

Recipe: Bean Goulash

No. of Portions: **50** | Portion size: **200g**

Calories per portion: **75** | Protein per portion: **3.52g**

approx. Cost per portion: **£0.20**

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

To be served with the cheese and chive scone to contain sufficient protein to meet the nutrition standards. When combined with the scone this increases the fat content above the maximum limit for a healthy option.
In order to be a low potassium option - Not to be served with potato.

Ingredients

Ingredient	Unit	Quantity
Vegetable oil	g	15
Diced onion	g	1,409
Garlic puree	g	43
Chilli powder	g	4
Celery diced (fresh)	g	1,000
Small carrots Diced (fresh)	g	1,000
Paprika (dried)	g	71

Chopped Tinned tomatoes	g	1,761
Vegetable bouillon	g	28
Water	ml	3,481
Kidney beans tinned	g	528
Butter beans tinned	g	528
Haricot beans tinned	g	528
Chick peas tinned	g	352
Mixed peppers (frozen)	g	704
Rosemary dried	g	11
Parsley dried	g	11
Cornflour	g	241
Water	ml	200

Method

1. Heat the oil and sweat the onions and garlic until softened
 2. Add the chilli powder, celery, carrots and peppers, sweat for a further 2 minutes. Stir in the paprika and continue to cook for a further minute. Add the chopped tomatoes and vegetable stock and bring to the boil. Simmer for 15 minutes.
 3. Add the beans, chickpeas, stir and return to the boil. Thicken with the cornflour and water.
 4. Stir in the herbs
 5. When cooked place into foils and weigh accordingly with sauce.
 6. Place on chiller racks, and transfer them into blast freezers.
 7. Updated 12/11/2020 - James Marshall (Cwm Taf recipe)
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Recipe: Beef Casserole

No. of Portions: **50** | Portion size: **200g**

Calories per portion: **197** | Protein per portion: **23g**

approx. Cost per portion: **unknown**

Allergen information

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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	X	X		X	X

Comments

*This meal should be served with accompaniments of carbohydrates such as potato, rice or pasta and two portions of vegetables 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
Diced Beef Chuck	g	5,000
Mushrooms (frozen)	g	454
Diced Carrots (fresh)	g	454
Tomato puree	g	227
Onions (fresh)	g	681

Beef Bouillon	g	30
Diced Potatoes	g	1,250
Plain flour to thicken	g	297
Water to thicken	mls	426
Water	mls	2,272
Gravy Browning	g	25
Salt	g	12
Pepper	g	1

Method

1. Brown meat in Bratt pan.
 2. Add onions, tomato puree, carrots and mushrooms and cook for a few minutes, add seasoning.
 3. Mix bouillon and water, and cover meat. Bring to the boil then reduce to simmer, stirring occasionally.
 4. Check meat, if tender add diced potatoes
 5. Bring back to boil, cook for approx. 20 mins
 6. When cooked check liquid content, adjust if necessary, add thickening and gravy browning, check seasoning and consistency.
 7. Decant into foil container using weight chart and scales.
 8. Place onto chiller racks into blast freezer until frozen.
 9. *Updated 13/08/20 - Sandra Tyrrell (Cwm Taff recipe)
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Recipe: Beef Cawl

No. of Portions: **50** | Portion size: **200g**

Calories per portion: **210** | Protein per portion: **20g**

approx. Cost per portion: **£0.92**

Allergen information

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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	X			X	X

Comments

To be served with a roll and butter as a main meal
Not suitable due to the quantity of potato boiled in stock.

Ingredients

Ingredient	Unit	Quantity
Stewing Beef (Diced)	g	5,556
Onions (Sliced, fresh)	g	444
Leeks (Sliced, frozen)	g	444
Carrot (Sliced, frozen)	g	444
Parsley (Fresh)	g	1
Potatoes (Diced, Fresh)	g	444
Beef Bouillon	g	111

Water	mls	4,988
Plain flour	g	83
Pearl barley	g	278
Rosemary	g	1

Method

1. Place beef and onions into a tilting kettle.
 2. Mix beef bouillion and required amount of water together and cover beef, then cook for approx 2 1/2 hours.
 3. Add pearl barley, diced potatoes, carrots, leeks and cook for a further 30 minutes.
 4. Check the water contents and adjust of required.
 5. Once cooked add the required thickening and gravy browning to colour.
 6. Season correctly.
 7. Place Cawl into the sauce containers, weighing accordingly.
 8. Place on chiller racks and transfer to blast freezers.
 9. *Updated 01/09/20 - by James Marshall (Cwm Tff Recipe)
 10. Analysed on Nutrimer 07/10/2020 by James Marshall
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Recipe: Beef Lasagne

No. of Portions: **50** | Portion size: **206g**

Calories per portion: **403** | Protein per portion: **24g**

approx. Cost per portion: **unknown**

Allergen information

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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	X	X	X		X

Comments

Ingredients

Ingredient	Unit	Quantity
Minced Beef (Frozen)	g	3,750
Tomato Puree	g	284
Tomato (2x Tin 2,500g)	g	1,563
Onions (Fresh) diced	g	851
Peppers (Frozen)	g	283
Mushrooms (Frozen)	g	851
Garlic Puree	g	45
Beef Bouillon	mls	30

Lasagne Sheets	g	1,125
Grated Cheese mature	g	500
Water	mls	1,705
Pepper	g	13
Salt	g	12
Bechemel Sauce		
Plain Flour	g	281
Margarine	g	281
Milk Powder	g	341
Water	mls	2,558
Pepper	g	3
Salt	g	3

Method

1. Place mince beef into bratt pan and brown.
2. Add onion, mushrooms, mixed peppers, tinned tomatoes and tomato puree and fry for 5 minutes.
3. Mix bouillon and water together and pour over ingredients.
4. Bring to the boil then simmer stirring frequently.
5. When cooked check stock content. Add thickening and seasoning for taste.
6. Layer into foil container (below) Using weighing scales and weight chart.
7. Place onto chiller rack then into blast freezer.
8. To Make the Bechamel Sauce
9. Melt margarine and add flour to make a roux, ensure thoroughly cooked out gradually and the milk and bring to the boil, stirring all the time.
10. Add seasoning.
11. Layer into the foil containers (as below).
12. To Assemble Lasagne in foils
13. Place a small amount of meat mixture into bottom of foil.
14. Place 3 lasagne sheets over meat mixture.
15. Place a layer of meat mixture onto lasagne sheets.
16. Place 3 lasagne sheets over meat mixture.
17. Place a layer of meat mixture onto lasagne sheets.
18. Place 3 lasagne sheets over meat mixture.
19. Pour bechemel sauce over lasagne sheets.
20. Sprinkle with grated cheese.

21. *Updated 21/10/19 - Sandra Tyrrell (Cwm Taff Recipe)

Recipe: Broccoli Cheese Bake

No. of Portions: **50** | Portion size: **220g**

Calories per portion: **544** | Protein per portion: **24g**

approx. Cost per portion: **unknown**

Allergen information

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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
					

Comments

Not suitable to classify as a low potassium dish unless cauliflower and broccoli are boiled rather than steamed which may have a detrimental effect on product consistency. Not to be served with additional vegetables to classify as a low potassium option.

Ingredients

Ingredient	Unit	Quantity
Broccoli Florets	g	6,667
Margarine	g	420
Plain Flour	g	420
Milk Powder (dried)	g	904
Water (to mix milk powder)	mls	4,999
Cheese (for sauce)	g	579

Cheese (for topping)	g	289
Pepper	g	7
Salt	g	7

Method

1. Make sauce by combining flour and margarine and cook out, without colouring.
 2. Make milk with powder and water
 3. Add to flour and margarine in stages, stirring continuously.
 4. Cook sauce out.
 5. Steam broccoli and weigh into foils.
 6. Pour sauce over broccoli and to correct weight.
 7. Sprinkle cheese on top
 8. Cover with lid and transfer to blast freezer.
 9. Updated 23.10.19 S Lewis (Cwm Taf Recipes)
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Recipe: Cauliflower and Broccoli Cheese Bake

No. of Portions: **50** | Portion size: **225g**

Calories per portion: **318** | Protein per portion: **15g**

approx. Cost per portion: **unknown**

Allergen information

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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		X	X	X

Comments

Not suitable to classify as a low potassium dish unless cauliflower and broccoli are boiled rather than steamed which may have a detrimental effect on product consistency.

Not to be served with additional vegetables to classify as a low potassium option.

Ingredients

Ingredient	Unit	Quantity
Broccoli and cauliflower mix, frozen	g	7,429
Plain Flour	g	571
Margarine	g	571
Milk Powder	g	766
Water	ml	4,546
Mature grated cheese	g	571
Mature grated cheese (for topping)	g	497

Salt	g	11
Pepper	g	3

Method

1. Mix milk powder with hot water.
 2. To make the sauce, melt the butter, add the flour to make a roux and cook for 2 minutes, gradually add the hot milk and stir to form a thick, smooth sauce. Season and add cheese, cook for a further 5 minutes until melted.
 3. Steam broccoli and cauliflower for 25 minutes.
 4. Pour sauce over broccoli and cauliflower to correct weight.
 5. Sprinkle cheese on top.
 6. Place lid on foil container using lidding machine.
 7. Place on a chiller rack and transfer to blast freezer until frozen.
 8. *Updated 21/10/19 - Sandra Tyrrell (Cwm Taff Recipe).
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Recipe: Cheese & Potato Pie

No. of Portions: **50** | Portion size: **220g**

Calories per portion: **319** | Protein per portion: **14.17g**

approx. Cost per portion: **£0.37**

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
					

Comments

Meal not to be served with additional potatoes, baked beans or tinned tomatoes to classify as a low potassium dish.

Ingredients

Ingredient	Unit	Quantity
Sliced Potatoes (fresh)	g	8,969
Cheese mature grated (to add to potatoes)	g	1,750
Diced Onions (fresh)	g	600
Grated mature cheese (topping)	g	600
Water (To cook Potatoes)	mls	28,031
Salt (to cook potatoes)	g	81

Method

1. Decant potatoes into sink and wash off thoroughly.
 2. Place potatoes in potato boiler, cover with water, and add salt.
 3. Bring to the boil. Once boiling, reduce temperature down and cook until soft.
 4. Place onion into oven and steam for 10-15 minutes.
 5. Drain potatoes using drainer guard.
 6. Mix potatoes, adding cooked onion and grated cheese.
 7. When mixed thoroughly and cheese has melted, weigh into foil containers using weight chart/weighing scales.
 8. Ensure the potatoes are spread evenly throughout foil.
 9. Sprinkle with cheese using weight chart.
 10. Place onto chiller rack transfer to blast freezer until frozen.
 11. Updated 21.10.19 S Lewis (Cwm Taf Recipes)
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Recipe: Chicken & Mushroom Pie

No. of Portions: **50** | Portion size: **200g**

Calories per portion: **272** | Protein per portion: **25g**

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	X	X	X	X	X

Comments

*This meal should be served with accompaniments of carbohydrates such as potato, rice or pasta and two portions of vegetables 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
Diced Raw Chicken	g	5,000
Margarine	g	250
Chicken Boullion	g	33
Water	mls	2,131
Onions Diced fresh	g	681

Mushrooms Sliced frozen	g	1,500
Tomato Puree	g	100
Puff Pastry Sheets	g	6,600
Plain flour (for thickening)	g	300
Water (for mixing flour)	mls	563
Gravy Browning	g	32
Salt	g	6
Pepper	g	6
Eggs beaten (egg wash)	g	188
Whole Pasturised milk (for egg wash)	mls	18

Method

1. Place margarine into brat pan and melt, add diced chicken, onions, mushrooms and tomato puree and seal in brat pan.
 2. Mix stock with the required amount of water and stir into ingredients, bring to the boil.
 3. Simmer in brat pan for approximately 90 minutes (1.5 Hours) until chicken is tender.
 4. Check water content and adjust if required
 5. Once cooked add thickening and gravy browning for colour.
 6. Season correctly.
 7. Place in foil containers weighing accordingly, using scales ensuring you tare the scales once the foil is placed onto it.
 8. Pre heat oven on 170 for 10 minutes.
 9. Grease pastry tin with oil
 10. Place pastry on tins and egg wash.
 11. Place in oven for 7 minutes on 170 until golden brown.
 12. When cooked place cooked pastry on top of filling.
 13. Remove from oven.
 14. Lid each foil using lidding machine.
 15. Place on chiller racks and transfer to blast freezers until frozen
 16. Updated 21.10.19 S Lewis (Cwm Taf Recipes)
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Recipe: Chicken and Ham Pie

No. of Portions: **50** | Portion size: **200g**

Calories per portion: **249** | Protein per portion: **32g**

approx. Cost per portion: **unknown**

Allergen information

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

Dietary information

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

Comments

*This meal should be served with accompaniments of carbohydrates such as potato, rice or pasta and two portions of vegetables 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
Diced Chicken (Raw)	g	5,625
Ham	g	1,364
Chicken Bouillon	g	73
Water (to mix bouillon)	mls	3,636
Diced Onions (frozen)	g	1,818

Pastry Sheets	g	1,250
Peas (Frozen)	g	455
Salt	g	2
Pepper	g	2
Vegetable Oil	mls	125
Fresh full fat milk (egg wash)	mls	103
Cream (Roselle)	mls	182
Plain Flour for thickening	g	364
Water (for thickening)	mls	426

Method

1. Sauté off onions in oil then add the diced chicken and continue cooking.
 2. Add chicken stock (bouillon and water) and bring to the boil and then simmer until cooked.
 3. Add chopped ham and peas.
 4. Make a paste with some of the water and flour.
 5. Add thickening to the pie mix and cook out.
 6. Check the seasoning.
 7. Add cream cook for a few minutes.
 8. Weigh into foil containers following weight chart and scales, ensuring you tare the scales once the foil is placed onto it
 9. Pre heat oven on 170 for 10 minutes.
 10. Grease pastry tin with oil.
 11. Place pastry on tins and egg wash.
 12. Place in oven for 7 minutes on 170 until golden brown.
 13. When cooked place cooked pastry on top of filling.
 14. Lid each foil using lidding machine.
 15. Place onto chiller racks and transfer to blast freezer until frozen.
 16. Updated 22.10.19 S Lewis (Cwm Taf Recipes)
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Recipe: Chicken Fillet in Chasseur Sauce

No. of Portions: **50** | Portion size: **210g**

Calories per portion: **443** | Protein per portion: **51g**

approx. Cost per portion: **unknown**

Allergen information

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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					X

Comments

*This meal should be served with accompaniments of carbohydrates such as potato, rice or pasta and two portions of vegetables 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
Raw diced chicken	g	9,250
Vegetable oil	g	50
Chopped onion	g	504
Frozen sliced mushrooms	g	504
Dry white wine	ml	208

Demi glace	ml	1,250
Chicken stock	g	21
Water	ml	2,368
Rustic tomato sauce	g	1,250
Chopped tomatoes	g	1,042
Tarragon	g	6
Chopped parsley	g	6
Black pepper	g	5
Thickening	ml	710
Plain flour (to thicken)	g	1,500
Water to thicken	ml	2,813

Method

1. Place chicken fillets in appropriate tins and cover with lids.
 2. Place in oven and cook on 150 for approx 40-45 minutes.
 3. Place oil, onions, mushrooms, tomato sauce, demi glace, white wine, bouillion, tarragon, parsley, black pepper into tilting kettle, and fry until soft and cooked.
 4. Thicken Sauce.
 5. Drain off chickens and disguard liquid, and place fillets into foil containers.
 6. Weigh chasseur sauce over chicken fillets using scales and following weights.
 7. Place on chiller racks and transfer to the blast freezers until frozen.
 8. Updated 21.10.19 S Lewis (Cwm Taf Recipes)
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Recipe: Chicken Korma

No. of Portions: **50** | Portion size: **254g**

Calories per portion: **167** | Protein per portion: **5g**

approx. Cost per portion: **unknown**

Allergen information

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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			X		X

Comments

*This meal should be served with accompaniments of carbohydrates such as potato, rice or pasta 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
Vegetable oil	ml	37
Diced Raw Chicken	g	5,000
Korma Paste (1.1kg)	g	1,100
Garlic Puree	g	10
Turmeric	g	7
Garam Massala	g	7

Chicken bouillion	g	42
Water (to mix bouillion)	ml	2,652
Chopped Tomatoes	g	1,211
Onions diced (fresh)	g	605
coconut milk	ml	947
Coconut (dried)	g	83
Roselle cream	ml	333
Salt	g	5
Black Pepper	g	5
Plain Flour (for thickening)	g	396
Water (for thickening)	mls	568

Method

1. Place oil in the brat pan, add the raw diced chicken, and onions, and cook for 20 mins.
 2. Add korma paste, spices, chopped tomatoes and cook for a further 20 mins.
 3. Mix chicken bouillon with required amount of water, and add to brat pan.
 4. When chicken is cooked add coconut, coconut milk and cream.
 5. Add salt, pepper and thickening.
 6. Check consistency and taste.
 7. Weigh into foil container, using weight chart and scales.
 8. Place on chiller rack and put into blast freezer until frozen.
 9. Updated 22.10.19 S Lewis (Cwm Taf Recipes)
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Recipe: Chicken, Ham and Leek Pie (Cardiff & Vale)

No. of Portions: **50** | Portion size: **233g**

Calories per portion: **340** | Protein per portion: **25.19g**

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

Ingredients

Ingredient	Unit	Quantity
Diced Chicken	kg	4
Vegetable Margarine	kg	0
Frozen Leeks	kg	1
Chicken Bouillon	g	36
Diced Onions	kg	6
Frozen Strips of Ham	kg	1
Roselle Cream	litres	1
Pastry Rolls	kg	133
Plain Flour	kg	0

Water	litres	2
Salt	g	5
Pepper	g	5
Dried Thyme	g	8

Method

1. Melt margarine and seal off chicken.
 2. Add onions, leeks, seasoning and herbs.
 3. Mix water and bouillon (leave some water to mix with flour).
 4. Add stock mix to meat to cook out.
 5. Add cream and ham.
 6. Mix flour with water, add to chicken to cook out and thicken.
 7. Decant into foils.
 8. Add pastry top.
 9. Blast freeze.
 10. Updated 17/11/2020 by James Marshall (Cardiff and Vale recipes).
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Recipe: Corned Beef Hash

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

Calories per portion: **265** | Protein per portion: **21g**

approx. Cost per portion: **£0.33**

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	X		X		X

Comments

Meal not to be served with potatoes to classify as a low potassium dish.

Ingredients

Ingredient	Unit	Quantity
Corned Beef	g	3,500
Diced Onions (Fresh)	g	1,875
Potato, fresh, mashed	g	600
Oil	ml	100
Pepper	g	6
Butter	g	250

Method

1. Place potatoes in steamer.
 2. Lightly fry onions in oil.
 3. When cooked add to corned beef and mix through
 4. Cream potatoes with the butter
 5. Place corned beef mixture in tins and spread potato over top. Mark out with fork
 6. Place in oven and cook until golden brown.
 7. Updated 22/09/20 by James Marshall
-

Recipe: Cottage Pie

No. of Portions: **50** | Portion size: **200g**

Calories per portion: **348** | Protein per portion: **23g**

approx. Cost per portion: **£0.39**

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	X		X		X

Comments

Meal not to be served with potatoes to classify as a low potassium dish.

Ingredients

Ingredient	Unit	Quantity
Minced Beef (Raw)	g	5,000
Onions	g	681
Tomato Puree	g	227
Beef Bouillon	g	40
Water	mls	3,599
Plain Flour (For thickening)	g	297
Water (For thickening)	mls	474

Gravy Browning	g	58
Salt	g	15
Pepper	g	1
Potatoes	g	8,333
Margarine	g	83
Milk Powder	g	42
Water (to mix with milk powder)	mls	379
Salt for cooking potatoes	g	50

Method

1. Seal the mince beef in brat pan.
 2. Add diced onions and tomato puree to mince.
 3. Add bouillon to water, and stir into the mince beef.
 4. Bring to boil and allow to simmer for approximately 1½ hours.
 5. Check water content and adjust if required.
 6. Once cooked add thickening and gravy browning to colour, season correctly.
 7. Weigh mince into foil containers, and weigh accordingly.
 8. Place into blast freezer and chill to required temperature.
 9. Bring potatoes to the boil, drain and mash.
 10. Add margarine.
 11. Mix milk powder and water together, add to potatoes and mix until fluffy.
 12. Weigh potato on to mince beef and weigh accordingly.
 13. Decorate surface of potato using a fork.
 14. Place on chiller racks and transfer into blast freezers.
 15. *Updated 21/10/19 - Sandra Tyrrell (Cwm Taff Recipe)
-

Recipe: Faggots in Onion Gravy

No. of Portions: **50** | Portion size: **unknown**

Calories per portion: **unknown** | Protein per portion: **unknown**

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

Ingredients

Ingredient	Unit	Quantity
Faggots	kg	5,700
Water	litres	437
Diced onions	kg	1
Gravy granules	kg	2

Method

1. Updated on 02/02/21 by James Marshall (Cardiff and Vale recipes).

Recipe: Fish in Cheese Sauce

No. of Portions: **50** | Portion size: **239g**

Calories per portion: **299** | Protein per portion: **27g**

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

Ingredients

Ingredient	Unit	Quantity
Hoki fillets	units	50
FOR MORNAY SAUCE:		
Silverflo milk powder	kg	53
Water	litres	42
Margarine	kg	3
Plain flour	kg	3
Grated cheddar cheese	kg	72
Salt	g	5
Pepper	g	5
Grated cheddar cheese (added during regen)	kg	80

Method

1. Updated on 02/02/21 by James Marshall (Cardiff and Vale recipes).
-

Recipe: Fish Pie with Cheesy Potato Topping

No. of Portions: **50** | Portion size: **235g**

Calories per portion: **366** | Protein per portion: **27g**

approx. Cost per portion: **£0.80**

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	X		X		X

Comments

Meal not to be served with potatoes to classify as a low potassium dish.

Ingredients

Ingredient	Unit	Quantity
Hoki	g	2,500
Haddock (smoked)	g	1,500
Milk powder	g	357
Water	mls	3,125
sliced mushroom	g	714
Peas	g	714
Plain flour	g	179

Margarine	g	179
salt	g	4
Pepper	g	1
Parsley (dried)	g	1

Potato Topping

mashed potato	g	5,286
milk powder	g	11
water (to mix milk)	mls	142
margarine	g	27
salt	g	4
grated cheese	g	500

Method

1. Place Hoki into cooking tins. Cover with required amount of milk and cook for 10 minutes at 150 degrees. Drain and retain the liquor for the sauce.
 2. Place Haddock into cooking tins, cover with water and cook for 10-15 mins on 150 degrees. Drain and discard the water.
 3. Heat margarine, stir in the flour and cook for a further 2 minutes.
 4. Gradually add 10 litres of the poaching liquor stirring continuously bring to the boil then simmer.
 5. Steam peas and mushrooms then add to the flaked cooked fish and chopped herbs.
 6. Mix fish and vegetables into the sauce and weigh into foil containers and chill for 30 mins.
 7. Boil the potatoes, drain well and mash. Add the milk and butter.
 8. Weigh potatoes on top of the fish mixture.
 9. Sprinkle with the grated cheese.
 10. Place onto a chiller rack and place into blast freezers.
 11. Lid with appropriate machine when frozen.
 12. *Updated 21/10/19 - Sandra Tyrrell (Cwm Taff Recipe)
-

Recipe: Lamb & Mint Casserole (Cwm Taf)

No. of Portions: **50** | Portion size: **200g**

Calories per portion: **202** | Protein per portion: **21g**

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					X

Comments

Suitable for low potassium diets

Ingredients

Ingredient	Unit	Quantity
Diced Lamb	g	5,000
Chopped Onions	g	667
Lamb Bouillion	g	111
Water	ml	4,988
Mint Sauce	g	138
Fresh diced Carrots	g	667
Sliced Leeks	g	667
Sliced Potatoes	g	444

Lentils	g	278
Dried Parsley	g	2
Rosemary	g	2
Black Pepper	g	5
Gravy Browning	g	39
Cornflour	g	33
Water to mix the corn flour	mls	63

Method

1. Place lamb and onions into the boiler and brown.
 2. Mix lamb bouillion and required amount of water together and cover lamb, then cook for approximately 2½ hours.
 3. Add lentils, mint, diced potatoes, carrots, leeks and cook for a further 30 minutes.
 4. Add parsley and rosemary.
 5. Check the water contents and adjust if required
 6. Once cooked add required thickening, and gravy browning to colour.
 7. Season correctly and add mint sauce.
 8. Place casserole into foil containers, weighing accordingly using scale.
 9. Place on chiller racks and transfer to blast freezer until frozen.
 10. *Updated 21/10/19 - Sandra Tyrrell (Cwm Taff Recipe)
-

Recipe: Lamb Hot Pot

No. of Portions: **50** | Portion size: **225g**

Calories per portion: **373** | Protein per portion: **27g**

approx. Cost per portion: **£0.76**

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	X	X	X		X

Comments

Meal not to be served with potatoes and limit vegetables to one portion to classify as a low potassium dish.

Ingredients

Ingredient	Unit	Quantity
Diced Lamb (Frozen)	g	4,000
Diced Onions (fresh)	g	545
Lamb Bouillon	g	45
Water (to mix bouillon)	mls	2,273
Diced Carrots (frozen)	g	400
Mushrooms (frozen)	g	545
Diced potatoes (fresh)	g	1,000

Tomato Puree	g	180
Salt	g	6
Pepper	g	6
Gravy Browning	g	15
Saute Potatoes (frozen)	mls	3,000
Margarine (brush on saute potatoes)	g	91
Plain Flour (for thickening)	g	238
Water (for thickening)	mls	341

Method

1. Seal diced lamb, then add carrots, onions, mushrooms and tomato puree into brat pan.
 2. Mix lamb bouillion with water and gradually work in stock, stirring until it comes to the boil.
 3. Simmer in brat pan for approximately 2 1/2 hours.
 4. Check water content and adjust if required.
 5. Add diced potato and cook for a further 20 minutes.
 6. Once cooked add thickening and gravy browning to colour.
 7. Season correctly.
 8. Weigh lamb mixture in foil container, weighing accordingly using scales.
 9. Chill in blast freezer for 30 minutes.
 10. Place saute potatoes on top of lamb mixture and brush with melted margarine, weighing accordingly using scales.
 11. Place on chiller racks and transfer to blast freezers until frozen.
 12. Updated 23.10.19 S Lewis (Cwm Taf Recipes)
-

Recipe: Leek, Cheese & Potato Bake

No. of Portions: **50** | Portion size: **222g**

Calories per portion: **371** | Protein per portion: **12g**

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		X	X	X

Comments

Large amount of unboiled potato

Ingredients

Ingredient	Unit	Quantity
Margarine	g	144
Leeks (washed and sliced)	g	2,299
Vegetable bouillon	ml	37
Water (to mix bouillon)	mls	2,857
Potatoes (washed & thinly sliced)	g	5,747
Mature cheddar cheese (grated)	g	1,724
Cream, rosselle	ml	1,724
Pepper	g	3

Method

1. Wash off the potatoes, then place into steamer tray and cook for 10 minutes on steam.
 2. Heat the margarine in a brat pan, and add the leeks, cook for 3-4 minutes, remove and drain into a colander.
 3. Make up the bouillion with hot water, add pepper, and whisk until dissolved.
 4. Place a layer of sliced potatoes in the bottom of the foil, then place a layer of leek, then another layer of potatoes on top, and weigh grated cheese on top.
 5. When layering is complete, mix the bouillion and cream together.
 6. Pour the bouillion mix over the dish.
 7. Place foil container into oven and cook for 15-20 mins until core temperature is reached.
 8. Remove foil from oven, and lid foil container.
 9. Place on chiller racks and transfer to blast freezer until frozen.
 10. Updated 19/08/2020 S Lewis (Cwm Taf Recipes)
-

Recipe: Macaroni Cheese

No. of Portions: **50** | Portion size: **220g**

Calories per portion: **387** | Protein per portion: **15g**

approx. Cost per portion: **£0.24**

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		X		X

Ingredients

Ingredient	Unit	Quantity
Macaroni (Dried)	g	1792
Milk powder	g	846
Water	ml	6766
Plain flour	g	420
Margarine	g	420
Grated mature cheddar cheese	g	1070
Mustard	g	34
Pepper to taste	g	6
Onions	g	200
Bayleaves	g	2

Method

1. Cook macaroni in boiling slightly salted water.
 2. Mix milk powder and water and heat with onions studded with cloves and bayleaves until well flavoured.
 3. Make roux with margarine and flour.
 4. Add strained milk to make sauce.
 5. Add half the grated cheese and the mustard.
 6. Portion the cooked macaroni into gastronorms, pour over sauce.
 7. Sprinkle remainder of grated cheese on top.
 8. Updated by James Marshall (21/09/20)
-

Recipe: Moroccan Chickpea Stew

No. of Portions: **50** | Portion size: **290g**

Calories per portion: **252** | Protein per portion: **11.69g**

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	X

Comments

Contains dried apricots

Ingredients

Ingredient	Unit	Quantity
Sliced mixed peppers	g	1,563
Diced onions	g	1,563
Chopped tomatoes (Tinned)	g	1,328
Peas	g	1,302
Vegetable oil	ml	260
Chickpeas (drained)	tins	4
Dried apricots	g	1,042
Turmeric	g	6

Orange juice	ml	260
Cinnamon	g	6
Cayenne Pepper	g	3
Coriander	g	6
Water	ml	2,083

Method

1. Updated on 04/02/2021 by James Marshall (Cardiff and Vale recipes).
-

Recipe: Pasta Bolognese

No. of Portions: **50** | Portion size: **228g**

Calories per portion: **320** | Protein per portion: **23g**

approx. Cost per portion: **£0.44**

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	X		X		X

Comments

Meal not to be served with potatoes to classify as a low potassium dish.

Ingredients

Ingredient	Unit	Quantity
Minced Beef (Frozen)	g	5,000
Sliced Mushrooms (Frozen)	g	500
Rustic Tomato Sauce	g	2063
Tomato Puree	g	250
Diced Onions (Frozen)	g	500
Diced Peppers (Frozen)	g	375
Oregano (Dried)	g	13
Beef bouillon	g	75

Garlic Puree	g	63
Water	mls	3,125
Cornflour	g	219
Salt	g	200
Water	mls	3
Pasta Twists (Dried weight)	g	438

Method

1. Sweat off Minced Beef for 1 hour.
 2. Add the onions, peppers, mushrooms, garlic puree and herbs.
 3. Cook for 20 minutes.
 4. Add tomato sauce and tomato puree.
 5. Add 40 litres of water, bring to the boil and simmer for 20 minutes.
 6. Add 4 litres of water to the stock powder and add to the mixture.
 7. Mix the remaining 6 litres of water to the cornflour.
 8. Bring back to the boil and cook for a further 10minutes
 9. Cook Pasta Separately as the Beef is Cooking.
 10. When the Beef is cooked add the refreshed Pasta and mix well.
 11. Portion into Foils.
 12. Updated by James Marshall, 23/09/2020
-

Recipe: Quorn Cottage Pie

No. of Portions: **50** | Portion size: **250g**

Calories per portion: **183** | Protein per portion: **12g**

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
Contains	Unknown	Contains	Unknown	Unknown	Contains
Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide
Contains	Unknown	Unknown	Unknown	Unknown	Contains
Lupin	Molluscs				
Unknown	Unknown				

Dietary information

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

Comments

For low potassium diets - do not serve with extra potato.

Ingredients

Ingredient	Unit	Quantity
Mince Base		
Minced Quorn	g	2,885
Tomato Paste	g	462
Diced Onions	g	721
Vegetable Bouillon	g	144
Water (for bouillon)	mls	3,269
Plain Flour	g	343
Water (to thicken)	mls	490

Gravy Browning	g	39
Pepper	g	5
Potato Top		
Potatoes	g	4,173
Vegetable Margarine	g	74
Milk Powder	g	113
Water (for milk powder)	mls	668

Method

1. Seal the mince in a brat pan.
 2. Add diced onion and tomato puree.
 3. Add bouillon to water and stir and to brat pan.
 4. Bring to the boil, simmer for 30 min.
 5. Once cooked add thickening and gravy browning, season.
 6. Weigh mince in to foil containers, blast freeze.
 7. Bring potatoes to the boil, drain and mash.
 8. Add margarine, milk and season.
 9. Weigh potato onto mince Quorn base, fluff with a fork, lid foils.
 10. Place on chiller rack and blast freeze.
 11. Updated on 25/05/21 by James Marshall (Cardiff and Vale recipes).
-

Recipe: Ham in Parsley Sauce

No. of Portions: **50** | Portion size: **185g**

Calories per portion: **260** | Protein per portion: **27g**

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	X	X	X		X

Ingredients

Ingredient	Unit	Quantity
Ham (Cooked)	g	5,600
Parsley (Dried)	g	23
Cornflour	g	240
Water (To mix with the cornflour)	mls	473
Milk Powder	g	937
Water	mls	7,577
Salt	g	7
Pepper	g	1

Method

1. Mix milk powder and water together and pour into tilting kettle and bring to the boil.
 2. Mix cornflour with a little milk and stir into milk when boiling, whisk continuously until sauce thickens and corn flour is cooked out.
 3. Add parsley and season.
 4. Place ham on plates and cover with sauce (185g per portion), weighing accordingly using weight charts and scales.
 5. Serve.
-

Recipe: Quorn Bolognaise

No. of Portions: **50** | Portion size: **0g**

Calories per portion: **177** | Protein per portion: **10g**

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

To be served with a slice of garlic bread and a side salad as a main meal.

Meal not to be served with potatoes to classify as a low potassium dish.

Ingredients

Ingredient	Unit	Quantity
Quorn mince	g	2,273
onions, diced	g	1,136
Garlic	g	68
Margarine	g	364
Tomato puree	g	364
Chopped tinned tomatoes	g	2,273
Finely grated carrot	g	257

Mushrooms (frozen)	g	1,023
Vegetable bouillon	g	155
Water	mls	3,341
Oregano	g	2
Pepper	g	2
Pasta twist	g	795
water (cooking of pasta)	mls	3,091
Salt (cooking of pasta)	g	7

Method

1. Melt the butter, add onions, garlic, quorn and grated carrot, fry until soft.
 2. Add red wine, reduce until wine has almost gone.
 3. Add tomato puree, chopped tomatoes.
 4. Mix stock powder with the required amount of water and add, reduce until correct consistency is achieved.
 5. Add oregano and seasoning to taste
 6. Place pasta in boiling salted water and simmer until al dente.
 7. Mix into bolognese sauce.
 8. Weigh into foil container using weight chart and scales.
-

Recipe: Roast Beef

No. of Portions: **50** | Portion size: **130g**

Calories per portion: **149** | Protein per portion: **15g**

approx. Cost per portion: **£1.03**

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		X			X

Comments

To achieve a high energy option serve with roast potatoes, yorkshire pudding and vegetables.

Ingredients

Ingredient	Unit	Quantity
Roast Beef (Frozen topside)	g	3,363
Water	mls	1,750
Beef Bouillon	g	8

Method

1. Prepare joints for roasting, and place in roasting trays.
2. Place in oven and cook on steam for 2 hours
3. Turn oven to combination mode and cook for approximately 30 minutes on 150

4. Make up bouillon with water.
 5. Place roast Beef joint onto slicing machine and ensure each slice weighs between 60- 65g.
 6. Place Roast meat into foil container and cover with stock weighing accordingly (used for regeneration purpose and not as a gravy).
 7. Place on chiller racks and transfer to blast freezers.
 8. Updated 22.10.19 S Lewis (Cwm taf Recipes)
-

Recipe: Roast Chicken & Stuffing

No. of Portions: **50** | Portion size: **100g**

Calories per portion: **174** | Protein per portion: **19.14g**

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	X	X			X

Ingredients

Ingredient	Unit	Quantity
Chicken Portion pre-roasted	g	3750
Stuffing balls	units	50

Method

1. Regenerate or roast chicken portion
 2. Cook stuffing balls per manufacturers instructions.
 3. Updated on 04/03/21 by James Marshall (Aneurin Bevan recipes).
-

Recipe: Roast Lamb

No. of Portions: **50** | Portion size: **65g**

Calories per portion: **121** | Protein per portion: **12.41g**

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					X

Comments

Nutritional information represents the lamb portion and not the entire dish.

Ingredients

Ingredient	Unit	Quantity
Roast Lamb (Boneless Leg, frozen)	g	5,008
Water	mls	1,859
Lamb Bouillion	g	5

Method

1. Prepare joints for roasting, and place in roasting trays.
2. Place in oven and cook on steam for 2 hours
3. Turn oven to combination mode and cook for approximately 30 minutes on 150

4. Make up bouillon with water.
 5. Remove any excess fat from joint before slicing.
 6. Place roast lamb joint onto slicing machine and ensure each slice weighs between 60-65g
 7. Place roast meat into foil container and cover with stock weighing accordingly, (used for regeneration purpose and not as a gravy).
 8. Place onto chiller rack and transfer to blast freezer until frozen.
 9. Updated 22.10.19 S Lewis (Cwm Taf Recipes)
-

Recipe: Roast Pork

No. of Portions: **50** | Portion size: **130g**

Calories per portion: **160** | Protein per portion: **14g**

approx. Cost per portion: **£0.49**

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		X			X

Comments

To achieve high energy to be served with roast potatoes and vegetables

Ingredients

Ingredient	Unit	Quantity
Roast Pork (Boneless Leg, Frozen)	g	3,775
Water (Cold)	mls	2,100
Vegetable Bouillon	g	5

Method

1. Prepare joints for roasting, and place in roasting trays.
2. Place in oven and cook on steam dial for 2 hours, then switch oven to combination dial and cook for approximately 30 minutes on 150.
3. Remove from oven and chill down accordingly.

4. Make up bouillon with water.
 5. Place roast pork joint onto slicing machine and ensure each slice weighs between 60- 65g.
 6. Place Roast meat into foil container and cover with stock weighing accordingly (used for regeneration purpose and not as a gravy).
 7. Place on chiller racks and transfer to blast freezers.
 8. Updated 22.10.19 S Lewis (Cwm taf Recipes)
-

Recipe: Roast Turkey

No. of Portions: **50** | Portion size: **130g**

Calories per portion: **79** | Protein per portion: **18g**

approx. Cost per portion: **£0.77**

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	May contain	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	X	X			X

Ingredients

Ingredient	Unit	Quantity
Roast Turkey (Turkey Butt frozen)	g	3,778
Water	mls	2,100
Chicken bouillon	g	8

Method

1. Prepare joints for roasting, and place in roasting trays.
2. Place in oven and cook on steam for 2 hours.
3. Turn oven to combination mode and cook for approximately 30 minutes on 150.
4. Make up bouillon with water.

5. Place roast turkey joint onto slicing machine and ensure each slice weighs between 60- 65g.
 6. Place roast meat into foil container and cover with stock weighing accordingly (used for regeneration purpose and not as a gravy).
 7. Place on chiller racks and transfer.
 8. Updated 22.10.19 S Lewis (Cwm taf Recipes)
-

Recipe: Sausage Casserole

No. of Portions: **50** | Portion size: **200g**

Calories per portion: **367** | Protein per portion: **15g**

approx. Cost per portion: **£0.29**

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	X	X	X		X

Ingredients

Ingredient	Unit	Quantity
Pork Sausage (2 x 57g raw sausage per portion)	g	5,700
Diced Onions (Fresh)	g	630
Mushrooms (Frozen)	g	946
Diced Carrots (Fresh)	g	630
Beef Bouillon	g	117
Water (To mix bouillon)	mls	5,521
Gravy Browning (To Colour)	g	35
Pepper	g	3
Water (for thickening)	mls	938
Flour to thicken	g	500

Method

1. Place sausage in the oven to cook for 30 minutes on 150 C
 2. Place onions, mushrooms, carrots into boiler.
 3. Mix bouillon with required amount of water, add to boiler.
 4. Bring to the boil, reduce heat to simmer until the veg is tender.
 5. Add thickening and gravy browning stirring until thickened.
 6. Check seasoning
 7. Place the sausage into a foil container.
 8. Pour over the casserole mix, following weight using scales.
 9. Lid foil containers using lidding machine
 10. Place onto chiller rack and into blast freezer until frozen.
 11. Updated 22.10.19 S Lewis (Cwm Taf Recipes)
-

Recipe: Vegan Chilli

No. of Portions: **50** | Portion size: **220g**

Calories per portion: **128** | Protein per portion: **13g**

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
					

Ingredients

Ingredient	Unit	Quantity
Vegemince (Soy based)	g	2,500
Onions (Diced fresh)	g	767
Garlic Puree	g	167
Tomato Puree	g	1,333
Tomatoes (Chopped, Tinned)	g	1,667
Red Kidney Beans (Tinned)	g	1,000
Water	ml	6,000
Cumin Powder	g	25
Chilli Powder	g	25
Vegetable bouillon	g	67

Sugar	g	188
Black Pepper	g	5
Vegetable Oil	ml	167

Method

1. Fry the onions in brat pan with the oil over a medium heat until soft
 2. Add chilli powder, cumin and garlic puree and cook for three minutes
 3. Mix the bouillon powder with the water and add to the pan with the chopped tomatoes, salt, sugar and tomato puree.
 4. Bring to the boil, then add the vegan mince and red kidney beans and bring back to boiling point.
 5. Simmer for five minutes, stirring continuously
 6. Check seasoning and consistency
 7. Weigh into foil container, using weight chart and scales.
 8. Place onto chiller rack and transfer to blast freezer until frozen.
 9. Updated 01/09/2020 by James Marshall (Cwm Taf Recipes)
 10. Analysed on Nutrizen 07/10/2020 by James Marshall
-

Recipe: Vegan Cottage Pie

No. of Portions: **50** | Portion size: **309g**

Calories per portion: **199** | Protein per portion: **13.95g**

approx. Cost per portion: **£0.40**

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
					

Comments

Meal not to be served with potatoes to classify as a low potassium dish.

Ingredients

Ingredient	Unit	Quantity
Vegetarian Mince	g	2,778
Tomato puree	g	444
Diced Onions (fresh)	g	757
Vegetable Bouillon	g	83
Water (for bouillon)	mls	2,778
Gravy browning	g	37
Pepper	g	1

Sliced Potatoes (fresh)	g	5,208
Salt (for cooking potatoes)	g	42
Water (for potatoes)	mls	2,500
Plain flour (to thicken)	g	330
Water (to thicken)	mls	473

Method

1. Seal the vegan mince in brat pan.
 2. add diced onions and tomato puree to the vegan mince.
 3. Mix bouillon with water, and stir into vegan mince.
 4. Bring to boil and allow to simmer for approximately ½ hr.
 5. Check water content and adjust if required.
 6. Once cooked add thickening and gravy browning to colour. season correctly.
 7. Weigh mince into foil containers, and weigh accordingly.
 8. Place into blast freezer and chill to required temperature.
 9. Bring potatoes to the boil, drain and mash.
 10. Weigh potato onto filling and weigh accordingly.
 11. Decorate surface of potato using a fork.
 12. Place on chiller racks, and transfer into blast freezers.
 13. Updated 01/09/2020 by James Marshall (Cwm Taf Recipes)
-

Recipe: Vegan Korma

No. of Portions: **50** | Portion size: **266g**

Calories per portion: **251** | Protein per portion: **15.13g**

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
					

Ingredients

Ingredient	Unit	Quantity
Vegetable Oil	g	15
Diced vegan pieces	g	3,780
Vegetable bouillion	g	48
Water (to mix bouillion)	pints	8
Sugar	g	95
Chopped Tomatoes (tinned)	g	1,250
Onions diced	g	495
Desiccated coconut	g	76
Korma paste	g	1,100
Alpro yogurt	g	500

Vegan coconut milk 400 g tin	g	400
Plain flour for thickening	g	972
Water to mix flour	pints	8

Method

1. *CORE TEMPERATURE OF COOKED PRODUCT MUST REACH 75 DEGREES FOR 30 SECONDS.*
 2. Fry off the onions in the oil
 3. Add korma paste, chopped tomatoes, sugar and mix
 4. Add vegan pieces
 5. Make vegetable stock and add to the sauce
 6. Bring to the boil and simmer until vegan pieces are cooked
 7. Add the desicated coconut and coconut milk and cook out
 8. Add thickening
 9. Add alpro
 10. Weigh into foil containers, following weight and using scales
 11. Place on the chiller rack, put into the blast freezer until frozen.
 12. Updated 01/09/2020 by James Marshall (Cwm Taff Recipes)
-

Recipe: Vegan Pasta Bolognese (Cardiff & Vale)

No. of Portions: **50** | Portion size: **266g**

Calories per portion: **144** | Protein per portion: **10.24g**

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

Ingredients

Ingredient	Unit	Quantity
Vegetarian Mince	g	2,027
Diced onions	g	676
Garlic puree	g	45
Vegetable oil	litres	0
Tomato paste	g	225
Chopped tomatoes	g	1,723
Diced carrots	g	158
Sliced mushrooms	g	676
Vegetable bouillon	g	36

water (to mix bouillon)	litres	355
Oregano	g	7
Mixed peppers	g	1,014
Pasta twists	g	471
Salt	g	4
Pepper	g	12
Water (to cook pasta)	litres	1,832

Method

1. Updated on 28/01/21 by James Marshall (Cardiff and Vale recipes).
-

Recipe: Vegan Quorn and Veg Pie

No. of Portions: **50** | Portion size: **234g**

Calories per portion: **239** | Protein per portion: **16.63g**

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				X

Ingredients

Ingredient	Unit	Quantity
Vegetable Oil	g	15
Diced carrots frozen	g	1,000
Vegan mince	g	2,700
Diced onions fresh	g	780
Peppers frozen	g	566
Mushrooms frozen	g	566
Cauliflower frozen	g	1,500
Peas frozen	g	566
Water (to mix bouillon)	pints	113
Knorr vegetable bouillon	g	93

Tomato puree	g	300
Garlic puree	g	18
Chopped tomatoes tinned 2500g	g	566
Salt	g	22
Pepper	g	1
Five bean salad 500 g drained wt	g	786
Fagelot beans 465 g drained wt	g	731
Pastry squares		6
Alpro milk wash	pints	25
Flour to thicken	g	191
water to thicken	pints	5

Method

1. *CORE TEMPERATURE OF COOKED PRODUCT MUST REACH 75 DEGREES FOR 30 SECONDS.*
 2. Heat the oil, then add the vegan mince, onions, pepper, garlic puree, tomato puree, chopped tomatoes into the Bratt pan and salutate until soft
 3. Mix the bouillion with required amount of water, add to the mix and bring to the boil, then simmer until the mince is cooked.
 4. Place cauli on to steam for 15 mins and cut up slightly, then add to mix.
 5. Add five bean salad and fagelot beans to mix and bring to the boil. Add thickening.
 6. Place in foild containers. Weigh in accordingly using scales. Ensuring you tare the scales once, the foil is placed onto it.
 7. Preheat oven on 170 for 10 minutes
 8. Grease a pastry tin with oil.
 9. Place pastry on tins and brush with alpro milk.
 10. Place in the oven for 7 minutes on 170 degrees until golden brown.
 11. When cooked, place cooked pastry on top of filling
 12. Lid each foil using the lidding machine
 13. Place on a chiller rack and transfer to blast freezer until frozen.
 14. Updated 02/09/2020 by James Marshall (Cwm Taf Recipes)
-

Recipe: Vegan Sausage Casserole (Cardiff & Vale)

No. of Portions: **50** | Portion size: **205g**

Calories per portion: **229** | Protein per portion: **7.8g**

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

Ingredients

Ingredient	Unit	Quantity
Vegan Sausages (50g each)	kg	5
Diced Onions	kg	8
Mushrooms	kg	126
Leeks	kg	8
Diced Carrot	kg	8
Vegetable Bouillon	g	156
Thyme	g	7
Paprika	g	7
Pepper	g	4

Gravy Browning	g	333
Cornflour	g	333
Water	litres	1,250

Method

1. Cook vegan sausage separately 25mins.
 2. Sweat off vegetables, add all other ingredients except cornflour and 1750 ml water.
 3. Place 1750 litres of water on until boiling.
 4. Cook for 45mins.
 5. Mixes remaining water with corn flour add to mixture cook further 10 mins place into foils.
 6. Foil up as 2 sausages and 105g casserole mix per portion.
 7. Lid foils and blast freeze.
 8. Updated 04/11/2020 by James Marshall (Cardiff and Vale recipes)
-

Recipe: Vegetable and Bean Bake (ABUHB)

No. of Portions: **50** | Portion size: **235g**

Calories per portion: **503** | Protein per portion: **13g**

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
					

Comments

Suitable for low potassium diets.

Ingredients

Ingredient	Unit	Quantity
Onions Diced	g	1215
Vegetable Stewpack	g	1215
Mixed Peppers	g	1230
Sweetcorn	g	1230
Mixed Beans (drained)	g	2790
Milk	ml	1715
Butter	g	1215
Cheese	g	500

Carrot & Swede mash	g	3570
Potato Powder	g	180
Butter	g	215
Cheese	g	390

Method

1. Cook onions in butter until soft.
 2. Add stew pack vegetables, peppers and sweetcorn.
 3. Add flour and gradually stir in milk to make the sauce.
 4. Add beans and black pepper to taste. Simmer.
 5. Make topping by mixing all ingredients together.
 6. Divide bean mixture between tins and cover with evenly with the topping.
 7. Bake until cooked through with core temperatures of 75 C.
 8. Dish can be served as a standalone dish or with extra potatoes/ side salad.
-

Recipe: Vegetable Curry

No. of Portions: **50** | Portion size: **272g**

Calories per portion: **160** | Protein per portion: **9g**

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

Meal not to be served with potatoes to classify as a low potassium dish.

Ingredients

Ingredient	Unit	Quantity
Rapeseed Oil	ml	55
Garlic Puree	g	40
Coriander	g	14
Turmeric	g	14
Garam Masala	g	14
Curry Powder	g	142
Lentils	g	800
Water	ml	2,983

Vegetable Bouillon	g	56
Onions	g	800
Mushrooms	g	800
Peppers	g	800
Courgettes	g	800
Diced Potatoes	g	600
Broccoli and Cauliflower	g	917
Chopped tomatoes	g	5,080
Tomato Puree	g	200
Mango Chutney	g	500
Chick Peas	g	1,250

Method

1. Heat Rapeseed oil in suitable pan.
 2. Add onions, mushrooms, courgettes and cook until lightly browned.
 3. Add garlic, coriander, turmeric, garam massala, curry powder, and half the water with vegetable bouillon, and bring to the boil.
 4. Reduce heat; add potatoes, lentils and remaining water, simmer until potatoes and lentils are almost cooked.
 5. Add tomatoes, tomato puree, mango chutney, chick peas and peppers, simmer until sauce absorbs flavours and is correct consistency.
 6. Weigh in to foil containers.
 7. Lid foil container using lidding machine.
 8. Place onto chiller rack and transfer to blast freezer until frozen
 9. Updated 18/08/2020, S Lews (Cwm Taf recipes)
-

Recipe: Vegetable Lasagne

No. of Portions: **50** | Portion size: **290g**

Calories per portion: **411** | Protein per portion: **18g**

approx. Cost per portion: **£0.29**

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

To be served with garlic bread and a side salad for a high energy option

Avoid offering with chips to patients requiring a low potassium diet.

Ingredients

Ingredient	Unit	Quantity
Onions (Fresh)	g	1,200
Chopped Tomatoes (Tinned)	g	2,500
Tomato Puree	g	200
Water (to mix bouillion)	mls	1,989
Oregano	g	3
Lasagne Sheets	g	1,350
Garlic puree	g	35

Vegetable Bouillon	g	165
Ratatouille (Frozen)	g	3,500
Carrots	g	1,000
Milk powder	g	800
Water to mix milk powder	mls	2,486
Plain Flour	g	85
Margarine	g	85
Grated cheese (for the topping)	g	625
Grated Cheese (for the sauce)	g	675
Pepper	g	3
Thickening	mls	426

Method

1. Place chopped tomatoes, onions, tomato puree, bouillon, ratatouille, carrots and water into pan. Cook for approx 30mins. Add thickening.
 2. Place into tins. Layer with pasta sheets (using assembly method below). Top with cheese sauce.
 3. Sprinkle top with grated cheese.
 4. Cook in oven at 140 C for approx 45mins.
 5. To make cheese sauce:- Melt margarine, add flour and cook out. Add hot milk, cheese and pepper.
 6. Assembly method:- Place a small amount of mixture in the bottom of the foil. Place lasagne sheet over the mixture, place a second layer of mixture onto the sheet, place a lasagne sheet over the mixture, place a third layer of mixture over the sheet, place a lasagne sheet, pour bechamel sauce over the lasagne sheet. Sprinkle with grated cheese.
 7. *Updated 21/10/19 - Sandra Tyrrell - (Cwm Taff Recipe)
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Recipe: Vegetarian Korma

No. of Portions: **50** | Portion size: **200g**

Calories per portion: **353** | Protein per portion: **21g**

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	Contains
Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide
Unknown	Unknown	Unknown	Unknown	Unknown	Contains
Lupin	Molluscs				
Unknown	Unknown				

Dietary information

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

Comments

High energy option when served with rice and mini naan bread

Ingredients

Ingredient	Unit	Quantity
Vegetarian Strips	g	3,750
Vegetable bouillon	g	48
Water (For bouillon)	ml	4,759
Sugar	g	95
Tomatoes (Tinned, chopped)	g	1,250
Onions (Diced, chopped)	g	495
Desiccated coconut	g	76
Flour	g	324

Water (to mix with flour)	mls	142
Korma paste	g	1,100
Margarine	g	334
Coconut Milk	g	600
Roselle cream	mls	250

Method

1. Fry off the onions in the margarine.
 2. Add korma paste, chopped tomatoes, sugar and mix.
 3. Add vegan strips.
 4. Mix vegetable stock and water, add to the mix.
 5. Add the desiccated coconut and the milk and bring to the boil.
 6. Taste and season pepper if needed
 7. Add cream.
 8. Weigh into foil container using the weight and scales.
 9. Place on a chiller rack and put into the blast freezer until frozen.
 10. *Updated 21/10/19 - Sandra Tyrrell (Cwm Taff Recipe)
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Recipe: Vegetarian Pasta Bolognese (ABUHB)

No. of Portions: **50** | Portion size: **280g**

Calories per portion: **162** | Protein per portion: **7.7g**

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
					

Ingredients

Ingredient	Unit	Quantity
Vegetarian mince (Fry's)	g	2290
Onions	g	1495
Garlic puree	g	89
Oil	mls	479
Tomato paste	g	479
Chopped Tomatoes tinned 2.5 kg	g	2990
Finely grated carrot (fresh)	g	338
Sliced mushrooms (frozen)	g	1346
Vegetable bouillon	g	79
water to mix bouillon	mls	7895

Oregano	g	16
Peppers	g	1974
Pasta twists	g	1046

Method

1. *CORE TEMPERATURE OF COOKED PRODUCT MUST REACH 75 DEGREES FOR 30 SECONDS.*
 2. Add onion, garlic, mince and grated carrot, fry until soft
 3. Mix vegetable bouillon with water and add to the mince.
 4. Bring to the boil and simmer.
 5. In a separate pan, cook pasta in boiling water.
 6. Check bolognaise for seasoning and consistency.
 7. Strain pasta and mix into bolognaise sauce before decanting into tins.
 8. Updated on 04/03/2021 by James Marshall (Aneurin Bevan recipes).
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