



<u>WEEK 3</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Water to drink	Porridge & Dried Fruit	Cereal & Toast	Cereal & Crumpets	Cereal & Bananas	Porridge & Apple
Allergy Info	Oats/Dairy/Sulphates	Wheat/Soya	Wheat/Soya	Wheat	Wheat/Milk/Soya
Mid-Morning Snack Water/Milk to drink	Crackers & Apple Slices	Seasonal Fruit	Carrots & Peppers	Crackers & Cheese Spread	Bread Sticks & Tomato Dip
Allergy Info	Wheat			Wheat/Dairy	Wheat
Lunch Water to drink	Lamb Tagine with Cous Cous	Sweet & Sour Noodles	Roast Chicken, Roast Potatoes & Fresh Veg	Spaghetti Bolognese	Tuna Plait, New Potatoes & Sweetcorn
Allergy Info	Wheat	Egg/Wheat		Wheat	Fish/Wheat
Dessert Water to drink	Yoghurt & Fruit Compote	Jelly Mousse	Berry Cheesecake	Strawberries & Cream	Blueberry Slice
Allergy Info	Dairy	Dairy/Gelatine	Wheat/Dairy	Dairy	Wheat/Dairy
Mid-Afternoon Snack Water to drink	Cucumber & Tomatoes	Orange Wedges	Fresh Fruit	Kiwi & Pears	Vegetable Sticks
Allergy Info					
Tea Water to drink	Summer Soup & Homemade Bread	Jacket Potatoes with Cheese	Summer Ploughmans	Cheesy Savoury Scones	Sandwiches with salad
Allergy Info	Wheat	Dairy	Wheat/Dairy	Wheat/Dairy	Wheat/Dairy
Pudding Water to drink	Orange Cookies	Apple & Cinnamon Rock Cakes	Chocolate Chip Cookies	Watermelon	Fresh Fruit
Allergy Info	Wheat/Dairy	Wheat/Dairy	Wheat/Soya/Dairy		

Drinking Water is always available and accessible

LAMB TAGINE WITH COUS COUS

SERVES: 15

COOKING TIME: 1 hr 15 mins

OVEN: 160c (140c Fan)

INGREDIENTS:

2 tablespoons olive oil
1 large onion sliced
1 teaspoon ground cumin
1 teaspoon ground coriander seeds
 $\frac{1}{2}$ teaspoon cinnamon
1 teaspoon paprika optional
1 teaspoon turmeric optional
3 cloves garlic grated or crushed
3 cm ginger grated
800g lamb cut into 2cm chunks
12 dried apricots
400 g tin chopped tomatoes plus half a can of water
Couscous to serve

METHOD:

Drizzle about 2 tablespoons of olive oil into a large ovenproof saucepan or cast iron casserole dish. Add the sliced onion and cook on a gentle heat, with the lid on, for about 5 minutes, until the onions are softened but not brown. Add the ground cumin, coriander, cinnamon, paprika and turmeric. Stir well and cook for 1 more minute with the lid off. Add a splash of water if it gets too dry. Add the grated garlic and ginger. Stir and cook for a further minute, before adding in the lamb chunks. Stir well to coat the meat in the onions and spices and then add the apricots and chopped tomatoes, plus about half a can of water (200ml / 7floz). Bring the tagine to the boil and then put the lid on and put in your preheated oven for 1 hour and 15 minutes.



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.



ROAST CHICKEN, VEGETABLES AND ROAST POTATOES

SERVES: 20

COOKING TIME: 20 - 25 minutes

OVEN: 190c

INGREDIENTS:

1kg chicken breast
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 breast. 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 83c.

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



SPAGHETTI BOLOGNESE

SERVES: 20

INGREDIENTS:

4 tbsp olive oil
4 onions, finely chopped
3 carrots, finely chopped
4 celery sticks, finely chopped
8 garlic cloves, crushed
2 tbsp dried mixed herbs
2 bay leaves
500g mushrooms, sliced
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, carrots and celery for 20 mins until golden. Add the garlic, herbs, bay and mushrooms, 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 spaghetti.



TUNA PLAIT, NEW POTATOES & SWEETCORN

SERVES: 20

COOKING TIME: 30-40mins

OVEN: 200c

INGREDIENTS:

3 x 400g Tuna
3 sticks celery thinly sliced
1 red pepper
2tbsp mayonnaise
4tbsp milk
2tbsp Schwartz lemon pepper
2tbsp chives, chopped
1 pack puff pastry, ready to roll

METHOD:

Drain tins of tuna. Place the tuna in the bowl with the celery, red pepper, mayonnaise, lemon pepper, chives and half the milk. Mix well. 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.



YOGHURT AND FRUIT COMPOTE

INGREDIENTS:

Fruit, fresh or tinned/frozen

METHOD:

Add the fresh or frozen fruit chunks to a pot. Add a dash of water for consistency. Stir and heat over a medium heat for 5 minutes until the pieces break down and soften. Puree fruit for a compote. Add to yoghurt.



JELLY MOUSSE

SERVES: 30

COOKING TIME:

OVEN:

INGREDIENTS:

175g Digestive Biscuits

135g packet of strawberry jelly cubes

340g Low fat Greek yoghurt

METHOD:

Line a 20cm cake tin with baking paper. Make sure the paper fits exactly as jelly will mould to its shape.

Crush biscuits into a crumb.

Prepare jelly, but do not add the cold water (so you will be adding half the mixture it tells you too)

Add 3-4tsp jelly mixture to biscuit crumbs and bind together.

Tip into the tin and flatten down to get rid of any gaps. Bake the biscuit base for 10 minutes then let cool. Add the yoghurt to the jelly and whisk until lump free. Chill in the fridge for 1 - 2 hours. Once it's reached the consistency of thick custard pour over the crumb base and chill overnight. Sprinkle with biscuit crumbs.



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.



BLUEBERRY SLICE

SERVES: 16

COOKING TIME: 50 MINS

OVEN: 180c (fan 160)

INGREDIENTS:

175g Self raising flour
1 tsp baking powder
1-2tsp ground cinnamon
150g salted butter
160g caster sugar
2 large eggs
150g Greek yoghurt
1 tsp vanilla extract
50g porridge oats
250g Blueberries

METHOD:

Preheat the oven. Grease and line a shallow 25cm x 15cm baking tin. Sieve the flour baking powder and cinnamon into a bowl and set aside. Using a metal spoon, beat the butter and sugar in a mixing bowl until light and fluffy. Stir in 2 tablespoons of the flour mixture (this will prevent it curdling) then crack the eggs in one at a time. Stir to combine. Gradually add the remaining flour mix, yoghurt and vanilla, then stir in the blueberries. Spoon the mixture into the tin and bake for 20 minutes, cover with foil and bake for a further 25-30 minutes. Cool in the tin before slicing.



SUMMER VEGETABLE SOUP AND HOME MADE 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, 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.



CHEESY SAVOURY SCONES

SERVES: 16

COOKING TIME: 20mins

OVEN: 180c

INGREDIENTS:

450g self-raising flour

115g margarine

115g caster sugar

1 tsp baking powder

250ml milk

550g grated cheese

METHOD:

Combine all the dry ingredients together to resemble breadcrumbs. Add the cheese, slowly add the milk, and form a soft dough. Roll out onto a floured surface to $\frac{1}{2}$ inch thick and cut out. Glaze with left over milk and bake at 180c for 15-20 mins until golden.



ORANGE COOKIES

SERVES: 36

COOKING TIME: 12-15mins

OVEN: 200c

INGREDIENTS:

310g plain flour

2tsp baking powder

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

200g caster sugar

150g butter

2 eggs

1tsp vanilla

100g orange zest

METHOD:

Preheat oven to 200c. Cream butter and sugar together. Add eggs, vanilla, and flour. Fold orange zest. Drop a spoonful on a tray and repeat. Cook for 12 - 15 mins for 200c.



APPLE & CINNAMON 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

1TBSP cinnamon

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.



CHOCOLATE CHIP COOKIES

SERVES: 36

COOKING TIME: 12-15mins

OVEN: 200c

INGREDIENTS:

310g plain flour

2tsp baking powder

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

200g caster sugar

150g butter

2 eggs

1tsp vanilla

340g milk choc chips

METHOD:

Preheat oven to 200c. Cream butter and sugar together. Add eggs, vanilla, and flour. Fold in chocolate chips. Drop a spoonful on a tray and repeat. Cook for 12 - 15 mins for 200c.

