



**Hi, pupils love
us and so do
school caterers.**



Very Appealing Potatoes



The potato products with school appeal.

Serving suggestion: Loaded potato wedges

These days, pulling together a school menu is more difficult than ever. Children's tastes, parental interests and government health regulations all have to be balanced – and on ever tighter catering budgets.

Appetising and affordable

The good news is that Aviko can help you hit all your targets. Our range of potato products regularly tops pupil taste tests, as well as conforming to the nutritional guidelines set out by the School Food Trust. Indeed, our new **Steam and Fresh** potato range is highly nutritious, contains no fat and can be served every single day of the week with absolute confidence.

Versatility is another of our strengths. The **Steam and Fresh** range can be used to create many different main meals and side

dishes, or can be used as an ingredient for school caterers. As the preparation time is minimal, the caterer can invest time in creating exciting menus for the children.

Budget-conscious schools will also appreciate Aviko's affordability. Although one of the market leaders in the UK, like for like our potato products cost approx. 20% less than the market leader.*

You'll find out more about Aviko's potato ranges for schools in this brochure. We're confident you'll find them most appealing!

Steam and Fresh

Our **Steam and Fresh** range is changing the way school dinners are served across the UK.

The range is made with 100% pure potato and then simply steamed before being vacuum-packed to lock in the freshness and nutritional goodness, maximising the shelf life. **Steam and Fresh** products can be served every day of the week, and that's good news for pupils who've voted them the best tasting potato dish!¹

The **Steam and Fresh** range is convenient for caterers too. It can be warmed and browned in a matter of minutes using the oven, grill, combi-steamer, saucepan or microwave. Serving up potato to schoolchildren has never been so easy and simple!



Serving suggestion: Cowboy casserole

The Steam and Fresh range

Nutritional information (per 100g):

Kilo joules: 350
Kilo calories: 80
Protein (g): 2
Carbohydrate (g): 17.5
Fat (g): 0 (of which saturated 0g)
No added salt
No preservatives
No flavourings or colourings

“ The diced potatoes don't lose their shape once they're cooked, it's great. ”

Catering Manager Wakefield

These delicious crispy cubes, cut from the best quality potatoes, make for a tasty, healthy and versatile serving that can be prepared in no time at all.

Kids love the size as they are easy to cut and chew.

Steam and Fresh Diced Potatoes

Ideal for:

Topping fish pies
An alternative to mash for shepherd's pie
An alternative to roast potatoes
Casseroles

Cooking instructions:

Oven: 15 min. at 190°C
Deep fry: 3 – 3.5 min. at 175°C
Combi-steamer: 6 min. at 135°C
Frying pan: 7 min. at high temp
Microwave: 3 min. at 850 Watt

Case configuration: 6 x 2kg



Serving suggestion: Seasoned diced potatoes with roast chicken



Serving suggestion: Minced beef hotpot



Serving suggestion: Potato and onion pie

Steam and Fresh Potato Slices

Can be used:
 To top pies and stews
 With pizza
 As an alternative to mashed potato

Cooking instructions:
 Oven: 15 min. at 190°C
 Deep fry: 6 – 8 min. at 170°C
 Frying pan: 6 – 8 min. at high temp

Case configuration: 6 x 2kg

Delicately cut slices of crispy potato make a delicious and different meal accompaniment that pupils love.

“ These taste great with garlic and herbs on. Kids will love them. ”

Catering Manager Bradford

Steam and Fresh Skin On Wedges

Why not try:
 Sprinkle on Cajun spices before baking for Tex-Mex wedges
 Serve with lasagne
 Serve with BBQ chicken for a Wild West themed menu

Cooking instructions:
 Oven: 15 min. at 190°C
 Deep fry: 6 – 8 min. at 170°C
 Frying pan: 6 – 8 min. at high temp

Case configuration: 6 x 2kg



Serving suggestion: Homemade pizza and wedges

Cooked in their skins for extra flavour and crunch, these wedges look great on the plate and taste even better!

A great alternative to fries for children.



Serving suggestion: Loaded potato wedges

“ These taste really nice. Kids don’t choose fries because they can’t put salt on them. These would be a perfect alternative. ”

Catering Manager Leeds



Serving suggestion: Greek tomato 'wrinkly' potatoes

Steam and Fresh Mini Potatoes Skin On

Can be served:
With a roast dinner
On the salad bar
As baby jacket potatoes

Cooking instructions:
Combi-steamer: 15 min. at 100°C
(100% steam)
Microwave: 9 min. at 850 Watt
Add 2 tbsp of water during heating

Case configuration: 6 x 2kg

“ They are lovely, like wrinkly potatoes. ”

Schoolchild aged 8 York

Easy to prepare and full of minerals and vitamins, our mini potatoes are delicious whole potatoes that are the ideal size for children.

The kids really love the taste and look of the skin on potatoes on their plate.

Steam and Fresh Mini Potatoes Skin Off

Can be served:
In casseroles
As a quick mashed potato option
With a roast dinner

Cooking instructions:
Combi-steamer: 6 – 8 min. at 135°C
Microwave: 4 min. at 850 Watt

Case configuration: 6 x 2kg

Packed with goodness and big on taste, these skin off potatoes are specially selected so they can be used across the school menu with ease. Available in 20/30 and 30/40 sizes.



Serving suggestion: Mini Potatoes Skin Off with baked salmon

Great for pupils. Good for schools.

Variety is key to the success of any school menu. That's why at Aviko we've created our School Range, which complements our Steam and Fresh offering with a great choice of delicious, easy to prepare dishes. All our portions conform to nutritional guidelines and can be served between two and four times a week.*

Potato Quiche

Made from fresh sliced potatoes, sliced onion and prepared with béchamel sauce. The potato quiche is pre-portioned, therefore eliminating waste and ensuring accurate portion control and costings. Our Potato Quiche has proven to be a very popular choice with kids.

Case configuration:
2 x 2.5kg (96 portions)



Serving suggestion: Potato quiche with mixed salad



Serving suggestion: Shepherd's pie topping

Mashed Potatoes

Made from fresh potatoes, our school mash is creamy, light and very tasty – the perfect accompaniment to literally hundreds of different dishes.

Case configuration: 4 x 2.5kg



Mega Wedges

Big and chunky, our Mega Wedges are cooked in the skin for maximum taste.

Case configuration: 4 x 2.5kg



Roast Potatoes

Endorsed by the Craft Guild of Chefs in 2010, our roast potatoes have a taste, texture and look that are simply unbeatable.

Case configuration: 4 x 2.5kg



Jacket Potatoes

Deliciously soft, our 100% pre-cooked jacket potatoes come in convenient large and medium sizes.

Jacket potato is the single most appealing potato choice in secondary schools. They are healthy and filling for children.

Case configuration: 40 x 250g (medium)
32 x 325g (large)

Vegetable Burger

A delicious combination of vegetables, including carrot, sweetcorn, broccoli and potato, in a crispy breadcrumb coating. They are always a popular lunchtime choice with children.

Case configuration: 30 x 113g

Spicy Potato Wedges

These lightly spiced wedges are ideal for children and remain extremely popular with caterers. They look very appealing and healthy with the skin on.

Case configuration: 4 x 2.5kg

Spicy Potato Slices

A tasty blend of herbs and spices with a melt-in-the-mouth potato slice – a winning combination for children. Being very easy to prepare and extremely versatile also makes them a winner for the caterer.

Case configuration: 4 x 2.5kg



Nutritional Information (per 100g unprepared product)

Steam and Fresh

Diced Potato	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	802051	6 x 2kg	80	350	2g	17.5g	1g	0g	0g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	2g	0.5mg	9mg	0ug	17.6ug	9mg	2mg	0.33mg	
Skin On Wedges	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	800910	6 x 2kg	80	350	2g	17.5g	1g	0g	0g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	2g	0.5mg	9mg	0ug	17.6ug	9mg	2mg	0.33mg	
Potato Slices	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	802052	6 x 2kg	80	350	2g	17.5g	1g	0g	0g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	2g	0.5mg	9mg	0ug	17.6ug	9mg	2mg	0.33mg	
Mini Potatoes Skin On	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	8031008	6 x 2kg	80	350	2g	17.5g	1g	0g	0g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	2g	0.5mg	9mg	0ug	17.6ug	9mg	2mg	0.33mg	
Mini Potatoes Skin Off (20/30)	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	802049	6 x 2kg	80	350	2g	17.5g	1g	0g	0g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	2g	0.5mg	9mg	0ug	17.6ug	9mg	2mg	0.33mg	
Mini Potatoes Skin Off (30/40)	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	802050	6 x 2kg	80	350	2g	17.5g	1g	0g	0g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	2g	0.5mg	9mg	0ug	17.6ug	9mg	2mg	0.33mg	

School Range

Potato Quiche	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	735500	2 x 2.5kg	135	560	3g	16g	0g	6g	2g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	1.6g	0.5mg	9mg	0ug	17ug	7mg	430mg	0.37mg	
Mega Wedges	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	803572	4 x 2.5kg	130	545	2.5g	23g	0.4g	2.5g	0.3g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	2.2g	0.5mg	9mg	0ug	17ug	7mg	40mg	0.37mg	
Mashed Potato	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	803541	4 x 2.5kg	85	350	1.5g	15g	1g	1.5g	1g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	2g	0.42mg	7mg	17ug	14.6ug	7.5mg	100mg	0.30mg	
Roast Potatoes	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	710506	4 x 2.5kg	125	530	2.5g	22.5g	1.3g	2g	0.2g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	4.1g	0.5mg	9mg	0ug	17ug	7mg	60mg	0.37mg	
Jacket Potatoes Medium	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	802222	250g x 4 x 10	80	350	2g	17.5g	1g	0g	0g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	2g	0.5mg	9mg	0ug	17.6ug	9mg	2mg	0.33mg	
Jacket Potatoes Large	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	802221	325g x 4 x 8	80	350	2g	17.5g	1g	0g	0g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	2g	0.5mg	9mg	0ug	17.6ug	9mg	2mg	0.33mg	
Vegetable Burger	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	803602	113g x 3 x 10	205	855	4g	26g	2.4g	9g	2.3g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	1.5g	0.6mg	14mg	0ug	17.9ug	7.1mg	480mg	0.45mg	
Spicy Potato Wedges	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	683502	4 x 2.5kg	150	640	2.5g	23g	1.5g	5g	0.6g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	2.5g	0.5mg	9mg	0ug	17ug	7mg	260mg	0.37mg	
Spicy Potato Slices	Article Code	Case Configuration	Kilo Calories	Kilo Joules	Protein	Carbohydrate	(of which sugars)	Fat	(of which saturates)
	803619	4 x 2.5kg	180	765	2g	26.5g	1.5g	7g	0.8g
	Fibre	Iron	Calcium	Vitamin A	Folate	Vitamin C	Sodium	Zinc	
	2.5g	0.5mg	9mg	0ug	17ug	7mg	410mg	0.37mg	



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If you have any questions about our products and would like to find out where you can buy our appealing potatoes, call our Customer Service Centre on **01442 239 536** weekdays between 8am and 5pm, or email ukdesk@aviko.co.uk