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| Week 2 | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Breakfast Water 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 and Pears | Apple & Banana with Rice Cakes | Bread Sticks & Orange Wedges | Kiwi & Rice Cakes | Tomatoes & Cucumber with Crackers |
| Allergy Info | Wheat/Milk |  | Wheat |  |  |
| Lunch Water to drink | Spinach & Sweet Potato Curry & Rice | Roasted Vegetable Soup | Green Lentil Stew | Vegetable Pasta with Broccoli | Butternut Squash and Red Lentil Soup |
| Allergy Info |  |  | Fish/Milk | Wheat/ Milk | Fish/ Milk |
| Dessert Water to drink | Bread | Bread | Bread | Bread | Bread |
| Allergy Info | Wheat | Wheat | Wheat | Wheat | Wheat |
| Mid-Afternoon Snack Water to drink | Green Pepper & Carrot sticks and Oatcakes | Crackers & Cheese Spread | Pear & Apple Slices with Breadsticks | Carrot Sticks & Home-made Hummus | Melon Slices and Breadsticks |
| Allergy Info |  | Wheat |  |  |  |
| Tea Water to drink | Cheese Bagels | Jacket Potatoes with Beans | Sandwiches & Vegetable Sticks | Sweet Potato and Red Pepper Soup | Tomato and Basil Pasta Bake |
| Allergy Info | Wheat/Milk |  | Wheat/Soya/Milk |  | Wheat |
| Pudding Water 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.

**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.

**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.

**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.

**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

**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.