

Ingredients List Year 8D2 Summer Term

Mr Wolfe

Remember to bring a container to take them home.

27th April – Tuesday - Potato Wedges

2 Large potatoes
2 tbsps oil

29th April – Wednesday – Pasta with tomato based sauce

150g pasta
1 tin chopped tomatoes
1 onion
1tbsp oil
50g mushrooms (optional)
1 stock cube
Herbs e.g. oregano

11th May – Monday – Pasta with white sauce – Macaroni Cheese

75g macaroni or pasta shapes
250 mls milk
50g ham
25g flour
25g margarine
100g grated cheese

12th May – Tuesday - Risotto

150g arboria rice or long grain rice
1 onion
Mushrooms/peppers –either or both
Peas (optional)
Sweetcorn (optional)

13th May – Wednesday - Bread rolls

250g Strong flour
1 tsp Yeast
½ tsp salt

18th May – Monday – Pizza

£1 for base
150g grated cheese
Choose 2 of – ham/pineapple/mushrooms/pepperoni/chorizo/fresh tomatoes