

## Week One

Date:

### Fruit Salad



#### Ingredients:

Apple  
Grapes (any colour)  
Banana  
Kiwi fruit  
Orange , satsuma or clementine  
Any other fruit you like  
Small carton of orange/apple juice  
Named container to take salad home.

## Week Two

Date:

### Couscous



#### Ingredients

170ml boiling water  
1 vegetable stock cube  
100g couscous  
1 medium tomato  
2 spring onions  
2 carrots  
1/2 yellow/red/green pepper  
1/4 cucumber  
Named container to take home  
couscous.

## Week Three

Date:

### Scones



#### Ingredients:

250g self-raising flour  
50g butter or margarine  
175ml milk  
100g cheese  
  
Named container to take scones home.

## Week Four

Date:

### Apple Crumble



#### Ingredients:

2-3 large cooking apples  
1 tbsp water  
1 tsp ground mixed spice or  
cinnamon  
150g plain flour  
60g unsalted butter or margarine  
75g sugar (white or brown)  
50g sultanas (optional)

Ovenproof container/Pyrex dish  
about 5cm deep

## Week Five

Date:

### Banana Muffins



#### Ingredients:

100g butter  
100g caster sugar  
140g self-raising flour  
2 eggs  
1 medium ripe banana  
1 tsp vanilla essence  
10 paper cake cases

\*If you bring in 20p the school will provide paper cases and vanilla essence.

Ferndown Middle School

Problem with recipe?

Speak to Mrs Baynam



## Year 5 Ingredients List

Please keep this leaflet in a safe place. It will tell you each week the ingredients your child will need to bring to school.

**Always remember a named container to carry the food home.**