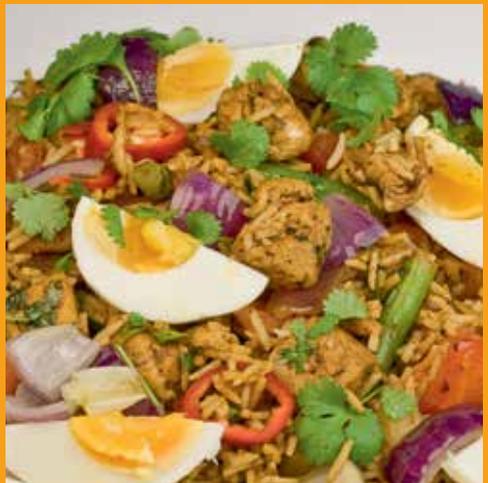


# After school club recipes and tips



## 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

# Recipes

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- Longcroft Secondary School and Taylor Shaw Catering
- Beverly High School and Taylor Shaw Catering
- Windlestone School, Durham

Two of the recipes included in this book were tried and tested by the Children's Food Trust at Fundayz After School Club, Wellgate Primary School, Barnsley. Three of these recipes have been developed and used by the Trust's national Let's Get Cooking programme ([www.letsgetcooking.org.uk](http://www.letsgetcooking.org.uk))

## Why has this booklet been developed?

The standards for school food other than lunch were updated in January 2015.<sup>1,2</sup> We know that some schools find it difficult to plan popular and varied menus to meet these standards, especially for after school clubs.

This booklet contains ideas and practical tips on how to provide low-cost and easy-to-make meals, snacks and drinks for after school clubs which meet the standards. It also includes 10 tried and tested after school club recipes.

**The Children's Food Trust Primary School Food Survey found that 21 per cent of schools had an after school club on their premises.<sup>3</sup>**

The standards for food other than lunch are important to:

- promote consistency and ensure that the hard work of schools and caterers providing healthy lunches is supported by extending healthier food options across the school day.
- increase opportunities for children and young people to help them to eat healthily. Healthy eating messages taught at school should be reflected in the choice of food schools provide, to encourage children to make healthy food choices.<sup>4</sup>



# Frequently asked questions: applying the school food standards to after school clubs

## 1. Do all after school clubs have to comply with the standards for food other than lunch?

Yes, these standards apply to all food and drink provided on the premises of maintained schools and some academies (those founded before September 2010 and after June 2014) until 6pm on school days. This includes breakfast clubs, mid-morning break services, tuck shops, vending machines and after school clubs.

## 2. Do all after school club food providers have to meet the standards?

Yes, all food providers including teachers, school caterers, private companies, charities, volunteers, parents or other organisations have to meet the standards.

## 3. Should after school clubs coordinate with other food providers in school?

Yes, there should be a process to coordinate catering services across the school day. If you run an after school club, check with the breakfast club, mid-morning break services, tuck shop and lunchtime food providers if you are going to serve any menu items which are restricted by the standards. For a summary of the food-based standards see page 5.

## 4. Do after school clubs have to demonstrate that they are meeting the standards?

Yes, the after school club food provider should give evidence of compliance with the standards to the senior manager responsible for school food.

## 5. Should after school clubs consult the whole school food policy?

Yes, many schools have a whole school food policy, which restricts the types of food children are allowed to eat at school. Check with the headteacher to see if they have a policy, and what this means for the food and drink that you can provide at after school club.

**A simple three-step process to check that the food provided at your after school club meets the standards for food other than lunch and the schools' food policy.**

**Step 1.** Write a list of all the food and drink you provide.

**Step 2.** Check this food provision meets the standards using the Children's Food Trust checklist or similar tool.<sup>5</sup>

**Step 3.** Give a copy of your after school club menu and completed checklist to the school.

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

The standards for food other than lunch apply to all food provided in school up to 6pm. This includes breakfast clubs, mid-morning break services, tuck shops, vending machines and after school clubs.

### These foods should be provided

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

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

Food/food groups		Food other than lunches
		<b>Starchy food cooked in fat or oil – restricted</b> 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.
		<b>Food that has been deep-fried, batter-coated or breadcrumb-coated – restricted</b> 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.
		<b>Pastry – restricted</b> No more than two portions of food which include pastry each week across the school day.
		<b>Meat products – restricted</b> 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.
		<b>Salt and condiments – restricted</b> 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.
		<b>Snacks – restricted</b> 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.
		<b>Cakes, biscuits, pastries and desserts – restricted</b> 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.
		<b>Confectionery – not permitted</b> Confectionery such as chocolate, chocolate biscuits, cereal bars or sweets must not be provided at any time of the school day.

## Food examples and ideas for after school clubs

### Snacks: cold items

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



\* The Children's Food Trust recommends you visit [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk) for accurate and reliable information on managing allergies in schools.

### Snacks: hot items

- Toast or bread rolls with spread, peanut butter\* or yeast extract
- Toasted teacakes, crumpets or bagels
- 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 or Spanish omelette
- Tortilla (thick omelette with potatoes or vegetables)
- Quiche
- Pizza slice with toppings e.g. vegetables or cheese
- Jacket potato with toppings, such as cheese, cottage cheese, coleslaw, baked beans, chilli, vegetable chilli, curry, tuna, ratatouille, chicken mayo, cheese savoury
- Pasta, rice or noodles with meat or vegetable-based sauce
- Fishcakes
- Soup.

## More ideas – and what not to include

### How to include fruit and vegetables at after school clubs

- Whole/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
- Fruit jelly (with a fruit content of at least 50%)
- Yoghurt with fruit
- Banana custard (with a fruit content of at least 50%)
- Fruit smoothies (with up to 150ml fruit juice)
- Dried fruit without added fat, sugar or salt, such as apricots, sultanas, raisins, dates
- Crudités, vegetable sticks with dips
- Salads, salad shaker pots
- Vegetables to accompany snacks or meals: tomatoes, pepper, cucumber, celery, broccoli, carrots, mixed salad
- Roasted or stir-fried vegetables
- Try including a portion of fruit or vegetables in the food that you prepare.

### What can't I serve at after school clubs?

- Confectionery; chocolate, sweets, chewing gum, 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 salt or fat
- Cakes: slices of cake, Swiss roll, fruit cake, banana cake, apple 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
- Desserts containing less than 50% fruit content.

\* The Children's Food Trust recommends you visit [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk) for accurate and reliable information on managing allergies in schools.

# Drinks

**Did you know the human body is made up of between 50 and 70% water? The exact amount depends on your age and body composition.<sup>5</sup>**

- ✓ **Free, fresh drinking water should be available at after school clubs.**
- ✓ **It is important to encourage children to drink regularly throughout the school day, including at after school clubs, to ensure that they are well hydrated.**
- ✓ **Try providing a variety of drinks across the week at your after school club, so that children can try different types and flavours.**

## **Examples of drinks that meet the standards**

- Plain water
- Plain lower-fat milk (no more than 1.8% fat)
- Flavoured milk (with at least 90% lower-fat milk, less than 5% added sugars and a portion size of no more than 330ml)
- Plain fruit or vegetable juice (up to 150ml)
- Plain yoghurt drinks
- Plain soya, rice or oat drinks enriched with calcium
- Combinations of fruit juice and still/ carbonated water (with at least 45% juice, less than 150ml juice and with a total portion size of up to 330ml)
- Combinations of lower-fat milk or yoghurt with fruit juice (with at least 50% milk, up to 150ml juice and a total portion size of up to 330ml)
- Plain soya, rice or oat drinks (enriched with calcium) combined with fruit or vegetable juice
- Tea, coffee or hot chocolate.

## **Examples of drinks that do not meet the standards**

- Flavoured water
- Squash/cordial
- Soft drinks or fizzy drinks containing less than 45% fruit juice
- Fruit juice served in portions of more than 150ml, or combination drinks served in portion sizes of more than 330ml.

**For full details of the drinks that can be provided in schools, see the Children's Food Trust summary drinks table.<sup>7</sup>**



## After school club recipes

The Children's Food Trust worked closely with a small number of after school clubs to develop this booklet. Whilst some clubs provide only drinks or snacks, others provide children with an evening meal. The following recipes have been tried and tested at schools or at after school clubs.

1. **Chinese vegetable stir-fry**
2. **Speedy chicken biryani**
3. **Chilli con carne**
4. **Salmon fishcakes**
5. **Cheese quesadilla**
6. **Carrot and potato soup**
7. **Paninis**
8. **Cheesy, vegetable-topped muffins**
9. **Apple-berry fool**
10. **Minty melon lollies**

These recipes could be used at after school clubs 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:

12 primary servings (120g)

9 secondary servings (160g)

**Prep time:**  
20 minutes

**Cooking time:**  
10 minutes

**Allergens:**  
soya, wheat  
(gluten)

**Serving suggestion:**  
with boiled  
rice or noodles

**Tip:**  
add strips  
of chicken  
to increase  
the protein  
content

**Recipe adapted from:**

Let's Get  
Cooking

# Chinese vegetable stir-fry

Serve as a main meal



## Ingredients

- 5g cornflour (1tsp)
- 15ml water (1tbsp)
- 15ml soy sauce (1tbsp)
- 15ml sweet chilli sauce (1tbsp)
- 15ml sunflower oil (1tbsp)
- 150g red onion, peeled and cut into slices
- 8g garlic, crushed (2 cloves)
- 5cm piece root ginger, grated
- 250g carrots, peeled and cut into strips 4cm long
- 200g broccoli, cut into small florets
- 150g button mushrooms, sliced
- 150g pak choi or slaw cabbage, sliced
- 150g courgette, sliced
- 150g red pepper, sliced
- 150g green beans, trimmed

## Method

1. Put the cornflour into a jug or cup, add the water and mix to a paste. Stir in the soy and sweet chilli sauces and mix until smooth.
2. Heat the oil in the wok or frying pan. Add the onions, garlic and ginger and stir.
3. Add the carrots and broccoli and stir-fry for two minutes.
4. Add the mushrooms and cabbage and cook for another four minutes.
5. Add the courgette, pepper and green beans. Keep stirring and cook for another four minutes.
6. Pour the soy sauce mixture over the vegetables, stir well and cook for one minute.

Nutrients	Nutrient content		
	Per 100g	Primary serving (120g)	Secondary serving (160g)
Energy kcals	35	41.6	55.5
Fat g	1.4	1.7	2.3
Saturates g	0.2	0.3	0.3
Carbohydrate g	4.3	5.1	6.7
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.5	3.0	4.0
Protein g	1.5	1.8	2.4
Iron mg	0.5	0.6	0.8
Calcium mg	25.2	30.0	39.9
Vitamin A µg	491.7	585.1	780.1
Folate µg	27.2	32.4	43.2
Vitamin C mg	19.5	23.2	31.0
Sodium mg	88.7	105.5	140.7
Zinc mg	0.2	0.3	0.3

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# Speedy chicken biryani

Serve as a main meal



## Ingredients

- 15ml vegetable oil (1tbsp)
- 250g chicken breast fillets, skinned and cut into 1cm cubes
- 60g balti curry paste
- 20g fresh coriander, chopped
- 150g red onion, peeled and diced
- 100g French beans, trimmed and cut in half
- 100ml water
- 350g fresh tomatoes, quartered
- 500g cooked basmati rice (180g uncooked)
- 2 eggs, hard boiled, quartered

## Method

1. Heat the vegetable oil in a large saucepan, add the chicken and cook for 5 minutes.
2. Add the balti curry paste and half the coriander, the onion and the French beans and cook for a further 3 minutes, stirring well.
3. Add the water and tomato quarters and cook for a further 3 minutes.
4. Add the boiled rice. Mix well, cover and simmer for 2 minutes.
5. Serve garnished with the egg and remaining coriander.

Nutrients	Nutrient content		
	Per 100g	Primary serving (260g)	Secondary serving (395g)
Energy kcals	97	256	384
Fat g	3.4	9.0	13.5
Saturates g	0.9	2.3	3.5
Carbohydrate g	11.8	30.9	46.4
Free sugars g	0.2	0.5	0.8
Fibre (AOAC) g	1.4	3.7	5.6
Protein g	5.5	14.5	21.8
Iron mg	0.5	1.2	1.8
Calcium mg	21.6	56.8	85.2
Vitamin A µg	43.9	115.2	172.8
Folate µg	14.1	37.1	55.7
Vitamin C mg	5.7	14.9	22.4
Sodium mg	72.1	189.3	284.0
Zinc mg	0.5	1.3	2.0

**This recipe makes:**

6 primary servings (265g)  
4 secondary servings (395g)

**Prep time:**  
15 minutes

**Cooking time:**  
15 minutes

**Allergens:**  
egg

**Serving suggestion:**  
with green salad or raita

**Tip:**  
rice can be cooked in the microwave if available, follow cooking instructions on the packet

**Recipe adapted from:**

Let's Get Cooking

## This recipe makes:

6 primary servings (215g)

4 secondary servings (322g)

**Prep time:**  
30 minutes

**Cooking time:**  
30 minutes

**Allergens:**  
none

**Serving suggestion:**  
with boiled rice, baked potato or as a quesadilla

**Tip:**  
swap beef for Quorn™ or veggie-mince to make a vegetarian alternative

**Recipe adapted from:**

Let's Get Cooking

# Chilli con carne

Serve as a main meal



## Ingredients

- 15ml vegetable oil (1tbsp)
- 150g onion, peeled and finely chopped
- 200g lean minced beef
- 4g garlic, peeled and crushed (1 clove)
- 150g red pepper, deseeded and chopped
- 1g chilli powder or chilli flakes (1tsp – depending on strength)
- 400g can chopped tomatoes
- 400g canned red kidney beans (256g drained)
- 150ml water (10tbsp)
- 1g black pepper

## Method

1. Heat the oil in a saucepan.
2. Add the onion and cook gently until it softens.
3. Add the minced beef and garlic and stir until the meat has browned.
4. Add the red pepper, then the chilli powder or flakes.
5. Add the tomatoes, kidney beans and water and black pepper.
6. Simmer the chilli for about 15 minutes before serving.

Nutrients	Nutrient content		
	Per 100g	Primary serving (215g)	Secondary serving (322g)
Energy kcals	63	136	204
Fat g	2.4	5.2	7.7
Saturates g	0.6	1.4	2.1
Carbohydrate g	5.8	12.4	18.6
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.5	5.3	7.9
Protein g	5.1	10.9	16.3
Iron mg	0.9	1.9	2.9
Calcium mg	23.3	50.1	75.1
Vitamin A µg	92.4	198.6	297.9
Folate µg	10.7	22.9	34.3
Vitamin C mg	11.7	25.1	37.6
Sodium mg	108.3	232.7	349.0
Zinc mg	0.9	2.0	3.0

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# Salmon fishcakes

Serve as a main meal or snack



## Ingredients

- 1.5kg cooked mashed potatoes (use floury potatoes such as Maris Piper or similar)
- 200ml semi-skimmed milk
- 750g can salmon in spring water, (drained weight 500g approx) flaked
- 25g fresh parsley, chopped
- 3g white pepper (1tsp)
- 1 egg, beaten
- 175g white breadcrumbs

## Method

1. Preheat the oven\* to 180°C, 350°F, gas mark 4.
2. Grease a baking tray.
3. Mash the potatoes with the milk
4. Mix together the mashed potatoes, salmon, parsley and pepper, bind with the egg.
5. Form into rounds (about 27 x 90g fish cakes).
6. Dip each fishcake into the breadcrumbs.
7. Place on the tray and bake for 15-20 minutes until crisp and golden.
8. Serve with rice or pitta and salad. Remember that breaded foods are restricted, and only two deep-fried, breaded or battered foods can be provided each week across the day.

\* If you don't have an oven, the fish cakes can be dry-fried in a frying pan on the hob.

Nutrients	Nutrient content		
	Per 100g	Primary serving (223g)	Secondary serving (272g)
Energy kcals	108	240	293
Fat g	1.9	4.3	5.3
Saturates g	0.4	0.9	1.1
Carbohydrate g	16.4	36.5	44.7
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.0	2.3	2.8
Protein g	7.2	16.1	19.6
Iron mg	0.6	1.4	1.7
Calcium mg	42.3	94.2	115.1
Vitamin A µg	17.1	37.9	46.4
Folate µg	17.5	38.9	47.5
Vitamin C mg	4.5	10.1	12.3
Sodium mg	127.5	283.8	346.8
Zinc mg	0.5	1.1	1.3

**This recipe makes:**

11 primary servings (223g)  
9 secondary servings (272g)

**Prep time:**  
20 minutes

**Cooking time:**  
20 minutes

**Allergens:**  
egg, fish, milk, wheat (gluten)

**Serving suggestion:**  
with rice or pitta and a salad

**Tip:**  
children can help mash the potatoes and shape the mixture in to round circles

**Recipe adapted from:**

Longcroft School and Performing Arts College and Taylor Shaw

## This recipe makes:

3 primary servings (89g)  
2 secondary servings (133g)

**Prep time:**  
10 minutes

**Cooking time:**  
10 minutes

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

**Serving suggestion:**  
with tomato  
and cucumber  
salad

**Tip:**  
encourage  
children  
to create  
their own  
quesadilla  
from a  
selection of  
ingredients

**Recipe adapted from:**

Children's  
Food Trust

# Cheese quesadilla

Serve as a main meal or snack



## Ingredients

- 2 large flour tortillas (approximately 62g each)
- 100g, lower-fat, strong Cheddar cheese, grated
- 50g of a mix of any of the following, chopped: mushrooms, spring onions, olives, fresh tomatoes, cooked chicken pieces, avocado

## Method

1. Heat a large frying pan to medium heat.
2. Lay a tortilla on a plate and spread with the child's choice of filling, top with the grated cheese then the second tortilla, press down firmly.
3. Slide the quesadilla off the plate into the hot pan and turn down the heat.
4. Flip the tortilla over after 1.5 minutes. It may be easier to slide the tortilla onto a plate and then turn over. Cook for a further 1½ minutes.
5. Slide out onto a plate and cut into wedges.

Nutrients	Nutrient content		
	Per 100g	Primary serving (89g)	Secondary serving (133g)
Energy kcal	254	225	338
Fat g	8.8	7.8	11.7
Saturates g	5.1	4.5	6.7
Carbohydrate g	29.3	26.0	38.9
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.8	1.6	2.4
Protein g	16.2	14.4	21.5
Iron mg	0.9	0.8	1.2
Calcium mg	419.5	372.0	558.0
Vitamin A µg	88.8	78.7	118.1
Folate µg	26.3	23.3	34.9
Vitamin C mg	2.0	1.7	2.6
Sodium mg	407.4	361.2	541.8
Zinc mg	1.4	1.2	1.8

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# Carrot and potato soup

Serve as a main meal or snack



**This recipe makes:**

24 primary servings (235g)

20 secondary servings (280g)

**Prep time:**  
15 minutes

**Cooking time:**  
30 minutes

## Ingredients

- 800g onions, peeled and chopped
- 1.2kg potatoes, peeled and diced
- 1kg carrots, peeled and diced
- 100g red lentils, dried
- 20g stock cubes
- 2.5l water
- 2g black pepper (1tsp)
- 10g fresh parsley chopped or 5g dried parsley (2tbsp)

## Method

1. Place all the ingredients except the parsley into a pan and bring to the boil.
2. Reduce the heat and simmer for 25 minutes or until the vegetables are tender.
3. Cool slightly, add half the parsley and liquidise until smooth.
4. Serve, garnished with the remaining parsley.

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

**Serving suggestion:**  
with wholemeal or granary bread rolls

Nutrients	Nutrient content		
	Per 100g	Primary serving (235g)	Secondary serving (280g)
Energy kcals	28.8	68	81
Fat g	0.2	0.5	0.6
Saturates g	0.0	0.1	0.1
Carbohydrate g	6.1	14.4	17.1
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.3	3.1	3.7
Protein g	1.1	2.5	3.0
Iron mg	0.4	0.8	1.0
Calcium mg	9.6	22.6	26.9
Vitamin A µg	398.5	939.9	1119.9
Folate µg	10.2	24.1	28.7
Vitamin C mg	2.2	5.2	6.2
Sodium mg	71.3	167.9	200.1
Zinc mg	0.2	0.4	0.5

## Tip:

try using other seasonal vegetables to vary the colour and flavour

**Recipe adapted from:**

Beverly High School and Taylor Shaw

## This recipe makes:

2 primary servings (109g)  
1 secondary servings (217g)

**Prep time:**  
10 minutes

**Cooking time:**  
10 minutes

## Allergens:

egg, fish,  
milk, mustard,  
wheat (gluten)

## Serving suggestion:

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

## Tip:

encourage children to select their own fillings

## Recipe adapted from:

Children's Food Trust

# Paninis

Serve as a main meal or snack



## Ingredients (per panini)

- 1 panini roll (approximately 72g each)
- 45g canned tuna in spring water, drained
- 15g lower-fat mayonnaise (1 level tbsp)
- 1 tomato (approximately 85g), sliced

## Or

- 1 panini roll (approximately 72g each)
- 50g roasted vegetables (peppers, courgettes, carrots, onions, tomatoes) chopped
- 25g lower-fat mozzarella

## Method

1. Fill the panini with the child's choice of filling and press hard together.
2. Preheat the grill, panini maker or sandwich maker until hot and grill, turning over until toasted on both sides.
3. To serve the panini later, wrap tightly in plastic film at the end of step 1. Remove the film before grilling.

Nutrients	Nutrient content (tuna mayonnaise and tomato panini)		
	Per 100g	Primary serving (109g)	Secondary serving (217g)
Energy kcals	134	146	291
Fat g	3.0	3.3	6.6
Saturates g	0.6	0.6	1.2
Carbohydrate g	18.9	20.5	41.0
Free sugars g	0.3	0.4	0.7
Fibre (AOAC) g	1.2	1.4	2.7
Protein g	9.0	9.8	19.6
Iron mg	0.9	1.0	2.0
Calcium mg	65.5	71.0	142.0
Vitamin A µg	37.5	40.7	81.3
Folate µg	13.9	15.1	30.2
Vitamin C mg	6.7	7.2	14.5
Sodium mg	308.3	335.0	669.0
Zinc mg	0.5	0.5	1.1

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# Cheesy, vegetable-topped muffins

Serve as a snack



## Ingredients

- 150g red onions, peeled and chopped
- 350g aubergine, chopped
- 175g courgettes, chopped
- 150g yellow or red peppers, deseeded and chopped
- 30ml olive oil (2tbsp)
- 5g garlic, peeled and crushed (1 clove)
- 2.5g dried thyme (2½tsp)
- 50g plain flour
- 5g mustard (½ tsp)
- 2g black pepper (1tsp)
- 250ml semi-skimmed milk
- 100g, lower-fat strong Cheddar cheese, grated
- 6 white or wholemeal muffins or rolls cut in half (approx 68g per muffin)

## Method

1. Preheat an oven to 190°C, 375°F gas mark 5.
2. Mix all the chopped vegetables in a bowl with the oil, garlic and thyme. Spread on a baking sheet and roast for 20 minutes or until soft.
3. Meanwhile make the white sauce. Mix the flour, pepper and mustard with a little milk, gradually whisk in the rest of the milk and bring to the boil, whisking all the time, to form a white sauce.
4. Add half the cheese.
5. Mix the vegetables with the cheese sauce.
6. Put the muffins on a shallow baking tray.
7. Spoon the vegetable mixture on top of the muffins and top with the remaining cheese.
8. Grill until the top is hot and bubbling.

**This recipe makes:**

12 primary servings (140g)  
6 secondary servings (280g)

**Prep time:**  
30 minutes

**Cooking time:**  
30 minutes

**Allergens:**  
milk, mustard, soya, wheat (gluten)

**Serving suggestion:**  
serve with green salad

Nutrients	Nutrient content		
	Per 100g	Primary serving (140g)	Secondary serving (280g)
Energy kcals	122.6	170.4	340.7
Fat g	3.9	5.4	10.8
Saturates g	1.2	1.7	3.4
Carbohydrate g	17.4	24.1	48.3
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.9	2.7	5.4
Protein g	5.6	7.9	15.7
Iron mg	0.8	1.2	2.3
Calcium mg	126.9	176.5	352.9
Vitamin A µg	74.2	103.1	206.3
Folate µg	13.0	18.1	36.2
Vitamin C mg	9.3	13.0	26.0
Sodium mg	193.5	269.0	537.9
Zinc mg	0.6	0.8	1.6

**Tip:**  
try with different combinations of vegetables

**Recipe adapted from:**  
Windlestone School

## This recipe makes:

10 primary servings (115g)

8 secondary servings (144g)

**Prep time:**  
20 minutes

**Chilling time:**  
30 minutes

**Allergens:**  
milk, sulphites

**Serving suggestion:**  
layer the fruit, custard and yoghurt and decorate with extra berries

**Tip:**  
make with ready-made custard for a quick dessert. Rhubarb and orange makes a seasonal variation

**Recipe adapted from:**

Children's Food Trust

# Apple-berry fool

Serve as a dessert



## Ingredients

- 200g dessert apples, peeled, cored and chopped
- 5ml lemon juice (1tsp)
- 150g fresh raspberries
- 150g fresh strawberries
- 150g fresh blueberries
- 45g caster sugar
- 10g custard powder (1tbsp)
- 150ml semi-skimmed milk
- 300g natural, low-fat yoghurt

## Method

1. Place the apple in a saucepan with the lemon juice, berries and sugar. Cook to a pulp.
2. Blend the custard powder with a little milk.
3. Heat the remaining milk then pour on to the blended custard powder and stir over a gentle heat until thick.
4. Beat the custard into the fruit pulp then allow to cool.
5. Stir the yoghurt into the custard/fruit mixture.
6. Spoon into bowls and chill.

Nutrients	Nutrient content		
	Per 100g	Primary serving (115g)	Secondary serving (144g)
Energy kcals	55	64	80
Fat g	0.6	0.7	0.8
Saturates g	0.3	0.4	0.5
Carbohydrate g	11.1	12.8	16.0
Free sugars g	4.1	4.7	5.9
Fibre (AOAC) g	1.5	1.7	2.1
Protein g	2.1	2.4	3.1
Iron mg	0.3	0.3	0.4
Calcium mg	65.7	75.5	94.4
Vitamin A µg	5.1	5.9	7.4
Folate µg	8.4	9.6	12.1
Vitamin C mg	14.4	16.5	20.6
Sodium mg	27.3	31.3	39.2
Zinc mg	0.3	0.3	0.4

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# Minty melon lollies

## Dessert



### Ingredients

- 3 sprigs fresh mint
- 650g honeydew melon, peeled and deseeded
- 2 limes
- 80ml apple juice

### Method

1. Wash the mint. Peel the melon and cut the flesh into chunks.
2. Zest and juice the two limes.
3. Put the melon chunks, mint leaves, lime zest and juice and apple juice into a blender. Blend for 1 minute until completely smooth.
4. Pour into ice lolly moulds and freeze. The lollies will keep in the freezer for up to 1 month.

### This recipe makes:

12 primary servings (65g)  
9 secondary servings (85g)

**Prep time:**  
20 minutes

**Allergens:**  
none

**Serving suggestion:**  
serve as a dessert option

Nutrients	Nutrient content		
	Per 100g	Primary serving (65g)	Secondary serving (85g)
Energy kcals	28.7	18.4	24.7
Fat g	0.1	0.1	0.1
Saturates g	0.0	0.0	0.0
Carbohydrate g	6.8	4.3	5.8
Free sugars g	1.1	0.7	0.9
Fibre (AOAC) g	0.5	0.3	0.4
Protein g	0.6	0.4	0.5
Iron mg	0.3	0.2	0.2
Calcium mg	13.6	8.7	11.7
Vitamin A µg	6.9	4.4	5.9
Folate µg	3.8	2.5	3.3
Vitamin C mg	12.3	7.9	10.6
Sodium mg	27.6	17.7	23.8
Zinc mg	0.0	0.0	0.0

### Tip:

try making with different fruits – orange, mango or pineapple would all work well

### Recipe adapted from:

Let's Get Cooking

## References

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For the full series of our *Recipes for Success* booklets, please visit:  
[www.childrensfoodtrust.org.uk/schools/resources](http://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](http://www.letsgetcooking.org.uk)

Cooking at home? Visit: [www.letsgetcookingathome.org.uk](http://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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