



Return to School Menu Ideas



Return to School Menu Ideas



The proposal is to have all children back into school from August for Scotland and September for the rest of the UK.

In response to this, Premier Foods have produced a number of recipes for primary and secondary schools.

These recipes are all designed to be easy to make, in some cases at short notice, and they will all scale depending on the numbers for which you will need to cater.



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Our advice for School Catering Teams

- Keep menus the same if you can. It will be easy for the children to recognise them, and give confidence to the catering team as they know the recipes and how they work. This will also allow you to use any stock you have left from before the Summer Holidays.
- If you are changing and adding new ideas, keep your offer simple. Base your offer on some of the existing school favourites that children will recognise to encourage them to use the on-site catering. We have shared simple favourite recipes within this guide.
- Protect your Catering Teams by giving return-to-work training.
- Undertake a risk assessment, including a return to-work-plan, to support safe re- opening of services.
- Follow the social distancing guidelines and review by unit.
- Provide clear signage and movement or flow instructions for children and other people using the facility

Don't discount hot offers. Often these are simpler to cook at scale and the volume can be changed flexibly. Example: Think about the labour involved in doing sausage and mash for 50 people vs sandwiches.

Offering a table service is a good way to reduce people-flow around the dining hall for primary schools. If full table service is not possible, consider serving into small hubs of tables, and distributing from there. For secondary schools look at extra service points, staggered lunch service with pre-packed grab-and-go offers, or even consider pre-order and pay system to support a quick and safe operation.

If you have counter service, ensure you have a flow system to support social distancing, with floor markings to show students where to stand in service areas. This should be one-way if space allows. Make hand sanitizer available as students enter and leave the dining facility.

Remember to make sure you communicate all changes to the students in a positive way. Do this both before and on their return to school, via direct emails from the school and also via blog posts or specific pages on your website if you're a school catering provider. When the children return, re-enforce the message with signage. Children will want to know how it will work and what has changed. For new pupils it will be the first experience of you as a caterer, so let's make it a good one!

Your communication before the children return to school will also go a long way to give parents the confidence they need to encourage school meal take up from the first day.

Let the children see the extra cleaning happening and the extra procedures in place. Explain how tables are cleared and clean and what is expected from them. Have staff to support and guide them on the new procedures.

These are the products we recommend:

- | | |
|----------------------------------------------|-----------------------------|
| • Angel Delight Mousse or Angel Delight Whip | • Marvel Milk Powder |
| • Bird's Cheesecake Mix | • McDougalls Cookie Mix |
| • Bird's Instant Custard Mix | • McDougalls Crumble Mix |
| • Bisto Gluten and Dairy Free Gravy | • McDougalls Flapjack Mix |
| • Homepride Korma Sauce | • McDougalls Jelly Crystals |
| • Homepride Tomato Sauce | • McDougalls Soft Bap Mix |
| • Hovis Best of Both Bread Mix | • McDougalls Sponge Mix |

Here are some recipe ideas that are easy to do,
will flex for varying numbers and your catering service:



Primary School Menu Ideas

Cottage Pie



This dish is an easy to serve hot dish and the vegetables can be prepared earlier in the day if you're looking for staggered shifts to support social distancing. If you're keeping your fresh food stocks low, serve with frozen vegetables or what's available.

Number of portions: **10**
Preparation time: **25 minutes**
Cooking time: **50 minutes**

Serve: **Hot**
Suitable for Vegetarians: **No**
Suitable for Coeliacs: **Yes**

INGREDIENTS

500g	Lean minced beef	250g	Carrots, peeled and chopped
400ml	Water	250g	Swede, peeled and chopped
13g	Bisto Gluten Free Gravy	25g	Margarine (dairy free)
900g	Potatoes, peeled and quartered	500g	Mixed frozen vegetables

METHOD

1. Place the mince into a large frying pan and gently dry fry until the meat is browned, add the water and simmer gently for 15 minutes.
2. Add the Bisto gravy to thicken.
3. Meanwhile, place the potatoes, carrots and swede into a large pan with a lid. Bring to the boil and then simmer gently until cooked. Drain and mash with margarine and then set aside.
4. Transfer the mince filling into a serving dish then spread the mashed root vegetables evenly over the Cottage pie mixture.
5. Bake 190°C/375°F/Gas Mark 5 for 35 minutes or until the topping is golden brown.
6. Serve with vegetables.

TOP TIPS

- Make sure you measure the granules and add in one 'dose'.
- Whisk the gravy granule as soon as you place into boiling water, to prevent any clumping.

RECIPE ALLERGENS

No allergens to declare.

PRODUCT FEATURES

- Gluten Free.
- Coeliac Society Approved.
- Vegan.
- No Added MSG.
- DH 2017 compliant.
- Just add boiling water.
- Makes 27 litres.
- Bain marie stable.
- 12 months life from manufacture.

PRODUCT BENEFITS

- Clean Deck - No declared allergens to declare.
- Fine Granule - dissolves directly into boiling water. Makes up from a 'still'.
- Thickens instantly.
- Don't have to make up on a stove.
- Resealable Tub - keeping out the moisture.

- Not got time to bake? Then serve as a savoury mince with mash on the side.
- For a vegetarian alternative, substitute the minced beef for veggie mince or cooked lentils.

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Simple Roast chicken



Healthy and simple favourite. This is an easy to make hot option, with minimal staff requirements. All the vegetables can be prepared in advance and then just cooked for service. It's a great way to use any spare vegetables in the freezer. Can be served plated, or potted and served at the table.

Number of portions: **10**
Preparation time: **15 minutes**
Cooking time: **40 minutes**

Serve: **Hot**
Suitable for Vegetarians: **No**
Suitable for Coeliacs: **Yes**

INGREDIENTS

1kg	Potatoes, peeled and diced	400g	Peas
50ml	Oil	13g	Bisto Gluten Free Gravy
800g	Chicken breasts	300ml	Boiling water
400g	Carrots, peeled and diced		

METHOD

1. Pre-heat the oven to 180°C/ 350°F Gas Mark 4.
2. Par boil the potatoes in water for 15 minutes, then drain. Heat the oil in a large shallow tray. Add the potatoes and roast for 45 minutes until golden.
3. Meanwhile, tray up the chicken and cook it for 25 minutes, or until it's cooked to a core 75°C.
4. Cook the carrots. When the carrots are tender, add the peas to bring them up to temperature.
5. Make up the Bisto gravy with 300ml boiling water.
6. Cut the chicken into portions or chunks.
7. Plate and serve at the table or pop into pots to distribute.

TOP TIPS

- Make sure you measure the granules and add in one 'dose'.
- Cutting the potatoes and chicken into fork size chunks makes it easier to eat for those smaller children who sometimes might request help cutting up their food. This in turn minimises the person to person contact for lunch helpers.
- We have opted for roasted potatoes but the recipe works really well with mash as well. You can also use up any root vegetables you have in a mash.
- Whisk the gravy granule as soon as you place into boiling water, to prevent any clumping.

RECIPE ALLERGENS

No allergens to declare.

PRODUCT FEATURES

- Gluten Free.
- Coeliac Society Approved.
- Vegan.
- No Added MSG.
- DH 2017 compliant.
- Just add boiling water.
- Makes 27 litres.
- Bain marie stable.
- 12 months life from manufacture.

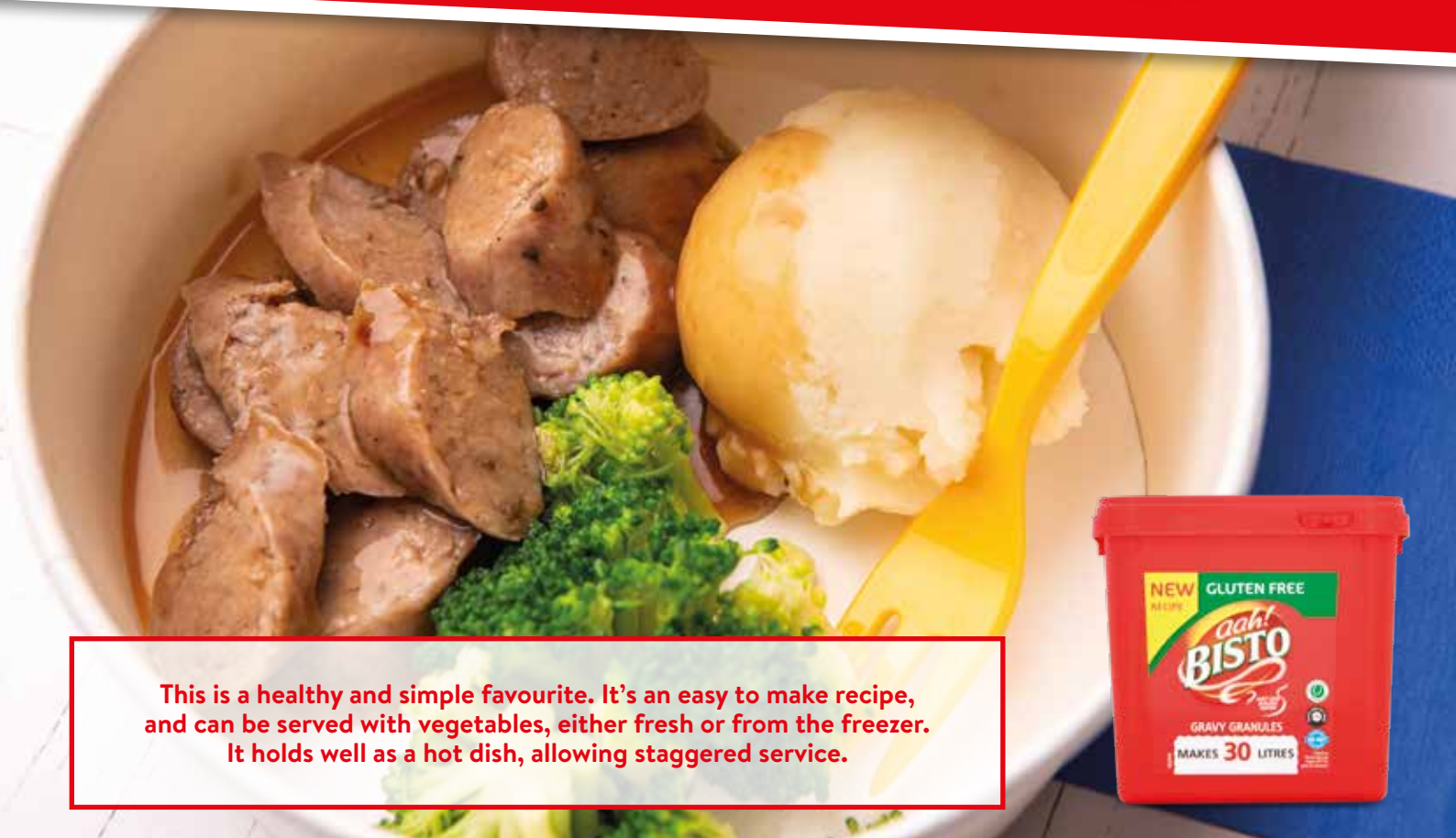
PRODUCT BENEFITS

- Clean Deck - No declared allergens to declare.
- Fine Granule - dissolves directly into boiling water. Makes up from a 'still'.
- Thickens instantly.
- Don't have to make up on a stove.
- Resealable Tub - keeping out the moisture.

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Sausage and Mash Pot



This is a healthy and simple favourite. It's an easy to make recipe, and can be served with vegetables, either fresh or from the freezer. It holds well as a hot dish, allowing staggered service.

Number of portions: **10**
Preparation time: **25 minutes**
Cooking time: **40 minutes**

Serve: **Hot**
Suitable for Vegetarians: **No**
Suitable for Coeliacs: **Yes**

INGREDIENTS

1.2Kg	Potatoes, peeled and quartered	300ml	Water
25g	Margarine (dairy free)	13g	Bisto Gluten Free Gravy
800g	Sausages (check for allergens)	600g	Broccoli, prepared (or a vegetable of your choice)

METHOD

1. Place the potatoes, into a large pan with a lid. Bring to the boil and then simmer gently until cooked. Drain and mash, adding margarine, and then set aside.
2. Cook the sausages at 180°C for 15 minutes, or until it's cooked to a core 75°C.
3. Cook the broccoli or chosen vegetables until tender.
4. Bring the water to a boil, whisk in the Bisto, and then chop the sausages into bite size chunks, and add to the gravy to keep warm.
5. Plate, cover and serve at the table or pop into pots to distribute.

TOP TIPS

- Whisk the gravy granules as soon as you place into boiling water, to prevent any clumping.
- For a vegetarian alternative substitute, use vegetarian sausages.
- Placing the sausages into the gravy will stop them drying out and help to maintain the temperature while serving.

RECIPE ALLERGENS

Check sausages.

PRODUCT FEATURES

- Gluten Free.
- Coeliac Society Approved.
- Vegan.
- No Added MSG.
- DH 2017 compliant.
- Just add boiling water.
- Makes 27 litres.
- Bain marie stable.
- 12 months life from manufacture.

PRODUCT BENEFITS

- Clean Deck - No declared allergens to declare.
- Fine Granule - dissolves directly into boiling water. Makes up from a 'still'.
- Thickens instantly.
- Don't have to make up on a stove.
- Resealable Tub - keeping out the moisture.

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Lentil Hotpot



This dish is an easy-to-serve hot dish and the vegetables can be prepared earlier in the day if you're looking for staged shifts to support social distancing. Lentils do not require pre-soaking, but can be soaked in order to reduce cooking time by about half. If you're keeping your fresh food stocks low serve with frozen vegetables or what's available.

Number of portions: **10**
Preparation time: **25 minutes**
Cooking time: **50 minutes**

Serve: **Hot**
Suitable for Vegetarians: **Yes**
Suitable for Coeliacs: **Yes**

INGREDIENTS

200g Lentils, rinsed and drained	300ml Water
600ml Water for lentils	13g Bisto Gluten Free Gravy
500g Diced potato	400g Green beans or a vegetable of your choice
250g Carrots, peeled and chopped	

METHOD

1. Place the lentils in 600ml water, bring to the boil, and simmer until tender, then drain.
2. Cover the potatoes and carrots with water, bring to the boil, and simmer until just cooked, then drain.
3. Bring 300ml of water to the boil, add the Bisto and whisk. Add the drained lentils, potatoes, and carrots, and stir to combine. Keep this mixture warm until needed.
4. Serve with a vegetable, either plated or potted.

TOP TIPS

- Whisk as soon as you place into boiling water, to prevent any clumping.
- Make sure you measure the granules and add in one 'dose'.
- You can use any lentils you have. Lentils do not require it but can be soaked in order to reduce cooking time by about half.
- Before cooking, rinse the lentils in cold water, then drain.
- Lentils will vary in their cooking times depending on their variety. Check

RECIPE ALLERGENS

No allergens to declare.

PRODUCT FEATURES

- Gluten Free.
- Coeliac Society Approved.
- Vegan.
- No Added MSG.
- DH 2017 compliant.
- Just add boiling water.
- Makes 27 litres.
- Bain marie stable.
- 12 months life from manufacture.

PRODUCT BENEFITS

- Clean Deck - No declared allergens to declare.
- Fine Granule - dissolves directly into boiling water. Makes up from a 'still'.
- Thickens instantly.
- Don't have to make up on a stove.
- Resealable Tub - keeping out the moisture.

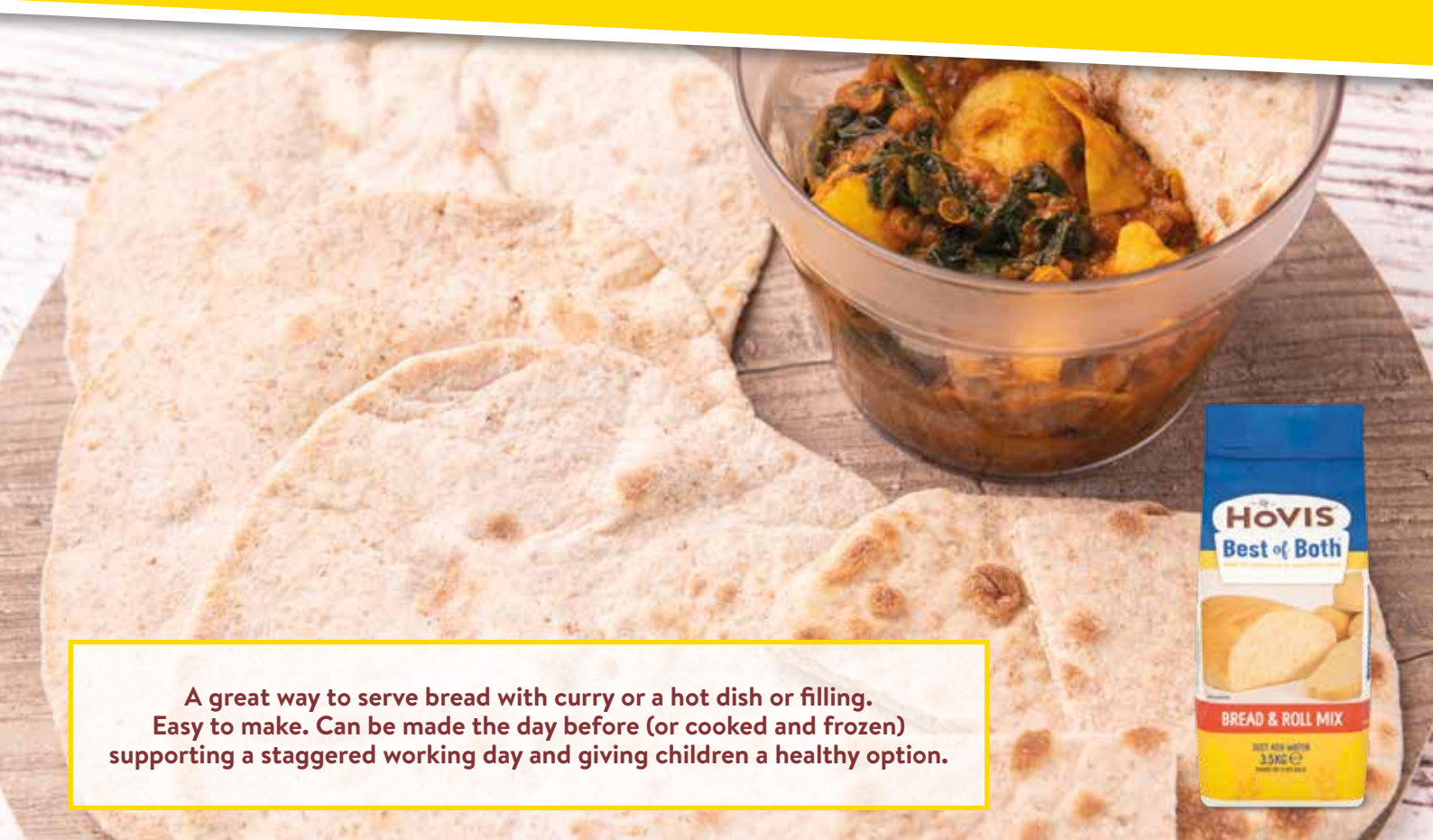
the packet for cooking times. Here is a rough guide:

Red split lentils	15 - 20 minutes.
Puy lentils:	25 - 30 minutes.
Green and brown lentils	35 - 45 minutes.
Yellow lentils:	40 - 45 minutes.

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Hovis Flatbreads



A great way to serve bread with curry or a hot dish or filling.
Easy to make. Can be made the day before (or cooked and frozen)
supporting a staggered working day and giving children a healthy option.

Number of portions: **15**
Preparation time: **10 minutes**
Cooking time: **15 minutes**

Serve: **Hot or cold**
Suitable for Vegetarians: **Yes**
Suitable for Coeliacs: **No**

INGREDIENTS

500g Hovis Best of both bread roll mix
370ml Cold water

METHOD

1. Make up the Hovis Bread Mix. Place the mix in a bowl fitted with a dough hook and blend in the water.
2. Continue to mix for 6 minutes on medium speed.
3. Divide the dough into 15 even pieces then roll each one into a thin circle. Place the flatbreads into a hot pan and cook for 2-3 minutes on each side until cooked.

RECIPE ALLERGENS

Wheat, Soya, Milk. May contain **Egg.**

PRODUCT FEATURES

- RD 2017 Salt Compliant.
- No added preservatives.
- Suitable for Vegetarians.
- Made in the UK.
- Rich in Calcium.
- Source of Fibre.
- 6 months life from manufacture.
- With the wheatgerm of wholemeal bread.

PRODUCT BENEFITS

- Complete, all in one bread mix.
- Fast acting yeast means it only needs proving once.
- Part baked bread is freeze-thaw stable.

TOP TIPS

- Popular within school for break time and lunch offer. Works great for pizza bases in schools.
- Can be frozen when cooked, allowing for batch cooking.
- You can also bake through the oven if you don't want to cook on the stove top.

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Hovis Roll



Easy to make. Can be made the day before (or cooked and frozen) supporting a staggered working day and giving children a healthy option. Ideal for part of a lunch box or cold offer.

Number of portions: **15**
Preparation time: **10 minutes**
Cooking time: **15 minutes**

Serve: **Cold**
Suitable for Vegetarians: **Yes**
Suitable for Coeliacs: **No**

INGREDIENTS

500g Hovis Best of both bread roll mix
370ml Cold water

METHOD

1. Pre-heat the oven to 220°C/425°F/Gas at Gas Mark 7.
2. Make up the Hovis Bread Mix. Place the mix in a bowl fitted with a dough hook and blend in the water.
3. Continue to mix for 6 minutes on medium speed.
4. Cut into 15 and shape into rolls.
5. Leave to prove in a warm place until the dough has doubled in size.
6. Bake in oven for 10-15 minutes.

RECIPE ALLERGENS

Wheat, Soya, Milk. May contain **Egg.**

PRODUCT FEATURES

- RD 2017 Salt Compliant.
- No added preservatives.
- Suitable for Vegetarians.
- Makes 105 x 57g rolls.
- Made in the UK.
- Rich in Calcium.
- Source of Fibre.
- 6 months life from manufacture.
- With the wheatgerm of wholemeal bread.

PRODUCT BENEFITS

- Complete, all in one bread mix.
- Fast acting yeast means it only needs proving once.
- Part baked bread is freeze-thaw stable.

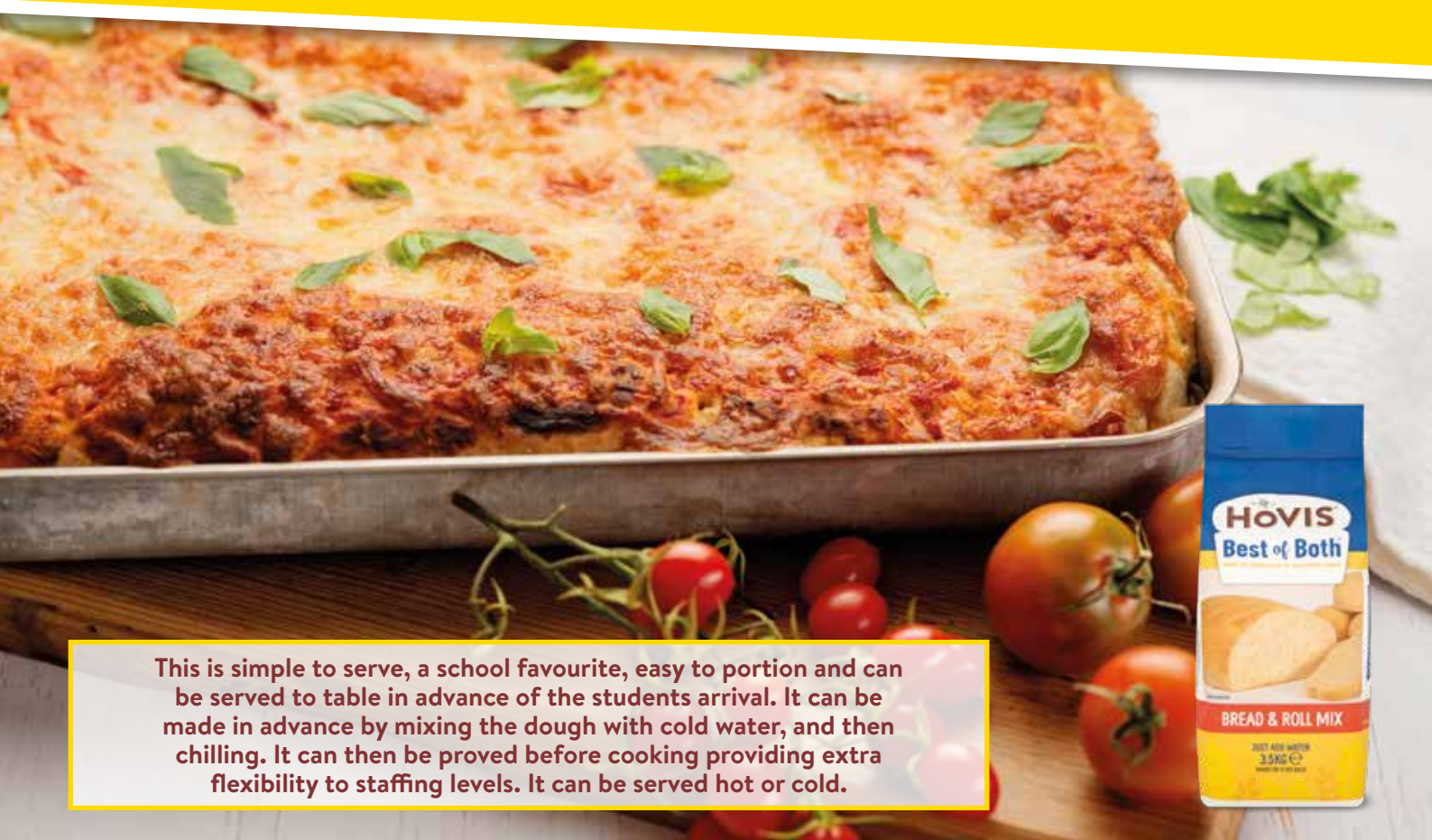
TOP TIPS

- Popular within school for break time and lunch offer. Works great for pizza bases in schools.
- Can be frozen when cooked, allowing for batch cooking.
- The roll can be shaped as a round roll or finger roll.

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Hovis Pizza



This is simple to serve, a school favourite, easy to portion and can be served to table in advance of the students arrival. It can be made in advance by mixing the dough with cold water, and then chilling. It can then be proved before cooking providing extra flexibility to staffing levels. It can be served hot or cold.

Number of portions: **10**
Preparation time: **10 minutes**
Cooking time: **25 minutes**

Serve: **Hot**
Suitable for Vegetarians: **Yes**
Suitable for Coeliacs: **No**

INGREDIENTS

300g Hovis Best of both bread roll mix
200ml Warm water
350ml Tomato sauce (check for allergens)
300g Grated cheese

METHOD

1. Pre-heat the oven to 220°C/425°F/Gas at Gas Mark 7.
2. Make up the Hovis Bread Mix. Place the mix in a bowl fitted with a dough hook and blend in the water. Continue to mix for 6 minutes on medium speed.
3. Roll the dough out into a rectangle to fit into a 25cm x 35cm tin, prick the base with a fork then leave to prove in a warm place for 10 minutes.
4. Spread the sauce over the pizza base, then finish with grated cheese.
5. Bake in oven for 20-25 minutes or until golden.

TOP TIPS

- Popular within school for break time and lunch offer. Works great for pizza bases in schools.
- Can be frozen when cooked, allowing for batch cooking.
- To keep it simple we recommend Margherita for everyone.

RECIPE ALLERGENS

Wheat, Soya, Milk. May contain **Egg.**

PRODUCT FEATURES

- RD 2017 Salt Compliant.
- No added preservatives.
- Suitable for Vegetarians.
- Made in the UK.
- Rich in Calcium.
- Source of Fibre.
- 6 months life from manufacture.
- With the wheatgerm of wholemeal bread.

PRODUCT BENEFITS

- Fast acting yeast means it only needs proving once.
- Complete, all in one bread mix.
- Part baked bread is freeze-thaw stable.

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Apple Crumble and Custard



Really easy to assemble and bake. It can then be portioned and served as part of a hot offer. A tasty dessert meeting the 2020 sugar targets. A favourite with Children and Adults.



Number of portions: 20
Preparation time: 5 minutes
Cooking time: 30 minutes

Serve: Hot
Suitable for Vegetarians: Yes
Suitable for Coeliacs: No

INGREDIENTS

1.3kg	Tinned apples	180g	Bird's Instant Custard
1kg	McDougalls Crumble Mix	1ltr	Boiling water

METHOD

1. Pre- heat the oven to 170°C/325°F/Gas at Gas Mark 3.
2. Place the apples into the base of an ovenproof dish.
3. Top with the McDougalls Crumble Mix.
4. Bake for 25-30 minutes or until the crumble is golden.
5. To make the custard, place the custard powder into a large measuring jug and add the boiling water. Stir briskly with a whisk until smooth and creamy.
6. Portion the crumble into pots, add custard, cover with a lid, and serve.

TOP TIPS

- To make a more indulgent crumble, mix with oats, muesli, nuts and spice.
- If baked in advance, keep in a sealed container and use within 3 days.
- Freeze thaw stable once baked.
- Add a little cocoa powder to the custard for an instant chocolate custard mix.
- This custard will thicken further in a bain marie, so just add a little boiling water to thin down.
- You can use any fresh or tinned fruit, or a mixture of fruits, such as apples and pears.

RECIPE ALLERGENS

Wheat, Milk. May contain Egg, Soya.

McDougalls Crumble Mix:

Bird's Instant Custard Mix:

PRODUCT FEATURES

PRODUCT FEATURES

- Ambient mix.
- Suitable for vegetarians.
- No added preservatives.
- RD 2017 Salt Compliant.
- Makes 61 x 57g portions.
- 12 months life from manufacture.
- Makes 61 x 57g portions.
- 12 months life from manufacture.

- Complete all in one custard mix.
- 300 x 55ml portions from a bag.
- Holds in a bain marie.
- Suitable for vegetarians.

PRODUCT BENEFITS

PRODUCT BENEFITS

- Complete mix you can use straight from the bag.
- Can be baked directly on a crumble filling or baked in advance and sprinkled over to serve.

- Milk Just add boiling water - no stove required.
- Thickens Instantly.
- Most cost effective custard per portion (compared to RTU and Powder).

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Potted Fruit cheesecake



This easy to make cheesecake is whipped up within minutes. We have served it upside-down, with fruit at the bottom and just a sprinkle of the biscuit crumb. This delicious classic dessert meets the 2020 Government sugar targets, so you can serve with confidence. Perfect for lunch boxes or part of a grab and go offer.

Number of portions: **10**
Preparation time: **10 minutes**
Cooking time: **N/A**

Serve: **Cold**
Suitable for Vegetarians: **Yes**
Suitable for Coeliacs: **No**

INGREDIENTS

300ml Cold water	300g Tinned fruit
150g Bird's Cheesecake Filling Mix	50g Bird's Biscuit Crumb

METHOD

1. Place the water into a mixing bowl with a whisk attachment, then add the Bird's Cheesecake Filling Mix and mix for 30 seconds on a slow speed.
2. Scrape down, then whisk for 1 minute on a medium speed.
3. Into your pots place a layer of fruit, top with the cheesecake filling, sprinkle with the biscuit crumb, cover and chill.

RECIPE ALLERGENS

Wheat, Barley, Milk, Soya.

PRODUCT FEATURES

- All in one cheesecake mix pack.
- Suitable for vegetarians.
- 9 months shelf life from manufacture.

PRODUCT BENEFITS

- 1 x pack for mix / 1 x pack for base.
- Just add liquid (mix) and butter (base).
- Makes 24 portions per box - 110" deep fill cheesecake.
- Good source of calcium.
- Once made, eat within 24 hours.

TOP TIPS

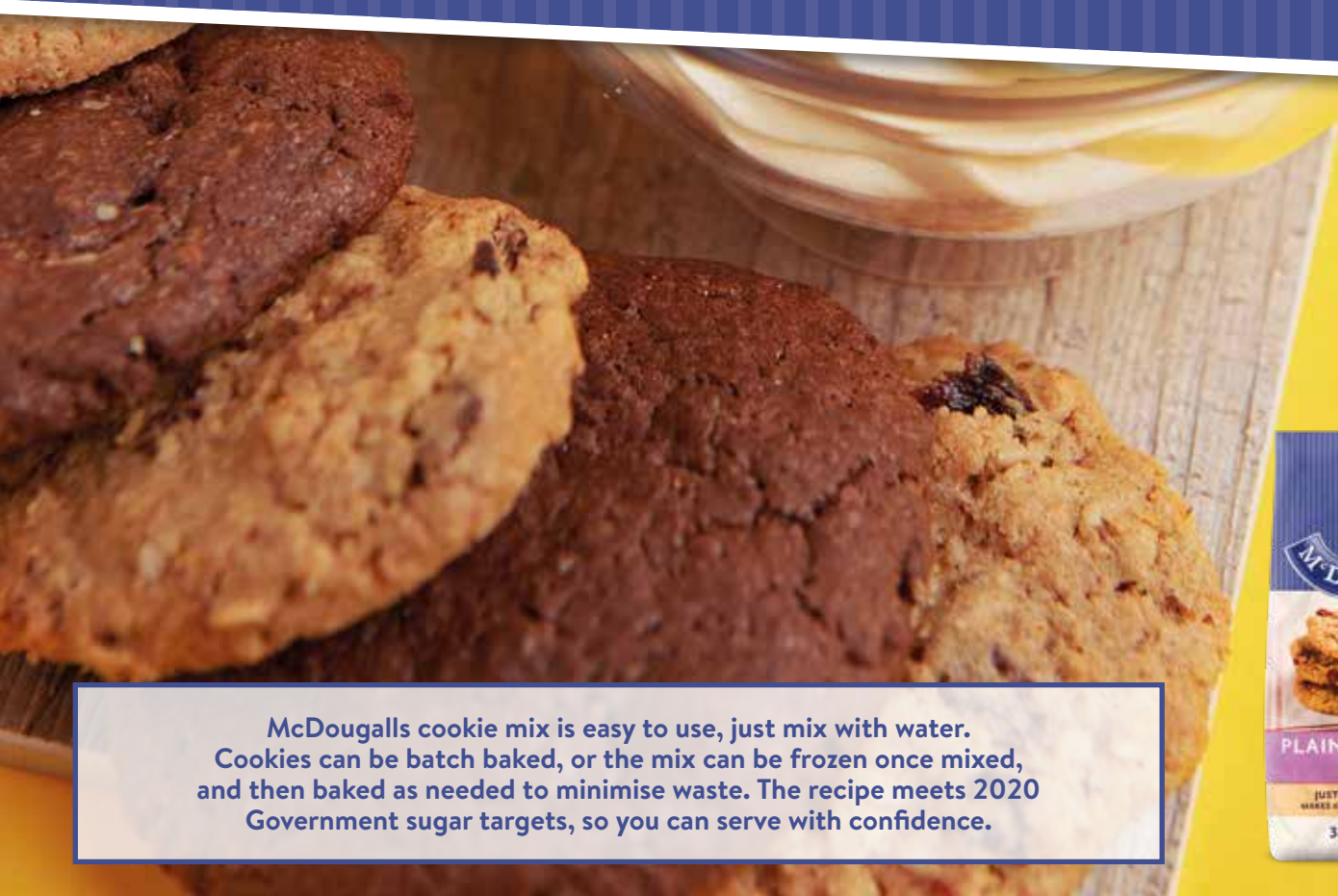
- Make sure base is chilled before placing mix on top.
- Allow at least 4 hours to set firmly.
- Can be made in advance and chilled or prepared just before serving.
- Top with a firm McDougalls jelly (double crystals in recipe) or lightly dust with cocoa powder.
- You can use fresh, tinned, or frozen fruit.

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Cookies



McDougalls cookie mix is easy to use, just mix with water. Cookies can be batch baked, or the mix can be frozen once mixed, and then baked as needed to minimise waste. The recipe meets 2020 Government sugar targets, so you can serve with confidence.



Number of portions: **20**
Preparation time: **5 minutes**
Cooking time: **12 minutes**

Serve: **Warm or cold**
Suitable for Vegetarians: **Yes**
Suitable for Coeliacs: **No**

INGREDIENTS

500g McDougalls Cookie Mix **45ml** Water

METHOD

1. Pre-heat the oven to 170°C (160°C fan)/325°F/Gas Mark 3.
2. Place the McDougalls Cookie Mix into a mixing bowl fitted with a beater. Add cold water and mix on slow speed for 1 minute until a dough is formed. **DO NOT OVER MIX.**
3. Form the dough into a roll, wrap in cling film, and place in the refrigerator for 15 minutes.
4. Remove the cling film and cut the dough into 30g slices. Press these lightly onto a baking tray and bake for 13-15 minutes.
5. Leave the cookies on the tray for about 5 minutes before moving them to a cooling wire.

RECIPE ALLERGENS

Wheat, Egg, Milk, Soya.

PRODUCT FEATURES

- Ambient mix.
- Suitable for vegetarians.
- No artificial flavours.
- No added preservatives.
- Makes 66 x 60g portions.
- 12 months life from manufacture.

PRODUCT BENEFITS

- Just add water mix.
- The dough once made can be chilled or frozen and cooked from chilled or frozen.

TOP TIPS

- For best results, roll the dough into a log shape, then slice from frozen onto a tray and bake.
- Why not try making with zest of lemon and sultanas for a lemon and sultana cookie.
- The cookies can be frozen raw or baked, allowing for batch baking.
- The cookie dough is easy to flavour with a pinch of cinnamon, or the zest of a lemon or orange.

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Flapjacks



McDougalls Flapjack Mix is a great product, just add water mix, and therefore easy to prepare. It can be made day before, and it is freeze-thaw stable. This recipe meets 2020 sugar targets, so you can serve with confidence.

Number of portions: **24**
Preparation time: **5 minutes**
Cooking time: **25 minutes**

Serve: **Cold**
Suitable for Vegetarians: **Yes**
Suitable for Coeliacs: **No**

INGREDIENTS

700g McDougalls Flapjack Mix **70ml** Water

METHOD

1. Pre-heat the oven at 170°C (160°C fan oven)/325°F/Gas Mark 3.
2. Place the McDougalls Flapjack Mix in a bowl fitted with a beater. Blend in the water on slow speed and mix for 15 seconds until the mix is moist. Press into a greased lined 25cm x 35cm (10 x 14) tin.
3. Bake for 25 minutes or until golden brown around the edges.
4. Cool slightly, but cut while still warm.

RECIPE ALLERGENS

Oats. May contain **Wheat, Milk, Egg, Soya.**

PRODUCT FEATURES

- Ambient mix.
- Suitable for vegetarians.
- No artificial flavours.
- No artificial colours.
- No added preservatives.
- 2017 salt compliant.
- Makes 64 x 60g portions.
- 6 months life from manufacture.

PRODUCT BENEFITS

- Just add water mix.
- Can be mixed by hand or in a mixer.
- Easy to Portion (doesn't crumble on cutting).
- 51% oats in the mix.

TOP TIPS

- Add any dried fruit or chocolate chips.
- Add any seeds or spices.
- Make with fruit juice to replace water.
- Can be frozen once baked, allowing for batch baking.
- You can add flavour to the flapjack with dried fruit, seeds or coconut.

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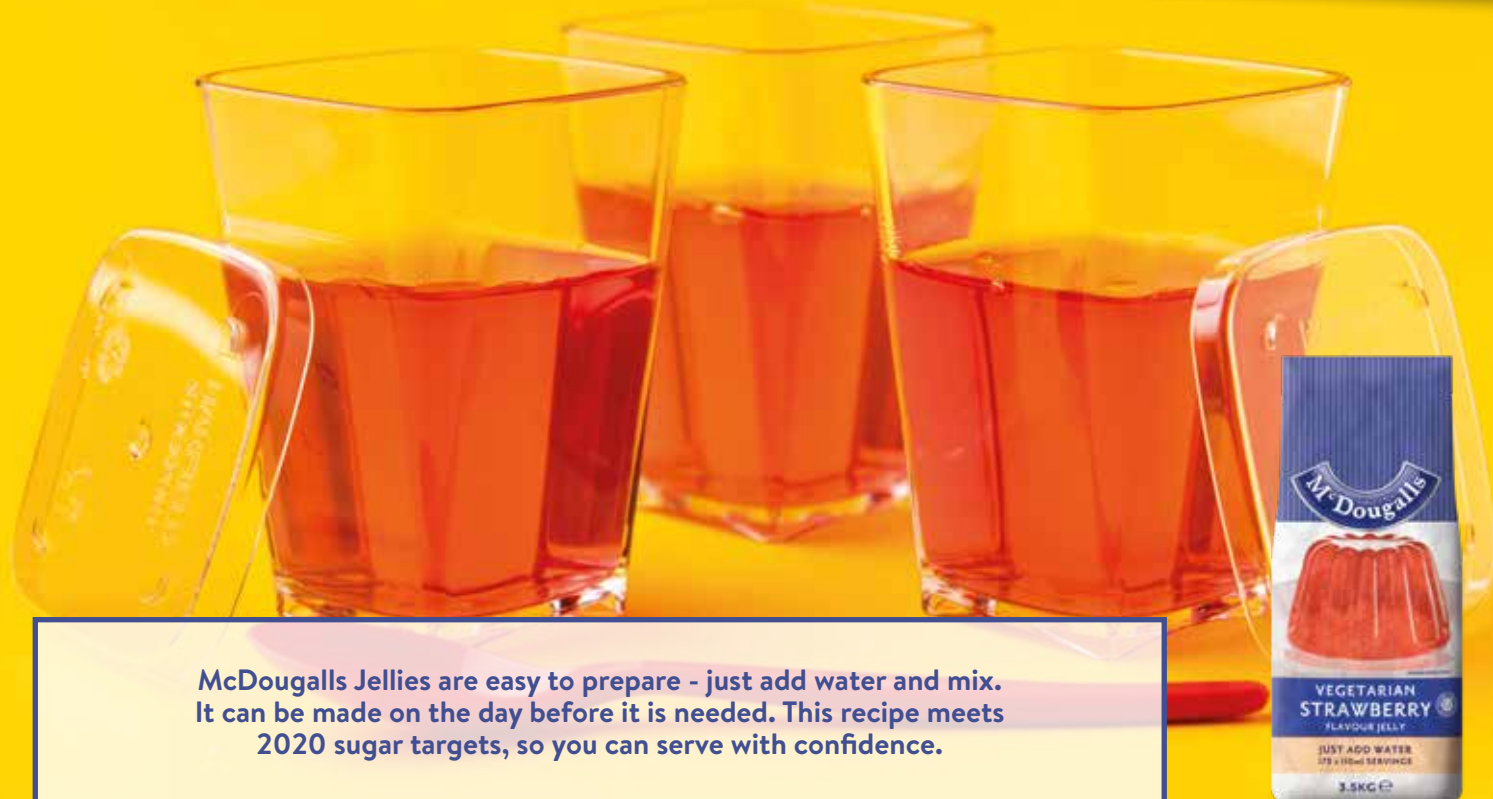
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Vegetarian Strawberry Jelly Pots



McDougalls Jellies are easy to prepare - just add water and mix.
It can be made on the day before it is needed. This recipe meets
2020 sugar targets, so you can serve with confidence.

Number of portions: **10**
Preparation time: **5 minutes**
Cooking time: **N/A**

Serve: **Cold**
Suitable for Vegetarians: **Yes**
Suitable for Coeliacs: **Yes**

INGREDIENTS

140g McDougalls Vegetarian Strawberry Jelly
720ml Boiling water

METHOD

1. Dissolve the jelly crystals in the boiling water.
2. Stir well until the crystals are completely dissolved.
3. Pour into pots and leave to set in the fridge.

RECIPE ALLERGENS

No allergens to declare.

PRODUCT FEATURES

- Jelly crystals.
- Suitable for vegetarians.
- Ambient storage.
- Prepare with hot water.
- Makes 175x 110ml portions.
- 12 months shelf life from manufacture.

PRODUCT BENEFITS

- Easy to dissolve - one stage mixing process with boiling/hot water only.
- Sets when hot.
- Use within 48 hours of preparation.
- Whole bag makes 20 litres.

TOP TIPS

- You can add 40g of fruit per pot before you add the jelly, so the jelly sets around the fruit. The vegetarian jelly sets quickly so it can be made in the morning for lunch on the same day.
- Blend with yoghurt (1/2 yoghurt and 1/2 Water) to increase calcium intake.
- Add fruit pieces or fruit puree (excluding kiwi, papaya and pineapple).
- For best set, leave overnight in the fridge.
- Try a few different flavours, or make then in a tray and then layer them in a pot to make a rainbow jelly.

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Angel Delight Pots



Angel Delight Mousse is a just add water mix, and therefore easy to prepare. It can be made the day before it is needed. This recipe meets 2020 sugar targets, so you can serve with confidence as part of a lunch box or dessert offer, or as part of a grab and go offer.

Number of portions: **10**
Preparation time: **5 minutes**
Cooking time: **N/A**

Serve: **Cold**
Suitable for Vegetarians: **Yes**
Suitable for Coeliacs: **Yes**

INGREDIENTS

140g Angel Delight mousse mix **300ml** Cold water

METHOD

1. Pour the cold water into a large bowl.
2. Add the Angel Delight Mix and whisk for 30 seconds on slow.
3. Scrape down, then increase speed to high and whisk for 5 minutes (do not over-whisk).
4. Refrigerate for 1 hour before serving.

RECIPE ALLERGENS

Milk.

PRODUCT FEATURES

- Mix with water only.
- When whipped creates a light aerated mousse.
- Suitable for vegetarian.
- No artificial colours.
- No added preservatives.
- 30% Reduced Sugar.
- Gluten Free.
- Makes 42 Portions per pack.

PRODUCT BENEFITS

- Can pipe after whipping.
- Can make the day before.
- Freeze/thaw stable and can be served frozen.

TOP TIPS

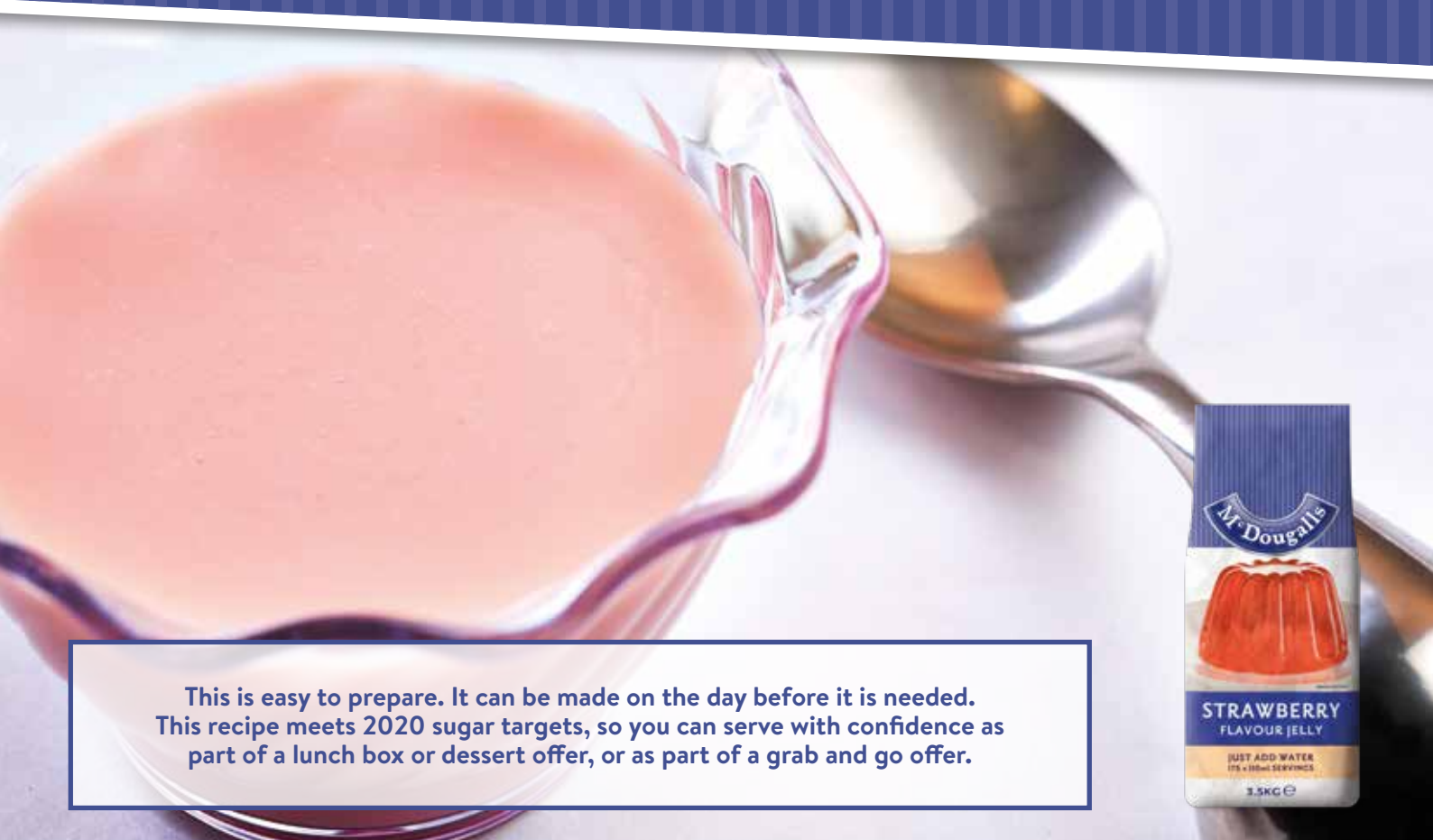
- Serve layers of banana and butterscotch Angel Delight Mousse for a banoffee pot.
- For an even creamier mousse, replace water with milk.
- Try adding half the amount of water or milk for a thick shake.
- Easy to make. You can make as much or as little as you like, minimizing waste.

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Set Fruit Yoghurt



This is easy to prepare. It can be made on the day before it is needed. This recipe meets 2020 sugar targets, so you can serve with confidence as part of a lunch box or dessert offer, or as part of a grab and go offer.

Number of portions: **10**
Preparation time: **5 minutes**
Cooking time: **N/A**

Serve: **Cold**
Suitable for Vegetarians: **No**
Suitable for Coeliacs: **Yes**

INGREDIENTS

200g McDougalls Strawberry Jelly Crystals
400ml Boiling water
400g Low fat natural yoghurt

METHOD

1. Dissolve the McDougalls Jelly Crystals in the boiling water and allow to cool slightly.
2. Mix through the yoghurt and pour into 10 suitable moulds (100g each), place in the fridge until set, then serve.

RECIPE ALLERGENS

Milk.

PRODUCT FEATURES

- Jelly crystals.
- Ambient storage.
- Prepare with hot water.
- Makes 175x 110ml portions.
- 12 months shelf life from manufacture.

PRODUCT BENEFITS

- Easy to dissolve - one stage mixing process with boiling/hot water only.
- Sets when hot.
- Use within 48 hours of preparation.
- Whole bag makes 20 litres.

TOP TIPS

- Blend with yoghurt (1/2 yoghurt and 1/2 Water) to increase calcium intake.
- Add fruit pieces or fruit puree (excluding kiwi, papaya and pineapple).
- For best set, either leave overnight in the fridge.
- Also works well with McDougalls orange or lime jelly.

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Secondary School Menu Ideas

Chicken Korma, Rice and Coriander salad

Homepride®



This oven baked curry is easy to prepare and saves time for staff.
It helps to support less movement in the kitchen as it is cooked in the oven

Number of portions: **10**
Preparation time: **10 minutes**
Cooking time: **35 minutes**

Serve: **Hot**
Suitable for Vegetarians: **No**
Suitable for Coeliacs: **Yes**

INGREDIENTS

50g	Coriander, washed and chopped	2	Tomatoes, washed and chopped
1/2	Cucumber, washed and chopped	750g	Chicken, diced
1	Red onion, peeled and sliced	500ml	Homepride Korma Sauce
		100ml	Water
		550g	Rice (50/50 mix)

METHOD

1. Make the salad, mixing together the coriander, cucumber, red onion and tomato, and place in the fridge until needed.
2. Place the chicken into an oven tray. Cover the chicken with the sauce and water then stir. Cover with a lid or foil and bake at 170°C/350°F for 25-30 minutes or until the chicken is cooked through.
3. Cook the rice following the on-pack instructions.
4. Portion and serve in pots or plated.

TOP TIPS

- Great served with mango chutney.

RECIPE ALLERGENS

Egg, Milk, Mustard.

PRODUCT FEATURES

- Food For Life Compliant.
- Suitable for vegetarian.
- No artificial colours.
- No added preservatives.
- 20-22 x 90-100g Portions
- Once opened, keep chilled and use within 5 days.
- The sauce will stay stable in a Bain Marie for 2 hours at 75c.
- For best results when freezing, defrost and use within 24 hours. Do not re-freeze.

PRODUCT BENEFITS

- RTU means Ready To Use, so no cooking required.

- Why not serve with Naan? See next recipe for easy to make naan.

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McDougalls Naan



Naan is a favourite with children and great to serve as part of a meal offer or as a break-time snack.

Number of portions: **10**
Preparation time: **10 minutes**
Cooking time: **15 minutes**

Serve: **Warm or cold**
Suitable for Vegetarians: **Yes**
Suitable for Coeliacs: **No**

INGREDIENTS

700g	McDougalls Soft Bap Mix	275ml	Warm water
50g	Yoghurt	30g	Butter or margarine
5g	Onion seeds or cumin seeds (optional)	5g	Fresh coriander or parsley (optional)

METHOD

1. Pre-heat the oven at 220°C/425°F/Gas Mark 7.
2. Place the McDougalls Soft Bap Mix into a mixer bowl fitted with a dough hook. Add the yoghurt and onion seeds or cumin seeds into the bowl.
3. Gradually pour in the warm water and mix on a slow speed for 1 minute. Then increase to medium speed for 6 minutes.
4. Divide the dough into 10 equal portions, and then on a lightly floured board roll each portion into a tear shape and place onto a greased baking sheet.
5. Leave the naan breads to prove in a warm place for about 10 minutes.
6. To bake, place in the pre-heated oven for 8-10 minutes or until the naan breads are golden and well risen.

TOP TIPS

- Perfect accomplishment for a curry pot.
- This naan freezes well, so why not batch cook and then thaw and serve.

RECIPE ALLERGENS

Wheat, Milk. May contain **Egg, Soya.**

PRODUCT FEATURES

- Ambient mix.
- Suitable for vegetarians.
- No artificial flavours.
- No artificial colours.
- No added preservatives.
- 2017 salt compliant.
- Makes 100 x 57g rolls.
- 6 months life from manufacture.

PRODUCT BENEFITS

- Just add water mix.
- Can be mixed by hand or in a mixer.
- Easy to Portion (doesn't crumble on cutting).

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Cheese and Onion Pinwheel with Coleslaw



This fill and bake recipe is really quick and easy to prepare and is served from the oven so it's easy to serve as a grab and go offer. We serve with a side of coleslaw to increase the vegetable intake.

Number of portions: **10**
Preparation time: **15 minutes**
Cooking time: **20 minutes**

Serve: **Hot or cold**
Suitable for Vegetarians: **Yes**
Suitable for Coeliacs: **No**

INGREDIENTS - PINWHEELS

600g Hovis Best of Both Bread Mix
440g Water
100g Cream cheese
200g Grated cheese
150g Red onion, diced
50g Spring onions, chopped

COLESLAW

200g White cabbage
100g Red cabbage
1 Onion, diced
100g Carrot, peeled and grated
100g Light mayonnaise

METHOD

1. Place the Hovis Best of Both Bread Mix into a bowl fitted with a dough hook. Blend in the warm water on slow speed for 1 minute. Scrape down and mix for a further 6 minutes on medium speed.
2. Roll the dough into a rectangle approximately 25cm x 30cm (10" x 12"). Spread the cream cheese evenly over the dough and sprinkle with half the grated cheese and all of the red onions and spring onions. Roll up and cut into 10 slices.
3. Place close together in a deep baking tin and prove for approximately 15-20 minutes.
4. Immediately before baking, sprinkle with the remaining grated cheese.
5. Bake at 220°C/425°F/Gas Mark 7 for 15-20 minutes, until well risen and golden brown. Leave in the tin to firm for a short time, then serve warm.

TOP TIPS

- You can add lots of different fillings to our base pinwheel recipe. Why not try: baked beans, Homepride Tomato Sauce with roasted vegetables or the Homepride Tomato Sauce with cheese and dried oregano for a pizza pinwheel.

RECIPE ALLERGENS

Wheat, Milk. May contain **Egg, Soya.**

PRODUCT FEATURES

- RD 2017 Salt Compliant.
- No added preservatives.
- Suitable for Vegetarians.
- Makes 105 x 57g rolls.
- Made in the UK.
- Rich in Calcium.
- Source of Fibre.
- 6 months life from manufacture.
- With the wheatgerm of wholemeal bread.

PRODUCT BENEFITS

- Complete, all in one bread mix.
- Fast acting yeast means it only needs proving once.
- Part baked bread is freeze-thaw stable.

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Fish Finger Sub



A great option for grab and go on Fridays or any day of the week.

Number of portions: **10**
Preparation time: **10 minutes**
Cooking time: **15 minutes**

Serve: **Hot or cold**
Suitable for Vegetarians: **No**
Suitable for Coeliacs: **No**

INGREDIENTS

500g Hovis Best of Both Bread Mix	200g Lettuce, washed
370ml Warm water	100ml Light mayonnaise
900g - 1.25kg Fish fingers	

METHOD

1. Place the Hovis Best of Both Bread Mix into a bowl fitted with a dough hook. Blend in the warm water on slow speed for 1 minute. Scrape down and mix for a further 7 minutes on medium speed.
2. Divide the dough into 10 and shape into sub rolls.
3. Place in a baking tin and prove for approximately 15-20 minutes.
4. Bake at 220°C/425°F/Gas Mark 7 for 12 minutes, until well risen and golden brown.
5. Cook the fish fingers according to pack instructions and serve hot in the rolls with lettuce and mayonnaise.

RECIPE ALLERGENS

Fish, Egg, Wheat, Milk. May contain **Soya**.

PRODUCT FEATURES

- RD 2017 Salt Compliant.
- No added preservatives.
- Suitable for Vegetarians.
- Makes 105 x 57g rolls.
- Made in the UK.
- Rich in Calcium.
- Source of Fibre.
- 6 months life from manufacture.
- With the wheatgerm of wholemeal bread.

PRODUCT BENEFITS

- Complete, all in one bread mix.
- Fast acting yeast means it only needs proving once.
- Part baked bread is freeze-thaw stable.

TOP TIPS

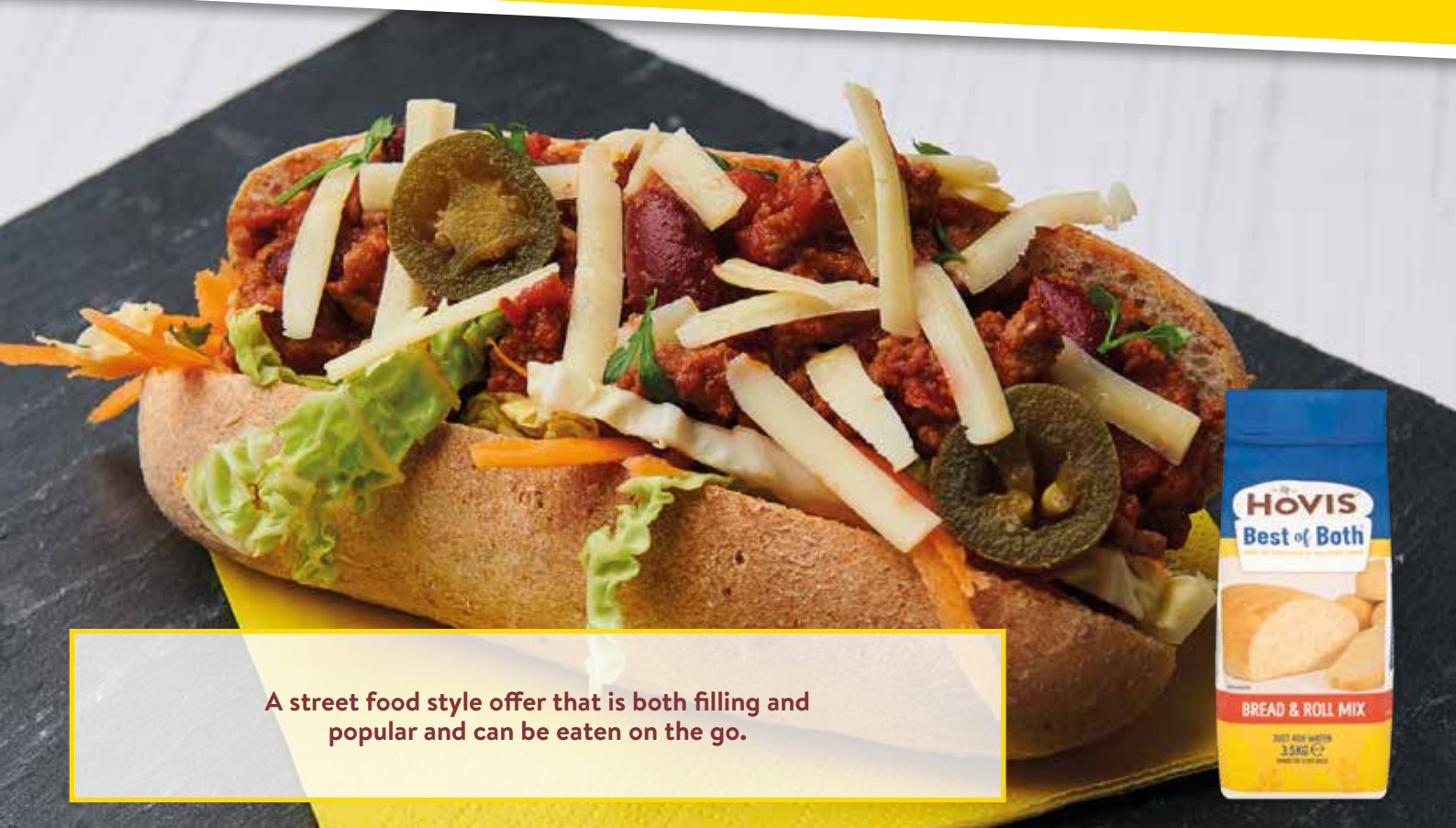
- Why not try other fillings in the sub roll recipe?
- These rolls freeze well, so why not batch cook and then thaw and serve?

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Sloppy Joe

Beef Chilli in Hovis Bap



A street food style offer that is both filling and popular and can be eaten on the go.

Number of portions: **10**
Preparation time: **10 minutes**
Cooking time: **25 minutes**

Serve: **Hot or cold**
Suitable for Vegetarians: **No**
Suitable for Coeliacs: **No**

INGREDIENTS

500g	Hovis Best of Both Bread Mix	500g	Homepride Tomato Sauce
370ml	Cold water	1 tbsp	Chilli powder
600g	Beef mince	200g	Kidney beans
1	Onion, diced	100g	Cheddar cheese grated
1	carrot, grated	50g	Jalapenos

METHOD

1. Pre-heat the oven to 220°C/425°F/Gas at Gas Mark 7.
2. Make up the Hovis Best of Both Bread Mix. Place the mix in a bowl fitted with a dough hook and blend in the water. Continue to mix for 6 minutes on medium speed.
3. Cut the dough into 10 equal portions and shape into rolls.
4. Leave to prove in a warm place until the dough has doubled in size, and then bake in the oven for 10-15 minutes.
5. Meanwhile, fry off the beef mince with the onion until brown, add the grated carrot, Homepride Tomato Sauce, chilli powder, and kidney beans and simmer for 25 minutes.
6. Serve hot in a roll topped with a sprinkling of cheese and jalapeños.

TOP TIPS

- Why not serve with a fresh slaw? Make this with 200g cabbage, shredded, 100g carrot, grated, and 50g sliced onion tossed in 1 tbsp White wine vinegar.

RECIPE ALLERGENS

Wheat, Milk. May contain **Egg, Soya.**

PRODUCT FEATURES

- RD 2017 Salt Compliant.
- No added preservatives.
- Suitable for Vegetarians.
- Makes 105 x 57g rolls.
- Made in the UK.
- Rich in Calcium.
- Source of Fibre.
- 6 months life from manufacture.
- With the wheatgerm of wholemeal bread.

PRODUCT BENEFITS

- Complete, all in one bread mix.
- Fast acting yeast means it only needs proving once.
- Part baked bread is freeze-thaw stable.

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Banana and Oat Muffin



Muffins are easier to serve as they are pre-portioned so ideal for a sweet treat.

Number of portions: **24**
Preparation time: **10 minutes**
Cooking time: **25 minutes**

Serve: **Warm or cold**
Suitable for Vegetarians: **Yes**
Suitable for Coeliacs: **No**

INGREDIENTS

875g	McDougalls Plain Sponge Mix	5g	Mixed spice
450ml	Water	100g	Oats
2	Bananas, mashed		

METHOD

1. Pre-heat the oven at 170°C/350°F/Gas Mark 5.
2. Place the sponge mix in a bowl fitted with a whisk. Add the water and mix for 1 minute on slow speed. Scrape down then mix for a further 4 minutes.
3. Stir in the bananas, mixed spice and half the oats.
4. Place into muffin cases in a muffin tin. Sprinkle the remaining oats over the muffins.
5. Bake for 25 minutes or until golden brown and firm to the touch.

TOP TIPS

- You can swap bananas for grated apple or chopped pears.
- If you fancy chocolate why not try McDougalls Chocolate sponge mix for a great chocolate muffin?

RECIPE ALLERGENS

Wheat, Egg, Milk, Soya.

PRODUCT FEATURES

- Ambient mix.
- Suitable for vegetarians.
- No artificial flavours.
- No artificial colours.
- No added preservatives.
- 2017 salt compliant.
- Makes 87 x 60g portions.
- 6 months life from manufacture.

PRODUCT BENEFITS

- Just add water mix.
- This batter can be steamed for sponge puddings.
- The baked sponge is freeze thaw stable.

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Milk



When it comes to serving milk in school, don't forget we have Marvel Milk Powder. This now comes in a 2kg catering pack. Marvel contains added vitamin A and D is a great option for caterers. Marvel is an easy way to store milk as it is stored ambiently and so saves fridge space. You simply mix with cold water for a great cold milk drink or as a basis for a hot drink order. You can also use in cooking to make custards, macaroni cheese or white sauces.

BENEFITS:

- Space saving.
- Longer shelf life when compared to fresh milk.
- No notable taste difference to milk.
- Multifunctional due to dry format; can be used more flexibly than milk.
- Can be used in a dry format, directed into a recipe, made into a paste, or diluted in liquid (hot or cold).
- Fortified with vitamins A and D, giving added health benefits.

NEW **2kg** BAG

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