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A container is always required to take food home.





We are limited in space to store left-over containers. Labelling containers/tupperware will allow us to return them promply as we know they do not come cheap.





























A selection of fruits such as:

1 clementine

Grapes grapes

1 kiwi fruit

1 banana

1 apple

2 tbsp orange juice

16th October – 3rd November Vegetable Couscous

1 vegetable stock cube

100g couscous

1 spring onion

¼ cucumber

½ yellow pepper

4 dried apricots

Fresh parsley

2 x 15ml spoons dressing

20th November – 1st December Flapjack.

75g dried apricots

150g oats

50g sugar

50g butter or margarine

2x15ml spoons golden syrup

4th January – 26th January

HOUSE COMPETITION

The school provides all the ingredients for the house competitions free of charge.

29th January – 9h February Scones

250g self-raising flour

1x5ml spoon mustard powder

50g butter or margarine

75g hard cheese

150ml milk

4th March – 15th March

Fruit Crumble

150g plain flour

50g butter or margarine

50g oats

25g sugar

4 eating apples/rhubarb

50g sultanas

Ovenproof dish or foil tray









































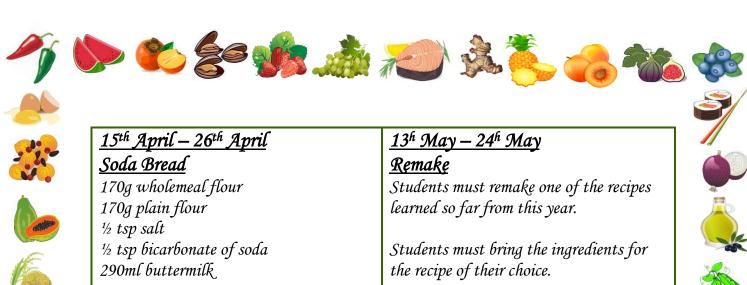












17th June – 28th June Jam Buns

340g Self Raising Flour 85g Butter 120g Caster Sugar Jam of choice 100ml Milk



Please check SachelOne weekly for updates/changes

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 due to hygiene 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

































































