

Year Ingredients List



	Ingredients required *Ingredients that are available from school if needed	Extra information
Fruit Salad	4-6 pieces of fruit such as apple, pear, plums, peach or nectarine, grapes. 1 carton (250ml) of fruit juice (e.g. apple, orange, pineapple)	Air tight container
Salsa and crudites	1 x large carrot ½ yellow pepper ½ cucumber 2 ripe tomatoes 1-2 spring onions Small handful of mint leaves and parsley – Chopped * 1 x 10ml spoon olive oil* 1 lemon	Air tight container(s)
Pizza Toast	2 slices bread (or a bagel or a piece of French stick sliced in half) 2 x 15ml spoons tomato pizza sauce or 1 Tbsp tomato puree or 1-2 salad tomatoes ½ yellow pepper 1 spring onion 1 mushroom 30g hard cheese, e.g. Cheddar, Edam, Gruyere ½ x 5ml spoon mixed herbs*	Pupils may choose other toppings instead of those listed but it should include at least 2 vegetables. Container
Couscous Salad	1 vegetable stock cube 1 medium tomato 1 spring onion ¼ cucumber ½ yellow pepper 4 dried apricots 1 x 15ml spoon parsley 2 x 15ml spoons low fat dressing	100g couscous will be provided by school. Choice of vegetables can be swapped if necessary Container
Pasta Salad	100g pasta shapes 1 carrot 50g of one of the following cooked sliced chicken/ham/tuna/ or 1 hard boiled egg 1 tomato ¼ cucumber 2 x 15ml spoons low fat dressing	Air tight container
Vegetable soup	1 onion 3 other portions of seasonal veg of your choice – e.g. carrot 1?4 swede, 1 turnip, 1 stick of celery, 1 potato, 1 leek 1 stock cube – chicken, beef or vegetable	Securely lidded container or wide necked flask to take it home

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Carrot Cakes	75g margarine 125g carrots 100g sugar 1 large egg 100g Self raising flour 5g cinnamon* 65g sultanas	6 large muffin cases* Securely lidded container
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Any

ingredient marked with an* is available from school.

Please send pupils with reusable containers where possible.