

Recipe Info Pack:

Vegetable Lasagne



**Here at Greetwell Purchasing,
we know that it's a real
challenge to get nutrition right
when running a care home.**

With ingredient availability always a challenge and price points constantly shifting, catering staff and kitchens have an ever-changing set of hurdles to jump.

Meeting complex care needs is enough of a challenge, which is why we wanted to provide this easy recipe for Vegetable Lasagne.

We've included preparation guidelines, as well as pricing and nutritional information that drills down to a level that you need.





SERVES: 10

COOKING TIME: 60 mins

TOTAL COST: £3.38

PORTION COST: 34p

Vegetable Lasagne

INGREDIENTS:

400g Dried Pasta Lasagne Sheets
 35g Salted Butter
 35g Plain Flour
 600ml Semi Skimmed Milk
 20ml Extra Virgin Olive Oil
 200g Diced Onions
 250g Sliced Button Mushroom
 300g Sliced Courgettes
 300g Tomato Puree
 500g Chopped Tomatoes
 400g Diced Mixed Peppers
 12g Garlic Puree
 250g Grated Matured White Cheddar

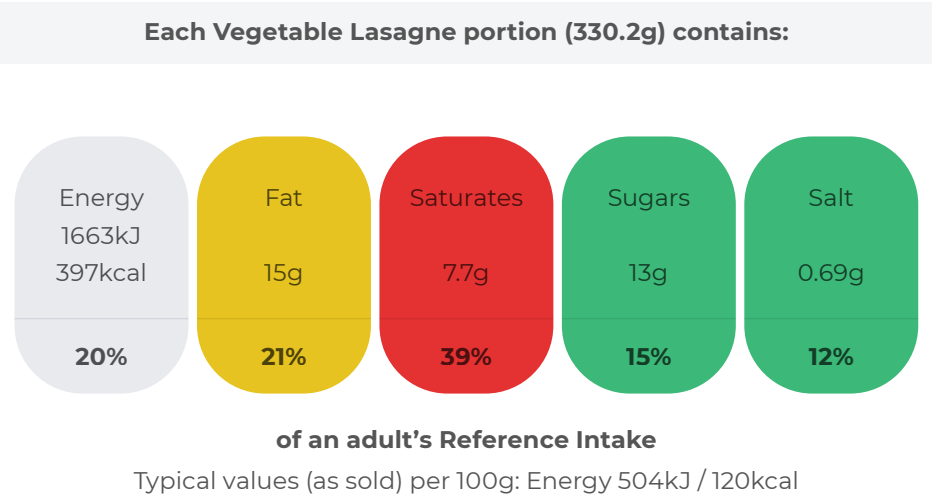
METHOD:

Melt the butter and flour, gradually add the milk and stir to form a thick, smooth sauce ■ In a separate pan, heat the oil, sweat the onions and garlic until soft, add the mushrooms and sweat for two minutes ■ Add the courgette and cook for a further two minutes ■ Stir in the tomato puree, chopped tomatoes and peppers and simmer for 15 minutes.

Spoon a little of the tomato and vegetable mix over the base of an oven proof dish, cover with a layer of the pasta followed by a layer of the white sauce and sprinkle with half of the cheese ■ Repeat these layers again, finishing with a layer of white sauce and the remaining cheese

Bake in a pre heated oven at 200 degrees centigrade for 25 minutes or until the pasta is cooked.

Nutritional information



Energy (kJ)	Energy (kcal)	Fat (g)
1662.6	397.4	14.6
Saturdated Fat (g)	Carbohydrates (g)	NME Sugar (g)
7.7	48.5	(0.0)
NSP (g)	AOAC Fibre (g)	Protein (g)
4.0	>4.0	17.3
Iron (mg)	Zinc (mg)	Calcium (mg)
>1.9	>1.3	>115.8
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)
>422.4	>75.2	>57.9
Sodium (mg)	Salt (g)	Total Sugar (g)
275.0	0.7	13.4

Dietary information

Additives

Contains	Artificial Preservatives
May Contain	Artificial Anti-Oxidants Artificial Colours Artificial Flavourings Artificial Sweeteners

Allergens

Contains	Cereals containing Gluten Milk
May Contain	Celery Eggs
Does Not Contain	Crustaceans Fish Lupin Molluscs Mustard Nuts Peanuts Sesame Soya Sulphur Dioxide and Sulphites

Other Allergens

May Contain	Flavour Enhancers Yeast
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Other Contents

Does Not Contain	GM Material
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Sub-Allergens

Contains	Wheat
Does Not Contain	Almonds Barley Brazil Nuts Cashew Nuts Hazelnuts Macademia Nuts oats Pecan Nuts Pistachio Nuts Rye Walnuts

Suitability

Not Suitable	Halal Diet Kosher Diet Lactose Intolerant Diet Vegan Diet Coeliac Diet (UK)
Suitable	Vegetarian Diet

This pack was made possible thanks to our partnership with the Civica Saffron catering management system.

Rising food costs, wage increases, new legislation and wide-spread industry uncertainty are among the many challenges facing catering providers.

Civica Saffron catering management software helps you deliver nutritious, allergen aware and planet-smart food. Supporting customers across the public sector, foodservice and hospitality industry to improve the efficiency of complex catering operations, through streamlining stock control, purchasing and menu engineering.

- **Greater efficiency** through automated, paperless processes designed to save you time - from ordering stock to designing menus.
- **Cost savings** from better stock management and oversight of data - reducing waste and powering better decisions.
- **Compliance** with nutritional standards and allergen management regulations, including the forthcoming Natasha's Law.

Visit www.civica.com/saffron for more information.

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Contact us

To find out more about how to manage your residents complex nutritional needs while also considering price points, get in touch with us today.

Call: 01522 244680
Web: www.greetwell.co.uk
Email: support@greetwell.co.uk

Twitter: [@greetwell_ps](https://twitter.com/greetwell_ps)
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This is an example recipe. The information is correct at September 2020 and based on ingredient, pricing and nutritional data held within the Greetwell Purchasing Solutions Ltd recipe database at the time of publishing. The nutritional and allergen information should not be relied upon until your own supplier data is uploaded into the system.

