



# **Vegan Catering Guide**

**for hospitals and care homes**

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## Introduction

**W**elcome to this guide to catering for vegans in hospitals and care homes. The Vegan Society often receives queries from this part of the catering industry so we have now compiled all our recommendations into this handy booklet.

Don't be daunted by the idea of providing vegan food. It can be done with relative ease and this guide shows you how. The simple step-by-step format takes you through the basics and you should find an answer to many of the questions that you have on the topic.

We explain exactly what vegans do and do not eat and why people choose to go vegan. We

offer practical advice on ensuring that dishes are vegan and a list of useful suppliers and take you through suggested menus, recipes and nutritional advice.

In terms of health a vegan diet is no cause for concern. In fact a well-balanced vegan diet is up there with the healthiest of diets.

We outline some vegan nutrition essentials on page 9. If you want to find out more, contact us for a free copy of our nutrition booklet or purchase our comprehensive nutrition book, which is available from The Vegan Society (address on the back page).

# The vegan diet explained

## What is a vegan?

Vegans do not eat any animal products, for example:

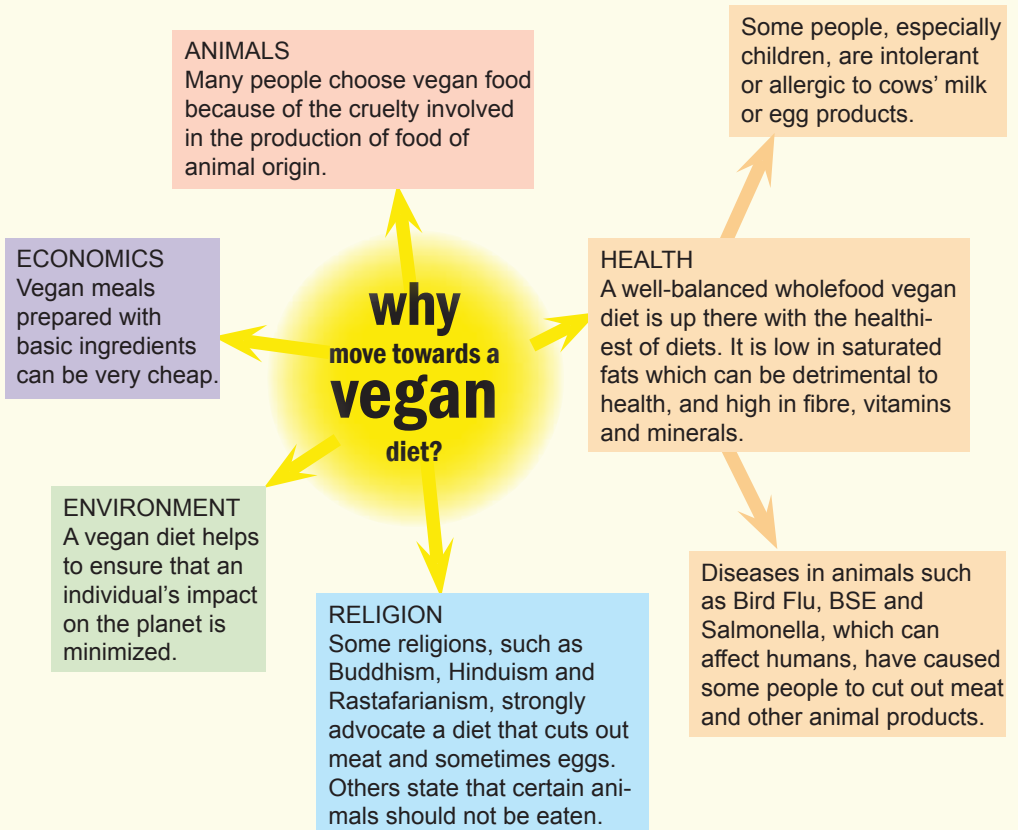
- no meat, fish nor other products that come directly from killing an animal, such as animal fats and gelatine;
- no dairy products such as cows' milk, butter, cheese and yoghurt, nor goats' milk;

- no eggs nor foods containing eggs such as Quorn;

- no honey.

Around 300,000 people in the UK are vegan. Millions more have chosen to cut down on animal products and would welcome a vegan choice.

## Why do people choose vegan food?



# Vegan food – dos and don'ts

A comprehensive list of vegan products can be found in the book **Animal Free Shopper**.

This is available from The Vegan Society at a reduced rate for hospitals (see back page).

## Keep the lines of communication open!

A quick consultation with your vegan patients can reassure them and help you ensure that their needs are being met.

Vegans do NOT eat	Vegans do eat	
<ul style="list-style-type: none"> <li>● items obtained direct from the slaughter of animals: meat, fish (including anchovies), sea animals (e.g. lobsters) and birds</li> <li>● any derivatives of the above including animal fats, gelatine, meat/fish extracts and stocks</li> <li>● eggs &amp; derivatives: hens' eggs, duck eggs, fish eggs, albumen/albumin, egg lecithin</li> <li>● dairy products &amp; derivatives: milk, butter, cheese, cream, yoghurt, lactose, casein, whey</li> <li>● insect products: honey, cochineal, shellac</li> </ul> <p>For full details of what vegans avoid eating please see <a href="http://www.vegan-society.com/html/food/criteria.php">http://www.vegan-society.com/html/food/criteria.php</a></p>	<p><b>1. cereals and grains</b> e.g. wheat, rice, oats, rye, barley, millet and quinoa</p> <p>Cereals are used in numerous products such as bread, pastry and pasta. Many of these are vegan.</p> <p><b>2. beans and lentils</b> e.g. kidney beans, chickpeas, butter beans, split peas and red, green, brown and puy lentils</p> <p>Beans and lentils are very cheap and can be used in dips, casseroles, soups, shepherd's pie, curries, chilli and many other dishes. Use tinned, or cook yourself. Most dried beans should be soaked before cooking.</p>	<p><b>3. nuts and seeds</b> e.g. chopped mixed nuts, pumpkin seeds, sunflower seeds, sesame seeds and ground flax seeds</p> <p>Nuts and seeds can be sprinkled into or on top of numerous dishes including salads.</p> <p><b>4. veg and fruit</b> e.g. onions, potatoes, carrots, celery, broccoli, green leafy vegetables, salad ingredients, frozen peas, broad beans, tinned tomatoes, bananas, apples, oranges, dates and sultanas</p> <p><b>5. oil</b> e.g. vegetable oil, margarine. Ensure margarine is vegan: some of the catering brands are suitable.</p>
<p>It is important to provide foods from groups 1-5. See page 9 for more details.</p>		

<p><b>6. dairy and egg alternatives</b> e.g. soya, oat and rice milk</p> <p>Soya milk can be used in place of cows' milk in almost every situation. Opt for brands that are fortified with calcium and vitamin B12 in order to help supply daily requirements of these nutrients. Oat and rice milks are useful for those allergic or intolerant to soya.</p> <p>Egg-free vegan mayonnaise can be used in potato salad, coleslaw and to accompany many other salads. Plamil mayonnaise is recommended and is available in catering tubs from Suma (address at back).</p>	<p><b>7. meat alternatives</b> e.g. veggie mince</p> <p>Frozen varieties taste better than dried though not all of them are vegan so check the ingredients. Marinade dried mince in seasoning before cooking.</p> <p>tofu Very versatile. Can be marinated in herbs and/or spices before cooking if desired.</p> <p><b>8. some vegan flavourings</b> e.g. yeast extract, dried or fresh herbs, lemons or bottled lemon juice, garlic or garlic purée, curry powder, salt and pepper, vegan bouillon or stock cubes, most soya sauce, cayenne pepper, nearly all tomato ketchup, BBQ sauces, mustard, pickles and chutneys</p>	<p><b>9. processed foods</b> There is a whole range of processed foods available that are suitable for vegans and include everything from pies and burgers to biscuits, jellies, chocolate and custard powder. See back page for suppliers.</p> <p>Ensure you check the ingredients list on all products before buying them since they may contain animal derivatives. If a product cannot be bought it can usually be made. See page 7-8 for examples.</p>
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**Ready-meals**

Anglia Crown has a good selection of vegan meals and supplies many hospitals and care homes.

*Anglia Crown:  
01206 854564,  
foodchoice@  
anglia-crown.  
co.uk*

Kealth Foods also supplies vegan meals to hospitals.

*Kealth Foods:  
0845 082 2350,  
info@kealth  
foods.com*

Suma has a huge selection of prepared vegan meals and vegan ingredients (address at back).



# Easy vegan basics

With just a little know-how you can adapt many familiar dishes with ease so that they are suitable not only for meat-eaters and vegetarians but vegans as well.

## **Soup, gravy and sauces**

The soups listed on the chart overleaf are just a few of the many that can be made suitable for vegans.

■ **Stock:** The common stumbling-block for soups, gravies and sauces is the stock. The solution is to replace meat stock with vegetable stock which you have checked is vegan. It can be used in any soup, gravy or sauce.

■ **Oil:** Vegetable oil should be used.

■ **Cream:** If you want a creamy texture use soya cream, soya milk or coconut milk.

■ **Meat/fish:** If a soup contains a small amount of meat or fish, simply leave it out.

## **Pastry**

Pastry may contain animal fats or milk products. If you make

your own use very cold vegan margarine in place of animal fats.

If you wish to glaze the pastry use soya milk in place of egg.

## **Pasta**

Most pasta is egg-free and suitable for vegans. However a few of the more expensive pastas contain egg and these should be avoided.

## **Oils and margarines**

Quite literally a sticking point, animal fats such as lard are not suitable for vegans. They are also high in saturated fats which are unhealthy. It is a positive move to replace animal fats with vegetable oils which, as a rule, are much lower in saturated fats.

So, for example, do not serve roast potatoes cooked in animal fats.

It is also easy to obtain vegan margarine to replace non-vegan margarine containing animal fats or milk products. Large catering tubs are available from Suma whose details are listed at the end of the booklet.

### **Soya milk**

Where possible provide soya milk that is fortified with B12 and calcium. Use oat and rice milk where a soya-free alternative is required.

### **Baked beans**

Most major brands of baked beans are suitable for vegans.

### **Vegetable stock cubes**

Useful for so many dishes, these are a good addition to your store cupboard. Some contain milk and other non-vegan products so check first.

### **Vegan yogurt**

This can be useful to give to a patient who has little appetite since it is nutritious and easy to eat and digest. It can also be served at breakfast with fruit or cereal.

### **Supermarkets**

If you are in a rush to purchase soya milk or vegan margarine

try your local supermarket because most have these items in stock. Soya milk is also available from many corner shops.

### **General tips on catering for vegans**

1. Ensure that all staff understand the concept of veganism.
2. Ensure that vegan dishes are clearly marked on the menu.
3. Use different serving utensils for non-vegan and vegan foods.
4. Fry vegan food in vegetable oil that has not previously been used to cook animal products.
5. Avoid serving just the vegetables from a non-vegan meal.
6. Quorn and some other brands of veggie burgers and sausages contain egg and should not be served to those on a vegan diet.
7. Any dish that is predominantly made up of vegetables or fruit may contain fewer calories and the portion size should be increased accordingly.

Many children and adults are intolerant to cows' milk or trying to cut down on saturated fat. If you offer soya milk and margarine that is vegan it will be suitable for them as well.

Soya milk and margarine can be used in mashed potato and in almost any other dish where milk and/or margarine are required.

# Adapting dishes for vegans

The dishes listed here are a selection of the many dishes that are or can be suitable for vegans.

**IMPORTANT!** If you want to make a dish suitable for vegans you must exclude ALL animal products (meat, fish, dairy, eggs and honey). See page 4-5 for guidance.

<b>Breakfast</b>	<i>See page 10 for suggestions.</i>
<b>Starters and Snacks</b>	
garlic bread	use olive oil or vegan margarine
hummus	
salsa dip	
butterbean herb dip	
guacamole	avoid cream
falafel	
nutty carrot soup	☺
minestrone soup	use egg-free pasta and vegetable stock
leek & potato soup	
cream of mushroom soup	use soya milk
Sosmix rolls	ensure pastry is vegan
onion bhaji	fry in clean vegetable oil
vegetable samosa	fry in clean vegetable oil
<b>Main Courses</b>	
bean burger	ensure egg and milk free
three-bean casserole with dumplings	☺
vegetable chilli	
curly kale and chickpea curry	☺
lasagne	use soya milk in white sauce (☺), textured vegetable protein for mince
lentil dhal	use vegetable ghee or vegetable oil
nut burger	ensure milk- and egg-free
nut roast	☺
tofu and veg pie	make pastry with vegan margarine
vegetable risotto	
polenta	serve with vegetable, beans or tofu in fresh tomato sauce

sausage	see suppliers on the back page for vegan varieties
shepherd's pie	☺ use tvp or lentils to replace meat
spaghetti bolognese	use tvp to replace meat
spaghetti with roast veg and lentils	☺
stir-fry	☺
stuffed peppers	☺
sweet and sour veg	serve with egg-free noodles
vegetable burger	ensure egg- and milk-free
wraps and filling	can be vegan

### Accompaniments

baked beans	
chips or wedges	fry in clean vegetable oil
gravy	☺
salad dressing	☺
white sauce	☺
potato salad	use egg-free mayonnaise
coleslaw	use egg-free mayonnaise
tabbouleh salad	

### Sweet Dishes

apple crumble	use vegan margarine in crumble
cakes	use egg- and milk-free recipes - contact us for a free recipe sheet and see page 21 ☺
sorbet	usually vegan
shortbread	☺
fruit strudel	use vegan pastry
baked banana	☺
jelly	ensure gelatine-free
custard	use oat or soya milk and flavour with a little vanilla essence
ice cream	ensure dairy-free

## Code

**YELLOW**

= little or no adjustment required to make the dish suitable for vegans

**ORANGE**

= slightly complicated to adjust i.e. you may need to get one or more specialist ingredients

☺

= recipe available in the recipe section at the back



# Nutritional guidelines

A vegan diet has been shown to reduce the risk of heart disease and obesity. As with any diet, it is important to ensure that the vegan diet is well balanced. This can be achieved by adhering to the following guidelines:

## ■ 5-a-day

The UK Department of Health recommends a minimum five portions of fruit and vegetables should be eaten each day. Include a variety of different-coloured vegetables and fruit to ensure a range of health-giving vitamins and minerals.

■ Limit the use of refined grains since much of the nutrient content is lost. Whole grains, on the other hand, are associated with many health benefits.

■ Avoid hydrogenated fats, which are damaging to health. Good fats to provide are those containing omega 3, for example rapeseed

oil, which has the additional

benefit of being cheap and readily available.

## ■ Limit the use of salt.

It is important to provide sources of:

### **Vitamin B12**

Readily available in fortified foods such as yeast extract, soya milk, breakfast cereal and margarine. Alternatively a supplement can be provided.

Daily amount: 3 µg.

### **Iodine**

Found in small amounts in green leafy vegetables and in larger amounts in seaweeds such as kelp.

Daily amount: 150 µg.

### **Vitamin D2**

Most D2 comes from sun exposure. If this is limited, fortified margarine or soya milk can provide some of the daily requirements. (Note: D3 is not suitable for vegans).

Daily amount: 10 µg.

### **Omega 3**

Daily amount: one heaped tablespoon of ground flaxseed or two tablespoons of rapeseed oil.

**VEG 1** is a multivitamin available from The Vegan Society. It contains vitamin B12, iodine, vitamin D2 and more. It is available at a reduced rate to hospitals and care homes. Contact us for more details.

# 1-week sample menu

## BREAKFAST

### Options could include:

- Fresh banana, apple, orange, grapefruit segments or melon with vegan yogurt (optional)
- Cereals (fortified if possible). Kellogg's, Weetabix and Nestlé provide vegan lists.
- Porridge ☺
- Vegan muesli
- Wholemeal toast with vegan margarine and jam, yeast extract or nut butters including peanut, cashew, and hazelnut
- Orange juice
- Fresh fruit smoothie
- Prunes

## Code



recipe available on the following pages

	LUNCH	DINNER		
Day		Starter	Main Course	Dessert
Mon	Stuffed pepper ☺ with salad and crusty bread	Fruit juice	Curly kale and chick-pea curry ☺ with rice	Fresh fruit
Tue	Peanut butter sandwich with grated carrot and lettuce	Fruit juice	Three-bean casserole ☺ with dumplings ☺	Spiced apple cake ☺
Wed	Baked potato with baked beans	Nutty carrot soup ☺	Spaghetti with roast veg and lentils ☺	Fresh fruit
Thu	Butterbean & herb spread and tomato salad sandwich	Fruit juice	Irish stew ☺ with salad and potatoes	Fruit salad
Fri	Baked potato with garlic mushrooms & mixed bean salad	Leek and potato soup	Shepherd's pie ☺ and salad	Baked bananas ☺
Sat	Vegan sausage sandwich with tomato sauce and lettuce	Med. lentil soup ☺ & bread roll	Stir-fry ☺ with rice	Fresh fruit
Sun	Roast vegetable and hummus sandwich	Fruit juice	Nut roast ☺ with veg, potatoes and gravy ☺	Shortbread ☺

# Recipes

## Energy-dense food

If you need to provide high-energy foods include the following: hummus, tahini; soya products including yoghurts; avocado, dried fruit and fruit juices.

Also add ground nuts, seeds, pulses and dried fruit to meals. Extra oil could be added, but stick to olive and rapeseed oil and a small amount of flaxseed or hemp seed oil to provide omega 3.

## Code

oz = ounce  
 lb = pound  
 g = gram  
 kg = kilogram  
 tsp = teaspoon  
 dssp = dessert spoon  
 tbsp = table spoon  
 fl oz = fluid ounce  
 ml = millilitre  
 L = litre

**W** = contains wheat  
**G** = contains gluten  
**N** = contains nuts  
**NO** = nut-free option  
**LF** = low-fat

## Notes: Protein

All main meal recipes in this guide supply at least 12g protein per serving.

Relying on plants for protein makes it easy to meet protein needs for growth and repair while avoiding excessive intakes which may damage bone and kidney health.

The following foods are high in protein: lentils, chickpeas, red kidney beans, blackeye beans, tofu, peanuts, cashew nuts, sunflower seeds, quinoa, wholemeal flour and oats.

## Porridge

Ingredients	Serves 10	Nutritional data
porridge oats	1lb4oz/565g	<b>Typical values</b> (per serving) Protein 6.3g Fat 5.2g Carbohydrate 37g Energy 212 kcal Fibre 4g Saturated fat 1g Calcium 29.4 mg Iron 2.2 mg
water	4 pints/2.25L	
salt	½ tsp	
1. Place all ingredients in a saucepan and gently bring to the boil. Cook over a low heat, barely simmering, for 5-10 minutes or until you have the required consistency. 2. Adjust the amount of liquid according to preference. If required, sweeten with sugar, dried fruit or jam.		



## Mediterranean lentil soup

Ingredients	Serves 10	Nutritional data
vegetable stock	3 pints/1.7L	<b>Typical values</b> (per serving)  Protein 5.7g Fat 0.7g Carbohydrate 19g Energy 87 kcal Fibre 3.8g Saturated fat 0.1g Calcium 58.3 mg Iron 2.6 mg
onion, chopped	1lb/450g	
carrot, chopped	1lb/450g	
chilli powder	½ tsp	
mixed dried herbs	3 tsp	
tinned tomatoes	1lb12oz/800g	
red lentils	5oz/140g	
salt	to taste	

1. Bring vegetable stock to the boil in a pan. Add onion, carrot, chilli powder and herbs and simmer for 5 minutes.
2. Add tomatoes and lentils. Bring to the boil, turn down the heat, cover and then simmer for 20 minutes or until lentils are soft.
3. Liquidise, return to pan and add more water as desired. Heat, season and serve.

LF

## Nutty carrot soup

Ingredients	Serves 10	Nutritional data
vegetable stock	5 pints/2.8L	<b>Typical values</b> (per serving)  Protein 8g Fat 16g Carbohydrate 16g Energy 220 kcal Fibre 6g Saturated fat 3.7g Calcium 60 mg Iron 1.5 mg
onion, chopped	14oz/400g	
carrot, chopped	2½lb/1.25kg	
peanut butter	10oz/285g	
lemon juice	5+ tbsps	
salt and pepper	to taste	

1. Bring vegetable stock to the boil in a pan. Add onion and carrot and bring back to the boil. Simmer for 20 minutes or until carrot is very soft.
2. Stir in peanut butter until dissolved. Liquidise then add lemon juice, salt and pepper to taste. Serve immediately.

N

## Stuffed peppers

### Sautéing without oil

If desired the frying oil in many recipes can be replaced by water. This is a good way to keep dishes low in fat.

#### Method

Put the chopped vegetables in a pan, add 1 or 2 tablespoons of water and bring to the boil. Turn down the heat and sauté. Cook vegetables to the stage required by the recipe. If all the water evaporates, add a little more.

Ingredients	Serves 10	Nutritional data
large red peppers	10	<b>Typical values</b> (per serving)  Protein 12g Fat 16.4g Carbohydrate 29g Energy 263 kcal Fibre 6.1g Saturated fat 3.5g Calcium 58 mg Iron 1.7 mg
rapeseed or other vegetable oil	2 tbsp	
onion, finely chopped	10oz/285g	
garlic purée (optional)	3 tsp	
carrot, grated	8oz/225g	
frozen peas	5oz/140g	
cooked rice	12oz/340g	
chopped mixed nuts	10oz/285g	
tomato purée	3 tbsp	
yeast extract	1 tbsp	
light vegetable stock	15floz/425ml	

1. Slice the tops off the peppers. Remove the core of pith and seeds. Set aside.
2. Sauté onion in oil until it starts to brown. Add garlic and cook gently for 1 minute. Take off the heat and add carrot, peas, rice, mixed nuts, tomato purée and yeast extract. Mix well and if necessary add a little water to achieve a moist consistency.
3. Spoon the nut and rice mixture into the peppers, pressing it down firmly. Place the tops on the peppers.
4. Transfer the stuffed peppers to a shallow ovenproof dish. Pour the vegetable stock into the dish around the peppers. Bake for 30 minutes at 200°C/400°F/gas mark 6.

**N**

Note. 3½oz/100g long-grain brown rice yields 12oz/340g when cooked.

## Curly kale and chickpea curry

Ingredients	Serves 10	Nutritional data
rapeseed or other vegetable oil	3floz/90ml	<b>Typical values</b> (per serving)  Protein 14.5g Fat 12.5g Carbohydrate 35g Energy 288 kcal Fibre 9.9g Saturated fat 1g Calcium 194.3 mg Iron 5.6 mg
onion, chopped	1lb2oz/500g	
garlic cloves, crushed	5	
curry powder	3-6 tsp	
chopped tomatoes (tinned)	4½lbs/2kg	
chickpeas	5 x 400g cans	
curly kale chopped	1lb4oz/565g	
salt and pepper	to taste	
fresh coriander, chopped (optional)	2 tbsp	
<p>1. Sauté onion in oil until it is light brown. Add the garlic and curry powder and cook for a further minute.</p> <p>2. Add tomatoes, drained chickpeas and kale. Bring to the boil and cook for 10-20 minutes until kale has softened to your liking.</p> <p>3. Season to taste with salt and pepper. Serve garnished with chopped coriander and rice or salad.</p> <p><u>Alternative: Chickpea and spinach curry</u>                      Omit kale and add 6oz/170g (1lb14oz/850g) frozen spinach for the last five minutes of cooking time.</p>		

## Three-bean casserole

In order to provide 12g protein per serving, the three-bean casserole should be served with the dumplings below.

Ingredients	Serves 10	Nutritional data
rapeseed or other vegetable oil	2floz/50ml	<b>Typical values</b> (per serving)  Protein 8g Fat 4.5g Carbohydrate 33g Energy 152 kcal Fibre 7g Saturated fat 0.5g Calcium 71 mg Iron 2.8 mg
onion, chopped	1lb2oz/500g	
potato, diced	1lb/450g	
carrot, diced	1lb/450g	
skinned tomatoes, chopped	1lb5oz/600g	
oregano	2½ tsp	
bay leaf	3	
vegetable stock	2½ pints/1.4L	
spring greens, chopped	5oz/140g	
mixed beans	3 x 400g cans	
cornflour	1oz/30g	
salt and pepper	to taste	
1. Sauté onion in oil for a few minutes. Add the potato, carrot, tomatoes, oregano, bay leaf and vegetable stock. Mix cornflour with 2 tbsp water. 2. Simmer for 10 minutes then add the spring greens, drained mixed beans and cornflour mixture. Simmer for a further 15 minutes or until the vegetables are cooked. Add more water if required. Season to taste with salt and pepper and serve with dumplings.		

LF

## Vegan dumplings

Ingredients	Serves 10	Nutritional data
vegan margarine	8oz/225g	<b>Typical values</b> (per serving)  Protein 4.3g Fat 15.7g Carbohydrate 35g Energy 290 kcal Fibre 1.4g Saturated fat 3.2g Calcium 72 mg Iron 0.9 mg
plain flour	1lb/450g	
baking powder	4 tsp	
water	as required	
salt and pepper	to taste	
1. Rub margarine into flour until it resembles bread-crumbs. Mix in baking powder than add enough water to make a soft dough. 2. Add to stews and cook for approximately 15 minutes.		

W

G

## Irish stew

Ingredients	Serves 10	Nutritional data
smoked tofu	1lb/450g	<b>Typical values</b> (per serving)  Protein 14.8g Fat 6.4g Carbohydrate 35g Energy 236 kcal Fibre 5.5g Saturated fat 0.6g Calcium 341.8 mg Iron 4.8 mg  <b>Note.</b> Calcium-set tofu was used in the above calculation.
soya sauce	4floz/120ml	
rapeseed or other vegetable oil	2 tbsp	
onion, sliced	14oz/400g	
plain white flour	5oz/140g	
root vegetables e.g. carrot, swede	2lb/900g	
mushrooms, sliced	1lb4oz/565g	
celery, sliced	1lb/450g	
light vegetable stock	3 pints/1.7L	
red lentils	8oz/225g	
fresh parsley, chopped	small bunch	
yeast extract	1oz/30g	
mixed herbs	2 tsp	
salt and pepper	to taste	

1. Crumble tofu and marinade in soya sauce for an hour.
2. Sauté onion in oil until transparent. Add flour, mix thoroughly and cook gently for two minutes.
3. Add remaining ingredients, mix well and bring to the boil. Cover and simmer for about 30 minutes or until vegetables are tender. Adjust seasoning to taste. Serve with baked potato and salad.

### Alternative

For economy omit tofu and replace with 1½oz/45g (8oz/225g) dried soya mince, which should be rehydrated then marinaded in the soya sauce for an hour.

For a gluten- and wheat-free option use rice flour or any other gluten- and wheat-free flour. Ensure soya sauce is gluten- and wheat-free.



## Shepherd's pie

Ingredients	Serves 10	Nutritional data
rapeseed or other vegetable oil	2 tbsp	<b>Typical values when using sweet potato</b> (per serving) Protein 15.1g Fat 13.7g Carbohydrate 73g Energy 413 kcal Fibre 9.5g Saturated fat 1.7g Calcium 83 mg Iron 5.1 mg
onion, chopped	10oz/285g	
green lentils	8oz/225g	
water	3 pints/1.7L	
sweet potato or carrot, cubed	1lb4oz/565g	
chopped tomatoes	2lb3oz/1kg	
sage	3 tsp	
yeast extract	1oz/30g	
sweetcorn	10oz/285g	
butter beans, cooked	1lb/450g	
potato, cut into pieces	3lb12oz/1.7kg	<b>Typical values when using carrot</b> (per serving) Protein 15.4g Fat 13.6g Carbohydrate 72g Energy 448 kcal Fibre 9.4g Saturated fat 1.7g Calcium 82.4 mg Iron 5.3 mg
rapeseed or other vegetable oil	8 tbsp	
salt and pepper	to taste	
1. Sauté onion in oil until it starts to brown. Add lentils and water and cook for 25 minutes. Add sweet potato, tomatoes, sage and yeast extract. Cook for 15 minutes or until sweet potato is just cooked. 3. Mix in sweetcorn and butter beans. Place in a medium-sized ovenproof dish and leave to stand for at least 10 minutes. 4. Meanwhile boil potato, then mash with rapeseed oil. Season to taste with salt and pepper. Place on top of lentil mixture, smoothing down with a fork. Bake at 200°C/400°F/gas mark 6 for 40 minutes or until top is golden.		

## Stir-fry

Category		Ingredients
Choose foods from each of the categories below. Add some tofu for extra flavour and to give your stir-fry a protein boost.		
<b>Colour</b>	<i>Strongly coloured vegetables contain more health-giving nutrients:</i> spring greens, broccoli, red pepper, carrots, courgettes, green cabbage, aubergine, sweetcorn, French beans, peas, mangetout, sweet potato, tomatoes.	
<b>Energy</b>	Nuts, sesame seeds, rice	
<b>Extra Flavour</b>	Onion, leek, spring onion, garlic, mushroom, soya sauce, salt, pepper	
<p>1. Chop vegetables to the desired shape, ensuring they are not too thick. Stir-fry in a little vegetable oil, preferably rapeseed.</p> <p>2. Season with soya sauce or salt and pepper and serve with rice. If you wish the dish to be gluten- or wheat-free ensure that the soya sauce is suitable.</p> <p>Note: Nutritional data not available since ingredients will vary.</p>		

NO

## Easy nut roast

Ingredients	Serves 10	Nutritional data
onion, finely chopped	1lb/450g	<b>Typical values</b> (per serving) Protein 17.5g Fat 33.9g Carbohydrate 25g Energy 455 kcal Fibre 5.6g Saturated fat 4.7g Calcium 133.9 mg Iron 2.6 mg
rapeseed or other vegetable oil	2floz/60ml	
yeast extract	2oz/55g	
boiling water	12floz/375ml	
chopped mixed nuts	1lb2oz/500g	
wholemeal breadcrumbs	12oz/340g	
mixed herbs	2 tsp	
salt and pepper	to taste	
<p>1. Sauté onions in oil until soft, not browned. Dissolve yeast extract in the boiling water.</p> <p>2. Combine all ingredients; the mixture may be slightly slack. Turn into an oiled ovenproof dish and bake at 180°C/350°F/gas mark 4 for 30 minutes until golden brown.</p>		

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## Spaghetti with roast vegetables and lentils

Ingredients	Serves 10	Nutritional data
green lentils	10oz/285g	<b>Typical values</b> (per serving) Protein 17.2g Fat 8.7g Carbohydrate 59g Energy 360 kcal Fibre 9.7g Saturated fat 0.1g Calcium 69.5 mg Iron 6.3 mg
light vegetable stock	2 pints/1.15L	
onion, sliced	10oz/285g	
courgette, cubed	1lb8oz/680g	
tomatoes, chopped	1lb8oz/680g	
rapeseed or other vegetable oil	4 tbsp	
garlic cloves, crushed	5	
spaghetti (preferably brown)	1lb4oz/565g	
<p>1. Boil lentils with vegetable stock until they are just cooked: about half an hour. If extra water is required add just enough to cover the lentils. Once cooked drain off any excess water.</p> <p>2. Meanwhile place onion, courgette, tomatoes, rosemary, vegetable oil and garlic in an ovenproof dish. Mix well and bake in pre-heated oven at 220°C/425°F/gas mark 7 for 20 minutes. Turn halfway through with a spatula.</p> <p>3. Mix the roasted vegetables in with the lentils and cook gently for 5-10 minutes. Serve over cooked spaghetti.</p>		



### Béchamel sauce

To make a traditional roux simply heat 2 floz/50ml vegetable oil then mix in 2½oz/70g flour. Cook gently for 1 minute then take off the heat.

Gradually stir in 2 pints/1.15L soya milk. Bring back to the boil and cook gently for a few minutes, stirring occasionally. Season to taste then serve.

## Gravy

Ingredients	Serves 10	Nutritional data
rapeseed or other vegetable oil	2 tbsp	<b>Typical values</b> (per serving) Protein 3.6g Fat 3.2g Carbohydrate 9g Energy 69 kcal Fibre 1.2g Saturated fat 0.2g Calcium 28 mg Iron 0.6 mg
onion, chopped finely	12oz/340g	
plain white flour	2oz/55g	
water	2pt/1.15L	
yeast extract	2oz/55g	
soya sauce	1-2 tbsp	

1. Heat oil in a saucepan. Add onion and fry at a low heat for about 10 minutes or until golden. Add flour and fry gently for 1 minute, stirring constantly.

2. Add water and yeast extract, whisking constantly. Bring to the boil, stirring occasionally and simmer until it starts to thicken. Add more water if required. Add soya sauce and then liquidise.

For a gluten- and wheat-free option use rice flour and ensure that the soya sauce is suitable.



## White sauce

Ingredients	Serves 10	Nutritional data
calcium-fortified soya milk	2 pints/1.15L	<b>Typical values</b> (per serving) Protein 4.5g Fat 64.3g Carbohydrate 8g Energy 72 kcal Fibre 0.9g Saturated fat 0.4g Calcium 147.8 mg Iron 0.6 mg
plain white flour	2½oz/70g	
salt and pepper	to taste	
<p>1. Gradually add a quarter of the soya milk to the flour and mix to a smooth paste. Place the remaining milk into a pan and bring to the boil.</p> <p>2. Pour the boiling milk over the flour mixture, stirring all the time. Return to the pan and simmer gently for ten minutes, stirring occasionally. Season if required.</p> <p><u>Alternatives</u>                      Mushroom: Add 1oz/30g (5oz/140g) of chopped mushrooms five minutes before the end of cooking.                      For a gluten- and wheat-free option use rice flour.</p>		



## Salad dressing

Ingredients	Serves 10	Nutritional data
olive or rapeseed oil	5floz/150ml	<b>Typical values</b> (per serving) Protein trace Fat 15g Carbohydrate 0.2g Energy 137 kcal Fibre 0g Saturated fat 1g Calcium 0.6 mg Iron trace
vinegar	2½floz/75ml	
mustard powder	½ tsp	
sugar	½ tsp	
salt and pepper	to taste	
1. Place all ingredients into a screw-top jar. Replace the lid and shake well. Pour onto salad or serve separately.		

## Spiced apple cake

Ingredients	Serves 10	Nutritional data
cooking apples, peeled and sliced	1lb/450g	<b>Typical values</b> (per serving) Protein 3.4g Fat 8.3g Carbohydrate 42g Energy 246 kcal Fibre 2.4g Saturated fat 2g Calcium 22.6 mg Iron 1.5 mg
soft vegan margarine	4oz/115g	
raw cane sugar	4oz/115g	
sultanas	4oz/115g	
raisins	2oz/55g	
bicarbonate of soda	2 level tsp	
boiling water	1 tbsp	
plain wholemeal flour	8oz/225g	
cinnamon	½ tsp	
dried ginger	1 tsp	
1. Cook apples in a minimum of water. When they are soft, drain and mash to a purée. 2. Cream together margarine and sugar, then add the apple purée to make a thick mixture. Stir in sultanas and raisins. Mix the bicarbonate of soda with the water and add to apple mix. 3. Sift together flour and spices and blend with first mixture. Pour it into a well-greased cake tin, smooth the top and bake at 180°C/350°F/gas mark 4 for 45 minutes to an hour.		

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## Shortbread

Ingredients	Serves 10	Nutritional data
plain flour	10oz/285g	<b>Typical values</b> (per serving)  Protein 2.9g Fat 17.3g Carbohydrate 51g Energy 360 kcal Fibre 0.9g Saturated fat 4.1g Calcium 43.6 mg Iron 0.8 mg
cornflour	5oz/140g	
icing sugar	5oz/140g	
soft vegan margarine	10oz/285g	
fine caster sugar	sprinkle	
<ol style="list-style-type: none"> <li>1. Sieve plain flour, cornflour and icing sugar into a bowl. Rub in margarine until you have a breadcrumb consistency.</li> <li>2. Knead to form a stiff dough. Press dough onto an oiled baking tray in a layer about ½ inch deep.</li> <li>3. Prick all over and cut into triangles. Bake for about 35 minutes at 180°C/350°F/gas mark 4 until light golden brown.</li> <li>4. Recut the sections and sprinkle with caster sugar.</li> </ol>		(W) (G)

## Baked bananas

Ingredients	Serves 10	Nutritional data
banana flesh	2lb7oz/1.15kg	<b>Typical values</b> (per serving)  Protein 3.8g Fat 4.3g Carbohydrate 42g Energy 213 kcal Fibre 2.7g Saturated fat 0.7g Calcium 23.9 mg Iron 0.9 mg
raisins	2½oz/70g	
orange juice	8floz/230ml	
chopped mixed nuts	2½oz/70g	
<ol style="list-style-type: none"> <li>1. Set oven to 180°C/350°F/gas mark 4 and grease a 1 pint (½ litre) ovenproof dish.</li> <li>2. Chop bananas into chunky pieces and put into the dish with raisins and orange juice and mix gently.</li> <li>3. Sprinkle mixed nuts on top, cover with foil and bake for 20 minutes or until bananas are soft and cooked. Serve immediately.</li> </ol>		(N) (LF)



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