



South Tyneside Council

SOUTH TYNESIDE SCHOOL MEALS ALLERGEN FILE 2026-2027

14 FOOD ALLERGENS



GLUTEN



CELERY



TREE NUTS



FISH



SOY



SESAME



PEANUTS



CRUSTACEANS



EGGS



MOLLUSCS



MILK



MUSTARD



SULPHUR DIOXIDE
SULPHITES



LUPIN

KEY - ✓ = CONTAINS

! = MAY CONTAIN

SOUTH TYNESIDE COUNCIL CATERING SERVICES

September 2026-July 2027

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Planet Friendly Day Breakfast Muffin (V) JJS VEG869  Chef's Homemade Special 5-A-Day Pizza (V)	Greek Style Crumbed Moussaka (New) (V)	One Pot Power Pasta (V) JJS Diced Quorn VEG143	Cheese and Vegetable Picnic Quiche (V)	Quorn Salad Crunch Wrap New (Ve)
		Spaghetti Bolognaise with Garlic Bread Freemans	Chicken with Yorkshire Pudding JJS CHI738	Home Made Chicken and Lentil Curry Rice and Naan Bread Freemans	Big Tasty Fishcake JJS FSH709

Chef's choice of Seasonal Vegetables, Salad Cart, Crispy Jacket Potato, and filling. Fresh Sandwiches/Wraps

Crispy Jacket Potato Fillings – Monday (ve) Tuesday-Friday (ve)(v) Sandwiches and Wraps Options– Mon (ve) Tuesday-Friday (ve)(v)

DESSERTS	Decorated Biscuit (VE)	Chocolate Muffin (VE)	Fruit Jelly Sundae (V)	Sweet Potato Cake (V)	Fruity Friday (Ve)
Fresh fruit, yoghurt, cheese, and crackers					

= Planet Friendly (V)= Vegetarian (VE)= Vegan

Fresh Fruit, Yoghurt, (V) Cheese and Crackers(V) offered daily

SOUTH TYNESIDE COUNCIL CATERING SERVICES

September 2026-July2027

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Planet Friendly Day Golden Quorn Dippers with Tomato Sauce and Oven Baked Wedges (Ve) Quorn Dipper\$ JJS VEG966 	Sri Lankan Sweet Potato and Coconut Curry New (Ve)	Pasta Pomodoro with Crunchy Salad (Ve)	Chilli and Rice Burrito Bonanza Veggie Mince JJS250 (Ve)	Bubble Coated Fish Fillet JJS FSH784
	Crunchy Macaroni Cheese with Garlic Bread (V)	Carrot and Pork Meatballs JJS POR088	Beef Mince and Dumpling Freemans	Sausage with Mash Freemans OR JJS	Chef's Special Margherita Pizza (V)
	Chef's choice of Seasonal Vegetables, Salad Cart, Crispy Jacket Potato, and filling, Fresh Sandwiches/Wraps.				
Crispy Jacket Potato Fillings – Monday (ve) Tuesday-Friday (ve)(v) Sandwiches and Wraps Options – Mon (ve) Tuesday-Friday (ve)(v)					
DESSERTS	Rainbow Cookies New (Ve)	Various Ice-cream (V) JJS Chocolate Tub ICE033 Strawberry Tub ICE032 Vanilla Tub ICE025	Homemade Chocolate Steam Sponge and Custard (V)	Caramel Slice New (V)	Fruity Friday (Ve)



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Fresh Fruit, Yoghurt, (V) Cheese and Crackers (V) offered daily

SOUTH TYNESIDE COUNCIL CATERING SERVICES

September 2026-July 2027

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Planet Friendly Day Garden Fresh Bolognaise served with Pasta (Ve) Veggie Mince JJS VGT250 	Pizza Pocket Jacket Potatoes New (V)	Planet Friendly Pasta Bake (Ve)	Omelette of the Week with Crunchy Salad (V)	Fiesta Chilli Rainbow Rice Veggie Mince JJS VGT250 (Ve)
	Quorn Sausage Sizzler, Mash and Gravy Quorn Sausage (Ve) Hopwells 410174	Barbeque Chicken Fillet New JJS CHI822	Savoury Mince and Yorkshire Pudding Freemans	Top Crust Steak Pie with Mashed Potato and Vegetables Freemans	Golden Baked Fish Finger with Chips and Tomato Sauce
Chef's choice of Seasonal Vegetables, Salad Cart, Crispy Jacket Potato, and filling, Fresh Sandwiches/Wraps					
Crispy Jacket Potato Fillings – Monday (ve) Tuesday-Friday (ve)(v) Sandwiches and Wraps Options – Mon (ve) Tuesday-Friday (ve)(v)					
DESSERTS	Golden Fruity Flapjack (Ve)	Arctic Strawberry Ice- Cream Roll JJS ICE056 (V)	Iced Wibble Dessert New (V)	Iced Marble Cake (V)	Fruity Friday (Ve)
Fresh fruit, yoghurt, cheese, and crackers					



= Planet Friendly (V)= Vegetarian (VE)= Vegan

Fresh Fruit, Yoghurt, (V)Cheese and Crackers(V) offered daily



General Information	
Product name	Linda McCartney's vegemince
Legal description	Seasoned rehydrated textured soya protein pieces
Product code	1403700
Weight/case size	1kg x 10
Supplier name	Hain Celestial UK
Manufacturing site address	Holt Road, Fakenham, Norfolk, NR21 8EH, UK
Telephone number	0330 055 1744
Technical contact	Charlotte Ives, Charlotte.Ives@hain.com
Specification contact	Marta Piechocka, 0 7763 216694, Marta.Piechocka@hain.com

Storage	
Total shelf life	18 months
Storage conditions	Keep frozen (-18°C or colder)

Ingredient Declaration	
Rehydrated textured SOYA protein (92%), rapeseed oil, yeast extract, malted BARLEY extract, onion powder, salt, dextrose, white pepper, natural flavouring, garlic powder.	
Allergy advice	For allergens, including cereals containing gluten, see ingredients in CAPITALS .

Typical values (cooked as per instructions, prior to adding sauce)	Per 100g
Energy kJ	577
Energy kcal	137
Fat	3.5g
(of which saturates)	0.3g
Carbohydrate	4.7g
(of which sugars)	2.0g
Fibre	5.4g
Protein	19.0g
Salt	0.63g

Allergen & Miscellaneous Information			
Product Specification Form			
Issue No.	Issue Date.	Document No.	Authorised by
4	05/07/2021	GSDOC002 (previously TECHLOG-24)	I. Bradbury



Allergen	Product contains	Comments
Peanuts and derivatives of	N	
Nuts and derivatives of	N	
Cereals containing gluten and derivatives of	Y	Malted barley extract
Eggs and derivatives of	N	
Milk and derivatives of	N	
Fish and derivatives of	N	
Molluscs and derivatives of	N	
Crustacea and derivatives of	N	
Soya and derivatives of	Y	Textured soya protein
Sesame and derivatives of	N	
Celery and derivatives of	N	
Mustard and derivatives of	N	
Lupin and derivatives of	N	
Sulphites (>10mg per kg)	N	
GMOs	N	To the best of our knowledge, does not contain genetically modified organisms (GMOs) or ingredient produced from GMO's within the meaning of Council Directive 2001/18/EC, art. 2(2).
Palm Oil	N	

Special Diet Information		
	Suitable?	Comments
Vegetarian	Yes	Vegetarian Society approved
Vegan	Yes	
Halal Certified	No	
Kosher Certified	No	
Organic Certified	No	

Product Specification Form			
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Photographic Standard



Frozen appearance



Cooked appearance

Organoleptic Characteristics

As sold

Appearance	IQF pieces characteristic of meat mince. Irregular shaped particles of mince. Frosting will be evident when the bag is open, giving the mince a pale appearance. Particles typically 5 to 10mm in size. Fines are typically <5% passing through a 2mm sieve, retained in a 2mm sieve >30%, retained in a 5.6mm sieve >30%. Light to medium brown uneven colour. Minimal clumping, any clumps should be easily broken down.
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As consumed

Appearance	Particles still intact, characteristic of meat mince. Light to medium brown uneven colour, with some darker highlights evident from cooking. Fairly consistent particle size. No evidence of dust.
Aroma	Savoury, beef like and slight peppery aroma.
Texture	Good bite and chewy without being rubbery or too soft. Some pieces may be hard/ firm but not gritty.
Flavour	Savoury, beef like flavour, with malty and detectable pepper notes.

Critical Control Points

Process step	CCP No.	Hazard	Control measure	Critical limits	Monitoring procedures
After packing of product	1	Metal detection	Metal detector	2.0mm Fe 2.0mm NFe 4.0mm SS	Test pieces to ensure metal detection is functioning correctly. Start, every hour and finish.

Microbiological Standards

Test	Target (per g unless stated)	Report (per g unless stated)	Frequency
E. coli	<1x10e2	>1x10e3	Each batch
S. Aureus	<20	>1x10e2	Each batch

Product Specification Form

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Packaging Information	
Primary Packaging Details	
Description	Film bag
Material	LDPE
Dimensions	505x300mm
Closure	Heat sealed

Secondary Packaging Details	
Description	Outer case
Material	Corrugated fiberboard
Dimensions (H x W x D)	430x275x205mm
Closure	Tape
Outercase Label Material	Paper
Outercase Label Dimensions	80x105mm

Tertiary Packaging Details	
Description	Cases palletised and stretch-wrapped with a pallet label.

Pallet stacking	
Items per Case	10
Cases per Layer	9
Layers per Pallet	5
Cases per Pallet	45

Issued By			
Issued By	Marta Piechocka	Position	Group Specifications Technologist
Signature	<i>Marta Piechocka</i>	Date	15/04/2025

Declaration
All products comply with the relevant UK and EC legislation applicable at the time of supply and have been manufactured in accordance with Good Manufacturing Practice.
The above information is given in good faith. The application, use and process of our products is beyond our control and therefore entirely the responsibility of the end user.
The information contained in this product specification remains the property of Hain Daniels and should not be disclosed to any third party.
Please sign below and email back to the Specifications Manager. If a signed copy is not received within 28 days it will be assumed accepted.
Signed: _____ Date: _____

Product Specification Form			
Issue No.	Issue Date	Document No.	Authorised by
4	05/07/2021	GSDOC002 (previously TECHLOG-24)	I. Bradbury



Version No	Review Date	Changes Made
1	20/10/2017	New specification.
2	11/12/2019	Amended microbiological standards.
3	10/10/2020	Updated contacts.
4	28/06/2021	Redesign. Updated ingredient dec.
5	16/07/2021	Updated Technical contact.
6	29/12/2021	Updated Company's logo and specification ref number.
7	18/12/2024	Contacts & company logo updated
8	15/04/2025	Company name & technical contact updated.

Product Specification Form			
Issue No.	Issue Date.	Document No.	Authorised by
4	05/07/2021	GSDOC002 (previously TECHLOG-24)	I. Bradbury

WEEK 1

MAIN COURSE

RECIPES &

PRODUCT

SPECIFICATIONS

CONFIDENTIAL
MARLOW FOODS PRODUCT SPECIFICATION

PRODUCT NAME	Quorn Sausage Pattie 5x2kg UK
PRODUCT CODE	A03508
SUPPLIER ADDRESS	Marlow Foods, Station Road, Stokesley, North Yorkshire, TS9 7AB
MANUFACTURER ADDRESS	Marlow Foods, Station Road, Stokesley, North Yorkshire, TS9 7AB
PRODUCT DESCRIPTION	Meat free savoury flavour sausage patties, made with mycoprotein
PACKAGING	Colour printed PE bag in a fibreboard case with outer case label
STORAGE	Frozen
SHELF LIFE	P + 21 months including month of manufacture

RECIPE				
Ingredient	%	Code	Component breakdown	Country of Origin
Mycoprotein Paste		100002	None	UK
Water		40001	None	UK
Textured Wheat Protein		42114	Wheat Flour, Stabiliser: Sodium Alginate	Netherlands
Onions		40940	None	Poland, Netherlands, China
Rapeseed Oil		41602	None	UK
Milk Proteins		42137	None	France
Free Range Egg White Powder		40964	None	France, Italy, Netherlands
Seasoning		42485	Yeast Extract, Salt, Spices (White Pepper, Nutmeg, Black Pepper, Coriander, Caraway, Pimento, Cardamom, Mace, Ginger), Herbs (Marjoram, Sage, Bay), Potassium Chloride, Sugar, Onion Powder, Barley Malt Extract, Garlic Powder, Spice Extracts (Nutmeg, Black Pepper, Ginger), Marjoram Extract	UK
Textured Wheat Protein		40979	Textured Wheat Protein (Wheat Protein, Wheat Flour) None Declarable Processing Aids: (Potassium Chloride (E508), Sodium Carbonate (E500) (Tocopherols (E306))	Germany, Netherlands
Natural Flavouring		45561	Natural Flavouring, Yeast Extract, Sunflower Oil as carrier	UK
Tapioca Starch		40938	None	Thailand
Pea Fibre		42340	Pea Fibre	Germany
Sage		42228	None	Turkey
Natural Flavouring		42218	Maltodextrin (potato), Flavouring Preparations, Dextrose, Salt, Natural Flavouring Substances, Onion, Sodium Citrate, Citric Acid, Ascorbic Acid, Spices	Hungary
Gluten Free Roasted Barley Malt Extract		40976	None	UK

INGREDIENT DECLARATION
Ingredients: Mycoprotein (45%), Rehydrated Free Range Egg White, Textured Wheat Protein (Wheat Flour, Stabiliser: Sodium Alginate), Onions, Rapeseed Oil, Milk Proteins, Seasoning (Yeast Extract, Salt, Herbs (Sage, Marjoram), Potassium Chloride, Spices (White & Black Pepper, Nutmeg), Sugar, Onion), Natural Flavourings, Pea Fibre, Tapioca Starch, Roasted Barley Malt Extract.
For allergens, including cereals containing gluten, see ingredients in bold .

ALLERGENS				
Allergen	Present	Source	Handled on Line	Handled on Site
Celery	No		No	No
Cereals contain Gluten	Yes	Wheat Protein, Wheat Flour, Barley Malt Extract	Yes	Yes
Crustaceans	No		No	No
Egg	Yes	Free Range Egg Albumen	Yes	Yes
Fish	No		No	No
Lupin	No		No	No
Milk	Yes	Milk Proteins	Yes	Yes
Molluscs	No		No	No
Mustard	No		No	No
Tree Nuts	No		No	No
Peanuts	No		No	No
Sesame Seeds	No		No	No
Soybean	No		No	Yes
Sulphur Dioxide & Sulphites	No		Yes	Yes

FREE FROM		
Ingredient	Free From	Source
Added Preservatives	Yes	
Added Salt	No	In Seasoning, Natural Flavouring,
Additives	No	Stabiliser: Sodium Alginate; Processing Aids: Potassium Chloride, Tocopherols
Animal Products	Yes	
Coconut	Yes	
Colours (artificial)	Yes	
Colours (natural)	Yes	
Garlic	No	In Seasoning
Gluten ingredients	Yes	
Hydrolysed Vegetable Protein	Yes	
Irradiated Ingredients	Yes	
MSG	Yes	
Onion	No	In Recipe, Seasoning, Natural Flavouring
Vegetable Oils	No	Rapeseed Oil in Recipe, Sunflower Oil in Natural Flavouring
Yeast	No	Yeast Extract in Seasoning, Natural Flavouring

SUITABILITY		
Diet/Certification	Suitable?	Comments
Vegetarian	Yes	Certified
Vegan	No	Contains Egg, Milk
Coeliac	No	Contains Wheat, Barley
Lactose	No	Contains Milk
Halal	Yes	Certified
Kosher	No	
Organic	No	

NUTRITIONAL INFORMATION				
Nutritional Information (Typical values as sold)	Per 100g	Per Sausage Pattie	%RI* Per Sausage Pattie	RI*
Energy kJ/kcal	533	224	3	8400kJ
	127	53	3	2000kcal
Fat g	4.9	2.1	3	70g
of which saturates g	0.5	0.2	1	20g
Carbohydrate g	5.8	2.4	1	260g
of which sugars g	0.9	0.4	<1	90g
Fibre g	4.7	2.0		
Protein g	13	5.4	11	50g
Salt g	1.1	0.47	8	6g
*Reference intake of an average adult No. of servings: approx 47				

MICROBIOLOGICAL SPECIFICATION	
Test	Target
Enterobacteriaceae	<1000/g
E. coli	<100/g
B. cereus	<1000/g
S. aureus	N/A
Clostridium perfringens	<100/g
Salmonella	Not detected in 25g
Listeria sp.	<100/g

PROCESS CONTROL				
Test	Target		Tolerance	Frequency
Length	N/A		N/A	N/A
Width	N/A		N/A	N/A
Height	8mm		± 2mm	N/A
Diameter	80mm		± 2mm	N/A
Weight of Item	422g (weight of 10)		+/-0.5g	N/A
Weight of Pack	2kg		T1 = 1970g, T2 = 1940g	Continuously
X-Ray	Glass	3.0mm	Rejected	Start up, hourly, end of production
	Ceramic	3.0mm	Rejected	Start up, hourly, end of production
	SS	1.2mm	Rejected	Start up, hourly, end of production

SENSORY PROFILE	
Sensory Attribute	Description
Appearance	Light brown circular burger shape
Texture	Firm, fibrous & succulent
Flavour	Savoury, pork style with a back note of sage
Aroma	Savoury, pork like aroma

COOKING INSTRUCTIONS	
Method	Instructions
Oven	N/A
Hob	HOB - 7 MIN Preheat 1 tbsp of oil. Fry over a medium heat, turning frequently.
Grill	N/A
Microwave	N/A

AUTHORISATION			
Approved	Jo Cowley	Regulatory Manager	Date: 15.04.2024

CHANGES TO SPECIFICATION
Marlow Foods Limited reserve the right to change this specification in whole or part, but undertakes to give the consumer notification of any such changes. Marlow Foods Limited reserves the right to change their suppliers of ingredients or to replace specified ingredients with equivalent alternatives. Changes in the customers process may affect the performance of this product.

Homemade 5 A Day Pizza

Ingredients

McDougall's Bread Mix

Tinned Tomatoes

Chopped Onions

Garlic

Cooked vegetables (e.g. Carrot, courgettes, peppers)

Grated Cheese



Method

1. Make up bread mix according to packet instructions
2. To make the pizza topping. Blitz the tomatoes, onion, garlic and the cooked vegetables with a hand blender.
3. Roll out the bread. Spread the top with the pizza topping. Sprinkle with grated cheese and bake in a moderate oven.

Cereals (Gluten) ✓	Crustaceans	Eggs !	Fish	Peanuts
Soyabeans ✓	Milk ✓	Nuts	Celery/Celeriac	Mustard
Sesame	Sulphur Dioxide	Lupin	Molluscs	

Greek Style Crumb Moussaka

Ingredients

Servings 8-10

Tomato sauce made with onions, garlic, tomato puree chopped tomatoes and mixed herbs, then blended.

2tsp cinnamon

2tsp paprika

2tsp oregano

1.2kg potatoes peeled and sliced into 5mm rounds

290g aubergine diced into 2cm cubes

Bechamel Sauce – 70g marg, 70g flour, Milk, Seasoning

80g breadcrumbs



Method

1. Preheat the oven 200 c
2. Make the tomato sauce up.
3. Bring a large pan of water to the boil. Add the potato slices and parboil for 15 minutes and drain.
4. Make the Bechamel sauce up.
5. Spoon half of the tomato sauce into a deep dish
6. Top with half of the aubergine and half of the potato
7. Repeat using the remaining tomato sauce potatoes and aubergine
8. Finish by pouring the bechamel sauce over the top and sprinkling with breadcrumbs.
9. Bake for 40 minutes or until golden brown.

Cereals (Gluten) ✓	Crustaceans	Eggs	Fish	Peanuts
Soyabeans	Milk ✓	Nuts	Celery/Celeriac	Mustard
Sesame	Sulphur Dioxide	Lupin	Molluscs	

Spaghetti Bolognaise

Approx 100 Infs/Juniors

Ingredients

5Kg Minced Beef

1Kg Onions

800g Tomato Puree

2 Cloves Garlic

1 Large Tin Tomatoes

20g Mixed Herbs

5g Salt

5g Pepper

1.250Kg Lentils

2 Stock Cubes

2.27Kg Spaghetti



Method

1. Sweat the mince, onions and crushed garlic in a pan.
2. Add tomato puree, chopped tinned tomatoes, mixed herbs, stock cubes and lentils to the pan, simmer until cooked stirring regularly (1 hour) Add some water if needed.
3. Season.
4. Cook the pasta and rinse thoroughly – reheat and serve together.

Cereals (Gluten) ✓	Crustaceans	Eggs	Fish	Peanuts
Soyabeans	Milk	Nuts	Celery/Celeriac ✓	Mustard
Sesame	Sulphur Dioxide	Lupin	Molluscs	

Vegan One Power Pasta

10 Portions

Ingredients

- 250g of [Quorn Vegan Pieces](#)
- 1 tbsp olive oil
- 1 large white onion, diced
- 3 garlic cloves, diced
- ¼ tsp chilli flakes
- 50g Lentils
- 600g passata
- 600ml vegetable stock
- 250g penne pasta
- Small handful of basil leaves



Method

1. Heat the oil in a shallow casserole pan and fry the onion and garlic for a few minutes until soft.
2. Add the chilli flakes, passata, lentils and vegetable stock and stir.
3. Add the penne pasta and simmer for 10 minutes, stirring occasionally.
4. Add in a packet of Quorn Vegan Pieces and leave for another 12 minutes
5. Season with salt and pepper to taste and serve with the fresh basil leaves.

Cereals (Gluten) !	Crustaceans	Eggs ✓	Fish	Peanuts
Soyabeans !	Milk !	Nuts	Celery/Celeriac	Mustard
Sesame	Sulphur Dioxide	Lupin	Molluscs	

Chicken Dinner with Yorkshire Pudding



Ingredients (100 Yorkshire Puddings)

Flour 1.820kg

Milk Powder 125g

Water 2 Litres

Eggs 15

Method

Whisk all ingredients together well. Bake in a hot oven.

Cereals (Gluten) ✓	Crustaceans	Eggs ✓	Fish	Peanuts
Soyabeans	Milk ✓	Nuts	Celery/Celeriac	Mustard
Sesame	Sulphur Dioxide	Lupin	Molluscs	

Cheese and Vegetable Picnic Quiche

48 Portions

Ingredients

Shortcrust Pastry 910g

Mixed vegetables (peppers, mushroom, onion, spinach)

Grated Cheese 850g

Eggs 8-10

Milk 2 litres

Seasoning and Mustard



Method

1. Line flan tins and bake blind
2. Beat eggs well, add mustard, seasoning and milk, beat well
3. Add vegetables into flan tins, add egg mixture and top with grated cheese.
4. Bake in a moderate oven Gas 3-4 / 150-190C for 40-50 mins

Cereals (Gluten) ✓	Crustaceans	Eggs ✓	Fish	Peanuts
Soyabeans	Milk ✓	Nuts	Celery/Celeriac	Mustard
Sesame	Sulphur Dioxide	Lupin	Molluscs	

Homemade Chicken and Lentil Curry, Rice and Naan Bread

50 Portions

Ingredients

Chicken 5.5kg

Onions 500g

Lentils 500g

Curry Sauce Mix to make 4 litres

Tomato Puree (optional) 100g

Seasoning

Rice 2kg



Method

1. Cook chicken in the steamer
2. Fry onions in a little oil until soft. Add curry sauce, water, lentils and tomato puree if using. Simmer until lentils are cooked.
3. Add chicken and seasoning, heat through stirring occasionally.
4. Cook rice and serve

Cereals (Gluten) ✓	Crustaceans	Eggs ✓	Fish	Peanuts
Soyabeans ✓	Milk ✓	Nuts	Celery/Celeriac !	Mustard
Sesame	Sulphur Dioxide !	Lupin	Molluscs	

Naan Bread

Ingredients

1kg Bread Mix
6.6lt Water
50ml Vegetable oil

Method

Mix bread mix and add vegetable oil
Divide dough into 30 portions and flatten into an oval shape
Prove for 5 mins only and cook in oven 220/gas7 for 7-10 mins
Cover with a clean towel immediately to retain texture



Cereals (Gluten) ✓	Crustaceans	Eggs !	Fish	Peanuts
Soyabeans ✓	Milk ✓	Nuts	Celery/Celeriac	Mustard
Sesame	Sulphur Dioxide	Lupin	Molluscs	

Quorn Salad Crunch Wrap

Ingredients

Tortilla Wraps

Crunchy Salad

Diced Quorn Pieces

Mayonnaise dressing

Method

1. Spread a thin layer of mayonnaise on to
The tortilla wrap.
2. Add some salad to the wrap, then add some diced Quorn pieces.
3. Fold, slice in half and serve.



Cereals (Gluten) ✓	Crustaceans	Eggs ✓	Fish	Peanuts
Soyabeans !	Milk !	Nuts	Celery/Celeriac	Mustard ✓
Sesame	Sulphur Dioxide ✓	Lupin	Molluscs	

Big Tasty Breaded MSC Fish Cake (30x85g) 1x2.55Kg

Big Tasty Breaded Msc Fish Cake 30x85g

PRODUCT DESCRIPTION

MSC Minced Whitefish with mashed potato and seasoning coated in crunchy breadcrumbs. Please note that if we do not receive a response or feedback regarding this specification within 10 days from the date of receipt, the specification will be considered approved.

Manufacturer Product Code	CH334
Product Type	Food
Product Category	Fish - Breaded/Coated
Storage Type	Frozen
Erudus ID	17a74a2d86c04355bb8442c4239a37b3
Specification Type	Fish and Seafood

Outer Case GTIN

5060329042407



INGREDIENTS

Ingredient Declaration
Whitefish (FISH) (36%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Potato, Salt, Onion, Sage, Parsley, Raising Agent (Sodium Phosphates, Ammonium Carbonate), Yeast, Pepper Extract, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring.

ALLERGENS

<i>Product Contains:</i>			
Celery/Celeriac	No	Mustard	No
Cereals Containing Gluten	Yes	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	Yes	Hazelnuts	No
Crustacea	No	Macadamia (Queensland) nuts	No
Eggs	No	Pecan nuts	No
Fish	Yes	Pistachio nuts	No
Lupin	No	Walnuts	No
Milk	No	Peanuts	No
Molluscs	No	Sesame Seeds	No
		Soybeans	No
		Sulphur Dioxide and Sulphites	No

Additional Allergen Information
Contains: FISH, WHEAT

SUPPLEMENTARY
INGREDIENT
INFORMATION

Palm Oil	No
Hydrogenated Vegetable Oil/Fat	No
GM Protein/DNA	No

ADDITIVES

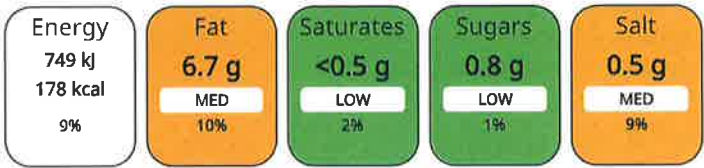
Product Contains:			
Artificial Antioxidants	No	Artificial Flavourings	No
Artificial Colours	No	Artificial Preservatives	No
Artificial Flavour Enhancers	No	Artificial Sweeteners	No

DIET SUITABILITY

Halal Diet	No	Kosher Diet	No
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NUTRITIONAL
INFORMATION AS
SOLD

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 178kcal / 749kJ

Nutrient	per 100g	RI per 100g	per 85g serving	RI per 85g serving
Energy (kJ)	749 kJ	9%	636.65	8%
Energy (kcal)	178 kcal	9%	151.3	8%
Fat	6.7 g	10%	5.7 g	8%
of which Saturates	0.44 g	2%	0.37 g	2%
Carbohydrate	19.5 g	8%	16.58 g	6%
of which Sugars	0.8 g	1%	0.68 g	1%
Fibre	1.8 g		1.53 g	
Protein	9.1 g	18%	7.74 g	15%
Salt	0.54 g	9%	0.46 g	8%
Sodium	217 mg		184.45 mg	

Serving Size 85 g

HANDLING &
STORAGE
INFORMATION

Directions For Use
Cook from Frozen. Oven cook: Remove all packaging. Preheat oven to 220°C./200C Fan /Gas Mark 7. Place fishcakes on a preheated baking tray in the center of the oven and cook for 20-25 minutes. Ensure the product is piping hot before serving. Do not reheat once cooled.

Storage Instructions
Store at -18°C or below. Do not re-freeze once thawed.

Shelf Life from Time of Production 543 Days

ACCREDITATIONS/
CERTIFICATIONS/
ASSURANCE
SCHEMES
ORIGIN

BRCGS Certified	Marine Stewardship Council (MSC)
Product Country of Origin	United Kingdom
Origin of the Primary Ingredient	China, Iceland, Russian Federation (the), United States of America
Catch Zone	27 - Atlantic, Northeast, 61 - Pacific, Northwest, 67 - Pacific, Northeast
Fish Species	Cod (Atlantic) - Gadus morhua, Cod (Pacific) - Gadus macrocephalus, Haddock - Melanogrammus aeglefinus, Pollack / Pollock - Theragra chalcogramma

**CONTACT
INFORMATION**

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

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

PRODUCT CHARACTERISTICS	Standards Testing						
	Do you undertake trend analysis of microbiological results?	No	Is shelf life testing undertaken?		No		
CONFIGURATION	Case Configuration		Inner Pack Configuration				
	Total Quantity of Inner Components in Outer Case	30 Units					
	Is the Outer Case Splittable?	No					
PRODUCT WEIGHTS	Inner Component						
	Variable Weight Consumer Item	No					
	Inner Component Weight	85 g					
	Outer Case						
	Outer Case Gross Weight	2.73 kg					
	Outer Case Net Weight	2.55 kg					
PRODUCT DIMENSIONS	Inner Component						
	Inner Component Depth	283 mm					
	Inner Component Width	214 mm					
	Inner Component Height	94 mm					
	Outer Case						
	Outer Case Depth	283 mm					
	Outer Case Width	214 mm					
	Outer Case Height	94 mm					
PALLET INFORMATION	Quantity of Cases Per Pallet Layer	17 Cases	Pallet Height		1.65 MTR		
	Quantity of Layers Per Pallet	16 Layers	Pallet Gross Weight		693.6 kg		
	Quantity of Cases Per Pallet	272 Cases					
PACKAGING	Inner Component Packaging						
	Type	Materials	Weight	Recycled Material %	Recyclable	Returnable	Composite
	Bag	Plastic / LDPE (Low Density Polyethylene)	10 g	0.00 %	Yes		
	Outer Case Packaging						
	Type	Materials	Weight	Recycled Material %	Recyclable	Returnable	Composite
	Case	Paper/Cardboard	126.5 g		Yes		
	Transport Packaging						
	Type	Materials	Weight	Recycled Material %	Recyclable	Returnable	Composite
	Pallet	Wood	20000 g				

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WEEK 1

DESSERTS

RECIPES &

PRODUCT

SPECIFICATIONS

SWEET POTATO CAKE

Ingredients

For the cake 8-10 servings

115g sweet potato cooked and mashed

60g Cocoa Powder

360ml Milk

1 tsp Lemon Juice

80 ml Oil

50g Beetroot cooked and grated

120g Sugar

180g SR Flour

1 Tsp Bicarb

1 Tsp BP

For the frosting

120g sweet potato cooked and mashed

70g cocoa

2tbsp milk

2tbsp syrup **For the cake – Then the Frosting**

1. Add all the ingredients into a bowl and combine to form a batter.
2. Pour into a lined brownie tin and bake for 40-45 minutes on 180 degrees
1. Hand whisk all the ingredients to combine
2. Add the frosting to the cooled cake



Cereals (Gluten)	Crustaceans	Eggs	Fish	Peanuts
✓				
Soyabeans	Milk	Nuts	Celery/Celeriac	Mustard
	✓			
Sesame	Sulphur Dioxide	Lupin	Molluscs	

Fruit Jelly Sundae

50 Portions

Ingredients

Vegetarian Jelly Crystals 880g

Water

Angel Delight 1 pkt

Water

Fruit



Method

Make up the jelly and pour into pots half filled.

Make up the angel delight and pipe on to the set jelly.

Decorate with fruit.

Cereals (Gluten)	Crustaceans	Eggs	Fish	Peanuts
Soyabeans	Milk ✓	Nuts	Celery/Celeriac	Mustard
Sesame	Sulphur Dioxide	Lupin	Molluscs	

Chocolate Muffin

32 Portions

Ingredients

Plain Flour 500g

Sugar 700g

Cocoa 130g

Baking Powder 10g

Salt 10g

Water 500ml

Vegetable Oil 400ml



Method

1. In a bowl, stir together all the dry ingredients.
2. Add the water and vegetable oil to the dry ingredients.
3. Divide the mixture into some cupcake cases.
4. Bake for 20 minutes in a moderate oven.

Cereals (Gluten) ✓	Crustaceans	Eggs	Fish	Peanuts
Soyabeans	Milk	Nuts	Celery/Celeriac	Mustard
Sesame	Sulphur Dioxide	Lupin	Molluscs	

Decorated Biscuit

To make 150 Biscuits

Flour 3kg 60g

Sugar 1kg 30g

Margarine 1kg 820g

Method

1. Cream margarine and sugar
2. Add the flour to make a firm paste
3. Roll out to $\frac{1}{4}$ inch thickness
4. Bake in a moderate oven for approx. 15 minutes
5. When Cool, decorate



Cereals (Gluten) ✓	Crustaceans	Eggs	Fish	Peanuts
Soyabeans	Milk	Nuts	Celery/Celeriac	Mustard
Sesame	Sulphur Dioxide	Lupin	Molluscs	

WEEK 2

MAIN COURSE

RECIPES &

PRODUCT

SPECIFICATIONS

CONFIDENTIAL
MARLOW FOODS PRODUCT SPECIFICATION

PRODUCT NAME	Quorn Vegan Nuggets 5x2kg CAT
PRODUCT CODE	A04414
SUPPLIER ADDRESS	Marlow Foods, Station Road, Stokesley, North Yorkshire, TS9 7AB
MANUFACTURER ADDRESS	Marlow Foods, Brandon Road, Methwold, Thetford, Norfolk IP26 4RH
PRODUCT DESCRIPTION	Meat free savoury flavour nuggets made from mycoprotein, coated in a crispy breadcrumb
PACKAGING	Coloured printed PE film bags, packed into plain outer case with case
STORAGE	Frozen
SHELF LIFE	Pack +21 months

RECIPE				
Ingredient	%	Code	Component breakdown	Country of Origin
Nugget Core		I01637		
Mycoprotein Paste		I00002	None	UK
Potato Protein		42221	Potato Protein	Netherlands
Pea Fibre		42340	Pea Fibre	Germany
Water		40001	None	UK
Calcium Chloride		42261	Firming Agent	UK
Natural Flavouring		42156	Yeast Extract, Onion Powder, Sage, Sugar	UK
Wheat Gluten		42298	Wheat Gluten	Germany
Calcium Acetate		30519	Firming Agent	Netherlands
Carrageenan		42321	Stabiliser	Philippines, United States
Sodium Alginate		42322	Stabiliser	France
Pea Protein		42357	None	Belgium
Intermediate		41727	Rusk (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt, Raising Agent (E503ii)), Durum Wheat Flour (Semolina).	UK
Wheat Flour				
Salt				
Raising Agent				
Wheat Semolina				
Breadcrumb		42307	Wheat Flour (Calcium, Iron, Niacin & Thiamine), Yeast, Salt, Rapeseed Oil, Water	UK
Wheat Flour				
Yeast				
Salt				
Rapeseed Oil				
Batter		42320	Wheat Flour (Calcium, Iron, Niacin & Thiamine), Wheat Starch, Salt, Onion Powder, Garlic Powder, Sage, White Pepper, Sage Extract, Onion Extract, Colour: Paprika Extract	UK
Wheat Flour				
Wheat Starch				
Salt				
Onion Powder				
Garlic Powder				
Sage				
White Pepper				
Sage Extract				
Onion Extract				
Colour : Paprika Extract				

Sunflower Oil		42223	None	UK, France, Holland, Germany, Belgium
Water		40001	None	UK

INGREDIENT DECLARATION

Ingredients: Mycoprotein (54%), **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Water, **Wheat** Starch, Firming Agents: Calcium Chloride, Calcium Acetate; Pea Protein, Potato Protein, Salt, Natural Flavouring, **Wheat** Gluten, Pea Fibre, **Wheat** Semolina, Yeast, Stabilisers: Carrageenan, Sodium Alginate; Sage & Sage Extract, Onion Powder, Garlic Powder, White Pepper, Onion Extract, Colour: Paprika Extract; Raising Agent: Ammonium Bicarbonate.

For allergens, including cereals containing gluten, see ingredients in **bold**.

ALLERGENS

Allergen	Present	Source	Handled on Line	Handled on Site
Celery	No	N/A	No	No
Cereals contain Gluten	Yes	Wheat Starch, Wheat Flour, Wheat Semolina, Wheat Gluten	Yes	Yes
Crustaceans	No		No	No
Egg	No		Yes	Yes
Fish	No		No	No
Lupin	No		No	No
Milk	No		Yes	Yes
Molluscs	No		No	No
Mustard	No		No	No
Tree Nuts	No		No	No
Peanuts	No		No	No
Sesame Seeds	No		No	No
Soybean	No		Yes	Yes
Sulphur Dioxide & Sulphites	No		Yes	Yes

FREE FROM

Ingredient	Free From	Source
Added Preservatives	Yes	
Added Salt	No	Flavouring, Intermediate, Breadcrumb, Batter
Additives	No	Firming Agents: Calcium Chloride, Calcium Acetate Stabilisers: Carrageenan, Sodium Alginate
Animal Products	Yes	
Coconut	Yes	
Colours (artificial)	Yes	
Colours (natural)	No	Colour: Paprika Extract in Coatings
Garlic	No	Garlic Powder in Batter
GMO Ingredients	Yes	
Hydrolysed Vegetable Protein	Yes	
Irradiated Ingredients	Yes	
MSG	Yes	
Onion	No	Onion Powder in Flavour, Onion Extract in Batter
Vegetable Oils	No	Sunflower, Rapeseed Oil
Yeast	No	Yeast Extract in Flavouring, Yeast & Yeast Extract in Coatings

SUITABILITY		
Diet/Certification	Suitable?	Comments
Vegetarian	Yes	
Vegan	Yes	
Coeliac	No	Contains Wheat
Lactose	Yes	
Halal	Yes	Certified
Kosher	No	
Organic	No	

NUTRITIONAL INFORMATION				
Nutritional Information (Typical values as cooked)	Per 100g	Per 80g serving	%RI* Per 80g serving	RI*
Energy kJ/kcal	858	532	6	8400kJ
	204	126	6	2000kcal
Fat g	3.1	1.9	3	70g
of which saturates g	0.3	0.2	1	20g
Carbohydrate g	26	16	6	260g
of which sugars g	2.2	1.4	2	90g
Fibre g	12	7.5		
Protein g	12	7.6	15	50g
Salt g	1.5	0.93	16	6g
*Reference intake of an average adult No. of servings: approx 25				

MICROBIOLOGICAL SPECIFICATION	
Test	Target
Enterobacteriaceae	<1000
E. coli	<100
B. cereus	<1000
S. aureus	N/A
Clostridium perfringens	<100
Salmonella	Not detected in 25g
Listeria sp.	<100

PROCESS CONTROL				
Test	Target		Tolerance	Frequency
Length	N/A		N/A	N/A
Width	N/A		N/A	N/A
Height	N/A		N/A	N/A
Diameter	N/A		N/A	N/A
Weight of Item (10 pieces)	203g		193-213g	Hourly
Weight of Pack	2kg		T1 1970g T2 1940g	Continuous
X-Ray	SS	1.5mm	Rejected	Start, up, hourly, end of production
	Glass	4.0mm	Rejected	Start, up, hourly, end of production