R1: Week 4: Apple Pie

Date:

Apple Pie

Ingredients:

For the pastry

255g/9oz plain flour

140g/5oz margarine or butter

For the filling

3 large Bramley cooking apples

School will provide:

Caster sugar

Salt

R2: Week 5: Healthier Cookies

Date:

Muesli & Fruit Cookies

Ingredients:

125g (4oz) butter

125g (4oz) muscovado sugar

1 egg

150g self-raising flour

75g (3oz) ready– to-eat dried apricots

75g (3oz) muesli

School provides:

Jumbo Oats

Ferndown Middle School

Problem with recipe?

Speak to Mrs Hartley

Year 8
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.

R2: Week 1: Biscuits
Date:

Mathematical Biscuits

Ingredients:

175g (6oz) Plain Flour

115g (4oz) Unsalted Butter

60g (2oz) Caster Sugar

School will provide:

Icing and decoration.

R2: Week 2: Mac and Cheese
Date:

Healthy Mac and Cheese

Ingredients:

250g (8oz) Pasta quills or rigatoni
50g (2oz) butter
50 (2oz) plain flour
600ml (1 pint) milk
200g cheese
Handful of cherry tomatoes or 2 large tomatoes

School provides:

200g Frozen spinach per student

1 tsp Dijon mustard

Seasoning

Optional:
4 rashers of pre-cooked bacon

R2: Week 3: Healthy Shepherd's pie
Date:

Healthy Shepherds Pie

Ingredients:

350g Quorn mince

1 medium onion

1 medium carrot

1 vegetable stock cube

4 large potatoes

2 medium sized parsnips

100g frozen peas

School will provide soy sauce, Worcestershire sauce, corn flour, tomato puree and seasoning.