



<u>WEEK 1</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Water to drink	Porridge & Fruit	Cereal & Toast	Cereal & Muffins	Porridge & Dates	Cereal & Crumpets
Allergy Info	Oats/milk	Wheat/milk/soya	Wheat/milk	Oats/milk/sulphates	Wheat/milk
Mid-Morning Snack Water/Milk to drink	Rice Cakes with Kiwi	Melon Slices	Tomato & Cucumber	Bread Sticks	Pineapple & Kiwi
Allergy Info				Wheat/milk	
Lunch Water to drink	Mexican Veg Burrito	Lamb Meatballs & Pasta	Gammon, New Potatoes and Veg	Macaroni Cheese & Sweetcorn	Fish Pie with New Potato Topping
Allergy Info	Wheat/milk	Wheat		Wheat/milk	Fish/Wheat/Milk
Dessert Water to drink	Pineapple Sponge	Raspberry Mousse	Fresh Fruit Salad	Peach Melba	Strawberries & Crème Fraiche
Allergy Info	Wheat	Milk		Milk	Milk
Mid-Afternoon Snack Water to drink	Bread Sticks	Cheese & Apple	Crackers & Cream Cheese	Pear & Raspberries	Oatcakes
Allergy Info	Wheat	Milk	Wheat/Milk		Wheat
Tea Water to drink	Sandwiches, Carrots, & Pepper Sticks	Tuna Pate with Cucumber & Potato	Soup with Homemade Bread	Jacket Potato with Baked Beans	Pitta & Cheese salad
Allergy Info	Wheat/Dairy	Fish	Wheat		Wheat/milk
Pudding Water to drink	Fresh Fruit	Lemon Drizzle Cake	Chocolate Orange Brownie	Date & Orange Flapjack	Shortbread Biscuit
Allergy Info		Wheat	Wheat	Wheat	Wheat

Drinking Water is always available and accessible.

## MEXICAN VEG BURRITO & RICE

SERVES: 20

COOKING TIME: 10-20 minutes

OVEN: 180c

### INGREDIENTS:

320g onion, peeled

320g red pepper, deseeded

200g Cheddar cheese

1 TBSP vegetable oil

2 heaped TBSP tomato puree

800g tinned chopped tomatoes

800g canned kidney beans

2 TSP Paprika

2 TSP dried mixed herbs

10 wraps - flour tortillas

### METHOD:

Preheat oven to 180c. Chop the onion and the pepper, grate the cheese. Heat oil in a pan. Add the onions and peppers and cook the 3-4 minutes until softened. Add the tomato puree and cook for 2 - 3 minutes. Add the tomatoes and kidney beans and simmer for a further 10-15 minutes. Warm the tortillas according to the manufacturer's instructions in a lightly oiled non-stick frying pan for 15 seconds on each side.

Spread each wrap with a portion of the vegetable and bean sauce, then roll up. Place in an ovenproof dish. Sprinkle with the grated cheese and bake in oven for 10-20 minutes.



## LAMB MEATBALLS & PASTA

SERVES: 20

COOKING TIME: 1 hour

OVEN: - 200c

### INGREDIENTS:

1 large onion

4 garlic gloves, peeled

1  $\frac{1}{2}$  green pepper

1.1kg lamb mince

2 slices of white bread for breadcrumbs

8 tsp dried parsley

### FOR THE SAUCE:

4 small onions

4 cloves of garlic

4 TBSP vegetable oil

3 TBSP plain flour

2 x 400g tins of chopped tomatoes

### METHOD:

To make the meatballs, finely dice the onion, garlic and green pepper. Place the mince in a large bowl. Add the other meatball ingredients to the mince and mix well with your hands. Flour your hands and roll the mixture into golf ball sized balls 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 304 minutes. Add the flour, stir well and cook for a few minutes. Add the canned tomatoes and simmer for 15-20 minutes. Preheat the oven to 200c. Meanwhile, heat some oil in a large pan and cook the meatballs in batches until golden. Once all the meatballs have been cooked, arrange them in the bottom of an ovenproof dish and cover with the tomato sauce. Bake in the oven for 30 minutes or until the meatballs are cooked through.



## GAMMON, NEW POTATOES, VEGETABLES

SERVES: 20

COOKING TIME: 190C

INGREDIENTS:

1kg Gammon  
20g Gravy Granules  
400ml Water

METHOD:

Preheat the oven to 190C. Depending on weight, boil the gammon for the allocated time. Finish the gammon if desired in the oven and 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 gammon is ready to serve, make up the gravy granules with boiling water according to the manufacturer's instructions.

## NEW POTATOES

SERVES: 20 x 90g potatoes

COOKING TIME: 25-30 minutes

INGREDIENTS:

1.8kg peeled potatoes  
4 TBSP vegetable oil

METHOD:

Boil until cooked



# MACARONI CHEESE & SWEETCORN

SERVES: 20

COOKING TIME: 15minutes

Grill

## INGREDIENTS:

1.5kg tube shaped pasta  
1 cauliflower per dish, cut into florets  
400g Sweetcorn  
Bechamel:  
3TBSP Margarine/Butter  
3TBSP Plain Flour  
4Pints Whole Milk  
3TSP English Mustard  
300g Grated Cheese  
Little Black Pepper

## METHOD:

Boil and cook macaroni. Melt margarine in a large pan, add flour and whisk together - gradually whisking in milk. Add pepper and mustard. Mix until smooth and creamy then add cheese. Add cooked sweetcorn.



## FISH PIE WITH NEW POTATOES

SERVES: 20

COOKING TIME: 180c

OVEN: 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

Seasoning

### 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



## PINEAPPLE SPONGE CAKE

SERVES: 10

COOKING TIME: 20 minutes

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

Tin of pineapple rings

### 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. Line the base of a greased or lined cake tin with pineapple rings and then pour in the mixture - Alternatively chop up the pineapple pieces and add to the mixture. Cook until golden brown and springy to touch or a knife comes out clean (approx 20 mins).



## RASPBERRY MOUSSE

SERVES: 30

COOKING TIME:

INGREDIENTS:

135g packet of strawberry jelly cubes

340g Low fat Greek yoghurt

175g Raspberries

METHOD:

Prepare jelly, but do not add the cold water (so you will be adding half the mixture it tells you too). Add the yoghurt to the jelly and raspberries - whisk until lump free. Chill in the fridge for 1 - 2 hours.





## CARROT AND CORIANDER SOUP:

SERVES: 20

COOKING TIME: 30

### INGREDIENTS:

1 TBSP olive oil

1 large onion, chopped

3 sprigs of coriander

750g peeled and diced carrots

Vegetable stock cubes (to make 2L of vegetable stock)

150g split red lentils

### METHOD:

Heat the oil in a large pan, add the onions and fry until softened. Stir in the garlic and add the carrots and lentils. 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 carrots are tender. Blitz with a hand blender or in a food processor until smooth.



# HOMEMADE BREAD

SERVES: 20

COOKING TIME: 30

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.

## LEMON DRIZZLE CAKE (MUFFINS)

SERVES: 20

COOKING TIME: 15

OVEN: 180

### INGREDIENTS:

175g unsalted butter at room temperature

175g caster sugar

3 medium free range eggs

Zest and juice of 1 lemon

175g self-raising flour

1 tablespoon boiled water

#### For the topping:

6 tablespoons icing sugar, sifted

2 tablespoons lemon juice

### METHOD:

Preheat the oven to 180.C/gas mark 4. Lightly grease a 900g loaf tin. Place the butter and sugar in a large bowl and beat together, using a hand held electric whisk, until light and fluffy. Beat in the eggs, one at a time, and then add the lemon zest and juice. Fold in the flour. Stir in the boiled water to bring the mixture to a smooth consistency. Pour the mixture in muffin cases and bake for 15 minutes or until well risen and golden. To make the topping, mix the icing sugar and lemon juice together in a small bowl - the consistency will be quite runny. Pour over the muffins while they are still in their cases, immediately after they come out of the oven.



# CHOCOLATE 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.



## DATE & ORANGE FLAPJACK

SERVES: 12

COOKING TIME: 35 minutes

OVEN: 180c

### INGREDIENTS:

200g unsalted margarine/soft spread  
200g light brown sugar  
150g golden syrup  
300g oats  
200g dried dates  
75g orange zest

### 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.



## SHORTBREAD BISCUIT

SERVES:20

COOKING TIME:20minutes

OVEN: 190c

### INGREDIENTS:

200g Vegetable oil spread

100g caster sugar

400g plain flour

### METHOD:

Preheat the oven to 190c. Beat the spread and the sugar together until smooth. Stir in the flour to get a smooth paste. Turn the paste onto a clean surface and roll out to 1cm thick. Cut into rounds or fingers and place onto a baking tray. Chill in the fridge for 20 minutes. Bake for 15-20 minutes or until pale golden brown.

