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CAKE INGREDIENTS

110g self raising flour

110g soft margarine

110g caster sugar

2 eggs

Vanilla essence or extract

½ jar of jam

Cake cases

ICING INGREDIENTS

110g icing sugar

110g butter

Vanilla essence or extract

Please bring a suitable container – large enough for at least 12 cupcakes - with your name on it to take home.

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

50g unsalted butter

50g caster sugar

150g self raising flour

½ teaspoon of baking powder

1 egg

70ml milk

1 banana

75g dark chocolate (fair trade if possible)

12 muffin cases

Optional – 2 teaspoons of vanilla essence

Please bring a suitable container with your name on it to take your finished muffins 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 self raising flour

100g caster sugar

100g soft margarine

2 eggs

1 eating apple

1 teaspoon of baking powder

1 teaspoon of brown sugar

1 teaspoon of cinnamon

Please bring a suitable container with your name on it to take your finished dish home in – it will be roughly 19-20cm in diameter.

Also useful to bring, if you have one, would be a 19-20cm diameter cake tin that is 4cm deep and some baking parchment to line the bottom.

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

250g rolled oats

150g soft margarine

150g soft light brown sugar

75g dried fruit – for example sultanas, apricots, dates

4 tablespoons of golden syrup

Optional – 50g of mixed seeds

2 teaspoons of vanilla extract

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

Please bring, if you can, an ovenproof cake tin to bake it in and some baking parchment to line the tin with.

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)



BREAD INGREDIENTS

312g strong white bread flour

1x7g sachet of dried yeast

20ml olive oil

5g sea salt

SUGGESTED TOPPINGS

1 red onion

2 or 3 cloves of garlic

2 tablespoons of green or red pesto

6 cherry tomatoes

Fresh or dried herbs of your choice – rosemary works well

Please bring a baking tray sized piece of baking parchment to cook your bread on and a suitable container with your name on it to take your bread 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

175g plain flour

62g butter

87g light soft brown sugar

1 egg

2 tablespoons of golden syrup

2 teaspoons of ginger

1 teaspoon of cinnamon

½ teaspoon of bicarbonate of soda

Please bring a suitable container with your name on it to take your finished biscuits 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 dried macaroni

25g margarine

25g plain flour

250ml milk

100g cheese

Optional – 25g smoked bacon

¼ leek

1 teaspoon of English mustard

1 tomato

1 slice of wholemeal bread made into breadcrumbs

Please bring a suitable ovenproof container with a lid (or tin foil to cover the top) 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

1 small onion

1 small turnip

1 carrot

1 stick of celery

1 small potato

1 small leek

¼ green cabbage

2 tomatoes

25g French beans

25g peas

25g dried spaghetti

50g butter or 2 tablespoons of oil

1 vegetable stock cube

Optional - 1 teaspoon of tomato puree

1 sachet bouquet garni or 1 teaspoon of mixed herbs

Please bring a container, with your name on it, suitable for holding soup and carrying it home.

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

85g shredded wheat

200g dark chocolate

Mini chocolate eggs to decorate

Cake cases

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

250g minced beef

1 small onion

1 clove of garlic

1 carrot

1 stick of celery

1 400g tin of chopped tomatoes

1 tablespoon of tomato puree

2 tablespoons of oil

1 teaspoon of mixed herbs

Optional – 50g dried spaghetti

Please bring a suitable 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

400g can of chickpeas

400g can of chopped tomatoes

½ bag of fresh or frozen spinach

1 onion

1 clove of garlic

1 large potato

1 tablespoon of red or green curry paste

1 tablespoon of oil

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

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



INGREDIENTS

1 Chicken breast

½ red onion

1 clove of garlic

1cm of fresh ginger

½ red chilli

1 pak choi

½ yellow pepper

3 mushrooms

100g dried noodles

1 tablespoon of oil

2 teaspoons of soy sauce

Please bring a suitable 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)