



# Year 8 Ingredient List

*A container is always required to take food home.*



Nut free school

*We are limited in space to store left-over containers. Labelling containers allows us to return them promptly. We know they do not come cheap.*

<p><b><u>18<sup>th</sup> September – 29<sup>th</sup> September</u></b>  <b><u>Bread</u></b>          200g strong or plain flour          1 sachet of dried yeast</p>	<p><b><u>16<sup>th</sup> October – 3<sup>rd</sup> November</u></b>  <b><u>Fruit Loaf</u></b>          1 teaspoon sunflower oil          75g raisins          1 heaped teaspoon ground cinnamon          1 banana          4 tablespoons low-fat natural yogurt          175g wholemeal flour          1 teaspoon bicarbonate of soda</p>
<p><b><u>20<sup>th</sup> November – 1<sup>st</sup> December</u></b>  <b><u>Bolognaise</u></b>          1 onion          1 carrot          1 celery stick          250g minced beef          400g canned chopped tomatoes          2 tbsp tomato puree          1 tsp mixed herbs</p>	<p><b><u>4<sup>th</sup> January – 26<sup>th</sup> January</u></b></p> <p style="text-align: center;"><b>HOUSE COMPETITION</b></p> <p><i>The school provides all the ingredients for the house competitions free of charge.</i></p>
<p><b><u>29<sup>th</sup> January – 9<sup>th</sup> February</u></b>  <b><u>Macaroni Cheese</u></b>          100g macaroni <b>OR</b> a small cauliflower cut into florets          100g Cheddar cheese          1 tomato          25g butter          25g plain flour          250ml semi-skimmed milk</p> <p><i>A casserole dish or foil dishes with lids</i></p>	<p><b><u>4<sup>th</sup> March – 15<sup>th</sup> March</u></b>  <b><u>Independent task: Muffins</u></b>          You will need a recipe that is achievable in 35 minutes.          The recipe can be sweet or savoury.          The recipe must be for muffins, not cupcakes.          You will need the ingredients and muffin cases.</p>





<p><u>15<sup>th</sup> April – 26<sup>th</sup> April</u></p> <p><b><u>Cheesecake</u></b></p> <p>200g Strawberries          10 chocolate digestives          50g butter          150g strawberry yogurt          200g soft cream cheese          150ml double cream</p> <p>Tin foil tray/dish to put cheesecake in</p>	<p><u>13<sup>th</sup> May – 24<sup>th</sup> May</u></p> <p><b><u>Pizza</u></b></p> <p>200g strong white flour          1 sachet fast-action dried yeast          200g passata          1 ball of mozzarella          Basil</p>
<p><u>17<sup>th</sup> June – 28<sup>th</sup> June</u></p> <p><b><u>Final Remake</u></b></p> <p>Remake and show mastery to any dish from the Year 8 course</p>	



Please check Google Classrooms weekly for changes/updates

A container is always required to take food home.

Any dietary/cultural needs may be adapted to suit the needs of the student.

At the start of the practical day, put the dry ingredients on the trolley, and cold ingredients in the fridge – labelled.

Food must be collected at the end of the school day, and is discarded at the end of the week.

Once home, food should be refrigerated, and eaten within 24 hours

Cooked foods should be re-heated to above 70° C for 2 minutes

