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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 sugar  1 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 couscous  1 tomato  1 spring onion  ¼ cucumber  ½ pepper  ½ 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 pepper  1 small carrot  2 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 vegetables  Optional: 1/4 chilli  School 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 removed  1 raw chicken breast **(not frozen)** **OR** Quorn  School will provide: flour and egg for pane |
| 1/6 | Omelette | 25g hard cheese of your choice  2 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. | | |