

R1: Week 4: Toad in the hole

Date:

Toad in the hole.



Ingredients:

- 100g plain flour
- 1 egg
- 300ml milk
- 8 plain pork sausages
- 20x 30 cm roasting tin

SCHOOL PROVIDES

- ½ tsp mustard powder

R2: Week 5: Mini carrot cake

Date:

Mini Carrot cake



Ingredients:

- 175g light muscavado sugar
- 100g Wholemeal self raising flour.
- 100g Self raising flour
- 1 large orange
- 2 eggs
- 150ml sunflower oil
- 200g grated carrots

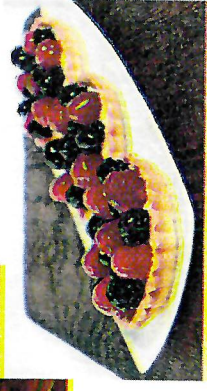
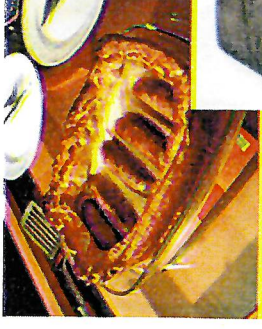
School will provide:

- 2 tsps Mixed spice
- 1 tsp Bicarbonate of soda

Ferndown Middle School

Problem with recipe?

Speak to Mrs Hartley



Year 7 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.