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| **Week 2** | Monday | Tuesday | Wednesday | Thursday | Friday |
| BreakfastWater to drink | Porridge with dates | Weetabix, Cornflakes or Rice Krispies withmuffins | Porridge with apricots | Weetabix, Cornflakes or Rice Krispies withtoast | Weetabix, Cornflakes or Rice Krispies withcrumpets |
| Allergy Info | OATS/WHEAT/MILK/SUPHITE | WHEAT/MILK | OATS/WHEAT/MILK/SUPHITE | WHEAT/MILK | WHEAT/MILK |
| Mid-Morning SnackWater/Milk to drink | Rice cakes and cucumber slices | Cheese cubes and pineapple | Oatcakes and cream cheese | Satsumas | Celery batons & cream cheese |
| Allergy Info |  | MILK | OATS/MILK | WHEAT/MILK | MILK |
| LunchWater to drink | Homemade lamb burger, sweet potato wedges and sweetcorn | Barbeque pork, cous cous, carrots and peas | Vegetable Chilli & rice | Roast chicken, roast potatoes, cauliflower and gravy  | Fish pie, mashed potatoes and broccoli |
| Allergy Info | EGG |  | WHEAT/SULPHITES | WHEAT/SOYA | WHEAT/MILK/EGG/FISH |
| PuddingWater to drink | Pear and blueberries with crème fraiche | Bread and butter pudding & single cream | Fruit salad | Syrup sponge and custard | Peaches and vanilla sauce pudding |
| Allergy Info | MILK | WHEAT/MILK/EGG/SULPHITES | MILK | WHEAT/MILK | WHEAT/MILK |
| Mid-Afternoon SnackWater to drink | Apples & Pears | Peppers and bread sticks | Cucumber & yoghurt chive dip | Bread sticks & Avocado dip | Cornish wafers and Melon |
| Allergy Info |  | WHEAT | MILK | WHEAT | WHEAT/MILK |
| TeaWater to drink | Sandwiches with side salad | Vegetable slice with homemade tomato sauce  | Italian tomato and tuna bake | Moroccan Cous cous and roasted vegetable | Vegetable soup with pitta fingers |
| Allergy Info | MILK | WHEAT/MILK | WHEAT/MILK | WHEAT/MILK/FISH | WHEAT |
| Pudding Water to drink | Ginger biscuit | Mango compote with fromage frais | Banana cake | Fruit medley | Cranberry muffins |
| Allergy Info | WHEAT/MILK/EGG | MILK | OATS/WHEAT/EGG |  | WHEAT/MILK/EGG/SULPHITES |

Drinking Water is always available and accessible

**Homemade Turkey Burgers**

SERVES: 24

COOKING TIME: 40 minutes

OVEN: 160c

INGREDIENTS:

1.4kg lean mince – steak, pork, lamb or soya
4 small tomatoes, finely chopped
2 medium onion, finely chopped
2 vegetable stock cube
2 TBSP Worcestershire sauce
2 TBSP mixed herbs
2 clove garlic, chopped
2 TBSP tomato puree
2 medium egg,

 beaten

METHOD:

Put all the ingredients into a mixing bowl. Mix by hand until all are combined evenly. Mould together 12 meatballs and flatten into burger shapes.

Place on a baking sheet, then cover with clingfilm and chill in the fridge for at least one hour. Cook in the oven on a baking tray at 160c for 40 minutes, turning once.

Serve in warm bread buns with salad.

**Roasted Sweet Potatoes**

SERVES: 20

COOKING TIME: 200

OVEN: 200c

INGREDIENTS:

2.8kg sweet potatoes
4 TBSP vegetable oil

METHOD:

Preheat the oven to 200c.

Wash and chop the potatoes into wedges.

Put the potatoes onto a baking tray in a single layer, drizzle with oil and bake in the oven for 30 minutes or until golden and soft.

**Vegetable Soup**

SERVES: 20

COOKING TIME: 30minutes

OVEN:

INGREDIENTS:

2l of stock per 2kg of vegetables.

METHOD:

Boil chosen vegetables until soft. Puree to serve.

**Somerset Pork and Apple**

SERVES: 20

COOKING TIME: 25 – 30 minutes

OVEN: -

INGREDIENTS:

120g onion, peeled
160g fresh peppers, green and red, cored
120g mushrooms
80g courgette
300g apple, eating and peeled
4 TSP vegetable oil
800g minced pork
2 TSP garlic powder
1 level TBSP cornflour
400ml water
2 TSP dried basil
400g canned tomatoes, chopped

METHOD:

Dice the onions, mushrooms, courgettes and apples. Heat the oil and fry the pork mince with the onion and garlic powder. Add the peppers, courgettes and mushrooms and fry for 2 minutes. Mix the cornflour with a little of the water and then add to the pan together with the basil, apples, tomatoes and the rest of the water. Cover and simmer for 25 – 30 minutes.

**Roast Chicken Breast and Gravy**

SERVES: 20

COOKING TIME: 20 – 25 minutes

OVEN: 190c

INGREDIENTS:

1kg chicken breast
20g gravy granules
400ml water

METHOD:

Preheat the oven to 190c. Lay the chicken breasts in a roasting tin and cook for 20-25 minutes depending on the size of the chicken breast.

Check that the meat is cooked by inserting a skewer. The meat is ready when the juices run out clear or a meat thermometer has recorded a temperature of 83c.

When the chicken is ready to serve, make up the gravy granules with the boiling water according to the manufacturer’s instructions.

**Cowboy Mixed Bean Stew**

SERVES: 24

COOKING TIME: 30 – 40 minutes

OVEN: 190c

INGREDIENTS:

6TBSP sunflower oil
2 onion, sliced
2 red pepper, de seeded and sliced
2 sweet potato and 4 carrots, chopped
230g chopped green beans
4 tins of mixed beans
400g of sweet corn
2 TBSP tomato puree
4 TSP BBQ spice seasoning
Pepper to taste

METHOD:

Preheat the oven to 190c. Heat the oil in a frying pan over a low heat. Add the onion, red pepper and sweet potato or carrots and cook, stirring occasionally, for about 5 minutes, until softened but not coloured. Increase the heat to medium and stir in the green beans, baked beans, sweetcorn (and liquid), tomato puree and BBQ seasoning. Bring to the boil, then lower the heat and simmer for 10-20 minutes until the vegetables are soft. Serve immediately straight from the dish.

**Herb Couscous**

SERVES: 20

COOKING TIME: 10 minutes

OVEN: -

INGREDIENTS:

20g (small bunch) fresh parsley
20g (small bunch) fresh coriander
900g couscous
1.1L water
4 TBSP Olive oil
Dried Apricots

METHOD:

Chop the parsley, coriander and apricots. Make up the couscous according to the manufacturer’s instructions on the packet. Do not add any salt. Stir in the chopped herbs and drizzle with oil

**Cod and Vegetable Flaky Pastry Pie**

SERVES: 20

COOKING TIME: 50 minutes

OVEN: 200c

INGREDIENTS:

640g Lighter ready roll puff pastry
Plain flour for dusting
2kg skinless cod fillet, diced
1l semi skimmed milk
5 bay leaf
125g butter
2 large courgette, finely diced
2 leek halved, sliced finely and washed
2 large onion, finely sliced
2 TBSP parsley, finely chopped
2 small egg, beaten
Sprig parsley, to garnish

For the chive sauce
100g butter
1l low-fat crème fraiche
2 juice of lemon
Pepper to taste

METHOD:

Place the cod, milk and bay leaf in a large saucepan and bring to a simmer over a medium heat. Simmer for 4-5 minutes until the cod is just cooked. Strain and discard the bay leaf as you do. Transfer the cod to a large mixing bowl and flake. Cover and set to one side.

Melt the butter in a large, heavy-based saucepan over a medium heat and sweat the onion, leek and courgette for 8-10 minutes, stirring for a few minutes. Stir in the chopped parsley, then the flaked cod and remove from the heat. Adjust the seasoning to taste.

Preheat the oven to 200°C.

Spoon the cod and vegetable filling into the centre.

Roll the pastry out to ½ cm thickness. Make zig-zag patterns all over the top of the pastry, then brush the remainder of the beaten egg. Bake for 20-25 minutes until golden and risen.

Meanwhile, prepare the chive sauce by warming the crème fraîche gently in a small saucepan over a low heat until smooth and runny. Stir in the chives and butter and whisking until smooth. Adjust the seasoning with the lemon juice and seasoning. Set to one side.

Remove the pie from the oven and allow to rest for a few minutes before cutting into square portions and placing on serving plates. Reheat the sauce gently and spoon to the side of the pastry. Garnish the pastry with a sprig of parsley. Serve immediately.

**Italian Tomato and Tuna Bake**

SERVES: 20

COOKING TIME: -

OVEN: -

INGREDIENTS:

800g macaroni
400g canned tuna
200g cheddar, grated
500g tinned tomatoes
2 red peppers, sliced and fried to soften

METHOD:

Boil the pasta. Meanwhile, tip the tuna and its oil into a large bowl with the peppers. Mash together with a wooden spoon. Stir in a third of the cheese and all of the tomatoes. Heat the grill to high.

When the pasta is cooked, drain and toss through the tuna and pepper mix. Tip into a shallow baking dish and scatter with the remaining cheese. Place the dish under the grill for 3-4 minutes until just melted, then serve with a green salad and garlic bread.

**Vegetable Slice**

SERVES: 24

COOKING TIME: 20 - 30 minutes

OVEN: 200c

INGREDIENTS:

Red onions
Sweetcorn
Mixed peppers
Peas
Tomatoes
Grated cheese
Mixed herbs
960g Puff pastry
1 egg

METHOD:

Mix the chopped vegetables together. Place on a puff pastry sheet. Cut 1 inch strips either side and fold over veg filling. Ensure pastry is fully egg washed. Place in preheated oven at 200c. Bake for 20-30 minutes until brown.

**Bread and Butter Pudding**

SERVES: 20

COOKING TIME: 30-40 minutes

OVEN: 180c

INGREDIENTS:

12 TBSP unsalted butter, softened
12 slices of thick white bread
220g raisins and sultanas, chopped fine
6 large eggs
300ml double cream
600ml milk
170g caster sugar
3 TBSP demerara sugar
300ml single cream to serve

METHOD:

Use the butter to grease the baking dish and butter the bread. Butter three slices on one side only and butter the rest on both sides. Put a slice of double buttered bread on top of each on to make three sandwiches.

Cut the sandwiches into quarters and arrange them so they overlap in the dish. Scatter the chopped sultanas and raisins.

Whisk the eggs well in a jug and mix in the double cream, milk and sugar. Pour the mixture over the pudding and leave to stand for 15 minutes to allow the bread to soak up some of the egg mixture. Sprinkle over some demerara sugar.

Put the pudding in the preheated oven at 180c. Bake at the top of the oven until just set and golden brown (30 – 40 minutes).

**Ginger Nut Biscuits**

SERVES: 30

COOKING TIME: 15 minutes

OVEN: 180c

INGREDIENTS:

100g soft spread margarine
1 TBSP golden syrup
350g self-raising flour
100g demerara sugar
100g soft light brown sugar
1 TSP bicarbonate of soda
1 TSP ground ginger
1 large beaten egg

METHOD:

Melt the margarine and syrup until the marg has melted. Mix all the dry ingredients into a large bowl and add the melted marg mix and the egg.

Roll the mix into small balls about the size of a large walnut and place on a lightly greased baking tray. Make sure you leave enough space for the biscuits to spread whilst cooking. Gently flatten the biscuits down with the palm of your hand and cook on 180c for about 15 minutes until golden brown.

Transfer the biscuits to a cooling rack.

**Banana Bread**

SERVES: 20

COOKING TIME: 15 minutes

OVEN: 190c

INGREDIENTS:

400g (4 medium) Bananas peeled
120g (2 large) eggs
4 TSP ground mixed spice
200g plain flour
2 TSP baking powder
100g oats
2 TBSP caster sugar
2 TSP vanilla extract

METHOD:

Preheat the oven to 190c. Grease and line a loaf tin. Mash the banana. Add the egg and mixed spice to the banana and mix well. Sieve the flour and baking powder and fold into the banana mixture then add the oats, sugar and vanilla extract. Pour the mixture into the tin. Bake for 15 minutes until cooked through and firm too touch. Cool on a wire rack. Slice and serve.

**Cranberry Muffins**

SERVES: 20

COOKING TIME: 25 minutes

OVEN: 180c

INGREDIENTS:

190g self-raising flour
160g caster sugar
190g soft margarine
2 large egg
dried cranberries

METHOD:

Preheat the oven to 180c and layout the muffin cases into a bun tray.

Beat together the flour, sugar, margarine and eggs.

Once the mixture is well combined and pale in colour, gently stir in the cranberries.

Divide the mixture between the muffin cases and bake in the oven for 25 minutes.

**Mango Compote**

SERVES:

COOKING TIME:

OVEN:

INGREDIENTS:

Mangoes, fresh or tinned/frozen

METHOD:

Add the fresh or frozen mango 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. Puree fruit for a compote.

**Syrup Sponge**

SERVES: 20

COOKING TIME: 35-40 minutes

OVEN: 180c

INGREDIENTS:

500g golden syrup
zest of 2 lemons + one lemon juice
10 TBSP breadcrumb
400g butter
400g golden caster sugar
6 medium eggs
400g self-raising flour
10 TBSP milk

METHOD:

Heat oven to 180C/160C fan/gas 4. Mix the syrup, lemon zest, juice and breadcrumbs and spread over the base of a 1.5 litre baking dish.

Beat the butter and sugar until pale and fluffy, then beat in the eggs, one by one.

Stir in the flour and milk and dollop over the syrup. Bake for 35-40 mins until golden and risen, and a skewer poked into the sponge comes out clean-ish.