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| **Week 3** | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Water to drink | Cereal and crumpets | Porridge and dates | Cereal and muffins | Cereal and toast | Porridge and blueberries |
| Allergy Info | WHEAT/MILK | OATS/MILK | WHEAT/MILK | WHEAT/MILK | OATS/MILK |
| Mid-Morning Snack  Water/Milk to drink | Apple and banana slices | Crackers and spread | Vegetable sticks and tomato dip | Orange wedges | Breadsticks and cream cheese |
| Allergy Info |  | WHEAT/MILK |  |  | WHEAT/MILK |
| Lunch  Water to drink | Chicken and cauliflower tikka bake | Vegetable and bean burritos | Sliced gammon with potato salad and green salad | Lamb meat balls in tomato sauce and cous cous | Tuna fishcakes with ratatouille |
| Allergy Info |  | WHEAT/MILK |  | WHEAT | FISH/WHEAT |
| Pudding  Water to drink | Summer berries and fromage frais | Warm pears with chocolate sauce | Rhubarb crumble and custard | Homemade ice cream | Oaty fruity sundae |
| Allergy Info | MILK | MILK/SULPHITES | WHEAT/MILK | MILK | WHEAT/MILK/SUPLHITES |
| Mid-Afternoon Snack  Water to drink | Cucumber and carrot batons | Mixed melon slices | Summer fruits | Rice cakes and cucumber | Banana and raspberries |
| Allergy Info |  |  |  |  |  |
| Tea  Water to drink | Homemade margarita pizza | Tuna niçoise salad | Cheese and tomato pasta | Jacket potato with grated cheese | Selection of sandwiches |
| Allergy Info | WHEAT/MILK | FISH/EGGS | WHEAT/MILK | MILK | FISH |
| Pudding  Water to drink | Chocolate chip cookie | Fruit scones | Jammy crumbly biscuits | Apple and blackberry squares | Vanilla and strawberry cake |
| Allergy Info | WHEAT/MILK/EGG | WHEAT/MILK | WHEAT/MILK/ EGG | WHEAT | EGG/WHEAT/MILK |

Drinking Water is always available and accessible

**Chicken and cauliflower tikka bake**

SERVES: 20

COOKING TIME: 1hour

OVEN: -

INGREDIENTS:

800g potatoes  
1 bunch of fresh coriander  
1.2kg whole chicken  
2 tablespoons tikka curry paste

METHOD:

Preheat the oven to 180c. Wash the potatoes and chop into 3cm chunks. Trim the cauli stork, remove any tough outer leaves, then chop the cauli and nice leaves the same size as the spuds. In a 30x40cm roasting tray, toss the veg and coriander stalks with a pinch of salt and pepper with 1 tablespoon each of olive oil and red wine vinegar.

Sit the chicken in the tray and rub all over with tikka paste, getting into to all the nooks and crannies. Place the chicken directly on the bars of the oven, scrunch everything in the tray and place exactly underneath the chicken to catch the juices. Roast for 1 hour or until everything is golden and cooked through. Turn the veg halfway. Sit the chicken on the veg to rest then sprinkle the coriander leaves and serve.

**Vegetable and bean burritos**

SERVES: 20

COOKING TIME: 15mins

OVEN: -

INGREDIENTS:

4 x 400g tins of canned 5 bean salad  
10 tortilla wraps halved  
320g cheddar cheese  
100g lettuce  
Add rice to bulk out wraps

METHOD:

Mash the beans with a fork, grate the cheese and roughly chop the lettuce. Divide the beans between wraps and top with some cheese. Roll up and slice as required. Add rice to the bean mixture to include in wraps

**Sliced gammon with potato salad and green salad**

Cook gammon to manufacturer’s instructions, serve with a side salad.

SERVES: 8

COOKING TIME: 15mins

OVEN: -

INGREDIENTS:

10 new potatoes  
75g mayonnaise  
1 small onion chopped  
2 tbsp fresh chives chopped

METHOD:

Peel the potatoes (optional). Cut into bite size pieces if large. Boil until soft but still firm, drain and allow to cool. Finely chop the onion and mix with the potatoes. Add the mayonnaise and add a handful of chopped fresh chives – stir. Put in the fridge until ready to serve

**Lamb meatballs in tomato sauce and cous cous**

SERVES: 20

COOKING TIME: 1 hour

OVEN: 200c

INGREDIENTS:

1 large onion  
4 cloves garlic peeled  
1 ½ green pepper  
1.1kg lamb mince  
2 slices of white bread for breadcrumbs  
8 tsp dried parsley

FOR THE SAUCE:

4 small onion  
4 cloves garlic  
4 TBSP vegetable oil  
3 TBSP plain flour  
2 x 400g chopped tins tomato

METHOD:

To make the meatballs, finely dice the onion, garlic, and green pepper. Place the mince in a large bowl. Add to the mince with the other meatball ingredients and mix well with your hands. Roll into balls (golf ball size) using floured hands and place to one side. To make the sauce, chop the remaining onion and garlic. Heat the oil in the pan and add the onion and garlic. Cook for 3-4 minutes. Add the flour, stirring well. Cook for a few minutes. Add the canned tomatoes and simmer for 15-20 minutes. Preheat the oven to 200c. Meanwhile, heat a large pan and cook the meatballs in batches until golden. Arrange these in the bottom of an oven proof dish. When all meatballs have been cooked, cover the meatballs with tomato sauce. Bake in the oven for 30 minutes or until the meatballs are cooked through.

FOR THE COUSCOUS:  
  
SERVES: 20

COOKING TIME: 12minutes

OVEN: -

INGREDIENTS:

700g couscous  
880ml water  
1 tbsp vegetable oil  
1 ½ lemon juice

METHOD:

Prepare the couscous to manufacturer’s instructions. Mix the olive oil and lemon juice together and add to the couscous mix. Combine well before serving.

**Tuna fishcakes with ratatouille**

SERVES: 20

COOKING TIME: 20-30mins

OVEN: 200c

INGREDIENTS:

1 tbsp vegetable oil   
1.6kg baking potatoes  
1 large onion  
600g tuna in spring water, drained  
4 tsp dried mixed herbs  
8 medium slices of wholemeal bread - optional

METHOD:

Preheat the oven to 200c. Grease a baking tray with half the oil. Chop the potatoes and onions. Put the potatoes in a pan, cover with water and boil for 20 minutes or until soft. Drain the potatoes and mash them until smooth. Heat half the oil in a frying pan add the onion and fry for 5 minutes until soft. Combine the potatoes, onions, tuna, and herbs in a large bowl. Make the bread into breadcrumbs. Roll the potato and tuna into balls and breadcrumbs and place on a greased baking tray. Bake in the oven for 20-30 mins.

FOR THE RATATOUILLE

INGREDIENTS:

2 small onions  
2 cloves garlic  
3 peppers  
2 medium courgettes  
2 x tins of chopped tomatoes  
1 tsp dried oregano  
1 tsp dried thyme  
200ml water

METHOD:

Chop the onion, garlic, peppers, and courgette. Put the ingredients including the tin tomatoes and herbs into a large saucepan with the water. Bring to the boil and then simmer until all the vegetables are cooked for approximately 30 minutes.

**Homemade margarita pizza**

SERVES: 10

COOKING TIME: 20mins

OVEN: 200c

INGREDIENTS:

500g Allinson strong white bread flour  
7g Allinson easy bake yeast sachet  
1tsp caster sugar  
2tsp salt  
300ml lukewarm water  
50ml olive oil

**Toppings**

Passata  
Mozzarella cheese, sliced or grated

METHOD:

Whisk together the flour, yeast, and salt. Stir in the water and olive oil, adding more flour a little at a time if the dough is too sticky. Lightly grease a mixing bowl with some oil. Put the dough back in, cover the bowl with a clean tea towel and leave to rise until doubled in size. Preheat oven to 240c. Divide the dough and cook for 10-15 minutes until cooked.

**Tuna niçoise salad**

SERVES: 10

COOKING TIME: -

OVEN: -

INGREDIENTS:

450g waxy potatoes , unpeeled and thickly sliced  
[2 tbsp plus 2 tsp olive oil](https://www.bbcgoodfood.com/glossary/olive-oil-glossary)  
4 [eggs](https://www.bbcgoodfood.com/glossary/egg-glossary)  
[2 tbsp](https://www.bbcgoodfood.com/glossary/capers-glossary) olives   
50g Sun Blush or sundried tomato in oil, finely chopped  
[½ red onion](https://www.bbcgoodfood.com/glossary/onion-glossary) , thinly sliced  
100g [baby spinach](https://www.bbcgoodfood.com/glossary/spinach-glossary)  
[2 x 160g or 200g cans yellowfin tuna steak](https://www.bbcgoodfood.com/glossary/tuna-glossary) in spring water, drained

METHOD:

Heat oven to 200c. Toss the potatoes with 2 tsp oil and some seasoning. Tip onto a large baking tray, then roast for 20 mins, stirring halfway, until crisp, golden, and cooked through. Meanwhile, put eggs in a small pan of water, bring to the boil, then simmer for 8-10 mins, depending on how you like them cooked. Plunge into a bowl of cold water to cool for a few mins. Peel away the shells, then cut into halves. In a large salad bowl, whisk together the remaining oil, olives and chopped tomatoes. Season, tip in the onion, spinach, tuna, and potatoes, then gently toss together. Top with the eggs, then serve straight away.

**Cheese and tomato pasta**

SERVES: 15

COOKING TIME:

OVEN:

INGREDIENTS:

2 tablespoons olive oil  
1 small onion diced  
1 garlic clove crushed or finely chopped  
400 g tin chopped tomatoes  
Salt and pepper  
A small handful of basil roughly chopped  
300 g penne pasta or any shape you fancy  
Grated cheddar or parmesan

METHOD:

Pour the olive oil in a medium saucepan and add the onion. Put on a low heat and sweat the onion, with the lid on, for about 5 minutes, until the onion is softened but not brown. Stir occasionally. When the onion is cooked, add the garlic, and cook for 1 more minute, stirring occasionally. Add the tomatoes, balsamic vinegar, salt, pepper and half the basil. Turn the heat up and bring to the boil, then cook for 10-15 minutes on a low heat, stirring occasionally. While the sauce is cooking, cook the pasta according to packet instructions / your own preferences. Add the sundried tomatoes to the pasta to rehydrate. Just before the pasta is ready, hoick out the sundried tomatoes, (I use the point of a sharp knife or a fork) chop finely and add to the sauce. Drain the pasta and stir into the sauce with a couple of tablespoons of pasta cooking water. Serve sprinkled with the cheese and the remaining basil.

**Chocolate Sauce for Warm pears**

SERVES: 20

COOKING TIME: 5mins

OVEN: -

INGREDIENTS:

100ml milk  
2 tbsp cornflour  
1tsp vanilla extract  
1tbsp cocoa powder  
2 tsp caster sugar

METHOD:

Milk a small amount of milk with the cornflour to make a smooth paste. Heat the remaining milk with the vanilla extract, sugar, cornflour mixture and cocoa powder. Continue to stir on a low heat until it thickens.

**Rhubarb crumble and custard**

SERVES: 20

COOKING TIME: 35mins

OVEN: 190C

INGREDIENTS:

800g canned or fresh rhubarb  
2 tbsp caster sugar  
100g vegetable oil spread  
160g plain flour  
3 tbsp wholemeal flour  
5 tbsp dark brown sugar  
40g rolled oats

METHOD:

Preheat the oven to 190c. Chop the rhubarb into 4cm lengths (if fresh), lay on the bottom of an oven proof dish. Sprinkle with caster sugar. Prepare the crumble mixture; gently rub the vegetable oil spread into the flour and brown sugar then add the oats. Sprinkle the mixture over the fruit and level, ensuring all the fruit is covered. Bake in the oven for 35 minutes.

**Homemade yoghurt ice cream**

SERVES: 40

COOKING TIME:

OVEN: -

INGREDIENTS:

300g summer fruits – puree  
400ml yoghurt  
200ml double cream – soft peaks  
75g caster sugar

METHOD:

Mix ½ yoghurt, cream and sugar and freeze. Whisk when half frozen. Mix in the rest of the fruit and 1TBSP of sugar. Return to the freezer. Stir twice until smooth.

**Oaty fruity sundae**

SERVES: 20

COOKING TIME: 10-15mins

OVEN: 190c

INGREDIENTS:

130g wholemeal flour  
40g oats  
40g vegetable oil spread  
40g soft brown sugar  
2 x 400g can fruit cocktail drained  
670g custard

METHOD:

Preheat the oven to 190c. Line the baking tray with baking parchment or greaseproof paper. Place the flour and oats into a large bowl, add the spread and rub in using fingertips. Add the sugar and stir together. Tip onto a baking tray and spread into an even layer, cook for 10-15 minutes. Then leave to cool. Layer the fruit and custard, followed by fruit and then custard again. Leave to cool in the fridge. Sprinkle the fruit and custard layers with crumble topping.

**Chocolate chip cookies**

SERVES: 36

COOKING TIME: 12-15mins

OVEN: 200c

INGREDIENTS:

310g plain flour  
2tsp baking powder  
¼ tsp bicarb  
200g caster sugar  
150g butter  
2 eggs  
1tsp vanilla  
340g milk choc chips

METHOD:

Preheat oven to 200c. Cream butter and sugar together. Add eggs, vanilla, and flour. Fold in chocolate chips. Drop a spoonful on a tray and repeat. Cook for 12 – 15 mins for 200c.

**Fruit scones**

SERVES: 16

COOKING TIME: 20mins

OVEN: 180c

INGREDIENTS:

450g self-raising flour  
115g margarine  
115g caster sugar  
1 tsp baking powder  
250ml milk  
550g sultanas or mixed fruit

METHOD:

Combine all the dry ingredients together to resemble breadcrumbs. Add the sultanas, slowly add the milk, and form a soft dough. Roll out onto a floured surface to ½ inch thick and cut out. Glaze with left over milk and bake at 180c for 15-20 mins until golden.

**Jammy crumbly biscuits**

SERVES: 30

COOKING TIME: 20mins

OVEN: 180c

INGREDIENTS:

½ tsp baking powder (sieved)  
275g plain flour  
1tsp vanilla essence   
100g caster sugar  
225g soft butter  
8 tsp jam

METHOD:

Preheat the oven to 180c. Line 2 large baking trays with greaseproof paper. Place the butter and sugar in a mixing bowl and use an electric whisk or a wooden spoon until pale and fluffy. Add the vanilla extract and continue beating. Use the metal spoon, fold in the flour and baking powder until mixture forms a dough. Take a small piece of dough and roll in your hands to make a ball. Place on the baking tray then repeat with all the mixture. Leave a gap as the mixture will spread when cooking.

Make an imprint into a ball with your finger deep enough to hold a little jam. Fill each cookie with 1/2 tsp of jam. Do not over fill! Place in the oven for 15-20 minutes until lightly golden brown.

**Apple and blackberry squares**

SERVES: 20

COOKING: 25-30 mins

OVEN: 180c

INGREDIENTS:

2 cooking apples diced  
150g blackberries  
2tbsp granulated sugar  
200g butter  
200g brown sugar  
300 self-raising flour  
1tsp bicarbonate of soda  
150g oats  
100mls water  
Icing sugar for dusting

METHOD:

Simmer apples, blackberries, and granulated sugar with the water until soft. Cream butter and brown sugar together. Add flour, bicarb, oats and mix well. Grease and line a 20x30cm tin. Place half the cake mixture into a tin and press down firmly. Spread the fruit over the base. Sprinkle over the remaining mixture in crumble form. Cook for 25-30 mins at 200c. Cool before cutting into squares.

**Vanilla and strawberry cake**

SERVES: 20

COOKING TIME: 20mins

OVEN: 180c

INGREDIENTS:

175g caster sugar  
175g soft spread  
3 eggs  
175g self-raising flour  
½ tsp baking powder  
2tsp vanilla essence  
1 punnet of strawberries.  
  
METHOD:

Cream sugar and margarine until light and creamy, add eggs, vanilla essence, fold in flour and baking powder. Pour into greased or lined tin or alternatively cupcake cases. Add fresh strawberries to the cake and press into the mix. Cook at 180c until golden brown and springy to touch. Approximately 20 minutes. Once cool, cut or serve.