



*Helping
schools
serve
smarter.*

Tilda[®]

FOODSERVICE

How Carryduff Primary School gets more from every ingredient



At Carryduff Primary School, a smarter approach to menu planning is helping the catering team stretch ingredients further without compromising the meals pupils enjoy.

School catering is about making every ingredient count. Successful menu planning relies on choosing versatile ingredients that help create varied, appealing meals while making the most of every purchase.

Building value through smarter menu planning

Products that can be used across multiple dishes, cuisines and service styles make it easier to build varied menus while simplifying procurement, improving stock management and supporting efficient kitchen operations.

Rice is a great example of this. Whether served alongside curries, chilli, globally inspired dishes or fresh salad options, rice adapts easily across a wide range of menus. Its ability to pair with vegetables, pulses and proteins also makes it an effective way to maximise ingredient value, helping caterers create balanced, satisfying meals from a single, dependable ingredient.

Putting versatile menu planning into practice

Carryduff Primary School is one example of how a versatile ingredient can support a varied, value-led menu.

The catering team uses Tilda Brown & White Rice once or twice every week across a range of popular dishes, including chicken curry, chilli beef, Tex Mex chilli boats and peppered chicken. It also features as part of the school's daily salad bar, demonstrating how one ingredient can successfully support multiple menu occasions.

Carryduff has also embraced a blended meal approach, **reducing meat content by 25%** across several recipes while incorporating beans, lentils and pulses. Combined with Tilda Brown & White Rice, this approach allows the kitchen to maximise ingredient value while continuing to create balanced meals that pupils enjoy.

As Janine, the school's catering lead, explains:

At Carryduff Primary School, Tilda Brown & White Rice has become a staple ingredient in many of our most popular dishes. Its versatility allows us to create nutritious, vegetable-packed meals that pupils genuinely enjoy, while supporting our blended meal approach and helping us deliver excellent value for money. It's easy to prepare, full of flavour and holds its grain perfectly every time.

Carryduff's experience demonstrates how thoughtful menu planning, supported by versatile ingredients, can help schools deliver greater value while continuing to offer meals that pupils look forward to eating.

Ideas to take back to your own kitchen

Every school has its own approach, but there are some common principles that can help catering teams get more from every menu.

1. **Choose ingredients with multiple menu applications.** Products that work across a variety of dishes help simplify purchasing, support menu planning and provide greater flexibility throughout the school year.
2. **Make ingredients work harder together.** Pairing rice with vegetables, beans and pulses creates balanced, satisfying meals while helping to maximise the value of higher-cost ingredients.
3. **Prioritise consistency.** Reliable ingredients that are easy to prepare and perform consistently during service help busy kitchen teams work efficiently and deliver great results every time.

Looking ahead

Every school has its own priorities, but the principles of effective menu planning remain the same. Choosing versatile ingredients that deliver consistent quality and work across multiple applications gives catering teams the flexibility to create varied, appealing meals while making the most of every ingredient.

Carryduff Primary School demonstrates how this approach can work in practice. By delivering consistent performance across multiple menu applications, Tilda Brown & White Rice helps education caterers maximise ingredient value, simplify menu planning and continue serving nutritious, appealing meals with confidence.

Continue the conversation

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