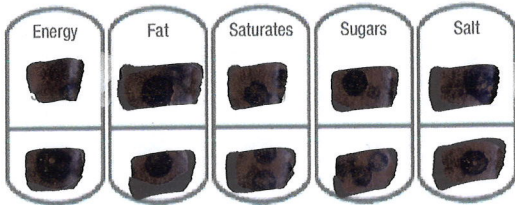


Chartwells Tomato Sauce



per average serving

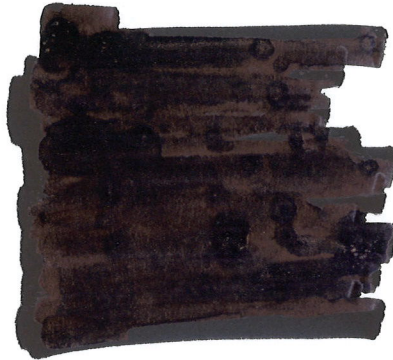


of an adult's Reference Intake (8400kJ / 2000kcal)
 Typical values per 100g; Energy 201kJ/48kcal

Ingredients

-  Sauce Tomato Rich Rustic Maggi Can 800g
 Brakes Ambient
 115043
-  Onion Pk 25KG
 Brakes Chilled Ltd
 450072
-  Oil Rapeseed Extended Life B/B 20L
 Brakes Ambient
 21557
-  Garlic Greens Chopped 250g
 Brakes Frozen Foodservice Ltd
 110718
-  Tomatoes Chopped Canned Riverdene 2.5KG
 Brakes Ambient
 119064
-  Paste Tomato 800g
 Brakes Ambient
 119065
-  Honey Clear Rowse Tub 3.17KG
 Brakes Ambient
 470699

Method



Comments

Serving suggestions

Additional Information



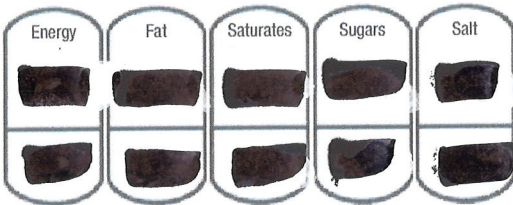
Allergens

MC = May Contain

BEEF BURRITO PRI















per average serving



of an adult's Reference Intake (8400kJ / 2000kcal)
Typical values per 100g; Energy 699kJ/167kcal

Ingredients

-  Wrap Bran 50/50 10in 68g
Brakes Frozen Foodservice Ltd
134394
-  Onion Pk 25KG
Brakes Chilled Ltd
450072
-  Oil Rapeseed Extended Life B/B 20L
Brakes Ambient
21557
-  Rice Basmati 5KG
Brakes Ambient
-  Beef Mince Lean
Brakes Chilled Ltd
185280
-  Tomatoes Chopped Canned Riverdene 2.5KG
Brakes Ambient
119064
-  Pepper Diced Green Red Yellow 2.5KG
Brakes Frozen Foodservice Ltd
58372
-  Paste Tomato 800g
Brakes Ambient
119065
-  Sheet Foil Pop Up 23X27cm
Bunzl Catering Supplies
J00520
-  Rice Long Grain Brown Veetee 5KG
Brakes Ambient
128756
-  Spice Smoked Paprika 600g
Brakes Ambient
103350
-  Cheese Cheddar Grated Mild White 1KG
Brakes Chilled Ltd

Method



Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Lunch
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

MC = May Contain
Cereals With Gluten
Wheat ✓
Milk ✓



Sauce BBQ Texan Style HP 2.15L

Brakes Ambient

84978



Veg Onion Diced Brake 1.5KG

Brakes Frozen Foodservice Ltd

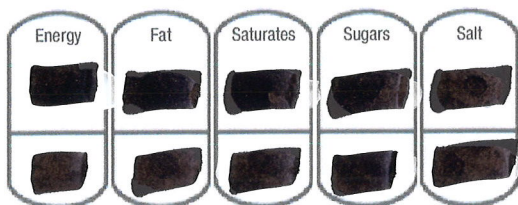
30501

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BUTTERNUT SQUASH AND TOMATO BAKE PRI
















per average serving



of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 276kJ/66kcal

Ingredients

-  Butternut Squash Premium 1KG
Brakes Chilled Ltd
12083
-  Onion Pk 25KG
Brakes Chilled Ltd
450072
-  Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
-  Herbs Mixed Brakes 140g
Brakes Ambient
33590
-  Paste Tomato 800g
Brakes Ambient
119065
-  Tomatoes Chopped Canned Riverdene 2.5KG
brakes Ambient
119064
-  Breadcrumbs Natural 3.5KG
Brakes Ambient
33853
-  Oil Rapeseed Extended Life B/B 20L
Brakes Ambient
21557
-  Water Cold 1L
-  Vegetable Bouillon Powder Chefs Pass 800g
brakes Ambient
123255
-  Cheese Cheddar Grated Mild White 1KG
Brakes Chilled Ltd
111925
-  Carrot Catering 12.5KG
Brakes Chilled Ltd
10466
-  Herb Parsley Premium 100g

Method



Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Lunch
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

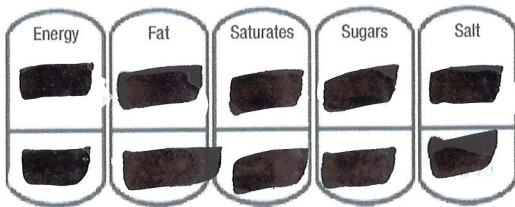
MC = May Contain
 Cereals With Gluten
 Wheat
 Milk



Allegra Cheesy Peasy Risotto Bake Pri



per average serving



of an adult's Reference Intake (8400kJ / 2000kcal)
Typical values per 100g; Energy 356kJ/85kcal

Ingredients

-  Vegetable Bouillon Powder Chefs Pass 800g
Brakes Ambient
123255
-  Water Cold 1L
-  Margarine Dawn Phase 250g
Brakes Chilled Ltd
107465
-  Oil Rapeseed Extended Life B/B 20L
Brakes Ambient
21557
-  Rice Arborio 1KG
Brakes Ambient
130380
-  Peas Value 2.5KG
Brakes Frozen Foodservice Ltd
4599
-  Herb Basil Bunch Premium Large BB 100g
Brakes Chilled Ltd
113879
-  Cheese Cheddar Grated Mild White 1KG
Brakes Chilled Ltd
111925
-  Cheese Italian Matured Vegetarian Hard 1KG
Brakes Chilled Ltd
120137
-  Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
-  Leeks Cut 2.5KG
brakes Frozen Foodservice Ltd
111283

Method



Comments

"When producing more than 10 portions of this recipe only use HALF of the garlic or the flavours will be too strong"

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Lunch
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

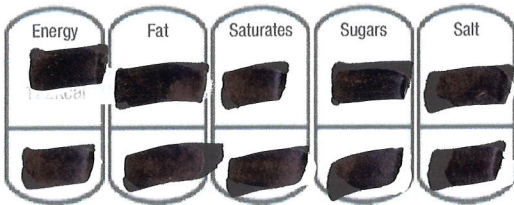
MC = May Contain
Milk



TOMATO PASTA PRI



per average serving



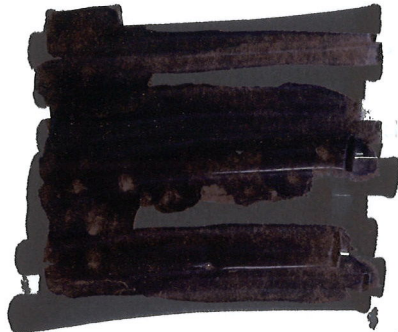
of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 502kJ/120kcal

Ingredients

- [Redacted] Pasta Penne Wholemeal 5kg
Brakes Ambient
131757
- [Redacted] Pasta Fusilli Wholewheat 3KG
Brakes Ambient
132586
- [Redacted] Cheese Cheddar Grated Mild White 1KG
Brakes Chilled Ltd
111925
- TOMATO SAUCE

Method



Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Lunch
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

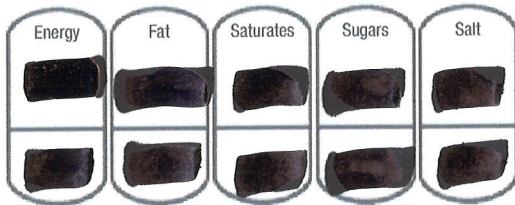
MC = May Contain
 Cereals With Gluten
 Wheat
 Milk



Vegetable Lasagne PRI



per average serving



of an adult's Reference Intake (8400kJ / 2000kcal)
 Typical values per 100g; Energy 435kJ/104kcal

Ingredients

- [Redacted] Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
- [Redacted] Water Cold 1L
- [Redacted] Sweetcorn Kernels IQF 2.5kg
Brakes Frozen Foodservice Ltd
185505
- [Redacted] Sauce Mix Bechamel Brakes 2KG
Brakes Ambient
29604
- [Redacted] Cheese Cheddar Grated Mild White 1KG
Brakes Chilled Ltd
111925
- [Redacted] Lasagne Non Pre Cook Brakes 500g
Brakes Ambient
28323
- [Redacted] Herbs Mixed Brakes 140g
Brakes Ambient
33590
- [Redacted] Onion Pk 25KG
Brakes Chilled Ltd
450072
- [Redacted] Pepper Diced Green Red Yellow 2.5KG
Brakes Frozen Foodservice Ltd
58372
- [Redacted] Oil Rapeseed Extended Life B/B 20L
Brakes Ambient
21557
- [Redacted] Tomatoes Chopped Canned Riverdene 2.5KG
Brakes Ambient
119064
- [Redacted] Paste Tomato 800g
Brakes Ambient
119065
- [Redacted] Vegetable Bouillon Powder Chefs Pass 800g

Method



Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

MC = May Contain
 Cereals With Gluten
 Wheat
 Milk



Creamy Vegetable Pie with a Cheesy Shortcrust Topper Pri

PLU Number

Recipe Price Band

Portions

Protein Type

Portion Net Weight



Ingredients

- Brakes Plain Flour 16kg
Brakes Ambient
100222
- Onion Pk 25KG
Brakes Chilled Ltd
450072
- Margarine Dawn Phase 250g
Brakes Chilled Ltd
107465
- Carrot Catering 12.5KG
Brakes Chilled Ltd
10466
- Water Cold 1L
Milk Pasteurised 1% 2.27L
Brakes Chilled Ltd
78187
- Milk Semi Skim Poly RT 2.27L
Brakes Chilled Ltd
76395
- Peas Value 2.5KG
Brakes Frozen Foodservice Ltd
4599
- Sweetcorn Kernels IQF 2.5kg
Brakes Frozen Foodservice Ltd
185505
- Potato White PK 25KG
Brakes Chilled Ltd
10295
- Herb Parsley Premium 100g
Brakes Chilled Ltd
10481
- VegetableBouillon Powder Chefs Pass 800g
Brakes Ambient
123255
- Cheese Cheddar Grated Mild White 1KG
Brakes Chilled Ltd
111925
- PASTRY SHORTCRU

Method



Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Lunch
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

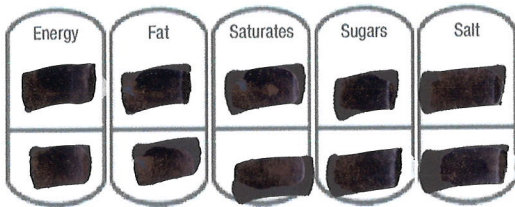
MC = May Contain
Cereals With Gluten
Wheat
Milk



Homemade Shortcrust Pastry



per average serving



of an adult's Reference Intake (8400kJ / 2000kcal)
 Typical values per 100g; Energy 1736kJ/415kcal

Ingredients

- Brakes Plain Flour 16kg
- Brakes Ambient
- 100222
- Water Cold 1L
- Margarine Dawn Phase 250g
- Brakes Chilled Ltd
- 107465

Method



Comments

Serving suggestions

Additional Information

Complexity Level | Basic
 Day Parts | All Day
 Lifestyle Indicator | None Listed
 Consumer Segment | None Listed
 Time of Year | None Listed

Allergens

MC = May Contain
 Cereals With Gluten
 Wheat



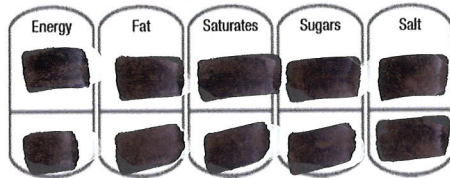
Cheese Cheddar Grated Mild White 1KG
illed Ltd

ss Group UK and Ireland

Allegra Chilli Con Chicken And Sweet Potato Bake



per average serving



of an adult's Reference Intake (8400kJ / 2000kcal)
 Typical values per 100g; Energy 523kJ/125kcal
 Adults need around 2000 kcal a day

Ingredients

- [Redacted] Potatoes Sweet 6KG
brakes Chilled Ltd
105472
- [Redacted] Oil Rapeseed Extended Life B/B 20L
brakes Ambient
21557
- [Redacted] Veg Onion Diced Brake 1.5KG
brakes Frozen Foodservice Ltd
30501
- [Redacted] Carrots Un-Prepped
brakes Chilled Ltd
10466
- [Redacted] Garlic Greens Chopped 250g
brakes Frozen Foodservice Ltd
110718
- [Redacted] Spices Paprika Pepper Brakes 500g
brakes Ambient
33585
- [Redacted] Spice Smoked Paprika 500g
brakes Ambient
134289
- [Redacted] Herb Oregano 130g
brakes Ambient
33592
- [Redacted] Chicken Thigh Diced RT 2.5KG
brakes Chilled Ltd
123130
- [Redacted] Paste Tomato 800g
brakes Ambient
119065
- [Redacted] Tomatoes Chopped Canned Riverdene 2.5KG
brakes Ambient
119064
- [Redacted] [Beans Cannellini in Water 800g](#)

Method



Comments

Serving suggestions

Additional Information

Complexity Level | Basic
 Day Parts | Lunch
 Lifestyle Indicator | None Listed
 Consumer Segment | Value
 Time of Year | None Listed

Allergens

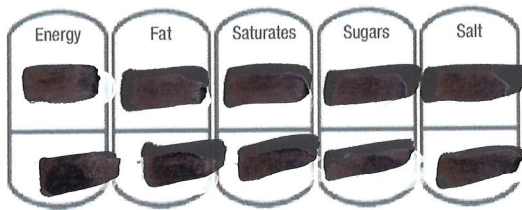
MC = May Contain
 Cereals With Gluten
 Wheat
 Milk



Veggie Soft Taco Pri



per average serving



of an adult's Reference Intake (8400kJ / 2000kcal)
Typical values per 100g; Energy 669kJ/160kcal

Ingredients

-  Wrap Bran 50/50 10in 68g
Brakes Frozen Foodservice Ltd
134394
-  Honey Clear Rowse Tub 3.17KG
Brakes Ambient
470699
-  Onion Pk 25KG
Brakes Chilled Ltd
450072
-  Water Cold 1L
Herbs Mixed Brakes 140g
Brakes Ambient
33590
-  Spices Cumin Ground Brakes 450g
Brakes Ambient
34002
-  Oil Rapeseed Extended Life B/B 20L
Brakes Ambient
21557
-  Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
-  Lettuce Iceberg Catering 5KG
Brakes Chilled Ltd
114209
-  VegetableBouillon Powder Chefs Pass 800g
Brakes Ambient
123255
-  Beans Kidney Red In Water 2.5KG
Brakes Ambient
185145
-  Tomatoes Chopped Canned Riverdene 2.5KG
Brakes Ambient
119064
-  Paste Tomato 800g

Method



Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Lunch
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

MC = May Contain
Cereals With Gluten
Wheat
Soybeans



Brakes Ambient

119065

 Katerveg Meat Free Vegan Mince 1x1kg

Brakes Frozen Foodservice Ltd

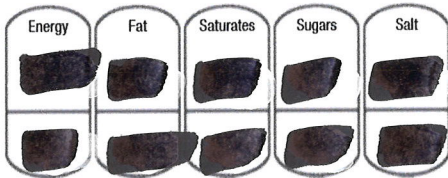
132494

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The Incredible Burger



per each



of an adult's Reference Intake (8400kJ / 2000kcal)
 Typical values per 100g; Energy 879kJ/210kcal
 Adults need around 2000 kcal a day

Ingredients

- Burger Vegetable Southern Style 57g
Brakes Frozen Foodservice Ltd
130316
- [Bun Kara High Fibre S 4in](#)
Brakes Frozen Foodservice Ltd
133712
- Roll Morning White Sliced 4in
Brakes Frozen Foodservice Ltd
5222
- Lettuce Iceberg
Brakes Chilled Ltd
114209
- Sauce Tomato Ketchup Heinz 5050
2.25kg
Brakes Ambient
185485

Method

METHOD:



Comments

Serving suggestions

Additional Information



Allergens

MC = May Contain

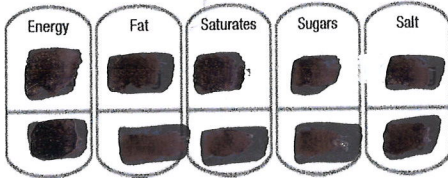
- Celery ✓
- Cereals With Gluten ✓
- Wheat ✓
- Sesame MC

Allegra BBQ Beans Pri



164g

per average serving



of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 297kJ/71kcal

Adults need around 2000 kcal a day

Ingredients

- Beans Kidney Red In Water 2.5KG
- Beans Red Kidney Brakes 800g
Brakes Ambient
10148
- Carrots Un-Prepped
Brakes Chilled Ltd
- Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
- Oil Rapeseed Extended Life B/B 20L
Brakes Ambient
21557
- Spices Paprika Pepper Brakes 500g
Brakes Ambient
33585
- Spice Smoked Paprika 500g
brakes Ambient
134289
- Paste Tomato 800g
brakes Ambient
119065
- Beans Baked NAS Vegan Heinz 2.62KG
Brakes Ambient
120893
- Tomatoes Chopped Canned Riverdene 2.5KG
Brakes Ambient
119064
- Vegetable Bouillon Powder Chefs Pass 800g
Brakes Ambient
123255

Method



Comments

Serving suggestions

Additional Information

Complexity Level | Basic
 Day Parts | Lunch
 Lifestyle Indicator | Vegetarian
 Consumer Segment | Value
 Time of Year | None Listed

Allergens

MC = May Contain

 Sauce BBQ Texan Style HP 2.15L
Brakes Ambient
84978
 Veg Onion Diced Brake 1.5KG
Brakes Frozen Foodservice Ltd
30501

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Allegra BBQ Chicken Burger Corn And Pineapple Relish PRI V2



per average serving

Energy	Fat	Saturates	Sugars	Salt
1004kJ 240kcal	4.9g	0.6g	7.9g	0.67g
12%	7%	3%	9%	11%

of an adult's Reference Intake (8400kJ / 2000kcal)
Typical values per 100g; Energy 607kJ/145kcal
Adults need around 2000 kcal a day

Ingredients

-  Cornflour Brakes 3KG
Brakes Ambient
5946
-  Sauce Mayonnaise Light Brakes 2.2L
Brakes Ambient
89704
-  PEPPERS - MIXED
Brakes Chilled Ltd
450609
-  Spring Onion Bunch 100g
Brakes Chilled Ltd
105475
-  Lettuce Iceberg
Brakes Chilled Ltd
114209
-  Vinegar White Wine Brakes 5L
Brakes Ambient
2032
-  Fruit Pineapple Medium 1.22KG
Brakes Chilled Ltd
124470
-  Sweetcorn Kernels IQF 2.5kg
Brakes Frozen Foodservice Ltd
185505
-  [Bun Kara High Fibre S 4in](#)
brakes Frozen Foodservice Ltd
133712
-  Roll Morning White Sliced 4in
brakes Frozen Foodservice Ltd
5222
-  Honey Clear Rowse Tub 3.17KG
brakes Ambient

Method



Comments

Serving suggestions

Pair with Wedges

Additional Information

Complexity Level | Basic
Day Parts | Lunch
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

Allergens

- MC = May Contain
- Cereals With Gluten
- Wheat
- Eggs
- Sesame
- Sulphur D02/Sulphites



470609



Chicken Fillet Slice 55-65 g UK RT 2.4KG

Brakes Chilled Ltd

186599



Water Cold 1L

Paste Barbecue Knorr 1.15KG

Brakes Ambient

103908

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Sweet Potato & Chickpea Roast Pri

Typical values per 100g; Energy 611KJ/146kcal

Ingredients

Potatoes Sweet 6KG
Chilled Ltd
2
Breadcrumbs Natural 3.5KG
Ambient
Stuffing Sage Onion Brakes 3.5KG
Ambient
Vegetable Bouillon Powder Chefs Pass 800g
Ambient
5
Garlic Greens Chopped 250g
Frozen Foodservice Ltd
3
Herb Parsley Premium 100g
Chilled Ltd
Chick Peas 2.5KG
Ambient
Water Cold 1L
Carrot Catering 12.5KG
Chilled Ltd
Onion Pk 25KG
Chilled Ltd
Oil Rapeseed Extended Life B/B 20L
Ambient
Bess Group UK and Ireland

Method

Method:
Drain the
juice
1. Peel
and cut
the on
2. Bri
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Heat
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4
b

Macaroni Cheese

Sauce Mix Bechamel Brakes 2KG

Ambient

Water Cold 1L

Vegetable Bouillon Powder Chefs Pass 80

Ambient

Pasta Macaroni Chifferi 5kg

Ambient

Cheese Cheddar Grated Mild White 1KG

Chilled Ltd

pass Group UK and Ireland

VEGE BURRITO PRI

Typical values per 100g; Energy 711KJ/170Kcal

Ingredients

Wrap Bran 50/50 10in 68g
Frozen Foodservice Ltd

4
Salad Five Bean St Nicholas 800g
Ambient

7
Tomatoes Chopped Canned Riverdene 2.5KG
Ambient

4
Rice Basmati 5KG
Ambient

2
Onion Pk 25KG
Chilled Ltd

2
Garlic Greens Chopped 250g
Frozen Foodservice Ltd

8
Vegetable Bouillon Powder Chefs Pass 800g
Ambient

5
Oil Rapeseed Extended Life B/B 20L
Ambient

Sheet Foil Pop Up 23X27cm
Catering Supplies

0
Rice Long Grain Brown Veetee 5KG
Ambient

6
Spice Smoked Paprika 600g
Ambient

0
Paste Tomato 800g
Ambient

BEEF BOLOGNESE SAUCE FFL PRI

Ingredients

Garlic Greens Chopped 250g
Frozen Foodservice Ltd

8

Onion Pk 25KG
Chilled Ltd

2

Tomatoes Chopped Canned Riverdene 2.5KG
Ambient

4

Paste Tomato 800g
Ambient

5

Beef Mince Lean
Chilled Ltd

10

Herbs Mixed Brakes 140g
Ambient

Oil Rapeseed Extended Life B/B 20L
Ambient

Vegetable Bouillon Powder Chefs Pass 800g
Ambient

5

Water Cold 1L
Lentils Red George Harker 3KG
Ambient

Carrot Catering 12.5KG
Chilled Ltd

Pass Group UK and Ireland



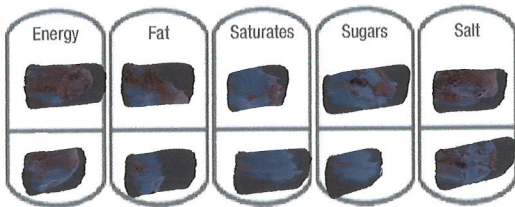
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COTTAGE PIE PRI














per average serving



of an adult's Reference Intake (8400kJ / 2000kcal)
Typical values per 100g; Energy 368kJ/88kcal

Ingredients

-  Potato White PK 25KG
Brakes Chilled Ltd
10225
-  Water Cold 1L
-  Paste Tomato 800g
Brakes Ambient
115365
-  Onion Pk 25KG
Brakes Chilled Ltd
450072
-  Mix Gravy Granules 80L Meat Knorr 6KG
Brakes Ambient
28324
-  Lentils Red George Harker 3KG
Brakes Ambient
125604
-  Beef Mince Lean
Brakes Chilled Ltd
185280
-  Oil Rapeseed Extended Life B/B 20L
Brakes Ambient
21557
-  Margarine Dawn Phase 250g
Brakes Chilled Ltd
107465
-  Carrots Diced 2.5KG
Brakes Frozen Foodservice Ltd
111280
-  Vegetable Bouillon Powder Chefs Pass 800g
Brakes Ambient
123255

Method



Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

MC = May Contain

Lemon Roasted Chicken Breast Pri

PLU Number



Recipe Price Band



Portions



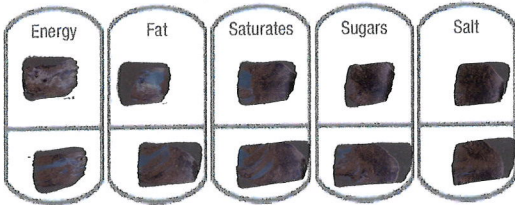
Protein Type



Portion Net Weight



per average serving



of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 502kJ/120kcal

Ingredients

-  Chicken Fillet Slice 55-65 g UK RT 2.4KG
Brakes Chilled Ltd
186599
-  Lemons BB
Brakes Chilled Ltd
114218
-  Garlic Greens Chopped 250g
brakes Frozen Foodservice Ltd
110718
-  Herbs Mixed Brakes 140g
Brakes Ambient
33590
-  Oil Rapeseed Extended Life B/B 20L
Brakes Ambient
21557

Method



Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Lunch
Lifestyle Indicator | None Listed
Consumer Segment | Value
Time of Year | None Listed

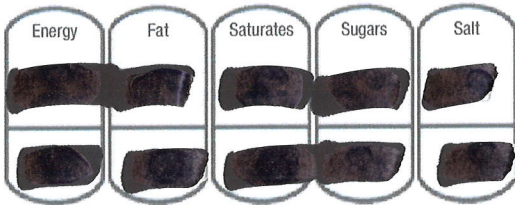
Allergens

MC = May Contain

CHICKPEA AND POTATO CURRY PRI



per average serving



of an adult's Reference Intake (8400kJ / 2000kcal)
Typical values per 100g; Energy 310kJ/74kcal

Ingredients

- [Redacted] Potato White PK 25KG
Brakes Chilled Ltd
10295
- [Redacted] Oil Rapeseed Extended Life B/B 20L
Brakes Ambient
21557
- [Redacted] Onion Pk 25KG
Brakes Chilled Ltd
450072
- [Redacted] Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
- [Redacted] Spice Turmeric Ground Triple Lion 500g
Ingredient not on unit APL
- [Redacted] Spice Turmeric Ground Brakes 550g
Brakes Ambient
33586
- [Redacted] Spices Chilli Mild Powder Triple 500g
Ingredient not on unit APL
- [Redacted] Spices Chilli Mild Powder Brakes 500g
Brakes Ambient
33601
- [Redacted] Spices Garam Masala Powder Brakes 450g
Brakes Ambient
35002
- [Redacted] Lemons BB
Brakes Chilled Ltd
114218
- [Redacted] Water Cold 1L
Herb Bunched Coriander BB 100g
Brakes Chilled Ltd
113885
- [Redacted] Tomatoes Chopped Canned Riverdene 2.5KG
brakes Ambient
119064

Method



Comments

Serving suggestions

Additional Information



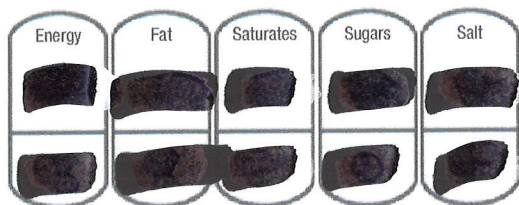
Allergens

MC = May Contain

Butternut Squash and Potato Pastry Slice Pri



per average serving



of an adult's Reference Intake (8400kJ / 2000kcal)

Typical values per 100g; Energy 686kJ/164kcal

Ingredients

-  Onion Pk 25KG
Brakes Chilled Ltd
450072
-  Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
-  Butternut Squash Premium 1KG
Brakes Chilled Ltd
12083
-  Vegetable Bouillon Powder Chefs Pass 800g
Brakes Ambient
123255
-  Pastry Puff Sheet 58X36cm 625g
Brakes Frozen Foodservice Ltd
4303
-  Chick Peas 2.5KG
Brakes Ambient
127358
-  Oil Rapeseed Extended Life B/B 20L
Brakes Ambient
21557
-  Water Cold 1L
-  **380 G** Potato White PK 25KG
Brakes Chilled Ltd
10295
-  Herbs Mixed Brakes 140g
Brakes Ambient
33590
-  Breadcrumbs Natural 3.5KG
Brakes Ambient
33853
-  Carrot Catering 12.5KG
Brakes Chilled Ltd
10466
-  Herb Parsley Premium 100g

Method

- METHOD:**
 Drain the chickpeas and discard the juice. Defrost the pastry.
 1. Peel and finely dice the onion. Peel the butternut squash, deseed and cut into 2cm dice. Peel and 2cm dice the carrot and potato.
 2. Sweat the onions and garlic in the oil until soft and see through. Add the butternut squash, carrot and potato and cook gently until starting to soften on the edges.
 3. Add the water, dried herbs, chick peas and bouillon powder to the pan and simmer until the liquid has reduced and potato is cooked, cool. Stir in the breadcrumbs and chopped parsley, leave to cool.
 4. Lay out the puff pastry onto a baking tray lined with parchment paper. Place the filling in a line on one of the edges of the pastry, leaving a 3cm gap all of the way around.
 5. Fold one side of the pastry over the filling and roll into other side with the overlap on the bottom. Tuck the ends of the pastry under or crimp the 2 ends a little to seal. Trim any excess pastry.
 6. Lightly score the top using a sharp knife without piercing through the pastry.
 7. Bake in the oven at 180 for 35 minutes approx or until the pastry is fully cooked and core temperature is reached (75C/82C Scotland).
 8. Slice on a white chopping board to the correct portion thickness and serve

Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | Lunch
Lifestyle Indicator | Vegetarian
Consumer Segment | Value
Time of Year | None Listed

Allergens

MC = May Contain
 Cereals With Gluten
 Wheat



Allegra Broccoli And Cauliflower Cheese Pie PRI

Oil Rapeseed Extended Life B/B 20L
Ambient

Cauliflower
Chilled Ltd

Broccoli Premium 6KG
Chilled Ltd

Margarine Premium Baking Kerrymaid
250g
Chilled Ltd

Brakes Plain Flour 16kg
Ambient

Milk Semi Skim Poly RT 2.27L
Chilled Ltd

Cheese Cheddar Grated Mild White 1KG
Chilled Ltd

Cheese Soft AmericanStyle ReducedFat
2KG
Chilled Ltd

Pastry Shortcrust 1.5KG
Frozen Foodservice Ltd

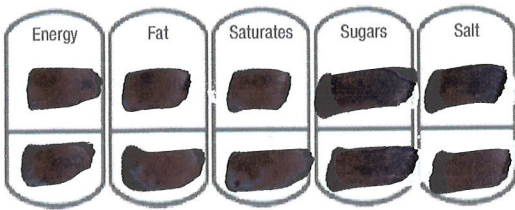
Mass Group UK and Ireland

of 1

Vegemince Bolognese Pri



per average serving



of an adult's Reference Intake (8400kJ / 2000kcal)
Typical values per 100g; Energy 222kJ/53kcal

Ingredients

- [Blurred] Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
- [Blurred] Tomatoes Chopped Canned Riverdene 2.5KG
Brakes Ambient
119064
- [Blurred] Water Cold 1L
Paste Tomato 800g
Brakes Ambient
119065
- [Blurred] Herbs Mixed Brakes 140g
Brakes Ambient
33590
- [Blurred] Vegetable Bouillon Powder Chefs Pass 800g
Brakes Ambient
123255
- [Blurred] Katerveg Meat Free Vegan Mince 1x1kg
Brakes Frozen Foodservice Ltd
132494
- [Blurred] Onion Pk 25KG
Brakes Chilled Ltd
450072
- [Blurred] Oil Rapeseed Extended Life B/B 20L
Brakes Ambient
21557
- [Blurred] Carrot Catering 12.5KG
Brakes Chilled Ltd
10466
- [Blurred] Lentils Red George Harker 3KG
Brakes Ambient
125604

Method



Comments

Serving suggestions

Additional Information

Complexity Level | Basic
Day Parts | None Listed
Lifestyle Indicator | None Listed
Consumer Segment | None Listed
Time of Year | None Listed

Allergens

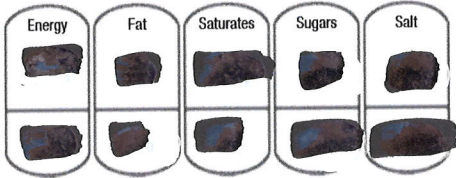
MC = May Contain
Soybeans



Allegra Asian Sticky Chicken Noodley Veg



per average serving



of an adult's Reference Intake (8400kJ / 2000kcal)
 Typical values per 100g; Energy 586kJ/140kcal
 Adults need around 2000 kcal a day

Ingredients

- [Blurred] Chicken Thigh Diced RT 2.5KG
Brakes Chilled Ltd
123130
- [Blurred] Honey Clear Rowse Tub 3.17KG
Brakes Ambient
470699
- [Blurred] Sauce Soy Light 150ml
Brakes Ambient
115074
- [Blurred] GINGER - FRESH
Brakes Chilled Ltd
10380
- [Blurred] Garlic Greens Chopped 250g
Brakes Frozen Foodservice Ltd
110718
- [Blurred] Noodles Egg Medium Brakes 3KG
Brakes Ambient
21142
- [Blurred] Carrots Un-Prepped
Brakes Chilled Ltd
10466
- [Blurred] PEPPERS - MIXED
Brakes Chilled Ltd
450609
- [Blurred] Beans Whole Green Fine 2.5KG
Brakes Frozen Foodservice Ltd
111275
- [Blurred] Bean Soya Royal Crown 1KG
Brakes Frozen Foodservice Ltd
33421
- [Blurred] CABBAGE - SAVOY
Brakes Chilled Ltd
10467
- [Blurred] Oil Rapeseed Extended Life B/B 20L

Method



Comments

Serving suggestions

Additional Information

Complexity Level | Basic
 Day Parts | Lunch
 Lifestyle Indicator | None Listed
 Consumer Segment | Value
 Time of Year | None Listed

Allergens

MC = May Contain
 Cereals With Gluten
 Wheat
 Eggs
 Soybeans



Brakes Ambient
21557

Spice Chinese Five Spice Schwartz 450g

Brakes Ambient
29087

Veg Onion Sliced 2.5KG

Brakes Frozen Foodservice Ltd
106521

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