

<u>WEEK 2</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Water to drink	Cereal & Crumpets	Cereal & Muffins	Porridge & Dried Apricots	Cereal & Toast	Porridge & Banana
Allergy Info	Wheat/milk	Wheat/milk	Oats/Milk/Sulphates	Wheat/milk/soya	Oats/milk/sulphates
Mid-Morning Snack Water/Milk to drink	Tomato Dip & Breadsticks	Carrot & Pepper Sticks	Cucumber & Tomato	Buttered oat Cakes	Apple slices & Cornish Wafers
Allergy Info	Wheat			Oats/Milk	Wheat/milk
Lunch Water to drink	Chilli con Carne & Rice	Macaroni Cheese	Roast Chicken with Roast Potatoes and Vegetables	Mexican Bean Burrito & Sweet Potato Wedges	Cod & Vegetable Plait
Allergy Info		Wheat/milk		Wheat/milk	Fish/wheat/milk/egg
Dessert Water to drink	Poached Pears & Chocolate Sauce	Jam Sponge	Peach & Apricot Crumble & Custard	Rice Pudding	Lemon & Sultana Sponge
Allergy Info	Milk	Wheat/milk/egg	Wheat/Oats/Milk	Milk	Wheat/Egg
Mid-Afternoon Snack Water to drink	Carrot Sticks	Rice Cakes & Cucumber	Crackers & Cream Cheese	Fresh Fruit	Vegetable Sticks
Allergy Info			Wheat/milk		
Tea Water to drink	Sandwiches	Jacket Potato with Tuna & Sweetcorn	Soup with Homemade Bread	Italian Tomato & Tuna Pasta Bake	Filled Pittas
Allergy Info	Wheat/milk/soya	Fish/milk	Wheat/milk	Fish/wheat/milk	Wheat (+ filling)
Pudding Water to drink	Carrot Cake	Fruit Compote & Yoghurt	Chocolate Chip Cookie	Blueberry Muffins	Orange Wedges
Allergy Info	Wheat/egg	Milk	Wheat/milk/egg	Wheat/egg	

Drinking Water is always available and accessible.



## TOMATO DIP:

SERVES: 20

### INGREDIENTS:

50g onion, peeled  
760g fresh tomatoes  
20g coriander

### METHOD:

Chop the onion, tomato and coriander. Combine the ingredients in a mixing bowl.



## CHILLI CON CARNE

SERVES: 20

### INGREDIENTS:

4 tbsp olive oil  
4 onions, finely chopped  
200g courgette  
160g red pepper, deseeded  
8 garlic cloves, crushed  
2 tbsp dried mixed herbs  
2 TSP chilli powder  
1½ kg lean minced beef  
6 x 400g cans chopped tomatoes  
6 tbsp tomato purée

### METHOD:

Heat the oil in a large saucepan. Gently cook the onions, peppers and Courgettes for 20 mins until golden. Add the garlic, chilli powder and herbs then cook for 2 mins more. Add the mince, cook until browned. Add the tomatoes and purée and continue to simmer slowly for 1 hr until thick and saucy and the mince is tender. Serve with rice.



## MACARONI CHEESE

SERVES: 20

COOKING TIME: 15 minutes

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

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.

Add the rest of the cheese and sprinkle some pepper. Grill for about 5 minutes until brown and bubbling.



## 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.



## MEXICAN BEAN BURITTO

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



## COD AND VEGETABLE PLAIT

SERVES: 20

COOKING TIME: 50 minutes

OVEN: 200c

### INGREDIENTS:

1 pack puff pastry, ready to roll  
Plain flour for dusting  
2kg skinless cod fillet, diced  
1l semi skimmed milk  
2 large courgette, finely diced  
2 leek halved, sliced finely and washed  
2 large onion, finely sliced  
2 small egg, beaten  
Sprig parsley, to garnish

### METHOD:

Place the cod, and milk large dish on a medium heat in oven, cook for 10 - 15 minutes until the cod is just cooked. Strain as you do. Transfer the cod to a large mixing bowl and flake, add vegetables, cover and set to one side.

Roll out the pastry into an oblong shape and transfer the pastry onto a baking sheet. Spread the ingredients down the centre of the pastry and cut 3 x 1inch strips down the side for plaiting.

Make the plait. Brush the plait with the remaining milk. Cook on 200c for about 30-40 mins until the pastry is golden brown.



## 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.



## JAM SPONGE

SERVES: 20

COOKING TIME: 35-40 minutes

OVEN: 180c

### INGREDIENTS:

500g strawberry jam or mixed jam

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. 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 jam. Bake for 35-40 mins until the sponge is golden and risen, and a skewer poked into the sponge comes out clean-ish.



## PEACH & APRICOT CRUMBLE

SERVES: 20

COOKING TIME: 35mins

OVEN: 190C

### INGREDIENTS:

800g canned or fresh Peaches and Apricots  
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 fruit and 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.



## RICE PUDDING

SERVES: 20

COOKING TIME: 1  $\frac{1}{2}$  - 2 hours

OVEN: 160c

### INGREDIENTS:

200g pudding rice

60g caster sugar

2L milk

### METHOD:

Preheat the oven to 160c and grease an oven proof dish. Wash the rice in a sieve and put it in the dish with the sugar. Heat the milk in a pan and pour over the rice and sugar.

Bake in the oven for 1  $\frac{1}{2}$  - 2 hours until the rice is tender. Cover the rice pudding with foil if it starts to burn while cooking.



## LEMON & SULTANA SPONGE

SERVES: 20

COOKING TIME: 35-40 minutes

OVEN: 180c

### INGREDIENTS:

1 lemon grated and juiced

400g of sultanas

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.

Beat the butter and sugar until pale and fluffy, then beat in the eggs, one by one. Stir in the flour and milk, add lemon and sultanas.

Bake for 35-40 mins until the sponge is golden and risen, and a skewer poked into the sponge comes out clean-ish.

## HOMEMADE SOUP

SERVES: 20

COOKING TIME: 35 minutes

### 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, 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.



## ITALIAN TOMATO & TUNA PASTA BAKE

SERVES: 20

COOKING TIME: 3-4 mins under grill plus prep time

### 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



## PITTA POCKETS WITH EGG MAYO, GRATED CHEESE OR TUNA MAYO

SERVES: 20

### INGREDIENTS:

1kg egg  
4TBSP mayonnaise  
4 TSP plain  
whole milk  
yoghurt  
700g Pitta bread

### METHOD:

Hard boil the eggs and leave to cool. Peel and mash with the mayonnaise and yoghurt. Warm the pitta bread, slice open and fill with egg mayonnaise (or alternative filling)



## CARROT CAKE

SERVES: 20

COOKING TIME: 20 - 25 minutes

OVEN: 180c

### INGREDIENTS:

300g (4 medium) carrots peeled

180g (3 large) eggs

250g soft brown sugar

200ml vegetable oil

250g wholemeal flour

3 TSP ground cinnamon

2 TSP ground nutmeg

70g sultanas

3 TSP mixed spice

2 TSP bi carbonate of soda

2 TSP baking powder

### METHOD:

Preheat oven 180c and grease and line a baking tin. Peel and grate the carrots. Whisk the eggs and sugar together in a large bowl until thick and creamy. Then whisk in the oil. Gently fold in the remaining ingredients together. Spoon the mixture into a prepared tin, level the surface and bake for 20 - 25 minutes until firm to the touch and golden brown. Cool on a wire tray.



## CHOCOLATE CHIP COOKIES

SERVES: 36

COOKING TIME: 12-15mins

OVEN: 200c

### INGREDIENTS:

310g plain flour

2 tsp baking powder

$\frac{1}{4}$  tsp bicarb

200g caster sugar

150g butter

2 eggs

1 tsp vanilla essence

340g milk chocolate chips

### METHOD:

Preheat the oven to 200c. Cream the butter and sugar together. Add the eggs, vanilla and flour. Fold in the chocolate chips. Drop a spoonful of the mixture onto a greased/lined baking tray and then repeat with all the mixture. Allow room for the mixture to spread whilst cooking. Cook for 12-15 minutes on 200C



## BLUEBERRY MUFFINS

SERVES: 20

COOKING TIME: 25 minutes

OVEN: 180c

### INGREDIENTS:

190g self-raising flour  
160g caster sugar  
190g soft margarine  
2 large eggs  
225g fresh blueberries

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