The Independent SCHOOL FOOD PLAN



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Number of portions this recipe makes: 32 primary servings (65g) 26 secondary servings (75g)



Prep: 10 minutes Cook: 0 minutes



Allergy information: Egg, milk, mustard

Top Tips Add red onion for extra flavour.

WINTER RED COLESLAW

Salad: this recipe provides a portion of vegetables. It counts towards the food-based standard for lunch to provide a portion of vegetables as an accompaniment every day.

Recipe adapted from: Children's Food Trust Recipes for Success – Vegetable recipes and tips

Ingredients

20g (2 tsp) English mustard 4g (2 tsp) black pepper 120g reduced-fat mayonnaise 1kg red cabbage, finely shredded 300g carrots, peeled and grated 500g beetroot, boiled and grated (not pickled) 75g raisins

Method

- 1. Combine the mustard, black pepper and mayonnaise.
- Add the shredded cabbage, grated carrot and beetroot and mix to coat the vegetables in the mayonnaise mixture.
- 3. Stir through the raisins and refrigerate. Serve chilled.

Serving suggestion: on salad bar or jacket potato filling.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

Include a portion of vegetables as part of meal deals.



We have asked Children's Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this 'What Works Well' recipe. The What Works Well' website brings together the best ideas in school food & food education <u>http://www.schoolfoodplan.com/www</u>

Public Health England



