



EVERYDAY

CANTEEN RECIPES



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The 'recipe cost per serve' prices in this resource were determined by averaging the price of ingredients from common supermarket locations. These supermarkets were: Coles, Woolworths, Aldi, IGA, Coles Online and Woolworths Online. The 'recipe cost per serve' amount was based only on the amount of each ingredient used the recipe.

The mark up price and percentage was calculated so that the food cost (recipe cost per serve), was no more than 38% of the final sale price. This was done to allow for enough gross profit to cover operating costs and wages.

HOT FOODS

SUPREME SWEET AND SOUR CHICKEN

Portion size limit

250g (primary schools) and
350g (secondary schools)

Serving size:

240g

Container size:

320ml foil square

EVERYDAY

Equipment

2 chopping boards (one for the vegetables and one for chicken)

2 knives (one for vegetables and one for chicken)

Tablespoon

Teaspoon

Large bowl

Wok/frypan

Large pot (for cooking rice)

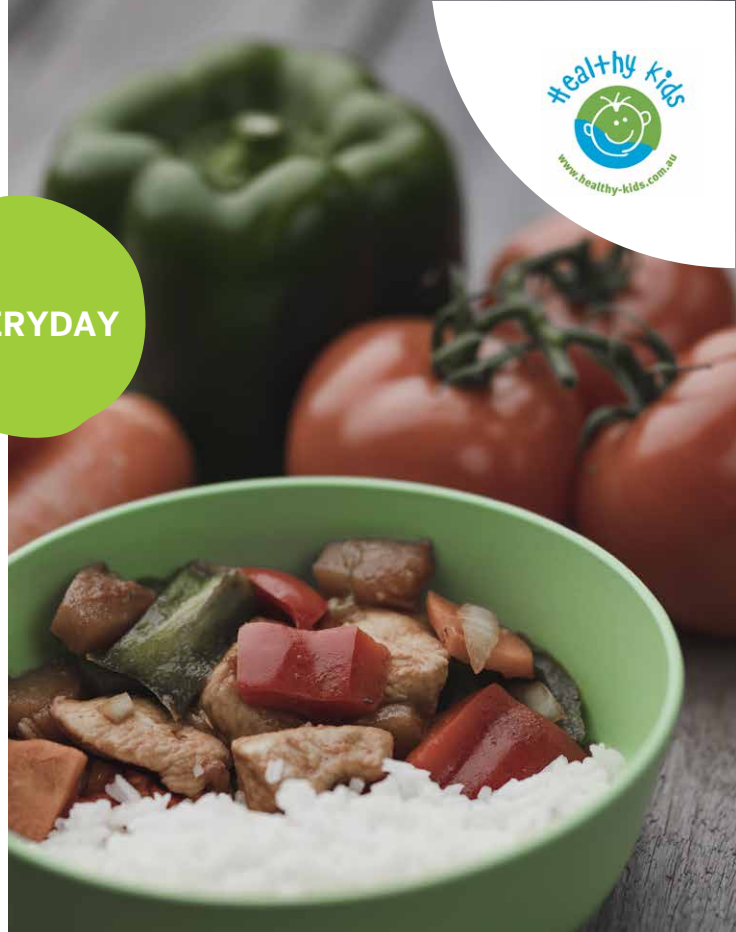
RECIPE COST PER SERVE:

\$1.10

RECOMMENDED SERVE PRICE:

\$5.00

(355% mark up)



| Ingredients | Quantity for: | | |
|---|----------------------------|---------------------------|-----------------------------|
| | 10 serves | 20 serves | 30 Serves |
| Lean chicken breast, cut into dice sized pieces | 500g | 1 kg | 1.5 kg |
| Tomato sauce | 2 tbsp. | 4 tbsp. | 6 tbsp. |
| Tinned pineapple pieces, canned in natural juice (keep ½ the juice) | 1 x 440g can | 1 x 850g can | 1 x 850g and 1 x 440g can |
| Carrot, thinly sliced | ½ cup | 1 cup | 1 ½ cups |
| Large green capsicum, chopped into chunks | 1 | 2 | 3 |
| Large tomatoes, diced | 1 | 2 | 3 |
| Large red capsicum | 1 | 2 | 3 |
| Large onion, diced | 1 | 2 | 3 |
| Salt-reduced soy sauce | 1 tbsp. | 2 tbsp. | 3 tbsp. |
| White vinegar | 1 tsp. | 2 tsp. | 3 tsp. |
| Corn starch | 1 tbsp. | 2 tbsp. | 3 tbsp. |
| Canola Oil | 1 tbsp. | 2 tbsp. | 3 tbsp. |
| Rice, cooked | 5 cups (1.5 cups uncooked) | 10 cups (3 cups uncooked) | 15 cups (4.5 cups uncooked) |

Method

1. Use 1 chopping board and knife to dice chicken.
2. Use a separate clean board and knife to prepare the remaining vegetables.
3. To make the sweet and sour sauce, add the pineapple, pineapple juice, vinegar, soy sauce, tomato sauce & cornflour to a medium pan, bring to the boil and stir. Reduce the heat to low.
4. In a separate large pan heat the oil. Add the bite-sized chicken pieces and cook for 5 minutes or until cooked through.
5. Add the onion, capsicum, tomatoes and carrots and sauté over medium heat with the remaining pineapple juice until the carrots are soft and cooked.
6. Add the sweet and sour sauce to the chicken and vegetable mix and combine.
7. Serve approximately 130g portions on top or to the side of ½ cup of the cooked rice.

Variations

- Try substituting the rice for brown rice, quinoa, or noodles.
- This recipe also works well with pork loin, or turkey breast as an alternative to the chicken.

Tips

- Chop the carrots on an angle, to add to the visual appeal of the dish
- Try adding or substituting other vegetables such as zucchini, broccoli, or cauliflower
- 1 cup of uncooked rice = 3 cups of cooked rice

HOT FOODS

SLOPPY JOES

Portion size limit

250g (primary schools) and
350g (secondary schools)

Serving size:

105mm x 105mm x 85mm
cardboard burger box

Equipment

Chopping board

Knife

Grater

Tablespoon

Teaspoon

Saucepan

Wooden spoon

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| Ingredients | Quantity for: | | |
|---|-----------------------------|---------------------|-----------------------|
| | 10 Sloppy Joes | 20 Sloppy Joes | 30 Sloppy Joes |
| Onions, diced | 1 | 2 | 3 |
| Minced garlic or garlic cloves, crushed | ½ tbsp. or 1 clove | 1 tbsp. or 2 cloves | 1.5 tbsp. or 3 cloves |
| Olive or canola oil | 2 tsp. | 4 tsp. | 2 tbsp. |
| Lean beef mince | 500g | 1kg | 1.5kg |
| Worcestershire sauce | 2 tbsp. | 4 tbsp. | 6 tbsp. |
| Salt-reduced tomato sauce | ¼ cup | ½ cup | ¾ cup |
| Mixed herbs (dried or fresh) | 1 tsp dried, or 1tbsp fresh | 2 tsp. | 1 tbsp. |
| Water | 2 tbsp. | 80ml | 120ml |
| Large carrots, grated | 1 | 2 | 3 |
| Large zucchini, grated | 1 | 2 | 3 |
| Mushrooms, finely chopped | 1 cup | 2 cups | 3 cups |
| Sandwich rolls/buns, halved | 10 | 20 | 30 |

RECIPE COST PER SERVE:

\$1.41

RECOMMENDED SERVE PRICE:

\$4.50

(219% mark up)

Method

1. Place a large saucepan on the stovetop on medium heat, add the oil and cook the onions and garlic until soft.
2. Add the mince and cook until completely browned, stirring as necessary. You may need to add a couple of tablespoons of water to keep it moist.
3. Add the tomato sauce and cook on low for 2 minutes.
4. Add all remaining ingredients and simmer on low for 20 minutes, stirring occasionally, until sauce is thickened.
5. If sauce starts to dry out, add a little more water.
6. Portion out 125g or ½ cup of the meat sauce onto each sandwich roll or split bun.
7. Serve with a side salad of lettuce, tomato & cucumber

Variations

- If herbs are grown in your school garden, use fresh varieties such as basil, rosemary, thyme or oregano.
- Add canned tomatoes and tomato paste to the sloppy sauce to add to pasta, lasagne, soft tacos and burritos.
- This recipe for the sauce freezes well.
- Add extra veggies such as tomatoes, spinach, capsicum, and peas.
- For variety, try alternating between lean beef, turkey, chicken breast or pork mince.

Tips

To save time, you could use a food processor to quickly chop the onions, carrot and mushrooms. This type of equipment makes it quick and easy to include fresh ingredients in canteen cooking.

HOT FOODS

MAGIC MEXICAN BOWL

Portion size limit

250g (primary schools) and
350g (secondary schools)

Serving size:

240g

Container size:

320ml foil square

EVERYDAY

Equipment

Chopping board

Knife

Tablespoon

Teaspoon

Large bowl

Fry pan

Measuring cup

Small bowls

RECIPE COST
PER SERVE:

\$2.21

RECOMMENDED
SERVE PRICE:

\$5.90

(161% mark up)



| Ingredients | Quantity for: | | |
|--|----------------------------|---------------------------|-----------------------------|
| | 10 bowls | 20 bowls | 30 bowls |
| FOR THE BEEF | | | |
| Canola oil | 2 tbsp. | 4 tbsp. | 6 tbsp. |
| Lean beef mince | 800g | 1.6kg | 2.4kg |
| Red capsicum, chopped | 1 | 2 | 3 |
| Large onion, sliced | 1 | 2 | 3 |
| Garlic, minced | 1 tsp. | 2 tsp. | 3 tsp. |
| Paprika | ½ tsp. | 1 tsp. | 1 ½ tsp. |
| FOR THE SALSA | | | |
| Tin corn, drained, salt-reduced | 1x 400g | 2x 400g | 3x 400g |
| Tin black beans or kidney beans, drained, salt-reduced | 1x 400g | 2x 400g | 3x 400g |
| Medium tomato, diced | 2 | 4 | 6 |
| Fresh coriander, chopped | ½ bunch | 1 bunch | 1 ½ bunches |
| TO ASSEMBLE | | | |
| Iceberg lettuce, chopped | ½ head | 1 head | 1 ½ heads |
| Cooked rice | 5 cups (1.5 cups uncooked) | 10 cups (3 cups uncooked) | 15 cups (4.5 cups uncooked) |
| Reduced-fat cheese, shredded (optional) | 2 cups | 4 cups | 6 cups |
| Chopped shallots | ½ cup | 1 cup | 1 ½ cups |

Method

1. In a large non-stick frying pan heat the canola oil, and cook the onions until golden. Add the capsicum, spices and garlic until spices begin to release a toasted smell.
2. Add the beef mince to the onion and capsicum mixture and cook for 5 minutes, until the mince is brown and cooked through. Add ½ cup of water and cook until the water has evaporated and beef is cooked through.
3. In a bowl, place all the salsa ingredients and mix well.
4. Use 10 serving bowls to evenly divide out the lettuce followed by ½ a cup of cooked rice in each bowl, then add 80g of cooked beef mixture (just under ½ a cup), 100g of the salsa (about ½ a cup), and finish with the cheese if required and chopped shallots.
5. Serve warm.

Variations

- Try diced fish fillet, chuck steak or chicken breast as an alternative to the beef mince.
- Try substituting the white rice for brown rice as a wholegrain alternative.
- Make this recipe vegetarian by replacing the beef mince with extra beans, chickpeas, tofu or lentils.

Tip | 1 cup of uncooked beans = 3 cups of cooked beans



EVERYDAY

HOT FOOD

VERY VEG LASAGNE

Portion size limit:

250g (primary schools) and
350g (secondary schools)

Serving Size:

250g

Container size:

320ml foil square

Equipment

2 saucepans

Measuring cup

Measuring jug

Tablespoon

Scales

Wooden spoon

7cm deep, 20cm wide
baking dish

RECIPE COST PER SERVE:

\$1.30

RECOMMENDED SERVE PRICE:

\$5.00
(285% mark up)

| Ingredients | Quantity for: | | |
|--|-------------------------|------------------------|-----------------------|
| | 10 serves | 20 serves | 30 serves |
| Olive oil | 1.5 tbsp. | 3 tbsp. | 4.5 tbsp. |
| Medium sized onion, diced | 1 | 2 | 3 |
| Leek, diced | ½ | 1 | 1.5 |
| Celery stalk, diced | 1 | 2 | 3 |
| Zucchini, large, diced | 2 | 4 | 6 |
| Red capsicum, diced | 1 | 2 | 3 |
| Cauliflower, chopped | 1 cup | 2 cups | 3 cups |
| Medium sweet potato, diced | 1 | 2 | 3 |
| Canned diced or crushed tomatoes (no added salt) | 1.2 kg or 3 x 400g cans | 2.4kg or 6 x 400g cans | 3.6kg or 9x 400g cans |
| Lasagne sheets | 300g | 600g | 900g |
| Olive oil spray | | | |
| FOR THE BÉCHAMEL SAUCE | | | |
| Reduced-fat milk | 1 litre | 2 litres | 3 litres |
| Margarine | 30g | 60g | 90g |
| Wholemeal flour | ¼ cup | ½ cup | ¾ cup |
| Reduced-fat grated mozzarella cheese | ½ cup | 1 cup | 1.5 cups |

Method

1. Pre-heat oven to 180°C.
2. Heat olive oil in large saucepan over medium-low heat.
3. Add onion, leek, celery, zucchini, capsicum and cauliflower and cook with lid on for 10 minutes, stirring occasionally.
4. Add sweet potato and cook uncovered for 5 minutes.
5. Add canned tomatoes and simmer over low heat for 25-30 minutes, stirring occasionally.
6. Add a little water if the mixture is too thick.

To make the béchamel:

7. Melt the margarine in a saucepan over medium heat.
8. Add the flour. Cook, stirring with a wooden spoon, for 1 minute or until bubbling. Remove from heat.
9. Gradually add milk, stirring to prevent lumps forming. Return pan to heat. Cook, stirring, for 5 minutes or until sauce boils and thickens.
10. Remove pan from heat. Stir in half the cheese, stirring until melted and mixed through. Set aside. Assemble straight away to prevent the béchamel sauce from solidifying.

To assemble lasagne:

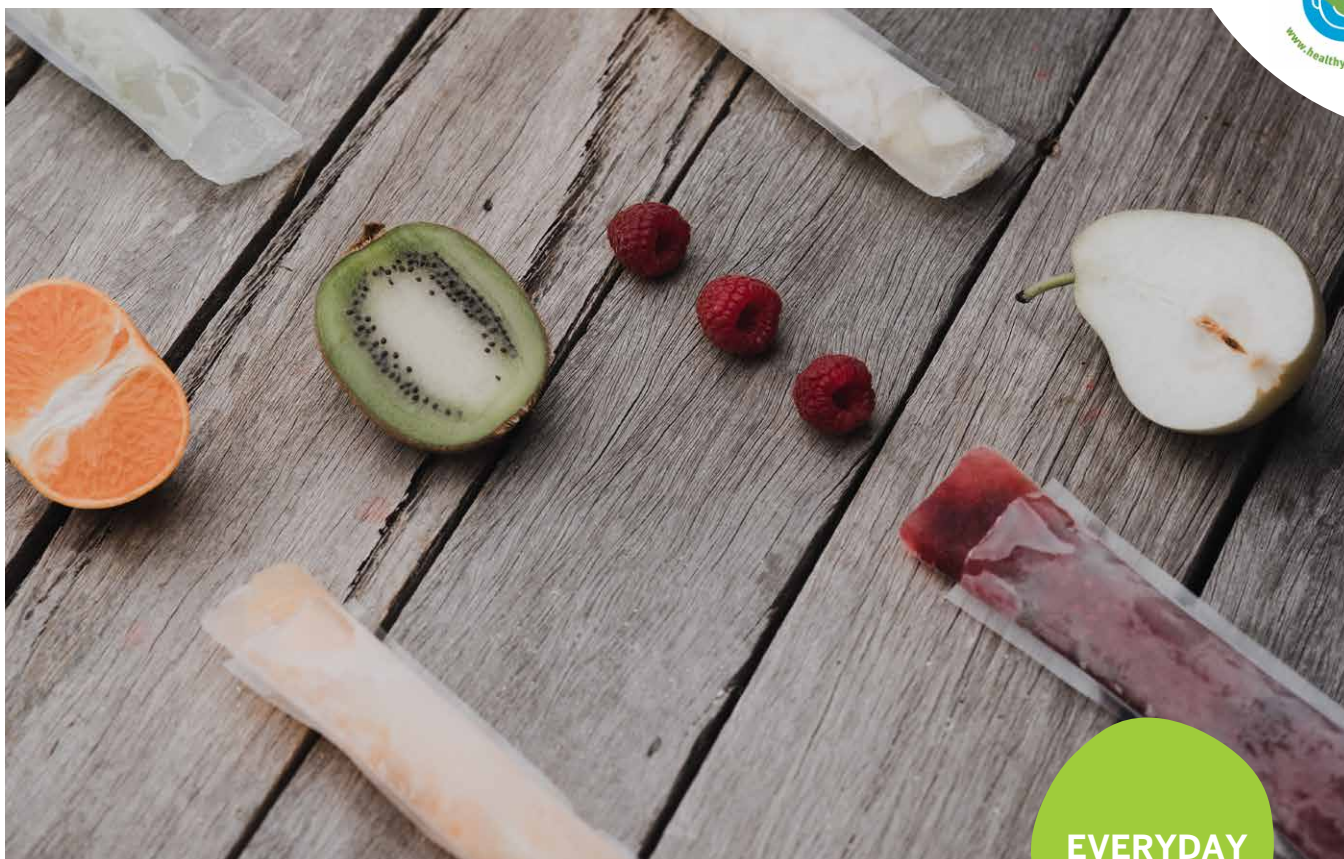
11. To make 10 portions of the lasagne, lightly spray an 8cm deep, 26 x 36cm baking dish. Place 1/3 of the lasagne sheets on the base of the baking dish, spoon ½ the vegetable mixture onto the sheets and cover with 1/3 of the béchamel sauce.
12. Repeat with 2 more layers. Spoon béchamel sauce over top. Sprinkle with remaining cheese. Bake at 180°C for 40 minutes or until the top is golden. Stand for 10 minutes. Cut into portions of 250g or portion the pan into 10 portions and serve.

Variations

- Instead of adding the sweet potato and zucchini into the sauce. Try slicing the sweet potato and zucchini into thin strips and layering them on top of the pasta sheets, this will give the lasagne a fun colourful-layered look.

Tips

- To save time, use a food processor to quickly chop the onions, celery, and zucchini.
- Blanching the lasagne sheets for 1-2 minutes in hot water one-by-one before making can accelerate the baking time.
- If cauliflower is not in season substitute with frozen cauliflower instead.



EVERYDAY

SWEET SNACKS

FUNKY FRUIT ICY POLES

Portion size limit

250ml

Serving size:

112ml

Equipment

Chopping board

Knife

Measuring cup

Icy pole moulds and Paddle pop sticks

OR Zip Pop bags

OR 200ml paper cups, cling wrap and Paddle pop sticks

RECIPE COST
PER SERVE:

\$0.50

RECOMMENDED
SERVE PRICE:

\$1.50

(200% mark up)

Method

1. Cut the fruit into small chunks or slices and place it evenly into the moulds/Zip Pop bags* or paper cups, filling them about half way.
2. Pour in the fruit juice to just below the top of the mould or if using Zip Pop bags, to the fill line.
3. Insert paddle pop stick into the moulds or cover cups in cling wrap and slide through paddle pop stick so that it sits at the middle of the cup.
4. Freeze overnight, before serving.
5. Serve during the warmer seasons for a refreshing snack.

**Zip Pop bags hold a maximum of 80ml, for the 10 serves you can make 14 serves with the Zip Pop bags as they are smaller.*

Variations

You can try using single colours in the ingredients and selling them for promotional days. For example, use sliced kiwi, green apple, and apple juice for St Patrick's Day or orange and mango for World Harmony Day.

Tips

When ready to serve, run some warm water over the mould and gently slide each icy pole out

| Ingredients | Quantity for: | | |
|--|---------------|--------------|--------------|
| | 10 icy poles | 20 icy poles | 30 icy poles |
| Any seasonal fruit of your choice (fresh or frozen) e.g. berries, mango, cherries, kiwifruit, passionfruit, pineapple, watermelon etc. | 1 ½ cups | 3 cups | 4 ½ cups |
| 99% fruit juice (no added sugar). Apple juice works well. | 3 cups | 6 cups | 9 cups |

SWEET SNACKS

MIGHTY MUESLI SCONES

Serving Size: 64g (1 scone)

Equipment

Sieve

2 large bowls

Square baking tray 40cm by 30cm (for 10 scones)

5cm round cutter or 5cm round glass or mug

**RECIPE COST
PER SERVE:**

\$0.12

**RECOMMENDED
SERVE PRICE:**

\$1.00

(733% mark up)

Method

1. Preheat oven to 250°C, lightly grease a 19cm square cake tin with margarine.
2. Sift the wholemeal and plain flours.
3. Add margarine - using fingertips rub margarine into flour until mixture resembles breadcrumbs.
4. Add milk and yoghurt and softly stir in, add a little more milk if needed.
5. Turn dough onto floured bench and add muesli kneading in gently till dough comes together.
6. Shape dough out to 2cm in thickness and using a 5cm round cutter cut desired quantity of rounds from dough using a cutter or a glass.
7. Place scones on prepared tray.
8. Bake scones for 15-20min or until golden.
9. Serve on their own with fresh seasonal fruit or with a small amount of jam.

Variations

- Try adding different fresh/dried/frozen fruit varieties such as frozen berries, dried cranberries or diced banana to mix it up (using fresh or frozen varieties may decrease the shelf life).
- Leave out the muesli to make savoury scones and try adding ½ cup reduced-fat cheese, 1 clove of garlic and 1 tbsp. chopped chives.
- Try adding 1 teaspoon of grated orange or lemon peel to add flavour.

| Ingredients | Quantity for: | | |
|--|---------------|-----------|-----------|
| | 10 scones | 20 scones | 30 scones |
| Self-raising flour | 1 cup | 2 cups | 3 cups |
| Wholemeal self-raising flour | 1 cup | 2 cups | 3 cups |
| Reduced-fat Greek yoghurt | ½ cup | 1 cup | 1.5 cups |
| Reduced-fat milk | 1.5 cups | 3 cups | 4.5 cups |
| Margarine | 60g | 120g | 180g |
| Untoasted, unsweetened muesli with dried fruit | 1 cup | 2 cups | 3 cups |

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Tips

Try using a muffin tin instead of a baking tin if the scones stick together after baking.

SAVOURY SNACKS

FANTASTIC FRITTERS

Recommended serve size:
2 fritters (130g)

Equipment

Sieve

2 large bowls

Whisk

Non-stick frying pan

¼ size measuring cup, or ice cream scoop (to portion raw fritters for cooking)



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**RECIPE COST
PER SERVE:**
\$0.58

**RECOMMENDED
SERVE PRICE:**
\$2.00
(245% mark up)

| Ingredients | Quantity for: | | |
|---|---------------|-----------|-----------|
| | 10 serves | 20 serves | 30 serves |
| Wholemeal self-raising flour | 2 cups | 4 cups | 6 cups |
| Reduced-fat milk | 1.5 cups | 3 cups | 4.5 cups |
| Eggs | 4 eggs | 8 eggs | 12 eggs |
| Spinach - frozen thawed | 300g | 600g | 900g |
| Olive oil spray | | | |
| Sun dried tomato, oil drained – chopped into small pieces | 1 cup | 2 cups | 3 cups |
| Pepper | To taste | To taste | To taste |

Variations

- Try substituting the sun-dried tomato and spinach with corn and light ham or mushroom and spring onion or sweet potato and capsicum for variety.
- For a sweet version, try banana and cinnamon, apple and desiccated coconut or passionfruit and lemon zest.

Method

1. Sift the wholemeal self-raising flour into a large bowl.
2. In a separate bowl, whisk the eggs and milk together until well combined.
3. Add egg mixture to the flour and mix until just combined. Fold in the spinach, tomato, and add pepper to taste.
4. Heat a large non-stick frying pan over medium heat and spray with olive oil spray.
5. Place a scoop – about ¼ cup of mixture in the pan and cook for 2-3 minutes or until bubbles appear on the surface.
6. Flip over and cook for 1 minute.
7. Transfer to a plate. Cover to keep warm. Repeat with remaining mixture.
8. Serve 2 fritters with a side salad.

Tips

- Garnish with a dollop of reduced-fat Greek yoghurt.
- Use a small ice-cream scoop to ensure your fritters are a consistent size every time.

SAVOURY SNACKS

REFRESHING CUCUMBER SUSHI

EVERYDAY

Recommended serve size: 60-80g (about 8-10 slices)

Equipment

Saucepan

Measuring cup

Teaspoon or swivel peeler or apple corer

Spoon/chopstick

Paper towel

Teaspoon

Tablespoon

Knife

**RECIPE COST
PER SERVE:**
\$1.77

**RECOMMENDED
SERVE PRICE:**
\$4.00
(126% mark up)

Method

1. Cook the sushi rice and set aside to cool.
2. Once the rice has cooled, stir the vinegar through, the rice should be sticky
3. Cut the ends of the cucumbers off to ensure the thickness is consistent – this will make it easier to fill. Then cut the cucumber into half or in 10 cm long chunks.
4. Using a teaspoon, swivel peeler or apple corer hollow out the centres of the cucumber until all the soft seed, area is scooped out. There should be about 4mm thickness of cucumber skin left.
5. Keeping the cucumber in a vertical position flat against the chopping board, stuff about 2 teaspoons of cooked rice into the cavity, using your fingers or teaspoon. Then use a knife or a wooden skewer to press the rice to one side of the cucumber. This will make way for the other veggies.
6. Slide in a few slices of capsicum and carrot into the cucumber and then fill with tuna until the cavity is full.
7. Cut each cucumber roll into sushi length slices (~2cm) or leave is as a sushi roll (~10cm).
8. Serve with salt-reduced soy sauce.

| Ingredients | Quantity for: | | |
|---|---------------------|---------------------|----------------------|
| | 10 x 10cm rolls | 20 x 10cm rolls | 30 x 10cm rolls |
| Large continental cucumber ~20cm long | 5 | 10 | 15 |
| Red capsicum, sliced thinly | ½ medium capsicum | 1 | 1.5 |
| Carrot, julienned /cut into 10cm match sticks | 1 | 2 | 3 |
| Rice vinegar | 1.5 tbsp. | 3 tbsp. | 4.5 tbsp. |
| Sushi rice, cooked | 100g (35g uncooked) | 200g (70g uncooked) | 300g (105g uncooked) |
| Salt-reduced soy sauce (to serve) | 1 tbsp. | 2 tbsp. | 3 tbsp. |
| Canned tuna | 200g | 400g | 600g |

Tips

- Keep any left over fillings for salads or other dishes.
- After coring the cucumber, it may help to dry out the inside of the cucumber to keep the rice from falling out. Dry it with a clean paper towel over the end of a spoon or chopstick.
- Slice the cucumber into smaller pieces before stuffing to make the stuffing easier.
- 1 cup of uncooked rice = 3 cups of cooked rice



DRINKS

FROTHY HOT CHOCOLATE

Portion size limit:

300ml (primary schools) and 500ml (secondary schools)

Serving size: 250ml* or 1 metric cup

Equipment

Measuring cup

Tablespoon

Clean 3-litre milk bottle empty or whisk blender or plunger

Microwave

250 ml cups

EVERYDAY

RECIPE COST
PER SERVE:

\$0.29

RECOMMENDED
SERVE PRICE:

\$1.50

(417% mark up)

| Ingredients | Quantity for: | | |
|---|---------------|----------|----------|
| | 10 cups | 20 cups | 30 cups |
| Cocoa drinking powder, plus extra for serving | ½ cup | 1 cup | 1 ½ cups |
| Vanilla essence | 1 tbsp. | 2 tbsp. | 3 tbsp. |
| Reduced-fat milk | 2 litres | 4 litres | 6 litres |

Method

1. Pour the cold milk, cocoa powder, and vanilla essence into an empty 3-litre milk bottle so that it is just over half full. Securely close the bottle.
2. Vigorously shake the bottle for 2 minutes.
3. Pour straight into small individual 250ml cups and microwave for 60 seconds. Microwaving maintains the frothiness of the chocolate milk.
4. Sprinkle the top with cocoa or cinnamon to serve.

Tips

If this method of frothing up the milk is not achievable in your canteen, try using a hand whisk, blender or coffee plunger.

*Use milk flavourings, powder and syrups in small amounts – no more than 1 level tablespoon per portion.

Variations

- Try making a spicy hot chocolate by adding a sprinkle of cinnamon, ground ginger and nutmeg.
- Trial a variety of different milks to add variety such as calcium-fortified almond milk, soy milk or drinking coconut milk.



DRINKS

SPARKLING PINK LEMON JUICE

EVERYDAY

Portion size limit: 250ml

Serving size: 200ml – less than a metric cup, 4/5 cup

Equipment

Measuring cup

Measuring jug

Blender

Sieve

Cups (200ml or larger)

**RECIPE COST
PER SERVE:**

\$0.50

**RECOMMENDED
SERVE PRICE:**

**\$1.50
(200% mark up)**

Method

1. Blend all the ingredients except the sparkling water together in a blender.
2. Pour mixture into a jug while straining the mixture through a thin sieve or pour directly through sieve into 250ml cups.
3. Add the sparkling water, stir, and then serve with a slice of lemon or lime.
4. Cut lemon or lime into slices, then cut a slit in the skin and serve on the rim of the cup.

Variations

You can try using single colours in the ingredients and selling them for promotional days. For example, use sliced kiwi, green apple, and apple juice for St Patrick's Day or orange and mango for World Harmony Day.

Tips

If the juice is too difficult to strain, replace the raspberries with strawberries.

| Ingredients | Quantity for: | | |
|---|-------------------------|-------------------------|-------------------------|
| | 10 x (200ml) cups | 20 x (200ml) cups | 30 x (200ml) cups |
| Lemon juice (no added sugar), freshly squeezed or bottled | 1 cups (250ml) | 2 cups (500ml) | 3 cups (750ml) |
| Apple juice (no added sugar) | 2 cups (500ml) | 4 cups (1 litre) | 6 cups (1.5 litres) |
| Sparkling water | 750ml | 1.5 litres | 2.25 litres |
| Frozen raspberries | 500g | 1kg | 2kg |
| Sliced lemon or lime, to serve | 1 lemon | 2 lemons | 3 lemons |