



# Lasagne Style Pasta Bake

## INGREDIENTS

## QUANTITIES

	Yrs 0-3	Yrs 4-8	Yrs 9+
Canola oil	6 ml	8 ml	10 ml
Beef mince (lean)	300 g	375 g	450 g
Onion, diced	80 g	100 g	120 g
Capsicum, diced	80 g	100 g	120 g
Carrot, grated	100 g	125 g	150 g
Garlic, minced	3.3 g	4.2 g	5 g
Tomato paste	10 g	13 g	15 g
Mixed herbs	2 g	2.5 g	3 g
Salt	2 g	2.5 g	3 g
Beef stock powder	3.3 g	4.2 g	5 g
Water	165 ml	210 ml	250 ml
Canned crushed tomatoes	300 g	380 g	460 g
Pasta spirals (or similar)	330 g	415 g	500 g
Catering spread	33 g	42 g	50 g
Flour	33g	42 g	50 g
Salt	2.6 g	3.3 g	4 g
Milk (hot)	330 ml	415 ml	500 ml
Edam cheese, grated	130 g	165 g	200 g

## DIRECTIONS

1. Preheat oven to 200 degrees Celsius.
2. Heat oil in a frying pan and cook mince on high heat until browned.
3. Add onion, celery, carrot and garlic. Cook until tender. Mix in tomato paste until combined well.
4. Stir through mixed herbs, salt, stock powder, water and tomatoes.
5. Simmer gently for 30 - 45 minutes until thickened.
6. Meanwhile, cook pasta according to instructions and make cheese sauce.
7. Melt catering spread over low heat. Add flour and salt, stirring for 2 minutes.
8. Slowly add hot milk, whisking smooth after each addition.
9. Simmer gently for 8-10 minutes, stirring often until thick and creamy. Mix in cheese.
10. In a large bowl combine pasta with beef mixture. Transfer into a greased deep baking dish, pour over white sauce and sprinkle with remaining cheese. Bake for 30 minutes in preheated oven.

**SERVES 10  
FOR EACH YEAR GROUP**

\$

### COST PER SERVE

YRS 0-3: \$1.05

YRS 4-8: \$1.32

YRS 9+: \$1.59



Ka Ora, Ka Ako  
Healthy School Lunches Programme

Recipe Version 3.2  
Published 19/02/2026

# Lasagne Style Pasta Bake continued...

## GILMOURS PRODUCT INFO

**\*\*products & pricing valid as at 19/2/26  
and subject to change\*\***

PRODUCT DESCRIPTION	PACK SIZE	PRICE
VALUE CANOLA OIL	3 L	\$9.22
KIWI TO THE BONE BF MINCE 85CL	1 KG	\$16.34
SB ONION DICED	1 KG	\$3.60
SB CAPSICUM RED DICED	1 KG	\$4.06
FRESH CONNECTION CARROT GRATED	1 KG	\$5.49
GILMOURS GARLIC CRUSHED IN OIL	1 KG	\$7.69
GILMOURS TOMATO PASTE A9	2.2 KG	\$5.94
GILMOURS MIXED HERBS	500 G	\$8.37
GILMOURS STOCK BOUILLON BEEF	2.6 KG	\$25.31
GILMOURS TOMATOES CRUSHED	2.5 KG	\$6.37
TURKMAN PASTA FUSILLI	5 KG	\$11.43
GILMOURS CANOLA SPREAD	4 KG	\$15.10
PAMS FLOUR PURE PLAIN	5 KG	\$6.95
PAMS VALUE MILK STANDARD	3 L	\$6.29
ALPINE CHEESE EDAM GRATED	5 KG	\$74.16

## NUTRITION STANDARDS SUMMARY

	YRS 0-3	YRS 4-8	YRS 9+
<b>Total Meal Weight (g)</b>	<b>214</b>	<b>267</b>	<b>321</b>
Vegetables (g)	51	63	76
Protein Food (g)	42	45	54
Grain Food & Starchy Veg (g)	80	100	120

## RECIPE TIPS

- If time and storage permits, make double quantity and freeze.
- If possible, cook the mince mixture and cheese sauce in advance to save time. Make pasta fresh on the day.
- Cook pasta until softer than normal, so sauce is not absorbed into the dish too much.
- Save money by buying whole vegetables and using a food processor to grate and chop.

## PORTIONING GUIDANCE

Weigh out reference plates for each meal size to visually guide your portioning.

**YRS 0-3:** Serve about 210g

**YRS 4-8:** Serve about 262g

**YRS 9+:** Serve about 315g

## SPECIAL DIET SUBSTITUTION IDEAS

**Vegetarian:** Replace mince with brown lentils. Use vegetable stock.

**Vegan:** Replace mince with brown lentils. Use vegetable stock and plant-based milk and cheese.

**Gluten-free:** GF pasta and GF flour in cheese sauce.

**Dairy-free:** Omit cheese sauce and use plant based milk and cheese.

**Halal:** Halal-certified mince and vegetable stock