

- Friday - FABULOUS FRUITS



A fresh, fruity friday for residents

Fruit offers many health benefits, including fibre, vitamins and minerals, as well as contributing to hydration needs. It can be served in many different forms to offer variety, and in easy-to-eat dishes such as our 'Poached summer berries with vanilla syrup and ice cream'. For residents who enjoy fruit but cannot manage raw pieces, poached pear is an ideal example of a softer alternative.

You should be making fruit available each day, in various easy-to-eat forms, to help residents reach their target of five daily portions (at least) of fruits and vegetables. This can include dried and tinned fruit as ingredients in dishes like curries and tagines, or on their own (fresh or tinned) with cream or ice cream. Serving fruit with ice cream or cream adds more energy to the diet, as well as making a more satisfying dessert.



It's all in the can



A 100159	Fruit Cocktail in Juice	1x2.65kg
A 35561	Fruit Cocktail in Juice	1x822g
A 1202	Peach Slices in Light Syrup	1x2.6kg
A 88599	Peach Slices in Fruit Juice Concentrate	1x822g
A 89	Whole Grapefruit Segments in Light Syrup	1x3kg
A 10572	Pear Halves in Juice	1x2.65kg
A 89206	Apricot Halves in Juice	1x2.5kg
A 5552	Brakes Solid Pack Apple	1x2.6kg
A 6307	Brakes Solid Pack Rhubarb	1x2.84kg



Fruit, fruit and more fruit



F 129494	Assorted Fruit Lollies	1x44
F 4129	Fruit Cocktail Trifles	24x105g
A 100209	Dried Mixed Fruit	1x3kg
C 70932	Fruit salad	1x2.5kg
C 74539	Del Monte Mango Sliced Fruit Bags	10x100g
C 74540	Del Monte Pineapple Sliced Fruit Bags	10x100g
C 10677	Del Monte Apple & Grapefruit Snack Bag	20x80g
C 71246	Melon Ball Trio	1x2.5kg
C 10395	Medium Pineapple	1x1
C 111396	Freshly Squeezed Orange Juice	1x2.27ltr



Serve up a treat whilst fortifying your dish

Millac Gold Double Cream Alternative
C 120586 1 x 1ltr

- Versatile, multi-purpose product for whipping, cooking and pouring
- Millac doesn't split and whips up-to 3 times it's volume
- Great stability



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Poached pear in red wine with mascarpone & shortbread

Serves 10



Ingredients

C 114231	Pears	5ea
A 128370	Bonne Nouvelle Merlot	0.25ea
A 87011	Brakes Cinnamon Sticks	7g
A 103348	Brakes Whole Star Anise	2g
A 350098	Tate & Lyle Caster Sugar	100g
C 23348	Galbani Italian Mascarpone Cheese	360g
A 84532	Brakes Mini All Butter Shortbread Rounds	10ea

Method

1. Peel the pears, place them in a saucepan and pour the wine over
2. Add sugar and spices
3. Bring to the boil, then turn down to simmer for approx 20 mins
4. Turn off the heat and allow to cool in it's own liquid
5. Serve with shortbread biscuit and mascarpone

Poached summer fruits with vanilla syrup & ice cream

Serves 1



Ingredients

C 450610	Strawberries	30g
C 10393	Raspberries	20g
C 10391	Blueberries	20g
A 350098	Tate & Lyle Caster Sugar	25g
F 32200	Brakes Vanilla Dairy Ice Cream with Pods	60g
N/A	Water	50ml

Preparation

1. Wash and drain the raspberries and blueberries
2. Wash, de-stalk and half the strawberries

Method

1. To make the syrup, gently boil the sugar and water together
2. Allow the syrup to cool slightly, then add your mixed fruits
3. Allow the fruit to warm for 1 minute, then serve in a bowl and top with ice cream