

This recipe makes:
6-8 portions

Prep time:
15-20 minutes
Cooking time:
45 minutes

High in protein, vitamin C, vitamin A and contains a portion of vegetables

Serving suggestion:
with green salad and a tomato salad

Tip: for a vegetarian version, replace the chicken with soya chunks

Spanish chicken and rice



Ingredients

- 15 ml vegetable oil (1 tbsp)
- 100g onions, peeled and diced
- 5g garlic, crushed (2 cloves)
- 225g chicken, white meat, diced
- 225g chicken, dark meat, diced
- 400g brown rice
- 15g paprika (1 ½ tbsp)
- 900ml boiling water
- 400g canned tomatoes, chopped
- 100g red peppers, sliced
- 200g canned kidney beans (128g drained)

Method

1. Heat the oil and fry the onions, garlic and chicken for 8 minutes.
2. Add the rice and paprika and stir for 1 minute.
3. Add the water, tomatoes (including the juice) and peppers to the rice, and bring to the boil.
4. Cover and simmer for 20 minutes.
5. Add the drained, rinsed kidney beans and cook for a further 10 minutes or until the rice is cooked. Serve hot or cold.

Apple, cinnamon and date crumble



Ingredients

- 85g soft vegetable margarine
- 125g plain flour
- 50g porridge oats
- 2.5g (1 tsp) cinnamon
- 85g dark brown sugar
- 500g apples, peeled and chopped
- 45g dates, coarsely chopped

Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Cut the margarine into pieces.
3. Place the flour, oats and cinnamon in a bowl and rub in the margarine until it resembles fine breadcrumbs.
4. Add the sugar and mix.
5. Spread the apple and dates evenly in a baking dish.
6. Spread the crumble mix over the apples and smooth out.
7. Bake for 40 minutes.
8. Remove from the oven, portion and serve.

This recipe makes:
6-8 portions

Prep time:
25 minutes

Cooking time:
25 minutes

High in fibre and contains a portion of fruit

Serving suggestion:
with custard

Tip: try strawberries in summer or rhubarb in winter

Contact us

Children's Food Trust, 3rd Floor, 1 East Parade, Sheffield S1 2ET
Tel: 0114 299 6901 Email: info@childrensfoodtrust.org.uk Website: www.childrensfoodtrust.org.uk

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CHILDREN'S
FOOD TRUST
Eat Better Do Better

YOUR GUIDE TO A+ SCHOOL MEALS!

School lunches are good value for money and more popular than ever

Healthy school meals are those which meet tough national standards for nutrition. By meeting these, your child's school is making sure pupils are choosing from a healthy, balanced and nutritious menu. And that's good for your child's learning, behaviour and health!

Did you know?

300,000 more children have a school lunch today than they did four years ago.

Statistical Release: Take up of school lunches in England 2010-2011

Did you know?

Children are more likely to concentrate in the classroom in the afternoon after eating a healthy school lunch in a pleasant environment.

School lunch and behaviour study in primary schools, 2010

Did you know?

The average primary school lunch contains 2.2 portions of fruit and vegetables!

Primary school food survey, 2010

Did you know?

School lunches are lower in fat, sugar and salt than packed lunches, and higher in fibre and some vitamins and minerals.

Primary school food survey, 2010

School food has changed

At a glance – the national school food standards:

These healthier foods and drinks must be provided at lunchtime		
	✓	Fruit and vegetables – a portion of each available for every child
	✓	Oily fish – on the menu at least once every three weeks
	✓	Bread – available every day
	✓	Water – available every day
	✓	Only healthier drinks can be provided

Eating a school lunch is a good chance for your child to try new foods alongside family favourites. School meals are good value for money – especially when you think that to make packed lunches which meet the same standards, you could spend more than a week in the kitchen each year!

The little book of goodness, 2011

These foods are restricted or no longer allowed at lunchtime		
	✗	Starchy food cooked in oil such as roast potatoes restricted to three days a week
	✗	Deep-fried food such as chips restricted to two items per week
	✗	Meat products such as sausages, burgers, pies and nuggets restricted to once a fortnight each
	✗	Salt should not be available for children to use. Portion size of condiments restricted to one teaspoon or one sachet
	✗	Snacks such as crisps not allowed. Snacks such as plain nuts, seeds, vegetables and fruits are allowed
	✗	Cakes and biscuits can be provided at lunchtime only
	✗	Confectionery such as chocolate is not allowed



Carbohydrate	Provides energy
Protein	For growth and repair of body tissues
Fibre	Essential for a healthy digestive system
Vitamin A	For a healthy immune system and eyesight
Vitamin C	Protects the body from infections
Folate	For healthy blood cells and nervous system
Calcium	For strong teeth and bones
Iron	Helps make red blood cells
Zinc	For growth, tissue repair and wound healing

Fat

A source of energy and vitamins, but too much can lead to weight gain and ill health

Saturated fat

Can cause high cholesterol levels and increase the risk of heart disease

Non-milk extrinsic sugars (NMES)

Provide calories but few other essential nutrients and can cause tooth decay

Sodium

Too much can cause high blood pressure, which may lead to stroke, heart disease and kidney problems



What can I do?

- Encourage your children to try school meals
- Find out how food at your school is sourced and prepared
- Ask for a lunch menu
- Ask if you can eat lunch at school
- Try cooking school lunch recipes at home
- Speak to other parents about school meals

Visit www.childrensfoodtrust.org.uk for more information.

