



Recipe Ingredients and Nutrition

Adult Meal Components

360 - MAIN CHEESE PASTA 24

Serves	Total Recipe Cost	Cost Per Serving
100	£0.00	£0.00

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
2012.65 kJ 481.15 kcal	14.38 g	6.5 g	7.4 g	1.15 g
24%	21%	33%	8%	19%

of your daily reference intake.

Nutritional Summary

Energy	2012.65kJ 481.15kCal
Protein	16.6g
Carbohydrates	69.81g
of which sugars	7.4g
Non Milk Extrinsic Sugars	0g
Fat	14.38g
of which saturates	6.5g
Fibre	2.91g
Salt	1.15g
Sodium	105.61g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

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	

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

Sub-allergy Information

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

Ingredients

Product	Quantity
Cheddar Cheese Sauce 12 x 1L	125.00 g
Triple Lion Pasta Penne 4x3kg	60.00 g
Garlic Slices	30.00 g

Label Information

Ingredients

Triple Lion Pasta Penne 4x3kg (28%) (Durum **WHEAT** Semolina.). Garlic Slices (14%) (**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.). **Cheddar Cheese** Sauce 12 x 1L (58%) (Reconstituted Skimmed **MILK**, Reconstituted Vegetable Stock [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Vegetable Oil (Sunflower), Dried Herb], Reconstituted Whole **MILK**, **Cheddar Cheese** (10%) (**MILK**), Modified Starch, **Cheese** Powder (2%) (**MILK**), Vegetable Oil (Palm), Starch, Acidity Regulator (Trisodium Citrate), Emulsifier (**SOYA** Lecithin), Colour (Beta-Carotene).).

Method & Recipe Notes

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360 - MAIN COD GOUJONS & CHIPS 24

Serves	Total Recipe Cost	Cost Per Serving
100	£0.00	£0.00

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
2358.2kj 559.8 kcal	14.2g	1.96g	8.26g	2.21g
28%	20%	10%	9%	37%

of your daily 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	100g
Iron	1.92mg
Calcium	52.8mg
Zinc	1.44mg
Folate	0µg
Vitamin A	0.1µg
Vitamin C	24mg

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	

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

Sub-allergy Information

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

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

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%)).

Method & Recipe Notes

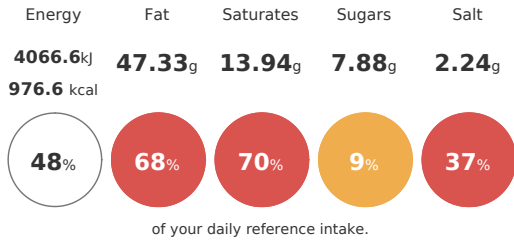
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360 - MAIN PESTO PASTA 24

Serves	Total Recipe Cost	Cost Per Serving
100	£0.00	£0.00

Each serving contains:



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	211.21g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

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 SO2	

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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Sub-allergy Information

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

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

Label Information

Ingredients

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)). Triple Lion Pasta Penne 4x3kg (38%) (Durum **WHEAT** Semolina.).

Method & Recipe Notes

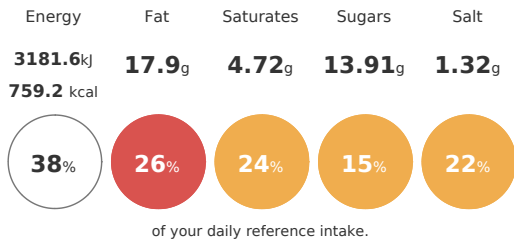
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360 - MAIN TOMATO AND HERB PASTA 24

Serves	Total Recipe Cost	Cost Per Serving
100	£0.00	£0.00

Each serving contains:



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	316.81g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

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	

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

Sub-allergy Information

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

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

Label Information

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.). Triple Lion Pasta Penne 4x3kg (34%) (Durum**WHEAT** Semolina.). 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.).

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