

Mac and cheese



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.