

Ingredients List Year 7A Autumn Term 2016 - Miss Gullam
Remember to bring a container to take them home.

21nd September - Using the grill – Cheese on toast

1 slice of bread
1 slice of ham
1 chopped tomato (optional)
1 slice of cheese or 50g grated cheese

29th September - Sandwich

2 slices of bread (white or brown)
Filling of your choice(ham, cheese, tuna etc)
Lettuce
Tomatoes
Cucumber (all are optional)
Margarine - provided by school

6th October – Using the hob – Vegetable soup

2 carrots
2 small onions
2 medium sized potatoes
1 vegetable stock pot
2 celery stalks
1 tin of chopped tomatoes
Container to take home

13th October - Using the oven - Rock cakes

200g Self Raising flour
75g BLOCK margarine
75g granulated sugar
1 egg
75g dried fruit or a pack of chocolate chips

20th October Teisen lap

110g Butter
225g Plain flour
110g Sugar
110g Dried mixed fruit
1 Tablespoon Baking powder
1/2 Teaspoon Grated nutmeg – provided by school
2 Eggs, beaten
150 ml Milk

HALF TERM

10th November - Pizza Whirls

200g Self Raising flour

50g BLOCK margarine

150ml milk

Tube of Tomato Puree

75g grated cheese

17th November - Scones

200g Self Raising flour

50g BLOCK margarine

1 egg

125ml milk

25g sugar

Optional – 75g dried fruit, cherries, choc chip.

24th November & 8nd December - Muffins

280g Plain Flour

125g Caster sugar

2 eggs

250ml milk

6 tbs sunflower oil

3 tsp baking powder

1 tsp vanilla essence – provided by school

175g of flavouring of your choice – chocolate chips, mixed fruit, , fresh fruit, vegetables etc)

12 muffin cases