
HEALTHY EATING
GREATER HEALTH
& WELLBEING
-Scotland-
IN SCHOOLS
aah! BISTO
Sharwood's
HOVIS
BREAD
Birds
McDougalls
Angel Delight

HEALTHY EATING
-Scotland-

THE 2020 HEALTHY EATING IN SCHOOLS GUIDE IS ALIGNED TO THE SCOTTISH GOVERNMENT'S MOVE TO IMPROVE THE HEALTH AND WELLBEING OF EVERYONE IN SCOTLAND. THE GOVERNMENT SEES SCHOOLS AS HAVING AN ESSENTIAL ROLE IN SUPPORTING HEALTHIER DIETS BY ENCOURAGING POSITIVE DIETARY CHOICES IN CHILDREN AND YOUNG PEOPLE, WHICH IN TURN ALLOWS THEM TO FORM GOOD DIETARY HABITS AS THEY GROW OLDER.

This guide builds on the 2008 Scottish regulations around nutritional requirement for food and drinks in schools. It includes the whole day and is based on four key themes.

Increase fruit and vegetables

- Give children and young people access to their five-a-day by offering whole portions of fruit of vegetables.
- Fruit and vegetables must always be made available in any place within the premises where food is provided, such as breakfast clubs, mid-morning breaks, tuckshops and after school clubs.

Reduce the amount of sugar students can access at school

- Cakes and biscuits can only be provided at lunchtime and as part of a meal.
- For primary schools, cakes can only be served three times a week at lunch with no more than 15g sugar per portion.
- Sweetened & baked products are permitted for secondary schools as long as they contain no more than 10g sugar per portion.
- Cakes, biscuits and puddings made with cocoa powder should only be available a maximum of two days per week.
- Milk-based desserts are permitted if they meet the target of below 10g of sugar per 100g for primary and secondary schools.
- Free drinking water must always be available. Limit the provision of no-added-sugar drinks. Low-fat milk, yoghurt drinks, are to be seen as an occasional choice and not expected every day. Smoothies and fruit juices are not allowed. Low-fat milk drinks should contain no more than 0.5% total sugars per 100ml and 1.8g of total fat per 100ml.

Bring red and processed meats in line with Scottish dietary goals.

There are targets for maximum levels of red and processed meat per week.

- Secondary 230g per week of red meat, of which no more than 130g is processed meat.
- Primary 175g (cooked weight) of red meat per week, of which no more than 100g is processed meat. In primary schools, no red or processed meat to be offered at any time other than lunchtime.

Change the way food is served in secondary schools to meet the needs of young people better.

- The criteria for secondary school children is different from primary school children, to reflect their different nutritional needs and to provide more flexibility for them to access food throughout the day.
- Two portions of vegetables and one of fruit must be provided as part of a main meal lunch item.
- The lower sugar target for secondary schools is help train young people's palates not to expect overly sweet tastes.

Here is a link for all the standards and detail for reference:

https://www.gov.scot/publications/healthy-eating-schools-guidance-2020/

SCOTTISH RECIPE GUIDE INTRODUCTION

With the Scottish government creating plans for greater health and wellbeing throughout the country, schools are playing an essential role in supporting healthier diets. We have listened to caterers from schools across Scotland, creating a series of easy and exciting recipes to encourage positive dietary choices for children of all ages. The 2020 Scottish Healthy Eating Plan, and our guide, builds on the 2008 Scottish regulations for nutritional food and drinks in schools, that was based on four key elements:

- Increase fruit and vegetables
- Reduce the amount of sugar students can access at school
- Bring red and processed meats in line with Scottish dietary goals
- Change the way food is served in secondary schools to meet the needs of young people better

Our guide includes dishes for the whole day, making it ideal for school menus across primary and secondary education.

Each delicious recipe has been crafted by the Premier Foodservice chefs to help Scottish school caterers encourage young people to make healthier choices for themselves.

CONTENTS OF RECIPES

TOMATO AND LENTIL SOUP

INGREDIENTS

Bisto Vegetable Bouillon	75g
Tinned chopped tomatoes	800g
Water	2.5L
Carrots, grated	600g
Onion, finely diced	200g
Red lentils	250g

METHOD

1. Put everything into a large pan.
2. Bring to a boil, then turn down the heat and simmer on the hob for 30 minutes until the lentils have softened and merged into the soup with the carrot and onion.

ALLERGENS: Celery.

FOOD SPECIFICATION

Product Description: Hearty soup of lentils, onion, carrot and tomato.

Ingredients: Bisto Vegetable Bouillon, tinned tomatoes, water, carrots, onion, red lentils.

Portions:
Early Years: 24 x 170g portions.
Primary: 17 x 240g portions.
Secondary: 14 x 300g portions.

NUTRIENT	Per 100g
Energy (kcals)	36kcal
Protein(g)	1.8g
Carbohydrate (g)	6.2g
of which is sugars (g)	2.1g
Fat (g)	0.6g
of which saturates (g)	0.1g
Fibre (g)	0.9g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – Yes* | Kosher – No | Vegan – Yes
*Ensure lentils are rinsed before cooking, as they may contain gluten due to the packing process.

COTTAGE PIE

INGREDIENTS

Lean minced beef	2kg
Water	1.6L
Bisto Gluten Free Gravy	50g
Potatoes, peeled and quartered	3.6kg
Carrots, peeled and chopped	1kg
Swede, peeled and chopped	1kg
Margarine (dairy free)	100g

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 or pipe the mashed root vegetables evenly over the shepherd's pie mixture.
5. Bake 190°C/375°F/Gas Mark 5 for 35 or minutes until the topping is golden brown. Serve with two portions of seasonal vegetables.

ALLERGENS: None.

FOOD SPECIFICATION

Product Description: Mince beef and vegetables cooked in gravy topped with mashed potato.

Ingredients: Lean minced beef, Bisto Gluten Free Gravy, carrots, swede, dairy free margarine.

Portions:
Early Years: 50 x 40g mince beef portions.
Primary: 40 x 50g mince beef portions.
Secondary: 25 x 80g mince beef portions.

NUTRIENT	Per 100g
Energy (kcals)	86kcal
Protein(g)	4.6g
Carbohydrate (g)	7.5g
of which is sugars (g)	1.5g
Fat (g)	4.5g
of which saturates (g)	1.6g
Fibre (g)	1.9g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – Yes | Kosher – No | Vegan – No

LENTIL HOTPOT

INGREDIENTS

Lentils, rinse and drained	400g
Water for lentils	1.2L
Diced potato	1kg
Carrots, peeled and chopped	500g
Water	600ml
Bisto Reduced Salt Gravy Granules	26g

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.

ALLERGENS: None.

FOOD SPECIFICATION

Product Description: Lentil, potato and carrot stew.

Ingredients: Lentils, potato, carrots, Bisto Gluten Free Gravy.

Portions:
Early Years: 24 x 150g portions.
Primary: 17 x 150g portions.
Secondary: 22 x 300g portions.

NUTRIENT	Per 100g
Energy (kcals)	60kcal
Protein(g)	3.3g
Carbohydrate (g)	11.3g
of which is sugars (g)	1.5g
Fat (g)	0.4g
of which saturates (g)	0.1g
Fibre (g)	2.8g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – Yes | Kosher – No | Vegan – Yes

SINGAPORE NOODLES STIR FRY WITH CHICKEN

INGREDIENTS

Chicken, 50/50 diced	2kg
Oil	75ml
Curry Powder	100g
Sharwood's Medium Egg Noodles	1.5kg
Onion, sliced	800g
Garlic, peeled and chopped	60g
Ginger, peeled and grated	60g
Mushrooms, sliced	1.2kg
Carrots, grated	1.2kg
Broccoli, into little florets	1.2kg
Red peppers, sliced	400g
Soy sauce	80ml
Spring onions, sliced	100g

METHOD

1. Coat the chicken in 100ml of the oil and season with 20g of the curry powder. Bake in a moderate oven until cooked. Keep warm.
2. Prepare the noodles as per pack instructions.
3. Heat the oil in a large pan and flash fry the onion with the garlic and ginger for five minutes.
4. Add the remaining curry powder and the vegetables, and stir fry until cooked, but still crisp.
5. Add the soy sauce and the noodles. Stir these in, and top with the cooked chicken and spring onions.

ALLERGENS: Wheat, Egg, Soya, Sulphites, Mustard. (May contain Milk, Sesame).

FOOD SPECIFICATION

Product Description: Chicken, noodles and vegetable stir fry.

Ingredients: Chicken, oil, curry powder, Sharwood's Medium Egg Noodle, onion, garlic, ginger, mushroom, carrot, broccoli, red pepper, soy sauce, spring onions.

Portions:
Early Years: 80g cooked noodles, 40g raw chicken recipe.
Primary: 40 x 80g cooked noodles, 50g raw chicken recipe portions.
Secondary: 25 x 180g cooked noodles, 80g raw chicken recipe portions.

NUTRIENT	Per 100g
Energy (kcals)	116kcal
Protein(g)	8.1g
Carbohydrate (g)	16.2g
of which is sugars (g)	2.9g
Fat (g)	2.3g
of which saturates (g)	0.4g
Fibre (g)	2.1g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – No | Kosher – No | Vegan – No

PIZZA

INGREDIENTS

Hovis Best of Both Mix	600g
Warm water	400ml
Homepride Tomato and Basil Sauce	500g
Cheese, grated	400g

METHOD

1. Place the Hovis Best of Both Mix in a bowl fitted with the dough hook and slowly blend in the water for one minute. Then continue to mix for 6 more minutes on a medium speed.
2. Cut the dough in half, Roll each half into a rectangle to fit a 25cm x 35cm (10 x 14") tin in each case. Prick the bases of each rectangle with a fork then leave to prove in a warm place for 10 minutes.
3. For each tin, spread the Homepride Tomato and Basil Sauce over the base then sprinkle the cheese over the top.
4. Bake in a pre-heated oven at 200°C, 400°F, gas mark 7 for 20-25 minutes or until golden brown.

ALLERGENS: Wheat, Milk, Soya. (May contain Egg).

FOOD SPECIFICATION

Product Description: Pizza topped with tomato sauce and cheese.

Ingredients: Hovis Best of Both Bread Mix, water, Homepride Tomato and Basil Sauce, cheese.

Portions:
Early Years: 18 x 100g portions.
Primary: 18 x 100g portions.
Secondary: 12 x 160g portions.

NUTRIENT — Per 100g

Energy (kcals)	176kcal
Protein(g)	8.4g
Carbohydrate (g)	14.6g
of which is sugars (g)	1.8g
Fat (g)	8.9g
of which saturates (g)	4.8g
Fibre (g)	1.8g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – No | Kosher – No | Vegan – No

MEXICAN JACKFRUIT BEAN BIRRIA WITH AVOCADO ON TORTILLA CHIPS

INGREDIENTS

Vegetable oil	2 tbsp
Jackfruit, drained	550g
Red pepper, large dice	2
Chili flakes	2
Ground cloves	1/4 tsp
Thyme	1 tsp
Dried marjoram	2 tsp
Bay leaves	2
Ground cumin	1/2 tsp
Ground ginger	1/2 tsp
Cinnamon stick	1/2
Garlic cloves, Pureed	6
Red onions, diced	2
Tomatoes, diced	300g
Kidney beans	
Water	500ml
Tomato puree	1 tbsp
Bisto Reduced Salt Gravy Granules	30g
Corn tortilla chips	500g
Avocado, diced	1
Fresh coriander, chopped	20g
Lime wedges (optional)	

METHOD

1. Heat the pan and add the oil allowing to smoke a little. Add the thyme, marjoram, bay leaves, cloves, cumin, ginger, cinnamon, chilli flakes, garlic and onion and roast in the pan. A little colour is good!
2. Now add the jackfruit and red pepper and cook allowing the spices to coat the ingredients and the jackfruit to catch on the edges.
3. Now add the diced tomatoes, kidney beans, Bisto Vegetable Stock, and tomato puree.
4. Bring this to a boil and add the Vegan Bisto Gravy Granules. Allow to cook for 15-20 minutes. We want the stew to cook out and make the jackfruit soft.
5. To serve, add your tortilla chips to a dish, top with the jackfruit birria and finish with diced avocado, chopped coriander and optional fresh lime.

ALLERGENS: Soya, Celery. (Check Corn tortilla chips).

FOOD SPECIFICATION

Product Description: Jackfruit, with peppers, onions herbs and spiced sauce, serve on tortilla chips and avocado.

Ingredients: Vegetable oil, jackfruit, red pepper, cooked kidney beans chili flakes, ground cloves, thyme dried marjoram, bay leave, ground cumin , ground ginger, cinnamon stick, garlic, red onions, tomatoes, tomato puree, Bisto Reduced Salt Gravy Granules, corn tortilla chips, avocado, coriander, Lime wedges (optional).

Portions:
Secondary: 10 portions.

NUTRIENT	Per 100g
Energy (kcals)	132kcal
Protein(g)	3.1g
Carbohydrate (g)	15.0g
of which is sugars (g)	2.2g
Fat (g)	8.7g
of which saturates (g)	0.9g
Fibre (g)	2.2g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – Yes | Kosher – No | Vegan – Yes

CUSTARD

INGREDIENTS

Sugar	100g
Semi Skimmed Milk	4L
Bird's Custard Powder	200g

METHOD

1. To make the custard, place the custard powder into a measuring jug and mix with the sugar and 200ml of the milk to make a paste.
2. Bring the rest of the milk to the boil. Once boiling, briskly stir in the paste and whisk until smooth and creamy, then serve.

ALLERGENS: Milk.

FOOD SPECIFICATION

Product Description: Hot custard.

Ingredients: Sugar, Bird's Custard Powder, milk.

Portions:
Early Years: 40 x 100g portions.
Primary: 40 x 100g portions.
Secondary: 28 x 140g portions.

NUTRIENT

NUTRIENT	Per 100g
Energy (kcals)	60kcal
Protein(g)	3.6g
Carbohydrate (g)	7.9g
of which is sugars (g)	7.7g
Fat (g)	1.8g
of which saturates (g)	1.1g
Fibre (g)	0.0g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – Yes | Kosher – No | Vegan – No

TOASTED TEACAKE

INGREDIENTS

McDougalls Soft Bap Mix	900g
Water (warm)	550ml
Ground cinnamon	3g
Sultanas	100g
Chopped mixed peel	50g
Egg (to glaze)	1

METHOD

1. Place the McDougall's Soft Bap Mix & cinnamon in a bowl fitted with a dough hook.
2. Blend in the water on slow speed for 1 minute. Continue to mix on a medium speed for a further 6 minutes.
3. Add the dried fruit and mix on a slow speed until the fruit is fully incorporated.
4. Scale & shape into 45g or 100g rounds and gently press them down onto a non-stick baking tray.
5. Prove until the dough has doubled in size.
6. Brush with egg wash and bake at 200ºC for about 10- 12 minutes, or until fully baked.
7. Cool and serve toasted.

ALLERGENS: Wheat, Egg, Sulphites. (May contain Milk, Soya).

FOOD SPECIFICATION

Product Description: Soft bread roll with cinnamon, sultanas and mixed peel.

Ingredients: McDougalls Soft Bap Mix, water, cinnamon, sultanas, mixed peel and egg.

Portions:
Primary: 35 portions.
Secondary: 16 portions.

NUTRIENT

NUTRIENT	Per 100g
Energy (kcals)	234kcal
Protein(g)	8.3g
Carbohydrate (g)	41.8g
of which is sugars (g)	11.7g
Fat (g)	3.2g
of which saturates (g)	1.1g
Fibre (g)	3.3g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – No | Kosher – No | Vegan – No

ANGEL DELIGHT STRAWBERRY MOUSSE

INGREDIENTS

Cold Water	1.4L
Angel Delight Strawberry Mousse	600g

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.

ALLERGENS: Milk.

FOOD SPECIFICATION

Product Description: A whipped strawberry flavoured milk dessert.

Ingredients: Angel Delight Strawberry Mousse, water.

Portions:
Primary: 42 x 110ml portions.
Secondary: 28 x 165ml portions.

NUTRIENT	Per 100g	Per 110ml (Primary)	Per 165ml (Secondary)
Energy (kcals)	126kcal	72kcals	90g
Protein(g)	6.0g	3.4g	4.3g
Carbohydrate (g)	18.2g	10.4g	13.0g
of which is sugars (g)	13.5g	7.7g	9.6g
Fat (g)	3.2g	1.8g	2.0g
of which saturates (g)	2.8g	1.6g	2.2g
Fibre (g)	0.0g	0.0g	0.0g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – Yes | Kosher – No | Vegan – No

ANGEL DELIGHT CHOCOLATE MOUSSE

INGREDIENTS

Cold Water	1.4L
Angel Delight Chocolate Mousse	600g

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.

ALLERGENS: Milk.

FOOD SPECIFICATION

Product Description: A whipped chocolate flavoured milk dessert.

Ingredients: Angel Delight Chocolate Mousse, water.

Portions:
Primary: 42 x 110ml portions.
Secondary: 28 x 165ml portions.

NUTRIENT	Per 100g	Per 110ml (Primary)	Per 165ml (Secondary)
Energy (kcals)	429kcal	61kcals	92g
Protein(g)	17.1g	2.4g	3.7g
Carbohydrate (g)	61.4g	8.8g	13.2g
of which is sugars (g)	37.9g	5.4g	8.1g
Fat (g)	12.1g	1.7g	2.6g
of which saturates (g)	9.3g	1.3g	2.0g
Fibre (g)	2.6g	0.4g	0.6g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – Yes | Kosher – No | Vegan – No

ANGEL DELIGHT BUTTERSCOTCH MOUSSE

INGREDIENTS

Cold Water	1.4L
Angel Delight Butterscotch Mousse	600g

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.

ALLERGENS: Milk.

FOOD SPECIFICATION

Product Description: A whipped butterscotch flavoured milk dessert.

Ingredients: Angel Delight Butterscotch Mousse, water.

Portions:
Primary: 42 x 110ml portions.
Secondary: 28 x 165ml portions.

NUTRIENT	Per 100g	Per 110ml (Primary)	Per 165ml (Secondary)
Energy (kcals)	429kcal	60kcals	90g
Protein(g)	20.0g	2.9g	4.3g
Carbohydrate (g)	60.7g	8.7g	13.0g
of which is sugars (g)	45.7g	6.4g	9.6g
Fat (g)	12.1g	1.5g	2.3g
of which saturates (g)	9.3g	1.3g	2.0g
Fibre (g)	0.0g	0.0g	0.0g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – Yes | Kosher – No | Vegan – No

ANGEL DELIGHT BANANA MOUSSE

INGREDIENTS

Cold Water	1.4L
Angel Delight Banana Mousse	600g

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.

ALLERGENS: Milk.

FOOD SPECIFICATION

Product Description: A whipped banana flavoured milk dessert.

Ingredients: Angel Delight Banana Mousse, water.

Portions:
Primary: 42 x 110ml portions.
Secondary: 28 x 165ml portions.

NUTRIENT	Per 100g	Per 110ml (Primary)	Per 165ml (Secondary)
Energy (kcals)	429kcal	61kcals	92g
Protein(g)	20.7g	3.0g	4.4g
Carbohydrate (g)	60.0g	8.6g	12.9g
of which is sugars (g)	45.7g	6.5g	9.8g
Fat (g)	12.1g	1.7g	2.6g
of which saturates (g)	9.3g	1.3g	2.0g
Fibre (g)	0.0g	0.0g	0.0g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – Yes | Kosher – No | Vegan – No

CHOCOLATE AND CINNAMON SHORTBREAD

INGREDIENTS

Margarine	300g
Granulated sugar	175g
Eggs, beaten	2
McDougalls Plain Flour	450g
Wholemeal flour	100g
McDougalls Cocoa Power	50g
Baking powder	30g
Ground cinnamon	10g

METHOD

1. Pre-heat the oven to 170°C, (160°C fan) 330°F, Gas 3.
2. Cream the margarine and sugar together until pale and fluffy. Add the beaten eggs.
3. Add the McDougalls Plain Flour, wholemeal flour, McDougalls Cocoa Powder, baking powder and the cinnamon to form a dough.
4. Then shape the dough into a log and cut into portions. Place on a baking sheet and press down lightly with a fork to mark the surface.
5. Bake in the oven for 10-15 minutes or until firm to touch. Leave on the tray to cool for 5 minutes before placing on a wire rack.

ALLERGENS: Egg, Wheat. (Check Margarine).

FOOD SPECIFICATION

Product Description: Chocolate and cinnamon shortbread biscuit.

Ingredients: Margarine, sugar, egg, plain flour, wholemeal flour, cocoa powder, baking powder, ground cinnamon.

Portions:
Early Years 33 x 40g portions.
Primary: 33 x 40g portions.
Secondary: 20 x 65g portions.

NUTRIENT	Per 100g	Per 40g	Per 65g
		Early Years & Primary	Secondary
Energy (kcals)	409kcal	151kcals	249g
Protein(g)	7.3g	2.7g	4.5g
Carbohydrate (g)	50.7g	18.6g	30.8g
of which is sugars (g)	15.6g	5.7g	9.5g
Fat (g)	20.3g	7.5g	12.3g
of which saturates (g)	7.0g	2.6g	4.3g
Fibre (g)	3.8g	1.4g	2.3g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – No | Kosher – No | Vegan – No

PEACH MELBA SPONGE

INGREDIENTS

McDougalls Plain Sponge Mix	700g
Water	300ml
Tinned peaches	300g
Frozen raspberries	100g

METHOD

1. Pre-heat the oven to 170°C, (160°C fan) 330°F, Gas 3.
2. Grease your tin and arrange the raspberries and peach slices on the bottom.
3. Add the McDougalls Plain Sponge Mix in a bowl with a fitted whisk. Blend in the water on low speed for one minute. Scrape down and mix for a further four minutes.
4. Place on top of the fruit in the tin.
5. Bake in the oven for 25-30 minutes or until firm to touch. Leave on the tray to cool before turning out.

ALLERGENS: Wheat, Egg, Milk, Soya.

FOOD SPECIFICATION

Product Description: Sponge with peaches and raspberries.

Ingredients: McDougalls Sponge Mix, peaches, raspberries.

Portions:
Early Years 33 x 40g portions.
Primary: 33 x 40g portions.

NUTRIENT	Per 100g	Per 40g (Early Years & Primary)
Energy (kcals)	209kcal	89kcals
Protein(g)	4.3g	1.8g
Carbohydrate (g)	36.5g	15.5g
of which is sugars (g)	18.8g	8.0g
Fat (g)	4.5g	1.8g
of which saturates (g)	1.9g	0.8g
Fibre (g)	3.5g	1.4g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – No | Kosher – No | Vegan – No

MCDOUGALLS CHOCOLATE AND ORANGE COOKIE

INGREDIENTS

McDougalls Chocolate Cookie Mix	1kg
Oranges, zested and juiced	2
Juice topped with water to	140ml

METHOD

1. Place the McDougalls Chocolate Cookie Mix and orange zest in a mixing bowl. Select the beater attachment. Blend in the juice and water using a beater on slow speed for 1 minute, or until a dough is formed.
2. To portion, form the dough into a log. Wrap in cling film and refrigerate until firm. Remove the cling film, cut the dough into 40g slices, and lightly press onto a baking tray.
3. Bake at 170°C/325°F/Gas Mark 3 for 13-15 minutes.
4. Leave the cookies on the tray for 5 minutes before moving them to a cooling rack.

ALLERGENS: Wheat, Egg, Milk. (May contain Soya).

FOOD SPECIFICATION

Product Description: Chocolate Cookie with Orange.

Ingredients: McDougalls Chocolate Cookie Mix, with zest and juice of orange.

Portions:
Primary: 28 x 40g portions.

NUTRIENT	Per 100g	Per 40g Primary
Energy (kcals)	390kcal	159kcals
Protein(g)	5.8g	1.4g
Carbohydrate (g)	57.4g	23.4g
of which is sugars (g)	30.0g	12.2g
Fat (g)	14.6g	5.9g
of which saturates (g)	5.7g	2.4g
Fibre (g)	3.3g	1.4g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – No | Kosher – No | Vegan – No

MCDOUGALLS FRUIT AND SEEDED FLAPJACK

INGREDIENTS

McDougalls Flapjack Mix	1kg
Water	300ml
Apple, grated	100g
Sultanas	50g
Sunflower seeds	25g
Poppy seeds	25g
Pumpkin Seeds	25g

METHOD

1. Preheat the oven to 170˚C, (160˚C fan) 330˚F, Gas 3.
2. Grease your tin.
3. Add the McDougalls Flapjack Mix, the fruit, and the seeds to a bowl with a fitted beater. Blend in the water on low speed for one minute.
4. Bake in the oven for 25-30 minutes or until firm to touch. Leave on the tray to cool before turning out.

ALLERGENS: Oats. (May contain Wheat, Egg, Milk, Soya also check may contain statement on Seeds).

FOOD SPECIFICATION

Product Description: Flapjack with Apple Sultanas and Seeds.

Ingredients: McDougalls Flapjack Mix, apple, sultanas, pumpkin, sunflower and poppy seeds.

Portions:
Primary: 26 x 50g portions.

NUTRIENT	Per 100g	Per 50g (Primary)
Energy (kcals)	384kcal	196kcals
Protein(g)	6.1g	3.1g
Carbohydrate (g)	53.2g	27.1g
of which is sugars (g)	17.8g	9.1g
Fat (g)	15.6g	7.9g
of which saturates (g)	5.0g	2.5g
Fibre (g)	4.6g	2.3g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – No | Kosher – No | Vegan – No

MCDOUGALLS LEMON AND SULTANA COOKIES

INGREDIENTS

McDougalls Plain Cookie Mix	1kg
Lemon, zested	2
Sultanas	100g
Water	140ml

METHOD

1. Place the McDougalls Plain Cookie Mix, lemon zest and sultanas in a mixing bowl. Select the beater attachment.
2. Blend in the cold water, using a beater on slow speed for 1 minute or until a dough is formed.
3. To portion, form the dough into a log. Wrap in cling film and refrigerate until firm. Remove the cling film, cut the dough into 50g slices, and lightly press onto a baking tray.
4. Bake at 170°C/325°F/Gas Mark 3 for 13-15 minutes. (In a fan-assisted oven bake at 160°C/320°F/Gas Mark 2.) Leave the cookies on the tray for 5 minutes before moving them to a cooling wire.

ALLERGENS: Wheat, Egg, Milk (May contain Soya).

FOOD SPECIFICATION

Product Description: Cookie with sultanas and lemon.

Ingredients: McDougalls Plain Cookie Mix, sultanas and lemon.

Portions:
Primary: 25 x 50g portions.

NUTRIENT	Per 100g	Per 50g Primary
Energy (kcals)	388kcal	193kcals
Protein(g)	4.4g	2.2g
Carbohydrate (g)	58.3g	28.3g
of which is sugars (g)	21.1g	13.9g
Fat (g)	14.5g	7.2g
of which saturates (g)	5.6g	2.8g
Fibre (g)	3.1g	1.6g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – No | Kosher – No | Vegan – No

MCDOUGALLS CHOCOLATE AND PEAR SPONGE

INGREDIENTS

McDougalls Chocolate Sponge Mix	1kg
Water	500ml
Tinned pears, chopped	400g

METHOD

1. Preheat the oven to 170°C, (160°C fan) 330°F, Gas 3.
2. Grease your tin.
3. Add the McDougalls Chocolate Sponge Mix in a bowl with a fitted whisk. Blend in the water on low speed for 1 minute. Scrape down and mix for a further 4 minutes.
4. Place the mix into your greased tin. Top with the fruit.
5. Bake in the oven for 25-30 minutes or until firm to touch. Leave on the tray to cool before turning out.

ALLERGENS: Wheat, Egg, Milk, Soya.

FOOD SPECIFICATION

Product Description: Chocolate Sponge with Pear.

Ingredients: McDougalls Chocolate Sponge Mix, tinned pears.

Portions:
Early Years 38 x 50g portions
Primary: 38 x 50g portions.

NUTRIENT	Per 100g	Per 50g (Early Years & Primary)
Energy (kcals)	235kcal	117kcals
Protein(g)	4.8g	2.4g
Carbohydrate (g)	38.1g	19.1g
of which is sugars (g)	19.2g	9.6g
Fat (g)	6.5g	3.3g
of which saturates (g)	2.8g	1.4g
Fibre (g)	2.1g	1.0g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – No | Kosher – No | Vegan – No

MCDOUGALLS CARROT CAKE

INGREDIENTS

McDougalls Carrot Cake Mix	1kg
Water	450ml
Oil	100ml
Carrot, grated	300g

METHOD

1. Add cold water and oil to the mixing bowl and add McDougalls Carrot Cake Mix.
2. Select the beater mixing attachment and blend on slow speed for 1 minute. Scrape down, mix for a further 4 minutes on medium speed. Add the grated carrot and mix on slow speed for 1 minute.
3. Pour into a greased and lined 25cm x 35cm (10" x 14") baking tin. Bake in a preheated oven at180°C/350°F/Gas Mark 4 for 35-40 minutes, until risen and golden brown. For fan-assisted ovens, cook at 170°C/325°F/Gas Mark 3.

ALLERGENS: Wheat, Egg, Soya. (May contain Milk).

FOOD SPECIFICATION

Product Description: A spiced sponge with fresh carrot.

Ingredients: McDougalls Carrot Cake Mix with fresh carrot.

Portions:
Primary: 35 x 50g portions.

NUTRIENT	Per 100g	Per 50g Primary
Energy (kcals)	247kcal	131kcals
Protein(g)	2.1g	1.1g
Carbohydrate (g)	39.5g	20.9g
of which is sugars (g)	14.7g	7.8g
Fat (g)	11.1g	5.9g
of which saturates (g)	1.9g	1.0g
Fibre (g)	1.3g	0.7g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – No | Kosher – No | Vegan – No

MCDOUGALLS CHUNKY FRUIT MUFFINS

INGREDIENTS

McDougalls Plain Muffin Mix	1kg
Water	440ml
Oil	100ml
Diced peach	200g

METHOD

1. Add the water and oil to the mixing bowl, then add the McDougalls Plain Muffin Mix.
2. Select the beater mixing attachment and blend on slow for 2 minutes. Scrape down, then mix on medium speed for a further 4 minutes.
3. Scale at 50g per muffin case (32 cases). Allow the batter to rest for 15 minutes before topping with diced peaches.
4. Bake in a preheated oven at 170°C/325°F/Gas Mark 3 for 20-25 minutes.

ALLERGENS: Wheat, Egg, Milk. (May contain Soya).

FOOD SPECIFICATION

Product Description: Plain muffin with chunks of peach.

Ingredients: McDougalls Plain Muffin Mix, diced peach.

Portions:
Primary: 32 x 50g portions.

NUTRIENT	Per 100g	Per 50g Primary
Energy (kcals)	339kcal	168kcals
Protein(g)	4.3g	2.1g
Carbohydrate (g)	45.5g	22.5g
of which is sugars (g)	19.1g	9.5g
Fat (g)	15.0g	7.4g
of which saturates (g)	3.8g	1.9g
Fibre (g)	2.0g	1.0g

DIETARY ADAPTATIONS

Halal – No | Gluten Free – No | Kosher – No | Vegan – No

NOTES

NOTES

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