



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/www

SCHOOL LUNCH



Beef Bourguignon



Beef chow mein



Woodland's Mumbai meatballs



Chicken & butternut squash curry



Chicken and roasted vegetable couscous



Chicken Balti pie



Chicken Chasseur



Chicken fajitas



Dorset Road's Chinese chicken and rice



Sticky chicken



Saville Park's spicy shepherd's pie



Greek meatballs in a sweet pepper sauce



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



Salmon in tomato sauce with pasta



Main meal
FISH



Salmon Pie



Spaghetti marinara



Tandoori Salmon

Main meal
VEGETARIAN



Beetroot patties and feta cheese yoghurt



Cheese & broccoli quiche



Crispy topped vegetarian pie



Five layer vegetable lasagne



Five-bean chilli with rice



Goan Quorn™ Curry



Margarita pizza with lentil sauce



Mawnan's Mexican cheese/bean quesadilla



Oriental vegetable & Quorn stir fry



Pizza with hidden veg sauce



Quorn™ vegetable paella



Spiced lentil and bean patties



Tortilla Layer



Vegetable & bean burrito



Vegetable, pea & potato curry

Main meal
SAUCE



Popeye pizza sauce



Tomato & basil sauce

Vegetable
Accompaniment



Cauliflower rice



Rice and Peas



Roasted root vegetables



Runner bean slaw



Summer vegetable polonaise



Winter red coleslaw

Starchy
Accompaniment



Celeriac mash



**Starchy
Accompaniment**



Couscous with roasted vegetables



Savoury rice



Vegetable paella

Desserts



Apple & banana cake



Apple berry fool



Apple flapjack



Banana Cake



Banana muffins



Cocoa Beetroot Brownies



Date & cocoa brownie



Pear sponge



Rhubarb and custard cake



Rice pudding and peaches



Rice pudding apricot compote



Winter sponge

**50% Fruit
Desserts**



Oaty apple crumble



Oaty fruit crunch



Peach & raspberry cobbler



Summer fruit yoghurt crunch pots

Grab & Go



Bean and salad wraps



Beef chow mein



Breaded mackerel wrap



Chicken & roasted vegetable couscous



Chicken fajitas



Cornbread



Falafel and salad pittas



Five-bean chilli with rice



Khemma loaf



Grab & Go



Larmerier's chock-o-block chicken wrap



Mac 'n Cheese, loaded with Mexican Pork



Margarita pizza with lentil sauce



Pick-me-up pasta salad



Pizza with hidden veg sauce



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 other than lunch



Breakfast Club



Berry Smoothie



Carrot & raisin bagel



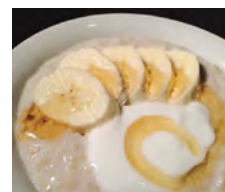
Cereal, fruit and yoghurt pot



Fruit bread



Greek yoghurt, banana and oat bread



Honey and yoghurt porridge with banana



Mini Breakfast Frittatas



Mixed fruit smoothie



Peach and natural Greek yoghurt bagel

Mid-morning Break



Berry Smoothie



Greek yoghurt, banana and oat bread



Peach and natural Greek yoghurt bagel



Pomegranate, apple & cinnamon porridge



Toasted bagel with cream cheese & chives



Bean and salad wraps



Carrot & raisin bagel



Cheesy, vegetable-topped muffin



Chicken, pesto & roast vegetable panini

After School Club



Bean and salad wraps



Cheese quesadilla



Cornbread



Green pea pate



Homemade hummus & fresh crudites



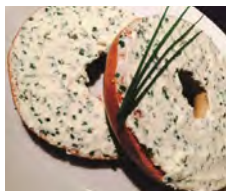
Mini Breakfast Frittatas



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.

¹ School Food Plan (2014) School Food Standards: A practical guide for schools, their cooks and caterers <http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>

² Public Health England Government Buying Standards for Food and Catering Checklist https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/347877/GBSF_Checklist.pdf

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