Salad Leaves	Booker	629300	-
Tomatoes	Booker	111554	-

## **Cherry Sponge & Custard**

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. Cut Glace cherries in half and add to sponge mix (if the cherries are added in whole, they will all sink to the bottom of the cake).
3. Line tins with parchment, pour sponge mix into prepared trays – 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. Sprinkle with icing sugar before serving.

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Sponge mix	Waterdene	9460	Cereals, Lactose, Eggs, Soya
Icing Sugar	Waterdene	9283	-
Glace Cherries	Waterdene	8608	May contain Gluten, Nuts, Peanuts, Sesame Seeds. Contains Sulphur Dioxide

## **Breaded White Fish & Lemon, Chips**

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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Breaded White Fish	Waterdene	3093	Cereals containing Gluten, Fish
Chip	Waterdene	1122	-
Lemon	Booker	97149	-

## **Cheese & Tomato Pizza**

Contains: Gluten, Lactose, may contain Celery, Soya

### Ingredients

- Plain flour
- Margarine
- Yeast
- 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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Plain Flour	Waterdene	8623	Wheat, may contain Soya
Margarine	Waterdene	6871	Lactose
Yeast	Booker	94465	-
Sugar	Waterdene	9281	-
Mozzarella Cheese	Booker	95276	Lactose
Diced Frozen Onions	Waterdene	2133	-
Garlic Puree	Waterdene	9670	-
Sunflower Oil	Waterdene	-	-
Tinned Tomatoes	Waterdene	9895	-
Mixed Herbs	Waterdene	2279	May contain Celery

## **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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Brownie Mix	Waterdene	9358	Cereals, Eggs, Milk, May contain Soya





**Spring/Summer 2022**

**Week 2**

**21.02.2022 – 22.07.2022**

### **Hot dogs**

Contains: Wheat, Soya, Sulphites

### **Ingredients**

- Sausages
- Hot dog Buns

### **Method**

1. Cook sausages and tray them up in hot dog buns. Make sure that if they are going into hot hold, then they are cling filmed so the buns don't dry out.

### **Ordering**

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Sausages	Booker	147653	Wheat, Soya, Sulphites
Hot dog buns	Booker	197061	Wheat

## **Bean & Cheese Parcels**

Contains:

### Ingredients

- Puff Pastry sheets
- Beans
- Potatoes (peeled)
- Mild white Cheddar
- Eggs/Milk

### Method

1. Make a stiff mixture with beans, cooked potatoes and cheese.
2. Spoon into a sheet of pastry (you should get 24 portions).
3. Use either an egg or milk wash to seal round the edges and in between each portion of mixture.
4. Place another pastry sheet on top; press down in between the mixture and to seal.
5. Cut into individual pasties, crimp, egg/milk wash, and remember to cut a hole in the top for air/moisture to escape.
6. Cook until golden

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Pastry Sheets - Frozen	Waterdene	5017	Gluten
Beans	Waterdene	9911	-
Potatoes (white washed)	Booker	131323	-
Mild white cheddar block	Waterdene	2634	Lactose
Eggs	Waterdene	9850	Egg
Milk	Booker	212311	Lactose

## **Lemon Drizzle Cake**

Contains: Cereals/Milk/Eggs/Soya

Prepared in a factory containing Celery/Cereals/Gluten/Milk/ Mustard/Nuts/Peanuts/Sesame seeds/Soya/Sulphur Dioxide

### Ingredients

- Sponge Mix
- Lemon Juice
- Icing sugar
- Fresh lemon juice and rind

### Method

1. Make up the sponge mix according to the instructions on the packet.
2. Prepare baking tins so they are greased & lined. Use 6-8 Lemons and mix the zest into the cake batter.
3. While the cake is cooling, poke holes evenly across the surface.
4. Make a mixture of sugar and fresh lemon juice; pour it onto the cake – this will crystalize when cooled/set.
5. When the cake is turned out and cooled, drizzle with a thin icing.
6. Garnish with lemon zest.

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Sponge mix	Waterdene	9460	Cereals/Milk/Eggs/Soya
Lemon juice	Waterdene	7030	Prepared in a factory containing Celery/Cereals/Gluten/Milk/ Mustard/Nuts/Peanuts/Sesame seeds/Soya/Sulphur Dioxide
Sugar	Waterdene	9281	-
Icing sugar	Waterdene	9283	-
Lemons (fresh)	Booker	97149	-

## Chinese Chicken Curry

Contains:

### Ingredients

- Cooked Chicken
- Frozen Peppers
- Frozen Onions
- Peas
- Mild Curry Powder
- Cornflour
- Chicken Stock

### Method

1. Fry off the onions and peppers, add chicken stock and water to get the base of the sauce.
2. Add curry powder and cornflour to thicken.
3. Add chicken and cook through until it is a good consistency.
4. Add peas – do not over-cook.

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Cooked chicken Breast	Booker	203974	Soy (HALAL)
Frozen Peppers	Waterdene	2125	-
Frozen Onions	Waterdene	2133	-
Peas	Waterdene	2065	-
Mild Curry Powder	Waterdene	2310	-
Chicken Stock	Waterdene	9372	Celery
Cornflour	Waterdene	9471	-

## **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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
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

## **Chocolate Marble Cake**

Contains: Milk, Gluten, Eggs, Soya.

### Ingredients

- Sponge Mix
- Cocoa Powder

### Method

1. Make two sponge batters. One chocolate, one plain.
2. Grease & line your tins.
3. Pour the two batters into the prepared tins and marble. Bake until a knife/skewer comes out clean.
4. Make a Chocolate Custard.

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Sponge Mix	Waterdene	9460	Gluten, Eggs, Milk, Soya
Cocoa Powder	Booker	101523	-
Custard Powder	Waterdene	9467	Milk, May contain Soya, Eggs, 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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Pork Leg	Waterdene	Call Butchery	
Tinned Apples	Waterdene	9915	-



## **Quorn Roast**

Contains:

### Ingredients

- Quorn joint

### Method

1. Prepare according to the instructions on the packaging
2. Only give 1 slice per person

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Quorn Roast	Waterdene	4246	Not on website yet

## **Strawberry Mousse**

Contains: Lactose

### Ingredients

- Frozen Strawberry Mousse.

### Method

1. Serve as per instructions on packaging.

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Strawberry Mousse	Waterdene	9156	Lactose

## **Cheese & Pepperoni Pasta Bake**

Contains: Celery, Lactose, may contain traces of Egg and Milk.

### Ingredients

- Pepperoni
- 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. Add half the packet of pepperoni and cook until it starts to crisp (add more depending on the amount of sauce you are making).
3. Combine with pasta, sprinkle with cheese and top with a bit more pepperoni then bake until golden.

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Pepperoni	Booker	202048	May contain traces of Egg & Milk
Chicken Bouillon	Waterdene	9372	Celery
Tinned Tomatoes	Waterdene	9895	-
Diced Frozen Onions	Waterdene	2133	-
Tomato Puree	Waterdene	9914	-
Garlic Puree	Waterdene	9670	-
Mixed Herbs	Waterdene	2279	May Contain Celery
Mozzarella Cheese	Booker	95276	Lactose

## **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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Veggie Mince	Waterdene	5808	Soya
Vegetable Bouillon	Waterdene	9371	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 & Cinnamon Crumble with Custard**

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

### Ingredients

- Margarine
- Plain flour
- Sugar
- Solid pack apples
- Cinnamon

### Method

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

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
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

## **Breaded Fish Fingers & Lemon, Chips**

Contains: Cereals containing Gluten, Fish

### Ingredients

- Breaded white fish fingers
- 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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Breaded Fish Fingers	Waterdene	3098	Cereals containing Gluten, Fish
Chip	Waterdene	1122	-
Lemon	Booker	97149	-

## **Cheese & Tomato Pizza**

Contains: Gluten, Lactose, may contain Celery, Soya

### Ingredients

- Plain flour
- Margarine
- Yeast
- 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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Plain Flour	Waterdene	8623	Wheat, may contain Soya
Margarine	Waterdene	6871	Lactose
Yeast	Booker	94465	-
Sugar	Waterdene	9281	-
Mozzarella Cheese	Booker	95276	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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Strawberry	Waterdene	8932	Lactose
Vanilla	Waterdene	8930	Lactose





**Spring/Summer 2022**

**Week 3**

**21.02.2022 – 22.07.2022**

## **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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
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

## **Veggie Ravioli**

Contains: Lactose, Celery, Gluten

### Ingredients

- 

### Method

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

### Ordering

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

## **Buttermilk Pancakes with Summer Fruits**

Contains: Gluten, Eggs, Milk

### Ingredients

- Buttermilk Pancakes
- Frozen Summer fruits
- Icing Sugar

### Method

1. Unpackage pancakes and place into bowls.
2. Use a spoonful of fruit in the centre of each pancake.
3. Dust with icing sugar and serve.

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Buttermilk Pancakes 3.5"	Waterdene	5763	Gluten, Eggs, Milk
Frozen Summer Fruits	Waterdene	2527	-
Icing Sugar	Waterdene	9283	-

### **Toad in the hole**

Contains: Wheat, Soya, Sulphites, Cereals, Egg, Milk

#### Ingredients

- Sausages
- Yorkshire Puddings (frozen)
- Gravy

#### Method

1. Cook off the sausages, cut in half and place two pieces into a Yorkshire pudding. Place into the hot counter for the Yorkshires to warm through.
2. Serve with gravy.

#### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Sausages	Booker	147653	Wheat, Soya, Sulphites
Yorkshire Pudding - Frozen	Waterdene	5021	Cereals, Eggs, Milk
Gravy	Waterdene	8674 (Knorr) 9370 (Sterling)	- Celery, Gluten, Soya, Sulphites

## **Veggie Korma**

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
- Spinach

### 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. Add spinach.
7. Chop Coriander and mix into curry prior to service.
8. Adjust seasoning.
9. Serve with half a large poppadom.

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
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
Spinach	Waterdene	2150	-

## **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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
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	-

## **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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Chicken Breast (Frozen)	Booker	203974	-
Stuffing Mix	Booker	194109	Barley, Wheat



## **Cheese and Onion Pastry**

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 pastry and egg wash.

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
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

## 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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Strawberry	Waterdene	8932	Lactose
Vanilla	Waterdene	8930	Lactose

## **Beef Lasagne & Garlic Bread**

Contains: Celery, Lactose, Soya, Gluten, Eggs

### 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
- Lasagne sheets
- Garlic bread slices
- Plain Flour
- Milk
- Mild cheddar cheese
- Margarine
- Vegetable 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; remember for every 1Kg of Meat, use 1Kg of veg.
2. Add Beef Bouillon, Tinned Tomatoes, and mixed herbs.
3. Simmer until it has thickened, then season to taste.
4. Layer Lasagne sheets and mince mixture.
5. Make a white sauce.
6. Top the lasagne with white sauce and a sprinkle of cheese and bake until golden.

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
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	-
Lasagne Sheets	Waterdene	8900	Cereals, Eggs
Garlic Bread Slices	Waterdene	4590	Gluten, May contain milk, sesame seeds
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

## **Sweet & Sour Chicken**

Contains: Soybeans, Wheat, Eggs

### Ingredients

- Quorn Pieces
- Sweet & Sour Sauce
- Onions
- Peppers
- Spring Onions
- Noodles
- Soy Sauce

### Method

1. Fry off the peppers and onions until soft and add garlic.
2. Add cooked chicken breast and sauce (top up with water so it isn't too gelatinous, as it is a coating sauce)
3. Sprinkle with spring onions for colour upon serving.
4. Serve with Noodles (coat the noodles in a little soy sauce so they have some flavour)

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Quorn Pieces	Waterdene	4223	Wheat
Sweet & Sour Sauce	Booker	247409	-
Frozen Onions	Waterdene	1451	-
Frozen Mixed Peppers	Waterdene	2125	-
Garlic Puree	Waterdene	9670	-
Spring Onions	Booker	-	-
Noodles	Booker	714510	Eggs
Soy Sauce	Booker	159358	Soybeans, Wheat

## **Raspberry Ripple Cake**

Contains: Milk, Gluten, Eggs, Soya.

### Ingredients

- Sponge Mix
- Raspberry Jam

### Method

1. Make a cake batter using sponge mix and put into lined & greased tins.
2. Spoon in jam and swirl about so it has a marble effect.
3. Bake until a skewer comes out clean.
4. Serve with custard.

### Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Sponge Mix	Waterdene	9460	Gluten, Eggs, Milk, Soya
Raspberry Jam	Booker	197725	
Custard Powder	Waterdene	9467	Milk, May contain Soya, Eggs, Gluten

## **Breaded White Fish & Lemon, Chips**

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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Breaded White Fish	Waterdene	3093	Cereals containing Gluten, Fish
Chip	Waterdene	1122	-
Lemon	Booker	97149	-

## **Cheese & Tomato Pizza**

Contains: Gluten, Lactose, may contain Celery, Soya

### Ingredients

- Plain flour
- Margarine
- Yeast
- 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

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Plain Flour	Waterdene	8623	Wheat, may contain Soya
Margarine	Waterdene	6871	Lactose
Yeast	Booker	94465	-
Sugar	Waterdene	9281	-
Mozzarella Cheese	Booker	95276	Lactose
Diced Frozen Onions	Waterdene	2133	-
Garlic Puree	Waterdene	9670	-
Sunflower Oil	Waterdene	-	-
Tinned Tomatoes	Waterdene	9895	-
Mixed Herbs	Waterdene	2279	May contain Celery

**Chocolate Crunch Square – makes approx. 140 ptns**

Contains: Barley, Lactose

Ingredients

- Rice puffs – 5 boxes (400g)
- Syrup – 4lbs
- Cocoa powder – 8oz
- Margarine – 11lbs 12oz Margarine

Method

1. Warm the syrup and mix with melted Margarine.
2. Mix in cocoa powder and rice krispies.
3. Press into lined tins, chill, and cut into squares to serve

Ordering

<b>Item</b>	<b>Source</b>	<b>Code</b>	<b>Allergens</b>
Rice puffs	Booker	101307	Barley
Syrup	Booker	598627	-
Cocoa Powder	Booker	101523	-
Margarine	Waterdene	6871	Lactose