

Year 7 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/tupperware will allow us to return them promptly as we know they do not come cheap.

18th September -29th September

Fruit Salad

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 – 9th 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





15th April – 26th April
Soda Bread
 170g wholemeal flour
 170g plain flour
 ½ tsp salt
 ½ tsp bicarbonate of soda
 290ml buttermilk

13th May – 24th May
Remake
 Students must remake one of the recipes learned so far from this year.

 Students must bring the ingredients for the recipe of their choice.

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

