

Traditional Macaroni & Cheese

Allergens – **Gluten**, **Milk**, **Mustard**

Ingredients

Quantity	Ingredient
500g	Macaroni (contains Wheat)
150g	Plain Flour (contains Wheat)
150g	Margarine
2.5 Ltr	Semi-Skimmed Milk
400g	Cheddar Cheese (mature)
5g	Mustard



Vegetable and/or accompaniment is provided based on the current menu

Method

1. Cook the pasta to al dente, drain and refresh.
2. Make the roux sauce with the margarine, flour, milk and two-thirds of the grated cheese.
3. Combine the cheese sauce and the macaroni.
4. Transfer into serving tins and top with the remaining grated cheese.
5. Bake at 180C, 350F, Gas 4 for 20 minutes.

Note – This dish may be garnished with sliced tomato.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 167	= 8.6	= 3.8	= 3.6	= 0.34	= 16.6

Portion size - Primary – 180g

Reviewed April 2018