



LUNCH African beef stew, cassava and sweetcorn

## LUNCH African beef stew, cassava and sweetcorn

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
African beef stew	100g	95g	115g
Cassava	80g	70g	90g
Sweetcorn	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### African beef stew

This recipe makes 12 child-size portions of about 100g.

- 1 medium onion
- 2 cloves garlic
- 1 medium green pepper
- 200g spinach leaves
- 700g lean beef stewing steak
- 2 tablespoons vegetable oil
- 1 teaspoon fresh root ginger, peeled and grated
- 1 large (400g) can chopped tomatoes
- 1 teaspoon ground cayenne pepper

1. Peel and finely chop the onion and garlic.
2. Finely chop the pepper, and wash and chop the spinach.
3. Cut the meat into thin strips.
4. Heat the oil over a medium heat and fry the onion and garlic without browning.
5. Add the meat and ginger and fry until the meat browns.
6. Add the tomatoes, green pepper and cayenne pepper and continue cooking for about 40 minutes until the meat is tender.
7. Add the spinach and cook for a further 5 minutes.





LUNCH Chilli con carne, jacket potato with crème fraîche, and tomato and watercress salad

## LUNCH Chilli con carne, jacket potato with crème fraîche, and tomato and watercress salad

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



1-2 year olds

3-4 year olds

	1-4 year olds	1-2 year olds	3-4 year olds
Chilli con carne	95g	95g	110g
Jacket potato	90g	75g	95g
Crème fraîche	20g	20g	20g
Tomato and watercress salad	50g	50g	50g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Chilli con carne

This recipe makes 12 child-size portions of about 95g.

400g lean minced beef  
1 medium onion, diced  
1 large (400g) can chopped tomatoes  
1 tablespoon tomato purée  
200ml water  
3 teaspoons mild chilli powder  
50g diced frozen mixed peppers  
1 large (400g) can kidney beans, drained

1. Brown the mince and onions in a non-stick pan.
2. Add the tomatoes, tomato purée, water, chilli powder and diced peppers.
3. Mix well, cover and simmer gently for about 1 hour.
4. Add the drained kidney beans and heat through.





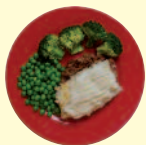
LUNCH Cottage pie, peas and broccoli

## LUNCH Cottage pie, peas and broccoli

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Cottage pie	180g	140g	200g
Peas	40g	40g	40g
Broccoli	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Cottage pie

This recipe makes 12 child-size portions of about 180g.

700g minced beef  
1 small onion, peeled and diced  
1 small carrot, peeled and diced  
1 stick of celery, diced  
2 tablespoons tomato purée  
2 teaspoons dried mixed herbs  
½ teaspoon black pepper  
2 tablespoons plain flour  
300ml water, boiled  
5 medium-sized old potatoes, peeled  
30g vegetable spread or butter

1. Dry-fry the mince in a large frying pan and skim off any fat.
2. Add the diced onion, carrot, celery, tomato purée, herbs and pepper and mix well.
3. Blend the flour with a little of the water to make a smooth paste, add this to the remaining water and then add it to the beef mixture.
4. Bring to the boil, and then cover and simmer for 1 hour.

5. Boil the potatoes until soft, and then drain them and mash with the vegetable spread or butter.
6. Place the mince mixture in an ovenproof dish and top with the mashed potato. Place under a hot grill to brown the potato.







LUNCH Roast beef with roast potatoes, carrots, spring greens and gravy

## LUNCH Roast beef with roast potatoes, carrots, spring greens and gravy

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Roast beef	45g	40g	50g
Roast potatoes	60g	50g	70g
Carrots	40g	40g	40g
Spring greens	20g	20g	20g
Gravy	20ml	20ml	25ml
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Roast beef with roast potatoes

This recipe makes 12 child-size portions.

600g topside of beef  
4 large old potatoes, peeled and cut into chunks  
4 tablespoons vegetable oil  
4 teaspoons plain flour  
750ml water  
4 teaspoons gravy granules

1. Roast the beef in a hot oven – 190°C / 375°F / Gas 5 – until cooked. Allow to cool slightly.
2. Meanwhile roast the potatoes in the vegetable oil for about 45 minutes.
3. Slice the beef and place in a separate dish or tin.
4. Sprinkle the flour into the roasting tin to absorb the beef juices. Cook for a few minutes, stirring.  
Pour in the water and bring to the boil.
5. Mix in the gravy granules to give a rich colour and to thicken the gravy slightly.
6. Pour the gravy over the beef.







LUNCH Lamb burger with bubble and squeak

## LUNCH Lamb burger with bubble and squeak

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Lamb burger	45g	45g	50g
Bubble and squeak	120g	100g	140g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Lamb burger

This recipe makes 12 child-size portions of about 45g.

500g minced lamb  
1 small onion, finely diced  
2 large slices white bread, crumbed  
1 egg, beaten

1. Mix all the ingredients together in a large bowl.
2. Form into 12 large or 24 small burgers and chill for 30 minutes.
3. Grill the burgers, turning occasionally, until thoroughly cooked through.

### Bubble and squeak

This recipe makes 12 child-size portions of about 120g.

750g cooked green cabbage  
750g cooked mashed potato  
2 tablespoons vegetable oil

1. Shred the cooked cabbage finely. Mix well with the mashed potato and shape into small, flat cakes.
2. Heat the oil in a non-stick frying pan and fry the cakes until brown on both sides and thoroughly heated through.





LUNCH Lamb kheema, rice and vegetable curry

## LUNCH Lamb kheema, rice and vegetable curry

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Lamb kheema	90g	80g	105g
Rice	80g	70g	90g
Vegetable curry	50g	50g	50g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Lamb kheema

This recipe makes 12 child-size portions of about 90g.

- 1 tablespoon vegetable oil
- 1 medium onion, diced
- 1 clove garlic, crushed
- 600g lean lamb mince
- 1 large (400g) can chopped tomatoes
- 2 teaspoons dried ginger powder
- 1 teaspoon chilli powder
- ½ teaspoon cumin powder
- ½ teaspoon coriander powder
- 300ml water

1. Heat the oil in a large saucepan and fry the onions and garlic until brown.
2. Add the mince and brown.
3. Add the tomatoes, spices and water.
4. Bring to the boil and then simmer for about 45 minutes until the meat is tender.

### Vegetable curry

This recipe makes 12 child-size portions of about 50g.

- 1 tablespoon vegetable oil
- 1 medium onion, finely chopped
- 1 clove garlic, crushed
- 3 teaspoons mild curry powder
- 1 medium-sized potato, peeled and diced
- 2 small carrots, peeled and diced
- 1 large (400g) can chopped tomatoes
- 1 medium-sized red pepper, diced
- 8 medium-sized mushrooms, sliced

1. Heat the oil in a saucepan and fry the onion and garlic for 2-3 minutes.
2. Add the curry powder and cook for a further minute, stirring.
3. Add the diced potatoes and carrots and cook for a further minute, stirring.
4. Add the tomatoes, red pepper and mushrooms and bring to the boil.
5. Reduce the heat, cover and simmer for 20 minutes or until all the vegetables are cooked.





LUNCH Moussaka and Greek salad



## LUNCH Moussaka and Greek salad

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Moussaka	160g	135g	180g
Greek salad	50g	50g	50g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Moussaka

This recipe makes 12 child-size portions of about 160g.

4 medium-sized potatoes, peeled  
2 tablespoons vegetable oil  
1 large onion, finely diced  
500g lean minced lamb  
2 large (400g) cans chopped tomatoes  
2 teaspoons dried mixed herbs  
2 tablespoons cornflour  
480ml semi-skimmed milk  
80g Cheddar cheese, grated

1. Heat the oven to 170°C / 325°F / Gas 3.
2. Cook the potatoes and slice.
3. Heat the oil in a large pan and fry the onions and lamb in the oil until browned.
4. Add the tomatoes and mixed herbs.
5. In a large greased ovenproof dish, place half the sliced potatoes, top with the meat sauce and finish with a layer of potatoes.
6. Make a white sauce by mixing the cornflour with a little of the milk. Add this to the rest of the milk and bring to the boil, stirring continuously.
7. Pour the sauce over the layered meat and potatoes.
8. Top with the grated cheese and bake in the oven for 45 minutes.

### Greek salad

This recipe makes 12 child-size portions of about 50g.

½ cucumber, diced  
½ medium-sized onion, thinly sliced  
2 medium-sized tomatoes, diced  
10 pitted green olives, halved  
100g feta cheese, diced  
½ cos lettuce, torn

#### For the dressing

1 tablespoon fresh lemon juice  
3 tablespoons extra-virgin olive oil  
½ clove garlic, crushed  
1 tablespoon fresh oregano or thyme, finely chopped

1. Put the diced cucumber, onion, tomatoes, olives and feta cheese into a large bowl. Mix in the lettuce.
2. Whisk the dressing ingredients together and pour over the salad.







LUNCH Bigos, pasta rice and mixed salad

## LUNCH Bigos, pasta rice and mixed salad

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



1-2 year olds

3-4 year olds

Bigos	90g	80g	105g
Pasta rice	80g	70g	90g
Mixed salad	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Bigos

This recipe makes 12 child-size portions of about 90g.

½ large white cabbage, finely sliced  
2 tablespoons white wine vinegar  
350g pork loin, diced  
4 pork sausages, cut into bite-sized discs  
1 medium-sized onion, diced  
10 medium-sized mushrooms, sliced  
2 tablespoons tomato purée  
1 bay leaf  
400ml water

1. In a large saucepan, boil the cabbage with a little water and the vinegar until it is tender. Drain.
2. Heat a large frying pan and brown the pork and sausages.
3. Add the onions to the pan and gently fry until softened.
4. Add the cooked cabbage, mushrooms, tomato purée, bay leaf and water to the sausage mixture and stir well.
5. Cover and simmer on a low heat for about an hour, stirring from time to time.





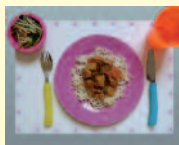
LUNCH Sweet and sour pork, egg noodles and stir-fried vegetables

## LUNCH Sweet and sour pork, egg noodles and stir-fried vegetables

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Sweet and sour pork	95g	90g	110g
Egg noodles	70g	55g	80g
Stir-fried vegetables	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Sweet and sour pork

This recipe makes 12 child-size portions of about 95g.

700g pork loin  
2 tablespoons vegetable oil  
1 clove garlic, peeled and finely chopped  
1 medium-sized onion, thinly sliced  
1 large carrot, thinly sliced  
1 medium green pepper, thinly sliced  
1 small (250g) can crushed pineapple in juice, or pineapple chunks in juice, finely chopped  
1 tablespoon soy sauce  
1 tablespoon tomato purée  
1 tablespoon tomato ketchup  
1 tablespoon white wine vinegar  
1 tablespoon cornflour  
250ml water

1. Thinly slice the pork. Heat the oil in a frying pan and fry the pork until slightly brown and thoroughly cooked and tender.
2. Make the sauce by combining the garlic and vegetables in a separate pan with the pineapple and its juice, soy sauce, tomato purée, ketchup and vinegar.

3. Blend the cornflour with a little water and add this, along with the remaining water, to the vegetables. Bring the mixture to the boil. Simmer for 20 minutes.
4. Add the pork strips and simmer for a further 10 minutes.

### Stir-fried vegetables

This recipe makes 12 child-size portions of about 40g.

1 tablespoon vegetable oil  
1 medium-sized carrot, peeled and cut into fine strips  
200g beansprouts  
½ small green cabbage, finely sliced  
1 medium onion, finely sliced

1. Heat the oil in a wok or large pan.
2. Add the vegetables and stir over a high heat for a few minutes. Place a lid on the pan and cook, covered, for about 5 minutes until the vegetables have softened.





LUNCH Chicken fajitas, salad and sweetcorn salsa



## LUNCH Chicken fajitas, salad and sweetcorn salsa

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Spicy chicken	45g	40g	50g
Tortilla wrap	30g	25g	35g
Cucumber and cherry tomatoes	40g	40g	40g
Sweetcorn salsa	30g	25g	35g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Spicy chicken

This recipe makes 12 child-size portions of about 45g.

600g chicken breast  
2 tablespoons vegetable oil  
2 teaspoons lemon juice  
2 cloves garlic, peeled and crushed  
2 teaspoons mild chilli powder  
1 teaspoon mustard powder

1. Cut the chicken into strips and put in a dish.
2. Mix all the other ingredients together to make a marinade.
3. Add the chicken to the marinade, making sure all the pieces are covered.  
Cover the dish and chill for about an hour.
4. Grill the chicken strips until thoroughly cooked.

### Sweetcorn salsa

This recipe makes 12 child-size portions of about 30g.

1 small red pepper, cored  
½ cucumber  
½ medium-sized onion, peeled  
1 small (210g) can sweetcorn, drained  
2 tablespoons vegetable oil  
1 tablespoon white wine vinegar  
½ teaspoon mustard powder (English)  
1 teaspoon sugar  
½ teaspoon ground black pepper

1. Dice the pepper, cucumber and onion.
2. Mix all the ingredients together and chill.







LUNCH Chicken korma, brown rice and naan bread

## LUNCH Chicken korma, brown rice and naan bread

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Chicken korma	90g	85g	100g
Brown rice	80g	70g	90g
Naan bread	20g	17g	25g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Chicken korma

This recipe makes 12 child-size portions of about 90g.

2 tablespoons vegetable oil  
 1 medium onion, diced  
 2 cloves garlic, crushed  
 ½ green pepper, diced  
 ½ red pepper, diced  
 10 small mushrooms, sliced  
 500g cooked chicken, diced  
 5 tablespoons garam masala  
 4 tablespoons curry powder  
 3 teaspoons coriander  
 1 teaspoon turmeric  
 550ml semi-skimmed milk  
 3 tablespoons cornflour  
 ½ teaspoon black pepper  
 1 small (150g) carton natural yoghurt

1. In a large pan, heat the oil and add the onion and garlic, cooking until softened.
2. Add the diced peppers and the mushrooms to the onion and cook for 2-3 minutes, stirring all the time.
3. Add the chicken, spices and milk, cover and simmer for 15 minutes.
4. Remove from the heat.
5. Mix the cornflour with a little water and add this mixture to the sauce along with the natural yoghurt and mix well. Cook for 2 minutes to thicken the sauce.





LUNCH Jerk chicken, rice and peas, and callaloo

## LUNCH Jerk chicken, rice and peas, and callaloo

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Jerk chicken	50g	45g	55g
Rice and peas	80g	70g	90g
Callaloo	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Jerk chicken

This recipe makes 12 child-size portions of about 50g.

800g chicken breast fillets

*For the jerk seasoning*

- 1 tablespoon ground allspice
- 1 tablespoon dried thyme
- 1 teaspoon cayenne pepper
- 1 teaspoon black pepper
- 1 teaspoon ground cinnamon
- 2 cloves garlic, crushed
- 3 tablespoons vegetable oil

1. Cut the chicken into thin strips.
2. Mix together the jerk seasoning ingredients and mix well with the chicken. Leave covered in the fridge for at least an hour.
3. Place the chicken strips on a baking tray and cook at 220°C / 425°F / Gas 7 for about 30 minutes, turning half way through cooking and making sure the chicken is cooked through.

### Rice and peas

This recipe makes 12 child-size portions of about 80g.

- 1 large can (400g) kidney beans, drained
- 1 teaspoon dried thyme
- 1 teaspoon white pepper
- ½ medium-sized onion, diced
- 550ml water
- 300g basmati rice

1. Place all the ingredients except for the rice into a saucepan, and bring to the boil.
2. Add the rice and stir.
3. Boil rapidly for 3-4 minutes, then lower the heat and simmer gently for 10-12 minutes, stirring occasionally until the rice is tender.





LUNCH Coconut fish curry, basmati rice and tomato salad

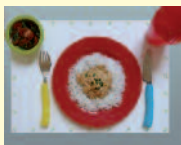


## LUNCH Coconut fish curry, basmati rice and tomato salad

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Coconut fish curry	95g	90g	110g
Basmati rice	80g	70g	90g
Tomato salad	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Coconut fish curry

This recipe makes 12 child-size portions of about 95g.

600g cod fillet (Buy fish from sustainable sources where possible.)

- 1 clove garlic
- 2 tablespoons vegetable oil
- 1 medium onion, diced
- 1½ teaspoons mild curry powder
- 1 tablespoon tomato purée
- 1 tablespoon lemon juice
- 1 large (400ml) can light coconut milk

1. Slice the fish fillet into strips. Make sure there are no bones.
2. Peel and dice the garlic.
3. Heat the oil in a pan and fry the onion and garlic until softened.
4. Add the curry powder, tomato purée and lemon juice and mix well. Cook for 2-3 minutes, stirring all the time so that the mixture does not burn.
5. Add the coconut milk and stir until it boils. Turn the heat down and add the fish.
6. Simmer for 10 minutes until the sauce thickens.

**Note:** When serving fish to children, make sure that all bones are removed.

### Tomato salad

This recipe makes 12 child-size portions of about 40g.

- 6 medium-sized tomatoes
- 1 tablespoon chopped basil
- ½ teaspoon sugar

1. Wash and quarter the tomatoes. Remove the cores and dice the flesh.
2. Mix together the tomatoes, basil and sugar and chill until serving.



[www.cwt-chew.org.uk](http://www.cwt-chew.org.uk)





LUNCH White fish and broccoli pie with sweetcorn

## LUNCH White fish and broccoli pie with sweetcorn

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
White fish and broccoli pie	180g	140g	210g
Sweetcorn	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### White fish and broccoli pie

Recipe provided by Grub4life.org.uk

This recipe makes 12 portions of about 180g.

450g white fish (Buy fish from sustainable sources where possible.)

200g broccoli florets

1 tablespoon vegetable oil

1 medium sized onion, finely chopped

1 small leek, trimmed and sliced

2 teaspoons chopped, fresh parsley

3 tablespoons cornflour

500ml semi-skimmed milk

1 kg old potatoes, peeled and cut into large chunks

2 teaspoons vegetable spread

1. Preheat oven to 180°C / 350°F / Gas 4.
2. Steam the white fish and broccoli florets until cooked. Flake the fish and dice the broccoli, and keep cool until needed.
3. Heat the vegetable oil and fry the onion and leek until softened.
4. Add the parsley, cook for 2 minutes and then take off the heat.

5. Mix the cornflour in a little of the milk to make a paste.

6. Put the remaining milk in a pan, add the cornflour paste and bring to the boil, stirring continuously until the white sauce thickens.

7. Add the onion mixture, fish and broccoli to the white sauce and stir gently to mix well.

8. Pour the fish mixture into a large ovenproof dish.

9. Boil the potatoes for mashing, and when tender, mash with the vegetable spread. Spread the mash over the top of the fish mixture.

10. Bake in the oven for 20 minutes, and finish off under a hot grill to brown the potato.

**Note:** When serving fish to children, make sure that all bones are removed.





LUNCH Broccoli quiche, mashed potato and baked beans

## LUNCH Broccoli quiche, mashed potato and baked beans

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Broccoli quiche	90g	85g	115g
Mashed potato	80g	70g	90g
Baked beans	60g	55g	70g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Broccoli quiche

This recipe makes 12 child-size portions of about 90g.

100g butter  
140g plain flour  
60g wholemeal flour  
40ml water  
1 large head of broccoli, florets only  
6 eggs  
500ml semi-skimmed milk  
40g strong Cheddar cheese, grated

1. Rub the butter into the flour using your fingertips, until the mixture looks like breadcrumbs.
2. Add the water to make pastry. Roll out to line a flan dish.
3. Bake blind at 180°C / 350°F / Gas 4 for 15 minutes. Cool.
4. Steam the broccoli florets until tender.
5. Beat the eggs and milk together.
6. Place the broccoli on the pastry base and pour the egg mix over it.
7. Sprinkle the grated cheese over the top and bake in the oven for 30 minutes.





LUNCH Channa aloo, mixed vegetable pilau and masoor dhal



## LUNCH Channa aloo, mixed vegetable pilau and masoor dhal

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Channa aloo	95g	85g	105g
Mixed vegetable pilau	80g	70g	90g
Masoor dhal	45g	45g	50g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Channa aloo

This recipe makes 12 child-size portions of about 95g.

- 2 medium-sized potatoes, peeled and cut into small cubes
- 3 tablespoons vegetable oil
- 3 teaspoons chilli powder
- 1 teaspoon cumin powder
- 2 medium onions, diced
- 3 cloves garlic, crushed
- 5cm piece fresh root ginger, peeled and grated
- 1 large (400g) can chopped tomatoes
- 2 large (400g) cans chickpeas, drained

1. Boil the potatoes until tender, and then drain.
2. Heat the oil in a large pan and fry the spices and then the onions, garlic and ginger.
3. Add the tomatoes, drained chickpeas and potato.
4. Stir to blend, and cook for about 5-10 minutes until heated through.

### Mixed vegetable pilau

This recipe makes 12 child-size portions of about 80g.

- 3 tablespoons vegetable oil
- 1 medium onion, peeled and diced
- 1 teaspoon crushed garlic
- 1 teaspoon crushed ginger
- 1 medium-sized green chilli, finely chopped
- 1 teaspoon ground cumin
- 4 teaspoons garam masala
- 350g mixed frozen vegetables
- 325g long grain rice
- 650ml water

1. Heat the oil in a saucepan and fry the onions.
2. Add all the other ingredients except for the rice and water. Cook until the vegetables are slightly soft.
3. Add the rice and the water. Bring to the boil, cover and simmer until the rice is tender.







LUNCH Chickpea fritters, sweet potato mash and sweetcorn

## LUNCH Chickpea fritters, sweet potato mash and sweetcorn

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Chickpea fritters	90g	85g	115g
Sweet potato	80g	70g	90g
Sweetcorn	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Chickpea fritters

This recipe makes 12 child-size portions of about 90g.

- 2 large (400g) cans chickpeas, drained
- 2 tablespoons vegetable oil
- 2 medium-sized onions, diced
- 1½ teaspoons fresh sage, finely chopped
- 1½ teaspoons dried mixed herbs
- 1½ teaspoons curry powder
- 2 eggs
- 4 medium slices wholemeal bread, crumbed

1. Mash the drained chickpeas and place in a large bowl.
2. Heat the oil in a frying pan and fry the diced onion until softened.
3. Add the onions, sage, herbs and curry powder to the chickpeas and mix well.
4. Beat one egg, add it to the mixture and mix well. Roll tablespoons of the mixture into sausage shapes.
5. Beat the remaining egg in a bowl, dip the fritters into the beaten egg, and then roll them in the breadcrumbs.
6. Refrigerate for 20 minutes.
7. Bake for 10 minutes at 200°C / 400°F / Gas 6.
8. Serve hot or cold.





LUNCH Mixed bean casserole, new potatoes and petits pois

## LUNCH Mixed bean casserole, new potatoes and petits pois

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Mixed bean casserole	115g	110g	140g
New potatoes	80g	70g	90g
Petits pois	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Mixed bean casserole

This recipe makes 12 child-size portions of about 115g.

- 1 tablespoon vegetable oil
- 1 small onion, diced
- 2 sticks celery, diced
- 2 medium carrots, diced
- 1 clove garlic, crushed
- 1 tablespoon wholewheat flour
- 1 large (400g) can red kidney beans, drained
- 1 large (400g) can butter beans, drained
- 1 large (400g) can chopped tomatoes
- 1 tablespoon tomato purée
- 1 teaspoon dried mixed herbs
- ½ teaspoon black pepper
- 300ml water

1. Heat the oil in a pan and fry the onions until softened.
2. Add the celery, carrots and garlic and fry for 3-4 minutes.
3. Stir in the flour and all the remaining ingredients.
4. Pour into an ovenproof dish and cook at 180°C / 350°F / Gas 4 for about 30-45 minutes.





LUNCH Stuffed peppers, potato salad, and beansprout and cherry tomato salad



## LUNCH Stuffed peppers, potato salad, and beansprout and cherry tomato salad

### Suggested portion sizes

1-4 year olds  
As shown in  
the photo



		1-2 year olds	3-4 year olds
Stuffed peppers	115g	105g	130g
Potato salad	50g	40g	60g
Beansprout and cherry tomato salad	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Stuffed peppers

This recipe makes 12 child-size portions of about 115g.

2 tablespoons vegetable oil  
2 medium onions, diced  
1 clove garlic, crushed  
50g sultanas  
1 large (400g) can chopped tomatoes  
1 tablespoon Worcestershire sauce  
1 teaspoon dried mixed herbs  
½ teaspoon black pepper  
150g cooked brown rice  
150g cooked white rice  
6 medium-sized red peppers

1. Heat the oven to 190°C / 375°F / Gas 5.
2. Heat the oil in a large saucepan and fry the onion and garlic until softened.
3. Add in the sultanas, chopped tomatoes, Worcestershire sauce, herbs and black pepper and simmer for 5 minutes.

4. Mix in the cooked rice.
5. Cut the red peppers in half and de-seed them.
6. Spoon the rice mixture into the peppers.
7. Bake for about 30-40 minutes until the peppers are cooked.

### Potato salad

This recipe makes 12 child-size portions of about 50g.

5 medium-sized potatoes, peeled  
2 tablespoons reduced-fat mayonnaise  
4 tablespoons natural low-fat yoghurt  
1 tablespoon chopped fresh chives

1. Boil the potatoes, cool and dice.
2. Mix the potatoes with the mayonnaise, yoghurt and chives, and chill before serving.





LUNCH Wholemeal pasta, vegetarian Bolognese sauce and broccoli

## LUNCH Wholemeal pasta, vegetarian Bolognese sauce and broccoli

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Wholemeal pasta	80g	70g	90g
Vegetarian Bolognese sauce	90g	85g	105g
Broccoli	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Vegetarian Bolognese sauce

This recipe makes 12 child-size portions of about 90g.

65g red lentils, dried  
1 tablespoon vegetable oil  
1 medium onion, diced  
1 clove garlic, peeled and chopped  
320g soya or vegemince granules  
1 large (400g) can chopped tomatoes  
1 tablespoon tomato purée  
1 teaspoon dried mixed herbs  
350ml water

1. Cook the lentils in boiling water for about 20 minutes until softened. Drain.
2. Heat the oil in a large pan and fry the onion and garlic until softened.
3. Add the soya or vegemince granules, tomatoes, tomato purée, herbs and lentils and stir for 2 minutes.
4. Add the water and bring to the boil, and then cover and simmer for 15-20 minutes.

