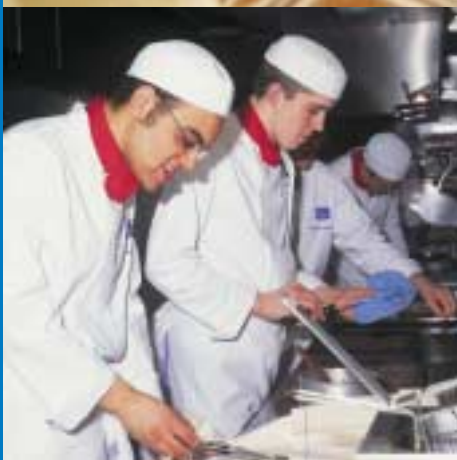


The National Health Service Recipe Book

recipe book

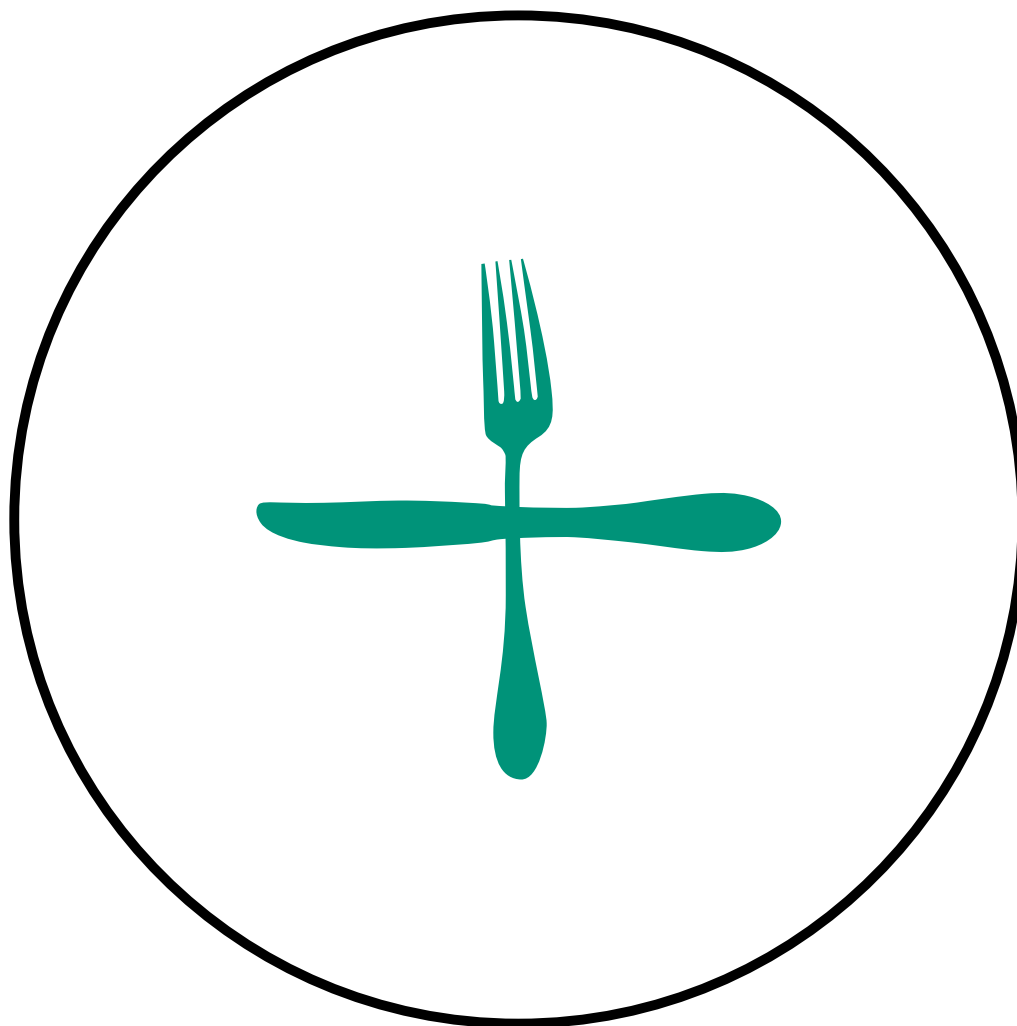


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The National Health Service
Better Hospital Food

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Forewords

The NHS Plan has set a challenging agenda for the NHS to modernise the services provided to patients.

Patients have told us that the quality of the environment in which they are treated is very important to them. This includes the cleanliness of hospitals, the availability of, and access to, such things as telephones and televisions, and the quality of catering services.

The size and complexity of NHS catering services is vast - providing almost 1 million meals every day to patients, costing £500 million each year.

There is much good practice in the NHS, with very many skilled and committed staff. However, standards are variable. Too much food is wasted. Too much money is spent on food patients do not eat. Too many patients say they are dissatisfied with the services they currently receive. It is for all of these reasons that Better Hospital Food was made a priority in the NHS Plan.

This pack begins the process of addressing these issues. Patients have a right to expect good quality, nutritious food, served to them at times which suit them, by staff who understand the important role food plays in the care patients receive.

Better Hospital Food is not only about the food on the plate. It is about presentation, about when food is served, and how easily available it is.

This initial stage of the Better Hospital Food programme therefore focuses on three main areas. A new format for the presentation of meal choices, set out in a way which is easily understood and which will make it easier for patients to choose the food they want. A new national menu, brought together by a group of NHS catering managers, dietitians and nurses and which includes a range of dishes designed specifically for the NHS

by a team of top chefs. Finally, the 24 hour catering service which will ensure that patients can obtain food at all times of the day and night.

The standards required by the NHS Plan are achievable by all. Indeed many hospitals are already providing services which exceed these.

Over the coming years we will continue to work with and support you in further developing the quality of catering services.



Alan Milburn
Secretary of State for Health

We all recognise the importance that patients attach to food while they are in hospital. Providing good quality food is an essential part of the service provided by the NHS, helping patients to feel better, and to feel more at home in strange surroundings.

Providing good quality, responsive catering services is not straightforward, delivering nearly a million meals every day in 1200 hospitals. It has many facets and many thousands of dedicated healthcare staff are committed to providing good food every day in all of our hospitals. The NHS Plan Better Hospital Food programme sets out a new framework for NHS food services - raising the profile, setting new standards, and helping us all to look at the way we deliver our services, and how we can do it better. Our aim must be to take a modern, flexible and patient-centred approach. Staff in the NHS work hard to deliver better standards.

Catering staff, dietitians, managers, nurses, clinicians, domestic staff and patients' groups have all contributed, and in many places our services are excellent. However, we all know that we can - and should - make improvements. Many are already showing the way - and some are already exceeding the new standards set out in the NHS Plan.

I am grateful to the many people in the NHS who have given us their time, their ideas and their enthusiasm to develop this new framework, and I ask you all to make your contribution to delivering Better Hospital Food.



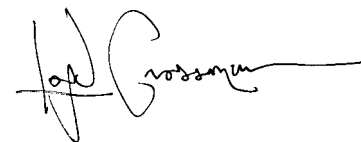
Neil McKay
Chief Operating Officer of the National Health Service

The National Health Service Recipe Book is an important first step on the long road to better hospital food for every patient. Surveys tell us that a number of patients are happy with the meals served during their stay in hospital, but far too many patients are not satisfied. Their food is either served at the wrong time, not hot enough or presented in such a way that they can't eat it without help. Currently the quality of the food patients receive can often depend on where they are being treated. Learning from the best hospitals and reducing the gap between the best and worst is the driving force behind the new NHS Menu.

Patients being treated in our hospitals deserve to have tasty, attractive and nutritious food served at a time that suits them. They have a right to expect good, helpful service, clean plates and matching cutlery designed for the task in hand. And they deserve all this at every meal, every time they go into hospital, regardless of where they live. 300 million

patient meals are served up in the NHS each year and delivering consistently high standards is a huge task. This recipe book aims to begin a process that will make better hospital food for all a reality. Many patients have taken the time to tell us what they expect from a hospital meal and their comments have been of great value. Seven of Britain's best chefs have created a range of outstanding new dishes and have also helped to improve the recipes of some old favourites. Anton, Cyrus, Eugene, John, Mark, Michael and Shaun have also helped us to look at the whole issue of hospital food in a fresh and positive way. I am most grateful to them for the professionalism, enthusiasm, hard work and creativity they have so generously brought to the development of the NHS Menu.

I am also grateful for the amount of recipe development work undertaken by NHS chefs and catering managers, dietitians and nurses who have been working on the project. It is intended to continue with this project so that patients see year on year improvements to Hospital Food in the National Health Service.

Loyd Grossman

Welcome to the new National Health Service Recipe Book

The NHS Plan was published in July 2000 and sets out how the Government will improve healthcare in the National Health Service over the next 10 years. There are plans to build a number of new hospitals and to increase the numbers of doctors and nurses. There is an important section which looks at the patients' environment which relates to the non-medical aspects of healthcare - things like cleaning standards, design, food etc.

The aim is to ensure that patients receive the best care possible regardless of where they live. A key part of this programme is to provide Better Hospital Food - which is a crucial part of helping people recover from illness and should also be something to look forward to.

Starting from April 2001 hospitals around the country will be implementing the new National Health Service Menu. This means that:

- the actual menu patients receive will set out clearly their choices;
- the menu will be kept in their bedside locker so they can look at it at any time;
- the range of dishes available will be appealing and attractive to most people;
- and service will be available around the clock.

Before the new NHS Menu was designed we asked many thousands of patients what they thought about present standards of food in hospitals. Many said that the meals were good - others did not. So we asked a team of very experienced NHS catering managers, dietitians, nurses and patients to design a menu that matches what patients said they wanted. We also asked Loyd Grossman to work with seven leading chefs from the top restaurants and hotels in England to come up with a range of new dishes.

Together these two groups of people have developed the new NHS Menu.

The following pages set out detail about:-

- Leading Chefs and the dishes they have developed;
- The standards to be adopted by all hospitals;
- The standard menu framework including the new

National Menu design;

- The NHS Dish Selector; and
- The website - www.betterhospitalfood.com

Stating what standards we expect across the NHS will, for the first time, start to bring similar levels of high quality, responsive catering services. To support the standards requires some level of shared service objectives - short but fundamental statements describing what patients have a right to expect. These are set out on the NHS Menu and comprise the following:

Our Aims

1. We will give you the chance to choose foods you like eating, get them to you at the right time and serve them in a friendly and efficient manner.
2. Our menus will be designed so that you can easily find suitable and interesting dishes.
3. Hot foods will be hot and cold foods will be chilled.
4. We will serve the foods to you as soon as possible after they are ready so that they taste and look good.
5. Our ward team will always be on hand to help you with ordering, eating and any other needs you may have.
6. Qualified dietitians will always check our menus so that you get the right foods.
7. If you are on a special diet then this will be prescribed by your doctor or dietitian. If you do not understand your diet then please ask to see a dietitian.
8. Our menus will offer you foods which have been prepared in ways which respect your cultural needs or religious beliefs.
9. We will try and make meal times as comfortable for you as possible. We will try and keep other activity on the ward to a minimum so you can enjoy your meals in peace.
10. Our 24 Hour Service will be genuinely available 24 hours a day.
11. We want you to let us know what you think about the food and meals service. If you have any comments please use the form provided or ask to talk to someone from the catering team.

The Future of NHS Catering

National Health Service Caterers have provided food and nutrition to patients - from children to older people, those requiring special diets and dishes serving the diverse culture across the country - in acute and community hospitals for over half a century. To deliver these services in the most effective and responsive way, a variety of food production systems and distribution methods have been adopted, making the process of future developments more challenging and complex.

The availability and cost of skilled staff has, and will continue to be, a driving force requiring the NHS to examine the way it provides food, and to focus services where they really count, with our patients on the wards.

To give patients' views greater prominence in shaping NHS services, the National Plan sets out a vision for a health service designed around the patient. Its aim is to provide a personalised service offering the standards that the patient expects and staff want to provide. We need to appreciate that with the passage of time and the rise in expectations, only with continuous sustainable service improvements and developments will the service truly deliver Better Hospital Food.

No one professional group can ensure the seamless delivery of a high quality catering service. Hospital caterers need to develop closer working relationships with other health care professionals. The role of the ward housekeeper will be key to effectively delivering catering services which are a vital element of the patient's clinical treatment.

The NHS Plan lays the foundations for a modernised health service. It will no longer be acceptable for patients to receive differing standards of service in different parts of the country. All Trusts will be required to meet NHS national standards and make year on year improvements.

Performance of services will be assessed against a national performance assessment framework.

Examples of excellence exist within NHS catering and good practice needs to be encouraged and rewarded. We need to identify ways in which examples of good practice can be adopted across the service with the minimum delay. We must look to develop NHS 'champions' and 'stars' for tomorrow.

In the future we will see more Trusts working together in a collaborative way to provide food services more efficiently ensuring better use of resources and sharing best practice.

In a 21st Century consumer led society, the patient will ultimately decide the pace and direction in which hospital food services are to develop, to what standard and what cost. We, as hospital catering professionals, are charged with delivering these expectations and we look forward to playing our part in helping make the patient's experience of hospital as pleasant and comfortable as possible.

Pam Miller, Chair,
on behalf of the Hospital Caterers Association

Nutritional Care



We all appreciate that the nutritional and therapeutic value of food not eaten is nil. This principle is at the heart of 'Better Hospital Food' and the design of the new National Health Service Recipe Book. Raising the quality of hospital food will result in more food being eaten with all the resulting benefits to health, treatment and recovery.

All patients are at risk from poor nutrition, even those on modified and therapeutic diets, and many hospital patients have increased requirements and poor appetites. The NHS Menu reflects these particular needs and therefore addresses undernutrition and lays less emphasis on overnutrition. The NHS Menu, including the provision of snacks and the 24-hour availability of food, sets new standards in nutritional care and provides the basis for the practical use of food as part of treatment.

Rick Wilson
Fiona Bartlett
Lynn Elliot
Karen Sorensen
Eileen Duckworth
Janice Barratt

on behalf of the British Dietetic Association

Seven of the UK's top chefs have worked diligently to develop recipes for this new National Health Service menu. These Leading Chefs were invited by Loyd Grossman to advise on and help develop a range of nutritious dishes that would form the cornerstone of the new menu. They have worked alongside the National Health Service Trusts and manufacturers around the country to inspire and help bring about positive change. All of the chefs donated their time freely and were keen to bring their expertise to bear in making a real difference to the menu and to food service within the National Health Service. The Leading Chefs dishes are easily identifiable in the Dish Selector by the chef's hat motif.



These Leading Chefs are:



John Benson-Smith
Hazlewood Castle

Having been chef/patron of Hazlewood Castle for three and a half years, John, self taught, was formerly Executive Chef at the Manchester-based Victoria & Albert Hotel from its opening in 1992. He was the 1999 Northern Chef of the Year and spent time in the kitchens with the famous Louis Outhier at Restaurant L'Oasis in La Napoule, South of France. John opened two hugely successful new brasseries in Lancashire in 1998.



Michael Caines
Gidleigh Park

Michael Caines is Britain's youngest 2-star Michelin chef, a prestigious accolade he achieved and maintains at Gidleigh Park Hotel, Chagford, Devon, where he has been Head Chef since 1994. Prior to this, Michael worked at several other world-class restaurants, including restaurant "Joël Robuchon", Paris; Bernard Loiseau, Saulieu, Burgundy; and Le Manoir aux Quat' Saisons under Raymond Blanc. He founded Michael Caines Restaurants Ltd. in 1999.



Anton Edelmann
Maître Chef des Cuisines, The Savoy, London

Anton Edelmann has been Maître Chef des Cuisines at The Savoy, London since 1982. His route to the top of his profession has been built on recognised grounds. He began his career as an apprentice in Ulm, a small Bavarian village near Munich and continued on to work with some of the world's most renowned chefs including Anton Mosimann at The Dorchester in London and Hotel de la Paix in Geneva.



Shaun Hill
The Merchant House

In 1995 Shaun Hill opened The Merchant House in Ludlow where his cooking has won much acclaim and has been awarded One Star Michelin, 8/10 in the Good Food Guide, and AA Three Rosettes. His cooking experience includes establishments such as The Capital Hotel and Blakes Hotel in London, Lydon Arms in Worcestershire and Gidleigh Park, Chagford, Devon. A senior academician in The Academy of Culinary Arts, Shaun Hill is a menu consultant to British Airways.



Mark Hix
Executive Chef Le Caprice and The Ivy

Mark Hix learned his trade in establishments including The Grosvenor House and The Dorchester. At just 22, Mark was promoted to head chef at Mr. Pontacs and later The Candlewick Room where he earned his first Michelin Red M. After four years Mark took up the position of Head Chef of Le Caprice and later Executive Chef for Caprice Holdings, overseeing both Le Caprice and The Ivy.



Cyrus Todiwala MBE
Café Spice Namaste

Cyrus Todiwala started his career in the catering industry after graduating from Bombay's Catering College. He joined the Namaste Restaurant in London in 1991 as Executive Chef and in 1993 became Chef/Proprietor. He opened Café Spice (Namaste) in Prescot Street, London, in 1995 and a second restaurant in Battersea, London in December 1997, winning a National Training Award in the same year. Cyrus has taken the title Best Indian Chef in the UK 1992, 1993, 1995, and 1996.



Eugene McCoy
McCoys

Eugene McCoy opened The Tontine in 1976. Achieving immediate acclaim it won the Egon Ronay Restaurant of the Year in 1979/80. In 1980 he opened the Bistro downstairs at The Tontine which won the CATEY Award in 1986 for Best Restaurant. The McCoy brothers have been working with Great North-Eastern Railways to modernise their catering operation including a redesign of their menus.

patient service



The previous pages have given a flavour of what Better Hospital Food is about. The following pages explain in greater detail the ethos which lies behind the drive for Better Hospital Food. It also explains how this Support Pack will assist hospitals as they continue to develop and deliver high quality, flexible catering services.

Context

Better Hospital Food is about taking a fresh look at the way the National Health Service provides catering services to its patients. It is about the delivery of services - timing, availability, flexibility and presentation - as much as it is about the actual food provided.

First Steps and Objectives

This initial step is part of a longer term programme to continually improve catering services in every hospital. Some hospitals already provide modern and flexible catering services and these should be maintained whilst other hospitals are raising standards to meet the minimum requirements.

There are three objectives:

- The first is to ensure all hospitals at least meet the required standards.
- The second will be to bring all hospitals to existing levels of excellence.
- The third objective will be to develop and introduce across the NHS new catering systems which provide modern services which are highly efficient and at the same time responsive to the needs of patients.

These objectives can be summed up in the following way:

Food Service Quality/Time based Objectives	Now	1st Objective	2nd Objective	3rd Objective
Best Practice	Some Hospitals	Some Hospitals	All Hospitals	↑
Required Standard	Some Hospitals	All Other Hospitals		
Reasonable	Some Hospitals			

The Present

Lifestyles are changing and with them expectations. More and more people eat lighter meals and snacks during the day, and take their main meal during the evening. People’s tastes are also evolving, demanding a wider range of foods.

The patterns that people establish in their daily lives they would like to have reflected elsewhere, and this presents a challenge for the modern NHS. Food is an important part of everybody’s day, but in a hospital setting it takes on a different dimension. Some patients enter hospital malnourished - some also leave in that condition. Hospitals have a duty of care towards the nutritional needs of their patients, not only because mealtimes provide one of the few ‘high spots’ in their day, but also, and more importantly, because of the vital role that nutrition can play in securing speedier recovery.

The NHS Plan sets out a blueprint for the revitalisation of NHS catering across the country, reflecting the changes in social patterns. The key to success lies in providing patients with a service which encourages them to eat enough food to satisfy their nutritional requirements, by offering them foods which they will want to eat and at times when they want to eat it. This Implementation Support Pack has been designed to assist hospitals in meeting the challenge set out in the NHS Plan, and offers a practical source of help and advice.

The provision of catering services in the NHS is complicated, and no one would wish to suggest otherwise. Possibly nowhere else does such a range of individuals with their attendant personal likes and dislikes congregate. It would also be unreasonable to suggest that all of those preferences can be satisfied. Most, if not all patients will

accept that an element of compromise is essential. But this compromise will be easier to achieve if the NHS can be seen to be doing all it can to meet as many of their needs as possible.

This calls for a diverse menu, designed to meet a wide range of tastes, delivering services to a level which is attainable by all. Some hospitals will always wish to do better, and that is to be encouraged. But regardless of this, patients should be able to have confidence that they will receive high quality services designed to match their expectations.

One of the main reasons given for a lack of flexibility and innovation in the design of menus is the time, energy and expense of recipe development, including nutritional analysis. Hospitals the length and breadth of the country are involved in this on a daily basis, often repeating work undertaken elsewhere. Similarly each hospital is left to design its own Menu, there are therefore as many of these as there are hospitals. This continual process of 're-inventing the wheel' is wasteful of time and resources, and leads to variations in standards which patients say they are no longer prepared to accept.

Next Steps

This National Health Service Recipe Book, and the national Menu design which accompanies it, will help hospitals to provide a catering service which meets the needs of all patients.

Together with the supporting website

www.betterhospitalfood.com it provides the following:-

- a standard design for Menus, ensuring that the range of meals on offer meets the needs of the broad range of patient groups present in hospitals;
- a list of dishes, supporting recipes and fully approved,† nutritional analysis. Hospitals can use any of these recipes without the need to go through the process of dish development and nutritional analysis locally. It includes the range of dishes which have been designed specifically for the National Health Service by a team of Leading Chefs;
- advice on dish presentation in the form of photographs of all meals in the Dish Selector.

The National Menu

The minimum daily meals programme (The Mealtime Service) for patients includes the following, which embodies the requirements set out in the NHS Plan:

- Early Morning Beverage
- Breakfast and Beverage
- Mid-morning (Snack and) Beverage*
- Light Lunch and Beverage
- Afternoon (Snack and) Beverage *
- Evening Dinner and Beverage
- Late Evening (Snack and) Beverage *

*** Snacks will be provided at least twice daily. It is recommended (by the British Dietetic Association) that these are mid-afternoon and evening.**

The standard requirements for each meal are set out below. It is expected that, wherever possible, Trusts will exceed these standards, by offering greater choice and a wider range of options.

Trusts will be expected to conform to the specific guidance relating to the nutritional requirements (Nutritional Care), menu mix (Leading Chef's Dishes) and quality standards (Food Presentation) for each element of the menu.

Additionally, Trusts serving patients from any of the special groups (e.g. those outlined in the Nutritional Care section in the Dietary Needs pages) will be required to make appropriate arrangements, to ensure that the specific needs of these groups are adequately met.

Breakfast

- Fruit Juice
- Low Fibre Cereal
- High Fibre Cereal
- Porridge/Hot Oat Cereal
- White Roll/Toast/Bread
- Wholemeal Roll/Toast/Bread
- Butter/Margarine Portion
- Preserve Portion

† The nutritional analysis of the recipes has been approved by the British Dietetic Association.

Morning Beverage and Snack*

- Squash/Sugar-free Squash
- Drinking Water
- Tea
- Coffee
- Biscuits
- Cake
- Fruit
- Additional Sweet & Savoury Items

Light Lunch

- Fruit Juice
- Soup
- Roll/Bread & Butter/Margarine Portion
- Light Hot Dish (Meat/Fish)
- Light Hot Dish (Vegetarian)
- Sandwich (Meat/Fish)
- Sandwich (Vegetarian)
- Fresh Fruit
- Energy/Protein-dense Cold Dessert

Afternoon Beverage and Snack*

- Squash/Sugar-free Squash
- Drinking Water
- Tea
- Coffee
- Biscuits
- Cake
- Fruit
- Additional Sweet & Savoury Items

Two-Course Evening Dinner

- Main 1 (Premium Meat/Fish Item)
- Main 2 (Composite Dish)
- Vegetarian
- Salad (Meat/Fish)
- Salad (Vegetarian)
- Potato
- Carbohydrate Alternative
- Fresh/Chilled/Frozen Vegetable Vegetable 2
- Roll/Bread & Butter/Margarine Portion
- Hot Dessert & Custard

- Cold Dessert
- Fresh Fruit
- Cheese & Biscuits

Evening Beverage and Snack*

- Squash/Sugar-free Squash
- Drinking Water
- Tea
- Coffee
- Hot, Milk Based Drink
- Biscuits
- Cake
- Fruit
- Additional Sweet & Savoury Items

*** Snacks will be provided at least twice daily. It is recommended (by the British Dietetic Association) that these are mid-afternoon and evening.**

Guidance concerning standard portion sizes and nutritional content is set out in the website at www.betterhospitalfood.com

Menu Design

This list of menu choices is the required standard which should be offered to patients. The NHS Menu has been designed to consist of sections providing for, in addition to those for whom a traditional diet is suitable, children, vegetarians, those preferring a soft diet, those with special dietary needs through religious or cultural observance, certain patients who are required to follow a medically modified diet and, finally, an 'All Hours' section setting out the 24-hour catering service. Hospitals should ensure that the range of meals available in each section has been specifically designed to reflect the needs of patients within those groups and any other groups in their care.

Most patients should be able to choose from one of these categories, and for each of the groups represented sample menus based on the 'Dish Selector' are shown in the enclosed example NHS Menu. Trusts can produce menus from the 'Dish Selector' tailored to their local population.

NHS Menu - Nutritional Care

Included in the Nutritional Care section of the website www.betterhospitalfood.com and also included in this Recipe Book are dietary recommendations which should be adopted by all Trusts in the design of well balanced menus. This section is key to ensuring that adequate nutritional standards are observed.

Included are:

- Dietary Reference Values Tables 1 - 5
- Nutritional Guidance for particular groups
- Coding criteria for common therapeutic diets
- Food textures and consistencies
- Food rules of different religions

Trusts may wish to consider making copies of some or all of these sections available to patients.

The National Dish Selector

The National Dish Selector is set out in this Recipe Book. It contains dishes designed by both the Leading Chefs and the NHS group of catering managers, dietitians and nurses.

Trusts are encouraged to adopt dishes from the 'Dish Selector' whenever possible - this alleviates the need to continually develop recipes and undertake nutritional analysis at every hospital.

However, for the time being it is not compulsory for hospitals to use these exact recipes, other than those developed by the Leading Chefs. These are mandatory.

Chefs' Specials

The NHS Plan stated that the new national NHS Menu would be designed with the help of Leading Chefs to give the menu a new and more creative feel, and to raise the profile and status of NHS catering. The 'Dish Selector' contains a range of dishes designed specifically for the National Health Service by the Leading Chefs, who worked with NHS staff so that the recipes could better reflect the needs of a modern NHS. **Use of these dishes is compulsory**, and hospitals are required to make at least two of these dishes available each day, wherever possible one at

lunchtime and one at the evening meal. These dishes have been extensively and successfully tested at 11 hospitals around the country.

Use of Symbols/Logos



As marks of quality, Trusts should identify on their menus those dishes which have been designed for the NHS by the Leading Chefs by using the 'Chef's Hat' symbol.

The Vegetarian Society has approved the recipes for all vegetarian dishes included in this list. Use of the Vegetarian Society logo against any specific dish requires strict adherence to the recipes, including use of specified ingredients such as free range eggs. If other ingredients are used e.g. non free range eggs, then the dish can still be used but cannot be identified with the Vegetarian Society logo.



Mealtimes

The NHS Plan sets out that, to reflect changes in modern eating habits, the aim should be to serve the main meal of the day in the evening. However, it is recognised that certain groups of patients prefer their main meal at midday. Trusts are encouraged to ensure that, in the short term, the delivery of the main meal of the day continues to meet the needs of their hospital population. However, to ensure that over time the NHS does adjust to meet the requirements of the NHS Plan, Trusts should put in place arrangements to ensure that the main meal of the day is served in the evening. This should be fully implemented by December 2002.

Where there are sound clinical reasons for continuing with the main meal in the middle of the day, Trusts may continue with this practice with the approval of their Board.

How To Use The Website

In recognition of the pace of change for NHS catering, the bulk of the information relating to Better Hospital Food may be accessed through the website www.betterhospitalfood.com

This website will be managed by NHS Estates, and allows changes to be quickly made and notified to Trusts. It also provides a future facility to collect and collate information centrally from the information Trusts store individually on the web database. Additionally, it will provide the opportunity for Trusts to communicate with other Trusts e.g. to share and spread good practice.

The website consists of two sections.

Public Area Access

This section will contain a detailed background to the Better Hospital Food programme along with Leading Chefs recipes, methods and presentation pictures.

NHS Trusts Area Access

There is a password-protected section available only to NHS Trusts.

This section contains:

- The National Dish Selector
- Recipes
- Method Statements
- Nutritional Analysis
- Presentation pictures
- Dish costing module

and in due course, raw ingredient specifications.

Trusts can, using this information, obtain all the details they need to be able to devise their menus, ensure nutritional balance and select photographs for use in their Menu Booklet. In addition a search facility allows Trusts to search for dishes by category (e.g. all dishes containing beef). All recipes indicate the number of portions to which they relate. If Trusts wish to prepare different quantities, this figure can be amended and will automatically generate a revised ingredient list. Finally in this section Trusts are provided with the facility to enter local ingredient purchase costs and thereby generate total recipe costs.

Website

The website has been designed as an interactive tool to assist Trusts in achieving high quality catering and nutritional standards. It will be maintained and updated regularly and Trusts are invited to submit recipes not in the 'Dish Selector' which have proved especially popular with their patients. These should be sent, along with a method statement, to betterhospitalfood@doh.gsi.gov.uk

dietary needs



Nutritional Needs - Dietary Reference Values

Guidelines for healthy eating aim to improve our quality and length of life. However, many people who are ill in hospital have particular needs, which may be different to the general recommendations for those who are healthy. Caterers in hospital face a double challenge - they must provide for the special needs of patients who are poorly nourished or who have increased nutritional requirements, whilst also promoting healthy eating habits for others. For children, for example, it is important to provide a range of familiar foods in order to ensure that sufficient food is eaten in the unfamiliar setting of a hospital ward. This may mean that compromises must be made to ensure adequate intakes.

Many people eat normally up to the time they enter hospital. Some arrive for the delivery of a baby, others for a procedure, which perhaps involves only a day or two in hospital, others are admitted unexpectedly after an accident or illness.

For some of these people, and for those with heart disease, diabetes or weight problems, hospital can be an opportunity to form new habits, discovering that meals low in fat, with plenty of fruit, vegetables and salads can be tasty, attractive and satisfying.

However, significant numbers of patients entering hospital have already lost weight, due to previous illness and its side effects, and it is essential that this nutritional risk is identified. It is now well recognised that poor nutrition both prolongs hospital stay and increases the risks of infection and complications. For these patients, food must be more than just a pleasant interlude in the day - it also has a vital role to play as an integral part of treatment.

It is therefore essential for hospitals to pay particular attention to ensuring that sufficient protein, energy and key vitamins and minerals are provided routinely for all hospital patients.

All hospitals must provide the Estimated Average Requirement (EAR) for food energy and the Reference Nutrient Intake (RNI) which are both set out on the following pages for all other nutrients for the patient population that they are responsible for nourishing.

The Scientific Advisory Committee on Nutrition sets nutritional standards for the UK. It is now part of the Food Standards Agency and published Dietary Reference Values for Food Energy and Nutrients for the United Kingdom (DRV) in 1991 when it was known as the Committee on Medical Aspects of Food Policy. There are four dietary reference values for populations of people in the United Kingdom:

1. **Estimated Average Requirement (EAR)**

This is the amount of a nutrient required each day by the average person in each age group. The National Health Service menu is planned to provide the EAR for energy. This is a lower figure than for other nutrients in recognising that:

- Many patients are less active in hospital than they would be in normal day to day life
- Energy requirements of the population are declining as activity diminishes and obesity becomes more common

N.B. some patients will need more than the EAR for energy (e.g. patients with burns or a high temperature) they need to be identified and managed appropriately.

2. **Reference Nutrient Intake (RNI)**

This is the amount of a nutrient estimated to be sufficient for 97% of the population.

3. **Lower Reference Nutrient Intake (LRNI)**

This is the amount of a nutrient which is adequate for only 3% of the population. If a patient is regularly consuming less than the LRNI of a nutrient then they are quite likely to develop a deficiency.

4. **Safe Intake**

Some nutrients are toxic in large quantities, safe levels of intake are suggested for these.

Dietary Reference Values
 Table 1. Estimated Average Requirements (EARs) for Energy

	EARs MJ/d (kcal/d)			
AGE:	Males		Females	
0-3 months	2.28	(545)	2.16	(515)
4-6 months	2.89	(690)	2.69	(645)
7-9 months	3.44	(825)	3.20	(765)
10-12 months	3.85	(920)	3.61	(865)
1-3 years	5.15	(1,230)	4.86	(1,165)
4-6 years	7.16	(1,715)	6.46	(1,545)
7-10 years	8.24	(1,970)	7.28	(1,740)
11-14 years	9.27	(2,220)	7.92	(1,845)
15-18 years	11.51	(2,755)	8.83	(2,110)
19-50 years	10.60	(2,550)	8.10	(1,940)
51-59 years	10.60	(2,550)	8.00	(1,900)
60-64 years	9.93	(2,380)	7.99	(1,900)
65-74 years	9.71	(2,330)	7.98	(1,900)
75+ years	8.77	(2,100)	7.61	(1,810)
PREGNANCY:			+0.80*	(200)
LACTATION:				
1 month			+1.90	(450)
2 months			+2.20	(530)
3 months			+2.40	(570)
4-6 months (Group 1)**			+2.00	(480)
4-6 months (Group 2)			+2.40	(570)
> 6 months (Group 1)			+1.00	(240)
> 6 months (Group 2)			+2.30	(550)
*last trimester only				
**see para 2.5 of DRV Report				

Dietary Reference Values

Table 2. Reference Nutrient Intakes for Protein

AGE:	Reference Nutrient Intake* g/d
0-3 months	12.5**
4-6 months	12.7
7-9 months	13.7
10-12 months	14.9
1-3 years	14.5
4-6 years	19.7
7-10 years	28.3
MALES:	
11-14 years	42.1
15-18 years	55.2
19-50 years	55.5
50+ years	53.3
FEMALES:	
11-14 years	41.2
15-18 years	45.0
19-50 years	45.0
50+ years	46.5
PREGNANCY***	+6
LACTATION***	
0-4 months	+11
4+ months	+8
*These figures based on egg and milk protein assume complete digestibility.	
**No values for infants 0-3 months are given by WHO. The RNI is calculated from the recommendations of COMA (see table 7.1).	
***To be added to adult requirement through all stages of pregnancy and lactation.	

Dietary Reference Values
Table 3. Reference Nutrient Intakes for Vitamins

AGE:	Thiamin mg/d	Riboflavin mg/d	Niacin mg/d	Vitamin B6 mg/d†	Vitamin B12 _g/d	Folate _g/d	Vitamin C mg/d	Vitamin A _g/d	Vitamin D _g/d
0-3 months	0.2	0.4	3	0.2	0.3	50	25	350	8.5
4-6 months	0.2	0.4	3	0.2	0.3	50	25	350	8.5
7-9 months	0.2	0.4	4	0.3	0.4	50	25	350	7
10-12 months	0.3	0.4	5	0.4	0.4	50	25	350	7
1-3 years	0.5	0.6	8	0.7	0.5	70	30	400	7
4-6 years	0.7	0.8	11	0.9	0.8	100	30	400	-
7-10 years	0.7	1.0	12	1.0	1.0	150	30	500	-
MALES									
11-14 years	0.9	1.2	15	1.2	1.2	200	35	600	-
15-18 years	1.1	1.3	18	1.5	1.5	200	40	700	-
19-50 years	1.0	1.3	17	1.4	1.5	200	40	700	-
50+ years	0.9	1.3	16	1.4	1.5	200	40	700	-
FEMALES									
11-14 years	0.7	1.1	12	1.0	1.2	200	35	600	-
15-18 years	0.8	1.1	14	1.2	1.5	200	40	600	-
19-50 years	0.8	1.1	13	1.2	1.5	200	40	600	-
50+ years	0.8	1.1	12	1.2	1.5	200	40	600	-
PREGNANCY	+0.1***	+0.3	*	*	*	+100	+10***	+100	10
LACTATION									
0-4 months	+0.2	+0.5	+2	*	+0.5	+60	+30	+350	10
4+ months	+0.2	+0.5	+2	*	+0.5	+60	+30	+350	10

Dietary Reference Values

Table 4. Reference Nutrient Intakes for Minerals (SI Units)

AGE:	Calcium mmol/d	^① Phosphorus mmol/d	Magnesium mmol/d	^② Sodium mmol/d	^③ Potassium mmol/d	^④ Chloride mmol/d	Iron _mol/d	Zinc _mol/d	Copper _mol/d	Selenium _mol/d	Iodine _mol/d
0-3 months	13.1	13.1	2.2	9	20	9	30	60	5	0.1	0.4
4-6 months	13.1	13.1	2.5	12	22	12	80	60	5	0.2	0.5
7-9 months	13.1	13.1	3.2	14	18	14	140	75	5	0.1	0.5
10-12 months	13.1	13.1	3.3	15	18	15	140	75	5	0.1	0.5
1-3 years	8.8	8.8	3.5	22	20	22	120	75	6	0.2	0.6
4-6 years	11.3	11.3	4.8	30	28	30	110	100	9	0.3	0.8
7-10 years	13.8	13.8	8.0	50	50	50	160	110	11	0.4	0.9
MALES											
11-14 years	25.0	25.0	11.5	70	80	70	200	140	13	0.6	1.0
15-18 years	25.0	25.0	12.3	70	90	70	200	145	16	0.9	1.0
19-50 years	17.5	17.5	12.3	70	90	70	160	145	19	0.9	1.0
50+ years	17.5	17.5	12.3	70	90	70	160	145	19	0.9	1.0
FEMALES											
11-14 years	20.0	20.0	11.5	70	80	70	260	140	13	0.6	1.0
15-18 years	20.0	20.0	12.3	70	90	70	260	110	16	0.8	1.1
19-50 years	17.5	17.5	10.9	70	90	70	260	110	19	0.8	1.1
50+ years	17.5	17.5	10.9	70	90	70	160	110	19	0.8	1.1
PREGNANCY	*	*	*	*	*	*	*	*	*	*	*
LACTATION											
0-4 months	+14.3	+14.3	+2.1	*	*	*	*	+90	+5	+0.2	*
4+ months	+14.3	+14.3	+2.1	*	*	*	*	+40	+5	+0.2	*

① Phosphorus RNI is set equal to calcium in molar terms ② 1 mmol sodium = 23mg ③ 1 mmol potassium = 39 mg ④ Corresponds to sodium 1 mmol = 35.5mg

*No increment ①Phosphorus RNI is set equal to calcium in molar terms ②1 mmol sodium = 23mg ③1 mmol potassium = 39 mg ④Corresponds to sodium 1 mmol = 35.5mg ⑤Insufficient for women with high menstrual losses. Iron supplements advised.

Nutritional guidance for particular groups

Some groups of patients present particular challenges for the caterer. The patients and their professional and lay carers are the best people to consult about meeting the nutritional needs of these patients. The notes on the following pages are considerations that have been found to be useful.

Children	Patients requiring food with a modified consistency	Elderly patients - acute
<p>General</p> <p>The menu should meet the RNI for all nutrients and provide a range of dishes that will be popular and are likely to be eaten.</p> <p>Due to variations in age and nutritional requirements, children or carers should be given the opportunity to indicate the size of portion required. Adolescents may require larger portions and/or increased energy density.</p> <p>Children should choose their own meals, and consideration should be given to offering children their own separate illustrated menu and to modifying the presentation and types of food to appeal to this group, e.g. fruit juice (orange or apple only) in small tetra packs.</p> <p>Appropriate seating, cutlery and crockery should be provided, for differing ages, medical conditions or disabilities.</p> <p>Attention should be paid to the eating environment and, where possible, children should be encouraged to eat together.</p> <p>Information should be available as to the suitability of certain dishes for children with food intolerances/allergies, e.g. milk, egg, fish, wheat and soya.</p> <p>Menus should not knowingly contain nuts or nut derivatives, but products cannot be guaranteed "nut free", due to potential contamination risk.</p> <p>Resident breast feeding mothers should be offered meals.</p> <p>For advice on infant feeding, Trusts should refer to their local Infant Feeding Policy.</p>	<p>General</p> <p>The menu should meet the RNI for all nutrients and provide a range of dishes that will be popular and are likely to be eaten.</p> <p>Where necessary, a pureed, minced, liquidised or soft variation of the standard menu should be offered.</p> <p>Presentation of altered consistency food is particularly important.</p> <p>Consideration must be given to nutrient dilution when foods are liquidised.</p> <p>Eating utensils to assist those with poor manual dexterity.</p> <p>The advice of speech and language therapists should be sought where appropriate.</p> <p>Breakfast</p> <p>Dishes of a suitable consistency need to be provided</p> <p>Light Lunch</p> <p>From a production point of view, the majority of meals on the standard menu can be pureed and are generally soft. However, where these are not appropriate, an alternative, such as an omelette or scrambled egg, should be offered.</p> <p>Pureed or soft fruit should be available if required.</p>	<p>General</p> <p>The menu should meet the RNI for all nutrients and provide a range of dishes that will be popular and are likely to be eaten.</p> <p>Particular attention should be paid to issues such as dentition, small appetites and conservative tastes.</p> <p>Breakfast</p> <p>Appetites are often better in the early part of the day and the menu may need to reflect this.</p> <p>Light Lunch</p> <p>Many of the items on the standard menu will be suitable for elderly patients, but those with swallowing difficulties etc., may require soft or pureed meals. From a production point of view, the majority of these meals can be pureed and are generally soft. However, where these are not appropriate, an alternative, such as an omelette or scrambled egg, should be offered.</p> <p>A milk pudding must be available and soft, cooked or tinned fruit offered as an alternative to fresh fruit.</p> <p>Where Trusts have a high proportion of elderly patients, they may choose to offer the lighter meal in the evening and the two-course main meal at lunchtime, with one of the choices being a softer option.</p>

Children (continued)	Patients requiring food with a modified consistency (continued)	Elderly patients - acute (continued)
<p>Breakfast</p> <p>Familiar dishes and at least one child-friendly cereal should be offered. Both full cream and semi-skimmed milk should be available.</p>	<p>Dinner</p> <p>Pureed or soft fruit should be available if required.</p>	<p>Dinner</p> <p>Elderly patients may have reduced manual dexterity, so boneless meat dishes should be available.</p>
<p>Light Lunch</p> <p>Most of the items on the standard menu will be suitable for this group, but at least one item should be child-friendly each day and other selections should reflect the more popular adult dishes.</p> <p>Sandwiches and salads should be simple, without unusual ingredients. Popular choices are cheese, ham and egg mayonnaise. Serve salad as a separate garnish, rather than in the sandwich.</p> <p>Vegetable and fruit choices should reflect popular items for school age children.</p> <p>Familiar cold desserts, e.g. full fat yoghurts (smooth) and fromage frais in popular flavours.</p>	<p>Snacks</p> <p>Careful consideration of suitable snacks will be needed for this group of patients.</p>	<p>Mashed potato should be offered each day on elderly care wards.</p> <p>A milk pudding must be available and soft, cooked or tinned fruit offered as an alternative to fresh fruit.</p>
<p>Dinner</p> <p>Most of the items on the standard menu will be suitable for this group, but at least one item should be child-friendly each day and other selections should reflect the more popular adult dishes.</p> <p>Sick children may prefer familiar foods, so a static rather than cyclical menu may be appropriate, with a minimum of 5 main courses, chosen with care.</p> <p>Where possible, meat should be off the bone.</p> <p>A small chocolate bar or cake may be offered as a dessert choice.</p>		
<p>Snacks</p> <p>Trusts may wish to offer child-friendly breakfast cereals, yoghurts, chocolate, rolls and doughnuts.</p>		

Long stay patients

General
The menu should meet the RNI for all nutrients and provide a range of dishes that will be popular and are likely to be eaten.

An appropriate menu cycle must be in place to avoid menu fatigue.

Breakfast
The level of choice available may need to be enhanced, to prevent menu fatigue.

Light Lunch
An appropriate menu cycle must be in place to avoid menu fatigue, with a minimum of 14 days.

Dinner
An appropriate menu cycle must be in place to avoid menu fatigue, with a minimum of 14 days.

Snacks
Not applicable.

Maternity patients

General
The menu should meet the RNI for all nutrients and provide a range of dishes that will be popular and are likely to be eaten.

Consideration should be given to the increased nutritional needs of pregnant and lactating women, who may require more frequent meals.

The standard menu will be suitable for this patient group, but may need supplementing for lactating mothers.

Breakfast
Flexible timing and service arrangements should be considered, and a buffet-style service may be more appropriate.

Light Lunch
Not applicable.

Dinner
Not applicable.

Snacks
The availability of high-energy snacks and the 24-hour service for lactating mothers, to supplement the standard menu, is particularly important for this group of patients.

Mental health patients - acute

General
The menu should meet the RNI for all nutrients and provide a range of dishes that will be popular and are likely to be eaten.

The standard menu will be suitable for this patient group. However, the average length of stay for this group of patients is usually longer than for most other in-patients. This means it is particularly important to have variety and flexibility in the service, and to seek the views of the patients.

Breakfast
Appetites may be better in the early part of the day. However, medication may impair the appetites of others, especially early in the day.

Light Lunch
Variety and flexibility are important as lengths of stay may be several weeks or months.

Elderly people with mental health problems will have the same needs for texture modified meals as in general acute care.

Dinner
Variety and flexibility are important as lengths of stay may be several weeks or months.

Elderly people with mental health problems will have the same needs for texture modified meals as in general acute care.

Acute mental health care is one of the few settings where there is likely to be a significant number of young adults (age 20/30 years) who may prefer an evening meal to be much later than is traditionally offered by the NHS.

Guidance and Recommended Coding Criteria for Common Therapeutic Diets

Coding dishes for modified diets is a controversial issue for dietitians. In considering a therapeutic diet the whole diet would be considered rather than laying particular emphasis on a single dish or food item. The prime consideration when coding must be to ensure proper and safe nutrition - striking the right balance between managing the therapeutic diet and maintaining or improving nutritional intake can be difficult.

Therapeutic Diet	Aim of diet	Criteria for coding foods	Notes
Diabetes	<ul style="list-style-type: none"> To maintain normal nutrition To maintain normal bloodsugar and other indices of diabetes control i.e. lipids/blood pressure To promote health To avoid or treat obesity 	<ul style="list-style-type: none"> Diabetes UK Guidelines for the Millennium will shortly update the Recommendations for the 90's and recommend that up to 10% of total energy intake can be taken as sugar, as long as this is part of a balanced eating plan Desserts providing a total of 10g of added sugar or less can be coded as suitable for people with diabetes 	<ul style="list-style-type: none"> Heart disease and stroke are the main causes of death and ill health for people with diabetes A heart healthy low fat, high fibre diet with plenty of fruit and vegetables is the ideal A high blood sugar will impair wound healing and recovery from illness Striking the balance between medication and dietary modification to control blood sugar during a period of illness requires the expertise of a multi - disciplinary clinical team
Lower fat/healthy option	<ul style="list-style-type: none"> To maintain normal nutrition To provide around 50g fat or less per day 	<ul style="list-style-type: none"> Main course dishes containing less than 15g fat are suitable Desserts containing less than 5g fat are suitable 	<ul style="list-style-type: none"> This modification has two main applications: <ul style="list-style-type: none"> -For those with high risk of heart disease -For patients with a fat absorption disorder If the patient is undernourished carbohydrate sources of energy will need to be boosted to compensate for the reduction in fat energy
No added salt	<ul style="list-style-type: none"> To maintain normal nutrition To reduce salt intake to between 4g and 6g per day (80 - 100mmol sodium) 	<ul style="list-style-type: none"> Main course dishes containing less than 475mg (20mmol) sodium are suitable Desserts containing less than 150mg (6.5mmol) sodium are suitable 	<ul style="list-style-type: none"> This modification may be recommended for those with hypertension or fluid overload
Higher energy	<ul style="list-style-type: none"> To maintain normal nutrition To promote energy intake in those patients with small appetites To provide around 500kcal at main meals without "overfacing" (i.e. presenting very large portion sizes) 	<ul style="list-style-type: none"> Main course dishes containing more than 300kcal are suitable Potatoes and vegetables fortified with or cooked with fats or oils are suitable Dessert items containing more than 200kcal are suitable 	<ul style="list-style-type: none"> Patients with a small appetite need encouragement to eat and tempting, frequent meals Foods need to contain lots of energy per mouthful

Codes on menus can be confusing and should always be accompanied by guidance on their use for staff and patients. This should be on the menu card itself or in a readily accessible patient information booklet.

Food Textures and Consistencies

Texture	Description of solid texture	Consistency to aim for
A	<ul style="list-style-type: none">Food that has been pureed and sieved to remove fine particlesA smooth uniform consistencyA thickener may be added to maintain stability of textureSauce-like, it drips rather than pours off a spoonCan only be eaten with a spoon	<ul style="list-style-type: none">Tomato ketchupSalad creamTinned custard
B	<ul style="list-style-type: none">Food that has been pureed and sieved to remove fine particlesA thickened, smooth, uniform consistencyA thickener may be added to maintain stability of textureMust not separate into liquid and solid components during swallowIt should be moist, not stickyWill hold its own shape on a plate and can be moulded, layered and piped	<ul style="list-style-type: none">MousseSmooth fromage fraisWhipped cream
C	<ul style="list-style-type: none">Food that is soft, moist and has not been pureed and sievedConsists of food pieces which are easily mashed with a fork and breaks into piecesNot more than 0.5 cm (1/4 inch) in sizeThese foods should be served or coated with a thick gravy or sauce	<ul style="list-style-type: none">Flaked tuna in sauceMashed cauliflower cheeseMashed banana
D	<ul style="list-style-type: none">Dishes containing soft, moist, bite sized piecesSuitable foods can be broken into 1.5 cm (3/4 inch) pieces with the flat edge of a forkAvoid foods which pose a choking hazard<ul style="list-style-type: none">Dry and crisp muesli, crisp, battered and breaded foods, toffeeSticky - white bread/rolls, peanut butterStringy - gristle, fruit skins and shells of peas, beans, sweetcorn	<ul style="list-style-type: none">Moist pasta in sauceCrustless egg mayonnaise sandwiches
E	<ul style="list-style-type: none">Dishes made up of solids and liquids together are allowedSuitable foods can be broken into 1.5 cm (3/4 inch) pieces with the flat edge of a forkAvoid foods which pose a choking hazard as for D (above)	<ul style="list-style-type: none">MinceCasserole of tender meatWeetabix mushed into milk
F	<ul style="list-style-type: none">No modification of texture is necessaryFree choice of foods available	

The example given of a soft menu meets the requirements of category D

Special Diets (Indicative Food Rules of Different Religions)

FOOD	7th Day Adventist	Rastafarian	Roman Catholic	Mormon	Jewish	Sikh	Muslim	Hindu	Buddhist
Eggs	Most	A	A	A	No blood spots	Some	No blood spots	Some*	Some
Milk/ Yoghurt	Most	A	A	A	Not with meat	A	Not with rennet	Not with rennet	A
Cheese	Most	A	A	A	Not with meat	Some	V/tarian	Some*	A
Chicken	Some	Some	Some still prefer not to eat meat, particularly during Lent or Fridays	A	Kosher	Some	Halal	Some*	F*
Mutton/Lamb	Some	Some		A	Kosher	Some	Halal	F	F*
Beef	Some	Some		A	Kosher	F	Halal	F	F*
Pork	F	F		A	F	Rarely	F	Rarely	F*
Fish	Some	A	A	A	With scales, fins & backbone	Some	With fins & scales	With fins & scales	Some
Shellfish	F	F	A	A	F	Some	Halal	Some*	F
Cocoa/Tea/Coffee	F	A	A	F	A	A	A	A	A (no milk)
Nuts	A	A	A	A	A	A	A	A	A
Pulses	A	A	A	A	A	A	A	A	A
Fruit	A	A	A	A	A	A	A	A	A
Vegetables	A	A	A	A	A	A	A	A	A
Alcohol	F	F	A	F	A*	A	F	Some*	F
FASTING (Where not specified, fasting is a matter of choice)			Some fast for a short time before communion	24hrs, once monthly	Yom Kippur		Ramadan		

A = Accepted
F = Forbidden
F* = Some Buddhists are not vegetarian
Depending on degree of orthodoxy



chefs' recipes

SC003 *Butter Bean and Bacon Soup*

Serves 100

4kg dried butter beans
8 bay leaves
350g butter
1.5kg lean bacon, diced
2.5kg onion, finely chopped
2.5kg leek, finely chopped
4 heads celery, finely chopped
7lt full cream milk
12lt chicken stock
1lt olive oil
salt and pepper



- 1 Soak the butter beans overnight in plenty of cold water. Drain and place in a large saucepan with the bay leaves and plenty of fresh water. Bring to the boil and boil for 10 minutes. Reduce the heat and simmer gently for about 45 minutes or until tender. Drain.
- 2 Melt the butter in a large saucepan, add the bacon and fry for 5 minutes until crisp. Drain with a slotted spoon. Add the onions and fry gently for 3 minutes. Add the leek and celery and fry for a further 5 minutes.
- 3 Stir in the beans, milk and stock. Transfer to a food processor or blender and process until smooth. Return to the pan and heat through for 5 minutes. Stir in the oil and bacon and season to taste.

Calories	316	Protein (g)	13.7
Fat (g)	17.6	Carbohydrate (g)	27.5

SC004 *Cream of Carrot Soup*

Serves 100

300g butter
5kg carrots, sliced
2.5kg onion, roughly chopped
15lt vegetable stock
2 heads garlic, crushed
3.75lt milk
salt and pepper



- 1 Melt the butter in a saucepan. Add the carrots and onion and fry gently until softened but not browned, about 10 minutes.
- 2 Stir in the stock and garlic and bring to the boil. Reduce the heat and simmer gently for about 20 minutes until the carrots are very tender.
- 3 Transfer to a food processor or blender and process until smooth. Return to the pan, add the milk and seasoning and heat through gently.

Calories	76	Protein (g)	2
Fat (g)	4.3	Carbohydrate (g)	7.9

SC002 *Celery and Red Pepper Soup*

Serves 100

300g butter
12 heads celery, trimmed and chopped
4.5kg red peppers, cored, de-seeded and roughly chopped
12lt full cream milk
15g freshly grated nutmeg
8 bay leaf
85g each of fresh chopped thyme and tarragon
7lt chicken stock
salt and pepper



- 1 Melt the butter in a large saucepan. Add the celery and peppers and fry gently for 5 minutes until softened.
- 2 Add all the remaining ingredients and bring to the boil. Reduce the heat and simmer gently until the celery is tender, about 20 minutes.
- 3 Transfer to a food processor or blender and process until smooth. Strain into the pan and season to taste.

Calories	122	Protein (g)	4.8
Fat (g)	7.6	Carbohydrate (g)	9.4

SC001 Two Soups in a Bowl

Serves 100

Tomato Soup

175ml olive oil
500g onion, chopped
500g leek, chopped
250g celery stalks chopped
750g carrot, chopped
2 heads garlic, chopped
salt and pepper
5kg ripe tomatoes, roughly chopped
305g tomato puree
200g thyme
8lt chicken or vegetable stock
2lt whipping cream



- 1 Heat the oil in a saucepan, when hot add the onion, leek, celery, carrot and garlic, season lightly. Cover with a lid and sweat, stirring occasionally for about 5 minutes.
- 2 Add the tomatoes, tomato puree and the thyme and season lightly again, cover with the lid and continue to sweat out over a medium heat for a further 5 minutes.
- 3 Add the stock, bring to the boil and simmer for 20 minutes.
- 4 Transfer to a food processor or blender and process until smooth. Strain, return to the pan; add the cream and check the seasoning and reheat through gently.

Spinach Soup

175ml olive oil
500g onion, chopped
500g leek, chopped
250g celery stalks chopped
750g carrot, chopped
2 heads garlic, chopped
salt and pepper
450g plain flour
10lt chicken or vegetable stock
4kg fresh leaf spinach, well washed, drained and tough stalks removed, leaves roughly chopped.
1tsp grated nutmeg

- 1 Heat the oil in a saucepan, when hot add the onion, leek, celery, carrot and garlic, season lightly. Cover with a lid and sweat, stirring occasionally for about 5 minutes.
- 2 Add the flour and stir it in well, cook this out for about 3 minutes stirring occasionally then stir in the stock.
- 3 Bring to the boil and simmer for 20 minutes until the vegetables are cooked. Add the spinach and nutmeg, stir into the liquid. Transfer to a food processor or blender and process until smooth. Strain, return to the pan check the seasoning and reheat through gently.

To Serve:

300g roughly chopped parsley, coriander or basil to decorate
Note: for this serving suggestion the two soups must be of the same fairly thick consistency.

- 1 Pour the hot soups into separate jugs. Place a 7.5cm metal ring mould in the centre of a soup bowl. Pour a little of one of the soups into the centre of the ring and a little of the other outside the ring.
- 2 Carefully twist out the metal ring and prepare the other bowls in the same way. Serve scattered with herbs.

Calories	105	Protein (g)	1.8
Fat (g)	7.0	Carbohydrate (g)	9.2

SC005 Vegetable and Herb Soup

Serves 100

600g butter
750g shallots, finely chopped
2.7kg leeks, trimmed and finely chopped
1.25kg swede, finely diced
1.25kg celeriac, finely diced
2.5kg carrot, finely diced
salt and pepper
1lt white wine, optional
2kg courgette, finely diced
1.25kg French beans, finely sliced
1.25kg frozen peas
1.25kg cabbage, finely chopped
2lt double cream or crème fraîche
300g basil leaves, roughly chopped
140g each of sorrel, chervil and chives, roughly chopped
2kg tomato, skinned, de-seeded and diced



- 1 Melt 600g of the butter in a large saucepan or saute pan. Add the shallots, leek, swede, celeriac, carrot and a pinch of salt and fry gently for about 5 minutes until softened but not coloured.
- 2 Add the wine if using and bubble until it evaporates. Add 18lt water and bring to the boil. Reduce the heat and cook for 10 minutes.
- 3 Add the courgette, French beans, peas and cabbage and cook for 5 minutes until softened.
- 4 Stir in the cream or crème fraîche. Add the herbs and tomato. Season to taste and heat through for 1 minute.

Calories	187	Protein (g)	3.3
Fat (g)	15.3	Carbohydrate (g)	8.2

SANC001 *A Good Old Corned Beef and Apple
Coleslaw Sandwich*

Serves 100

For the coleslaw:

5.4kg white cabbage,
finely shredded
2.5kg carrot, peeled and
finely grated
500g grated onion
2.5lt mayonnaise
250ml lemon juice
625g sultanas
3kg dessert apple, peeled, cored
and chopped
salt and pepper

To finish:

5kg corned beef
100 bread rolls



- 1 Mix together the coleslaw ingredients in a bowl and season lightly.
- 2 Pile the coleslaw and corned beef into the bread rolls.

Calories	472	Protein (g)	20.2
Fat (g)	25.9	Carbohydrate (g)	42.4

FC001 *Macaroni With Smoked Haddock
And Herbs*

Serves 100

8.75kg small macaroni
9.5kg skinned smoked haddock
7lt fish stock
7lt full cream milk
1.25kg butter
1kg plain flour
2.25lt double cream
450g each of parsley and dill, chopped



- 1 Cook the pasta in plenty of boiling, lightly salted water for about 12 minutes or until tender. Drain and rinse in cold water.
- 2 Put the haddock in a pan with the stock and milk and bring to the boil. Reduce the heat and simmer gently for 5 minutes until the fish is cooked through. Drain reserving the cooking juices.
- 3 Melt the butter in a large saucepan. Add the flour and cook, stirring for 2 minutes. Gradually blend in the cooking juices, whisking well until smooth. Bring to the boil, reduce the heat and simmer gently for 10 minutes.
- 4 To serve, flake the fish into the sauce. Add the cream, herbs and pasta and heat through until fully warmed. Season to taste and serve.

Calories	658	Protein (g)	32.5
Fat (g)	26.1	Carbohydrate (g)	78.4

VC001 *Cauliflower and Very Cheesy Sauce*

Serves 100

24 medium cauliflowers, tough
stalks removed and cut into florets
850g butter

5.4kg leeks, trimmed
and shredded
500g plain flour
7lt full cream milk
1kg Brie, chopped
1kg Cheddar, grated
1kg Gruyère, grated
500g Parmesan, grated
salt and pepper



For the Vegetable Crisps:

2.7kg parsnips, peeled and pared into wafer thin strips
2.7kg carrots, peeled and pared into wafer thin strips
1.3kg leek, cut into strips
200g of mixed basil and sage leaves
oil for deep-frying

- 1 Boil or steam the cauliflower until just tender, drain. Meanwhile melt 350g of the butter in a saucepan, add the leeks and cook gently for 3 minutes. Transfer to a serving dish and top with the cauliflower. Keep warm.
- 2 Melt the remaining butter in the pan. Stir in the flour and cook for 1 minute. Gradually blend in the milk, then bring to the boil and cook for 2 minutes. Stir in the cheeses and cook until melted. Season and keep warm.
- 3 For the vegetable crisps, fry them a few at a time in a fryer at 140°C until crisp and golden. Drain on kitchen paper.
- 4 Spoon the hot sauce over the cauliflower and sprinkle with the vegetable and herb crisps.

Calories	386	Protein (g)	17.3
Fat (g)	27.5	Carbohydrate (g)	17.9

SALC001 *Salad of Spinach, Tuna, Egg and Mung Beans*

Serves 100

salt and pepper
8.75kg raw tuna steaks
1lt olive oil
100 eggs
100 tomatoes, cut into wedges
1.8kg baby spinach leaves
500g poppy seeds
2.5kg mung beans



For the dressing:

2lt olive oil
500ml white wine vinegar
2 heads garlic, crushed
6 onions
salt and pepper

- 1 Season the tuna steaks and fry in the oil for about 5 minutes on each side until cooked through. Leave to cool. Hard-boil the eggs and leave to cool.
- 2 Put the tomatoes, spinach, poppy seeds and mung beans in a bowl. Cut the eggs into wedges, flake the tuna and add to the bowl.
- 3 Mix the olive oil in a small bowl with the vinegar and garlic. Grate the onion to extract the juice and add the juice to the dressing with a little seasoning. Whisk together and pour over the salad. Toss the ingredients together and serve.

Calories	574	Protein (g)	37.4
Fat (g)	43.5	Carbohydrate (g)	14.9

LC001 *Real Cornish Pasties*

Makes 100

10kg chuck steak, trimmed and diced
4kg swede, diced
7.5kg potato, diced
3.5kg onion, chopped
85g fresh chopped thyme
salt and pepper
10kg shortcrust pastry
10 eggs beaten to glaze



- 1 Mix together the steak, swede, potato, onion, thyme and seasoning.
- 2 Preheat the oven to 220°C/425°F/gas mark 7, fan oven 200°C/400°F/gas mark 6. Roll out the pastry on a floured surface and cut out 23cm rounds using a plate as a guide. Divide the filling among the pastry circles. Brush the edges of the rounds with beaten egg.
- 3 Fold the pastry over the filling and seal the edges together. Scallop the edges firmly and transfer to a baking sheet. Cut a hole in each to allow the steam to escape. Brush with beaten egg and bake for 15 minutes. Reduce the oven temperature to 170°C/325°F/fan oven 150°C/gas mark 3 and bake for a further 1 hour. Serve warm or cold.

Calories	722	Protein (g)	41
Fat (g)	35.2	Carbohydrate (g)	65

FC002 Seafood Pasta With Fresh Dill and Parmesan

Serves 100

7.5kg penne pasta
650g butter
2 heads garlic, crushed
1.8k onions, finely chopped
3.75kg peeled prawns
3.75kg salmon fillet, skinned and cut into cubes
50 plaice fillets, skinned and cut into large pieces
500g chopped fresh dill
salt and pepper
1.25kg Parmesan cheese, grated



For the sauce:
500g butter
500g plain flour
10lt milk
6 onions, each one studded with 2 cloves

- 1 Cook the pasta in plenty of boiling, lightly salted water until tender, about 12 minutes. Meanwhile make the sauce; melt the butter in a saucepan. Add the flour and cook, stirring for 1 minute. Gradually blend in the milk and stir over a moderate heat until thickened. Add the studded onions and leave to simmer gently for about 20 minutes while preparing the fish.
- 2 Drain the pasta and refresh under cold water. Melt the butter in a saucepan. Add the garlic and onion and fry gently for 5 minutes until softened but not browned. Add half the prepared sauce, all the fish, the pasta, dill and a little seasoning.
- 3 Stir the ingredients gently together. Spoon onto serving plates and scatter with Parmesan.

Calories	628	Protein (g)	39.8
Fat (g)	23.9	Carbohydrate (g)	9.4

SANC002 Smoked Turkey and Tomato Baguette

Serves 100

25 baguettes
500g butter for spreading
25 little gem lettuce, separated into leaves
6.25kg thinly sliced smoked turkey
100 plum tomatoes, sliced
salt and pepper
3.75kg Brie, thinly sliced

- 1 Split each baguette in half lengthways so they just remain intact, then cut diagonally into 4 pieces. Open out and lightly toast both sides under the grill.
- 2 Spread with butter and arrange the lettuce slices over the base halves. Cover with the turkey, tomatoes, seasoning and then the Brie slices.
- 3 Just before serving, lightly grill so the Brie begins to melt and colour. Sandwich the filling with the lids to serve

Calories	591	Protein (g)	40.6
Fat (g)	19	Carbohydrate (g)	69.3

PC001 Baked Ham Hock With Mustard Sauce

Serves 100

17.5kg boned and rolled ham joints, preferably soaked overnight in water
1.6kg butter
4.5kg onions, finely chopped
2 heads garlic, crushed
650g plain flour
10lt beef stock
85g fresh chopped thyme
12 bay leaves
650g English mustard
1.3kg whole grain mustard
650g tomato puree
700g fresh white breadcrumbs
500g flat leaf parsley, chopped
1.3kg Dijon mustard



- 1 Put the joint in a pan and cover with water. Bring to the boil, reduce the heat and simmer gently until cooked. Leave to cool in the stock.
- 2 For the sauce, melt 1.2kg of the butter in a separate pan and fry the onions and garlic for 5 minutes. Stir in the flour and cook for a couple of minutes. Gradually blend in the stock then the herbs, mustards and tomato puree. Bring to the boil, reduce the heat and simmer gently for 20 minutes.
- 3 Preheat the oven to 190°C/375°F/gas mark 5, fan oven 160°C/325°F/gas mark 3. Melt the remaining butter and mix with the breadcrumbs and parsley. Drain the ham, cut into chunky slices and spread with the Dijon mustard. Sprinkle with the breadcrumb mixture and bake for about 15 minutes until crispy. Serve with the sauce spooned over.

Calories	470	Protein (g)	35.5
Fat (g)	29.5	Carbohydrate (g)	16.2

BC001 Beef Masala with Potato Bhaji

Serves 100

700ml sunflower oil
12 cinnamon sticks
40g green cardamom pods
12 bay leaves
20 small green chillies, cored, de-seeded and chopped
40g dried chilli flakes
12.5kg lean beef steak, trimmed and diced
4lt beef stock
4kg onions, chopped
650g ginger paste
650g garlic paste
15g mace
85g ground cumin
85g ground coriander
40g ground turmeric
6.5kg tomatoes, chopped
salt
225g fresh coriander, chopped



For the Potato Bhaji:

13kg potatoes
1.2lt sunflower oil
160g mustard seeds
280g curry leaves
85g cumin seeds
12 small green chillies, de-seeded and chopped
175g chopped fresh root ginger
2 heads garlic chopped
250ml lemon juice
250g fresh chopped coriander, to garnish

- 1 Heat the oil in a large, shallow saucepan or sauté pan. Add the whole spices, bay leaf and chillies and fry gently for 1 minute. Add the meat, mixing with the spices and brown well.
- 2 Once any juices have evaporated, add the onions, ginger and garlic pastes and the ground spices and cook for a further 5 minutes.
- 3 Add the chopped tomatoes, salt and beef stock. Simmer slowly until the beef is tender, approx. 1-1.5 hrs, stir from time to time.
- 4 Meanwhile dice the potatoes and cook in boiling, salted water for 5 minutes or until tender. Drain thoroughly. Heat the oil in a frying pan. When very hot add the mustard seeds and fry for 30 seconds. Add the remaining spices, then the potatoes. Stir well and heat through until well heated. Drizzle with lemon and sprinkle with coriander.
- 5 Check the beef for seasoning and stir in the coriander. Serve with the potatoes

Calories	490	Protein (g)	32.3
Fat (g)	29.3	Carbohydrate (g)	29.8

CC006 Braised Chicken Thighs with Lentils

Serves 100

2.7kg puy lentils
200 large chicken thighs
2kg plain flour
salt and pepper
1.25kg butter
300ml olive oil
2.5kg onions, finely chopped
6 heads garlic, crushed
3kg carrots, finely diced
4kg leek, trimmed and diced
85g fresh chopped thyme
12 bay leaves
650g tomato puree
14lt chicken stock
salt and pepper

- 1 Put the lentils in a saucepan and cover with plenty of cold water. Bring to the boil, reduce the heat and simmer gently for about 30 minutes until tender, drain and reserve.
- 2 Dust the chicken thighs with about half of the flour and season lightly. Melt the butter with the oil in a large pan and fry the chicken pieces on all sides until golden. Drain.
- 3 Add the onions and garlic to the pan and cook until beginning to colour. Add the carrots and leek and cook for a further 4 minutes. Stir in the remaining flour until blended. Add the herbs, tomato puree and stock and bring to the boil. Reduce the heat and stir in the chicken thighs. Simmer very gently for about 45 minutes until the chicken is tender.
- 4 Stir in the drained lentils and reheat for 5 minutes. Season to taste and serve.

Calories	825	Protein (g)	57
Fat (g)	48	Carbohydrate (g)	44



LC004 Braised Lamb in Cider with Parsley Dumplings

Serves 100

500g plain flour
salt and pepper
12.5kg lean diced lamb
700ml vegetable oil
4 heads garlic, crushed
40g cayenne pepper
2 heads of celery, diced
finely grated rind of 12 lemons
12lt chicken stock
6lt dry cider
1kg butter
300 small pickling onions, peeled and left whole
500g caster sugar
75 tomatoes, skinned, de-seeded and chopped



For the dumplings:

2.5kg self-raising flour
1.25kg shredded suet
250g chopped fresh parsley
1 tsp ground nutmeg

- 1 Season the flour and use to coat the lamb. Heat the vegetable oil in a pan and brown the meat in batches. Return the meat to the pan and add the garlic, cayenne, celery and lemon rind.
- 2 Add the stock and cider and bring to the boil. Reduce the heat, cover and simmer very gently for about 1 hour until the lamb is tender.
- 3 Meanwhile melt half the butter in a frying pan and fry the baby onions for 5 minutes until browned. Add the sugar and leave to caramelise. Add to the lamb half way through cooking. Fry the tomatoes in the remaining butter for 1 minute and reserve.
- 4 For the dumplings, mix together the flour, suet, parsley, nutmeg and seasoning and mix with enough water to make a fairly firm dough. Shape into 200 balls.
- 5 When the lamb is cooked, scatter the dumplings over the surface with the diced tomato. Cover and cook for a further 15 minutes or until the dumplings are light and fluffy.

Calories	602	Protein (g)	29.3
Fat (g)	36.2	Carbohydrate (g)	38.2

CC001 *Chicken Biryani, Daal Tadka and Cucumber Yoghurt*

Serves 100

Chicken Biryani

5.5kg basmati rice, salt
1.9lt natural yoghurt
4.25kg tomatoes, chopped
1.2lt sunflower oil, 12 cinnamon sticks
40g green cardamom pods
40g black cardamom pods, 70 few cloves approx 15g
10 bay leaf, 4kg onions, sliced
25 red chillies, cored, de-seeded and chopped
1.3kg fresh root ginger, chopped, 4 heads garlic, crushed
250g fresh coriander, chopped
250g fresh mint, chopped, 10kg chicken breast, diced



- 1 Cook the rice in boiling, salted water until just tender, drain and keep warm. Blend the yoghurt with the tomatoes and reserve.
- 2 Heat the oil in a large saucepan or sauté pan. Add the whole spices and cook for 1 minute. Add the sliced onion and cook for 10 minutes until thoroughly browned. Add the chilli, ginger and garlic then the pureed yoghurt mixture.
- 3 Cook slowly until the mixture is rich looking and thick then stir in the fresh coriander and mint. Simmer for 10 minutes. Stir in the chicken pieces, cover and cook for 10 minutes until the chicken is cooked through.
- 4 Stir in the rice until evenly mixed and serve hot.

Tadka Daal

1.8kg Masoor Daal (pink lentils)
1.8kg Toor Daal (yellow lentils)
(alternatively use 3.6kg yellow lentils if more readily available)
375g butter, 15g of ground turmeric, salt
700ml sunflower oil, 25g cumin seeds
12 green chilli, de-seeded and sliced
15g of chilli powder, 2 heads garlic, chopped

- 1 Thoroughly wash the lentils then soak in plenty of cold water for 5 hours or overnight.
- 2 Drain and place in a large saucepan. Add enough water to cover the lentils by 4cm. Add the butter, turmeric and a little salt. Bring to the boil, stirring frequently, reduce the heat and cook gently until the lentils are cooked, stirring occasionally to prevent the lentils sticking to the base of the pan. (Skim off any scum that rises to the surface).
- 3 Heat the oil in a large frying pan. Add the cumin seeds, chilli, chilli powder and garlic. Cook until the garlic starts to colour but not burn. Stir the spices and oil into the lentil mixture. Season to taste and serve.

Cucumber Salad

6 small cucumbers, peeled
650g onion, very thinly sliced
50 tomatoes, skinned, de-seeded and shredded
12 green chilli, cored, de-seeded and diced
250g mint, finely chopped, 250g coriander, finely chopped
pinch of salt, 250ml white wine vinegar

- 1 Thinly slice the cucumber. Mix all the ingredients together in a bowl and chill until ready to serve.

Calories	684	Protein (g)	40
Fat (g)	26.3	Carbohydrate (g)	73.3

LC003 *Braised Lamb With Flageolet Beans*

Serves 100

1kg plain flour
salt and pepper
17.5kg lean boneless lamb, diced
1kg butter
375ml oil
3.5kg onion, finely chopped
4 heads garlic, crushed
21lt lamb stock
85g fresh chopped thyme
12 bay leaf
650g tomato puree
2 x 2.5kg tins flageolet beans, rinsed and drained



- 1 Season the flour with salt and pepper and use to coat the lamb, reserving the excess flour. Melt the butter with the oil in a large saucepan or sauté pan and fry the lamb in batches until browned. Drain.
- 2 Add the onion and garlic to the pan and fry gently for 5 minutes. Add the reserved flour and stir for 2 minute. Gradually blend in the stock, add the herbs and tomato puree. Return the lamb to the pan, bring to the boil, reduce the heat and simmer over a very gentle heat for about 1.5 hours until the lamb is tender.
- 3 Stir in the beans and continue to cook until the beans are properly heated through before serving.

Calories	477	Protein (g)	41.1
Fat (g)	27.1	Carbohydrate (g)	18.2

CC008 *Chicken Escalopes with Tomato and Coriander Sauce*

Serves 100

For the sauce:

1lt oil
750g shallots, finely chopped
250g fresh root ginger, finely chopped
4 heads garlic, chopped
25 red or green chillies, cored, de-seeded and finely chopped
1.5lt passata
500g chopped coriander
125 tomatoes, skinned, de-seeded and diced

100 small chicken breasts
salt and pepper
250g dry English mustard
25 eggs, lightly beaten
2.5kg fresh breadcrumbs
375g butter

- 1 For the sauce, heat 350ml/one third of the oil in a small saucepan. Add the shallots, ginger, garlic and chillies and cook very lightly for 2 minutes. Add the passata, coriander and chopped tomatoes and cook for a further 2 minutes. Reserve.
- 2 Put the chicken breasts between 2 sheets of cling film and beat lightly with a rolling pin to flatten. Season with salt, pepper and mustard then coat in the beaten egg and breadcrumbs.
- 3 Heat the remaining oil in a large frying pan and fry the chicken on both sides until golden, about 5 minutes. Reheat the sauce very lightly, whisking in the butter and serve with the chicken.

Calories	360	Protein (g)	28.5
Fat (g)	24.6	Carbohydrate (g)	6.8



CC009 *Chicken in Mustard and Coriander Sauce*

Serves 100

100 chicken breasts
salt and pepper
700ml oil
750g butter
10kg leeks, white part only
3kg onions, finely chopped
5lt chicken stock
1.5lt double cream or crème fraîche
1.8kg grain mustard
250g coriander, leaves removed and chopped



- 1 Preheat the grill pan and rack. Season the chicken and brush with a little of the oil. Place on the rack and grill for 15-20 minutes until cooked through.
- 2 Meanwhile heat 375g of the butter in a small frying pan and fry the leeks gently for 5 minutes. Keep warm.
- 3 Heat the remaining butter and oil in a saucepan and fry the onion until softened. Add the chicken stock and cream or crème fraîche. Bring to the boil and cook until the sauce is slightly reduced and thickened.
- 4 When the chicken breasts are only just cooked, spread with a little of the mustard and grill until lightly glazed. Add the coriander to the cream sauce with the remaining mustard. Season to taste.
- 5 Spoon the leeks onto the centres of warmed serving plates and place the chicken on top. Spoon the sauce around the chicken.

Calories	380	Protein (g)	32
Fat (g)	17.4	Carbohydrate (g)	26

CC003 *Chicken Tikka Makhani and Cabbage and Beans Jeera*

Serves 100

Cabbage and Beans Jeera

2.5kg French beans, trimmed
700ml sunflower oil
25g cumin seeds
25 small green chillies, cored, de-seeded and finely chopped
2kg onions, sliced
15g ground turmeric
8.75kg green cabbage, shredded
50 tomatoes, seeded and diced
250ml lime juice
250g fresh coriander, chopped
salt



- 1 Blanch the beans in boiling water for 1 minute, drain and reserve.
- 2 Heat the oil in a large frying pan or sauté pan. Add the cumin seeds and chillies and fry for 1 minute. Add the onion and fry, stirring for 5 minutes. Add the turmeric, cabbage and beans and stir-fry until the cabbage has softened but still retains texture.
- 3 Stir in the tomatoes, lime juice and coriander and season with salt to taste.

Chicken Tikka Makhani

700ml sunflower oil
1.25kg fresh root ginger, shredded
25 mild green chillies, cored, de-seeded and shredded
100 chicken breasts, skinned and cut into cubes
1.25kg butter
4kg onions, sliced
250g ginger paste
250g garlic paste
650g ground almonds
2.5kg cashew nuts
100 tomatoes, skinned, de-seeded and chopped
1.25kg tomato paste
15g fenugreek, optional
basmati rice, to serve

- 1 Heat the oil in a large frying pan or sauté pan. Add the ginger and chillies and fry very quickly until just beginning to colour. Drain. Add the chicken to the pan and fry gently for 5 minutes, drain.
- 2 Tip the oil from the pan and add the butter. Fry the onions in the butter for 5 minutes until softened but not browned. Add the ginger and garlic paste and fry for 1 minute. Add the almonds, cashew nuts, tomatoes, tomato paste, fenugreek, if using, and 3.7l water. Transfer to a food processor or blender and blend until smooth.
- 3 Return to the pan and add the chicken. Bring to the boil, reduce the heat and cook gently for 15 minutes until the chicken is cooked through, adding a little more water if the sauce becomes too dry. Check the seasoning and serve scattered with the shredded ginger and chillies.

Calories	833	Protein (g)	39
Fat (g)	43.6	Carbohydrate (g)	76.1

CC010 *Chicken Pie with Spring Onion Mash*

Serves 100

1.25kg butter
3.5kg onions, finely chopped
5kg button mushrooms, quartered
salt and pepper
25 x 1.3kg oven-ready chicken, jointed
12lt chicken stock
2kg rashers back bacon, rind removed
50 hardboiled eggs, shelled and halved
250g each chopped fresh tarragon and parsley
6kg puff pastry
8 egg yolks



For the mash:

16.9kg maris piper potatoes
3.75lt olive oil
3 heads garlic, peeled and left whole
1.5lt full cream milk
1.85lt double cream or crème fraîche
4 bunches spring onions, finely chopped

- 1 Melt the butter in a large frying pan or brat pan. Add the onions and cook for 3 minutes. Add the mushrooms and cook for another minute. Season the chicken and add to the pan. Cook until lightly browned on all sides. Add the stock and bring to the boil. Cover and simmer very gently for about 30 minutes until the chicken is cooked through.
- 2 Remove the chicken and boil the juices for 10 minutes or until slightly reduced. Wrap the chicken breast portions in the bacon. Arrange the chicken and hardboiled eggs in pie dishes. Add the herbs to the liquid, check for seasoning and pour over the chicken. Keep any remaining liquid for serving separately. Leave to cool.
- 3 Preheat the oven to 190°C/375°F/gas mark 5, fan oven 160°C/325°F/gas mark 3. Roll out the pastry and use to cover the pie, making a hole in the centre to allow the steam to escape. Beat the egg yolks with 125ml water and brush over the pastry. Bake for about 40 minutes until the pastry is puffed and golden.
- 4 Meanwhile make the mash; put the potatoes in a pan, just cover with water and a third of the oil. Add the garlic and salt and bring to the boil. Reduce the heat and simmer for 15-20 minutes until the potatoes are tender but not mushy.
- 5 Drain thoroughly then return to the pan and mash well. Heat the milk, cream and remaining oil in a separate pan. Add to the potatoes with the spring onions and seasoning and mix well. Serve with the pie.

Calories	1398	Protein (g)	57.7
Fat (g)	106.4	Carbohydrate (g)	55.9

CC007 *Fricassee of Chicken with Grain Mustard and Tarragon Sauce*

Serves 100

100 boneless chicken breasts
salt and pepper
1.25kg butter
900g plain flour
18lt chicken stock
85g sprigs of thyme
8 bay leaf
350ml groundnut or sunflower oil
1.5kg onion, finely chopped
2 heads garlic, finely chopped
5kg button mushrooms, quartered
1kg grain mustard
500g fresh tarragon, torn from stalks



- Season the chicken breasts and reserve. Heat 650g of the butter in a saucepan. Add the flour and cook, stirring for 2 minutes. Gradually blend in the stock, bring to the boil, reduce the heat and add the thyme and bay leaf. Cook gently for 20 minutes.
- Meanwhile melt the remaining butter with the oil in a large pan. Add the chicken and fry until lightly coloured on both sides. Drain. Add the onion to the pan and fry for 5 minutes. Drain with a slotted spoon.
- Add the garlic and mushrooms to the pan and fry for 3 minutes. Add the prepared sauce to the pan with the chicken, onions and mustard and bring to the boil. Reduce the heat and simmer gently, covered, for about 20 minutes until the chicken is cooked through. Stir in the tarragon and check the seasoning before serving

Calories	293	Protein (g)	27.3
Fat (g)	16.5	Carbohydrate (g)	9.5

BC003 *Hungarian Beef Goulash with Dumplings*

Serves 100

1.5lt vegetable oil
17.5kg chuck or braising steak, trimmed and cut into 2cm cubes
salt and pepper
5kg onions, finely chopped
8 heads garlic, finely chopped
2kg tomato puree
2kg ground paprika
250g fresh chopped marjoram
6 bay leaves
grated rind of 10 lemons
40g caraway seeds
12 red chillies, cored, de-seeded and finely chopped
1kg plain flour
25lt chicken stock



For the dumplings;
50 large white rolls, sliced
3.7lt milk
2kg rashers of back bacon, rinds removed
3.5kg onion, finely chopped
85g chopped fresh parsley
25 egg yolks
green salad, to serve

- Preheat the oven to 180°C/350°F/gas 4, fan oven 160°C/325°F/gas 3. Heat 700ml of the oil in a large frying pan or brat pan. Season the beef and fry in batches until browned. Transfer to an ovenproof dish and pour off the cooking oil.
- Add the remaining oil to the pan and fry the onions until softened, about 5 minutes. Add the garlic and fry for a further 1 minute.
- Add the tomato puree to the pan with the paprika, herbs, lemon rind, spices and flour. Add the stock and bring to the boil, stirring well. Pour the mixture over the beef, cover with a lid and cook in the oven for 2-3 hours until the meat is very tender. (Check occasionally, adding a little more stock if necessary so the meat remains covered).
- For the dumplings, soak the bread in the milk until completely soggy. Thinly slice the bacon and fry in a pan with the onion for 10 minutes. Thoroughly squeeze dry the bread to remove the excess milk. Mix together the bread, onion, bacon, parsley and seasoning until evenly combined. Mix in the egg yolks.
- Bring a pan of salted water to the boil. Shape the mixture into small balls and poach in the water for 3 minutes. Check the goulash for seasoning and serve with the dumplings and a salad.

Calories	804	Protein (g)	58.2
Fat (g)	36	Carbohydrate (g)	67.6

LC005 Navarin of Lamb with Couscous and Grilled Vegetables

Serves 100

15kg lean diced lamb
salt and pepper
700ml groundnut oil
3kg onions, chopped
2.5kg carrot, chopped
6 heads garlic, chopped
3kg leek, white part only, chopped
1kg tomato puree
7lt red wine
650g plain flour
15lt chicken stock
85g thyme
85g marjoram



For the couscous:
350ml groundnut oil
3kg onions, finely chopped
1.25kg almonds slivered almonds, chopped
3.75lt dry white wine
7lt chicken stock
5.5kg couscous
500g chopped flat leaf parsley

For the Roasted Vegetables:
4.25kg courgettes, cut lengthways into chunks
2.5kg red pepper, cored, de-seeded and cut into chunky strips
2.5kg green pepper, cored, de-seeded and cut into chunky strips
3.5kg aubergine, cut into 5mm thick slices
2.5lt olive oil
225g rosemary
225g thyme

- 1 For the navarin, preheat the oven to 160°C/325°F/gas mark 3, fan oven 150°C/300°F/gas mark 2. Heat the oil in a flameproof casserole. Season the lamb and fry in the oil, in batches until deep golden. Drain. Add the onion, carrot, garlic and leek and cook until lightly browned. Add the tomato puree and cook for 1 minute, stirring. Add a third of the wine and cook until reduced to a thick glaze. Add half the remaining wine and reduce to a glaze. Add the remaining wine and once again reduce.
- 2 Stir in the flour for 2 minutes, then the chicken stock. Bring to the boil then add the herbs and return the lamb to the casserole. Cover and bake in the oven for about 1.5 - 2 hours until the lamb is very tender.
- 3 For the couscous, heat the oil in a saucepan and fry the onion until soft. Add the almonds, wine, chicken stock and a little seasoning and bring to the boil. Stir in the couscous, remove from the heat and cover with a lid. Leave to stand while preparing the vegetables.
- 4 On a large tray, coat all the vegetables in the olive oil. Transfer to a hot grill rack or pan and grill on both sides until browned, about 10 minutes. Scatter with the herbs and keep warm.
- 5 Fluff up the couscous with a fork and stir in the parsley. Check the lamb for seasoning and serve with the couscous and vegetables

Calories	919	Protein (g)	41
Fat (g)	55.7	Carbohydrate (g)	48.8

LC002 Lamb Shahi Korma

Serves 100

1lt sunflower oil
17.5kg lean diced lamb
1.25kg butter
4.3kg onions, sliced
1.25kg creamed coconut, chopped
1.25kg ground almonds
1.8kg broken cashew nuts
40g mild chilli powder
40g each of ground coriander and cumin
15g ground turmeric
1.25kg fresh root ginger, finely chopped
4 heads garlic, chopped
70g green cardamom pods
4 pieces cassia bark or cinnamon stick, halved
15 bay leaves
salt



- 1 Heat 700ml of the oil in a large frying pan or sauté pan. Add the lamb and fry in batches for 5 minutes until browned. Drain.
- 2 Clean the pan and melt the butter. Add the onions and fry gently for 5 minutes. Add the creamed coconut, ground almonds, cashew nuts, chilli powder, coriander, cumin, turmeric, ginger and garlic and fry for 2 minutes. Add sufficient water to make a thick sauce. Blend in a food processor or blender and reserve.
- 3 Heat the remaining oil in a large pan and add the cardamom pods, cinnamon and bay leaves. Fry for 1 minute then return the lamb to the pan and fry gently for 5 minutes. Add the korma sauce and simmer gently for a further 10 minutes, adding a little more water if the korma sauce is too thick. Season to taste and serve with pulao or basmati rice.

Calories	727	Protein (g)	42.7
Fat (g)	58	Carbohydrate (g)	9.9

CC005 *Parmesan Fried Chicken Escalopes Milanese*

Serves 100

For the sauce:
 2.25lt olive oil
 3.5kg onion, finely chopped
 5 heads garlic, crushed
 85g fresh chopped thyme
 650g tomato puree
 3 x 3kg tins of chopped tomatoes
 salt and pepper

To finish:
 6.25kg pasta shells or other shapes
 1.25kg Parmesan cheese, grated
 1.25kg fresh breadcrumbs
 100 small skinned and boned chicken breasts
 1kg plain flour
 16 eggs, beaten
 3lt oil for frying
 9 lemons cut into wedges, to garnish

- 1 For the sauce, heat the oil in a saucepan and gently fry the onion and garlic for 5 minutes. Add the thyme, tomato puree, chopped tomatoes, 2.5lt water and seasoning. Bring to the boil, reduce the heat and simmer gently for 25 minutes, stirring frequently.
- 2 Cook the pasta in boiling, lightly salted water for about 12 minutes until tender. Mix together the cheese and breadcrumbs.
- 3 Lay the chicken breasts between two sheets of cling film and beat with a rolling pin to flatten. Lightly season then coat in the flour, beaten egg and finally the breadcrumb mixture. Heat a little oil in a large frying pan. Add the chicken and fry gently for about 4-5 minutes on each side until golden.
- 4 To serve, stir the pasta into the sauce and heat through gently. Serve with the chicken and lemon wedges

Calories	880	Protein (g)	41.8
Fat (g)	50.4	Carbohydrate (g)	69.3



FC003 *Roast Cod With Garlic Potato Puree and Leek And Mushroom Sauce*

Serves 100

For the sauce:
 1.25kg butter
 650g plain flour
 10lt milk (or half milk and half fish stock)
 1.6kg whole onions cut in half, each half studded with 2 cloves
 3.5kg onion, finely chopped
 2 heads garlic, finely chopped
 5kg button mushrooms, sliced
 3.5kg leek, trimmed and diced
 2lt white wine
 salt and pepper
 500g flat leaf parsley, chopped



For the Garlic Potato Puree:
 11.5kg potatoes
 1.5lt full cream milk
 1.5kg butter
 2 heads garlic, peeled

To finish:
 100 x 100g pieces cod fillet
 600ml olive oil
 300ml lemon juice

- 1 For the sauce, melt half of the butter in a saucepan. Add the flour and cook stirring for 2 minutes. Gradually blend in the milk until smooth. Bring to the boil, reduce the heat, add the clove-studded onions and simmer very gently for 20 minutes. Remove the onions.
- 2 Melt the remaining butter in a separate pan and fry the chopped onion, garlic, mushrooms, and leek for 5 minutes until softened but not coloured. Add the wine and reduce by a third, add chopped parsley, season to taste and reserve.
- 3 For the potato puree, cook the potatoes in plenty of boiling, salted water for 20 minutes or until tender. Drain thoroughly, return to the pan and mash well. Bring the milk and butter to the boil in a small pan with the garlic then remove the garlic and add the liquid to the potatoes. Mash well, season and keep warm.
- 4 Reheat the sauce over a gentle heat. Heat the olive oil in a frying pan. Season the fish and add to the pan. Cook for 2-3 minutes on each side until cooked through. Drizzle with the lemon juice.
- 5 To serve, place spoonfuls of potato on serving plates and top with the cod fillets. Spoon the sauce around the edges of the plates.

Calories	559	Protein (g)	26.2
Fat (g)	34.9	Carbohydrate (g)	34.3

BC004 *Shin Beef and Horseradish Risotto*

Serves 100

8.75kg shin beef, trimmed and roughly chopped
20lt chicken stock
625g fresh chives, roughly chopped
1.7lt olive oil
salt and pepper
1.25kg butter
13.25g onion, finely chopped
7kg Arborio risotto rice
1.25lt creamed horseradish sauce
1.8kg Parmesan cheese, grated
5.75kg parsnips, peeled and pared into wafer thin strips
oil for deep frying



- 1 Put the beef and 12lt of the chicken stock in a large saucepan and bring just to the boil. Reduce the heat and cook very gently for 30 minutes. Drain the beef using a slotted spoon and shred into thin pieces.
- 2 Roughly chop the chives, place these along with the oil and a little seasoning in a food processor and blend until the chives are very finely chopped. Press through a sieve and reserve.
- 3 Add the remaining stock to the pan and bring to the boil. Melt the butter in a separate heavy-based saucepan and fry the onions for 7 minutes. Stir in the rice for a few minutes. Add about 5-6lt of the hot stock and cook until it evaporates. Continue adding the stock, bit-by-bit, stirring frequently for about 20 minutes until the risotto has a creamy consistency and the rice retains a little bite.
- 4 Stir in the beef, horseradish sauce, Parmesan and seasoning and keep warm.
- 5 Fry the parsnip strips at 140°C in a fryer until crisp and golden. Drain on kitchen paper.
- 6 Spoon the risotto onto serving plates, first adding a little extra stock or water if it has become too dry. Dribble a little oil around the risotto and scatter with the parsnip chips.

Calories	848	Protein (g)	35.2
Fat (g)	45.1	Carbohydrate (g)	80.6

FC004 *Salmon Fishcakes With Parsley*

Sauce

Serves 100

8.75kg potatoes
8.75kg salmon fillet
1.2lt milk
650g tomato ketchup
125ml anchovy essence
375g English mustard
salt and pepper
a little oil for frying (approx. 3lt)
10kg spinach, washed and tough stalks removed



For the sauce:

650g butter
1kg plain flour
7lt fish stock
600ml white wine
1.5lt double cream
500g flat leaf parsley, chopped

- 1 Cook the potatoes in boiling, lightly salted water for 20 minutes until tender. Drain thoroughly and mash. Put the salmon in a frying pan with the milk, cover and poach gently for 10 minutes until just cooked through. Drain and flake the fish, discarding skin and any bones.
- 2 Mix together the potato, half the salmon, ketchup, anchovy essence, mustard and seasoning. Fold in the remaining salmon and shape the mixture into 4 cakes using floured hands.
- 3 For the sauce, melt the butter in a saucepan then stir in the flour and cook for 3 minutes. Gradually blend in the stock and wine. Bring to the boil, reduce the heat and simmer gently for 10-15 minutes until thickened and glossy. Add the cream, parsley and seasoning and leave to simmer very gently while cooking the fishcakes.
- 4 Heat a little oil in a large frying pan and fry the fishcakes for about 3 minutes on each side until golden. (Alternatively bake the fishcakes at 200°C/400°F/gas mark 6, fan oven 180°C/350°F/gas mark 4 for about 15 minutes until crisp).
- 5 Heat a large saucepan, add the spinach, cover and cook very until the spinach has wilted. Pile the spinach onto serving plates, top with the fishcakes and pour over the sauce.

Calories	608	Protein (g)	24.5
Fat (g)	44.1	Carbohydrate (g)	29

BC002 *Steak and Kidney Pie with Olive*

Oil Mash

Serves 100

14kg braising or stewing steak
4.25kg lamb or ox kidneys
salt and pepper
650g plain flour
650g butter
11lt beef stock
6lt red wine
salt and pepper
5kg puff pastry
beaten egg, to glaze (approx. 5 eggs)



For the Olive Oil Mash:

11.5kg potatoes
1.5lt milk
2lt olive oil
white pepper

- 1 Dice the steak, discarding excess fat. Remove the white core from the kidneys and cut into 2cm pieces. Season the flour and use to coat the meat, reserving any excess flour.
- 2 Melt the butter in a saucepan and fry the steak and kidney in batches for about 5 minutes until browned. Return all the meat to the pan with any remaining flour. Add the stock, wine and a little seasoning. Bring to the boil, reduce the heat and simmer very gently for about 1.5 hours until the meat is tender. Leave to cool.
- 3 Using a slotted spoon drain the meat into individual pie dishes or one large dish. Add enough stock to two-thirds fill the dish. (Reserve any excess stock for serving).
- 4 Preheat the oven to 200°C/400°F/gas mark 6, fan oven 180°C/350°F/gas mark 4. Roll out the pastry and use to cover the dishes or large dish. Brush with beaten egg to glaze and bake for 35-40 minutes until the pastry is well risen and golden.
- 5 Meanwhile cook the potatoes in plenty of boiling, lightly salted water until tender, about 20 minutes. Drain well and allow to steam dry for a few minutes, return to the pan and mash well. Add the milk, olive oil and white pepper and heat through, stirring until smooth. Serve with the pies.

Calories	804	Protein (g)	45.9
Fat (g)	46	Carbohydrate (g)	44.1

CC004 *Sweet and Sour Chicken, Vegetable Fried Rice*

Serves 100

Sweet and Sour Chicken

100 boneless chicken breasts, skinned and thinly sliced
550g cornflour
2lt sunflower oil
2kg small onions, quartered
2.25lb green pepper, cored, de-seeded and cut into chunky strips
12 bunches spring onions, trimmed and sliced diagonally
6kg tomatoes, de-seeded and quartered
2.5kg canned pineapple chunks plus 1.5lt pineapple juice
3.75kg tomato ketchup
700ml rice wine vinegar
salt and pepper



- 1 Toss the chicken breasts in the cornflour. Heat the oil in a large frying pan or wok and fry the chicken for 2-3 minutes until cooked through. Drain with a slotted spoon.
- 2 Add the onions to the pan and stir-fry for 2 minutes. Add the green pepper and spring onions and fry for a further minute.
- 3 Return the chicken to the pan with tomatoes and pineapple slices. Blend the pineapple juice with the ketchup, vinegar and seasoning. Heat through gently for 2 minutes and serve with the vegetable fried rice.

Vegetable Fried Rice

5kg long grain rice
700ml sunflower oil
5kg carrots, shredded
2.25kg green pepper, cored, de-seeded and cut into strips
3.5kg small green cabbage, shredded
18 bunches spring onions, sliced
1.25kg frozen peas
250g coriander, roughly chopped
salt and pepper

- 1 Boil or steam the rice until just tender. Drain and reserve.
- 2 Heat the oil in a large frying pan or wok. Add the carrots, green pepper, cabbage and spring onions and stir-fry for 2 minutes until softened but still retaining a little texture.
- 3 Add the cooked rice and peas and cook, stirring for 3 minutes or until heated through. Stir in the coriander and season to taste. Serve with the Sweet and Sour Chicken.

Calories	718	Protein (g)	32.2
Fat (g)	30.9	Carbohydrate (g)	82.8

DC009 *Banana Brulée*

Serves 100

75 egg yolks
1.9lt condensed milk
1.9lt skimmed milk
1kg banana milkshake powder
50 bananas
500g caster sugar



- 1 Preheat the oven to 180°C/350°F/gas mark 4, fan oven 160°C/325°F/gas mark 3. Whisk together the egg yolks, condensed milk, skimmed milk and milkshake powder until pale and creamy. Press through a sieve into a clean bowl.
- 2 Slice half of the bananas and place in the bases of 100 small ramekin dishes. Pour the milk mixture over the top. Stand the dishes in a roasting tin and add a 2cm depth of hot water. Bake for about 30 minutes until set. Leave to cool.
- 3 Just before serving, slice the remaining bananas and arrange the slices on top of the custard, overlapping them slightly.
- 4 Preheat the grill. Sprinkle the bananas with the sugar and grill until the sugar starts to caramelise. Cool slightly before serving.

Calories	191	Protein (g)	5.0
Fat (g)	6.2	Carbohydrate (g)	30.7

DC008 *Butterscotch Tart*

Makes 12 x 23cm tart

12 x 405g cans sweetened condensed milk
1kg cornflour
500g plain flour
2.7kg Demerara sugar
2.7kg unsalted butter
24 eggs, separated
3kg sweet shortcrust pastry
1.2lt double cream
300g grated dark chocolate
20g ground cinnamon



- 1 Put a little of the condensed milk in a pan with the cornflour and plain flour and whisk to a paste. Add the remaining milk and bring almost to the boil, stirring.
- 2 Put the sugar and butter in a separate pan and heat until the butter has melted and the sugar dissolves. Add 2.8lt water and bring to the boil. Boil rapidly for 5 minutes until syrupy. Add the condensed milk mixture and return to the boil. Stir in the egg yolks and leave to cool.
- 3 Preheat the oven to 200°C/400°F/gas mark 6, fan oven 180°C/350°F/gas mark 4. Roll out the pastry and use to line 12 x 23cm round, loose-base tart tins. Line with greaseproof paper, fill with baking beans and bake blind for 15 minutes. Remove the beans and paper and bake for a further 5-10 minutes until the pastry is golden. Leave to cool, then pour in the filling and cool completely.
- 4 Whisk the egg whites until peaking. Whip the cream until just holding its shape. Fold the whites into the cream and spread over the filling. Sprinkle with the grated chocolate and dust with cinnamon. Serve chilled.

Calories	783	Protein (g)	9.4
Fat (g)	43.7	Carbohydrate (g)	94

CC002 *Thai Chicken Red Curry*

Serves 100

400ml sunflower oil
100 boneless chicken breasts, skinned and cut into small cubes
1.8kg Thai red curry paste
5kg creamed coconut, chopped if in solid block
75 magrud or kaffir lime leaves
1.3kg fresh galangal or ginger, finely chopped
250g Thai or green basil, chopped
250ml Thai fish sauce
Thai fragrant rice, to serve



- 1 Heat the oil in a large saucepan or saute pan. Add the chicken breasts and fry quickly on all sides for 5 minutes. Drain.
- 2 Add the curry paste, coconut and 18.75lt water. Bring to the boil, stirring frequently until smooth. Reduce the heat and add the lime leaves, galangal or ginger, basil and fish sauce. Reduce the heat and cook for 20 minutes.
- 3 Return the chicken to the pan and simmer very gently for 20 minutes. Season to taste and serve with rice.

Calories	589	Protein (g)	31.2
Fat (g)	27	Carbohydrate (g)	59

DC006 *Fruit Cake and Carrot Cake*

Fruit Cake

Makes 5 x 20cm round cake

1.125kg unsalted butter, softened
1.125kg caster sugar
20 medium eggs, lightly beaten
1.8kg plain flour
55g baking powder
125g black treacle, 900g sultanas
900g currants, 900g mixed peel



- 1 Preheat the oven to 160°C/325°F/gas mark 3, fan oven 150°C/300°F/gas mark 2. Grease and line the base and sides of 5 x 20cm round cake tins. Using an electric whisk beat together the butter and sugar until pale and creamy. Gradually beat in the eggs, whisking well after each addition and adding a little of the flour if necessary to prevent curdling.
- 2 Sift the flour and baking powder into the bowl and fold in using a metal spoon. Fold in the treacle then the fruits and peel until evenly combined.
- 3 Turn into the prepared tin and level the surface. Bake for 1.5 - 2 hours or until a skewer, inserted into the centre comes out clean. Leave to cool in the tin. Store in an airtight container.

Fruit Cake

Calories	284	Protein (g)	3.8
Fat (g)	10.8	Carbohydrate (g)	45.6

Carrot Cake

Makes 5 x 18cm square cake

1lt vegetable oil
1.15kg plain flour
25g bicarbonate of soda
1.3kg caster sugar, 10 large eggs
pinch of salt, 5tsp ground cinnamon
1.25kg carrots, finely grated, 375g walnuts, chopped

- 1 Preheat the oven to 160°C/325°F/gas mark 3, fan oven 150°C/300°F/gas mark 2. Grease and line 5 x 18cm square cake tins.
- 2 Using an electric whisk, beat together the oil, flour, bicarbonate of soda, sugar, eggs, salt and cinnamon for 5 minutes. Stir in the carrots and walnuts until evenly combined.
- 3 Turn into the prepared tin and bake for about 1 to 1.5 hours or until just firm to the touch. Leave in the tin for 10 minutes then transfer to a wire rack to cool. Store in an airtight container.

Carrot Cake

Calories	219	Protein (g)	2.5
Fat (g)	13.5	Carbohydrate (g)	23.5

DC010 *Peach Flan*

Makes 12 x 20cm round tart

3kg sweet shortcrust pastry
1.3kg ground almonds
300g plain flour
1.3kg caster sugar
36 medium egg whites
300g unsalted butter
12 x 1.5kg tins peach halves, thoroughly drained



- 1 Preheat the oven to 190°C/375°F/gas mark 5, fan oven 160°C/325°F/gas mark 3. Roll out the pastry and use to line 12 x 20cm round loose-base tart tins, trimming off the excess.
- 2 Mix together the ground almonds, flour, sugar and egg whites to make a smooth paste. Melt the butter until just beginning to brown and add to the almond mixture.
- 3 Spread the paste over the pastry base and arrange the peach halves on top. Bake for about 45 minutes until golden and just firm. Serve warm or cold.

Calories	400	Protein (g)	6.7
Fat (g)	18.1	Carbohydrate (g)	56.1

DC001 Posh Pear and Chocolate Crumble

Serves 100

900g unsalted butter
900g granulated sugar
1.8kg plain flour
400g cocoa powder
4 x A10 tins pear halves in natural juice, thoroughly drained
850g continental dark chocolate, finely chopped



For the Chocolate Sauce:

2.7kg granulated sugar
1.3kg continental dark chocolate, broken into pieces
1.3kg cocoa powder
custard, to serve (allowing 80ml per portion = 8lt)
pears, chocolate chunks, whipped cream, mint sprigs and cocoa powder to decorate, optional

- 1 Preheat the oven to 180°C/350°F/gas mark 4, fan oven 160°C/325°F/gas mark 3. To make the crumble, cut the butter into small pieces and put in a food processor with the sugar, flour and cocoa powder. Blend until the mixture resembles breadcrumbs. (Alternatively rub the butter into the flour in a bowl then stir in the sugar and cocoa powder).
- 2 Arrange half the pear halves in the base of a shallow ovenproof dish. Scatter with half the chopped chocolate and half the crumble mixture. Arrange the remaining pears over the top, scatter with the rest of the chocolate and crumble.
- 3 Bake for about 25 minutes until golden. Meanwhile put the sugar in a heavy-based saucepan with 4lt water and heat gently until the sugar dissolves. Bring to the boil and boil for 5 minutes. Add the chocolate and cocoa powder and cook for 2-3 minutes until thickened and syrupy.
- 4 Leave the crumble to cool in the tin for 10 minutes. Serve in squares with the chocolate sauce and custard. (Alternatively, for a special occasion, use a 7.5cm metal ring cutter and cut out circles of the crumble). Decorate each with a pear, chocolate chunks, cream, mint sprigs and cocoa powder, if liked.

Calories	553	Protein (g)	9.2
Fat (g)	21	Carbohydrate (g)	87.5

DC004 Sticky Toffee Pudding & Butterscotch Sauce

Serves 100

3kg pitted dates, roughly chopped
140g bicarbonate of soda
125ml vanilla essence
600ml Camp coffee essence
1.8kg unsalted butter, softened
2.8kg caster sugar
50 eggs
4.3kg self-raising flour



For the sauce:

5.5lt double cream
3.5kg dark muscovado sugar
1.8kg unsalted butter

- 1 Mix together the dates, bicarbonate of soda, vanilla essence and coffee essence and leave for 20 minutes. Preheat the oven to 180°C/350°F/gas mark 4, fan oven 160°C/325°F/gas mark 3. Grease and line 25 x 18-20cm round or square cake tins.
- 2 Cream together the butter and sugar. Gradually beat in the eggs then fold in the flour. Stir in the date mixture until evenly mixed. Turn into the cake tin and bake for about 30-40 minutes or until risen and just firm to the touch.
- 3 Meanwhile put the sauce ingredients in a heavy-based saucepan and heat gently until the sugar dissolves. Bring to the boil and cook for about 5 minutes until deep golden and syrupy. Serve with the pudding.

Calories	976	Protein (g)	9.4
Fat (g)	59.6	Carbohydrate (g)	109.3

DC002 Teacup Trifle

Serves 100

1kg custard powder
500g caster sugar
7lt milk
75 bought meringue nests
2.5kg unsweetened apple puree
1.25kg brittle toffee, crushed into small pieces
2.5lt butterscotch sauce
3.5lt whipping cream
hundreds and thousands, glaze cherries, to decorate



- 1 Blend the custard powder and sugar in a bowl with a little of the milk to make a paste. Bring the remaining milk to the boil in a pan. Pour over the custard mixture, stirring.
- 2 Return this to the pan and cook over a moderate heat for about 10 minutes until thickened. Transfer to a bowl, cover with a circle of greaseproof to prevent a skin forming and leave to cool.
- 3 Break the meringue into 4 teacups or small sundae glasses. Spoon over the apple puree, toffee and then butterscotch sauce. Top with the cooled custard.
- 4 Whip the cream until just peaking and spoon over the trifles. Chill until ready to serve, decorated with hundreds and thousands and glaze cherries.

Calories	400	Protein (g)	3.7
Fat (g)	18.9	Carbohydrate (g)	57.5

DC007 Strawberry Tartlets

Serves 100

50 egg yolks
1.25kg caster sugar
500g cornflour
2.5lt whole milk
30ml vanilla essence
3.75kg strawberry jam, sieved
1.5lt whipping cream
115g icing sugar
100 individual sweet pastry cases
4.5kg fresh strawberries



- 1 Whisk together the egg yolks, sugar and cornflour until pale and creamy. Bring the milk to the boil in a saucepan and pour over the yolks mixture, stirring. Return to the saucepan and cook over a very gentle heat, stirring until very thick. (Do not boil or the mixture might curdle). Transfer to a bowl, stir in the vanilla essence and cover with a circle of greaseproof paper. Leave to cool.
- 2 Transfer just under half of the custard to a separate bowl. (Reserve the remainder for later use). Add one third of the jam. Whip the cream with the icing sugar and fold into the custard. Spoon into the tartlet cases.
- 3 Decorate the tartlets with the strawberries. Mix the remaining jam with 250ml hot water and use to glaze the tartlets.

Calories	560	Protein (g)	7.3
Fat (g)	29.9	Carbohydrate (g)	69.7

DC003 Yummy Yorkshire Puddings

Serves 100

3kg orange marmalade
100 bought Yorkshire puddings
100 (10lt) large scoops vanilla ice-cream
3kg golden syrup
approx. 350g icing sugar, for dusting



- 1 Put a good dessert spoonful of orange marmalade into each Yorkshire pudding and reheat in the oven following packet directions.
- 2 Spoon the ice-cream on top and drizzle with a little of the syrup, which has first been warmed. Serve dusted with icing sugar.

Calories	542	Protein (g)	9
Fat (g)	17.7	Carbohydrate (g)	92.4

DC005 Vanilla Mousse with Preserved Fruits

Serves 100

250g powdered gelatine
75 medium egg yolks
1.25kg caster sugar
250g cornflour
3.7lt full cream milk
7lt whipping cream
1kg powdered milk
60ml vanilla essence
selection of fruits to serve e.g. canned or poached peaches, apricots, pears



- 1 Sprinkle the gelatine over 1lt water in a bowl and leave to soak. Using an electric whisk, beat together the egg yolks, sugar and cornflour until pale and creamy.
- 2 Put the milk, 1.5lt of the cream, the milk powder and vanilla essence in a saucepan and bring to the boil. Pour over the yolks mixture, whisking well. Return to the saucepan and cook over a very gentle heat, stirring well until the sauce thickens. (Do not boil or the mixture will curdle).
- 3 Stir in the gelatine until dissolved, then transfer to a bowl, cover with a sheet of greaseproof to prevent a skin forming and leave to cool.
- 4 Whip the cream until just holding its shape. Using a large metal spoon fold a quarter into the custard to lighten it then fold in the remainder. Turn into metal dariole moulds or similar individual metal dishes. Chill for several hours or overnight until set.
- 5 To serve, loosen the edges of the moulds with a knife then dip into very hot water for 2-3 seconds. Invert onto serving plates. (Re-dip the moulds if the mousses won't come out, but take care not to overheat them or the mousses will melt). Surround with the fruits to serve.

Calories	512	Protein (g)	11.6
Fat (g)	38.3	Carbohydrate (g)	32



dish selector

Introduction to the Dish Selector






Recipes, method statements, nutritional analysis and presentation pictures for all of these dishes can be found at www.betterhospitalfood.com

Fruit Juices

FJ01	Orange Juice
FJ02	Pineapple Juice
FJ03	Apple Juice
FJ04	Grapefruit Juice

Soups

Chefs Soups

	SC001	Two Soups in a Bowl
	SC002	Celery & Red Pepper Soup
	SC003	Butter Bean & Bacon Soup
	SC004	Cream of Carrot Soup
	SC005	Vegetable & Herb Soup



Other Soups

S001	Aduki Bean Soup
S002	Asparagus Soup
S003	Bean & Pasta Soup
S004	Carrot & Courgette Soup
S005	Carrot & Onion Soup
S006	Cauliflower Soup
S007	Celery Soup
S009	Corn Chowder
S010	Country Vegetable Soup
S011	Cream of Tomato Soup
S012	French Onion Soup
S013	Green Pea Soup
S014	Leek & Potato Soup

S015	Leek Soup
S016	Lentil Soup
S017	Minestrone Soup
S018	Mushroom Soup
S019	Potato & Onion Soup
S020	Scotch Broth (no meat)
S021	Spring Vegetable Soup
S022	Thick Vegetable Soup
S023	Tomato & Lentil Soup
S024	Tomato Soup
S025	Vegetable Soup
S026	Yellow Pea Soup
S027	Beef & Vegetable Soup
S028	Chicken Noodle Soup
S030	Cream of Chicken Soup
S031	Cream of Mushroom Soup
S032	Haddock & Celery Soup
S033	Oxtail Soup
S034	Pea & Ham Soup
S035	Scotch Broth

light lunch dishes

Chefs Dishes

	VC001	Cauliflower & Very Cheesy Sauce
	FC001	Macaroni with Smoked Haddock & Herbs



FC002 Sea Food Pasta with fresh Dill & Parmesan



SALC001 Salad of Spinach, Tuna, Egg, Sesame Seeds & Mung Beans



LC001 Real Cornish Pasties



SANC002 Smoked Turkey & Tomato Baguette

Beef Dishes

B016 Chilli con Carne

B017 Corned Beef Hash

B019 Cottage Pie

B021 Lasagne

B025 Minced Beef Bolognaise Sauce with Various Pasta

B037 Spaghetti Bolognaise

B043 Minced Beef Cobbler Bake

Pork Dishes

P010 Ham & Cheese Risotto

P014 Ham & Vegetable Risotto

P016 Hot Dog Sausage and Onions in a Roll

P037 Bacon, Leek & Mushroom Gratin

P038 Bacon, Leek & Mushroom Potato Pie

P040 Ham & Pineapple Pizza

Lamb Dishes

L009 Lamb & Pasta Hot Pot

L021 Moussaka

L026 Lamb Samosa & Yoghurt Dip

Chicken Dishes

C004 Chicken & Sweetcorn Pilaf

C012 Chicken & Mushroom Pilaf

C022 Spiced Chicken with Tomato & Pasta

C025 Chicken & Bacon Lasagne

C026 Chicken Nuggets

Fish Dishes

F006 Fish Burgers & Tartar Sauce

F007 Fish Cakes

F009 Fish Fingers

F013 Fish, Cheese & Sweetcorn Crumble

F023 Jacket Potato with Tuna & Sweetcorn

F024 Kedgerree

F025 Mariners Pie

F033 Seafood Lasagne

F036 Smoked Haddock Shantie

F037 Tuna & Pepper Pizza

F038 Tuna Pasta Bake in Tomato Sauce or Creamy Sauce

F040 Fish, Broccoli & Potato Bake

F043 Tuna & Broccoli in a White Sauce

F044 Jacket Potato with Tuna and Broccoli in a White Sauce

Sandwiches

BRD01 White Bread

BRD02 Wholemeal Bread

Vegetarian Sandwiches

SANV01 Brie with Black Grapes

SANV02 Brie, Lettuce & Cranberry

SANV03 Brie, Tomato & Cucumber

SANV04 Cheddar Cheese

SANV05	Vegetarian Cheddar
SANV06	Cheese & Pickle
SANV07	Cheese & Tomato
SANV08	Cheese & Chutney
SANV09	Cheese & Onion
SANV10	Cheese & Piccalilli
SANV11	Cheese Salad
SANV12	Chopped Egg & Onion
SANV13	Cottage Cheese
SANV14	Cottage Cheese & Pineapple
SANV15	Cottage Cheese & Russet Apple
SANV16	Cottage Cheese & Chives
SANV17	Cottage Cheese & Cucumber
SANV18	Cottage Cheese & Peppers
SANV19	Cream Cheese & Chives
SANV20	Creamed Blue Cheese & Cucumber
SANV21	Curried Egg
SANV22	Egg
SANV23	Egg & Mustard Cress
SANV24	Egg & Watercress
SANV25	Egg Mayonnaise (& Cress)
SANV26	Egg Mayonnaise with Lettuce
SANV27	Egg, Tomato & Cucumber
SANV28	Grated Carrot, Sultanas & Mayonnaise
SANV29	Green Salad
SANV30	Iceberg Lettuce, Tomato & Coleslaw
SANV31	Marmite
SANV32	Marmite with Tomato
SANV33	Mixed Salad
SANV34	Mexican Bean
SANV35	Mozzarella & Lettuce

SANV36	Mozzarella, Tomato & Fresh Basil
SANV37	Peanut Butter
SANV38	Peanut Butter & Strawberry Jam
SANV39	Strawberry Jam
SANV40	Vegetable Tikka
Meat or Fish Sandwiches	
SAN001	Bacon, Lettuce & Tomato
SAN002	Breakfast Egg & Bacon
SAN003	Chicken
SAN004	Coronation Chicken
SAN005	Chicken Liver Pate with Red Onions
SAN006	Chicken Mayonnaise
SAN007	Chicken Roll
SAN008	Chicken Tikka with Mint & Yoghurt
SAN009	Chicken with Grapes
SAN010	Chicken, Bacon & Sweetcorn
SAN011	Chinese Chicken
SAN012	Chopped Ham
SAN013	Corned Beef
SAN014	Corned Beef with Pickle
SAN015	Crab
SAN016	Crab with Cocktail Sauce
SAN017	Flaked Smoked Mackerel, Lettuce & Mayonnaise
SAN018	Gammon Ham
SAN019	Gammon Ham & Mustard
SAN020	Gammon Ham & Pineapple
SAN021	Garlic Sausage & Salad
SAN022	Ham
SAN023	Ham & Cheese
SAN024	Ham & Pickle


SAN025	Ham & Tomato
SAN026	Ham & Turkey Mayonnaise
SAN027	Ham Salad
SAN028	Ham with Mustard
SAN029	Luncheon Meat
SAN030	Mackerel
SAN031	Pastrami & Red Onion
SAN032	Paté
SAN033	Paté with Iceberg Lettuce
SAN034	Pilchard
SAN035	Pilchards & Tomato
SAN036	Prawn & Lemon Mayonnaise
SAN037	Prawn Mayonnaise
SAN038	Prawns with Cream Cheese
SAN039	Roast Beef
SAN040	Roast Beef & Dijon Mustard
SAN041	Roast Chicken with Seasoning
SAN042	Roast Lamb
SAN043	Roast Pork
SAN044	Roast Turkey
SAN045	Roast Vegetables
SAN046	Salami
SAN047	Salami & Cucumber
SAN048	Salami Salad
SAN049	Salmon
SAN050	Salmon & Cucumber
SAN051	Salmon & Dill Mayonnaise
SAN052	Sardine & Tomato
SAN053	Sardine with Cucumber
SAN054	Sausage
SAN055	Sausage & Mango Chutney

SAN056	Sausage & Tomato
SAN057	Shaved York Ham
SAN058	Smoked Chicken with Orange
SAN059	Smoked Ham with Swiss Cheese
SAN060	Smoked Mackerel
SAN061	Smoked Salmon
SAN062	Smoked Salmon with Cream Cheese
SAN063	Smoked Turkey Salad
SAN064	Spiced Chicken
SAN065	Spiced Chicken with Lettuce & Cucumber
SAN066	Spring Onion & Cream Cheese
SAN067	Tuna & Mixed Peppers
SAN068	Tuna & Sweetcorn
SAN069	Tuna Fish
SAN070	Tuna with Chopped Cucumber
SAN071	Tuna with Lime Mayonnaise
SAN073	Turkey with Cranberry
SAN074	Potted Beef Spread
SAN075	Cheese Spread

dinner dishes

CHOICE 1

Chefs Dishes

-  **BC001** Beef Masala, Potato Bhaji, Pilaf
-  **CC001** Chicken Biryani, Daal Tadka, Cachumber (Salad)
-  **CC002** Kaeng Ped Gai, Plain Steamed Rice, Pickled Cucumber Salad (Thai Chicken Red Curry)
-  **CC003** Chicken Tikka Makhani, Pulao, Cabbage or Beans Jeera
-  **LC002** Lamb Shahi Korma, Jeera Pulao, Khattu Mitthu Stew
-  **CC004** Sweet & Sour Chicken, Vegetable Fried Rice, Fried Vegetable Dumpling
-  **PC001** Baked Ham Hock with Mustard Sauce
-  **LC003** Braised Lamb with Flageolet Beans
-  **CC005** Parmesan Fried Chicken Escalopes Milanese
-  **CC006** Braised Chicken Thighs with Lentils
-  **BC002** Steak & Kidney Pie with Olive Oil Mashed Potatoes
-  **FC003** Roast Cod with Garlic Potato Puree and Leek & Mushroom Sauce
-  **CC007** Fricassee of Chicken with Grain Mustard & Tarragon Sauce
-  **LC004** Braised Lamb in Cider with Parsley Dumplings
-  **CC008** Chicken Escalopes with Tomato & Coriander Sauce
-  **CC009** Chicken in Mustard & Coriander Sauce
-  **LC005** Navarin of Lamb with Cous-Cous & Roasted Vegetables



CC010 Chicken Pie & Spring Onion Mash



BC003 Hungarian Beef Goulash with Dumplings

Beef Dishes

- B006** Braised Beef with Button Mushrooms in a Rich Sauce
- B008** Beef Madras
- B011** Braised Beef in Mushroom Sauce
- B012** Braised Steak & Vegetables
- B014** Carbonade of Beef
- B034** Roast Beef & Yorkshire Pudding
- B038** Steak and Kidney Pie/Cobbler
- B039** Steak & Mushroom Pie/Vegetable
- B040** Stewed Steak & Dumplings
- B045** Steak & Kidney Casserole

Pork Dishes

- P002** Baked Ham & Pineapple
- P004** Braised Ham & Pineapple
- P005** Braised Pork Chop
- P006** Grilled Bacon Chop
- P007** Grilled Pork Chop & Apple Sauce
- P020** Minced Pork & Apple Casserole
- P027** Roast Pork, Stuffing & Apple Sauce
- P036** Sweet & Sour Pork
- P039** Gammon & Parsley Sauce

Lamb Dishes

- L002** Braised Lamb Chops
- L012** Lamb Kebabs
- L013** Lamb Korma/Madras/Tikka
- L020** Mixed Grill
- L023** Roast Lamb & Mint Sauce

Chicken Dishes

- C001 Chicken a là King
- C003 Chicken & Mushroom Pie
- C009 Chicken Chasseur
- C013 Chicken Supreme
- C014 Chicken Korma
- C021 Roast Chicken & Stuffing
- C023 Sweet & Sour Chicken

Turkey Dishes

- T002 Roast Turkey (& Stuffing)
- T003 Tandoori Turkey/Korma/Madras
- T007 Turkey Escalope

Fish Dishes

- F001 Baked Fillet of Cod & Tomato
- F003 Cod in Cheese Sauce
- F004 Cod Mornay
- F005 Cod Portugaise
- F012 Fish Steak Crunch
- F014 Fried Cod in Batter & Lemon
- F015 Fried Fillet of Cod in Breadcrumbs
- F016 Fried Fillet of Hake
- F017 Fried Haddock & Lemon
- F018 Fried Plaice in Breadcrumbs & Lemon
- F019 Grilled Cod & Tomato Sauce
- F020 Grilled Fillet of Cod & Lemon
- F021 Grilled Herrings
- F022 Grilled Trout
- F026 Poached Cod in Lemon
- F027 Poached Haddock in Parsley Sauce
- F028 Poached Haddock
- F029 Poached Plaice

- F030 Poached Plaice & Mushroom Sauce
- F031 Poached Plaice & Parsley Sauce
- F034 Smoked Haddock
- F041 Haddock in Batter with Tartare Sauce

CHOICE 2

Chefs Dishes



- BC004 Shin Beef & Horseradish Risotto



- FC004 Salmon Fishcakes with Parsley Sauce

Beef Dishes

- B001 Beef & Bean Cobbler/
Hotpot/Casserole
- B002 Beef & Onion Pie
- B003 Beef Casserole (&
Wholemeal Noodles)
- B004 Beef Goulash
- B005 Beef Hot Pot
- B007 Beef Kheema
- B009 Beef Olives
- B010 Beefburger in a Bun
- B013 Burger Portugaise
- B015 Cheeseburger in a Bun
- B020 Grilled Steaklet & Onions
- B022 Meatballs in Tomato Sauce/Gravy
- B023 Meat Loaf
- B024 Minced Beef
- B026 Minced Beef Casserole
- B030 Minced Beef Curry

- B031** Minced Beef Savoury Pancakes
- B032** Minced Steak & Potato Pie
- B033** Moroccan Kebabs
- B035** Savoury Stuffed Peppers
- B041** Vienna Steak

Pork Dishes

- P001** Bacon & Onion Roll
- P008** Grilled Sausage & Onions
- P009** Grilled Sausages
- P013** Ham & Mushroom/Tomato/Pepper Pizza
- P015** Herby Sausage Casserole
- P017** Jumbo Sausage Roll
- P018** Minced Pork
- P023** Pork Goulash
- P024** Pork Oriental
- P025** Ravioli au Gratin
- P026** Ravioli in Tomato Sauce
- P029** Sausage Hot Pot
- P031** Sausage Lyonnaise
- P032** Sausage Toad in the Hole
- P035** Scotch Eggs in Tomato Sauce

Lamb Dishes

- L003** Braised Lambs Liver & Onions
- L004** Lamb Casserole
- L005** Cornish Pasty
- L006** Haricot Mutton
- L007** Irish Stew
- L008** Kidney Turbigo
- L010** Lamb & Vegetable Pie
- L011** Lamb Casserole with Beans/Vegetables

- L014** Lambs Liver & Bacon
- L015** Lancashire Hot Pot
- L016** Liver & Onion Casserole
- L017** Minced Lamb
- L022** Navarin of Lamb
- L025** Shepherds Pie
- L027** Lamb Burger

Chicken Dishes

- C002** Chicken & Ham Pie
- C005** Chicken & Mushroom Vol au Vent
- C006** Chicken & Pineapple
- C008** Chicken Casserole
- C010** Chicken Chop Suey
- C011** Chicken Shape
- C015** Chicken with Cashew Nuts
- C016** Chicken with Tomato & Peppers
- C017** Creamed Chicken
- C020** Minced Chicken

Turkey Dishes

- T004** Turkey Bolognaise with Pasta
- T005** Turkey Burger
- T006** Turkey Casserole
- T008** Turkey Fricassee
- T009** Turkey Dinosaurs

Fish Dishes

- F008** Fish Creole
- F011** Fish Pie (Potato Topping)
- F032** Salmon Fish Cakes

Vegetables

- VEG01** Baked Beans



- VEG02 Baked Tomato
- VEG03 Broad Beans
- VEG04 Broccoli
- VEG05 Brussels Sprouts
- VEG06 Butter Beans
- VEG07 Cabbage
- VEG08 Buttered Cabbage
- VEG09 Savoy Cabbage
- VEG10 Carrots
- VEG11 Cauliflower
- VEG12 Courgettes
- VEG13 Garden Peas
- VEG14 Green Beans
- VEG15 Mixed Vegetables
- VEG17 Peas and Sweetcorn
- VEG18 Ratatouille
- VEG19 Roast Parsnips
- VEG20 Runner Beans
- VEG21 Spaghetti in Tomato Sauce
- VEG22 Spinach
- VEG23 Swede
- VEG24 Sweetcorn
- VEG25 Tinned Tomatoes
- VEG26 Mushy Peas
- VEG27 Parsnips Creamed
- VEG28 Carrots and Swede

Potatoes and Other Starches

Chefs Dishes

- VEGC01 Olive Oil Mashed Potatoes

Others

- POT01 Boiled
- POT02 Chipped
- POT03 Creamed
- POT04 Croquette
- POT06 Hash Browns
- POT07 Jacket
- POT08 Jacket Wedges
- POT09 Lyonnaise
- POT10 New
- POT11 Parmentier
- POT12 Parsley
- POT13 Roast
- POT14 Saute
- PAS01 Buttered Noodles
- RIC01 Basmati Rice
- RIC02 Brown Rice
- RIC03 Pilau Rice
- RIC05 White Rice
- BR01 Garlic Bread

Salads

Chefs Salad

- SALC001 Salad of Spinach, Tuna, Egg, Sesame Seeds and Mung Beans

Vegetarian Salads

- SALV01 Any Vegetarian Quiche
- SALV02 Cheddar Cheese
- SALV03 Vegetarian Cheddar
- SALV04 Cottage Cheese
- SALV05 Cottage Cheese & Pineapple



SALV06	Edam
SALV07	Egg & Avocado
SALV08	Egg & Cress
SALV09	Egg Mayonnaise
SALV10	Egg Rose Marie
SALV12	Mushroom Flan
SALV13	Pizza Slices
SALV14	Ploughmans
SALV15	Quiche Lorraine
SALV16	Roasted Vegetable & Nut
SALV17	Stilton & Brie
SALV19	Welsh Egg
SALV20	Greek with Feta Cheese
SALV21	Mixed Bean
Meat and Fish Salads	
SAL001	Any Non-Vegetarian Quiche
SAL002	Ardennes Paté
SAL003	Baked Gammon with Peach
SAL004	Chicken
SAL005	Corned Beef
SAL006	Coronation Chicken
SAL007	Dressed Crab
SAL008	Coronation Egg & Prawn
SAL009	Egg Pie
SAL010	Gala Pie
SAL011	Gammon
SAL012	Gammon & Pineapple
SAL013	Garlic Sausage
SAL014	Ham
SAL015	Honeyed Gammon

SAL016	King Prawn
SAL017	Lamb Tikka
SAL018	Loin of Pork with Pickles
SAL019	Mackerel Fillet
SAL022	Pasta & Tuna
SAL023	Pilchard
SAL024	Poached Salmon
SAL025	Pork Pie
SAL026	Rainbow Trout
SAL027	Raised Game Pie
SAL028	Roast Beef
SAL029	Roast Pork
SAL030	Roast Spiced Chicken
SAL031	Roast Turkey
SAL032	Roll Mop Herring
SAL033	Salami
SAL034	Salmon
SAL035	Salmon Mayonnaise
SAL036	Sardine
SAL037	Scotch Egg
SAL038	Seafood
SAL039	Smoked Chicken
SAL040	Smoked Mackerel
SAL041	Smoked Trout
SAL042	Smoked Turkey
SAL043	Tandoori Chicken
SAL044	Tuna Fish
SAL045	Turkey & Ham Pie

vegetarian dishes














V001	Aubergine Bake
V003	Bean & Vegetable Pie (Pastry Topping)
V004	Bean Goulash
V005	Broccoli & Macaroni Bake
V006	Broccoli Provençale
V007	Broccoli Quiche
V008	Butter Bean Hot Pot
V010	Cauliflower & Pasta Supreme
V011	Cauliflower Cheese
V012	Cheese & Lentil Wedge
V014	Cheese & Onion Pastie
V015	Cheese & Onion/Tomato/ Mushroom Quiche
V018	Cheese & Tomato/Any Vegetable Pizza
V019	Cheese, Onion & Potato Pie (Potato Topping)
V021	Country Vegetable Pie (Potato Topping)
V022	Courgettes au Gratin
V025	Curried Vegetables
V026	Hot Boston Beans
V027	Jacket Potato with Baked Beans
V028	Jacket Potato with Cheese
V029	Jacket Potato with Cottage Cheese
V031	Lentil & Potato Pie
V032	Lentil Dahl
V033	Lentil Lasagne
V034	Macaroni Cheese
V035	Macaroni Provençale
V036	Mixed Bean Provençale/Casserole

V038	Omelettes - Various
V039	Onion & Potato au Gratin
V041	Pasta & Lentil Bolognaise
V043	Pasta Vegetables
V044	Potato & Cheese Pie
V045	Vegetarian Burgers in Tomato Sauce
V046	Vegetarian Sausages
V048	Roast Vegetables & Beans/Pitta Pocket
V049	Savoury Peanut Loaf
V050	Scrambled Egg & Tomato
V051	Soya Mince Bolognaise
V054	Spaghetti Napolitaine
V055	Spicy Chick Peas
V056	Sweet & Sour Vegetables
V057	Sweetcorn & Mushroom Bake
V058	Vegeburger
V059	Vegetable & Beans Cottage Pie
V061	Vegetable Cheese Bake
V062	Vegetable Chilli
V064	Vegetable Cobbler
V065	Vegetable Crumble
V066	Vegetable Curry & Peanuts
V067	Vegetable Goulash
V068	Vegetable Grill
V069	Vegetable Hot Pot
V070	Vegetable Lasagne
V071	Vegetable Moussaka
V072	Vegetable Pasties
V073	Vegetable Quiche (Any Combination)
V074	Vegetable Risotto Mushroom Sauce
V075	Vegetable Stroganoff

V076	Vegetarian Cottage Pie (Soya Mince)
V077	Wholemeal Vegetable Flan
V079	Mushroom Herb & Pasta Bake
V080	Walnut, Pea & Rice Pilaff
V081	Leek & Macaroni au Gratin
V082	Provençale Vegetable Pie
V083	Potato & Tomato au Gratin
V084	Broccoli & Potato Bake
V085	Pasta & Vegetable Bake
V086	Pasta & Broccoli Bake
V087	Cumberland Pie
V088	Mixed Bean & Vegetable Casserole
V089	Roasted Vegetable Pasta
V090	Spinach & Nut Lasagne

desserts

Chefs Desserts

-  **DC001** Posh Pear & Chocolate Crumble
-  **DC002** Teacup Trifle
-  **DC003** Yummy Yorkshire Pudding
-  **DC004** Sticky Toffee Pudding & Butterscotch Sauce
-  **DC005** Vanilla Mousse with Preserved Fruits
-  **DC006** Fruit Cake & Carrot Cake
-  **DC007** Strawberry Tartlet
-  **DC008** Butterscotch Tart
-  **DC009** Banana Brulée
-  **DC010** Peach Flan
-  **DC011** Carrot Cake

Hot Desserts

- MP01** Baked Rice Condé with Peaches
- MP02** Baked Rice Pudding
- MP03** Baked Rice Pudding & Raisins
- MP04** Banana Custard
- MP06** Creamy Rice Pudding
- MP08** Egg Custard
- MP09** Ground Rice Pudding
- MP10** Macaroni Pudding
- MP12** Rice Pudding with Sultanas
- MP13** Sago Pudding
- MP14** Semolina
- MP15** Tapioca Pudding
- MP16** Congress Square
- D001** Eves Pudding
- D002** Apple & Cinnamon Cake
- D003** Apple & Date Squares

- D004** Apple Crumble
- D005** Apple Pie
- D008** Apricot Cobbler
- D010** Apricot Crumble
- D012** Apricot Pie
- D016** Baked Apple
- D017** Baked Apple & Dates
- D018** Baked Apple & Mincemeat
- D019** Baked Apple & Sultanas
- D020** Baked Apple, Nuts & Apricots
- D021** Baked Jam & Coconut Sponge
- D022** Baked Ginger Sponge
- D023** Baked Jam Sponge & Custard
- D024** Bakewell Tart
- D025** Banana & Walnut Slice
- D030** Bread & Butter Pudding
- D037** Chocolate Sponge
- D041** Diplomat Pudding
- D050** Fruit Sponge
- D054** Gooseberry Crumble
- D055** Gooseberry Pie
- D058** Jam Roly Poly
- D059** Jam Sponge
- D060** Lemon Bread Pudding
- D063** Lemon Sponge
- D064** Manchester Tart
- D066** Mincemeat Tart
- D069** Pancakes
- D075** Pear Crumble
- D081** Pineapple Upside Down Cake

desserts

D082	Plum Crumble
D083	Plum Pie
D085	Queen of Puddings
D086	Rhubarb Crumble
D087	Rhubarb Pie
D090	Spiced Bread Pudding
D091	Spotted Dick
D092	Steamed Jam Sponge
D098	Sultana Sponge
D099	Syrup Sponge
D101	Fruit & Custard
D104	Apple Turnover
D105	Cherry Pie
D112	Vanilla Sponge with Ginger Sauce
D114	Pears in Chocolate Sauce
D118	Custard

Cold Desserts

MP05	Chocolate Mousse
MP07	Crème Caramel
MP17	Milk Jelly
MP18	Pear Condé with Raspberry Sauce
D011	Apricot Flan
D013	Apricots in Juice
D015	Arctic Roll
D026	Banana Flan
D027	Banana Fool/Mousse
D028	Banana Tea Bread
D033	Cheese & Biscuits
D034	Cheesecake
D036	Chocolate Mousse
D039	Danish Pastry

D040	Date Slice
D042	Doughnuts
D043	Fairy Cake
D044	Fresh Fruit Salad
D046	Fruit Cake
D047	Fruit Cocktail
D048	Fruit Fool
D049	Fruit Jelly
D051	Fruit Trifle
D053	Gateau
D057	Iced Bun
D061	Lemon Meringue Pie
D062	Lemon Mousse
D067	Muffins
D068	Orange & Cinnamon Cake
D070	Passion Cake
D071	Peach Condé
D072	Peach Flan
D074	Peaches in Natural Juice
D076	Pears in Natural Juice
D078	Pineapple Chunks
D079	Pineapple Condé
D080	Pineapple Rings in Natural Juice
D084	Prune Cake
D088	Fruit Scone & Jam
D093	Stewed Apple
D094	Stewed Prunes
D095	Strawberry Mousse
D097	Strawberry Whip
D102	Caramel Slice
D103	Lemon Tart

D106	Mandarin Cheesecake
D107	Black Cherry Yoghurt
D108	Strawberry Cheesecake
D109	Strawberry Yoghurt
D113	Banana Yoghurt
D116	Gooseberries in Natural Juice
D117	Plums in Natural Juice
D119	Toffee Yoghurt
FRU01	Apple
FRU02	Banana
FRU03	Pear
FRU04	Orange

Endorsements

We recognise the contribution of good food to good healthcare.

We believe that the new NHS Menu has been designed to properly meet the nutritional and personal needs of patients whilst in hospital. We recognise that it is the beginning of a longer term programme and we look forward to supporting future developments which will raise these standards even higher over the coming years.

THE PATIENTS ASSOCIATION

THE HOSPITAL CATERERS ASSOCIATION

THE BRITISH DIETETIC ASSOCIATION

THE VEGETARIAN SOCIETY

THE ALZHEIMERS SOCIETY

DIABETES UK

HCIMA

THE NHS PATIENTS FOOD GROUP

History of Catering

Since the advent of the National Health Service in 1948, food and nutrition have played an increasingly important role in the treatment of patients. Much has happened during the past six decades to help shape our thinking today and the following brief history is most interesting in understanding...

How did we get to where we are today?

Year	Food service developments	Nutrition developments	Political environment	Dietetic developments
1900's 1910's 1920's 1930's	<ul style="list-style-type: none">• Ward sisters responsible for housekeeping including food services• Pre 1948 large Mental Hospitals controlled by Stewards. Had own farms, slaughterhouses, butchers-self-sufficient for food	<ul style="list-style-type: none">• 1920's Insulin isolated, prior to this diet was only treatment for this fatal disease• 1920's-1930's Chemical structure of amino acids (the building blocks of protein) and vitamins discovered• 1930's Great advances in public health nutrition - setting up of the Ministry of Food	<ul style="list-style-type: none">• Boer War conscription raised concern about nutritional state of population• 1914-1918 First World War taught us a lot about the importance of the food supply• 1935 School milk introduced along with cod liver oil to treat rickets which was common in our cities• 1939-1945 Second World War• 1939 Rationing introduced	<ul style="list-style-type: none">• Ward sisters responsible for dietetic services• 1920 First specialist hospital dietitian appointed in England at the Royal London Hospital• 1920's First English Diet Kitchens at Royal London and St Thomas's
1940's 1950's 1960's	<ul style="list-style-type: none">• 1945 Appointment of catering managers recommended (HM 44/45)• Professional chefs, ex-servicemen and hotel staff recruited• 1948 Regional Catering Manager appointed SE Thames (Tom Whatley)• Kings Fund Catering Advisory service created (George Storement)• 1954 Kings Fund School of Hospital Catering opened (St Pancras Hospital)• Central tray system (Ganymead - Bethnal Green Hospital)• 1955 Trainee cooks scheme started	<ul style="list-style-type: none">• Treatment of famine victims in post war Europe and other parts of the world led to the view that providing sufficient protein was the key to sound nutrition• As far as the food supply was concerned more was always better• Malnutrition diseases were nearly all related to insufficient food being available rather than excess	<ul style="list-style-type: none">• 1948 NHS created. This included many very different hospitals. Voluntary, council, workhouses, asylums etc.• 1954 Most foods taken off ration• 1960 Rationing ends• Royal commission review hospital food services• 1967 Salmon report gives impression that food service is a non-nursing duty• 1967 Doctors and nurses have to pay for meals on duty. Regional price lists standardise prices between hospitals	<ul style="list-style-type: none">• Rapid advances in nutrition knowledge and its application to the treatment of disease led to growth in the number of dietetic departments in hospitals• Many hospital diet kitchens were under the direct control of the dietitians

Year	Food service developments	Nutrition developments	Political environment	Dietetic developments
1970's	<p>5 year apprenticeship</p> <ul style="list-style-type: none"> • 1965 Design manuals for kitchens and staff restaurants produced • 1967 Kings Fund develops cook freeze service at Darenth Park 	<ul style="list-style-type: none"> • 1972 Link between food intake and heart disease established • 1977 Hill, Lancet paper on malnutrition in surgical patients • 1977 First ESPEN congress in Stockholm • The dangers of excess both in normal eating and artificial nutrition support become clear 	<ul style="list-style-type: none"> • 1972 Nuffield Report on food poisoning in hospital (Professor Parry - Pink Book) • 1975 Health Service Catering - Nutrition and Modified Diets published • 1975-77 Area and District Catering Committees established • 1979 Winter of discontent - widespread industrial action by ancillary staff in NHS • Recession affects investment in hospital facilities 	<ul style="list-style-type: none"> • 1971 HM(71) 82 Integration of modified diets into general menu • Operational control of most diet kitchens passes to Catering Managers
1980's	<ul style="list-style-type: none"> • 1987 DHSS Building note on chilled meals supplement published • 1988 Clean food booklet A Food Handlers Guide published • 1989 Temperature monitoring of chilled food guidance • 1989 Introduction of monitoring of catering services • 1989 Food Safety Bulletin - Protecting the Customer 	<ul style="list-style-type: none"> • 1983 Healthy eating messages meant for healthy population implemented in hospitals • 1987 DHSS guidelines on pre-cooked chilled meals (Dr RJ Gilbert and Professor G Glew) • 1989 British Nutrition Foundation report - How Safe is Our Food 	<ul style="list-style-type: none"> • Patients First report published by DHSS • Compulsory competitive tendering introduced • World in Action broadcast on "Dirty Hospital Kitchens" • 19 patients die at Stanley Royd Hospital, Wakefield • Crown Immunity lifted • The Recipe File published • WHO Report on Listeria • Salmonella in eggs scare 	<ul style="list-style-type: none"> • Growth of community dietetic services • Rapid growth in use of artificial nutrition support • Dietetics becomes an all graduate profession, links with food service diminish
1990's	<ul style="list-style-type: none"> • 1994 Food Safety Regulations implemented in Great Britain • 1994 Code of practice on Food Hygiene Inspections published (Annex C) • 1995 Industry Guide to Good Hygiene Practices 	<ul style="list-style-type: none"> • 1992 BAPEN founded in response to Kings Fund Report • 1994 McWhirter and Pennington paper on malnutrition in hospital • BAPEN annual conferences raise 	<ul style="list-style-type: none"> • 1992 Kings Fund Report "A Positive Approach to Nutrition as Treatment" published • 1992 White paper 'Health of the Nation' published • 1993 National Audit 	<ul style="list-style-type: none"> • 1993 SE Thames Region nutritional guidelines for hospital food published in response to concerns about declining standards • Nutrition support develops as a strong sub-specialty of dietetics

Year	Food service developments	Nutrition developments	Political environment	Dietetic developments
	<p>(Catering Guide) published</p> <ul style="list-style-type: none"> • 1997 HCA Hygiene Good Practice Guide - an audit tool published • 1997 HCA Hygiene Good Practice Guide - Food Service Standards at Ward Level published 	<p>awareness of problems of undernutrition in hospitals</p> <ul style="list-style-type: none"> • 1995 Eat Well action plan on nutrition and the health of the nation published • 1999 Nuffield Trust Managing Nutrition in Hospitals published • 1999 BAPEN report Hospital food as Treatment published 	<p>Office report on hospital catering</p> <ul style="list-style-type: none"> • 1994 EC General Food Hygiene Directive published (93/43 EEC) • 1995 HoN Nutritional Guidelines for Hospital Food • 1996 Towards a Quality Service published • 1996 Tucker and Miguel paper on nutrition and length of stay • 1997 Hungry in Hospitals published • 1997 Eating Matters published • 1999 GM labelling guidance published 	<ul style="list-style-type: none"> • Emphasis in hospital shifts towards identifying patients who are undernourished and planning treatment accordingly
2000	<ul style="list-style-type: none"> • Private finance initiatives lead to more food service being outsourced 	<ul style="list-style-type: none"> • BAPEN Malnutrition Advisory Group publishes guidance on identifying and treating undernutrition 	<ul style="list-style-type: none"> • 2000 Food Standards Agency set up • Audits of food service as part of the patient environment inform the ideas presented in the NHS Plan • 2000 Competitive tendering orders relaxed (only to be undertaken where proof of “Best Buy” cannot be shown) 	<ul style="list-style-type: none"> • Edinburgh International Conference of Dietetics has strong emphasis on importance of hospital food services to the nutritional well-being of in patients worldwide

