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| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Water to drink | Cereal & Toast | Porridge & Dates | Porridge & Bananas | Cereal & Crumpets | Cereal & Muffins |
| Allergy Info | Wheat/Soya/Milk | Milk/ Wheat/ Sulphites | Wheat/Milk | Wheat/Milk | Wheat/Milk/Soya |
| Mid-Morning Snack  Water/Milk to drink | Banana with Corn Thins | Pepper & Carrot Slices | Tomato & Cucumber | Crackers & Cream Cheese | Apples & Pears |
| Allergy Info | Wheat/Milk |  |  | Wheat/Milk |  |
| Lunch  Water to drink | Macaroni Cheese with Sweetcorn | Chicken & Vegetable Pie with Mash and Veg | Gammon Roast with Roast Potatoes and Fresh Vegetables | Chilli Con Carne with Rice | Cowboy Stew with mashed Potatoes |
| Allergy Info | Wheat/Milk/Mustard | Wheat/Milk |  |  | Milk |
| Dessert  Water to drink | Stewed Apple Slices & Crème Fraiche | Custard & Banana | Plum Crumble & Ice Cream | Lemon & Sultana Cake with Custard | Warm Pears & Chocolate Sauce |
| Allergy Info | Milk | Milk/Egg | Milk/Wheat | Wheat/Egg/Milk/Sulphites | Milk/Egg |
| Mid-Afternoon Snack  Water to drink | Satsumas | Apple Slices & Corn Thins | Bread Sticks & Home-Made Tomato Sauce | Pineapple Chunks | Vegetable Sticks |
| Allergy Info |  | Wheat | Wheat |  | Celery |
| Tea  Water to drink | Home-made Soup & Home-Made Bread | Cheesy Bagels with Side Salad | Tuna & Sweetcorn Wraps with lettuce | Mediterranean Pasta Bake | Sandwiches with Side Salad |
| Allergy Info | Wheat | Wheat/Milk | Fish/Egg/Wheat | Wheat/Milk | Wheat/Soya/Milk |
| Pudding  Water to drink | Carrot Cake | Melting Moments | Cranberry Muffins | Seasonal Fruit Salad | Lemon and Yogurt Loaf |
| Allergy Info | Wheat/Egg/Sulphites | Wheat/Egg/Sulphites | Wheat/Egg/Sulphites |  | Wheat/Egg/Milk |

Drinking Water is always available and accessible.

A rainbow on a wood surface

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**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.

**Chilli Con Carne**

SERVES: 20

INGREDIENTS:

4 tbsp olive oil

4 onions, finely chopped

200g courgette

160g red pepper, deseeded

8 garlic cloves, crushed

2 tbsp dried mixed herbs

2 TSP chilli powder

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, peppers and Courgettes for 20 mins until golden. Add the garlic, chilli powder and herbs 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 rice.

**Macaroni Cheese**

SERVES: 20

COOKING TIME: 15 minutes

Grill

INGREDIENTS:

1.5kg tube shaped pasta  
Bechamel Sauce  
3TBSP Margarine/Butter  
3TBSP Plain Flour  
4 Pints whole milk  
3TSP English Mustard  
300g Grated Cheese  
Little black pepper

METHOD:

Bring a large pan of salted water to the boil. Add the pasta, stir well and bring back to the boil, then simmer for a couple of minutes. Drain well.

Heat the oven. 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.

**Chicken and vegetable pie**

SERVES: 20

OVEN: 200C

COOKING TIME: 55 mins

INGREDIENTS:

320g carrots, peeled.

100g celery

1kg chicken breast

2 chicken stock cubes

400ml boiling water.

1 tbsp vegetable oil

80g vegetable oil spread

4 tbsp plain flour

160ml semi skimmed milk

160g frozen peas

200g puff pastry

METHOD:

Preheat the over to 200c. dice the carrots and celery and fry until softened. Diced chicken and fry off until brown, then shred. Then add the fried vegetable to the chicken, cook for further 2 minutes and set aside. Prepare a roux sauce: in a separate pan, melt the vegetable oil spread on a low heat. Once this has melted, stir in the flour, and cook on a low heat for 1-2 minutes. Gradually add the milk a little at a time stirring continuously, brining the sauce to the boil until thickened. Add the chicken and veg mix, peas and stock to the white sauce, stirring well to combine. Simmer on a low heat for 5 minutes. On a floured, roll out the pastry. Pour the chicken mixture into an ovenproof dish and top with the pastry. Trim the edges. Bake I the oven for 30 minutes or until pastry is golden.

**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.

**Cowboy stew**

SERVES: 24

COOKING TIME: 30-40 minutes

OVEN: -

INGREDIENTS:

9 tbsp sunflower oil

2 onions, sliced.

2 red peppers, de seeded and sliced.

2 sweet potatoes chopped OR 4 carrots chopped.

230g chopped green beans.

4 tins of mixed beans

400g of sweet corn

2tbsp tomato puree

4 tbsp BBQ spice seasoning

Pepper to taste

METHOD:

Heat the oil in a frying pan over a low heat. Add the onion, red pepper, sweet potato or carrots and cook, stirring occasionally for about 5 minutes, until softened but not coloured. Increase the heat to medium and stir in the green beans, baked beans, sweetcorn (with its liquid), tomato puree and BBQ seasoning. Bring to the boil, then lower the heat and simmer for 10-20 minutes until the vegetables are soft. Serve.

**Chocolate Sauce for Warm pears**

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.

**Lemon & Sultana Sponge**

SERVES: 15

COOKING TIME: 35-40 minutes

OVEN: 180c

INGREDIENTS:

1 lemon grated and juiced

100g of sultanas   
175g butter  
175g golden caster sugar  
3 medium eggs  
175g self-raising flour  
4TBSP milk

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, add lemon and sultanas.

Bake for 35-40 mins until the sponge is golden and risen, and a skewer poked into the sponge comes out clean-ish.

**HOMEMADE SOUP**

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,](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.

**Mediterranean pasta**

SERVES: 20

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

INGREDIENTS:

800g macaroni

2 x aubergines

200g cheddar, grated.

500g tinned tomatoes

2 red peppers diced.

1 Spanish onion diced.

METHOD:

Boil the pasta, meanwhile, fry the red peppers until softened. Heat the grill to high. When the pasta is cooked, drain and toss through the veg, onions and tinned tomatoes. 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.

**Carrot Cake**

SERVES: 20

COOKING TIME: 20 – 25 minutes

OVEN: 180c

INGREDIENTS:

300g (4 medium) carrots peeled  
180g (3 large) eggs  
175g soft brown sugar  
200ml vegetable oil  
175g 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.

**Melting moments**

SERVES: 16-20

COOKING TIME: 15-20mins

OVEN: 180c

INGREDIENTS:

40g butter or margarine

65g lard or white cooking fat

75g caster sugar

½ egg beaten

A few drops of vanilla extract

150g self-raising flour

Rolled oats for coating

4-5 glace cherries, quartered to decorate

METHOD:

Preheat the oven to 180c and grease two baking sheets.

Beat together the butter or margarine, lard, and sugar, then gradually beat in the egg and vanilla or almond extract.

Stir the flour into the beaten mixture, with floured hands, then roll into 16 – 20 small balls. Spread the rolled oats on a sheet of baking parchment and toss the balls in them to coat evenly.

Place the balls, spaced lightly apart, on the baking sheets, place a piece of cherry on top of each and bake for about 15 – 20 minutes or until lightly browned.

Allow the cookies to cool on the sheets for 5 minutes before transferring to a wire rack to completely cool.

**Plum Crumble**

SERVES: 20

COOKING TIME: 35mins

OVEN: 190C

INGREDIENTS:

800g canned or fresh plums

2 tbsp caster sugar  
100g vegetable oil spread  
160g plain flour  
3 tbsp wholemeal flour  
5 tbsp dark brown sugar  
40g rolled oats

METHOD:

Preheat the oven to 190c. Chop the plums and lay on the bottom of an oven proof dish. Sprinkle with caster sugar. Prepare the crumble mixture; gently rub the vegetable oil spread into the flour and brown sugar then add the oats. Sprinkle the mixture over the fruit and level, ensuring all the fruit is covered. Bake in the oven for 35 minutes.

**Lemon and yogurt loaf**

SERVES: 20

COOKING TIME: -

OVEN: -

INGREDIENTS:

2 eggs

3fl oz natural yogurt

6 oz sugar

3.5 oz margarine

Zest and juice of 1 lemon

8oz self-rising flour

SYRUP:

2 oz sugar

Zest and juice of ½ lemon

METHOD:

Cream the margarine and sugar until pale and fluffy. Gradually add the beaten egg. Stir in the yogurt and lemon zest and juice and fold in the flour. Pour the mixture into lined tins or baking tray and bake until knife comes out clean, in a medium oven for approx. 1 hour. Meanwhile for the glaze, mix the sugar and zest and juice and leave to dissolve. When the cake comes out of the oven, make wholes with a fork, and pour over the syrup. Leave to stand.

**Cranberry muffins**

SERVES: 20

COOKING TIME: 25 minutes

OVEN: 180c

INGREDIENTS:

190g self-raising flour

160g caster sugar

190g soft margarine

2 large eggs

Dried cranberries

METHOD:

Preheat the oven to 180c and lay out the muffin cases into a bun tray. Beat together the flour, sugar, margarine and eggs. Once the mixture is well combined and pale in colour, gently stir in the cranberries. Divide the mixture between the muffin cases and bake in the oven for 25 minutes.