

## R1: Week 4: Cheese Pizza

Date:

Quick Cheese Pizza



### Ingredients:

150g 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 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 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:

100g plain flour

50g margarine

50g cheese

15ml water

1/2 tsp mustard powder\*

\* 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

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 strong flour

1 tsp sugar

Pinch of salt\*

1 rounded tbsp dried yeast or a sachet!

1 tbsp oil\*

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

Cheese

Chorizo

Pumpkin seeds

Poppy seeds

Sesame seeds

\* Ingredients supplied by the school

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