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| **Week starting****Year 7- MFr Wednesday p1 only**  | **Dish** | **Ingredients**  |
| 6/10 | Cutting skills | 1 apple |
| 24/11 | Fruit crumble | 120g plain flour 80g hard butter 40g caster sugar1 tin of fruit of your choice **Bring a small ovenproof dish to bake your crumble in. Also a container that will fit the ovenproof dish in to take home.****Optional:** 50g sultanas, You can substitute 2 tbsp flour for 2 tbsp oats, ground cinnamon **OR** mixed spice. |
| 8/12 | Sausage rolls(PAIRS) | **Partner A:**1 pack of ready rolled puff pastry**Partner B:**6 raw sausages (not frozen) **OR** meat free sausages School with provide for each pupil: ½ egg |
| 19/1 | Couscous salad | 1 stock cube (any flavour)100g couscous1 tomato1 spring onion¼ cucumber½ pepper½ carrot |
| 23/2 | Pasta salad | 100g dried pasta shapes 1 carrot ¼ lettuce 1 tomato ¼ cucumber 3 tbsp tinned sweetcorn **(optional)**2 tbsp mayonnaise **OR** salad cream  |
| 23/3 | Stir fry(PAIRS) | **Person A**1/4 pepper1 small carrot2 spring onions **Person B**100g ready cooked noodles (or if dried prep cooked before bringing into school)100g thin-cut minute steak **OR** 1 raw chicken breast **(not frozen)** **OR** Quorn **OR** extra vegetablesOptional: 1/4 chilliSchool will provide for each pupil: 1 tbsp vegetable oil, fresh ginger, 1 clove of garlic and the **sauce which includes** (½ tsp Chinese five-spice powder, 1 tbsp rice/white wine vinegar, 1 tsp soy sauce, 2 tsp sweet chilli sauce, 2tsp tomato ketchup, 1 tbsp water) |
| 4/5 | Chicken nuggets | 3 slices white bread, crusts removed1 raw chicken breast **(not frozen)** **OR** QuornSchool will provide: flour and egg for pane |
| 1/6 | Omelette | 25g hard cheese of your choice2 eggs **Optional:** 25g ham **OR** 1 tomato **OR** 2 spring onions **OR** 2 mushrooms (no more than 2 extra fillings) |
| 15/6 | Quiche (PAIRS) | **Person A** 150g plain flour 75g butter 3 egg **Person B**100ml milk 100ml double cream 75g cheese **Add 1 extra filling** if you wish: (2 slices of ham **OR** 2 spring onions **OR** 4 mushrooms **OR** 1 tomato)**A large container, an old circle chocolate box e.g. Celebrations container or something similar will fit best.**School will provide: a small foil dish. |
| 1. Make sure you bring a suitable container each time to take home your finished product.
2. Please put food that is underlined in a suitable size container with your name and class. Drop off chilled ingredients on the morning of your lesson before 8:40am to your food room.
3. If there are any issues with getting your ingredients either email your teacher or come and see your teacher before 8:40am the morning of your lesson by the latest.
4. Items can be adapted to suit dietary needs.
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