THURSDAY VEGETARIAN AND SIDE

Vegetarian option and side

Sweetcorn, Potato and Butterbean Chowder with Wholemeal Roll and Raw Veg Dippers

A vegetarian option and a side to serve with the Thursday main.

VEG OPTION
Prep 25 minutes, cook 35 minutes

SIDE
Prep 15 minutes

Ingredients and shop codes

Vegetarian option, 20 portions

30 ml Rapeseed oil
203699 Country Range Rapeseed Oil (4x5L)

500 g Onions, diced
810596 Fresh White Onions (1x1kg) or 101991 Greens Diced Onions, frozen (4x2.5kg)

600 g Carrots, diced
810548 Fresh Carrots (1x1kg)

2 kg Potatoes, diced
810540 Elveden Fresh British Potatoes (1x25kg)

120 g Butter
001056 Meadow Churn Unsalted Butter (40x250g) or 001055 Salted

120 g Plain flour
203838 Country Range Plain Flour (6x1.5kg)

2 litres Whole milk
000109 Whole Milk (4x2L)

2 litres Vegetable stock, low salt
200326 Maggi Vegetable Bouillon, Gluten Free (2x2kg)

800 g Frozen sweetcorn
101372 Country Range Sweetcorn, frozen (4x2.5kg)

1.6 kg Butter beans in water, drained
203678 Country Range Butter Beans in Water (6x800g)

Side, serves 100

100 rolls Wholemeal bread rolls (about 60 g each)

4 kg Carrot sticks
810548 Fresh Carrots (1x1kg)

3 kg Cucumber sticks
810560 Fresh Cucumbers (14 pack)

2 kg Cherry tomatoes, quartered
810580 Fresh Red Cherry Tomatoes (1x250g)

Shop notes

- **Plain flour:** Gluten-free option: 200127 Doves GF Plain White Flour.
- **Vegetable stock:** Check the label for celery and salt level.

Method

Vegetarian option: Sweetcorn, Potato and Butterbean Chowder

1. Follow the method above, adding the butter beans with the sweetcorn instead of fish.
2. Simmer for 10 minutes until the beans are heated through (core temperature 75°C or above).
3. Cook, hold and serve in a **separate labelled pan with its own utensils** (never alongside the fish chowder).

Side: Wholemeal Roll and Raw Veg Dippers

1. Warm the rolls in the oven for 5 minutes.
2. Serve the veg cold and keep chilled until service. **Quarter cherry tomatoes and cut veg to a size suitable for the youngest children** to reduce choking risk.

Chef's tips

- No butter is needed on the roll. Rolls from yesterday can be made into breadcrumbs or croutons to reduce waste. Check roll labels for sesame and seeds.

Nutrition note (side)

about 1 portion of vegetables per serving. Wholemeal rolls add fibre.

Allergens

Vegetarian option: Contains: Cereals containing gluten, Milk. **Check the label (varies by brand):** Celery, Sulphites, Soya. No tree nuts or peanuts in this recipe (nut-free menu). **Side: Contains:** Cereals containing gluten. **Check the label (varies by brand):** Soya, Sesame, Sulphites, Milk. No tree nuts or peanuts in this recipe (nut-free menu).

Nut-free menu: no nuts or peanuts in any recipe. Check labels on every batch for allergens, gluten-free and vegetarian status. Menus should be checked against the school's own policies and local authority guidance. Product codes are shopping suggestions; prices and stock show on shop.brookstreetfoods.co.uk once you are signed in.