What Works Well Recipe Hub

Public Health England has supported the School Food Plan to develop the 'What Works Well' Recipe Hub. The Hub brings together recipes for pupils’ favourite meals and snacks. These tried and tested recipes have been created by school cooks and caterers and include food served across the whole day: breakfast clubs, mid-morning break, lunch and after-school clubs.

All the recipes have been checked against the School Food Standards. Ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF). All allergens are listed.

Click on the thumbnail images to view and download the recipes from the What Works Well website - [www.schoolfoodplan.com](http://www.schoolfoodplan.com)

### SCHOOL LUNCH

- **Main meal**
  - **BEEF**: Beef Bourguignon, Beef chow mein, Woodland's Mumbai meatballs, Chicken & butternut squash curry, Chicken and roasted vegetable couscous, Chicken Balti pie
  - **CHICKEN**: Chicken Chasseur, Chicken fajitas, Dorset Road's Chinese chicken and rice, Sticky chicken, Saville Park's spicy shepherd's pie
  - **LAMB**: Pollack fillet with lemon & herb coating, Salmon and broccoli pasta, Salmon & tomato ketchup fishcakes, Salmon and vegetables with noodles, Salmon fish pie
  - **FISH**: Mac 'n' Cheese, loaded with Mexican Pork, Pollack fillet with lemon & herb coating, Salmon and broccoli pasta, Salmon & tomato ketchup fishcakes, Salmon and vegetables with noodles, Salmon fish pie
  - **PORK**: Greek meatballs in a sweet pepper sauce
| Main meal | FISH          |  | Main meal | VEGETARIAN |  | Main meal | SAUCE |  | Vegetable Accompaniment |
|-----------|---------------|  |-----------|------------|  |-----------|-------|  |                          |
|           | Salmon Pie    |  |           | Tandoori Salmon |  |           | Beetroot patties and feta cheese yoghurt |  | Cheese & broccoli quiche |  | Crispy topped vegetarian pie |
|           | Spaghetti marinara |  |           | Margarita pizza with lentil sauce |  |           | Mawnan’s Mexican cheese/bean quesadilla |  | Oriental vegetable & Quorn stir fry |  | Pizza with hidden veg sauce |  | Quorn™ vegetable paella |
|           | Five layer vegetable lasagne |  |           | Vegetable & bean burrito |  |           | Vegetable, pea & potato curry |  | Popeye pizza sauce |  | Tomato & basil sauce |
|           | Five-bean chilli with rice |  |           | Spiced lentil and bean patties |  |           | Winter red coleslaw |  |                      |  |                      |
|           | Goan Quorn™ Curry |  |           | Vegetable, pea & potato curry |  |           | Tomatoes |  |                      |  |                      |
|           | Margarita pizza |  |           | Tortilla Layer |  |           | Winter red coleslaw |  |                      |  |                      |
|           | Mawnan’s Mexican cheese/bean quesadilla |  |           | Vegetable & bean burrito |  |           | Stop |  |                      |  |                      |
|           | Oriental vegetable & Quorn stir fry |  |           | Summer vegetable polonaise |  |           | Celeriac mash |  |                      |  |                      |
|           | Pizza with hidden veg sauce |  |           | Runner bean slaw |  |           | Celeriac mash |  |                      |  |                      |
|           | Quorn™ vegetable paella |  |           | Vegetable, pea & potato curry |  |           | Celeriac mash |  |                      |  |                      |
|           | Vegetable, pea & potato curry |  |           | Runner bean slaw |  |           | Celeriac mash |  |                      |  |                      |
|           | Winter red coleslaw |  |           | Cauliflower rice |  |           | Celeriac mash |  |                      |  |                      |
|           | Winter red coleslaw |  |           | Rice and Peas |  |           | Celeriac mash |  |                      |  |                      |
|           | Winter red coleslaw |  |           | Roasted root vegetables |  |           | Celeriac mash |  |                      |  |                      |
|           | Winter red coleslaw |  |           | Runner bean slaw |  |           | Celeriac mash |  |                      |  |                      |
|           | Winter red coleslaw |  |           | Summer vegetable polonaise |  |           | Celeriac mash |  |                      |  |                      |
|           | Winter red coleslaw |  |           | Winter red coleslaw |  |           | Celeriac mash |  |                      |  |                      |
|           | Winter red coleslaw |  |           | Winter red coleslaw |  |           | Celeriac mash |  |                      |  |                      |
|           | Winter red coleslaw |  |           | Winter red coleslaw |  |           | Celeriac mash |  |                      |  |                      |
## The Independent

### SCHOOL FOOD PLAN

<table>
<thead>
<tr>
<th>Starchy Accompaniment</th>
<th>Desserts</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Couscous with roasted vegetables</td>
<td>Savoury rice</td>
<td>Vegetable paella</td>
<td>Apple &amp; banana cake</td>
<td>Apple berry fool</td>
</tr>
<tr>
<td>Banana Cake</td>
<td>Banana muffins</td>
<td>Cocoa Beetroot Brownies</td>
<td>Date &amp; cocoa brownie</td>
<td>Pear sponge</td>
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<tr>
<td>Rice pudding apricot compote</td>
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<tr>
<td>Winter sponge</td>
<td>Oaty apple crumble</td>
<td>Oaty fruit crunch</td>
<td>Peach &amp; raspberry cobbler</td>
<td>Summer fruit yoghurt crunch pots</td>
</tr>
<tr>
<td>Beef chow mein</td>
<td>Breaded mackerel wrap</td>
<td>Chicken &amp; roasted vegetable couscous</td>
<td>Chicken fajitas</td>
<td>Cornbread</td>
</tr>
<tr>
<td>Five-bean chilli with rice</td>
<td>Khemma loaf</td>
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</tbody>
</table>
The Independent

SCHOOL FOOD PLAN

*Grab & Go*

Larmenier’s chock-o-block chicken wrap
Mac ‘n’ Cheese, loaded with Mexican Pork
Margarita pizza with lentil sauce
Pick-me-up pasta salad
Polenta slice with ratatouille & mozzarella
Salmon & tomato ketchup fishcakes

Sticky chicken
Sweet potato & butternut squash soup
Tomato & lentil soup with Focaccia
Vegetable & bean burrito
Vegetable frittata
Vegetable soup
**SCHOOL FOOD PLAN**

**SCHOOL FOOD other than lunch**

**Breakfast Club**
- Berry Smoothie
- Carrot & raisin bagel
- Cereal, fruit and yoghurt pot
- Fruit bread
- Greek yoghurt, banana and oat bread
- Honey and yoghurt porridge with banana
- Mini Breakfast Frittatas

**Mid-morning Break**
- Mixed fruit smoothie
- Peach and natural Greek yoghurt bagel
- Berry Smoothie
- Greek yoghurt, banana and oat bread
- Peach and natural Greek yoghurt bagel
- Pomegranate, apple & cinnamon porridge
- Toasted bagel with cream cheese & chives

**After School Club**
- Bean and salad wraps
- Carrot & raisin bagel
- Cheesy, vegetable-topped muffin
- Chicken, pesto & roast vegetable panini
- Mini Breakfast Frittatas
- Smoked mackerel pate
- Speedy chicken Biryani
- Toasted bagel with cream cheese & chives
- Tomato & lentil soup with Focaccia
RECIPE KEY FEATURES

Children’s Food Trust has checked each recipe to ensure the:

- recipe is complete, includes full ingredients list, appropriate preparation and time estimates, method and serving information are aligned to the best practice guidance¹.
- ingredients list is given in metric and household measures and are in line with the best practice guidance, for example, recipes use, canned products in water or natural juice with no added salt or sugar.
- ingredients are aligned to Government Buying Standards for Food and Catering Services - nutrition criteria².
- recipe provides information about allergens to help schools and caterers provide for pupils with allergies and intolerances, the allergens are listed in line with EU Food Information for Consumers³
- portion sizes of starchy foods, vegetables and fruits, protein sources and dairy foods (for both primary and secondary) are aligned to typical portion sizes published in the best practice guidance and state both primary and secondary serving numbers for each recipe. To note: the portion sizes and number of servings are recommended typical portion sizes based on an average primary and secondary school pupil, however, needs vary, so school cooks should adjust portion sizes accordingly.
- ‘recipe type’ highlights how the recipe counts towards the school food standards.

Allergy information: these are highlighted in each recipe as a guide but it is important to read product labels, as individual products may vary. There are 14 allergens that by law have to be labelled on all pre-packaged foods for sale anywhere within the EU. These 14 allergens are: eggs, milk, fish, crustaceans, molluscs, peanuts, tree nuts, sesame seeds, cereals containing gluten, soya, celery and celeriac, mustard, lupin and sulphur dioxide and sulphites. Since December 2014, food businesses such as school caterers are required to provide allergy information for the foods they serve. For more information, visit the Food Standards Agency website⁴.

³ EU Food Information for Consumers Regulation (No. 1169/ 2011)
⁴ Food Standards Agency (FSA) [www.food.gov.uk/business-industry/allergy-guide/allergen-resources]