

# Spaghetti and meatballs



## Ingredients

## Quantities

|                         | YRS 0-3 | YRS 4-8 | YRS 9+ |
|-------------------------|---------|---------|--------|
| Oil                     | 2ml     | 3ml     | 4ml    |
| Onion                   | 35g     | 45g     | 60g    |
| Garlic, crushed         | 9g      | 12g     | 16g    |
| Canned crushed tomatoes | 920g    | 1240g   | 1640g  |
| Salt                    | 1.6g    | 2.2g    | 2.9g   |
| Sugar                   | 7g      | 10g     | 13g    |
| Italian herbs           | 0.8g    | 1.1g    | 1.4g   |
| Beef stock powder       | 3.2g    | 4.4g    | 5.7g   |
| Worcestershire sauce    | 3.2ml   | 4.4ml   | 5.7ml  |
| Beef meatballs          | 450g    | 600g    | 750g   |
| Spaghetti pasta         | 365g    | 510g    | 655g   |
| Edam cheese, grated     | 90g     | 90g     | 90g    |

## 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.



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# Spaghetti and meatballs continued...

## Special diet substitution ideas

### Vegetarian:

- Use vegetable stock and plant-based meatballs.

### Vegan:

- Use plant-based meatballs and cheese.
- Replace beef stock and Worcestershire sauce with vegetable stock.

### Gluten:

- Use gluten-free pasta, meatballs and Worcestershire sauce.

### Dairy:

- Use dairy-free cheese.

### Halal:

- Use halal-certified meatballs and stock powder.

### Soy

- Use soy-free Worcestershire sauce and meatballs.

## Portioning guidance

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

|           | YRS 0-3     | YRS 4-8     | YRS 9+      |
|-----------|-------------|-------------|-------------|
| Pasta     | 100g        | 140g        | 180g        |
| Meatballs | 3 meatballs | 4 meatballs | 5 meatballs |
| Sauce     | ¼ cup       | 1/3 cup     | ½ cup       |
| Cheese    | 1 Tbsp      | 1 Tbsp      | 1 Tbsp      |

## Nutrition standards

|                                       | 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 and starchy vegetables (g) | 100     | 140     | 180    |

## Gilmours product information

| PRODUCT DESCRIPTION                  | PACK SIZE |
|--------------------------------------|-----------|
| Value canola oil                     | 3L        |
| Gilmours brown onions tag1           | 10kg      |
| Gilmours garlic crushed in oil       | 1kg       |
| Gilmours tomatoes crushed            | 2.5kg     |
| Pams salt iodised                    | 2kg       |
| Pams sugar white                     | 500g      |
| Gilmours Italian herbs               | 250g      |
| Gilmours stock bouillon beef         | 2.6kg     |
| Gilmours Worcestershire sauce        | 2L        |
| Turkman pasta spaghetti              | 5kg       |
| Leader premium school meatballs beef | 6kg       |
| Alpine cheese edam grated            | 5kg       |

## 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



- There are about 63 premium school meatballs per kilogram of product.
- Replace spaghetti with a short pasta 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.