



# Mac n Cheese

## INGREDIENTS

## QUANTITIES

	Yrs 0-3	Yrs 4-8	Yrs 9+
Macaroni elbows	415 g	500 g	625 g
Catering Spread	60 g	75 g	95 g
Flour	60 g	75 g	95 g
Salt	4 g	5 g	6 g
Milk (hot)	625 ml	750 ml	940 ml
Ham, diced	125 g	150 g	190 g
Frozen mixed vegetables (thawed)	560 g	675 g	840 g
Edam cheese, grated	290 g	350 g	440 g
Breadcrumbs	40 g	50 g	65 g

## DIRECTIONS

1. Preheat oven to 200 degrees Celsius.
2. Cook pasta according to instructions.
3. Melt catering spread in a pot over low heat. Add flour and salt, stirring for 2 minutes.
4. Slowly add hot milk, whisking smooth after each addition.
5. Simmer gently for 8-10 minutes, stirring often until thick and creamy.
6. In a large bowl, mix together cooked pasta, white sauce, ham, thawed mixed vegetables and half the grated cheese.
7. Transfer mixture into a baking dish and spread evenly.
8. Mix remaining cheese with breadcrumbs and sprinkle over top.
9. Bake for 30 minutes in preheated oven.

**SERVES 10  
FOR EACH YEAR GROUP**



### COST PER SERVE

YRS 0-3: \$0.93

YRS 4-8: \$1.12

YRS 9+: \$1.40



Ka Ora, Ka Ako  
Healthy School Lunches Programme

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# Mac n Cheese continued...

## GILMOURS PRODUCT INFO

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

PRODUCT DESCRIPTION	PACK SIZE	PRICE
TURKMAN PASTA BOLD ELBOW	5 KG	\$11.43
GILMOURS CANOLA SPREAD	4 KG	\$15.10
PAMS FLOUR PURE PLAIN	5 KG	\$6.95
PAMS SALT IODISED	2 KG	\$2.63
PAMS VALUE MILK STANDARD	3 L	\$6.29
(P)HOBSONS CHOICE DICED HAM	2.5 KG	\$23.20
GILMOURS MIXED VEGETABLES	5 KG	\$14.85
GKCC BUDGET BLEND GRATED CHEESE	5 KG	\$63.43
GILMOURS BREADCRUMBS GOLDEN	3 KG	\$16.61

## NUTRITION STANDARDS SUMMARY

	YRS 0-3	YRS 4-8	YRS 9+
<b>Total Meal Weight (g)</b>	<b>253</b>	<b>304</b>	<b>380</b>
Vegetables (g)	50	60	75
Protein Food (g)	37	45	56
Grain Food & Starchy Veg (g)	106	127	159

## RECIPE TIPS

- Cook pasta until softer than normal, so sauce is not absorbed into the dish too much.

## PORTIONING GUIDANCE

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

**YRS 0-3:** Serve about 250g

**YRS 4-8:** Serve about 300g

**YRS 9+:** Serve about 380g

## SPECIAL DIET SUBSTITUTION IDEAS

**Vegetarian:** Replace ham with a plant-based meat alternative

**Vegan:** Replace ham with a plant-based meat alternative. Use plant-based cheese and milk.

**Gluten-free:** GF pasta and breadcrumbs.

**Dairy-free:** Plant-based cheese and milk. Increase ham to meet protein requirements.

**Halal:** Replace ham with halal-certified chicken