

R2: Week 1: Mini-Frittatas

Date:

Mini Vegetable Frittatas



Ingredients:

- 1 large baking potato
- 100g cheese
- 6 eggs
- 150ml milk
- 12 muffin cases

School will provide:

- 125g mixed frozen vegetables
- Oil and seasoning

You will need at least 12 muffin cases to put them in.

R2: Week 2: Pasta Bake

Date:

Pasta Bake with cheesy
breadcrumb topping



Ingredients:

- 250g pasta quills or rigatoni (any shape will do however)
- 1 tin of chopped tomatoes
- 1 Onion
- 5 closed cup mushrooms
- 1 peppers
- 75g cheese
- 2 slices of bread

Optional:

You may add some pre-cooked meat if you wish.

Large Casserole dish to take it home in.

R2: Week 3: NO COOKING

Date:

Baking techniques.

Sugar awareness lesson.



Double lesson:

This SOW is a sugar awareness and baking focused project. Students learn all about sugar and understand how to reduce this in their diet.

They understand how to make healthier and more sustainable choices regarding sweet treats. They learn how to use all the baking techniques in a healthy way.

Students understand how to choose fructose (fruit based sugars) over pure sucrose (added sugar). They understand that sugar is sugar, but Fruit products give students valuable vitamins and minerals.

R1: Week 4: Toad in the hole

Date:

Toad in the hole.



Ingredients:

- 100g plain flour
- ½ tsp English mustard powder
- 1 egg
- 300ml milk
- 8 plain pork sausages
- 20x 30 cm roasting tin

SCHOOL PROVIDES

- ½ tsp mustard powder
- 3 sprigs of thyme (leaves only)

R2: Week 5: Mini Fruit tarts

Date:

Mini Fruit tarts



Ingredients:

- 350g/12oz plain flour
- 125g/4½oz unsalted butter,
- 125g/4½oz caster sugar
- 2 eggs, 1 whole and 1 yolk only
- 500g of fresh fruit, or a tinned alternative
- 1 TWIN pack of Quick Jel or any Jelly glaze alternative. Any flavor that suits your choice of fruit.....



If you can bring your own muffin tray to use, this would be helpful.

Ferndown Middle School

Problem with recipe?

Speak to Mrs Hartley



**Year 7
Rotation 2
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.