

HOMEMADE HERO PASTA



A Plant-Packed, Balanced Option for Spring Menus

Developed by our nutritionist and tested by our in-house food team, Homemade Hero Pasta is a new, school-ready main meal that delivers strong nutritional value in a child-friendly format. Served with a 50:50 mix of white and whole wheat pasta, it offers a well-rounded combination of plant-based protein, fibre, and essential vitamins – supporting pupils' health and energy throughout the day.

Why choose Hero Pasta?

- ✓ **A balanced meal:** Each portion provides over **7g of protein** and **4g of NSP fibre**, helping pupils stay fuller for longer and supporting sustained energy throughout the day.
- ✓ **Vegetable-packed:** With **seven different vegetables** in every portion, Hero Pasta contributes approximately **2 of a child's 5-a-day** – making it easier for schools to meet healthy eating standards while serving a dish children enjoy.
- ✓ **15 different plants in every portion:** From lentils and vegetables to grains and herbs, Hero Pasta supports the **"30 plants a week"** diversity target linked to better gut health and overall wellbeing.
- ✓ **Made fresh, low-UPF:** A fully plant-based, scratch-cooked option made without unnecessary ingredients. Naturally low in salt, low in saturated fat, and free from added sugar.
- ✓ **Flexible for service:** The sauce can be prepared in batches, kept refrigerated for 3 days, or frozen for up to 1 month – making it easy to plan, store and serve.

We'd like to encourage all schools to include Hero Pasta as a **lighter daily option**, complementing your existing main meal choices while expanding plant-based offerings on the menu.

Hero Pasta is more than just another pasta option – it's a tasty, balanced, plant-powered dish designed for today's school kitchens and tomorrow's healthy eaters.

