

Spaghetti & Toast

INGREDIENTS

QUANTITIES

	Yrs 0-3	Yrs 4-8	Yrs 9+
Canola Oil	6 ml	8 ml	10 ml
Onion, diced	105 g	150 g	190 g
Red capsicum, diced	105 g	150 g	190 g
Garlic, crushed	10 g	15 g	20 g
Tomato paste	10 g	13 g	16 g
Canned crushed tomatoes	360 g	500 g	625 g
Vinegar (malt)	40 ml	55 ml	70 ml
Salt	9 g	12 g	15 g
Sugar	29 g	40 g	50 g
Water	215 ml	300 ml	375 ml
Spaghetti pasta	180 g	250 g	315 g
Ham	215 g	300 g	375 g
Cheese, grated	215 g	300 g	375 g
Wholemeal toast bread (38g/slice)	10 slices	10 slices	10 slices

DIRECTIONS

1. Finely dice onion and chop ham into bite-sized pieces.
2. Heat oil in fry pan. Gently cook onions, garlic and capsicums for about 10 minutes, until tender.
3. Stir in tomato paste, crushed tomatoes, vinegar, salt, sugar and water.
4. Simmer sauce gently for 20 minutes, stirring regularly.
5. Meanwhile, boil a large pot of water and cook spaghetti according to instructions.
6. Strain spaghetti - rinse with cold water and drain well.
7. Transfer spaghetti to a chopping board and roughly cut into quarters.
8. Blend sauce with a stick blender or liquidiser. Combine sauce with spaghetti and heat through.
9. Toast bread or serve bread fresh. Cut in halves.
10. Serve toast/bread alongside spaghetti topped with ham and cheese.

SERVES 10

FOR EACH YEAR GROUP

\$

COST PER SERVE

YRS 0-3: \$1.03

YRS 4-8: \$1.35

YRS 9+: \$1.64



Ka Ora, Ka Ako
Healthy School Lunches Programme

Recipe Version 3.2
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Spaghetti & Toast continued...

GILMOURS PRODUCT INFO

****products & pricing valid as at 18/02/2026 and subject to change****

PRODUCT DESCRIPTION	PACK SIZE	PRICE
VALUE CANOLA OIL	3 L	\$9.22
SB ONION DICED (frozen)	1 KG	\$3.60
SB CAPSICUM DICED (frozen)	1 KG	\$4.06
GILMOURS GARLIC CRUSHED IN OIL	1 KG	\$7.69
GILMOURS TOMATO PASTE A9	2.2 KG	\$5.94
GILMOURS TOMATOES CRUSHED	2.5 KG	\$6.37
GILMOURS VINEGAR MALT	5 L	\$6.31
PAMS SALT IODISED	2 KG	\$2.63
PAMS SUGAR WHITE	500 G	\$1.38
TURKMAN PASTA SPAGHETTI	5 KG	\$11.43
HUTTONS SHAVED MANUKA SMOKED HAM	PER KG	\$11.86
ALPINE CHEESE EDAM GRATED	5 KG	\$74.16
WHOLEMEAL TOAST SLICED BREAD - estimate	1 LOAF (17 slices)	\$3.69

NUTRITION STANDARDS SUMMARY

	YRS 0-3	YRS 4-8	YRS 9+
Total Meal Weight (g)	198	262	317
Vegetables (g)	50	71	88
Protein Food (g)	43	60	75
Grain Food & Starchy Veg (g)	79	96	110

RECIPE TIPS

- Mix spaghetti and sauce close to service time to avoid too much sauce absorption.
- Try mixing ham and cheese through the spaghetti mixture if desired.
- Spread bread or toast with catering spread if preferred.
- Add half a slice of toast (or more) to bulk up the years 4-8 and 9+ meals.

PORTIONING GUIDANCE

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

YRS 0-3: One slice of toast cut diagonally, about 120g of spaghetti mix, 2 heaped Tbsp of grated cheese and 20g of ham.

YRS 4-8: One slice of toast cut diagonally, about 160g of spaghetti mix, 3 heaped Tbsp of grated cheese and 30g of ham. .

YRS 9+: One slice of toast cut diagonally, about 200g of spaghetti mix, 3 - 4 heaped tbsp of grated cheese and 35g of ham.

SPECIAL DIET SUBSTITUTION IDEAS

If catering for Y9+ students with special diets we recommend a substitute meal as this meal will not meet protein requirements

Vegetarian: Omit ham. Increase cheese to 40g.

Vegan: Blend lentils through the sauce, use plant based cheese.

Gluten-free: GF pasta and GF bread.

Dairy-free: Increase ham to 40g, use plant-based cheese

Halal: Omit ham. Increase cheese to 40g.