



NOVA SCOTIA



Local Food Lunch Toolkit



for Food Service

Nourish Local Food Lunch Toolkit

The land on which we live, work, and feed our families is in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq. For thousands of years, Mi'kmaq Peoples have been stewards to these lands and waters, which support us in our continued ability to nourish ourselves today. In addition, African Nova Scotian and Acadian peoples have lived on this land for centuries and their unique food culture and traditions are important to share for generations to come. So too is the culinary heritage of those who now make their home here, so that all may feel welcome at the table.

With this in mind, the menus and recipes included in this document are the beginning of what we hope becomes a shared conversation about how to nourish ourselves, our children and future generations. Recipes are designed for easy preparation, incorporate the bounty of Nova Scotian foods, and are affordable, healthy, and delicious. All recipes have been tried and tested by students in Nova Scotia schools.

Those who work in school food service have found that not only do children and adults enjoy “made from scratch” meals and salad bars, but they especially love having a say in what ends up on their plate. Knowing this, we’ve made suggestions on how to “Create Your Plate!” by choosing toppings and sides, rich in local vegetables and fruits to serve with the meals – appealing to a wide range of tastes and helping to sustain the meal program.

How you use this guide is up to you; please make it your own. We’ve provided tools to help make food service easy. Some recipes are extended to include shopping lists, cost guides, promotional tips for a school setting and more. If you’re not sure about how a recipe will go over in your setting, try making the family version first and offering small tastes for feedback.

We’d also like to invite you to share any ideas and recipes that are already working well for you, in your setting. Contact us at: info@nourishns.ca

Thank you to all partners and collaborators that have made this project possible, including:

- ★ [Nova Scotia Federation of Agriculture](#)
- ★ [Farm to Cafeteria Canada](#)
- ★ [Western Kings Memorial Health Society](#)
- ★ Rosie Gair, school foodservice consultant & content developer (rosiesgair@gmail.com)
- ★ Jenny Osburn, school foodservice consultant & content developer (jenny.a.osburn@gmail.com)
- ★ Staff and students at [Somerset & District Elementary](#), [Central Kings Rural High School](#), [St. Mary’s Elementary](#) and [Berwick & District School](#)

Visit our website at nourishns.ca for more great recipes, resources and tools.
Happy cooking from the Nourish Team!

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NOVA SCOTIA

Sample Menus & Task Lists

nourish Sample Cycle Menus

These one-, two- and four-week cycle menus are designed as guides to increase participation, help with promotional efforts, and create efficiencies with cost-effective and simple “from scratch” cooking. All menus and recipes are designed to incorporate locally-produced foods and meet Canada's Food Guide for growing healthy Nova Scotian communities.



Canada's Food Guide. Source: <https://food-guide.canada.ca/en/healthy-eating-resources/>

Tips & Tricks

- ★ **All items come with fruit and vegetables of the day or salad bar** which vary with the seasons, so the menu item may not be exactly as pictured but can be used on websites, order forms and newsletters.
- ★ **Encourage choice** by offering each basic menu item with optional toppings and extras so people can choose their own adventure, or “Create Your Plate!”
- ★ **Highlight local ingredients** on the menu as a way to increase engagement and connection to community.
- ★ **Recipes have been developed as Elementary-age lunch-size portions** which suit smaller appetites (the cost is on average less than \$2 using local ingredients). For Junior High and High School, increase the portion by 50%.
- ★ **Encourage students to try these recipes at home** with our family-size versions.

One-Week "Get Started" Menu

Limited space? New to scratch cooking? Try this basic quick-start one-week menu. Once you're comfortable, move to a two-week rotation.



MONDAY

Spaghetti with Meat Sauce (or Tomato Sauce) topped with shredded cheese

Page 29



TUESDAY

Build your own **Soft Beef Tacos** with a side of rainbow salad

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WEDNESDAY

Three-Grain Pancakes with a side of maple syrup, fruit or fruit sauce

Page 40



THURSDAY

Handmade Pizza with a side of Caesar salad or veggie sticks

Page 25



FRIDAY

Handmade Hamburgers with a side of veggie sticks and ranch for dipping

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One-Week Task List

MONDAY

- Defrost vegetarian sauce, if needed
- Make spaghetti sauce
- Cook noodles
- Prepare vegetable and fruit sides or salad bar
- FOR TOMORROW:** Defrost beef, soak beans

TUESDAY

- Make taco filling, fill tortillas and hold warm in oven before service
- Prepare toppings: cheese, tomato, lettuce, salsa and sour cream portions
- Prepare vegetable and fruit sides or salad bar
- FOR TOMORROW:** Mix dry ingredients for pancakes, defrost beef for burgers on Friday

WEDNESDAY

- Make pancakes and hold warm
- Portion maple syrup (1 Tbsp per portion cup)
- Make Apple-Blueberry Sauce if using
- Prepare fruit sides or salad bar
- FOR TOMORROW:** Make pizza sauce and dough

THURSDAY

- Make dough, let rise, make and bake pizzas
- Make Caesar Salad if time
- Prepare vegetable and fruit sides or salad bar
- FOR TOMORROW:** Defrost burger buns, prepare burger toppings (pickles, lettuce, sliced tomatoes, ketchup, mayonnaise, mustard), make burger patties, defrost veggie burgers if needed

FRIDAY

- Cook burgers/veggie burgers and warm buns
- Prepare vegetable and fruit sides or salad bar
- FOR NEXT WEEK:** Defrost beef for spaghetti sauce and tacos

Add your own daily reminders, such as:

- ★ Supplier order and delivery dates
- ★ Customer order dates

Two- or Four-Week Cycle Menu

Try choosing a day in every two-week rotation that allows you to offer school favourites and your popular specialties. Give it a fun name like “Barb’s Special” or “Stinger Special” and communicate it to the school and parent community. This allows you to add a bit more variation in each cycle and use up leftover ingredients. You could also use this day to cook up a special request, honour a holiday, or try out a new idea!

Week 1



MONDAY

Creamy Mac & Cheese
with a side of
seasonal veggies
and fruit

Page 50



TUESDAY

Build your own
Soft Beef Tacos
with a side of
rainbow salad

Page 52



WEDNESDAY

Grilled Cheese
with a side of
Tomato Soup

Page 16



THURSDAY

**Handmade
Hamburgers**
with a side of
veggie sticks and
ranch for dipping

Page 44



FRIDAY

Roast Chicken
with a side of
**Mashed
Potatoes &
Gravy**

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Week 2



MONDAY

**Spaghetti with
Meat Sauce (or
Tomato Sauce)**
topped with
shredded cheese

Page 29



TUESDAY

**Three-Grain
Pancakes**
with a side of
maple syrup, fruit
or fruit sauce

Page 40



WEDNESDAY

Hearty Beef Chili
with a side of
crispy corn chips

Page 12



THURSDAY

**Handmade
Pizza**
with a side of
Caesar salad or
veggie sticks

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FRIDAY

Chef's Choice,
e.g. **Chicken &
Veggie Noodle
Stir Fry**
or **Fish Cakes &
Baked Beans**

Page 10 or Page 18

Week 1 & 2 Task List

Week 1

MONDAY MAC & CHEESE

- Make cheese sauce
- Cook macaroni
- Prepare toppings
- Prepare vegetable and fruit sides or salad bar

- FOR TOMORROW:** Defrost beef for tacos and burgers, cook beans for taco filling

TUESDAY SOFT BEEF TACOS

- Make taco filling, fill tortillas and hold warm in oven before service
- Prepare toppings: cheese, tomato, lettuce, salsa and sour cream portions
- Prepare vegetable and fruit sides or salad bar

- FOR TOMORROW:** Defrost bread for grilled cheese, make soup, defrost chicken for Friday

WEDNESDAY GRILLED CHEESE & SOUP

- Heat or make tomato soup
- Make grilled cheese sandwiches
- Prepare vegetable and fruit sides or salad bar

- FOR TOMORROW:** Defrost burger buns, make burger patties, defrost veggie burgers if needed

THURSDAY HANDMADE BURGERS

- Cook burgers/veggie burgers and warm buns
- Prepare toppings: pickles, lettuce, sliced tomatoes, ketchup, mayonnaise, mustard
- Prepare vegetable and fruit sides or salad bar

- FOR TOMORROW:** Salt chicken, peel potatoes, prep vegetables for roast chicken

FRIDAY ROAST CHICKEN, MASH & GRAVY

- Roast chicken, make gravy
- Mash potatoes
- Cook vegetables
- Prepare vegetable and fruit sides or salad bar

- FOR NEXT WEEK:** Defrost beef for spaghetti and chili

Week 2

MONDAY SPAGHETTI

- Defrost vegetarian sauce
- Make spaghetti sauce
- Cook noodles
- Prepare vegetable and fruit sides or salad bar

- FOR TOMORROW:** Soak beans for chili, mix dry ingredients for pancakes

TUESDAY 3-GRAIN PANCAKES

- Make pancakes and hold warm
- Portion maple syrup (1 Tbsp per portion cup)
- Make Apple-Blueberry Sauce if using
- Prepare fruit sides

- FOR TOMORROW:** Cook beans for chili, make pizza dough and refrigerate

WEDNESDAY HEARTY BEEF CHILI

- Make or heat chili
- Prepare toppings: tortilla chips, cheese, and sour cream
- Prepare vegetable and fruit sides or salad bar

- FOR TOMORROW:** Make pizza sauce and prepare toppings, defrost chicken for Friday

THURSDAY HANDMADE PIZZA

- Make dough if needed, make and bake pizzas
- Make Caesar salad if time
- Prepare vegetable and fruit sides or salad bar

- FOR TOMORROW:** Prepare vegetables for stir fry

FRIDAY CHICKEN & VEGETABLE STIR FRY

- Make stir fry, hold warm
- Prepare vegetable and fruit sides

- FOR NEXT WEEK (2-week cycle):** Cook and mash squash or sweet potatoes for mac & cheese, soak beans for tacos

- FOR NEXT WEEK (4-week cycle):** Defrost chili, gravy or cheese sauce if using for baked potatoes

Four-Week Cycle Menu

Create a four-week cycle menu by expanding on weeks 1 and 2 of the two-week cycle menu.

Week 3



MONDAY

Build your own **Baked Potatoes** with a variety of toppings & sides

Page 48



TUESDAY

Giant Meatballs with sweet and sour sauce and mashed potatoes

Page 42



WEDNESDAY

Corn Chowder with **Lu'skinik** (a traditional Mi'kmaq bread)

Page 22



THURSDAY

Egg Roll in a Bowl with a side of seasonal veggies and fruit

Page 33



FRIDAY

Jamaican-Style BBQ Baked Chicken with a side of cornbread

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Week 4



MONDAY

Tomato Mac & Beef (Goulash) topped with shredded cheese

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TUESDAY

Build your own **Sub/Wrap/Picnic Plate** with a variety of toppings & sides

Page 54



WEDNESDAY

Maple Apple French Toast with a side of maple syrup, fruit or fruit sauce

Page 27



THURSDAY

Pan Fried Haddock with a side of homefries and tartar sauce

Page 38



FRIDAY

Chef's Choice, e.g. **Acadian Chicken Fricot** with a fresh biscuit or **Crispy Chicken & Wedges**

Page 35 or Page 46

Week 3 & 4 Task List

Week 3

MONDAY BAKED POTATOES

- Wash and bake potatoes and hold warm
- Heat chili, gravy or cheese sauce if serving
- Prepare cheese, green onions, sour cream
- Prepare vegetable and fruit sides or salad bar
- FOR TOMORROW:** Make meatball mixture, peel potatoes, defrost chicken for barbecue chicken and pork for fried rice

TUESDAY GIANT MEATBALLS

- Portion and bake meatballs
- Make mashed potatoes
- Make sweet and sour sauce
- Prepare vegetable and fruit sides or salad bar
- FOR TOMORROW:** Peel (if necessary) and chop potatoes

WEDNESDAY CORN CHOWDER

- Make corn chowder
- Bake lu'skinikn
- Prepare vegetable and fruit sides or salad bar
- FOR TOMORROW:** Cook rice

THURSDAY EGG ROLL IN A BOWL

- Make fried rice
- Bake wonton crisps (if serving)
- Prepare green onions, sesame seeds and sauces
- Prepare vegetable and fruit sides or salad bar
- FOR TOMORROW:** Marinate chicken

FRIDAY BBQ BAKED CHICKEN

- Bake cornbread
- Bake chicken
- Prepare vegetable and fruit sides or salad bar
- FOR NEXT WEEK:** Defrost beef for tomato mac & beef

Week 4

MONDAY TOMATO MAC & BEEF

- Make tomato mac and beef, hold warm
- Prepare any toppings
- Prepare vegetable and fruit sides or salad bar
- FOR TOMORROW:** Defrost ham or chicken and defrost buns for sub

TUESDAY BUILD A SUB/WRAP/PLATE

- Make dressings
- Slice buns if needed, fill with meat and cheese
- Prepare toppings
- Prepare vegetable and fruit sides or salad bar
- FOR TOMORROW:** Make french toast bake, defrost haddock, defrost chicken for fricot

WEDNESDAY FRENCH TOAST BAKE

- Bake french toast bake, drizzle with maple syrup, hold warm
- Prepare fruit sides or salad bar
- FOR TOMORROW:** Toast crumbs for haddock, make tartar sauce

THURSDAY PAN FRIED HADDOCK

- Bake potatoes
- Bake haddock
- Prepare vegetable and fruit sides or salad bar
- FOR TOMORROW:** Chop and salt chicken, prep vegetables, prepare biscuit dry ingredients

FRIDAY CHICKEN FRICOT

- Make chicken fricot
- Bake biscuits
- Prepare vegetable and fruit sides or salad bar
- FOR NEXT WEEK:** Cook and mash squash or sweet potatoes for mac & cheese



NOVA SCOTIA

Recipes



Green for Go Local

Ingredients in **green** = locally grown or produced



Garlic



Honey



Carrot



Sweet Pepper



Broccoli



Chicken

Chicken & Veggie Noodle Stir Fry

By Jenny & Rosie with Chris Wong, Chef & owner of Yellow Leaf Restaurant in Kingston NS, & Indira Persaud, Chef at Kings County Academy in Kentville

Yield: 50 x 8 oz (250 mL) Elementary School servings

Ingredients

For Noodles:

2 Tbsp (30 mL) Salt
3 lb (1.36 kg) Whole wheat spaghetti, soba, chow mein or brown rice noodles

For Sauce:

1 ¼ cups (310 mL) Low-sodium soy sauce
½ cup (125 mL) **Honey** or brown sugar
½ cup (125 mL) Sesame oil
½ cup (125 mL) Oil
2 Tbsp (30 mL) **Apple cider vinegar** or white vinegar
6 Tbsp (90 mL) Hoisin sauce (optional)
6 Tbsp (90 mL) Sweet chili sauce
¼ cup (60 mL) Ginger, grated (optional)
8 cloves **Garlic**, minced

For Vegetables & Chicken:

3 bunches **Broccoli**, cut into florets (including the peeled, chopped stems)
4 (1 lb or 454 g) **Sweet pepper** (any colour), cut into thin strips
3 lb (1.36 kg) **Carrots**, grated
5 lb (2.27 kg) Boneless **chicken** breasts or thighs, cut into strips
3 Tbsp (45 mL) Oil

Directions

Note: Wash all produce well.

1. Preheat the oven to 350°F (175°C). Put a large pot of water on to boil.
2. Combine the soy sauce, brown sugar, sesame oil, ½ cup (125 mL) oil, ginger and garlic in a small pot and bring to a simmer while cooking noodles.
3. Cook the noodles in boiling water until tender, checking regularly. When the noodles are ready, drain well and return to the warm cooking pot off the heat. Add the sauce, and toss to coat.
4. In a large pan over high heat, stir-fry the broccoli in batches until bright green and crisp-tender, adding oil as necessary.
5. Prepare the peppers and carrots, then divide all the veggies between the two hotel pans. Carrots can be grated very quickly with a grater attachment in the food processor.
6. Cook the chicken in 3 Tbsp (45 mL) oil in a large pan over medium-high heat until cooked through. Divide between the pans. Add the noodles to the vegetables and chicken and toss to combine thoroughly.
7. Cover with lids or foil and hold food at a minimum internal temperature of 140°F (60°C), checking at regular intervals, in a warming oven or steam table set to 170°F (75°C).



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking. If you think that mixing in the broccoli, peppers and carrots may not appeal to some of your eaters, offer them on the side instead.

- ★ Sauces: Plum, hoisin, sriracha, sweet chili
- ★ **Cucumber**
- ★ **Spinach**
- ★ **Pea shoots**
- ★ **Any type of sprouts**
- ★ **Radish**
- ★ **Green onion**
- ★ **Peppers**
- ★ **Corn**
- ★ **Beans**
- ★ **Mushrooms**
- ★ **Fresh cilantro**
- ★ Toasted sesame, sunflower or pumpkin seeds
- ★ **Fried tofu**
- ★ **Fruit**

Equipment

- Two large pots (20 qt & 12 qt)
- Two 4" deep full-size hotel pans
- Food processor

Note from the Authors

"We developed this popular recipe with Chris Wong and Indira Persaud. Chris is chef and owner of Yellow Leaf Restaurant in Kingston, NS along with his wife Candy and their son PK. Indira is chef at Kings County Academy in Kentville. In Chinese, the name of this dish is 辣醬雞撈麵."

- Jenny & Rosie

Tips & Tricks

Food Safety Guidelines

If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

Conversion Measures

- 1 lb (454 g) of carrots (5 medium) = 3 ½ cups (875 mL) grated
- 1 lb (454 g) of broccoli (2 medium heads) = 3 cups (750 mL) chopped
- 1 lb (454 g) of peppers (5 medium) = 2 ½ cups (625 mL) sliced
- Spaghetti: 2 oz (56 g) dry weight = 1 cup (250 mL) cooked spaghetti

Leftovers

Leftovers should be cooled quickly and can be served as a cold salad the next day.

Veg It Up!

Add cabbage, peas, bean sprouts, green beans, sliced radishes, mushrooms or corn for extra colour, fiber and flavour.

Swap In

Swap in an equal amount of diced pork or tofu for the chicken. You may need to add a little more oil when cooking.



Allergy Alert

If you have a sesame-free facility, substitute cooking oil for sesame oil.



Green for Go Local

Ingredients in **green** = locally grown or produced



Onion



Beef



Celery



Peppers



Cabbage



Corn

Hearty Beef Chili

By Jenny & Rosie

Yield: 50 x 8 oz (250 mL) Elementary School servings

Ingredients

3 lb (1.3 kg)	Any dried beans (or 1 x 2.84 L can kidney or black beans)
¼ cup (60 mL)	Oil
4 large	Onions , diced
5 lb (2.27 kg)	Ground beef (or ground pork)
1 bunch	Celery or 1 large head celeriac , minced
6	Sweet peppers (any colour), minced or 6 cups (1.5 L) finely chopped cabbage
1 bulb	Garlic , peeled and minced
2 Tbsp (30 mL)	Salt
1 cup (250 mL)	Chili powder
12 cups (3 L)	Fresh or frozen (defrosted) tomato purée , or 1 x (2.84 L) can whole tomatoes puréed
2 x (369 mL) cans	Tomato paste
2 cups (500 mL)	Water
6 cups (1.5 L)	Fresh or frozen corn

Directions

Note: Wash all produce well.

1. If using dried beans, soak the beans overnight in a large (12 qt) pot with plenty of water to cover.
2. The next day, drain the beans and replace the water. Bring to a boil, then reduce the heat to low and simmer until the beans are very tender (1-2 hours). Drain and set aside.
3. Meanwhile, heat a large pot over high heat. Add the oil, onions, and ground beef. Cook and stir for 15-20 minutes, until meat is browned and onions are tender.
4. Add the celery, peppers, garlic and salt. Stir and cook for 10 minutes.
5. Add the chili powder and cook for a minute, then add the beans, tomatoes, tomato paste and water. Bring the mixture to a simmer over medium heat, stirring frequently. Reduce the heat to low and simmer for 1 hour.
6. Add the corn, taste and hold the chili in a hotel pan in a warming oven set to 170°F (75°C) or steam table, at a minimum 140°F (60°C) internal temperature, checking at regular intervals.
7. Serve with any or all of the optional toppings.



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ Tortilla chips
- ★ Garlic toast or cornbread
- ★ Grated cheese
- ★ Sour cream
- ★ Romaine or iceberg lettuce - mix in finely chopped kale (optional)
- ★ Tomato
- ★ Red or green cabbage
- ★ Shredded carrots
- ★ Onion
- ★ Corn
- ★ Sweet potatoes - roasted
- ★ Guacamole or chopped avocados
- ★ Banana Peppers
- ★ Cilantro
- ★ Hot sauce
- ★ Fruit

Equipment

- One 12 qt pot
- A heavy-bottomed 16-20 qt pot

Note from the Authors

"Try offering small tastes to folks who aren't sure they will like chili (this is a great way to promote new menu items). We find serving tortilla chips, sour cream and toppings gives this a real Tex-Mex feel and helps sell this delicious dish!"

- Jenny & Rosie

Tips & Tricks

Food Safety Guidelines

If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

Conversion Measures

- 1 lb (454 g) cabbage = about 4 cups (1 L) shredded
- 1 lb (454 g) dried beans = 2 cups (500 mL) dried beans and makes about 6 cups (1.5 L) cooked beans
- One 2.84 L can of tomatoes = about 10 lb (4.54 kg) fresh tomatoes or 50-60 whole medium tomatoes

Leftovers

Leftover chili may be frozen. Thaw in the refrigerator a few days in advance and bring to a simmer over low heat before serving. Heat to 165°F (74°C) and then hold at a internal temp at or above 140°F (60°C).

Swap In

Swap in pork instead of beef, or use half beef and half pork.

Veg It Up!

For a vegetarian version, double the beans and omit the beef. Add diced sweet potato in Step 5 or mashed sweet potato in Step 6 for extra colour, fibre and flavour.

Change it Up!

Serve with garlic toast, rice or cornbread or use chili to top a baked potato.



Green for Go Local

Ingredients in **green** = locally grown or produced



Green Onion



Thyme



Garlic



Tomato



Chicken



Honey

Jamaican-Style BBQ Baked Chicken

By Jenny & Rosie with Doraine Edwards

Yield: 50 Elementary School servings

Serving Size: 1 piece of cornbread, 1 thigh/drumstick

Ingredients

For Chicken:

2 bunches	Green onions (escallions) , chopped
¼ cup (60 mL)	Dried thyme
½ cup (125 mL)	Fresh grated ginger or 2 Tbsp (30 mL) powdered ginger
2 Tbsp (30 mL)	Ground allspice (pimento)
1 Tbsp (15 mL)	Turmeric (optional)
1 Tbsp (15 mL)	Salt
2 Tbsp (30 mL)	Garlic powder
2 bulbs	Garlic , cloves separated and peeled
2 lb (907 g)	Tomatoes , chopped or 2 (540 mL) cans whole tomatoes
17 lb (8 kg)	Chicken drumsticks or bone-in, skin-on thighs (50 pieces)

For Glaze:

1 cup (250 mL)	Ketchup
1 ½ cups (375 mL)	Barbecue sauce

For Cornbread:

4 cups (1 L)	Cornmeal
3 cups (750 mL)	Whole wheat flour
2 ½ Tbsp (37 mL)	Baking powder
¾ cup (180 mL)	Sugar
2 tsp (10 mL)	Salt
6	Eggs
⅓ cup (80 mL)	Oil or melted butter
3 cups (750 mL)	Milk or buttermilk

Directions

Note: Chicken needs to be marinated overnight (see Step 1 & Step 2). If short on oven space, bake the cornbread first.

1. Place scallions (green onions), thyme, ginger, pimento (allspice), turmeric, salt, garlic powder, garlic and tomatoes in a blender and process until smooth (in batches if necessary).
2. Layer the chicken pieces with ¾ of the marinade in one or two hotel pans and toss to coat evenly. Reserve the remaining marinade and refrigerate. Refrigerate the chicken overnight or up to two days.
3. Preheat the oven to 350°F (175°C). Spread the chicken pieces evenly out onto 2 full-size baking sheets with sides. Rub with the reserved marinade and bake for about an hour, until cooked through. Internal temp should be at least 175°F (80°C).
4. Meanwhile, butter a 2" deep full hotel pan or line with parchment paper. In a large bowl, whisk flour, cornmeal, baking powder, sugar, and salt. Add eggs, butter or oil, and milk, and whisk to combine. Pour into the prepared pan and smooth into an even layer. Bake for 35–40 minutes, until springy to the touch. Internal temp should reach about 190°F (90°C).

Directions continued on next page...



Equipment

- Blender*
- Two or three full-size hotel pans
- Baking sheet

*Note: If you don't have a blender, finely chop the green onions and tomatoes and combine with spices for Step 1.

Note from the Authors

"This is a mild and delicious chicken dish with Jamaican roots that Doraine Edwards taught us. We first served it at her son Cordel's high school, where it went over very well with both students and staff! Try adding a fruit and yogurt parfait or parfait bar as a tempting and nutritious dessert."

- Jenny & Rosie

5. Combine the ketchup and barbecue sauce. After the chicken has baked for an hour, use a spoon or silicone spatula to distribute this sauce over the chicken pieces and spread it fairly evenly (this doesn't need to be perfect). Return to the oven for 20-30 minutes, until the skin is tender and moist and the glaze is browning in spots.
6. Place the chicken in hotel pans and hold warm until ready to serve. Cut cornbread into 50 pieces (10 by 5) and serve with the chicken. The pan drippings can be mixed with a little coconut milk or water, brought to a boil, and served as a sauce or a dip alongside the chicken. Ensure sauce is heated to a minimum internal temperature of 165°F (75°C).

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- | | |
|---|--------------------------------|
| ★ Collards - cooked | ★ Tomato |
| ★ Callaloo - cooked | ★ Cucumber |
| ★ Cabbage - cooked | ★ Green or yellow beans |
| ★ Carrots | ★ Rice and beans |
| ★ Sweet potato fries | ★ Popcorn |
| ★ Coleslaw or broccoli slaw | ★ Yogurt parfait |
| ★ Spinach | ★ Fruit |
| ★ Peppers | |

Tips & Tricks

Change It Up!

Serve this dish with Rice and Beans. Add 1 (540 mL) can kidney beans, 4 cloves minced garlic, and 1 minced onion to our basic rice recipe (see Egg Roll in a Bowl on page 35).

Veg It Up!

To make a side of sweet potato fries, dust sweet potatoes with a little cornstarch, toss in oil and sprinkle with salt. Spread in a single layer so they don't steam and bake at 400°F (200°C) until crispy.

Tasters and Family Recipe

This dish could soon become a family favourite if it's not already. Offer the family-size recipe to try at home. Consider finding a sponsor to serve a reduced-price meal or sample tasters so everyone can try it!



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Butter



Onion



Tomato Purée



Whole Wheat Bread



Cheese

Grilled Cheese & Tomato Soup

By Jenny & Rosie

Yield: 50 Elementary School servings

Serving Size: 4 oz (125 mL) dip-size servings. For 8 oz (250 mL) servings, double the soup recipe.

Ingredients

For Tomato Soup:

¼ cup (60 mL)
 2 large
 4 cups (1 L)
 3 Tbsp (45 mL)
 1 Tbsp (15 mL)
 ½ tsp (2 mL)
 1 × (2.84 L) can

Butter

Onions, finely minced

Water

Sugar

Salt

Ground black pepper

Crushed tomatoes, or 4 × 796 mL cans, or 3 L fresh or frozen (defrosted) **tomato purée**

18% Coffee cream

5 cups (1.25 L)

For Grilled Cheese:

6–7 loaves (100 slices)
 1 ½ cups (750 mL)

Whole wheat bread

Softened or spreadable **butter** (blend 1 lb softened butter with 2 cups oil and refrigerate until set)

Grated **cheddar** or 100 slices real **cheddar**

8 cups (800 g)

Directions

Note: Wash all produce well.

1. Heat butter in a large pot over medium heat. Add onion and cook, stirring, until softened, about 10 minutes.
2. Add sugar, salt, black pepper and tomatoes. Place the pot over low heat and simmer for about 15 minutes.
3. Whisk in the coffee cream. Taste and adjust seasoning if needed. If you like, puree soup with an immersion blender until smooth.
4. Heat grill to 350°F (175°C) or oven to 450°F (230°C).
5. Spread each slice of bread with butter. Place half of the slices buttered side down with a generous 2 Tbsp grated cheese or 2 slices of cheese. Top with other half of bread slices, buttered side up.
6. **For grill:** Add grilled cheese and flip when one side is golden brown and brown the second side. **For oven:** Bake in the oven on large sheet pans (12 per sheet) for about 6–8 minutes, flip and bake for 6–8 minutes further until golden brown. Cut in half.
7. Hold in a warming oven at 170°F (75°C) or in a steam table with the lid off so moisture can escape. Avoid overfilling the pan as this can cause them to get soggy.



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ **Pea shoots**
- ★ **Carrots**
- ★ **Cucumbers**
- ★ **Sweet potatoes**
- ★ **Broccoli**
- ★ **Cauliflower**
- ★ **Additional soups**

Fruit Salad Bar

Choose from seasonal fruit or serve some frozen or imported fruit in winter. Apples are available all year long. If serving as a salad bar, supply small bowls or ramekins for fruit to control portion sizes and make it affordable.

- ★ **Apples** - chopped and coated with a squeeze of lemon to prevent browning
- ★ **Pears** - chopped
- ★ **Peaches**
- ★ **Blueberries**
- ★ **Raspberries**
- ★ **Blackberries**
- ★ **Strawberries**
- ★ **Yogurt**
- ★ **Seeds or granola**
- ★ **Dried cranberries, dried blueberries or other dried fruit**
- ★ Try imported fruit such as mango, kiwis, oranges, grapes or starfruit

Tips & Tricks

Conversion Measures

- 1 × 2.84 L can of tomatoes = about 10 lb (4.54 kg) fresh tomatoes (or 50–60 whole medium tomatoes)

Leftovers

Leftover soup can be frozen. Thaw in the refrigerator a few days in advance and bring to a simmer over low heat. Make sure internal temp reaches 165°F (74°C).

Make Ahead

Sandwiches can be prepared on a sheet pan well in advance (even overnight). Cover and refrigerate but do not bake or grill more than one hour before they are served.

Veg It Up!

Add minced or puréed vegetables such as sweet potato, carrot, apples or peaches in Step 2. With the addition of fruit and sweet veggies you will likely not need to add sugar. You can also add pureed cooked white beans for extra creaminess or in place of the cream altogether.

Serve It Up!

To serve quickly and efficiently, portion the soup into bowls in advance. This is important with younger children as it has time to cool somewhat. Reminding children to test food temperature with a sip before digging in is a great teaching opportunity.

Equipment

- Two 4" deep full hotel pans
- 2–4 sheet pans, depending on oven size

Note From the Authors

"Offering a grilled cheese sandwich to dip is a great way to encourage kids to try new soups! Try a soup bar with a choice of tomato soup and another favourite, like chicken vegetable noodle soup."

– Jenny & Rosie



Green for Go Local

Ingredients in **green** = locally grown or produced



Haddock



Cod



Potato



Onion



Summer Savoury



Breadcrumbs

Fish Cakes with Baked Beans

By Jenny & Rosie with Wendie Wilson

Yield: 50 Elementary School servings

Serving size: 1 × 3 oz (85 g) or 2 × 1 ½ oz (43 g) fishcakes, 1 oz (30 mL) beans

Ingredients

For Fish Cakes:

3 lb (1.36 kg)	Salt cod or other salted white fish , or 5 lb fresh or frozen (defrosted) haddock or cod
6 lb (2.72 kg)	Potatoes , peeled and chopped
2 large	Onions , minced
3 cups (750 mL)	Breadcrumbs
3	Eggs , beaten
1 Tbsp (15 mL)	Summer savoury or dried parsley (optional)
As needed	Oil, for cooking

For Quick Stovetop Baked Beans:

3 × (540 mL) cans	Navy beans
2 tsp (10 mL)	Mustard powder
⅓ cup (80 mL)	Brown sugar
¼ cup (60 mL)	Molasses
1 tsp (5 mL)	Salt
¼ tsp (1 mL)	Black pepper
1 medium	Onion , diced
4 strips	Bacon , chopped (optional)

Directions

Note: Wash all produce well. If using salt fish, it must be soaked overnight before using. If using dried beans, soak overnight (see Tips & Tricks on the next page). Begin baked beans before frying the formed fishcakes.

1. **If using salt fish**, soak overnight in plenty of cold water. Drain, then place in a pot, cover with cold water and bring to a boil. Remove from heat immediately and drain well. Let cool, then mince in batches in the food processor. **If using fresh fish**, season lightly with salt and bake at 350°F (175°C) until it flakes easily. Let cool, then break fish into small pieces.
2. In a large pot, cover the potatoes with cold water and bring to a boil. Reduce the heat to medium and boil until tender. Drain and mash well, then add the fish. Add the onion to the fish mixture, along with the breadcrumbs, eggs, and savoury or parsley. Combine everything together and mix well. Taste to make sure there is enough seasoning.
3. While the mixture is still warm, form into 3 oz (85 g) cakes using a #16 scoop or scale. You can also make 1 ½ oz (43 g) fishcakes with a #20 scoop and serve two. Shape each with your hands into a compact cake and refrigerate until close to serving time. To cook, heat the grill to 350°F (175°C) and fry in oil until browned on both sides, with an internal temp of 155°F (68°C). Place in a hotel pan and hold warm until needed at a minimum internal temp of 140°F (60°C), in an oven or steam table set to 170°F (75°C).
4. Meanwhile, empty beans into a saucepan with their liquid. Add 1 can of water, mustard powder, brown sugar, molasses, salt, pepper, onion and optional bacon. Bring to a boil, then reduce to a simmer and cook until sauce thickens, about 30 minutes.



Equipment

- Two 12-qt pots
- One 3-qt pot
- Two large baking sheets

Note from the Authors

"A tasty Maritime staple for centuries, fishcakes hold a special place at the African Nova Scotian table. Made with fresh, salted, or even canned fish, there are variations in every region of the province. We adapted this recipe for big-batch service with Wendie Wilson, an African Nova Scotian cook, artist and educator who teaches and celebrates the African Nova Scotian repertoire of culinary traditions."

- Jenny & Rosie

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ Sauces: **Green tomato chow**, ketchup, tartar sauce, curry mayo, **rhubarb relish**
- ★ Boiled **eggs**
- ★ **Coleslaw**
- ★ **Kale** - steamed or chips
- ★ **Dulse**
- ★ **Squash**
- ★ **Lettuce**
- ★ **Tomatoes**
- ★ **Cucumbers**
- ★ **Carrots**
- ★ **Corn** (cob or kernel)
- ★ **Peas**
- ★ **Pea shoots** or other **microgreens**
- ★ **Fruit**

Tips & Tricks

Food Safety Guidelines

If storing the mixture before forming cakes, divide between buckets, pushing a hole down the centre of each so it cools quickly. Cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

Waste Control

Save and freeze bread ends and buns, and even English muffins and bagels, to use for breadcrumbs.

Veg It Up!

Substitute sweet potatoes for some of the potatoes or add diced celery, peas, spinach or corn to the fishcake mixture for extra colour, fibre and flavour.

Swap In

Swap in 1 lb (454 g) dried beans, such as **soldier** or **yellow-eyed beans**, for the canned beans in the Baked Bean recipe. Soak and cook according to package directions. Add water as necessary to prevent sticking.

Leftovers

Leftover fish cakes may be frozen before or after cooking.

Change It Up!

- If you don't have a grill, bake the fishcakes on a well-oiled baking sheet in a 400°F (200°C) oven for 45 minutes, flipping halfway into the baking time. Baked fishcakes are quite fragile, so it's best to hold them on the baking sheet in a 170°F (75°C) oven.
- Fishcakes can be breaded before frying with breadcrumbs, panko, or flour.
- The beans would also be excellent served alongside sliced cold ham, cornbread, and mashed sweet potatoes.



Green for Go Local

Ingredients in **green** = locally grown or produced



Chicken



Potatoes



Milk



Butter



Flour



Thyme

Roast Chicken with Mashed Potatoes

By Jenny & Rosie

Yield: 50 × 12 oz (375 mL) Elementary School servings

Ingredients

For Chicken:

22 lb (10 kg) Whole **chickens** (or 50 pc/8 kg bone-in drumsticks/thighs)
2 Tbsp (30 mL) Salt

For Mashed Potatoes:

16 lb (7.25 kg) **Potatoes**, peeled and cut into 1-inch pieces
1 cup (250 mL) **Butter**
8 cups (2 L) **Milk**
¼ cup (60 mL) Salt

For Gravy:

1 cup (250 mL) **Flour**
½ tsp (2 mL) Ground black pepper
1 tsp (5 mL) Dried **thyme** or poultry seasoning
4 cups (1 L) Water

Directions

Note: Wash all produce well.

1. The night before, sprinkle 2 Tbsp (30 mL) salt over chicken pieces or whole chickens and toss or rub to coat. Refrigerate overnight.
2. Preheat oven to 400°F (200°C).
3. **If cooking whole chickens**, place in hotel pans and cook for 20 minutes per pound until an internal temp of 180°F (82°C) is reached. If the skin is browning too much, cover loosely with foil while cooking. Let sit until cool enough to handle, then strip the meat from the bones and slice into serving pieces. Pour all pan juices into a saucepan and reserve. **If using chicken pieces**, lay the chicken pieces skin-side up on a large baking sheet. Cook for 1 hour until the skin is golden and crisp and an internal temp of at least 165°F (75°C) is reached. Place chicken pieces in a hotel pan. Pour all pan juices into a saucepan and reserve.
4. Cover with lids or foil and hold food at a minimum 140°F (60°C) internal temp in a warming oven (set at 170°F/75°C) or steam table, checking at regular intervals.
5. Meanwhile, place potatoes in a large pot, add ¼ cup salt and enough water to cover the potatoes. About 1 hour before they are needed, cover and bring to a boil over high heat, then reduce heat to medium. Cook until potatoes are tender, about 20 minutes.
6. Drain the potatoes and return to the pot. Add butter and milk, and mash. Add salt to taste. Hold potatoes in the pot or a steam table pan at a minimum 140°F (60°C) internal temp until needed.
7. Bring saucepan with chicken pan juices to a boil. In a bowl, whisk together flour with 4 cups of water to make a smooth mixture. Add to sauce pan and cook until thickened, stirring constantly. Add pepper and thyme (or poultry seasoning) and taste, adding a little salt if necessary. **If the gravy is too thick**, add water to thin. **If too thin**, boil until reduced to the proper consistency.
8. Serve ½ cup (125 g) mashed potatoes with 2 oz (60 g) chicken, about 1 Tbsp (15 mL) gravy, and side vegetables (see next page).



Create Your Plate!

Toppings, Sides & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ **Cranberry** sauce
- ★ **Fiddleheads** - cooked
- ★ **Parsnips** - roasted
- ★ **Sweet potatoes** - roasted
- ★ **Turnip** - roasted
- ★ **Corn** - cooked
- ★ **Carrots** - cooked or raw
- ★ **Peas** - cooked
- ★ **Green or yellow beans** - cooked or raw
- ★ **Squash** - roasted or mashed
- ★ **Beets** - pickled or roasted
- ★ **Fruit**

Equipment

- Two hotel pans or baking sheets
- 16-20 quart pot
- Sauce pan
- Potato masher

Note from the Authors

"We have found that roast dinners are very popular and affordable! Choose between roasting whole birds, or if you have less time, roast chicken pieces. Plan roast dinners for the end of the week to give yourself time to do some of the prep in advance."

- Jenny & Rosie

Tips & Tricks

Food Safety Guidelines

- If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.
- When cooking whole poultry, use the general rule of cooking for 20 minutes per pound of average weight. Always use the internal temperature as your ultimate cooking guide.
- Check that the temperature of the thickest part of the breast is 180°F (82°C) for whole birds and 165°F (74°C) for pieces.

Conversion Measures

- Whole poultry yields about 50-65% of usable meat.
- 1 lb (454 g) whole chicken = about 8-10 oz (212-295 g) cooked meat

Veg It Up!

Add sweet potato, cauliflower florets or turnip to the mashed potatoes in Step 6 for extra colour, fiber and flavour.

Swap In

Swap in roast pork, ham, turkey or beef for chicken.

Leftovers

Leftover gravy may be frozen and can be used for baked potato day. Save leftover bones and skin from whole poultry and simmer for a simple stock.

Make Ahead

Plan your week and roast the birds when the oven is free for the day. Once the meat is pulled, cut and cooled it can be stored in oven pans with a bit of stock or gravy. Heat when needed to 165°F (74°C) internal temp before serving.



Green for Go Local

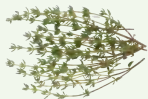
.....
 Ingredients in **green** =
 locally grown or produced



Carrot



Sweet Potato



Thyme



Corn



Potato



Whole Milk

Corn Chowder (Pie'skmnapu'l)

by Jenny & Rosie

Yield: 50 Elementary School servings

Serving Size: 1 x 8 oz (250 mL) chowder and 1 piece Lu'skinikn

Ingredients

- | | |
|------------------|---|
| 2 Tbsp (30 mL) | Butter or oil |
| 2 large | Onion , diced |
| 2 lb (907 g) | Carrots or sweet potatoes , diced |
| 2 tsp (10 mL) | Nutmeg |
| 1 tsp (5 mL) | Dried thyme , or 1 Tbsp (15 mL) fresh thyme |
| 1 tsp (5 mL) | Ground black pepper |
| 2 ½ Tbsp (40 mL) | Salt |
| 9 lb (4 kg) | Corn |
| 5 lb (2.27 kg) | Potatoes , peeled if necessary and diced |
| 16 cups (4 L) | Water |
| 16 cups (4 L) | Whole milk |
| ¼ cup (60 ml) | Cornstarch |

Directions

Note: Wash all produce well. The thick nature of this soup means it is best held in hotel pans in warming tables or the oven because it can stick to the bottom of the cooking pot and burn easily.

1. Heat the butter or oil in a large pot over medium-high heat. Saute onions with carrots or sweet potato, nutmeg, thyme, pepper and salt until tender. Add water, bring to a boil, then reduce to simmer until carrots are soft, about 15 minutes. Blend with an immersion blender if desired.
2. Add the diced potatoes and bring to a simmer over medium heat, stirring often. Cook until the potatoes are tender, 15-20 minutes. Add the corn and milk and continue cooking until heated through.
3. Mix the cornstarch with enough milk or water to make a slurry, then add it to the simmering soup. Heat until thickened.
4. Hold soup at a minimum 140°F (60°C) internal temperature until service.



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ **Dulse** or **nori** - flaked or torn
- ★ **Sweet potatoes** - diced and roasted
- ★ **Carrots**
- ★ Grilled **corn** (adds a fun flavour)
- ★ Edamame
- ★ **Kale**
- ★ Diced baked **ham**
- ★ Diced **chicken**
- ★ **Green onions**
- ★ Shredded **cheese**
- ★ **Green beans**
- ★ **Peas**
- ★ **Spinach**
- ★ **Fiddleheads** - cooked
- ★ **Tomato**
- ★ **Kale chips**
- ★ **Sweet peppers**
- ★ **Squash**
- ★ **Popcorn** (local popcorn is a fun way to show the different edible forms of corn on the same plate!)
- ★ **Fruit**

Equipment

- 16-20 quart pot
- One 2" deep full-size hotel pan
- Immersion blender or blender
- Large mixing bowl

Note from the Authors

"We've adapted this beloved Mi'kmaw bread from Joanne Cope's recipe on the Nilu'nal app. It is also known as 4 Cents. Our version incorporates some whole wheat flour for added fiber and a nutty flavour, but you can use all-purpose flour for a traditional taste."

- Jenny & Rosie

Tips & Tricks

Change It Up!

The origins of chowder are a little unclear, but the name comes from *chaudière*, French for cauldron. Chowders have definitely been a Maritime favourite for hundreds of years, with recipes going back generations. This comfort dish lends itself well to variations.

- **Corn Chowder with Ham or Pork:** Add 1 lb (454 g) chopped baked ham or cooked lean pork with the potatoes in Step 2.
- **Cheddar Chicken Corn Chowder:** Add 2 cups (500 mL) grated cheddar, 1 Tbsp (15 mL) ground toasted cumin, 1 bunch thinly sliced green onion and 4 cups (1 L) cooked, diced chicken in Step 4. Yield will be higher.
- **Fish Chowder:** Omit the corn and nutmeg. Add 5 stalks celery, diced, when cooking the onions and carrots. Do not blend. Increase the potatoes to 10 lb (4.54 kg). Once the soup is cooked, remove from the heat and add 5 lb (2.25 kg) boneless, skinless cod or haddock pieces. Cover and allow the soup to stand until the fish is cooked through, then stir to break the fish up and serve.

Veg It Up!

To make a simple all-season version of Hodge Podge, omit the corn in the chowder and add more diced carrots plus fresh or frozen green beans in Step 3. Do not blend. Once the soup is cooked in Step 4, stir in fresh or frozen peas.



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Whole Wheat Flour



Butter

Bonus Recipe: Lu'skinikn

Adapted from the *Nilu'nal app of Mi'kmaw recipes* by Jenny & Rosie with Yolanda Denny, Mi'kmaw Language Consultant at Mi'kmaw Kina'matnewey

Yield: 50 servings

Ingredients

- | | |
|-----------------|--|
| 5 cups (1.25 L) | Whole wheat flour |
| 5 cups (1.25 L) | Unbleached all-purpose flour |
| ½ cup (125 mL) | Baking powder |
| 2 tsp (10 mL) | Salt |
| 1 cup (250 mL) | Butter or non-hydrogenated shortening |
| 4 cups (1 L) | Water |

Directions

1. Preheat the oven to 350°F (175°C) and butter a full-size hotel pan or line with parchment paper.
2. In a large bowl, combine flour, baking powder and salt. Cut in butter or non-hydrogenated shortening until well blended.
3. Add the water and stir until the dough is evenly moistened. Knead with your hands until the dough is smooth.
4. Pat evenly into the prepared hotel pan. With a knife, score into the desired number of squares (cut halfway through the dough). Bake for 35-40 minutes, until golden brown. Cut the pieces all the way through and serve.



Green for Go Local

Ingredients in **green** = locally grown or produced



Onion



Garlic



Tomato Purée



Whole Wheat Flour



Flax Flour

Handmade Pizza

By Jenny & Rosie

Yield: 48 Elementary School servings

Ingredients

For Sauce:

¼ cup (60 mL)
2 large
5 cups (1.25 L)

6 cloves
2 Tbsp (30 mL)
1 Tbsp (15 mL)
1 Tbsp (15 mL)
2 × (540 mL) can

Oil
Onions, finely chopped
Finely chopped vegetables or fruits (e.g. **mushrooms, carrots, zucchini, peppers** or **apples**)
Garlic, minced
Dried **oregano**
Sugar
Salt
Crushed tomatoes, or 1 L fresh or frozen (defrosted) **tomato purée**

For Dough:

9 cups (2.25 L)
3 Tbsp (45 mL)
2 Tbsp (30 mL)
⅓ cup (80 mL)
8 cups (2 lb / 1 kg)
10 cups (2.5 lb / 1.2 kg)

Warm water
Active dry or instant yeast
Salt
Oil, plus more for greasing pans
Unbleached all-purpose flour
Whole wheat flour

For Toppings:

12 cups (3 lb / 1.36 kg) Shredded mozzarella

Topping Ideas: Cooked **ground beef**, cooked lean **sausage**, diced baked **ham**, diced **sweet peppers**, sliced **mushrooms**, diced **onions**, sliced olives, diced **tomatoes**, diced **pineapple** or **apple**.

Directions

Note: Wash all produce well.

- To make the sauce**, heat the oil over medium heat in a heavy-bottomed pot. Add the onion, mushrooms, carrot, apple or zucchini and garlic and cook until well-softened and just beginning to brown, about 20 minutes.
- Add the sugar, salt and oregano and stir for another minute before adding the crushed tomatoes.
- Simmer for at least ten minutes, then cool slightly and blend smooth with an immersion blender (or carefully in a blender in small batches). The sauce can be made in advance; refrigerate tightly covered for a few days or freeze for longer storage.
- Meanwhile, **to make the dough**, sprinkle the yeast over the water in a large bowl. After 5 minutes, add the salt and flours. Stir with a large spoon or your hands for 2 minutes until the dough is smooth and flour is incorporated. The dough will be sticky. Drizzle with ¼ cup (60 mL) of oil.
- Cover the bowl and let the dough rise until doubled in volume, 45 minutes to an hour. Preheat the oven to 400°F (200°C).
- Pour 2-3 Tbsp (30-45 mL) oil onto the centre of 3 parchment-lined full sheet pans with sides. Use your hands to divide the dough in 3 equal parts without disturbing or kneading it. Ease dough onto the oiled centre. With oiled fingers, gently spread dough into a large oval. Let rest for 5 minutes, then evenly push the dough to fill the pan.

Directions continued on next page...



- Top each pizza crust with 2 cups of the sauce, desired toppings and 4 cups (1 lb) shredded mozzarella. Bake for 10 minutes, then rotate pans and bake for 5-10 minutes further, until the crust is browned and cheese is bubbling and beginning to brown. Cut into 16 slices per full sheet pan.*
- If you need to hold the pizza for a short time, cut into serving pieces and place the pizzas in an insulated catering box or an oven set to 150°F. For longer holds, let cool on the counter for up to an hour, cut into serving pieces and reheat in a 400°F (200°C) oven for a few minutes just before serving.

*If you don't have full-size baking sheets, this could also be baked using six 13 x 18" baking sheets. Cut each into 8 pieces to serve.

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ Sweet peppers
- ★ Celery
- ★ Carrots
- ★ Tomatoes
- ★ Radishes
- ★ Cucumber
- ★ Sweet potatoes
- ★ Turnip
- ★ Fruit
- ★ Sauces: Honey, donair sauce
- ★ Mushrooms
- ★ Caesar salad: romaine, croutons, dressing, parmesan
- ★ Romaine lettuce plain or tossed with ranch dressing (see page 49) and parmesan cheese
- ★ Romaine/kale/spinach mix

Tips & Tricks

Conversion Measures

- 1 lb (454 g) of carrots = about 5 medium carrots about 3 ½ cups grated
- 1 lb (454 g) of mushrooms = about 4 ½ cups chopped
- 1 lb (454 g) of apples = 4-5 medium apples and yields 3 cups chopped
- 1 lb (454 g) of zucchini = about 3 medium and yields 4 cups grated
- 1 (540 mL) can of crushed tomatoes = 7-9 fresh medium tomatoes + 1 (156 mL) can tomato paste

Leftovers

Leftover pizza may be frozen; defrost and reheat in a 400°F (200°C) oven.

Veg It Up!

Add your choice of finely chopped vegetables to the pizza sauce, including any fresh or frozen leftovers you may have, for extra colour, fiber and flavour. Try serving veggie sticks or a Caesar salad with finely chopped kale or spinach for a green boost!

Make Ahead

Make a double batch of the pizza sauce and freeze half for your next pizza day.

Change it Up!

For Garlic Fingers, combine 1 cup (250 mL) butter or oil with 4 cloves minced garlic. Spread half over each pan of dough with your fingers or a spoon in Step 7. Top each with 6 cups (1.5 L) shredded mozzarella and bake as described.

Equipment

- Large bowl
- Three full-size sheet pans (26" x 18"), or six half sheet pans (13" x 18")
- 2-3 qt (2-3 L) saucepan

Note from the Authors

"Make handmade pizza work for you! If the dough refuses to stretch when shaping your crusts, wait a few minutes and try again.

If you'd like to make your pizza dough the day before, reduce the yeast to 1 tablespoon. Place the dough in a large sealed plastic bag with plenty of room for rising. The next day, shape and bake as usual.

Pizza crusts may also be baked the day before serving. Follow steps 4-6, then bake at 400°F just until golden brown, about 10 minutes. The next day simply top and bake until the cheese is beginning to brown."

- Jenny & Rosie



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Egg



Milk



Maple Syrup



Apple



Whole Wheat Bread

Maple Apple French Toast Bake

Adapted from Vermont New School Cuisine

Yield: 48 Elementary School servings

Ingredients

- | | |
|-----------------|--|
| 50 large | Eggs |
| 5 cups (1.25 L) | Milk |
| 1 cup (250 mL) | Real maple syrup |
| 4 tsp (20 mL) | Ground cinnamon |
| 2 tsp (10 mL) | Ground nutmeg |
| 1 tsp (5 mL) | Salt |
| 3 lb (1.3 kg) | Apples , peeled or not, cut into thick slices |
| 4 lb (1.8 kg) | Whole wheat bread , cut into 1 inch pieces* |
| ½ cup (60 mL) | Real maple syrup |

*Note: You can also use saved bread ends and buns, or even English muffins and bagels.

Directions

Note: Wash all produce well. **Start this recipe the day before.**

Day Before:

1. Butter two 4-inch deep full hotel pans or spray with cooking spray.
2. In a large bowl, whisk eggs, milk, 1 cup (250 mL) maple syrup, cinnamon, nutmeg, and salt. Stir in the apple slices and the bread. Combine thoroughly, then divide between the two pans.
3. Cover each with lightly sprayed or oiled parchment paper, then foil. Refrigerate overnight.

Day Of:

4. Before baking, let the bake stand at room temperature for 30 minutes while you preheat the oven to 350°F (175°C). Bake for 30 minutes, then remove the covers and rotate pans. Bake for another 20 minutes, until internal temp reaches 165°F (74°C).
5. Drizzle each pan with ¼ cup (60 mL) maple syrup. Cut each pan into 24 squares and hold warm.



Equipment

- Large bowl
- 2 full-size hotel pans

Note from the Authors

"This is a delicious, easy and affordable meal with the familiar flavours of French toast and apple pie. It may look a little different than regular French toast, so encourage kids to try it with the excitement of a fruit salad bar!"

- Jenny & Rosie

Bonus Recipe: Apple Blueberry Sauce

Ingredients

- 10 lb (4.54 kg) **Apples**, seeded and chopped (no need to peel)
- 2 cups (500 mL) Fresh or frozen **blueberries**
- 2 Tbsp (30 mL) Vanilla

Directions

1. Put the chopped apples in a large empty pot.
2. Cover and cook on low until moisture starts to come out of the apples, then increase the heat to medium and cook until soft.
3. Add the blueberries and remove from the heat.
4. Cool the mixture slightly, then purée apples with a food processor, immersion blender or blender. Stir in vanilla.

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking!

- ★ **Fruit sauce**
- ★ **Apples** - chopped and coated with a squeeze of lemon to prevent browning
- ★ **Pears** - chopped
- ★ **Peaches**
- ★ **Blueberries**
- ★ **Raspberries**
- ★ **Blackberries**
- ★ **Strawberries**
- ★ **Yogurt**
- ★ **Seeds or granola**
- ★ **Dried cranberries**
- ★ **Dried blueberries**
- ★ Imported fruit such as bananas, mango, kiwis, oranges, grapes, starfruit

Tips & Tricks

Leftovers

Leftover French Toast Bake can be frozen. Defrost and warm to 165°F (75°C) to serve.

Swap In

Swap in berries or diced peaches for the apples, or omit fruit in recipe and serve on the side.

Veg It Up!

Add mashed sweet potato, squash or dried cranberries in Step 2 to add colour, fiber and flavour to this dish.



Green for Go Local

Ingredients in **green** = locally grown or produced



Beef



Onion



Garlic



Mushroom



Tomato



Honey

Spaghetti with Meat or Tomato Sauce

By Jenny & Rosie

Yield: 50 × 12 oz (375 mL) Elementary School servings

Ingredients

For Tomato Sauce (24 cups/6 L):

3 Tbsp (45 mL)	Oil
2 large	Onions , minced
1 lb (454 g)	Carrots , grated
1 bulb (about 12 cloves)	Garlic , peeled
1 lb (454 g)	Mushrooms , minced
1 × (2.84 L) can	Crushed tomatoes or 3 L fresh or frozen (defrosted)
	tomato purée
2 × (369 mL) cans	Tomato paste
¼ cup (60 mL)	Honey or sugar
5 Tbsp (75 mL)	Basil
2 Tbsp (30 mL)	Oregano
1 Tbsp (15 mL)	Salt
8 cups (2 L)	Water

For Meat Sauce (32 cups/8 L):

2 Tbsp (30 mL)	Oil
5 lb (2.27 kg)	Lean ground beef

To Assemble & Serve:

5 lb (2.27 kg)	Whole wheat spaghetti
1 cup (100 g)	Shredded parmesan (or 2 cups/200 g Shredded cheddar or mozzarella)

Directions

Note: Put your pasta pot of water on to boil while making sauce. Wash all produce well. Set aside some tomato sauce for vegetarians before adding beef.

1. Heat the oil in a large heavy-bottomed pot over medium heat. Add onions and sauté until translucent, about 10–15 minutes.
2. Add garlic and carrots, and continue to sauté for 10 minutes.
3. Add mushrooms and sauté for an additional 15 minutes, stirring occasionally.
4. Add the crushed tomatoes, tomato paste, sugar, basil, oregano, salt, baking soda and water. Stir to combine.
5. Bring to a boil and then reduce heat to low, cover and simmer until the sauce has thickened to desired consistency, about 20 minutes, stirring occasionally. Add sugar to taste if necessary to balance tart tomatoes.
6. Add water to thin if it reduces too far. If hot holding, use hot water, and if cooling, blend in ice or cold water.
7. In a large pan or pot, heat oil over medium-high heat and crumble in beef. Cook and stir until the meat is browned throughout, about 15–25 minutes.
8. Add the meat to the tomato sauce **after removing what you need for vegetarian service**. Heat the sauce to 165°F (74°C) before assembling.
9. Bring a large pot of water to a boil. Add the spaghetti and salt and boil until the spaghetti is tender, about 10 minutes. Drain the spaghetti and combine with tomato sauce in a large hotel pan.

Directions continued on next page...



Equipment

- Two large pots (12-16 quart and 20 quart)
- Large frying pan or additional pot
- Two 4" deep full hotel pans
- Food processor or immersion blender*

*Note: A food processor makes quick work of mincing vegetables.

Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie

9. Cover with lids or foil and hold food in a warming oven at 170°F (75°C) or steam table, at a minimum 140°F (60 °C) internal temperature, checking at regular intervals.
10. Top each serving (1 cup/250 mL spaghetti and ½ cup/125 mL sauce) with about 1 tsp (5 mL) parmesan or 2 tsp (10 mL) cheddar or mozzarella cheese.

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ **Pea shoots**
- ★ **Broccoli** - cooked
- ★ **Zucchini** - cooked
- ★ **Tomato** - diced
- ★ **Spinach** - fresh
- ★ **Green onion** - chopped
- ★ **Peppers** - diced
- ★ **Mushrooms - sliced**
- ★ **Olives** - sliced
- ★ **Fresh basil**
- ★ **Shredded cheese**
- ★ **Fruit**
- ★ **Diced chicken** (if serving just tomato sauce)

Tips & Tricks

Food Safety Guidelines

If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

Conversion Measures

- 1 lb (454 g) carrots = about 5 medium carrots
- 2 oz (56 g) dry spaghetti = 1 cup (250 mL) cooked
- 1 × 2.84 L can of tomatoes = about 10 lb (4.54 kg) fresh tomatoes (or 50-60 whole medium tomatoes)

Veg It Up!

Add minced celery, zucchini, peppers, sweet potato, spinach or kale with the mushrooms in Step 4 to add extra colour, fiber and flavour.

Swap In

Swap in lean ground pork for the ground beef, or use half beef and half pork.

Leftovers

Leftover sauce may be frozen. Thaw in the refrigerator a few days in advance and bring to a simmer over low heat before serving. Heat to 165°F (74°C). Make extra tomato sauce without water or beef for a delicious pizza sauce.



Green for Go Local

Ingredients in **green** = locally grown or produced



Beef



Garlic



Carrot



Onion



Mushroom



Cheese

Tomato Mac & Beef (Goulash)

By Jenny & Rosie

Yield: 50 × 8 oz (250 mL) Elementary School servings

Ingredients

For Tomato Mac & Beef:

½ cup (125 mL)	Oil
4 large	Onions , chopped (about 8 cups / 2 L)
5 lb (2.27 kg)	Lean ground beef
2 lb (907 g)	Mushrooms , minced or diced
2 lb (907 g)	Carrots , minced or diced
10	Garlic cloves, minced
¼ cup (60 mL)	Paprika
¼ cup (60 mL)	Oregano
2 ½ Tbsp (40 mL)	Salt
2 tsp (10 mL)	Ground black pepper
1 × (2.85 L) can	Crushed tomatoes or 3 L fresh or frozen Tomato purée
2 Tbsp (30 mL)	Brown sugar
20 cups (5 L)	Water
4 lb (1.8 kg)	Whole wheat elbow macaroni

To Serve:

2 cups (230 g)	Grated cheddar cheese or 1 cup finely grated parmesan cheese
----------------	--

Directions

Note: Wash all produce well. If you prefer to cook the pasta separately from the sauce, simply omit the water in the recipe. Boil the macaroni in plenty of salted water, drain, and combine with the sauce.

1. Heat oil in a 16–20 L pot over medium-high heat. Add the onion, mushrooms, carrots and garlic and cook until tender and beginning to brown, about 15 minutes.
2. Add the ground beef, breaking it up as you go. Stir and cook until the beef is browned, about 10 minutes.
3. Add paprika, oregano, salt and pepper and cook, stirring, for 1 minute.
4. Stir in tomatoes, baking soda, sugar and water. Bring to a boil. Reduce heat to medium-low, cover and cook for 15 minutes.
5. Add macaroni and cook uncovered, stirring occasionally, until tender, about 20–25 minutes. Add a little more water if the mixture seems too dry. Transfer to hotel pans.
6. Cover with lids or foil and hold food at a minimum 140°F (60°F), checking at regular intervals, in a warming oven or steam table set to 170°F (75°C).
7. Top each serving with parmesan or cheddar cheese.



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ Mixed greens
- ★ Broccoli - cooked
- ★ Tomato
- ★ Spinach
- ★ Kale
- ★ Green onion
- ★ Sweet peppers
- ★ Mushrooms
- ★ Olives
- ★ Fresh basil
- ★ Shredded cheese
- ★ Fruit
- ★ Squash
- ★ Carrots - raw or cooked
- ★ Cauliflower
- ★ Corn

Equipment

- 16-20 qt pot
- Food processor (optional)

Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie

Tips & Tricks

Food Safety Guidelines

If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

Conversion Measures

- 1 × 28 oz (540 mL) can of tomatoes = about 10-12 whole tomatoes, puréed
- 2 oz (60 g) dry weight macaroni = ½ cup (125 mL) dry and makes 1 cup (250 mL) cooked

Veg It Up!

Add cooked cauliflower, mashed sweet potato, or mashed squash to the recipe at Step 4 for extra colour, fiber and flavour.

Swap In

Swap in an equal amount of ground venison, diced chicken or ham in place of ground beef. You may need to add a little more oil when cooking.



Green for Go Local

Ingredients in **green** = locally grown or produced



Garlic



Onion



Cabbage



Carrot



Sweet Potato



Peas

Egg Roll in a Bowl

By Jenny & Rosie

Yield: 50 × 8 oz (240 mL) Elementary School servings

Ingredients

For Rice:

6 cups (1.5 L)	Brown rice
9 cups (2.25 L)	Water
1 Tbsp (15 mL)	Salt

For Pork-Vegetable Mixture:

8	Garlic cloves, chopped
1 Tbsp (30 mL)	Ginger, grated
1 cup (250 mL)	Low-sodium soy sauce
½ cup (125 mL)	Sesame oil
1 tsp (5 mL)	Ground black pepper
5 lb (2.27 kg)	Ground pork
1 Tbsp (15 mL)	Oil (if pork is very lean)
1 large	Onion , minced
2 medium	Cabbage , shredded (or 6 × 10 oz / 280 g bags
	Coleslaw mix)
2 lb (907 g)	Carrots or Sweet potatoes , peeled and grated
1 lb (454 g)	Sugar snap peas or frozen peas (optional)

Directions

Note: Wash all produce well.

1. Preheat the oven to 350°F (175°C). Lightly oil or spray a full 4-inch hotel pan with cooking spray and add the rice. Bring the water and salt to a boil and carefully pour over the rice. Mix well and cover tightly with foil or the pan lid.
2. Place in the oven for 1 hour, then remove from the oven and let stand, covered, for 30 minutes. Fluff with a wooden spoon and divide evenly between two hotel pans. Cover with lids or foil and hold warm until service.
3. Increase oven temperature to 400°F (200°C). In a blender or food processor, combine the garlic, ginger, soy sauce, sesame oil and black pepper. Blend for one minute, then set aside.
4. Pour the oil into a hotel (steam table) pan and crumble in the pork, spreading evenly. Toss in the onions and and cook for 20-30 minutes, stirring or mashing every 10 minutes, until the pork is cooked through.
5. Add the cabbage and carrots, mix well and return to the oven for 15 minutes.
7. Add sauce and optional peas to the pork mixture and stir well to combine. Divide between the two pans of rice equally.
8. Cover with lids or foil and hold food at a minimum 140°F (60°C), checking at regular intervals, in a warming oven or steam table set to 170°F (75°C).



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking. Serve with a fortune cookie.

- ★ Sauces: Plum, hoisin, sriracha, sweet chili
- ★ Toasted sesame, sunflower or pumpkin seeds
- ★ Crunchy chow mein noodles
- ★ Crispy wonton wrappers - brush with oil and bake at 350°F / 175°C until crispy
- ★ **Broccoli** - cooked
- ★ **Celery**
- ★ **Sweet potato** - cooked
- ★ **Spinach**
- ★ **Pea shoots**
- ★ **Radish**
- ★ **Green onion**
- ★ **Peppers**
- ★ **Mushrooms**
- ★ **Fresh cilantro**
- ★ **Fried tofu**
- ★ **Fruit**

Equipment

- Three 4" deep full-size hotel pans
- Sheet pan
- Food processor

Note from the Authors

"This dish is based on the popular flavours of Egg Rolls and it seems to be a big hit with many families!"

- Jenny & Rosie

Tips & Tricks

Food Safety Guidelines

If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

Conversion Measures

- 1 lb (454 g) of carrots = about 5 medium
- 1 lb (454g) of sweet potato = about 3 medium
- 1 lb (454g) of cabbage = half a medium
- 1 cup (200 g) of brown rice = about 2 ½ cups cooked

Veg It Up!

Add sweet pepper strips, bean sprouts, diced green beans, chopped broccoli, sliced mushrooms, sliced radishes, or corn for extra colour, fiber and flavour.

Swap In

Swap in an equal amount of diced chicken or tofu for the pork. You may need to add a little more oil when cooking.

Cooking in a Steam Kettle or Tilt Skillet

1. Brown the pork and onions in the oil over medium-high heat, adding the oil if your pork is on the lean side. A potato masher will help break up any clumps.
2. Once the pork is cooked through, add the cabbage and carrot and stir to combine.
3. Add the sauce mixture, the peas and the rice to the meat and veggies.
4. Stir and cook for another few minutes, until the mixture is 165°F (74°C).



Allergy Alert

If you have a sesame-free facility, omit the sesame oil.



Green for Go Local

Ingredients in **green** = locally grown or produced



Chicken



Potato



Carrot



Onion



Celery



Summer Savoury

Acadian Chicken Fricot

By Jenny & Rosie with Simon Thibault, author of "Palate and Pantry: Remembering and Rediscovering Acadian Food"

Yield: 50 x 8 oz (250 mL) Elementary School servings

Ingredients

6 lb (2.72 kg)	Chicken thighs or breasts , boneless and skinless
¼ cup (60 mL)	Salt
½ cup (125 mL)	Oil
2-3	Bay leaves
6 lb (2.72 kg)	Potatoes , peeled if necessary and diced
2 lb (907 g)	Carrots , peeled and diced (about 8 medium)
16 cups (4 L)	Water
½ cup (125 mL)	Butter
3 large (1 lb)	Onions or Leeks , diced small
8 ribs	Celery or 1 large Celeriac , minced
1 cup (250 mL)	Flour
¼ cup (60 mL)	Dried chives or Summer savoury
2 Tbsp (30 mL)	Onion powder
2 tsp (10 mL)	Ground black pepper

Directions

Note: Wash all produce well. This recipe can be made with an equal amount of bone-in, skin-on chicken pieces: after the potatoes are tender in Step 2, remove chicken from the stew and let sit until cool enough to handle. Strip the meat from the bones/skin. Add the meat back to the pot and proceed with Step 3.

1. Cut the chicken into 1" (2 cm) pieces and toss in a bowl with the salt. In a large pot, heat the oil over medium-high and brown the chicken in batches, moving to a bowl or hotel pan with a slotted spoon once browned.
2. When all the chicken is browned, return it all to the pot and add the bay leaves, potatoes, carrots and water. Cover and bring to a boil, then reduce the heat and simmer for 15-20 minutes, until the vegetables are tender and the chicken is cooked through.
3. Meanwhile, in a second pot, heat the butter over medium heat. Add the onions or leeks, and celery or celeriac. Stir and cook for 10-15 minutes, until vegetables are tender and beginning to brown.
4. Whisk the flour into the onions and celery, and cook for a further minute to toast the flour. Remove the onion-celery pot from the heat.
5. Once the potatoes are tender, stir the onion-celery mixture into the pot with the potatoes and chicken and place the pot over low heat. Stir and cook until the stew thickens, a further 5 to 10 minutes.
6. Transfer to hotel pans and cover with lids or foil until service. Hold food at a minimum of 140°F (60°C) internal temperature, checking at regular intervals, in a warming oven or steam table set to 170°F (75°C).



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking. Swap in dumplings or poutine rapées for biscuits.

- ★ **Butter** and molasses for tea biscuits
- ★ **Peas**
- ★ **Green or yellow beans**
- ★ **Parsnips** - roasted
- ★ **Sweet potatoes** - roasted
- ★ **Turnips** - roasted
- ★ **Beets** - pickled or roasted

Fruit Salad Bar

Try serving the Fricot with a selection of fruit or fruit salad to add extra appeal.

- ★ **Apples** - chopped and coated with a squeeze of lemon to prevent browning
- ★ **Pears** - chopped
- ★ **Peaches**
- ★ **Blueberries**
- ★ **Raspberries**
- ★ **Blackberries**
- ★ **Strawberries**
- ★ **Yogurt**
- ★ **Seeds** or **granola**
- ★ **Dried cranberries, dried blueberries** or **other dried fruit**
- ★ Try imported fruit such as mango, kiwis, oranges, grapes or starfruit

Equipment

- 16-20 quart pot
- Large frying pan
- Large sheet pan
- Two 4" deep full-size hotel pans

Note from the Authors

"We find offering a Dessert Fruit Salad Bar is a great way to encourage kids to try dishes that may be new to them, like this simple delicious Acadian dish. Choose from seasonal local fruit or use some frozen and imported fruit in winter! Supply small bowls or ramekins for fruit to control portion sizes and make it affordable."

- Jenny & Rosie

Tips & Tricks

Food Safety Guidelines

If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

Conversion Measures

- 1 lb (454 g) of carrots = about 5 medium
- 1 lb (454 g) of onions = about 3 large
- 1 lb (454 g) of leeks = about 2-3 medium

Leftovers

Leftover stew may be frozen. Thaw in the refrigerator a few days in advance and bring to a simmer over low heat before serving. Heat to 165°F (74°C).

Veg (or Fruit) It Up!

Add diced turnip, parsnip, sweet potatoes or green beans with the potatoes in Step 2, or frozen or fresh peas in Step 5. Add dried cranberries, dried blueberries, or rose hips (seeds removed) to the biscuits in Step 2.



Green for Go Local

Ingredients in **green** = locally grown or produced



Whole Wheat Flour



Milk



Butter



Cheese

Bonus Recipe: Tea Biscuits

By Jenny & Rosie with Kelly Neil, food photographer and recipe developer at: kellyneil.com

Yield: 50 x 8 oz (250 mL) Elementary School servings

Ingredients

4 cups (1 L) **Whole wheat flour**
 4 cups (1 L) All-purpose flour
 ¼ cup (60 mL) Baking powder
 1 Tbsp (15 mL) Salt
 1 cup (250 mL) **Butter**
 3 ½ cups (750 mL) **Milk**

To Make Cheese Tea Biscuits (optional):

4 cups (1 L) Grated **cheddar cheese**

Directions

Note: If making Cheese Tea Biscuits, add the grated cheddar cheese in Step 2.

1. Preheat the oven to 450°F (230°C). Line a large baking sheet with parchment paper for easier cleanup.
2. In a large bowl, whisk together the whole wheat flour, all-purpose flour, baking powder and salt.
3. Using a box grater, grate in the butter. Use your hands to combine well with the flour mixture.
4. Stir in the milk to form dough. In the bowl, knead the dough 20-25 times. You may need to add a little more milk if the mixture seems too dry. Let the dough rest for a few minutes.
5. Place the dough on the prepared baking sheet and pat the dough out into a ¾" (2 cm) thick rectangle. Using a dough scraper or knife, cut the dough into 50 equal-sized pieces.
6. Separate the dough pieces and space them evenly in the pan. Bake for 15-17 minutes, until golden brown.



Green for Go Local

Ingredients in **green** = locally grown or produced



Green Tomato Chow



Potato



Turnip



Sweet Potato



Haddock

Crispy Breaded Haddock with Home Fries

By Jenny & Rosie

Yield: 50 Elementary School servings

Serving Size: 3 oz (85 g) fish, 3 oz (85 g) home fries, 1 Tbsp (15 mL) tartar sauce

Ingredients

For Tartar Sauce:

2 cups (500 mL)	Mayonnaise
1 cup (250 mL)	Yellow mustard
1 cup (250 mL)	Relish or green tomato chow

For Home Fries:

10 lb (4.54 kg)	Potatoes , washed and cut in wedges or cubes
½ cup (125 mL)	Oil
2 tsp (10 mL)	Salt or garlic salt

For Haddock:

4 cups (1 L)	Breadcrumbs (whole wheat panko or ground whole grain bread)
½ cup (125 mL)	Oil
1 tsp (5 mL)	Salt
10 lb (4.54 kg)	Haddock fillets cut in 3–4 oz (85–115 g) portions
2 tsp (10 mL)	Salt
½ tsp (3 mL)	Ground black pepper

Directions

Note: Wash all produce well.

1. To make the tartar sauce, combine the mayonnaise, mustard and relish or chow. This can be done ahead and stored, tightly covered, in the fridge.
2. Preheat the oven to 400°F (200°C). Toss potatoes with oil and salt and spread in a single layer on a baking sheet lined with parchment (or two if needed)*. Roast, turning the potatoes once or twice, for 25–30 minutes, until tender and browned. Hold warm until needed in the oven or steam table.
3. In a frying pan, heat the oil over low heat. Add breadcrumbs and salt and stir to combine. Cook, stirring occasionally until breadcrumbs are golden brown, 5 to 10 minutes. This step can be done ahead; store the crumbs in a tightly covered container in the freezer until needed.
4. Meanwhile, line two full-size baking sheets or four smaller sheets with parchment and lightly oil. Lay the fish out in a single layer and season with salt and pepper. Sprinkle with the crumbs and pat firmly to adhere.
5. Just before serving, bake for 8–10 minutes. If you need to keep the fish warm for a while, remove the baking sheets from the oven, allow the oven to cool to 170°F (75°C), then return the sheets to the oven. Serve straight from the baking sheet as the flaky fish will not transfer well to a hotel pan.

**If you don't have enough oven space to bake the wedges, try serving the haddock with mashed potatoes (page 22) or brown rice (page 35)!*



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ Sauces: Tartar sauce, green tomato chow, ketchup, vinegar, lemon
- ★ **Caesar salad**
- ★ **Garden salad: lettuce, spinach, tomatoes, cucumbers, grated carrots**
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Broccoli** - lightly cooked
- ★ **Carrots** - lightly cooked or raw
- ★ **Peas**
- ★ **Dulse**
- ★ **Green or yellow beans**
- ★ **Fiddleheads** - cooked
- ★ **Pea shoots** or other **microgreens**
- ★ **Brussels sprouts** - roasted or boiled
- ★ **Turnip** - roasted or mashed
- ★ **Fruit**

Equipment

- Three full-size baking sheets
- Large bowl
- Frying pan

Note from the Authors

"We find that offering this simple healthy take on the classic fish 'n' chips is a great way to get local fish on plates. It's a big hit!"

- Jenny & Rosie

Tips & Tricks

Change It Up!

- Add some spice to the home fries by seasoning with paprika, garlic powder, onion powder, oregano and ground black pepper.
- Serve the fish in a bun for a Crispy Fish Sandwich or on corn tortillas with cabbage and taco toppings for a Fish Taco.
- This easy method would work well with any fish; adjust the cooking time for thicker fillets if necessary.

Make Extra

Prepare a large batch of the toasted breadcrumbs and store in the freezer.

Veg It Up!

Add diced turnip, sweet potatoes, or parsnips along with potatoes to the home fries for extra colour, fiber and flavour.



Green for Go Local

Ingredients in **green** = locally grown or produced



Flax Flour



Oatmeal



Maple Syrup



Apple



Blueberry



Egg

Three Grain Pancakes

By Jenny & Rosie

Yield: 50 Elementary School servings

Serving Size: 2 × 4-inch pancakes

Ingredients

For Pancakes:

10 cup (2.5 L)
2 cups (500 mL)
3 cups (750 mL)
½ cup (125 mL)
2 Tbsp (30 mL)
1 cup (250 mL)
2 Tbsp (30 mL)
32
16 cups (4 L)
1 cup (250 mL)
As needed

Whole wheat flour
Ground **flax seed (flax flour)**
Oatmeal, ground to a powder in a blender
Baking powder
Cinnamon
Sugar
Salt
Eggs, lightly beaten
Milk, water or a mixture
Melted **butter** or oil
Butter, oil or cooking spray for cooking

To Serve:

3 cups (750 mL) **Maple syrup**

Directions

Note: Wash all produce well. If serving with Apple Blueberry Sauce, start cooking that first so it has time to cool. **Pancakes can also be baked on a sheet pan (see step 5).**

1. Preheat the flat top to 375°F (190°C) if you have one. Preheat the oven to 170°F (75°C).
2. In a large bowl, combine the whole wheat flour, ground flax, ground oats, baking powder, cinnamon, sugar, and salt.
3. In a separate bowl, whisk the eggs, milk, and butter or oil. Pour into the dry ingredients and mix thoroughly.
4. If you don't have a flat top, heat two large pans over medium heat for a few minutes. Add butter or oil or spray with cooking spray. Spoon in pancake batter by the ¼ cupful (60 mL) and let cook until the edges look dry and bubbles have formed on top.
5. Flip the pancakes, then cook on the other side until they are done, about a minute. As the pancakes cook, pile them in a hotel pan and keep warm in the oven, covered. Alternatively, you can also bake the pancake batter on 4 buttered half-size sheet pans at 425°F (225°C) for about 20 minutes. Cut into strips or squares to serve.
6. Serve two pancakes per plate with 1 Tbsp maple syrup and fruit sauce or fresh fruit.



Equipment

- Large bowl
- 2 large frying pans

Note from the Authors

"Fruit sauce is a popular healthy addition to any plate and goes perfectly with pancakes. This is a great way to use imperfect fruit. Many local farms have seconds and great deals when buying large quantities, as well as frozen local fruit for sale so you can really make this a local treat whatever the season. Apples and frozen blueberries are available year round, so you can make this local treat whatever the season!"

- Jenny & Rosie

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ **Fruit sauce** (recipe on page 29)
- ★ **Scrambled eggs**
- ★ **Apples** - chopped and coated with a squeeze of lemon to prevent browning
- ★ **Pears** - chopped
- ★ **Peaches**
- ★ **Blueberries**
- ★ **Raspberries**
- ★ **Blackberries**
- ★ **Strawberries**
- ★ **Yogurt**
- ★ **Seeds or granola**
- ★ **Dried cranberries**
- ★ **Dried blueberries**
- ★ Try imported fruit such as bananas, mango, kiwis, oranges, grapes, starfruit

Tips & Tricks

Make Ahead & Make Extra

Mix up an extra batch or two of the dry ingredients to make it easier next time you serve pancakes. For each cup of mix, add 2 eggs, 1 cup milk or water, and 1 Tbsp melted butter or oil. Apple Blueberry Sauce can be made ahead and leftover sauce may be frozen; thaw in the refrigerator a few days in advance.

Conversion Measures

- 1 lb of apples (about 3 medium apples) = 1 ½ cups apple sauce

Veg (or Fruit) It Up!

Add 4 cups mashed sweet potatoes, squash or pumpkin to the milk mixture in Step 3 for Pumpkin Pancakes. Yield will be a bit higher. For blueberry or diced apple pancakes, add 8 cups (2 L) fruit after Step 3.



Green for Go Local

Ingredients in **green** = locally grown or produced



Beef



Oatmeal



Egg



Honey



Potatoes



Milk

Giant Sweet and Sour Meatballs

By Jenny & Rosie with Chantelle Webb, Chef and part-owner of Lunn's Mill in Lawrencetown, NS

Yield: 50 Elementary School servings

Serving Size: 1 meatball, 2 Tbsp (30 mL) sauce, ½ cup (125 mL) potatoes

Ingredients

For Meatballs:

2 large	Onions , minced
8 cloves	Garlic , minced
10 lb (4.54 kg)	Ground beef or pork (or a mixture)
2 cups (500 mL)	Oatmeal
4	Egg
¼ cup (60 mL)	Dry mustard
4 tsp (20 mL)	Salt
2 tsp (10 mL)	Black pepper
5 Tbsp (75 mL)	Worcestershire sauce

For Sauce:

2 × (398 mL) can	Crushed pineapple
½ cup (125 mL)	Ketchup
½ cup (125 mL)	Apple cider vinegar or white vinegar
½ cup (125 mL)	Honey or brown sugar
2 tsp (10 mL)	Soy sauce
2 tsp (10 mL)	Freshly grated ginger or ½ tsp dried ginger
¼ cup (60 mL)	Water
2 tsp (5 mL)	Cornstarch

For Mashed Potatoes:

16 lb (7 kg)	Potatoes , peeled if necessary and cut into 1-inch chunks
¼ cup (60 mL)	Salt
1 cup (227 g)	Butter
8 cups (2 L)	Milk , warmed in the microwave or a small pot

Directions

Note: Wash all produce well.

1. Preheat the oven to 350°F (175°C). Purée the onion and garlic in the food processor or finely mince by hand.
2. In a large bowl or on a large sheet pan, spread out ground meat. Add onion and garlic purée, oatmeal, eggs, dry mustard, salt, black pepper, and Worcestershire sauce. Use hands to mix until thoroughly combined.
3. Line a baking sheet with parchment. Using a 3 oz (85 mL) scoop, portion the meat mixture onto the parchment.
4. Bake the meatballs until cooked through and the thermometer reads 160°F (71°C), about 25–30 minutes. Pile them into a hotel pan and hold warm until needed at a minimum 140°F (60 °C), checking at regular intervals, in an oven or steam table set to 170°F (75°C).
5. In a 1 quart (1 L) saucepan, combine the pineapple, ketchup, vinegar, honey, soy sauce and ginger. Bring to a simmer over medium heat. Whisk together water and cornstarch and add to pineapple mixture. Cook and stir until thick. Pour the sauce over the meatballs in the pan, or serve on the side.

Directions continued on next page...



Equipment

- Large bowl
- Baking sheet
- 3 oz (85 mL) scoop
- 16 qt pot
- 2 qt saucepan
- Food processor

Note from the Authors

"Rolling a lot of meatballs and serving them is a lot of work, so we streamlined the preparation to make just one meatball per serving. Luckily, kids really seem to love the idea of anything "giant!" If you'd prefer, serve the meatball with rice!"

- Jenny & Rosie

6. Meanwhile, place the potatoes in a large pot, add salt and enough water to cover the potatoes. About an hour before they are needed, cover the pot and bring to a boil over high heat, then reduce the heat to medium. Cook until potatoes are tender, about 20 minutes.
7. Drain potatoes and return to the pot. Add butter and mash, then add milk and mash again until smooth. Taste and add a little salt if needed. Hold the potatoes at a minimum 140°F (60°C) internal temperature, in the pot or in a steam table pan. Serve the meatballs with a scoop of mashed potatoes, sauce and desired vegetables on the side.

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking!

- ★ **Peas**
- ★ **Brussels sprouts**
- ★ **Carrots** - cooked or raw
- ★ **Broccoli** - cooked
- ★ **Cucumber**
- ★ **Corn**
- ★ **Green or yellow beans**
- ★ **Turnip** - raw or roasted
- ★ **Sauerkraut**
- ★ **Fiddleheads** - cooked
- ★ **Squash** - roasted or mashed
- ★ **Kale** - chips, boiled or shredded raw
- ★ **Coleslaw or broccoli slaw**
- ★ **Beets** - grated raw, pickled or roasted
- ★ **Fruit**

Tips & Tricks

Change It Up!

- Serve with brown rice (see page 35) instead of mashed potatoes.
- Serve the meatballs with cranberry sauce or gravy.
- Swap in 4 cups diced apples for the pineapple to make Apple Sweet and Sour Sauce. Omit the cornstarch and add 1 extra cup of water to the mixture, bring to a simmer and cook until thickened, about 20 minutes.

Make Extra

Make extra meatballs with fresh (not previously frozen) beef or pork and freeze for next time. To freeze, lay out on a baking sheet pan individually in the freezer so they don't clump, when partially frozen transfer into sealed bags or containers, making sure to note quantity.

Veg It Up!

For a delicious take on *Stamppot* (a traditional Dutch dish), add sliced carrots, onions, or kale to the potatoes in Step 5.



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Beef



Onion



Oatmeal



Whole Wheat Buns



Lettuce



Tomatoes

Handmade Hamburgers

By Jenny & Rosie

Yield: 50 Elementary School servings

Serving Size: 1 x 3 oz (85 g) burger (*Note: Bigger appetites may prefer a 4 oz burger, and very small appetites may prefer half a burger.*)

Ingredients

7 ½ lb (3.5 kg)	Lean ground beef
3 cups (750 mL)	Oatmeal , ground to a powder in a food processor or blender
4 ½ tsp (23 mL)	Salt
2 ½ tsp (13 mL)	Ground black pepper
2 large	Onions , finely minced in a food processor
50 small	Whole wheat hamburger buns
50 leaves (2 heads)	Lettuce
50 slices	Tomato (about 2.75 lb/1.25 kg)
50 slices	Pickles (about ⅓ of a 1 L jar)
As needed	Ketchup, mustard, mayo and toppings of choice

Directions

Note: Wash all produce well. Buns are best when warmed for ten minutes or so on baking sheets at 200°F (90°C).

1. In a large bowl, combine the beef, ground oatmeal, salt, pepper, and minced onions. Use your hands to combine thoroughly.
2. When forming the patties, a slightly rounded #16 scoop will portion a 3 oz (85 g) burger quickly, or use a scale to weigh the first few scoops to get a sense of the scoop size. Use a hamburger press or the lid of a 3.78 L jug to press out the burgers.

Note: If using a lid, line it with a doubled piece of plastic wrap to make it easy to get the burgers out. Place the portioned burger mixture inside the lid and use your fingers to press out into an even patty.

3. Place burger patties in a tub or tray and separate layers with plastic wrap.
4. Cook the patties on a flat-top, portable grill, or in pans on the stovetop. If it's easier they could also be broiled in the oven. Check to make sure the internal temperature is at least 165°F (75°C). Hold warm in a hotel pan or on a baking sheet until ready to serve, then place in the buns with lettuce, tomato, and desired toppings.



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ Condiments: Ketchup, mustard, relish, mayo
- ★ Home fries or wedges (**potato** or mix of **potato, sweet potato** and **turnip**)
- ★ Natural **cheese slices** or **grated cheese**
- ★ **Onions** - fried or raw
- ★ **Mushrooms** - fried or raw
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Lettuce**
- ★ **Tomato**
- ★ Sliced **pickles**
- ★ **Veggie sticks:**
 - ★ **Carrots**
 - ★ **Cauliflower**
 - ★ **Cucumbers**
 - ★ **Radish**
 - ★ **Turnip**
- ★ **Beets** - roasted or pickled
- ★ **Dulse**
- ★ **Kale chips**
- ★ **Fruit**

Equipment

- #16 scoop
- Patty maker (optional but helpful)

Note from the Authors

"We've found that children and adults alike REALLY enjoy customizing their meal to taste! This can allow you to simplify the menu to just one dish with a variety of topping and side options. If serving wedges or home fries add just a few, as the burgers are filling. Round out the plate with veggie sticks and fruit."

- Jenny & Rosie

Tips & Tricks

Swap In

Swap in ground pork for some or all of the ground beef in the recipe.

Conversion Measures

- 1 head of romaine lettuce = about 25 leaves
- 1 lb medium tomatoes = 3 medium tomatoes and makes about 18 slices
- 32 oz (1 L) pickle jar = about 180 pickle chips

Leftovers

Leftover cooked patties can be frozen until the next burger day, then defrosted and warmed in a pan or in the oven. Heat to 165°F (74°C) and then hold at an internal temperature at or above 140°F (60°C).

Make Extra

Make extra patties with fresh beef (not previously frozen) and freeze for next time.

Veg It Up!

Add 1 lb (454 g) mushrooms, finely minced in the food processor, in Step 1. You can substitute 1 cup (250 mL) dried green lentils, cooked, drained and mashed, for 2 lb (907 g) beef in Step 1.

Modifications

Keep some veggie burgers, gluten-free bread and buns on hand.



Allergy Alert

Oatmeal is not always gluten-free. Be sure to check if you are serving people with celiac.



Green for Go Local

Ingredients in **green** = locally grown or produced



Eggs



Chicken



Breadcrumbs



Potatoes



Honey

Crispy Chicken and Wedges

By Jenny & Rosie

Yield: 50 Elementary School servings

Serving Size: 1 drumstick or 2 chicken fingers, 3 oz (100 g) potatoes

Ingredients

For Chicken:

3 cups (750 mL)	Ranch dressing (see page 49) or buttermilk
4	Eggs
2 Tbsp (30 mL)	Salt
2 tsp (10 mL)	Ground black pepper
50 (17 lb / 8 kg)	Chicken drumsticks OR 10 lb (4.54 kg) boneless, skinless chicken breast or thighs cut into 1 oz (30 g) strips or nuggets
8 cups (2 L)	Whole wheat panko or other dry breadcrumbs
1 cup (250 mL)	Oil

For Wedges:

10 lb (4.54 kg)	Potatoes , washed and cut into wedges or cubes
½ cup (125 mL)	Oil
2 tsp (10 mL)	Salt or garlic salt
To serve	Honey , ketchup, sweet and sour sauce

Directions

Note: Wash all produce well. If using drumsticks, marinate overnight for best results.

1. Whisk the ranch dressing, eggs, salt and pepper until thoroughly combined. Place the chicken in a container or bowl and pour the dressing over, tossing to coat. Cover and refrigerate overnight for drumsticks, or for at least an hour for fingers.
2. In a large frying pan, heat the oil over low heat. Add the breadcrumbs and stir to combine. Cook, stirring occasionally, until breadcrumbs are golden brown, 5 to 10 minutes. (This step can be done ahead, store the crumbs in a tightly covered container in the freezer until needed.)
3. Heat the oven to 400°F (200°C). Line two full sheet pans with parchment paper.
4. To make the wedges, toss the potatoes with the oil and salt and spread in a single layer on one of the prepared baking sheets*. Roast, turning the potatoes once or twice, for 25–30 minutes, until tender and browned. Hold warm until needed in the oven or steam table.
5. To bake the chicken, remove the chicken from the marinade, letting excess drip off. Coat in the breadcrumb mixture, then place on the prepared sheet pan in a single layer.
6. Bake until the internal temperature reaches 165°F (74°C), about 1 hour for drumsticks and 15–20 minutes for fingers.

**If you don't have enough oven space to bake the wedges, try serving the crispy chicken with buttered noodles, corn, brown rice (see page 35) or mashed potatoes (see page 22)!*



Note from the Authors

"This recipe is so versatile and can be a great healthy play on many restaurant style dishes! Offering a variety of sauces for dips, burgers, sandwiches or wraps allow it to be a dish that can be tailored to many tastes!"

- Jenny & Rosie

Bonus Recipe: Ranch Dressing

Yield: 50 oz (1.5 L) or 100 x 1 Tbsp portions

Ingredients

2 Tbsp (30 mL)	Dried parsley
1 Tbsp (15 mL)	Onion powder
2 tsp (10 mL)	Garlic powder
1 tsp (5 mL)	Dried dill
1 tsp (5 mL)	Ground black pepper
2 tsp (10 mL)	Salt
1 jar (3 ¾ cups / 890 mL)	Real mayonnaise
2 cups (500 mL)	Buttermilk, sour cream or plain yogurt
2 Tbsp (30 mL)	Apple cider vinegar or white vinegar

Directions

Note: Make up a bulk batch of the dried herbs, spices and salt and use 5 Tbsp for each batch of dressing. For an **easy Caesar-like dressing**, add parmesan cheese.

1. Place the dried parsley, onion powder, garlic powder, dried dill, black pepper, salt, mayo, buttermilk and vinegar in a bowl. Whisk until smooth, then transfer to squeeze bottles.

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- | | |
|---|--|
| ★ Sweet potatoes - mashed or roasted | ★ Coleslaw or broccoli slaw |
| ★ Carrots | ★ Broccoli |
| ★ Cucumbers | ★ Cauliflower |
| ★ Lettuce and other greens | ★ Turnips or rutabaga - raw or roasted |
| ★ Tomatoes | ★ Green or yellow beans - lightly cooked |
| ★ Sunflower shoots or other microgreens | ★ Peas |
| | ★ Corn |
| | ★ Fruit |

Tips & Tricks

Change It Up!

- Layer chicken fingers with tomato sauce, mozzarella and parmesan cheese for Chicken Parmagiana, tuck fingers into a bun for a "fried" chicken burger, or roll up in a wrap with Caesar salad for a crispy chicken Caesar wrap.
- Try this recipe with a variety of sauces for dipping, such as: ranch, Caesar, sweet and sour, BBQ, marinara, ketchup, buffalo hot sauce, honey mustard, mayo, sweet chili, curry mayo, sesame soy or sriracha.

Veg It Up!

Roast whole green beans, sweet potatoes, turnips (rutabagas) and parsnips cut into french fry shapes along with the potatoes to add colour, fiber, and flavour.



Green for Go Local

Ingredients in **green** = locally grown or produced



Potatoes



Milk



Butter

Baked Potatoes / Mashed Potato Bowls

By Jenny & Rosie

Yield: 50 Elementary School servings

1) Baked Potatoes

Ingredients

50 medium-large Russet or other baking **potatoes**, scrubbed

Directions

Note: Smaller appetites might prefer ½ potato.

1. Preheat the oven to 400°F (200°C).
2. Place the potatoes on a baking sheet or directly on clean oven racks. Bake for 60-90 minutes, until the internal temperature reaches 165°F (74°C) and the potatoes are tender.
3. Hold warm at a minimum 140°F (60°C) internal temperature, in the oven or steam table. When ready to serve, split almost all the way through with a sharp knife.
4. Add desired toppings (see *Create Your Plate!* on next page for suggestions) to the baked potatoes or place on the side or in a salad bar. If you choose to add hearty toppings like chicken fingers or beef, this recipe may yield more servings.

2) Mashed Potato Bowls

Ingredients

25 lb (11.3 kg) **Potatoes**, peeled and cut into 1 inch pieces
 1 ½ cups (375 mL) **Butter**
 ¼ cup (60 mL) Salt
 12 cups (2.5 L) **Milk**, warmed in the microwave or a pot

Directions

1. Place the potatoes in a large pot. Add salt and enough water to cover. Cover and bring to a boil, then reduce the heat to medium. Cook until potatoes are tender, about 20 minutes.
2. Drain and return to the pot. Add butter and milk and mash until smooth. Hold warm at a minimum 140°F (60°C) in the oven or steam table until needed. For Garlic Mashed Potatoes, add 4 cloves of grated garlic while mashing.
3. Place portions in bowls or on plates. Add desired toppings (see list below) to the mashed potatoes or place on the side or in a salad bar.



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ **Butter**
- ★ **Sour cream**
- ★ **Grated cheese**
- ★ **Chili**
- ★ **Taco beef**
- ★ **Baked beans**
- ★ **Gravy**
- ★ **Cheese curds & gravy**
- ★ **Cheese sauce** (see recipe on page 52) and **broccoli**
- ★ **Salsa** mixed with **beans**
- ★ **Crumbled bacon**
- ★ **Chicken, pork or beef** - cut into strips and cooked
- ★ **Crispy chicken** fingers (see recipe on pg 48) - cut into chunks
- ★ **Chives or green onions** - sliced
- ★ **Corn on the cob**
- ★ **Broccoli** - cooked or raw
- ★ **Make a Rainbow Salad:**
 - ★ **Carrots** - sticks or grated
 - ★ **Sweet peppers**
 - ★ **Corn**
 - ★ **Cucumber**
 - ★ **Lettuce** or other **greens**
 - ★ **Tomato** - diced
 - ★ **Red cabbage**
 - ★ **Fruit**

Equipment

- 2-4 Large baking sheet pans
- 2-4 Hotel pans for holding and sides

Note from the Authors

"Baked potatoes are a wonderful alternative for people who are Gluten Free because they are so versatile. Whether a taco potato or Italian-style with tomato, meat and cheese, you will make someone happy who otherwise may not get to taste the same flavours as the group. Be sure to keep separate and be aware of any gluten cross-contamination!"

- Jenny & Rosie

Tips & Tricks

Conversion Measures

- 1 lb (454 g) of Potatoes = 1-2 medium/large = about 2 cups mashed

Waste Control

Use leftover potatoes in soups, mashed potatoes, or fish cakes. Mashed potatoes can be frozen.

Veg It Up!

Make a veggie mash kids will love by swapping in turnip, carrots, sweet potato or cauliflower florets for some of the potatoes.



Green for Go Local

Ingredients in **green** = locally grown or produced



Sweet Potato



Carrot



Squash



Cheese



Milk

Cost Guide

Note: These are estimated costs. Budget for a possible 15% change based on cost/waste variations.

Cheese sauce: \$0.81

Macaroni: \$0.36

Veggies and **fruit**: \$0.46

Total cost per Elementary School serving: \$1.63

Creamy Mac & Cheese

By Jenny & Rosie with Carla Durno, Head Cook at Somerset & District School

Yield: 50 × 8 oz (250 mL) Elementary School servings

Serving Size: Generous ½ cup cheese sauce per 1 cup macaroni; for middle and high school students, increase portion amounts by 50%

Shopping List

Ingredients	For 25	For 50	For 100
Sweet potatoes, carrots, or squash	1 lb (454 g)	2 lb (907 g)	4 lb (1.81 kg)
Butter	1 cup (227 g)	1 lb (454 g)	2 lb (907 g)
All-purpose flour	1 cup (250 mL)	2 cups (500 mL)	4 cups (1 L)
Milk	8 cups (2 L)	16 cups (4 L)	32 cups (8 L)
Grated parmesan	½ cup (125 mL)	1 cup (250 mL)	2 cups (500 mL)
Grated cheddar	5 cups (575 g)	10 cups (1.15 kg)	20 cups (2.3 kg)
Salt	1 Tbsp (15 mL) & 1 tsp (5 mL)	2 Tbsp (30 mL) & 2 tsp (10 mL)	¼ cup (60 mL) & 4 tsp (20 mL)
Dry mustard	1 Tbsp (15 mL)	2 Tbsp (30 mL)	4 Tbsp (60 mL)
Whole wheat macaroni	3 lb (1.36 kg)	6 lb (2.72 kg)	12 lb (5.44 kg)
Fruit/veg side (total)	5 lb (2.27 kg)	10 lb (4.54 kg)	20 lb (9.08 kg)

Tips & Tricks

Make Extra

Make extra sweet potato, carrot, or squash purée and freeze in recipe size batches to save a step next time. Make extra cheese sauce and freeze in batches. Label clearly.

Conversion Measures

- 1 lb (454 g) of whole squash = 1 cup (250 mL) purée
- 1 lb (454 g) of sweet potato (3 medium) = 2 cups (500 mL) purée
- 1 lb (454 g) of carrots (5 medium) = 2 cups purée
- 2 oz (56 g) dry macaroni = ½ cup (125 mL) dry volume and makes 1 cup (250 mL) cooked pasta

Leftovers

Cheese sauce is great for baked potatoes or for nachos (add beef, peppers, tomatoes and other toppings to tortilla chips).

Promotional Tips

- *Announce it:* "Today's special in the cafeteria is Creamy Mac & Cheese! Eat as many colours of fruit and veggies as you can each day because they all help keep different parts of your body stay strong. Yellow and orange keep your eyes healthy and your skin glowing!"
- *Local connection:* Featuring and highlighting local ingredients with fun facts is a great learning opportunity and increases student/parent participation.



e.g. **Sweet Potato:** Patate douce (French), Patata dulce (Spanish), Süßkartoffel (German)



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking!

- ★ **Broccoli, cauliflower** or **carrot** – lightly cooked
- ★ **Fresh tomato**
- ★ **Spinach**
- ★ **Green onion**
- ★ **Peppers**
- ★ **Mushrooms**
- ★ **Corn**
- ★ **Olives**
- ★ **Dried Italian herbs**
- ★ **Fresh basil**
- ★ **Diced chicken, diced baked ham, coldwater shrimp, snow crab, lobster** or tuna
- ★ **Ketchup, salsa** or hot sauce
- ★ **Fruit**
- ★ **Caesar salad** (**romaine** and **kale** blend, **garlic croutons, parmesan, crispy bacon bits**)

Equipment (for 50)

- Large saucepan
- 20 qt pot
- One or two 4" deep full-size hotel pans
- Food processor, blender or immersion blender – can save time in many recipes

Directions

Note: Wash all produce well.



1

Assemble ingredients. Peel and dice sweet potatoes, carrots or squash.

For a sharper taste that older students might enjoy, add more Parmesan or use extra old cheddar.



2

For Macaroni: Bring a large pot of water to a boil while making cheese sauce. Add the macaroni and salt and boil until the macaroni is quite tender, about 10 minutes. Drain the macaroni.



3

For Cheese Sauce: Place sweet potatoes, carrots or squash in a large pot and add enough water to cover. Bring to a boil, then reduce heat to low and simmer until tender, 10-15 minutes. Drain, then purée in a blender or food processor. Set aside.



4

Melt the butter over medium-low heat in a large, heavy saucepan. Whisk in the flour and cook for a minute. Slowly add the milk, whisking constantly to avoid lumps.

Continue to whisk frequently as the mixture thickens and begins to bubble, about 20 minutes.



5

Add parmesan, 8 cups of grated cheddar, salt and mustard powder and whisk to combine. Whisk in the sweet potatoes, carrots or squash. Taste and adjust salt if necessary. If the sauce seems too thick add a little more milk or water.

Combine macaroni with the cheese sauce in a large hotel pan. Sprinkle with the additional 2 cups grated cheddar. Hold the macaroni and cheese warm at a minimum 140°F (60°C) internal temp in the oven or steam table.



6

To Serve: Create a mise en place ("everything in its place") station by laying out all the prepared ingredients you need to get ready to plate.

Organize the ingredients in the order that you will use them. If using a salad bar, place toppings in the salad bar.

Assemble plates. If the mixture becomes dry as it is held, add a little water or milk and stir. The sauce and macaroni could also be served separately.



Green for Go Local

Ingredients in **green** = locally grown or produced



Beef



Beans



Garlic



Cheese

Cost Guide

Note: These are estimated costs. Budget for a possible 15% change based on cost/waste variations.

- Tortilla: \$0.22
- Filling: \$0.70
- Cheddar:** \$0.13
- Romaine:** \$0.15
- Tomatoes:** \$0.08
- Sour cream & salsa:** \$0.15
- Rainbow salad** or additional sides: \$0.23

Total cost per Elementary School serving: \$1.66

Soft Beef Tacos

By Jenny & Rosie with Barb Henshaw, Head Cook at Berwick & District School

Yield: 50 Elementary School servings (1 taco each)

Serving size: 1 tortilla, 2 oz (60 g) filling, 1 Tbsp (15 mL) cheddar, 1/3 cup (80 mL) romaine, 2 Tbsp (30 mL) tomatoes, 1 Tbsp (15 mL) each sour cream & salsa

Shopping List

Ingredients	For 25	For 50	For 100
Lean ground beef	2 1/2 lb (1.1 kg)	5 lb (2.27 kg)	10 lb (4.54 kg)
Dried beans	1 cup (250 mL)	2 cups (500 mL)	4 cups (1 L)
Salt	1 1/2 tsp (7.5 mL)	1 Tbsp (15 mL)	2 Tbsp (30 mL)
Oil	2 Tbsp (30 mL)	1/4 cup (60 mL)	1/2 cup (125 mL)
Onions	1 large	2 large	4 large
Garlic	3 cloves	5 cloves	10 cloves
Chili powder	1/4 cup (60 mL)	1/2 cup (120 mL)	1 cup (250 mL)
Cumin	1 1/2 tsp (7.5 mL)	1 Tbsp (15 mL)	2 Tbsp (30 mL)
6-7" WW tortillas	25	50	100
Cheddar cheese	2 cups (300 g)	4 cups (600 g)	8 cups (1.2 kg)
Sour cream	2 cups (500 mL)	4 cups (1 L)	8 cups (2 L)
Salsa	2 cups (500 mL)	4 cups (1 L)	8 cups (2 L)
Romaine lettuce	2 heads	4 heads	8 heads
Tomatoes	2 1/2 lb (1.1 kg)	5 lb (2.27 kg)	10 lb (4.54 kg)
Fruit/veg side (total)	5 lb (2.27 kg)	10 lb (4.54 kg)	20 lb (9.08 kg)

Tips & Tricks

Food Safety Guidelines

If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

Modifications

Make a small batch of vegetarian taco filling by cooking onions, garlic, chili powder, and a little salt with mashed beans. Swap in 100% corn tortillas for a gluten-free meal.

Swap In

Swap in 5 lb (2.27 kg) diced chicken instead of beef in Step 4.

Change It Up!

Roll the filling into large tortillas and bake for burritos or taquitos, or use the filling to top a taco baked potato, taco salad, nachos or rice for a burrito bowl.

Promotional Tips

- *Announce it:* "Today's special in the cafeteria is Soft Beef Tacos! Choose your own adventure from a rainbow of vegetables and make your taco a tasty work of art."
- *Local connection:* Featuring and highlighting local ingredients with fun facts is a great learning opportunity and increases students and parents participation.



e.g. **Tomato:** Tmato's (Mi'kmaq), Tomato (French), Tomato (Spanish) Tomato (German)



Directions

Note: Wash all produce well. If you're not sure students will like beans in their tacos, start by preparing the recipe with 6 lb (2.72 kg) ground beef and ½ cup (125 mL) dried beans or 1 can of cooked beans.

Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking!

- ★ **Beans**
- ★ **Onion**
- ★ Guacamole
- ★ Avocados - chopped
- ★ Banana peppers
- ★ **Cilantro**
- ★ Hot sauce
- ★ **Fruit**
- ★ **Sweet peppers**
- ★ **Red or green cabbage**
- ★ **Corn**
- ★ **Carrot** - shredded
- ★ **Onion** - minced

Equipment (for 50)

- 16-20 qt (16 L) pot
- Large frying pan
- Two 4" deep full-size hotel pans
- #18 1.78 oz (53 mL) scoop



1

To start with dried beans, place in a large pot and cover beans with water (about 3 cups water to 1 cup beans). Let stand for 6 hours or overnight.

The next day, bring to a boil. Reduce heat to low and simmer for 1-2 hours until very tender. Drain beans, saving the liquid.



2

Mash the beans by hand with a potato masher or purée in a food processor with enough bean or can liquid until fairly smooth.

Beans can be prepared ahead and stored in the fridge tightly covered. Preheat oven to 350°F (175°C).



3

Mince onions and garlic by hand or in a food processor.

Heat oil in a large pot over medium heat. Add the onions and sauté for 5-10 minutes, until onions soften and begin to brown.



4

Increase the heat to medium-high and add the ground beef, garlic, chili powder, cumin and salt. Cook and stir until beef has browned, 15-20 minutes.

Add the puréed beans. Cook, stirring occasionally, until the mixture bubbles. Reduce heat to low and cook another 30-60 minutes until the mixture has thickened.



5

Line hotel pans with parchment. Using a 1.75 oz (52 mL) scoop, fill tortillas with beef mixture and 1 Tbsp (15 mL) cheese, fold and place upright in pans. When pans are filled, warm through in the oven, about 30 minutes.

Taco filling must be held in an oven or steam table at a minimum internal temp of 140°F (60°C).



6

Wash, dry and cut lettuce into bite-size pieces. Dice the tomatoes and prepare any side vegetables and fruit you plan to serve.

Create a "mise en place" station. Assemble sour cream, salsa, tomato, lettuce and rainbow salad if serving on trays or plates.

For rainbow salad, assemble per plate:

- 2 Tbsp (30 mL) **Corn**
- 2 Tbsp (30 mL) **Carrots**
- 2 Tbsp (30 mL) **Red cabbage**
- 1 Tbsp (15 mL) **Blueberries**



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Tomatoes



Lettuce



Peppers



Red Onion

Cost Guide

Note: These are estimated costs. Budget for a possible 15% change based on cost/waste variations.

- Bun** or tortilla: \$0.28
- Ham** or **chicken**: \$0.65
- Cheese**: \$0.13
- Dressing: \$0.07
- Tomato, pickle, red onion, cucumber, veggie sticks,** and any **fruit** sides: \$0.46

Total cost per Elementary School serving: \$1.59

Build a Sub, Wrap or Picnic Plate

By Jenny & Rosie

Yield: 50 Elementary School servings

Serving Size: 1 x 4" sub bun tortilla, 1 oz (30 g) ham or 1.5 oz (45 g) chicken, 1 Tbsp (15 mL) cheese or half real cheese slice, 1 Tbsp (15 mL) sauce, 2 slices tomato, 4 slices cucumber, 3 slices pickle, 1 slice red onion, 2-2.5 oz (60-75 g) veggie sticks and fruit sides

Shopping List

Ingredients	For 25	For 50	For 100
4" WW buns, small hamburger buns or 6-7" tortillas	25	50	100
Chicken or ham	1.5 lb (750 g)	3 lb (1.36 kg)	6 lb (2.72 kg)
Cheese (cheddar or mozzarella)	1 lb (454 g)	2 lb (907 g)	4 lb (1.81 kg)
Lettuce	1-2 heads	2-3 heads	4-6 heads
Carrots	1 lb (454 g)	2 lb (907 g)	4 lb (1.81 kg)
Cucumber	2.5 lb (1.14 kg)	5 lb (2.27 kg)	10 lb (4.54 kg)
Tomatoes	2.5 lb (1.14 kg)	5 lb (2.27 kg)	10 lb (4.54 kg)
Dill pickle	8 oz (227 g)	1 lb (454 g)	2 lb (907 g)
Red onion	1 small	1 large	2 large
Sauce* (see next pg.)	1 ½ cups	3 cups	6 cups
Fruit/veg side (total)	5 lb (2.27 kg)	10 lb (4.54 kg)	20 lb (9.08 kg)

Tips & Tricks

Modifications

Fill the buns or wraps with cheese, hummus, or eggs for a vegetarian variation. To make it gluten-free, swap in 100% corn tortillas, GF bread or GF English muffins. For Middle and High School Students, offer a 6" sub bun or increase the size of the tortilla to 10" and increase filling amounts by 50%.

Promotional Tips

- *Announce it:* "Today's special in the cafeteria is Build Your Own Sub Day! Have it your way with a choice of toppings and dressings. Tell us which sauce is your favourite."
- *Local connection:* Featuring and highlighting local ingredients with fun facts is a great learning opportunity and increases student/parent participation. For example:



Local Feature: Carrot



Enmapejit (Mi'kmaq), *carotte* (French), *zanahoria* (Spanish), *karotte* (German)

Meet Your Farmer: Wesley, Taproot Farms, Port Williams NS

Did You Know? At the right cold storage temperature, NS farmers can store carrots right through the winter. Ask if they may also be able to supply you with seconds (ugly but delicious!) or let you know if they have an abundance you can use.



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

★ More filling ideas:

- ★ Egg
- ★ Tuna
- ★ Beef
- ★ Turkey
- ★ Hummus
- ★ Jamaican baked chicken (see page 16)
- ★ Coldwater shrimp, snow crab or lobster

★ More topping ideas:

- ★ Banana peppers
- ★ Sliced olives
- ★ Microgreens
- ★ Pickled beets
- ★ Veggie sticks: Carrots, broccoli, sweet peppers, celery, turnip, cauliflower, cucumbers, radish
- ★ Popcorn or pretzels
- ★ Veggie chips
- ★ Slaw or potato salad
- ★ Fruit or smoothie popsicles

Equipment (for 50)

- Squeeze bottles
- 2-3 bus bins
- ½ oz (15 mL) and 1 oz (30 mL) portion cups

Directions

Note: Wash all produce well.



1

Organize ingredients and sauce options.

Place sauces in squeeze containers, portion into ½ oz (15 mL) paper cups and refrigerate until service time. You may want to portion extra sauces for use as veggie dip.



2

Wash and chop all the vegetables: shred carrots, slice cucumber, slice tomatoes, slice pickles, slice red onions and cut lettuce into bite-sized pieces.

Slice buns if necessary and store in bus bins.



3

Weigh meat portions (1 oz / 30 g for ham and 1.5 oz / 45 g for chicken) into containers with parchment or plastic wrap between layers.

Weigh one sample 2 oz (60 g) veggie stick portion as a visual guide for portioning onto plates, unless you are using a salad bar.



4

Create a mise en place ("everything in its place") station by laying out all the prepared ingredients you need to get ready to plate. Organize the ingredients in the order that you will use them.

If using a salad bar, place toppings in the salad bar.



5

For Subs: Add meat and cheese. If not using a salad bar, place veggie toppings and sticks on the plate beside the bun.

For Wraps: Place meat and cheese on top of the tortillas. If not using a salad bar, place veggie toppings on top of the tortilla, and veggie sticks on the side. You may roll the wraps up or leave open-faced so students can remove any toppings they don't want.

For Picnic Plates: Place a bun, meat and cheese (plus vegetable toppings and sticks if not using a salad bar) on each plate, keeping all ingredients separate.



6

Place sauce portions on plates if delivering lunch.

If there is a service line, put the sauce portions on a labelled paper-lined tray so students can choose their favourite flavour after they pick up their plate. Offering a selection of sauces creates a sandwich shop feel, allowing for greater variety and appeal.

***Sauce Ideas:** Sweet chili mayo, garlic mayo, curry mayo, teriyaki sauce, barbecue sauce, Caesar dressing, pesto, honey mustard, dijon mustard, cranberry sauce, **ranch dressing** (see page 49)

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