

Ingredients List Year 7S Autumn Term 2016 - Mrs McGibney

Remember to bring a container to take them home.

28th 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

30th 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

5th 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

12th October - Tuesday - Rock cakes

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

19th 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

4th November - Pizza Whirls

200g Self Raising flour
50g BLOCK margarine
150ml milk
Tube of Tomato Puree
75g grated cheese

9th November - Scones

200g Self Raising flour
50g BLOCK margarine
1 egg
125ml milk
25g sugar
Optional – 75g dried fruit, cherries, choc chip.

**23rd November &
2nd 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