



ON THE MENU



Breakfast	Cold Lunch/Dinner	Hot Lunch/Dinner	Outdoor Cooking
Pancakes & Fruit	No-Cook Pizza & Rainbow Salad	Pizza & Rainbow Salad	Pitta Calzone
Overnight Oats	Fully Loaded Tacos	Inside-Out No-Meat Burger & Sweet Potato Fries	Twirly Hot Dogs
Fruit Smoothie & Granola Cereal Bar	Kebabs & Pittas with Dip	Seasonal Soup & Wholemeal Bread Roll	Loaded Baked Potatoes

The above dishes are just suggestions and ideas of the kinds of food you could serve on your HAF menu. Some of these dishes offer the opportunity for the children to get involved in hands on cooking experiences.

Please mix and match different options, flavours and ingredients as you see fit. You can also find all the recipes in our HAF Food Smart Families & Children Recipe Book and all the pages are referenced on the accompanying pages.





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Breakfast	Page	Ingredients	Costs	Type
Pancakes & Fruit (makes 12 servings, depending on size)	16	Semi-Skimmed Milk Plain Flour Eggs Fruit (choose your own)	300ml - £0.42 100g - £0.03 2x Large - £0.42 12x Small Bananas - £1.42 Total Cost - £2.05 / £0.17pp	Batch Cook (cooking in multiple quantities, could be prepared in advance)
Overnight Oats (per Serving, may vary depending on the size of the pot)	14	Porridge Oats Fat Free Yogurt Fruit (choose your own)	20g - £0.02 75g - £0.08 2x Strawberries - £0.38 ½ Nectarine - £0.25 10g Blueberries - £0.13 Total Cost - £0.86pp	Quick Make (simple, quick and easy, could be prepared in advance)
Fruit Smoothie (per serving)	8	Fat Free Yogurt Banana Fruit (choose your own)	30g - £0.03 1x Small Banana - £0.12 Raspberries - £0.33 3x Strawberries - £0.57 Total Cost - £1.02pp	Hands On (opportunity to get the children involved)
Granola Cereal Bar (makes 6 servings, depending on size)	12	Unsalted Butter Jumbo Oats Sugar Clear Honey Mixed Seeds / Dried Fruit (choose your own)	50g - £0.31 150g - £0.26 100g - £0.07 30ml - £0.10 150g - £1.40 Total Cost - £2.14 / £0.36pp	Batch Cook (cooking in multiple quantities, could be prepared in advance)



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Cold Lunch/Dinner	Page	Ingredients	Costs	Type
No-Cook Pizza (per pizza)	30	Wholemeal Wraps Pesto Fat Free Cream Cheese Bell Pepper Mushrooms Cucumber	1x Medium - £0.12 65g - £0.30 50g - £0.23 1x Medium - £0.30 50g - £0.20 Quarter - £0.11 Total Cost - £1.26per pizza	Hands On (opportunity to get the children involved)
Rainbow Salad (makes 6 servings as a side or filling)	34	Iceberg Lettuce Bell Pepper Tinned Sweetcorn Tomatoes Carrots Lemon & Lime	1x - £0.43 2x - £0.60 200g - £0.45 6x - £0.75 4x - £0.16 1x Each - £0.38 Total Cost - £2.77 / £0.46pp	Batch Cook (cooking in multiple quantities, could be prepared in advance)
Fully Loaded Tacos (makes 6 servings)	24	Taco Shells Rainbow Salad Mix Low Fat Cheese	6x - £0.73 £2.39 300g - £1.59 Total Cost - £4.71 / £0.79pp	Batch Cook / Quick Make (simple, quick and easy in large amounts)
Kebabs & Pittas with Dip (per serving)	20 22 48	Wholemeal Pitta Bread Dip of Choice Bell Pepper Mushrooms Broccoli Cherry Tomatoes Apple Pear	1x - £0.06 100g - £0.40 ½ Medium - £0.15 25g - £0.10 50g - £0.06 4x - £0.10 ½ Medium - £0.14 ½ Medium - £0.06 Total Cost - £1.07pp	Hands On (opportunity to get the children involved)



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Hot Lunch/Dinner	Page	Ingredients	Costs	Type
Pizza (per pizza)	26	Wholemeal Tortilla Wrap Chopped Tinned Tomatoes Low Fat Mozzarella Bell Pepper Mushrooms Fresh Basil	1x Medium - £0.12 200g - £0.30 100g - £0.35 1x Medium - £0.30 50g - £0.20 10g - £0.15 Total - £1.42per pizza	Hands On (opportunity to get the children involved)
Rainbow Salad (serves 6 as a side)	34	Iceberg Lettuce Bell Pepper Tinned Sweetcorn Tomatoes Carrots Lemon & Lime	1x - £0.43 2x - £0.60 200g - £0.45 6x - £0.75 4x - £0.16 1x Each - £0.38 Total Cost - £2.77 / £0.46pp	Batch Cook (cooking in multiple quantities, could be prepared in advance)
Inside-Out Meat Free Burger & Sweet Potato Fries (per serving)	28 38	Alternative Mince Low Fat Cheese Sweet Potato Burger Rolls (Optional) Salad - Lettuce/Tomato/Cucumber (Optional)	100g - £0.58 10g - £0.15 1x Medium/Large - £0.07 1x Medium - £0.20 Garnish of each - £0.15 Total Cost - £0.80pp or £1.15pp	Batch Cook / Quick Make (simple, quick and easy in large amounts)
Seasonal Soup & Wholemeal Bread Roll (makes 4 servings depending on portion size)	36	Wholemeal Bread Roll Vegetable stock Tomato Puree (or similar) Vegetables	4x Medium- £0.80 1x 28g Pot - £0.25 500g - £1 1x Onion - £0.30 2x Carrots - £0.10p 2x Parsnips - £0.16p 2x Celery Sticks - £0.14p Total Cost - £2.75 / £0.69pp	Batch Cook (cooking in multiple quantities, could be prepared in advance)



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Outdoor Cooking	Page	Ingredients	Costs	Type
Pitta Calzone (makes 2 servings)	32	Wholemeal Pita Bread Fillings (create your own or use any of the pizza ideas)	2x - £0.12 Between £1 - £1.40 Average Cost - £1.30 / £0.70pp	Hands On (opportunity to get the children involved)
Twirly Hot Dogs (dough should make 6 twirl servings)	40	Self Raising Flour Salt Water Sausage (Meat/Veg)	250g - £0.08 Pinch 250ml 6x - £2.40 Total Cost - £2.48 / £0.41pp	Batch Cook (cooking in multiple quantities, could be prepared in advance)
Campfire Baked Potatoes (per serving)	18	Baking Potato Filling - Beans Cheese Tuna Sweetcorn	1x - £0.10 200g - £0.18 100g - £0.53 75g - £0.40 100g - £0.23 Cost Between - £0.28-£0.63pp	Quick Make (simple, quick and easy, could be prepared in advance)