

<u>WEEK 1</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Water to drink	Porridge & Dried Fruit	Cereal & Toast	Cereal & Muffins	Porridge & Dates	Cereal & Crumpets
Allergy Info	Oats/milk/sulphates	Wheat/milk/soya	Wheat/milk	Oats/milk/sulphates	Wheat/milk
Mid-Morning Snack Water/Milk to drink	Pineapple & Grated Cheese	Breadsticks and Dip	Tomato & Cucumber	Cream Cheese & Crackers	Orange & Apple
Allergy Info	Milk	Wheat (+ dip)		Wheat/milk	
Lunch Water to drink	Shepherd's Pie	Roast Gammon, Roast Potatoes & Fresh Veg	Salmon & Broccoli Bake	Chicken Curry & Rice	Root Vegetable & Lentil cobbler
Allergy Info	Wheat/milk		Wheat/milk/fish		Wheat/Egg
Dessert Water to drink	Poached Fruit & Crème Fraiche	Rice Pudding	Plum Crumble & Custard	Syrup Sponge	Banana's & Custard
Allergy Info	Milk	Milk	Wheat/oats/milk	Wheat/milk/egg	Milk
Mid-Afternoon Snack Water to drink	Kiwi Fruit & Crackers	Banana & Oatcakes	Melon & Orange	Breadsticks & Dip	Crackers & Fruit
Allergy Info	Wheat	Oats		Wheat (+ dip)	Wheat
Tea Water to drink	Cheesy Bagels	Mediterranean Tart	Jacket Potato & Mixed Bean Chilli	Roasted Vegetable Soup & Pitta bread	Sandwiches
Allergy Info	Wheat/milk	Wheat	Wheat	Wheat/milk	Wheat/milk/soya
Pudding Water to drink	Apple Rock Cakes	Yoghurt & Berry Sundae	Ginger & Oat Cookie	Fresh Fruit	Melting Moments
Allergy Info	Wheat/milk/egg/sulphates	Milk	Wheat/oats/milk		Wheat/oats/milk/egg

Drinking Water is always available and accessible.



FARMERS SHEPHERDS PIE WITH GREEN VEG

SERVES: 18

COOKING TIME: 20 minutes

OVEN: 180C

INGREDIENTS:

1.95kg of potatoes
1.5 swede
 $\frac{3}{4}$ savoy cabbage shredded
150g butter
1.5kg minced lamb
3 onions
3 TBSP Worstershire sauce
3TBSB tomato puree
3 TBSP plain flour
3 beef stock cubes
150g cheddar cheese, grated

METHOD:

Preheat the oven to 180c. Peel and quarter the potatoes and peel and chop the swede into 2cm cubes. Cook both together in boiling water for 15 minutes. Add the cabbage and cook for a further 3-4 minutes. Drain well and then add the butter to the pan and lightly break up the potatoes with a fork. Meanwhile dry fry the minced lamb and onions in a medium pan until the meat is browned and the onion is beginning to soften. Add the Worcestershire sauce, tomato puree and flour and stir well. Dissolve the stock in 350ml of boiling water and add to the pan, stirring well until thickened. Simmer for 10 minutes then pour the meat mixture into an oven proof baking dish and spread the potato mixture on top. Scatter with cheese and bake for 20 minutes until golden and bubbling.



SALMON AND BROCCOLI PASTA

SERVES: 20

COOKING TIME: 20 minutes

INGREDIENTS:

Salmon fresh or canned - 2 x 418g cans or 800g fresh
120g onions (2 small)
300g broccoli
850g dried pasta shapes
60g soft margarine
60g plain flour
1.2L whole milk
120g full fat cheddar cheese
2 TSPS Dried parsley

METHOD:

Either cook the fresh salmon or prepare the canned salmon by removing all bones and skin. Finely chop the onion and cut the broccoli into small florets.

Boil the pasta according to the instructions on the packet and 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. Return to the heat and 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 and then fold in the cooked, cooled salmon and parsley



FRUITY CHICKEN CURRY

SERVES: 20

COOKING TIME: 55 minutes

INGREDIENTS:

1.5kg skinless diced chicken breast
2 apples, peeled cored and diced
2 carrots, diced
1 tin fresh pineapple, peeled and cored
1 onion, diced
2 garlic gloves, crushed
35g mild curry powder
25g tomato puree
500ml pineapple juice
1L chicken stock
1 TBSP olive oil
500g Basmati rice

METHOD:

Heat 1 tbsp of olive oil in a large saucepan over a medium heat. Add the apple and pineapple, the carrots, onion and garlic to the pan and cook for 3-4 minutes or until the onions are slightly soft. Add the curry powder and cook for a minute to release the flavour. Add the chicken, tomato puree and cook for another minute before adding the pineapple juice.

Reduce the heat, cover and cook gently for 45 minutes to 1 hour or until the carrots are tender.

ROOT VEGETABLE AND LENTIL COBLER

SERVES: 16

COOKING TIME: 20 minutes

OVEN: 180C

INGREDIENTS:

2 cloves of garlic
1 onion, chopped
1 parsnip, diced
2 carrots, sliced
8 button mushrooms
1 small cauliflower
1 tin of tomatoes
150g red lentils
4 TBSP cornflour
900ml vegetable stock
4 TSP parsley
Black pepper
2 x celery

FOR THE TOPPING:

300g self-raising flour
90g margarine
2 eggs

METHOD: In a pan, cook the celery, parsnips, onions, garlic and carrots until softened. Add the mushrooms, tomatoes and lentils along with the vegetable stock. Thicken with cornflour. Separately, make up a scone mix for the topping with the flour, margarine, egg and some herbs to flavour. Roll out the mix and arrange on top of the vegetables in an oven proof dish. Cook in the oven for 20 minutes or until cooked through.





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.



PLUM CRUMBLE & CUSTARD

SERVES: 20

COOKING TIME: 35mins

OVEN: 190C

INGREDIENTS:

800g canned or fresh plums
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 plums 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.



SYRUP SPONGE

SERVES: 20

COOKING TIME: 35-40 minutes

OVEN: 180c

INGREDIENTS:

500g golden syrup
zest of 2 lemons + one lemon juice
10 TBSP breadcrumb
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. Mix the syrup, lemon zest, juice and breadcrumbs and spread over the base of a 1.5 litre baking dish. 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 syrup. Bake for 35-40 mins until golden and risen, and a skewer poked into the sponge comes out clean-ish



MEDITERRANEAN TART

SERVES: 10

COOKING TIME: 20 minutes

OVEN: 180C

INGREDIENTS:

1 sheet of puff pastry
6 tablespoons of tomato puree
1 tablespoon of olive oil
Pinch of herbs
1 tablespoon of vinegar
1 courgette
1 red onion
2 peppers
150g mushrooms
Cheese (optional)

METHOD:

Spread the tomato mix on to the pasty . Scatter with the vegetables and sprinkle with a little olive oil. Top with cheese if required. Cook for approx. 20 minutes at 180C.



JACKET POTATO AND MIXED BEAN CHILLI

SERVES: 20

COOKING TIME: 25 minutes (plus baking time for the potatoes.)

OVEN: 180C

INGREDIENTS:

10 Baking potatoes
240g of onions, peeled
8 garlic gloves, peeled
160g aubergine
160g red pepper, deseeded
200g courgette
2 TBSP vegetable oil
2 TSP chilli powder
2 TBSP plain flour
2 $\frac{1}{2}$ TBSP tomato puree
400g chopped tomatoes, canned
460g aduki beans, canned
480g red kidney beans, canned
4TSP dried mixed herbs
200g frozen sweetcorn

METHOD:

Bake the potatoes! To make the chilli: Chop the onion, garlic, aubergine, courgettes and pepper. Heat the oil in a pan, add the onions and garlic and cook until softened. Add the remaining vegetables and cook for a further 5-10 minutes. Add the chilli powder and plain flour - mix well and cook for 2-3 minutes. Add the tomato puree, chopped tomatoes, beans, herbs and sweetcorn. Simmer on a low heat until thickened and the vegetables are cooked.



ROASTED VEGETABLE SOUP

SERVES: 10

COOKING TIME: 35 minutes

INGREDIENTS:

1 large Sweet potato
2 Mixed peppers
4 Carrots
1 Red onion
Oil
Garlic
Paprika
Cumin

METHOD:

Peel and chop the vegetables into chunks, sprinkle with oil, add the garlic and spices and roast in the oven. Transfer to a pan, add the vegetable stock and simmer for 10 minutes. Blend to the required consistency.



APPLE ROCK CAKES

SERVES: 24

COOKING TIME: 10-15 minutes

OVEN: 200C

INGREDIENTS:

1lb self-raising flour

$\frac{1}{4}$ TSP mixed spice

6oz margarine

6oz caster sugar

2 eggs

4 TBSP milk

6oz mixed fruit

Sprinkle of demerara sugar

2 apples, diced

METHOD:

Rub the margarine and sugar into the flour. Add the fruit and mixed spice, milk, egg and apple. Spoon the mixture onto a baking tray, sprinkle with demerara sugar and bake for 10-25 minutes at 200C until brown.



GINGER AND OAT COOKIES

SERVES: 20

COOKING TIME: 15 minutes

OVEN: 200C

INGREDIENTS:

125g soft spread margarine

175g light muscovado sugar

2TBSP golden syrup

$\frac{1}{2}$ TSP bicarbonate of soda

Pinch of salt

$\frac{3}{4}$ TSP ground ginger

3 finely shredded balls of stem ginger (drained)

150g plain flour

150g rolled oats

METHOD:

Preheat the oven to 180C. Line 2-3 baking sheets with non-stick baking paper. Stir the muscovado sugar and the softened margarine together and then mix in the golden syrup, bicarbonate of soda, salt, ground ginger and the stem ginger. Stir in the flour and rolled oats to form a soft dough.

Divide into 20 and roll into rounds. Space out on the baking sheets and bake for 12-15 minutes until lightly golden. Leave to firm up and then transfer to a wire rack to cool completely.



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

$\frac{1}{2}$ 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.