



European  
Commission



Lunch  
at school  
Recipe  
book



## European Commission

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### Abstract

Promoting children's health is a solid investment in their future and in Europe's future. Schools should be protected environments where children can learn healthy diet and lifestyle habits early on. This booklet illustrates the many colourful ways European countries promote health with nutritious and tasty school meals. We hope it inspires pupils, parents, chefs and all those involved in school food policies.

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### **About this recipe book**

This book is a collection of recipes offered in schools throughout Europe, that showcase how diverse, colourful and tasty school meals can be all over Europe. You will find very festive and rich meals alongside lighter day-to-day recipes. All can inspire schools and families when planning a balanced diet. Enjoy!

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1. Steam the vegetables until soft.
2. Steam cook the chicken.
3. Bring the vegetable broth to a boil and add the vegetables.
4. Add the cream and lower the heat.
5. Thicken the sauce with the roux if necessary.
6. Add the diced chicken.
7. Season to taste.
8. Sprinkle with parsley and serve with plain potatoes.

België / Belgique / Belgium

## Kippenwaterzooi / Waterzooi de poulet

### Chicken waterzooi

*Quantity: serving 1 child (primary school)*

Ingredients	Amounts
Diced chicken	120 g
Vegetable (Julienne-cut)	150 g
Cream	20 ml
Chicken broth	110 ml
Roux (white)	10 g
Salt, * pepper	To taste
Parsley	To garnish

\* Consider herbs and spices as an alternative to salt.

## Пълнени чушки

### Stuffed peppers with meat

Quantity: serving 1 child (primary school)

Ingredients	Amounts
<b>For the stuffed peppers</b>	↓
Freshly ground lean meat: 40% veal and 60% pork	60 g
Rice	12 g
Carrots	5 g
Onion	8 g
Peppers for stuffing, deseeded, 2 pieces	80 g
Celery root and leaves	2 g
Tomatoes	16 g
Vegetable oil (sunflower, olive, corn, etc.)	5 g
Paprika	1/2 tsp
Parsley	To garnish
<b>For the sauce</b>	↓
Egg	4 g
Flour	4 g
Yogurt	15 g
Salt*	To taste

\* Consider herbs and spices as an alternative to salt.



#### For the stuffed peppers

1. Chop the vegetables.
2. Cook the freshly ground meat with a little water at low heat.
3. Cook chopped onion, grated carrots and grated celery in a large pot, in a 50-50% mix of water and oil, until tender.
4. Add the meat to the onion mixture.
5. Add the chopped tomatoes, paprika and salt.
6. Measure the rice (to know how much water to add) and add to pot, with some chopped parsley and celery.
7. Add the remaining oil and some water (1 to 3 to the rice).
8. Cover the pot and simmer on medium until the rice is done.
9. Stuff the peppers with the meat, vegetable and rice mixture. Bake in a moderate oven for 20-30 minutes.

#### For the sauce

1. Meanwhile, make the sauce using the yogurt, eggs and flour.
2. When the peppers are done, remove from oven, pour the sauce over them, and return them to the oven for another 10 minutes.

Serve sprinkled with freshly chopped parsley.



## 🍴 Králičí hřbet na česneku

### Rabbit with garlic and spinach

Quantity: serving 1 child (primary school)

Ingredients	Amounts
<b>For the rabbit</b> ↓	
Rabbit	100 g
Wheat flour	10 g
Butter	5 g
Salt*	To taste
Chives	As needed
Pepper	To taste
<b>For the spinach</b> ↓	
Spinach	100 g
Rapeseed oil	5 g
Garlic	As needed
Onion	As needed

\* Consider herbs and spices as an alternative to salt.

#### Rabbit with garlic

1. Mix salt, pepper, fresh chive, oil and garlic well together with the rabbit meat.
2. Put it in the baking pan, add onion and water.
3. Bake at 170°C till the meat is soft.
4. Bake the flour at 160°C until it gets brown.
5. When the meat is done, put it out of the sauce and keep it at 75°C at least.
6. Put the sauce to the pot and thicken with the browned flour mixed with boiling water and add the butter.

#### Spinach

1. Boil the spinach shortly in water and let drain.
2. Sauté small pieces of onion, add the garlic and spinach.
3. Braise shortly.
4. Season with salt, pepper.

Serve the spinach and rabbit meat on the plate and spill with the sauce.

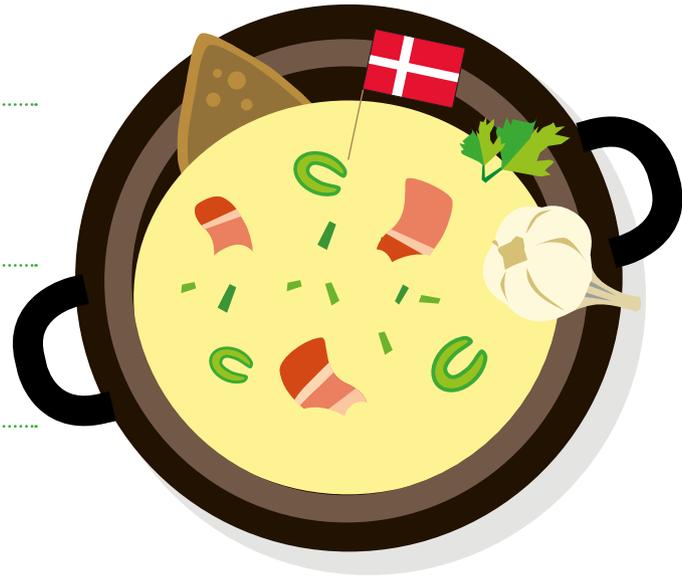
## Kartoffelporresuppe med grovboller

### Potato-leek soup served with whole grain rolls

Quantity: serving 1 child (primary school)

Ingredients	Amounts
Potatoes	75 g
Parsley roots, parsnips or celery	75 g
Leeks	50 g
Olive oil	10 g
Broth	150 ml
Milk (1.5% fat)	25 ml
Tomatoes	30 g
Roasted pumpkin seeds	20 g
Whole grain bun	1 piece
Garlic	As needed
Parsley	To garnish
Salt* and pepper	To taste

\* Consider herbs and spices as an alternative to salt.



1. Thinly slice potatoes, parsley roots and leeks and chop the garlic.
2. Cook the vegetables in the oil, in a large pot, until soft.
3. Add the broth, bring to the boil, then let simmer for about 30 minutes.
4. Add the milk and bring to the boil again, stirring gently.
5. Season with salt and pepper.
6. Place the soup into serving bowls.
7. Cut the tomatoes into cubes.
8. Add the tomatoes and the roasted pumpkin seeds to the soup.
9. Garnish with parsley.

**Tip:** Roasted pumpkin seeds can be substituted with roasted sunflower seeds.



## 🍴 Rindfleischfrikadellen mit Kartoffelpüree und Kohlrabi

### Meatballs with mashed potatoes and kohlrabi

Quantity: serving 1 child (primary school)

#### For the meatballs

1. Soak the stale rolls in water until slightly soggy.
2. Break up the soggy rolls and mix with the minced meat, egg, chopped onions mustard and ketchup.
3. Season with salt, pepper and paprika.
4. Form balls, place in a baking dish and bake in a preheated oven (180°) for 20 minutes.

#### For the mashed potatoes

1. Mash the cooked hot potatoes, add milk and butter and stir until smooth.
2. Season with salt and nutmeg.
3. Cut the kohlrabi into sticks and steam them.
4. For the gravy, follow the instructions on the package.

Ingredients	Amounts
<b>For the meatballs</b>	↓
Minced meat (beef)	60 g
Stale bread roll	1/2
Egg	As needed
Onion (chopped into cubes)	50 g
Mustard	2 g
Tomato ketchup	2 g
Iodized salt*	To taste
Pepper	To taste
Paprika powder	To taste
<b>For the mashed potatoes</b>	↓
Potatoes (floury)	150 g
Milk, semi-skimmed	20 ml
Butter	2 g
Kohlrabi (fresh or frozen)	100 g
Gravy (instant product)	6 g
Water	60 ml
Nutmeg	To taste

\* Consider herbs and spices as an alternative to salt.

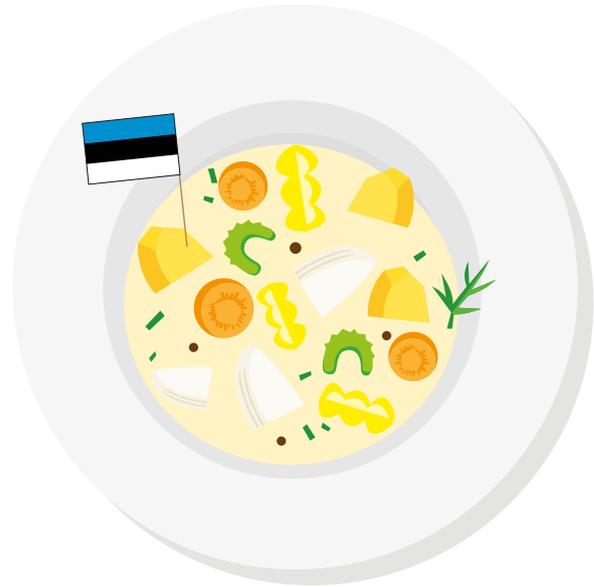
## Kana-Klimbisupp

### Potato-dumpling soup with chicken

Quantity: serving 1 child (primary school)

Ingredients	Amounts
Wheat flour	25 g
Water	20 ml
Egg	12 g
Chicken drumstick (leg), without the skin	35 g
Potato	85 g
Carrot	20 g
Onion	15 g
Oil	5 g
Salt, * pepper	To taste
Dill and parsley	To garnish

\* Consider herbs and spices as an alternative to salt.



1. Make dough out of the flour, water and eggs to form a dumpling.
2. Drop the dumpling with a tablespoon into lightly salted boiling water, remove when it starts floating.
3. Boil the chicken until cooked, then cut into small cubes. Retain the water!
4. Peel and cut the potato into small cubes, finely chop the carrot and onion and fry them.
5. Add potatoes and vegetables into the boiling stock.
6. Add chicken back into the pot 5 minutes before the end of cooking.
7. Season the soup and serve with chopped dill and parsley.
8. Add dumplings just before serving.



## Stew na hÉireann

### Irish stew

*Quantity: serving 1 child (primary school)*

Ingredients	Amounts
Stewing meat	70 g
Olive oil	7.5 g
Potatoes	200 g
Onions	27 g
Diced carrots	40 g
Parsnips	27 g
Turnip	27 g
Beef stock (powder)	As needed
Pepper	To taste
Parsley	To garnish

1. Trim the fat off the meat and cut the meat into small cubes.
2. Seal the meat by quickly frying in a little hot olive oil until browned.
3. Heat the stock, then add the meat to it and season with pepper.
4. Add peeled and chopped potatoes and vegetables and cook till tender.
5. Sprinkle with parsley before serving.

You can use lamb or beef for stewing meat, preferably cubed, or minced meat could also be used.

## Σπανακόρυζο 🍴

## Traditional spinach &amp; rice

*Quantity: serving 1 child (primary school)*

Ingredients	Amounts
Fresh spinach	150 g
Spring onion	1/2
Olive oil	7 g
Water	200 ml
Long-grain rice	50 g
Sea salt*	To taste
Freshly ground pepper	To taste
Lemon juice	As needed

\* Consider herbs and spices as an alternative to salt.



1. Sauté the chopped onion in oil over medium heat for 8-10 minutes.
2. Add spinach and water (200 g) and cook until the spinach wilts.
3. Add rice to the spinach and water, bring to a boil, cook for 15 minutes, stirring occasionally.
4. Stir in the lemon juice and salt, cook for another 5 minutes.
5. Stir, cover, and let sit off the heat for 20 minutes until the ingredients blend well.
6. Serve with wedges of lemon and freshly ground pepper.



## Paella valenciana

### Paella from Valencia

Quantity: serving 1 child (primary school)

1. Dice the meat, cuttlefish and vegetables.
2. Fry the meat and the cuttlefish in a large pot for 10 minutes and then add the red chilli pepper, artichokes and green beans and sauté for a further 5 minutes.
3. Add the tomato sauce, stirring for one minute and then add the stock.
4. Bring to the boil and add the peas, peeled prawns and mussels.
5. Simmer for 5 minutes.
6. When the mixture starts to boil again, add the rice, paprika, saffron, white pepper, a pinch of garlic and parsley, and stir well.
7. Leave to simmer over medium heat for no more than 15 minutes.
8. Cover the pot and let stand for 5 minutes off the burner.
9. Serve with a slice of lemon.

Ingredients	Amounts
Chicken broth	120 ml
Rice	60 g
Pork loin	40 g
Peeled prawns	20 g
Cuttlefish (cleaned)	20 g
Mussels	15 g
Artichokes	15 g
Green beans	15 g
Peas	15 g
Tomato sauce	15 g
Red chilli pepper	8 g
Extra virgin olive oil	8 g
Garlic	As needed
Parsley	To garnish
Sweet paprika	1/2 tsp
Saffron – yellow colouring	To colour
White pepper	To taste
Salt*	To taste
Lemon	1/4

\* Consider herbs and spices as an alternative to salt.

## Filet de cabbillaud 🍴 à la chicorée

### Cod fillet with chicory

Quantity: serving 1 child (primary school)

Ingredients	Amounts
Chicory (liquid extract)	100 ml
Cream	18 ml
Shrimps	10 g
Shallots	37 g
Cod fillet	50 g
Smoked salmon	10 g
Margarine	4 g
Mussels (without shell)	10 g
Coriander	To garnish



1. Bake cod fillets on a greased baking tray at 170°C. When done, keep warm at about 63°C.
2. Combine mussels, shrimp, smoked salmon and fresh cream in a bowl and let sit while the fish bakes.
3. For the sauce: sauté the shallots in margarine and deglaze, add the chicory and cook a bit longer, then add the cream with the mussels, shrimp and smoked salmon.
4. Let cook and slightly thicken, then adjust the seasoning.
5. To serve, pour the sauce over the fish fillets and top with chopped coriander.



## Grah varivo uz graham kruh

### Mixed beans stew with Graham bread

Quantity: serving 1 child (primary school)

1. Soak the dried beans in water overnight.
2. Drain the water, add fresh water to cover the beans and bring to a boil.
3. Cut carrots, celery, onion and leeks in cubes or similar.
4. When beans are half done, add the carrot and celery.
5. Braise the onions and leeks, cooking in a pan with small pieces of the dried pork neck and then add to the stew.
6. Rinse the barley, cook separately and add to the stew.
7. Season (add salt,\* pepper, bay leaf).
8. When the beans are nearly done, add the sweet potatoes in cubes and cook till tender.

\* Consider herbs and spices as an alternative to salt.

Ingredients	Amounts
Dried bacon	10 g
Dried pork neck (Croatian Budjola)	20 g
Turkey thigh	40 g
Sunflower oil	5 g
Beans (speckled)	20 g
Dried lentils	10 g
Chickpeas	10 g
Barley	20 g
Leeks	20 g
Celery root	10 g
Red carrot	15 g
Potatoes	10 g
Parsley root	5 g
Black pepper	To taste
Bay leaf	1 leaf
Mixed dried Mediterranean spices (rosemary, basil, laurel)	As needed
Graham bread (very brown bread)	32 g
Red onion	To garnish
Parsley	To garnish

## Gnocchi di patate al pomodoro

### Potato gnocchi with tomato sauce

Quantity: serving 1 child (primary school)

Ingredients	Amounts
Gnocchi	170 g
Tomato pulp	70 g
Olive oil (extra virgin)	5 g
Carrots	4 g
Onion	3 g
Parmesan cheese	3 g
Basil leaves	To garnish



1. Wash and peel the carrots and the onion.
2. Wilt the carrots and the onions with extra virgin olive oil; add the tomato pulp, basil and then add salt\* or pepper if needed.
3. Mix the tomato sauce.
4. Cook the potato gnocchi in salted water.
5. Drain the gnocchi.
6. Mix the gnocchi with tomato sauce and add parmesan cheese on top.
7. Garnish with basil leaves.

\* Consider herbs and spices as an alternative to salt.



## 🍴 Κουπέπια με κληματόφυλλα

### Koupepia with vine leaves (stuffed vine leaves)

Quantity: serving 1 child (primary school)

Ingredients	Amounts
Fresh vine leaf	One
Minced meat (low fat) or minced chicken	50 g
Oil	5 g
Ripe tomato	One
Rice	50 g
Onion	20 g
Chopped parsley	To garnish
Lemon juice	As needed
Salt,* pepper, cinnamon, mint	As needed

\* Consider herbs and spices as an alternative to salt.

1. Wash the vine leaf, put them in warm water and boil for 2 minutes. Drain.
2. Lightly cook with some oil the chopped onions.
3. Let the onions cook, then add the tomatoes and heat for about 5 minutes.
4. Remove from the heat and add remaining ingredients except half of the lemon juice.
5. When the mixture cools, put one teaspoon of filling on each vine leaf and roll the leaves into little bundles, tucking the ends closed.
6. Place them in a pan, top with additional vine leaves, and then add some tomato paste, a little olive oil, a little water and the remaining lemon juice.
7. Place a plate on top of them to keep them in place.
8. Let them cook on low heat for about half an hour.

Note: instead of vine leaves can be used sprouts or tomatoes.

## Krāsni cepti dārzeņi 🍴

## Oven baked vegetables

Quantity: serving 1 child (primary school)

Ingredients	Amounts
Potatoes	170 g
Carrots	100 g
Pumpkin	50 g
Rapeseed oil	4 g
Salt*	To taste
Rosemary	As needed
Thyme	As needed
Basil	As needed

\* Consider herbs and spices as an alternative to salt.



1. Cut the peeled carrots, potatoes and pumpkin into slices or sticks.
2. Pour rapeseed oil, place the vegetables and sprinkle them with spices and salt in a baking pan.
3. Put the vegetables in a heated oven (220–250°C) and quickly fry, stirring occasionally, until reaching a yellowish crust.
4. Reduce the oven temperature to 150°C and bake until the vegetables are soft.



1. Bring tomato juice to the boil.
2. Add the beans, sugar, salt and chili peppers.
3. Cook the minced meat separately in a pan and then add it to the tomato soup.
4. Boil together for 2 minutes.
5. Flavour with grated cheese and fresh seasonings.

## Pomidorų sriuba su mėsa

### Tomato and meat soup

*Quantity: serving 1 child (primary school)*

Ingredients	Amounts
Tomato juice	100 g
Canned beans (kidney beans, Borlotti, or similar)	150 g
Sugar	1 tsp
Minced meat (equal parts pork and beef)	30 g
Grated cheese	5 g
Chopped chilli peppers	As needed
Seasonings	To garnish
Salt*	To taste

\* Consider herbs and spices as an alternative to salt.

**Cordon bleu de veau** 🍴  
**à la Luxembourgeoise**  
**/ Cordon bleu**  
**Luxemburgischer Art**

**Veal cordon bleu**  
**– Luxembourg style**

*Quantity: serving 1 child (primary school)*

Ingredients	Amounts
Veal cutlets	1 slice
Smoked or cooked ham	1 slice
Hard cheese type 'Emmental'	1 slice
Egg	As needed
Fine dry bread crumbs	25 g
Flour	10 g
Cooking oil	10 g
Jacket potatoes	One piece
Mixed green leaves salad	50 g
Dressing for salad	As needed
Salt,* pepper	To taste

\* Consider herbs and spices as an alternative to salt.



1. In a shallow soup plate, mix the flour with some salt and pepper.
2. In another shallow soup plate, beat the egg and a little bit of water with a fork.
3. Place breadcrumbs in a third plate.
4. Slice the cutlets lengthways without cutting through in order to form a pocket to fill with a slice of ham and cheese and then close again.
5. Dredge the cutlets in flour, then the beaten egg and then the breadcrumbs.
6. Fry the cutlets 4-5 minutes on each side.
7. In the meantime, cook the jacket potatoes (with skin on) for about 30 minutes and prepare the salad and salad dressing.



## 🍴 Lecsós húsgombóc

### Meatballs served in traditional Hungarian letcho purée

Quantity: serving 1 child (primary school)

#### Meatballs

1. Cook the brown and white rice till halfway done.
2. Mix the rice, the fried onion, garlic and the meat together, then add the eggs and shape the mixture into balls.
3. Cook the meatballs in the smooth *letcho* purée.
4. Spoon the *letcho* purée onto a plate and place the meatballs in the purée.
5. Sprinkle with some freshly chopped parsley.
6. Serve with boiled potatoes.

#### Letcho

1. Cook the chopped onions.
2. Add the Hungarian paprika and the diced peppers, cook for a few minutes then add the tomatoes.
3. Season with salt.
4. Let simmer over medium-low to medium heat until the peppers are soft.
5. When the *letcho* is ready, blend it with a stick blender until smooth.

Ingredients	Amounts
<b>For the meatballs</b>	↓
Minced turkey meat	60 g
Egg	6 g
Rice	10 g
Brown rice	10 g
Garlic	As needed
Black pepper	As needed
Salt*	As needed
Parsley	To garnish
<b>For the letcho purée</b>	↓
Yellow bell pepper	80 g
Hungarian peppers (yellow wax)	20 g
Tomato	20 g
Onion	5 g
Sweet Hungarian paprika	3 g
Salt*	As needed
Sunflower oil	8 g
Potato	100 g

\* Consider herbs and spices as an alternative to salt.

## Soppa tal-ħaxix

### Vegetable soup

*Quantity: serving 1 child (primary school)*

Ingredients	Amounts
Onion	20 g
Potatoes	50 g
Celery	50 g
Carrots	One
Marrow	50 g
Pumpkin	50 g
Olive oil	10 g
Black pepper	As needed
Tomato puree	10 g
Dried beans/haricots/chickpeas or lentils	50 g



1. Cut and cook the vegetables in oil in a saucepan until soft.
2. Add water to cover the vegetables and add the tomato puree.
3. Cook slowly for about 1 hour.
4. Add beans to thicken the soup.
5. If you like, add Maltese goat cheese or an egg.

 Broodjeswijzer

Cheese sandwich



1. Cut the rolls open and spread thinly with margarine.
2. Slice the cucumber into very thin slices.
3. Clean the radishes and cut into slices.
4. Cover the bottom half of the rolls with slices of cucumber, radish and pickled peppers and add a slice of cheese.
5. Top with the other half of the bread roll.

Quantity: serving 1 child (primary school)

Ingredients	Amounts
Multigrain sandwich bread or other rolls	100 g
Reduced-fat margarine	5 g
Cucumber	Few slices
Radishes	Few slices
Sweet and sour peppers (jar)	10 g
Cheese	1 slice

## Kyllingbryst på en seng av linser og spinat

## Chicken breast on a bed of lentils and spinach

Quantity: serving 1 child (primary school)

Ingredients	Amounts
Chicken breast	100 g
Margarine	9 g
Onion	50 g
Garlic	As needed
Green lentils, uncooked	77 g
Tomato	43 g
Fresh spinach	45 g
Lemon	18 g
Garam masala	1/4 tsp
Curry	1/4 tsp
Cardamom	1/4 tsp
Water	130 ml
Salt*	To taste
Pepper	To taste

\* Consider herbs and spices as an alternative to salt.



1. Cut up the vegetables.
2. Heat the oil in a saucepan, add the onion and let it soften.
3. Add the garlic, spices and the lentils, then add water.
4. Simmer, stirring occasionally until the lentils are tender.
5. Peel and cut the tomato into cubes and add to the lentil mixture along with the fresh spinach.
6. Season with lemon juice, salt and pepper.
7. Cook the breasts until nicely brown, for about 2 minutes on each side.
8. Then let them cook on low heat until thoroughly cooked.
9. Season with salt and pepper.
10. Let them rest for 3-4 minutes before serving.

🍴 Krautfleckerl

Noodles with white cabbage



1. Cook the noodles separately.
2. Caramelize the sugar in a large frying pan with a lid, add the oil, onions and the bacon (optional) and cook till the bacon fries.
3. Add in the cabbage and cook for about 30 minutes, adding a little water or soup to prevent burning if necessary.
4. Ladle the cabbage mixture over the noodles and serve.

Quantity: serving 1 child (primary school)

Ingredients	Amounts
Onion, finely chopped	20 g
Vegetable oil	7 g
Sugar	1/2 tsp
Lean bacon (optional)	15 g
White cabbage, cut into small pieces	160 g
Noodles, small and uncooked like mini Farfalle, mini Spirelli	60 g
Salt*	As needed
Pepper	As needed
Caraway	A pinch
Water (alternatively: vegetable broth)	As needed

\* Consider herbs and spices as an alternative to salt.

## Gołąbki w sosie pomidorowym

### Stuffed cabbage in tomato sauce

Quantity: serving 1 child (primary school)

Ingredients	Amounts
Pork shoulder	90 g
Rice	30 g
Onion	15 g
Cabbage	200 g
Tomato paste 30 %	5 g
Cream (12% fat)	10 ml
Wheat flour	5 g
Rapeseed oil	5 g
Salt*	To taste
Pepper	To taste

\* Consider herbs and spices as an alternative to salt.



1. Tear off the cabbage leaves and blanch them in boiling water.
2. Cut meat into small chunks and grind with the onion.
3. Boil the rice in lightly salted water until done, combine with the meat, season.
4. Portion meat out on cabbage leaves, wrap up leaves like parcels, and place in a pan to simmer for 25 minutes.
5. When the stuffed cabbage is soft, add cream with flour and tomato paste.



 **Jardineira de frango**

**Gardener's chicken stew**

*Quantity: serving 1 child (primary school)*

Ingredients	Amounts
Chicken	100 g
Potatoes, diced	150 g
Peas	45 g
Green beans	40 g
Carrots	40 g
Tomatoes	35 g
Onion	25 g
Olive oil	3 g
Salt*	To taste
Lemon juice	As needed
Garlic	As needed

\* Consider herbs and spices as an alternative to salt.

1. Thinly slice the onion and the garlic, cook in a little oil in a large soup pot.
2. Cut the chicken into small chunks, season with salt, lemon juice and garlic. Add to the pot and cook. Then add in the tomatoes.
3. Meanwhile, while that cooks, cook the other vegetables except the potatoes separately (steam if possible).
4. When the chicken is tender, add water.
5. Once the water boils, add the potatoes.
6. When the potatoes are nearly done, add the rest of the steamed vegetables.

## Ciorbă de perișoare

### Meatball soup

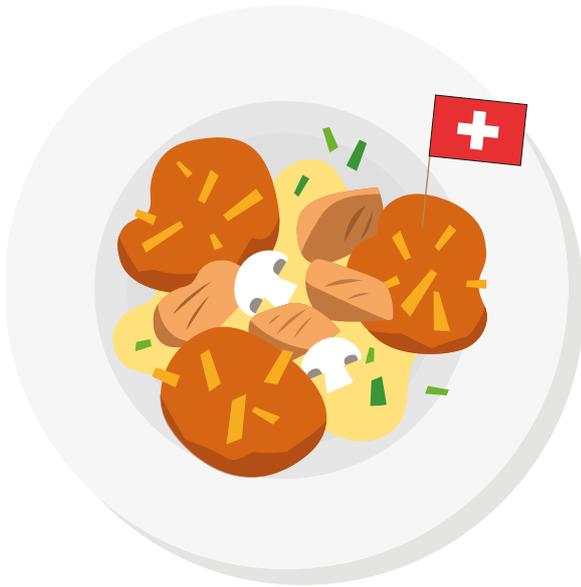
Quantity: serving 1 child (primary school)

Ingredients	Amounts
White onion	20 g
Peppers	50 g
Carrots	30 g
Parsnips	30 g
Celery root	50 g
Parsley root	30 g
Tomato puree	50 g
Minced beef chicken or pork	40 g
Rice	30 g
Sunflower oil	5 g
Dried thyme	As needed
Parsley	As needed
Egg	As needed
Salt* and pepper	To taste

\* Consider herbs and spices as an alternative to salt.



1. Thinly slice one onion, thinly chop the peppers and put them in saucepan with chopped celery, parsnips and the carrots.
2. In a pan, fry half an onion, add the tomato puree and cook for 2-3 minutes.
3. Add the onion and tomato mixture to the chopped vegetables.
4. Add water and when it starts to boil, turn heat to low and let simmer for 30 minutes.
5. Mix the minced meat with the rice, egg, salt, black pepper and your favorite herbs.
6. Shape this mixture into small balls and place them on a plate to rest for 30 minutes.
7. After 30 min, drop the meatballs in the soup and let them cook for 10-15 minutes.
8. Add the chopped parsley.
9. After 10-15 minutes, add the thyme.
10. Let simmer for another 20-30 minutes before serving.



1. Finely chop half of the onion, grate the vegetables and the peeled potato.
2. Mix it all and add a little salt and pepper.
3. Fry the mixture for 15-20 minutes, until golden brown.
4. In a separate pan, fry the other half of the onion, add the sliced mushrooms and cook the meat with a little water/ bouillon and a little salt and pepper.
5. Let it cook for 5-10 minutes.
6. Serve the meat and mushrooms with the other vegetables on the side.

**🍴 Kalbsgeschnetzeltes  
nach Zürcher Art / Émincé  
de veau à la zurichoise  
/ Spezzatino di vitello  
alla zurighese**

**Sliced veal – Zurich style**

*Quantity: serving 1 child (primary school)*

<b>Ingredients</b>	<b>Amounts</b>
Onion	25 g
Courgette	25 g
Carrot	25 g
Potato	150 g
Veal	75 g
Flour	1/2 tsp
Mushrooms	30 g
Water or broth	50 ml
Vegetable oil	10 g
Salt (iodised preferred)*	To taste
Pepper	To taste

\* Consider herbs and spices as an alternative to salt.

## Jota 🍴

Slovenian bean  
and sauerkraut hotpot*Quantity: serving 1 child (primary school)*

Ingredients	Amounts
Beans (dried)	10 g
Pork neck	20 g
Potato, in small cubes	20 g
Fresh tomato	10 g
Sauerkraut	50 g
Water	80 ml
Olive oil	8 g
Wheat flour	2 g
Onion	8 g
Garlic	As needed
Salt*	To taste
Pepper	To taste
Bay leaf	1 leaf

\* Consider herbs and spices as an alternative to salt.



1. Soak the beans overnight and cook them in the same water, adding in a bay leaf and the cubed pork neck.
2. When the beans are halfway done, add the potato cubes and continue to cook.
3. Separately, make a roux, adding in chopped onion, crushed garlic and tomato sauce or fresh tomato.
4. Add the sauerkraut (canned or cooked separately) to the beans, then stir in the roux.
5. Season with salt and pepper.



1. Cut the chicken breasts in thin strips.
2. Cook in a large pan with the onion in a little oil.
3. Add salt and hot water and steam with lid closed.
4. In another pan, in the remaining oil, stir fry the grated root vegetables until soft.
5. Add the vegetables to the chicken.
6. Thicken the sauce with flour mixed with water and cook for 20 minutes.

## 🍴 Kuracie prsia na zelenine

### Chicken breast with vegetables

Quantity: serving 1 child (primary school)

Ingredients	Amounts
Chicken breast	100 g
Oil	10 g
Onion	20 g
Peas	50 g
Flour	15 g
Carrot, grated	50 g
Root celery, grated	50 g
Parsley	To garnish
Salt*	To taste

\* Consider herbs and spices as an alternative to salt.

## Kalakeitto

### Fish soup

Quantity: serving 1 child (primary school)

Ingredients	Amounts
Onion	50 g
Potato	140 g
Carrot	30 g
Leek slices	30 g
Fish (seiti)	30 g
Salmon	20 g
Fish broth	170 ml
Cream (15% fat)	20 ml
Salt*	To taste
Dill (frozen)	To garnish
Whole black peppercorn	As needed

\* Consider herbs and spices as an alternative to salt.



1. Add pepper and onion in cubes into preheated water.
2. Add peeled potatoes and carrots in small cubes.
3. Continue cooking until they are mature.
4. Add skinless and boneless fish in cubes and leek slices.
5. Season with salt and broth.
6. Let it cook with low heat for 2-3 minutes.
7. Add cream, chopped dill and if you want a bit of butter.
8. Serve with rye (dark) bread: margarine, cheese slices and cucumber slices.



1. Preheat the oven to 125°C.
2. Layer the potatoes, salmon, leeks, dill, salt and pepper in a baking dish.
3. Mix egg, milk and salt and pour over the potato and fish mixture.
4. Cook in the oven until the centre of the cake reaches about 85°C.

## Laxpudding

### Salmon and potato cakes

Quantity: serving 1 child (primary school)

Ingredients	Amounts
Potatoes, sliced and boiled	150 g
Salmon, raw, diced	75 g
Leek, shredded	20 g
Milk (1,5% fat)	70 ml
Egg	1/2
White pepper, ground	To taste
Dill, chopped	To garnish
Iodized salt*	To taste

\* Consider herbs and spices as an alternative to salt.

## Vegetarian shepherd's pie

### Vegetarian shepherd's pie

Quantity: serving 1 child (primary school)

Ingredients	Amounts
Potatoes, peeled and diced	125 g
Vegetable fat spread	3 g
Vegetable oil	12 g
Onion, peeled and chopped	20 g
Carrots, peeled and chopped	25 g
Canned adzuki beans, drained	50 g
Light soy sauce	1/2 tsp
Tomato purée	1 tsp
Mixed dried herbs	As needed
Water	20 ml
Peas, fresh or frozen	15 g
Egg, beaten	As needed



1. Preheat the oven to 200°C.
2. Boil the potatoes for 20 minutes and then drain and mash with the vegetable fat spread.
3. Cook the onions gently until soft.
4. Add the carrots, adzuki beans, soy sauce, tomato purée, herbs and water and simmer for 15 minutes.
5. Add the peas and continue to simmer until the vegetables are cooked.
6. Put the bean and vegetable mixture into an ovenproof dish and pipe or spoon the mashed potato on top.
7. Brush the mash with the beaten egg.
8. Bake for 30 minutes until the potato topping is golden brown.

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+ Guten Appetit!

+ Dober tek!

+ Dobar tek!

+ Vær så god!

+ Dobrou chuť!

+ Velbekomme!

+ Smaczneho!

+ Bom appetite!

+ Buon appetito!

+ Head isu!

+ Добър апетит!

+ Dobrú chuť!

+ Béile blasta dhuit!

+ Hyvää ruokahalua!

+ Poftă bună!

+ Jó étvágyat!

+ Καλή όρεξη!

+ L-Ikla it-tajba!

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+ Gero apetito!

+ Smaklig måltid!

+ Eet Smakelijk!

+ Labu apetīti!

+ Enjoy your meal!

