

Year 7 INGREDIENT SHEET FOR STUDENTS 2020-21



PLEASE NOTE:

Due to the new 1 hour lesson times you may be asked to carry out some preparation at home

1) Fruit Salad

Please bring in 30p for the fruit salad tasting

2) Pizza Toast

1 slice of bread or 1 bread roll or 1 English muffin
50g cheese e.g. cheddar, mozzarella, red Leicester or similar
1 tablespoon of tomato sauce
1 slice ham
¼ pepper
1 mushroom
Optional garnish (salad)

2) Eatwell Salad in a jar

Carbs: (1) 50g Rice, Pasta, Salad Potato

Veggies/fruit: (3) Pepper, Sweetcorn, Cucumber, tomato carrot, celery

Salad leaves - Handful

Protein (cooked): 50g

Chicken, Pepperoni, Ham, tuna, cheese

Dressing: 2-3 Tbsp.

Mayonnaise or Salad Dressing

A large Jar to take home in

6) Adapt a savoury Scones

250g self-raising flour

40g margarine or butter

1 tsp baking powder (5p from school)

150ml semi skimmed milk

75g ingredients of your choice

Choose ingredient for scones up to 75g in total

Cheese, herbs, spices, ham, chorizo, onion, pepper, tomato, sun dried tomato.

Think shape, size, toppings,

Container to take home in

Please provide a container to take your products home in and **mark it with your name.**

The order of dishes may change.

A Foil container is available from school for 20p

Thank you

To make 2 dishes together

5a) Kebabs

2 sausages or 1 chicken breast/Quorn sausage

1 small onion

½ pepper

4 small mushrooms

2 tomatoes or 4 cherry tomatoes

1 tablespoon oil

+ Optional flavouring:

1 teaspoon Chinese 5 spice, chilli powder or paprika (will be available in school)

Container to take home in

5b) Focaccia

150g strong plain flour

1 tablespoon oil

1 heaped teaspoon dried yeast

1 teaspoon sugar

Topping:

Olive oil

Rosemary

Sea salt

(OR

60p for school to provide the focaccia ingredients)