



academies for character and excellence

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# School Meal Excellence

ACE Catering - Championing Freshly Prepared, Local, Sustainable Produce





“ As an educational Trust, we align ourselves with the ethos of **Love British Food**. We want our pupils to believe they can make a positive difference to themselves and others. Through educating our pupils about where their food comes from, the importance of buying and cooking seasonally and locally and reconnecting them with their environment and nature, we are encouraging this and giving them the knowledge to make it happen.

I am thrilled to be a part of the National Love British Food Working Party as I passionately support our local British Farming industry, local producers and suppliers. All of our in-house school kitchens across The Academies for Character and Excellence enjoy preparing tasty school meals using British, local and seasonal produce. Higher welfare standards, quality assurances, less food miles and supporting our local economy are some of the reasons we are proud to #BuyBritish. It is really important to us as a catering service and an important part of our sustainable school meals food charter.”

**Sam Ward** - ACE Trust Operations & Healthy Communities Lead



### Welcome from CEO

The Academies for Character and Excellence is a charitable trust with a mission of Achieving Excellence through Cultivating Character, Sharing Talents and Pursuing Innovation. Our Trust is an exciting and diverse mix of Church of England and Community Schools within Torbay and Devon. We are growing a family of schools that prioritises working together in collaborative partnerships which are mutually supportive and share great practice. We truly value the distinctive character of our schools and believe they should be rooted in the communities which they serve.

Our commitment to Character Education is at the heart of our work across the Trust. We are uncompromising in our belief that every child fulfils their academic potential whilst also flourishing in life. As a Trust we place the utmost importance on healthy and nutritious school meals, the dining experience and ensuring that our pupils learn about where their food comes from. As a result, they also learn valuable life skills along the way through our excellent ACE curriculum.

**CEO and National Leader of Education.**



# ace Nutrition

Our concept of well-being is ensuring that our children, and staff, flourish. We mean this in the holistic sense. We want our children to have a full and rich experience in school, to develop character as well as success in academic results.

## Catering Strategy - Aspirational Core Purpose

*“To transform school food culture by becoming a nationally recognised sustainable school catering service. Freshly prepared, tasty and healthy meals will be prepared by an exceptional team that also add value to their schools through operating community projects, teaching practical life skills and creating healthy communities.”*

## Food Education

Through our curriculum, our schools ensure that every child understands the impact of the food they eat on their health and the environment. They have the food skills to live a healthy life.

*“The best schools do a brilliant job of weaving food education – cooking, growing vegetables, even modest efforts at animal husbandry – into school life and the curriculum”*

## Food For Life

The schools in our Trust are part of the national *Food for Life* programme, which is a whole school approach to food. This aims to encourage excellence in school food, food education and nurturing community partnerships. This allows our children to expand their palates through trying new foods, understanding where food comes from and making healthy choices.

## Health & Wellbeing

The emotional health and wellbeing of our pupils is just as important as their physical health and wellbeing. It is important that our pupils learn to manage and articulate their emotions, deal with different situations and communicate in appropriate ways in order to flourish and support effective learning.

## School Meal Excellence

School meals matter. It has been well documented that children who eat nutritious meals every day and lead active lifestyles tend to excel. At ACE we recognise that our schools are on the frontline of efforts to improve childhood nutrition and our collective health. Improving the meals that our pupils eat in schools is an important step to achieve that goal.

ACE Catering service is passionate about ensuring the well-being of young people, through healthy and balanced nutrition. We pride ourselves on a high-quality in-house catering provision working closely with local suppliers to ensure we use as much local, seasonal, British and organic produce where we can. We see this as an important investment in our children and their future health and well-being.

Our talented ACE Catering teams work together to achieve positive outcomes for our pupils and also collaborate with their local communities. Through improving school meals, we are not only providing important nutritional assistance, but are also helping pupils to be better equipped to feed their minds.

ACE catering teams are making positive steps to sustainably manage their energy, water and waste. Through the sustainable catering charter they are also actively increasing local and seasonal produce, using high welfare meats but less of it and increasing grains and pulses to minimise the impact of climate change.



## Sam Ward - ACE Trust Operations & Healthy Communities Lead – Academies for Character and Excellence.

Sam holds a BSc (hons) in Hotel, Catering and Institutional Management and has worked for over 15 years in educational catering. During this time, Sam also freelanced with Focus on Food giving practical advice and support on implementing food education in the primary curriculum. Following an early career in hotel and events catering Sam entered the school food industry in 2006, initially taking on the challenge of moving Collaton St Mary Primary Schools meals service in house. Sam also supported other schools locally on a consultancy basis taking their meal service provisions in house. Part of my role is driving the strategic direction of our catering service ensuring consistency and excellence across our ACE catering operations.

## Sam Ward - Role & Achievements

“ I started at Collaton St Mary Primary school in 2006 as a kitchen manager, and I am now part of the Central Services Team for ACE (Academies for Character and Excellence). I manage the catering service across ACE and currently oversee six in-house provisions,

ACE is a growing Trust and relishes bringing new kitchens on board as part of vibrant a wider team.

It is extremely exciting that all schools within the Trust are enrolled onto the Food For Life Programme and are working towards the next stage in their Food for Life journey.

I am passionate about school meals, feeding our pupils well, food education and community partnerships. I love the diversity of my role and the challenges and achievements it brings; whether it be setting strategic direction, supporting food lessons or working on community projects. ”

- Member of Jeanette Orrey's Food for Life Cooks Network
- Food for Life Gold Award First Gold School in the South West
- Taste of the West Award Best local school food – championing local food – several years running
- Devon Life School cook of the year
- Educatering of Excellence In-house Primary caterer of the year
- HITS Health in Torbay schools award
- BBC Food and Farming finalist
- Represented the school food industry by cooking in the houses of parliament for National School Meals Week with LACA
- Food For Life Peter Melchett Award at Totnes St Johns Primary for excellence in the whole school approach.



# Sustainability Charter

## We are making a commitment to actively:

- Celebrate and use local and seasonal produce
  - Eliminate processed foods
- Increase quantity of fresh fruit and vegetables
- Increase healthy plant proteins and wholegrains
- Include more plant based dishes on the menu
  - Use less but better quality meat and dairy
  - Reduce food waste
- Reduce packaging and where necessary use compostable and recyclable alternatives

### Why is sustainability important?

We are making positive steps to manage energy, water and waste. Through the Trust's sustainable catering charter we are actively increasing local and seasonal produce.

The launch of our 'Planet Plate' meals was received enthusiastically with our pupils and families. I worked closely with our local butcher MC Kelly to produce a 'planet plate mix' where we use local meat from local 'Farm Wilder' farms which have higher welfare standards and farm regeneratively to improve biodiversity and the environment. We reduce the meat content in favour of quality plant protein and pulses. In doing this we help combat climate change by reducing carbon emissions and global warming. They are tasty too!

My aspirational aim is to transform school food culture across The Academies for Character and Excellence by becoming a nationally recognised sustainable school catering service. We would achieve this by offering fresh, tasty, healthy meals prepared by exceptional teams. We will also add value to our schools through operating community projects, teaching practical life skills thereby creating healthy communities.

### Why did you agree to sit on the new Love British Food Schools Working Group?

I am thrilled to be a part of this group as I passionately support our local British Farming industry and local producers and suppliers. All our in-house school kitchens across The Academies for Character and Excellence enjoy preparing tasty school meals using British, local and seasonal produce. Higher welfare standards, quality assurances, less food miles and supporting our local economy are some of the reasons we are proud to #BuyBritish. It is important to us as a catering service and an important part of our sustainable school meals food charter.

As an educational Trust, we align ourselves with the ethos of 'Love British Food'. We want our pupils to believe they can make a positive difference to themselves and others. We educate our pupils about where their food comes from, the importance of buying and cooking seasonally and locally. We endeavour to reconnect them with their environment and nature through regular farm visits.

### Collaboration & Partnerships - Local is Best

Collaboration and Partnerships are important to us, and we are passionate about championing local producers across the South West. A key part of this is working together and communicating regularly so our suppliers understand our needs and we work together to get the price and product right.

Devon has such a wealth of amazing producers due to its lush farming grasslands, moorland and coastal waters. Aside from tasting better, using local produce is better for the environment as it cuts down on our food miles - so everyone is a winner!

#### Shillingford Organics – Exeter

Shillingford Organics is located on the outskirts of Exeter growing organic vegetables. They also have a rich network of local growers and suppliers that produce a great variety of seasonal fruit & vegetables for wholesale.

*"I feel it is so important that young people learn where their food comes from, so as they grow up and feel confident to question how the food they eat is produced and where it comes from. We are so fortunate that in our location in South Devon there is so much wonderful land and we have such a favourable climate and yet most of the food we consume comes from far away. Children can visit the farm and see common fruit and vegetables growing. They get to harvest cook and taste really fresh produce direct from the soil, as it is meant to be".*

Martyn Bragg – Farmer / Grower - Shillingford Organics

*"We've seen throughout the years that farm based education is transformational, particularly for children from disadvantaged backgrounds who don't have access to authentic food experiences otherwise. By being on the farm, and engaging in these activities, our food system, which is very complex, begins to have meaning and relevance to them".*

Fatma Sabet - Farm School Educator

#### Savona Foodservice Southwest – Ilfracombe

Savona aspire to procure as much regional produce as possible to offer our customers locally supported ranges with our carbon footprint always at the forefront of our minds.

They are also members of the Soil Association and are regularly audited to ensure product integrity and they offer a wide range of locally sourced organic produce.

## WHERE OUR FOOD COMES FROM



### Fruit and Vegetables

Total Produce: using 40 local farms across the South West. Apricot Centre, Totnes, Shillingford Organics



### Butcher

McKelly, Crediton



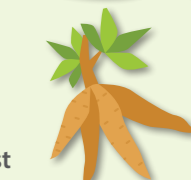
### Fish

Brixham Seafish



### Wholesale

Savona South West



#### McKelly – Crediton

McKelly Ltd have worked with ACE to develop the planet plate mix. It is an ongoing opportunity to understand the direction school food is going in.

*"ACE, I believe are ahead of the curve with healthy school meals and we have learnt a lot during this collaboration. We embrace the concept of "less and better" with meat. Children; in the main; love meat and using the flavour of top-quality regenerative meats to carry the vegetable element of these dishes is a great way to promote genuinely healthy balanced diets and respecting the meats we supply."*

Andy Gray – Director, McKelly Ltd, Crediton, Devon

#### Total Produce – Devon

Total Produce believe in supporting local farmers and using as much local produce as possible when available.

*"We are in regular communications with Sam and her team, ensuring we highlight produce that is seasonal, local and British. It is important with us that we work with schools in this way as appreciate budgets are tight".*

Justin Yeates – Branch Manager Total Produce Devon

#### Brixham Seafish – Brixham

Brixham Seafish totally believe in supporting the local community and using what they can from the local fishing fleet.

*"We are pleased Sam and her team are committed to use local fish. At Brixham Seafish we have recently been given MSC approval and the local Hake fishing boats are also MSC accredited therefore when buying from these boats we are ensuring a conscious effort is being made."*

Josh Perkes – Director Brixham Seafish



“ Buying local produce is very important to us. It helps to support our local farmers and community. The nutrient content is of a high standard with no added preservatives and the quality of the produce is always of such a high standard, giving us fantastic tasting food.  
Kathryn, Torre C of E Primary School ”

## Kathryn's Vegetable Tart

### Ingredients (serves 4)

- ✔ 150g plain flour
- ✔ 50g Wholemeal flour
- ✔ 100g Margarine
- ✔ 35ml of water
- ✔ 40g of white onion
- ✔ 40g of courgette
- ✔ 40g mixed peppers
- ✔ 40g sweetcorn
- ✔ 80g cheddar cheese
- ✔ 2 free range eggs

### Sides (serves 4)

- ✔ 400g potatoes
- ✔ 30ml Oil
- ✔ 224g fresh carrots
- ✔ 1 large savoy cabbage
- ✔ 224g of frozen sweetcorn
- ✔ Gravy – (25g of reduced salt/sugar Gravy to 450ml of boiling water)

### Method:

1. In a kitchen aid mix together the flours and margarine until it resembles breadcrumbs, add the water slowly to form a dough.
2. Wrap the dough in clingfilm and place in the fridge to chill.
3. Peel and portion up the potatoes. Steam or par-boil, arrange in a oiled baking tin and bake at 200c for 25 minutes.
4. Prepare the savoy cabbage and carrot and steam or boil until cooked throughout.
5. Roll out the pastry and cover the bottom of a pre-lined and greased baking tin and crimp the edges, blind bake for 15-20 minutes.
6. Fry off the vegetables for the tart in a little oil and season, once cooked arrange the mix over the blind baked pastry base.
7. Whisk the eggs and pour over the vegetables on the pastry base, bake in the oven at 200c for approx 20 minutes or until cooked.
8. Steam or boil the frozen sweetcorn and make the gravy.
9. Serve the tart with roast potatoes, seasonal vegetable and gravy.

### Ingredients (serves 50)

- ✔ 750g plain flour
- ✔ 250g Wholemeal flour
- ✔ 500g Margarine
- ✔ 175ml of water
- ✔ 400g of white onion
- ✔ 400g of courgette
- ✔ 400g mixed peppers
- ✔ 400g sweetcorn
- ✔ 800g cheddar cheese
- ✔ 20 free range eggs

### Sides (serves 50)

- ✔ 4kg potatoes
- ✔ 300ml Oil
- ✔ 2.5kg fresh carrots
- ✔ 5 large savoy cabbages
- ✔ 2.5kg of frozen sweetcorn
- ✔ Gravy – (25g of reduced salt/sugar gravy to 450ml of boiling water)





# Kathryn's Toad In The Hole

## Ingredients (serves 4)

- 4 Butchers Pork Sausages
- 4 Eggs
- 140g Plain Flour
- 200ml Milk

## Sides (serves 4)

- 500g potatoes
- 350ml Oil
- 500g fresh carrots
- 1 large savoy cabbage
- Gravy – (25g of reduced salt/sugar gravy to 450ml of boiling water)

## Method:

1. Peel & quarter the potatoes and steam or par-boil, then tip them into an oiled tray and roast in the oven for 25 minutes at 200c.
2. Peel and slice the carrots and steam or boil until tender.
3. Wash and slice the cabbage and steam or boil until cooked.
4. Arrange the sausages on a pre-oiled gastronome and roast in the oven for 20-25 minutes at 180c.
5. To make the Yorkshire pudding batter, whisk all the ingredients together until smooth, leave to rest.
6. Bring a saucepan of water to the boil and add the gravy granules and whisk until combined, allow to simmer until it has thickened.
7. Take the sausages out of the oven and pour over the Yorkshire pudding batter and quickly pop them back in the oven.
8. Bake in the oven for a further 15 minutes or until the batter had risen and golden brown (do not open the oven door).
9. Once cooked, divide into portions and serve along with the roast potatoes, vegetables and gravy.

## Ingredients (serves 50)

- 50 Butchers Pork Sausages
- 20 Eggs
- 700g Plain Flour
- 1000ml Milk

## Sides (serves 50)

- 4kg potatoes
- 350ml Oil
- 2.5kg fresh carrots
- 5 large savoy cabbages
- Gravy – (25g of reduced salt/sugar gravy to 450ml of boiling water)





“ Using Fresh local ingredients for recipes makes them taste so much better and it’s great that our children are getting healthy goodness in every meal. Knowing we have played our part in the community by ordering from local suppliers is also a great feeling.  
*Daisy, Collaton St. Mary C of E Primary School* ”

# Daisy’s Pasta & Meatballs with Hidden Vegetable Sauce

## Ingredients (serves 4)

- ✔ 16 Lean Pork & Beef Meatballs
- ✔ 500g Penne Pasta

## Hidden Vegetable Sauce (serves 4)

- ✔ 1 tbsp Olive oil
- ✔ 250ml Vegetable stock
- ✔ 800g Tomatoes - Tinned
- ✔ 50g Red Lentils - Dried
- ✔ 25g Tomato Puree
- ✔ 1 Onions
- ✔ 2 Carrots
- ✔ 4 Garlic Cloves
- ✔ 1 of each Seasonal vegetables - Peppers, Courgettes, Leeks, Sweet Potatoes
- ✔ 1 tbsp Mixed Dried Herbs

## Method:

1. Peel and chop all the seasonal vegetables.
2. Sweat the onions and garlic in a little olive oil for 5 minutes in a saucepan.
3. Add the rest of the vegetables and cook for a further 10 minutes.
4. Rinse lentils in cold water.
5. Add the tinned tomatoes, dried herbs, tomato puree and vegetable stock to the vegetables in the saucepan and the lentils.
6. Allow this mix to simmer for an hour or until the vegetables are soft, then blend until smooth, adjust the seasoning to taste.
7. In a pre-lined oven tin, cook the meatballs in the oven for approx 15-20 minutes.
8. Cooked the dried pasta in lightly salted water and drain when cooked through.
9. Add the cooked meatballs to the blitzed tomato sauce and spoon over the cooked vegetables to serve.

## Ingredients (serves 50)

- ✔ 150 Lean Pork & Beef Meatballs
- ✔ 2.5kg Penne Pasta

## Hidden Vegetable Sauce (serves 50)

- ✔ 6 tbsp Olive oil
- ✔ 2 litres Vegetable stock
- ✔ 5kg Tomatoes - Tinned
- ✔ 250g Red Lentils - Dried
- ✔ 400g Tomato Puree
- ✔ 400g Onions
- ✔ 400g Carrots
- ✔ 4 Garlic Cloves
- ✔ 1.2kg Seasonal vegetables - Peppers, Courgettes, Leeks, Sweet Potatoes
- ✔ 6 tbsp Mixed Dried Herbs





# Daisy's Vegetable Pasties

## Ingredients (serves 4)

- ✔ 1 Onion - Diced
- ✔ 1 Leek - Thinly Sliced
- ✔ 1 Potato - Diced
- ✔ 1 Sweet Potato - Diced
- ✔ 1 Carrot - Diced
- ✔ Handful of Pea's - Frozen
- ✔ A Pinch of Flat Leaf Parsley - chopped
- ✔ 1 tbsp Oil
- ✔ 500g Puff Pastry
- ✔ 1 Egg
- ✔ 100ml Vegetable Stock
- ✔ Handful of Cheese (optional)
- ✔ Seasoning - Salt & Pepper

## Method:

1. This recipe is very versatile, local seasonal vegetables can be used and any school garden veg/ herbs is a great added extra.
2. Dice the vegetables but keep the onions and leeks separate from the other vegetables.
3. Sweat off the onions and leeks in a lightly oiled saucepan until soft, add the remaining vegetables and cook for a further 10 mins.
4. Add the vegetable stock to the vegetable mixture and simmer for 10 minutes or until the vegetables are tender.
5. Season to taste and stir in the fresh herbs (and cheese if using).
6. On a lightly floured surface, roll out the puff pastry until it is at the same thickness of a pound coin.
7. Using a plate or anything round cut 4 circles out.
8. Divide the vegetable mixture between the 4 circles remembering to leave enough room to fold and crimp the sides.
9. With a pastry brush wet the sides of the pastry and fold and crimp the sides closed.
10. Brush a egg wash over each pasty and arrange onto a pre-lined baking tray.
11. Bake in the oven at 180c for approx 15 minutes or until golden brown and cook at the bottom.

## Ingredients (serves 50)

- ✔ 4 Onions - Diced
- ✔ 4 Leeks - Thinly Sliced
- ✔ 4 Potatoes - Diced
- ✔ 4 Sweet Potatoes - Diced
- ✔ 8 Carrots - Diced
- ✔ 4 Handfuls of Pea's - Frozen
- ✔ A bunch of Flat Leaf Parsley - chopped
- ✔ 8 tbsp Oil
- ✔ 4kg Puff Pastry
- ✔ 4 Eggs
- ✔ 2 litres Vegetable Stock
- ✔ 4 Handfuls of Cheese (optional)
- ✔ Seasoning - Salt & Pepper







“ Using local suppliers supports our business community, as well as helping to reduce our carbon footprint, thus having a positive impact on the environment. We also use local, seasonal produce which is much more cost effective than importing fruit and vegetables.

Wayne, Brixham  
C of E Primary School

## Wayne's Cottage Pie with Cheesy Topping

### Ingredients (serves 4)

- ✔ 2 tbsp Oil
- ✔ 750g Beef Mince
- ✔ 1 Onion - Diced
- ✔ 1 Carrot
- ✔ 1 tbsp Tomato Puree
- ✔ 500ml Beef Stock
- ✔ 2 tbsp Worcester Sauce
- ✔ Half a Sprig of Thyme
- ✔ 1kg Potatoes - Peeled and diced
- ✔ 125ml Milk
- ✔ 15g Butter
- ✔ 125g Strong Cheddar Cheese

### Method:

1. In a lightly oiled saucepan fry off the mince beef.
2. In a separate pan fry off the onions and carrots on a low heat for approx 20 minutes, then add this to the cooked mince beef.
3. Add the tomato puree, beef stock, Worcester sauce and thyme, simmer for approx 45 minutes or until the sauce has thickened.
4. Remove the springs of thyme and spread the mixture over the bottom of a baking dish.
5. Prepare the potatoes and bring to the boil in salted water in a saucepan.
6. Drain well and allow to steam dry for 2 - 3 minutes, place in a kitchen aid bowl and mix with the butter, milk and cheese.
7. Once the cheesy mash is smooth and fluffy, spoon over the mince meat mixture and sprinkle with some extra cheese.
8. Bake in the oven at 220c/ gas mark 7 for approx 25 minutes or until golden brown.

### Ingredients (serves 50)

- ✔ 15 tbsp Oil
- ✔ 6kg Beef Mince
- ✔ 6 Onions - Diced
- ✔ 6 Carrots
- ✔ 6 Tbsp Tomato Puree
- ✔ 4 litres Beef Stock
- ✔ 16 tbsp Worcester Sauce
- ✔ 2 Sprigs of Thyme
- ✔ 8kg Potatoes - Peeled and diced
- ✔ 1 litre Milk
- ✔ 120g Butter
- ✔ 1kg Strong Cheddar Cheese





# Wayne's Steamed Treacle Sponge Pudding

## Ingredients (serves 4)

- ✔ 560g Golden Syrup
- ✔ 2 Lemons - Zest/ Juice
- ✔ 11 tbsp Breadcrumbs
- ✔ 450g Margarine/ Butter
- ✔ 450g Light Brown Sugar
- ✔ 7 Eggs
- ✔ 450g Self Raising Flour
- ✔ 115ml Milk

## Method:

1. Mix the syrup, lemon juice/ zest and the breadcrumbs.
2. Spread this mixture over the bottom of a pre-greased oven dish.
3. In a kitchen aid bowl mix together the margarine and sugar until pale and fluffy.
4. Add the eggs to the Margarine/ sugar mixture a bit at a time until combined.
5. Fold in the flour and milk.
6. Spread this mixture over the syrup careful not to mix the sponge mixture with the syrup.
7. Bake in the oven for approx 35-40 minutes at 180c.
8. Serve with clotted cream/ Ice-cream or custard.

## Ingredients (serves 50)

- ✔ 4.5kg Golden Syrup
- ✔ 18 Lemons - Zest/ Juice
- ✔ 90 tbsp Breadcrumbs
- ✔ 3.6kgs Margarine/ Butter
- ✔ 3.6kgs Light Brown Sugar
- ✔ 54 Eggs
- ✔ 3.6kgs Self Raising Flour
- ✔ 1.1 litre Milk





“ By supporting local suppliers we’re also supporting local farmers and producers. When we are able to purchase organic fruit & veg, we get fresher produce that hasn’t been treated with chemicals. We’re also reducing our air miles by choosing locally sourced produce.

*Fiona, Totnes St. John’s  
C of E Primary School*

”

## Fiona’s Tomato Sunshine Soup

### Ingredients (serves 4)

- ✓ 1 Clove of Garlic
- ✓ 1 Onions
- ✓ 1 Carrots
- ✓ 2 tbsp Oil
- ✓ 400g Fresh tomatoes
- ✓ 400g Tinned tomatoes
- ✓ 30g Stock powder
- ✓ 1 tsp Oregano
- ✓ 100g Crème Fraiche
- ✓ 1 litres Water

### Method:

1. Chop and prepare veg.
2. Fry the carrot, onion and garlic in oil until softened.
3. Add fresh tomatoes, continue to cook.
4. Add the stock powder.
5. Add the tinned tomatoes.
6. Add water.
7. Simmer for approx 30 mins.
8. Season and blend until smooth.
9. Pass through sieve and stir in crème fraiche.

### Ingredients (serves 50)

- ✓ 10 Cloves of Garlic
- ✓ 10 Onions
- ✓ 10 Carrots
- ✓ 200ml Oil
- ✓ 2kg Fresh tomatoes
- ✓ 2kg Tinned tomatoes
- ✓ 150g Stock powder
- ✓ 100g Oregano
- ✓ 500g Crème Fraiche
- ✓ 5 litres Water





# Fiona's Chicken Curry

## Ingredients (serves 4)

- 350g Diced Chicken
- 1 Clove Garlic
- 70g Diced Onions
- 70g Diced Carrots
- 70g Diced Sweet Potato
- 1 Sliced Sweet Pepper
- 400g Tinned Chopped Tomatoes
- 1 tsp Mild Curry Powder
- 1/2 tsp Ground Turmeric
- 200ml Coconut Milk
- 200g Pineapple in Juice
- 50g Lentils
- 300ml Water

## Method:

1. In a oiled saucepan fry off the onions and garlic until soft, add the spices and fry off for a further 3 minutes.
2. Add the diced chicken and cooked for 10-15 minutes or until the chicken is golden brown in colour.
3. Add the rest of the vegetables and cook for another 10 minutes.
4. Rise the lentils under cold water then cook per packets instructions, drain when cooked.
5. Add the cooked lentils and the rest of the ingredients to the chicken/ veg mix, allow to come to the boil.
6. Turn down the temperature and allow to simmer for an hour, ensuring the sauce has thickened.
7. Ensure the chickens core temperature reaches a minimum of 75C before serving with fluffy rice and seasonal vegetables.

## Ingredients (serves 50)

- 5kg Diced Chicken
- 6 Cloves Garlic
- 1kg Diced Onions
- 1kg Diced Carrots
- 1kg Diced Sweet Potato
- 6 Sliced Sweet Peppers
- 2kg Tinned Chopped Tomatoes
- 10 tbsp Mild Curry Powder
- 4 tbsp Ground Turmeric
- 600ml Coconut Milk
- 2 kg Pineapple in Juice
- 1kg Lentils
- 5 litres Water





“ I always try to use locally sourced fresh produce wherever possible as it looks and tastes so much better than frozen food. It also helps to encourage sustainable farming whilst lowering our carbon footprint.

*Maddie, Galmpton  
C of E Primary School*

”

## Maddie's Beef & Onion Pie

### Ingredients (serves 4)

- ✔ 100g Plain Flour
- ✔ 50g Margarine/  
Phase Butter
- ✔ 200g  
Minced Beef
- ✔ 1/2 an Onion
- ✔ Gravy Mix  
(as required  
for thickness)
- ✔ Milk  
(as required  
for glazing  
the pastry)

### Method:

1. To make the short crust pastry, mix together the flour and margarine until it resembles breadcrumbs.
2. Slowly add cold water to the mix until it comes together to make a dough. Wrap in cling film and refrigerate until needed.
3. Brown off the mince beef in a lightly oiled saucepan, add the onions and continue to cook until the onions are soft.
4. Add water so it just covers the beef and onion mix and allow to come up to the boil.
5. Reduce the meat and add gravy granules to thicken, leave to simmer on a low heat for 30 - 60 minutes.
6. Roll out the chilled pastry and cover the bottom of a pre-greased and lined oven tin.
7. Strain the mince beef mixture but retain the gravy to use later, spoon the mince beef over the pastry.
8. Roll out the remaining pastry and cover the mince beef, crimp the edges to seal and brush the top with milk.
9. Bake in the oven for approx 25 - 30 minutes at 180c.
10. Served with fresh vegetables and pour over the retained gravy.

### Ingredients (serves 50)

- ✔ 1.250kg  
Plain Flour
- ✔ 625g Margarine/  
Phase Butter
- ✔ 2.085kg  
Minced Beef
- ✔ 4.5 Onions
- ✔ Gravy Mix (as  
required  
for thickness)
- ✔ Milk  
(as required  
for glazing  
the pastry)





“ I love the versatility of vegetables. Whatever’s in season can easily be incorporated into a main dish or used as a side. Local suppliers can guide you on what’s in season and which products are on offer at the time.

Stacey,  
ACE Area Catering Manager ”

## Stacey’s Sticky Toffee Pudding

### Ingredients (serves 4)

#### Pudding:

- ✓ 50g Margarine/ Phase Butter
- ✓ 50g Soft Brown Sugar
- ✓ 60ml Milk
- ✓ 100g Plain Flour
- ✓ 2tsp Vanilla Flavouring
- ✓ 1tsp Baking Soda
- ✓ 50g Raisins

#### Butterscotch Sauce:

- ✓ 50g Margarine/ Phase Butter
- ✓ 100g Soft Brown Sugar
- ✓ 25ml Milk
- ✓ 1 tsp Vanilla Flavouring

### Method:

1. Mix together the margarine and sugar until lighter in colour and fluffy in texture in a in a Kitchen Aid.
2. Slowly add the milk and vanilla flavouring until combined.
3. Add the flour and baking soda and mix, then add the raisins
4. Pour the cake mixture into a lined Pyrex dish, bake in the oven at 180C for 25-30 minutes
5. To make the butterscotch sauce, melt all the ingredients in a saucepan over a slow heat until the sugar has dissolved. The sauce should appear thicker and coats the back of a spoon.
6. Prick the cooked cake and pour over the sauce, allow the cake to stand so the sauce begins to set.
7. Portion the cake and serve with ice cream, cream or custard.

### Ingredients (serves 50)

#### Pudding:

- ✓ 586g Margarine/ Phase Butter
- ✓ 586g Soft Brown Sugar
- ✓ 780ml Milk
- ✓ 1.2kg Plain Flour
- ✓ 200ml Vanilla Flavouring
- ✓ 78g Baking Soda
- ✓ 586g Raisins

#### Butterscotch Sauce:

- ✓ 586g Margarine/ Phase Butter
- ✓ 1.171kg Soft Brown Sugar
- ✓ 300ml Milk
- ✓ 40ml Vanilla Flavouring





# Stacey's Stuffed Peppers

## Ingredients (serves 4)

- ✔ 2 Peppers
- ✔ 100g Uncooked Rice
- ✔ 1/2 Courgette
- ✔ 1/2 Aubergine
- ✔ 40g Butternut Squash
- ✔ 1/2 Lemon
- ✔ 30g Ricotta Cheese
- ✔ 1 tbsp Dried Basil
- ✔ Seasoning (to taste)
- ✔ Extra Grated Cheddar Cheese for topping

## Method:

1. Cut the peppers in half and de-seed (keeping the stalks on).
2. Arrange the half peppers face down on a lined baking tray, drizzle with olive oil and season.
3. Bake the peppers in the oven at 180c for 5-10 minutes or until slightly soft but not cooked through.
4. Cook the rice as per packet instructions, drain and rinse when cooked.
5. Dice the courgette, aubergine and butternut squash (keep the skin on) arrange on a baking tray and drizzle with olive oil and season. Bake in the oven at 180c for approx 15-20 minutes or until cooked through.
6. Mix together the cooked rice, vegetables, ricotta, lemon juice, chopped basil and season to taste.
7. Spoon the mixture into the half peppers and sprinkle with grated cheese.
8. Bake in the oven at 180c until the cheese is golden and the core temperature reaches a minimum of 75C.
9. This is a very versatile recipe, swap the vegetables and herbs to seasonal produce. Serve with seasonal veg or salad.

## Ingredients (serves 50)

- ✔ 25 Peppers
- ✔ 1.170kg Uncooked Rice
- ✔ 2 Courgettes
- ✔ 2 Aubergine
- ✔ 500g Butternut Squash
- ✔ 2 Lemons
- ✔ 400g Ricotta Cheese
- ✔ 2 Handfuls Dried Basil
- ✔ Seasoning (to taste)
- ✔ Extra Grated Cheddar Cheese for topping





# Ellie's Beef & Vegetable Bolognese Boats

## Ingredients (serves 4)

### Hidden Vegetable Sauce

- 40g Onions
- 40g Carrots
- 125g Seasonal Veg
- 1 tbsp Olive Oil
- 1 tsp Fresh Herbs
- 1 Bay Leaves
- 1 tin chopped Tomatoes
- 60g Tomato Puree
- 250ml Veg Stock
- 16g Red Lentils - Dried

### Beef Bolognese

- 400g Mince Beef
- 1 Stalk Celery
- 1 White Onions
- 2 Fresh Garlic Cloves
- 1 tsp Tomato Puree
- 500g Seasonal Veg
- 1 Beef Stock Cubes
- 1 tbsp Fresh Herbs

### Tortilla Boats

- 200g Plain Flour
- 2 tbsp Vegetable Oil
- 0.5 tsp Salt
- 120ml Water

## Method:

1. To make the hidden vegetable tomato sauce, peel and roughly chop the vegetable, cook the lentils and drain.
2. Sweat off the onions and bay leaf in a little oil in a saucepan until the onions are soft.
3. Add the rest of the vegetables and continue to cook for a further 5 - 10 minutes.
4. Add the cooked lentils, chopped tomatoes, tomato puree, veg stock and seasoning, cook for approx 45 mins
5. Once all the vegetables are cooked and tender, remove the bay leaf and blend until smooth.
6. To make the 'Tortilla Boats' combine all the dried ingredients and add the oil and water slowly until the mixture forms a dough.
7. While the Tortilla dough is resting, brown off the minced beef in a lightly oiled saucepan.
8. Finally chop the onions & garlic and add to the mince beef and leave to sweat a little long while you prepare the vegetables.
9. Roughly chop the seasonal vegetable and roast in the oven with oil and seasoning until tender, blitz to a paste.
10. Add the blitzed seasonal vegetables to the mince mixture, beef stock, tomato puree and hidden vegetable tomato sauce.
11. Bring to the boil & then reduce the heat and simmer or an hour, add the fresh herbs and adjust the seasoning to taste at the end.
12. Divide the tortilla dough into 30g balls and roll out into a dice shape, press into pre-greased muffin trays.
13. Bake in the oven at 190c for approx 4 - 5 minutes or until golden and cooked through to the bottom.
14. Stuff with the bolognese mix and served with optional grated cheese on top!

## Ingredients (serves 50)

### Hidden Vegetable Sauce

- 500g Onions
- 500g Carrots
- 1.5kg Seasonal Veg
- 70ml Olive Oil
- 6 tbsp Fresh Herbs
- 4 Bay Leaves
- 6.6kg Tinned Tomatoes
- 800g Tomato Puree
- 3 litres Veg Stock
- 200g Red Lentils - Dried

### Beef Bolognese

- 3 kg Mince Beef
- 5 Stalks Celery
- 10 White Onions
- 6 Fresh Garlic Cloves
- 5 tbsp Tomato Puree
- 4kg Seasonal Veg
- 3 Beef Stock Cubes
- 1 cup Fresh Herbs

### Tortilla Boats

- 2kg Plain Flour
- 20 tbsp Vegetable Oil
- 3 tsp Salt
- 1.2 litres Water

“ Sometimes it can be hard to get children to eat their vegetables or to know what to do with leftovers. This simple recipe - which everyone will love - does both and after you've tasted my bolognese you won't make it any other way.

Ellie, St. Gabriel's  
C of E Primary School







# Deborah's British Beef Lasagne

## Ingredients (serves 4)

### Ragu

- ✓ 500g lean minced beef
- ✓ 12 lasagne sheets
- ✓ 1 tbsp olive oil
- ✓ 250ml vegetable stock
- ✓ 1 tin chopped tomatoes
- ✓ 16g dried red lentils
- ✓ 60g tomato puree
- ✓ 40g onions
- ✓ 40g carrots
- ✓ 20g chestnut mushrooms
- ✓ 1 garlic clove
- ✓ 125g seasonal vegetables (peppers, courgettes, leeks, sweet potatoes)
- ✓ 1 tsp mixed dried herbs

### Béchamel Sauce

- ✓ 50g butter
- ✓ 50g plain flour
- ✓ 550ml full fat milk
- ✓ 250g grated cheddar cheese

## Method:

1. Peel and chop the vegetables
2. Sweat onions and garlic in a saucepan with a little olive oil for 5 minutes.
3. Add remaining vegetables and cook for a further 5 minutes or until tender.
4. Rinse the dried lentils in cold water before adding them to the pan.
5. Add the tinned tomatoes, dried herbs, tomato puree and veg stock to the vegetables in the saucepan.
6. Simmer for an hour or until the vegetables are soft, then blend until smooth. Season to taste.
7. In a separate pan, fry the mince until lightly browned, then add the cooked mince to the blitzed tomato base sauce.
8. To make the Béchamel, melt the butter, add the flour and stir until it 'honeycombs'. Remove from heat.
9. Add the milk slowly - stirring until all has been added and sauce is smooth.
10. Warm gently until sauce thickens and add half the cheese.
11. Add just enough ragu to cover the bottom of the dish, then add a layer of pasta sheets before topping with a layer of béchamel sauce. Repeat layers and top with Béchamel.
14. Top with remaining cheese and bake until cooked through and golden on top.

“ Our pupils really connect with where their food comes from as we often visit the farms and local suppliers as part of their learning in our ACE curriculum, it threads everything together for them.

*Deborah, Totnes St. John's C of E Primary School*

## Ingredients (serves 50)

### Ragu

- ✓ 2.7 kg lean minced beef
- ✓ 1.35kg lasagne sheets
- ✓ 3 tbsp olive oil
- ✓ 1 litre vegetable stock
- ✓ 2.5kg chopped tinned tomatoes
- ✓ 100g dried red lentils
- ✓ 200g tomato puree
- ✓ 200g onions
- ✓ 200g carrots
- ✓ 200g chestnut mushrooms
- ✓ 2 garlic cloves
- ✓ 600g seasonal vegetables (peppers, courgettes, leeks, sweet potatoes)
- ✓ 3 tbsp mixed dried herbs

### Béchamel Sauce

- ✓ 250g butter
- ✓ 250g plain flour
- ✓ 2.5 litres full fat milk
- ✓ 1.35kg grated cheddar cheese







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