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| **Week 2** | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Water to drink | Porridge with dried fruits | Cereal and crumpets | Porridge with sliced banana | Cereal and toast | Cereal and muffins |
| Allergy Info | OATS/MILK/SULPHITES | WHEAT/MILK | OATS/MILK | WHEAT/MILK | WHEAT/MILK |
| Mid-Morning Snack  Water/Milk to drink | Pitta fingers and yoghurt chive dip | Cucumber and carrots | Cornish wafers and apple slices | Seasonal fruit | Cheese and pineapple |
| Allergy Info | WHEAT/MILK |  | WHEAT |  | MILK |
| Lunch  Water to drink | Sweet and sour noodles | Lasagne and Italian salad | BBQ Chicken with rice and sweetcorn | Minced beef and onion pie, boiled potatoes and peas and carrots | Salmon and broccoli pasta bake |
| Allergy Info | WHEAT | WHEAT/MILK | MUSTARD | WHEAT | FISH/WHEAT/MILK |
| Pudding  Water to drink | Stewed apples and berries | Fruit trifle | Cheesecake | Banana split ice cream | Summer fruit salad |
| Allergy Info |  | EGG/WHEAT/MILK | WHEAT/MILK | MILK |  |
| Mid-Afternoon Snack  Water to drink | Satsumas | Breadsticks and cream cheese | Tomatoes and cucumber | Oatcakes and blueberries | Rice cakes and kiwi |
| Allergy Info |  | WHEAT/MILK |  | OATS |  |
| Tea  Water to drink | Ploughman’s tea | Homemade soup and homemade bread | Greek style pitta breads | Selection of filled wraps and garnish | Jacket potato with baked beans |
| Allergy Info | WHEAT/MILK | WHEAT | WHEAT/MILK | WHEAT/MILK |  |
| Pudding  Water to drink | Jam sponge | Watermelon chunks | Fresh fruit with Greek yoghurt | Chocolate and orange brownie | Pineapple and lime gateaux |
| Allergy Info | EGG/WHEAT/MILK |  | MILK | EGG/WHEAT/MILK | EGG/WHEAT/MILK |

Drinking Water is always available and accessible

**Sweet and sour noodles**

SERVES: 10  
COOKING TIME: 30mins  
OVEN: 180c

INGREDIENTS:

Sunflower oil  
1 large onion, deseeded and chopped  
2 carrots   
1tsp ground ginger  
1 small tin pineapple chunks in natural juice  
1 clove garlic, peeled and crushed  
2 spring onions, chopped  
1 tbsp rice wine vinegar  
1 tbsp demerara sugar  
2 tbsp tomato ketchup  
2 tbsp soya sauce  
150g sweetcorn  
350g noodles  
  
METHOD:

Preheat oven to 180c. In a large saucepan heat the oil and add the onion, carrot and red pepper to the pan and soften for 5 minutes. Then add the garlic. In a bowl mix, mix together the juice from the canned pineapple, ground ginger, rice wine vinegar, demerara sugar, ketchup and soya sauce. Add the liquid to the vegetables and bring to the boil. Transfer to oven proof dish with a lid and place in the oven for 45 minutes. Cook the noodles in a large pan of water. Meanwhile add the spring onions and sweetcorn to the sweet and sour vegetables. Serve the sweet and sour on the noodles.

**Lasagne and Italian salad**

SERVES: 8

COOKING TIME: 30mins

OVEN: 190c

INGREDIENTS:  
  
**Beef sauce**1 onion, chopped  
1 clove garlic, crushed  
1/2 red pepper, cored, de-seeded & chopped  
1 tbsp olive oil  
450 g lean minced beef  
1/2 tsp mixed freeze dried herbs  
400 g tin chopped tomatoes, drained  
295 g can of Campbell’s condensed cream of tomato soup  
salt & freshly ground black pepper  
  
**Cheese sauce**50 g butter  
40 g flour  
460 ml milk  
1 generous pinch of ground nutmeg  
50 g Gruyere cheese, grated  
25 g Parmesan cheese, grated  
9 sheets fresh or no pre-cook lasagne

METHOD:  
Pre-heat the oven to 190c. Heat the oil in a large saucepan and sauté the onion, garlic and red pepper until softened. Add the beef and the herbs and sauté until the beef has changed colour. Add the remaining ingredients and cook over a medium heat for 15 to 30 minutes.  Season to taste.

Meanwhile, to prepare the cheese sauce, melt the butter, stir in the flour and cook for 1 minute. Gradually whisk in the milk, bring to the boil and whisk until thickened and smooth. Season with nutmeg and a little salt and pepper. Remove from the heat and stir in the grated Gruyere cheese until melted.

To assemble the lasagne, spoon a little of the meat sauce on to the base of an ovenproof dish 28 X 17 X 7 cm. Cover with three sheets of lasagne.

Divide the remaining meat sauce in half and cover the lasagne with half of the sauce. Spoon over a little of the cheese sauce. Cover with three more sheets of lasagne and cover with the remaining meat sauce. Again, spoon over a little of the cheese sauce but make sure that enough remains to completely cover the top of the lasagne. Arrange the remaining sheets of lasagne on top and then spread over the remaining cheese sauce so that the lasagne is completely covered. Sprinkle over the Parmesan cheese and cook in the oven for 25 to 30 minutes.

**BBQ chicken with rice and sweetcorn**

SERVES: 40

COOKING TIME: 45minutes

OVEN: 200c

INGREDIENTS:

12 chicken breasts  
3 tbsp tomato ketchup  
1 tbsp rapeseed oil  
1 tbsp vinegar  
1 tbsp soy sauce  
2 tbsp honey  
2 tsp all-purpose seasoning  
1 tsp garlic, chopped  
½ ground cinnamon  
1 tbsp paprika

METHOD:

Wash the chicken thoroughly and pat dry with kitchen paper. Thoroughly mix all other ingredients together in a deep bowl. Thoroughly coat each chicken breast with the sauce and place in a roasting dish. Use any surplus sauce to pour over the chicken. Cook in a preheated oven at 200c for 40-45 minutes or until chicken is thoroughly cooked. In the meantime, whilst the chicken is cooking, boil the rice and serve with sweetcorn.

**Minced beef and onion pie with boiled potatoes, peas and carrots**

SERVES: 10

COOKING TIME: 1hour 30minutes

OVEN: 180c

INGREDIENTS:

400g beef mince  
2 large onions, peeled and sliced  
3 carrots, peeled and sliced  
400g mushrooms  
2 tsp mixed herbs  
2 tbsp flour  
1 low salt vegetable stock cubes  
1 large sheet ready rolled flaky pastry  
1 beaten egg for glazing  
500g potatoes, peeled  
400g peas  
400g carrots

METHOD:

Preheat the oven to 180c. In large saucepan brown the beef. Use the dry frying method. Add the onion and carrots to the pan and stir for 4-5 minutes. Add the mushrooms and mixed herbs and continue to cook for a further 5 minutes. Make the stock by adding boiling water to the stock cube. Add the flour to the beef and the vegetables and continue to cook for 3-4minutes. Gradually add the stock to the beef and the vegetables, stir all the time to prevent lumps forming. Add the amount of stock required to produce a thick gravy. Reduce the heat to a gentle simmer, place a lid on the pan and simmer for 45 minutes until the beef is tender. Line the top rim of the oven proof dish with a thin strip of the pastry. Brush the pastry with the beaten egg. Make a slit on the tip of the pie. Cook in the oven for 30 minutes. Meanwhile prepare the potatoes and vegetables

**Salmon and Broccoli pasta bake**

SERVES: 20

COOKING TIME: Bake for 10 minutes

OVEN: Grill

INGREDIENTS:

800g fresh or frozen salmon  
2 small onions, peeled  
300g Broccoli  
850g pasta  
60g soft margarine  
60g plain flour  
1.2l milk  
120g cheddar cheese  
2tsp dried parsley  
  
METHOD:

Cook the salmon, prepare by removing any skin or bones. Finely chop the onion and cut the broccoli into small florets. Boil the pasta according to the instructions on the packet and then drain. Cook the broccoli and onion in boiling water until just tender for approximately 10 minutes. Make the cheese 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. Add the grated cheese and stir until melted. Combine the cheese sauce, pasta and broccoli then fold in the cooked, cooled salmon and parsley.

**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 bread**

SERVES: 20

COOKING TIME: 30 minutes

OVEN: 220c

INGREDIENTS:

500g [strong white flour,](https://www.bbcgoodfood.com/glossary/flour-glossary) plus extra for dusting  
2 tsp salt  
7g sachet [fast-action yeast](https://www.bbcgoodfood.com/glossary/yeast-glossary)  
3 tbsp [olive oil](https://www.bbcgoodfood.com/glossary/olive-oil-glossary)  
300ml water

METHOD:

Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large [bowl](https://www.bbcgoodfood.com/content/top-five-mixing-bowls).

Make a well in the centre, then add 3 tbsp olive oil and 300ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.

Tip onto a lightly floured work surface and knead for around 10 mins.

Once the dough is satin-smooth, place it in a lightly oiled bowl and cover with cling film. Leave to rise for 1 hour until doubled in size or place in the fridge overnight.

Line a [baking tray](https://www.bbcgoodfood.com/content/kimberley-wilsons-top-5-baking-trays) with baking parchment. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into a ball.

Place it on the baking parchment to prove for a further hour until doubled in size.

Heat oven to 220c.

Dust the loaf with some extra flour and cut a cross about 6cm long into the top of the loaf with a [sharp knife](https://www.bbcgoodfood.com/content/top-five-cooks-knives).

Bake for 25-30 mins until golden brown.

**Greek style pitta breads**

SERVES:

COOKING TIME:

OVEN:

INGREDIENTS:

#### Greek Salad Ingredients 6 ripe salad tomatoes ⅔ of a cucumber 50g pitted black olives 200g Greek feta cheese 1 lemon (juice only) 2 x 15ml spoons olive oil Black pepper (optional) Small bunch of fresh parsley (optional)

#### For the Pitta Breads

Pitta breads sliced into strips  
Tzatziki dip  
200g plain low-fat Greek yoghurt  
The remaining ⅓ of cucumber  
2 cloves of garlic  
1 x 5ml spoon lemon juice (take this from the juice for the Greek salad)

METHOD:  
Wash and dry the tomatoes and cucumber. Carefully slice the tomatoes into quarters and place them into the salad bowl. Slice each end of the cucumber and save about ⅓ for the dip. Slice the remaining cucumber into 2cm slices, and then cut each chunk in half to make 2 half-moon shapes. Add the cucumber to the salad bowl. Finely chop the olives and add to the other ingredients in the bowl and mix well. Turn your chopping board over. Lay the feta cheese onto the board. Carefully cut the cheese into dice sized cubes. You can use your fingers to crumble the feta if you prefer. Stir this gently into the rest of the ingredients. Slice the lemon in half and squeeze the juice into a small bowl. Make the dressing by mixing the lemon juice (save 1 x 5ml spoon for the Tzatziki) with the olive oil. Add black pepper to taste (if using) and mix. Drizzle over the salad and stir. Finely chop the fresh parsley (if using) and sprinkle on the top.

The Pitta Breads and Tzatziki:  
Cut each pitta bread into 5 slices. Empty the Greek yoghurt into a small bowl. Chop the cucumber into ½cm slices and cut each slice into ½cm cubes. Add this to the yoghurt and stir. Carefully peel and crush the garlic. Stir this into the yoghurt. Add the remaining lemon juice and stir.

**Banana split ice cream**

SERVES: 8-10

COOKING TIME:

OVEN: -

INGREDIENTS:

4 bananas  
2 tbsp ice cream  
4tbsp icing sugar 

METHOD:

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

**Cheesecake**

SERVES: Makes 1 tin

COOKING TIME: Chill in the fridge for as long as possible

OVEN: -

INGREDIENTS:

110g soft spread  
225g digestive biscuits  
400g full fat cream cheese  
200ml double cream  
  
METHOD:

Crush the biscuits and add to the melted margarine. Place in a tin and press down evenly. Put the biscuit base in the fridge to chill. Mix the cream cheese and sugar in a large bowl. Using the mixer, whisk the double cream until stiff and then fold into the cheese mixture. Pour over the biscuit base and spread until smooth and even. Chill in the fridge for as long as possible (preferably make the day before if possible). Decorate with fruit of choice.

**Jam sponge**

SERVES: 20

COOKING TIME: 20mins

OVEN: 180c

INGREDIENTS:

175g caster sugar  
175g soft spread  
3 eggs  
175g self-raising flour  
½ tsp baking powder  
Jam for spreading evenly on top of sponge once cool  
  
METHOD:

Cream sugar and margarine until light and creamy, add eggs, fold in flour and baking powder. Pour into greased or lined tin. Cook at 180c until golden brown and springy to touch. Approximately 20 minutes. Once cool, spread jam on top.

**Trifle**

SERVES: 40

COOKING TIME: 15mins

OVEN: -

INGREDIENTS:

Home made sponge or ready made  
3 packets red jelly, mixed and set  
680g pre-prepared custard  
3 tins (800g) fruit salad in juice  
600ml cream, whipped or whipped cream from a can.  
Sprinkles

METHOD:

Slice the edges off the cake and cut into 2cm thick slabs and place at the bottom of the dish.  Spoon six tablespoons of fruit salad (juice and all) on top of the sponge.

Spoon on 340g custard and then the same of jelly.

Top with cream and sprinkles.

**Chocolate and orange brownie**

SERVES: 12

COOKING TIME: 35mins

OVEN: 180c

INGREDIENTS:

225g butter  
200g dark chocolate  
270g soft light brown sugar  
4 eggs  
1 tsp pure vanilla extract  
A large pinch of salt  
Finely grated zest of one large orange  
Juice of half an orange  
110g plain flour  
30g cocoa powder  
1 tsp baking powder  
100g white chocolate, broken into pieces

METHOD:

Preheat the oven to 180c. Line a 20 x 20cm square cake tin with baking parchment, making sure the parchment covers the sides of the tin and overhangs the edges. Put the butter, chocolate and sugar in a large heatproof bowl and set it over (but not in) a saucepan of warm water. Let the butter and chocolate melt over the gentle heat, stirring occasionally, then remove the bowl from the pan and set aside to cool.

Whisk the eggs, vanilla, salt, orange zest and juice until well combined. Whisk the egg mix into the cooled melted chocolate. Sift over the flour, cocoa and baking powder and fold in, along with the white chocolate chunks. Pour into the prepared tin and bake for 30 to 35 minutes. Thirty minutes gives a very fudgy brownie – some liquid batter will cling to a skewer inserted in the centre. Thirty-five minutes gives a slightly more cakey brownie. Allow the brownie slab to cool completely in the tin before removing by pulling the sides using the overhanging parchment paper. Place the brownie on a wire rack. Once cool, cut into squares.

**Pineapple and lime gateaux**

SERVES: 20

COOKING TIME: 35mins

OVEN: 180c

INGREDIENTS:

### For the topping

50g softened [butter](https://www.bbcgoodfood.com/glossary/butter-glossary)  
50g [light soft brown sugar](https://www.bbcgoodfood.com/glossary/sugar-glossary)  
7 [pineapple rings in syrup,](https://www.bbcgoodfood.com/glossary/pineapple-glossary) drained and syrup reserved  
7 glacé cherries

### For the cake

175g softened [butter](https://www.bbcgoodfood.com/glossary/butter-glossary)  
175g [golden caster sugar](https://www.bbcgoodfood.com/glossary/sugar-glossary)  
175g [self-raising flour](https://www.bbcgoodfood.com/glossary/flour-glossary)  
1 tsp [baking powder](https://www.bbcgoodfood.com/glossary/baking-powder-glossary)  
1 tsp [vanilla extract](https://www.bbcgoodfood.com/glossary/vanilla-glossary)  
3 [eggs](https://www.bbcgoodfood.com/glossary/egg-glossary)

METHOD:

Heat oven to 180c. For the topping, beat 50g softened butter and 50g light soft brown sugar together until creamy. Spread over the base and a quarter of the way up the sides of a 20cm round cake tin. Arrange 7 pineapple rings on top (reserving the syrup for later), then place 7 glacé cherries in the centres of the rings.

Place 100g softened butter, 100g golden caster sugar, 100g self-raising flour, 1 tsp baking powder, 1 tsp vanilla extract and 2 eggs in a bowl along with 2 tbsp of the reserved pineapple syrup. Using an electric whisk, beat to a soft consistency. Spoon into the tin on top of the pineapple and smooth it out so it’s level. Bake for 35 mins. Leave to stand for 5 mins, then turn out onto a plate. Serve warm with a scoop of ice cream.