

PRODUCT RANGE

RATIONALE FOR MULTI PORTION SPECIAL DIET CODING:

D DIABETIC

People with diabetes, especially when unwell, are encouraged to eat appetising, nourishing food. All our soups, main meals and accompaniments are coded as suitable for people with diabetes. However, some residents with diabetes may be advised to select meals lower in fat or salt or to lose weight. For them the best choice may be from our Healthier Choice (●) or Reducing (R) ranges.

The diet for a resident with diabetes does not need to be sugar free. Moderate amounts of sugar are generally allowed as part of a healthy diet. Often the most suitable desserts are fruit or yogurt but in some cases more substantial desserts may be appropriate.

Our Large tray desserts all contain sugar and so have not been coded for people with diabetes but local guidelines for acceptability of sugar can be applied as appropriate. Diabetic custard, sweetened with an artificial sweetener, is available in multi portions and 3 portion packs.

LF LOWER FAT

Fat restrictions may be required for residents with heart disease or some digestive problems. The level of restriction will vary between individuals but will typically be around 50-70g of fat a day. However fat is an important source of fat-soluble vitamins and calories, especially for residents with a small appetite.

Care must be taken to ensure lower fat diets are used appropriately. Our lower fat meals and desserts are coded as recommended in Health of the Nation Guidelines for Hospital Catering. These are as follows:

- Soups with 5g fat or less per portion
- Main course dishes with 8g fat or less per portion
- Accompaniments: all starchy foods cooked without added fat and all vegetables
- Individual Dessert items with 5g fat or less per portion.

R REDUCING

Some residents may be advised to lose weight as part of their treatment. In this case a slow, steady loss is appropriate and a diet lower in fat and sugar providing around 1200-1500 calories (kcal) per day is most commonly advised. For such residents we have a range of meals which are coded as suitable for reducing according to the following criteria:

- Soups with 75 calories or less per portion
- Main course dishes with 200 calories (kcal) or less per portion
- Accompaniment: all starchy foods cooked without added fat and containing 200 calories (kcal) or less per portion
- All vegetables
- Items have been coded so that a complete main course meal can generally be provided in less than 400 calories (kcal)
- None of our multi portion desserts are coded suitable for reducing. The need can usually be met by fruit or yogurt choices from the menu.

Some of our main course dishes containing pasta or potato topping provide less than 400 calories (kcal). These can be coded as reducing if residents are advised on the menu not to select an additional starchy accompaniment. For more information refer to Nutridata or your *apetito* consultant.

MS MODERATE SALT

Some salt (or sodium chloride) is important for the flavouring of food. However, high intakes will increase blood pressure, especially in those with heart, kidney or liver problems in whom intakes may need to be restricted. Salt comes from that added at table and in cooking, but most comes from processed foods and ingredients. Usual intakes of salt are around 9g per day. A moderate salt restriction will be around 4-6g salt a day. This is equivalent to 1600-2300mg or 70-100mmol sodium per day.

To help with the selection of a moderate salt diet we have used the following criteria to code multi portion products as suitable:

- Main course dishes with 460mg (20mmol) sodium or less per portion
- Starchy foods and vegetables: all those cooked without added salt
- Desserts with 115mg (5mmol) sodium or less per portion.

Please note: occasionally some residents may need a more restricted salt intake, in which case the local dietetic service will be able to provide more guidance about suitability of dishes for an individual.

GF GLUTEN FREE

A gluten free diet may be used to treat coeliac disease, an intolerance to the protein (gluten) found in some cereals. Several main courses, starchy accompaniments, vegetables and desserts in the multi portion product range are gluten free. These have been prepared in accordance with the criteria laid down by the Coeliac Society and do not contain any wheat, rye, barley, oats or any other ingredients with gluten. Care is taken during manufacture to ensure segregation from other products and ingredients containing gluten.

V VEGETARIAN

Products listed as vegetarian are produced without meat, fish or their derivatives. They may contain dairy produce such as milk, cheese or eggs. Fats and oils used are from a vegetable source and only vegetarian cheese is used, as it does not contain animal rennet.

S SOFT

The range has a number of dishes which are naturally soft and a minced range available in twin portion packs which require little chewing before swallowing. These dishes are equivalent to those defined as texture category E in the National Descriptors for Texture Modification in Adults (2002). They are moist and can be broken into pieces with a fork. They may be suitable for some residents needing minor texture modification of their diets.

ED ENERGY DENSE

An energy dense diet may be needed for residents with a poor appetite or weight loss. Multi portion products have been coded as energy dense in line with Health of the Nation Guidelines for Hospital Catering and the BDA's 'Delivering Nutritional Care Through Food and Beverage Services' (2006).

These suggest providing around 500 calories (kcal) from the main course meal alone.

The criteria for our energy dense products are as follows:

- Main course dishes with 350 calories (kcal) or more per portion
- Starchy accompaniments and vegetables – all are suitable in conjunction with an ED main course item
- Desserts with 250 calories (kcal) or more per portion and which can be served with custard or ice cream to provide more than 300 calories (kcal) per serving.

HEALTHIER CHOICE

Dishes which meet the criteria for both moderate salt and lower fat are coded as suitable for healthier choice.

ALLERGY AVOIDANCE

On request we can supply information for specific food intolerances or allergies. For example, we have meals in the range free from milk or eggs. Meals and desserts listed as milk free will also be lactose free. These products do not contain any milk or milk derivatives such as butter, caseinates, cheese, cream, lactose, whey, and yogurt. The meals and desserts designated as egg free do not contain any egg, or egg derivatives such as dried egg, egg albumen, egg lecithin.














We **do not** have separate production facilities and so cannot guarantee our products will be totally free from traces of nuts. We use refined coconut oil in some of our meals but our policy is not to classify it as a nut derivative. **NO OTHER NUT OILS ARE USED.**

FOR FURTHER DETAILS SEE OUR FREE-FROM GUIDE ON PAGE 34.

LARGE AND SMALL TRAYS PACKED IN CRATES




SOUPS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324647	Minestrone Soup 											Large	1120g	8
328647												Small	420g	3
324648	Scotch Broth 											Large	1120g	8
328648												Small	420g	3
324649	Pea & Ham Soup 											Large	1120g	8
328649												Small	420g	3
324651	Butterbean & Bacon Soup 											Large	1120g	8
328651												Small	420g	3
324652	Chef's Carrot Soup 											Large	1120g	8
328652												Small	420g	3
324655	Mushroom Soup 											Large	1120g	8
328655												Small	420g	3
324656	NEW RECIPE Tomato Soup 											Large	1120g	8
328656												Small	420g	3
324657	Leek & Potato Soup 											Large	1120g	8
328657												Small	420g	3
324659	Red Lentil Broth 											Large	1120g	8
328659												Small	420g	3
324660	Vegetable & Herb Soup 											Large	1120g	8
328660												Small	420g	3
324661	NEW Chicken Broth 											Large	1120g	8
328661												Small	420g	3
324664	NEW Tomato & Vegetable Soup 											Large	1120g	8
328664												Small	450g	3
324665	NEW Chunky Vegetable Soup 											Large	1120g	8
328665												Small	450g	3



BEEF DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324100	Roast Beef in Gravy											Large	1260g	8
328100												Small	340g	2
324101	Beef Lasagne 											Large	1600g	8
328101												Small	400g	2
324103	NEW RECIPE Beef Casserole											Large	1440g	8
328103												Small	360g	2
324105	Chilli Con Carne											Large	1360g	8
328105												Small	340g	2
324131	NEW RECIPE Stewed Steak											Large	1440g	8
328107	Stewed Steak & Dumplings											Small	400g	2



BEEF DISHES (CONTINUED)

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324109	Savoury Minced Beef				Large	1440g	8
328109		.		.				.				Small	360g	2
324111	Cottage Pie				.			.				Large	1600g	8
328111					.			.				Small	400g	2
324113	Vienna Steak in Sauce	.							.			Large	1360g	6
328113		.							.			Small	440g	2
324115	NEW RECIPE Pasta Bolognaise		.					.				Large	1360g	6
328115			.	.				.				Small	440g	2
328116	Chef's Hungarian Goulash with Herb Dumplings	.			.							Small	350g	2
324132	NEW RECIPE Chef's Hungarian Goulash	.		.	.							Large	1160g	8
328790	Herb Dumplings	.										Small	160g	8
324118	Chef's Cottage Pie	.			.			.				Large	1600g	8
328118		.			.			.				Small	400g	2
324119	Corned Beef Hash					.		.				Large	1500g	6
328119			.			.		.				Small	500g	2
324125	Baked Minced Steak & Potato Pie				.			.				Large	1544g	8
328125			.			.		.				Small	384g	2
324128	Baked Chef's Steak & Kidney Pie	.			.			.				Large	1456g	8
328128		.			.			.				Small	364g	2
324130	Baked Steak & Mushroom Pie	.			.			.				Large	1544g	8
328130		.			.			.				Small	384g	2
324133	NEW Steak Pie with Flaky Pastry Top	.						.				Large	1300g	6
328133		.						.				Small	440g	2



LARGE AND SMALL TRAYS PACKED IN CRATES



LAMB DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324300	Roast Lamb in Gravy											Large	1360g	8
328300												Small	340g	2
324301	Irish Stew											Large	1440g	8
328301												Small	360g	2
324302	Shepherds Pie											Large	1600g	8
328302												Small	400g	2
324303	Lancashire Hotpot											Large	1520g	8
328303												Small	380g	2
328308	Braised Lamb in Cider with Dumplings											Small	380g	2
324318	Braised Lamb in Cider											Large	1280g	8
324309	Lamb Casserole											Large	1440g	8
328309												Small	360g	2
324311	Minced Lamb & Vegetable Gratin											Large	1600g	8
328311												Small	400g	2
324313	Curried Lamb, Potato & Tomato											Large	1440g	8
328313												Small	360g	2
324316	Savoury Minced Lamb											Large	1360g	8
328316												Small	340g	2



POULTRY DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324401	Roast Chicken Breasts in Gravy											Large	1360g	8
328401												Small	340g	2
324402	Sliced Turkey in Gravy											Large	1360g	8
328402												Small	340g	2
324406	Chicken & Vegetable Casserole											Large	1360g	8
328406												Small	340g	2
324407	NEW RECIPE Chicken a la King											Large	1360g	8
328407												Small	340g	2
324409	NEW RECIPE Chicken & Pasta with Tomatoes & Herbs											Large	1360g	8
328409												Small	453g	2
324410	Sweet & Sour Chicken											Large	1360g	8
328410												Small	340g	2
324411	Chicken Chasseur											Large	1360g	8
328411												Small	360g	2
324412	Chicken & Broccoli Bake											Large	1360g	8
328412												Small	340g	2



POULTRY DISHES (CONTINUED)

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324416	NEW RECIPE Turkey & Ham Hotpot	•	•	•								Large	1480g	8
328416		Small	370g	2										
324418	Fricassee of Chicken, Mustard & Tarragon	•	•	•								Large	1360g	8
328418		Small	340g	2										
324419	Braised Chicken with Lentils	•	•	•	•						•	Large	1440g	8
328419		Small	360g	2										
328420	Minced Chicken in Gravy	•	•	•					•			Small	360g	2
324421	Chicken in Mustard & Coriander Sauce	•	•	•								Large	1440g	8
328421		Small	360g	2										
324423	Chef's Chicken Curry	•			•	•						Large	1360g	8
328423		Small	340g	2										
324431	Baked Chicken & Ham Pie	•										Large	1456g	8
328431		Small	360g	2										
324432	Baked Chicken & Vegetable Pie	•			•					•		Large	1544g	8
328432		Small	380g	2										



PORK DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324200	Roast Pork in Gravy	•	•	•		•						Large	1360g	8
328200		Small	380g	2										
324201	Sliced Ham & Pineapple	•	•	•		•						Large	1070g	8
328201		Small	270g	2										
324202	Ham & Leek Crumble	•								•		Large	1200g	6
328202		Small	400g	2										
324204	Potato Topped Bacon Pie	•				•			•			Large	1600g	8
328204		Small	400g	2										
324206	Pork Steaklette in Pepper Sauce	•										Large	1360g	8
328206		Small	340g	2										
324216	Pork & Apple Casserole	•	•	•	•						•	Large	1360g	8
328216		Small	340g	2										
324220	Minced Pork in Gravy	•	•	•	•	•			•		•	Large	1440g	8
328220		Small	360g	2										
328221	Minced Ham in Sauce	•							•			Small	360g	2
324600	Sausages in Onion Gravy	•							•			Large	1360g	6
328600		Small	440g	2										
324601	Sausage Casserole	•										Large	1440g	8
328601		Small	360g	2										
324605	Sausages in Gravy	•										Large	1360g	8
324608	Bacon, Leek & Mushroom Pasta Bake	•							•			Large	1360g	8
328608		Small	340g	2										

LARGE AND SMALL TRAYS PACKED IN CRATES



OTHER MEAT DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324113	Vienna Steaks in Rich Sauce	•									•	Large	1360g	6
328113		Small	440g	2										
324604	Meatballs in Tomato Sauce	•										Large	1600g	8
328604		Small	400g	2										
324611	Liver & Bacon	•		•								Large	1360g	8
328611		Small	360g	2										
324614	Haggis	•										Large	690g	6
328614		Small	230g	2										
328615	NEW Haggis Layer Pie	•										Small	500g	2






FISH DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324500	Cod in Parsley Sauce	•	•	•	•				•		•	Large	1360g	8
328500		Small	360g	2										
324501	Cod in Butter Sauce	•	•	•	•	•				•	•	Large	1360g	8
328501		Small	340g	2										
324503	Fish Pie	•		•	•					•		Large	1600g	8
328503		Small	470g	2										





FISH DISHES (CONTINUED)

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324504	Salmon & Broccoli Bake 	•										Large	1360g	8
328504		•										Small	340g	2
324505	Breaded Cod	•		•	•							Large	600g	6
328505		•										Small	200g	2
324507	Battered Fish	•			•							Large	480g	4
324508	Tuna & Pasta Bake 	•			•				•			Large	1410g	6
328508		•										Small	470g	2
324512	Salmon and Dill, Potato Bake 	•			•				•			Large	1600g	8
328512		•										Small	400g	2
324521	NEW RECIPE Cod with Mushroom & Leek Sauce	•	•	•	•							Large	1200g	6
328521		•										Small	380g	2
324523	NEW RECIPE Cod in Cheese Sauce	•			•				•			Large	1160g	8
328523		•										Small	290g	2
324524	NEW Smoked Haddock in Cheese Sauce	•										Large	1050g	6
328524		•										Small	350g	2



BREAKFAST DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324606	Cooked Bacon & Mushrooms	•		•		•						Large	540g	6
324607	Cooked Sausages	•		•								Large	480g	6
324680	Porridge	•	•	•	•		•					Large	1200g	8
324720	Scrambled Eggs	•		•	•	•	•	•				Large	960g	8
328720		•										Small	240g	2
324721	Omelettes (Breakfast)	•		•	•	•	•	•				Large	576g	12



ACCOMPANIMENTS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324773	Yorkshire Puddings	•	•				•					Large	120g	8
324774	Stuffing Balls	•	•				•					Large	464g	16
324777	Gravy	•				•	•					Large	1000g	10
328777		•										Small	375g	3
328790	Herb Dumplings	•					•					Small	160g	8

LARGE AND SMALL TRAYS PACKED IN CRATES



VEGETARIAN DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324701	Cauliflower Cheese											Large	1360g	6
328701												Small	440g	2
324702	Vegetable Quiche											Large	1360g	8
328702												Small	340g	2
324703	Vegetable Lasagne											Large	1380g	6
328703												Small	460g	2
324704	Vegetable Crumble											Large	1360g	6
328704												Small	440g	2
324705	Curried Vegetables											Large	1590g	6
328705												Small	530g	2
324706	Vegetarian Chilli											Large	1590g	6
328706												Small	530g	2
324709	Vegetarian Sausages in Gravy											Large	1360g	6
328709												Small	440g	2
324710	Cheese Flan											Large	1360g	8
328710												Small	340g	2
324711	NEW RECIPE Macaroni Cheese											Large	1360g	6
328711												Small	440g	2
324713	Potato, Cheese & Leek Bake											Large	1300g	6
328713												Small	440g	2
324715	Cauliflower & Broccoli Pasta											Large	1320g	6
328715												Small	440g	2
324716	Chef's Vegetable & Bean Cottage Pie											Large	1590g	6
328716												Small	530g	2
324718	Cauliflower in Very Cheesy Sauce											Large	1320g	6
328718												Small	440g	2
324719	Tomato, Onion, Gruyère & Basil Quiche											Large	1020g	6
328719												Small	340g	2
324722	Cheese & Tomato Omelettes											Large	600g	5
328722												Small	240g	2
324723	Plain Omelettes											Large	600g	6
328723												Small	200g	2
324724	Potato Topped Vegetable Pie											Large	1600g	8
328724												Small	405g	2
324725	Pasta Shells in Cheese Sauce											Large	1200g	6
328725												Small	400g	2
324726	Pasta, Mushroom & Leek Mornay											Large	1360g	6
328726												Small	440g	2
324727	Vegetable & Potato Gratin											Large	1360g	6
328727												Small	440g	2
328729	Glazed Nut Roast											Small	470g	2
324730	Cheese & Mushroom Omelettes											Large	600g	5
328730												Small	240g	2



VEGETARIAN DISHES (CONTINUED)

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324731	Bean Goulash					Large	1560g	6
328731												Small	520g	2
324734	Baked Leek, Cheese & Egg Pie						.		.			Large	1158g	6
328734												Small	380g	2
324735	Baked Vegetable Pie						.		.			Large	1544g	8
328735								.		.		Small	380g	2
324737	Broccoli & Herb Quiche						.		.			Large	1360g	8
328737												Small	340g	2
324741	Pasta Provençale						Large	1240g	6
328741												Small	410g	2



POTATOES AND RICE

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324751	Roast Potatoes					Large	900g	8
328751												Small	225g	2
324752	Boiled Potatoes					Large	800g	8
328752												Small	200g	2
324753	Oven Chips					Large	680g	6
328753												Small	180g	2
324754	Croquette Potatoes					Large	600g	8
328754												Small	150g	2
324765	White Rice					Large	720g	6
328765												Small	240g	2
324766	Lyonnais Potatoes					Large	1200g	8
328766												Small	300g	2
324767	Mustard Mash					Large	960g	8
328767												Small	240g	2
324778	Jacket Potato Halves		Large	660g	8
328778												Small	160g	2
324779	Vegetable Rice					Large	800g	8
328779												Small	200g	2
324780	Traditional Roast Potatoes					Large	880g	8
328780												Small	220g	2
324787	Mashed Potato					Large	1200g	12
328781												Small	200g	2
324783	Spring Onion Mash					Large	960g	8
328748												Small	240g	2
324789	Potato Wedges					Large	800g	8
328789												Small	200g	2

LARGE AND SMALL TRAYS PACKED IN CRATES



VEGETABLES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324740	Broccoli	Large	500g	6
328740		Small	160g	2
324756	Peas	Large	800g	8
328756		Small	240g	3
324757	Cabbage	Large	800g	8
328757		Small	240g	3
324758	Cauliflower	Large	600g	8
328758		Small	220g	3
324759	Brussel Sprouts	Large	800g	8
328759		Small	240g	3
324760	NEW Carrot Tips	Large	800g	8
328760		Small	240g	3
324761	Cut Green Beans	Large	640g	8
328761		Small	240g	3
324762	Mixed Vegetables	Large	640g	8
328762		Small	240g	3
324763	Mushy Peas	Large	1200g	12
328763		Small	300g	3
324764	Sliced Carrots	Large	640g	8
328764		Small	240g	3
324769	Baked Beans	☹	Large	1200g	12
328769		Small	300g	3
324770	NEW Vegetable Medley	Large	800g	8
328770		Small	240g	3
324771	Mashed Swede	Large	800g	8
328771		Small	300g	3
324775	Sweetcorn	Large	800g	8
328775		Small	240g	3
324791	Mashed Root Vegetables	Large	800g	8
328791		Small	200g	2



HOT DESSERTS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					

PIES

324808	Mixed Fruit Pie	Large	1120g	8
328808		Small	420g	3
324809	Cherry Pie	Large	1120g	8
328809		Small	420g	3
324853	Blackcurrant Pie	Large	1120g	8



HOT DESSERTS (CONTINUED)

PRODUCT CODE	PRODUCT	DIETARY INFORMATION									PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED				

PIES (CONTINUED)

324854	Raspberry & Apple Pie										Large	1120g	8
328854											Small	420g	3
324859	Apple Pie										Large	1120g	8
328859											Small	420g	3

CRUMBLES

324801	Apple Crumble										Large	1200g	8
328801											Small	450g	3
324810	Plum Crumble										Large	1120g	8
328810											Small	420g	3
324813	Rhubarb Crumble										Large	1120g	8
328813											Small	450g	3
324827	Summer Fruit Crumble										Large	1120g	8
328827											Small	420g	3
324831	Apricot Crumble										Large	1120g	8
328831											Small	420g	3

SPONGES

324805	Apple Sponge										Large	860g	8
328805											Small	320g	3
324806	Chocolate Chip Sponge										Large	700g	8
328806											Small	260g	3
324811	NEW RECIPE Syrup Sponge										Large	860g	8
328811											Small	320g	3
324812	Lemon Flavoured Sponge										Large	860g	8
328812											Small	320g	3
324818	Jam Sponge										Large	860g	8
328818											Small	320g	3



LARGE AND SMALL TRAYS PACKED IN CRATES



HOT DESSERTS (CONTINUED)

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					

SPONGES (CONTINUED)

324821	Ginger Sponge												Large	520g	8
324828	Sultana Sponge												Large	680g	8
328828		Small	250g	3											
324829	Marble Sponge												Large	520g	8

PUDDINGS

324800	Bread & Butter Pudding with Marmalade												Large	1240g	8
328800		Small	460g	3											
324815	Apple Cake												Large	990g	8
328815		Small	370g	3											
324816	Spotted Dick												Large	700g	8
328816		Small	270g	3											
324823	Bakewell Tart (Nut Free)												Large	1170g	8
328823		Small	450g	3											
324835	Steamed Raspberry Pudding												Large	800g	8
328835		Small	300g	3											
324840	Sticky Toffee Pudding												Large	920g	8
328840		Small	340g	3											
324855	Treacle Tart												Large	1120g	8
326002	Carrot Cake												Large	480g	8

MILK PUDDINGS

324824	Rice Pudding												Large	1120g	8
328824		Small	420g	3											
324825	Rice Pudding & Nutmeg												Large	1120g	8
328825		Small	420g	3											
324826	Tapioca												Large	1120g	8
328826		Small	420g	3											
324832	Rice Pudding & Sultanas												Large	1120g	8
328832		Small	420g	3											
324833	Semolina Pudding												Large	1120g	8
328833		Small	420g	3											
324838	Butterscotch Rice Pudding												Large	1120g	8
328838		Small	420g	3											

COOKED FRUIT

324861	Cooked Apricots												Large	1200g	8
324862	Cooked Summer Fruits												Large	1200g	8
324863	Stewed Apple												Large	1200g	8

CUSTARD

324870	Custard												Large	1200g	8
328870		Small	450g	3											
324873	Diabetic Custard												Large	1200g	8
328873		Small	450g	3											



COLD DESSERTS

PRODUCT CODE	PRODUCT	UNITS PER CRATE	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS		
			D	LF	R	MS	GF	V	S	ED							
292419	Fruit Cocktail	24	Indiv	140g	1
292421	Vanilla Ice Cream (Contains non-fat milk)	18	Indiv	50g	1
292424	Strawberry Sundae	15	Indiv	106g	1
292434	Caramel Sundae	15	Indiv	106g	1
292462	Raspberry Cream	27	Indiv	77g	1
292465	Strawberry Cheesecake	24	Indiv	94g	1
292466	Blackcurrant Cheesecake	24	Indiv	94g	1
292467	Strawberry Trifle	24	Indiv	105g	1
292468	Mixed Fruit Trifle	24	Indiv	105g	1
292471	Raspberry Trifle	24	Indiv	105g	1
292480	Apricot & Peach Dessert	27	Indiv	76g	1
292482	Irish Coffee Cream	27	Indiv	77g	1
292497	Chocolate Mousse	18	Indiv	65g	1
292499	Strawberry Mousse	18	Indiv	65g	1

AS WELL AS CREATING DELICIOUS NEW DISHES, AS PART OF OUR COMMITMENT TO CONTINUOUS IMPROVEMENT WE'VE PLEDGED TO REVIEW 30 PRODUCTS EVERY 6 MONTHS.

WE HOPE YOU ENJOY OUR NEW RECIPES

