

**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 tomatos

**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 Shepherd's 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.