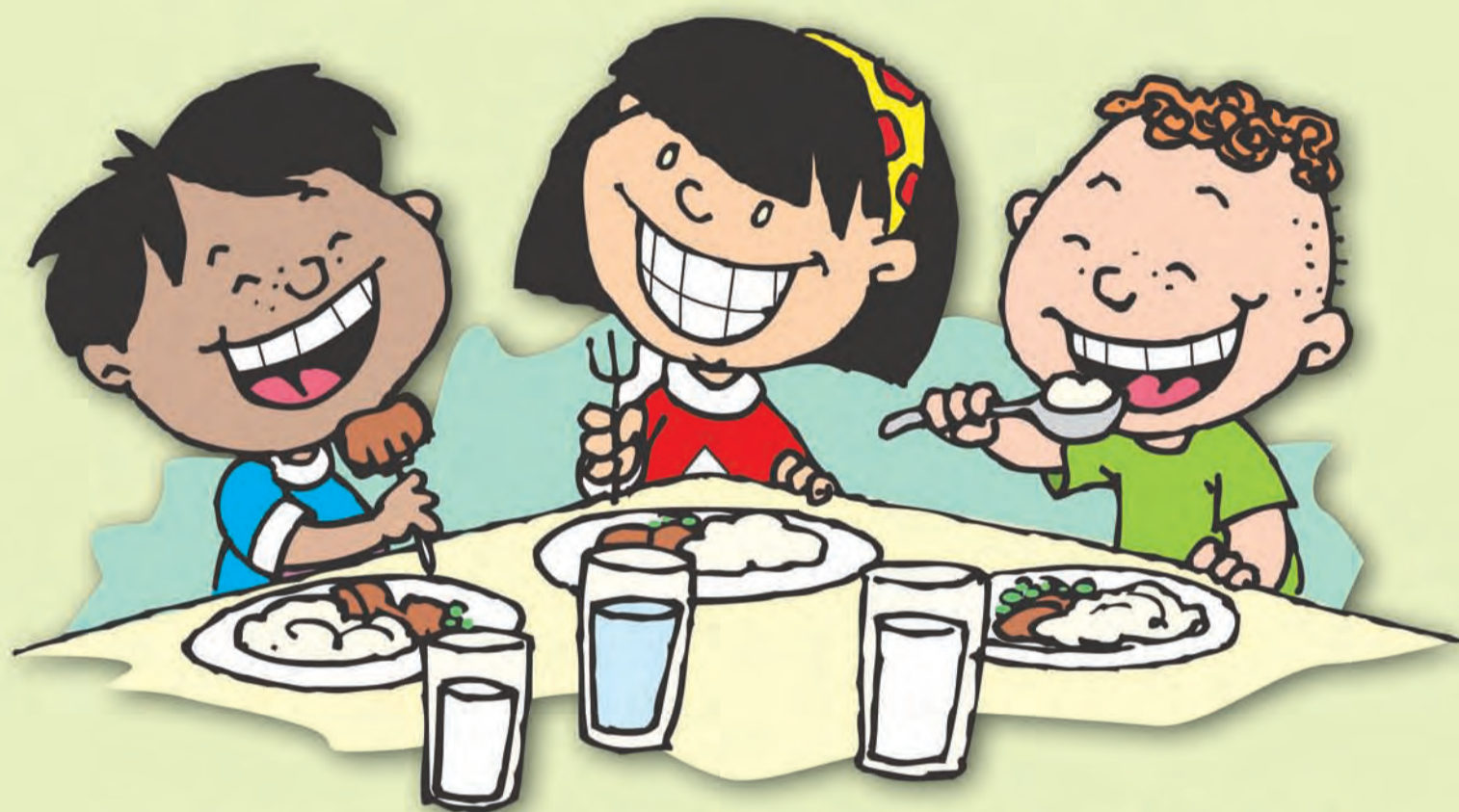


3-Week Menu Plan



a resource for pre-schools



Foreword

The early years of a child's life are critically important for the formation of good lifestyle habits, including a positive attitude towards healthy eating. Research findings show a correlation between a wide range of positive health behaviours and healthy eating among school children. Studies also indicate that social and developmental benefits are linked to the establishment of a nutritionally adequate diet in early childhood.

This resource has been developed in response to the needs expressed by Pre-School providers to assist them in implementing the Food and Nutrition Guidelines for Pre-Schools Services published in April 2004. It is the outcome of a collaborative process which was inclusive of stakeholders across both Pre-School and Health Service settings.

I have no doubt that the work which has gone into producing this resource will assist Pre-school providers in the development of nutritious meals and snacks. This in turn will have positive outcomes for both the children in their care and for the parents of these children.

I would like to acknowledge the work of Fiona Moloney, Dara Morgan and Glenda O'Connor who developed and produced the resource. I would also like to recognise the on-going work of Pre-school providers, Pre-school Services, Health Promotion staff, and key support agencies in ensuring that the healthy eating message is disseminated and implemented across all settings where children are cared for and nurtured.



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Abbreviations we use in the recipes

g	grams	Remember
kg	kilogram	1kg = 1,000g
L	litre	1L = 1,000ml
ml	millilitres	
tbsp	tablespoon	
tsp	teaspoon	

Introduction

The Food and Nutrition Guidelines for Pre-School Services were issued by The Department of Health and Children in April 2004. Following this community dietitians throughout the country delivered training on the guidelines to pre-school providers. When evaluating this training, dietitians in the Health Promotion Department, HSE Dublin Mid-Leinster, identified a need for nutrition support materials to aid the implementation of the guidelines. A 3-week menu plan was devised. In developing this resource, a pilot test was carried out in seven pre-schools in the former South Western Area of the HSE. Appropriate changes were made based on the recommendations of this pilot test.

This resource aims to provide a practical guide for you to implement the guidelines and to provide balanced, nutritious meal ideas that will satisfy a growing child. All recipes are suitable for children **from 1 year** onwards and the portion sizes are based on the requirements of children aged 1½-3 years.

Key points



Offer children a wide variety of foods.



Plan varied healthy meals and snacks in advance.



Use the Food Pyramid to ensure that they receive the recommended number of servings from all food groups each day and that suitable portion sizes are offered.



Offer children healthy snacks between meals to meet their higher energy requirements.



Offer tooth-friendly drinks regularly.



Prepare food in a clean and safe way.



Use healthy cooking methods.



Avoid adding salt or using very salty foods frequently.



Accommodate any specific dietary requirements of the children in your pre-school, for example for health reasons or due to religious or cultural preferences.









Remember, food is a wonderful source of learning for children. Use mealtimes and snacks to give children the opportunity to explore new foods. The use of different colours, tastes and textures makes mealtimes exciting for children. It also allows for a variety of food related activities to be introduced. This can lay the foundations of simple health promoting links between food and health at an early age.



Refer to your copy the Food and Nutrition Guidelines for Pre-School Services for additional information.

How to use this resource

- 
 This menu plan provides a guide for breakfast, dinner, tea and snack suggestions, for 5 days of the week, over a 3 week period. At the end of week 3, start the menu plan at week 1 again. By doing this your children are well on their way to achieving the recommendations of the Food Pyramid.
- 
 Display the menu plan where all staff can see it clearly. Provide copies of the menu plan to new parents and staff.
- 
 Each recipe shows the amount of ingredients required to make enough for a group of 10, 20 or 30 children. If you are cooking for more, for example 60 children, simply double the ingredients needed for 30 children. The cooking times may need to be increased also.
- 
 A recipe for homemade vegetable stock and homemade chicken stock have been included (see page 59 and 60 respectively). Homemade stock is a useful alternative to shop bought stock cubes, which are high in salt. Since we are not born with a taste for salt we should minimise the amount of processed foods we give to children to prevent them developing a strong taste for salty foods. High levels of salt are difficult for the child's body to handle and can cause health problems. Although we do not recommend the use of shop bought stock cubes, if they are occasionally used they should be dissolved in sufficient water, for example, dissolve 1 stock cube in 1 pint (568ml) of warm water, and then add the solution to the dish, rather than simply sprinkling the stock on top of the dish and adding the water.
- 
 In this resource, the vegetarian option excludes meat, poultry and fish, but includes milk, cheese and eggs. If a child is vegetarian, it is important to discuss the particular food requirements with the child's parents as the strictness of the diet may vary considerably depending on religion, culture and personal preference.
- 
 Portion sizes are a guideline. However, these may need to be modified slightly depending on the age of the majority of children in your pre-school. For example, if more children are closer to 1½ years of age, the number of servings may stretch a little further. Alternatively, if there are a larger number of older children, the quantity of each ingredient in a recipe for a set number of servings may need to be increased slightly.



Never leave a child unattended while they are eating due to the risk of choking.



Be especially careful when foods with different textures are being eaten.



For younger children, take care to remove pips and seeds from fruit.



Whole nuts and popcorn are not recommended for children under the age of 5 years because of the risk of choking.



Encourage food to be eaten slowly and carefully to reduce the risk of choking and to prolong the taste sensation from food.



Make sure that children sit quietly while eating, as young children who run, play, laugh or cry while eating are more likely to choke on their food.



What is the Food Pyramid?

The Food Pyramid is a visual guide to a healthy diet. The recommended number of servings listed for each shelf are suitable for children from 5 years of age. For younger children, start with smaller and fewer servings and increase up to the guidelines recommended, according to the child's own growth and appetite. The table on page 17 of your copy of the Food and Nutrition Guidelines for Pre-School Services gives recommendations for younger children and also shows the serving sizes for various foods on each shelf of the Food Pyramid.



Offer different choices from the servings list of each shelf to achieve the recommended number of portions every day and to ensure variety in the diet. All meals in this menu plan are based on the Food and Nutrition Guidelines and, over the course of the week, will satisfy the recommendations of the Food Pyramid.

A note on fats and oils

Different fats work in different ways in our bodies. Monounsaturated and polyunsaturated fats are better fats for our hearts. On the other hand saturated fats increase our risk of heart disease.



We should protect our hearts from an early age. Therefore we should choose “pure vegetable oils” for cooking with rather than using a blended oil. Oils high in monounsaturated fat include olive oil, rapeseed (canola) oil, peanut oil and groundnut oil. Oils high in polyunsaturated fat include sunflower oil, safflower oil, soya oil, corn oil, sesame seed oil, linseed oil and grape seed oil. Limit the use of butter, hard margarine and lard as they are high in saturated fat. Many spreads on our supermarket shelves are suitable for baking, making sauces, cooking and shallow frying as well as spreading. Therefore, when choosing a spread for use on bread or in the recipes, check the label of a couple of varieties and pick one which is higher in monounsaturated or polyunsaturated fat.

Remember, although monounsaturated and polyunsaturated fats are better for our hearts, all fats and oils are high in energy and we should ensure we do not use too much fat when cooking or spreading. Low-fat products are not suitable for children under 2 years of age. Low-fat products can generally be introduced after the age of 2 years, provided the child is a good eater and has a varied diet.

Prepare food in a clean and safe way

It is essential that food provided to children is stored, prepared and presented in a safe and hygienic environment. Extra care is needed for infants and young children as they have a lower resistance to food poisoning. Food poisoning can be a serious illness for infants and young children.

General food safety rules



Before starting, always thoroughly wash and dry your hands.



Adequate cooking kills bacteria, therefore a core temperature of 75°C or greater must always be achieved.



Leftovers must be quickly cooled and then refrigerated. Once refrigerated the food must be eaten within 24 hours.



When reheating food, it should be piping hot all the way through and reach a core temperature of 70°C.



Refrigerated goods must be stored at or below 5°C.

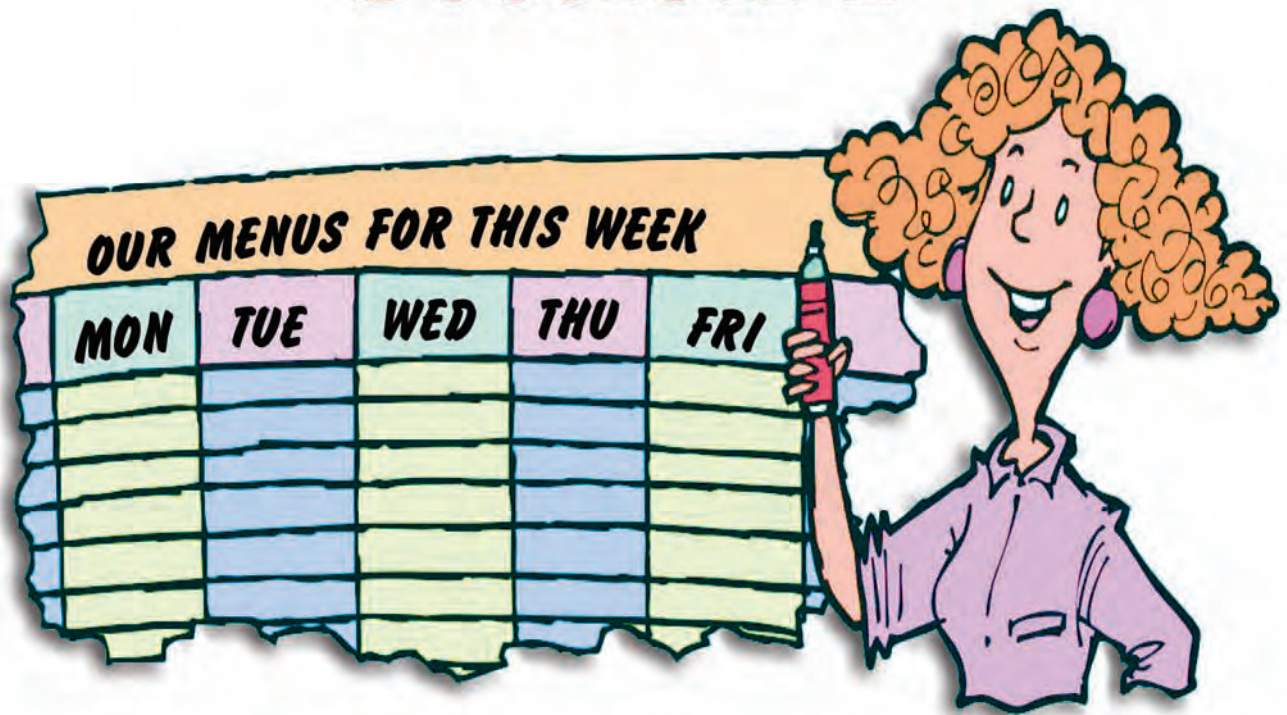


Frozen food should be defrosted in a fridge at a temperature at or below 5°C. It should be placed on the bottom shelf, ensuring that it cannot drip onto any other foods.

Further information on food safety and food hygiene in the kitchen may be found on pages 33-36 of your copy of Food and Nutrition Guidelines for Pre-school Services.



Section 1



Weekly Menu Plans



WEEK 1 MENUS

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Diluted pure unsweetened fruit juice</p> <p>☞</p> <p>Breakfast cereal</p> <p>☞</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>	<p>Diluted pure unsweetened fruit juice</p> <p>☞</p> <p>Breakfast cereal</p> <p>☞</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>	<p>Diluted pure unsweetened fruit juice</p> <p>☞</p> <p>Breakfast cereal</p> <p>☞</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>	<p>Diluted pure unsweetened fruit juice</p> <p>☞</p> <p>Breakfast cereal</p> <p>☞</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>	<p>Diluted pure unsweetened fruit juice</p> <p>☞</p> <p>Breakfast cereal</p> <p>☞</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>
Mid-morning snack	<p>Milk</p> <p>☞</p> <p>Apple chunks</p>	<p>Milk</p> <p>☞</p> <p>Hummus and crackers</p>	<p>Milk</p> <p>☞</p> <p>Grapes</p>	<p>Fruit smoothie</p> <p>☞</p>	<p>Milk</p> <p>☞</p> <p>Salad plate with dips</p>
Lunch	<p>Mild chicken curry with apple and boiled rice</p> <p>☞</p> <p>Pineapple pieces (fresh or tinned in natural juice)</p> <p>☞</p> <p>Water</p> <p>☞</p> <p>Vegetarian option: Curry made with quorn pieces</p>	<p>Beef casserole served with broccoli, carrots and potatoes</p> <p>☞</p> <p>Milky rice pudding and raisins</p> <p>☞</p> <p>Water</p> <p>☞</p> <p>Vegetarian option: Lentil and vegetable casserole</p>	<p>Vegetable pasta bake</p> <p>☞</p> <p>Fruit crumble</p> <p>☞</p> <p>Water</p> <p>☞</p> <p>Alternative option: Tuna bake</p>	<p>Cheesy chicken with peas and rice</p> <p>☞</p> <p>Fruit salad</p> <p>☞</p> <p>Water</p> <p>☞</p> <p>Vegetarian option: Vegetarian croquettes with homemade tomato ketchup</p>	<p>Homemade beef burgers with oven chips</p> <p>☞</p> <p>Mandarin segments (fresh or tinned in natural juice)</p> <p>☞</p> <p>Water</p> <p>☞</p> <p>Vegetarian option: Vegetable rissoles with oven chips</p>
Mid-afternoon snack	<p>Milk</p> <p>☞</p> <p>Banana muffin</p>	<p>Milk</p> <p>☞</p> <p>Salad plate with dips</p>	<p>Milk</p> <p>☞</p> <p>Banana chunks</p>	<p>Milk</p> <p>☞</p> <p>Banana muffin</p>	<p>Milk</p> <p>☞</p> <p>Fruit scone</p>
Tea	<p>Brown and white bread sandwiches with ham and cheese or cheese and tomato</p> <p>☞</p> <p>Orange segments</p> <p>☞</p> <p>Water</p>	<p>Spanish omelette or Vegetarian croquettes served with homemade tomato ketchup</p> <p>☞</p> <p>Chopped banana pieces</p> <p>☞</p> <p>Water</p>	<p>Alphabet pasta minestrone soup served with half a soft wholemeal roll</p> <p>☞</p> <p>Pear pieces (fresh or tinned in natural juice)</p> <p>☞</p> <p>Water</p>	<p>Cheese on toast</p> <p>☞</p> <p>Water</p>	<p>Baked beans served on brown or white toast and cheese</p> <p>☞</p> <p>Stewed apple</p> <p>☞</p> <p>Water</p>

WEEK 2 MENUS

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Diluted pure unsweetened fruit juice</p> <p>Breakfast cereal</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>	<p>Diluted pure unsweetened fruit juice</p> <p>Breakfast cereal</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>	<p>Diluted pure unsweetened fruit juice</p> <p>Breakfast cereal</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>	<p>Diluted pure unsweetened fruit juice</p> <p>Breakfast cereal</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>	<p>Diluted pure unsweetened fruit juice</p> <p>Breakfast cereal</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>
Mid-morning snack	<p>Milk</p> <p>Grapes</p>	<p>Milk</p> <p>Banana chunks</p>	<p>Milk</p> <p>Apple chunks</p>	<p>Milk</p> <p>Fromage frais</p>	<p>Milk</p> <p>Salad plate with dips</p>
Lunch	<p>Shepherds pie with broccoli</p> <p>Peach slices (fresh or tinned in natural juice)</p> <p>Water</p> <p>Vegetarian option: Shepherd's pie with quorn</p>	<p>Pasta siciliana</p> <p>Apple and plum crumble</p> <p>Water</p>	<p>Fish pie</p> <p>Grapes</p> <p>Water</p> <p>Vegetarian option: Spanish omelette</p>	<p>Beef lasagne</p> <p>Pineapple pieces (fresh or tinned in natural juice)</p> <p>Water</p> <p>Vegetarian option: Vegetable lasagne</p>	<p>Chicken and tomato risotto</p> <p>Mandarins (fresh or tinned in natural juice)</p> <p>Water</p> <p>Vegetarian option: Chinese noodles with vegetables</p>
Mid-afternoon snack	<p>Fruit smoothie</p>	<p>Milk</p> <p>Fruit yogurt</p>	<p>Milk</p> <p>Orange segments (fresh or tinned in natural juice)</p>	<p>Milk</p> <p>Orange segments (fresh or tinned in natural juice)</p>	<p>Fruit smoothie</p>
Tea	<p>Penne with tuna, tomato and sweetcorn served with half a soft wholemeal bread roll</p> <p>Milk</p> <p>Vegetarian option: Vegetable pasta salad</p>	<p>French toast</p> <p>Water</p>	<p>Pitta pockets with a variety of fillings</p> <p>Water</p>	<p>Carrot and potato soup served with half a soft wholemeal bread roll</p> <p>Fruit salad</p> <p>Water</p>	<p>Macaroni cheese</p> <p>Water</p>



WEEK 3 MENUS

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Diluted pure unsweetened fruit juice</p> <p>☞</p> <p>Breakfast cereal</p> <p>☞</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>	<p>Diluted pure unsweetened fruit juice</p> <p>☞</p> <p>Breakfast cereal</p> <p>☞</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>	<p>Diluted pure unsweetened fruit juice</p> <p>☞</p> <p>Breakfast cereal</p> <p>☞</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>	<p>Diluted pure unsweetened fruit juice</p> <p>☞</p> <p>Breakfast cereal</p> <p>☞</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>	<p>Diluted pure unsweetened fruit juice</p> <p>☞</p> <p>Breakfast cereal</p> <p>☞</p> <p>Bread or toast with monounsaturated/polyunsaturated spread, jam/marmalade</p>
Mid-morning snack	<p>Milk</p> <p>☞</p> <p>Crackers and cheese or a fruit scone</p>	<p>Milk</p> <p>☞</p> <p>Fruit scone with monounsaturated/polyunsaturated spread</p>	<p>Milk</p> <p>☞</p> <p>Banana chunks</p>	<p>Milk</p> <p>☞</p> <p>Banana muffins</p>	<p>Fruit smoothie</p> <p>☞</p>
Lunch	<p>Chilli con Carne served with boiled rice</p> <p>☞</p> <p>Pineapple pieces (fresh or tinned in natural juice)</p> <p>☞</p> <p>Water</p> <p>☞</p> <p>Vegetarian option: Chilli con carne made with quorn pieces</p>	<p>Vegetable curry and boiled rice</p> <p>☞</p> <p>Stewed apple</p> <p>☞</p> <p>Water</p>	<p>Homemade vegetable pizza</p> <p>☞</p> <p>Custard and banana</p> <p>☞</p> <p>Water</p>	<p>Chicken casserole with mashed potatoes</p> <p>☞</p> <p>Milky rice pudding with raisins</p> <p>☞</p> <p>Water</p> <p>☞</p> <p>Vegetarian option: Cheese, onion and potato pie</p>	<p>Spaghetti Bolognese with vegetables</p> <p>☞</p> <p>Fruit yogurt and apple chunks</p> <p>☞</p> <p>Water</p> <p>☞</p> <p>Vegetarian option: Spaghetti bolognese made with quorn mince or Pasta siciliana recipe from Tuesday week 2</p>
Mid-afternoon snack	<p>Milk</p> <p>☞</p> <p>Banana chunks</p>	<p>Milk</p> <p>☞</p> <p>Apple chunks</p>	<p>Milk</p> <p>☞</p> <p>Apple bread</p>	<p>Milk</p> <p>☞</p> <p>Crackers and hummus</p>	<p>Milk</p> <p>☞</p> <p>Salad plate with dips</p>
Tea	<p>Vegetable pasta salad</p> <p>☞</p> <p>Water</p>	<p>Tender strips of griddled chicken and homemade tomato ketchup</p> <p>☞</p> <p>Water</p> <p>☞</p> <p>Vegetarian option: Potato cakes served with baked beans</p>	<p>Italian peasant soup served with half a soft wholemeal bread roll</p> <p>☞</p> <p>Water</p>	<p>Boiled egg served with toasted soldiers or cheese on toast</p> <p>☞</p> <p>Water</p>	<p>Oven baked potato wedges served with baked beans</p> <p>☞</p> <p>Water</p>

Section 2



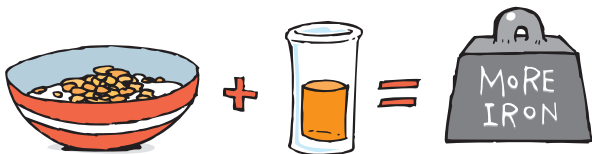
Recipes



Breakfast – what should I offer?

Diluted pure unsweetened fruit juice

Children should be encouraged to have a small glass of unsweetened fruit juice with breakfast to help the body absorb iron. Fruit juices contain natural sugars and are acidic. Therefore to protect children's teeth, it is recommended that one measure of fruit juice is diluted with 4-5 measures of water. Encourage children to try different juices including orange juice, grapefruit juice, apple juice, pineapple juice or mix a few juices together for a change!



Bread and Breakfast Cereals

Remember very young children have small stomachs and too much fibre will fill them up too quickly. However, adequate fibre is important to keep our bowels healthy and avoid constipation. Therefore it is best to vary between wholemeal, brown and white bread at breakfast time. Similarly offer breakfast cereals which are high in fibre on alternate days. Otherwise, high and low-fibre cereals can be mixed together. After the age of two years of age, children should eat foods with more fibre, provided the child is a good eater, has a varied diet and is a healthy body weight.

Fibre rich varieties



Breads labelled *wholemeal*, *wholewheat* or *wholegrain*



Breakfast cereals labelled *wholemeal* or *wholegrain* or containing *wheat* or *bran* in the title



Porridge/Oats

Varieties containing some fibre



White bread, brown bread



Other breakfast cereals

Choose breakfast cereals which are not coated in sugar, honey or chocolate. Cereals with nut pieces are not suitable for young children because of the risk of choking. Read the list of ingredients carefully.



Don't stick to the same variety of bread and rolls all the time. There are lots of different options on supermarket shelves even if you don't want to make your own. Alternate between wholemeal, wholegrain, brown and white breads....or try soda bread or currant bread for a change. Just be careful that young children do not choke on the small bits of fruit. Melba toast and bread sticks are also tasty.

Rolls come in many shapes and forms – choose between french bread, burger buns, petit pans, soft rolls and crunchy rolls or why not offer bagels or pitta bread?

Other breads like tortilla wraps, ciabattas and panninis could be used at tea-time and are a great way of teaching children about the traditional foods of other countries.

Did you know?



Bagels are traditional Jewish rolls, made from white flour. The dough is dipped in boiling water before baking, for shine and chewiness.



Chapatis is a type of unleavened Indian bread made from wholemeal flour and usually some oil or fat.



Ciabatta is Italian for “old slipper”. It is a crusty, flat white bread with large holes in the dough. Olive oil is folded in before baking, so like chapatis, it contains more fat and energy than other breads.



Naan is an Indian unleavened bread. It is made with white flour, milk, yoghurt, vegetable oil and egg and is cooked in a clay oven or tandoor.



Pitta bread is a Middle Eastern flat bread. It is made from white or wholemeal flour.



Tortilla originate from Mexico and are made from corn meal or white wheat flour.

WEEK 1 — MONDAY

Mild Chicken Curry with Apple and Boiled Rice



INGREDIENTS

Chicken breast fillets
Onions
Garlic
Button mushrooms
Pure vegetable oil
Mild Korma curry paste
Tomato puree
Eating apples
Evaporated milk
Sultanas
Black pepper
Lemon juice



10 SERVINGS

4 medium
1 large
1 clove
15 medium
1 ½ tbsp
1-2 tbsp
2 tbsp
2
330ml
3 tbsp
to season
2 tsp



20 SERVINGS

8 medium
2 large
2 cloves
30 medium
3 tbsp
2-3 tbsp
4 tbsp
4
660ml
6 tbsp
to season
4 tsp



30 SERVINGS

12 medium
3 large
3 cloves
45 medium
4 ½ tbsp
3-4 tbsp
6 tbsp
6
1L
9 tbsp
to season
6 tsp



METHOD

- 1 Remove the skin from the chicken breast fillets and then cut the fillets into chunks.
- 2 Prepare the vegetables as follows: Peel, wash and then roughly chop the onions and garlic cloves. Peel the mushrooms, remove the stalks, wash and slice.
- 3 Heat the vegetable oil in a saucepan. Add the onion and garlic and cook for 5 minutes until softened.
- 4 Stir in the chicken and the mushrooms and cook for 3-4 minutes until the chicken has turned opaque*.
- 5 Stir in the curry paste and tomato puree and continue to cook for about 6 minutes, stirring regularly.
- 6 Meanwhile peel the eating apple, remove the core and chop roughly.
- 7 Add the evaporated milk, chopped apples and sultanas in with the chicken and cook for 10 minutes, stirring occasionally.
- 8 Season with black pepper. Stir in the lemon juice.
- 9 Serve with boiled rice. Cook the rice according to the instructions on the packet. Allow approximately 3 dessertspoons (80g) cooked rice per child.

*Opaque means that you can't see through it.



ALTERNATIVE OPTION:

Vegetarian dinner option:

Replace the chicken with the same quantity of Quorn pieces.



Sandwiches needn't be boring. Using fun-shaped pastry cutters, cut sandwiches into a variety of shapes to fit a special occasion e.g. hearts on Valentine's Day, Christmas trees, holly or stars at Christmas time, or make fish-shaped sandwiches using a biscuit cutter or knife. Leftover bread, if unbuttered, could be made into breadcrumbs and used in other recipes including the vegetable pasta bake (page 19), tuna bake (page 20), homemade beef burgers (page 25), vegetable rissoles (page 26), macaroni cheese (page 41).

Alternatively make wheel shaped sandwiches. Make the sandwich as normal. However instead of placing the second slice of bread on top of the first slice, roll the sandwich lengthways into a sausage shape. Wrap in clingfilm and leave in the fridge for a couple of hours. Just before serving time, unwrap the clingfilm and cut into thin slices. Good fillings include tinned salmon, cream cheese and cucumber; tuna, grated carrot and apple and a little mayonnaise; sliced ham, cream cheese and chives. For a change you could use flour tortillas instead of sliced bread.



WEEK 1 — TUESDAY


Beef Casserole


 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Green peppers	2 small	4 small	6 small
Mushrooms	8 medium	16 medium	24 medium
Onions	2 small	4 small	6 small
Pure vegetable oil	1½ tbsp	3 tbsp	4½ tbsp
Mild curry powder	1-2 tsp	3-4 tsp	5 tsp
Black pepper	1 tsp	2 tsp	3 tsp
Flour	85g	170g	255g
Lean diced or minced beef	600g	1.2kg	1.8kg
Tinned tomatoes	2 x 400g tins	4 x 400g tins	6 x 400g tins
Mixed herbs	2 pinches	3-4 pinches	5 pinches
Homemade vegetable stock (see page 59)	550ml	1.1L	1.375L
Potatoes	4 medium	8 medium	12 medium
Broccoli	400g	800g	1.2kg
Carrots	2 large	4 large	6 large
Black pepper	to season	to season	to season

METHOD

- Pre-heat the oven to 160°C/325°F/Gas Mark 3.
- Prepare the vegetables as follows: Remove stalks and seeds from the peppers, wash and roughly chop. Peel the mushrooms, remove the stalks, wash and slice. Peel, wash and then roughly chop the onions.
- Heat a small amount of oil and cook the onion, peppers and mushrooms for 3 minutes. Transfer to a casserole dish.
- Add the curry powder and black pepper to the flour and coat the beef in this mixture.
- Place the beef in a dry frying pan. There is sufficient fat in mince for frying so there is no need to add extra oil to the pan. Add a little water to prevent sticking if necessary. Cook for 5 minutes stirring all the time and then add to the casserole dish with the vegetables.
- Add the tinned tomatoes, mixed herbs and the homemade vegetable stock. Stir the contents.
- Cover tightly and cook in the pre-heated oven for 1½ hours.
- Meanwhile prepare the potatoes, broccoli and carrots as follows: Peel the potatoes, wash and slice. Remove the outer leaves from the broccoli, trim the stem and wash. Peel, wash and roughly chop the carrots.
- Boil the potatoes until tender. Drain, mash and season with black pepper.
- Cook the broccoli and carrots in the minimum amount of boiling water until tender but still with a slight bite to it. Serve with the beef casserole and potatoes.



 Remember to place cooked and ready-to-eat foods on a higher shelf of the fridge than uncooked foods such as raw meat and raw fish. This prevents juices from raw foods coming into contact with ready-to-eat foods. Check that raw food is not dripping.

 It is essential that meat, poultry, fish and eggs are cooked thoroughly to prevent food poisoning. For meat, this is indicated by the juices running clear.



WEEK 1 — TUESDAY

Lentil and Vegetable Casserole



INGREDIENTS

Potatoes
 Lentils
Mixed vegetables,
 for example
 Broccoli
 Carrots
 Peas
 Homemade vegetable stock
(see page 59)
 Black pepper



10 SERVINGS

2 large
 750g
 250g
 2 medium
 200g
 1L
 to season



20 SERVINGS

4 large
 1.5kg
 500g
 4 medium
 400g
 2L
 to season



30 SERVINGS

6 large
 2.25kg
 750g
 6 medium
 600g
 3L
 to season



METHOD

- 1 Pre-heat the oven to 190°C/375°F/Gas Mark 5.
- 2 Prepare the vegetables as follows: Peel the potatoes, wash and slice. Remove the outer leaves from the broccoli, trim the stem and wash. Peel, wash and roughly chop the carrots. Shell and wash the peas.
- 3 Cover the bottom of a casserole dish with a layer of potato slices.
- 4 Layer some of the vegetables and lentils over the potatoes.
- 5 Repeat this layering of potato and vegetables and lentils until the dish is full. Add black pepper between the layers to season.
- 6 Finish with a layer of potatoes.
- 7 Add the homemade vegetable stock.
- 8 Cover and cook in the pre-heated oven for 1½ hours.
- 9 Serve with diluted pure unsweetened fruit juice.



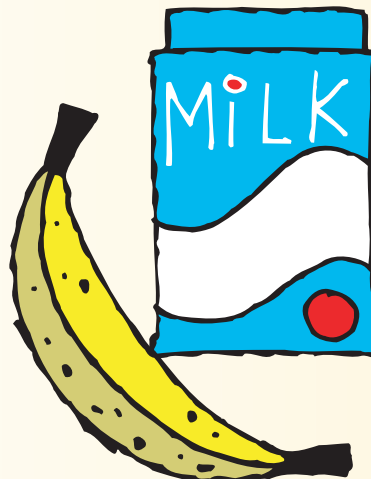
ALTERNATIVE OPTION:

Try different vegetables for variety such as parsnip, leeks, onions or mushrooms depending on what the children enjoy.







Children who don't like milk, often love milkshakes. A glass of milk with a few tablespoons of fruit is a great way of getting children to get their daily milk quota.

Homemade flavoured milks are healthier than shop-bought flavoured milk which often contains a lot of sugar, and they're cheaper too. Firm favourites to add are bananas and tinned peaches (don't add the juice!). Simply use a hand blender or a food processor to mix all the ingredients and hey presto, a tasty snack!



WEEK 1 — TUESDAY

Milk Pudding

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Milk	800ml	1.6L	2.4L
Rice (<i>short or wholegrain</i>)	50g	100g	150g
Castor sugar	1 tbsp	2 tbsp	3 tbsp
Monounsaturated/ polyunsaturated spread	20g	40g	60g
Raisins	200g	400g	600g
Ground cinnamon	¼ tsp	½ tsp	¾ tsp

METHOD

- 1 Heat the milk in a saucepan until it just comes to the boil.
- 2 Gradually add the rice, stirring constantly. Simmer for 15-20 minutes, stirring frequently.
- 3 Stir in the castor sugar, spread, raisins and the ground cinnamon.
- 4 Pour into a pie dish, and brown lightly under the grill. Serve.

ALTERNATIVE OPTION:

- As an alternative to cinnamon use nutmeg, mixed spice or a vanilla pod for variety in flavour.
- Replace the raisins and ground cinnamon with fruit in season: for example blackberries and gooseberries are in season around June and July, raspberries are in season from July to September and strawberries are in season from May to September.

A Seasonal Guide to Fruit

Spring

Kiwi
Rhubarb



Summer

Berries
including Blackberries,
Gooseberries,
Raspberries
and Strawberries
Blackcurrants
Kiwi
Nectarines
Peaches
Plums
Rhubarb

Autumn

Peaches
Plums
Raspberries
Strawberries



Winter

Satsumas
Tangerines

Available all year: Apples, Bananas, Grapefruit, Grapes, Oranges, Pears.

WEEK 1 — TUESDAY

Vegetarian Croquettes



INGREDIENTS



10 SERVINGS



20 SERVINGS



30 SERVINGS

Potatoes	5 large	10 large	15 large
Broccoli	180g	360g	540g
Carrots	1 large	2 large	3 large
Monounsaturated/ polyunsaturated spread	40g	80g	120g
Black pepper	to season	to season	to season
Frozen sweetcorn	120g	240g	360g
Cheese (<i>not grated</i>)	150g	300g	450g
Homemade tomato ketchup			
Passata*	800g	1.6kg	2.4kg
Balsamic vinegar	2 tbsp	4 tbsp	6 tbsp
Tomato puree	2 tbsp	4 tbsp	6 tbsp
Sugar	2 tbsp	4 tbsp	6 tbsp



METHOD

- 1 Pre-heat the oven to 180°C/350°F/Gas Mark 4.
- 2 Prepare the vegetables as follows: Peel the potatoes, wash and slice. Remove the outer leaves from the broccoli, trim the stem and wash. Peel, wash and roughly chop the carrots.
- 3 Cook the potatoes until tender. Drain and mash with spread and season with black pepper.
- 4 Meanwhile, place the carrots in a steamer and cook for about 2-3 minutes. Add the broccoli and the sweetcorn and cook for a further 4-5 minutes until all the vegetables are tender. If you don't have a steamer, cook the vegetables in a saucepan until tender using the minimum amount of boiling water.
- 5 Mix the cooked vegetables into the mashed potato and season with black pepper.
- 6 Cut the cheese into the number of servings you require. Use your hands to shape the potato and vegetable mixture around the cheese to form sausage shaped croquettes.
- 7 Transfer to the pre-heated oven and bake for 15 minutes.
- 8 Homemade tomato ketchup is a yummy alternative to shop bought tomato ketchup which is filled with salt. To make homemade tomato ketchup, put all the ingredients into a saucepan. Bring to the boil, then reduce the heat and cook uncovered for about 15 minutes.

**Passata is simply sieved tomato pulp.*

Alternatively you can use tinned tomatoes, but drain away excess fluid so that the ketchup is not too runny!



Homemade tomato ketchup is a yummy alternative to shop bought tomato ketchup which is filled with salt.

Fun with fruit/Nibbling can be nutritious

Instead of apple chunks or banana chunks, why not try a new fruit for a change. How about a handful of summer berries, grapefruit segments (either ordinary grapefruit or ruby grapefruit), melon cubes (watermelon, gala melon or cantaloupe melon), sliced kiwi, plum halves, peach chunks, pineapple cubes, mango chunks or stewed rhubarb?





WEEK 1 – TUESDAY

Spanish Omelette

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Potatoes	2 large	4 large	6 large
Onions	2½ medium	5 medium	7½ medium
Green peppers	1½ medium	3 medium	4½ medium
Red peppers	1½ medium	3 medium	4½ medium
Pure vegetable oil	1½ tbsp	3 tbsp	4½ tbsp
Eggs	10	20	30
Milk	150ml	300ml	450ml
Black pepper	to season	to season	to season

METHOD

- 1 Prepare the vegetable as follows: Peel, wash and roughly chop the potatoes and onions. Remove the stalks and seeds from the red and green peppers, wash and roughly chop.
- 2 Heat the vegetable oil in a frying pan. Add the potato and fry over a moderate heat until just golden.
- 3 Add the onion and continue cooking gently until soft but not browned.
- 4 Add the red and green peppers and cook gently for 3-4 minutes until just soft.
- 5 Beat the eggs and add the milk.
- 6 Add the egg mix to the vegetables, season with black pepper and then turn the heat down – the omelette should cook very slowly.
- 7 Once the mixture has started to set, give the pan an occasional shake and continue to cook until the omelette begins to curl away from the edge of the pan.
- 8 After about 10 minutes (when the omelette is firm but still moist on top) put the pan under a hot grill until the surface of the omelette turns golden brown.
- 9 Serve hot or cold with salad.






HELPFUL HINT

Use broccoli, peas or any other leftover vegetables with the potato to prevent waste and for variety.

Herbs are easy to grow!

*Your children will enjoy growing something of their own and especially something they can eat!
Herbs grow quickly either outside or inside by a sunny window.*

YOU WILL NEED

-  Seed – herbs that grow well indoors include basil, bay, chives, mint, oregano, parsley, rosemary and thyme;
-  a pot, or put two or three holes in the bottom of a large margarine tub
-  Small stones
-  A saucer
-  Potting mix or soil

To plant and grow herbs

- 1 Read the instructions on the seed packet. The basic directions are as follows:
 - 1 Place several small stones in the bottom of the pot. Fill the pot with soil and place it on a saucer.
 - 2 Sprinkle the seeds over the soil and cover with more soil.
 - 3 Water lightly and keep the soil moist. This may require you watering your herbs daily.
 - 4 Watch them grow!
 - 5 Pinch or clip off the tops of herbs when you need some. They will grow back!
 - 6 When they are three to four inches tall and there is no chance of frost, the plant may be transferred outside. They may be left in the original pot, planted in a larger pot or planted in the ground.

WEEK 1 — WEDNESDAY

Vegetable Pasta Bake



INGREDIENTS



10 SERVINGS



20 SERVINGS



30 SERVINGS

Onions	1 medium	2 medium	3 medium
Red peppers	1½ medium	3 medium	4½ medium
Mushrooms	10 medium	20 medium	30 medium
Garlic	2 cloves	4 cloves	6 cloves
Pure vegetable oil	1½ tbsp	3 tbsp	4½ tbsp
Tinned tomatoes	1¼ x 400g tin	2½ x 400g tin	3¾ x 400g tin
Tomato puree	2 tbsp	4 tbsp	6 tbsp
Mixed herbs	a pinch	a few pinches	a few pinches
Pepper	to season	to season	to season
Pasta	280g	560g	840g
Wholemeal breadcrumbs	250g	500g	750g
Cheese	60g	120g	180g
Cheese Sauce			
Monounsaturated/ polyunsaturated spread	40g	80g	120g
Flour	40g	80g	120g
Milk	710ml	1.42L	2.13L
Black pepper	to season	to season	to season
Cheese	90g	180g	270g



METHOD

- Pre-heat the oven to 200°C/400°F/Gas Mark 6.
 - Prepare the vegetables as follows: Peel, wash and roughly chop the onions. Remove the stalks and seeds from the red peppers, wash and roughly chop. Peel the mushrooms, remove the stalks, wash and slice. Peel, wash and crush the garlic.
 - Heat the oil in a frying pan. Add the onions, peppers, mushrooms and garlic and cook for 5 minutes.
 - Add the tinned tomatoes, tomato puree, mixed herbs and some black pepper to season. Bring to the boil, reduce heat and simmer for 20 minutes.
 - Meanwhile, cook the pasta in boiling water according to the instructions on the packet.
 - Drain the pasta and add to the vegetable mix.
 - Stir and cook gently for 2-3 minutes.
 - Put the pasta and vegetable mix into a casserole dish and cover with a thick cheese sauce (see below for method).
 - Grate some cheese.
 - Sprinkle the breadcrumbs and grated cheese on top.
 - Bake in the pre-heated oven for 10-15 minutes.
- Cheese Sauce:**
- Melt the spread in a saucepan, add the flour and cook over a low heat for 1 minute, stirring all the time. Remove from the heat and cool slightly.
 - Add the milk and black pepper, beating all the time. Return to the heat and bring to the boil, stirring continuously.
 - Reduce the heat and cook slowly for 3 minutes.
 - Meanwhile grate the cheese. Add to the white sauce and cook for a further 2 minutes.

Ideas for using freshly ground herbs!

- Sprinkle on meat, fish or poultry before cooking
- Use as toppings for salads
- Sprinkle on vegetables
- Add to salad dressings
- Add mint to fruit or yogurt

For one teaspoon of dried herb, substitute one tablespoon of freshly chopped herb.

WEEK 1 — WEDNESDAY

Tuna Bake

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Onions	1 medium	2 medium	3 medium
Canned tuna in oil (drained weight)	330g	660g	990g
Canned mushroom soup	500g	1kg	1.5kg
Worcestershire sauce	1½ tsp	3 tsp	4½ tsp
Black pepper	to season	to season	to season
Fresh brown breadcrumbs	350g	700g	1.05kg
Cheese	140g	280g	420g


METHOD

- 1 Pre-heat the oven to 180°C/350°F/Gas Mark 4.
- 2 Peel, wash and roughly chop the onions.
- 3 Drain the tuna, flake using a fork and mix together with the chopped onion, mushroom soup and worcestershire sauce. Season with black pepper.
- 4 Pour some of the fish mixture into a casserole dish. Add a layer of breadcrumbs, followed by a layer of fish mixture.
- 5 Continue layering this way until all the ingredients have been used up.
- 6 Finish with a layer of breadcrumbs on top. Grate the cheese and sprinkle over the breadcrumbs.
- 7 Bake in the pre-heated oven for 20-25 minutes. Serve immediately.







Try encouraging children to eat fish. Sardines, salmon, herring, mackerel, and trout are especially good options. Canned varieties are often cheaper than fresh fish and are just as nourishing. Some ideas for introducing fish include:

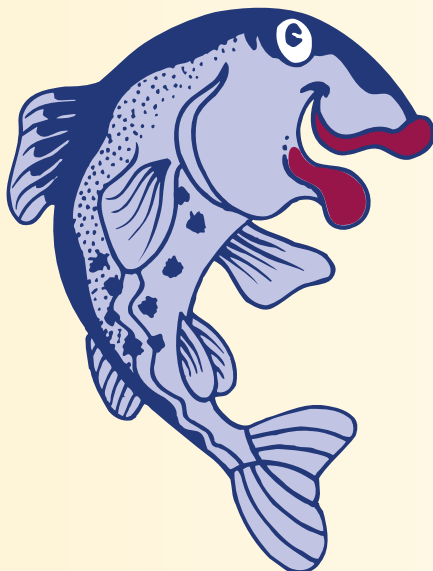
Dinner-time options:

-  Tuna Bake (recipe above)
-  Salmon and Tomato Quiche
-  Fish Cakes
-  Seafood Paella
-  Seafood Jambalaya
-  Swedish Salmon Pudding
-  Salmon Tagliatelle

Tea-time options:

-  Wholemeal toast and mashed tinned sardines in tomato sauce
-  Pitta bread, tinned salmon, lettuce, scallions and cherry tomatoes
-  Make your own home-made fish fingers which contain more fish and less fat than many shop bought fish fingers.
-  Tuna melt toasted sandwich

If you don't have a recipe, contact your local Community Dietitian for advice...



WEEK 1 — WEDNESDAY

Fruit Crumble



INGREDIENTS

Sweet eating apples
 Blackberries
 Soft brown sugar

Topping

Wholemeal flour
 Soft brown sugar
 Monounsaturated/
 polyunsaturated spread
 Ground almonds



10 SERVINGS

4 medium
 470g
 15g



20 SERVINGS

8 medium
 940g
 30g



30 SERVINGS

12 medium
 1.41kg
 45g








METHOD

- 1 Pre-heat the oven to 190°C/375°F/Gas Mark 5.
- 2 Peel, core and wash the apples.
- 3 Slice the apples and place in a saucepan, add the blackberries and a little water (to prevent the fruit burning to the bottom of the pan), sprinkle the smaller amount of brown sugar on top and cook for 2 minutes.
- 4 Spoon the apples and blackberries into an oven-proof dish.
- 5 To make the topping, mix the wholemeal flour together with the larger amount of brown sugar, then rub in the spread with your fingertips, until the mixture resembles breadcrumbs. Add the ground almonds.

- 6 Cover the fruit with the crumble topping and sprinkle a little water on top.
- 7 Bake in the pre-heated oven for about 30 minutes or until the topping is golden.



ALTERNATIVE OPTION:

-  Rhubarb crumble
-  Apple and plum crumble (see page 31)
-  Apple crumble with cloves
-  Pear crumble
-  Gooseberry crumble



For a tasty alternative for dessert, place some summer berries in an ovenproof dish, top with yoghurt or fromage frais. Sprinkle a little castor sugar to cover the top. Grill on high until brown. Leave to cool before serving.

Or for a special occasion make yoghurt ice-cream. Simply pour natural yoghurt into a freezer tray and freeze for 2-3 hours until mushy. Prepare fruit of your choice e.g. pear, banana or strawberry, and puree with castor sugar in a food processor. Then add the pureed fruit to the yoghurt and freeze until solid. Remove from the freezer 5 minutes before serving.

Yoghurt Ice-Cream



INGREDIENTS

Natural Yoghurt
 Fruit of your choice
 Castor sugar



10 SERVINGS

450ml
 325g
 50g



20 SERVINGS

900ml
 650g
 100g







30 SERVINGS

1.35L
 975g
 150g

WEEK 1 — WEDNESDAY

Alphabet Pasta Minestrone Soup

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Onions	1 medium	2 medium	3 medium
Carrots	1 medium	2 medium	3 medium
Potatoes	1 medium	2 medium	3 medium
Leeks	1 stem	2 stems	3 stems
Celery	2 sticks	4 sticks	6 sticks
Courgettes	½ large	1 large	1½ large
Fresh tomatoes	2½ medium	5 medium	7½ medium
Pure vegetable oil	2 tbsp	4 tbsp	6 tbsp
Tomato puree	2 tbsp	4 tbsp	6 tbsp
Homemade chicken stock (see page 60)	1.9L	3.75L	5.6L
Frozen peas	75g	150g	225g
Alphabet pasta	60g	120g	180g
Black pepper	to season	to season	to season
Chopped parsley	to season	to season	to season
Cheese	100g	200g	300g

METHOD

- 1 Prepare the vegetables as follows: Peel, wash and roughly chop the carrots, onions and potatoes. Cut the roots and head from the leeks, remove any discoloured outside leaves and trim the green. Wash. Trim the head and tail of the celery and courgettes, wash well under running water and then chop roughly. Remove the eyes from the tomatoes, wash and roughly chop.
- 2 Heat the oil in a large pan. Add the chopped onion and cook for about 5 minutes.
- 3 Add the chopped carrots, celery, leeks and cook for about 3 minutes until they begin to soften.
- 4 Add the potatoes and courgettes and cook for about 2-3 minutes.
- 5 Stir in the chopped tomatoes, tomato puree and the homemade chicken stock. Bring to the boil, then cover and simmer for 20 minutes.
- 6 Add the frozen peas, return the soup to the boil and cook for 5 minutes.
- 7 Stir in the alphabet pasta, return the soup to the boil, then simmer for about 5 minutes until the pasta is cooked.
- 8 Taste and season with parsley and black pepper.
- 9 Grate the cheese and sprinkle on top. Serve with wholemeal bread or bread rolls.



Cool leftovers as quickly as possible. Cover, and when the steam has evaporated, transfer to the fridge. Avoid putting large quantities of warm food in the fridge as it raises the temperature of the whole fridge and increases the risk of food poisoning.

WEEK 1 — THURSDAY

Cheesy Chicken with Peas and Rice



INGREDIENTS

Frozen peas
 Chicken breast fillets
 Pure vegetable oil

Cheesy sauce

Monounsaturated/
 polyunsaturated spread
 Flour
 Milk
 Black pepper
 Cheese



10 SERVINGS

400g
 4 medium
 1½ tbsp

40g
 40g
 500ml
 to season
 70g



20 SERVINGS

800g
 8 medium
 3 tbsp

80g
 80g
 1L
 to season
 140g



30 SERVINGS

1.2kg
 12 medium
 4½ tbsp

120g
 120g
 1.5L
 to season
 210g



METHOD

- 1 Remove the skin from the chicken breast fillets and cut the fillets into chunks. Heat the vegetable oil in a saucepan. Cook the chicken until it has turned opaque.
- 2 Place the peas in a small saucepan, barely cover with boiling water and cook on the hob according to the instructions on the packet.
- 3 Chop or shred the chicken.
- 4 Drain the peas and return to the saucepan. Add the chicken and the cheesy sauce (see below for method). Warm thoroughly throughout.
- 5 Serve with boiled rice. Cook the rice according to the instructions on the packet. Allow approximately 3 dessertspoons (80g) cooked rice per child.

Cheese Sauce:

- 1 Melt the spread in a saucepan, add the flour and cook over a low heat for 1 minute, stirring all the time. Remove from the heat and cool slightly.
- 2 Add the milk and pepper, beating all the time. Return to the heat and bring to the boil, stirring continuously.
- 3 Reduce the heat and cook slowly for 3 minutes.
- 4 Grate the cheese. Add to the white sauce and cook for a further 2 minutes.

How to get the best from your fruit and vegetables and ensure that the least amount of vitamins are lost

STORAGE

- Take all fruit and vegetables out of plastic bags as soon as possible; this way they will keep longer.
- Store fruit in a bowl where air can circulate; however berries should be stored in the fridge.
- Fresh vegetables are best stored in a cool, ventilated place out of direct sunlight. Try to use them as soon as possible after purchasing. Use tender vegetables like broccoli, lettuce and mushrooms early in the week and root vegetables nearer the end.



WEEK 1 — THURSDAY

Vegetarian Croquettes



 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Potatoes	5 large	10 large	15 large
Broccoli	180g	360g	540g
Carrots	1 large	2 large	3 large
Monounsaturated/ polyunsaturated spread	40g	80g	120g
Black pepper	to season	to season	to season
Frozen sweetcorn	120g	240g	360g
Cheese (<i>not grated</i>)	150g	300g	450g
Homemade tomato ketchup			
Passata	800g	1.6kg	2.4kg
Balsamic vinegar	2 tbsp	4 tbsp	6 tbsp
Tomato puree	2 tbsp	4 tbsp	6 tbsp
Sugar	2 tbsp	4 tbsp	6 tbsp

METHOD




- Pre-heat the oven to 180°C/350°F/Gas Mark 4.
- Prepare the vegetables as follows: Peel the potatoes, wash and slice. Remove the outer leaves from the broccoli, trim the stem and wash. Peel, wash and roughly chop the carrots.
- Bring a large pan of water to the boil, add the peeled potatoes and cook until tender. Drain and mash with spread and season with black pepper.
- Meanwhile, place the carrots in a steamer and cook for about 2-3 minutes. Add the broccoli and the sweetcorn and cook for a further 4-5 minutes until all the vegetables are tender. If you don't have a steamer place the vegetables in a pot, barely cover with boiling water and cook on the hob.
- Mix the cooked vegetables into the mashed potato and season with black pepper.
- Cut the cheese into the number of servings you require. Use your hands to shape the potato and vegetable mixture around the cheese to form sausage shaped croquettes.
- Transfer to the pre-heated oven and bake for 15 minutes.
- To make the tomato ketchup, put all the ingredients into a saucepan. Bring to the boil, then reduce the heat and cook uncovered for about 15 minutes.


How to get the best from your fruit and vegetables and ensure that the least amount of vitamins are lost

PREPARATION

-  Always wash fruit and vegetables before eating.
-  Prepare fruit and vegetables just before cooking as cutting speeds vitamin loss. If fresh vegetables must be prepared earlier, don't leave them to soak in water. Cover with a lid or tin foil and put in the fridge. This will reduce vitamin loss.

COOKING

-  Cut vegetables into large chunks rather than small pieces and cook for as short a time as possible.
-  Always use a small amount of boiling water, a tight fitting lid and cook for a minimum amount of time until just tender.
-  Don't add bread soda when cooking cabbage or other green vegetables.

-  Over-cooking kills vitamins. Drain immediately and serve quickly. Save the cooking water for soups, sauces or stews – if you throw it out, you are losing valuable nutrients.

Remember, frozen vegetables are just as good as fresh. Watch out for sugar added to frozen fruit though.

WEEK 1 — FRIDAY

Homemade Beef Burgers



INGREDIENTS

Onions
 Lean minced beef or lamb
 Breadcrumbs
 Mixed herbs
 Black pepper
 Eggs



10 SERVINGS

1 medium
 750g
 180g
 to season
 to season
 1 large



20 SERVINGS

2 medium
 1.5kg
 360g
 to season
 to season
 2 large



30 SERVINGS

3 medium
 2.25kg
 540g
 to season
 to season
 3 large



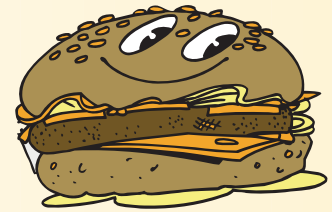
METHOD

- 1 Peel, wash and finely chop the onions.
- 2 Mix the minced beef or lamb, onions, breadcrumbs, mixed herbs and pepper together in a bowl.
- 3 Beat the eggs. Add to the meat mixture to bind all the ingredients.
- 4 Shape the mixture into round shapes and flatten (to ensure the burger cooks properly in the middle).
- 5 Grill gently on both sides ensuring the burgers are thoroughly cooked until the juices run clear and no pink meat remains.
- 6 Serve with homemade oven chips (see next recipe).



Why not make fish burgers for a change? Simply replace the beef or lamb with the same amount of tinned tuna

(packaged in sunflower oil but drained), add some finely chopped celery, 1 tbsp of lemon juice and a tablespoon of ordinary mayonnaise. Only use half the amount of breadcrumbs in the recipe for beef burgers. Mix all the ingredients and shape in the same way as the beef burgers. Bake in a hot oven 400°F/200°C/Gas Mark 6 for about 10 minutes on each side or until cooked through.



HELPFUL HINT

Add a few drops of tabasco sauce to the minced meat for extra flavour.

Homemade Oven Chips



INGREDIENTS

Potatoes
 Pure vegetable oil



10 SERVINGS

3 medium
 1½ tbsp



20 SERVINGS

6 medium
 3 tbsp



30 SERVINGS

9 medium
 4½ tbsp






METHOD

- 1 Pre-heat the oven to 200°C/400°F/Gas Mark 6.
- 2 Peel, wash and slice the potatoes into wedges.
- 3 Toss the potato wedges in a bowl with the vegetable oil.
- 4 Transfer the potatoes to a roasting tin and bake in the pre-heated oven for approximately 30 minutes, turning occasionally, until crisp on the outside but tender inside.



WEEK 1 — FRIDAY

Vegetarian Rissoles

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Potatoes	2 large	4 large	6 large
Sweet potatoes	5 medium	10 medium	15 medium
Carrots	2 medium	4 medium	6 medium
Leeks	3 stems	6 stems	9 stems
Mushrooms	38 medium	76 medium	114 medium
Eggs	1	2	3
White breadcrumbs	300g	600g	900g
Fresh parsley	4 tbsp	8 tbsp	12 tbsp
Soy sauce	1 tbsp	2 tbsp	3 tbsp
Black pepper	to season	to season	to season
Plain flour	for coating the rissoles	for coating the rissoles	for coating the rissoles
Pure vegetable oil	1½ tbsp	3 tbsp	4½ tbsp

METHOD

- 1 Prepare the vegetables as follows: Peel, wash and grate the potatoes, sweet potatoes and the carrots. Squeeze out some of the excess moisture from the grated pulp. Cut the roots and head from the leeks, remove any discoloured outside leaves and trim the green. Wash. Roughly chop. Peel the mushrooms, remove the stalks, wash and slice.
- 2 Beat the egg.
- 3 Mix the vegetables, white breadcrumbs, fresh parsley, soy sauce and beaten egg together in a mixing bowl. Season with black pepper.
- 4 Form the mixture into round balls (rissoles). For 10 servings you should get about 30 rissoles i.e. 3 per child.
- 5 Spread the flour out thinly on a plate and use to coat the rissoles lightly.
- 6 Heat the oil in a large frying pan. Add the rissoles and cook over a medium heat for 8-10 minutes, turning, until golden on the outside and cooked throughout.
- 7 Serve with homemade oven chips (see previous recipe).



Have a theme day e.g. serving food with the same shape – for a round night you could have vegetarian rissoles or meatballs, boiled new potatoes, peas, Brussels sprouts, followed by melon balls and grapes and a scoop of frozen yoghurt for dessert!



WEEK 2 — MONDAY

Shepherd's Pie



INGREDIENTS



10 SERVINGS



20 SERVINGS



30 SERVINGS

Onions	1 medium	2 medium	3 medium
Garlic	1 clove	2 cloves	3 cloves
Potatoes	5 large	10 large	15 large
Red peppers	1 medium	2 medium	3 medium
Mushrooms	22 medium	44 medium	66 medium
Fresh parsley	1 tbsp	2 tbsp	3 tbsp
Pure vegetable oil	1½ tbsp	3 tbsp	4½ tbsp
Lean minced beef	630g	1.26kg	1.89kg
Homemade chicken stock (see page 60)	380ml	760ml	1.14L
Tomato puree	1 tbsp	2 tbsp	3 tbsp
Worcestershire sauce	¼ tsp	½ tsp	¾ tsp
Monounsaturated/ polyunsaturated spread	60g	120g	180g
Milk	75ml	150ml	225ml
Black pepper	to season	to season	to season
Broccoli	400g	800g	1.2kg



METHOD

- Pre-heat the oven to 180°C/350°F/Gas Mark 4.
- Prepare the vegetables as follows: Peel, wash and roughly chop the onions, garlic and potatoes. Remove the stalks and seeds from the red peppers, wash and roughly chop. Peel the mushrooms, remove the stalks, wash and slice.
- Wash and chop the parsley.
- Warm the oil in the pan, add the chopped onion, red pepper and garlic and cook until softened.
- Add the minced meat and cook until browned. If desired, transfer the cooked mixture to a food processor and chop for a few seconds on the pulse setting. This is not essential.
- Transfer the meat and vegetable mix to a saucepan and add the homemade chicken stock, chopped parsley, tomato puree, worcestershire sauce and sliced mushrooms. Cook over a medium heat for about 20 minutes.
- Meanwhile boil the potatoes in water until tender. Drain and mash with the milk and about two thirds of the spread. Season with black pepper.
- Arrange the meat either in one large dish or in individual ramekins, cover with the mashed potato and dot the topping with the remaining spread. Cook in the pre-heated oven for 20 minutes.
- Remove the outer leaves from the broccoli, trim the stem and wash. Cook the broccoli in the minimum amount of boiling water until tender but still with a slight bite to it. Serve.



ALTERNATIVE OPTION:

Vegetarian dinner option: Replace the beef with the same quantity of Quorn pieces and use homemade vegetable stock instead of homemade chicken stock.



Crushed watermelon makes a refreshing drink on hot days. Just remember to remove the seeds and the rind from the watermelon before crushing!

Serve chilled.



WEEK 2 — MONDAY

Penne with Tuna, Tomato and Sweetcorn

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Penne pasta	500g	1kg	1.5kg
Red onions	1 large	2 large	3 large
Fresh tomatoes	10 medium	20 medium	30 medium
Tinned sweetcorn (drained weight)	250g	500g	750g
Pure vegetable oil	3 tbsp	6 tbsp	9 tbsp
Tuna canned in oil (drained weight)	500g	1kg	1.5kg
Sun-blush tomatoes	190g	380g	570g
Balsamic vinegar	2½ tsp	5 tsp	7½ tsp
Basil	1 small handful	2 small handfuls	3 small handfuls
Black pepper	to season	to season	to season

METHOD

- 1 Cook the penne pasta in boiling water according to the instructions on the packet.
- 2 Meanwhile prepare the vegetables as follows: Peel, wash and roughly chop the red onions. Remove the eyes from the tomatoes, wash and roughly chop. Drain the sweetcorn.
- 3 Wash and chop the basil.
- 4 Heat the oil in a frying pan and cook the chopped onion for about 6 minutes, stirring occasionally until softened.
- 5 Stir in the fresh tomatoes and cook for 2-3 minutes until heated through and beginning to soften.
- 6 Drain the tuna.
- 7 Add the tuna, sun-blush tomatoes, balsamic vinegar, sweetcorn, basil and black pepper. Heat for 1 minute before stirring into the pasta.
- 8 Serve with wholemeal bread or bread rolls.



Children love the taste of pasta and also the variety of shapes and colours available!

Did you know that green pasta has been coloured with spinach or herbs, pink pasta with tomato puree and brown pasta with wholemeal flour?

Dried pasta is made from durum wheat and water, while fresh pasta also contains eggs. Although it is more expensive, it is tasty to have for a change as the flavour is different and it has a softer texture.

Pasta is best cooked when it is “al dente” – soft on the outside but still firm to the bite. Once cooked, don’t let pasta stand around too long before adding the other ingredients, as it quickly dries up and turns sticky.



WEEK 2 — MONDAY

Vegetable Pasta Salad



INGREDIENTS

Pasta bows
French beans
Carrots
Tinned sweetcorn
(drained weight)
Cherry tomatoes

Dressing

Onions
Celery
Pure vegetable oil
White wine vinegar
Soy sauce
Tomato puree
Sugar
Black pepper



10 SERVINGS

380g
115g
1 medium
250g
10

½ large
1 large stick
90ml
2½ tbsp
2½ tbsp
4 tsp
2 tsp
to season



20 SERVINGS

760g
230g
2 medium
500g
20

1 large
2 large sticks
180ml
5 tbsp
5 tbsp
8 tsp
4 tsp
to season



30 SERVINGS

1.14kg
345g
3 medium
750g
30

1½ large
3 large sticks
280ml
7½ tbsp
7½ tbsp
12 tsp
6 tsp
to season



METHOD

- 1 Cook the pasta bows in boiling water according to the instructions on the packet.
- 2 Meanwhile, prepare the vegetables as follows: Top and tail the French beans and wash. Peel, wash and grate the carrots. Drain the sweetcorn. Remove the eyes from the cherry tomatoes, wash and roughly chop. Peel, wash and grate the onions. Trim the head and tail of the celery, wash well under running water and then chop roughly.
- 3 Put the French beans in a steamer and cook for 4 minutes. Add the sweetcorn to the steamer and

cook for 3-4 minutes, or until tender. If you do not have a steamer, boil the French beans for 10-15 minutes, or until tender. Add the sweetcorn 5 minutes before the end of the cooking time.

- 4 Combine all the ingredients for the dressing in a blender or food processor. Add a little black pepper to season. Process until smooth.
- 5 Combine the cooked pasta with the steamed vegetables, grated carrot and cherry tomatoes. Pour the dressing on top or serve on the side if the children prefer it this way.







Sneaky ways to get children to eat more vegetables:

- Use the colour and brightness of food to tempt children. Vegetables such as sweetcorn, peppers or tomatoes are a great way of brightening up meals even if you only use them as a garnish on the side of a plate.
- Grated vegetables such as carrots can be much more appealing than cooked varieties, especially in hot weather. Grated carrots could be added to cakes, soups, pasta sauces, shepherds pie, homemade burgers etc.
- Add carrots, turnip, parsnip or sweet potato to mashed potato to make orange mash! A little cheese could also be added to alter the taste.
- If your garden is big enough, grow some of your own vegetables. This not only educates children where food comes from, but is also more fun for children to eat peas they have picked and shelled themselves!

- Young children can be persuaded to eat almost anything if they like the sound of it. Call foods by funny names like peter rabbit carrots, fairy soup or pirate's pie. You may laugh, but if a toddler thinks this is what his favourite character eats for lunch, he is more likely to eat it himself.
- Serving a favourite food like pizza is a great way to get children to try lots of different vegetables. Old favourites include mushrooms, sweetcorn, onion and peppers. However you could also try broccoli, olives, courgettes and sun-dried tomatoes for a change. Fruit is also great on top of pizza – try cooked pineapple and mandarins, or add kiwi, strawberries or banana on top of the pizza when it's cooked.
- Corn on the cob is loved by most kids, it can be boiled, steamed or even barbecued!
- Be a good role model – if you eat a good variety of food, your children are more likely to also!

WEEK 2 — TUESDAY

Pasta Siciliana






 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Onions	1 medium	2 medium	3 medium
Garlic	1-2 cloves	2-3 cloves	3-4 cloves
Tomatoes	5 medium	10 medium	15 medium
Red peppers	2 medium	4 medium	6 medium
Button mushrooms	12 medium	24 medium	36 medium
Courgettes	2 medium	4 medium	6 medium
Pure vegetable oil	2 tbsp	4 tbsp	6 tbsp
Tinned chopped tomatoes	1½ x 400g tins	3 x 400g tins	4½ x 400g tins
Brown sugar	½ tsp	1 tsp	1½ tsp
Pasta	350g	700g	1050g
Fresh basil (<i>optional</i>)	2 tbsp	4 tbsp	6 tbsp
Parmesan cheese*	60g	120g	180g

METHOD

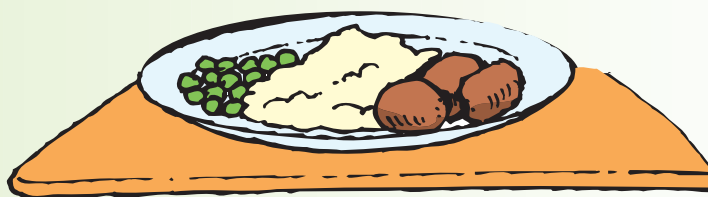
- 1 Prepare the vegetables as follows: Peel, wash and finely chop the onions. Peel, wash and crush the garlic. Remove the eyes from the fresh tomatoes, wash and roughly chop. Remove the stalks and seeds from the red peppers, wash and roughly chop. Peel the mushrooms, remove the stalks, wash and slice. Trim the head and tail of the courgettes, wash well under running water and then chop roughly.
- 2 Heat the oil in a large pan and cook the onions and garlic, stirring until the onions are soft.
- 3 Add the courgettes, mushrooms, peppers and fresh tomatoes. Cook until the vegetables are tender, stirring continuously.
- 4 Stir in the chopped canned tomatoes and the brown sugar. Simmer, uncovered for a few minutes until the mixture thickens slightly.
- 5 Meanwhile, cook the pasta in a saucepan of boiling water according to the instructions on the packet. Drain.
- 6 Toss the vegetables through the pasta.
- 7 Grate the parmesan cheese. Wash and chop the basil.
- 8 Sprinkle the basil and cheese on top just before serving.



In recent years we have all started eating foods which are native to other countries e.g. pasta, pizza and risotto are seen as typical Italian foods, curry as Indian cuisine and shepherd's pie as English grub. The use of sauces and gravies has also dramatically increased. As a result, the more traditional dinner of fresh meat or fish, potato and vegetables has become a new taste and a more "novel food". Think of the foods you used to have for dinner maybe ten or twenty years ago and serve them for a change. Some ideas include:

-  Roast beef, boiled potatoes, fresh parsnip and turnip
-  Boiled bacon, boiled potato and cabbage
-  Roast chicken, mashed potato and carrots
-  Roast pork, stewed apple, boiled potato and Brussels sprouts
-  Poached fish, boiled potato and leeks

When roasting meat or poultry, remember to use a rack to raise the joint off the base of the roasting tray to prevent it from frying and absorbing unnecessary fat.



*Alternatively you may sprinkle another grated cheese of your choice on top of the pasta.

WEEK 2 — TUESDAY

Apple & Plum Crumble



INGREDIENTS

Sweet eating apples
Plums
Soft brown sugar

Topping

Wholemeal flour
Soft brown sugar
Monounsaturated/
polyunsaturated spread
Ground almonds



10 SERVINGS

6 medium
12 medium
15g



20 SERVINGS

12 medium
24 medium
30g



30 SERVINGS

18 medium
36 medium
45g

200g
100g
125g
63g

400g
200g
250g
125g

600g
300g
375g
188g



METHOD

- 1 Pre-heat the oven to 190°C/375°F/Gas Mark 5.
- 2 Peel, core and wash the apples.
- 3 Remove the skin and the stones from the plums.
- 4 Slice the apples and plums and place in a saucepan. Add a little water (to prevent the fruit burning to the bottom of the pan), sprinkle the smaller amount of sugar on top and cook for 2 minutes.
- 5 Spoon the fruit into an oven-proof dish.
- 6 To make the topping, mix the wholemeal flour together with the soft brown sugar, then rub in the spread with your fingertips, until the mixture resembles breadcrumbs. Finally add the ground almonds.
- 7 Cover the fruit with the crumble topping and sprinkle a little water on top.
- 8 Bake in a pre-heated oven for about 30 minutes or until the topping is golden.



French Toast



INGREDIENTS

Eggs
Milk
Bread
Pure vegetable oil



10 SERVINGS

5
5 tbsp
10 slices
1½ tbsp



20 SERVINGS

10
10 tbsp
20 slices
3 tbsp



30 SERVINGS

15
15 tbsp
30 slices
4½ tbsp



METHOD

- 1 Beat the eggs and milk together in a shallow bowl.
- 2 Dip the slices of bread in the egg mixture.
- 3 Heat the oil in a large pan. Fry the bread until it is golden brown.
- 4 Drain on kitchen paper. Serve.

WEEK 2 — WEDNESDAY

Fish Pie

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Cod fillets	3 medium	6 medium	9 medium
Salmon fillets	3 medium	6 medium	9 medium
Potatoes	5 large	10 large	15 large
Onions	1 medium	2 medium	3 medium
Bay leaf	1	2	3
Milk	750ml	1.5L	2.25L
Peppercorns	to season	to season	to season
Parsley sprigs	1	2	3
Monounsaturated/ polyunsaturated spread	70g	140g	210g
Flour	55g	110g	165g
Cheddar cheese	50g	100g	150g
Mustard powder	½ tsp	1 tsp	1½ tsp
Frozen peas	155g	310g	465g
Frozen sweetcorn	150g	300g	450g
Chives	1 tbsp	2 tbsp	3 tbsp
Black pepper	to season	to season	to season
Milk	75ml	150ml	225ml
Egg	1	2	3

METHOD

- Preheat the oven to 180°C/350°F/Gas Mark 4.
- Remove the skin and any bones from the cod fillets and the salmon fillets.
- Peel, wash and roughly chop the potatoes and the onions.
- Wash and roughly chop the parsley and chives.
- Boil the potatoes until tender.
- Meanwhile put the fish in a shallow pan with the larger volume of milk, peppercorns, parsley and bay leaves. Bring to the boil, then cover and cook for 5 minutes, or until the fish flakes easily.
- Remove the fish, strain the milk into a cup for use later. Flake the fish with a fork, checking carefully for any remaining bones and remove any found.
- Melt half the spread in a small pan, add the chopped onion and cook until softened.
- Stir in the flour to make a paste and cook for 1 minute. Remove from the heat and allow to cool slightly.
- Gradually add the strained milk, stirring until the sauce thickens.
- Grate the cheddar cheese.
- Stir into the sauce along with the mustard powder, frozen peas, frozen sweetcorn and chives. Cook for 2 minutes.
- Season with black pepper. Remove the bay leaves.
- Add the fish, mix and spoon the mixture into a suitable ovenproof dish.
- Drain and mash the potatoes. Add the smaller volume of milk, remaining spread and black pepper to season.
- Spread the potato over the fish and vegetables, making peaks with a fork.
- Beat the egg until well mixed and lightly brush over the potato.
- Cook in the pre-heated oven for 25 minutes.



Take care to ensure all the bones are removed from the fish before serving, as young children are not always able to pick out the smaller bones in fish and they may cause choking.

WEEK 2 — WEDNESDAY

Spanish Omelette



INGREDIENTS

Potatoes
Onions
Green pepper
Red pepper
Pure vegetable oil
Eggs
Milk
Black pepper



10 SERVINGS

2 large
2½ medium
1½ medium
1½ medium
1½ tbsp
10
150ml
to season



20 SERVINGS

4 large
5 medium
3 medium
3 medium
3 tbsp
20
300ml
to season



30 SERVINGS

6 large
7½ medium
4½ medium
4½ medium
4½ tbsp
30
450ml
to season



METHOD

- 1 Prepare the vegetable as follows: Peel, roughly chop and wash the potatoes and onions. Remove the stalks and seeds from the red and green peppers, wash and roughly chop.
- 2 Heat the vegetable oil in a frying pan. Add the potato and fry over a moderate heat until just golden.
- 3 Add the onion and continue cooking gently until soft but not browned.
- 4 Add the red and green peppers and cook gently for 3-4 minutes until just soft.
- 5 Beat the eggs and add the milk.
- 6 Add the egg mix to the vegetables, season with black pepper and then turn the heat down – the omelette should cook very slowly.
- 7 Once the mixture has started to set, give the pan an occasional shake and continue to cook until the omelette begins to curl away from the edge of the pan.
- 8 After about 10 minutes (when the omelette is firm but still moist on top) put the pan under a hot grill until the surface of the omelette turns golden brown.
- 9 Serve hot or cold with salad.



HELPFUL HINT

Use broccoli, peas or any other leftover vegetables with the potato to prevent waste and for variety.

Fun with food

- Freeze seedless grapes for a mouth-watering refreshing snack.
- Make inside-out sandwiches by wrapping a slice of meat or cheese around a breadstick.
- Instead of plain water ice cubes, pour diluted pure unsweetened orange juice into an ice-cube tray and freeze. Children love the tangy taste.
- Make celery boats for snack time – fill the centre of celery sticks with cream cheese or hummus. Some pepper or cucumber could make the sail. You can then role play as the child "sails" their boat on the "pond" (a dinner plate). Eventually a "whale" (the child) eats the boat – kids love that part!
- With a little imagination and a couple minutes to spare, a simple dish such as pizza can become an eye-catching picture on a plate. For example for a special occasion, use the toppings you choose for your pizza to make an animal-face design – by chopping your toppings in different shapes, the pizza becomes transformed within seconds!



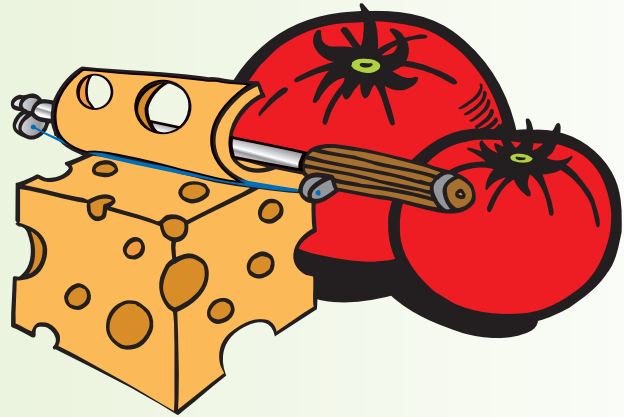
WEEK 2 — WEDNESDAY

Pitta Pockets with Cheese and Tomato

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Cheese	500g	1kg	1.5kg
Spring onion (optional)	5-10	10-20	20-30
Tomatoes	4 medium	8 medium	12 medium
Ordinary mayonnaise	110g	220g	330g
Large pitta breads	5	10	15



METHOD

- 1 Grate the cheese.
- 2 Peel, wash and finely chop the spring onion. Remove the eyes from the tomatoes, wash and roughly chop into small cubes.
- 3 In a bowl, mix the grated cheese together with the mayonnaise, spring onions and tomatoes.
- 4 Cut the pitta breads in half to form two pockets. Toast.
- 5 Divide the cheese mixture between the pitta breads. Serve.



Note the “use by” or “best before” date on food. Eat it, cook it, freeze it or throw it out by that date. Once the food is opened, use it as fresh food. The “use by” date applies to unopened food.

Pitta Pockets with Hummus and Tomato

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Tomatoes	4 medium	8 medium	12 medium
Cucumber	½ medium	1 medium	1½ medium
Spring onion (optional)	10 medium	20 medium	30 medium
Hummus*	250g	500g	750g
Large pitta breads	5	10	15

METHOD

- 1 Remove the eyes from the tomatoes, wash and roughly chop into small cubes. Wash the cucumber, and roughly chop. Peel, wash and finely chop the spring onion. Mix together in a bowl.
- 2 Cut the pitta breads in half to form two pockets. Toast.
- 3 Fill pitta pockets with hummus and salad mixture. Serve.

**You can use shop-bought hummus or make your own using the next recipe.*

WEEK 2 — WEDNESDAY

Homemade Hummus



INGREDIENTS

Lemon juice	2 tsp
Garlic	1 clove
Ground cumin	½ tsp
Canned chickpeas	130g
Milk	60ml
Tahini (sesame seed paste)	1 tsp



MAKES ABOUT 375ML/1½ CUPS



METHOD

- 1 Peel, wash and roughly chop the garlic.
- 2 Drain the chickpeas.
- 3 Simply blend all the ingredients together in a food processor until smooth.
- 4 Serve with crackers or on top of pitta bread as described in the recipe above.



Pitta pockets can be filled with almost anything! Here's a couple more suggestions for variety:

- Sweetcorn, tinned tuna (in sunflower oil), chopped chives and a little mayonnaise.
- Grilled lean bacon, cottage cheese, tomato, chopped lettuce, black pepper.
- Celery, apple, cottage cheese and a squeeze of lemon juice.
- Chopped lettuce, cooked meat or chicken and salsa.
- Hard boiled eggs mixed with onion, lettuce and natural yoghurt.
- Ham and pineapple.
- Cooked chicken chopped into small pieces, natural yoghurt, grated carrots, lettuce.

Dip chunks of apple in lemon juice to prevent them going brown.



WEEK 2 — THURSDAY

Beef Lasagne

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Onions	1 medium	2 medium	3 medium
Carrots	1 medium	2 medium	3 medium
Celery	1 large stick	2 large sticks	3 large sticks
Garlic	2 cloves	4 cloves	6 cloves
Fresh parsley sprigs	4	8	12
Fresh thyme sprigs	4	8	12
Dried bay leaves	4	8	12
Pure vegetable oil	2 tbsp	4 tbsp	6 tbsp
Lean minced beef	625g	1.25kg	1.875kg
Homemade vegetable stock (see page 59)	350ml	700ml	1.05L
Tinned chopped tomatoes	¾ x 400g tin	1½ x 400g tin	2¼ x 400g tin
Tomato puree	2 tbsp	4 tbsp	6 tbsp
Black pepper	to season	to season	to season
No cook lasagne sheets	12 sheets	24 sheets	36 sheets
Parmesan cheese	50g	100g	150g
Cheese sauce			
Monounsaturated/ polyunsaturated spread	50g	100g	150g
Flour	50g	100g	150g
Milk	560ml	1.12L	1.68L
Black pepper	to season	to season	to season
Ground nutmeg	pinch	pinch	pinch
Cheddar cheese	75g	150g	225g

METHOD

- Preheat the oven to 180°C/350°F/Gas Mark 4.
- Prepare the vegetables as follows: Peel, wash and roughly chop the onions and carrots. Trim the head and tail of the celery, wash and then chop roughly. Peel, wash and crush the garlic.
- Wash and roughly chop the parsley. Wash the thyme.
- Heat the pure vegetable oil in a saucepan, add the chopped onion, chopped carrot, chopped celery and cook over a low heat for 3-4 minutes.
- Add the garlic and minced beef and cook until the meat is browned all over.
- Transfer the mixture to a food processor and chop for a few minutes to give a smoother texture.
- Return the beef mixture to the pan, add the homemade vegetable stock, bring to the boil and then simmer for 3-4 minutes.
- Stir in the tinned chopped tomatoes, tomato puree, thyme, bay leaves, parsley and black pepper. Bring to the boil, then reduce the heat, cover and simmer for 20 minutes.
- Remove the lid and cook for a further 5 minutes, stirring occasionally until most of the liquid has evaporated.
- Adjust the seasoning if necessary. Remove and discard the thyme and bay leaves. Take off the heat and set aside to cool slightly.
- To make the cheese sauce, melt the spread in a saucepan, add the flour and cook over a low heat for 1 minute, stirring all the time. Remove from the heat and cool slightly.
- Add the milk and black pepper, beating all the time. Return to the heat and bring to the boil, stirring continuously. Add the ground nutmeg and simmer for 2 minutes.
- Grate the cheddar cheese. Add to the white sauce and cook for a further 2 minutes.
- Cover the bottom of a large lasagne dish with a couple of tablespoons of meat sauce followed by cheese sauce. Cover with a third of the sheets of lasagne. Spoon over half the remaining meat sauce and cover with a third of the cheese sauce. Cover with another third of the lasagne sheets. Now cover with the remaining meat sauce and another third of the cheese sauce. Cover with the remaining sheets of lasagne and finish off by spooning over the remaining cheese sauce.
- Grate the parmesan cheese and sprinkle on top.
- Bake in the pre-heated oven for about 30 minutes, until golden and bubbling.

WEEK 2 — THURSDAY

Vegetable Lasagne



INGREDIENTS



10 SERVINGS



20 SERVINGS



30 SERVINGS

Onions	1 medium	2 medium	3 medium
Carrots	2 large	4 large	6 large
Garlic	1-2 cloves	2-3 cloves	3-4 cloves
Red peppers	1 medium	2 medium	3 medium
Yellow peppers	1 medium	2 medium	3 medium
Mushrooms	10 medium	20 medium	30 medium
Pure vegetable oil	1 tbsp	2 tbsp	3 tbsp
Tomato puree	2 tbsp	4 tbsp	6 tbsp
Tinned tomatoes	1 x 400g tin	2 x 400g tins	3 x 400g tins
Dried red lentils	100g	200g	300g
Dried mixed herbs	2 tsp	4 tsp	6 tsp
Homemade vegetable stock (see page 59)	280ml	560ml	840ml
No cook lasagne sheets	9 sheets	18 sheets	27 sheets
Cheddar cheese	50g	100g	150g
Cheese Sauce			
Monounsaturated/ polyunsaturated spread	25g	50g	75g
Plain flour	25g	50g	75g
Milk	425ml	850ml	1.275L
Black pepper	to season	to season	to season
Cheddar cheese	40g	80g	120g



METHOD

- Pre-heat the oven to 200°C/400°F/Gas Mark 6.
- Prepare the vegetables as follows: Peel, wash and roughly chop the onions and carrots. Peel, wash and crush the garlic. Remove the stalks and seeds from the red and yellow peppers, wash and roughly chop. Peel the mushrooms, remove the stalks, wash and slice.
- Heat the pure vegetable oil in a large pan. Cook the onions, garlic, peppers and carrots for about 10 minutes without colouring the onions or garlic.
- Add the tomato puree, tinned tomatoes, sliced mushrooms, dried red lentils, dried mixed herbs and homemade vegetable stock. Continue to cook for another 10-15 minutes until the carrots are beginning to soften.
- To make the cheese sauce, melt the spread in a saucepan, add the flour and cook over a low heat for 1 minute, stirring all the time. Remove from the heat and cool slightly.
- Add the milk and black pepper, beating all the time. Return to the heat and bring to the boil, stirring continuously.
- Grate the larger amount cheese. Add to the white sauce and cook for a further 2 minutes.
- Cover the bottom of a large lasagne dish with a couple of tablespoons of cheese sauce. Cover with a third of the sheets of lasagne. Spoon over half the vegetable mix and cover with a third of the cheese sauce. Cover with another third of the lasagne sheets. Add the remaining vegetable mix and another third of the cheese sauce. Cover with the remaining sheets of lasagne and finish off by spooning over the remaining cheese sauce.
- Grate the remaining cheese and sprinkle on top.
- Bake in the pre-heated oven for about 30 minutes, until golden and bubbling.



WEEK 2 — THURSDAY

Carrot and Potato Soup with Orange

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Onions	3	6	9
Carrots	6 medium	12 medium	18 medium
Potatoes	2 large	4 large	6 large
<i>or</i>	<i>or</i>	<i>or</i>	<i>or</i>
Sweet potatoes	5 medium	10 medium	15 medium
Garlic	1-2 cloves	2-3 cloves	3-4 cloves
Fresh ginger (<i>optional</i>)	2 tsp	4 tsp	6 tsp
Fresh parsley	to garnish	to garnish	to garnish
Pure vegetable oil	2 tbsp	4 tbsp	6 tbsp
Homemade vegetable stock (<i>see page 59</i>)	1.5L	3L	4.5L
Pure unsweetened orange juice	75ml	150ml	225ml
Black pepper	to season	to season	to season
Coconut milk	150ml	300ml	450ml

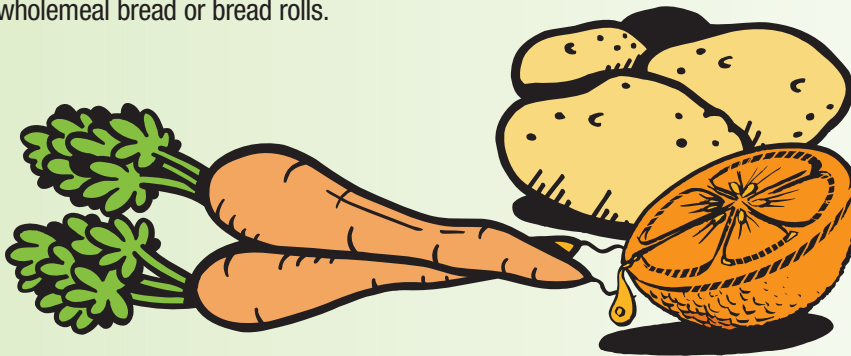
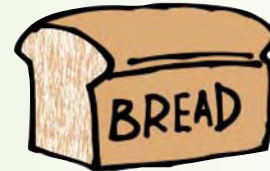
METHOD

- 1 Peel, wash and roughly chop the onions, carrots and potatoes. Peel, wash and crush the garlic.
- 2 Grate the ginger. Wash the parsley.
- 3 Heat the oil in a large pan and cook the onions and garlic for about 5 minutes until softened.
- 4 Add the carrots, potato and ginger and cook for about 5 minutes, stirring occasionally.
- 5 Add the homemade vegetable stock, cover and simmer for about 20 minutes or until the vegetables are tender.
- 6 Blend the soup in a food processor or liquidiser.
- 7 Stir in the pure unsweetened orange juice and season with black pepper.
- 8 Swirl in the coconut milk, garnish with parsley.
- 9 Serve with wholemeal bread or bread rolls.



You could make your own croutons by tossing some diced bread in a little pure vegetable oil. Bake in a pre-heated oven

(180°C/350°F/Gas Mark 4) for about 10-15 minutes until crisp and golden. Allow to cool before serving. Homemade croutons will keep in an airtight container for several days.



WEEK 2 — FRIDAY

Chicken and Tomato Risotto



INGREDIENTS

Long grain white rice
 Onions
 Carrots
 Garlic
 Fresh parsley
 Pure vegetable oil
 Chicken breast fillets
 Passata
 Homemade chicken stock
 (see page 60)
 Worcestershire sauce
 Castor sugar
 Frozen peas
 Black pepper



10 SERVINGS

330g
 1 medium
 1 large
 1 clove
 1½ tbsp
 3 tbsp
 3 medium
 500g
 170ml
 few drops
 1 tsp
 170g
 to season



20 SERVINGS

660g
 2 medium
 2 large
 2 cloves
 3 tbsp
 6 tbsp
 6 medium
 1kg
 340ml
 few drops
 2 tsp
 340g
 to season



30 SERVINGS

990g
 3 medium
 3 large
 3 cloves
 4½ tbsp
 9 tbsp
 9 medium
 1.5kg
 510ml
 few drops
 3 tsp
 510g
 to season



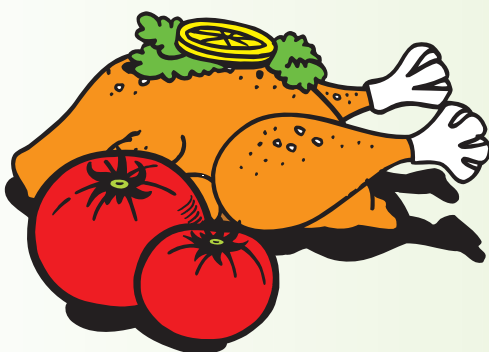
METHOD

- 1 Cook the rice in boiling water, according to the instructions on the packet.
- 2 Prepare the vegetables as follows: Peel, wash and roughly chop the onions and the carrots. Peel, wash and crush the garlic.
- 3 Wash and roughly chop the parsley.
- 4 Heat the pure vegetable oil in a fairly large saucepan and cook the onions, garlic and carrots for 7-8 minutes until soft.
- 5 Remove the skin from the chicken breast fillets. Chop the fillets into chunks and add to the vegetable mix. Cook until the chicken turns opaque, stirring occasionally.
- 6 Add the passata, homemade chicken stock, worcestershire sauce, chopped parsley and castor sugar. Cover and cook for 15 minutes.
- 7 Add the frozen peas and cook for 3 minutes.
- 8 Season with black pepper.
- 9 Drain the rice when cooked and mix with the chicken and tomato sauce. Serve.



The messages you give about food are as important as the nutrients in the food. Future eating habits are largely determined by what children think food is and how it should be used. Mealtimes can be fun and a wonderful opportunity for learning. Explore ways to encourage children to practice good nutrition and health habits to last a lifetime.

- Videotape a mealtime to use as a future teaching tool. Children love to watch themselves on video. Discuss what you are eating and the taste and textures of the foods. Pay special attention to the different smells of the food.
- At Easter, try a new recipe with eggs and have an egg hunt using painted hard-boiled eggs!
- Talk about where fruit and vegetables come from. Discuss the different foods that animals eat.
- Increasingly advertising is influencing children food preferences. Make up your own jingles to promote healthy eating and living.
- Look out for books which reinforce positive messages about food and health and read them at story-time. Use the story as an opportunity to explore the children's thoughts about food.



Page 40 of your copy of Food and Nutrition Guidelines for Pre-school Services gives additional suggestions for food related activities.

WEEK 2 — FRIDAY

Chinese Noodles with Vegetables






 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Spring onions	5	10	15
Carrots	2 large	4 large	6 large
Garlic	1-2 cloves	2-3 cloves	3-4 cloves
Mushrooms	15 medium	30 medium	45 medium
Pure vegetable oil	1 tbsp	2 tbsp	3 tbsp
Mild curry powder	1-2 tsp	2-3 tsp	3-4 tsp
Homemade vegetable stock (see page 59)	375ml	750ml	1.1L
Coconut milk	375ml	750ml	1.1L
Frozen peas	250g	500g	750g
Frozen sweetcorn	250g	500g	750g
Chinese noodles	300g	600g	900g

METHOD

- 1 Prepare the vegetables as follows: Peel, wash and roughly chop the spring onions and carrots. Peel, wash and crush the garlic. Peel the mushrooms, remove the stalks, wash and slice.
- 2 Heat the pure vegetable oil in a wok or frying pan and cook the spring onions and garlic for about 2 minutes.
- 3 Add the carrots, curry powder, vegetable stock and the coconut milk and cook for 5 minutes over a low heat.
- 4 Add the mushrooms, sweet-corn, peas and noodles. Cook for a further 3-5 minutes until the vegetables are tender. Serve.



Why not offer a vegetable smoothie for this afternoon's snack? Some tasty options include a mix of:

-  apples, carrots and strawberries
-  carrots, apples, orange, celery and a little ginger root
-  banana, pumpkin and kiwi
-  cucumber and apple
-  orange, banana and carrot
-  cucumber, orange and grapefruit



WEEK 2 — FRIDAY

Macaroni Cheese



INGREDIENTS

	10 SERVINGS	20 SERVINGS	30 SERVINGS
Macaroni	375g	750g	1.125kg
Monounsaturated/ polyunsaturated spread	40g	80g	120g
Flour	40g	80g	120g
Milk	750ml	1.5L	2.25L
Black pepper	to season	to season	to season
Cheddar cheese	125g	250g	375g
Gruyere cheese	150g	300g	450g
English mustard	1 tsp	2 tsp	3 tsp
White breadcrumbs	80g	160g	240g
Pure vegetable oil	1 tbsp	2 tbsp	3 tbsp
Parmesan cheese	40g	80g	120g










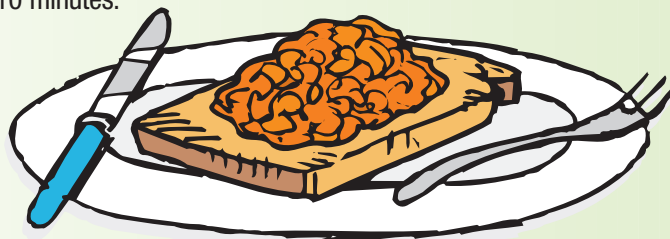
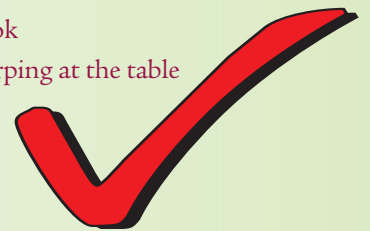
METHOD

- 1 Pre-heat the oven to 180°C/350°F/Gas Mark 4.
- 2 Cook the macaroni according to the instructions on the packet.
- 3 Melt the spread in a saucepan and stir in the flour. Cook for 1-2 minutes, stirring continuously. Remove from the heat and allow to cool slightly.
- 4 Gradually add the milk and black pepper, beating all the time. Return to the heat and bring to the boil. Keep stirring.
- 5 Reduce the heat and cook slowly for 5 minutes.
- 6 Meanwhile grate the different cheeses into separate bowls. Add the cheddar cheese, gruyere cheese and English mustard to the milk. Stir until the cheese has melted.
- 7 Mix in the macaroni into the sauce, season with black pepper and transfer to an ovenproof dish.
- 8 Mix the breadcrumbs with the olive oil and grated parmesan cheese.
- 9 Scatter over the top of the pasta. Bake in the pre-heated oven for 10 minutes.







Establish a few basic rules about mealtime courtesy. Rules could include:

-  Eating only at the table
-  Not getting up from the table until the meal time is finished
-  Asking permission to be excused
-  Bringing plates to the sink
-  Washing hands before and after meals
-  Being kind to the cook
-  Not burping and slurping at the table



WEEK 3 — MONDAY

Chilli Con Carne with Boiled Rice

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Onions	1 medium	2 medium	3 medium
Garlic	1-2 cloves	2-4 cloves	3-6 cloves
Beef stock cubes	¼ stock cube	½ stock cube	¾ stock cube
Lean minced beef	640g	1.28kg	1.92kg
Flour	15g	30g	45g
Mild chilli powder	1 tsp	2 tsp	3 tsp
Warm water	200ml	400ml	600ml
Tomato ketchup	2 tbsp	4 tbsp	6 tbsp
Tinned tomatoes	¾ x 400g tin	1½ x 400g tin	2 tins
Tinned kidney beans	1 tin	2½ tins	3½ cans

METHOD

- 1 Peel, wash and roughly chop the onions. Peel, wash and crush the garlic.
- 2 Dissolve the beef stock cube in the warm water.
- 3 Place the minced beef in a dry frying pan. There is sufficient fat in mince for frying so there is no need to add extra oil to the pan. Cook for 20-25 minutes over a low heat until well browned, stirring all the time.
- 4 Add the onions and garlic to the pan and cook for 2-3 minutes.
- 5 Sprinkle on the flour and chilli powder and cook for 1-2 minutes, stirring all the time.
- 6 Add the dissolved beef stock, tomato ketchup and tinned tomatoes. Bring to the boil.
- 7 Drain the kidney beans and add to the mince. Simmer for 20 minutes.
- 8 Serve with boiled rice. Cook the rice according to the instructions on the packet. Allow approximately 3 dessertspoons (80g) cooked rice per child.

ALTERNATIVE OPTION:

Vegetarian dinner option:

Replace the minced beef with the same quantity of Quorn pieces and use homemade vegetable stock instead of the beef stock.



Why not use dried kidney beans as an alternative to tinned varieties? Allow 290g for 10 servings, 580g for 20 servings and 870g for 30 servings. However follow the cooking instructions on the packet carefully to ensure that the natural toxins contained in kidney beans are destroyed. Tinned kidney beans have already been through this process so you can use them straight away without soaking.



WEEK 3 — MONDAY

Vegetable Pasta Salad



INGREDIENTS

Pasta bows
 French beans
 Carrots
 Tinned sweetcorn
 (*drained weight*)
 Cherry tomatoes

Dressing

Onions
 Celery
 Pure vegetable oil
 White wine vinegar
 Soy sauce
 Tomato puree
 Sugar
 Black pepper



10 SERVINGS

380g
 115g
 1 medium
 250g
 10

½ large
 1 large stick
 90ml
 2½ tbsp
 2½ tbsp
 4 tsp
 2 tsp
 to season



20 SERVINGS

760g
 230g
 2 medium
 500g
 20

1 large
 2 large sticks
 180ml
 5 tbsp
 5 tbsp
 8 tsp
 4 tsp
 to season



30 SERVINGS

1.14kg
 345g
 3 medium
 750g
 30

1½ large
 3 large sticks
 280ml
 7½ tbsp
 7½ tbsp
 12 tsp
 6 tsp
 to season

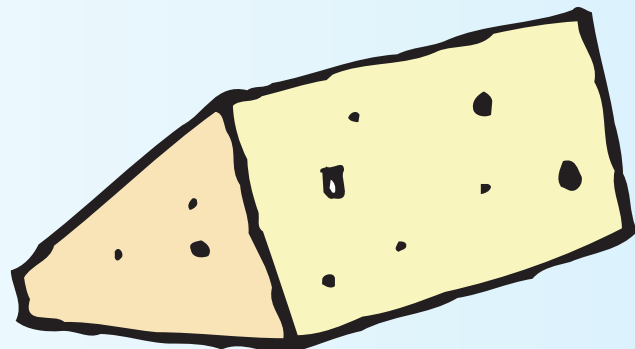


METHOD

- 1 Cook the pasta bows in boiling water according to the instructions on the packet.
- 2 Meanwhile, prepare the vegetables as follows: Top and tail the French beans and wash. Peel, wash and grate the carrots. Drain the sweetcorn. Remove the eyes from the cherry tomatoes, wash and roughly chop. Peel, wash and grate the onions. Trim the head and tail of the celery, wash well under running water and then chop roughly.
- 3 Put the French beans in a steamer and cook for 4 minutes. Add the sweetcorn to the steamer and cook for 3-4 minutes, or until tender. If you do not have a steamer, boil the French beans for 10-15 minutes, or until tender. Add the sweetcorn 5 minutes before the end of the cooking time.
- 4 Combine all the ingredients for the dressing in a blender or food processor. Add a little black pepper to season. Process until smooth.
- 5 Combine the cooked pasta with the steamed vegetables, grated carrot and cherry tomatoes. Pour the dressing on top or serve on the side if the children prefer it this way.



For this morning's snack, use a biscuit cutter to make animal shapes from slices of cheese.



WEEK 3 — TUESDAY

Vegetable Curry and Boiled Rice

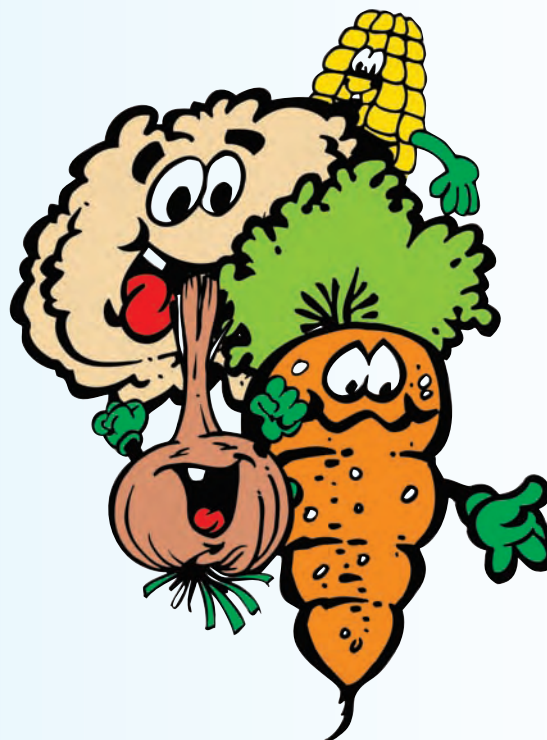
 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Onions	1 medium	2 medium	3 medium
Mixed vegetables (for example carrots, mushrooms, peppers)	900g	1.8kg	2.7kg
Apples	2 medium	4 medium	6 medium
Lemon juice	1 tsp	2 tsp	3 tsp
Coconut	1 tbsp	2 tbsp	3 tbsp
Sultanas	50g	100g	150g
Brown sugar	1 tsp	2 tsp	3 tsp
Chutney (optional)	2 tsp	4 tsp	6 tsp
Homemade vegetable stock (see page 59)	550ml	1.1L	1.65L
Pure vegetable oil	1½ tbsp	3 tbsp	4½ tbsp
Mild curry powder	3 tsp	6 tsp	9 tsp
Flour	½ tbsp	1 tbsp	1½ tbsp
Black pepper	to season	to season	to season
Frozen peas	100g	200g	300g

METHOD

- 1 Prepare the vegetables as follows: Peel, wash and roughly chop the onions and the carrots. Peel the mushrooms, remove the stalks, wash and slice. Remove the stalks and seeds from the peppers, wash and roughly chop.
- 2 Peel the apples, remove the core and chop roughly.
- 3 Place the vegetables, apples, lemon juice, coconut, sultanas, brown sugar and chutney into a saucepan. Add approximately three-quarters of the homemade vegetable stock and boil for 20 minutes.
- 4 Heat the pure vegetable oil and cook the onions until soft. Stir in the curry powder, flour and the remainder of the vegetable stock. Bring to the boil.
- 5 Add the onion mix to the saucepan containing the mixed vegetables. Season with black pepper.
- 6 Add the frozen peas. Simmer for 10 minutes. Reduce and cook slowly for another 20 minutes.
- 7 Serve with boiled rice. Cook the rice according to the instructions on the packet. Allow approximately 3 dessertspoons (80g) cooked rice per child.



Teach the children about our own food customs and traditional food choices by cooking Colcannon, Irish stew, Irish tea brack, Boxty, Bread and butter pudding etc. Ask your Community Dietitian for a recipe if you don't have one already. Telephone numbers are available in your copy of Food and Nutrition Guidelines for Pre-School Services.



WEEK 3 — TUESDAY

Tender Strips of Griddled Chicken & Homemade Tomato Ketchup



INGREDIENTS



10 SERVINGS



20 SERVINGS



30 SERVINGS

Griddled chicken fillets

Chicken breast fillets	5 medium	10 medium	15 medium
Honey	60g	120g	180g
Lemon juice	75ml	150ml	225ml
Soy sauce	75ml	150ml	225ml
Pure vegetable oil	1½ tbsp	3 tbsp	4½ tbsp

Homemade tomato ketchup

Passata	800g	1.6kg	2.4kg
Balsamic vinegar	2 tbsp	4 tbsp	6 tbsp
Tomato puree	2 tbsp	4 tbsp	6 tbsp
Sugar	2 tbsp	4 tbsp	6 tbsp



METHOD

- 1 Remove any skin from the chicken breast.
- 2 In a shallow bowl, mix the honey, lemon juice and soy sauce together. Add the chicken breast and leave to marinate for about 30 minutes.
- 3 Drain the marinade into another bowl and store for later use.
- 4 Heat the griddle, brush with a little vegetable oil and cook the chicken for 4-5 minutes on each side or until cooked throughout. If you don't have a griddle you can heat the vegetable oil in a saucepan or frying pan and cook the chicken breast.
- 5 Meanwhile strain the marinade, pour it into a small saucepan, bring to the boil and simmer for about 1 minute.
- 6 Cut the chicken into strips and serve with the reduced marinade.
- 7 To make the tomato ketchup, put all the ingredients into a saucepan. Bring to the boil, then reduce the heat and cook uncovered for about 15 minutes.
- 8 Serve.



Wash your hands thoroughly:

- before preparing food
- after handling raw meat and vegetables and before handling cooked foods
- after coughing, sneezing or using a handkerchief
- before helping children to eat
- after using the toilet
- after handling a baby's nappy
- after handling pets.

Cover any cuts or scars with a water-proof dressing.



WEEK 3 – TUESDAY

Potato Cakes served with Baked Beans

INGREDIENTS	10 SERVINGS	20 SERVINGS	30 SERVINGS
Potatoes	4 medium	8 medium	12 medium
Black pepper	to season	to season	to season
Plain flour	70g flour	140g flour	210g
Baking powder	1/4 tsp	1/2 tsp	3/4 tsp
Milk (<i>small amount</i>)	if necessary	if necessary	if necessary
Monounsaturated/ polyunsaturated spread	20g	40g	60g
Pure vegetable oil	3 tbsp	6 tbsp	9 tbsp
Baked beans	800g	1.6kg	2.4kg

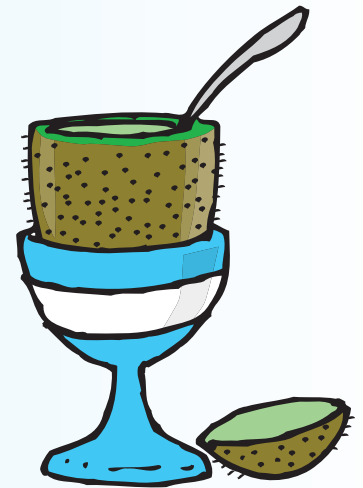
METHOD

- 1 Peel, wash and roughly chop the potatoes.
- 2 Cook the potatoes until tender. Drain and mash. Season with black pepper.
- 3 Sieve the flour and baking powder together.
- 4 Melt the spread.
- 5 Add the flour mix and the melted spread to the mashed potatoes. Bind together with a wooden spoon, adding a little milk if necessary.
- 6 Turn onto a floured board or clean table top. Knead until the mixture is smooth.
- 7 Divide in two equal parts. Flatten each piece with your hand to form a circle and cut into 10 triangles.
- 8 Heat some vegetable oil in a pan, and cook the potato bread until brown on both sides.
- 9 Serve with baked beans. Cook according to the instructions on the tin. Allow approximately 2 tablespoons per child.



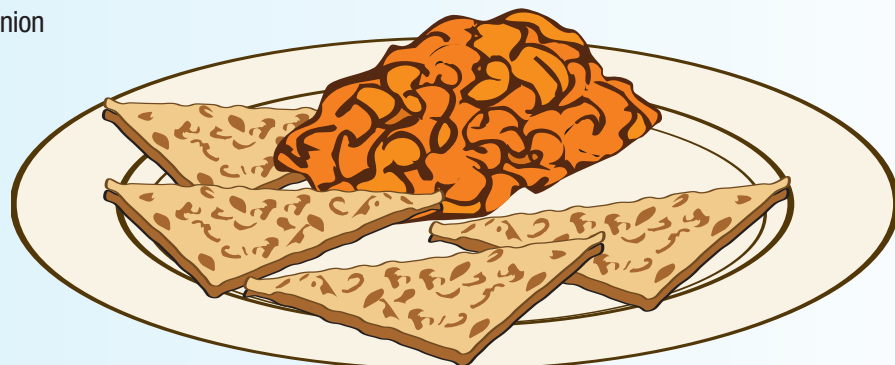
Presentation of food is important. A child is more likely to eat something that looks appealing.

- Portions should not be massive.
- Use various garnishings to decorate food such as a square of cheese, some raisins and a few fingers of fruit.
- Vary texture and colour wherever possible to make food look more appealing
- Sprinkle sandwiches with watercress (you could grow your own – that way you'll save on costs and can teach the children a new skill) or decorate with thinly serrated vegetables.



ALTERNATIVE OPTION:

Mixed herbs and chopped onion can be added for variety.



WEEK 3 — WEDNESDAY

Homemade Pizza



INGREDIENTS

For the dough:

Dried or “fast-acting” yeast
Honey
Warm water
Plain flour
Pure vegetable oil

For the tomato sauce:

Onions
Garlic
Fresh basil
Pure vegetable oil
Tinned tomatoes
Red pesto
Balsamic vinegar
Sugar
Black pepper
Cheddar cheese



10 SERVINGS

2 x 12 inch pizzas

1½ sachets
1 tsp
250ml
450g
2 tbsp

½-1 medium
2 cloves
1 tbsp
1 tbsp
2 x 400g tins
2 tbsp
1 tsp
1 tsp
to season
125g



20 SERVINGS

4 x 12 inch pizzas

3 sachets
2 tsp
500ml
900g
4 tbsp

1-2 medium
4 cloves
2 tbsp
2 tbsp
4 x 400g tins
4 tbsp
2 tsp
2 tsp
to season
250g



30 SERVINGS

6 x 12 inch pizzas

4½ sachets
3 tsp
750ml
1.35kg
6 tbsp

1½-3 medium
6 cloves
3 tbsp
3 tbsp
6 x 400g tins
6 tbsp
3 tsp
3 tsp
to season
375g



METHOD

- To make the dough, cream the yeast and honey together in a bowl and then add the warm water. Stir until dissolved and leave for 10 minutes in a warm place. It will bubble up slightly, which tells you that the yeast is alive and well!
- Sieve the plain flour in a large bowl – the bowl needs to be large enough to allow the dough to rise to twice its original size. Make a well in the centre of the flour, pour in the pure vegetable oil, then add the yeast mixture, stirring with your fingers to combine it with the flour. Add a little more water if necessary to make a smooth dough that comes away from the sides of the bowl.
- Knead by hand until the dough is elastic and bounces back when you prod it with your finger. Return the dough to the bowl. Cover the bowl with cling film and set aside in a warm place for 30 minutes or until the dough has approximately doubled in size.
- Meanwhile, peel, wash and roughly chop the onions. Peel, wash and crush the garlic.
- Wash and finely chop the basil.
- To make the tomato sauce, heat the oil in a saucepan. Add the onions and cook for 5-10 minutes until cooked but not coloured.
- Add the garlic and cook for about 1 minute.
- Stir in the tinned tomatoes, red pesto, balsamic vinegar and sugar. Add some black pepper to season.
- Cook over a low heat until the mixture has reduced in volume by about a third. Stir in the chopped basil.
- Knock back the risen dough i.e. knead the dough until it is smooth and elastic, divide in two and roll out each half into a circle 12 inches in diameter or into a rectangle shape.
- Place the rolled out pizza on a baking sheet or a swiss-roll-type baking tray. Spread the tomato sauce over the pizza bases and bake, one at a time, for 20 minutes, in an oven pre-heated to 220°C/425°F/Gas Mark 7. If baking both pizzas at the same time, you may need to increase the cooking time slightly.
- Meanwhile grate the cheddar cheese.
- When the pizzas are cooked, sprinkle the cheese on top and whatever other toppings you fancy such as pineapple, chopped peppers or chopped ham for a non-vegetarian pizza.



If you don't have time to make the pizza base, you could use French bread or wholemeal baguettes cut into diagonal slices for mini pizzas or split lengthways for a long pizza plank; muffins or bagels split in half; split pitta bread; or crumpets.

WEEK 3 — WEDNESDAY

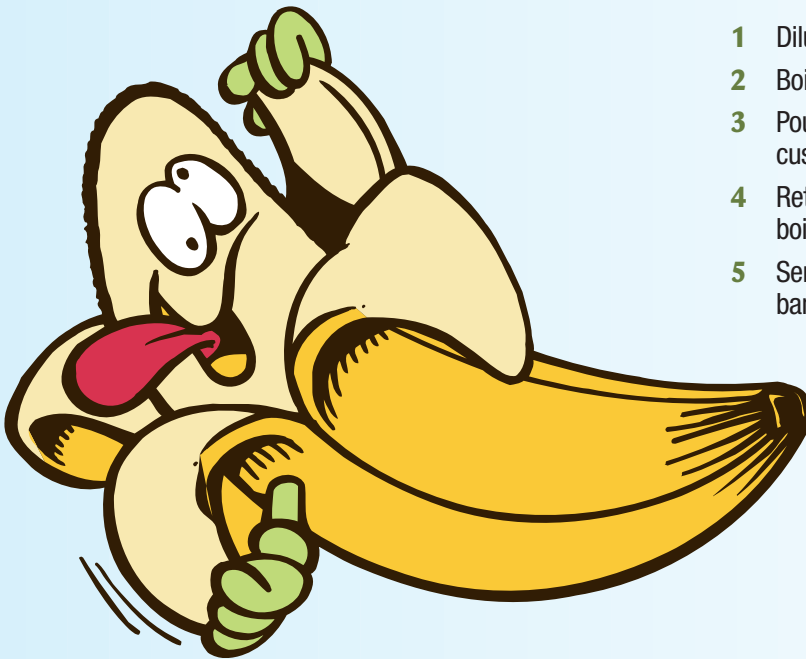
Custard and Banana

INGREDIENTS	10 SERVINGS	20 SERVINGS	30 SERVINGS
Custard powder	20g	40g	60g
Milk	500ml	1L	1.5L
Castor sugar (optional)	1 tbsp	2 tbsp	3 tbsp
Bananas	5	10	15



METHOD

- 1 Dilute the custard powder with a little of the milk.
- 2 Boil the remainder of the milk in a saucepan.
- 3 Pour a little of the boiled milk into the diluted custard powder mix.
- 4 Return the custard to the saucepan. Bring to the boil, stirring continuously. Mix in the sugar.
- 5 Serve with chopped banana. Allow 1/2 medium banana per child.



Remember to look after your teeth!

- Only give water and milk as between meal drinks as these are the most tooth-friendly options.
- Dilute pure unsweetened fruit juices to a ratio 1 part juice to 4-5 parts water and offer with meals only.
- Aim to have stopped bottle feeding by 12 months of age and be using a feeding cup instead.
- Encourage calcium rich foods such as milk, cheese and yoghurt, which protect and build strong teeth.

- Avoid acidic drinks for example fizzy drinks, diet minerals and undiluted pure fruit juice.

- Avoid sugary snacks.

If giving sugary foods and drinks occasionally, try to give with or straight after meals, not between meals.



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WEEK 3 — WEDNESDAY

Italian Peasant Soup



INGREDIENTS



10 SERVINGS



20 SERVINGS



30 SERVINGS

Onions	2 medium	4 medium	6 medium
Carrots	1 small	2 small	3 small
Potatoes	2 medium	4 medium	6 medium
Celery	2 sticks	4 sticks	6 sticks
Garlic	2 cloves	4 cloves	6 cloves
Tomatoes	6 medium	12 medium	18 medium
Chestnut or button mushrooms	17 medium	34 medium	51 medium
Red peppers	1/2 medium	1 medium	1 1/2 medium
Pure vegetable oil	3 tbsp	6 tbsp	9 tbsp
Tomato puree	1 tbsp	2 tbsp	3 tbsp
Homemade vegetable stock (see page 59)	1.2L	2.4L	3.6L
Pure vegetable oil	1 tbsp	2 tbsp	3 tbsp
Sun-dried tomatoes (optional)	1 tbsp	2 tbsp	3 tbsp
Fresh basil	2 1/2 tbsp	5 tbsp	7 1/2 tbsp
Black pepper	to season	to season	to season



METHOD

- 1 Prepare the vegetables as follows: Peel, wash and roughly chop the onions, carrots, and potatoes. Trim the head and tail of the celery, wash well under running water and then chop roughly. Peel, wash and crush the garlic. Remove the eyes from the tomatoes, wash and roughly chop. Peel the mushrooms, remove the stalks, wash and slice. Remove the stalks and seeds from the red peppers, wash and roughly chop.
- 2 Heat the larger volume of pure vegetable oil and cook the onions, potatoes, celery, carrots and garlic gently for about 10 minutes in a covered saucepan, without colouring.
- 3 Add the tomato puree, red pepper, homemade vegetable stock and tomatoes. Cover and bring to the boil.
- 4 Reduce the heat and simmer gently for about 20-30 minutes until the vegetables are tender.
- 5 Allow to cool slightly, then blend to a coarse puree in a food processor or liquidiser.
- 6 Wash and finely chop the basil.
- 7 In a separate pan, melt the smaller volume of pure vegetable oil and cook the mushrooms until they are crisp and brown. When cooked, add to the soup, along with strips of sun-dried tomatoes and basil. Taste and season with black pepper.
- 8 Serve with wholemeal bread or bread rolls.







There are many different varieties of soups which are nutritious, delicious and simple to make!! Chilli powder and kidney beans added to vegetable and tomato soup is one such option. Or why not make a vegetable chowder and add fish – it's a great way of encouraging children to try a fish dish. Contact your local Community Dietitian for recipes.



WEEK 3 — THURSDAY

Chicken casserole with Mashed Potatoes

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Chicken breast fillets	4 medium	8 medium	12 medium
Onions	3 small	6 small	9 small
Green peppers	1½ medium	3 medium	4½ medium
Mushrooms	10 medium	20 medium	30 medium
Pure vegetable oil	3 tbsp	6 tbsp	9 tbsp
Mild curry powder	1 tsp	2 tsp	3 tsp
Black pepper	to season	to season	to season
Flour	85g	170g	255g
Tinned tomatoes	2 x 400g tins	4 x 400g tins	8 x 400g tins
Dried mixed herbs	2 pinches	4 pinches	6 pinches
Homemade vegetable stock (see page 59)	550ml	1.1L	1.65L
Potatoes	4 medium	8 medium	12 medium

METHOD

- 1 Pre-heat the oven to 160°C/325°F/Gas Mark 3.
- 2 Remove any skin from the chicken and then cut the fillets into chunks.
- 3 Prepare the vegetables as follows: Peel, wash and roughly chop the onions. Remove the stalks and seeds from the green peppers, wash and roughly chop. Peel the mushrooms, remove the stalks, wash and slice.
- 4 Heat half of the pure vegetable oil in a pan and fry the onion, pepper and mushrooms for 3 minutes. Transfer to a casserole dish.
- 5 Add the curry powder and black pepper to the flour, and sieve the mixture. Coat the chicken in this mixture.
- 6 Heat the remainder of the pure vegetable oil in a pan and fry the coated chicken for 5 minutes.
- 7 Place the chicken into the casserole dish with the vegetables.
- 8 Add the tinned tomatoes, mixed herbs and homemade vegetable stock.
- 9 Cover tightly and cook in the pre-heated oven for 1½ hours.
- 10 Meanwhile peel the potatoes, wash and slice.
- 11 Cook until tender. Drain, mash and season with black pepper. Serve.



Separate chopping boards should be used for raw meat and raw fish, for cooked foods, and for fruit and vegetables.



WEEK 3 — THURSDAY

Cheese, Onion and Potato Pie



INGREDIENTS

Potatoes
 Onions
 Cheddar cheese
 Black pepper



10 SERVINGS

8 large
 1 medium
 100g
 to season



20 SERVINGS

16 large
 2 medium
 200g
 to season



30 SERVINGS

24 large
 3 medium
 300g
 to season



METHOD

- 1 Pre-heat the oven to 200°C/400°F/Gas Mark 6.
- 2 Peel, wash and roughly chop the potatoes. Boil until tender. When cooked, drain, mash and season with black pepper.
- 3 Meanwhile, peel, wash and grate the onions.
- 4 Grate the cheddar cheese.
- 5 Add the onion and cheese to the cooked potato. Season with black pepper.
- 6 Place in a casserole dish. Bake in the pre-heated oven for 20 minutes or alternatively place under the grill for a few minutes to form a crust on the potato. Serve.



Milk Pudding



INGREDIENTS

Milk
 Rice (*short or wholegrain*)
 Castor sugar
 Monounsaturated/
 polyunsaturated spread
 Raisins
 Ground cinnamon



10 SERVINGS

800ml
 50g
 1 tbsp
 20g
 200g
 ¼ tsp



20 SERVINGS

1.6L
 100g
 2 tbsp
 40g
 400g
 ½ tsp



30 SERVINGS

2.4L
 150g
 3 tbsp
 60g
 600g
 ¾ tsp



METHOD

- 1 Heat the milk in a saucepan until it just comes to the boil.
- 2 Gradually add the rice, stirring constantly. Simmer for 15-20 minutes, stirring frequently.
- 3 Stir in the sugar, spread, raisins and the ground cinnamon.
- 4 Pour into a pie dish, and brown lightly under the grill. Serve.



ALTERNATIVE OPTION:

Semolina, sago and tapioca puddings are made the same way as rice pudding. Simply replace the rice with the same amount of semolina, sago or tapioca and follow the recipe above.

WEEK 3 — FRIDAY

Spaghetti Bolognese with Vegetables

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Onions	1 medium	2 medium	3 medium
Carrots	2 medium	4 medium	6 medium
Garlic	1 clove	2 cloves	3 cloves
Mushrooms	10 medium	20 medium	30 medium
Dried bay leaves	2 leaves	4 leaves	6 leaves
Fresh thyme sprigs	1½ tsp	3 tsp	4½ tsp
Pure vegetable oil	1½ tbsp	3 tbsp	4½ tbsp
Lean minced beef or lamb	500g	1kg	1.5kg
Tinned chopped tomatoes	1 x 400g tin	2 x 400g tin	3 x 400g tin
Tomato puree	2 tbsp	4 tbsp	6 tbsp
Milk	210ml	420ml	630ml
Black pepper	to season	to season	to season
Spaghetti or tagliatelle	330g	660g	990g

METHOD

- 1 Prepare the vegetables as follows: Peel, wash and roughly chop the onions and the carrots. Peel, wash and crush the garlic. Peel the mushrooms, remove the stalks, wash and slice.
- 2 Wash the fresh thyme sprigs and finely chop.
- 3 Heat the pure vegetable oil in a saucepan, stir in the onion, garlic and carrot and cook for 2 minutes.
- 4 Add the minced beef and cook for about 5 minutes until browned. For a smoother consistency, transfer the meat and vegetables to a food processor and chop for a few seconds – however this is not essential.
- 5 Stir in the tinned chopped tomatoes, tomato puree, milk, bay leaf, thyme and black pepper. Cover and simmer for 5-20 minutes.
- 6 Meanwhile, cook the spaghetti or tagliatelle in boiling water according to the instructions on the packet.
- 7 Drain the pasta and mix with the sauce. If the sauce is too thick you can add a little of the pasta cooking water to thin it out.



ALTERNATIVE OPTION:

Vegetarian dinner option: Replace the minced beef with the same quantity of minced Quorn pieces.



In warm weather make delicious and healthy ice-lollies from pureed fresh fruits, yoghurt, fruit juice or smoothies. The moulds are cheap to buy, and since most children will not refuse an ice-cream, it's a good way to encourage children to eat more fruit!



WEEK 3 — FRIDAY

Potato Wedges served with Baked Beans



INGREDIENTS

Potatoes
 Pure vegetable oil
 Baked beans



10 SERVINGS

5 medium
 1½ tbsp
 800g



20 SERVINGS

10 medium
 3 tbsp
 1.6kg



30 SERVINGS

15 medium
 4½ tbsp
 2.4kg



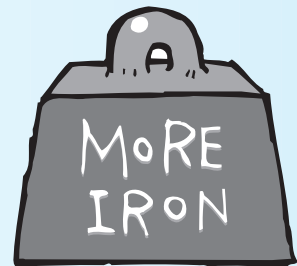
METHOD

- 1 Pre-heat the oven to 200°C/400°F/Gas mark 6.
- 2 Scrub the potatoes to clean them. Cut them lengthways into wedges.
- 3 Place on a baking tray and lightly brush with oil.
- 4 Bake in a pre-heated oven for 35-40 minutes, turning occasionally until soft inside and golden brown on the outside.
- 5 Serve with baked beans. Allow approximately 2 tablespoons (80g) per child.

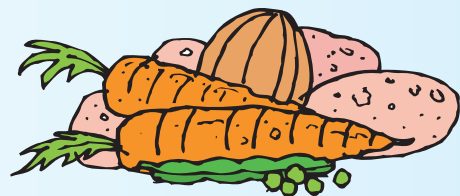


ALTERNATIVE OPTION:

You could add some seasoning to the potato wedges to completely transform the flavour. Why not try paprika, cayenne pepper, Cajun, Indian, Mexican or garlic. Add 1 level teaspoon of spice for 10 servings, 2 level teaspoons for 20 servings and 3 level teaspoons for 30 servings.







Roasted vegetables are also tasty. Many vegetables are suitable for roasting including carrots, parsnip, onion (ordinary and red), courgettes, aubergines or peppers (all colours), leeks and marrows. Roasted pumpkins and most varieties of squash also taste great! Why not throw in a handful of these vegetables with the potato wedges? Allow to cook until they are beginning to turn crisp at the edges. Use herbs such as oregano, parsley, rosemary, thyme and coriander to add flavour. Alternatively you could roast quarters of tomatoes for 5-10 minutes until they are just beginning to collapse. Allow to cool slightly before serving.



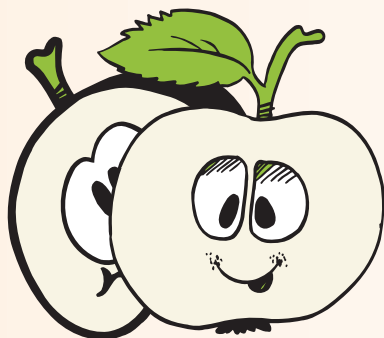
RECIPES FOR SNACKS

Apple Bread

 INGREDIENTS	 8 SERVINGS 1KG/2LB LOAF	 16 SERVINGS 2KG/4LB LOAF	 24 SERVINGS 3KG/6LB LOAF
Wholemeal flour	180g	360g	540g
Soft brown sugar	125g	250g	375g
Baking powder	1 tsp	2 tsp	3 tsp
Nutmeg	1/4 tsp	1/2 tsp	3/4 tsp
Cinnamon	1 tsp	2 tsp	1 tsp
Monounsaturated/ polyunsaturated spread	125g	250g	375g
Eggs	1	2	3
Apples	2 medium	4 medium	6 medium
Sultanas	75g	150g	225g





METHOD

- 1 Pre-heat the oven to 180°C/350°F/Gas Mark 4.
- 2 Line a 2lb loaf tin with grease-proof paper and lightly grease.
- 3 Mix the flour, sugar, baking powder, nutmeg and cinnamon together in a large bowl.
- 4 Melt the spread in a saucepan. Allow to cool slightly.
- 5 Beat the eggs. Mix the melted spread and the beaten egg together.
- 6 Beat the egg mixture into the flour mix, stirring until smooth.
- 7 Remove the skins and cores from the apples and grate the apple. Fold in the apples and sultanas into the egg mixture.
- 8 Pour into the prepared tin and bake in the pre-heated oven for 1 hour or until the cake is well risen and not wet in the middle when tested with a skewer.
- 9 Allow to cool before serving.



If you have fruit that is wilting a little, why not make smoothies or chop them into bite size pieces for a refreshing fruit salad. Fruit salad makes a delicious dessert ... or snack. Chop up a variety of fruit or mix tinned fruit in natural juice and fresh fruit – it tastes sweet and delicious.

Use fruits in season. That way they'll be cheaper and taste better. Look for special offers in the supermarket. Don't just choose the same recipe time and time again. Here's a couple of suggestions or make up some recipes of your own!

-  For a change, make a tropical fruit salad with mango, kiwi, melon balls and pineapple. Finish it off with a sauce made with fresh orange juice and passion fruit.
-  A winter fruit salad could contain dried peaches or pears, dried apple rings, dried banana chips and dried mango. Simply pop all the fruit in a saucepan, add some orange juice, some water, grated orange zest, a clove and a stick of cinnamon and simmer gently for 10 minutes until the fruit is tender. Serve with custard for a warming winter feast.
-  Mix blackberries or loganberries, seedless grapes, chopped pear, chopped apple and satsuma or clementine segments for an autumn treat. Sprinkle some orange juice over the apple and pear chunks to prevent them discolouring. Serve with yoghurt.
-  Summer fruits include peaches, nectarines, apricots, strawberries, raspberries and watermelon. Cut all the fruit into bite size pieces and mix together.

The table on page 16 gives a seasonal guide to the availability of fruit.

RECIPES FOR SNACKS

Banana Muffins



INGREDIENTS

Bananas
 Eggs
 Plain flour
 Wholemeal flour
 Baking powder
 Pure vegetable oil
 Milk
 Ground nutmeg
 Castor sugar
 Ground almonds (*optional*)



10 SERVINGS

2 small
 1/2
 25g
 75g
 1 tsp
 2 tbsp
 25ml
 1/2 tsp
 25g
 12g



20 SERVINGS

4 small
 1
 50g
 150g
 2 tsp
 4 tbsp
 50ml
 1 tsp
 50g
 25g



30 SERVINGS

6 small
 1 1/2
 75g
 225g
 3 tsp
 6 tbsp
 75ml
 1 1/2 tsp
 75g
 37g

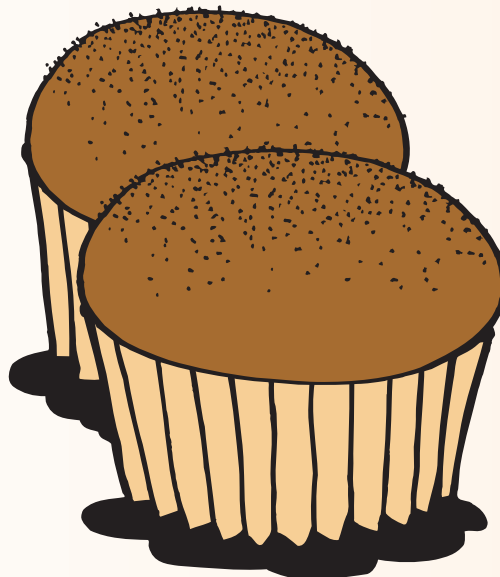


METHOD

- 1 Pre-heat the oven to 200°C/400°F/Gas Mark 6.
- 2 Peel and mash the bananas.
- 3 Beat the eggs.
- 4 Sieve the plain flour, wholemeal flour and baking powder.
- 5 Combine the bananas with the vegetable oil, milk and beaten eggs. Mix well.
- 6 In a second bowl mix together the remaining ingredients, i.e. flour mix, ground nutmeg, castor sugar and ground almonds.
- 7 Add the banana mixture and stir quickly until mixed but still lumpy.
- 8 Line a muffin tray with paper cases and half-fill each case with mixture.
- 9 Bake in the pre-heated oven for 20-25 minutes until cooked throughout.



Encourage children to “listen” to their bodies and express their appetite by saying “I’m hungry” or “I’m not hungry right now” or “I’m full”.



RECIPES FOR SNACKS

Fruit Scones









 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Self-raising flour	250g	500g	750g
Monounsaturated/ polyunsaturated spread	35g	70g	105g
Castor sugar (optional)	2 tsp	4 tsp	6 tsp
Milk	180ml	360ml	540ml
Sultanas/currants	75g	150g	225g

METHOD




- 1 Pre-heat the oven to 200°C/400°F/Gas Mark 6.
- 2 Sieve the flour into a bowl. Rub the spread into the flour until it resembles fine breadcrumbs.
- 3 Make a well in the centre. Add the sugar and the milk into the well, saving a little of the milk. Dissolve the sugar in the liquid.
- 4 Gradually incorporate the flour. Mix lightly.
- 5 Add the sultanas/currants and mix throughout.
- 6 Place the dough on a lightly floured work surface and knead lightly. Roll out the dough to 1/2 inch in thickness. Using a 2 inch cutter, shape the scones and place on a baking sheet (or greaseproof paper) which has been dusted with flour.
- 7 Brush the top of each scone with a little milk and bake for approximately 15-20 minutes, until golden brown.
- 8 After baking, place the scones on a cooling rack.

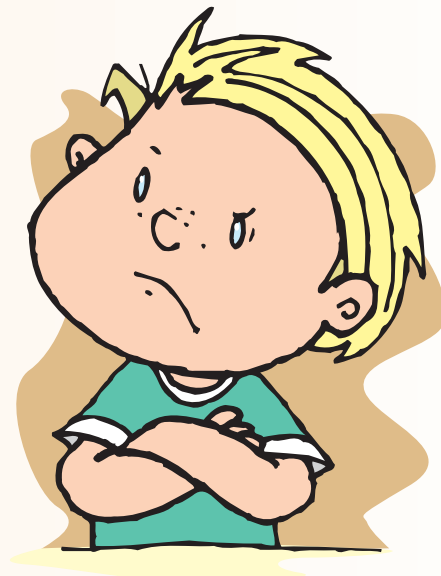


What can I do if a child is a fussy eater?

-  Check for excessive fluid intake between meals: this may be filling the child up and interfering with appetite.
-  Check the timing of snacks – are they too close to meal times?
-  Check for distractions e.g. television, toys, other children playing.
-  Carers should sit with children where possible.
-  Praise children when food is eaten, but do not give food treats when unpopular foods are eaten!
-  Sit the child beside “good” eaters where possible.
-  Take time over meals and talk to the children about different foods.
-  When it is obvious that no more food is going to be eaten, remove the food.

ALTERNATIVE OPTION:

-  For a change, replace half the self-raising flour with wholemeal flour to make wholemeal scones. Baking powder will also need to be added – add 1/2 teaspoon of baking powder for 10 servings, 1 teaspoon for 20 servings and 1 1/2 teaspoons for 30 servings.
-  To make cheese scones, replace the castor sugar and sultanas and add grated cheese and mustard/mixed herbs. Add 75g cheese for 10 servings, 150g for 20 servings and 225g for 30 servings. Allow 5g mustard or mixed herbs for 10 servings, 10g for 20 servings and 15g for 30 servings. Enjoy!
-  For a change, use cherries instead of currants or sultanas.




RECIPES FOR SNACKS





Fruit Smoothie

Prepare the fruit i.e. peel the bananas, remove the core from the apples, remove the skin from the oranges, etc. Simply blend all the ingredients together in a food processor. Serve immediately for a yummy snack! Here are some suggestions. Try different fruits, combinations of fruits and different flavours of yoghurt for variety.

Banana Bonanza





 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Banana	5 medium	10 medium	15 medium
Ripe fruit (a mixture of apples, pears, nectarines, pineapple, etc.)	1kg	2kg	3kg
Fruit yoghurt	625g	1.25kg	1.875kg
Milk	1L	2L	3L

Red Rooster Smoothie

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Fresh or frozen summer berries	800g	1.6kg	2.4kg
Bananas	4	8	12
Cranberry Juice	580ml	1.16L	1.74L
Fruit flavoured yoghurt*	600g	1.2kg	1.8kg

*Strawberry, raspberry or cherry yoghurt are probably the best choices

Melon & Kiwi Madness

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Melon†	3	6	9
Kiwi Fruit	12	24	36
Juice of Oranges	12	24	36
Juice of Lime	6	12	18

†Try honeydew melon, cantaloupe melon or gala melon.

You could also add some orange juice to make a juicer consistency if you like.



Why not try your own recipes. Just to get you started here are some other tasty combinations:





-  kiwi, pineapple, pineapple juice
-  peach, banana, raspberries, natural yoghurt and pineapple juice
-  mango, mandarins, orange juice and a little vanilla essence
-  papaya, pineapple, watermelon, banana and pineapple juice
-  watermelon and raspberries
-  strawberries, melon, natural yoghurt and apple juice
-  peaches, banana, raspberries and apple juice
-  papaya, grapefruit, raspberries, juice of a lime and grapefruit juice

RECIPES FOR SNACKS

Salad Plate with Dips

Use a variety of vegetables such as carrot sticks, chunks of cucumber, cherry tomatoes, sticks of celery, strips of lettuce, chopped scallions or chunks of pepper.



Chunky Tomato and Cream Cheese Dip

 INGREDIENTS	 10 SERVINGS	 20 SERVINGS	 30 SERVINGS
Tomatoes	2½ medium	5 medium	7½ medium
Chives	½ tbsp	1 tbsp	1½ tbsp
Soft cream cheese	250g	500g	750g
Ordinary mayonnaise	60g	120g	180g
Tomato ketchup	1 tbsp	2 tbsp	3 tbsp
Lemon juice	1 tbsp	2 tbsp	3 tbsp

METHOD

- 1 Remove the eyes from the tomatoes, wash and roughly chop.
- 2 Wash and snip the chives.
- 3 Simply mix all the ingredients together, blend thoroughly in a food processor.
- 4 Serve with raw vegetables.

Homemade Hummus

 INGREDIENTS	 MAKES ABOUT 375ML/1½ CUPS
Lemon juice	2 tsp
Garlic	1 clove
Ground Cumin	½ tsp
Canned chickpeas	130g
Milk	60ml
Tahini (sesame seed paste)	1 tsp

METHOD

- 1 Peel, wash and roughly chop the garlic.
- 2 Drain the chickpeas.
- 3 Blend all the ingredients together in a food processor until smooth.
- 4 Serve with crackers, on top of pitta bread or as a dip with raw vegetables.



Natural yoghurt also makes a great dressing. Simply mix natural yoghurt with black pepper and a dash of lemon juice. A couple of teaspoons of chopped fresh herbs e.g. mint, parsley or chives, add extra flavour but are not essential. Alternatively you could try a little chopped onion or chopped garlic.

HOMEMADE VEGETABLE STOCK

It's easy to make a homemade vegetable stock that will keep in the fridge for up to 3 days. Use this to form the basis of your sauces etc, rather than relying on shop bought stock cubes which are high in salt.



MAKES

850ml



INGREDIENTS

1 onion
1 garlic clove
2 large carrots
1 stick celery
1 large leek
1 tbsp pure vegetable oil
850ml cold water
1 sprig parsley
1 sprig thyme
1 dried bay leaf
4 peppercorns



METHOD

- 1 Prepare the vegetables as follows: Peel, wash and then roughly chop the onions, garlic cloves and the carrots. Trim the head and tail of the celery, wash well under running water and then chop roughly. Cut the roots and head from the leeks, remove any discoloured outside leaves and trim the green. Wash well under running water and chop roughly.
- 2 Wash the parsley and the thyme and chop roughly.
- 3 Heat the vegetable oil in a large, thick-bottomed pan. Cook the vegetables in the oil without colouring for 5 minutes – cover with a lid if you like.
- 4 Add the cold water and bring to the boil.
- 5 Add the parsley, thyme, bay leaf and peppercorns. Reduce the heat, cover and simmer for 1 hour.
- 6 Remove from the heat and allow to cool for 2 hours.
- 7 Strain the stock through a sieve into a clean bowl. Squeeze the remaining juices out of the vegetables by pushing them down in the sieve with a potato masher.
- 8 Transfer the stock to the fridge.



HELPFUL HINT

To prevent wastage, freeze the stock in portions which meet the daily requirements of your pre-schools needs.

Homemade vegetable stock may be stored in the fridge for up to 3 days. Alternatively the stock may be stored on the freezer for up to 1 month.



Freezer Rules

- A freezer should be maintained at a temperature of -18°C or less: check that your freezer is in good working order.
- Avoid putting hot food in a freezer.
- Make sure containers are properly sealed.
- Don't leave foods in the freezer for longer than the recommended period. Label containers with the name of the food, date they were made and the weight of food in them. Use in rotation. Discard any foods that have been frozen for too long.



HOMEMADE CHICKEN STOCK

Fresh chicken stock is used as the basis for many of the recipes in this resource. It isn't difficult to prepare and will keep in the fridge for up to two days. Use this to form the basis of your purees, rather than relying on shop bought stock cubes which are salt-filled.



MAKES

1.85L



INGREDIENTS

- 1 large chicken or
1 to 2 chicken carcasses
- 3 litres of water
- 2 large onions
- 3 large carrots
- 2 parsnips
- 1 celery stalk
- 2 leeks
- 2 sprigs parsley
- 1 sprig thyme



METHOD

- 1 Remove any excess fat from the chicken.
- 2 Remove the giblets if using a whole chicken.
- 3 Cut the chicken or chicken carcasses into smaller pieces (approximately 8).
- 4 Place the raw or cooked chicken pieces into a very large pan and cover with the water. Slowly bring to the boil and skim off any scum that comes to the surface.
- 5 Meanwhile prepare the vegetables as follows: Peel, wash and then roughly chop the onions, carrots and parsnips. Trim the head and tail of the celery, wash well under running water and then chop roughly. Cut the roots and head from the leeks, remove any discoloured outside leaves and trim the green. Wash well under running water and chop roughly.
- 6 Wash the parsley and thyme and chop roughly.
- 7 Add the prepared vegetables, parsley and thyme into the saucepan containing the chicken. Cover and simmer for about 3 hours, checking it occasionally and adding more water as necessary.
- 8 Remove the pan from the heat and allow to cool for 2 hours.
- 9 Skim off the layer of fat from the surface.
- 10 Strain the stock into a clean bowl and transfer to the fridge.

HELPFUL HINT

To prevent wastage, freeze the stock in portions which meet the daily requirements of your pre-schools needs.

Homemade chicken stock may be stored in the fridge for up to 2 days. Alternatively the stock may be stored on the freezer for up to 1 month.



Thawing Rules

- Always make sure that frozen foods are completely thawed before cooking unless the instructions state "cook from frozen" e.g. frozen vegetables.
- Never use hot water or artificial means to thaw frozen food.
- Frozen foods should be defrosted in the fridge. Ensure that the food is placed on the bottom shelf of the fridge so that it cannot drip onto any other foods while defrosting.
- Never re-freeze food once defrosted.