

MAIN MEAL African beef stew with cassava and plantain



MAIN MEAL African beef stew with cassava and plantain

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

African beef stew	160g
Cassava	100g
Plantain	80g
Orange juice	150ml

African beef stew

This recipe makes 4 portions of about 160g.

350g lean beef stewing steak
1 tablespoon vegetable oil
½ medium onion, finely chopped
½ teaspoon fresh root ginger, peeled and grated
1 clove garlic
1 small (200g) can chopped tomatoes
½ medium green pepper, finely chopped
½ teaspoon ground cayenne pepper
100g spinach leaves, chopped

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



MAIN MEAL Chilli con carne, jacket potato and green beans



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5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Chilli con carne	130g
Jacket potato	170g
Green beans	80g
Orange juice	150ml

Chilli con carne

This recipe makes 4 portions of about 130g.

300g lean minced beef
½ medium onion, diced
1 small (200g) can chopped tomatoes
½ tablespoon tomato purée
100ml water
1½ teaspoons mild chilli powder
25g diced frozen mixed peppers
1 small (200g) can kidney beans, drained

1. Brown the mince and onions in a non-stick pan.
2. Add the tinned tomatoes, tomato purée, water, chilli powder and mixed peppers.
3. Mix well, cover and simmer gently for about 40 minutes.
4. Add the kidney beans and cook for a further 10 minutes.



MAIN MEAL Ham and cheese sandwich with cucumber sticks and cherry tomatoes



MAIN MEAL Ham and cheese sandwich with cucumber sticks and cherry tomatoes

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Ham and cheese sandwich	140g
Cucumber	40g
Cherry tomatoes	40g
Orange juice	150ml

Ham and cheese sandwiches

This recipe makes 4 portions of about 140g.

140g Cheddar cheese
4 medium slices of ham
4 teaspoons vegetable fat spread
8 small slices brown or wholemeal bread

1. Grate the cheese.
2. Spread a thin layer of vegetable fat spread on each slice of bread.
3. Fill the sandwiches with ham and cheese.



MAIN MEAL Jamaican lamb curry with brown rice and courgettes



MAIN MEAL Jamaican lamb curry with brown rice and courgettes

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Jamaican lamb curry	140g
Brown rice	120g
Courgette	80g
Orange juice	150ml

Jamaican lamb curry

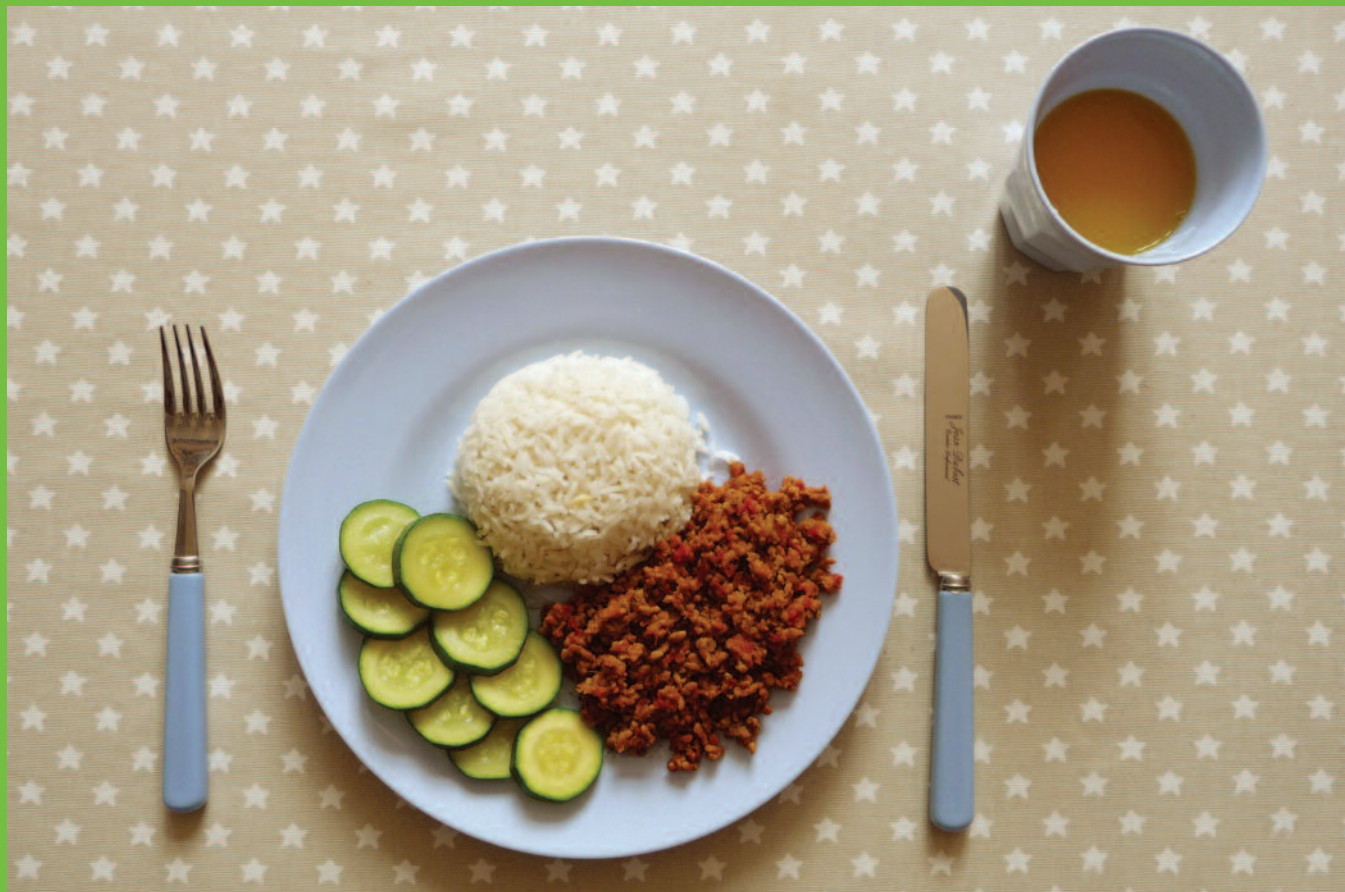
This recipe makes 4 portions of about 140g.

1 teaspoon vegetable oil
350g lamb, diced
1 small onion, diced
½ clove garlic
3 teaspoons curry powder
1 heaped teaspoon tomato purée
300ml water
½ medium cooking apple, peeled and finely chopped
1 tablespoon desiccated coconut
4 teaspoons plain flour

1. Heat the oil and seal the meat quickly.
2. Add the diced onions, garlic and curry powder and cook for 2 minutes.
3. Add the tomato purée, water, finely chopped apples and coconut.
4. Cover and simmer for 1 hour.
5. Mix the flour with a little water to form a smooth paste.
6. Add the flour mixture to the meat and simmer for a further 20 minutes.



MAIN MEAL Lamb kheema with rice and courgettes



MAIN MEAL Lamb kheema with rice and courgettes

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Lamb kheema	130g
Rice	120g
Courgette	80g
Orange juice	150ml

Lamb kheema

This recipe makes 4 portions of about 130g.

½ medium onion, diced
½ clove garlic, crushed
½ tablespoon vegetable oil
350g lean lamb mince
1 small (200g) can chopped tomatoes
1 teaspoon grated fresh ginger
½ teaspoon chilli powder
¼ teaspoon cumin powder
¼ teaspoon coriander powder
150ml water

1. Fry the onions and garlic in the vegetable oil until brown.
2. Add the meat 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.



MAIN MEAL Meatballs in tomato sauce with herb mash and broccoli



MAIN MEAL Meatballs in tomato sauce with herb mash and broccoli

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Meatballs in tomato sauce	180g
Herb mash	150g
Broccoli	80g
Water	150ml

Meatballs in tomato sauce

This recipe makes 4 portions of about 180g.

300g beef mince
1 egg, beaten
½ teaspoon black pepper powder
½ tablespoon vegetable oil
1 medium onion, finely chopped
1 large (400g) can chopped tomatoes
100ml water

1. Put the mince, egg and pepper into a large bowl and, using your hands, mix together thoroughly.
2. Roll the mixture between your hands to make about 12 small balls.
3. Heat the oil in a frying pan and fry the onions and meatballs until browned.
4. Add the tomatoes and water and simmer for 30 minutes.

Herb mash

This recipe makes 4 portions of about 150g.

4 medium-sized old potatoes, peeled and cut into large chunks
1 tablespoon semi-skimmed milk
1 tablespoon chopped chives

1. Boil the potatoes until tender.
2. Mash the potatoes with the milk until smooth.
3. Mix in the chopped chives.



MAIN MEAL Pork sausages with baked beans and mashed potato



MAIN MEAL Pork sausages with baked beans and mashed potato

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Sausages (pork)	60g
Baked beans	90g
Mashed potato	130g
Orange juice	150ml



MAIN MEAL Rainbow ham salad with cucumber and lettuce



MAIN MEAL Rainbow ham salad with cucumber and lettuce

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Rainbow ham salad	200g
Cucumber sticks	40g
Lettuce	30g
Orange juice	150ml

Rainbow ham salad

This recipe makes 4 portions of about 200g.

150g pasta shapes
½ red pepper
½ green pepper
10 cherry tomatoes
4 tablespoons sweetcorn
160g sliced ham, cut into squares

1. Boil the pasta until 'al dente', and then rinse and cool.
2. Chop the peppers, and cut the cherry tomatoes in half.
3. Mix the vegetables into the pasta.
4. Add the ham and mix well.



MAIN MEAL Roast beef with gravy, roast potatoes and mixed vegetables



MAIN MEAL Roast beef with gravy, roast potatoes and mixed vegetables

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Roast beef	50g
Gravy	20g
Roast potatoes	120g
Mixed vegetables	80g
Water	150ml

Roast beef with gravy and roast potatoes

This recipe makes 4 portions.

300g topside of beef
2 tablespoons vegetable oil
3 medium-sized old potatoes, peeled and cut into chunks
1 teaspoon plain flour
200ml water
1 teaspoon gravy granules

1. Heat the oven to 190°C / 375°F / Gas 5.
2. Place the meat in a small roasting tin and cook in the middle of the oven for about 45 minutes. Allow to cool slightly.
3. Meanwhile, heat the oil in a roasting tin at the top of the oven for 5 minutes. Add the chunks of potato and cook at the top of the oven for about 45 minutes.
4. Slice the beef and place in a separate dish or tin.
5. 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.
6. Mix in the gravy granules to give a rich colour and to thicken the gravy slightly.
7. Pour the gravy over the beef.



MAIN MEAL Spaghetti Bolognese with cucumber sticks and tomato



MAIN MEAL Spaghetti Bolognese with cucumber sticks and tomato

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Spaghetti	120g
Bolognese sauce	180g
Cucumber	40g
Tomato	40g
Water	150ml

Bolognese sauce

This recipe makes 4 portions of about 180g.

1 tablespoon olive oil
350g minced beef
1 small onion, diced
1 stick celery, diced
1 clove garlic, crushed
1 teaspoon dried mixed herbs
1 large (400g) can chopped tomatoes

1. Heat the oil in a saucepan, add the minced beef and cook for 5 minutes, until lightly browned.
2. Add the onions, celery, crushed garlic and mixed herbs. Stir and cook for 2 minutes.
3. Add the chopped tomatoes. Bring to the boil, and then simmer uncovered for 60 minutes, stirring occasionally.



MAIN MEAL Sweet and sour pork with noodles



MAIN MEAL Sweet and sour pork with noodles

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Sweet and sour pork	180g
Noodles	120g
Water	150ml

Sweet and sour pork

This recipe makes 4 portions of about 180g.

300g pork loin
1 tablespoon vegetable oil
1 clove garlic, peeled and finely chopped
1 small onion, thinly sliced
1 medium carrot, thinly sliced
1 small green pepper, thinly sliced
½ small (250g) can crushed pineapple in juice, or pineapple chunks in juice, finely chopped
½ tablespoon soy sauce
½ tablespoon tomato purée
½ tablespoon tomato ketchup
½ tablespoon white wine vinegar
½ tablespoon cornflour
150ml 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 of the 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.



MAIN MEAL Caribbean chicken stew with dumplings and callaloo



MAIN MEAL Caribbean chicken stew with dumplings and callaloo

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Caribbean chicken stew	160g
Dumplings	60g
Callaloo	80g
Orange juice	150ml

Caribbean chicken stew

This recipe makes 4 portions of about 160g.

½ small (220g) can pineapple chunks in juice
1 teaspoon cornflour
300ml water
1 teaspoon tomato ketchup
3 tablespoons curry powder
300g chicken, diced
1 small onion, diced
½ medium green pepper, diced
1 small banana

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Blend the pineapple juice with the cornflour.
3. Pour the water, pineapple juice mixture, ketchup and curry powder into a saucepan.
4. Bring to the boil and add the chicken, onions, green pepper and pineapple.
5. Bake in the oven for 1 hour or until the chicken is cooked.
6. Peel and chop the banana into small chunks and stir into the chicken just before serving.

Dumplings

This recipe makes 4 portions of about 60g.
Each portion is 3 small dumplings.

75g cornmeal flour
75g plain flour
3 teaspoons baking powder
1 teaspoon dried mixed herbs
20g vegetable fat spread
120ml water

1. Mix the flours in a bowl with the baking powder and the herbs.
2. Rub the vegetable fat spread in with the fingertips until the mixture resembles fine breadcrumbs.
3. Gradually add small amounts of water, mixing until the flour becomes a soft dough.
4. Break off small pieces of dough and roll into thin sausage shapes about 5 cm long.
5. Drop the dumplings into boiling water and cook for about 15 minutes.



MAIN MEAL Chicken and vegetable stir-fry with boiled noodles



MAIN MEAL Chicken and vegetable stir-fry with boiled noodles

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Chicken and vegetable stir-fry	180g
Noodles	120g
Orange juice	150ml

Chicken and vegetable stir-fry

This recipe makes 4 portions of about 180g.

½ small head of broccoli, florets only
8 baby sweetcorn
1cm chunk fresh root ginger
5 spring onions
1 medium carrot
2 teaspoons vegetable oil
350g chicken, diced
2 heaped teaspoons Demerara sugar
1½ teaspoons soy sauce
3 teaspoons cornflour
250ml water

1. Blanch the broccoli and sweetcorn in boiling water for 2 minutes. Drain well.
2. Peel the ginger and cut into thin matchsticks. Trim and slice the spring onions. Cut the carrot into matchstick shapes.
3. Heat the oil in a wok and stir-fry the diced chicken for 7-8 minutes or until golden. Transfer to a plate and keep warm.
4. Stir-fry the ginger, spring onions and carrots for 2 minutes. Stir in the broccoli and sweetcorn and cook for 1 minute.
5. Whisk together the sugar, soy sauce and cornflour until smooth and well blended. Add to the pan along with the chicken and water. Bring to the boil and simmer for a further 2 minutes or until heated through.



MAIN MEAL Chicken pasta salad with carrot and celery sticks and lettuce



MAIN MEAL Chicken pasta salad with carrot and celery sticks and lettuce

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Chicken pasta salad	200g
Carrot sticks	40g
Celery sticks	40g
Lettuce	30g
Orange juice	150ml

Chicken pasta salad

This recipe makes 4 portions of about 200g.

150g pasta twirls
6 spring onions
½ red pepper
100g cherry tomatoes
200g cooked chicken, diced

For the dressing

4 tablespoons olive oil
1 teaspoon smooth mustard
2 tablespoons white wine vinegar

1. Boil the pasta until 'al dente', and then rinse and cool.
2. Finely chop the onions and red pepper, and cut the cherry tomatoes in half.
3. Mix the vegetables into the pasta.
4. Add the diced chicken and mix well.
5. Make up the dressing by combining the oil, mustard and vinegar together.
6. Pour the dressing over the chicken pasta just before serving.



MAIN MEAL Chicken pie with peas



MAIN MEAL Chicken pie with peas

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Chicken pie	260g
Peas	80g
Water	150ml

Chicken pie

This recipe makes 4 portions of about 260g.

3 medium-sized potatoes, peeled
30g vegetable fat spread
1 small onion, finely chopped
2 tablespoons plain flour
250ml semi-skimmed milk, warmed
250ml water
½ teaspoon mustard powder
200g cooked chicken
1 medium carrot, peeled and sliced
½ small head broccoli, spears only

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Dice the peeled potatoes and boil until tender.
3. Drain the potatoes and mash them, adding a little semi-skimmed milk if needed.
4. Melt the vegetable fat spread in a saucepan over a medium heat. Add the chopped onion and cook for 5 minutes, stirring occasionally.
5. Add the flour to the saucepan and stir for 2 minutes to make a thick paste.

6. Slowly add the warm milk to the saucepan, stirring continuously to make a smooth sauce. When all the milk has been added, stir in the water and mustard powder. Bring to the boil, stirring continuously until the sauce has thickened.
7. Chop the chicken into even-sized pieces and add to the sauce.
8. Add the chopped vegetables and pour into a heatproof pie dish.
9. Spread the mashed potato over the chicken and vegetable mixture.
10. Bake in the oven for about 25 minutes.



MAIN MEAL Chicken tikka masala, rice and mixed salad



MAIN MEAL Chicken tikka masala, rice and mixed salad

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Chicken tikka masala	150g
Rice	120g
Mixed salad	80g
Orange juice	150ml

Chicken tikka masala

This recipe makes 4 portions of about 150g.

350ml semi-skimmed milk
½ teaspoon paprika powder
¼ teaspoon pepper
3 tablespoons cornflour
1 small (150g) pot natural yoghurt
300g cooked chicken, diced
15g tomato purée

1. Heat the milk with the paprika and pepper.
2. Remove from the heat.
3. Mix the cornflour in a little water and add to the milk along with the yoghurt to thicken.
4. Return to the heat and add the chicken and tomato purée.
5. Simmer very gently until heated through.



MAIN MEAL Tortilla wrap with chicken and sweetcorn salsa, and pepper sticks



MAIN MEAL Tortilla wrap with chicken and sweetcorn salsa, and pepper sticks

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Tortilla wrap	40g
Cooked chicken	60g
Pepper sticks	80g
Sweetcorn salsa	60g
Orange juice	150ml

Sweetcorn salsa

This recipe makes 4 portions of about 60g.

2 slices red pepper, finely diced
2 slices raw onion, finely diced
½ small (210g) can sweetcorn, drained
1 tablespoon vegetable oil
½ tablespoon white wine vinegar
¼ teaspoon mustard powder (English)
½ teaspoon sugar
¼ teaspoon ground black pepper

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



MAIN MEAL Turkey skewers with pitta bread and mixed salad



MAIN MEAL Turkey skewers with pitta bread and mixed salad

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Turkey skewers	130g
Pitta bread	50g
Mixed salad	80g
Water	150ml

Turkey skewers

This recipe makes 4 portions of about 130g.

1 medium red pepper
1 medium yellow pepper
350g fresh diced turkey
1 tablespoon olive oil

1. Cut the peppers into chunks of about 3cm.
2. Randomly thread the diced turkey and peppers onto four kebab skewers. (If using wooden skewers, soak them in cold water for about 30 minutes before using them, to prevent them burning.)
3. Brush the kebabs with the olive oil and place under a hot grill.
4. Cook on both sides for 2 minutes under the hot grill, then reduce the heat and grill for a further 10-12 minutes, turning and basting occasionally with any excess oil.

Note: Remove the sharp ends of the skewers before serving.



MAIN MEAL Baked potato with tuna and sweetcorn filling and salad



MAIN MEAL Baked potato with tuna and sweetcorn filling and salad

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Baked potato	180g
Tuna and sweetcorn filling	125g
Salad	80g
Orange juice	150ml

Tuna and sweetcorn filling

This recipe makes 4 portions of about 125g.

- 1 can tuna in brine, drained (drained weight 140g)
- 1 tablespoon low-fat mayonnaise
- 2 tablespoons low-fat natural yoghurt
- ½ teaspoon black pepper
- 1 teaspoon lemon juice
- 350g frozen or canned sweetcorn, defrosted or drained

1. Flake the tuna and mix with all the other ingredients.



MAIN MEAL Coconut fish curry, chapatti and baby sweetcorn



MAIN MEAL Coconut fish curry, chapatti and baby sweetcorn

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Coconut fish curry	150g
Chapatti	55g
Baby sweetcorn	80g
Orange juice	150ml

Coconut fish curry

This recipe makes 4 portions of about 150g.

400g cod fillet (Buy fish from sustainable sources where possible.)

1 clove garlic

4 teaspoons vegetable oil

½ large onion, diced

1 teaspoon mild curry powder

2 teaspoons tomato purée

2 teaspoons lemon juice

⅔ of a large (400ml) can light coconut milk

1. Slice the fish fillets 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.



MAIN MEAL Fish pie with broccoli and peas



MAIN MEAL Fish pie with broccoli and peas

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Fish pie	220g
Broccoli	80g
Peas	40g
Orange juice	150ml

Fish pie

This recipe makes 4 portions of about 220g.

350g white fish (Buy fish from sustainable sources where possible.)
200ml semi-skimmed milk
3 medium-sized potatoes
1 tablespoon vegetable fat spread
2 tablespoons flour
4 tablespoons frozen sweetcorn
½ teaspoon black pepper powder
1 tablespoon chopped parsley

1. Place the fish in a saucepan with the milk and gently simmer until the fish is cooked.
2. Remove the fish to a plate with a slotted spoon and keep the milk for the sauce.
3. Flake the fish, removing any bones and skin.
4. Peel the potatoes, dice and boil until tender.
5. Mash the potato, adding a little semi-skimmed milk if necessary.
6. Melt the vegetable fat spread in a saucepan, stir in the flour and cook for 1 minute. Carefully add the milk a little at a time, stirring continuously to make a smooth sauce.

7. Add the flaked fish, sweetcorn, pepper and chopped parsley to the white sauce. Place the fish mixture in a heatproof bowl.
8. Top with the mashed potato and place under the grill to heat through and brown the top.

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



MAIN MEAL Home-made tuna pizza with potato salad and cucumber and pepper sticks



MAIN MEAL Home-made tuna pizza with potato salad and cucumber and pepper sticks

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Home-made tuna pizza	120g
Potato salad	80g
Cucumber	40g
Red pepper	40g
Water	150ml

Home-made tuna pizza

This recipe makes 4 portions of about 120g.

For the pizza base:

200g self-raising flour
50g vegetable fat spread
1 egg
40ml semi-skimmed milk

For the tomato sauce:

1 tablespoon olive oil
½ small onion, finely chopped
½ clove garlic, finely chopped
1 teaspoon dried mixed herbs
1 small can (200g) chopped tomatoes
2 teaspoons tomato purée

For the topping:

½ small (200g) can tuna in brine, drained
(Buy fish from sustainable sources where possible.)
½ small green pepper, sliced
½ small red pepper, sliced
2 medium mushrooms, sliced
50g Cheddar cheese

1. Heat the oven to 200°C / 400°F / Gas 6.
2. Sift the flour into a large bowl.
3. Rub in the vegetable fat spread using fingertips.
4. Beat the egg and mix it into the flour with enough of the semi-skimmed milk to form a soft dough.
5. Turn out the dough onto a floured board and knead gently.
6. Roll the dough into a square of about 30cm and place on a lightly oiled baking sheet.
7. To make the tomato sauce, heat the oil in a small saucepan and gently cook the onion until softened. Add the garlic and mixed herbs and cook for another minute.
8. Add the tinned tomatoes and simmer gently for 10 minutes.
9. Add the tomato purée and mix well.
10. Spread the tomato sauce over the pizza base.
11. Flake the tuna with a fork and spread evenly over the pizza base, along with the peppers and mushrooms. Sprinkle with grated cheese and cook the pizza at the top of the oven for 20 minutes.

Potato salad

This recipe makes 4 portions of about 80g.

2 medium-sized potatoes, peeled
1 tablespoon reduced-fat mayonnaise
2 tablespoons natural low-fat yoghurt
½ 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.



MAIN MEAL Kedgeree with grilled tomatoes



MAIN MEAL Kedgeree with grilled tomatoes

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Kedgeree	200g
Tomatoes (grilled)	80g
Orange juice	150ml

Kedgeree

This recipe makes 4 portions of about 200g.

1 egg
300g smoked haddock fillets (Buy fish from sustainable sources where possible.)
225g long grain rice
60g frozen peas
1 tablespoon vegetable fat spread
2 teaspoons mild curry powder

1. Hard boil the egg and then peel and dice it.
2. Cook the fish by steaming it, or cooking it in the microwave. Then flake the fish, removing any bones.
3. Cook the rice in boiling water until just tender, then drain.
4. Cook the frozen peas.
5. Melt the vegetable fat spread in a large saucepan and stir in the curry powder, cooked rice, flaked fish, peas and chopped egg.
6. Cook, stirring, until thoroughly hot.

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



MAIN MEAL Salmon fish fingers with chunky chips, tomato salsa and salad



MAIN MEAL Salmon fish fingers with chunky chips, tomato salsa and salad

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Salmon fish fingers	90g
Chunky chips	140g
Tomato salsa	50g
Mixed salad	80g
Water	150ml

Salmon fish fingers

This recipe makes 4 portions of about 90g.

350g salmon fillet (fresh or frozen and thoroughly defrosted) (Buy fish from sustainable sources where possible.)

2 eggs

3 slices of bread, crumbed

1. Heat the oven to 190°C / 375°F / Gas 5.
2. Cut the salmon fillet into 12 even-sized strips.
3. Beat the eggs in a shallow dish to make an egg wash.
4. Dip the strips in the egg wash and then roll the strips in the breadcrumbs until fully coated.
5. Place the coated strips on a baking tray and bake in the oven for 15 minutes.

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

Tomato salsa

This recipe makes 4 portions of about 50g.

½ small (200g) can chopped tomatoes

2 spring onions, finely chopped

½ medium red pepper, cored and finely chopped

1 tablespoon chopped fresh parsley

½ clove garlic, crushed

½ tablespoon white wine vinegar

½ tablespoon lemon juice

¼ teaspoon black pepper powder

1. Mix all the ingredients together. Chill before serving.



MAIN MEAL Salmon fishcakes, rice and pepper salad and a green salad



MAIN MEAL Salmon fishcakes, rice and pepper salad and a green salad

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Salmon fishcakes	100g
Rice and pepper salad	80g
Green salad	80g
Orange juice	150ml

Salmon fishcakes

This recipe makes 4 portions of about 100g.

- 1 large old potato
- 2 tablespoons semi-skimmed milk
- 200g salmon fillet (Buy fish from sustainable sources where possible.)
- 1 teaspoon fresh parsley, finely chopped
- $\frac{1}{4}$ teaspoon white pepper
- 1 egg
- 2 slices white bread, crumbed

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Peel, dice and boil the potato until tender, then mash with the 2 tablespoons of milk.
3. Steam the salmon and break into flakes, removing any bones.
4. Mix together the potatoes, fish, parsley and pepper.
5. Using your hands, shape the mixture into 12 small fishcakes.
6. Break the egg into a shallow dish and beat with a fork.
7. Coat each fishcake in egg wash and then press gently into breadcrumbs to coat.
8. Place on a tray and bake for 15-20 minutes.

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

Rice and pepper salad

This recipe makes 4 portions of about 80g.

- $\frac{1}{2}$ small red pepper, diced
- $\frac{1}{2}$ small green pepper, diced
- 2 spring onions, chopped
- $\frac{1}{4}$ clove of garlic
- 2 teaspoons olive oil
- 1 teaspoon white wine vinegar
- 200g white long grain rice, cooked

1. Combine the chopped vegetables.
2. Prepare the dressing by finely chopping the garlic and blending it with the oil and vinegar.
3. Mix the rice and vegetables together.
4. Stir in the dressing.



MAIN MEAL Sardines with toast, and pepper and cucumber sticks



MAIN MEAL Sardines with toast, and pepper and cucumber sticks

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Sardines in tomato sauce	70g
Toast	60g
Vegetable fat spread	6g
Orange pepper	40g
Cucumber	40g
Orange juice	150ml



MAIN MEAL Tuna and tomato pasta with cucumber and pepper sticks



MAIN MEAL Tuna and tomato pasta with cucumber and pepper sticks

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Tuna and tomato pasta	200g
Cucumber	40g
Yellow pepper	40g
Water	150ml

Tuna and tomato pasta

This recipe makes 4 portions of about 200g.

1 tablespoon olive oil
1 small onion, diced
½ clove garlic, finely chopped
1 large (400g) can chopped tomatoes with herbs
½ teaspoon sugar
150g dried pasta shapes, such as penne
1 small (200g) can tuna in spring water, drained (Buy fish from sustainable sources where possible.)

1. Heat the olive oil in a saucepan and cook the onion until softened.
2. Add the chopped garlic and cook for a further minute.
3. Add the chopped tomatoes and sugar and bring to the boil.
4. Reduce the heat and allow to simmer without a lid for about 12 minutes.
5. Meanwhile, cook the pasta in boiling water according to the instructions on the packet.
6. Flake the drained tuna with a fork and stir into the pasta sauce to warm through.
7. Drain the cooked pasta well and return it to the pot. Pour the sauce over the pasta and mix gently.

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

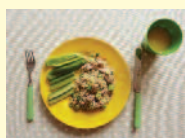


MAIN MEAL Tuna couscous with cucumber and pepper sticks



MAIN MEAL Tuna couscous with cucumber and pepper sticks

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Tuna couscous	160g
Cucumber sticks	40g
Pepper sticks	40g
Orange juice	150ml

Tuna couscous

This recipe makes 4 portions of about 160g.

120g couscous
240ml boiling water
A drizzle of olive oil
1 teaspoon mixed dried herbs
Juice of 1 lemon
Juice of 1 lime
1 can tuna in water or brine (130g drained weight)
1 large avocado, skin and stone removed, diced

1. Add the boiling water to the couscous and leave until all the water is absorbed (about 5 minutes).
2. Fluff up the couscous with a fork and stir in the oil, mixed herbs, lemon juice and lime juice.
3. Mix the flaked tuna and avocado with the couscous.
4. Chill in the fridge until serving.



MAIN MEAL Baguette with houmous, carrot and cucumber sticks and dried apricots



MAIN MEAL Baguette with houmous, carrot and cucumber sticks and dried apricots 5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Baguette	60g
Houmous	40g
Carrot	80g
Cucumber	40g
Apricots (dried)	40g
Orange juice	150ml



MAIN MEAL Bean burger with potato salad and mixed salad



MAIN MEAL Bean burger with potato salad and mixed salad

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Bean burger	100g
Burger bun	60g
Potato salad	80g
Mixed salad	80g
Water	150ml

Bean burgers

This recipe makes 4 portions of about 100g.

- 1 tablespoon vegetable oil
- 1 small onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 large (400g) can red kidney beans, drained
- 1 small (200g) can chick peas, drained
- 1 tablespoon tomato purée
- 2 slices of bread, crumbed
- 1½ teaspoons ground cumin
- 1½ tablespoons chopped fresh coriander

1. Heat the oil in a small saucepan and cook the onion and garlic until softened and beginning to brown.
2. In a large bowl, mash the kidney beans and chick peas.
3. Add the tomato purée, breadcrumbs, cumin, coriander and the fried onion mixture to the mashed beans and stir together well.
4. Using your hands, shape the mixture into four round burgers.
5. Grill the burgers for a few minutes on each side until browned.



MAIN MEAL Broccoli and cauliflower pasta bake, garlic bread and mixed salad



MAIN MEAL Broccoli and cauliflower pasta bake, garlic bread and mixed salad

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Broccoli and cauliflower pasta bake	240g
Garlic bread	40g
Mixed salad	80g
Orange juice	150ml

Broccoli and cauliflower pasta bake

This recipe makes 4 portions of about 240g.

125g penne pasta
170g broccoli, frozen florets
170g cauliflower, frozen florets
25g vegetable fat spread
75g onions, frozen, ready prepared
75g diced mixed peppers, frozen
75g sweetcorn, frozen kernels
½ clove garlic
25g plain flour
375ml semi-skimmed milk
85g Cheddar cheese (reduced fat), grated
1 teaspoon tomato purée

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Cook the pasta, and drain.
3. Place in the bottom of a tin and put the broccoli and cauliflower on top.
4. Heat the vegetable fat spread in a pan, and fry the onions, peppers, sweetcorn and garlic.
5. Add the flour and then the milk to make a creamy sauce. Add the cheese and tomato purée.
6. Pour the sauce over the vegetables.
7. Bake for 30 minutes until golden.



MAIN MEAL Broccoli quiche with three bean salad and rice and pepper salad



MAIN MEAL Broccoli quiche with three bean salad and rice and pepper salad

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Broccoli quiche	140g
Three bean salad	50g
Rice and pepper salad	100g
Orange juice	150ml

Broccoli quiche

This recipe makes 4 portions of about 140g.

50g butter
70g plain flour
30g wholemeal flour
20ml water
½ large head of broccoli, florets only
3 eggs
250ml semi-skimmed milk
25g strong Cheddar cheese, grated

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Rub the butter into the flour until it looks like breadcrumbs.
3. Add water to make pastry. Roll out to line a small flan dish.
4. Bake blind for 15 minutes. Cool.
5. Steam the broccoli florets until tender. Beat the eggs and milk together.
6. Place the broccoli on the pastry base and pour the egg mix over it.
7. Sprinkle grated cheese over the top and bake in the oven for 25-30 minutes.

Three-bean salad

This recipe makes 4 portions of about 50g.

¼ clove of garlic
2 teaspoons olive oil
1 teaspoon white wine vinegar
1 large can (400g) mixed beans, drained

1. Prepare the dressing by finely chopping the garlic and blending it with the oil and vinegar.
2. Mix all the ingredients together and chill.

Rice and pepper salad

This recipe makes 4 portions of about 100g.

½ medium red pepper, diced
½ medium green pepper, diced
½ small (200g) can sweetcorn in water, drained
2 spring onions, chopped
½ clove garlic, finely chopped
2 teaspoons olive oil
1 teaspoon white wine vinegar
200g white long grain rice, cooked

1. Combine the chopped vegetables.
2. Prepare the dressing by finely chopping the garlic and blending it with the oil and vinegar.
3. Mix the rice and vegetables together.
4. Stir in the dressing.



MAIN MEAL Chick pea and vegetable curry with rice, and tomato salad



MAIN MEAL Chick pea and vegetable curry with rice, and tomato salad

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Chick pea and vegetable curry	190g
Rice	120g
Tomato salad	80g
Water	150ml

Chick pea and vegetable curry

This recipe makes 4 portions of about 190g.

1 tablespoon vegetable oil
1 medium onion, peeled and sliced
2 teaspoons curry powder
1 clove garlic, finely chopped
150ml water
2 medium carrots, peeled and diced
½ small head of cauliflower, florets only
½ large (400g) can chick peas in water, drained
½ small (150g) carton low-fat natural yoghurt

1. Heat the oil in a small saucepan and cook the onion until softened and beginning to brown.
2. Add the curry powder and garlic and cook for 1 minute.
3. Add the water.
4. Add the carrot, cauliflower and drained chick peas and bring to the boil.
5. Reduce the heat, cover and simmer for 10 minutes.
6. Remove from the heat and stir in the yoghurt. Return the pan to a low heat and cook gently for 2 minutes.

Tomato salad

This recipe makes 4 portions of about 80g.

4 medium-sized tomatoes
2 teaspoons 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.

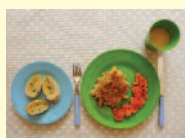


MAIN MEAL Courgette and pasta bake with carrots and garlic bread



MAIN MEAL Courgette and pasta bake with carrots and garlic bread

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Courgette and pasta bake	235g
Carrots	80g
Garlic bread	40g
Orange juice	150ml

Courgette and pasta bake

This recipe makes 4 portions of about 235g.

175g pasta shapes
1 tablespoon vegetable oil
½ medium onion
2 medium courgettes
200g frozen sweetcorn
1 teaspoon tomato purée
330ml semi-skimmed milk
3 teaspoons cornflour
100g Cheddar cheese
2 small slices wholemeal bread, crumbed

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Cook the pasta.
3. Fry the onion, courgettes and sweetcorn in the oil.
4. Add the pasta and tomato purée.
5. Warm the milk in a small pan, mix the cornflour in a little water and add to the milk, bring to the boil stirring continuously until thickened, and then add the cheese.
6. Combine the sauce with the pasta.
7. Place in a tin and sprinkle with the breadcrumbs.
8. Cook in the oven for 30 minutes.



MAIN MEAL Creole jambalaya with pitta bread and mixed salad



MAIN MEAL Creole jambalaya with pitta bread and mixed salad

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Creole jambalaya	175g
Pitta bread	50g
Mixed salad	80g
Water	150ml

Creole jambalaya

Recipe provided by Grub4life.org

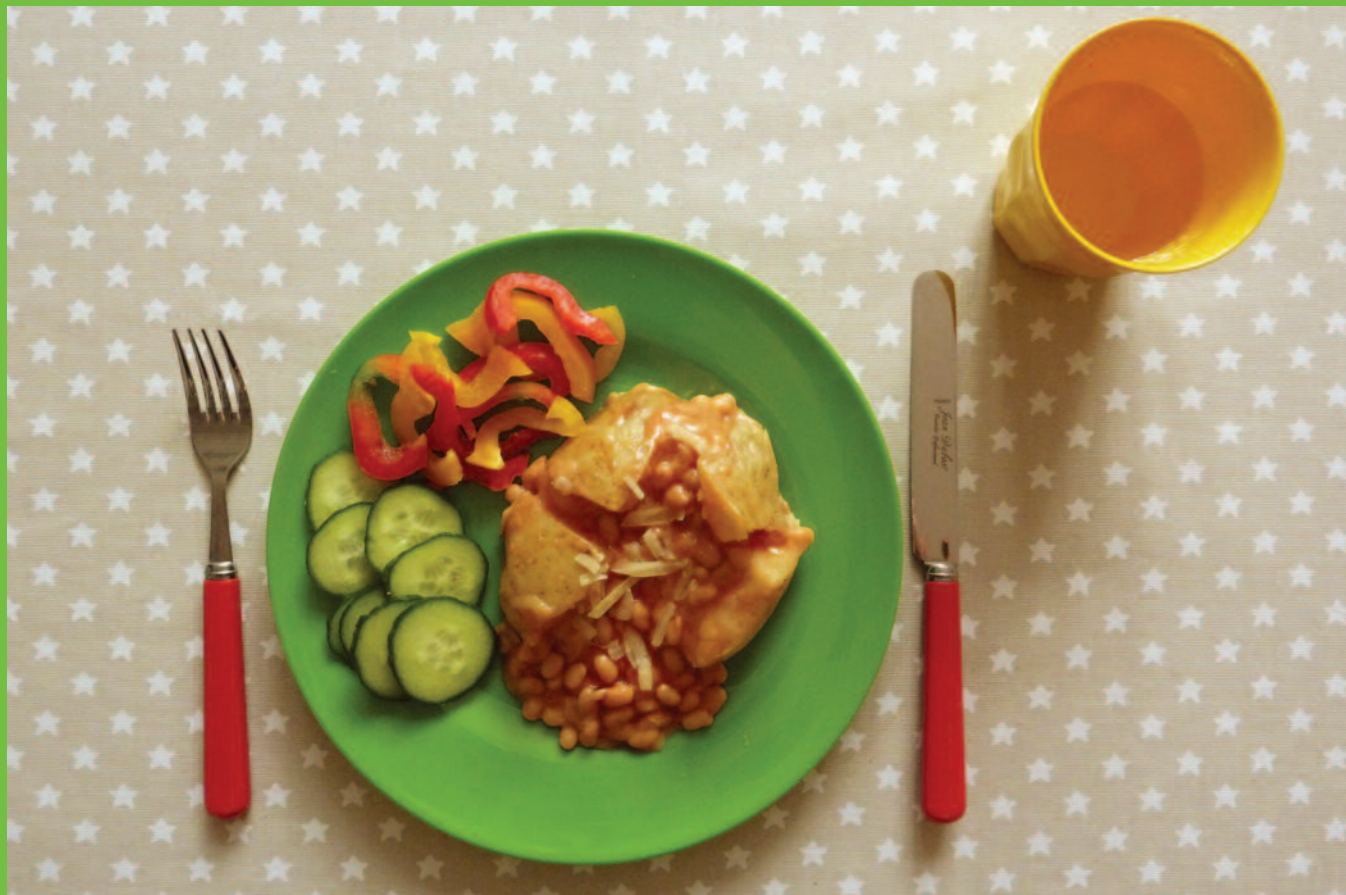
This recipe makes 4 portions of about 175g.

½ tablespoon vegetable oil
1 small onion, peeled and finely chopped
1 clove garlic, peeled and crushed
90g vegetarian mince
2 vegetarian sausages, sliced into bite-sized rounds
½ medium leek, washed and thinly sliced
½ medium red pepper, deseeded and diced
½ stick of celery, diced
½ courgette, diced
4 medium-sized mushrooms, washed and diced
½ teaspoon mixed dried herbs
1 teaspoon mild chilli powder
100g long grain rice
300ml carton passata

1. In a large pan, heat the oil, add the onion and garlic and soften for 2 minutes.
2. Add the mince and sausages and brown.
3. Add the leek, red pepper, celery, courgette, and mushrooms and stir until the vegetables have softened slightly.
4. Add the herbs and chilli powder and stir well, then stir in the rice until well mixed.
5. Add the passata, cover and simmer for 15 minutes, until the rice is tender.



MAIN MEAL Jacket potato with cheesy beans, cucumber and pepper sticks



MAIN MEAL Jacket potato with cheesy beans, cucumber and pepper sticks

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Jacket potato	170g
Cheese	40g
Baked beans	90g
Cucumber	40g
Red and yellow pepper	40g
Water	150ml

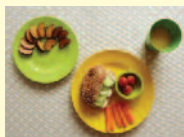


MAIN MEAL Mozzarella and cucumber roll with carrot, cherry tomatoes and plum



MAIN MEAL Mozzarella and cucumber roll with carrot, cherry tomatoes and plum

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Mozzarella and cucumber roll	130g
Carrot sticks	40g
Cherry tomatoes	40g
Plum	80g
Orange juice	150ml

Mozzarella and cucumber rolls

This recipe makes 4 portions of about 130g.

4 wholemeal rolls
4 teaspoons vegetable fat spread
140g mozzarella cheese
120g cucumber slices

1. Split the roll and spread with the vegetable fat spread.
2. Slice the mozzarella and cucumber and place inside the roll.



MAIN MEAL Roasted vegetable couscous with bean and celery salad and coleslaw



MAIN MEAL Roasted vegetable couscous with bean and celery salad and coleslaw

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Roasted vegetable couscous	180g
Bean and celery salad	55g
Coleslaw	65g
Orange juice	150ml

Roasted vegetable couscous

This recipe makes 4 portions of about 180g.

1 medium courgette
8 medium mushrooms
½ medium onion
1 small red pepper
1 teaspoon dried mixed herbs
1 tablespoon vegetable oil
200g couscous
400ml water
¼ teaspoon black pepper powder

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Cut the courgette and mushrooms into thick slices. Cut the onion into thick wedges. Cut the pepper lengthways into thick slices.
3. Place the vegetables on a baking tray, sprinkle on the mixed herbs, and drizzle with the oil. Roast for 15 minutes until tender.
4. To prepare the couscous, pour boiling water over the couscous, mix gently, cover and allow to stand for 5 minutes.
5. When ready, fork over the couscous to separate the grains. Add the pepper and combine with the cooked vegetables.

Bean and celery salad

This recipe makes 4 portions of about 55g.

2 sticks celery
¼ clove garlic
2 teaspoons olive oil
1 teaspoon white wine vinegar
1 large can (400g) mixed beans, drained

1. Chop the celery finely.
2. Prepare the dressing by finely chopping the garlic and blending it with the oil and vinegar.
3. Mix all the ingredients together and chill.

Coleslaw

This recipe makes 4 portions of about 65g.
¼ medium white cabbage, shredded
1 medium carrot, grated
2 tablespoons reduced fat mayonnaise
4 teaspoons natural low-fat yoghurt

1. Mix all the ingredients together well and chill.



MAIN MEAL Soft cheese with pitta bread fingers, celery and red pepper sticks, and peach



MAIN MEAL Soft cheese with pitta bread fingers, celery and red pepper sticks and peach

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Soft cheese	40g
Pitta bread	70g
Celery	40g
Red pepper	40g
Peach	80g
Orange juice	150ml



MAIN MEAL Sweet and sour vegetables with egg-fried rice



MAIN MEAL Sweet and sour vegetables with egg-fried rice

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Sweet and sour vegetables	200g
Egg-fried rice	190g
Orange juice	150ml

Egg-fried rice

This recipe makes 4 portions of about 190g.

200g long grain rice
1 teaspoon vegetable oil
4 spring onions, sliced
60g diced frozen mixed peppers
6 medium mushrooms, sliced
1 small tomato, sliced
60g frozen peas
60g frozen sweetcorn
½ clove of garlic
80ml water
1 teaspoon soy sauce
1 egg

1. Cook the rice in boiling water until tender. Drain.
2. Heat the oil and fry the spring onions, peppers, mushrooms, tomatoes, peas, sweetcorn and garlic.
3. Add the water, soy sauce and rice.
4. Make an omelette from the egg and cut into strips.
5. Mix with the other ingredients and heat thoroughly.

Sweet and sour vegetables

This recipe makes 4 portions of about 200g.

1 large old potato, peeled and diced
1 medium carrot
1 small courgette, diced
½ medium cooking apple, peeled, core, and diced
½ medium red pepper, diced
160ml water
7 medium mushrooms
1 small (200g) can chopped tomatoes
1 tablespoon vegetable oil
½ large onion
1 clove garlic
3 teaspoons tomato purée
3 teaspoons soy sauce
1 teaspoon ground ginger
1 tablespoon brown sugar
4 teaspoons vinegar
3 teaspoons cornflour

1. Cook the potato, carrot, courgette, apple and pepper in a little water for 15 minutes.
2. In a separate pan, heat the mushrooms in a little water for a minute, to soften them, and then add the tomatoes.
3. Add all the remaining ingredients except for the cornflour to the tomato mixture.
4. Blend the cornflour with a little water, add this to the tomato mixture and stir until thickened.
5. Pour the sauce over the vegetables and simmer for 5 minutes.



MAIN MEAL Vegetable risotto, with tomato and basil salad and crusty bread



MAIN MEAL Vegetable risotto, with tomato and basil salad and crusty bread

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Vegetable risotto	140g
Crusty bread	45g
Tomato and basil salad	80g
Orange juice	150ml

Vegetable risotto

This recipe makes 4 portions of about 140g.

40g vegetable fat spread
½ small onion, diced
1 small carrot, diced
30g frozen peas
4 medium mushrooms, sliced
4 baby sweetcorn (or 1 heaped tablespoon frozen sweetcorn kernels)
150g risotto rice
300ml water
20g Parmesan cheese, grated

1. Melt the vegetable fat spread, add the onions, carrot, peas, mushrooms and sweetcorn, and cook gently for 2-3 minutes.
2. Add the rice, cook without colouring for a further 2-3 minutes, and then add the water.
3. Cover with a lid and allow to simmer gently until the rice is cooked.
4. Mix in the cheese with a fork and serve.

Note: Do not add the Parmesan cheese if serving this dish to vegetarians.



MAIN MEAL Vegetable soup with a brown roll, cheese chunks and blueberries



MAIN MEAL Vegetable soup with a brown roll, cheese chunks and blueberries

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Vegetable soup	250g
Brown roll	65g
Cheddar cheese	30g
Blueberries	80g
Orange juice	150ml

Vegetable soup

This recipe makes 4 portions of about 250g.

1 small onion, diced
1 small carrot, diced
1 small turnip, diced
1/8 cabbage, thinly sliced
1 leek, trimmed and sliced
1 medium potato, diced
800ml water
1 tablespoon chopped parsley
1 bay leaf
1 teaspoon salt
1 teaspoon dried mixed herbs

1. Place all the ingredients into a pan and simmer for 30 minutes. Remove the bay leaf.
2. Remove half of the ingredients and liquidise with a blender.
3. Return the liquidised ingredients back to the pan and simmer for 5-10 minutes.
4. Remove from the heat and serve.



MAIN MEAL Vegetarian sausages with leek and potato bake



MAIN MEAL Vegetarian sausages with leek and potato bake

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Vegetarian sausages	60g
Leek and potato bake	280g
Orange juice	150ml

Leek and potato bake

This recipe makes 4 portions of about 280g.

3 large old potatoes, washed and thickly sliced, with skins left on
3 large leeks, washed and sliced
1 large (400g) can chopped tomatoes
300ml semi-skimmed milk
4 teaspoons cornflour
½ teaspoon black pepper
100g Cheddar cheese, grated

1. Heat the oven to 200°C / 400°F / Gas 6.
2. Boil the potatoes until just cooked.
3. Steam the leeks for 5-10 minutes until just tender.
4. Warm the milk in a small pan. Mix the cornflour in a little water and add it to the milk. Bring to the boil stirring continuously until thickened, and season with pepper.
5. Layer the ingredients in an ovenproof dish as follows: potatoes, leeks, tomatoes, potatoes and sauce.
6. Sprinkle the cheese over the top.
7. Bake for 20-25 minutes.

