

Spaghetti and toast



SERVES
10

Ingredients

Quantities

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



Spaghetti and toast continued...

Special diet substitution ideas

If catering for Years 9 and above 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/wheat:

- Use gluten-free pasta and bread.
- Use white vinegar instead of malt (barley).

Dairy:

- Increase ham to 40g
- Use plant-based cheese.

Halal:

- Omit ham, increase cheese to 40g.

Soy:

- Use soy-free bread

Portioning guidance

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

	YRS 0-3	YRS 4-8	YRS 9+
Toast	1 slice	1 slice	1 slice
Spaghetti mix	120g	160g	200g
Cheese	2 Tbsp	3 Tbsp	4 Tbsp
Ham	20g	30g	35g

Nutrition standards

	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 and starchy vegetables (g)	79	96	110

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Value canola oil	3L
SB onion diced (frozen)	1kg
SB capsicum diced (frozen)	1kg
Gilmours garlic crushed in oil	1kg
Gilmours tomato paste A9	2.2kg
Gilmours tomatoes crushed	2.5kg
Gilmours vinegar malt	5L
Pams salt iodised	2kg
Pams sugar white	500g
Turkman pasta spaghetti	5kg
Huttons shaved manuka smoked ham	Per kg
Alpine cheese edam grated	5kg
Wholemeal toast sliced bread	1 Loaf (17 slices)

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



- 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 to 8 and 9 and above meals.