

YEAR 8 FOOD INGREDIENTS

Cheese and Herb Scones

Date:.....

225g Self raising flour (plus extra for rolling)
½ tsp baking powder*
¼ tsp cayenne pepper*
50g cheddar cheese (not grated)
½ tsp mixed dried herbs
50g butter or low fat spread
150ml Milk
Container to take home in

Rice Salad

Date:.....

100g long grain rice
1 or 2 tomatoes
50g frozen peas
25g sweet corn
Half a red, green, yellow or orange pepper
Precooked tuna, cooked chicken, or ham
For the dressing:
2 tbsp of vinegar or lemon juice
4 tbsp of oil
Pinch of salt, sugar and pepper
Container to take home in

Bolognese

Date:.....

1 Tbsp Cooking Oil
1 Onion
1 Carrot
1 Stick of Celery
1 Clove of Garlic
400g Minced Beef or Veggie Mince
1 Can of Chopped Tomatoes or passata
4 Mushrooms
Pinch of Salt and Pepper*
2 Tbsp Tomato Puree
1 Beef or Vegetable stock cube
1 Tbsp Dried Herbs
Container to take home in

Macaroni Cheese

Date:.....

175g Pasta
3 Tbsp cooking oil
50g Butter or Margarine
50g Plain Flour
600ml (1 Pint) Milk
100g Cheese
1 Tomato
Ovenproof dish and a container to take home in

Potato Topped Beef

Date:.....

500g Mince (beef, lamb, soya etc)
1 medium onion
1 stock cube
1 can baked beans
500g potatoes
30g butter
30g Cheese
Salt and pepper*
Oven proof dish

*** Can be provided by school if they are not in the cupboard at home.**