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| Week 1 | 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 and Rice Cakes | Breadsticks & Cream Cheese Dip | Pepper & Cucumber Slices with Oatcakes | Apple & Pear Slices with Rice Cakes | Plums and Crackers |
| Allergy Info |  | Wheat/Milk |  |  | Wheat/Milk |
| Lunch  Water to drink | Red Pepper & Lentil Soup | Mediterranean Pasta Bake | Creamy Tomato Soup | Root Vegetable & Lentil Cobler | Vegetable & Bean Stew |
| Allergy Info | Wheat/Celery | Wheat |  |  | Wheat |
| Dessert  Water to drink | Bread | Bread | Bread | Bread | Bread |
| Allergy Info | Wheat | Wheat | Wheat | Wheat | Wheat |
| Mid-Afternoon Snack  Water to drink | Vegetable Sticks and Rice Cakes | Apple & Pear Slices with Breadsticks | Buttered Oat Cakes | Breadsticks & Kiwi | Crackers & Cream Cheese |
| Allergy Info | Celery |  | Wheat/Milk | Wheat | Wheat/Milk |
| Tea  Water to drink | Cheese and Tomato Bagels | Selection of Sandwiches | Jacket Potato with Cheese & Chives | Red pepper and lentil soup with Home-made bread | Italian Tomato and Pasta Bake |
| Allergy Info | Wheat | Wheat/Soya/Milk | Milk | Wheat | Wheat |
| 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 |  |

Drinking Water is always available and accessible.

**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!

**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.

**Italian Tomato and pasta bake**

SERVES: 20 x 90g potatoes

OVEN: -

COOKING TIME: -

INGREDIENTS:

800g macaroni

200g grated cheddar

500g tinned tomatoes

2 red peppers, sliced and fried to soften

METHOD: Boil the pasta.

When the pasta is cooked, drain, and toss through the tinner tomatoes 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.

**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**

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.

**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.