

Mac and cheese



SERVES
10

Ingredients

Quantities

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

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.



Mac and cheese continued...

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:

- Use gluten-free pasta, flour and breadcrumbs.

Dairy:

- Use plant-based cheese and milk.
- Increase ham to meet protein requirements.

Halal:

- Replace ham with halal-certified chicken.

Soy:

- Use soy-free catering spread.

Portioning guidance

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

| | YRS 0-3 | YRS 4-8 | YRS 9+ |
|-------------|---------|---------|--------|
| Per portion | 253g | 304g | 380g |

Nutrition standards

| | YRS 0-3 | YRS 4-8 | YRS 9+ |
|---------------------------------------|------------|------------|------------|
| Total meal weight (g) | 253 | 304 | 380 |
| Vegetables (g) | 50 | 60 | 75 |
| Protein food (g) | 37 | 45 | 56 |
| Grain food and starchy vegetables (g) | 106 | 127 | 159 |

Gilmours product information

| PRODUCT DESCRIPTION | PACK SIZE |
|---------------------------------|-----------|
| Turkman pasta bold elbow | 5kg |
| Gilmours catering spread | 4kg |
| Pams flour pure plain | 5kg |
| Pams salt iodised | 2kg |
| Pams value milk standard | 3L |
| Hobsons ham diced | 2.5kg |
| Gilmours mixed vegetables | 5kg |
| GKCC budget blend grated cheese | 5kg |
| Gilmours breadcrumbs golden | 3kg |

Allergens



gluten/wheat, dairy, soy.

Disclaimer: Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.

Tips



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