



<u>WEEK 2</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Water to drink	Cereal & Crumpets	Porridge & Sliced Banana	Cereal & Toast	Porridge & Dried Fruits	Cereal & Muffins
Allergy Info	Wheat/milk	Wheat/milk	Wheat/Milk/Soya	Wheat/milk	Wheat/Milk/Soya
Mid-Morning Snack Water/Milk to drink	Satsumas	Crackers & Cream Cheese	Cheese & Pineapple	Bread Sticks & Cream Cheese	Cucumber & Tomatoes
Allergy Info		Wheat/Milk	Milk	Wheat/milk	
Lunch Water to drink	Sweet & Sour Pork and Rice	Lasagne Beef or Vegetable	Salmon & Sweetcorn Carbonara	Summer Veg Pasta Bake	BBQ Chicken & Sweet Potato Wedges
Allergy Info	Pork	Milk/Wheat/Beef	Fish/Wheat/Milk	Wheat	Chicken
Dessert Water to drink	Banana Split & Ice Cream	Summer Fruit Salad	Fruit Trifle	Ginger & Oat Cookie	Choco Berry Cake
Allergy Info	Milk		Wheat/Milk/Egg	Wheat	Wheat/Egg
Mid-Afternoon Snack Water to drink	Buttered Oat Cakes	Vegetable Sticks	Pitta Fingers & Yoghurt Chive Dip	Rice Cakes & Kiwi	Sliced Apple
Allergy Info	Wheat	Celery	Wheat/Milk	Wheat	
Tea Water to drink	Cheesy Bagels	Summer Vegetable Soup & Fresh Bread	Jacket Potatoes & Bean Chilli	Greek Pitta's	Picnic Tea
Allergy Info	Milk/Wheat	Celery/Wheat		Wheat/Milk	Wheat/Milk
Pudding Water to drink	Orange & Cherry Cake	Jam Sponge	Melon Slices	Carrot Cake	Berry Compote Sundae
Allergy Info	Wheat/Egg	Wheat/Egg		Wheat/Egg	Milk

Drinking Water is always available and accessible

SWEET & SOUR PORK & RICE

SERVES: 10

COOKING TIME: 30mins

OVEN: 180c

INGREDIENTS:

800g Pork

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 rice

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. Add the pork and transfer to oven proof dish with a lid and place in the oven for 45 minutes. Cook the rice 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 rice.



LASAGNE BEEF OR VEGETABLE

SERVES: 8

COOKING TIME: 30mins

OVEN: 190c

INGREDIENTS:

Beef sauce

1 onion, chopped

1 clove garlic, crushed

1/2 red pepper, cored, de-seeded & chopped

1 tbsp olive oil

450 g lean minced beef - MODIFY to vegetable if required.

1/2 tsp mixed freeze dried herbs

400 g tin chopped tomatoes, drained

400g Passata or chopped tomatoes

salt & freshly ground black pepper

Cheese sauce

50 g butter

40 g flour

460 ml milk

1 generous pinch of ground nutmeg

50 g grated cheese

25 g Parmesan cheese, grated - optional

9 sheets fresh or no pre-cook lasagne



METHOD:

Pre-heat the oven to 190c. Heat the oil in a large saucepan and sauté the onion, garlic and red pepper until softened. Add the beef and the herbs and sauté until the beef has changed colour. Add the remaining ingredients and cook over a medium heat for 15 to 30 minutes. Season to taste.

Meanwhile, to prepare the cheese sauce, melt the butter, stir in the flour and cook for 1 minute. Gradually whisk in the milk, bring to the boil and whisk until thickened and smooth. Season with nutmeg and a little salt and pepper. Remove from the heat and stir in the grated Gruyere cheese until melted.

To assemble the lasagne, spoon a little of the meat sauce on to the base of an ovenproof dish 28 X 17 X 7 cm. Cover with three sheets of lasagne.

Divide the remaining meat sauce in half and cover the lasagne with half of the sauce. Spoon over a little of the cheese sauce. Cover with three more sheets of lasagne and cover with the remaining meat sauce. Again, spoon over a little of the cheese sauce but make sure that enough remains to completely cover the top of the lasagne. Arrange the remaining sheets of lasagne on top and then spread over the remaining cheese sauce so that the lasagne is completely covered. Sprinkle over the Parmesan cheese and cook in the oven for 25 to 30 minutes.

SALMON & SWEETCORN CARBONARA

SERVES: 20

COOKING TIME: 20 minutes

INGREDIENTS:

Salmon fresh or canned - 2 x 418g cans or 800g fresh
120g onions (2 small)
300g sweetcorn
850g Tagliatelle
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 sweetcorn 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



SUMMER VEGETABLE PASTA BAKE

SERVES: 20

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

INGREDIENTS:

800g macaroni
400g vegetables of choice
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



BBQ CHICKEN & SWEET POTATO WEDGES

SERVES: 40

COOKING TIME: 45minutes

OVEN: 200c

INGREDIENTS:

12 chicken breasts
3 tbsp tomato ketchup
1 tbsp rapeseed oil
1 tbsp vinegar
1 tbsp soy sauce
2 tbsp sugar
2 tsp all-purpose seasoning
1 tsp garlic, chopped
 $\frac{1}{2}$ ground cinnamon
1 tbsp paprika

METHOD:

Wash the chicken thoroughly and pat dry with kitchen paper. Thoroughly mix all other ingredients together in a deep bowl. Thoroughly coat each chicken breast with the sauce and place in a roasting dish. Use any surplus sauce to pour over the chicken. Cook in a preheated oven at 200c for 40-45 minutes or until chicken is thoroughly cooked. In the meantime, whilst the chicken is cooking, Cut and wedge sweet potatoes, boil and finish in the oven.



FRUIT TRIFLE

SERVES: 40

COOKING TIME: 15mins

INGREDIENTS:

Homemade sponge or ready made
3 packets red jelly, mixed and set
680g pre-prepared custard
3 tins (800g) fruit salad in juice
600ml cream, whipped or whipped cream from a can.
Sprinkles

METHOD:

Slice the edges off the cake and cut into 2cm thick slabs and place at the bottom of the dish. Spoon six tablespoons of fruit salad (juice and all) on top of the sponge. Spoon on 340g custard and then the same of jelly. Top with cream and sprinkles.



GINGER & OAT COOKIE

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.



CHOCO BERRY CAKE

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

2TBSP Cocoa Powder

200g mixed summer fruits

METHOD:

Preheat the oven to 180.C/gas mark 4. Cream sugar and margarine together until light and creamy and then add the eggs add cocoa powder and fold in raspberries. 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).



SUMMER VEGETABLE SOUP AND HOME MADE BREAD

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.

JACKET POTATO & 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.



GREEK PITTA

INGREDIENTS:

Greek Salad Ingredients

6 ripe salad tomatoes

$\frac{2}{3}$ of a cucumber

50g pitted black olives

200g Greek feta cheese

1 lemon (juice only)

Black pepper (optional)

For the Pitta Breads

Pitta breads sliced into halves

Tzatziki dip

200g plain low-fat Greek yoghurt

The remaining $\frac{1}{3}$ of cucumber

2 cloves of garlic

1 x 5ml spoon lemon juice (take this from the juice for the Greek salad)

METHOD:

Wash and dry the tomatoes and cucumber. Carefully slice the tomatoes into quarters and place them into the salad bowl. Slice each end of the cucumber and save about $\frac{1}{3}$ for the dip. Slice the remaining cucumber into 2cm slices, and then cut each chunk in half to make 2 half-moon shapes. Add the cucumber to the salad bowl. Finely chop the olives and add to the other ingredients in the bowl and mix well. Turn your chopping board over. Lay the feta cheese onto the board. Carefully cut the cheese into dice sized cubes. You can use your fingers to crumble the feta if you prefer. Stir this gently into the rest of the ingredients. Slice the lemon in half and squeeze the juice into a small bowl. Make the dressing by mixing the lemon juice (save 1 x 5ml spoon for the Tzatziki) with the olive oil. Add black pepper to taste (if using) and mix. Drizzle over the salad and stir. Finely chop the fresh parsley (if using) and sprinkle on the top.

The Pitta Breads and Tzatziki:

Cut each pitta bread into halves. Empty the Greek yoghurt into a small bowl. Chop the cucumber into $\frac{1}{2}$ cm slices and cut each slice into $\frac{1}{2}$ cm cubes. Add this to the yoghurt and stir. Carefully peel and crush the garlic. Stir this into the yoghurt. Add the remaining lemon juice and stir.



ORANGE & CHERRY CAKE

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
Orange Zest/Squeezed Orange Juice
Glace cherries
 $\frac{1}{2}$ 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. Zest the oranges a squeeze some juice from the fruit into the mixture. Add the Glace cherries. 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).



JAM SPONGE

SERVES:20

COOKING TIME: 35-40 minutes

OVEN: 180c

INGREDIENTS:

500g strawberry jam or mixed jam

175g butter

175g golden caster sugar

3 medium eggs

175g self-raising flour

10 TBSP milk or water

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.



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.



BERRY COMPOTE SUNDAE

SERVES: 20

COOKING TIME: 35 minutes

OVEN: -

INGREDIENTS:

2 bags of frozen summer fruits

2 tablespoons caster sugar

METHOD:

Cook the fruit and caster sugar until soft and you have plenty of syrup. Cool and add to Ice cream.

