

Week 3 Monday

Wholemeal Mediterranean Pasta Bake

Wholemeal Penne Pasta

Red lentils

Mixed Diced Peppers

Courgettes- Diced

Chopped Tomatoes

Tomato Puree

Garlic Puree

Paprika

Vegetarian Cheddar

Veg oil

Water

Vegetable Bouillon

Rice & Bean Burrito

Tortilla wrap

Onions

Peppers

Carrots

Tomatoes

Beans/baked beans

Curry powder-madras

Turmeric
ground

Rice-cooked 50/50

Fruit Crumble

Crumble

Plain flour

Wholemeal flour

Margarine

Granulated sugar

Filling

Tinned Apple or Fruit of choice

Custard

Custard Powder

Granulated Sugar

Fresh

Milk

Week 3 Tuesday

Loaded Flat bread

Plain Naan Bread
Chopped tomatoes
Tomato Puree
Mild cheddar grated
Grated mozzarella
Mixed herbs

Mediterranean Couscous

Couscous
Peppers
Courgettes
Vegetable stock
Garlic puree
Mixed herbs
Basic tomato sauce or tomato puree

Tomato Sauce recipe (Couscous)

Onions
Courgettes
Red Peppers
Carrots
Butternut Squash
Dried oregano
Bay leaves
Chopped Tomatoes

Chocolate Mousse

Chocolate Angel Delight
Milk Powder
Water

Week 3 Wednesday

Savoury Mince with Yorkshire Pudding

Onions
Carrots
Vegetable oil
Minced Beef
Tomato Puree
Frozen Spinach
Water
Plain Flour
Gravy Mix
Serve with Yorkshire Pudding

Carrot & Courgette Cake With Custard

Granulated Sugar
Eggs
Veg Oil
Vanilla Flavouring
Water
Carrots
SR Flour
Baking Powder
Ground Cinnamon
Courgettes

Custard

Granulated Sugar
Custard Powder
Fresh Milk

Week 3 Thursday

Turkey & Ham Pie

Onions
Diced Turkey
Diced Gammon
Carrots
Peas
Chicken stock
Gravy Granules

Falafel with Homemade Tomato Sauce

Onions
Chickpeas
Baking powder
Parsley
Garlic puree
Cumin Powder
Coriander Powder
Cayenne Pepper
Tomato Sauce (as recipe)

Tomato Sauce

Chopped Tomatoes
Onions
Courgettes
Red Peppers
Carrots
Butternut Squash
Dried oregano
Bay leaves

Vanilla Sponge

Self-Raising Flour
Margarine
Caster Sugar
Eggs
Milk

Week 3 Friday

Sweetcorn Burger

Potato
Sweet potato
Oil
Onions
Garlic puree
Sweetcorn
Lentils
Carrots
Beans -baked beans
Paprika
Cajun Spice

Sponge Fingers

Self-Raising Flour
Margarine
Caster Sugar
Eggs
Milk