

Recipe: Butternut Squash and Lime Soup*

No. of Portions: **50** | Portion size: **175g**

Calories per portion: **143** | Protein per portion: **3.5g**

approx. Cost per portion: **unknown**

Allergen information

Please note: This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

Cereals Containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soybeans
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
Lupin	Molluscs				
Unknown	Unknown				

Dietary information

Vegetarian option	High energy option	Soft option	Healthy option	Lower potassium option	Texture option
					X

Comments

*Please note: This soup does not meet the calorie and protein requirements set out in the All Wales Food & Fluid Standards. Please ensure the soup is served with bread and butter, or a sandwich, in order for the meal to meet these requirements.

Ingredients

Ingredient	Unit	Quantity
Vegetable Oil	mls	118
Margarine	g	313
Onions, thinly sliced	g	833
Butternut squash, peeled and cut into 1cm dice.	g	4,375
Vegetable Bouillon	g	21

Milk powder	g	500
Water	mls	2,249
Lime juice	mls	118
Pepper	g	3

Method

1. Heat oil and butter in a large saucepan, add the onion, butternutsquash and sweat for 5-8 minutes.
 2. Mix bouillion and water together and add to veg.
 3. Bring to the boil, reduce to a simmer until veg is cooked.
 4. When cooked decant into appropriate containers and cool in blast freezer for 20 mins
 5. Liquidize ingredients until smooth.
 6. Add milk powder.
 7. Continue liquidizing until all milk powder is incorporated then add lime juice.
 8. Decant eachbatch into large food containers when completed stir all batches together.
 9. Weigh into appropriate containers, using scales place on chiller rack and then into blast freezer until frozen.
 10. Updated 19/01/2021 by James Marshall (Cwm Taf Recipes)
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Recipe: Carrot & Coriander Soup*

No. of Portions: **50** | Portion size: **175g**

Calories per portion: **136** | Protein per portion: **3.3g**

approx. Cost per portion: **unknown**

Allergen information

Please note: This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

Cereals Containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soybeans
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide
Contains	Unknown	Unknown	Unknown	Unknown	Unknown
Lupin	Molluscs				
Unknown	Unknown				

Dietary information

Vegetarian option	High energy option	Soft option	Healthy option	Lower potassium option	Texture option
	X		X	X	X

Comments

*Please note: This soup does not meet the calorie and protein requirements set out in the All Wales Food & Fluid Standards. Please ensure the soup is served with bread and butter, or a sandwich, in order for the meal to meet these requirements.

Ingredients

Ingredient	Unit	Quantity
Margarine	g	500
Diced onions	g	1,000
Milk powder	g	500
Water	ml	9,000
Plain flour	g	500
Vegetable boullion	g	200
Frozen carrot batons	g	1,000

Fresh corriander	g	100
Roselle cream	ml	500
Pepper	g	6

Method

1. Add margarine, diced carrot and diced onion into a pan and sweat covered until vegetables are very tender. You may need to add a small amount of water to encourage this. Add in the flour and stir well to take up some of the residual fat.
 2. Mix the bouillion with hot water and add the mlk powder and mix well.
 3. Add this slowly stirring to the soften vegetables and stir well ensure flour is cooked out during this process.
 4. Puree and add the cream and coriander with pepper to taste.
 5. Updated 19/01/2021 by James Marshall (Aneurin Bevan Recipes)
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Recipe: Cauliflower & Apple Soup*

No. of Portions: **50** | Portion size: **175g**

Calories per portion: **92** | Protein per portion: **3.3g**

approx. Cost per portion: **unknown**

Allergen information

Please note: This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

Cereals Containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soybeans
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
Lupin	Molluscs				
Unknown	Unknown				

Dietary information

Vegetarian option	High energy option	Soft option	Healthy option	Lower potassium option	Texture option
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X

Comments

*Please note: This soup does not meet the calorie and protein requirements set out in the All Wales Food & Fluid Standards. Please ensure the soup is served with bread and butter, or a sandwich, in order for the meal to meet these requirements.

Ingredients

Ingredient	Unit	Quantity
Vegetable Oil	mls	107
Margarine	g	250
Diced Onions	g	1,000
Cauliflower	g	5,000
Apple, tinned solid pack	g	1,300
Vegetable bouillon	g	100
Milk powder	g	375

Water	mls	5,114
Pepper	g	6

Method

1. Steam cauliflower for 10 minutes, then chop up slightly.
 2. Heat the oil and margarine in boiler, add the onion and cauliflower, and cook for a further 10 minutes until onion and cauliflower is soft, add apple and pepper.
 3. Mix bouillion with water, and add to ingredients. Bring to the boil and simmer.
 4. Decant into appropriate container and cool in blast freezer for 15 minutes.
 5. Liquidize ingredients until smooth.
 6. Add milk powder.
 7. Continue liquidizing until all milk is incorporated.
 8. Decant each batch into large food container when completed stir all batches together.
 9. Weigh into appropriate containers, using scales place on chiller rack and then into blast freezer until frozen.
 10. Updated 19/01/2021 by James Marshall (Cwm Taf Recipes)
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Recipe: Leek & Potato Soup*

No. of Portions: **50** | Portion size: **175g**

Calories per portion: **126** | Protein per portion: **3.25g**

approx. Cost per portion: **£0.15**

Allergen information

Please note: This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

Cereals Containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soybeans
May contain	Unknown	Unknown	Unknown	Unknown	Unknown
Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide
May contain	Unknown	May contain	Unknown	Unknown	Unknown
Lupin	Molluscs				
Unknown	Unknown				

Dietary information

Vegetarian option	High energy option	Soft option	Healthy option	Lower potassium option	Texture option
					X

Comments

*Please note: This soup does not meet the calorie and protein requirements set out in the All Wales Food & Fluid Standards. Please ensure the soup is served with bread and butter, or a sandwich, in order for the meal to meet these requirements.

Ingredients

Ingredient	Unit	Quantity
Margarine	g	500
Chopped onions	g	1,000
Milk powder	g	500
Water	mls	8250
Flour	g	500
Vegetable bouillon	g	135

Peeled diced potato	g	500
Sliced frozen leeks	g	750

Method

1. Sauté onions in margarine
 2. Add leeks and potato
 3. Stir in flour
 4. Add water with bouillon
 5. Cook out
 6. Puree
 7. Add milk powder
 8. Updated 19/01/2021 by James Marshall (Aneurin Bevan Recipes)
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Recipe: Mushroom Soup*

No. of Portions: **50** | Portion size: **175g**

Calories per portion: **124** | Protein per portion: **3.18g**

approx. Cost per portion: **unknown**

Allergen information

Please note: This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

Cereals Containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soybeans
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide
Contains	Unknown	Unknown	Unknown	Unknown	Unknown
Lupin	Molluscs				
Unknown	Unknown				

Dietary information

Vegetarian option	High energy option	Soft option	Healthy option	Lower potassium option	Texture option
					X

Comments

*Please note: This soup does not meet the calorie and protein requirements set out in the All Wales Food & Fluid Standards. Please ensure the soup is served with bread and butter, or a sandwich, in order for the meal to meet these requirements.

Ingredients

Ingredient	Unit	Quantity
Margarine	g	500
Chopped Onions	g	1,000
Milk Powder	g	500
Water	mls	8,250
Flour	g	500
Vegetable bouillon	g	135
Fresh Sliced Mushrooms	g	750

Method

1. Saute onions in margarine
 2. Add mushrooms
 3. Stir in flour
 4. Add water with bouillon
 5. Cook out
 6. Puree
 7. Add milk powder
 8. Updated 19/01/2021 by James Marshall (Aneurin Bevan Recipes)
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Recipe: Roast Parsnip & Rosemary Soup*

No. of Portions: **50** | Portion size: **175g**

Calories per portion: **161** | Protein per portion: **3.02g**

approx. Cost per portion: **unknown**

Allergen information

Please note: This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

Cereals Containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soybeans
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
Lupin	Molluscs				
Unknown	Unknown				

Dietary information

Vegetarian option	High energy option	Soft option	Healthy option	Lower potassium option	Texture option
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X

Comments

*Please note: This soup does not meet the protein requirements set out in the All Wales Food & Fluid Standards. Please ensure the soup is served with bread and butter, or a sandwich, in order for the meal to meet these requirements.

Ingredients

Ingredient	Unit	Quantity
Vegetable oil	mls	375
Margarine	g	250
Parsnips peeled & roughly chopped	g	2,000
Onions, thinly sliced	g	1,500
Dried Rosemary (1 tbspn)	g	15
Vegetable bouillon	g	50
Milk powder	g	500

Water

mls 6,251

Pepper

Method

1. Pre heat oven to 200C/400F/Gas 6.
 2. Place parsnips onto roasting tin with half the oil. Toss to coat well.
 3. Place in oven for 15 mins until golden and tender then remove from oven.
 4. Heat oil and butter in a large saucepan, add the onion and dried rosemary cover and sweat for 3 to 4 minutes.
 5. Add the roasted parsnips and pepper.
 6. Mix the bouillion and water together and add to the soup, bring to the boil.
 7. Reduce to a simmer and cook for 5 minutes or until parsnip is very soft.
 8. Decant into appropriate container, and cool in blast freezer for 15 mins.
 9. Liquidize ingredients until smooth.
 10. Add milk powder
 11. Continue liquidizing until all the milk powder is incorporated
 12. Decant each batch into large food container, when completed stir all batches together
 13. Weigh into appropriate containers, using scales place on chiller rack and then into blast freezer until frozen.
 14. Updated 28.7.20 S Lewis (Cwm Taf Recipes)
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Recipe: Tomato Soup*

No. of Portions: **50** | Portion size: **175g**

Calories per portion: **138** | Protein per portion: **3.15g**

approx. Cost per portion: **unknown**

Allergen information

Please note: This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

Cereals Containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soybeans
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
Lupin	Molluscs				
Unknown	Unknown				

Dietary information

Vegetarian option	High energy option	Soft option	Healthy option	Lower potassium option	Texture option
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X

Comments

*Please note: This soup does not meet the calorie and protein requirements set out in the All Wales Food & Fluid Standards. Please ensure the soup is served with bread and butter, or a sandwich, in order for the meal to meet these requirements.

Ingredients

Ingredient	Unit	Quantity
Margarine	g	500
Chopped Onions	g	1,000
Tomato Paste	g	500
Milk Powder	g	500
Water	mls	8,000
Flour	g	500
Tinned Tomatoes	g	2,000

Roselle Cream	mls	250
Vegetable Bouillon	g	100

Method

1. Saute onions in margarine.
 2. Add tomato puree and tinned tomatoes.
 3. Stir in flour.
 4. Add water with bouillon.
 5. Cook out.
 6. Puree.
 7. Add milk powder and cream.
 8. Updated 19/01/2021 by James Marshall (Aneurin Bevan Recipes)
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Recipe: Vegetable Soup*

No. of Portions: **50** | Portion size: **175g**

Calories per portion: **126** | Protein per portion: **3.71g**

approx. Cost per portion: **unknown**

Allergen information

Please note: This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

Cereals Containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soybeans
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
Lupin	Molluscs				
Unknown	Unknown				

Dietary information

Vegetarian option	High energy option	Soft option	Healthy option	Lower potassium option	Texture option
					X

Comments

*Please note: This soup does not meet the calorie and protein requirements set out in the All Wales Food & Fluid Standards. Please ensure the soup is served with bread and butter, or a sandwich, in order for the meal to meet these requirements.

Ingredients

Ingredient	Unit	Quantity
Margarine	g	250
Diced Carrots	g	600
Diced Onion	g	600
Large Diced Parsnip	g	600
Large Diced Swede	g	1,200
Large Diced Turnip	g	600
Sliced Leek	g	1,200

Vegetable Boullion	g	50
Water (to mix boullion)	pts	7
Milk Powder	g	400
Plain Flour	g	200

Method

1. Melt margarine in boiler.
 2. Add the vegetables.
 3. Mix water and boullion together and add to ingredients.
 4. Bring to the boil, and simmer gently for 30 minutes or until the vegetables are tender.
 5. Add thickening to soup.
 6. Decant into appropriate containers and cool in blast freezer for 15 minutes.
 7. Liquidize ingredients until smooth.
 8. Add milk powder.
 9. Continue liquidizing.
 10. Decant each batch into large food container when completed stir all batches together.
 11. Weigh soup into containers following weights.
 12. Place onto chilling racks and into blast freezers.
 13. Updated 19/01/2021 by James Marshall (Cwm Taf Recipes)
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Recipe: Cream of Tomato & Red Pepper Soup

No. of Portions: **50** | Portion size: **175g**

Calories per portion: **175** | Protein per portion: **7g**

approx. Cost per portion: **unknown**

Allergen information

Please note: This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

Cereals Containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soybeans
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
Lupin	Molluscs				
Unknown	Unknown				

Dietary information

Vegetarian option	High energy option	Soft option	Healthy option	Lower potassium option	Texture option
					X

Comments

*Bread or a roll and spread should be provided with soup

**Where Soup is offered as a main course alternative, it must be served with accompaniments to meet the standard for a main course

(please refer to the All Wales Nutrition and Catering Standards for Food and Fluid provision for hospital inpatients)

Ingredients

Ingredient	Unit	Quantity
Tinned Tomatoes	g	3,571
Diced Red Onions (fresh)	g	357
Vegetable oil	g	89
Tomato Ketchup	g	357

Milk Powder	g	893
Tomato Puree	g	1,071
Red Peppers	g	357
Roselle Cream	mls	357
Vegetable bouillon	g	54
Water (to mix bouillon)	mls	3,043
Pepper	g	5
Sugar (white granulated)	g	71

Method

1. Gently fry onion and red peppers in the oil until soft.
 2. Add sugar, tinned tomatoes, ketchup and tomato puree into boiler.
 3. Mix bouillon with the required amount of water and add to ingredients and bring to the boil and simmer until cooked.
 4. When cooked decant into appropriate container and cool in blast freezer for 15 minutes.
 5. Liquidize ingredients.
 6. Add milk powder and continue liquidizing.
 7. Decant into mixing bowl and add Roselle Cream stirring to incorporate the cream.
 8. Weigh into tubs following weight and using scales.
 9. Place onto chiller rack transfer to blast freezer until frozen.
 10. Updated 28.7.20 S Lewis (Cwm Taf Recipes)
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