

## Heathside Secondary School 3-week compliant menu cycle

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meals</b>	Chilli con carne served with fluffy brown rice (16)	Calypso chicken served with pasta spirals (16)	Roast beef served with roast or mashed potato (16)	Moussaka served with tomato and herb bread wedge (16)	Oven Baked Battered Cod Portion with Chips or Plain Jacket Wedges (16)
<b>Vegetarian</b>	Fresh vegetable mornay bake with <a href="#">champ mashed potato</a> (6)	<a href="#">Chickpea aloo ghobi</a> served with <a href="#">pilau rice</a> (6)	Roasted vegetable toad in the hole served with roast or mashed potatoes (6)	Spicy bean and vegetable wrap with herb baked potato wedges (6)	Quorn and Vegetable Layer Pie with Chips or Plain Jacket Wedges (6)
<b>Vegetable/salad accompaniments</b>	Golden sweetcorn (37) or seasonal salad (25)	Baked beans (33) or seasonal salad (25)	Sliced green beans (37) or seasonal salad (25)	Fresh stir-fried vegetables (37) or seasonal salad (25)	Garden Peas (37) or Seasonal Salad (25)
<b>Extra bread</b>	Fresh bread available daily				
<b>Hot desserts</b>	Dorset apple cake with warm vanilla sauce (8) or fresh fruit pieces (20)	Fruit fool (8) or fresh fruit pieces (20)	Rhubarb and ginger pudding with custard (8) or fresh fruit pieces (20)	Chocolate-orange fudge cake (8) or fresh fruit pieces (20)	<a href="#">Toffee Apple Oat Crumble</a> with <a href="#">Custard</a> (8) or fresh fruit pieces (20)
<b>Grab and Go</b>	Pizza selection (22) Pasta offer (½ wholemeal) (22)	Pizza selection (22) Pasta offer (½ wholemeal) (22)	Pizza selection (22) Pasta offer (½ wholemeal) (22)	Pizza selection (22) Pasta offer (½ wholemeal) (22)	Pizza Selection (22) Pasta Offer (½ wholemeal) (22)
	Singapore pork with noodles (3)	<a href="#">Beef cobbler</a> with mashed potato (3)	<a href="#">Turkey stir fry</a> with noodles (3)	Vegetarian Swiss cottage pie (3)	Spicy Jambalaya (3)
	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)
	Range of sandwiches and salads (20)	Range of sandwiches and salads (20)	Range of sandwiches and salads (20)	Range of sandwiches and salads (20)	Range of sandwiches and salads (20)
<b>Additional desserts/drinks</b>	Yoghurt (9), jelly and dairy dessert pots (8), water (15), fruit juices (58) smoothie (6) and milk drinks (21)	Yoghurt (9), jelly and dairy dessert pots (8), water (15), fruit juices (58) smoothie (6) and milk drinks (21)	Yoghurt (9), jelly and dairy dessert pots (8), water (15), fruit juices (58) smoothie (6) and milk drinks (21)	Yoghurt (9), jelly and dairy dessert pots (8), water (15), fruit juices (58) smoothie (6) and milk drinks (21)	Yoghurt (9), jelly and dairy dessert pots (8), water (15), fruit juices (58) smoothie (6) and milk drinks (21)
	<a href="#">Cakes and biscuits</a> (55)	Cakes and biscuits (55)	Cakes and biscuits (55)	Cakes and biscuits (55)	Cakes and biscuits (55)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meals</b>	Lamb pilaff with brown rice (16)	<a href="#">Beef bolognaise</a> with <a href="#">pasta spirals</a> (16)	Roast chicken with roast potatoes or plain jacket wedge (16)	<a href="#">Beef cobbler</a> with creamy mashed potatoes (16)	<a href="#">Salmon wrap</a> with chips or brown rice (16)
<b>Vegetarian</b>	Vegetable pita pockets with Cajun wedges (6)	Fruit Caribbean curry with <a href="#">pilau rice</a> (6)	Roasted vegetable lasagne with garlic bread slice (6)	Quorn, potato and leek pie (6)	Vegetable chilli with brown rice (6)
<b>Vegetable/salad accompaniments</b>	Peas (37) or seasonal salad (25)	Golden sweetcorn (37) or seasonal salad (25)	Fresh broccoli florets (37) or seasonal salad (25)	Fresh carrot slices (37) or seasonal salad (25)	Baked beans (37) or seasonal salad (25)
<b>Extra bread</b>	Fresh bread available daily				
<b>Hot desserts</b>	Mixed fruit pie with custard (8) or fresh fruit pieces (20)	Warm carrot cake with vanilla sauce (8) or fresh fruit pieces (20)	Chocolate & orange mousse (8) or fresh fruit pieces (20)	Peach conde (8) or fresh fruit pieces (20)	Sultana sponge with custard (8) or fresh fruit pieces (20)
<b>Grab and Go</b>	Pizza selection (22) Pasta offer (½ wholemeal) (22)	Pizza selection (22) Pasta offer (½ wholemeal) (22)	Pizza selection (22) Pasta offer (½ wholemeal) (22)	Pizza selection (22) Pasta offer (½ wholemeal) (22)	Pizza selection (22) Pasta offer (½ wholemeal) (22)
	Chicken Jalfrezi curry with <a href="#">pilau rice</a> (3)	Lamb koftas with brown rice (3)	<a href="#">Oriental turkey stir-fry</a> with egg noodles (3)	Vegetable toad in the hole with mashed potatoes (3)	Singapore pork with noodles (3)
	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)
	Range of sandwiches and salads (20)	Range of sandwiches and salads (20)	Range of sandwiches and salads (20)	Range of sandwiches and salads (20)	Range of sandwiches and salads (20)
<b>Additional desserts/drinks</b>	Yoghurt (9), jelly and dairy dessert pots, (8), water (15) , fruit juices (58) smoothie (6) and milk drinks (21)	Yoghurt (9), jelly and dairy dessert pots (8), water (15) , fruit juices (58) smoothie (6) and milk drinks (21)	Yoghurt (9), jelly and dairy dessert pots (8), water (15) , fruit juices (58) smoothie (6) and milk drinks (21)	Yoghurt (9), jelly and dairy dessert pots (8), water (15) , fruit juices (58) smoothie (6) and milk drinks (21)	Yoghurt (9), jelly and dairy dessert pots (8), water (15) , fruit juices (58) smoothie (6) and milk drinks (21)
	<a href="#">Cakes</a> and <a href="#">biscuits</a> (55)	Cakes and biscuits (55)	Cakes and biscuits (55)	Cakes and biscuits (55)	Cakes and biscuits (55)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meals</b>	Country beef hot pot with mashed potatoes (16)	Lamb koftas in tomato sauce with <a href="#">pasta spirals</a> (16)	Roast turkey with roast or mashed potatoes (16)	Savoury mince and vegetables with boiled potatoes (16)	Oven baked wholemeal breaded cod portion with chips or jacket potato halves (16)
<b>Vegetarian</b>	Quorn and vegetable chow-mein (6)	<a href="#">Bean goulash</a> with <a href="#">pasta spirals</a> (6)	Vegetable Swiss baked cottage pie (6)	Creamy vegetable korma with <a href="#">pilau rice</a> (6)	Quorn and vegetable hot pot (6)
<b>Vegetable/salad accompaniments</b>	Golden sweetcorn (37) or seasonal salad (25)	Baked beans (37) or seasonal salad (25)	Broccoli florets (37) or seasonal salad (25)	Sliced fresh carrots (37) or seasonal salad (25)	Garden peas (37) or seasonal salad (25)
<b>Extra bread</b>	Fresh bread available daily				
<b>Hot desserts</b>	Crunchy mixed fruit crumble with <a href="#">custard</a> (8) or fresh fruit pieces (20)	Mandarin conde (8) or fresh fruit pieces (20)	<a href="#">Apple and cinnamon strudle</a> with <a href="#">custard</a> (8) or fresh fruit pieces (20)	Chocolate bread & butter pudding with chocolate sauce (8) or fresh fruit pieces (20)	Pineapple upside-down pudding with custard (8) or fresh fruit pieces (20)
<b>Grab and Go</b>	Pizza selection (22) Pasta offer (½ wholemeal) (22)	Pizza selection (22) Pasta offer (½ wholemeal) (22)	Pizza selection (22) Pasta offer (½ wholemeal) (22)	Pizza selection (22) Pasta offer (½ wholemeal) (22)	Pizza selection (22) Pasta offer (½ wholemeal) (22)
	Chicken jalfrezi with <a href="#">pilau rice</a> (3)	Caribbean fruit curry with brown rice (3)	Oriental turkey stir-fry with noodles (3)	Vegetable bolognaise (3)	Sweet and sour chicken with brown rice (3)
	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)	Jacket potato topped with hot and cold fillings (6) Soup and bread (5)
	Range of sandwiches and salads (20)	Range of sandwiches and salads (20)	Range of sandwiches and salads (20)	Range of sandwiches and salads (20)	Range of sandwiches and salads (20)
<b>Additional desserts/drinks</b>	Yoghurt (9), jelly and dairy dessert pots (8), water (15), fruit juices (58) smoothie (6) and milk drinks (21)	Yoghurt (9), jelly and dairy dessert pots (8), water (15), fruit juices (58) smoothie (6) and milk drinks (21)	Yoghurt (9), jelly and dairy dessert pots (8), water (15), fruit juices (58) smoothie (6) and milk drinks (21)	Yoghurt (9), jelly and dairy dessert pots (8), water (15), fruit juices (58) smoothie (6) and milk drinks (21)	Yoghurt (9), jelly and dairy dessert pots (8), water (15), fruit juices (58) smoothie (6) and milk drinks (21)
	<a href="#">Cakes</a> and <a href="#">biscuits</a> (55)	Cakes and biscuits (55)	Cakes and biscuits (55)	Cakes and biscuits (55)	Cakes and biscuits (55)

**Selected recipes from the menu cycle:**

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## Beef Cobbler

INGREDIENTS	Weights / Units Metric
Wholemeal flour	50g
Plain flour	50g
Baking powder	10g
Margarine	50g
Milk, semi-skimmed	75ml
Minced beef	500g
Onions, chopped	150g
Carrots, chopped	200g
Tomato puree	50g
Plain flour	50g
Knorr clear vegetable stock (made up)	1000ml
Red lentils (pre-soaked for 1 hour)	100g

### Method

1.	Make the scones by mixing the flours and baking powder, then rubbing in the margarine to form a sandy texture.
2.	Add the milk to form a fairly stiff dough, roll out, cut into shapes, brush with milk and bake at 220°C until cooked and golden brown (approx 10-15 minutes). Keep warm for service.
3.	Dry fry the mince, onions and carrot for 10 minutes then add the tomato puree and flour. Stir in and mix well.
4.	Add the stock and drained lentils and simmer for 30 minutes or until thickened
5.	Serve in a suitable dish with warm scones arranged neatly on top.

### Notes

10 servings- 236g servings

Nutritional Content		
	Per 100g	Per serving
Energy kcal	91	215
Fat g	4.5	10.6
Saturates g	1.6	3.8
Carbohydrate g	7.8	18.4
NME sugars g	0.0	0.0
Fibre/NSP g	0.6	1.4
Protein g	5.3	12.5
Iron mg	0.7	1.7
Calcium mg	22	52
Vitamin A ug	154	363
Folate ug	6.0	14.2
Vitamin C mg	0.5	1.2
Sodium mg	258	609
Zinc mg	0.9	2.1

## Bolognese Sauce

INGREDIENTS	Weights / Units Metric
Onions	200g
Garlic, fresh	4g
Tomatoes, tinned	400g
Minced beef	700g
Tomato puree	50g
Flour	50g
Stock (made up)	1000ml
Mixed herbs	1g

### Method

1.	Finely chop the onions and garlic; chop the tomatoes in the tin (keep with the juice)
2.	Dry fry the mince until brown, then add the onions and garlic, and cook for approximately 5 minutes
3.	Add the tomato puree and flour – stir in well and cook out for about 5 minutes
4.	Add the chopped tomatoes with juice, stock and mixed herbs; simmer for 15-20 minutes until slightly thickened – keep hot for service
5.	Serve bolognese sauce in appropriate service dish

### Notes

10 servings- 170g servings

Nutritional Content		
	Per 100g	Per serving
Energy kcal	101	172
Fat g	5.1	8.7
Saturates g	2.1	3.6
Carbohydrate g	6.9	11.7
NME sugars g	0.0	0.0
Fibre/NSP g	0.7	1.2
Protein g	7.3	12.4
Iron mg	1.5	2.6
Calcium mg	33	56
Vitamin A ug	33	56
Folate ug	7.2	12.2
Vitamin C mg	2	3.4
Sodium mg	80	136
Zinc mg	1.3	2.2

## Turkey Stir Fry

INGREDIENTS	Weights / Units Metric
Cooked turkey, sliced	500g
Carrots	200g
Green Cabbage	200g
Pepper, fresh (1 pepper)	160g
Spring Onions (1 bunch)	80g
Oil, vegetable	50ml
Ginger, fresh, finely chopped	50g
Lemon (zest and juice of 1 lemon)	20g juice
Coriander, fresh	10g
Soy sauce	40ml

### Method

1.	Cut the turkey into strips, cut carrots into small batons, shred the cabbage, and chop the pepper and spring onion
2.	Heat the oil in a wok or pan and add the vegetables and ginger. Cook for 2-3 minutes
3.	Zest and juice the lemon and add to the vegetables, then add the turkey strips
4.	Add the coriander and soy sauce, stir in and serve.

### Notes

10 servings- 148g servings

Nutritional Content		
	Per 100g	Per serving
Energy kcal	160	237
Fat g	2.9	4.3
Saturates g	0.8	1.2
Carbohydrate g	24.9	36.9
NME sugars g	0.3	0.4
Fibre/NSP g	1.3	1.9
Protein g	10.2	15.1
Iron mg	0.7	1.0
Calcium mg	21	31
Vitamin A ug	129	191
Folate ug	21.0	31.1
Vitamin C mg	13.0	19.2
Sodium mg	142	210
Zinc mg	0.9	1.3

## Salmon Wrap

INGREDIENTS	Weights / Units Metric
Diced salmon, frozen (60 cubes)	600g
Lemon, fresh (zest and juice of 1 lemon)	20g
Cajun spice	20g
Plain tortilla wraps (10 wraps)	400g
Mayonnaise, light	100ml
Lettuce, iceberg, shredded	200g
Carrots, peeled and grated	100g
Red onions, peeled and finely sliced	100g

### Method

1.	Defrost the salmon cubes and mix well with the lemon zest and juice and Cajun spice
2.	Bake the salmon in a moderate oven for 10-15 minutes until just cooked. Keep warm for service.
3.	Spread mayonnaise thinly on each wrap and place the lettuce, carrot, red onion (mixed together) on the top
4.	Add the warm salmon pieces (6 cubes per portion) and serve whilst still warm.
5.	Can be served wrapped and cut or served as open wraps for customers to wrap on plates.

### Notes

10 servings- 138g servings

Nutritional Content		
	Per 100g	Per serving
Energy kcal	214	295
Fat g	8.8	12.1
Saturates g	2.2	3.0
Carbohydrate g	21.2	29.3
NME sugars g	0.0	0
Fibre/NSP g	1.2	1.7
Protein g	11.6	16.0
Iron mg	0.9	1.2
Calcium mg	61	84
Vitamin A ug	146	201
Folate ug	9.6	13.2
Vitamin C mg	1.0	1.4
Sodium mg	453	625
Zinc mg	0.4	0.6

## Bean Goulash

INGREDIENTS	Weights / Units Metric
Onions, chopped	150g
Garlic, chopped	20g
Paprika (1 teaspoon)	3g
Tomato puree	50g
Plain flour	25g
Wholemeal flour	25g
Potatoes, peeled and diced	300g
Knorr clear vegetable stock (made up)	1000ml
Mixed peppers (2), chopped	320g
Five bean salad, drained	300g
Chick peas	200g
Mushrooms, chopped	75g

### Method

1.	Dry fry the onions, garlic and paprika for 5 minutes until soft, add the tomato puree and flour and mix well. Cook for 5 minutes
2.	Add the diced potato and stock, bring to the boil and simmer for 15 minutes
3.	Add the chopped peppers, drained beans, chick peas and mushrooms and
4.	simmer until the vegetables are tender (do not overcook)
5.	Serve in a suitable dish
Serve with pasta and salad as a complete meal	

### Notes

10 servings- 249g servings

Nutritional Content		
	Per 100g	Per serving
Energy kcal	37	92
Fat g	0.5	1.2
Saturates g	0.1	0.2
Carbohydrate g	6.5	16.2
NME sugars g	0.0	0.0
Fibre/NSP g	1.3	3.2
Protein g	1.9	4.7
Iron mg	0.6	1.5
Calcium mg	12	30
Vitamin A ug	47	117
Folate ug	9.2	22.9
Vitamin C mg	7.5	18.7
Sodium mg	192	478
Zinc mg	0.3	0.7

## Champ Mash

INGREDIENTS	Weights / Units Metric
Potatoes	800g
Milk, semi-skimmed	50ml
Spring Onions	50g

### Method

1.	Peel, wash, chop into even pieces and cook the potatoes
2.	Mash the potatoes and add the milk and finely chopped spring onions

### Notes

10 servings- 100g servings

Nutritional Content		
	Per 100g	Per serving
Energy kcal	70	70
Fat g	0.3	0.3
Saturates g	0.1	0.1
Carbohydrate g	15.5	15.5
NME sugars g	0.0	0.0
Fibre/NSP g	1.2	1.2
Protein g	2.2	2.2
Iron mg	0.5	0.5
Calcium mg	15	15
Vitamin A ug	8	8
Folate ug	21.0	21.0
Vitamin C mg	5.5	5.5
Sodium mg	9	9
Zinc mg	0.3	0.3

## Chick Pea Aloo Gobi

INGREDIENTS	Weights / Units Metric
Oil, vegetable	20ml
Garlic, fresh, finely chopped	20g
Onions, diced	250g
Curry powder	20g
Cumin, ground	20g
Chilli powder	10g
Coriander, ground	10g
Garam masala	10g
Knorr vegetable bouillon, made up	1000ml
Potatoes, peeled, washed and chopped	500g
Cauliflower, fresh, cut into florets	480g
Chick peas	600g

### Method

1.	Heat the oil in a pan, add the garlic and onions and sweat until soft, then add the spices and cook for 10-15 minutes
2.	Add the stock, bring to the boil and simmer for 10 minutes, then add the potato and cauliflower, stir well and simmer for 10 minutes
3.	Add the chick peas and simmer for a further 10 minutes
4.	Place in a suitable dish for service
Serve with plain rice, pilau rice or rice with peas for a complete meal	

### Notes

10 servings- 244g servings

Nutritional Content		
	Per 100g	Per serving
Energy kcal	84	205
Fat g	2.3	5.6
Saturates g	0.2	0.5
Carbohydrate g	14.6	35.6
NME sugars g	0.0	0.0
Fibre/NSP g	3.0	7.3
Protein g	5.8	14.2
Iron mg	2.0	4.9
Calcium mg	48	117
Vitamin A ug	16	39
Folate ug	33.0	80.5
Vitamin C mg	5.0	12.2
Sodium mg	135	329
Zinc mg	0.9	2.2

## Pasta

INGREDIENTS	Weights / Units Metric
Dried fusilli pasta	500g

### Method

1.	Cook the pasta in boiling water following packet instructions
2.	Refresh and keep hot for service

### Notes

10 servings- 138g servings

Nutritional Content	Per 100g	Per serving
Energy kcal	104	144
Fat g	0.7	1.0
Saturates g	0.1	0.1
Carbohydrate g	22.2	30.6
NME sugars g	0.0	0.0
Fibre/NSP g	1.2	1.7
Protein g	3.6	5.0
Iron mg	0.5	0.7
Calcium mg	7	10
Vitamin A ug	0	0
Folate ug	7.0	9.7
Vitamin C mg	0.0	0.0
Sodium mg	0	0
Zinc mg	0.5	0.7

## Pilau Rice

INGREDIENTS	Weights / Units Metric
Easy cook rice	500g
Ground Turmeric	5g

### Method

1.	Boil or steam the rice with the turmeric added to the cooking water. Cook until tender and fluff up ready for service.
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### Notes

10 servings- 174g servings

Nutritional Content		
	Per 100g	Per serving
Energy kcal	138	240
Fat g	1.3	2.3
Saturates g	0.5	0.9
Carbohydrate g	30.9	53.8
NME sugars g	0.0	0
Fibre/NSP g	0.1	0.2
Protein g	2.6	4.5
Iron mg	0.2	0.3
Calcium mg	18	31
Vitamin A ug	25.2	43.8
Folate ug	7.0	12.2
Vitamin C mg	1.0	1.7
Sodium mg	1	2
Zinc mg	0.7	1.2

## Plain Rice

INGREDIENTS	Weights / Units Metric
Easy cook rice	500g

### Method

1.	Boil or steam rice – cook until tender and fluff up ready for service.
2.	If steaming rice, place rice in dish and cover with water to 1 inch over the top of the rice depth. When the rice has absorbed all the water during steaming, it will be perfectly cooked and ready to fluff up and serve.

### Notes

10 servings- 144g servings

Nutritional Content		
	Per 100g	Per serving
Energy kcal	138	199
Fat g	1.3	1.9
Saturates g	0	0
Carbohydrate g	30.9	44.5
NME sugars g	0	0.0
Fibre/NSP g	0	0.0
Protein g	2.6	3.7
Iron mg	0.2	0.3
Calcium mg	18	26
Vitamin A ug	0	0
Folate ug	7.0	10.1
Vitamin C mg	0.0	0.0
Sodium mg	0	0
Zinc mg	0.7	1.0

## Flapjack Biscuits

INGREDIENTS	Weights / Units Metric
Margarine	250g
Sugar	250g
Golden syrup	125g
Rolled oats	600g

### Method

1.	Heat the margarine, sugar and syrup, stirring until the margarine melts
2.	Remove from the heat, add the oats and stir
3.	Place in a shallow tin
4.	Bake at 150-180°C (300-350°F, Gas mark 3-4) for 20 minutes Cool and cut into portions

### Notes

10 servings- 57g servings

Nutritional Content		
	Per 100g	Per serving
Energy kcal	414	236
Fat g	18.5	10.5
Saturates g	3.3	1.9
Carbohydrate g	65.2	37.2
NME sugars g	29.5	16.8
Fibre/NSP g	3.3	1.9
Protein g	6.1	3.5
Iron mg	2.1	1.2
Calcium mg	31	18
Vitamin A ug	0	0
Folate ug	17.4	9.9
Vitamin C mg	0.0	0.0
Sodium mg	208	119
Zinc mg	1.6	0.9

## Madeline sponges

INGREDIENTS	Weights / Units Metric
Sponge mix	900g
Water	425ml
Jam	80g
Coconut	50g

### Method

1.	Place the sponge mix in a mixing bowl
2.	Blend the water in with the sponge mix using a beater on slow speed for 1 minute
3.	Scrape down and mix on medium speed for 4 minutes. Do not over mix.
4.	Pour the sponge in a greased tin or ovenproof dish and bake at 190°C for 40 minutes. Alternatively place in a greased box tin, cover with a tight fitting lid and steam for 1 ½ - 2 hours
5.	Once cooled, spread with jam and sprinkle with coconut
6.	Cut into triangles

### Notes

10 servings- 66g servings

Nutritional Content		
	Per 100g	Per serving
Energy kcal	298	197
Fat g	10.8	7.1
Saturates g	5.5	3.6
Carbohydrate g	53.6	35.4
NME sugars g	25.9	17.1
Fibre/NSP g	1.6	1.1
Protein g	5.4	3.6
Iron mg	3.5	2.3
Calcium mg	292	193
Vitamin A ug	0	0
Folate ug	16.8	11.1
Vitamin C mg	0.5	0.3
Sodium mg	185	122
Zinc mg	1.7	1.1

## Toffee Apple Crumble

INGREDIENTS	Weights / Units Metric
Plain flour	120g
Wholemeal flour	60g
Margarine	85g
Oats	40g
Sugar	40g
Tinned apple	600g
<b>For the caramel:</b>	
Sugar	120g
Water	120ml

### Method

1.	Make the crumble mix by rubbing the flour and margarine together to a sandy texture then add oats and sugar to the mix.
2.	Make the caramel by boiling the sugar and water together rapidly until golden in colour, then place the pan in a tray with cold water 1 inch deep to stop the caramel from cooking further.
3.	Place the drained apple in an oven proof dish and pour the caramel evenly over the top.
4.	Place the crumble mix over the top of the filled dish.
5.	Bake uncovered in an oven at 185°C for about 30-40 minutes until cooked and golden brown.
6.	Portion crumble for service.

### Notes

10 servings- 110g servings

Nutritional Content		
	Per 100g	Per serving
Energy kcal	178	196
Fat g	5.6	6.2
Saturates g	1.3	1.4
Carbohydrate g	31.6	34.8
NME sugars g	18.6	20.5
Fibre/NSP g	1.8	2.0
Protein g	2.1	2.3
Iron mg	0.6	0.7
Calcium mg	21	23
Vitamin A ug	1	1
Folate ug	4.2	4.6
Vitamin C mg	3.0	3.3
Sodium mg	61	67
Zinc mg	0.3	0.3

## Apple and Cinnamon Strudel

INGREDIENTS	Weights / Units Metric
Puff pastry sheets	Half a sheet
Apple solid pack	500g
Sugar	150g
Cinnamon	10g
Sultanas	100g
Egg, beaten (1)	58g

### Method

1.	Using half of a defrosted puff pastry sheet, place drained apples mixed with sugar, cinnamon and sultanas in the middle lengthways in a sausage shape
2.	Egg wash the edges of the puff pastry and fold the 2 ends, then the 2 sides in to make a parcel and turn over so the folds are underneath
3.	Place on a lightly greased tray and make a few slits along the top of the parcel
4.	Egg wash the pastry, sprinkle a little sugar on the egg washed pastry and bake in a hot oven for about 15-20 minutes until the pastry is golden brown and cooked
Serve with custard	

### Notes

10 servings- 107g servings

Nutritional Content		
	Per 100g	Per serving
Energy kcal	215	230
Fat g	8.2	8.8
Saturates g	3.5	3.7
Carbohydrate g	34.7	37.1
NME sugars g	14.0	15.0
Fibre/NSP g	1.2	1.3
Protein g	2.1	2.2
Iron mg	1.0	1.1
Calcium mg	40	43
Vitamin A ug	44	47
Folate ug	4.2	4.5
Vitamin C mg	2.5	2.7
Sodium mg	151	162
Zinc mg	0.2	0.2

## Custard

INGREDIENTS	Weights / Units Metric
Water	500ml
Milk Powder	100g
Castor sugar	45g
Custard Powder	75g

### Method

1.	Boil the water and mix the milk powder to a paste with a little cold water, then add to the boiled water
2.	Mix the sugar and custard powder with a little cold water and mix with the milk thoroughly, then return the mixture to the heat until it cooks out and thickens (4-5 minutes)
3.	Place in a suitable jug for service

### Notes

10 servings- 113g servings

Nutritional Content		
	Per 100g	Per serving
Energy kcal	79	89
Fat g	1.3	1.5
Saturates g	0.7	0.8
Carbohydrate g	15.7	17.7
NME sugars g	9.3	10.5
Fibre/NSP g	0.0	0.0
Protein g	1.2	1.4
Iron mg	0.4	0.5
Calcium mg	100	113
Vitamin A ug	0	0
Folate ug	0.0	0.0
Vitamin C mg	0.0	0.0
Sodium mg	100	113
Zinc mg	0.1	0.1