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| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Water to drink | Porridge & Banana | Cereal & Muffin | Porridge & Dried Fruit | Cereal & Toast | Cereal & Crumpets |
| Allergy Info | Oats/milk/sulphates | Wheat/milk/soya | Oats/milk/sulphates | Wheat/milk | Wheat/milk/soya |
| Mid-Morning Snack  Water/Milk to drink | Orange Segments | Breadsticks & Cream Cheese Dip | Tomato & Cucumber | Apple & Pear Slices | Yogurt Dip & Pitta Fingers |
| Allergy Info |  | Wheat/Milk |  |  | Wheat/Milk |
| Lunch  Water to drink | Vegetable & Lentil Cobbler & New potatoes | Spaghetti Bolognese & Garlic Bread | Roast Chicken, Roast Potatoes & Fresh Vegetables | Lamb Hot Pot & Cauliflower | Vegetable & Bean Burrito with Rice |
| Allergy Info | Wheat/Celery | Wheat | Wheat | Wheat | Wheat |
| Dessert  Water to drink | Stewed Seasonal Fruit & yogurt | Chocolate Cake with chocolate sauce | Peaches & Custard | Yogurt & Fruit Compote | Ginger & Oat Cookies |
| Allergy Info | Milk | Egg/Milk/Wheat | Egg/Milk | Milk | Wheat |
| Mid-Afternoon Snack  Water to drink | Vegetable Sticks | Apple & Pear Slices | Buttered Oat Cakes | Breadsticks & Home-made Tomato Dip | Crackers & Cream Cheese |
| Allergy Info | Celery |  | Wheat/Milk | Wheat | Wheat/Milk |
| Tea  Water to drink | Creamy Tomato Soup with Croutons | Sandwiches with Side Salad | Red pepper and lentil soup with Home-made bread | Italian Tomato and Tuna Bake | Jacket Potato with Cheese & Chives |
| Allergy Info | Wheat | Wheat/Soya/Milk | Wheat | Fish/Wheat/Milk | Milk |
| Pudding  Water to drink | Cherry Rock Cake | Orange Jelly Mouse | Ginger & Pumpkin Slice | Vanilla Shortbread | Seasonal Fruit Salad |
| Allergy Info | Wheat/Sulphites | Milk | Milk/Wheat/Egg | Wheat |  |

A rainbow on a wood surface

Description automatically generatedDrinking Water is always available and accessible.

**Vegetable bean burrito**

SERVES: 20

COOKING TIME: 15mins

OVEN: -

INGREDIENTS:

4 x 400g tins of canned 5 bean salad  
10 tortilla wraps halved  
320g cheddar cheese  
100g lettuce  
Add rice to bulk out wraps

METHOD:

Mash the beans with a fork, grate the cheese and roughly chop the lettuce. Divide the beans between wraps and top with some cheese. Roll up and slice as required. Add rice to the bean mixture to include in wraps

PLEASE ADD VEGETABLES!

**Lamb hot pot**

SERVES: 20

COOKING TIME: 2 ¼ hours

OVEN: 180c

INGREDIENTS:

2 TBSP oil  
1kg middle neck of lamb or shoulder chops, cut into 1 inch cubes  
2 TBSP seasoned flour  
450g onions, peeled and sliced  
2 sticks of celery, washed and sliced  
230g carrots, peeled and sliced  
1 leek, washed and sliced  
450g potatoes, peeled and sliced  
½ pint of stock  
1 TSP Worcestershire sauce  
1 TSP rosemary finely chopped  
Salt and pepper to taste  
15g ounce butter

METHOD:

Heat the oil in a frying pan. Coat lamb in seasoned flour, brown in the oil. Add the onions a celery and reduce the heat for 5 minutes. Layer the lamb in a casserole dish with onion mixture, carrots, leeks and potatoes. Pour in the stock, Worcestershire sauce and rosemary. Dot with butter, cover and cook for 1 ¼ hours. Remove the lid for the remaining 45 minutes of cooking time.

**Spaghetti Bolognese**

SERVES: 18

INGREDIENTS:

200 g mushrooms

1 medium carrot 150g

1 medium zucchini 150g

1 medium onion 150g

2 tablespoon olive oil

500 g minced beef

2 teaspoon onion powder

1 teaspoon garlic powder

¼ Cup tomato paste 55g

800 g tinned tomatoes 2 x 400g can

1 tablespoon mixed herbs

100 g chopped spinach frozen or fresh

1. g dried spaghetti

METHOD:

Prepare the vegetables: Grate the carrot, zucchini, and mushrooms. Finely dice the onion, you can choose to grate the onion if you prefer. In a large pan heat the olive oil. Sauté the onion, grated carrot, and zucchini until softened and starting to go golden. Add the tomato paste, sauté for 2-3 minutes this helps deepen the flavour. Add the mince and the mushrooms, cook until the beef mince is browned. Add the tinned tomatoes, dried herbs and spinach. Simmer for 25-30 mins until everything is well cooked, the sauce has thickened and flavourful. While the spag bol is simmering cook your chosen pasta as per the packet directions. Serve with cooked pasta.

**Creamy tomato soup:**

SERVES: 12

COOKING: 25 minutes

INGREDIENTS:

1 cup chopped onion

3 cloves garlic, crushed

1 tablespoon olive oil

1 28-ounce can whole tomatoes

1/2 to 3/4 cup cream

Small bunch fresh basil, chopped

Salt and pepper to taste

1 cup Cheddar cheese cubes, optional

METHOD:

A grown-up should heat the olive oil over medium heat in a soup pot. Once hot, add the onions and cook, stirring occasionally, until soft, about 10 minutes. Add the garlic and cook for 1 more minute. Turn off the heat. Blend the whole tomatoes and all the juices in a blender. Add the cooked onion and garlic, and blend until smooth. Carefully pour the pureed tomatoes into the soup pot. Turn the heat to medium-high. Stir in the cream and cook for about 10 minutes. Add salt and pepper to taste and extra cream, if you'd like. Ladle the soup into bowls. Stir in cubes of Cheddar cheese, if you'd like. Top with chopped fresh basil and pass the salt and pepper!

**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.

**Root vegetable and lentil cobbler**

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-rising 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.

**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 potato recipe on following page\*\*

**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.

**Italian Tomato and pasta bake**

SERVES: 20 x 90g potatoes

OVEN: -

COOKING TIME: -

INGREDIENTS:

800g macaroni

400g canned tuna

200g grated cheddar

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 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 an scatter with the remaining cheese. Place the dish under the grill for 3-4 minutes until just melted, then serve with a green salad.

**Chocolate Sponge Cake with Chocolate Custard**

SERVES: 20 (fairy cake sizes)

COOKING TIME: 20 minutes Oven 180c

INGREDIENTS:

175g self-rising flour

175g caster sugar

175g soft spread margarine

3 eggs

¼TSP baking powder

2 TBSP cocoa powder

*FOR THE CUSTARD:*

*1L Milk*

*100g Custard powder*

*60g caster sugar (3 TBSP)*

*60g cocoa (3 TBSP)*

METHOD:

Cream together margarine and sugar until light yellow in colour then mix in the beaten eggs. Gradually add the sifted flour, baking powder, cocoa powder and mix until smooth.

Spread evenly into a lightly greased cake tin or spoon into cases. Cook on 180c for about 20 minutes for a cake or 10 minutes for fairy cakes. Cake should be slight brown and springy to the touch.

For the custard: Mix a little of the milk and all the custard powder into a bowl until smooth. Heat the rest of the milk in a saucepan until hot then pour in the custard powder mixture and mix well. Return the pan to the heat and stir continuously to avoid lumps. When the mixture starts boiling, slightly lower the heat and add the caster sugar and cocoa. Continue stirring until the custard thickens.

**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.

**Red pepper and lentil soup with croutons**

SERVES: 4

COOKING TIME: 30 minutes

INGREDIENTS:

1 TBSP olive oil

1 large onion, chopped.

3 cloves of garlic

3 red peppers seeded and chopped.

Chicken stock cubes (to make 2L of chick 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 peppers and fry for 5 minutes more.

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 peppers are tender. Blitz with a hand blender or in a food processor until smooth.

TIP: For a chunky texture, only blend half the soup.

**Stewed seasonal fruit and yoghurt**

SERVES: 20

PREPERATION TIME: 5 minutes

COOKING TIME: 15 minutes

INGREDIENTS:

400g Apples – peeled and cored

400g blackberries or other seasonal fruit.

60ml water

1.2L Yoghurt

METHOD:

Wash the blackberries/fruit and slice the apples.

Heat in a saucepan with the water on a medium heat until stewed.

Serve with the yoghurt.

**Ginger and oat cookies**

SERVES: 20

COOKING TIME: 15 minutes

OVEN: 200C

INGREDIENTS:

125g soft spread margarine

175g light muscovado sugar

2TBSP golden syrup

½ TSP bicarbonate of soda

Pinch of salt

¾ 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.

**Orange Jelly Mouse**

SERVES: 16

PREP TIME: 1 ½ hours

INGREDIENTS:

135G pack orange jelly

1 orange

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. Chop the orange into a small piece. Add the vanilla extract to the cream and whip into soft peaks. Spoon into bowls and leave to set. To serve, grate the orange zest.

**Cherry rock cake**

SERVES: 12

COOKING: 30 minutes

OVEN: 190c

INGREDIENTS:

2 cups plain flour

1/4 teaspoon mixed spice

1 tablespoon baking powder

pinch salt

90 grams butter (cold, cut into cubes)

1/2 cup caster sugar (superfine sugar)

1 cup mixed fruit

1 egg (lightly beaten)

1/3 cup milk (plus extra 1-2 tablespoons if necessary)

6 glace cherries, halved.

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METHOD:

Preheat oven to 190 degrees Celsius/375 degrees Fahrenheit (fan forced) and grease both baking trays. Sift flour, mixed spice, baking powder and salt into a mixing bowl. Add butter and rub into sifted dry ingredients with your fingertips, or process in a food processor, until there are no lumps of butter, and the mixture resembles fine breadcrumbs. Stir though sugar and mixed fruit with a blunt knife. Add egg and milk and stir through with the knife until combined. Add the extra milk, one tablespoon at a time, if necessary, so that mixture holds together and has a stiff consistency. Put heaped tablespoons of mixture onto baking trays, leaving room for spreading. You should have about 12 pieces.

Sprinkle each cake with the extra sugar and place cherry halves on top. Cook in oven for 15 minutes or until a golden colour. Once out of the oven, transfer the cakes to a cooling rack.

**Ginger & Pumpkin cake**

SERVES: 10

COOKING: 30 minutes

OVEN: 180c

INGREDIENTS:

1/4 cup butter, softened.

1/2 cup packed brown sugar.

2 tablespoons sugar

3 large egg whites

1 cup canned pumpkin

1/4 cup light corn syrup

2 tablespoons molasses

1-1/2 teaspoons grated orange zest

1-1/4 cups cake flour

1 teaspoon baking soda

1/2 teaspoon baking powder

1/2 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon salt

Whipped cream, optional

METHOD:

In a large bowl, cream the butter and sugars until light and fluffy. Add egg whites one at a time, beating well after each addition. Beat in the pumpkin, corn syrup, molasses, and orange zest until blended. Combine the flour, baking soda, baking powder, cinnamon, ginger, and salt; add to pumpkin mixture, beating on low speed just until moistened. Pour mixture into a greased 8-in. square baking dish. Bake at 350° for 30-35 minutes or until a toothpick inserted in the centre comes out clean. Cool on a wire rack for 15 minutes. Serve warm with whipped cream if desired.

**Vanilla shortbread**

SERVES: 18

COOKING: 40 minutes

OVEN: 180c

INGREDIENTS:

125g unsalted butter, softened.

85g sugar

1tsp vanilla extract

190g plain flour

Pinch of salt

METHOD:

Add vanilla extract and mix well until uniformly distributed. Sift together flour and salt and add to the butter/sugar mixture. Mix with a wooden spoon, or use a stand mixer, until the dough comes together in a ball. Turn the dough onto a lightly floured surface and knead it briefly together into a smooth but not sticky dough. Refrigerate for 15 minutes. (Note 1) Preheat the oven to 350 ºF (175 ºC). Line a baking tray with baking/greaseproof paper. Roll out the cookie dough about 1/2 cm thick (Note 2), cut out the cookies with a cookie cutter of your choice, and place them onto the baking tray, leaving at least 1/2" (or about 1.5 cm) space between them. Prick the cookies (this is purely for decorative purposes). Bake in the preheated oven at 350 ºF (175 ºC) for 15 – 17 minutes, or until the edges are a light golden colour.

**Chocolate Sauce for chocolate cake**

SERVES: 20

COOKING TIME: 5mins

OVEN: -

INGREDIENTS:

100ml milk  
2 tbsp cornflour  
1tsp vanilla extract  
1tbsp cocoa powder  
2 tsp caster sugar

METHOD:

Milk a small amount of milk with the cornflour to make a smooth paste. Heat the remaining milk with the vanilla extract, sugar, cornflour mixture and cocoa powder. Continue to stir on a low heat until it thickens.