

Recreate your Italian school lunch favorites at home.

Ask an adult to help, always wash your hands and be careful of sharp or hot objects.

Lasagne Recipe (8 portions)

Ingredients:

Minced meat	400g / 14oz
or minced Quorn	200g / 70oz
Onions	150g / 5oz
Carrots	150g / 5oz
Tomato puree	2tsp
Tinned tomatoes	400g / 14oz
Oregano	1tsp
Milk powder	32g / 1tbsp

Water	250ml / ½ pint
Margarine	20g / 1oz
Flour	20g / 1oz
Lasagne sheets	150g / 5oz
Grated cheese (cheddar or any of choice)	50g / 2oz
Gravy mix	35g / 1oz

Method:

Use minced lamb, pork, beef or turkey or minced quorn or minced halal lamb.

Fry off the meat or quorn and onions and strain off any fat and add the tinned tomatoes, grated carrots, tomato puree and oregano and cook until tender.

Mix the dried milk with the water and make up the sauce using the roux method.

Add half the cheese.

Place a layer of meat mixture in the tins.

Cover with lasagne and pour half of the sauce over.

Cover with the remaining meat mixture, a layer of lasagne and top with the rest of the sauce.

Sprinkle with grated cheese and bake in a moderate oven until the pasta is tender and lightly browned.

	Kcals	Fat	Cost
Beef	283	17.1g	Medium
Lamb	268	16.3g	Medium
Pork	252	14.5g	Medium
Turkey	223	5g	Medium
Quorn	193	10.5g	Medium



Pizza Recipe

Ingredients for the base:

Soft bap mix	130g / 5oz
Brown bread mix	130g / 5oz
Water	160ml / 6floz

Tomato coulis or purree	115g / 4oz
Herbs of choice (Oregano recommended)	1tsp

Choose from the following toppings:

Cheese Pizza

Grated Cheese	125g / 4oz
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Cheese & Tomato

Grated Cheese	125g / 4oz
Sliced tomatoes	75g / 3oz

Pepperoni

Grated Cheese	125g / 4oz
Pepperoni	100g / 4oz

Cheese & mushroom

Grated Cheese	125g / 4oz
Onions	50g / 2oz
Mushrooms	50g / 2oz

Ham

Grated Cheese	100g / 4oz
Ham Strips	150g / 5oz

Ham & Mushroom

Ham strips	150g / 5oz
Grated Cheese	100g / 4oz
Onions	50g / 2oz
Mushrooms	50g / 2oz

Tuna & Sweetcorn

Tuna	100g / 4oz
Sweetcorn	75g / 3oz
Grated Cheese	100g / 4oz

Cheese, Bacon & Pineapple

Bacon diced	100g / 4oz
Grated Cheese	75g / 3oz
Pineapple pieces	200g / 7oz

Cheese, Bacon & Sweetcorn

Bacon diced	100g / 4oz
Grated Cheese	75g / 3oz
Sweetcorn	75g / 3oz

Method:

Mix the bread mixes and make up as the instructions on the packet indicate.

Roll out to form the bases for the pizzas and line shallow flan tins.

Spread on the tomato coulis or pizza topping and sprinkle with the herbs.

Add the chosen topping and cook for approximately 20 - 30 minutes in a hot oven.

Brown Base Pizza	Kcals	Fat
Cheese & tomato	194	7.6g
Cheese, bacon & S/corn	209	8g
Cheese, bacon & Pineapple	209	8g
Cheese & Mushroom	191.5	7g
Tuna & Sweetcorn	201	7g
Ham	201	7g
Ham & Mushroom	201.4	7g
Pepperoni	237	12g

Medium Cost

