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| **Week 3** | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Water to drink | Weetabix, Cornflakes or Rice Krispies with muffins | Weetabix, Cornflakes or Rice Krispies with toast | Porridge with banana | Weetabix, Cornflakes or Rice Krispies with crumpets | Porridge with blueberries |
| Allergy Info | WHEAT/MILK | WHEAT/MILK | OATS/WHEAT/MILK | WHEAT/MILK | OATS/WHEAT/MILK |
| Mid-Morning Snack  Water/Milk to drink | Apple slices and cheese cubes | Crackers and cream cheese | Peppers and oat cakes | Water melon | Cucumber and cream cheese |
| Allergy Info | MILK |  | WHEAT/MILK |  | WHEAT/MILK |
| Lunch  Water to drink | Salmon and vegetable carbonara | Farmers shepherds pie with green vegetables | Bean and vegetable enchiladas with couscous | Fruity chicken curry with rice | Winter vegetable cobbler with mash potato |
| Allergy Info | WHEAT/MILK/FISH | WHEAT/MILK/FISH | WHEAT/MILK/EGG |  | WHEAT/MILK |
| Pudding  Water to drink | Chocolate cake with custard | Rice pudding with Raisins | Plum and pear crumble with natural yoghurt | Apple Pie and ice cream | Stewed apple and berry with crème fraise |
| Allergy Info | WHEAT/MILK/EGG | MILK/SULPHITES | MILK | WHEAT/MILK | WHEAT/MILK/SUPLHITES |
| Mid-Afternoon Snack  Water to drink | Vegetable sticks and Tomato dip | Celery & Cucumber | Banana & Apple | Rice cakes and dried apricots | Honeydew Melon |
| Allergy Info |  |  |  |  |  |
| Tea  Water to drink | Vegetable and red lentil soup with homemade bread | Sweet potato oven bake | Sandwiches, tomatoes and cucumber | Jacket potato with cheese | Cheesy tuna pasta twirls |
| Allergy Info | WHEAT/MILK | MILK | WHEAT/MILK | WHEAT/MILK | FISH/WHEAT |
| Pudding  Water to drink | Fresh fruit and natural yoghurt | Melting moments | Cherry oaty squares | Flapjacks | Fairy Cakes |
| Allergy Info | WHEAT/MILK/EGG | MILK | WHEAT/MILK/ EGG | WHEAT | WHEAT/MILK |

Drinking Water is available and accessible at all times

**Salmon and Vegetable Carbonara**

SERVES: 20

COOKING TIME: 20

OVEN: -

INGREDIENTS:

800g fresh salmon (precooked)  
120g (2 small onions) peeled  
300g broccoli  
850g pasta   
60g soft margarine  
60g plain flour  
1.2L whole milk  
2 TSP dried parsley  
2 Carrots, cut into batons  
250g Sweetcorn

METHOD:

Either cook fresh the salmon or prepare the canned salmon by removing all the bones and skin. Finely chop the onion and cut the broccoli into small florets. Boil the pasta according to the instructions on the packet then drain. Cook the broccoli, carrots, sweetcorn and onion in boiling water until just tender, for approximately 10 minutes.

Make the white sauce: Heat the margarine in a saucepan and stir in the flour. Remove from the heat and add the milk gradually and whisk until smooth. Bring the sauce to a gentle simmer, stirring all the time until it thickens.

Combine the white sauce, pasta, broccoli then fold in the cooked, cooled salmon and parsley. Bake in the oven until the salmon is heated through is approx. 20 mins at 180c.

**Farmers Shepherds Pie with Green Veg**

SERVES: 18

COOKING TIME: 20 minutes

OVEN: 180c

INGREDIENTS:

1.95kg of potatoes  
1.5 swede  
3/4 savoy cabbage, shredded  
150g butter  
1.5kg minced lamb  
3 onion  
3 TBSP Worcestershire  
3 TBSP tomato puree  
3 TBSP plain flour  
3 beef stock cube  
150g cheddar cheese, grated

METHOD:

Set the oven to 180c. Peel and quarter the potatoes and peel and chop the swede into 2cm cubes. Cook both together in boiling water for 15minutes. Add the cabbage and cook for a further 3 – 4 minutes. Drain well then add the butter to the pan and lightly break up the potatoes with a fork.

Meanwhile, dry fry the minced lamb and onion in a medium pan until the meat is browned and the onion is beginning to soften. Add the Worcestershire sauce, tomato puree and flour then stir well. Dissolve the stock in 350ml boiling water and add the meat, stirring well until thickened. Simmer for 10 minutes. Pour the meat mixture into a oven proof baking dish and pile the potato mixture on top. Scatter with cheese and bake for 20 minutes until golden and bubbling.

**Winter Vegetable Cobbler**

SERVES: 16

COOKING TIME: 20 minutes

OVEN: 180c

INGREDIENTS:

2 cloves of garlic  
1 onion, chopped  
1 parsnip, diced  
2 carrots, sliced  
8 button mushrooms  
1 small cauliflower  
1 tin or tomatoes  
150g red lentils  
4 TBSP cornflour  
900ml vegetable stock  
4 TSP parsley  
Black pepper  
2 x celery  
FOR THE TOPPING:   
300g self-raising flour  
90g margarine  
2 egg

METHOD: Preheat oven to 180c. In a pan, cook the celery, parsnips, onions, garlic, carrots until soften. Add the mushrooms, tomatoes and lentils along with vegetable stock. Thicken with cornflour. Separately, make up the scone mix with the flour, margarine and egg. Add some herbs to flavour the scone topping. Roll out mix and arrange on top of vegetables in an oven proof dish.

**Fruity Chicken Curry**

SERVES: 20

COOKING TIME: 55 minutes

OVEN: -

INGREDIENTS:

1.5kg skinless diced chicken breasts  
2 apple, peeled, cored and diced  
2 carrots, diced  
1 tin fresh pineapple, peeled and cored  
1 onion, diced  
2 garlic cloves, crushed  
35g mild curry powder  
25g tomato puree  
500ml pineapple juice   
1L chicken stock  
10 TBSP olive oil

FOR THE RICE:  
500g basmati rice

METHOD:

Heat 1 tbsp of olive oil in a large saucepan over a medium heat. Add apple and pineapple, the carrots, onion and garlic to the pan and cook for 3-4 minutes, or until the onions are slightly soft. Add the curry powder and cook for a minute to release the flavour. Add the tomato puree and cook for another minute before adding the pineapple juice.

Reduce the heat, cover and cook gently for 45 minutes to 1 hour or until the carrots are tender.

Meanwhile, add the rice to a pan and cover generously in cold water. Rinse by moving the rice around with your hands before pouring off the white milky water. Repeat twice.

Drain off the excess water and allow the rice to stand for 20 minutes. Cover with the 300ml of water and over a high heat. Bring to the boil, cover with a lid and turn down to the lowest heat possible.

Cook for 12 minutes (it’s important you don’t remove the lid during this step). Remove from the heat and allow to stand – covered - for 2 minutes before serving.

Once the curry sauce is cooked, use a blender or hand blender to blitz until smooth. Once smooth, return the sauce back to the pan.

In a separate pan, heat the remaining oil and fry the chicken until lightly browned, in batches if necessary. Cut into a thick portion and check that it is cooked through, with no pink showing. Once cooked, add to the sauce.

Return the pan to the heat and cook for a further 3-5 minutes, or until the chicken is cooked through

Just before serving, stir the remaining diced pineapple and apple into the curry. Serve immediately with the cooked rice.

**Bean and Vegetable Enchiladas**

SERVES: 20

COOKING TIME: 10-20 minutes

OVEN: 180c

INGREDIENTS:

320g onion, peeled  
320g red pepper, deseeded  
200g Cheddar cheese  
1 TBSP vegetable oil  
2 heaped TBSP tomato puree  
800g tinned chopped tomatoes  
800g canned kidney beans  
2 TSP Paprika  
2 TSP dried mixed herbs  
10 wraps – flour tortillas

METHOD:

Preheat oven to 180c. Chop the onion and the pepper, grate the cheese. Heat oil in a pan. Add the onions and peppers and cook the 3-4 minutes until softened. Add the tomato puree and cook for 2 – 3 minutes. Add the tomatoes and kidney beans and simmer for a further 10-15 minutes.

Warm the tortillas according to the manufacturers instructions in a lightly oiled non stick frying pan for 15 seconds on each side.

Spread each wrap with a portion of the vegetable and bean sauce, then roll up. Place in an ovenproof dish.

Sprinkle with the grated cheese and bake in oven for 10-20 minutes.

**Pitta Pockets with egg mayo, grated cheese or tuna mayo**

SERVES: 20

COOKING TIME: -

OVEN: -

INGREDIENTS:

1kg egg  
4TBSP mayonnaise  
4 TSP plain whole milk yoghurt  
700g Pitta bread

METHOD:

Hard boil the eggs and leave to cool. Peel and mash with the mayonnaise and yoghurt. Warm the pitta bread, slice open and fill with egg mayonnaise (or alternative filling).

**Lentil and Vegetable Soup**

SERVES: 18

COOKING TIME: -

OVEN: -

INGREDIENTS:

300g dry red lentils  
600g swede, peeled and diced  
1080g carrots, peeled and chopped  
6 celery sticks, chopped  
3 leek roughly chopped  
3 low salt vegetable stock cube  
150g tomato puree

METHOD:

Soak the lentils in cold water overnight and rinse thoroughly. Wash, peel and chop all the vegetables and place in a large saucepan with the lentils, stock cube and tomato puree. Cover with water.

Bring to the boil and simmer for 30 minutes.

Puree the soup in a blender to the desired consistency. If necessary, add a little extra stock to thin down the soup.

**Sweet Potato, Tomato and Basil Bake**

SERVES: 20

COOKING TIME: 45 mins

OVEN: 180c

INGREDIENTS:

4 Sweet potatoes  
4 peppers, chopped  
2 onions, diced  
800g chopped tin tomatoes  
1 passata  
2 TSP dried basil  
2 garlic cloves  
250g grated cheddar cheese

METHOD:

Dice the peppers and the onions. Crush the onions and add to the tinned tomatoes, basil and passata.

Mix in a jug before pouring over sliced sweet potatoes in an oven proof dish. Bake for 45 minutes.

Remove from oven and sprinkle with cheese and basil and bake for a further 5 minutes.

**Melting Moments**

SERVES: 16 - 20

COOKING TIME: 15 – 20 minutes

OVEN: 180c

INGREDIENTS:

40g butter or margarine  
65g lard or white cooking fat  
75g caster sugar  
½ egg beaten  
A few drops of vanilla or almond extract  
150g self-raising flour  
Rolled oats for coating  
4-5 glace cherries, quartered to decorate

METHOD:

Preheat the oven to 180c and grease two baking sheets.

Beat together the butter or margarine, lard and sugar, then gradually beat in the egg and vanilla or almond extract.

Stir the flour into the beaten mixture, with floured hands, then roll into 16 – 20 small balls. Spread the rolled oats on a sheet of baking parchment and toss the balls in them to coat evenly.

Place the balls, spaced lightly apart, on the baking sheets, place a piece of cherry on top of each and bake for about 15 – 20 minutes or until lightly browned.

Allow the cookies to cool on the sheets for 5 minutes before transferring to a wire rack to completely cool.

**Ginger and Oat Cookies**

SERVES: 20

COOKING TIME: 12 – 15 minutes

OVEN: 180c

INGREDIENTS:

125g cubed unsalted butter  
175g light muscovado sugar  
2 TBSP golden syrup  
½ TSP bicarbonate of soda  
¾ TSP ground ginger  
3 finely shredded balls of stemmed ginger  
150g plain flour  
150g rolled oats

METHOD:

Preheat the oven to 180c. line 2 – 3 baking sheets with non-stick baking paper.

Melt cubed unsalted butter and stir in light muscovado sugar. Then mix in golden syrup, bicarb of soda, ginger and stem ginger.

Stir in plain flour and rolled oats to form a dough.

Divide into 20 and roll into balls. Space out on the trays and bake for 12-15 minutes, until lightly golden. Leave on the trays to firm up, then transfer to a rack to completely cool.

**Dutch Apple Pie**

SERVES:

COOKING TIME: Until golden brown

OVEN: 180C

INGREDIENTS:

Stewed apple   
Sultanas  
Cinnamon  
Pastry

METHOD:

Lay stewed apple in an oven proof dish. Sprinkle with sultanas and cinnamon.

Cover with pastry and bake in the oven until golden brown at 180c.

**Cherry Oat Squares**

SERVES: 16

COOKING TIME: 20-25 minutes

OVEN: 180c

INGREDIENTS:

140g butter, melted, plus extra for the tin  
100g self-raising flour  
175g caster sugar  
175g porridge oats  
1 egg, beaten  
100g glace cherries, halved

METHOD:

Heat oven to 180c. Butter and line the base of a 22cm square cake tin: cut two strips of baking parchment the width of the tin and longer than the base and the sides and fit into the tin each way and up the sides. This will make lifting it out easier.

Mix the flour, sugar and oats in a bowl. Add the egg, melted butter, cherries and mix well. Tip into the tin and spread evenly with a fork.

Bake for 20-25 minutes until golden brown. Cool in the tin for 10 minutes, then carefully lift out using the parchment paper and place on a board. Mark but don’t cut the squares. Four lines each way to make 16 squares. Cut when happy with square sizes.

**Plum and Pear Compote**

SERVES: -

INGREDIENTS:-

Plums and pears

METHOD:

Add the plums or pears to a pot.  
Add a dash of water for consistency. Stir and heat over a medium heat for 5 minutes until the pieces break down and soften. Puree fruit for a compote.

**Stewed Apple and Berry**

OVEN: -

INGREDIENTS:

Apples, tinned or fresh  
Any berries tinned or frozen

METHOD:

Same as compote, do not puree. Add the fresh or frozen fruit chunks to a pot.  
Add a dash of water for consistency. Stir and heat over a medium heat for 5 minutes until the pieces break down and soften.

**Chocolate Sponge Cake with Custard**

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  
2 TBSP cocoa powder

FOR THE CUSTARD:

1L milk  
100g Custard powder

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. For the custard: 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.

**Rice Pudding and Raisins**

SERVES: 20

COOKING TIME: 1 ½ - 2 hours

OVEN: 160c

INGREDIENTS:

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

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 raisins.

**flapjacks**

SERVES: 12

COOKING TIME: 35mins

OVEN: 180c

INGREDIENTS:

200g Butter  
200g Light Brown Sugar  
150g Golden Syrup  
300g Oats  
100g Dried Cranberries (OPTIONAL)  
100g Raisins (OPTIONAL)  
75g Chopped Apricots (OPTIONAL)

METHOD:

Preheat oven to 180c. Melt sugar, butter, and syrup. Add oats. Stir well, add fruit if required.

Put mixture in to a lined and greased 11x8 inch tin. Cook for 30 – 35 minutes.