

## R1: Week 4: Cheese Pizza

Date:

Quick Cheese Pizza



### Ingredients:

150g gluten free self-raising flour

25g margarine

1 egg

50ml milk

25g tomato puree

50g cheese

1 tomato

3 mushrooms

1 onion

1 tsp dried herbs\*

\* Ingredients supplied by the school

**Named container with lid to take food home.**

## R1 Week 5: Fruity Flapjack

Date:

Fruity Flapjack



### Ingredients:

100g butter

200g gluten free oats

5 tablespoon golden syrup/maple syrup

2 tablespoons of brown sugar\*

50g dried apricots

40g dried raisins or cranberries

**Named container with lid to take the food home.**

**(Any dried fruit can be used so long as the quantity is the same)**

Ferndown Middle School



Problem with recipe?

Speak to Mrs Baynam



Year 6

Rotation 1

Gluten Free

Ingredients List

2019/20

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.

## R1: Week 1: Cheese Straws

Date:

### Cheese Straws



#### Ingredients:

- 25g margarine
- 150g gluten free flour
- 1/2 teaspoon salt
- 100g finely grated Cheddar cheese
- 1 egg
- 2 tablespoons milk\*

\* Ingredients supplied by the school

Named container with lid to take food home.

## R1: Week 2: Savoury Rice

Date:

### Savoury Rice



#### Ingredients:

- 1 onion
- 3 mushrooms
- 1/2 pepper
- 1 tomato
- 150g long grain rice
- 1 vegetable stock cube (gluten free)
- 50g frozen peas/sweetcorn
- Oil\*
- 10ml curry powder\*

\* Ingredients supplied by the school

Named container with lid to take food home.

## R1: Week 3: Savoury Rolls

Date:

### Savoury Rolls



#### Ingredients:

- 250g Freee white bread flour (or any GF bread flour)
- 1 tsp yeast or 1 sachet
- 1tsp sugar\*
- 250ml milk
- 1 egg
- Pinch of salt\*
- 1 tbsp oil\*

#### Optional 75g of any of the following:

- Cheese
- Chorizo
- Pumpkin seeds
- Poppy seeds
- Sesame seeds

\* Ingredients supplied by the school