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| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Water to drink | Weetabix, Cornflakes or Rice Krispies with  toast | Porridge with dried fruit | Weetabix, Cornflakes or Rice Krispies with crumpets | Porridge with sliced apple | Weetabix, Cornflakes or Rice Krispies with  muffins |
| Allergy Info | WHEAT/MILK | OATS/WHEAT/MILK/SUPLHITE | WHEAT/MILK | OATS/WHEAT/MILK | WHEAT/MILK |
| Mid-Morning Snack  Water/Milk to drink | Seasonal fruit | Pitta bread with raita | Cheese cubes and pineapples | Oat cakes & raisins | Melon |
| Allergy Info |  | WHEAT/MILK | MILK | OATS/MILK |  |
| Lunch  Water to drink | Macaroni cheese with peas | Roast gammon, roast potatoes, fresh vegetables and gravy | Chicken pie with mash and carrots | Lancashire hot pot with green beans | Beef lasagne with garlic bread |
| Allergy Info | WHEAT/MILK/MUSTARD | WHEAT/SOYA | WHEAT/MILK | WHEAT/FISH/MILK | WHEAT/MILK |
| Dessert  Water to drink | Apricots with greek yoghurt | Bananas and custard | Rice pudding with cranberries | Winter fruit salad with Greek yoghurt | Poached apricots |
| Allergy Info | MILK | WHEAT/MILK/EGG | MILK/SUPLHITES | MILK |  |
| Mid-Afternoon Snack  Water to drink | Bread sticks and  Celery | Selection of Vegetable sticks | Rice cakes with Cucumber | Carrots and peppers | Crackers and cream cheese |
| Allergy Info | WHEAT |  | WHEAT/MILK |  | WHEAT/MILK |
| Tea  Water to drink | Jacket potato with chilli bean topping | Cream cheese bagels | Sweet potato soup with homemade bread | Homemade cheese and tomato pizza | Sandwiches, tomato wedges and cucumber slices |
| Allergy Info | WHEAT/FISH | WHEAT | WHEAT | WHEAT/MILK | WHEAT/MILK |
| Pudding  Water to drink | Ginger sponge | Carrot cake | Apple rock cakes | White chocolate brownies | Cinnamon crispy biscuit |
| Allergy Info | MILK | WHEAT/EGGS/SUPLHITES | WHEAT/MILK/EGGS/SUPLHITES | WHEAT/MILK/EGGS | WHEAT/MILK/EGGS |

Drinking Water is always available and accessible.

**Chicken Pie with Mash and Carrots**

SERVES: 12

COOKING TIME: 35 minutes

OVEN: Fan 200c

INGREDIENTS:

375g lighter ready rolled puff pastry

1 tbsp butter

1 onion, finely chopped

200g chestnut mushrooms, quartered

3 tbsp plain flour

1 chicken stock cube, made up to 400ml

300g roast chicken, roughly chopped

3 tbsp fresh tarragon, chopped

100g frozen peas

1 egg, beaten

METHOD:

Preheat the oven to gas 7, 220°C, fan 200°C and put the pastry rectangles in the fridge. In a saucepan, melt the butter over a medium heat. Add the onion, mushrooms and some seasoning and cook for 5 mins, or until soft. Add the flour and stir for 2 mins. Add the stock. Stir for roughly 5 mins, until the sauce thickens.

Mix in the chicken, tarragon and peas, then spoon the mixture into pie dish. Top each with pastry. Seal the pies by pressing down on the rim of the dish. Brush with the beaten egg. Make a small hole or slit in the middle of the pie to allow steam to escape while cooking. Bake in the oven for 35 mins, or until the pastry is crisp and golden.

**Macaroni Cheese with Peas**

SERVES: 20

COOKING TIME: 15 minutes

OVEN: Grill

INGREDIENTS:

1.5kg tube shaped pasta  
1 cauliflower per dish, cut into florets  
1kg carton of crème fraiche  
10tsp grainy or other mustard  
875g red Leicester, grated  
Peas

METHOD:

Bring a large pan of salted water to the boil. Add the pasta, stir well and bring back to the boil, then simmer for a couple of minutes. Tip in the cauliflower florets, bring back to the boil again and cook for a further 8-10 minutes until both pasta and cauliflower are tender. Drain well.

Heat the grill to high. Add the crème fraiche, mustard and all but a good handful of cheese to the pasta pan. Stir over a low heat until the cheese starts to melt. Tip the pasta and cauliflower into the sauce and stir together gently. Season and transfer to a flameproof dish.

Mix in Peas and then add the rest of the cheese and sprinkle pepper. Grill for about 5 minutes until brown and bubbling.

**Lancashire Hot Pot**

SERVES: 20

COOKING TIME: 2 ¼ hours

OVEN: 180c

INGREDIENTS:

2 TBSP oil  
1kg middle neck of lamb or shoulder chops, cut into 1 inch cubes  
2 TBSP seasoned flour  
450g onions, peeled and sliced  
2 sticks of celery, washed and sliced  
230g carrots, peeled and sliced  
1 leek, washed and sliced  
450g potatoes, peeled and sliced  
½ pint of stock  
1 TSP Worcestershire sauce  
1 TSP rosemary finely chopped  
Salt and pepper to taste  
15g ounce butter

METHOD:

Heat the oil in a frying pan. Coat lamb in seasoned flour, brown in the oil. Add the onions a celery and reduce the heat for 5 minutes. Layer the lamb in a casserole dish with onion mixture, carrots, leeks and potatoes. Pour in the stock, Worcestershire sauce and rosemary. Dot with butter, cover and cook for 1 ¼ hours. Remove the lid for the remaining 45 minutes of cooking time.

**Beef Lasagne**

SERVES: 20  
COOKING TIME:   
OVEN: 180c

INGREDIENTS:  
1 large onion, peeled and chopped  
4 garlic cloves, chopped and peeled  
850g Beef mince  
2 TSP oregano  
120g tomato puree  
400 canned tomatoes, chopped  
800ml water  
80g soft margarine  
80g plain flour  
800ml whole milk  
350g (21-22 sheets) lasagne pasta sheets  
120g cheddar cheese

METHOD:  
Put a large pan on a medium heat, add the mince and cook until brown. Add the onions, garlic, oregano and tomato puree and cook for 5 minutes until the onion has softened. Add the canned tomatoes and water and leave to simmer for 20 minutes.

Prepare a roux white sauce: in a separate pan melt the margarine on a low heat. Once it has melted, stir in the flour, cook on a low heat for 1-2 minutes. Gradually add the milk a little at a time stirring continuously, bring the sauce to the boil until thickened.

In an oven dish, layer the mince and lasagne sheets and top with a layer of white sauce. Grate the cheese and sprinkle on the top. Bake in the oven for 45 minutes or until piping hot throughout and golden on top.

**Easy Cheesy Tuna Bagel**

SERVES: 20 (whole one for preschool, half for toddlers and babies)

COOKING TIME: 10 minutes

OVEN: -

INGREDIENTS:

Bagel  
500g full fat soft cheese with chives  
4 tins canned tuna in spring water or brine  
4 – 5 cucumber slices

METHOD:

Split the bagel and spread both sides with the cheese and chives.

Drain and flake tuna.

Sandwich the bagel halves together with the tuna and cucumber slices in between.

Wrap in greaseproof paper or foil.

**Sweet Potato Soup**

SERVES: 20

COOKING TIME: 35 minutes

OVEN: -

INGREDIENTS:

1kg sweet potato, peeled  
300g onions  
2TBSP oil  
4 TSP dried oregano  
1.5L Water

METHOD:

Peel sweet potatoes. Dice with the onions. Heat oil in the pan and add the 3 ingredients. Cook until they start to soften.

Add the oregano and water. Boil and simmer for 30 minutes.

Set aside to cool a little before blending until smooth.

**Jacket Potato and Mixed Bean Chilli**

SERVES: 20

COOKING TIME: 25 minutes

OVEN: -

INGREDIENTS:  
240g onions, peeled  
8 garlic cloves, peeled  
160g aubergine  
200g courgette  
160g red pepper, deseeded  
2 TBSP vegetable oil  
2 TSP chilli powder  
2 TBSP plain flour  
2 ½ TBSP tomato puree  
400g canned tomatoes, chopped  
460g aduki beans, canned  
480g red kidney beans, canned  
4 TSP dried mixed herbs  
200g frozen sweetcorn

METHOD:  
Chop the onion, garlic, aubergine, courgette and pepper. Heat oil in a pan. Add the onions and garlic and cook until softened. Add the remaining vegetables and cook for a further 5-10 minutes.

Add the chilli powder and plain flour – mix well. Cook for 2 – 3 minutes. Add the tomato puree, chopped tomatoes, beans, herbs and sweetcorn. Simmer on a low heat until thickened and the vegetables are cooked.

**Mini Wholemeal Muffin Pizza**

SERVES: 8 (whole one for preschool, half for toddlers and babies)

COOKING TIME:

OVEN:

INGREDIENTS:

1 packet of whole meal muffins  
1 onion  
1 clove of garlic  
400g tin chopped tomatoes  
Olive oil  
250g Grated medium cheddar cheese  
Pizza toppings: Cheese and tomatoes  
50g Dried basil or oregano  
  
METHOD:

Finely chop onions and soften for 5 minutes in a pan with a splash of olive oil. Blend the tin of chopped tomatoes and add a clove of grated garlic and onions.

Heat gently in a pan for 5 minutes and then leave to cool. Slice each muffin in half and toast on either side for 1 minute. Spread each half with tomato puree and sprinkle on a layer of grated cheese and a pinch of dried herbs.

Place back under the grill until the cheese starts to bubble and melt.

**Bananas and custard**

SERVES: 20

COOKING TIME: 5

OVEN: -

INGREDIENTS:

800g bananas  
1L milk  
100g Custard powder

METHOD:

Slice the bananas.

Mix a little of the milk and all the custard powder in a bowl until smooth. Heat the rest of the milk in a saucepan until hot. Then pour over the custard powder and mix well. Return the pan to the heat and stir continuously to avoid lumps.

When the mixture starts boiling, slightly lower the heat and add the sugar. Continue stirring until the custard thickens.

Serve over the sliced banana.

**Ginger Sponge Cake**

SERVES: 20 (fairy cake sizes)

COOKING TIME: 20 minutes

OVEN: 180c

INGREDIENTS:

175g self-raising flour  
175g caster sugar  
175g soft spread margarine  
3 eggs  
¼ TSP baking powder  
1 TSP ginger

METHOD:

Cream together margarine and sugar until light yellow in colour then mix in the beaten eggs. Gradually add the sifted flour and baking powder and mix until smooth.

Spread evenly in lightly greased cake tin or spoon into cases

Cook on 180c for about 20 minutes for a cake or 10 minutes for fairy cakes.

Cake should be light brown and springy to touch.

**Rice Pudding and Cranberries**

SERVES: 20

COOKING TIME: 1 ½ - 2 hours

OVEN: 160c

INGREDIENTS:

200g pudding rice  
60g caster sugar  
2L milk  
500g Cramberries

METHOD:

Preheat the oven to 160c and grease an oven proof dish. Wash the rice in a sieve and put it in the dish with the sugar. Heat the milk in a pan and pour over the rice and sugar.

Bake in the oven for 1 ½ - 2 hours until the rice is tender. Cover the rice pudding with foil if it starts to burn while cooking.

Serve with a portion of cranberries.

**Warm Winter Fruit Salad**

SERVES: 20

COOKING TIME: -

OVEN:

INGREDIENTS:

320g (2 medium) fresh pear, peeled   
320g (2 medium) fresh orange, peeled  
200ml cranberry juice  
4 TSP ground cinnamon  
  
METHOD:

Core the pear and break the orange into segments. Chop the fruit.

Warm the fruit, juice and cinnamon in a large pan on a low heat until the fruit has softened.

**Poached Apricots**

SERVES:

COOKING TIME: -

OVEN: -

INGREDIENTS:  
  
20g per child

Probably tinned in natural juice  
  
METHOD:

Poach apricots in juice with mixed spice and orange juice.

**Carrot Cake**

SERVES: 20

COOKING TIME: 20 – 25 minutes

OVEN: 180c

INGREDIENTS:

300g (4 medium) carrots peeled  
180g (3 large) eggs  
250g soft brown sugar  
200ml vegetable oil  
250g wholemeal flour  
3 TSP ground cinnamon  
2 TSP ground nutmeg  
70g sultanas  
3 TSP mixed spice  
2 TSP bi carbonate of soda  
2 TSP baking powder  
  
METHOD:

Preheat oven 180c and grease and line a baking tin. Peel and grate the carrots. Whisk the eggs and sugar together in a large bowl until thick and creamy. Then whisk in the oil.

Gently fold in the remaining ingredients together.

Spoon the mixture into a prepared tin, level the surface and bake for 20 – 25 minutes until firm to the touch and golden brown. Cool on a wire tray.

**Apple Rock Cakes**

SERVES: 24

COOKING TIME: 10 – 15 minutes

OVEN: 200c

INGREDIENTS:

1lb self-raising flour  
¼ TSP mixed spice  
6oz Margarine  
6oz caster sugar  
2 eggs  
4 TBSP milk  
6oz mixed fruit  
Sprinkle of demerara sugar  
2 apples, diced

METHOD:

Rub margarine and sugar into flour. Add fruit and mixed spices. Add milk, egg and apple. Put a spoonful of mixture onto the tray and repeat. Sprinkle with demerara sugar. Bake for 10 – 15 minutes at 200c until brown.

**White Chocolate Brownies**

SERVES: 24

COOKING TIME: 40 minutes

OVEN: 170c (150c fan)

INGREDIENTS:

250g plain flour  
1 TSP baking powder  
250g softened unsalted butter  
250g brown sugar  
100g caster sugar  
2 egg  
2 TSP vanilla extract  
200g white chocolate, chopped

METHOD:

Preheat the oven to 170c (150c fan). Grease and line a square tin. In a bowl, combine the flour, a pinch of salt and the baking powder.

In a large bowl, use an electric hand mixer to cream the butter and sugars until light and fluffy. Add the egg and vanilla and beat again until the mixture is smooth.

Add the flour mixture and beat for another minute. Stir in the white chocolate. Spread the dough into the prepared tin and bake for 40 minutes. Leave to cool completely in the tin. Cover tightly with foil until you’re ready to cut into slices.

**Cinnamon Crispy Biscuits**

SERVES: 36

COOKING TIME: 12 minutes

OVEN: 180c

INGREDIENTS:

225g softened butter  
225g demerara sugar  
225g Self-raising flour  
½ TSP ground mixed spice  
2 TSP ground cinnamon  
1 large egg

METHOD:

Preheat the oven at 180c. Line baking sheets with non-stick greaseproof paper. Measure all the ingredients out into a mixing bowl and use an electric mixer to blend until smooth.

Roll the mixture into small balls and place on the baking trays. Press down to slightly flatten. Cook for 12 minutes. Leave to cool on the baking tray and lift off with a knife to avoid breaking.

**Dips:**

**Raita:**

SERVES: 20

INGREDIENTS:

20g fresh mint   
400g cucumber  
600g plain yoghurt  
2 TBSP lemon juice

METHOD:

Dice the mint and cucumber. Combine with the yoghurt and lemon juice.

**Tomato dip:**

SERVES: 20

INGREDIENTS:

50g onion, peeled  
760g fresh tomatoes  
20g coriander

METHOD:

Chop the onion, tomato and coriander. Combine the ingredients in a mixing bowl.