

SENSORY PROFILE	
Sensory Attribute	Description
Appearance	Assorted shaped pieces, roughly circular, square and diamond, pale yellow/off-white before cooking. Once cooked the nuggets are a golden yellow colour. Coated in an even coat of course breadcrumb.
Texture	Typical flash fried crunchy breadcrumb with slightly soft, succulent, fibrous, chicken style core
Flavour	Savoury chicken style
Aroma	Typical flash fried breadcrumb, savoury, chicken style

COOKING INSTRUCTIONS	
Method	Instructions
Oven	OVEN - 12 MINS Pre-heat oven to 220°C/Fan 200°C/ Gas Mark 6. Place on baking tray and cook on the middle oven shelf.
Hob	N/A
Grill	N/A
Microwave	N/A

AUTHORISATION			
Approved	Jo Cowley (pp)	Regulatory Manager	Date: 05.12.2023

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.

Crunchy Macaroni Cheese and Garlic Bread

Ingredients

Macaroni 500g

Grated Cheese 500g

Margarine 170g

Flour 170g

Milk 1.5 Litres

Seasoning



Garlic Bread – Using French Stick and Garlic Butter

Method

1. Cook macaroni in salted boiling water
2. Make up cheese sauce with flour, Marg and milk. Add cheese and seasoning.
3. Bake in ovenproof dish with a sprinkle of cheese on top until golden brown.

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

Sri Lankan Sweet Potato and Coconut Curry

Ingredients

Servings 8-10

4tbsp Oil

30g fresh ginger peeled and grated

5 Cloves of garlic peeled and crushed

3tbsp mild curry powder

2 tsp ground cinnamon

100mls water

600mls coconut milk

600mls veg stock

1tsp salt

750g sweet potato peeled and cut into 2cm chunks

500g chickpeas drained and rinsed

250g cooked green beans



1. Heat the oil and cook the onions for a few minutes until soft
2. Add the ginger and garlic, spices and water and cook for a further 2 minutes, stirring
3. Add the coconut milk and veg stock and bring to a simmer
4. Add the salt, sweet potato and chickpeas.
5. Cook for 10 minutes or until the potato is cooked through.
6. Add the cooked green beans and heat through.

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

Supplier's Product Code :
Product Added :
Last Updated by Supplier :
erudus id :

CH230
03 May 2016
05 January 2023
410a4de769ce450790b073618b3f5f5d



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Gluten Free Pork and Carrot Meatballs 20g Red Tractor

Short Product Name:

Gluten Free Pork and Carrot Meatballs RT

Product Description:

Red Tractor Assured Gluten Free Pork & Carrot Meatballs - 20g Pork and carrot meatball gently seasoned with parsley and spices.

Supplier's Product Code :

CH230

Supplier: The UK Foodhall Ltd

2 Darwin Court
Oxon Business Park
Shrewsbury
Shropshire
SY3 5AL
England
P: 0845 3011182

General Information

Food/Drink :	Food
Product Category :	Frozen
Generic Product Type :	Meat & Meat Products

OUTER PRODUCT

Outer case Information

Outer Case GTIN :	Not specified.	Outer Case Length :	375 mm
Packaging Type Description :	Poly Treated PET/PE	Outer Case Width :	228 mm
Total Quantity of Inner Units in Outer Case :	200 Units	Outer Case Height :	118 mm
Is Trade Item Splittable? :	No	Product Gross Weight :	4.30 kg
		Product Net Weight :	4.00 kg

Pallet Information

Quantity of Cases Per Pallet Layer :	13 Cases	Pallet Height :	1.70 MTR
Quantity of Layers Per Pallet :	13 Layers	Pallet Gross Weight :	28.00 kg
Quantity of Cases Per Pallet :	169 Cases		

Logistical Information

Shelf Life from Time of Production :	356 Days	Minimum Order Quantity :	169 Cases
Guaranteed Shelf Life on Delivery :	Not specified.	Delivery Lead Time :	7 Days

Waste Packaging Weight - Outer Case

Glass :	0.00 g	Aluminium :	0.00 g
Plastic :	30.00 g	Steel :	0.00 g
Percentage Recycled Plastic :	Not specified.	Other :	0.00 g
Paper/Board :	270.00 g		

Waste Packaging Weight - Transport Packaging

Plastic :	100.00 g	Wood Total :	28,000.00 g
Paper/Board :	Not specified.	Is Pallet Returnable? :	
Percentage Recycled Plastic :	Not specified.		

Other Information

Supplier Comments:

Not specified.

INNER PRODUCT

Origin Information

Product Country of Origin/Place of Provenance :

United Kingdom

Additional Origin Details :

Made in the United Kingdom from BQAP Red Tractor pork

Inner Pack Information

Internal GTIN :

050603290413 /0

Inner Unit Length :

375 mm

Packaging Type Description :

Polythene Bag

Inner Unit Height :

118 mm

Variable Weight Consumer Item :

No

Inner Unit Width :

228 mm

Net Drained Weight :

Not specified.

Inner Product Weight :

Not specified.

Inner Product Weight Units :

g

Weight/Volume :

4.0kg

Handling Information

Directions For Use :

For best results cook from frozen. Place on a lightly greased ovenable tray and cook in a pre-heated oven 180/200C for about 15-20 minutes. Turn once during cooking time. Using an electronic temperature probe ensure a core temperature of 75C is achieved. Cooking times may vary according to oven style and type.

Storage Instructions:

Store frozen minus 18 degrees celcius

Dietary Information

Ingredients :

Pork(65%) water, rice flour, gram flour, dried carrot (1.7%) salt, sugar, maize starch, spices, onion powder, potato starch, preservative sodium METABISULPHITE, stabiliser (diphosphates) dextrose, yeast extract, parsley, antioxidant: ascorbic acid; coriander extract.

Allergens in capitals

Product contains:

GM Protein/DNA :

No

Celery/Celeryiac (and products thereof) :

No

Lupin (and products thereof) :

No

Eggs (and products thereof) :

No

Fish (and products thereof) :

No

Soybeans (and products thereof) :

No

Milk (and products thereof) :

No

Mustard (and products thereof) :

No

Peanuts (and products thereof) :

No

Sesame Seeds (and products thereof) :

No

Crustacea (and products thereof) :

No

Molluscs (and products thereof) :

No

Nuts (and products thereof) :

No

Almond nuts :

No

Hazelnuts :

No

Walnuts :

No

Cashew nuts :

No

Pecan nuts :

No

Brazil nuts :

No

Pistachio nuts :

No

Macadamia nuts :

No

Queensland nuts :

No

Product contains:

Artificial Antioxidants :

Yes

Artificial Colours :

No

Artificial Flavourings :

No

Artificial Flavour Enhancers :

No

Artificial Preservatives :

Yes

Artificial Sweeteners :

No

Product suitability:

Suitable for a Vegetarian Diet :

No

Suitable for a Vegan Diet :

No

Suitable for Sufferers of Lactose Intolerance :

Yes

Suitable for Coeliacs :

Yes

Approved for a Halal Diet :

No

Approved for a Kosher Diet :

No

HFSS (High in Fat, Salt and Sugar) :

-

Cereals Containing Gluten :	No
Wheat (and products thereof) :	No
Rye (and products thereof) :	No
Barley (and products thereof) :	No
Oats (and products thereof) :	No
Spelt (and products thereof) :	No
Kamut (and products thereof) :	No
Gluten content <20ppm :	Yes
Hydrogenated Vegetable Oil/Fat :	No
Palm Oil :	No
Sulphur Dioxide and Sulphites :	Yes - above 10mg per kg/litre
Sulphur Dioxide/Sulphites Concentration :	750 mg/kg

Allergen Statement :
gluten free

Nutritional Information

Average Serving :	Not specified.	Vitamin A per 100g :	Not specified.
Count per 100g :	Not specified.	Vitamin C per 100g :	Not specified.
Count Per Pack :	Not specified.	Folate/Folic Acid per 100g :	Not specified.
Energy per 100 G/ML :	698.00 kJ	Calcium per 100g :	Not specified.
Energy per 100 G/ML :	167.00 kcal	Iron per 100g :	Not specified.
Fat per 100 G/ML :	8.3 g	Zinc per 100g :	Not specified.
- of which Saturates per 100 G/ML :	2.62 g	Cholesterol per 100 G/ML (UK/FR) :	Not specified.
- of which Mono-unsaturates per 100 G/ML :	Not specified.	Non Milk Extrinsic Sugars per 100gm :	Not specified.
- of which Polyunsaturates per 100 G/ML :	Not specified.	Alcoholic Strength %Vol :	Not specified.
Trans Fats per 100 G\ML :	Not specified.	Fat Percentage in Dry Matter per 100g :	Not specified.
Carbohydrate Per 100 G/ML :	8.23 g		
- of which Sugars per 100 G/ML :	1.93 g		
- of which Polyols per 100 G/ML :	Not specified.		
- of which Starch per 100 G/ML :	Not specified.		
Fibre per 100 G/ML :	1.2 g		
Protein per 100 G/ML :	14.17 g		
Salt per 100 G/ML :	0.72 g		
Sodium per 100 G\ML :	0.29 g		

Waste Packaging Weight - Inner Unit

Glass :	0.00 g	Aluminium :	0.00 g
Plastic :	30.00 g	Steel :	0.00 g
Percentage Recycled Plastic :	Not specified.	Other :	0.00 g
Paper/Board :	270.00 g		

Accreditations / Certifications / Assurance Schemes

BRCGS Certified Production :	Yes
Red Tractor :	Yes
Fairtrade :	No
Marine Stewardship Council Certified (MSC) :	No
Organic :	No
SALSA (Safe & Local Supplier Approval) :	No
British Lion Mark :	No
RSPCA Assured :	No
LEAF Marque (Linking Environment and Farming) :	No
Rainforest Alliance :	No
Food for Life Supplier Scheme :	No
Quality Meat Scotland :	No
Farm Assured Welsh Livestock :	No
Northern Ireland Beef & Lamb Farm Quality Assurance Scheme :	No
Quality Standard Mark (Beef/Lamb) :	No
Roundtable of Sustainable Palm Oil (RSPO) :	No
School Approved (The Requirement for School Food Regulation 2014) :	Yes
IFS Food Standard :	No
Best Aquaculture Practices (BAP) Certification :	No
ISO 14001 (Environmental System) :	No
FSSC 22000 :	No

Other Accreditation :

Not specified.

Intra Stat/Taric Code :

Not specified.

Commodity Code :

Not specified.

Identification/Health Marks :

Not specified.

Standards Testing

Do you undertake trend analysis of microbiological results? :	*
Is shelf life testing undertaken? :	*

Microbiological Standards

Not available.

Analytical Standards

Not available.

Pasta Pomodoro

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	

Minced Beef and dumplings

Approx 20 portions

Ingredients

1kg Beef mince
2 Large onions diced
2 Celery sticks diced
2 Carrots diced
250g Lentils
25gm Tomato puree
1ltr Beef stock
350gm Self raising flour
175gm Suet
5gm Baking powder



Method

In a heavy bottomed pan fry off the beef in a little oil, break up as it colours.

Once the beef is browned add the vegetables and cook until the vegetables start to soften.

Add the tomato puree, lentils and beef stock, simmer until the beef is tender and the lentils are cooked.

Skim the fat off at regular intervals.

Once the beef is cooked check the consistency thicken if required and check the seasoning.

Mix the dried Add enough cold water to form a slightly sticky dough.

Add enough cold water to form a slightly sticky dough.

Add enough cold water to form a slightly sticky dough.

Divide into portions place in a steamer tray and steam for 10 minutes.

To serve

Place the minced beef mix into the serving dish place the dumplings on top and place in a hot oven until the dumplings are golden brown

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

Chilli and Rice Burrito Bonanza

Ingredients

Tortilla Wraps 10

1kg Veggie Mince

150g chopped onions

Garlic

Chilli powder

Mixed Herbs

45g Tomato Puree

Tinned Tomatoes 1.5 tin

Seasoning

Cooked rice

Grated Cheese



Method

Fry onions and garlic until soft. Add tomato puree, tomatoes, herbs and seasoning. Add the veggie mince and simmer till cooked.

Add the cooked rice to the sauce. Fill the tortillas with the sauce, fold and cut into 2. If preferred add some grated cheese.

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

Traditional Pork Sausage 8's

published

3.0

Traditional Pork Sausage 8's

Changed: 2 weeks ago, Jul 13, 2026 17:56

Reviewed: 2 weeks ago, Jul 13, 2026 17:56

PRODUCT DESCRIPTION

Pork trim minced and blended with a traditional pork seasoning. Filled into beef collagen casings. Pack of 40 sausages

Manufacturer	Freeman Catering Butchers
Manufacturer Product Code	665b
Manufacturer Version Number	1
Product Type	Food
Product Category	Meatballs, Burgers & Sausages
Storage Type	Chilled
Erudus ID	23226c6b388a47f298d96a59df4e0ef9
Specification Type	Meat
Manufacturer Component Code	665b



INGREDIENTS

Ingredient Declaration
Pork (75%), Water, Rusk (**WHEAT** Flour (calcium carbonate, iron, folic acid, niacin, thiamine) salt), **WHEAT** Flour (contains calcium carbonate, iron, folic acid, niacin, thiamine), Salt, Potato Starch, Dextrose, Yeast Extract, Emulsifier (E450), Preservative: Sodium **SULPHITE**, Antioxidant E300, Spice Extract, Herb Extract. Filled into beef collagen casings.

ALLERGENS

Product Contains:			
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	No	Pistachio nuts	No
Lupin	No	Walnuts	No
Milk	No	Peanuts	No
Molluscs	No	Sesame Seeds	No
		Soybeans	No
		Sulphur Dioxide and Sulphites	Yes

DIET SUITABILITY

Halal Diet	No	Kosher Diet	No
Vegetarian Diet	No	Vegan Diet	No



Energy 812 kJ 195 kcal 10%	Fat 12 g MED 16%	Saturates 4 g MED 20%	Sugars 0.9 g LOW 1%	Salt 1.4 g MED 23%
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of your reference intake.

Typical values per 100g/ml : Energy 195kcal / 812kJ

Nutrient	per 100g	RI per 100g
Energy (kJ)	812 kJ	10%
Energy (kcal)	195 kcal	10%
Fat	11.5 g	16%
of which Saturates	4 g	20%
Carbohydrate	6.8 g	3%
of which Sugars	0.9 g	1%
Fibre	< 0.5 g	
Protein	15.6 g	31%
Salt	1.4 g	23%
Sodium	0 mg	

Source of Nutritional Information Calculation from known/accepted datasets

Directions For Use

This is a raw product and must be cooked before consumption.

Storage Instructions

Product should be kept refrigerated at temperatures below 4 c.

Storage Instructions After Opening

Product should be kept refrigerated at temperatures below 4 c and used within 3 days of opening.

ORIGIN

Product Country of Origin United Kingdom
Origin of the Primary United Kingdom
Ingredient

CONTACT
INFORMATION

Address
Freeman Catering Butchers
353A Dukesway Court
Team Valley Trading Estate
NE11 0BH
Gateshead
Tyne and Wear
England

joanne@freemancateringbutchers.co.uk
01914560297

Supplier's Product Code :
Product Added :
Last Updated by Supplier :
erudus id :

TS687
05 January 2017
20 March 2018
7f39bd315a074dc0be2ef65864eaf628



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MSC Gluten Free bubble crumb fish fillet, 60g

Product Description:

Wild MSC Alaska Pollock Fillet Coated in a Gluten Free Bubble Crumb Coating.

General Information

Food/Drink : Food
Product Category : Frozen
Generic Product Type : Fish

Supplier's Product Code :
TS687
Supplier: Crown Foods Limited
Anchor house
96 High Street
Lymington
Hampshire
SO41 9AP
England
P: +44 (0)1590 677616

OUTER PRODUCT

Outer case Information

Outer Case GTIN :	15010864006874	Outer Case Length :	398 mm
Packaging Type Description :	Catch Weight	Outer Case Width :	197 mm
Total Quantity of Inner Units in Outer Case :	1 Units	Outer Case Height :	152 mm
Is Trade Item Splittable? :	No	Product Gross Weight :	3.20 kg
		Product Net Weight :	3.00 kg

Pallet Information

Quantity of Cases Per Pallet Layer :	15 Cases	Pallet Height :	1.5 MTR
Quantity of Layers Per Pallet :	10 Layers	Pallet Gross Weight :	480.00 kg
Quantity of Cases Per Pallet :	150 Cases		

Logistical Information

Shelf Life from Time of Production :	180 Days	Minimum Order Quantity :	150 Cases
Guaranteed Shelf Life on Delivery :	127 Days	Delivery Lead Time :	7 Days

Waste Packaging Weight - Outer Case

Glass :	0.00 g	Aluminium (UK) :	0.00 g
Plastic :	0.00 g	Steel (UK) :	0.00 g
Paper/Board :	240.00 g	Other :	0.00 g

Waste Packaging Weight - Transport Packaging

Plastic :	Not specified.	Wood Total :	Not specified.
Paper/Board :	Not specified.	Is Pallet Returnable? :	

Other Information

Supplier Comments:

Not specified.

INNER PRODUCT

Origin Information

Country of Origin/Place of Provenance :

Belgium

Origin Details :

Not specified.

Inner Pack Information

Internal GTIN : Not specified.

Inner Unit Length : 400 mm

Packaging Type Description : Polythene Bag

Inner Unit Height : 0 mm

Variable Weight Consumer Item : No

Inner Unit Width : 0 mm

Net Drained Weight : 3,000 kg

Weight/Volume :

3,0kg

Handling Information

Directions For Use :

Oven bake for approximately 18 minutes at 200'C

Storage Instructions :

Store frozen below -18'C

Dietary Information

Ingredients :

MSC Certified Alaska Pollock 52%(Theragra Chalcogramma) (FISH), Coating: rice flour, vegetable fibre, dextrose (maize), rapeseed oil, water, starch (maize, potato), corn flour, salt, spices (white pepper, paprika, black pepper), onion powder, stabilizer (xanthan gum)

Product contains:

GM Protein/DNA : No

Celery/Celeriac (and products thereof) : No

Lupin (and products thereof) : No

Eggs (and products thereof) : No

Fish (and products thereof) : Yes

Soybeans (and products thereof) : No

Milk (and products thereof) : No

Mustard (and products thereof) : No

Peanuts (and products thereof) : No

Sesame Seeds (and products thereof) : No

Crustacea (and products thereof) : No

Molluscs (and products thereof) : No

Nuts (and products thereof) : No

Almond nuts : No

Hazelnuts : No

Walnuts : No

Product contains :

Artificial Antioxidants : No

Artificial Colours : No

Artificial Flavourings : No

Artificial Flavour Enhancers : No

Artificial Preservatives : No

Artificial Sweeteners : No

Product suitability:

Suitable for a Vegetarian Diet : No

Suitable for a Vegan Diet : No

Suitable for Sufferers of Lactose Intolerance : Yes

Suitable for Coeliacs : Yes

Approved for a Halal Diet : No

Approved for a Kosher Diet : No

Cashew nuts :	No
Pecan nuts :	No
Brazil nuts :	No
Pistachio nuts :	No
Macadamia nuts :	No
Queensland nuts :	No
Gluten :	No
Cereals :	No
Wheat (and products thereof) :	No
Rye (and products thereof) :	No
Barley (and products thereof) :	No
Oats (and products thereof) :	No
Spelt (and products thereof) :	No
Kamut (and products thereof) :	No
Hydrogenated Vegetable Oil/Fat :	No
Palm Oil :	No
Sulphur Dioxide and Sulphites :	No
Sulphur Dioxide/Sulphites Concentration :	0 mg/kg

Nutritional Information

Average Serving :	60 g or ml	Vitamin A per 100g :	Not specified.
Count per 100g :	1.67 Pieces	Vitamin C per 100g :	Not specified.
Energy per 100 G/ML :	797.00 kJ	Folate/Folic Acid per 100g :	Not specified.
Energy per 100 G/ML :	190.00 kcal	Calcium per 100g :	Not specified.
Fat per 100 G/ML :	5.8 g	Iron per 100g :	Not specified.
- of which Saturates per 100 G/ML :	0.5 g	Zinc per 100g :	Not specified.
- of which Mono-unsaturates per 100 G/ML :	Not specified.	Cholesterol per 100 G/ML (UK/FR) :	Not specified.
- of which Polyunsaturates per 100 G/ML :	Not specified.	Non Milk Extrinsic Sugars per 100gm :	Not specified.
Trans Fats per 100 G :	Not specified.	Alcoholic Strength %Vol :	Not specified.
Carbohydrate Per 100 G/ML :	21.6 g	Fat Percentage in Dry Matter per 100g :	Not specified.
- of which Sugars per 100 G/ML :	0.2 g		
- of which Polyols per 100 G/ML :	Not specified.		
- of which Starch per 100 G/ML :	Not specified.		
Fibre per 100 G/ML :	0.6 g		
Protein per 100 G/ML :	11 g		
Salt per 100 G/ML :	0.8 g		
Sodium per 100 G :	0.36 g		

Waste Packaging Weight - Inner Unit

Glass : 0.00 g
Plastic : 30.00 g
Paper/Board : 0.00 g

Aluminium : 0.00 g
Steel : 0.00 g
Other : 0.00 g

Accreditations / Certifications / Assurance Schemes

BRC Certified Production : Yes
Red Tractor : No
Fair Trade : No
Marine Stewardship : Yes
Organic : No
SALSA (Safe & Local Supplier Approval) : No
British Lion Mark : No
Freedom Food : No
LEAF Marque (Linking Environment and Farming) : No
Rainforest Alliance : No
Food for Life Catering Mark : No
Quality Meat Scotland : No
Farm Assured Welsh Livestock : No
Northern Ireland Beef & Lamb Farm Quality Assurance Scheme : No
EBLEX Quality Standard Mark : No
Roundtable of Sustainable Palm Oil (RSPO) : No
School Approved (The Requirement for School Food Regulation 2014) : Yes

Other Accreditation :
Not specified.

Intra Stat/Taric Code : Not specified.

EEC Number (Identification/Health Marks) : Not specified.

Standards Testing

Do you undertake trend analysis of microbiological results? : -
Is shelf life testing undertaken? : -

Microbiological Standards

Not available.

Analytical Standards

Not available.

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	

WEEK 2

**DESSERTS
RECIPES &
PRODUCT
SPECIFICATIONS**

Piped Rainbow Cookies

Ingredients

50 Servings

Flour 1025kg

Margarine 835g

Sugar 340g

Icing Sugar

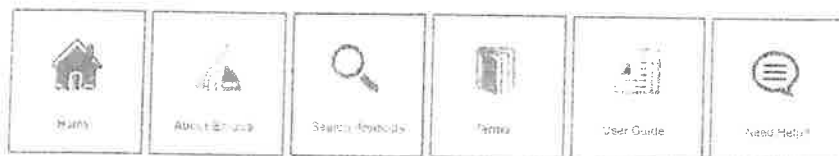
Sprinkles



Method

1. Cream the margarine and sugar together, beat well.
2. Sieve flour.
3. Add gradually and mix well.
4. Pipe on to trays with large star tube
5. Bake in a slow oven for 25 minutes
6. When cool dip into some thin icing and put sprinkles on for decoration.

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

**Contact Details**

Cooldelight Desserts Ltd
Suite 4 Havana House
Cuba Business Park, Bolton Road North
Ramsbottom
BL0 0NE
0870 201 2121

General Information

Product Name as per Case Label	Vegetable Far Vanilla Ice Cream Insulated Tubs (60x80ml)
Product Description	
Suppliers Product Code	VIT002
Product Category	Frozen
Generic Field	Desserts
Country of Origin/Place of Provenance	United Kingdom
Origin Details	N/A

Inner Unit Information

Inner Unit GTIN (I)	NOT SPECIFIED
Inner Unit Length	78 MM
Inner Unit Depth	50 MM
Inner Unit Width	0 MM
Weight/Volume Actual Description - On Pack	80mls
Packaging Type Description	Plastic Tub
Variable Weight Consumer Item (I)	No
Net Drained Weight (I)	0.000 Kg

Outer Case Information

Outer Case GTIN	5060109250046
Outer Case Description	60 x 80ml
Outer Case Length	384 MM
Outer Case Depth	195 MM
Outer Case Width	235 MM
Product Gross Weight	2.79 Kg
Product Net Weight	2.58 Kg
Packaging Type Description	Case
Total Quantity of Inner Units in Outer Case	60
Total Quantity of Servings in Outer Case	60
Is Trade Item Splittable?	NO

Pallet Information

Quantity of Cases Per Pallet Layer	13
Quantity of Layers Per Pallet	8
Quantity of Cases Per Pallet	104
Pallet Height - MTR	2.0 MTR
Pallet Gross Weight - KG	0.00 Kg

Logistical Information

Shelf Life from Time of Production (I)	730 Days
Order Quantity Minimum	13
Delivery Lead Time	4 Days
Guaranteed Shelf Life on Delivery	NOT SPECIFIED

Handling Information

Directions For Use	Serve from Frozen DO NOT REFREEZE
Storage Instructions	Store at Minus 18degrees C or below

Dietary Information

Ingredients (I)	Reconstituted Skimmed Milk Powder, Sugar, Vegetable Fat, Whey Powder, Emulsifier: Mono- and Diglycerides of Fatty Acids, Stabilisers: Guar Gum, Xanthan Gum, Locust Bean Gum, Nature Identical Flavour, Natural Colour E160a
Contains Artificial Antioxidants	No
Contains Artificial Colours	No
Contains Artificial Flavourings	No

Contains Flavour Enhancers	No
Contains Artificial Preservatives	No
Contains Artificial Sweeteners	No
Contains Sulphur Dioxide and Sulphites	No
Contains GM Protein/DNA	No
Contains Celery/Celeriac (and products thereof)	No
Contains Lupin (and products thereof) (I)	No
Contains Eggs (and products thereof)	No
Contains Fish (and products thereof)	No
Contains Soybeans (and products thereof)	No
Contains Milk (and products thereof)	Yes
Contains Mustard (and products thereof)	No
Contains Peanuts (and products thereof)	No
Contains Sesame Seeds (and products thereof)	No
Contains Crustacea (and products thereof)	No
Contains Molluscs (and products thereof)	No
Contains Nuts (and products thereof)	No
Contains Wheat (and products thereof)	No
Contains Rye (and products thereof)	NOT SPECIFIED
Contains Barley (and products thereof)	No
Contains Oats (and products thereof)	NOT SPECIFIED
Contains Spelt (and products thereof)	NOT SPECIFIED
Contains Kamut (and products thereof)	NOT SPECIFIED
Contains Gluten	No
Contains Seeds	No
Contains Hydrogenated Vegetable Oil/Fat	No
Suitable for a Vegetarian Diet	Yes
Suitable for a Vegan Diet	No
Suitable for Sufferers of Lactose Intolerance	No
Approved for a Halal Diet	Yes
Approved for a Kosher Diet	No

Nutritional Information (I)

Average Serving (G/ML)	NOT SPECIFIED
Energy/Calories per 100 G/ML	652.00 kJ
Energy/Calories per 100 G/ML	156.00 Kcal
Fat per 100 G/ML	7.60 Grams

of which Saturates per 100 G/ML	3.70 Grams
of which Mono-unsaturates per 100 G/ML	0.00 Grams
of which Polyunsaturates per 100 G/ML	0.00 Grams
Trans Fats per 100 G	0.00 Grams
Carbohydrate Per 100 G/ML	20.50 Grams
of which Sugars per 100 G/ML	17.60 Grams
of which Polyols per 100 G/ML	NOT SPECIFIED
of which Starch per 100 G/ML	NOT SPECIFIED
Fibre per 100 G/ML	0.00 Grams
Protein per 100 G/ML	3.20 Grams
Salt per 100 G/ML	0.20 Grams
Vitamin A per 100g	0.02 Mg
Vitamin C per 100g	0.90 Mg
Folate/Folic Acid per 100g	0.00 Mg
Calcium per 100g	0.13 Mg
Iron per 100g	0.04 Mg
Zinc per 100g	0.38 Mg
Cholesterol per 100 G/ML (UK/FR)	0.00 Grams
Non Milk Extrinsic Sugars per 100gm (I)	13.80 Grams
Alcoholic Strength %Vol (I)	NOT SPECIFIED
Fat Percentage in Dry Matter per 100g	0.00 Grams
Count per 100g (I)	2.50 Pieces

Waste Packaging Information - Inner Unit (I)

Packaging Material Weight - Glass Total	0.00 Grams
Packaging Material Weight - Plastic Total	1.56 Grams
Packaging Material Weight - Paper/Board Total	0.00 Grams
Packaging Material Weight - Aluminium	0.00 Grams
Packaging Material Weight - Steel	0.00 Grams
Packaging Material Weight - Other Material	1.48 Grams

Waste Packaging Information - Outer case only

Packaging Material Weight - Glass Total	0.00 Grams
Packaging Material Weight - Plastic Total	0.00 Grams
Packaging Material Weight - Paper/Board Total	207.00 Grams
Packaging Material Weight - Aluminium (UK)	0.00 Grams
Packaging Material Weight - Steel (UK)	0.00 Grams

Packaging Material Weight - Other Material	0,00 Grams
Waste Packaging Information - Tertiary/Transport Packaging (I)	
Packaging Material Weight - Plastic Total	NOT SPECIFIED
Packaging Material Weight - Paper/Board Total	NOT SPECIFIED
Packaging Material Weight - Wood Total	NOT SPECIFIED
Is Pallet Returnable?	NOT SPECIFIED
Additional Information	
Extra Kilo/Tariff Code (H)	NOT SPECIFIED
VAT Rate (UK) (I)	Standard Rate
Do COSHH Regulations Apply? (I)	No
BRG Certified Production	NOT SPECIFIED
Radiation	NOT SPECIFIED
Fair Trade	NOT SPECIFIED
Marine Stewardship	NOT SPECIFIED
Organic	NOT SPECIFIED
Supplier Comments (I)	
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Chocolate Steam Sponge Pudding and Custard

70 portions

Ingredients

Flour 1kg 950g

Cocoa 100g

Margarine 500g

Sugar 680g

Dried Milk 115g

Baking Powder

Water 1 Litre 700mls

Eggs 3

Salt Pinch



Custard Powder

Sugar

Milk

Method

Sieve dry ingredients into a bowl

Rub the fat into the flour

Add the eggs and the liquid

Steam for 1.5-2 hours

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

Caramel Slice

Prep time: 20 mins | Bake time: 20-25 mins | Chilling time: 2-3 hours

Ingredients

- **Pastry:** 250g Flour
125g Marg
Cold Water
- **Caramel Filling:**
 - 180g ($\frac{3}{4}$ cup) unsalted butter
 - 180g ($\frac{3}{4}$ cup) light brown soft sugar
 - 100ml (scant $\frac{1}{2}$ cup) whole milk
 - 4 tbsp plain flour
 - 1 tsp vanilla extract (optional)
- **Topping:** Milk chocolate sprinkles.



Instructions

1. **Prep the Pastry:** Preheat the oven to 180°C/160°C Fan. Grease a 20cm square or rectangular tin. Line with pastry, prick the base with a fork, and bake blind for 15-20 minutes until lightly golden. Allow to cool completely.
2. **Make the Filling:** Melt the butter and 2 tablespoons of the milk in a saucepan over low heat.
3. **Add Sugar:** Stir in the light brown sugar and keep stirring until the sugar has fully dissolved into the butter.
4. **Thicken:** In a small bowl, mix the 4 tablespoons of plain flour with the remaining milk to make a smooth paste. Slowly pour this flour paste into the saucepan while whisking constantly to prevent lumps.
5. **Simmer:** Continue stirring over low heat for 2-3 minutes until the mixture thickens into a glossy, thick caramel/butterscotch colour.
6. **Assemble:** Pour the mixture into the cooled pastry case and spread evenly to the edges.

7. **Set:** Sprinkle generously with chocolate sprinkles immediately. Allow to cool to room temperature, then chill in the fridge for 3-4 hours to ensure it is firm enough to slice

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

WEEK 3

**MAIN COURSE
RECIPES &
PRODUCT
SPECIFICATIONS**

Garden Fresh Bolognaise

Ingredients

1kg Veggie Mince

150g chopped onions

Garlic

Mixed Herbs

45g Tomato Puree

Tinned Tomatoes 1.5 tin

Seasoning

250g Spaghetti



Method

Fry onions and garlic until soft. Add tomato puree, tomatoes, herbs and seasoning. Add the veggie mince and simmer till cooked.

Cook the spaghetti and serve

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

CONFIDENTIAL
MARLOW FOODS PRODUCT SPECIFICATION

PRODUCT NAME	Quorn Vegan Sausage 3x2kg
PRODUCT CODE	A04613
SUPPLIER ADDRESS	Marlow Foods, Station Road, Stokesley, North Yorkshire, TS9 7AB
MANUFACTURER ADDRESS	Marlow Foods, Station Road, Stokesley, North Yorkshire, TS9 7AB
PRODUCT DESCRIPTION	Vegan savoury flavour sausage, made with mycoprotein, with a herb seasoning
PACKAGING	Colour printed PE bag in plain fibreboard case with outercase label
STORAGE	Frozen
SHELF LIFE	P+21 months

RECIPE				
Ingredient	%	Code	Component breakdown	Country of Origin
Water		40004	None	UK
Mycoprotein Paste		I00002	None	UK
Textured Pea Protein (Pea Protein, Pea Extract)		42414	Pea Protein, Pea Fibre	Netherlands
Rusk		42283	Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt	UK
Seasoning		42427	Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract.	UK
Wheat Gluten		42298	Wheat Gluten	Netherlands
Vegetable Oil (Palm, Rapeseed)		42413	Palm Oil, Rapeseed Oil	UK
Vegetarian Casing		42178	Stabiliser: Sodium Alginate; Cellulose, Modified Starch	Netherlands
Methylcellulose		41764	None	Germany
Sodium Alginate		42322	Stabiliser	France
Calcium Chloride (E509)		42177	None	Netherlands

INGREDIENT DECLARATION
Ingredients: Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk (Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt), Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], Wheat Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose; Stabiliser: Sodium Alginate.
Allergy Advice: 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 Flour, 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	In Rusk
Additives	No	Stabiliser: Sodium Alginate; Calcium Chloride; Thickener: Methylcellulose
Animal Products	Yes	
Coconut	Yes	
Colours (artificial)	Yes	
Colours (natural)	Yes	
Garlic	Yes	
GMO Ingredients	Yes	
Hydrolysed Vegetable Protein	Yes	
Irradiated Ingredients	Yes	
MSG	Yes	
Onion	No	Onion Powder in Seasoning
Vegetable Oils	No	Rapeseed, Palm Oil in Recipe
Yeast	No	Yeast Extract in Seasoning

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

NUTRITIONAL INFORMATION				
Nutritional Information (Typical values as sold)	Per 100g	Per 2 Sausages	%RI* Per 2 Sausages	RI*
Energy kJ/kcal	578	578	7	8400kJ
	138	138	7	2000kcal
Fat g	4.6	4.6	7	70g
of which saturates g	1.6	1.6	8	20g
Carbohydrate g	8.1	8.1	3	260g
of which sugars g	0.1	0.1	0	90g
Fibre g	3.3	3.3		
Protein g	15	15	29	50g
Salt g	1.1	1.1	18	6g
*Reference intake of an average adult No. of servings: Approximately 20				

MICROBIOLOGICAL SPECIFICATION	
Test	Target
Enterobacteriaceae	<1000
E. coli	<100
B. cereus	<1000
Clostridium perfringens	<100
Salmonella	ND in 25g
Listeria sp.	<100

PROCESS CONTROL				
Test	Target		Tolerance	Frequency
Length	92mm		+2mm	Hourly
Width	N/A		N/A	N/A
Height	N/A		N/A	N/A
Diameter	26mm		+/-1.5g	Hourly
Weight of Item	50.5g		+/-5g	Hourly
Weight of Pack	2kg		T1 1985g T2 1970g	Continuous
X-Ray	Glass	3.0mm	Reject	Start up, hourly, end of production
	Ceramic	3.0mm	Reject	Start up, hourly, end of production
	SS	1.2mm	Reject	Start up, hourly, end of production

SENSORY PROFILE	
Sensory Attribute	Description
Appearance	Typical Sausage shape round ended
Texture	Slightly firm, slightly fibrous, succulent
Flavour	Savoury
Aroma	Savoury

COOKING INSTRUCTIONS	
Method	Instructions
Oven	OVEN 16 MIN Preheat the oven to 200°C/180°C Fan/Gas Mark 6. Brush with a little oil. Place on a baking tray. Cook on the middle shelf.
Hob	HOB 14 MIN Preheat 1 tablespoon of oil. Fry over a medium heat, turning occasionally.
Grill	N/A
Deep Fry	N/A

AUTHORISATION			
Approved	Jo Cowley (pp)	Regulatory Manager	Date: 08.11.2023

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.

PIZZA POCKET JACKET POTATOES

Ingredients

Cooked Jacket Potatoes

Pizza Topping

Grated Cheese



Method

Slice the cooked jacket in half lengthways.

Scoop out a small spoonful of potato out of each jacket.

Fill the small hole with pizza topping and grated cheese.

Bake in the oven until golden brown and the cheese is melted.

Serve as a main course choice.

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

Red Tractor Raw BBQ Chicken Breast Fillet Portions 57g

Red Tractor Raw Bbq Chicken Breast Fillet Portions 57g

PRODUCT DESCRIPTION
Raw UK Red Tractor certificated chicken breast fillet portions coated with a BBQ glaze. Portion controlled for consistency with added water for succulence: designed for oven baking. Gluten free.

Brand	Green Gourmet Ltd
Manufacturer Product Code	820006
Product Type	Food
Product Category	Chicken & Turkey
Storage Type	Frozen
Erudus ID	63e92fd1a18b492b81d24dfd2fc3054e
Specification Type	Meat



Outer Case GTIN 15060105182362


BARLEY
FREE


CELERY
FREE


CRUSTACEA
FREE


EGG
FREE


FISH
FREE


GLUTEN
FREE


LACTOSE
FREE


LUPIN
FREE


MILK
FREE


MOLLUSC
FREE


NUT
FREE


OAT
FREE


PEANUT
FREE


RYE
FREE


SESAME
FREE


SOYA
FREE


SULPHITE
FREE


WHEAT
FREE

INGREDIENTS

Ingredient Declaration
Chicken (88%), [Chicken Breast (90%), Water, Salt, Potato Starch, Stabilisers (Triphosphates)], BBQ Glaze (Water, Sugar, Maize Starch, Salt, Tomato Powder, Yeast Extract, Onion Powder, Garlic Powder, Paprika, Smoke Flavouring, Caramelised Sugar, Thickener (Carrageenan), Parsley, Rapeseed Oil).

Ingredient Statements
Caution: Although care has been taken to remove all bones, some bones may remain.

ALLERGENS	Product Contains:			
	Celery/Celeriac	No	Mustard	No
	Cereals Containing Gluten	No	Nuts (Tree)	No
	Barley	No	Almond nuts	No
	Oats	No	Brazil nuts	No
	Rye	No	Cashew nuts	No
	Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
	Crustacea	No	Macadamia (Queensland) nuts	No
	Eggs	No	Pecan nuts	No
	Fish	No	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
No allergens in product.

FREE FROM CLAIMS

Free From Barley	Yes	Free From Nuts	Yes
Free From Celery/Celeriac	Yes	Free From Oats	Yes
Free From Crustacea	Yes	Free From Peanuts	Yes
Free From Eggs	Yes	Free From Rye	Yes
Free From Fish	Yes	Free From Sesame	Yes
Gluten-Free	Yes	Free From Soybeans	Yes
Free From Lactose	Yes	Free From Sulphur Dioxide	Yes
Free From Lupin	Yes	Free From Wheat	Yes
Free From Milk	Yes		
Free From Molluscs	Yes		

SUPPLEMENTARY INGREDIENT INFORMATION

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

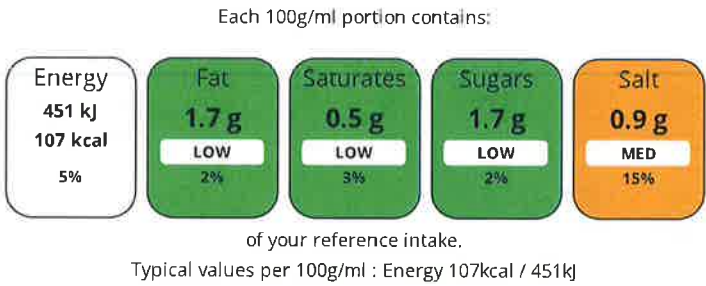
ADDITIVES

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

NUTRITIONAL INFORMATION AS SOLD



Nutrient	per 100g	RI per 100g
Energy (kJ)	451 kJ	5%
Energy (kcal)	107 kcal	5%
Fat	1.7 g	2%
of which Saturates	0.5 g	3%
Carbohydrate	3 g	1%
of which Sugars	1.7 g	2%
Fibre	< 0.5 g	
Protein	20 g	40%
Salt	0.9 g	15%

SUPPLEMENTARY NUTRITIONAL INFORMATION

HANDLING &
STORAGE
INFORMATION

Directions For Use

For best results cook from frozen. Penny stack 40 portions to one gastronorm tray; these should be stacked large end on top in 4 rows of 10. Cover and oven cook at Gas 4/180°C/350°F for 45-60 minutes (this is based on a full oven). This will differ depending on the type of oven and how many trays are being cooked. Check product is a minimum of 75°C (or to national standards) before serving. If storing in a hot cupboard, keep covered to prevent drying out.

Storage Instructions

Keep frozen below -18°C. If allowed to defrost, do not refreeze.

Storage Instructions After Opening

Frozen

Shelf Life from Time of Production 548 Days

Shelf Life Once Defrosted 0 Days

ACCREDITATIONS/
CERTIFICATIONS/
ASSURANCE
SCHEMES

BRCGS Certified

Red Tractor

School Approved (The Requirement for School Food Regulation 2014)

ORIGIN

Product Country of Origin United Kingdom

Additional Origin Details

Country of Origin for Chicken: UK

Origin of the Primary Ingredient

PRODUCT
CHARACTERISTICS

Standards Testing

Do you undertake trend analysis of microbiological results? No Is shelf life testing undertaken? No

Microbiological Standards

Organism	Description	Frequency	Target	Maximum	Sample (g or ml)
E. Coli (cfu/g or ml)		Daily	<500	5000	200
Salmonella (cfu/g or ml)	Detected in 25g - reject	Weekly	<0	0	200

Physical Standards

Test	Description	Frequency	Target	Range	Sample (g or ml)
Weight (g)		Every Batch	=57	54 to 60	200

CONFIGURATION

Case Configuration

Inner Pack Configuration

Total Quantity of Inner Components in Outer Case 1 Units

PRODUCT
WEIGHTS

Inner Component

Variable Weight Consumer Item Yes

Inner Component Weight 3.5 kg

Outer Case

Outer Case Gross Weight 3.7 kg

Outer Case Net Weight 3.5 kg

PRODUCT DIMENSIONS	Inner Component							
	Inner Component Depth	0 mm						
	Inner Component Width	0 mm						
	Inner Component Height	0 mm						
	Outer Case							
	Outer Case Depth	290 mm						
	Outer Case Width	230 mm						
	Outer Case Height	112 mm						
PALLET INFORMATION	Quantity of Cases Per Pallet Layer	17 Cases	Pallet Height		1.7 MTR			
	Quantity of Layers Per Pallet	11 Layers						
	Quantity of Cases Per Pallet	187 Cases						
PACKAGING	Inner Component Packaging							
	Type	Materials	Weight	Recycled Plastic %	Recyclable	Returnable	Composite	
	Bag	Plastic	15 g	- %				
	Outer Case Packaging							
	Type	Materials	Weight	Recycled Plastic %	Recyclable	Returnable	Composite	
	Case	Paper/Cardboard	163 g	- %				
	Transport Packaging							
	Type	Materials	Weight	Recycled Plastic %	Recyclable	Returnable	Composite	
	Other	Plastic	2000 g	- %				
	Other	Wood	25000 g	- %				
SAFETY & WARNINGS								
OTHER INFORMATION CONTACT INFORMATION			Identification/Health Marks		GB BL007			
	Address		Technical Contact					
	Green Gourmet Ltd		Heather Savory					
	Salmon Springs, Painswick Road		Head of Quality & Product					
	Stroud		hsavory@greengourmet.co.uk					
	GL6 6NU							
	United Kingdom		P: (Phone) 07484072918					
	P: (Phone) 01453 621143							
	Complaints Contact		Commercial Contact					
	Sarah Guerin		Amy Fraser					
Technical Assistant		Senior Commercial Manager						
sguerin@greengourmet.co.uk		afraser@greengourmet.co.uk						
P: (Phone) 07944577339		P: (Phone) 07399 466 634						

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Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions.

Planet Friendly Pasta Bake

10 Portions

Ingredients

- 1 tbsp olive oil
- 1 tblsp tomato puree
- 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, tomato puree, lentils and vegetable stock and stir.
3. Add the penne pasta and simmer for 10 minutes, stirring occasionally.
4. 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	

Savoury Mince and Yorkshire Pudding

Approx 120 Junior/Infant Portions

Ingredients

6Kg Minced Beef

1.500Kg Lentils

1Kg Onions

Stock Cubes

455g Plain Flour

Gravy Browning

Yorkshire Pudding

1820Kg Plain Flour

12 Eggs

450ml Milk 650ml Water



Method

1. Sweat off the mince and onions in a pan.
2. Add Stock cubes, Lentils and water, simmer until cooked (1 hour)
3. Thicken, colour, season to taste
4. Make up the Yorkshire pudding batter and cook accordingly.

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

Product: F/Range Plain Omelette 100g**Product Code:****Brand: Framptons****FSCV832****Pack & Storage Details**

Contents	No. Pcs in Case:	24	Avg. Pce Wt:	100 g	Case Net Wt:	2.4 kg
	Count/Wt per Inner:	12/1.2kg	Inners per Case:	2	Pack Size:	1 x 24
Inners suitable for sale separately?: No		Barcode Inner: N/A		Barcode Outer: 5018045913686		
Palletisation	Cases per Layer:	20	No. of Layers:	8	Inners/Pallet:	320 Cases/Pallet: 160
Dimensions	Case mm:	275 x 195 x 165	Inner mm:	N/A	Commodity Code 2106 90 98 49	
Storage	Store Frozen:	-18°C	Minimum Life on Delivery	137	Days	

Composition**Description:** Individually frozen, free range folded plain omelettes prepared using pasteurised free range egg blend.**Ingredients:** Free Range EGG (62%), MILK, Rapeseed Oil, Salt, Thickener (Xanthan Gum), White Pepper.**Allergen Statement:** For allergens, see ingredients in CAPITALS.**May Contain:****Preparation & Usage from Frozen****M/wave:** See Page 2.**Oven:** See Page 2.**Grill:** See Page 2.**Frying:** See Page 2.**Other:** See Page 2.**Dietary & Health Information**

				Average Nutritional		Per serving
Contains					Per 100 g	
Suitable for Vegetarians	Yes	Milk / Derivatives	Yes	kJoules	673	
Suitable for Vegans	No	Egg / Derivatives	Yes	Kcals	162	
Suitable for Coeliacs	No	Soya	No	Fat (g)	11.5	
Halal Approved	No	SO ₂ /Sulphites >10ppm	No	<i>of which saturates (g)</i>	3.0	
Contains		Sesame Seeds	No	Carbohydrate (g)	4.0	
		Celery	No	<i>of which sugars (g)</i>	1.8	
Artificial colours	No	Mustard	No	Fibre (g)	0.5	
Hydrogenated Fats	No	Peanuts / Derivatives	No	Protein (g)	10.3	
Palm Oil	No	Fish	No	Sodium (g)	0.274	
GM Ingredients/Derivatives	No	Crustaceans / Shell Fish	No	<i>expressed in salt (g)</i>	0.69	
MSG	No	Other Nuts	No			
Gluten as added Ingredient	No	Lupin / Derivatives	No			
Wheat & Wheat Derivatives	No	Molluscs	No			
Other Gluten Cereals/Derivs	No					

Approved Date: 30/01/2025

Approved by: Christopher Stobart

Central Foods Ltd, Maple Court, Ash Lane, Collingtree, Northants, NN4 0NB. Tel:01604 858522
Registered Number: 2666517, Registered in England

Information correct as at 30/01/2025, E & O E.

Datasheet - Version 20 Date: 03.03.25

Product: F/Range Plain Omelette 100g

Preparation & Usage from Frozen

Product Code:

FSCV832

Microwave:

(1400W): Place omelette on a microwavable plate, heat for 1 min 20 secs.

Oven:

Preheat oven to 220°C/200°C (fan)/Gas Mark 7. Wrap omelettes in a lightly greased foil parcel. Place on a baking tray in the centre of the oven for 30 mins.

Grill:

N/A

Frying:

N/A

Other Cooking or Serving Instructions:

Remove outer packaging. Ensure food is piping hot and do not reheat once cooled. All cooking appliances vary. This is a guide only.

Product: **F/Range Plain Omelette 100g**

Product & Packaging

Product Code: **FSCV832**

Lifestyle:



Outer Label:



Framptons Free Range Folded Plain Omelettes



Batch Code: F02425
Best Before: 24/01/26

24 x 100g
Min Wt: 2.4kg
SCV832



INGREDIENTS: Free Range EGG (62%), MILK, Rapeseed Oil, Salt, Thickener (Xanthan Gum), White Pepper.
For allergens, see ingredients in BOLD.

Cooking Instructions:
Cooking guidelines are from frozen
Remove outer packaging

Microwave (1400W)
Place omelette on a microwaveable plate, heat for 1 min & 20 sec

Oven
Preheat oven to 220°C / 200°C (fan) / Gas mark 7
Wrap omelettes in a lightly greased foil parcel
Place on a baking tray in the centre of the oven for 30 mins

Ensure food is piping hot and do not reheat once cooled
All cooking appliances vary This is a guide only

Nutritional Information	
Typical values as sold	Per 100g
Energy	673kJ
Energy	162kcal
Fat	11.5g
of which saturates	3.0g
Carbohydrate	4.0g
of which sugars	1.8g
Fibre	0.5g
Protein	10.3g
Salt	0.69g

Keep Frozen at -18°C or Below. DO NOT RE-FREEZE ONCE THAWED
Griffiths Family Foods Limited, Site E, The Hangars, Shawbury, Shropshire, SY4 4RH



Product: F/Range Plain Omelette 100g

Packaging Continued

Product Code:

FSCV832

Outer Case Line Drawing:

