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| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Water to drink | Cereal and toast | Porridge and sliced apple | Cereal and muffins | Porridge and apricots | Cereal and crumpets |
| Allergy Info | WHEAT/MILK | OATS/MILK | WHEAT/MILK | OATS/MILK/SUPLHITE | WHEAT/MILK |
| Mid-Morning Snack  Water/Milk to drink | Fresh fruit | Rice cakes and cucumber | Cheese cubes and pineapple | Crackers and cream cheese | Salad sticks |
| Allergy Info |  |  | MILK | WHEAT/MILK |  |
| Lunch  Water to drink | Macaroni cheese with peas | Cod and tomato bake with mashed potatoes and green veg | Roast chicken, roast potatoes, fresh veg and gravy | Pork ragu | Summer vegetable risotto |
| Allergy Info | WHEAT/MILK/MUSTARD | FISH |  | MILK/WHEAT | MILK |
| Dessert  Water to drink | Peach melba | Jelly yoghurt mousse | Strawberries and cream | Fruit and yoghurt | Lemon drizzle cake |
| Allergy Info | MILK | MILK/WHEAT | MILK | MILK | WHEAT/MILK/EGG |
| Mid-Afternoon Snack  Water to drink | Bread sticks and tzatziki | Watermelon | Carrots and peppers | Tomatoes and cucumber | Buttered oatcakes |
| Allergy Info | WHEAT/MILK |  |  |  | OATS/MILK |
| Tea  Water to drink | Chicken Caesar salad | Selection of sandwiches | Homemade soup with homemade crusty bread | Homemade bruschetta’s | Jacket potato with tuna mayonnaise |
| Allergy Info | WHEAT/MILK/MUSTARD | WHEAT | WHEAT | WHEAT/MILK | FISH |
| Pudding  Water to drink | Raspberry muffins | Flapjacks | Shortbread with fruit compote | Melting moments | Mixed berries |
| Allergy Info | WHEAT/MILK/EGG | OATS/MILK | WHEAT/MILK | OATS/WHEAT/MILK/EGG |  |

Drinking Water is always available and accessible.

**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.

**Cod and tomato bake, mashed potatoes with green veg**

SERVES: 16

COOKING TIME: 15mins

OVEN: 180c

INGREDIENTS:

3 tablespoons [olive oil](https://amzn.to/2O7Amtd)  
2 tins of tomatoes  
1 pack of cod fillets (8 pieces)   
1 lemon – zest (set aside) and slices  
3 garlic cloves rough chopped  
32g cup basil leaves torn

METHOD:

Pour the [olive oil](https://amzn.to/2O7Amtd) in a 9 x13 inch [baking dish](https://amzn.to/2qiFcel).  Scatter the garlic cloves. Add the tomatoes and lemon slices and toss. Scoot to one side.  
Pat the fish dry and place in the [baking dish](https://amzn.to/2qiFcel), and using [tongs](https://amzn.to/37aGBEd), turn to coat each side of the fish with oil. Spread out the tomato garlic mixture and nestle in the fish. Tomatoes on the sides, lemons underneath.   
Bake for ten minutes. Give the pan a good shake, jostling the tomatoes a bit.  Scatter with lemon zest. Bake 5 more minutes or until fish is cooked to your liking.  
When done, add the torn basil leaves, tossing them with the warm tomatoes with [tongs](https://amzn.to/37aGBEd) so the basil wilts slightly. Then garnish each piece of fish with a wilted basil leaf.

**Pork Ragu**

SERVES: 40  
COOKING TIME: 30 mins  
OVEN: -

INGREDIENTS:  
6 [garlic cloves](https://www.bbcgoodfood.com/glossary/garlic-glossary)  
10 tbsp extra-virgin olive oil  
5 [small onion](https://www.bbcgoodfood.com/glossary/onion-glossary) , finely chopped  
5 [celery](https://www.bbcgoodfood.com/glossary/celery-glossary) stick, finely chopped  
100g [diced pancetta](https://www.bbcgoodfood.com/glossary/pancetta-glossary)  
2.5kg [minced pork](https://www.bbcgoodfood.com/glossary/pork-glossary)  
1l chicken stock & l litre Passata or tinned tomatoes  
250g [parmesan](https://www.bbcgoodfood.com/glossary/parmesan-glossary) , plus extra for serving  
2 [large organic lemon](https://www.bbcgoodfood.com/glossary/lemon-glossary)  
2kg dried egg tagliatelle (not durum wheat tagliatelle)  
[10 tbsp chopped flatleaf parsley](https://www.bbcgoodfood.com/glossary/parsley-glossary)

METHOD:  
Peel the garlic cloves, cut in half lengthways and remove the green shoot at the centre. Gently warm the garlic and oil in a large frying pan (big enough to toss the pasta in later). As it starts to colour, take off the heat and let the garlic infuse for 5 minutes, then discard it.

Tip the onion and celery into the garlic scented oil, sprinkle with a little salt and return to a gentle heat. Let them soften, without colouring, for 8-10 minutes. They should sweat rather than fry, so if you hear sizzling add water, a tablespoon at a time.

Add the pancetta and cook for another 6minutes, adding water as before. Stir in the pork and turn the heat up. Don’t colour the meat too much and avoid breaking it up. Add the stock and let it evaporate, then season. Pour in 1l stock, cover and simmer for 20-25 minutes. Mix in a little water if the mixture gets too dry.

While the ragù is cooking, put a pan with plenty of water on to boil. Grate the Parmesan and the zest from the lemon.

When the water is at a rolling boil add 2 tsp salt, then the pasta. Partly cover, bring back to the boil, give it a good stir and reduce the heat so the water boils gently. Taste the pasta 2 minutes before the timing on the packet – remember it will keep cooking while it is tossed with the ragù.

Drain the pasta, reserving some pasta water. Immediately transfer the pasta to the frying pan and toss well over a low heat. Tip in the parmesan and toss well. Add pasta water to dilute, or extra cheese to absorb excess liquid, and mix again.

Toss in the lemon zest and parsley. Serve immediately.

**Summer vegetable risotto**

SERVES: 12

COOKING TIME: 35 MINS

OVEN: -

INGREDIENTS:

2 tablespoons extra virgin olive oil  
1 large garlic clove, minced  
200g Arborio or other risotto rice  
120ml vegetable stock  
1.2l cups hot water  
Salt and black pepper  
1 tin of sweet corn   
1 pepper diced red bell pepper (small dice)  
2 onions, chopped  
65g grated parmesan cheese  
10-12 basil leaves, torn up small  
2 tablespoons unsalted butter (optional)

METHOD:

Heat the water: Bring the water to a simmer in a small pot. Sauté garlic and rice in olive oil: In another pot, heat the olive oil over medium-high heat. When the olive oil is shimmery hot, add the garlic and sauté until fragrant, about 30 seconds. Stir in the rice and coat with the olive oil. Sauté, stirring constantly, for 2-3 minutes, at which point the rice will begin to smell nutty.

Add the stock to the rice and stir. From this point on, you will be stirring the risotto rice almost constantly. After a minute or two the rice will have absorbed the stock and when you stir, the spoon will leave streaks on the bottom of the pan. Add a cup of the hot water to the pot. Add a generous pinch of salt. Stir until the water has been absorbed by the rice and your spoon is again leaving a trail at the bottom of the pan.

Add another cup of hot water and repeat. When the second cup of water is absorbed, add the corn and red bell pepper. Add another cup of water and stir until it is absorbed. Repeat with another cup of water.

By now the rice should be close to being done; it should be fully cooked but still al dente, a little firm, not completely soft. When the rice reaches this stage, stir in the green onions and grated parmesan.

When the water has been completely absorbed, add a little more water so the risotto is loose. The risotto should fill a bowl, not sit on a plate.

**Chicken Caesar salad**

SERVES: 10

COOKING TIME: -

OVEN: -

INGREDIENTS:

**For the chicken salad…**  
½ cucumber  
2tbsp olive oil  
2 slice of thick white bread, crusts trimmed and cut into small cubes  
3 chicken breast, cooked  
2 baby gem lettuce  
2 tbsp Parmesan shavings

**For the dressing…**  
4 tbsp mayonnaise  
4 tbsp grated Parmesan  
2 tsp lemon juice  
1 small clove garlic, crushed  
2/8 tsp Dijon mustard

METHOD:

Heat the olive oil in a small non-stick frying pan and add the cubes of bread. Fry, turning occasionally, until golden brown. Remove the croutons with a slotted spoon and drain on paper towels.

In a bowl, combine all the dressing ingredients. Mix together the chicken and lettuce and toss with the Caesar dressing.  
Pack the shaved Parmesan and the croutons in a separate plastic container for your child to scatter over the salad at lunchtime.

**homemade Soup and crusty homemade bread**

SERVES: 20

COOKING TIME: 35 minutes

OVEN: -

INGREDIENTS:

1kg selection of seasonal vegetables  
300g onions  
2TBSP oil  
4 TSP dried oregano  
1.5L Vegetable stock

METHOD:

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

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

Set aside to cool a little before blending until smooth.

**Homemade bruschetta’s**

SERVES: 10

COOKING TIME: 5mins

OVEN: 180c

INGREDIENTS:  
For the bread base:  
1 French loaf (or bread of your choice)  
2 tbsp olive oil  
Salt to taste  
1 tsp black pepper powder  
1 tsp mixed herbs

For the topping:  
½ small red onion finely chopped  
8 medium fresh tomatoes  
2-3 cloves garlic finely chopped  
Salt to taste  
6 – 8 fresh basil leaves  
1 tbsp extra virgin oil

METHOD:  
In a large bowl, mix the onions, tomatoes, garlic and basil, taking care not to mash or break up the tomatoes too much. Add the balsamic vinegar and extra virgin olive oil. Add salt and pepper to taste. Mix again. Cover and chill for at least an hour. This will allow the flavours to soak and blend together. Slice the baguette loaf diagonally into 12 thick slices and lightly toast them until they are light brown on both sides. Serve the mixture on the warm slices of bread. If you prefer the mixture at room temperature, remove from the fridge half an hour before serving.

**Peach melba ice cream**

SERVES:

COOKING TIME:

OVEN: -

INGREDIENTS:

Large tin of sliced peaches   
2 tbsp ice cream  
icing sugar 4 tbsp  
raspberries 300g

METHOD:

Peel, stone and whizz the peaches to a purée with the 2 tbsp icing sugar in a food processor. Add the ice cream.

Whizz the raspberries with 4 tbsp icing sugar and sieve – use as a raspberry coulis.

**Jelly yoghurt mousse**

SERVES: 30

COOKING TIME:

OVEN:

INGREDIENTS:

175g Digestive Biscuits  
135g packet of strawberry jelly cubes   
340g Low fat Greek yoghurt

METHOD:

Line a 20cm cake tin with baking paper. Make sure the paper fits exactly as jelly will mould to its shape.  
Crush biscuits into a crumb.  
Prepare jelly, but do not add the cold water (so you will be adding half the mixture it tells you too)

Add 3-4tsp jelly mixture to biscuit crumbs and bind together.

Tip into the tin and flatten down to get rid of any gaps. Bake the biscuit base for 10 minutes then let cool. Add the yoghurt to the jelly and whisk until lump free. Chill in the fridge for 1 – 2 hours. Once it’s reached the consistency of thick custard pour over the crumb base and chill overnight. Sprinkle with biscuit crumbs.

**Lemon drizzle cake**

SERVES: 10

COOKING TIME: 45mins

OVEN: 180c

INGREDIENTS:

175g unsalted butter at room temperature (plus extra for greasing)  
175g caster sugar  
3 medium free-range eggs  
Zest & juice of 1 lemon  
175g self-raising flour  
1 tablespoon boiled water  
**For the topping:**  
6 tablespoons icing sugar, sifted  
2 tablespoons lemon juice

METHOD:

Preheat the oven to 180.C/gas mark 4. Lightly grease a 900g loaf tin. Place the butter and sugar in a large bowl and beat together, using a hand-held electric whisk, until light and fluffy. Beat in the eggs, one at a time, and then add the lemon zest and juice. Fold in the flour. Stir in the boiled water to bring the mixture to a smooth consistency. Pour the cake mixture into the loaf tin and bake for 45-50 minutes until well risen and golden. To make the topping, mix the icing sugar and lemon juice together in a small bowl. The consistency will be quite runny. Pour over the cake while it is still in the tin, immediately after it comes out the oven.

**Raspberry muffins**

SERVES: 20

COOKING TIME: 25mins

OVEN: 180c

INGREDIENTS:

175g self-raising flour   
175g caster sugar   
175g soft margarine   
3 large egg   
Fresh raspberries – Add raspberries to the individual cases rather than the cake as they sink (1 or 2 per case).  
  
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.

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

**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.

**Shortbread with a fruit compote**

SERVES: 20

COOKING TIME: 20mins

OVEN: 190c

INGREDIENTS:

200g Vegetable oil spread  
100g caster sugar  
400g plain flour   
  
METHOD:

Preheat the oven to 190c. Beat the spread and the sugar together until smooth. Stir in the flour to get a smooth paste. Turn the paste onto a clean surface and roll out to 1cm thick. Cut into rounds or fingers and place onto a baking tray. Chill in the fridge for 20 minutes. Bake for 15-20 minutes or until pale golden brown. Set aside and cool on a wire rack before serving with compote.

**Compote**

INGREDIENTS:

Fruit, fresh or tinned/frozen

METHOD:

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. Puree fruit for a compote.

**Melting moments**

SERVES: 16-20

COOKING TIME: 15-20mins

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.

**Dips:**

**Tzatziki:**

SERVES:

INGREDIENTS:

2 cups grated cucumber   
1 ½ cups plain Greek yogurt  
2 tablespoons chopped fresh mint and/or dill  
1 tablespoon lemon juice  
1 medium clove garlic, pressed or minced

METHOD:

Working with one big handful at a time, lightly squeeze the grated cucumber between your palms over the sink to remove excess moisture. Transfer the squeezed cucumber to a serving bowl and repeat with the remaining cucumber.

Add the yogurt, olive oil, herbs, lemon juice, garlic, and salt to the bowl, and stir to blend. Let the mixture rest for 5 minutes to allow the flavours to meld. Taste and add additional chopped fresh herbs, lemon juice if necessary.

Serve tzatziki immediately or chill for later. Leftover tzatziki keeps well, chilled, for about 4 days.