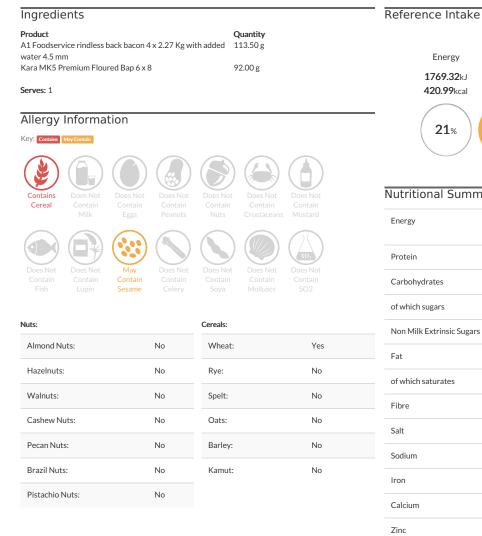


## Recipe Ingredients and Nutrition

# **Lighter Bites**

#### 360 - BREAKFAST - BACON ROLL





#### **Dietary Information**



#### Each serving contains: Energy Fat



#### **Nutritional Summary**

Energy	1769.32kJ 420.99kCal
Protein	27.43g
Carbohydrates	43.44g
of which sugars	4.06g
Non Milk Extrinsic Sugars	Og
Fat	15.04g
of which saturates	5.42g
Fibre	2.58g
Salt	4.23g
Sodium	0.32g
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	Оµg
Vitamin A	Оµg
Vitamin C	Omg

#### Label Information

#### Ingredients

A1 Foodservice rindless back bacon 4 x 2.27 Kg with added water 4.5 mm (55%) (Pork 85% Water Salt, Preservatives Sodium Nitrite E250 Potassium Nitrate E252 Antioxidant Sodium Ascorbate E301). Kara MK5 Premium Floured Bap 6 x 8 (45%) (WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Water, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers: E471, E472(e). Flour Treatment Agents: E300, E920.).

#### Method & Recipe Notes

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#### 360 - BREAKFAST - SAUSAGE ROLL



Salt

0.91g



Product
PENNY LANE PORK SAUSAGE 4.54 Pork 16s
Kara MK5 Premium Floured Bap 6 x 8

Serves: 1



Quantity

84.00 g 92.00 g

Almond Nuts: No	Wheat:	Yes
Hazelnuts: No	Rye:	No
Walnuts: No	Spelt:	No
Cashew Nuts: No	Oats:	No
Pecan Nuts: No	Barley:	No
Brazil Nuts: No	Kamut:	No
Pistachio Nuts: No		

#### Dietary Information



# of your daily reference intake. Nutritional Summary Energy

Fat

14.14g

**Reference** Intake

Energy

1672.52kJ

403.76kcal

20%

Energy	1672.52kJ 403.76kCal
Protein	16.56g
Carbohydrates	52.2g
of which sugars	3.66g
Non Milk Extrinsic Sugars	Og
Fat	14.14g
of which saturates	4.64g
Fibre	2.91g
Salt	0.91g
Sodium	0.33g
Iron	0.25mg
Calcium	11.76mg
Zinc	0.42mg
Folate	1.68µg
Vitamin A	Оµg
Vitamin C	Omg

Each serving contains:

Saturates

**4.64**g

Sugars

3.66g

4%

#### Label Information

#### Ingredients

Kara MK5 Premium Floured Bap 6 x 8 (52%) (WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Water, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers: E471, E472(e). Flour Treatment Agents: E300, E920.). PENNY LANE PORK SAUSAGE 4.54 Pork 16s (48%) (Pork (42%), Water, Rusk (WHEAT), Mechanically recovered chicken, Vegetable starch, Pork fat, Salt, WHEAT flour (Contains Calcium Carbonate, Iron, Niacin, Vitamin B1), Dextrose, Stabiliser (Sodium Tri-polyphosphate (E451i)), Flavour enhancer (Monosodium Glutamate (E621)), Preservative (Sodium SULPHITE (E221)), Hydrolysed vegetable protein (SOYA), Antioxidant: Ascorbic Acid (E300), Spice extracts.).

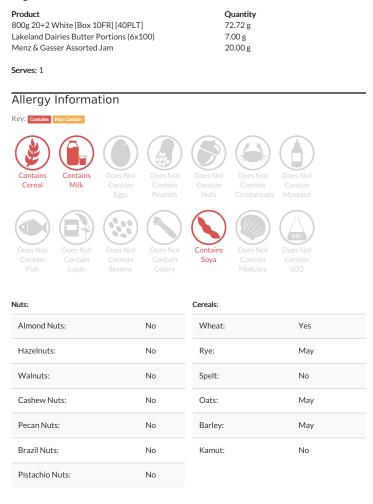
#### Method & Recipe Notes

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Ingredients

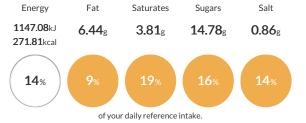
#### 360 - LB - 2 SLICES OF TOAST





#### Energy Fat

**Reference** Intake



Each serving contains:

#### **Nutritional Summary**

-	
Energy	1147.08kJ 271.81kCal
Protein	6.5g
Carbohydrates	45.82g
of which sugars	14.78g
Non Milk Extrinsic Sugars	Og
Fat	6.44g
of which saturates	3.81g
Fibre	2.43g
Salt	0.86g
Sodium	0.29g
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	Оµд
Vitamin A	Оµд
Vitamin C	Omg

#### **Dietary Information**



#### Label Information

#### Ingredients

800g 20+2 White [Box 10FR] [40PLT] (73%) (WHEAT Flour (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, Emulsifier: E472e. SOYA Flour, Preservative: E282. Rapeseed Oil, Flour Treatment Agent: E300.). Menz & Gasser Assorted Jam (20%) (Glucose-fructose syrup, Blackcurrants, Sugar, Water, Gelling agent (Pectin), Acidity regulator (Citric acid), Glucose-fructose syrup, Raspberries, Sugar, Water, Gelling agent(Pectin), Acidity regulator( Citric acid), Glucose-fructose syrup, Apricots, Sugar, Water, Gelling agent(Pectin), Acidity regulator( Citric acid), Glucose-fructose syrup, Strawberries, Sugar, Water, Gelling agent(Pectin), Acidity regulator(Citric acid), Elderberry juice.). Lakeland Dairies Butter Portions (6x100) (7%) (Butter (MILK) (Min fat content 80%), Salt.).

#### Method & Recipe Notes

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#### 360 - PANINI - TOMATO MOZZ PESTO

Quantity

110.00 g 35.00 g

56.00 g

20.00 g

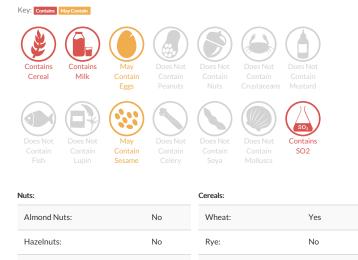
### 😋 erudus

#### Ingredients

Product
CSBC 10418 - 60 Panini 110g
CSBC 10055 Green Pesto 6 x 1.12kg
Grated Mozzarella/Cheddar 70/30
Fresh Tomato

Serves: 1

#### Allergy Information



No

No

No

No

No

Spelt:

Oats:

Barley:

Kamut.

No

No

No

No

#### Reference Intake



#### Nutritional Summary

Energy	2581.48kJ 621.37kCal
Protein	24.04g
Carbohydrates	59.55g
of which sugars	5.65g
Non Milk Extrinsic Sugars	Og
Fat	31.48g
of which saturates	12.16g
Fibre	4.25g
Salt	2.6g
Sodium	Og
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	0µg
Vitamin A	0µg
Vitamin C	Omg

#### **Dietary Information**

Walnuts:

Cashew Nuts:

Pecan Nuts:

Brazil Nuts

Pistachio Nuts:



#### Label Information

#### Ingredients

CSBC 10418 - 60 Panini 110g (50%) (WHEAT Flour, Water, Yeast, Salt, Olive Oil, WHEAT Gluten, Malted WHEAT Flour, Flour, Flour Treatment Agent (Ascorbic Acid ).). Grated Mozzarella/Cheddar 70/30 (25%) (mozzarella (MILK) 70%, cheddar (MILK) 30%, anti-caking agent (Potato Starch)). CSBC 10055 Green Pesto 6 x 1.12kg (16%) (Chopped Basil (41%), Rapeseed Oil, Olive Oil, Medium Fat Hard Cheese (MILK), Water, Sugar, Salt, Garlic Purée, Acidity Regulator (Lactic Acid), Potato Powder (SULPHITES), Black Pepper.). Fresh Tomato (9%) (Fresh Tomato Sliced).

#### Method & Recipe Notes

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#### 360 - PANINI BBQ CHICKEN CHEESE



#### Ingredients

CSBC 10418 - 60 Panini 110g         110.00 g           CSBC 10272 Frozen Chicken Breast Strips 12mm (4 x 2.5kg)         90.00 g           CSBC 10082 Sticky BBQ Sauce 2.27L         60.00 g           Grated Mozzarella/Cheddar 70/30         56.00 g
---

Serves: 1

#### Allergy Information



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Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

#### Reference Intake



#### Nutritional Summary

Energy	3030.28kJ 719.42kCal
Protein	50.47g
Carbohydrates	86.1g
of which sugars	32.58g
Non Milk Extrinsic Sugars	Og
Fat	18.6g
of which saturates	10.34g
Fibre	4.79g
Salt	3.53g
Sodium	0.24g
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	Оµg
Vitamin A	Оµg
Vitamin C	Omg

#### **Dietary Information**

#### Key: Suitable for



#### Label Information

#### Ingredients

CSBC 10418 - 60 Panini 110g (35%) (WHEAT Flour, Water, Yeast, Salt, Olive Oil, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent (Ascorbic Acid ).). CSBC 10272 Frozen Chicken Breast Strips 12mm (4 x 2.5kg) (28%) (Chicken, Salt Made with 114g of raw chicken per 100g of finished product). CSBC 10082 Sticky BBQ Sauce 2.27L (19%) (Water, Sugar, Tomato Paste, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Bramley Apple Puree (Bramley Apple Puree, Preservative (Sodium METABISULPHITE)), Salt, Apple Juice Concentrate, Acidity Regulator (Acetic Acid), Colour (Ammonia Caramel), Flavourings (Smoke Flavourings, Flavouring), Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper.). Grated Mozzarella/Cheddar 70/30 (18%) (mozzarella (MILK) 70%, cheddar (MILK) 30%, anti-caking agent (Potato Starch)).

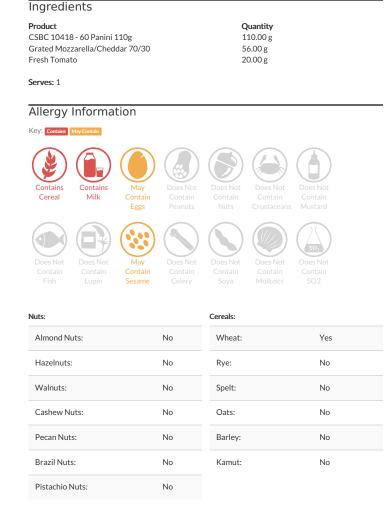
#### Method & Recipe Notes

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#### 360 - PANINI CHEESE & TOMATO



Salt



#### **Dietary Information**



# 1982.98kJ 16.81g 9.85g 4.6g 1.97g 476.12kcal 24% 49% 5% 33% of your daily reference intake. 33%

Each serving contains:

Saturates

Sugars

Fat

**Reference** Intake

Energy

Energy	1982.98kJ 476.12kCal
Protein	22.92g
Carbohydrates	57.66g
of which sugars	4.6g
Non Milk Extrinsic Sugars	Og
Fat	16.81g
of which saturates	9.85g
Fibre	3.65g
Salt	1.97g
Sodium	Og
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	Оµg
Vitamin A	Оµg
Vitamin C	Omg

#### Label Information

#### Ingredients

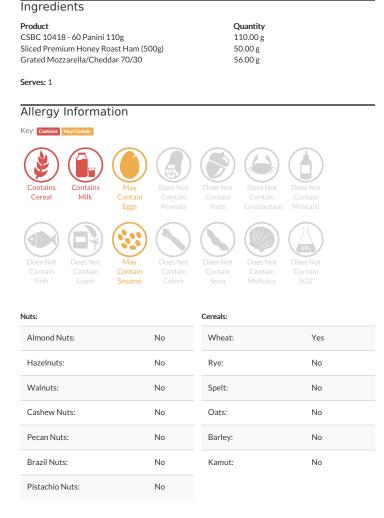
CSBC 10418 - 60 Panini 110g (59%) (WHEAT Flour, Water, Yeast, Salt, Olive Oil, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent (Ascorbic Acid ).). Grated Mozzarella/Cheddar 70/30 (30%) (mozzarella (MILK) 70%, cheddar (MILK) 30%, anti-caking agent (Potato Starch)). Fresh Tomato (11%) (Fresh Sliced Tomato).

#### Method & Recipe Notes

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#### 360 - PANINI CHEESE AND HAM





#### Dietary Information



#### Reference Intake



#### Nutritional Summary

Energy	2190.98kJ 522.02kCal
Protein	32.3g
Carbohydrates	57.13g
of which sugars	4.33g
Non Milk Extrinsic Sugars	Og
Fat	17.87g
of which saturates	10.23g
Fibre	3.66g
Salt	3.27g
Sodium	Og
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	Оµg
Vitamin A	0μg
Vitamin C	Omg

#### Label Information

#### Ingredients

CSBC 10418 - 60 Panini 110g (51%) (WHEAT Flour, Water, Yeast, Salt, Olive Oil, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent (Ascorbic Acid ).). Grated Mozzarella/Cheddar 70/30 (26%) (mozzarella (MILK) 70%, cheddar (MILK) 30%, anti-caking agent (Potato Starch)). Sliced Premium Honey Roast Ham (500g) (23%) (EU Pork (85%), Water, Salt, Dried Glucose Syrup, Stabilisers (E451, E450, E452), Honey (0.2%), Demerara sugar, Antioxidant (E301), Preservative (E250).).

#### Method & Recipe Notes

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#### 360 - PANINI TUNA MAYO MOZZ

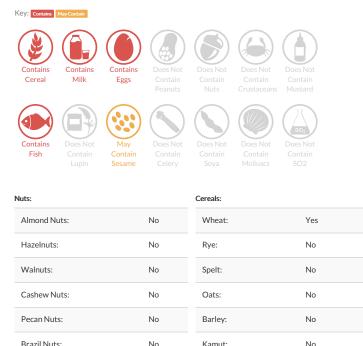


#### Ingredients

Product	Quantity
CSBC 10418 - 60 Panini 110g	110.00 g
CSBC 11116 Skipjack Tuna Chunks in Brine	70.00 g
CSBC 10057 Real Mayonnaise 5I	35.00 g
Grated Mozzarella/Cheddar 70/30	56.00 g

Serves: 1

#### Allergy Information



No

#### **Reference** Intake



#### Nutritional Summary

-	
Energy	2911.18kJ 695.82kCal
Protein	40.39g
Carbohydrates	59.05g
of which sugars	5.2g
Non Milk Extrinsic Sugars	Og
Fat	32.77g
of which saturates	11.13g
Fibre	3.52g
Salt	2.74g
Sodium	0.11g
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	Ομg
Vitamin A	0μg
Vitamin C	Omg

#### **Dietary Information**

#### Key: Suitable for

Pistachio Nuts:



#### Label Information

#### Ingredients

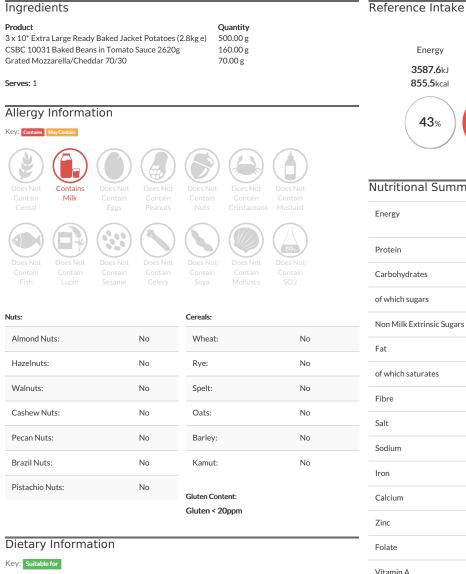
CSBC 10418 - 60 Panini 110g (41%) (WHEAT Flour, Water, Yeast, Salt, Olive Oil, WHEAT Gluten, Malted WHEAT Flour, Flour Treatment Agent (Ascorbic Acid ).). CSBC 11116 Skipjack Tuna Chunks in Brine (26%) (Skipjack Tuna (katsuwonus pelamis) (FISH), Water, Salt). Grated Mozzarella/Cheddar 70/30 (21%) (mozzarella (MILK) 70%, cheddar (MILK) 30%, anti-caking agent (Potato Starch)). CSBC 10057 Real Mayonnaise 51 (13%) (Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised EGG, Preservative (Potassium Sorbate).).

#### Method & Recipe Notes

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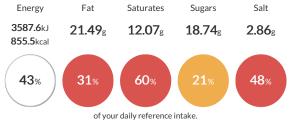
#### 360 - LB JACKET CHEESE BEANS





	$(\mathbf{v})$	K	JY
Suitable	May not be	May not be	May not b
for			
Vegetarian	Vegan	Kosher	Halal

#### Each serving contains: Energy Fat Saturates



#### Nutritional Summary

Energy	3587.6kJ 855.5kCal
Protein	36.23g
Carbohydrates	117.6g
of which sugars	18.74g
Non Milk Extrinsic Sugars	Og
Fat	21.49g
of which saturates	12.07g
Fibre	22.92g
Salt	2.86g
Sodium	0.94g
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	Оµg
Vitamin A	Оµд
Vitamin C	Omg

#### Label Information

#### Ingredients

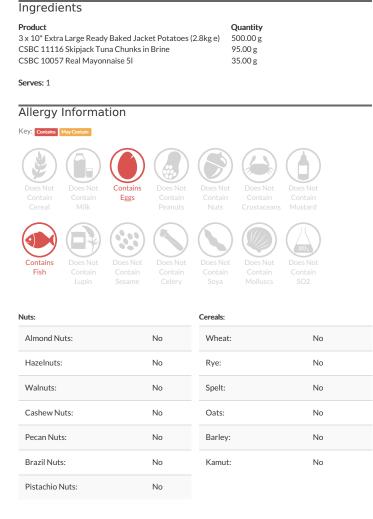
3 x 10\* Extra Large Ready Baked Jacket Potatoes (2.8kg e) (68%) (British Potato (100%) MANUFACTURED IN AN ENVIRONMENT HANDLING DAIRY INGREDIENTS). CSBC 10031 Baked Beans in Tomato Sauce 2620g (22%) (Haricot Beans (49%), Tomatoes (27%), Water, Sugar, Modified Maize Starch, Salt, Glucose-Fructose Syrup, Onion Powder, Paprika, Flavourings.). Grated Mozzarella/Cheddar 70/30 (10%) (mozzarella (MILK) 70%, cheddar (MILK) 30%, anti-caking agent (Potato Starch)).

#### Method & Recipe Notes

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#### 360 - LB JACKET POTATO TUNA MAYO





#### Dietary Information



**Reference** Intake



Each serving contains:

#### Nutritional Summary

Energy	3110.1kJ 740.55kCal
Protein	34.39g
Carbohydrates	99.67g
of which sugars	11.12g
Non Milk Extrinsic Sugars	Og
Fat	18.75g
of which saturates	1.37g
Fibre	17.11g
Salt	1.65g
Sodium	0.67g
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	Оµg
Vitamin A	Оµg
Vitamin C	Omg

#### Label Information

#### Ingredients

3 x 10° Extra Large Ready Baked Jacket Potatoes (2.8kg e) (79%) (British Potato (100%) MANUFACTURED IN AN ENVIRONMENT HANDLING DAIRY INGREDIENTS). CSBC 11116 Skipjack **Tuna** Chunks in Brine (15%) (Skipjack **Tuna** (katsuwonus pelamis) (**FISH**), Water, Salt). CSBC 10057 Real Mayonnaise 5I (6%) (Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised **EGG**, Preservative (Potassium Sorbate).).

#### Method & Recipe Notes

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#### 360 - LB NACHOS



Ingredients					Reference Intake				
Product		Quantity			Ea	ich serving contai	ns:		
Dorito's Tortilla Chips Et Voila Chunky Salsa Sauce 2kg Grated Mozzarella/Cheddar 70/3(	h	80	25.00 g 0.00 g 20.00 g		Energy	Fat	Saturates	Sugars	Salt
et Soured Cream upreme Guacamole	5	80	0.00 g 0.00 g		<b>5653.05</b> kJ <b>1358.85</b> kcal	<b>86.61</b> g	<b>37.05</b> g	<b>14.14</b> g	<b>4.71</b> g
erves: 1 Allergy Information					67%	124%	185%	16%	79%
ey: Contains MayContain						of you	r daily reference	intake.	
					Nutritional Summ	nary			
May Contains Does No Contain Milk Contain Cereal Eggs		Does Not Contain Nuts		ooes Not Contain Austard	Energy			5653.05k 1358.85k	
				20	Protein			42.43g	
es Not Does Not Does Not		May	Does Not D	so <sub>2</sub>	Carbohydrates			93.7g	
ntain Contain Contain ish Lupin Sesame		Contain Soya			of which sugars			14.14g	
					Non Milk Extrinsic Sugars			Og	
uts:		Cereals:			Fat			86.61g	
Almond Nuts:	No	Wheat:		Мау	of which saturates			37.05g	
Hazelnuts:	No	Rye:		No	Fibro			14.0~	

No

No

May

No

Diotary	Information
Dictury	mormation

Walnuts:

Cashew Nuts:

Pecan Nuts:

Brazil Nuts:

Pistachio Nuts:



No

No

No

No

No

Spelt:

Oats:

Barley:

Kamut:

#### Fibre 14.2g Salt 4.71g 0.31g Sodium Omg Iron Calcium 0mg 0mg Zinc Folate 0µg Vitamin A 0µg Vitamin C 0mg

#### Label Information

#### Ingredients

Dorito's Tortilla Chips (26%) (Corn (Maize) Vegetable Oils (Corn, Sunflower, Rapeseed, in varying proportions) Salt). Grated **Mozzarella/Cheddar** 70/30 (25%) (**mozzarella (MILK**) 70%, **cheddar (MILK**) 30%, anti-caking agent (Potato Starch)). Et Voila Chunky Salsa Sauce 2kg (16%) (Tomatoes (47%), Onion (18%), Red Pepper, Tomato Paste, Green Pepper, Sugar, White Wine Vinegar, Lemon Juice, Salt, Corn Flour, Garlie Puree, Lactic Acid, Jalapeno Peppers, Coriander Leaves.). Set Soured **Cream** (16%) (**MILK**, **CREAM (MILK**), Stabiliser (Maize and Potato Starch), Lactic Cultures, Preservative (Potassium Sorbate).). Supreme Guacamole (16%) (Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Polydrated Coriander.).

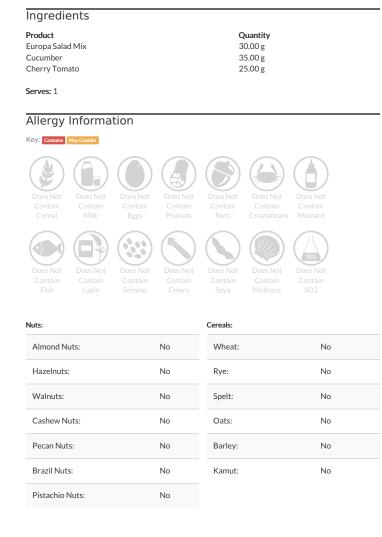
#### Method & Recipe Notes

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#### RECIPE CARD

#### 360 - LB MIXED SALAD 2





#### **Dietary Information**



#### Label Information

#### Ingredients

Cucumber (39%) (Cucumber). Europa Salad Mix (33%) (Lollo Rosso, Endive, Apollo, Red Chard). Cherry Tomato (28%) (Cherry Tomato).

#### Method & Recipe Notes

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#### Reference Intake



#### Nutritional Summary

Energy	70.4kJ 16.8kCal
Protein	0.95g
Carbohydrates	1.86g
of which sugars	1.35g
Non Milk Extrinsic Sugars	Og
Fat	0.19g
of which saturates	0.03g
Fibre	1.05g
Salt	Og
Sodium	Og
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	Оµg
Vitamin A	Оµg
Vitamin C	Omg