



Recipe Ingredients and Nutrition

## Main Meals

# 360 - MAIN CHEESE PASTA

## Ingredients

Product	Quantity
Triple Lion Pasta Penne 4x3kg	100.00 g
Cheddar Cheese Sauce 12 x 1L	200.00 g
Garlic Slices	60.00 g

Serves: 1

## Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Contains Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
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

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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## Label Information

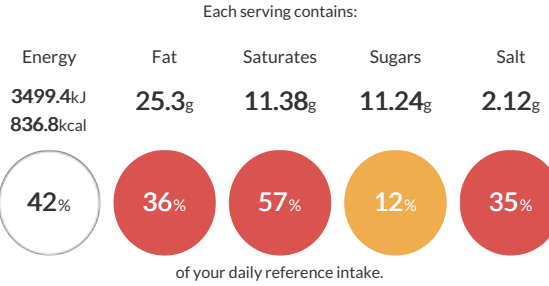
**Ingredients**  
**Cheddar Cheese** Sauce 12 x 1L (56%) (Reconstituted Skimmed **MILK**, Reconstituted Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Vegetable Oil (Sunflower), Dried Herb], **Cheddar Cheese** (10%) (**MILK**), Modified Starch, **Cheese** Powder (3.5%) (**MILK**), Starch, Vegetable Oil (Palm), Acidity Regulator (Tri Sodium Citrate), Emulsifier (**SOYA** Lecithin), Colour (Beta-Carotene).). Triple Lion Pasta Penne 4x3kg (28%) (**DURUM WHEAT SEMOLINA**, WATER). Garlic Slices (17%) (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine [Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Carotenes)], Water, Garlic Purée (3.0%), Salt, Yeast, Parsley, Flour treatment agent (Ascorbic Acid), **WHEAT** Flour.).

## Method & Recipe Notes

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## Reference Intake



## Nutritional Summary

Energy	3499.4kJ 836.8kCal
Protein	28.13g
Carbohydrates	120.8g
of which sugars	11.24g
Non Milk Extrinsic Sugars	0g
Fat	25.3g
of which saturates	11.38g
Fibre	5.26g
Salt	2.12g
Sodium	0.22g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

# 360 - MAIN COD GOUJONS & CHIPS

## Ingredients

Product	Quantity
Whitby MSC Cod Fillet Goujons in Batter 450ge	150.00 g
CSBC 10312 Freeze Chill Straight Cut 12/12 Fries	160.00 g
Greens Choice Peas 10 x 1 kg	120.00 g

Serves: 1

## Allergy Information

Key: Contains May Contain

Contains Cereal	May Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	May Contain Crustaceans	Does Not Contain Mustard
Contains Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	May Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
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

Key: Suitable for

May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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## Label Information

### Ingredients

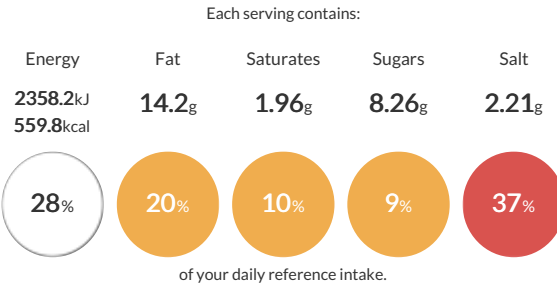
CSBC 10312 Freeze Chill Straight Cut 12/12 Fries (37%) (Potatoes (97%), Sunflower Oil.), Whitby MSC Cod Fillet Goujons in Batter 450ge (35%) (Cod (FISH)(50%), batter (water, WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salt, raising agents: E450i, E500ii, WHEAT starch, xanthan gum E415), breadcrumbs (WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], rapeseed oil, rapeseed oil.)), Greens Choice Peas 10 x 1 kg (28%) (Peas (100%)).

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## Reference Intake



## Nutritional Summary

Energy	2358.2kJ 559.8kCal
Protein	25.07g
Carbohydrates	77.28g
of which sugars	8.26g
Non Milk Extrinsic Sugars	0g
Fat	14.2g
of which saturates	1.96g
Fibre	10.68g
Salt	2.21g
Sodium	0.04g
Iron	1.92mg
Calcium	52.8mg
Zinc	1.44mg
Folate	0µg
Vitamin A	0.1µg
Vitamin C	24mg

# 360 - MAIN MAKHANI CHICKEN NM22

## Ingredients

Product	Quantity
CSBC 10272 Frozen Chicken Breast Strips 12mm (4 x 2.5kg)	150.00 g
White rice	200.00 g
Mini Round G&C Naan 35g (1 x 80)	70.00 g
Et Voila Makhani Sauce 2kg	150.00 g

Serves: 1

## Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	May Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	May Contain SO2

Nuts:		Cereals:	
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

Key: Suitable for

May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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## Label Information

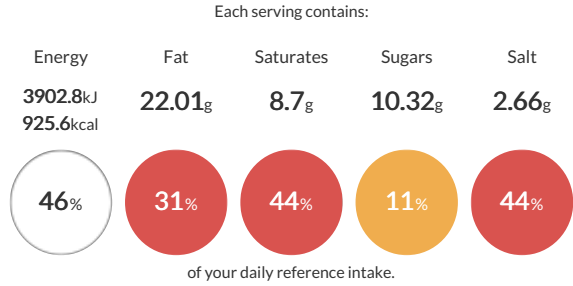
**Ingredients**  
 White rice (35%) (White rice). CSBC 10272 Frozen Chicken Breast Strips 12mm (4 x 2.5kg) (26%) (Chicken, Salt Made with 114g of raw chicken per 100g of finished product). Et Voila Makhani Sauce 2kg (26%) (Passata, Double **Cream (MILK)**, Sugar, Onion, Natural **Yoghurt (MILK)**, Garlic Granules, Salted **Butter (MILK)**, Cornflour Mix, Ginger Powder, Lemon Juice, Lactic Acid, Roasted Cumin, Salt, Mint, Cardamom ground, Roasted Coriander, Roasted Black pepper, Cinnamon Ground, Clove Ground, Nutmeg). Mini Round G&C Naan 35g (1 x 80) (12%) (**WHEAT** Flour (Fortified with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Vegetable Ghee (Palm Oil, Rapeseed Oil), Garlic (1.5%), Yeast, Coriander (0.5%), Salt, Kalonji Seeds (0.5%), Dextrose.).

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## Reference Intake



## Nutritional Summary

Energy	3902.8kJ 925.6kCal
Protein	60.17g
Carbohydrates	118.29g
of which sugars	10.32g
Non Milk Extrinsic Sugars	0g
Fat	22.01g
of which saturates	8.7g
Fibre	6.55g
Salt	2.66g
Sodium	0.96g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

# 360 - MAIN MAKHANI QUORN

## Ingredients

Product	Quantity
White rice	200.00 g
Mini Round G&C Naan 35g (1 x 80)	35.00 g
Et Voila Makhani Sauce 2kg	160.00 g
Quorn Pieces 1kg	150.00 g

Serves: 1

## Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Contains Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	May Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	May Contain SO2

Nuts:		Cereals:	
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

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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## Label Information

### Ingredients

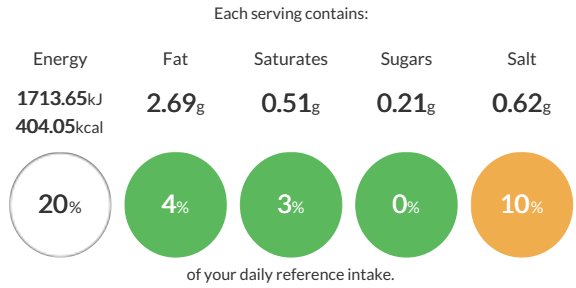
White rice (85%) (White rice). Mini Round G&C Naan 35g (1 x 80) (15%) **WHEAT** Flour (Fortified with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Vegetable Ghee (Palm Oil, Rapeseed Oil), Garlic (1.5%), Yeast, Coriander (0.5%), Salt, Kalonji Seeds (0.5%), Dextrose.

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## Reference Intake



## Nutritional Summary

Energy	1713.65kJ 404.05kCal
Protein	8.51g
Carbohydrates	85.37g
of which sugars	0.21g
Non Milk Extrinsic Sugars	0g
Fat	2.69g
of which saturates	0.51g
Fibre	2.15g
Salt	0.62g
Sodium	0.13g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

# 360 - MAIN PESTO PASTA

## Ingredients

Product	Quantity
Triple Lion Pasta Penne 4x3kg	100.00 g
CSBC 10055 Green Pesto 6 x 1.12kg	60.00 g
Grated Mozzarella/Cheddar 70/30	40.00 g
Garlic Slices	60.00 g

Serves: 1

## Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	May Contain Soya	Does Not Contain Molluscs	Contains SO <sub>2</sub>

Nuts:		Cereals:	
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

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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## Label Information

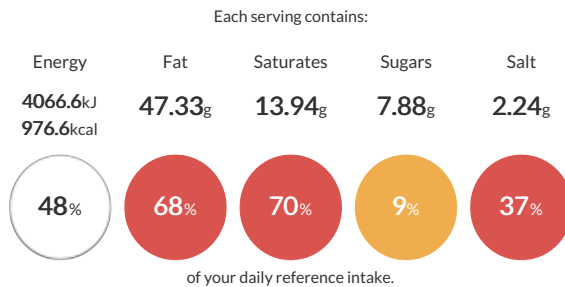
**Ingredients**  
 Triple Lion Pasta Penne 4x3kg (38%) (DURUM **WHEAT** SEMOLINA, WATER). CSBC 10055 Green Pesto 6 x 1.12kg (23%) (Chopped Basil (41%), Rapeseed Oil, Olive Oil, Medium Fat Hard **CHEESE (MILK)**, Water, Sugar, Salt, Garlic Purée, Acidity Regulator (Lactic Acid), Potato Powder (**SULPHITES**), Black Pepper.). Garlic Slices (23%) (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine [Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Carotenes)], Water, Garlic Purée (3.0%), Salt, Yeast, Parsley, Flour treatment agent (Ascorbic Acid), **WHEAT** Flour.). Grated **Mozzarella/Cheddar 70/30** (15%) (**mozzarella (MILK)** 70%, **cheddar (MILK)** 30%, anti-caking agent (Potato Starch)).

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## Reference Intake



## Nutritional Summary

Energy	4066.6kJ 976.6kCal
Protein	28.86g
Carbohydrates	105.88g
of which sugars	7.88g
Non Milk Extrinsic Sugars	0g
Fat	47.33g
of which saturates	13.94g
Fibre	6.24g
Salt	2.24g
Sodium	0.22g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

# 360 - MAIN TOMATO AND HERB PASTA

## Ingredients

Product	Quantity
Triple Lion Pasta Penne 4x3kg	100.00 g
Knorr Professional Tomato & Basil Sauce 2.2L	100.00 g
Garlic Slices	90.00 g

Serves: 1

## Allergy Information

Key: Contains May Contain

Contains Cereal	May Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	May Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
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

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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## Label Information

### Ingredients

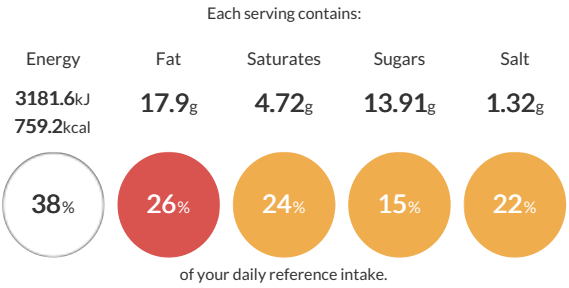
Triple Lion Pasta Penne 4x3kg (34%) (DURUM **WHEAT** SEMOLINA, WATER). Knorr Professional Tomato & Basil Sauce 2.2L (34%) (Water, tomatoes\* (24%), tomato paste\* (20%), onions, sugar, glucose-fructose syrup, modified corn starch, basil (1%), sunflower oil, natural basil flavouring, garlic (0.2%), lemon juice concentrate, salt. \*Made from sustainably grown ingredients.). Garlic Slices (31%) (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine [Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Carotenes)], Water, Garlic Purée (3.0%), Salt, Yeast, Parsley, Flour treatment agent (Ascorbic Acid), **WHEAT** Flour.).

## Method & Recipe Notes

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## Reference Intake



## Nutritional Summary

Energy	3181.6kJ 759.2kCal
Protein	20.8g
Carbohydrates	125.4g
of which sugars	13.91g
Non Milk Extrinsic Sugars	0g
Fat	17.9g
of which saturates	4.72g
Fibre	7.03g
Salt	1.32g
Sodium	0.32g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg