

CLASSIC | FREE 7-DAY SAMPLE

One scheduled menu per day. One day per page.

Includes daily portions, nutrients, food groups and allergen codes.

Food images and kitchen recipe cards follow the seven menu pages.

Ingrida Pallo | Food Technologist

Master of Health Sciences in Nutrition Science

Development review - not for sale or kitchen release.

08:00 BREAKFAST	
Porridge, egg, wholemeal toast and banana A01 A02 A03 A04	441 g
10:30 MID-MORNING	
Mid-morning milk and digestive biscuits A01 A03	174 g
12:30 LUNCH	
Roast chicken, mashed potato, carrots and broccoli A01 A03	518 g
Warm apple and creamy oat pudding A01 A04	215 g
15:00 AFTERNOON SNACK	
Greek-style yogurt and banana A01	160 g
17:30 SUPPER	
Cheddar jacket potato and broccoli A01	318 g
Banana with plain yogurt A01	200 g
20:30 EVENING DRINK	
Evening vanilla milkshake A01	225 g
Water: 200 ml with breakfast, lunch, afternoon snack and supper. Also offer 200 ml at 07:00, 18:30 and 22:00. Daily water offered: 1,400 ml.	

DAILY NUTRITION		DAILY FOOD GROUPS	
Energy	9781 kJ / 2324 kcal	Milk and dairy	1000 g
Protein	110.2 g	Fruit	280 g
Fat	101.6 g	Vegetables	240 g
Saturated fat	54.3 g	Potatoes / sweet potato	360 g
Carbohydrate	259.0 g	Meat / poultry	90 g
Total sugars	125.9 g	Fish	0 g
Fibre (AOAC)	25.3 g	Eggs	60 g
Salt	3.42 g	Cereals, bread and flour	81 g
Sodium	1366 mg	Pulses	0 g
Calcium	1889 mg	Butter and oil	16 g
Iron	8.9 mg	Sugar added in recipe	5 g
Vitamin C	141.9 mg	Water used in recipes	95 g
Vitamin D	2.9 µg	Biscuits, jam and juice	24 g
Vitamin B12	9.1 µg	TOTAL FOOD + MILK	2251 g
Folate	326 µg		

DRINKS: 150 g milk + 225 g milkshake (includes 150 g milk). Measure served volume for fluid records.

SUGARS: total includes fruit and milk. Recipe-added excludes bought foods. Free sugars not calculated.

Food-group weights include recipe water; exclude the 1,400 ml drinking water. Follow individual fluid plans.

ALLERGENS: A01 Milk; A02 Eggs; A03 Wheat (gluten); A04 Oats (gluten)

08:00 BREAKFAST	
Porridge, Cheddar toast and pear A01 A03 A04	406 g
10:30 MID-MORNING	
Mid-morning milk and digestive biscuits A01 A03	174 g
12:30 LUNCH	
Cottage pie, peas and carrots A01	564 g
Warm apple custard A01	214 g
15:00 AFTERNOON SNACK	
Greek-style yogurt and banana A01	160 g
17:30 SUPPER	
Egg and Cheddar toast with carrots A01 A02 A03	262 g
Pear with plain yogurt A01	200 g
20:30 EVENING DRINK	
Evening vanilla milkshake A01	225 g
Water: 200 ml with breakfast, lunch, afternoon snack and supper. Also offer 200 ml at 07:00, 18:30 and 22:00. Daily water offered: 1,400 ml.	

DAILY NUTRITION		DAILY FOOD GROUPS	
Energy	9384 kJ / 2230 kcal	Milk and dairy	1000 g
Protein	110.2 g	Fruit	280 g
Fat	96.0 g	Vegetables	305 g
Saturated fat	52.9 g	Potatoes / sweet potato	180 g
Carbohydrate	247.5 g	Meat / poultry	90 g
Total sugars	126.7 g	Fish	0 g
Fibre (AOAC)	29.9 g	Eggs	80 g
Salt	4.24 g	Cereals, bread and flour	148 g
Sodium	1698 mg	Pulses	0 g
Calcium	1960 mg	Butter and oil	10 g
Iron	11.7 mg	Sugar added in recipe	8 g
Vitamin C	68.5 mg	Water used in recipes	80 g
Vitamin D	3.9 µg	Biscuits, jam and juice	24 g
Vitamin B12	12.2 µg	TOTAL FOOD + MILK	2205 g
Folate	304 µg		

DRINKS: 150 g milk + 225 g milkshake (includes 150 g milk). Measure served volume for fluid records.

SUGARS: total includes fruit and milk. Recipe-added excludes bought foods. Free sugars not calculated.

Food-group weights include recipe water; exclude the 1,400 ml drinking water. Follow individual fluid plans.

ALLERGENS: **A01 Milk; A02 Eggs; A03 Wheat (gluten); A04 Oats (gluten)**

08:00 BREAKFAST	
Porridge, egg, white toast and apple A01 A02 A03 A04	441 g
10:30 MID-MORNING	
Mid-morning milk and digestive biscuits A01 A03	174 g
12:30 LUNCH	
Haddock in parsley sauce, potatoes, peas and carrots A01 A05	532 g
Warm pear and creamy oat pudding A01 A04	215 g
15:00 AFTERNOON SNACK	
Greek-style yogurt and banana A01	160 g
17:30 SUPPER	
Chicken sandwiches and warm peas A01 A03	225 g
Apple with plain yogurt A01	200 g
20:30 EVENING DRINK	
Evening vanilla milkshake A01	225 g
Water: 200 ml with breakfast, lunch, afternoon snack and supper. Also offer 200 ml at 07:00, 18:30 and 22:00. Daily water offered: 1,400 ml.	

DAILY NUTRITION		DAILY FOOD GROUPS	
Energy	9211 kJ / 2187 kcal	Milk and dairy	995 g
Protein	117.0 g	Fruit	280 g
Fat	85.9 g	Vegetables	242 g
Saturated fat	45.8 g	Potatoes / sweet potato	180 g
Carbohydrate	252.5 g	Meat / poultry	65 g
Total sugars	124.4 g	Fish	100 g
Fibre (AOAC)	28.5 g	Eggs	60 g
Salt	3.34 g	Cereals, bread and flour	153 g
Sodium	1338 mg	Pulses	0 g
Calcium	1640 mg	Butter and oil	18 g
Iron	10.7 mg	Sugar added in recipe	5 g
Vitamin C	72.8 mg	Water used in recipes	50 g
Vitamin D	2.7 µg	Biscuits, jam and juice	24 g
Vitamin B12	10.3 µg	TOTAL FOOD + MILK	2172 g
Folate	290 µg		

DRINKS: 150 g milk + 225 g milkshake (includes 150 g milk). Measure served volume for fluid records.

SUGARS: total includes fruit and milk. Recipe-added excludes bought foods. Free sugars not calculated.

Food-group weights include recipe water; exclude the 1,400 ml drinking water. Follow individual fluid plans.

ALLERGENS: A01 Milk; A02 Eggs; A03 Wheat (gluten); A04 Oats (gluten); A05 Fish

08:00 BREAKFAST	
Porridge, egg, wholemeal toast and banana A01 A02 A03 A04	441 g
10:30 MID-MORNING	
Mid-morning milk and digestive biscuits A01 A03	174 g
12:30 LUNCH	
Braised beef, mashed potato, cabbage and carrots A01	570 g
Warm pear custard A01	214 g
15:00 AFTERNOON SNACK	
Greek-style yogurt and banana A01	160 g
17:30 SUPPER	
Salmon and potato plate with carrots A01 A05	345 g
Banana with plain yogurt A01	200 g
20:30 EVENING DRINK	
Evening vanilla milkshake A01	225 g
Water: 200 ml with breakfast, lunch, afternoon snack and supper. Also offer 200 ml at 07:00, 18:30 and 22:00. Daily water offered: 1,400 ml.	

DAILY NUTRITION		DAILY FOOD GROUPS	
Energy	9534 kJ / 2264 kcal	Milk and dairy	945 g
Protein	116.4 g	Fruit	280 g
Fat	93.4 g	Vegetables	270 g
Saturated fat	46.9 g	Potatoes / sweet potato	360 g
Carbohydrate	256.2 g	Meat / poultry	90 g
Total sugars	133.2 g	Fish	80 g
Fibre (AOAC)	23.3 g	Eggs	60 g
Salt	2.52 g	Cereals, bread and flour	77 g
Sodium	1009 mg	Pulses	0 g
Calcium	1487 mg	Butter and oil	15 g
Iron	9.6 mg	Sugar added in recipe	8 g
Vitamin C	99.0 mg	Water used in recipes	120 g
Vitamin D	9.1 µg	Biscuits, jam and juice	24 g
Vitamin B12	12.5 µg	TOTAL FOOD + MILK	2329 g
Folate	340 µg		

DRINKS: 150 g milk + 225 g milkshake (includes 150 g milk). Measure served volume for fluid records.

SUGARS: total includes fruit and milk. Recipe-added excludes bought foods. Free sugars not calculated.

Food-group weights include recipe water; exclude the 1,400 ml drinking water. Follow individual fluid plans.

ALLERGENS: A01 Milk; A02 Eggs; A03 Wheat (gluten); A04 Oats (gluten); A05 Fish

08:00 BREAKFAST	
Porridge, Cheddar toast and pear A01 A03 A04	406 g
10:30 MID-MORNING	
Mid-morning milk and digestive biscuits A01 A03	174 g
12:30 LUNCH	
Baked salmon, rice, broccoli and carrots A05	417 g
Warm apple and creamy oat pudding A01 A04	215 g
15:00 AFTERNOON SNACK	
Greek-style yogurt and banana A01	160 g
17:30 SUPPER	
Lentil and Cheddar soup with wholemeal bread A01 A03	469 g
Pear with plain yogurt A01	200 g
20:30 EVENING DRINK	
Evening vanilla milkshake A01	225 g
Water: 200 ml with breakfast, lunch, afternoon snack and supper. Also offer 200 ml at 07:00, 18:30 and 22:00. Daily water offered: 1,400 ml.	

DAILY NUTRITION		DAILY FOOD GROUPS	
Energy	9839 kJ / 2336 kcal	Milk and dairy	1075 g
Protein	111.7 g	Fruit	280 g
Fat	101.4 g	Vegetables	267 g
Saturated fat	49.7 g	Potatoes / sweet potato	0 g
Carbohydrate	261.7 g	Meat / poultry	0 g
Total sugars	120.3 g	Fish	100 g
Fibre (AOAC)	31.2 g	Eggs	0 g
Salt	3.91 g	Cereals, bread and flour	280 g
Sodium	1566 mg	Pulses	100 g
Calcium	2030 mg	Butter and oil	5 g
Iron	9.0 mg	Sugar added in recipe	5 g
Vitamin C	78.8 mg	Water used in recipes	130 g
Vitamin D	8.0 µg	Biscuits, jam and juice	24 g
Vitamin B12	11.1 µg	TOTAL FOOD + MILK	2266 g
Folate	284 µg		

DRINKS: 150 g milk + 225 g milkshake (includes 150 g milk). Measure served volume for fluid records.

SUGARS: total includes fruit and milk. Recipe-added excludes bought foods. Free sugars not calculated.

Food-group weights include recipe water; exclude the 1,400 ml drinking water. Follow individual fluid plans.

ALLERGENS: A01 Milk; A03 Wheat (gluten); A04 Oats (gluten); A05 Fish

08:00 BREAKFAST	
Porridge, egg, white toast and apple A01 A02 A03 A04	441 g
10:30 MID-MORNING	
Mid-morning milk and digestive biscuits A01 A03	174 g
12:30 LUNCH	
Roast pork, apple sauce, mash, cabbage and carrots A01 A03	568 g
Warm apple custard A01	214 g
15:00 AFTERNOON SNACK	
Greek-style yogurt and banana A01	160 g
17:30 SUPPER	
Turkey toast and broccoli A01 A03	225 g
Apple with plain yogurt A01	200 g
20:30 EVENING DRINK	
Evening vanilla milkshake A01	225 g
Water: 200 ml with breakfast, lunch, afternoon snack and supper. Also offer 200 ml at 07:00, 18:30 and 22:00. Daily water offered: 1,400 ml.	

DAILY NUTRITION		DAILY FOOD GROUPS	
Energy	9179 kJ / 2181 kcal	Milk and dairy	945 g
Protein	121.7 g	Fruit	330 g
Fat	87.2 g	Vegetables	240 g
Saturated fat	45.5 g	Potatoes / sweet potato	180 g
Carbohydrate	242.5 g	Meat / poultry	155 g
Total sugars	124.1 g	Fish	0 g
Fibre (AOAC)	23.4 g	Eggs	60 g
Salt	3.17 g	Cereals, bread and flour	149 g
Sodium	1268 mg	Pulses	0 g
Calcium	1570 mg	Butter and oil	21 g
Iron	8.8 mg	Sugar added in recipe	8 g
Vitamin C	122.8 mg	Water used in recipes	95 g
Vitamin D	3.5 µg	Biscuits, jam and juice	24 g
Vitamin B12	8.8 µg	TOTAL FOOD + MILK	2207 g
Folate	281 µg		

DRINKS: 150 g milk + 225 g milkshake (includes 150 g milk). Measure served volume for fluid records.

SUGARS: total includes fruit and milk. Recipe-added excludes bought foods. Free sugars not calculated.

Food-group weights include recipe water; exclude the 1,400 ml drinking water. Follow individual fluid plans.

ALLERGENS: A01 Milk; A02 Eggs; A03 Wheat (gluten); A04 Oats (gluten)

08:00 BREAKFAST	
Porridge, egg, wholemeal toast and banana A01 A02 A03 A04	441 g
10:30 MID-MORNING	
Mid-morning milk and digestive biscuits A01 A03	174 g
12:30 LUNCH	
Roast turkey, mash, carrots and broccoli A01 A03	518 g
Warm pear and creamy oat pudding A01 A04	215 g
15:00 AFTERNOON SNACK	
Greek-style yogurt and banana A01	160 g
17:30 SUPPER	
Cheddar and beans on toast with carrots A01 A03	322 g
Banana with plain yogurt A01	200 g
20:30 EVENING DRINK	
Evening vanilla milkshake A01	225 g
Water: 200 ml with breakfast, lunch, afternoon snack and supper. Also offer 200 ml at 07:00, 18:30 and 22:00. Daily water offered: 1,400 ml.	

DAILY NUTRITION		DAILY FOOD GROUPS	
Energy	9611 kJ / 2279 kcal	Milk and dairy	980 g
Protein	117.8 g	Fruit	280 g
Fat	89.1 g	Vegetables	240 g
Saturated fat	47.4 g	Potatoes / sweet potato	180 g
Carbohydrate	269.4 g	Meat / poultry	90 g
Total sugars	133.0 g	Fish	0 g
Fibre (AOAC)	32.8 g	Eggs	60 g
Salt	4.38 g	Cereals, bread and flour	153 g
Sodium	1754 mg	Pulses	135 g
Calcium	1849 mg	Butter and oil	13 g
Iron	10.9 mg	Sugar added in recipe	5 g
Vitamin C	91.2 mg	Water used in recipes	95 g
Vitamin D	2.7 µg	Biscuits, jam and juice	24 g
Vitamin B12	9.5 µg	TOTAL FOOD + MILK	2255 g
Folate	346 µg		

DRINKS: 150 g milk + 225 g milkshake (includes 150 g milk). Measure served volume for fluid records.

SUGARS: total includes fruit and milk. Recipe-added excludes bought foods. Free sugars not calculated.

Food-group weights include recipe water; exclude the 1,400 ml drinking water. Follow individual fluid plans.

ALLERGENS: A01 Milk; A02 Eggs; A03 Wheat (gluten); A04 Oats (gluten)

Day 1 | Serving suggestion

Roast chicken, mashed potato, carrots and broccoli



Serving suggestion

AI-generated illustration. Follow the kitchen card for quantities and portioning.

Day 2 | Serving suggestion

Cottage pie, peas and carrots



AI-generated illustration. Follow the kitchen card for quantities and portioning.

Day 3 | Serving suggestion

Haddock in parsley sauce, potatoes, peas and carrots



Serving suggestion

AI-generated illustration. Follow the kitchen card for quantities and portioning.

Day 4 | Serving suggestion

Braised beef, mashed potato, cabbage and carrots



Serving suggestion

AI-generated illustration. Follow the kitchen card for quantities and portioning.

Day 5 | Serving suggestion

Baked salmon, rice, broccoli and carrots

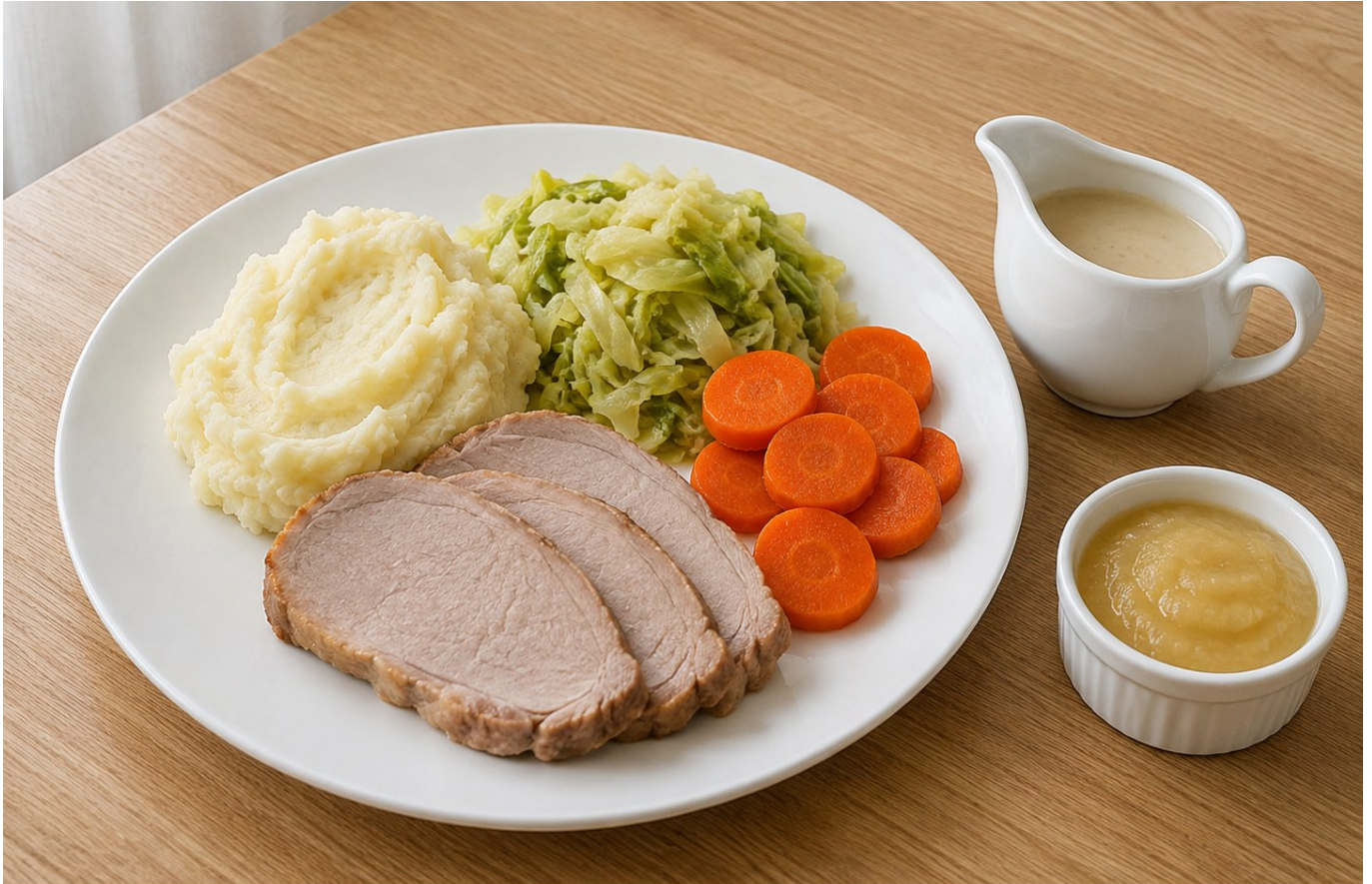


Serving suggestion

AI-generated illustration. Follow the kitchen card for quantities and portioning.

Day 6 | Serving suggestion

Roast pork, apple sauce, mash, cabbage and carrots

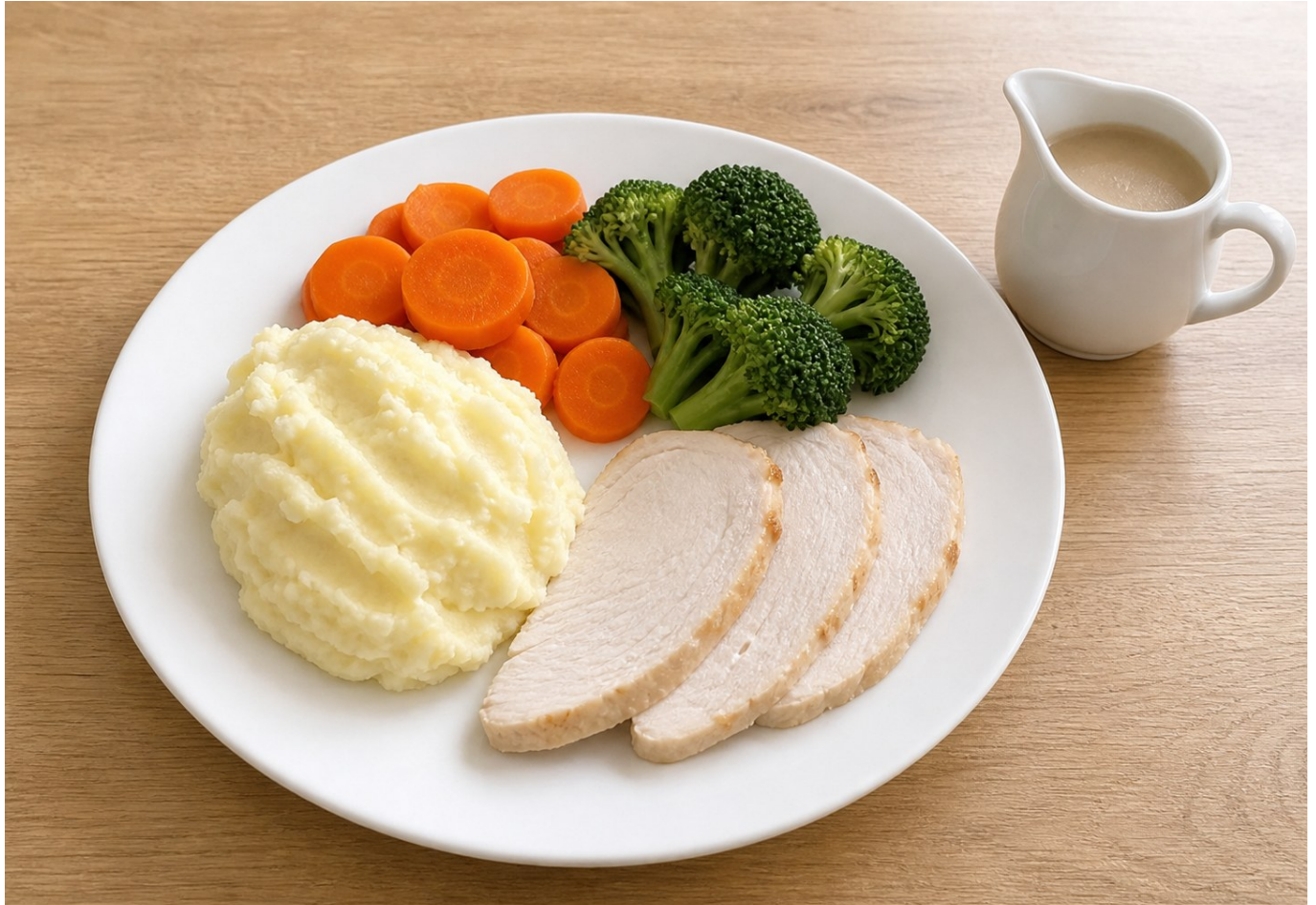


Serving suggestion

AI-generated illustration. Follow the kitchen card for quantities and portioning.

Day 7 | Serving suggestion

Roast turkey, mash, carrots and broccoli



Serving suggestion

AI-generated illustration. Follow the kitchen card for quantities and portioning.

Classic | Recipe and Kitchen Cards

10 portions per batch | All weights in grams

Menu-planning resource for adults with increased energy needs or risk of malnutrition, subject to individual assessment. Standard texture. Not an individual prescription.

Developed for review by Ingrida Pallo

Food Technologist

Master of Health Sciences in Nutrition Science

Development version 0.3 | 6 September 2026. No live sales. Ingredient sourcing, yield trials and final nutritional review are still required.

Read before cooking

This development copy includes explicit ingredient targets and calculated nutrients. Raw purchase factors are provisional; confirm actual yield, portion mass, consistency, cost and sensory acceptability in a pilot batch before kitchen release. Supplier-dependent allergen flags are not a completed supplier audit.

The prepared edible weight column is the nutrition basis. Raw/starting quantity is a planning estimate excluding bones, shells, skin and trim unless the ingredient specifies otherwise. Weigh final components before plating. Water evaporation can change final yield; do not change ingredient quantities silently to force a result.

All recipes use a cook-serve model except where a validated site cooling procedure is explicitly required. Probe the core with a clean calibrated probe. FSA guidance: 70 C for 2 minutes or validated equivalent; hold hot food at or above 63 C. An oven setting or recipe time is not proof of safe core temperature. Serve at a temperature suitable for the individual.

B01 | Porridge, egg, wholemeal toast and banana

Batch: 10 portions | Target per portion: 441 g | Target batch: 4410 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Plain porridge oats	300.0	30.0
Pasteurised whole milk	1800.0	180.0
Potable water	500.0	50.0
Fully cooked egg, shell removed	600.0	60.0
Wholemeal wheat bread	360.0	36.0
Unsalted butter	50.0	5.0
Banana, peeled	800.0	80.0

Preparation and cooking

Weigh all ingredients for 10 portions. Use pasteurised dairy. Cook eggs until the white and yolk are firm, peel and weigh the edible portion. Cook oats with the listed milk and water over low heat for 5-8 minutes, stirring until thick. Portion cereal, egg, bread and fruit separately; offer bread toasted if preferred. Serve promptly. Milk listed here is included in the cereal, not an additional drink.

Allergens

Eggs, milk, oats, wheat. Supplier review required for compound ingredients; other allergens may be present.

Calculated nutrition per target portion

Energy 494 kcal / 2081 kJ; protein 22.2 g; fat 19.8 g; saturates 8.9 g; carbohydrate 60.9 g; total sugars 23.9 g; AOAC fibre 6.0 g; salt 0.78 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

B02 | Porridge, Cheddar toast and pear

Batch: 10 portions | Target per portion: 406 g | Target batch: 4060 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Plain porridge oats	300.0	30.0
Pasteurised whole milk	1800.0	180.0
Potable water	500.0	50.0
Cheddar, vegetarian rennet	300.0	30.0
Wholemeal wheat bread	360.0	36.0
Pear, peeled and cored	800.0	80.0

Preparation and cooking

Cook porridge as B01. Toast the bread, distribute grated Cheddar and grill until melted. Peel, core and slice the ripe pear. Serve separately. The milk is used in the porridge.

Allergens

Milk, oats, wheat. Supplier review required for compound ingredients; other allergens may be present.

Calculated nutrition per target portion

Energy 466 kcal / 1963 kJ; protein 20.6 g; fat 20.4 g; saturates 11.2 g; carbohydrate 53.7 g; total sugars 18.4 g; AOAC fibre 7.0 g; salt 1.09 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

B03 | Porridge, egg, white toast and apple

Batch: 10 portions | Target per portion: 441 g | Target batch: 4410 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Plain porridge oats	300.0	30.0
Pasteurised whole milk	1800.0	180.0
Potable water	500.0	50.0
Fully cooked egg, shell removed	600.0	60.0
White wheat bread	360.0	36.0
Unsalted butter	50.0	5.0
Eating apple, core removed	800.0	80.0

Preparation and cooking

Weigh all ingredients for 10 portions. Use pasteurised dairy. Cook eggs until the white and yolk are firm, peel and weigh the edible portion. Cook oats with the listed milk and water over low heat for 5-8 minutes, stirring until thick. Portion cereal, egg, bread and cored sliced apple separately; offer bread toasted if preferred. Serve promptly. Milk listed here is included in the cereal, not an additional drink.

Allergens

Eggs, milk, oats, wheat. Supplier review required for compound ingredients; other allergens may be present.

Calculated nutrition per target portion

Energy 470 kcal / 1978 kJ; protein 21.2 g; fat 19.8 g; saturates 8.9 g; carbohydrate 55.4 g; total sugars 18.9 g; AOAC fibre 4.2 g; salt 0.78 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

M01 | Roast chicken, mashed potato, carrots and broccoli

Batch: 10 portions | Target per portion: 518 g | Target batch: 5180 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Roast chicken meat, skin and bones removed	1260.0	90.0
Peeled potato, boiled unsalted	1890.0	180.0
Pasteurised whole milk	300.0	30.0
Unsalted butter	50.0	5.0
Carrots, boiled unsalted	880.0	80.0
Broccoli, boiled unsalted	880.0	80.0
Plain wheat flour	50.0	5.0
Potable water	450.0	45.0
Rapeseed oil	30.0	3.0

Preparation and cooking

Roast the weighed raw boneless meat at 180 C conventional, approximately 25-45 minutes for small portions, until the centre reaches 70 C for 2 minutes. Large joints need a separately validated schedule. Rest briefly and weigh the cooked meat. Boil peeled potatoes until tender, drain and weigh; mash with the listed milk and butter. Boil vegetables separately until tender, drain and weigh. Whisk flour into the listed water, simmer at least 5 minutes until smooth, then stir in oil. Keep gravy separate. Divide into 10 equal portions, weighing meat, mash and vegetables separately.

Allergens

Milk, wheat. Confirm supplier labels and cross-contact controls.

Calculated nutrition per target portion

Energy 439 kcal / 1848 kJ; protein 32.4 g; fat 16.0 g; saturates 5.7 g; carbohydrate 44.0 g; total sugars 8.6 g; AOAC fibre 7.6 g; salt 0.29 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

M02 | Cottage pie, peas and carrots

Batch: 10 portions | Target per portion: 564 g | Target batch: 5640 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Extra-lean beef mince, stewed	1215.0	90.0
Onions, boiled unsalted	275.0	25.0
Plain canned tomatoes, whole contents	400.0	40.0
Peeled potato, boiled unsalted	1890.0	180.0
Pasteurised whole milk	300.0	30.0
Unsalted butter	50.0	5.0
Frozen peas, boiled unsalted	800.0	80.0
Carrots, boiled unsalted	880.0	80.0
Potable water	300.0	30.0
Cornflour	40.0	4.0

Preparation and cooking

Brown the raw extra-lean mince without extra oil, add chopped onion and tomatoes, and simmer covered until tender. Add water as needed during cooking. Stir in cornflour blended with the listed cold water and boil to thicken. Weigh the cooked filling components to the targets. Boil, drain and mash potato with milk and butter. Put filling in a shallow oven dish, top with mash and bake at 180 C for 20-30 minutes until the centre reaches 70 C for 2 minutes. Boil and drain peas and carrots separately. Cut 10 equal portions and serve each with the weighed vegetables.

Allergens

Milk. Confirm supplier labels and cross-contact controls.

Calculated nutrition per target portion

Energy 420 kcal / 1774 kJ; protein 32.0 g; fat 10.3 g; saturates 5.2 g; carbohydrate 53.2 g; total sugars 14.5 g; AOAC fibre 10.4 g; salt 0.28 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

M03 | Haddock in parsley sauce, potatoes, peas and carrots

Batch: 10 portions | Target per portion: 532 g | Target batch: 5320 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Haddock, steamed, boneless skinless	1200.0	100.0
Peeled potato, boiled unsalted	1890.0	180.0
Pasteurised whole milk	800.0	80.0
Cornflour	50.0	5.0
Unsalted butter	50.0	5.0
Fresh parsley, washed	20.0	2.0
Frozen peas, boiled unsalted	800.0	80.0
Carrots, boiled unsalted	880.0	80.0

Preparation and cooking

Check raw fish carefully for bones. Steam gently for approximately 12-18 minutes until the centre reaches 70 C for 2 minutes; check again for bones. Blend cornflour into cold milk, heat with butter and stir until boiling and thick, then add washed chopped parsley. Boil and drain potatoes and vegetables separately. Weigh each cooked component; plate 10 portions and offer sauce separately.

Allergens

Fish, milk. Confirm supplier labels and cross-contact controls.

Calculated nutrition per target portion

Energy 411 kcal / 1741 kJ; protein 32.7 g; fat 8.8 g; saturates 4.8 g; carbohydrate 53.6 g; total sugars 14.3 g; AOAC fibre 9.7 g; salt 0.37 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

M04 | Braised beef, mashed potato, cabbage and carrots

Batch: 10 portions | Target per portion: 570 g | Target batch: 5700 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Braised lean beef steak	1260.0	90.0
Onions, boiled unsalted	330.0	30.0
Peeled potato, boiled unsalted	1890.0	180.0
Pasteurised whole milk	300.0	30.0
Unsalted butter	50.0	5.0
Cabbage, boiled unsalted	920.0	80.0
Carrots, boiled unsalted	880.0	80.0
Cornflour	50.0	5.0
Potable water	700.0	70.0

Preparation and cooking

Cut lean raw beef into small even pieces, place with onion and water in a covered casserole, and braise at 160 C for about 2-3 hours until tender. Add cooking water as required. Verify the core reaches 70 C for 2 minutes. Blend cornflour with some cold water and stir into the cooking liquid; simmer to thicken. Weigh the cooked beef and sauce separately to target. Prepare mashed potato with milk and butter; boil cabbage and carrots separately. Weigh and divide all components between 10 plates.

Allergens

Milk. Confirm supplier labels and cross-contact controls.

Calculated nutrition per target portion

Energy 454 kcal / 1911 kJ; protein 36.8 g; fat 14.8 g; saturates 7.2 g; carbohydrate 46.2 g; total sugars 10.8 g; AOAC fibre 7.6 g; salt 0.25 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

M05 | Baked salmon, rice, broccoli and carrots

Batch: 10 portions | Target per portion: 417 g | Target batch: 4170 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Salmon, baked, boneless skinless	1200.0	100.0
White rice, boiled unsalted	540.0	150.0
Broccoli, boiled unsalted	880.0	80.0
Carrots, boiled unsalted	880.0	80.0
Rapeseed oil	50.0	5.0
Fresh parsley, washed	20.0	2.0

Preparation and cooking

Check salmon for bones and brush with the measured oil. Bake at 180 C for approximately 15-20 minutes, checking the centre reaches 70 C for 2 minutes. Cook rice in fresh water until tender and drain; prepare only for immediate service. Boil and drain broccoli and carrots. Weigh all cooked components, divide into 10 portions and finish with washed chopped parsley. Do not retain rice leftovers under this cook-serve recipe.

Allergens

Fish. Confirm supplier labels and cross-contact controls.

Calculated nutrition per target portion

Energy 520 kcal / 2191 kJ; protein 32.5 g; fat 21.0 g; saturates 3.4 g; carbohydrate 53.7 g; total sugars 5.7 g; AOAC fibre 5.4 g; salt 0.24 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

M06 | Roast pork, apple sauce, mash, cabbage and carrots

Batch: 10 portions | Target per portion: 568 g | Target batch: 5680 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Roast lean pork leg, boneless	1260.0	90.0
Cooking apple, stewed without sugar	550.0	50.0
Peeled potato, boiled unsalted	1890.0	180.0
Pasteurised whole milk	300.0	30.0
Unsalted butter	50.0	5.0
Cabbage, boiled unsalted	920.0	80.0
Carrots, boiled unsalted	880.0	80.0
Plain wheat flour	50.0	5.0
Potable water	450.0	45.0
Rapeseed oil	30.0	3.0

Preparation and cooking

Roast the weighed raw boneless meat at 180 C conventional, approximately 25-45 minutes for small portions, until the centre reaches 70 C for 2 minutes. Large joints need a separately validated schedule. Rest briefly and weigh the cooked meat. Boil peeled potatoes until tender, drain and weigh; mash with the listed milk and butter. Boil vegetables separately until tender, drain and weigh. Whisk flour into the listed water, simmer at least 5 minutes until smooth, then stir in oil. Keep gravy separate. Divide into 10 equal portions, weighing meat, mash and vegetables separately. Peel and core cooking apples, stew in a little water until tender and portion 50 g apple sauce separately.

Allergens

Milk, wheat. Confirm supplier labels and cross-contact controls.

Calculated nutrition per target portion

Energy 458 kcal / 1930 kJ; protein 36.1 g; fat 14.5 g; saturates 5.6 g; carbohydrate 48.8 g; total sugars 14.4 g; AOAC fibre 7.9 g; salt 0.24 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

M07 | Roast turkey, mash, carrots and broccoli

Batch: 10 portions | Target per portion: 518 g | Target batch: 5180 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Roast turkey breast, skinless boneless	1260.0	90.0
Peeled potato, boiled unsalted	1890.0	180.0
Pasteurised whole milk	300.0	30.0
Unsalted butter	50.0	5.0
Carrots, boiled unsalted	880.0	80.0
Broccoli, boiled unsalted	880.0	80.0
Plain wheat flour	50.0	5.0
Potable water	450.0	45.0
Rapeseed oil	30.0	3.0

Preparation and cooking

Roast the weighed raw boneless meat at 180 C conventional, approximately 25-45 minutes for small portions, until the centre reaches 70 C for 2 minutes. Large joints need a separately validated schedule. Rest briefly and weigh the cooked meat. Boil peeled potatoes until tender, drain and weigh; mash with the listed milk and butter. Boil vegetables separately until tender, drain and weigh. Whisk flour into the listed water, simmer at least 5 minutes until smooth, then stir in oil. Keep gravy separate. Divide into 10 equal portions, weighing meat, mash and vegetables separately.

Allergens

Milk, wheat. Confirm supplier labels and cross-contact controls.

Calculated nutrition per target portion

Energy 417 kcal / 1763 kJ; protein 38.1 g; fat 11.0 g; saturates 4.4 g; carbohydrate 44.0 g; total sugars 8.6 g; AOAC fibre 7.6 g; salt 0.22 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

S01 | Cheddar jacket potato and broccoli

Batch: 10 portions | Target per portion: 318 g | Target batch: 3180 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Baked potato, skin on	2160.0	180.0
Cheddar, vegetarian rennet	550.0	55.0
Unsalted butter	30.0	3.0
Broccoli, boiled unsalted	880.0	80.0

Preparation and cooking

Scrub potatoes and bake at 200 C for approximately 60-90 minutes until tender throughout. Weigh the cooked edible potato. Split, add butter and grated vegetarian Cheddar and return briefly to the oven until melted. Boil broccoli separately. Make 10 weighed portions.

Allergens

Milk. Supplier review required for compound ingredients; other allergens may be present.

Calculated nutrition per target portion

Energy 448 kcal / 1880 kJ; protein 21.1 g; fat 22.4 g; saturates 13.8 g; carbohydrate 43.0 g; total sugars 3.9 g; AOAC fibre 6.9 g; salt 1.02 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

S02 | Egg and Cheddar toast with carrots

Batch: 10 portions | Target per portion: 262 g | Target batch: 2620 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Fully cooked egg, shell removed	800.0	80.0
Cheddar, vegetarian rennet	250.0	25.0
Wholemeal wheat bread	720.0	72.0
Unsalted butter	50.0	5.0
Carrots, boiled unsalted	880.0	80.0

Preparation and cooking

Fully cook eggs until white and yolk are firm, peel, chop and weigh. Toast bread, spread with butter and top with egg and grated vegetarian Cheddar. Grill until cheese melts and serve promptly with boiled carrots. Cut toast into manageable pieces according to resident preference; standard texture only.

Allergens

Eggs, milk, wheat. Supplier review required for compound ingredients; other allergens may be present.

Calculated nutrition per target portion

Energy 435 kcal / 1822 kJ; protein 24.8 g; fat 22.7 g; saturates 10.6 g; carbohydrate 35.1 g; total sugars 6.5 g; AOAC fibre 7.3 g; salt 1.53 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

S03 | Chicken sandwiches and warm peas

Batch: 10 portions | Target per portion: 225 g | Target batch: 2250 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Roast chicken meat, skin and bones removed	910.0	65.0
Wholemeal wheat bread	720.0	72.0
Unsalted butter	80.0	8.0
Frozen peas, boiled unsalted	800.0	80.0

Preparation and cooking

Roast boneless chicken safely, remove skin and any bones and weigh the meat. For sandwiches, cool chicken only under the home's validated rapid-chilling procedure and keep refrigerated at 5 C or below; alternatively serve as hot chicken on buttered bread immediately. Do not leave warm sandwiches standing. Divide filling evenly between two slices per resident, cut into quarters and serve with freshly cooked peas.

Allergens

Milk, wheat. Supplier review required for compound ingredients; other allergens may be present.

Calculated nutrition per target portion

Energy 387 kcal / 1630 kJ; protein 29.0 g; fat 13.8 g; saturates 6.0 g; carbohydrate 39.2 g; total sugars 6.8 g; AOAC fibre 9.4 g; salt 0.86 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

S04 | Salmon and potato plate with carrots

Batch: 10 portions | Target per portion: 345 g | Target batch: 3450 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Salmon, baked, boneless skinless	960.0	80.0
Peeled potato, boiled unsalted	1890.0	180.0
Unsalted butter	50.0	5.0
Carrots, boiled unsalted	880.0	80.0

Preparation and cooking

Bake boneless salmon at 180 C, checking 70 C for 2 minutes at the centre and checking for bones after cooking. Boil peeled potato and carrots until tender and drain. Weigh cooked components and divide into 10 plates with butter on the potatoes.

Allergens

Fish, milk. Confirm supplier labels and cross-contact controls.

Calculated nutrition per target portion

Energy 379 kcal / 1594 kJ; protein 23.8 g; fat 16.4 g; saturates 5.0 g; carbohydrate 36.3 g; total sugars 5.9 g; AOAC fibre 5.1 g; salt 0.16 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

S05 | Lentil and Cheddar soup with wholemeal bread

Batch: 10 portions | Target per portion: 469 g | Target batch: 4690 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Red lentils, boiled unsalted	400.0	100.0
Cheddar, vegetarian rennet	300.0	30.0
Carrots, boiled unsalted	880.0	80.0
Onions, boiled unsalted	275.0	25.0
Pasteurised whole milk	1000.0	100.0
Potable water	800.0	80.0
Wholemeal wheat bread	540.0	54.0

Preparation and cooking

Rinse lentils and boil until completely tender; drain and weigh. Cook carrots and onion in water until tender and weigh. Combine lentils, vegetables, milk and listed water, simmer and blend to a regular soup consistency, then melt in vegetarian Cheddar. Bring to 70 C for 2 minutes. Divide soup into 10 equal portions and serve each with 54 g bread. No IDDSI level is claimed.

Allergens

Milk, wheat. Supplier review required for compound ingredients; other allergens may be present.

Calculated nutrition per target portion

Energy 436 kcal / 1840 kJ; protein 24.8 g; fat 16.6 g; saturates 9.2 g; carbohydrate 50.4 g; total sugars 12.0 g; AOAC fibre 12.9 g; salt 1.25 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

S06 | Turkey toast and broccoli

Batch: 10 portions | Target per portion: 225 g | Target batch: 2250 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Roast turkey breast, skinless boneless	910.0	65.0
Wholemeal wheat bread	720.0	72.0
Unsalted butter	80.0	8.0
Broccoli, boiled unsalted	880.0	80.0

Preparation and cooking

Roast turkey safely as M07, slice and weigh. Toast bread and spread with butter. Serve hot turkey over toast with freshly boiled broccoli. Divide into 10 weighed portions and serve promptly.

Allergens

Milk, wheat. Supplier review required for compound ingredients; other allergens may be present.

Calculated nutrition per target portion

Energy 338 kcal / 1426 kJ; protein 31.4 g; fat 10.1 g; saturates 5.0 g; carbohydrate 32.5 g; total sugars 3.3 g; AOAC fibre 7.3 g; salt 0.81 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

S07 | Cheddar and beans on toast with carrots

Batch: 10 portions | Target per portion: 322 g | Target batch: 3220 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Baked beans, reduced salt and sugar	1350.0	135.0
Cheddar, vegetarian rennet	350.0	35.0
Wholemeal wheat bread	720.0	72.0
Carrots, boiled unsalted	880.0	80.0

Preparation and cooking

Check the baked-bean supplier ingredient and allergen label. Heat beans until steaming hot throughout. Toast bread and top with beans and vegetarian Cheddar. Grill briefly to melt the cheese. Serve with freshly boiled carrots, dividing everything into 10 portions.

Allergens

Milk, wheat. Supplier review required for compound ingredients; other allergens may be present.

Calculated nutrition per target portion

Energy 426 kcal / 1798 kJ; protein 22.8 g; fat 15.1 g; saturates 8.2 g; carbohydrate 53.3 g; total sugars 10.9 g; AOAC fibre 13.9 g; salt 2.05 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

D01 | Warm apple and creamy oat pudding

Batch: 10 portions | Target per portion: 215 g | Target batch: 2150 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Plain porridge oats	100.0	10.0
Pasteurised whole milk	1200.0	120.0
White sugar	50.0	5.0
Cooking apple, stewed without sugar	880.0	80.0

Preparation and cooking

Peel and core fruit, stew gently with a little water until tender and weigh 800 g cooked fruit for 10 portions. Cook oats in milk for 5-8 minutes, stirring until soft; add sugar. Weigh the finished pudding and divide into 10 bowls, each with 80 g of the cooked fruit. Serve warm promptly.

Allergens

Milk, oats. Supplier review required for compound ingredients; other allergens may be present.

Calculated nutrition per target portion

Energy 165 kcal / 699 kJ; protein 5.3 g; fat 5.4 g; saturates 2.9 g; carbohydrate 25.6 g; total sugars 18.6 g; AOAC fibre 2.1 g; salt 0.13 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

D02 | Warm pear and creamy oat pudding

Batch: 10 portions | Target per portion: 215 g | Target batch: 2150 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Plain porridge oats	100.0	10.0
Pasteurised whole milk	1200.0	120.0
White sugar	50.0	5.0
Pear, stewed without sugar	880.0	80.0

Preparation and cooking

Peel and core fruit, stew gently with a little water until tender and weigh 800 g cooked fruit for 10 portions. Cook oats in milk for 5-8 minutes, stirring until soft; add sugar. Weigh the finished pudding and divide into 10 bowls, each with 80 g of the cooked fruit. Serve warm promptly.

Allergens

Milk, oats. Supplier review required for compound ingredients; other allergens may be present.

Calculated nutrition per target portion

Energy 164 kcal / 695 kJ; protein 5.4 g; fat 5.2 g; saturates 2.9 g; carbohydrate 25.7 g; total sugars 18.6 g; AOAC fibre 2.6 g; salt 0.13 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

D03 | Banana with plain yogurt

Batch: 10 portions | Target per portion: 200 g | Target batch: 2000 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Plain whole-milk yogurt	1200.0	120.0
Banana, peeled	800.0	80.0

Preparation and cooking

Use pasteurised yogurt. Wash fruit, remove peel/core as required, slice and weigh the edible portion. Spoon 120 g yogurt into each bowl and add 80 g prepared fruit. Prepare close to service and keep chilled at 5 C or below until served.

Allergens

Milk. Confirm supplier labels and cross-contact controls.

Calculated nutrition per target portion

Energy 160 kcal / 678 kJ; protein 7.8 g; fat 3.7 g; saturates 2.3 g; carbohydrate 25.6 g; total sugars 23.8 g; AOAC fibre 1.1 g; salt 0.24 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

D04 | Pear with plain yogurt

Batch: 10 portions | Target per portion: 200 g | Target batch: 2000 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Plain whole-milk yogurt	1200.0	120.0
Pear, peeled and cored	800.0	80.0

Preparation and cooking

Use pasteurised yogurt. Wash fruit, remove peel/core as required, slice and weigh the edible portion. Spoon 120 g yogurt into each bowl and add 80 g prepared fruit. Prepare close to service and keep chilled at 5 C or below until served.

Allergens

Milk. Confirm supplier labels and cross-contact controls.

Calculated nutrition per target portion

Energy 130 kcal / 552 kJ; protein 7.1 g; fat 3.7 g; saturates 2.3 g; carbohydrate 18.4 g; total sugars 18.4 g; AOAC fibre 2.2 g; salt 0.24 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

D05 | Apple with plain yogurt

Batch: 10 portions | Target per portion: 200 g | Target batch: 2000 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Plain whole-milk yogurt	1200.0	120.0
Eating apple, core removed	800.0	80.0

Preparation and cooking

Use pasteurised yogurt. Wash fruit, remove peel/core as required, slice and weigh the edible portion. Spoon 120 g yogurt into each bowl and add 80 g prepared fruit. Prepare close to service and keep chilled at 5 C or below until served.

Allergens

Milk. Confirm supplier labels and cross-contact controls.

Calculated nutrition per target portion

Energy 136 kcal / 572 kJ; protein 7.3 g; fat 4.0 g; saturates 2.4 g; carbohydrate 18.6 g; total sugars 18.6 g; AOAC fibre 1.0 g; salt 0.24 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

D06 | Warm apple custard

Batch: 10 portions | Target per portion: 214 g | Target batch: 2140 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Pasteurised whole milk	1200.0	120.0
Cornflour	60.0	6.0
White sugar	80.0	8.0
Cooking apple, stewed without sugar	880.0	80.0

Preparation and cooking

Peel and core apple and stew until tender; weigh cooked fruit. Blend cornflour with some cold milk. Heat the rest of the milk, whisk in cornflour mixture and sugar, and boil gently while stirring until thickened. Divide between 10 bowls and add 80 g cooked apple each. Serve promptly.

Allergens

Milk. Confirm supplier labels and cross-contact controls.

Calculated nutrition per target portion

Energy 160 kcal / 678 kJ; protein 4.3 g; fat 4.6 g; saturates 2.8 g; carbohydrate 27.2 g; total sugars 21.7 g; AOAC fibre 1.4 g; salt 0.13 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

D07 | Warm pear custard

Batch: 10 portions | Target per portion: 214 g | Target batch: 2140 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Pasteurised whole milk	1200.0	120.0
Cornflour	60.0	6.0
White sugar	80.0	8.0
Pear, stewed without sugar	880.0	80.0

Preparation and cooking

Prepare as D06 using peeled, cored, stewed pear in place of apple; weigh 80 g cooked pear per resident.

Allergens

Milk. Confirm supplier labels and cross-contact controls.

Calculated nutrition per target portion

Energy 159 kcal / 675 kJ; protein 4.4 g; fat 4.4 g; saturates 2.8 g; carbohydrate 27.3 g; total sugars 21.8 g; AOAC fibre 1.8 g; salt 0.13 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

N01 | Mid-morning milk and digestive biscuits

Batch: 10 portions | Target per portion: 174 g | Target batch: 1740 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Pasteurised whole milk	1500.0	150.0
Plain digestive biscuits	240.0	24.0

Preparation and cooking

For 10 portions, weigh 1,500 g pasteurised whole milk and 240 g digestive biscuits. Serve 150 g milk and 24 g biscuits per person. Weigh biscuits rather than assuming a fixed biscuit count. Check the current biscuit label for allergens. Milk may be served warm or cold; offer promptly and count the milk in the fluid record.

Allergens

Milk, wheat. Supplier review required for compound ingredients; other allergens may be present.

Calculated nutrition per target portion

Energy 206 kcal / 864 kJ; protein 6.6 g; fat 10.5 g; saturates 5.3 g; carbohydrate 22.6 g; total sugars 11.1 g; AOAC fibre 0.9 g; salt 0.49 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

N02 | Greek-style yogurt and banana

Batch: 10 portions | Target per portion: 160 g | Target batch: 1600 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Plain whole-milk Greek-style yogurt	1200.0	120.0
Banana, peeled	400.0	40.0

Preparation and cooking

For 10 portions, weigh 1,200 g pasteurised full-fat Greek-style yogurt and 400 g peeled banana. Portion 120 g yogurt and 40 g banana per person. Slice banana close to service. Keep chilled until service and follow the yogurt storage instructions. Use the specified full-fat yogurt profile; lower-fat substitutions require recalculation.

Allergens

Milk. Confirm supplier labels and cross-contact controls.

Calculated nutrition per target portion

Energy 192 kcal / 800 kJ; protein 7.3 g; fat 12.3 g; saturates 8.1 g; carbohydrate 13.9 g; total sugars 12.6 g; AOAC fibre 0.6 g; salt 0.20 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.

N03 | Evening vanilla milkshake

Batch: 10 portions | Target per portion: 225 g | Target batch: 2250 g

Ingredient / specification	Starting amount 10 portions (g)	Prepared edible amount per portion (g)
Pasteurised whole milk	1500.0	150.0
Dairy vanilla ice cream	750.0	75.0

Preparation and cooking

For 10 portions, blend 1,500 g cold pasteurised whole milk with 750 g dairy vanilla ice cream until uniform. Weigh 225 g per serving and serve immediately. Keep the milk refrigerated and ice cream frozen until preparation. Do not retain or refreeze leftover milkshake. Check the ice-cream label for allergens and cross-contact warnings. This is a standard-texture drink, not an IDDSI-tested drink; follow any prescribed swallowing plan. Measure the actual served volume for fluid records; 225 g is a serving mass, not a declared volume in ml.

Allergens

Milk. Supplier review required for compound ingredients; other allergens may be present.

Calculated nutrition per target portion

Energy 221 kcal / 931 kJ; protein 7.5 g; fat 11.6 g; saturates 7.3 g; carbohydrate 23.4 g; total sugars 23.4 g; AOAC fibre 0.1 g; salt 0.28 g.

Calculated from CoFID plus declared estimates: selected fibre uses NSP x 1.33; parsley saturates use a trace proxy; barley uses a supplier-label profile with generic micronutrient proxies. See workbook Source notes. Values are estimates, not laboratory results.