



Recipe Ingredients and Nutrition

Contents - Sides

1. **Fries**
2. **Garlic Mushrooms**
3. **Cheesy Garlic Bread**
4. **Garlic Bread**
5. **Onion Rings**

360 - SIDE FRIES

Ingredients

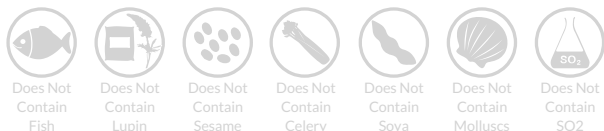
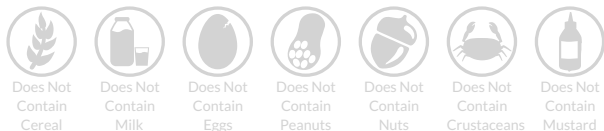
Product
CSBC 10312 Freeze Chill Straight Cut 12/12 Fries

Quantity
240.00 g

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	No
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	Gluten Content: Gluten < 20ppm	

Dietary Information

Key: Suitable for



Label Information

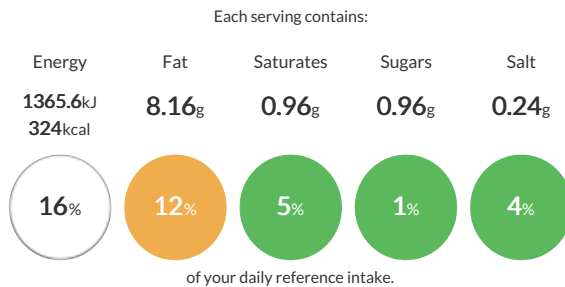
Ingredients
CSBC 10312 Freeze Chill Straight Cut 12/12 Fries (100%) (Potatoes (97%), Sunflower Oil).

Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

Reference Intake



Nutritional Summary

Energy	1365.6kJ 324kcal
Protein	5.52g
Carbohydrates	54.72g
of which sugars	0.96g
Non Milk Extrinsic Sugars	0g
Fat	8.16g
of which saturates	0.96g
Fibre	5.04g
Salt	0.24g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - GARLIC MUSHROOMS

Ingredients

Product	Quantity
Garlic breaded mushrooms	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	Does Not 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	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

Label Information

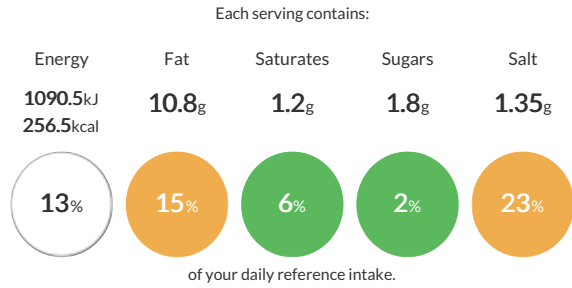
Ingredients
Garlic breaded mushrooms (100%) (Mushroom (51%), **WHEAT flour**, Water, Sunflower oil, Fortified WHEAT flour (**WHEAT flour**, Calcium, Iron, Thiamin, Niacin), Potato starch, EGG albumen, Potato dextrin, Salt, Garlic Powder, Natural flavourings (with MILK elements), Yeast, Onion extract, Raising agents (E450, E500), Black pepper extract).

Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

Reference Intake



Nutritional Summary

Energy	1090.5kJ 256.5kCal
Protein	7.8g
Carbohydrates	31.05g
of which sugars	1.8g
Non Milk Extrinsic Sugars	0g
Fat	10.8g
of which saturates	1.2g
Fibre	3.15g
Salt	1.35g
Sodium	0.54g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - SIDES CHEESY GARLIC BREAD

Ingredients

Product	Quantity
Speedibake Garlic Slices x150	90.00 g
CSBC 10370 Shredded Mozzarella Cheese/Cheddar Cheese 70%/30%	50.00 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	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
-------------------------	-------------------------------	--------------------------------	-------------------------------

Label Information

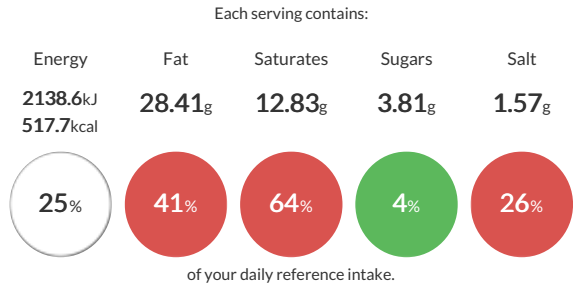
Ingredients
 Speedibake Garlic Slices x150 (64%) (**WHEAT Flour (WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine [Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Carotenes)], Water, Garlic Purée (3.0%), Salt, Yeast, Parsley, Flour treatment agent (Ascorbic Acid), **WHEAT Flour.**), CSBC 10370 Shredded Mozzarella Cheese/**Cheddar Cheese** 70%/30% (36%) (**Mozzarella Cheese** (70%) (**MILK**), **Cheddar Cheese** (30%) (**MILK**), Anti-Caking Agent (Potato Starch)).

Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

Reference Intake



Nutritional Summary

Energy	2138.6kJ 517.7kCal
Protein	20.65g
Carbohydrates	43.5g
of which sugars	3.81g
Non Milk Extrinsic Sugars	0g
Fat	28.41g
of which saturates	12.83g
Fibre	3.33g
Salt	1.57g
Sodium	0.31g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - SIDES GARLIC BREAD

Ingredients

Product	Quantity
Speedibake Garlic Slices x150	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
-------------------------	-------------------------------	--------------------------------	-------------------------------

Label Information

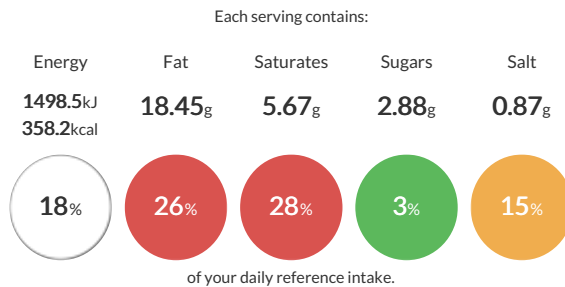
Ingredients
 Speedibake Garlic Slices x150 (100%) (**WHEAT Flour** (**WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine (15%) (Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)), Garlic Purée (2.5%), Salt, Yeast, Parsley, Flour treatment agent (Ascorbic Acid), **WHEAT Flour**).

Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

Reference Intake



Nutritional Summary

Energy	1498.5kJ 358.2kCal
Protein	7.2g
Carbohydrates	39.24g
of which sugars	2.88g
Non Milk Extrinsic Sugars	0g
Fat	18.45g
of which saturates	5.67g
Fibre	3.24g
Salt	0.87g
Sodium	0.35g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - SIDES ONION RINGS

Ingredients

Product	Quantity
Battered Onions Greens 20 x 450 g	130.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	Does Not 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	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:

Almond Nuts:	No
Hazelnuts:	No
Walnuts:	No
Cashew Nuts:	No
Pecan Nuts:	No
Brazil Nuts:	No
Pistachio Nuts:	No

Cereals:

Wheat:	Yes
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No

Dietary Information

Key: Suitable for

Suitable for Vegetarian	Suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
-----------------------------------	------------------------------	--	---

Label Information

Ingredients

Battered Onions Greens 20 x 450 g (100%) (Onion 57%, **WHEAT flour**, sunflower oil, starch (**WHEAT**, corn, tapioca), salt, gelling agent (E401), dextrose, yeast, sugar, thickeners (E407, E412), raising agents (E450, E500)).

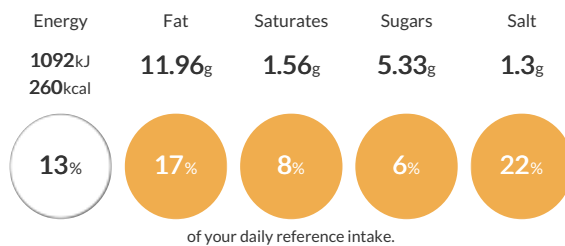
Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions

Reference Intake

Each serving contains:



Nutritional Summary

Energy	1092kJ 260kCal
Protein	3.77g
Carbohydrates	34.45g
of which sugars	5.33g
Non Milk Extrinsic Sugars	0g
Fat	11.96g
of which saturates	1.56g
Fibre	3.64g
Salt	1.3g
Sodium	0.52g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg