



# FERNDOWN MIDDLE SCHOOL

## WEEKLY BULLETIN w/c 25<sup>th</sup> February 2019

### Food Technology

Year	Recipe	Ingredients
Year 5 Thurs	Apple Crumble	2-3 large cooking apples, 1 tsp ground mixed spice or cinnamon, 150g plain flour, 60g unsalted butter/ marg, 75g sugar (white or brown), 50g sultanas (optional). <i>Ovenproof container/ dish about 5cm deep to cook and take food home in.</i>
Year 6A/2 Tues/ Thurs	Leek and Potato Bake	1 vegetable stock cube, 2 large potatoes, 3 leeks, 100g cheese, 15g butter. <i>Ovenproof container/ dish about 5cm deep to cook and take food home in.</i>
Year 7A/3 Wed	Pasta bake with cheesy breadcrumb topping	250g pasta quills or rigatoni or other shape, 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. <i>Large Casserole dish to take it home in.</i>
Year 7B/1 Fri	Mini vegetable frittatas	1 large baking potato, 100g cheese, 6 eggs, 150ml milk (School will provide: 125g mixed frozen vegetables, oil and seasoning). <i>You will need at least 12 muffin cases to put them in.</i>
Year 8A/1 Mon	Healthy mac and cheese	250g pasta quills or rigatoni, 50g butter, 50g plain flour, 600ml milk, 200g cheese, handful of cherry tomatoes or 2 large tomatoes. Optional: 4 rashers of pre-cooked bacon.

*Pupils will need to bring in all ingredients listed on the given menus and on show my homework/ website. Please remember named sealed/ watertight containers are needed to take the food home.*



**THOUGHT FOR THE WEEK:**  
**HEALTHY ME**

