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INGREDIENTS

1 orange
1 banana
1 apple
1 kiwi fruit
6 red grapes
6 green grapes
200ml of orange or apple juice

Additional fruit such as melon, strawberries or pineapple may be added.

Please bring a suitable, airtight container with your name on it to take your finished dish home in.

If you have long hair please bring a hair band to tie it back with.

Please pick up your food after P5. (Not at lunchtime)



INGREDIENTS

100g pasta shapes

100g cooked, sliced chicken

1 carrot

1 baby gem lettuce

1 tomato

¼ cucumber

2 tablespoons of French dressing

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INGREDIENTS

100g self raising flour

100g caster sugar

100g soft margarine

2 eggs

50g dried fruit – sultanas for example

Cake cases

Please bring a suitable container with your name on it to take your finished cakes home in.

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INGREDIENTS

200g self raising flour

75g butter or hard margarine

75g caster sugar

75g dried fruit (sultanas, currants, or mixed dried fruit)

1 egg

Optional – 1 level teaspoon of cinnamon

1 teaspoon of vanilla essence

50g glace cherries

Please bring a suitable container with your name on it to take your finished cakes home in.

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INGREDIENTS

250g self raising flour

1 teaspoon of baking powder

40g butter or hard margarine

125ml milk

EITHER (fruit scones)

75g caster sugar

75g dried fruit

OR (cheese scones)

75g grated cheddar cheese

Optional – a pinch of dried mustard

Please bring a suitable container with your name on it to take your scones home in.

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INGREDIENTS

100g couscous

1 vegetable stock cube

1 tomato

1 spring onion

¼ cucumber

½ yellow pepper

2 tablespoons of French dressing

Optional – 4 dried apricots, fresh or dried parsley

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