

Setting the Table

Nutritional guidance and standards for
early years childcare providers in Scotland

Sample
recipes



Scottish Government
Riaghaltas na h-Alba

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Breakfast

Malted wheat cereal with milk, toast with spread and fruit

Average portion size- 111g. Serves- 12

Ingredients:

270g	malted wheat cereal
2ltr	semi skimmed milk
480g	fruit
6 slices	bread (toasted)
42g	low fat spread

Porridge, toast with spread and fruit

Average portion size- 273g. Serves- 12

Ingredients:

300g	porridge oats
2.3ltr	semi skimmed milk
6 slices	bread
42g	low fat spread
480g	fruit

Method:

1. Make porridge as per manufacturers' instructions.
 2. Serve with toast and fruit.
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Toast with spread, scrambled egg and tomatoes

Average portion size- 127g. Serves- 12

Ingredients:

12 slices	bread (toasted)
84g	low fat spread
90ml	semi skimmed milk
10	eggs
480g	tomatoes

Method:

1. Melt spread on a low heat.
 2. Add milk and eggs and whisk until cooked.
 3. Cut cherry tomatoes into quarters (if using larger tomatoes eighths or more depending on the size).
 4. Serve the egg with toast and tomatoes.
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Toast with spread, plain yoghurt and fruit

Average portion size- 157g. Serves- 12

Ingredients:

12 slices	bread (toasted)
84g	low fat spread
720g	plain yoghurt
480g	fruit

Wheat biscuits with milk, toast with spread and fruit

Average portion size- 245g. Serves- 12

Ingredients:

12	wheat biscuits
2ltr	semi skimmed milk
480g	fruit
6 slices	bread (toasted)
42g	low fat spread

Lunch recipes

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Lunch

Apple and pear oat crumble with custard

Average portion size- 140g. Serves- 12

Ingredients:

Crumble

115g	oats
115g	wholemeal flour
40g	demerara sugar
90ml	vegetable oil
240g	apples
240g	pears

Custard

90g	custard powder
30g	sugar
800ml	semi skimmed milk

Method:

1. Mix flour, oats and demerara sugar together and then add the oil.
2. Peel apples and pear and chop into small pieces or grate.
3. Add fruit to an oven proof dish and cover with crumble mixture.
5. Bake at 180 °C, 350°F, gas mark 4 for 30-40 minutes until lightly golden.
6. Make up custard as per manufacturers' instructions and serve with the crumble.

Baked apple and custard

Average portion size- 111g. Serves- 12

Ingredients:

480g	apples
90g	custard powder
30g	sugar
800ml	semi skimmed milk

Method:

1. Peel and slice (or grate) the apples, place in an oven proof dish and sprinkle with water.
 2. Bake in a moderate oven until soft (a pan or microwave could be used too).
 3. Make up custard as per manufacturers' instructions and serve with the apple.
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Beef casserole

Average portion size- 227g. Serves- 12

Ingredients:

320g	onions
320g	swede
320g	carrots
1.2kg	potatoes
600g	beef (lean)
20ml	vegetable oil
1	stock cube (reduced salt)
600ml	water
10g	parsley

Method:

1. Peel the onions and swede and then dice along with the carrots and potatoes.
2. Trim any excess fat off the beef and dice.
3. Heat the oil in a large pan then add the onions and fry until they begin to colour.
4. Add the beef to the pan and continue to fry until it browns.
5. Add all the vegetables along with stock made up with boiling water.
6. Bring to the boil and then turn down the heat and add the parsley, simmer until liquid is reduced and the vegetables are cooked through.
7. Alternatively transfer to the oven after 15 minutes of simmering and cook on a low heat for 45 minutes.

Beef mince and vegetables with boiled potatoes and broccoli

Average portion size- 237g. Serves- 12

Ingredients:

300g	onions
200g	carrots
600g	minced beef (lean)
5g	black pepper
5g	mixed herbs
60g	gravy granules (reduced salt)
300ml	water
1.2kg	potatoes
480g	broccoli

Method:

1. Peel and dice the onions and slice the carrots.
 2. Brown the mince in a large pan, then add onions and carrots for a further 5 minutes.
 3. Stir in black pepper, mixed herbs and gravy mix then add the water.
 4. Bring to the boil then turn down the heat to allow to simmer for 20-25 minutes.
 5. Wash potatoes (leave skins on if appropriate for the age and stage of the child), cut into cubes then boil until soft.
 6. Wash broccoli and divide into florets, boil until cooked through.
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Cheese and crackers with sliced grapes

Average portion size- 66g. Serves- 12

Ingredients:

24	crackers (approximately 16g each)
120g	cheese (reduced fat)
480g	grapes

Creamy chicken and vegetable pasta

Average portion size- 260g. Serves- 12

Ingredients:

600g	chicken
320g	onions
320g	mushrooms
320g	courgette
20ml	vegetable oil
600g	pasta
35g	plain flour
30g	low fat spread
530ml	semi skimmed milk

Method:

1. Dice the chicken, onions, courgette and mushrooms.
2. Heat the oil in a large pan and fry the onions until they soften.
3. Add the chicken to the pan and fry for a further 5 minutes then add the other vegetables.
4. Make the béchamel sauce and add to the chicken.
5. Cook the pasta as per manufacturers' instruction and mix into the sauce.

Creamy 'chicken style' pieces and vegetable pasta

Average portion size- 260g. Serves- 12

Ingredients:

600g	'chicken style' pieces
320g	onions
320g	mushrooms
320g	courgette
20ml	vegetable oil
600g	pasta
35g	plain flour
30g	low fat spread
530ml	semi skimmed milk

Method:

1. Dice the onions, courgette and mushrooms.
 2. Heat the oil in a large pan and fry the onions until they soften.
 3. Add the 'chicken style' pieces to the pan and fry for a further 5 minutes then add the other vegetables.
 4. Make the béchamel sauce in another pan and then add to the vegetable mix.
 5. Cook the pasta as per manufacturers' instruction and mix into the sauce.
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Fish curry with rice

Average portion size- 252g. Serves- 12

Ingredients:

240g	onions
20ml	oil
50g	tomato puree
20g	curry powder
1x 400g tin	chopped tomatoes
200ml	water
600g	white fish
150g	peas
150g	sweetcorn
480g	rice

Method:

1. Peel and dice the onions. Remove peas and sweetcorn from the freezer.
2. Heat oil in a large pan and add onions, cooking until they begin to brown.
3. Mix in tomato puree and curry powder, then add tomatoes and water.
4. Bring to the boil and then simmer on a low heat for 5 minutes.
5. Cut the fish into small cubes (remember to remove any bones) and add to the pan with the peas and sweetcorn.
6. Cook on a low heat until fish is soft and cooked through. Water can be added if the sauce is too thick.
7. Cook rice as per manufacturers instruction and serve with curry.

Fruit platter/selection/salad

Average portion size- 40g.

Use a wide variety of fruit throughout the week.

A platter of fruit cut into various shapes can be made available.

A selection of whole/halved fruit giving the opportunity to peel where required and the fruit visible in its full form.

Fruit salad can be prepared with fruit cut into smaller pieces and eaten with a spoon/fork.

Lemon shortbread with strawberries

Average portion size- 61g. Serves- 12

Ingredients:

80g	low fat margarine
40g	sugar
100g	plain white flour
35g	wholemeal flour
1	lemon
480g	strawberries

Method:

1. Cream margarine and sugar together.
2. Sift flour into the mixture and add lemon juice and zest.
3. Mix until dough comes together.
4. Place mixture into a lined baking tray and spread evenly approximately 1cm deep.
5. Bake for around 20 minutes at 180°C, 350°F, gas mark 4.
6. Once removed from the oven mark the shortbread into squares/ fingers and then leave to cool.
7. Serve with strawberries

Mixed bean and tomato sauce with cous cous

Average portion size- 178g. Serves- 12

Ingredients:

240g	onions
2	garlic cloves
20ml	vegetable oil
120g	mushrooms
50g	tomato puree
600g	chopped tomatoes
600g	mixed beans (canned in water)
15g	mixed herbs
480g	cous cous

Method:

1. Dice the onion, finely chop the garlic and slice the mushrooms.
 2. Heat oil in a large pan and gently fry the onion and garlic.
 3. Once the onions begin to soften add the mushrooms.
 4. Mix in the tomato purée, tomatoes and herbs.
 5. Bring to the boil then simmer for 10 minutes.
 6. Add the drained beans and bring back to simmering.
 7. Add water if sauce thickens too much.
 8. Cook cous cous as per manufacturers' instructions and serve with sauce.
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Pasta with tomato and lentil sauce and wholemeal garlic bread

Average portion size- 218g. Serves- 12

Ingredients:

240g	onions
2	garlic cloves
120g	mushrooms
50g	tomato puree
600g	chopped tomatoes
15g	mixed herbs
360g	red lentils
600g	pasta
180g	wholemeal baguette
40g	low fat spread

Method:

Pasta

1. Peel and dice the onions, crush one garlic clove and slice the mushrooms.
2. Heat the oil in a large pan and fry the onions until soft then add the mushrooms and garlic.
3. Mix in the tomato puree then add the tomatoes, herbs (10g) and lentils.
4. Bring to the boil and then simmer on a low heat.
5. Once the lentils begin to soften cook the pasta as per manufacturers' instructions.
6. Sauce can be made in advance and also pureed if preferred. To quicken cooking time soak lentils overnight.

Garlic bread

1. Crush the second garlic clove and mix into the spread with the remaining herbs.
2. Cut the baguettes into slices but not all the way through.
3. Divide the garlic spread between the slices.
4. Place on a baking tray and bake at 190-200°C, 375-400°F, gas mark 5-6 for 10-15 minutes until golden brown.

Plain fromage frais with fruit

Average portion size- 100g.

Ingredients:

720ml	plain fromage frais
480g	fruit

Plain yoghurt with fruit

Average portion size- 100g.

Ingredients:

720ml	plain yoghurt
480g	fruit

Pork and vegetable noodles

Average portion size- 262g. Serves- 12

Ingredients:

240g	onions
120g	mushrooms
2	peppers
340g	carrots
20ml	vegetable oil
600g	pork
600g	egg noodles
140g	peas

Method:

1. Peel and dice the onions, slice the peppers and mushrooms and dice the carrots.
2. Heat oil in a large pan and add the onions until they begin to soften.
3. Remove excess fat from the pork then dice. Add to the pan and fry until sealed.
4. Add the carrots and cook for a further 5 minutes then add the mushrooms and peppers.
5. Meanwhile cook the noodles as per the manufacturers' instructions.
6. Once all the vegetables have softened and the pork is cooked through add the peas for two minutes, then mix in drained noodles.

Pork sausage with mashed potatoes and baked beans

Average portion size- 183g. Serves- 12

Ingredients:

12	chipolatas sausages (reduced fat)
1.2kg	potatoes
100ml	semi skimmed milk
600g	baked beans (reduced salt/ sugar)

Method:

1. Peel and dice the potatoes.
2. Oven bake/ grill sausages.
3. Boil potatoes until soft and mash with the milk.
4. Heat the beans and serve with sausage and mash.

Rice pudding with raisins

Average portion size- 185g. Serves-185g

Ingredients:

220g	pudding rice
50g	sugar
2ltr	semi skimmed milk
180g	raisins

Method:

1. Add sugar, milk and rice to a pan and cook gently for approximately 20 minutes until soft and creamy.
 2. Serve with raisins.
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Roast chicken with gravy, mashed potatoes, and a vegetable medley

Average portion size- 328g. Serves- 12

Ingredients:

12	chicken pieces (50g each)
1.2kg	potatoes
100ml	semi skimmed milk
80g	gravy granules (reduced salt)
1ltr	water
960g	vegetables

Method:

1. Roast chicken in the oven 190-200°C, 375-400°F, gas mark 5-6 until fully cooked.
2. Peel and dice potatoes. Boil until soft and mash with milk.
3. Prepare vegetables, leaving skins on whenever possible and boil.
4. Make up gravy and serve with chicken, potatoes, and vegetables.

Salmon fish cake with potato wedges, peas, and sweetcorn

Average portion size- 218g. Serves- 12

Ingredients:

400g	potatoes (for fishcakes)
40ml	semi skimmed milk
10g	low fat spread
600g	salmon (canned)
3g	black pepper
3g	dried parsley
20g	plain flour
1	egg
40g	breadcrumbs
480g	peas
480g	sweetcorn
800g	potatoes (for wedges)
20ml	vegetable oil

Method:

1. Peel potatoes (for fish cakes) and boil until soft. Mash together with spread and milk and allow to cool.
2. Flake the salmon and add to the mash along with black pepper and parsley.
3. Divide mixture into balls and flatten.
4. Coat each fishcake in flour, egg and breadcrumbs
5. Bake in the oven 200°C, 400°F, gas mark 6 until lightly golden, approximately 15- 20 minutes. (Time to be baked at the same time as wedges).
6. Cut the remaining potatoes into wedges. Rinse and drain. (can be par boiled before baking).
7. Toss in oil then place in the oven 190-200°C, 375-400°F, gas mark 5-6 and cook until soft golden, turning occasionally.
8. Cook peas and sweetcorn and serve with fishcakes and wedges

Tofu curry with rice

Average portion size- 242g. Serves- 12

Ingredients:

240g	onions
20ml	oil
50g	tomato puree
20g	curry powder
1x 400g tin	chopped tomatoes
200ml	water
600g	tofu
150g	peas
150g	sweetcorn
480g	rice

Method:

1. Peel and dice the onions. Cut the tofu into cubes.
2. Remove peas and sweetcorn from the freezer.
3. Heat oil in a large pan and add onions, cooking until they begin to brown. Then add the tofu for a further 2 minutes.
4. Mix in tomato puree and curry powder, then add tomatoes and water.
5. Bring to the boil and then simmer on a low heat for 5 minutes until correct consistency (water can be added if the sauce is too thick) then add peas and sweetcorn to heat through.
6. Cook rice as per manufacturers instruction and serve with curry.

Vegetable sticks with houmous dip

Average portion size- 55g. Serves- 12

Ingredients:

160g	carrots
1	pepper
160g	cucumber
180g	houmous

Vegetarian sausage with mashed potatoes and baked beans

Average portion size- 183g. Serves- 12

Ingredients:

12	vegetarian sausages (reduced fat)
1.2kg	potatoes
100ml	semi skimmed milk
600g	baked beans (reduced salt/ sugar)

Method:

1. Peel and dice the potatoes.
 2. Oven bake/ grill sausages.
 3. Boil potatoes until soft and mash with the milk.
 4. Heat the beans and serve with sausage and mash.
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Vegetarian mince and vegetables with boiled potatoes and broccoli

Average portion size- 237g. Serves- 12

Ingredients:

300g	onions
200g	carrots
600g	veggie mince
5g	black pepper
5g	mixed herbs
60g	gravy granules (reduced salt)
300ml	water
1.2kg	potatoes
480g	broccoli

Method:

1. Peel and dice the onions and slice the carrots
2. Brown the mince in a large pan, then add onions and carrots for a further 5 minutes.
3. Stir in black pepper, mixed herbs and gravy mix then add the water.
4. Bring to the boil then turn down the heat to allow to simmer for 20-25 minutes.
5. Wash potatoes (leave skins on if appropriate to the age and stage of the child), cut into cubes then boil until soft.
6. Wash broccoli and divide into florets, boil until cooked through.

Tea recipes

[Apricot and raisin flapjack with banana slices](#)

[Baked potato with baked beans](#)

[Baked potato with tuna and sweetcorn](#)

[Carrot and butter bean soup with a wholemeal roll](#)

[Chocolate orange cupcake with sliced apple](#)

[Cous cous with chickpeas and tomatoes](#)

[Cream cheese and pepper wraps](#)

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[Peaches in juice](#)

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[Tuna and cucumber wrap](#)

[Vegetable and lentil soup with a wholemeal roll](#)

[Vegetable frittata with pasta twists](#)

[Vegetable sticks with houmous dip](#)

Tea

Apricot and raisin flapjack with banana slices

Average portion size- 70g. Serves- 12

Ingredients:

80g	low fat margarine
30g	golden syrup
30g	black treacle
45g	dried apricots
45g	raisins
150g	oats
480g	banana

Method:

1. Melt margarine, syrup and treacle in a pan and bring to the boil.
2. Chop apricots finely.
3. Stir apricots, raisins and oats in to syrup mix.
4. Press mixture into lined trays.
5. Bake at 180 °C, 350°F, gas mark 4 for 15-20 minutes until lightly golden around the edges.
6. Cut into portions while warm and serve with sliced banana.

Baked potato with baked beans

Average portion size- 202g. Serves- 12

Ingredients:

12	potatoes (approximately 150g each baked)
840g	baked beans (reduced salt/ sugar)
84g	low fat spread

Method:

1. Bake potatoes in oven or microwave until cooked through.
2. Heat baked beans and serve with potato & spread.

Baked potato with tuna and sweetcorn

Average portion size- 202g. Serves- 12

Ingredients:

12	potatoes (approximately 150g each baked)
400g	tuna (canned in water and drained)
60ml	mayonnaise (reduced fat)
240g	sweetcorn
84g	low fat spread

Method:

1. Bake potatoes in oven or microwave until cooked through.
2. Flake the tuna and mix in mayonnaise and sweetcorn. serve with potato & spread.

Carrot and butter bean soup with a wholemeal roll

Average portion size- 167g. Serves- 12

Ingredients:

240g	onions
560g	carrots
20ml	vegetable oil
180g	pearl barley
1	stock cube (reduced salt)
1ltr	water
1x 400g tin	butter beans
5g	mixed herbs
6	wholemeal rolls
84g	low fat spread

Method:

1. Peel and dice onions and dice the carrots.
2. Heat the oil in a large pan and add the onions.
3. Once the onion begins to soften add the carrots, stock (made up with boiling water) and the barley.
4. Bring to the boil and leave to simmer for around 30 minutes.
5. Drain the butter beans and add to the pan along with the herbs and simmer for a further 5 minutes.
6. Puree the mixture and simmer to thicken or add water as necessary.
7. Reheat when ready and serve along with half a bread roll.

Chocolate orange cupcake with sliced apple

Average portion size- 86g. Serves- 12

Ingredients:

130g	low fat margarine
130g	sugar
2	eggs
130g	self-raising flour
5g	cocoa powder
160ml	orange juice (freshly squeezed)
480g	apple

Method:

1. Pre heat oven to 180 °C, 350°F, gas mark 4.
 2. Cream the margarine and eggs together.
 3. Gradually mix in the flour, cocoa and eggs. Then stir in orange juice.
 4. Divide into cupcake cases and bake for around 15 minutes.
 5. Serve with sliced apple.
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Cous cous with chickpeas and tomatoes

Average portion size- 120g. Serves- 12

Ingredients:

400g	cous cous
480g	tomatoes
1x 400g tin	chickpeas
3g	black pepper
10ml	lemon juice

Method:

1. Cook cous cous as per manufacturers' instructions then allow to cool.
2. Cut cherry tomatoes into quarters (if using larger tomatoes eighths or more depending on the size).
3. Add to the cous cous the tomatoes and chickpeas (drained- they can be heated through to soften if required while the cous cous is cooking and cooling).
4. Stir in lemon juice and pepper if desired.

Cream cheese and pepper wraps

Average portion size- 70g. Serves- 12

Ingredients:

6	large tortillas
240g	pepper
240g	low fat soft cheese

Method:

1. Evenly spread the cream cheese on each tortilla.
2. Slice the pepper and divide between the tortillas.
3. Make into 6 wraps then cut in half.

Fruit platter/selection/salad

Average portion size- 40g.

Use a wide variety of fruit throughout the week.

A platter of fruit cut into various shapes can be made available.

A selection of whole/halved fruit giving the opportunity to peel where required and the fruit visible in its full form.

Fruit salad can be prepared with fruit cut into smaller pieces and eaten with a spoon/fork.

Fruit salad with plain yoghurt

Average portion size- 100g.

Ingredients:

720ml plain yoghurt
480g fruit

Macaroni cheese with spinach

Average portion size- 137g. Serves- 12

Ingredients:

400g macaroni
30g low fat spread
30g plain flour
500ml semi skimmed milk
120g mature cheese (half fat)
240g spinach

Method:

1. Pre heat oven to 220°C, 425°F, gas mark 6.
 2. Cook macaroni as per manufacturers' instructions.
 3. Melt margarine and stir in flour to make a roux. Add milk gradually stirring continuously until thick and creamy.
 4. Stir in grated cheese and finely chopped or pureed spinach. Leaving enough cheese to cover.
 5. Add macaroni and mix well.
 6. Transfer to an oven proof dish and sprinkle with remaining cheese.
 7. Bake in oven until golden brown.
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Mackerel pate and pepper wrap

Average portion size- 88g. Serves- 12

Ingredients:

400g ready to eat mackerel (canned in water if possible)
60ml mayonnaise (reduced fat)
6 tortillas
2 peppers

Method:

1. Flake the mackerel and mix in mayonnaise smoothing to a paste.
 2. Evenly spread the mackerel on each tortilla.
 3. Slice the peppers and divide between the tortillas.
 4. Make into 6 wraps then cut in half.
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Muffin pizza faces with pasta twists

Average portion size- 135g. Serves- 12

Ingredients:

6	breakfast muffins
180g	pizza topping sauce (passata)
240g	cheese (half fat)
1	pepper
12	cherry tomatoes
300g	pasta

Method:

1. Slice the muffins in half to make 12 bases.
2. Spread evenly with pizza topping and cover with grated cheese.
3. Slice tomatoes in half and thinly slice the pepper length ways.
4. Use two halves of tomato and a slice of pepper to make eyes and a mouth on each pizza.
5. Place on a baking tray and bake at 200°C, 400°F, gas mark 6 for 6-10 minutes, once cheese has melted and begins to bubble.
6. Cook pasta as per manufacturers' instructions. Both the pizza and pasta can be served warm or cold.

Peaches in juice

Average portion size- 40g (without juice)

Sliced mandarins in juice

Average portion size- 40g (without juice)

Tuna and cucumber wrap

Average portion size- 89g. Serves- 12

Ingredients:

400g	tuna (canned in water and drained)
60ml	mayonnaise (reduced fat)
6	tortillas
240g	cucumber

Method:

1. Flake the tuna and mix in mayonnaise and diced cucumber.
 2. Evenly spread the tuna on each tortilla.
 3. Make into 6 wraps then cut in half.
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Vegetable and lentil soup with a wholemeal roll

Average portion size- 170g. Serves- 12

Ingredients:

180g	red lentils
180g	pearl barley
150g	onions
20ml	vegetable oil
500g	mixed vegetables
1	stock cube (reduced salt)
1ltr	water
6	wholemeal rolls
84g	low fat spread

Method:

1. Soak lentils and barley overnight.
2. Peel and dice onions then fry in oil for 5 minutes
3. Prepare and add all other ingredients to the pan and bring to the boil.
4. Puree the mixture and simmer to thicken or add water as necessary.
5. Reheat when ready and serve along with half a bread roll.

Vegetable frittata with pasta twists

Average portion size- 216g. Serves- 12

Ingredients:

600g	potatoes
240g	onions
6	eggs
600ml	semi skimmed milk
240g	peas
180g	cheese (half fat)
300g	pasta

Method:

1. Peel potatoes and cut into small cubes. Boil for 10-15 minutes until soft.
2. Dice onions and sweat in a pan. Remove peas from the freezer.
3. Whisk the eggs in a large bowl and add the milk
4. Add onions, potatoes and peas to the bowl and mix together
5. Add the mixture to an ovenproof dish and sprinkle with cheese.
6. Bake at 170 °C, 325°F, gas mark 3 for 35-40 minutes until egg has set and cheese melted and browned.

Vegetable sticks with houmous dip

Average portion size- 55g. Serves- 12

Ingredients:

160g	carrots
1	pepper
160g	cucumber
180g	houmous

Snack recipes

[Carrot sticks with cheese dip](#)

[Crackers with fruit](#)

[Cucumber sticks with mint yoghurt dip](#)

[Fruit platter/selection/salad](#)

[Fruity rice and melon slices](#)

[Hard-boiled egg quarters and fruit/vegetables](#)

[Pasta salad and apple slices](#)

[Pepper sticks with houmous dip](#)

[Pepper sticks with cheese dip](#)

[Pesto pasta and blueberries](#)

[Plain fromage frais with fruit](#)

[Plain yoghurt with fruit](#)

[Rice salad and strawberries](#)

[Wholemeal pitta strips with spread and fruit](#)

Snacks

Carrot sticks with cheese dip

Average portion size- 55g. Serves- 12

Ingredients:

480g	carrots
180g	soft cheese (low fat)

Carrot sticks with houmous dip

Average portion size- 55g. Serves- 12

Ingredients:

480g	carrots
180g	houmous

Crackers with fruit

Average portion size- 56g.

Ingredients:

24	crackers (approximately 16g per cracker)
480g	fruit

Cucumber sticks with mint yoghurt dip

Average portion size- 56g. Serves- 12

Ingredients:

480g	cucumber
180g	plain yoghurt
12g	fresh mint

Method:

1. Finely chop or blend mint and add to yoghurt.
 2. Serve with cucumber sticks.
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Fruit platter/selection/salad

Average portion size- 40g.

Use a wide variety of fruit throughout the week.

A platter of fruit cut into various shapes can be made available.

A selection of whole/halved fruit giving the opportunity to peel where required and the fruit visible in its full form.

Fruit salad can be prepared with fruit cut into smaller pieces and eaten with a spoon/fork.

Fruity rice and melon slices

Average portion size- 105g.

Ingredients:

200g	rice
80g	apple
80g	grapes
80g	clementines
480g	melon

Method:

1. Cook rice as per manufacturers' instructions then rinse in cold water.
 2. Prepare the fruit and mix into the rice.
 3. Serve with melon on the side.
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Hard-boiled egg quarters and fruit/vegetables

Average portion size- 65g. Serves- 12

Ingredients:

6	eggs (hard boiled)
480g	fruit/vegetables

Pasta salad and apple slices

Average portion size- 112g

Ingredients:

300g	pasta
80g	peas
80g	carrots
80g	pepper
480g	apple

Method:

1. Cook pasta as per manufacturers' instructions then rinse in cold water.
 2. Prepare the vegetables and mix them into the pasta. A small amount of low fat mayonnaise could be used to bind if preferred.
 3. Serve with apple on the side.
-

Pepper sticks with houmous dip

Average portion size- 55g. Serves- 12

Ingredients:

3	peppers
180g	houmous

Pepper sticks with cheese dip

Average portion size- 55g. Serves- 12

Ingredients:

3	peppers
180g	soft cheese (low fat)

Pesto pasta and blueberries

Average portion size- 100g. Serves- 12

Ingredients:

300g	pasta
80g	pesto
480g	blueberries

Method:

1. Cook pasta as per manufacturers' instructions (if serving cold rinse with cold water).
2. Mix pesto into the pasta.
3. Serve with blueberries on the side.

Plain fromage frais with fruit

Average portion size- 100g.

Ingredients:

720ml	plain fromage frais
480g	fruit

Plain yoghurt with fruit

Average portion size- 100g.

Ingredients:

720ml	plain yoghurt
480g	fruit

Rice cakes with fruit

Average portion size- 55g.

Ingredients:

24	rice cakes (approximately 7.5g/ rice cake)
480g	fruit

Rice salad and strawberries

Average portion size- 112g.

Ingredients:

200g	rice
80g	peas
80g	carrots
80g	pepper
480g	strawberries

Method:

1. Cook rice as per manufacturers' instructions then rinse in cold water.
2. Prepare the vegetables and mix them into the rice. A small amount of low fat mayonnaise could be used to bind if preferred.
3. Serve with strawberries on the side.

Wholemeal pitta strips with spread and fruit

Average portion size- 60g. Serves- 12

Ingredients:

4	wholemeal pittas
42g	low fat spread
480g	fruit

Method:

1. Cut pittas into strips add spread and serve with fruit.