

'Great

it's

Lunchtime



...Sausages'



Sausage recipes for hungry kids

BPEX ... Supporting logos

Assured Quality you can be proud of

As a sausage buyer and public sector organisation, you'll want to be confident of the meat's traceability, quality and safety. The way to do that is to look out for one of the assurance standards such as the Red Tractor Scheme – a scheme that ensures the meat's traceability from farm through to fork.

All Red Tractor food is independently inspected at all points along the supply chain including the farm, transportation, processing and packing. This means that all sausages carrying the mark are fully traceable back to the farms and have been produced to high animal welfare standards and audited food safety and hygiene standards.

By purchasing sausages that carry the Red Tractor Scheme mark, public bodies are effectively delivering efficiency savings, as the cost of independent audit is borne by each of the links in the supply chain.

BPEX supports the need for school children to eat a variety of at least 5 portions of fruit and vegetables per day.

BPEX, the industry body representing levy paying pig farmers and processors in England, is proud to be a partner member with LACA, the Local Authority Caterers Association.

BPEX is very grateful to Emelia Johnson, a primary school pupil from Market Harborough, for her assistance with the photography in this booklet. During the photo shoot and while waiting for each dish to be 'styled' she drew the plate picture that appears at the bottom of each page.

Sausage Advice from Master Butcher, Keith Fisher

'A good sausage should look appetising when the pack is openend. It should be firm to touch and not be loose and floppy. When cooked it should retain its original shape, not shrink too much, be firm to cut and not crumbly or mushy. The skin should not split. It should be juicy and tender to eat delivering the flavour as described on the label.'

Keith Fisher
Master Butcher
BPEX



Just Eat More
(fruit & veg)



Welcome

Sausages are one of those foods that children tend to love. As a child, I well remember sausages being served at lunchtime at my school. I couldn't wait for the lunch bell to ring.

While there have been many changes to school meals over the years, one thing that remains constant is sausages being served on the menu.

I recognise that school meals providers and those who set policy for the school meals market have placed restrictions on the frequency with which sausages are now served in schools. I know from speaking with colleagues, who in turn have spoken to school meals providers, that in some cases sausages are no longer offered within the menu cycle and equally I know from research undertaken by BPEX, that when sausages are served the demand for school meals increases and as a result so income increases.

In 2008 BPEX launched their school meals recipe book for Pork, '**Great it's Lunchtime**'. This was an immediate success with school meals managers across the country incorporating its recipes on to their menus.

Great it's Lunchtime ... Sausages has been produced using actual sausage based recipes that are served to children in schools. I have been tremendously impressed with the innovation being shown by school cooks and the fact that each of these meals contains a portion of vegetables, either within the dish or the serving suggestion, means that children will receive a really balanced meal.

For our part, the pig industry has been working with sausage manufacturers to encourage them to produce better quality sausages that are lower in salt and fat for the school meals market.

Please take this opportunity to add one or more of these recipes to your school menu and also remember that British Sausage Week, our annual celebration of sausages, provides a great time for you to promote sausages in your school.

Stewart Houston
Chairman
BPEX



Foreword

The issue of sausages on the school menu has become, for one reason or another, over complicated causing, in many cases, a barrier to entry for many caterers.

The current legislation, in respect of school meals, classifies sausages as being a Group 1 Processed Product and therefore allows them to be served just once every two weeks.

However, the vast majority of menu cycles we have looked at cover a 3-week period and serve sausages just once.

Why does this matter? Well, research* undertaken by BPEX shows that when sausages are served on the school menu an average of 12% more pupils will take a school meal that day, which in turn generates additional income for a service that is already under severe financial pressure.

Great it's Lunchtime ... Sausages follows on from the successful booklet **Great it's Lunchtime** published in 2008 and aims to help school caterers add a sausage based dish to the menu that in turn will encourage pupils to eat the accompanying vegetables within the body of the dish.

Whilst researching this booklet I spoke with a great many school meals providers. Some told me that they simply didn't serve sausages anymore as the restrictions made it too complicated. Others told me that they only served 'oven baked sausages with mashed potatoes once per menu cycle, as that was what the rules allowed for'.

However, many caterers had looked at sausages and rather than seeing them as a centre plate protein, had positioned them as an ingredient within a recipe dish that included vegetables and carbohydrates.

These sausage-based dishes were proving to be a great success with the pupils and encouraging them to eat vegetables such as courgettes and pulses, for instance lentils, that they may otherwise have avoided.

I hope that through this collection of recipes it will inspire a new generation of sausage based dishes onto the school menu and equally encourage sausage manufacturers to enter the school meals market with high quality, nutritionally beneficial sausages that will in turn improve the overall standard of sausages available.



* Based on the questions 'How often do you serve sausages?' And, 'On a day when you serve sausages, how many more pupils take a meal?'. Asked at the LACA Conference July 2008 and via a printed questionnaire to school meals managers sent by BPEX during the 2008 Summer Term.



Sizzling Sausage Bake



Did you know ...

Potatoes can be a useful source of vitamin C if not overcooked or soaked for too long as this vitamin is water soluble.

www.potatoesforcaterers.co.uk



by Victoria Pring

Serves 20

- 1800g / 40 sausages
- 300g streaky bacon
- 600g leeks
- 300g frozen peas
- 720g onions
- 56g butter
- 113g flour
- 585ml semi-skimmed milk
- 1.5kg cooked potatoes (*sliced*) or
- 2 x 800g tins new potatoes (*sliced*)
- 170g grated low-fat hard cheese

Method

Preheat the oven to 180°C / 350°F / gas mark 4.

Grill the sausages or part cook in the oven then cut into three.

Chop up the bacon, leeks and onions and dry fry for several minutes. Add the butter and when melted add the flour and cook off into a roux.

Mix in the milk to create a sauce, then add the peas and chopped sausages. Pour into the serving dish and cover with the sliced potatoes.

Sprinkle the cheese and oven bake for 20 minutes.

Serve with a side salad.



Nutritional Values

Per portion based on recipe making 20 portions, 307g

Energy	1515kJ / 361kcal
Carbohydrate	29.7g
Fat	16.8g
Saturates	7.1g
Protein	22.9g
Fibre	2.9g
Sodium	0.285g
Vitamin C	18mg
Thiamin	0.38mg
Folate	57 micrograms
Calcium	161mg
Phosphorus	167mg
Zinc	2.4mg

'It was fantabedosaY'
Emily, class 4

'The best I've ever had'
Scarlett, class 4

'It was very tasty. I'd like to have it again'
Kiera, aged 7

