

Mid-morning break 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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- Middlecott Secondary School, Lincolnshire
- The King's School, Pontefract
- Wilberforce Primary School, London

One recipe in this booklet was tried and tested by the Children's Food Trust at Chaucer Business and Enterprise College, Sheffield. A further two were developed by the Trust's national Let's Get Cooking programme.¹

Why has this booklet been developed?

Snacking is not always a healthy part of today's culture. However, many pupils have a snack at mid-morning break to refuel and rehydrate to help them concentrate in lessons before lunch.

The Trust's research has shown that often the mid-morning break offer at school does not include fruit or vegetables and is high in fat, saturated fat, sugar and salt.²

It's important to encourage children to make healthy food choices whatever the time of day, by providing food and drinks that meet the national standards for food other than lunch, which were updated in January 2015.^{3,4} But, as these options also have to be attractive, interesting and varied to appeal to children, some schools find the mid-morning break food provision challenging.

This booklet provides ideas and practical tips on how to overcome this, at low cost using easy-to-make grab and go snacks and drinks. We also include 10 tried and tested mid-morning break recipes.



On page 5, we summarise the standards for school food other than lunch. They are important because:

- they promote consistency and support the hard work of schools and caterers providing healthy lunches, by extending healthier food options across the school day
- they encourage and increase opportunities for children and young people to eat healthily. Healthy eating messages taught at school should be reflected in the choice of food schools provide.⁵

Why is mid-morning break food and drink important?

Skipping breakfast

In the UK, around 29 per cent of boys and 41 per cent of girls attending secondary schools regularly skip breakfast.⁶ Breakfast is when children and young people should eat around 20 per cent of their daily energy intake, so ideally they should never skip it. However, if they do miss it or they have only a small breakfast, the mid-morning break is an important opportunity to put this right. For others who have had breakfast, it's simply a chance to eat or drink something to keep them going until lunchtime.

The Trust's Secondary School Food Survey found that children's average energy intake at mid-morning break was approximately 15 per cent of their total daily energy requirement. At this break, children mostly chose sandwiches, pizza and bread-based items.² Often their food choices were not particularly healthy and very few chose fruit or vegetables.

Provide more opportunities for children to eat healthily

Help children eat healthily by providing a mid-morning break menu which is lower in fat, saturated fat, salt and sugar and higher in fibre, vitamins and minerals.

- Provide a variety of menu items from which children can choose, such as toast, tea cakes, crumpets, breakfast cereals, fruit, yoghurt and drinks such as water or milk.
- Vary your mid-morning offer across the week to increase variety.

Offer and promote fruit and vegetables

Fruit and vegetables are a good source of essential nutrients including fibre, vitamin C, vitamin A, folate and zinc. The Children's Food Trust Secondary School Food Survey found that in 2010, 91 per cent of schools offered fruit at mid-morning break, but only 37 per cent of schools provided vegetables or salad.²

Offer and promote fruit and vegetables as part of your mid-morning break menu. Here are some ideas to help you (and you can find more on page 7).

- Fresh, canned or dried fruit makes a tasty addition to breakfast cereals, porridge, or bread recipes. Try cutting up fruit and offering in bags or plastic pots for a simple, healthy, grab-and-go snack.
- Add seasonal roasted vegetables to paninis, wraps, pizza, pasta pots, pasta sauces, and sandwiches, or add salad to sandwiches, wraps or pasta salad.



At a glance – the food-based standards for school food other than lunch

The food-based standards for school food other than lunch apply to all food provided in school up to 6pm, including breakfast clubs, mid-morning break services, tuck shops, vending machines and after school clubs.^{3, 4}

These foods should be provided

Food/food groups		Food other than lunches
		Fruit and vegetables Fruit and/or vegetables must be available in all school food outlets.
		Water Free, fresh drinking water should be provided at all times.
		Healthier drinks Only healthier drinks are permitted. These include: <ul style="list-style-type: none"> • Plain water (still or carbonated) • Plain lower-fat milk • Plain fruit or vegetable juice (max 150ml) • Combinations of fruit juice (at least 45%) with plain water with no added sugars or honey (max 330ml) • Flavoured milk containing at least 90% lower-fat milk and less than 5% added sugars or honey (max 330ml) • Lower-fat milk must be available for drinking at least once a day during school hours.

These foods should be provided on a restricted basis, or not at all

Food/food groups		Food other than lunches
		Starchy food cooked in fat or oil – restricted Starchy foods cooked in fat or oil (such as roast potatoes, chips, potato wedges and garlic bread) should be provided on no more than two days a week across the school day.
		Food that has been deep-fried, batter-coated or breadcrumb-coated – restricted No more than two portions of food that has been deep-fried, batter-coated or breadcrumb-coated should be provided each week across the school day.
		Pastry – restricted No more than two portions of food which include pastry each week across the school day.
		Meat products – restricted Meat or poultry products (whether manufactured or homemade) should be provided no more than once a week in primary schools and twice a week in secondary schools across the school day.
		Salt and condiments – restricted Salt must not be available to pupils to add to food after food has been cooked. Salt must not be provided on tables or service counters. Condiments such as ketchup and mayonnaise should be available only in sachets or individual portions of not more than 10g or 1 teaspoonful.
		Snacks – restricted Offer only nuts, seeds, fruit or vegetables without added fat, salt, sugar or honey (except for dried fruit which may contain up to 0.5 per cent vegetable oil as a glazing agent). Savoury crackers and breadsticks must not be provided at any other time of the school day except lunch.
		Cakes, biscuits, pastries and desserts – restricted Cakes, biscuits, pastries and desserts (except yoghurt and fruit-based desserts containing more than 50% fruit) must not be provided at any other time of the school day except lunch.
		Confectionery – not permitted Confectionery such as chocolate, chocolate biscuits, cereal bars or sweets must not be provided at any time of the school day.

Examples of food for mid-morning break

Snacks: cold items

- Breakfast cereals with lower-fat milk or yoghurt
- Yoghurt or fromage frais (plain or fruit flavoured)
- English muffins/bagels
- Plain currant/raisin bread
- Malt loaf
- Savoury bread with added nuts*, seeds, olives, herbs
- Sandwiches – use a variety of different types of bread
- Filled pitta, bagels or rolls
- Wraps, such as chicken and salad
- Pasta salads
- Sandwich fillings/toppings: cheese, hard-boiled egg, peanut butter*, houmous, tahini, sliced meat, bean salad, meat or fish paste (potted meat), canned fish
- Combinations of nuts* and seeds without added fat, sugar or salt.

Snacks: hot items

- Porridge
- Toast or bread rolls with spread, peanut butter* or yeast spread/extract
- Toasted tea cakes, crumpets or bagels with or without spread
- Toasted sandwiches, warm pitta, paninis or wraps
- Bacon sandwiches
- Tortillas, fajitas, burritos, quesadillas, enchiladas
- Toast with baked beans, cheese, eggs (scrambled, boiled or poached)
- Omelette, Spanish omelette or frittata
- Pizza slice with toppings, such as meat, vegetables or cheese
- Pasta, rice or noodles with meat or vegetable sauce
- Soup, served with a bread roll.



TIP

Try setting up a pre-ordering service to help reduce queuing at lunchtime.

* The Children's Food Trust recommends you visit www.anaphylaxis.org.uk for accurate and reliable information on managing allergies in schools.

More ideas

How to include fruit and vegetables at mid-morning break

- Whole or pieces of fresh fruit, such as banana, apple, grapes, pear
- Pots of sliced/chopped fruit, such as melon, berries, pineapple
- Canned fruit in natural juice, such as peaches, pears, mandarins, pineapple
- Fruit kebabs
- Jelly with fruit
- Add fruit to breakfast cereals or porridge
- Yoghurt with fruit and granola
- Smoothies
- Dried fruit without added fat, sugar or salt, such as apricots, sultanas, raisins, dates
- Crudité's, vegetable sticks with dips
- Salads, salad shaker pots
- Add salad or roasted vegetables to sandwiches and paninis.

TIP

Try to include a portion of vegetables in any meals or snacks that you prepare.

What *can't* I serve at mid-morning break?

- Confectionery: chocolate, sweets, chewing gum or sugar-free sweets/chewing gum
- Cereals containing chocolate
- Cereal bars and processed fruit bars; these are categorised as confectionery
- Crisps (including baked crisps, tortilla chips, potato sticks, puffs, prawn crackers)
- Japanese rice crackers
- Pretzels
- Bombay mix
- Nuts* with added fat, sugar or salt
- Cakes: slices of cake, Swiss roll, fruit cake, banana cake, sponge, fairy cakes, individual cake bars
- Buns: American (sweet) muffins, Chelsea buns
- Pastries: croissants, Danish pastries, Eccles cakes, Bakewell tart, mince pies, custard tart
- Biscuits: digestives, rich tea, gingernuts, flapjacks, shortbread, wafers, cream crackers, breadsticks, oatcakes.



* The Children's Food Trust recommends you visit www.anaphylaxis.org.uk for accurate and reliable information on managing allergies in schools.

Frequently asked questions: the standards at mid-morning break

1. Should we provide dried fruit and fruit juice at mid-morning break? I've heard they are bad for children's teeth.

Dried fruit and fruit juice (up to 150ml) can be provided at mid-morning break under the standards. However, the sugars in fruit juice and dried fruit are more damaging to children's teeth than the sugars in fresh fruit and milk, so you could choose to limit juice and dried fruit to mealtimes only to help protect children's teeth.



2. Do the standards require us to provide milk as a drink at mid-morning break?

The standards require schools to provide lower fat milk as a drink at least once a day during school hours. This standard can be met by providing milk as a drink option at mid-morning break, or at another time of the school day (e.g. lunchtime).

3. Is there anything we need to consider if we serve hot food at mid-morning break?

Provision of some foods is restricted, so there are limits on the number of times these can be provided across the week. These restrictions apply to food provided at lunchtime and across the rest of the day, so it is important to check that you meet the standards across all outlets.

4. Can cakes and biscuits be sold at mid-morning break, if they are going to be eaten at lunchtime?

Not if sold individually at mid-morning break but only as part of grab bags for lunch.

Mid-morning break recipes

Here are some innovative mid-morning break recipe ideas for you to try. The Children's Food Trust collected these from schools as part of national surveys carried out in primary and secondary schools in England.^{2,7} The Trust has also worked with Chaucer Business and Enterprise College, Sheffield, to develop and test new mid-morning break recipes.

1. **Cereal, fruit and yoghurt pot**
2. **Cheese, onion and courgette rolls**
3. **Pretzel rolls**
4. **Houmous, cheese and chive dips with crudités**
5. **Sweet potato and butternut squash soup**
6. **Bean and salad wraps**
7. **Chicken, pesto and roast vegetable panini**
8. **Shaker salad**
9. **Polenta slice with ratatouille and mozzarella**
10. **Vegetable frittata**

These recipes could be used at mid-morning break or included in your school's lunch menu cycle.

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:

2 primary servings (110g)

1 secondary serving (220g)

Prep time:

5 minutes

Cooking time:

0 minutes

Allergens:

almonds, barley (gluten), hazelnuts, milk, oats (gluten), wheat (gluten)

Serving suggestion:

try making grab and go options in a bowl or a plastic pot

Tip:

let pupils choose their own combinations from a breakfast bar

Recipe adapted from:

the Children's Food Trust

Cereal, fruit and yoghurt pot

Snack



Ingredients

Cereals – choose one of the following:

- 40g wheat biscuits
- 30g cornflake-type cereal
- 50g muesli
- 30g crisped rice-type cereal

Fruit – choose 80g of one or a mixture of the following fruit:

- apple, pear, banana, peach, plum, strawberries, blueberries, kiwi, melon.

Dairy – choose one of the following:

- 100g low-fat plain yoghurt or fromage frais
- 100ml skimmed milk
- 100ml semi-skimmed milk

Method

1. Put the cereal in a bowl. Add the fruit and then pour over the milk or yoghurt.

Nutrients	Nutrient content (based on a mixture of cereals, fruit, yoghurt and milk)		
	Per 100g	Primary serving (110g)	Secondary serving (220g)
Energy kcal	84.6	92.2	184.5
Fat g	0.9	0.9	1.9
Saturates g	0.4	0.5	1.0
Carbohydrate g	17.3	18.9	37.7
Free sugars g	0.6	0.7	1.4
Fibre (AOAC) g	1.5	1.7	3.3
Protein g	3.1	3.4	6.7
Iron mg	1.2	1.3	2.6
Calcium mg	84.6	92.2	184.3
Vitamin A µg	7.6	8.3	16.7
Folate µg	38.8	42.3	84.6
Vitamin C mg	2.9	3.2	6.3
Sodium mg	72.7	79.2	158.4
Zinc mg	0.4	0.4	0.9

Cheese, onion and courgette rolls

Snack



This recipe makes:

30 primary servings (60g)
20 secondary servings (90g)

Prep time:
2 hours 30 minutes

Cooking time:
20-25 minutes

Ingredients

- 600g strong white bread flour
- 200g wholemeal bread flour
- 14g dried yeast
- 300g onion, peeled and grated
- 200g courgette, grated
- 100g lower-fat Cheddar cheese, grated
- 20g fresh rosemary or 10g dried rosemary (3tsp)
- 500ml tepid water

Method

1. Mix the flour with the yeast in a large bowl.
2. Add the onion, courgette, cheese and rosemary and mix well.
3. Stir in the water and work the mixture together with your hand to form a soft dough.
4. Turn out on to a floured surface, knead for 10 minutes then place the dough in a greased bowl, cover with a damp cloth and leave to rise for 1 hour, or until doubled in size.
5. Turn out the dough, and knead until back to its original size.
6. Shape into rolls, place these on a well-greased baking sheet, cover with a damp cloth and leave to rise for a further 1 hour.
7. Preheat the oven to 200°C/400°F/gas mark 6.
8. Bake the rolls for 20-25 minutes until they are browned and sound hollow when tapped on the base.

Allergens:
milk, wheat (gluten)

Serving suggestion:
serve hot with lower-fat cream cheese

Tip:
try different combinations of seasonal vegetables

Recipe developed and tested by:
the Children's Food Trust at Chaucer Business and Enterprise College

Nutrients	Nutrient content		
	Per 100g	Primary serving (60g)	Secondary serving (90g)
Energy kcals	165.2	102.4	153.6
Fat g	1.7	1.0	1.5
Saturates g	0.6	0.4	0.6
Carbohydrate g	32.2	19.9	29.9
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.7	1.6	2.4
Protein g	7.4	4.6	6.9
Iron mg	1.5	0.9	1.4
Calcium mg	104.2	64.5	96.8
Vitamin A µg	11.4	7.1	10.6
Folate µg	46.0	28.5	42.8
Vitamin C mg	1.8	1.1	1.7
Sodium mg	38.3	23.7	35.6
Zinc mg	0.9	0.5	0.8

This recipe makes:

20 primary servings (60g)
14 secondary servings (90g)

Prep time:

1 hour
30 minutes

Cooking time:

10 minutes

Allergens:

milk and
wheat (gluten)

Serving suggestion:

serve warm
or cool

Tip:

these can be made with half wholemeal flour, but you may need to use slightly more yeast

Recipe adapted from:

Let's Get
Cooking

Pretzel rolls

Snack



Ingredients

- 7g fast action yeast
- 10g brown sugar
- 1g salt
- 400ml tepid water
- 650g strong white bread flour
- 75ml warm water
- 15g baking powder
- 15g melted butter or unsaturated fat spread

Method

1. Mix the yeast, brown sugar and salt in a bowl.
2. Add the water and stir. Allow to rest for 5 minutes.
3. Stir the flour into the mixture and knead for 5-10 minutes until the dough is springy and elastic.
4. Place the dough in an oiled bowl, cover with a clean damp tea towel, and leave for an hour to rise, until doubled in size.
5. Preheat the oven to 200°C/400°F/gas mark 6.
6. Divide the dough into 14 secondary portions, or 20 primary portions. Roll each piece into a rope, and twist into a pretzel shape.
7. Pout the remaining 75ml warm water into a bowl, and stir in the baking powder. Brush the pretzel rolls with the baking powder mixture, and place on a baking tray.
8. Bake in a hot oven for 10 minutes until golden brown, then transfer to a wire rack.
9. Brush the pretzels with the melted butter or fat spread.

Nutrients	Nutrient content		
	Per 100g	Primary serving (60g)	Secondary serving (90g)
Energy kcals	239.7	143.8	215.7
Fat g	6.2	3.7	5.6
Saturates g	3.4	2.1	3.1
Carbohydrate g	43.2	25.9	38.9
Free sugars g	0.7	0.4	0.6
Fibre (AOAC) g	2.2	1.3	2.0
Protein g	5.4	3.2	4.8
Iron mg	1.2	0.7	1.1
Calcium mg	89.1	53.5	80.2
Vitamin A µg	66.2	39.7	59.6
Folate µg	32.3	19.4	29.0
Vitamin C mg	0.0	0.0	0.0
Sodium mg	190.8	114.5	171.7
Zinc mg	0.4	0.2	0.4

Houmous and cheese and chive dips with crudités

Snack



This recipe makes:

12 primary servings (100g)
9 secondary servings (130g)

Prep time:
15 minutes

Cooking time:
0 minutes

Ingredients

Houmous

- 400g canned chickpeas, drained and rinsed (drained weight 240g)
- 8g garlic, peeled and crushed (2 cloves)
- Juice of 1 lemon
- 30ml water (2tbsp)
- 30ml natural yoghurt (2tbsp)
- 30ml tahini (sesame seed paste) (2tbsp)
- 30ml extra virgin olive oil (2tbsp)
- 2g black pepper (1tsp)

Cheese and chive dip

- 250g low-fat natural yoghurt
- 50g lower-fat Cheddar, grated
- 20g fresh chives, chopped

Crudités

- 160g carrots, peeled and sliced in to batons
- 160g red or yellow peppers, deseeded and sliced in strips
- 160g cucumber, sliced in to strips

Method

1. To make the houmous, put all the ingredients in to a food processor (or use a hand blender) and blend until smooth.
2. To make the cheese and chive dip, place the yoghurt in a bowl, add the cheese and the chives and stir together.
3. Serve with the crudités.

Allergens:
milk, sesame, sulphites

Serving suggestion:
serve the dips in pots with a small bag of crudités

Nutrients	Nutrient content		
	Per 100g	Primary serving (100g)	Secondary serving (130g)
Energy kcals	108.8	108.8	144.8
Fat g	7.0	7.0	9.4
Saturates g	1.4	1.4	1.9
Carbohydrate g	7.3	7.3	9.7
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.6	2.6	3.4
Protein g	4.6	4.6	6.1
Iron mg	1.1	1.1	1.4
Calcium mg	112.7	112.7	149.9
Vitamin A µg	424.0	424.0	563.9
Folate µg	18.8	18.8	25.0
Vitamin C mg	23.7	23.7	31.5
Sodium mg	84.1	84.1	111.9
Zinc mg	0.7	0.7	0.9

Tip:

houmous makes a great sandwich filling or topping for a baked potato

Recipe adapted from:

Let's Get Cooking

This recipe makes:

30 primary servings (260g)

20 secondary servings (390g)

Prep time:
15 minutes

Cooking time:
25 minutes

Allergens:
none

Serving suggestion:
add a swirl of low-fat yoghurt and a sprinkle of fresh parsley

Tip:
try flavouring with different herbs or adding a touch of chilli

Recipe adapted from:

Middlecott Secondary School, Lincolnshire

Sweet potato and butternut squash soup

Snack



Ingredients

- 45ml olive oil (3tbsp)
- 450g onion, peeled and chopped
- 1.8kg sweet potatoes, peeled and diced
- 1kg butternut squash, peeled and diced
- 4.5l water
- 20g fresh or 10g dried rosemary (3tsp)
- 4g black pepper (2tsp)

Method

1. Heat the oil in a large pan, then add the onions and fry for 2 minutes.
2. Add the sweet potatoes and butternut squash and fry for a further 5 minutes.
3. Add the water, rosemary and black pepper, and bring to the boil.
4. Simmer for 25 minutes or until the vegetables are soft.
5. Blend until smooth.

Nutrients	Nutrient content		
	Per 100g	Primary serving (260g)	Secondary serving (390g)
Energy kcals	37	96.4	144.5
Fat g	0.7	1.8	2.7
Saturates g	0.1	0.3	0.5
Carbohydrate g	7.6	19.9	29.8
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.4	3.7	5.5
Protein g	0.5	1.4	2.1
Iron mg	0.3	0.9	1.3
Calcium mg	14.5	37.9	56.8
Vitamin A µg	266.7	695.0	1042.4
Folate µg	5.0	13.1	19.6
Vitamin C mg	7.4	19.4	29.0
Sodium mg	12.7	33.0	49.4
Zinc mg	0.1	0.3	0.5

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Bean and salad wraps

Snack



This recipe makes:

30 primary servings (85g)
15 secondary servings (170g)

Prep time:
15 minutes

Cooking time:
0 minutes

Ingredients

- 400g can red kidney beans, drained and rinsed (240g)
- 400g can black-eyed beans, drained and rinsed (240g)
- 150g onion, peeled and finely chopped
- 160g red pepper, deseeded and finely chopped
- 75g tomato pureé
- 3g chilli powder (1tsp)
- 15 large flour tortillas (approximately 62g each)
- 200g lower-fat Cheddar cheese
- 200g lettuce, shredded
- 200g cucumber, chopped
- 170g tomato, chopped

Method

1. To make the bean salad, mix together the kidney beans, black-eyed beans, onion, tomato pureé and chilli powder.
2. Lay out the tortillas and split the bean salad between them. Next add the cheese and then the lettuce, cucumber and tomato.
3. Fold the tortillas around the ingredients and serve.

Allergens:
milk, wheat
(gluten)

Serving suggestion:

as part of a grab bag at mid-morning break or at lunchtime

Nutrients	Nutrient content		
	Per 100g	Primary serving (85g)	Secondary serving (170g)
Energy kcals	145.6	123.8	247.5
Fat g	1.9	1.6	3.2
Saturates g	0.9	0.8	1.5
Carbohydrate g	26.8	22.8	45.6
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	3.2	2.7	5.4
Protein g	7.1	6.0	12.1
Iron mg	1.2	1.0	2.0
Calcium mg	121.0	102.9	205.7
Vitamin A µg	86.1	73.2	146.4
Folate µg	38.3	32.5	65.1
Vitamin C mg	10.9	9.3	18.6
Sodium mg	203.8	173.2	346.5
Zinc mg	0.6	0.5	1.1

Tip:

try different types of beans such as borlotti beans, butter beans or soy beans, for colour and variety

Recipe adapted from:

the Children's Food Trust

This recipe makes:

10 primary servings (75g)

5 secondary servings (150g)

Prep time:
5 minutes

Cooking time:
30-35 minutes

Allergens:

cashew nuts,
egg, milk,
wheat (gluten)

Serving suggestion:

with a green salad and a glass of milk or fruit juice

Tip:

try different combinations of roast vegetables for a variety of flavours

Recipe adapted from:

the Children's Food Trust

Chicken, pesto and roast vegetable panini

Snack



Ingredients (per 5 panini)

- 150g vegetables (peppers, courgettes, carrots, onions, tomatoes)
- 15ml olive oil (1tbsp)
- 5 panini rolls (approximately 72g each)
- 40g pesto (5tspn)
- 250g cooked chicken (dark and white meat)

Method

1. Cut the vegetables in to bite-sized pieces, sprinkle with the olive oil and roast for 20-25 minutes at 200°C/400°F/gas mark 6.
2. Split the panini roll and spread with the pesto.
3. Add the chicken, vegetables and mozzarella.
4. Preheat the grill, panini maker or sandwich maker until hot and grill, turning over until toasted on both sides.
5. To serve the panini later, wrap tightly in plastic film at the end of step 2. Remove the film before grilling.

Nutrients	Nutrient content		
	Per 100g	Primary serving (75g)	Secondary serving (150g)
Energy kcal	211.3	157.4	314.8
Fat g	8.2	6.1	8.2
Saturates g	1.2	0.9	1.2
Carbohydrate g	21.6	16.1	21.6
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.7	1.3	2.6
Protein g	14.0	10.5	14.0
Iron mg	1.1	0.8	1.1
Calcium mg	84.2	62.8	84.2
Vitamin A µg	131.9	98.3	131.9
Folate µg	10.4	7.7	10.4
Vitamin C mg	4.9	3.6	4.9
Sodium mg	258.0	192.2	258.0
Zinc mg	1.1	0.8	1.1

Shaker salad

Snack



This recipe makes:

2 primary servings (145g)
1 secondary servings (290g)

Prep time:
5 minutes

Chilling time:
15 minutes

Ingredients

Start with one of these:

- 150g cooked couscous
- 200g cooked pasta
- 180g cooked rice

Add one of these:

- 50g mackerel
- 25g lower-fat Cheddar cheese
- 25g feta cheese
- 25g cottage cheese
- 50g egg

Add any two of these, or a mixture of them all:

- 40g tomatoes, chopped
- 40g cucumber, chopped
- 40g tinned sweetcorn
- 40g cooked beetroot, chopped

Method

1. Add all the ingredients to a plastic salad pot.
2. Shake together and serve.

Allergens:

egg, fish, milk, wheat (gluten)

Serving suggestion:

try making a smaller version as an accompaniment to main meals at lunchtime

Nutrients	Nutrient content (using average values)		
	Per 100g	Primary serving (150g)	Secondary serving (300g)
Energy kcals	117.6	170.5	340.9
Fat g	2.3	3.3	6.7
Saturates g	0.8	1.1	2.2
Carbohydrate g	20.4	29.5	59.1
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.4	2.1	4.1
Protein g	5.1	7.4	14.8
Iron mg	0.6	0.8	1.7
Calcium mg	38.3	55.5	111.0
Vitamin A µg	24.7	35.8	71.6
Folate µg	20.5	29.7	59.3
Vitamin C mg	2.1	3.1	6.2
Sodium mg	59.4	86.2	172.3
Zinc mg	0.7	1.0	1.9

Tip:

encourage pupils to self-serve, creating and shaking their own salad

Recipe adapted from:

the Children's Food Trust

This recipe makes:

40 primary servings (150g)

30 secondary servings (200g)

Prep time:
35 minutes

Cooking time:
20 minutes

Allergens:
milk

Serving suggestion:
with a green salad

Tip:

try adding herbs to the polenta to vary the flavour

Recipe adapted from:

The King's School,
Pontefract

Polenta slice with ratatouille and mozzarella

Snack



Ingredients

- 30ml olive oil (2tbsp)
- 250g onion, peeled and finely chopped
- 300g courgette, peeled and chopped
- 250g red pepper, deseeded and chopped
- 250g yellow pepper, deseeded and chopped
- 600g canned tomatoes
- 10g fresh parsley
- 2.5l water
- 1.25kg polenta
- 5g black pepper (2½tsp)
- 500g mozzarella

Method

1. Heat the oil in a large pan, then add the onions and cook for 3-4 minutes.
2. Add the courgettes, red pepper and yellow pepper and cook for a further 5 minutes.
3. Add the canned tomatoes and the parsley and leave to simmer over a low heat for 15 minutes.
4. Meanwhile, make the polenta base; place the water and the polenta in a pan, bring to the boil and simmer over a low heat for 5-6 minutes.
5. Add the black pepper then turn the cooked polenta out onto two baking trays and leave to one side to set.
6. Preheat the oven to 220°C/425°F/gas mark 7.
7. When the polenta has set, spread over the tomato mixture and top with the mozzarella.
8. Place in the oven for 20 minutes until the cheese has melted.

Nutrients	Nutrient content		
	Per 100g	Primary serving (150g)	Secondary serving (200g)
Energy kcals	109.5	163.1	216.8
Fat g	3.0	4.4	5.9
Saturates g	1.2	1.8	2.5
Carbohydrate g	16.5	24.5	32.6
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	0.8	1.2	1.6
Protein g	3.9	5.8	7.7
Iron mg	0.4	0.6	0.8
Calcium mg	35.4	52.8	70.1
Vitamin A µg	58.7	87.5	116.2
Folate µg	4.9	7.3	9.7
Vitamin C mg	8.2	12.2	16.2
Sodium mg	40.5	60.4	80.2
Zinc mg	0.5	0.7	1.0

Vegetable frittata

Snack



This recipe makes:

18 primary servings (125g)

12 secondary servings (185g)

Prep time:
15 minutes

Cooking time:
15 minutes

Ingredients

- 30ml olive oil (2tbsp)
- 300g onion, peeled and finely chopped
- 200g button mushrooms, sliced
- 160g red pepper, deseeded and chopped
- 180g potato, boiled and chopped
- 180g broccoli
- 200g can sweetcorn, drained (drained weight 160g)
- 16 eggs
- 175ml semi-skimmed milk
- 4g black pepper (2tsp)

Method

1. Heat the oil in a very large frying pan. Add the onions and fry for 4-5 minutes, over a low heat.
2. Add the mushrooms, pepper, potato, broccoli and sweetcorn and continue to fry gently for a further 4-5 minutes.
3. Beat the eggs, milk and black pepper together, then pour the mixture over the vegetables. Turn down the heat to very low.
4. Continue to cook, without stirring, until the egg is cooked.
5. Cut the frittata into slices and serve.

Allergens:
egg, milk

Serving suggestion:
in pitta bread with tomato salad

Nutrients	Nutrient content		
	Per 100g	Primary serving (125g)	Secondary serving (185g)
Energy kcals	92.8	115.0	172.5
Fat g	5.6	7.0	10.4
Saturates g	1.4	1.8	2.7
Carbohydrate g	5.2	6.5	9.7
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.4	1.7	2.5
Protein g	5.8	7.1	10.7
Iron mg	1.0	1.2	1.8
Calcium mg	38.1	47.2	70.8
Vitamin A µg	122.7	152.1	228.2
Folate µg	20.1	24.9	37.4
Vitamin C mg	10.5	13.0	19.5
Sodium mg	91.1	112.9	169.4
Zinc mg	0.7	0.8	1.2

Tip:
add some cheese and place under the grill for 1-2 minutes until golden

Recipe adapted from:
Wilberforce Primary School, London

References

1. **The Let's Get Cooking programme**, please visit www.letsgetcooking.org.uk
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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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