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| Week 1 | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| BreakfastWater to drink | Porridge & Banana | Cereal & Toast | Cereal & Crumpets  | Porridge & Sultanas | Cereal & Muffins |
| Allergy Info | Oats/milk | Wheat/milk/soya | Wheat/milk | Oats/milk/sulphates | Wheat/milk |
| Mid-Morning snack Water/Milk to drink | Oat Cakes with Butter | Apple & Banana | Bread Sticks & home-made tomato dip | Kiwi & Rice Cakes | Tomatoes & Cucumber  |
| Allergy Info | Wheat/Milk |  |  Wheat |  |  |
| LunchWater to drink | Spinach & Sweet Potato Curry & Rice | Roast Chicken, Roast Potatoes & Fresh Veg | Farmers Shepherd’s Pie with Green Veg  | Vegetable Pasta with Broccoli  | Traditional Fish Pie with Vegetables  |
| Allergy Info |  |  | Fish/Milk | Wheat/ Milk | Fish/ Milk |
| DessertWater to drink | Peach Slices with Crème Fraiche  | Mini cherry cheesecake | Rice Pudding | Jelly Mouse | Lemon Drizzle Cake  |
| Allergy Info | Milk | Milk/Wheat | Milk | Milk | Eggs/Wheat |
| Mid-Afternoon SnackWater to drink | Green Pepper & Carrot sticks | Crackers & Cheese Spread | Pear & Apple Slices | Carrot Sticks & Home-made Hummus  | Melon Slices  |
| Allergy Info | Wheat/Milk |  |  Wheat |  |  |
| TeaWater to drink | Cheese Wraps & Mixed Salad | Sweet potato soup & Home-Made Bread | Sandwiches & Vegetable Sticks | Jacket Potatoes with Cheese & Beans | Cheesy Pitta Fingers & Salad |
| Allergy Info | Wheat/Milk | Wheat | Wheat/Soya/Milk | Milk | Milk/Wheat |
| PuddingWater to drink | Orange Drizzle Cake | Spicy Banana Cake  | Jammie Dodgers  | Orange Wedges  | Chocolate Chip Cookies  |
| Allergy Info | Egg/Wheat | Egg/Wheat | Wheat |  | Egg/Wheat/Milk |


Drinking Water is always available and accessible.

 **farmers Shepherd’s Pie with Green Veg**

SERVES: 18 OVEN: 180C

COOKING TIME: 20 minutes

INGREDIENTS:

1.95kg of potatoes

1.5 swede

¾ 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 for15 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.

**FISH PIE WITH POTATO TOPPING**

SERVES: 20 OVEN: 180C

PREPARATION TIME: 45 minutes COOKING TIME: 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

METHOD:

Preheat the oven to 180C. Chop the potato into 2cm cubes. Boil into water for15 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.

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 while 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.

 **Spinach & Sweet Potato Curry**

SERVES: 10 ON THE HOB: 20 minutes

COOKING TIME: 30 minutes (includes 10 minutes prep time)

INGREDIENTS:

2 tbsp coconut oil can sub with another cooking oil.

1 onion finely chopped.

2 garlic cloves crushed.

1 piece of ginger grated (around 5cm)

1 tsp mustard seeds

1 tsp ground cumin

1 tsp coriander

1/2 tsp turmeric

1/2 tsp cayenne pepper

1/4 tsp ground cinnamon

400 ml tin coconut milk

250 ml low salt vegetable stock

3 large, sweet potatoes peeled & cut into 3cm cubes.

100 g baby spinach leaves chopped.

METHOD:

Heat the oil in a large pan. Fry the onion over a medium heat for 3-4 minutes and cook until the onion is soft but not brown. Add the garlic, ginger, and cook for a further minute. Add all the remaining spices and cook over a low heat, stirring constantly until they darken and start to release their fragrances. Add the coconut milk and vegetable stock and mix well. Add the sweet potato and bring the mixture to the boil. Reduce the heat to simmer and cook, covered, for around 10-12 minutes or until the potatoes are just soft. Remove the lid and gently stir in the spinach leaves, cooking for a further 1-2 minutes

**Vegetable Pasta with Broccoli**

SERVES: 16 COOKING TIME: 20 minutes

ON THE HOB: Cook on the hob, then grill for 3 minutes.

INGREDIENTS:

400g penne or macaroni

1 [red onion,](https://www.bbcgoodfood.com/glossary/onion-glossary) roughly chopped.

250g [head broccoli,](https://www.bbcgoodfood.com/glossary/broccoli-glossary) stalks chopped, and florets halved.

1 vegetable stock cube

1 tsp French or German [mustard](https://www.bbcgoodfood.com/glossary/mustard-glossary)

200g pot half fat [crème fraiche](https://www.bbcgoodfood.com/glossary/creme-fraiche-glossary)

100g grated mature cheddar (or vegetarian alternative)

small handful [parsley](https://www.bbcgoodfood.com/glossary/parsley-glossary) leaves, chopped.

4 tbsp fresh white breadcrumbs (or put 1 slice crustless white bread through a food processor)

½ tsp dried mixed herbs or thyme

METHOD:

Boil the pasta, onion and broccoli stalks in plenty of lightly salted boiling water for about 7 mins, then add the florets and cook for another 3 mins. Reserve about 400ml of the water, then drain the pasta and vegetables. Return the reserved water to the pan and dissolve the stock cube, whisk in the mustard and crème fraiche, then season to taste. Bring to the boil. Stir in the drained pasta, vegetables and half the cheese, mixing until melted. Stir in the parsley. Heat the grill for 3 mins. Tip the pasta and vegetables into a shallow, ovenproof dish. Mix the remaining cheese, breadcrumbs, and herbs, then scatter on top. Stand the dish on the base of a grill pan and grill for about 3 mins, turning if it starts to brown. Keep watching so the top doesn’t start to burn, or the cheese will toughen. Remove and leave to stand for 5 mins before serving.

**Jelly Mouse**

SERVES: 16

PREP TIME: 1 ½ hours

INGREDIENTS:

135G pack strawberry or raspberry jelly

400g fresh strawberries

1 tbsp vanilla extract

150ml whipping cream.

METHOD:

Dissolve the jelly in 200ml boiling water. Add 100ml cold water. Leave to cool, but don't let it set. Hull and mash the strawberries into a puree. Add the vanilla extract to the cream and whip into soft peaks. Mix 3/4 of the strawberry mixture and all of the jelly into the cream. Spoon into glasses and leave to set. To serve, spoon the remaining pureed strawberries on top.

**Orange drizzle cake**

SERVES: 20

COOKING TIME: 50 mins

OVEN: 180c

INGREDIENTS:

175g butter, softened

175g golden caster sugar

175g plain flour

2 tsp baking powder

4 tbsp milk

1 orange, zest grated

2 eggs, large

FOR THE SYRUP

2 oranges, juiced

1 lemon, juiced

100g golden caster sugar

METHOD:

Butter and line a 500g [loaf tin](https://www.olivemagazine.com/reviews/best-loaf-tins/). Put all the cake ingredients in a bowl and beat with an electric beater until smooth. Scrape into the tin and bake at 180c/fan 160c/gas 4 for 45 minutes, until golden and a skewer poked in comes out clean. Leave in the tin. To make the syrup, gently heat the ingredients together until the sugar melts. Bring to a steady simmer for 1-2 mins until thickened. Poke a skewer all over the cake, then pour over half the hot syrup. Cool in the tin and serve with the remaining syrup.

Hummus dip

SERVES: 8

PREP TIME: 10 minutes

INGREDIENTS:

400g (14oz) Canned Chickpeas, drained

4.5 tablespoon Fresh Lemon Juice (Juice of 1.5 lemons)

1 medium Garlic Clove, minced.

3 tablespoon olive oil

1 tablespoon tahini

METHOD:

Add all the ingredients to a food processor and blend until smooth. (Around 3-4 minutes, scraping down the sides as needed). Taste and season with more lemon juice, tahini as needed.

**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.

**Homemade bread**

SERVES: 20

COOKING TIME: 30 minutes

OVEN: 220c

INGREDIENTS:

500g [strong white flour,](https://www.bbcgoodfood.com/glossary/flour-glossary) plus extra for dusting
2 tsp salt
7g sachet [fast-action yeast](https://www.bbcgoodfood.com/glossary/yeast-glossary)
3 tbsp [olive oil](https://www.bbcgoodfood.com/glossary/olive-oil-glossary)
300ml water

METHOD:

Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large [bowl](https://www.bbcgoodfood.com/content/top-five-mixing-bowls).

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](https://www.bbcgoodfood.com/content/kimberley-wilsons-top-5-baking-trays) 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](https://www.bbcgoodfood.com/content/top-five-cooks-knives).

Bake for 25-30 mins until golden brown.

**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.

**Rice Pudding**

SERVES: 20

COOKING TIME: 1 ½ - 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 ½ - 2 hours until the rice is tender. Cover the rice pudding with foil if it starts to burn while cooking.

**CHOCOLATE CHIP COOKIES**

SERVES: 36

COOKING TIME: 12-15mins

OVEN: 200c

INGREDIENTS:

310g plain flour
2 tsp baking powder
¼ 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

**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 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.

**Jammie dodger cookies**

SERVES: 20 OVEN: 180c

COOKING TIME: 25 minutes

INGREDIENTS:

227g butter unsalted, softened

 2/3 cup (64g) granulated sugar

 2 large eggs, room temperature

 1 teaspoon vanilla extract

 2 1/4 cups (330g) all-purpose flour

 1/4 teaspoon salt

 1/2 cup (64g) raspberry jam

METHOD:

Add the butter and sugar to a stand mixer or mixing bowl. Beat until light and fluffy. Add the eggs and continue to mix. Mix in the vanilla. To a separate bowl, mix the the flour, and salt together. Add 1/3 to the butter and mix. Continue like this until all flour incorporated, it will resemble large crumbles. If the mix is too wet, add a little more flour. Do not over mix. Turn the dough out onto a clean surface (no flour). Use your hands to start pressing the crumbs together, again not too much or you can overwork the dough and this will result in hard cookies. It will be crumbly and feel like it won’t come together but it will, just press until it stays together. If you cannot get the dough to stay together, dip your hand in water and sprinkle water over the dough to moisten, not too much or the cookies will spread too much when baking. Flatten the slightly and divided into 2. Wrap both in plastic wrap and refrigerate for at least 30 minutes. You can also refrigerate overnight. Preheat oven to 350°F/176°C. Place a large piece of baking paper/parchment paper onto your work surface. Place another piece on top and roll out the dough to 1/4-inch (6 mm) thick. Use a 2 1/2-inch/6 cm fluted cookie cutter, dip in flour, then cut out the cookies. Use a thin spatula to remove and place on a parchment covered baking sheet evenly apart. Use a small heart-shaped cutter and cut a heart in the centre of half of the cookies. Bake 15-20 minutes until they start to turn golden brown on the edges but the tops are still pale. Remove from the oven and allow to cool on the pan for 2 minutes. Transfer to a cooling rack to cool completely. Once cooled, take a cookie without a heart and spread 1/4 teaspoon of jam with more in the centre than the edges this way it will rise up through the heart. Top with a heart cut-out cookie

**Spicy Banana bread**

SERVES: 20

PREPERATION TIME: 10 minutes

COOKING TIME: 35 minutes

OVEN: - 190C

INGREDIENTS:

400g Peeled Bananas (4 medium)

120g Eggs (2 large)

12g ground mixed spice (4TSPS)

200g plain flour

6g Baking powder (2TSPS)

100g oats

50g caster sugar (2 TBSPS)

10ml vanilla extract (2 TSPS)

METHOD:

Preheat the oven to 190C. Grease and line a loaf tin.

Mash the bananas then add the eggs and spice to the bananas and mix well.

Sieve the flour and baking powder together and fold into the banana mixture and then add the oats, caster sugar and vanilla extract.

Pour the mixture into the tin and bake for 15 minutes until cooked through and firm to the touch. Cool on a wire rack, slice and serve.

**Lemon drizzle cake**

SERVES: 10

COOKING TIME: 45 minutes

OVEN: - 180C

INGREDIENTS:

175g unsalted butter at room temp (plus extra for greasing)

175g caster sugar

3 medium free range eggs

Zest and juice of 1 lemon

175g self-raising flour

1 tbsp boiled water

FOR THE TOPPING:

7 tbsp icing sugar, sifted

2 tbsp lemon juice

METHOD:

Preheat the oven to 180c. Lightly grease a 900g loaf tin. Place the butter and sugar in a large bowl and beat together, using a hand-held electrical whisk, until light and fluffy. Beat in the eggs, one at a time, and then add the lemon zest and sugar. Fold in the flour. Stir in the boiled water to bring the mixture to a smooth consistency. Pour the cake mixture into the loaf tin and bake for 15 minutes until well risen and gold. 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 cake while it is still in the tin, immediately after it comes out the oven.

**cherry cheesecake**

SERVES: 40

COOKING TIME: 35 minutes

OVEN: - 180c

INGREDIENT

200g unsalted butter

Digestive biscuits crushed

**For the cheesecake:**

2 packets of cream cheese

150g granulated sugar

1 teaspoon vanilla extract

1 can cherry pie filling

600ml double cream

METHOD:

Crush digestive biscuits add melted butter. Set aside. Whip double cream, add cream cheese, sugar and vanilla until well blended. Fill 2/3 full with cream cheese filling. Store tightly covered in refrigerator. To serve, top each cheesecake with cherry pie filling