

Grab-and-go recipes and tips



Recipes for success

Tried and tested, nutritionally analysed recipes to help you offer a popular menu and tips to meet the national standards for school food

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- Chartwells
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Why has this booklet been developed?

The standards for school food were updated in January 2015.^{1,2} We know that some schools find it difficult to plan popular and varied menus to meet these standards, especially in secondary schools, where pupils may select individual items rather than a complete two course lunch.

Many pupils also prefer grab-and-go items such as sandwiches, paninis, pizza slices, jacket potatoes and pasta pots at lunchtime. However, many of these options can be high in fat, saturated fat and salt, and low in micronutrients such as iron and zinc.

Often grab-and-go items do not include a portion of fruit, vegetables or salad, and popular fillings such as salami and meatballs are restricted meat products.

This booklet contains lots of practical tips on how to meet the national school food standards, along with recipes for 10 tried and tested, nutrient-dense grab-and-go options.

What is grab-and-go?

Grab-and-go options are often only single food items in one pot or packet, for easy carrying, unwrapping and eating to fit in with a pupil's busy day and choice of dining place. These might include sandwiches, pizza, pasta pots, soup and jacket potatoes.

What are grab bags?

Grab bags are pre-ordered, hot or cold meal deals in a bag for pupils to collect from a specific point. This helps to reduce queuing times and assures pupils they will get their preferred menu choices. Pupils may be able to take their grab bags elsewhere to eat, such as at sports practise or lunchtime clubs.

What are meal deals?

Meal deals are combinations of menu items, sold at a cheaper price than if bought separately. Many schools have successfully used meal deals to encourage pupils to choose a complete, nutritionally balanced meal, such as a filled roll, salad, piece of fruit and a yoghurt.³ Meal deals can include hot set meals, such as a roast dinner and apple crumble, or grab-and-go items such as filled jacket potatoes, fruit pot and milk.



- ✓ Use recycled grab bags and place bins in the designated lunch areas as this will encourage pupils not to drop litter.

Nutritional benefits of meal deals: the facts

Many pupils prefer grab-and-go items, but without doubt the healthier choice would be a complete school meal. An effective way of promoting a complete meal is through meal deals.

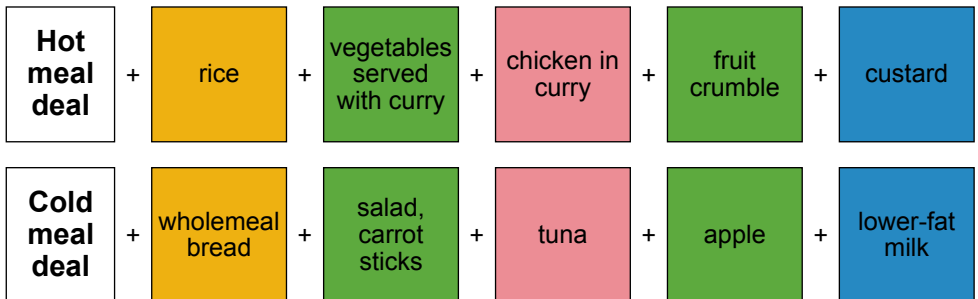
- Fact 1** to provide sufficient energy and nutrients, lunch should provide around one third of children's requirements. If a pupil eats only a sandwich, the energy content is likely to be lower than they need so they may still feel hungry. Hungry pupils tend to be less alert in class and may be tempted to snack on less healthy foods on their way home from school.
- Fact 2** pupils eating a complete meal are more likely to have a nutritionally balanced lunch, which is higher in micronutrients such as iron and zinc, compared with pupils who select a sandwich only.⁴
- Fact 3** pupils are more likely to eat a portion of fruit, vegetables or salad, and foods from a range of food groups, when they opt for a meal deal rather than an individual item such as a slice of pizza.³

What is a nutritionally balanced meal deal?

Aim to include food or drinks from the first four food groups below in your meal deals.

- Starchy foods** such as bread, pasta, potatoes, couscous
- A portion of vegetables or salad** such as hot vegetables, vegetable sticks or salad as an accompaniment.
A portion of fruit such as whole fruit, chopped fruit, a fruit-based dessert
- Meat, fish, eggs, beans, non-dairy sources of protein** such as chicken, tuna, houmous, kidney beans
- Milk and dairy** such as lower-fat cheese, fromage frais, yoghurt, milk
- Food and drink high in sugar and/or fat** such as cakes, biscuits, pastry, deep-fried, batter-coated or breadcrumb-coated foods and meat products should be limited to help meet the new standards.²

Examples



Meal deal ideas for primary schools

Many primary schools already offer set two-course lunches, such as roast dinner, followed by apple crumble and custard.⁴ In the summer, primary-aged pupils may prefer grab bags as they may be allowed to eat outside.

If you have lots of pupils who opt for packed lunches, it's worth finding out why. In our surveys, when asked why they chose to make packed lunches, parents said:

"I can make a lunch my child will eat"

"A packed lunch is cheaper than school lunch"

"My child wants to eat with friends who have packed lunches"⁵

When asking pupils why they have packed lunches, common responses include:

"I can eat with my friends"

"I don't have to queue so I have more time to play"

Top tips for grab bags.

- ✓ Offer grab bags as part of your school lunch menu.
- ✓ Ask pupils for their ideas to help you create popular grab bags.
- ✓ Try a pre-ordering system for grab bags; this helps to save time and avoid waste.
- ✓ See the blackboard for example grab bag options.

Grab bag ideas

Lamb, apricot and couscous salad, celery sticks, pear, banana cake and lower-fat milk.

Chicken and kidney bean wrap, mixed salad, Cheddar stick, raisins and water.

Mixed bean salad in a pitta bread, carrot sticks, seeded flapjack, tangerine and lower-fat milk.

Tips – increasing the nutrient value of grab-and-gos

Soups

- Offer a variety of soups across your menu cycle. Try to include a starchy carbohydrate, such as potato, sweet potato or pasta, meat, fish or pulses, and vegetables
- Avoid using packet soups as these are often high in salt and low in vitamins, minerals and fibre. Instead, prepare soup from scratch using seasonal vegetables, fresh herbs and spices
- Add pulses to thicken the soup and increase the protein, fibre and iron content
- Consider offering soup in two serving sizes. You might have a small option for pupils having soup as part of a main meal, and large if they are having it with bread as their main meal. This would also appeal to students with differing appetites and may encourage them to try new flavours without committing to a larger portion
- Make sure you have suitable containers so that pupils can safely carry the soup without spilling it and burning themselves.

Sandwiches

- Offer grab-and-go versions of the main meal options on your lunch menu – hot pork, beef, or chicken sandwiches often go down well on roast dinner day
- Serve sandwiches with a portion of vegetable sticks or salad to help meet the standards.

Pizza

- Use a wholemeal bread base and include puréed red lentils in the tomato sauce topping, to increase the fibre and iron content
- Baguettes, bagels and English muffins make different textured pizza bases, but use lower salt versions
- Include a variety of colourful vegetables as toppings, such as tomatoes, peppers, sweet corn, onion, mushrooms and mixed roasted vegetables
- Try using oily fish toppings, such as mackerel, sardines or salmon. Avoid using restricted meat products, such as salami or sausage as these are high in salt.



Pasta and noodle dishes

- Hot pasta pots with a choice of sauces are popular in schools. Try wholewheat pasta, or half wholewheat half white pasta to increase the fibre content and meet the standard for provision of wholegrain starchy foods
- Try oriental dishes such as egg or rice noodles with stir-fried vegetables, chicken strips, soya beans, or slices of omelette
- Chilled pasta salad pots can also be a popular alternative to sandwiches. Try using coloured pasta shapes or a range of interesting combinations, such as smoked mackerel and beetroot or spicy chilli bean.

Potato-based dishes

- Filled potato skins or jacket potatoes are popular hot grab-and-go choices. Use a range of fillings on different days to encourage variety, such as vegetable curry or ratatouille
- Baked sweet potatoes are a colourful alternative to white potatoes
- Salmon, mackerel or sardines with crème fraiche or low-fat cream cheese make a tasty oily fish alternative to tuna mayonnaise
- Experiment with fillings – try mixed spicy beans, lamb or vegetable curry, or tuna, red onion and a small amount of lower-fat grated cheese
- New potatoes make great potato salads but remember to use lower-fat mayonnaise and add plenty of chunky vegetables, such as spring onion, cucumber and peppers.

Desserts on the go

- Fruit salads, fruit jelly pots, bags of dried fruit or whole fruit work well in meal deals and can be eaten on the go
- Chilled or frozen yoghurts and rice pudding pots are great dairy options – remember to provide disposable spoons
- Try to include dried fruit in your biscuits and muffins and serve them in half-portions with a whole portion of fresh fruit
- Crackers, cheese and fruit such as grapes can also be a popular option.

Drinks

- Pupils should be encouraged to drink tap water to keep hydrated
- Water must always be freely available
- Offer a range of healthier drinks (such as lower-fat milk and fruit juice combination drinks) as part of your meal deals.



Tips – marketing meal deals

- **Motivate and train staff regularly** to help them to remind and encourage pupils to take advantage of current meal deals, and explain how they are value for money
- Take advantage of **all marketing opportunities** including the school website, notice boards, menus, posters, intranet and parents' evenings
- **Display** any posters and adverts in **high footfall areas** throughout the school. Areas used for lunchtime activities are also good spots for promotion – try the sports hall, drama studio, music room or even the back of the toilet doors
- Think about the **buzz words** used in the high street sandwich shops and restaurants: 'value for money' and 'locally sourced'
- Involve pupils in **brand development**, mimicking the high street chains. Brand the zones in your dining area – could you have a 'Spudmania', 'Sandwich Station', 'Curry House', 'Salad Selection' or 'Pasta Place'?
- **Keep your marketing messages up to date** and refresh posters and meal deals regularly to keep students interested. Linking to theme days, seasons or events always works well
- Loyalty card **promotions** – set up schemes which encourage students to buy meal deals which include a fruit and vegetable or salad option. You could give students credits towards a reward or the chance to enter a competition
- Pupils may need some encouragement to spend a little extra money to buy a complete meal deal rather than just a single grab-and-go item. **Competitively priced meal deals** will help – just like meal deals on the high street
- **Position** fruit, yoghurts and drinks near the point of sale, to encourage pupils to select these items rather than cakes and biscuits.



Marketing checklist

- ✓ Train your staff
- ✓ Gather student feedback
- ✓ Promote fruit and vegetables
- ✓ Refresh meal deals regularly
- ✓ Regularly update posters, branding and promotions

Nutrient-dense grab-and-go recipes

Grab-and-go items already popular in schools include filled jacket potatoes, pizza slices, paninis, sandwiches and pasta pots. Here are 10 tried and tested versatile grab-and-go recipes for you to try.

1. **Pea, mint and vegetable soup**
2. **Chilli chicken pasta**
3. **Cajun vegetable fajita**
4. **Pork, ginger and noodle stir-fry**
5. **Mackerel jacket potato with salad**
6. **Chicken, roasted vegetable and couscous salad**
7. **Falafel and salad pitta**
8. **Vegetable stromboli**
9. **Plum yoghurt cake**
10. **Oat and raisin cookie with fresh fruit**

Note: The standards for school lunches introduced in January 2015 are food-based only, and caterers are not required to nutritionally analyse their recipes. The nutrient content of recipes in this booklet have been listed for information. Each recipe also lists the allergens typically present in the ingredients used, but these will vary between individual brands and products, so it is important to check the products you use.



This recipe makes:

25 primary servings
(250ml soup plus
60g bread roll)

20 secondary servings
(290ml soup plus
90g bread roll)

Prep time:

15 minutes,
plus overnight
soaking of split
peas

Cooking time:

40 minutes

Allergens:

celery, egg,
milk, soya,
wheat (gluten)

Serving suggestion:

try insulated
disposable
cardboard cups

Tip:

use seasonal
vegetables

Recipe adapted from:

Baines School
Catering Team

Pea, mint and vegetable soup

Serve as grab-and-go



Ingredients

- 30ml vegetable oil (2tbsp)
- 500g onions, peeled and finely chopped
- 300g leeks, trimmed and finely sliced
- 200g celery, finely diced
- 25g garlic, crushed (6 cloves)
- 200g dried split peas, soaked overnight
- 500g potatoes, peeled and cut into cubes
- 4l water
- 12g stock cubes (2)
- 500g frozen peas
- 20g fresh coriander leaves, chopped
- 50g fresh mint, chopped
- wholemeal bread rolls: 1.5kg for primary (25 x 60g), or 2kg for secondary (22 x 90g)

Method

1. Heat the oil in a large saucepan. Add the onions, leeks and celery. Cook slowly until they begin to soften.
2. Add the garlic, split peas, potatoes, water and stock cubes to the pan. Bring to the boil and simmer for 20 minutes.
3. Add the frozen peas and cook for 10 minutes, until the vegetables are soft and the split peas have dissolved.
4. Add the herbs and part or fully blend before serving.
5. Garnish with a little mint if desired and serve each portion of soup with a bread roll.

Nutrients	Nutrient content		
	Per 100g	Primary serving (310g)	Secondary serving (380g)
Energy kcals	73	230	317
Fat g	1.3	4.1	5.4
Saturates g	0.2	0.7	1.0
Carbohydrate g	12.9	40.4	56.4
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.9	5.8	7.1
Protein g	3.3	10.5	14.3
Iron mg	0.9	2.7	3.6
Calcium mg	25.0	78.2	108.6
Vitamin A µg	7.5	23.5	26.7
Folate µg	17.3	54.3	74.7
Vitamin C mg	2.0	6.4	7.2
Sodium mg	141.7	443.5	490.9
Zinc mg	0.5	1.7	2.3

Chilli chicken pasta

Serve as grab-and-go or main



Ingredients

- 30ml vegetable oil (2tbsp)
- 200g onion, peeled and chopped
- 15g fresh chilli, deseeded and chopped
- 8g garlic, crushed (2 cloves)
- 800g chopped tomatoes, canned
- 150g red lentils, dried
- 500ml water
- 400g mixed green and red peppers, deseeded and diced
- 600g cooked chicken, cut into bite-size pieces
- 950g wholewheat pasta spirals (2185g cooked)

Method

1. Heat the oil in a pan and add the onion, chilli and garlic, cook until beginning to soften.
2. Add the tomatoes, lentils and water and simmer for 20 minutes.
3. Blend the tomato sauce until smooth.
4. Stir in the peppers and chicken and bring to the boil for 10 minutes.
5. Cook the pasta according to manufacturer's instructions.
6. Serve the pasta with a portion of the sauce on top or mix before serving.

This recipe makes:

16 primary servings (305g)

12 secondary servings (405g)

Prep time:
15 minutes

Cooking time:
40 minutes

Allergens:
wheat (gluten)

Serving suggestion:
with green salad

Nutrients	Nutrient content		
	Per 100g	Primary serving (305g)	Secondary serving (405g)
Energy kcals	93	283	378
Fat g	2.0	6.0	8.0
Saturates g	0.4	1.1	1.5
Carbohydrate g	13.3	40.7	54.2
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.6	7.8	10.4
Protein g	6.4	19.5	26.1
Iron mg	1.1	3.3	4.4
Calcium mg	12.4	37.9	50.6
Vitamin A µg	38.3	116.8	155.8
Folate µg	10.3	31.4	41.9
Vitamin C mg	7.4	22.7	30.2
Sodium mg	38.9	118.6	158.2
Zinc mg	0.8	2.6	3.4

Tip:
replace chicken with soya chunks for a vegetarian alternative

Recipe adapted from:
Derbyshire County Council

This recipe makes:

18 primary servings (195g)

12 secondary servings (290g)

Prep time:
15 minutes

Cooking time:
20 minutes

Allergens:
celery, milk,
mustard,
wheat (gluten)

Serving suggestion:
best served
straight away,
or assemble at
service point

Tip:
remove
lettuce and
bake in oven

Recipe adapted from:

Children's
Food Trust

Cajun vegetable fajita

Serve as grab-and-go or main



Ingredients

- 45ml vegetable oil (3tbsp)
- 500g onion, peeled and sliced
- 500g carrots, peeled and sliced
- 250g red pepper, deseeded and sliced
- 250g green pepper, deseeded and sliced
- 500g courgette, sliced
- 5g chilli powder (2tsp)
- 5g Cajun spice mix (2tsp)
- 1.02kg wheat tortilla (12 x 12" or 18 x 10")
- 200g lettuce, washed and shredded
- 200g lower-fat Cheddar cheese, grated

Method

1. Heat the vegetable oil in a large pan or wok.
2. Add the sliced vegetables and cook until they start to soften.
3. Add the spices and stir to cover the vegetables.
4. Warm the tortillas according to manufacturer's instructions and use the 10" tortillas for primary and the 12" tortillas for secondary servings.
5. Place some lettuce and grated cheese along the middle of each tortilla, and add a generous serving of the vegetable mix.
6. Fold the bottom of the tortilla up to partially cover the filling, then fold in the sides to cover the filling.

Nutrients	Nutrient content		
	Per 100g	Primary serving (195g)	Secondary serving (290g)
Energy kcals	119	230	345
Fat g	3.0	5.7	8.5
Saturates g	1.0	1.9	2.9
Carbohydrate g	20.1	38.7	58.0
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.4	4.8	7.1
Protein g	4.5	8.6	13.0
Iron mg	0.8	1.5	2.2
Calcium mg	100.2	193.2	289.8
Vitamin A µg	383.2	738.7	1108.1
Folate µg	17.7	34.1	51.2
Vitamin C mg	13.3	25.6	38.4
Sodium mg	164.9	317.9	476.8
Zinc mg	0.4	0.8	1.2

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Pork, ginger and noodle stir-fry

Serve as grab-and-go or main



This recipe makes:

12 primary servings (230g)

9 secondary servings (305g)

Prep time:
10 minutes

Cooking time:
20 minutes

Ingredients

- 20ml vegetable oil (1tbsp)
- 700g pork loin, trimmed and cut into thin strips
- 20g fresh ginger, grated
- 200g onions, peeled and sliced
- 150g green beans, trimmed and halved
- 150g red peppers, deseeded and sliced
- 150g mushrooms, sliced
- 10g Chinese five spice (3tsp)
- 700g dried noodles (1.5kg cooked)
- 30ml white wine vinegar (1tbsp)
- 30ml reduced-salt light soy sauce (1tbsp)
- 30ml honey (2tsps)
- 30g spring onion, sliced

Method

1. Heat the oil in a large pan, add the pork, and cook quickly until sealed then remove from the pan.
2. Add the ginger, onions, beans, peppers and mushrooms to the pan and cook for a couple of minutes. Return the pork to the pan, and add the five spice.
3. Cook the noodles according to the manufacturer's instructions.
4. Add the noodles to the stir fry with the vinegar, soy sauce and honey and stir to coat.
5. Garnish with spring onion before serving.

Allergens:

egg, soya, wheat (gluten)

Serving suggestion:

link to Chinese New Year celebrations

Nutrients	Nutrient content		
	Per 100g	Primary serving (230g)	Secondary serving (305g)
Energy kcals	122	279	373
Fat g	1.8	4.2	5.6
Saturates g	0.4	0.9	1.2
Carbohydrate g	19.9	45.4	60.6
Free sugars g	0.9	2.0	2.6
Fibre (AOAC) g	1.9	4.4	5.9
Protein g	7.9	18.0	24.0
Iron mg	0.8	1.8	2.4
Calcium mg	25.3	57.6	76.8
Vitamin A µg	40.2	91.8	122.4
Folate µg	7.7	17.7	23.6
Vitamin C mg	5.3	12.1	16.2
Sodium mg	70.7	161.5	215.3
Zinc mg	1.0	2.2	3.0

Tip:

replace pork with chicken or soya pieces

Recipe adapted from:

catering4schools.com, St. Aidan's Church of England High School

This recipe makes:

14 primary servings (285g plus 40g salad)

9 secondary servings (455g plus 80g salad)

Prep time:
10 minutes

Cooking time:
60 minutes

Allergens:
fish, milk,
mustard

Serving suggestion:
use the paté
in sandwiches

Tip:
replace
mackerel and
mustard with
salmon and
chives

Recipe adapted from:

Stoke on Trent
City Council,
City Catering

Mackerel jacket potato with salad

Serve as grab-and-go or main



Ingredients

- 3.4kg baking potatoes (14 x 240g or 9 x 370g)
- 1kg mackerel, canned in brine, (drained 720g)
- 500g lower-fat cream cheese
- 10g mustard powder (3tsp)
- 30ml lemon juice (2tbsp)
- 200g onion, peeled and finely diced

Salad (14 primary portions)

- 280g lettuce, shredded
- 140g carrot, grated
- 70g red pepper, deseeded, diced
- 35g red onion, peeled and finely diced
- 35g cucumber, diced

Salad (9 secondary portions)

- 400g lettuce, shredded
- 200g carrot, grated
- 100g red pepper, deseeded, diced
- 50g red onion, peeled and finely diced
- 50g cucumber, diced

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Bake the potatoes in the oven for 60 minutes or until cooked through.
3. Drain the mackerel and mix with the cream cheese, mustard powder, lemon juice and diced onion to form a paté.
4. Mix the salad ingredients together.
5. Cut each jacket potato and top with the mackerel paté and serve with a portion of salad.

Nutrients	Nutrient content		
	Per 100g average*	Primary serving (325g)	Secondary serving (535g)
Energy kcals	133	441	697
Fat g	4.3	14.1	22.1
Saturates g	1.5	4.9	7.7
Carbohydrate g	18.7	61.5	97.9
Free sugars g	0.0	0.0	0.1
Fibre (AOAC) g	2.4	7.7	12.7
Protein g	6.2	20.5	32.2
Iron mg	0.7	2.1	3.5
Calcium mg	15.7	50.4	85.1
Vitamin A µg	105.2	293.6	639.5
Folate µg	29.7	95.8	159.8
Vitamin C mg	11.2	35.5	61.5
Sodium mg	81.7	271.5	425.1
Zinc mg	0.7	2.4	3.8

* This per 100g is an average of the primary and secondary serving and takes into account the difference in salad portion size.

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Chicken, roasted vegetable and couscous salad

Serve as grab-and-go or main



Ingredients

- 200g mushrooms, sliced
- 200g onions, peeled and diced
- 200g aubergine, diced
- 200g celery, sliced
- 200g peppers, deseeded and diced
- 200g courgette, sliced
- 8g garlic, crushed (2 cloves)
- 50ml vegetable oil
- 800g couscous (1730g cooked)
- 1l boiling water
- 6g stock cube (1)
- 750g cooked chicken cut into bite-sized pieces

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Place the vegetables and garlic on a baking tray and drizzle with the vegetable oil.
3. Roast vegetables for 40 minutes, turning over occasionally. Remove and allow to cool.
4. Cover the couscous with the boiling water and stir in the stock cube. Cover with plastic film and set aside while the vegetables are cooking or until the water is absorbed.
5. Add the roasted vegetables and the diced chicken and mix.

This recipe makes:

16 primary servings (235g)
12 secondary servings (310g)

Prep time:
20 minutes

Cooking time:
40 minutes

Allergens:
celery, egg, milk, wheat (gluten)

Serving suggestion:
serve hot or cold

Nutrients	Nutrient content		
	Per 100g	Primary serving (260g)	Secondary serving (350g)
Energy kcals	131	308	410
Fat g	2.9	6.7	8.9
Saturates g	0.5	1.1	1.5
Carbohydrate g	18.2	42.7	56.9
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.8	4.1	5.5
Protein g	9.4	22.1	29.4
Iron mg	0.7	1.6	2.2
Calcium mg	16.9	39.5	52.7
Vitamin A µg	34.8	81.4	108.5
Folate µg	11.5	26.9	35.8
Vitamin C mg	5.5	12.8	17.1
Sodium mg	57.2	133.9	178.5
Zinc mg	0.7	1.7	2.2

Tip:
replace chicken with chickpeas

Recipe adapted from:
Children's Food Trust

This recipe makes:

8 primary servings (215g)

6 secondary servings (285g)

Prep time:
25 minutes

Cooking time:
25 minutes

Allergens:
milk, sulphites,
wheat (gluten)

Serving suggestion:
with couscous
salad instead
of pitta

Tip:
replace
chickpeas
with kidney
beans or black
eye beans

Recipe adapted from:

Chartwells

Falafel and salad pitta

Serve as grab-and-go



Ingredients

- 15ml vegetable oil (1tbsp)
- 800g canned chickpeas (drained 480g)
- 80g onion, peeled and diced
- 8g garlic, crushed (2 cloves)
- 7g fresh chilli, seeds removed and chopped
- 80g carrot, grated, moisture squeezed out
- 3g ground cumin (1tsp)
- 3g ground coriander (1tsp)
- 40g plain flour (2tbsp)
- 50g fresh coriander, chopped
- 510g wholemeal pitta pockets (6 x 85g or 8 x 63g)

Salad

- 75g onion, peeled and finely sliced
- 100g white cabbage, shredded
- 120g low-fat yoghurt
- 15g fresh mint, chopped
- 15g fresh parsley, chopped
- 150g lettuce, shredded

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Grease the baking tray with the vegetable oil.
3. Blend the chickpeas, onion, garlic, chilli, carrot, cumin, coriander, plain flour and fresh coriander leaves in a food processor to form a rough paste.
4. Form into 24 balls, flatten slightly, place on the baking tray and refrigerate for 15 minutes.
5. Place in the oven and bake for 15 minutes then turn over for 10 minutes until they are brown on the outside.
6. To make the salad: mix the onion, cabbage, yoghurt, mint and parsley together and chill.
7. Toast the pittas in the oven according to the manufacturer's instructions.
8. Serve the falafels, 3 for primary in a 63g pitta and 4 for secondary, in a 85g pitta with lettuce and the yoghurt salad.

Nutrients	Nutrient content		
	Per 100g	Primary serving (215g)	Secondary serving (285g)
Energy kcals	127	274	365
Fat g	1.9	4.0	5.3
Saturates g	0.3	0.6	0.8
Carbohydrate g	21.2	45.5	60.7
Free sugars g	0.8	1.8	2.4
Fibre (AOAC) g	4.5	9.6	12.7
Protein g	6.2	13.3	17.8
Iron mg	1.6	3.5	4.7
Calcium mg	74.8	160.8	214.4
Vitamin A µg	127.7	274.4	365.8
Folate µg	27.9	59.9	79.9
Vitamin C mg	6.5	14.0	18.6
Sodium mg	189.2	406.5	542.0
Zinc mg	0.8	1.8	2.4

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Vegetable stromboli

Serve as grab-and-go



Ingredients

- 650g strong white bread flour
- 7g fast action yeast (1 sachet)
- 5g salt (1tsp)
- 400ml warm water
- 25ml vegetable oil (2tbsp)
- 200g onions, peeled and chopped
- 200g mushrooms, sliced
- 200g peppers, deseeded and diced
- 200g passata
- 200g mature, reduced-fat Cheddar, grated
- 25ml semi-skimmed milk

Method

1. Mix the flour, yeast and salt. Gradually add the water to form a dough.
2. Knead the dough on a floured surface until it becomes elastic. Leave to rise and knock back, and knead again.
3. Preheat the oven to 200°C/400°F/gas mark 6.
4. Place the oil in a pan and add the vegetables, sweat until softened then add the passata.
5. Divide the dough in half and roll each piece out to approximately 45 x 35cm.
6. Spread the passata mixture over the dough, leaving a small gap around the edge. Sprinkle with the cheese saving 50g to sprinkle on top. Repeat by spreading the filling across the second piece of dough.
7. Brush the edges with a little milk and fold over, press to seal the edge.
8. Brush the top with milk and sprinkle with the reserved grated cheese.
9. Leave to rise until doubled in size and then bake for 45 minutes or until golden on top.
10. Cut into slices to serve.

This recipe makes:

12 primary servings (175g)
8 secondary servings (265g)

Prep time:
25 minutes,
plus time for proving

Cooking time:
45 minutes

Allergens:
milk, wheat
(gluten)

Serving suggestion:
with soup
or salad

Nutrients	Nutrient content		
	Per 100g	Primary serving (175g)	Secondary serving (265g)
Energy kcals	149	262	393
Fat g	3.1	5.5	8.2
Saturates g	1.2	2.0	3.1
Carbohydrate g	24.6	43.3	64.9
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.8	3.1	4.7
Protein g	7.2	12.7	19.1
Iron mg	0.9	1.5	2.3
Calcium mg	128.8	226.3	339.5
Vitamin A µg	85.7	150.6	225.8
Folate µg	27.7	48.8	73.7
Vitamin C mg	9.2	16.2	24.3
Sodium mg	175.6	308.6	462.8
Zinc mg	0.7	1.1	1.7

Tip:

try tuna and olives, or chicken and spinach as fillings

Recipe adapted from:

Derbyshire County Council

This recipe makes:

25 primary servings (95g)

20 secondary servings (115g)

Prep time:
20 minutes

Cooking time:
40 minutes

Allergens:

egg, milk,
wheat (gluten)

Serving suggestion:

warm with
custard

Tip:

try with other
seasonal fruit

Recipe adapted from:

Chartwells

Plum yoghurt cake

Serve as grab-and-go or dessert



Ingredients

- 250g soft margarine
- 200g granulated sugar
- 4 eggs
- 300g self-raising flour
- 5g baking powder (1tsp)
- 400ml low-fat plain yoghurt
- 1kg plums, stoned and diced
- 50g icing sugar

Method

1. Preheat the oven to 190°C/375°F/gas mark 5.
2. Grease and line a 30 x 50cm deep baking tin.
3. Place the margarine and sugar in a mixer and beat until pale. Beat in the eggs then stir in the flour, baking powder, yoghurt and plums.
4. Pour the batter into the prepared tin and cook until golden and springy when pressed, approximately 40 minutes.
5. Dust with icing sugar before serving.

Nutrients	Nutrient content		
	Per 100g	Primary serving (95g)	Secondary serving (115g)
Energy kcal	188	177	222
Fat g	9.1	8.5	10.7
Saturates g	2.5	2.4	2.9
Carbohydrate g	25.1	23.6	29.5
Free sugars g	11.2	10.5	13.1
Fibre (AOAC) g	1.2	1.1	1.4
Protein g	3.4	3.2	4.0
Iron mg	0.6	0.6	0.7
Calcium mg	91.1	85.8	107.2
Vitamin A µg	128.4	121.0	151.2
Folate µg	5.2	4.9	6.2
Vitamin C mg	1.4	1.3	1.6
Sodium mg	193.4	182.2	227.8
Zinc mg	0.4	0.3	0.4

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Oat and raisin cookie with fresh fruit

Serve as grab-and-go or dessert



This recipe makes:

18 primary servings
(30g cookie plus 40g fruit)

14 secondary servings
(40g cookie plus 80g fruit)

Prep time:
15 minutes

Cooking time:
15 minutes

Allergens:
milk, oats
(gluten),
wheat (gluten)

Serving suggestion:
use plastic cup or bag for chopped fruit

Tip:
replace the raisins with dried apricots

Recipe adapted from:
Matthew Arnold School

Ingredients

- 75g soft brown sugar
- 100g soft margarine
- 200g plain flour
- 100g raisins
- 75g rolled oats

Chopped fruit (18 primary portions)

- 220g eating apple, sliced
- 220g grapes
- 220g orange segments
- 50ml orange juice (3tbsp)

Chopped fruit (14 secondary portions)

- 350g eating apple, sliced
- 350g grapes
- 350g orange segments
- 80ml orange juice (2½tbsp)

Method

1. Preheat the oven to 170°C/325°F/ gas mark 3.
2. Melt the sugar and margarine, then add the flour, raisins and oats and stir well.
3. Form in to balls, flatten slightly to form discs and arrange on a lined baking tray, allowing space between in case they spread. Or, flatten the mixture out into a large rectangle and cut into triangles.
4. Bake for 15 minutes until golden.
5. Leave to cool on a rack before serving each cookie with a portion of fruit.

Nutrients	Nutrient content		
	Per 100g average*	Primary serving (70g)	Secondary serving (120g)
Energy kcals	359	139	193
Fat g	7.8	4.5	5.8
Saturates g	1.3	1.1	1.4
Carbohydrate g	49.8	24.4	34.8
Free sugars g	5.8	4.6	6.1
Fibre (AOAC) g	2.0	1.4	2.4
Protein g	25.7	1.9	2.7
Iron mg	1.9	0.7	1.0
Calcium mg	46.1	29.9	44.7
Vitamin A µg	94.9	47.3	62.1
Folate µg	31.3	7.9	13.6
Vitamin C mg	15.0	8.6	17.5
Sodium mg	156.2	56.9	74.4
Zinc mg	1.9	0.3	0.4

* This per 100g is an average of the primary and secondary serving and takes into account the difference in fruit portion size.

References and Resources

1. **The Requirements for School Food Regulations 2014.**
Available at: www.legislation.gov.uk/uksi/2014/1603/pdfs/uksi_20141603_en.pdf
2. **School Food Standards.** A practical guide for schools their cooks and caterers.
Available at: www.schoolfoodplan.com/standards
3. **The Children's Food Trust (2012).** Secondary School Food Survey.
Online at: www.childrensfoodtrust.org.uk/research
4. **The Children's Food Trust (2010).** Primary School Food Survey, online at:
www.childrensfoodtrust.org.uk/research
5. **The Children's Food Trust Parents' Attitudes Survey 2006**, explaining the reasons why parents choose school lunches or packed lunches can be accessed at:
www.childrensfoodtrust.org.uk/research

For the full series of our *Recipes for Success* booklets, please visit:

www.childrensfoodtrust.org.uk/schools/resources

The Children's Food Trust

The Children's Food Trust aims to reduce childhood obesity and malnutrition and enhance educational performance through improving the food our children eat in early years settings, schools and beyond.

We work with health and education commissioners in local authorities, and directly with early years settings, schools, parents and children across the country. We run the UK's biggest network of cooking clubs and, under our previous name of the School Food Trust, we were directly responsible for developing and introducing the national food and nutrition guidelines in both schools and early years settings. We make a difference, and would be pleased to help you, too.

Let's Get Cooking

Run by the Children's Food Trust, Let's Get Cooking is the UK's largest network of cooking clubs. We provide training, support and resources for setting up and running healthy cooking activities for people of all ages.

For cooking clubs and cookery training information and services visit: www.letsgetcooking.org.uk

Cooking at home? Visit: www.letsgetcookingathome.org.uk for a fantastic range of healthy, tasty recipes as well as lots of helpful information on cooking from scratch.

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