

R1 Week 4: Quiche

Date:

Quiche



Pastry Ingredients

175g/6oz Plain Flour

75g/2oz butter

Filling Ingredients:

250g/9oz cheese

4 tomatoes

200g/7oz bacon

5 eggs

200ml milk

22cm/8inch Flan dish to take it home in.

School will provide:

Pinch of salt for pastry

R1 Week 5: Victoria Sponge

Date:

Victoria Sponge



Ingredients

4 eggs

225g/8oz caster sugar

225g/8oz self-raising flour

2 tsp baking powder

225g/8oz baking spread, margarine or soft butter

Jam for filling

Make it healthier with fresh fruit added when you get home, if you so wish.

Ferndown Middle School

Problem with recipe?

Speak to Mrs Hartley



Year8 Rotation 1 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

R1: Week 1: Sausage rolls

Date:

Sausage rolls



Ingredients:

1 packet of ready-made puff pastry
250g sausage meat
1 egg

Veggie options:

1/2 eating apple and a
handful of raisins.

Or

1 large onion
150g cheese

R1: Week 2: Tuna Fishcakes

Date:

Tuna Fishcakes



Ingredients:

3 Large Potatoes
½ lemon
3 slices of older bread
(Not new, soft bread as it will not crumb)
1 can of tuna

School will provide:

50g frozen peas per student
25g Butter per student
2 eggs per student

R1: Week 3: Garlic mushrooms and wedges.

Date:

Garlic Mushrooms and Wedges



Ingredients:

3 large potatoes
3 large eggs
3 or 4 slices of older bread
(Not fresh as it will not crumb)
8 closed cup mushrooms

School will provide:

Oil and seasoning for the potato wedges
Garlic for the mushrooms