

<u>WEEK 3</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Water to drink	Porridge & Dried Fruit	Cereal & Toast	Cereal & Muffins	Cereal & Crumpets	Porridge & Slice Apple
Allergy Info	Oats/milk/sulphates	Wheat/milk/soya	Wheat/milk	Wheat/milk	Oats/milk
Mid-Morning Snack Water/Milk to drink	Breadsticks & Yogurt Dip	Cucumber & Carrots	Melon Slices	Vegetable Sticks	Crackers & Cream Cheese
Allergy Info	Wheat/milk				Wheat/milk
Lunch Water to drink	Pork & Vegetable Casserole with Boiled Potatoes	Chicken Tikka Cauliflower Tray Bake	Mixed Bean & Vegetable Stew with Rice	Traditional Fish Pie with Green Vegetables	Roast Chicken with Roast potatoes and Fresh Vegetables
Allergy Info				Fish/milk	
Dessert Water to drink	Dutch Apple Pie & Ice Cream	Peaches with Vanilla Sauce	Chocolate Cake with Chocolate Custard	Bread & Butter Pudding with Cream	Stewed Fruit & Yoghurt
Allergy Info	Wheat/milk	Milk	Wheat/milk/eggs	Wheat/milk/eggs	milk
Mid-Afternoon Snack Water to drink	Tomatoes & Peppers	Buttered Oat Cakes	Rice Cakes	Fresh Fruit	Tomatoes & Cucumber
Allergy Info		Oats/milk			
Tea Water to drink	Fresh Soup with Homemade Bread	Jacket Potato with Cheese	Selection of Sandwiches	Red Pepper & Lentil Soup with Croutons	Sweet & Sour Noodles
Allergy Info	Wheat	Wheat/milk	Wheat/milk/soya	Wheat/milk	Wheat
Pudding Water to drink	Fruit Pieces	Banana Cake	Satsumas	Fruity Flapjacks	Fairy Cakes
Allergy Info		Oats/egg/wheat		Oats/wheat	Wheat/eggs

Drinking Water is always available and accessible.



PORK AND VEGETABLE CASSEROLE

SERVES: 20

PREPARATION TIME: 15 minutes

COOKING TIME: 35 minutes

INGREDIENTS:

120g onion, peeled
160g fresh peppers, green and red, cored
120g mushrooms
80g courgette
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 and courgettes. 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, tomatoes and the rest of the water. Cover and simmer for 25 - 30 minutes.



CHICKEN TIKKA CAULIFLOWER TRAY BAKE

SERVES: 20

COOKING TIME: 1 hour

INGREDIENTS:

800g potatoes
1 bunch of fresh coriander
1.2kg whole chicken
1 large cauliflower
2 TBSP tikka curry paste
1 TBSP Olive oil
1 TBSP red wine vinegar

METHOD:

Preheat the oven to 180C. Wash the potatoes and chop into 3cm chunks. Trim the cauliflower stalk, remove any tough outer leaves then chop the cauliflower into chunks the same as the potatoes. In a 30 x 40cm roasting tray, toss the cauliflower and most of the coriander with a pinch of seasoning and 1 tablespoon each of olive oil and red wine vinegar.

Sit the chicken in the tray and rub it all over with the tikka paste, getting into all the nooks and crannies! Roast for 1 hour or until everything is golden and cooked through - stir the cauliflower half way through cooking to make sure everything is nicely coated. Rest and then sprinkle with some more coriander before serving.



MIXED BEAN AND ROOT VEGETABLE STEW

SERVES: 20

PREPARATION TIME: 40 minutes

COOKING TIME: 40 minutes

INGREDIENTS:

Tomato and basil sauce (see following page)

240g Onion, peeled (1 large)

180g Parsnip, peeled (2 medium)

240g Carrot, peeled (3 medium)

2 TBSP Vegetable oil

2 TSP Garlic puree

1 x 400g can of (no added salt and sugar) drained kidney beans - drained weight 250g

1 x 400g can of (no added salt and sugar) drained haricot beans - drained weight 250g

1 x 400g can of (no added salt and sugar) drained butter beans - drained weight 250g

400ml water

METHOD:

Prepare the tomato and basil sauce - recipe on following page

Chop the onion, parsnip and carrot into 2cm cubes. Heat the oil in a large pan, add the onions and cook for 5 minutes until softened. Add the garlic puree, parsnips, carrot, beans, water, tomato & basil sauce and bring to the boil. Leave to simmer for 30-40 minutes until the vegetables are soft.



HOMEMADE TOMATO AND BASIL SAUCE

SERVES: 20 x 90g portions

PREPARATION TIME: 15 minutes

COOKING TIME: 15-20 minutes

INGREDIENTS:

300g Onion, peeled (2 medium)
1 small bunch of fresh basil
2 cloves of garlic, peeled
2 TBSP vegetable oil
2 TBSP tomato puree
1 x 400g chopped tomatoes

METHOD:

Dice the onions and chop the basil and garlic. Heat the oil in a pan, add the onions and garlic and fry for 2-3 minutes. Add the tomato puree, chopped tomatoes and some water to the pan, bring to the boil and simmer for 15 minutes.

Add the basil and then puree, using a blender, into a smooth sauce.



FISH PIE WITH POTATO TOPPING

SERVES: 20

OVEN: 180C

PREPARATION TIME: 45 minutes

COOKING TIME: 30 minutes

INGREDIENTS:

1.8kg White Floury Potatoes
320g Fresh Salmon
320g Fresh Haddock
200g Fresh Smoked Haddock
1L Whole Milk
80g Soft Margarine
60g Plain Flour

METHOD:

Preheat the oven to 180C. Chop the potato into 2cm cubes. Boil into water for 15 minutes or until soft. Meanwhile put the salmon, haddock and smoked haddock into a large pan and cover with the milk (reserving some for the mashed potato). Simmer for 20 minutes or until the fish is cooked. Remove the fish, check for bones and set aside.....Keep the milk that you cooked the fish in!

Drain the potatoes and mash with enough margarine and milk to make a smooth consistency. Continued on following page.....

Prepare a roux white sauce using the following method:

Melt the remaining margarine in a pan on a low heat, once it has melted, add the flour and mix well. Gradually add the milk, used to poach the fish, to the margarine and flour mixture, stirring continuously until the sauce is smooth and thick.

Flake the fish into the white sauce, taking care to remove all bones, pour the mixture into a large ovenproof dish and top with the mashed potato. Bake in the oven for 30 minutes or until piping hot throughout



ROAST CHICKEN BREAST AND GRAVY

SERVES: 20

OVEN: 190C

PREPARATION TIME: 5 minutes

COOKING TIME: 30 minutes

INGREDIENTS:

1kg Chicken Breasts
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 breasts.

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 180F (83C)

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

****Roast potato recipe on following page****



ROAST POTATOES

SERVES: 20 x 90g potatoes

OVEN: 200C

COOKING TIME: 25-30 minutes

INGREDIENTS:

1.8kg peeled potatoes

4 TBSP vegetable oil

METHOD:

Preheat the oven to 200C. Chop the potatoes into 4cm cubes and boil for 20-25 minutes until soft.

Drain the potatoes and arrange in a baking tray and drizzle with oil.

Roast in the oven for 25-30 minutes, or until golden and crispy.

TIP: Chop the potatoes into larger chunks to reduce the amount of oil absorbed.



DUTCH APPLE PIE

SERVES: 24

COOKING TIME: Until Golden Brown

Oven: 180C

INGREDIENTS:

450g Stewed Apples

50g Sultanas

$\frac{1}{2}$ TSP Cinnamon

1 Roll of Pastry

METHOD:

Lay the stewed apples in an ovenproof dish. Sprinkle with sultanas and cinnamon. Cover with the pastry and bake in the oven until golden brown at 180C.



PEACHES AND VANILLA SAUCE

SERVES: 20

COOKING TIME: 10 minutes

INGREDIENTS:

1200g tinned peaches
100ml Milk
50g (2 Heaped TBSP) Cornflour
1TSP Vanilla Extract
2 Level TSP Caster Sugar

METHOD:

Mix a small amount of the milk with the cornflour to make a smooth paste. Heat the remaining milk with the vanilla extract, caster sugar and cornflour mixture on a low heat until it thickens. Serve with the peaches.



CHOCOLATE SPONGE CAKE WITH CHOCOLATE 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
 $\frac{1}{4}$ TSP baking powder
2 TBSP cocoa powder

FOR THE CUSTARD:

1L Milk
100g Custard powder
60g caster sugar (3 TBSP)
60g cocoa (3 TBSP)

METHOD:

Cream together margarine and sugar until light yellow in colour then mix in the beaten eggs. Gradually add the sifted flour, baking powder, cocoa powder and mix until smooth.

Spread evenly into a 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 slight brown and springy to the touch.

For the custard: Mix a little of the milk and all of the custard powder into a bowl until smooth. Heat the rest of the milk in a saucepan until hot then pour in the custard powder mixture 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 caster sugar and cocoa. Continue stirring until the custard thickens.



BREAD AND BUTTER PUDDING

SERVES: 20

COOKING TIME: 30-40 minutes

OVEN: - 180C

INGREDIENTS:

12 TBSP unsalted dairy free spread, 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

Preheat the oven to 180C.

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 one to make three sandwiches.

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

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 and then bake at the top of the oven until just set and golden brown - 30-40 minutes.



STEWED SEASONAL FRUIT AND YOGHURT

SERVES: 20

PREPERATION TIME: 5 minutes

COOKING TIME: 15 minutes

INGREDIENTS:

400g Apples - peeled and cored
400g blackberries or other seasonal fruit.
60ml water
1.2L Yoghurt

METHOD:

Wash the blackberries/fruit and slice the apples.

Heat in a saucepan with the water on a medium heat until stewed.

Serve with the yoghurt



SWEET POTATO SOUP

SERVES: 20

COOKING TIME: 35 minutes

OVEN: -

INGREDIENTS:

1kg sweet potato, peeled

300g onions

2TBSP oil

4 TSP dried oregano

1.5L Water

METHOD:

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

Add the oregano and water. 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, plus extra for dusting
2 tsp salt
7g sachet fast-action yeast
3 tbsp olive oil
300ml water

METHOD:

Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large bowl.

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 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.

Bake for 25-30 mins until golden brown.



RED PEPPER AND LENTIL SOUP WITH CROUTONS

SERVES: 4

COOKING TIME: 30 minutes

INGREDIENTS:

1 TBSP olive oil
1 large onion, chopped
3 cloves of garlic
150g diced chorizo
3 red peppers, seeded and chopped
Chicken stock cubes (to make 2L of chick stock)
150g split red lentils

METHOD:

Heat the oil in a large pan, add the onions and fry until softened. Stir in the garlic, chorizo and peppers and fry for 5 minutes more.

Pour in the stock, add the lentils and bring to the boil. Turn down the heat to a simmer and cook covered for 25 minutes until the peppers are tender. Blitz with a hand blender or in a food processor until smooth.

TIP: For a chunky texture, only blend half the soup.



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 soy 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.



SPICY BANANA BREAD

SERVES: 20

PREPERATION TIME: 10 minutes

COOKING TIME: 35 minutes

OVEN: - 190C

INGREDIENTS:

400g Peeled Bananas (4 medium)

120g Eggs (2 large)

12g ground mixed spice (4TSPS)

200g plain flour

6g Baking powder (2TSPS)

100g oats

50g caster sugar (2 TBSPS)

10ml vanilla extract (2 TSPS)

METHOD:

Preheat the oven to 190C. Grease and line a loaf tin.

Mash the bananas then add the eggs and spice to the bananas and mix well.

Sieve the flour and baking powder together and fold into the banana mixture and then add the oats, caster sugar and vanilla extract.

Pour the mixture into the tin and bake for 15 minutes until cooked through and firm to the touch. Cool on a wire rack, slice and serve.



FRUITY FLAPJACKS

SERVES: 12

COOKING TIME: 35 minutes

OVEN: - 180C

INGREDIENTS:

200g unsalted margarine/soft spread
200g light brown sugar
150g golden syrup
300g oats
100g dried cranberries
100g raisins
75g chopped apricots

METHOD:

Preheat the oven to 180C.

Melt the sugar, butter and syrup together. Add the oats and fruit and stir well. Put the mixture into a lined and greased 11 x 8 inch tin and cook for 30-35 minutes.



FAIRY CAKES

SERVES: 20

COOKING TIME: 15-20 mins

OVEN: - 180c

INGREDIENTS:

175g unsalted margarine/soft spread

175g caster sugar

3 medium free range eggs

175g self-raising flour

$\frac{1}{2}$ teaspoon of baking powder

Icing sugar to decorate

METHOD:

Preheat the oven to 180.C/gas mark 4. Cream sugar and margarine together until light and creamy and then add the eggs. Fold in the flour and baking powder Spoon the mixture into fairy cake cases and cook until golden brown and springy to touch or a knife comes out clean. (approx 15-20 mins).