



# Christmas LUNCH

**ON Monday 18th December 2023**

**Roast Turkey or Roasted Quorn (V)  
Served with  
Sage & Onion Stuffing  
Chipolata Sausage or Vegetarian Sausage  
Crispy Roast Potatoes  
Baton Carrots & Garden Peas  
Gravy & Cranberry Sauce**

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**Santa's Iced Christmas  
Treat**

## OCC Christmas Menu 2023

### Commodities

|                             | Code                   |            | Supplier | 14 Allergens                                | Carb per 100g                               | Carb per portion | Approx food weight/portion                             | Comments |
|-----------------------------|------------------------|------------|----------|---------------------------------------------|---------------------------------------------|------------------|--------------------------------------------------------|----------|
| Roast Turkey escalope       | 144147S                | 1 x 56gms  | Efoods   | None                                        | 0g/100g                                     | 0g               | Approx 50g Cooked                                      |          |
| Roast Turkey escalope Halal | 144148S                | 1 x 56gms  | Efoods   | None                                        | 0g/100g                                     | 0g               | Approx 50g Cooked                                      |          |
| Roast Turkey joint (cooked) | 120163C                | 1 x 3.5kg  | Bidfood  | None                                        | 0.04g/100g                                  | 0.23g            | Approx 57g                                             |          |
| Roasted Quorn (V)           | 131745                 | 8x454 gms  | Bidfood  | Egg, milk                                   | 2.1g/100g                                   | 1.19g            | Approx 50g Cooked                                      |          |
| Sage & Onion Stuffing       | 111146                 | 1x3kg      | Bidfood  | Wheat, gluten                               | 73.4g/100g (dry mix)<br>19.8g/100g (cooked) | 10.9g            | 15g dry mix sage & onion stuffing or approx 55g cooked |          |
| Chipolata Sausage           | 111802                 | 1 x 160    | Bidfood  | Wheat, Gluten, Sulphites                    | 12.79/100g (uncooked)                       | 3.63g            | 1 Chipolata (28g uncooked, Approx 21.5g cooked)        |          |
| Halal Chicken Sausage       | 142389C                | 1 x 48     | Efoods   | Gluten, Sulphites, Soya                     | 16g/100g                                    | 4.54g            | Approx 28.35g                                          |          |
| Vegetable Sausage           | 165156                 | 40 x 50g   | Bidfood  | Soya                                        | 7.1g/100g                                   | 3.55             | Approx 50g                                             |          |
| Garden Peas                 | 4753                   | 1 x 2.5kg  | Bidfood  | None                                        | 9g/100g                                     | 2.3g             | Approx 25g                                             |          |
| Baton Carrots               | 102485                 | 1 x 2.5 kg | Efoods   | None                                        | 7.69g/100g                                  | 2g               | Approx 25g                                             |          |
| Diced Carrots               | 112051                 | 1 x 2.5kg  | Bidfood  | None                                        | 10.7g/100g                                  | 2.56g            | Approx 26g                                             |          |
| Gravy                       | 111196                 | 1 x 1.88kg | Bidfood  | None                                        | 70g/100g                                    | 14g              | Approx 20g                                             |          |
|                             |                        |            |          |                                             |                                             |                  |                                                        |          |
|                             |                        |            |          |                                             |                                             |                  |                                                        |          |
| Christmas Tree Icecream     | 246445                 | 1X24       | Bidfood  | Milk, Soya (May contain Peanut, Nuts, Eggs) | 19.10g/100g                                 | 15.28g           | Approx 80g                                             |          |
| Iced Chocolate Cake         | Follow recipe on Cypad |            |          | Milk, Eggs, Gluten, Wheat                   | 39.18g/100g                                 | 15.68g           | Approx 40g                                             |          |
| Iced Chocolate Crispie cake | Follow recipe on Cypad |            |          | Gluten, Barley                              | 72.85g/100g                                 | 29.14g           | Approx 40g                                             |          |
| Iced Shortbread Biscuit     | Follow recipe on Cypad |            |          | Gluten                                      | 54.15g/100g                                 | 21.66g           | Approx 40g                                             |          |
|                             |                        |            |          |                                             |                                             |                  |                                                        |          |
|                             |                        |            |          |                                             |                                             |                  |                                                        |          |
|                             |                        |            |          |                                             |                                             |                  |                                                        |          |