

Year 9 Food & Nutrition – Ingredients Summary

Cupcakes	Spicy Potato Wedges and Salsa	Chilli Con Carne*	Chicken Goujons and Mayonnaise	Bread Rolls	Cookies
Bring in: • 2 eggs • 75g self-raising flour • 75g soft margarine • 75g caster sugar • 6 paper cupcake cases	Bring in: • 2 medium potatoes • 3 or 4 large tomatoes • 1 white onion • 1 lime • 1 jalapeño pepper (or alternative) • 2 garlic cloves (optional) • Fresh coriander (optional)	Bring in: • Up to 450g minced beef • 1 onion • 1 pepper • 1 can chopped tomatoes • 2 cloves garlic (optional) • 2 tbsp tomato puree • 1 can red kidney beans / or kidney beans in chilli sauce / or baked beans	Bring in: • 80g breadcrumbs • 2 chicken breasts • 2 large egg • 240ml sunflower/vegetable oil • 1 garlic clove (optional)	Bring in: • 350g strong white flour • 1 egg	Bring in: • 150g self-raising flour • 100g caster sugar • 100g butter • Extras: e.g. chocolate chips, raisins, cranberries
School provides: • 0.5 tsp baking powder • 0.5 tsp vanilla essence • Cupcake cases (spares for students who cannot bring them in)	School provides: • 0.25 tsp Cajun spice • 0.25 tsp paprika • 0.25 tsp chilli powder • 2 tsp oil	School provides: • 1 tsp chilli powder • 1 tsp paprika • 2 tbsp oil	School provides: • 2 tbsp flour • Salt, pepper, Cajun seasoning, garlic granules • 1 tbsp white wine vinegar • 1 tbsp Dijon mustard	School provides: • 0.5 tsp salt • 0.25 tsp sugar • 0.5 sachet dried yeast	School provides: • 1 tbsp golden syrup
Bring in: Each week a suitably sized container is required to take food home.					

- * Please feel free to modify the quantities within these indicated recipes to suit the needs of your family
- Ingredients must be stored safely and correctly at the start of the school day
- The dates of each recipe will be communicated weekly to students

Choose:			
Standard Muffins	Chocolate Muffins	Orange or Lemon Muffins	Cherry and Coconut Muffins
Bring in: • 280g plain flour • 185ml milk • 125g sugar (115g + 10g) • 2 medium eggs • 8 muffin cases • Mix-ins: e.g. ○ 150g chocolate or fudge chunks ○ 150g blueberries + lemon rind ○ 100g marshmallows ○ 150g strawberries • Fillings (optional): e.g. ○ Jam ○ Chocolate spread ○ Lemon curd	Bring in: • 225g plain flour • 185ml milk • 125g soft light brown sugar (115g + 10g) • 55g cocoa powder • 2 medium eggs • 8 muffin cases • Mix-ins: e.g. ○ 150g chocolate chunks or fudge ○ 150g blueberries + lemon rind ○ 100g marshmallows ○ 150g strawberries • Fillings (optional): e.g. ○ Jam ○ Chocolate spread	As per standard or chocolate muffins, except: <u>Orange Muffins</u> • 2 oranges (for juice and rind) • Enough milk to top up orange juice to 185ml • 2 tsp orange extract (optional) <u>Lemon Muffins</u> • 2 lemons (for juice and rind) • Enough milk to top up lemon juice to 185ml • 2 tsp lemon extract (optional)	Bring in: • 280g plain flour • 185ml coconut milk • 125g sugar (115g + 10g) • 125g glacé cherries (plus 8 for on top) • 40g desiccated coconut • 2 medium eggs • 8 muffin cases
School provides: • 6 tbsp oil • 3 tsp baking powder • 1 tsp vanilla extract • Pinch of salt • Muffin cases (spares for students who cannot bring them in)	School provides: • 6 tbsp oil • 3 tsp baking powder • Pinch of salt • Muffin cases (spares for students who cannot bring them in)		School provides: • 6 tbsp oil • 3 tsp baking powder • 1 tsp vanilla extract • Pinch of salt • Muffin cases (spares for students who cannot bring them in)
Bring in: Each week a suitably sized container is required to take food home.			