

Week 1 Monday

Macaroni Cheese

Macaroni
Margarine
Cheddar cheese
Milk
Plain flour
Black pepper
Mixed Mustard

Veggie Spaghetti Bolognaise

Quorn Mince
Onions-Diced
Mushrooms
Garlic Puree
Mixed Herbs
Bolognaise Basic Tomato sauce recipe
Spaghetti

Dorset Apple Cake

Tin Apples
Lemon juice
Self-Raising Flour
Margarine
Caster Sugar
Eggs
Milk
Ground Cinnamon

Tomato Sauce - blended (Bolognaise)

Onions
Courgettes
Red Peppers
Carrots
Butternut Squash
Dried Oregano
Bay Leaves
Chopped Tomatoes

Week 1 Tuesday

Shepherdess Pie

Quorn Mince
Red lentils
Onions
Carrots
Mix Herbs- Dried
Vegetable Oil
Vegetable Bouillon
Tomato Puree
Peas
Potatoes
Water

Vanilla Sponge

Self-Raising Flour
Margarine
Caster Sugar
Eggs
Milk

Week 1 Wednesday

Lemon Lush Cheesecake

Margarine

Digestive biscuits

Cheesecake Mix

Milk Powder

Water

Lemons

Meringues nests

Week 1 Thursday

Mild Mexican Tortilla

Beef Mince

Onions

Paprika

Red Kidney Beans

Cheddar cheese

Mixed herbs

Garlic Puree

Chopped Tomatoes

Cauliflower and Chickpea Curry

Oil

Onions

Curry powder- madras

Tumeric -ground

Ginger-ground

Tomatoes chopped

Water

Cauliflower florets

Potato diced-sweet or white

Chickpeas drained

Cornflour

Chocolate Fudge Cake

SR flour

Margarine

Sugar

Syrup

Eggs

Cocoa

Skimmed milk powder

Water

Week 1 Friday

Cheese Pinwheels

Onions
White Bread Roll
Mix
Cheese
Dry Mustard Powder

Sponge Cake

Milk

Self-Raising Flour
Margarine
Caster Sugar
Eggs