

Spaghetti & Meatballs



INGREDIENTS

QUANTITIES

	Yrs 0-3	Yrs 4-8	Yrs 9+
Oil	2 ml	3 ml	4 ml
Onion	35 g	45 g	60 g
Garlic, crushed	9 g	12 g	16 g
Canned crushed tomatoes	920 g	1,240 g	1,640 g
Salt	1.6 g	2.2 g	2.9 g
Sugar	7 g	10 g	13 g
Italian herbs	0.8 g	1.1 g	1.4 g
Beef stock powder	3.2 g	4.4 g	5.7 g
Worcestershire sauce	3.2 ml	4.4 ml	5.7 ml
Beef Meatballs	450 g	600 g	750 g
Spaghetti Pasta	365 g	510 g	655 g
Edam Cheese, grated	90 g	90 g	90 g

DIRECTIONS

1. Preheat oven to 250 degrees Celsius.
2. Bring a large pot of water to the boil (for pasta).
3. Dice onion. Heat oil in a pot and cook onion and garlic until tender.
4. Add tomatoes, salt, sugar, Italian herbs, beef stock powder, and Worcestershire sauce.
5. Mix and gently simmer uncovered for 30 minutes, stirring occasionally.
6. Place meatballs on an oven tray and cook for 10 minutes.
7. Cook pasta following packet instructions.
8. Serve out pasta, top with meatballs and sauce and sprinkle with cheese.

SERVES 10
FOR EACH YEAR GROUP

\$

COST PER SERVE

YRS 0-3: \$1.09

YRS 4-8: \$1.42

YRS 9+: \$1.77



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Healthy School Lunches Programme

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Spaghetti & Meatballs 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
BROWN GILMOURS ONIONS TAG1	10 KG	\$9.04
GILMOURS GARLIC CRUSHED IN OIL	1 KG	\$7.69
GILMOURS TOMATOES CRUSHED	2.5 KG	\$6.37
PAMS SALT IODISED	2 KG	\$2.63
PAMS SUGAR WHITE	500 G	\$1.38
GILMOURS ITALIAN HERBS	250 G	\$5.18
GILMOURS STOCK BOUILLON BEEF	2.6 KG	\$25.31
GILMOURS SAUCE WORCESTER	2 L	\$4.78
TURKMAN PASTA SPAGHETTI	5 KG	\$11.43
LEADER PREMIUM SCHOOL MEATBALLS BEEF	6 KG	\$83.20
ALPINE CHEESE EDAM GRATED	5 KG	\$74.16

NUTRITION STANDARDS SUMMARY

	YRS 0-3	YRS 4-8	YRS 9+
Total Meal Weight (g)	210	285	364
Vegetables (g)	54	74	97
Protein Food (g)	54	69	84
Grain Food & Starchy Veg (g)	100	140	180

RECIPE TIPS

- There are about 63 Premium School Meatballs per kilogram of product
- Replace spaghetti with a short pasta (e.g. penne, spirals) for easier handling
- Save money by buying whole vegetables and using a food processor to grate and chop.
- Toss a little oil though spaghetti to avoid noodles sticking.

PORTIONING GUIDANCE

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

To serve, first plate spaghetti then lay meatballs on top, pour over sauce and sprinkle grated cheese on top..

YRS 0-3: 3 x meatballs,
approx. 1/4 cup of sauce.
Tbsp grated cheese

YRS 4-8: 4 x meatballs,
approx. 1/3 cup of sauce.
Tbsp grated cheese

YRS 9+: 5 x meatballs,
just under 1/2 cup of sauce.
Tbsp grated cheese

SPECIAL DIET SUBSTITUTION IDEAS

Vegetarian: Vegetable stock and plant-based meatballs

Vegan: Plant-based meatballs and cheese. Replace beef stock and worcestershire sauce with vegetable stock.

Gluten-free: GF pasta and ensure all other ingredients are also gluten-free

Dairy-free: Dairy-free cheese

Halal: Halal-certified meatballs and stock powder