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| Week 3 | 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 with Oatcakes | Tomato & Cucumber and Rice Cakes | Crackers & Cream Cheese | Apples & Pears with Breadsticks |
| Allergy Info | Wheat/Milk |  |  | Wheat/Milk |  |
| Lunch  Water to drink | Macaroni Cheese with Sweetcorn | Homemade Soup | Cowboy Stew | Mediterranean Pasta Bake | Bean Con Carne |
| Allergy Info | Wheat/Milk/Mustard | Wheat/Milk |  | wheat |  |
| Dessert  Water to drink | Bread | Bread | Bread | Bread | Bread |
| Allergy Info | Milk/Wheat | Milk/Wheat | Milk/Wheat | Milk/Wheat | Milk/Wheat |
| Mid-Afternoon Snack  Water to drink | Satsumas and Corn thins | Apple Slices & Corn Thins | Bread Sticks & Home-Orange Wedges | Apples & Pears with Crackers | Vegetable Sticks and Breadsticks |
| Allergy Info |  | Wheat | Wheat |  |  |
| Tea  Water to drink | Home-made Soup & Home-Made Bread | Cheese and Tomato Bagels | Beans on Toast | Selection of Sandwiches | Jacket Potato with Cheese |
| 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.

**Chilli Con Carne**

SERVES: 20

INGREDIENTS:

4 tbsp olive oil

4 onions finely chopped.

400g courgette

200g red pepper, deseeded

8 garlic cloves, crushed.

2 tbsp dried mixed herbs

2 TSP chilli powder

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 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.

**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.

**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.

**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.