

## Week 2 Monday

### Margherita Pizza

Bread Mix  
Onions  
Tomato Sauce - as  
recipe

Cheese  
Mixed herbs

### Fish cake & Risotto

Vegetable  
oil  
Onions

Risotto Rice  
Garlic  
Puree  
Peas  
Vegetable Stock  
Fish Cake

### Black Forest Cupcake

Plain Flour  
Cocoa Powder

Baking powder

Eggs  
Milk  
Caster Sugar  
Margarine

**Topping**  
Cherry Pie Filling  
Icing Sugar

### Tomato Sauce - blended (Pizza)

Onions  
Courgettes

Red Peppers

Carrots  
Butternut Squash  
Dried Oregano  
Bay Leaves

Chopped Tomatoes

## Week 2 Tuesday

### Spaghetti Bolognese

Minced Beef  
Onion-Diced  
Fresh Mushrooms  
Tomato Puree  
Garlic Puree  
Mix Herbs  
Oil  
Spaghetti or Pasta Twists  
Tomato Sauce-as recipe

### Cheesy Cajun Potato Wedges

Jacket Potatoes  
Sweet  
Potato  
Vegetable  
Oil  
Onions  
Garlic  
Puree  
Cajun spice  
Tomato Puree  
Chopped tomatoes  
Cheddar Cheese  
Spring  
onion  
Natural Yogurt

### Sponge Cake & Custard

Self-Raising Flour  
Margarine  
Caster Sugar  
Eggs  
Milk  
**Custard**  
Fresh Milk  
Custard Powder  
Granulated Sugar

### Tomato Sauce - blended (Bolognese)

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

## Week 2 Wednesday

### Vegetable Wellington

Puff pastry  
Vegetable Oil  
Onions  
Carrots  
Parsnips  
Leeks  
  
Chickpeas  
  
Chopped tomatoes  
Mixed herbs

### Braised Red Cabbage

Red  
Cabbage  
Onion  
Cooking apples  
Garlic  
Nutmeg  
Cinnamon  
Brown  
sugar  
Wine  
vinegar  
Butter

### Vanilla Sponge & Cream

Self-Raising Flour  
Margarine  
Caster Sugar  
Eggs  
Milk  
Cream to serve

## Week 2 Thursday

### BBQ Pork & Beans

Diced Pork  
Mixed Beans  
Onions  
Garlic Puree  
Green Peppers  
Tomato Ketchup  
Chopped Tinned Tomatoes  
Demerara Sugar  
Paprika  
Mustard Powder  
Cumin  
Vegetable Oil

### Beany Goulash

Tin Mixed Bean Salad  
Onion  
Carrots  
Tinned Tomatoes  
Tomato Puree  
Paprika  
Mixed Fresh Pepper  
Vegetable stock  
Black Pepper

### Jam Sponge

Self-Raising Flour  
Margarine  
Caster Sugar  
Eggs  
Milk  
**Topping**  
Jam  
Desiccated coconut-If required

### Custard

Custard Powder  
Milk  
Granulated Sugar

## Week 2 Friday

### Spanish Omelette

Frozen Mixed Vegetables  
Oil for Frying  
Onions  
  
Tomatoes  
Eggs  
Milk  
Pepper  
Mixed Herbs

### Coleslaw

White Cabbage  
Carrots  
Onions  
  
Mayonnaise  
Black Pepper

### Sponge Cake

Self-Raising Flour  
Margarine  
Caster Sugar  
  
Eggs  
Milk