

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast	Wheat biscuits with raisins and milk	Banana on wholemeal toast with spread	Hardboiled egg quarters with toast fingers and cherry tomato quarters	Porridge (with milk) and mashed mixed berries	Shredded wheat and milk with raisins
Morning snack	Selection of fresh seasonal fruit or veg	Hummus*, carrot sticks and breadsticks	Selection of fresh seasonal fruit or veg	Mackerel dip* with breadsticks and pepper sticks.	Selection of fresh seasonal fruit or veg
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Vegetarian bean chilli with jacket potato halves*	Salmon and pea pasta*	Homemade pizza with a lentil and tomato sauce*	Roast chicken (or quorn fillet) with roast potatoes, seasonal veg and gravy.	Chicken (or chickpea) and vegetable curry with rice*
	Baked peaches with vanilla sauce*	Berry crumble*	Stewed apple and custard*	Carrot and sultana mini pancakes*	Rice pudding with fruit*
Afternoon snack	Rice cakes with cream cheese and cherry tomato quarters	Selection of fresh seasonal fruit or veg	Crackers with cream cheese and apple slices	Selection of fresh seasonal fruit or veg	Oatcakes, cottage cheese and red pepper sticks
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea	Lentil and carrot soup with mini bread roll*	Beans on toast with veg sticks	Cous cous salad with chicken*	Wholemeal egg sandwiches and side salad	Mexican bean and cheese wrap with red pepper and celery*
	Fruit and natural yoghurt	Fruit and natural yoghurt	Fruit kebabs	Fruit and natural yoghurt	Fruit and natural yoghurt

- Fresh drinking water is available throughout the day
- Allergens of all foods can be found displayed in the kitchen. Please request this information from the staff if required
- All meals are homemade. Please ask us for the recipes if you would like to try making them for your family at home
- All sauces, gravies and baked beans are low sugar and low salt versions
- All nut butters are smooth and 100% nut with no added sugar
- Full fat dairy products will be provided to children Under 2
- Meals will be adapted to ensure they are suitable for infants aged 6-12 months

\* = Recipe provided below

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge with mashed banana.	Wheat biscuits with milk and mixed berries	Banana and apricot bagels*	Shredded wheat and milk with raisins	Nut butter toast fingers and satsuma segments
Morning snack	Pitta bread fingers with tuna pate and carrot sticks*	Selection of fresh seasonal fruit or veg	Rice cakes with mint and cucumber yoghurt dip	Selection of fresh seasonal fruit or veg	Crackers with cheese cubes and cucumber sticks
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Spaghetti Bolognese with hidden veggies*	Creamy chicken and leek hotpot served with broccoli*	Turkey stir-fry with noodles*	Mediterranean pie served with green beans*	Fish pie with sweet potato topping served with sweetcorn and peas*
	Poached pears and custard*	Rice pudding with chopped fruit*	Pineapple upside down cake *	Fruity frozen yoghurt*	Creamy apricot dessert*
Afternoon snack	Selection of fresh seasonal fruit or veg	Plain popcorn and seasonal fruit/veg	Selection of fresh seasonal fruit or veg	Crumpets, soft cheese and pepper sticks	Selection of fresh seasonal fruit or veg
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Tea	Scrambled egg and spinach on toast	Pasta and bean salad	Minestrone soup*	Mini vegetable quiches*	Hummus and grated carrot pinwheels.
	Fruit and natural yoghurt	Fruit and natural yoghurt	Fruit and natural yoghurt	Fruit kebabs	Fruit and natural yoghurt

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## **Recipes to accompany menu**

Please note that these recipes are a rough guide that can be adapted and exact portions sizes are not given.

For infants aged 6-12 months, stock cubes and bullion powder should be omitted from recipes. All recipes can be adapted to ensure they are the appropriate texture e.g. mashed or finger food for infants.

### **Week 1**

#### **Monday**

**Vegetarian bean chilli with jacket potato halves** (makes approx. 8 child size portions) -  
*Adapted from First Steps Nutrition Trust*

#### **Ingredients:**

- 4 large jacket potatoes (approx. 200g each) – 100g per child
- 1 ½ tablespoons vegetable oil
- 1 small onion, peeled and diced
- 1 teaspoon low salt bouillon powder
- 1 red pepper, de-seeded and diced
- 2 large tomatoes, diced
- 400g red kidney beans (use the beans and the water they are in)
- 1 teaspoon chilli powder
- 1 teaspoon dried mixed herbs

#### **Method:**

1. Prick the potatoes with a fork and place in a hot oven for approx. 40 minutes until tender.
2. Meanwhile, heat the oil in a large pan, add the diced onions and bouillon powder and fry, stirring all the time, until the onions soften.
3. Add all the other ingredients and simmer gently, stirring regularly, for about 10 minutes until all the vegetables are soft.
4. Serve over cooked jacket potato halves.

**Baked peaches and Vanilla Sauce** (serves approx. 10 children)

#### **Ingredients:**

- 5 peaches, halved
- 500ml milk

- 1 heaped tablespoon cornflour
- ½ teaspoon vanilla extract
- 1 teaspoon caster sugar

**Method:**

1. Heat the oven to 180C/fan 160C/gas 4. Put the peach halves in a tray bake for for 15-20 minutes, or until soft but still holding their shape.
2. Meanwhile, mix a small amount of the milk with the cornflour to make a smooth paste.
3. Heat the remaining milk with the vanilla extract, sugar and cornflour mixture on a low heat until it thickens.
4. Serve the sauce of the peach halves.

**Lentil and Carrot Soup** (makes approx. 8 child size portions) – *Adapted from First Steps Nutrition Trust*

**Ingredients:**

- 2 tablespoons vegetable oil
- 1 clove garlic, crushed
- 1 teaspoon low salt bouillon powder
- 3-4 large carrots, peeled and diced (about 350g prepared weight)
- 165g dried red lentils
- 1 litre water

**Method:**

1. Heat the oil in a large pan, add the garlic, bouillon powder and carrots, and fry gently, stirring regularly, for 5 minutes.
2. Add the lentils and water and bring to the boil, stirring occasionally.
3. Simmer for about 20 minutes until the lentils are soft.
4. Either serve the soup as it is, with chunks, or mash, sieve or blend to make a smooth soup

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**Tuesday**

**Hummus**

**Ingredients:**

- 400g can chickpeas, drained

- 2 tablespoons olive oil
- 100g full fat soft cheese
- Juice of 1 lemon
- 1 garlic clove, crushed
- 1-2 tablespoons tahini (sesame seed paste)

**Method:**

1. Place all the ingredients into a food processor and blend until smooth.
2. Add peas or red peppers or beetroot to offer a variety of colours, tastes and textures

**Salmon and pea pasta** (makes approx. 6 child size portions) - *Adapted from BBC Good Food*

**Ingredients:**

- 240g pasta
- 1 tablespoon vegetable oil
- 1 small onion, finely chopped
- 140g frozen peas
- 2 skinless salmon fillets, cut into small chunks
- 140g crème fraîche
- ½ low salt vegetable stock cube
- Small bunch chives, snipped

**Method:**

1. Bring a pan of water to the boil and cook pasta according to the pack instructions.
2. Meanwhile, heat oil in a saucepan then add the onion and cook for 5 mins or until softened.
3. Add the frozen peas, salmon chunks, crème fraîche and 50ml water. Crumble in stock cube.
4. Cook for 5-7 mins until the fish is cooked through.
5. Stir in small bunch snipped chives and some black pepper.
6. Stir the sauce into the pasta.

**Berry Crumble** – *Adapted from Change4Life*

**Ingredients:**

- 200g frozen cherries
- 200g frozen summer fruits

- 150g plain flour
- 75g lower-fat spread
- 30g porridge oats
- 1 tbsp demerara or granulated sugar

**Method:**

1. Preheat the oven to 180°C, fan oven 160°C, gas mark 4.
2. Put the frozen cherries and berries into a baking dish (there's no need to thaw them).
3. Put the flour into a large mixing bowl and add the lower-fat spread, rubbing it in with your fingertips until the mixture looks like fine breadcrumbs. Stir in the porridge oats and sugar.
4. Sprinkle the crumble topping evenly over the fruit. Place the dish on a baking tray and bake for 30-35 minutes.

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**Wednesday**

**Homemade vegetable pizza with lentil and tomato sauce** (Makes 4 large pizzas) - *Adapted from BBC Good Food*

**Ingredients:**

For the pizza dough

- 150g wholemeal flour
- 350g strong white flour
- 1 ½ tsp dried fast action yeast
- 1 tbsp olive oil

For the tomato sauce

- 100g red lentils, cooked according to packet instructions
- 1 can chopped tomatoes
- 1 small garlic clove
- Pinch of dried thyme

For the toppings

- 160g grated cheddar and mozzarella cheese
- 1 pepper, cut into strips
- 1 courgette cut into rounds
- 1 can salt-free sweetcorn, drained

### Method:

1. To make the dough, put both flours into a large bowl, then stir in the yeast. Make a well, pour in 400ml warm water and the olive oil and mix with a wooden spoon until you have a soft, fairly wet dough. Bring together with a light knead in the bowl then turn onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside. Leave the dough to rise if you have time but it's not essential for a thin crust.
2. To make the sauce, blitz the tomatoes, cooked lentils, garlic and thyme, either in a food processor or using a hand blender.
3. Heat oven to 240C/fan 220C/gas 8.
4. If the dough has had time to rise, give it a little knead in the bowl, then split into four balls. On a floured surface, roll out two of the balls into wide circles using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift these onto two floured baking sheets or pizza trays.
5. Smooth sauce over bases with a spoon. Scatter with the toppings.
6. Cook for around 10-15 mins until crisp.

**Custard** (serves approx. 10 children) - *Adapted from First Steps Nutrition Trust*

### Ingredients:

- 500ml milk
- 50g custard powder

### Method

- Mix a little of the milk and all of the custard powder in a bowl until smooth.
- Heat the rest of the milk in a saucepan until hot, then pour over the custard powder and mix well. Return the pan to the heat and stir continuously to avoid lumps.
- When the mixture starts boiling, slightly lower the heat. Continue stirring until the custard thickens.

**Note:** the custard is made without sugar as this often isn't needed if served with sweet fruit. If you choose to add sugar it should only be a very small amount e.g. 25g for 10 portions.

**Cous cous salad with chicken** (serves approx. 12 children)

### Ingredients:

- 200g instant couscous
- 250ml boiling water

- Juice of half a lemon
- 1 tbsp vegetable oil
- 2 tomatoes
- A chunk of cucumber
- A quarter each of red and yellow peppers, washed and chopped into small pieces
- 1 spring onion, sliced finely
- Lots of chopped herbs: mint, parsley or coriander
- 1 large chicken breast, cooked and chopped into small pieces
- Black pepper

**Method:**

1. Put the couscous in a bowl and add the boiling water. Stir it around with a fork until it soaks up all the water – this will take a few minutes.
2. Add the lemon juice and the oil and fluff it up with the fork again.
3. Add the chopped vegetables, chicken and herbs and some black pepper.

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**Thursday**

**Mackerel Dip**

**Ingredients:**

- 1 can of mackerel in oil
- 100g/ full fat soft cheese
- Juice of 1 lemon
- Black pepper

**Method:**

1. Drain away the oil and remove the skin from the mackerel.
2. Place the fish and soft cheese in the bowl and mash together thoroughly with a fork.
3. Cut the lemon in half and squeeze out the juice, add to the fish mixture.
4. Season with pepper.

**Sultana and carrot mini pancakes (makes 8) - Adapted from Change4Life**

**Ingredients:**

- 100g wholemeal self-raising flour
- 1 tsp ground mixed spice
- 1 large egg



- 80g grated carrot
- 4 tbsp low-fat, lower-sugar plain yoghurt
- 100ml semi-skimmed milk
- 30g sultanas or raisins
- 1 tsp vegetable oil

**Method:**

1. Put the flour, mixed spice, egg, grated carrot, yoghurt and milk into a large mixing bowl and use a hand whisk or fork to mix together thoroughly.
  2. Stir in the sultanas or raisins.
  3. Heat a non-stick frying pan over a medium heat. Add 2-3 drops of oil. Cook tablespoonfuls of the batter in batches, turning them over after 1-2 minutes to cook the other side.
  4. Make 8 drop scones altogether, adding a further 2-3 drops of oil to the frying pan with each batch.
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**Friday**

**Chicken and vegetable curry - Adapted from Annabel Karmel**

**Ingredients:**

- 2 tbsp vegetable oil
- 2 chicken breasts cut into chunks
- 1 onion, peeled & chopped
- 1 garlic clove, crushed
- 1 medium apple, peeled & thinly sliced
- 100 g baby sweetcorn, cut into quarters
- 1 tbsp Korma curry paste
- 1/2 tbsp mango chutney
- 1 tbsp tomato puree
- 100 g frozen peas
- 150 ml coconut milk
- 1 low salt chicken stock cube dissolved in 150ml boiling water
- Black pepper
- Rice to serve

**Method:**

1. Heat 1 tbsp oil in a wok or frying pan and stir-fry the chicken for about 4 minutes.
2. Remove chicken and set aside.

3. Heat the remaining oil in the wok and sauté the onion and garlic for 3 minutes.
4. Next, add the apple and sweetcorn and stir-fry for 3 minutes.
5. Add the korma curry paste, mango chutney, tomato purée, frozen peas, coconut milk, chicken stock and chicken pieces and simmer for 15 to 20 minutes.
6. Season with pepper and serve with rice.

\*Replace the chicken for chickpeas and use a low salt vegetable stock cube for vegetarians.

**Rice pudding with fruit** (makes approx. 8 child size portions) – *Adapted from First Steps Nutrition Trust*

**Ingredients:**

- 85g pudding rice
- 850ml milk
- 30g sugar
- Fruit to serve – see note

**Method:**

1. Place the rice, milk and sugar in a saucepan and heat gently, stirring all the time, until the mixture just comes to the boil.
2. Turn the heat down and, stirring regularly, allow to simmer gently for about 20 minutes while the rice absorbs the milk.

**Note:** this can be served with a variety of fruit including raisins, dried apricots, mashed/sliced banana, mixed frozen berries etc.

**Mexican bean and cheese wraps** (serves approx. 5 children) – *Adapted from First Steps Nutrition Trust*

**Ingredients:**

- 1 x 400g can five bean salad, no added sugar and salt, drained
- 2 ½ wraps tortilla wraps, halved 150g
- 80g cheddar cheese
- 25g lettuce
- Pepper and celery sticks to serve

**Method:**

1. Mash the mixed beans with a fork.

2. Grate the cheese and roughly chop the lettuce.
  3. Divide the beans between the wraps and top with some cheese.
  4. Roll up and slice as needed.
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## Week 2

### Monday

#### **Pitta bread fingers with tuna pate and carrot sticks** (serves 4) – *Adapted from First Steps Nutrition*

##### **Ingredients:**

- 1 can (160g) tuna in water, drained (drained weight 112g)
- 2 tablespoons (50g) Greek yoghurt
- Juice of 1/2 lemon
- 2 pitta breads
- 1 large carrot, washed, topped and tailed, peeled, and cut into sticks

##### **Method:**

1. To make the tuna pâté, mix together the drained tuna, yoghurt and lemon juice.
2. Toast the pitta bread and cut into slices.
3. Serve with the tuna pâté and carrot sticks.

#### **Spaghetti bolognese with hidden veggies** – *Adapted from Change4Life* (makes approx. 8 child sized portions)

##### **Ingredients:**

- 300g extra-lean minced beef
- 400g chopped tomatoes
- 300g dried spaghetti
- 1 large onion, finely chopped
- 2 garlic gloves, crushed or finely chopped
- 2 tbsp tomato purée
- 2 tsp dried mixed herbs
- 1 red pepper, deseeded and chopped
- 3 handfuls mushrooms (cup or button), sliced
- 1 carrot, finely chopped
- 1 courgette, chopped
- 150ml reduced-salt vegetable or chicken stock

- 1 pinch ground black pepper

**Method:**

1. Heat a large saucepan and add the minced beef, a handful at a time, cooking until browned. Add the onion and cook for another few minutes.
2. Add all the remaining ingredients to the pan, apart from the spaghetti. Bring to the boil, then lower the heat and simmer gently for 15 to 20 minutes.
3. When the sauce has been cooking for 10 minutes, start to cook the spaghetti. Bring a large saucepan of water to the boil, add the pasta and bring back to the boil. Stir well and cook for 8 to 10 minutes, until tender.
4. Season the bolognese sauce with pepper. Drain the spaghetti and serve with the sauce.

**Poached Pears – Adapted from First Steps Nutrition (serves approx. 8)**

**Ingredients:**

4 large pears

**Method:**

1. Peel the pears, remove the core and cut into quarters.
2. Place the pears in a saucepan of gently simmering water and poach for about 15 minutes.
3. Remove the poached pears and place in a serving bowl.

**Custard – please see Wednesday - Week 1**

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**Tuesday**

**Creamy Chicken and Leek Hotpot – Adapted from First Steps Nutrition (Makes approx. 8 child sized portions)**

**Ingredients:**

- 2 tablespoons vegetable oil
- 2 large leeks (about 200g), washed and sliced into 1cm slices
- 3 large carrots (about 300g ), peeled and cubed
- 2-3 stalks celery (about 100g), washed and sliced
- 300g chicken breasts, cubed
- 400g potatoes, washed and cubed
- 100g frozen green beans, chopped

- 500ml water
- 200g low-fat soft cheese

**Method:**

1. Heat the oil in a large pan. Add the leeks, carrots, celery and chicken and fry for 2 to 3 minutes.
  2. Add the potatoes, green beans and water, bring to the boil and simmer for about 20 minutes until the vegetables and chicken are cooked.
  3. Turn off the heat, stir in the soft cheese until evenly distributed and serve immediately.
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**Wednesday**

**Banana and apricot bagels – Adapted from Change4Life (serves 8)**

**Ingredients:**

- 4 wholemeal bagels, sliced in half
- 80g low-fat soft cheese
- 40g ready-to-eat dried apricots, chopped
- 2 bananas, sliced

**Method:**

1. Preheat the grill. Lightly toast the cut sides of each bagel.
2. Mix the low-fat soft cheese and apricots together and spread over the bagel bases.
3. Top with sliced banana and sandwich the bagel tops in place.

If you can't eat dairy products, leave out the soft cheese. Mash the banana and spread over the toasted bagel, then sprinkle the chopped apricots on top.

**Turkey Stir Fry – Adapted from Change4Life (makes approx. 8 child size portions)**

**Ingredients:**

- 125g dried egg noodles, medium or fine
- 1 small orange, juiced
- 1 tbsp reduced-salt soy sauce
- 1 tbsp cornflour
- 1 tbsp vegetable oil

- 350g skinless turkey breast, cut into strips
- 5 spring onions, thinly sliced
- 1 pepper, any colour, deseeded and thinly sliced
- 1 carrot, cut into thin strips
- 2 celery sticks, thinly sliced
- 1 handful mushrooms (cup or button), sliced
- 1 pinch ground black pepper

#### **Method:**

1. Put the noodles into a heatproof bowl and cover with boiling water. Soak for 6 minutes, or follow the instructions on the packet.
2. Next, mix together the orange juice, soy sauce and cornflour until smooth. Set to one side. Heat the oil in a wok or very large frying pan.
3. Add the turkey and stir-fry briskly for 3-4 minutes. Add the spring onions, pepper, carrot, celery and mushrooms. Stir-fry over a high heat for another 3-4 minutes, until the turkey is cooked. The vegetables should remain crisp and crunchy.
4. Give the orange juice mixture a good stir, then add it to the stir-fry and cook for a few moments until thickened. Drain the noodles well, then add them to the turkey mixture. Serve at once.

#### **Alternative ideas:**

For a vegetarian version, replace the turkey with a 300g pack of firm tofu cut into chunks, or Quorn chicken-style pieces.

Or if you prefer, leave out the noodles and cook 150g long grain rice to serve with the stir-fry.

#### **Pineapple Upside Down Pudding – Adapted from Children’s Food Trust (serves 10)**

##### **Ingredients**

- 1 x 432g can (drained weight 275g) Pineapple, canned in natural juices or fresh
- 75g Self-raising flour
- 75g Caster sugar
- 75g Soft margarine
- 1½ (75g) Eggs)
- Glacé cherries 35g

##### **Method:**

1. Preheat the oven to 180°C/350°F/gas mark 4

2. Drain the pineapple, if using canned, or peel and prepare fresh pineapple.
3. Put the flour, sugar, margarine and eggs into a bowl and beat for 2–3 minutes.
4. Grease an ovenproof dish and lay out the pineapple rings and glace cherries.
5. Top the pineapple with the sponge mixture and bake in the oven for 30 minutes.

**Easy Minestrone Soup with lentils** – *Adapted from First Steps Nutrition* (makes approx. 8 child size portions)

**Ingredients:**

- 50g small pasta pieces or pasta for soup
- 500g carton of passata or 1 large can (400g) chopped tomatoes
- 1 x 400g tin haricot beans drained
- 350g frozen mixed vegetables
- 2 tablespoons vegetable oil
- 1 teaspoon bouillon powder
- 1 teaspoon dried mixed herbs or 1 tablespoon fresh parsley, finely chopped
- 800ml water

**Method:**

1. Add all the ingredients to a large pan.
2. Bring to the boil stirring occasionally so the pasta doesn't stick to the bottom.
3. Turn the heat down and simmer for about 15 to 20 minutes until the pasta is cooked.
4. Stir well before serving.

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**Thursday**

**Mediterranean pie** – *Adapted from First Steps Nutrition* (makes approx. 8 child size portions)

**Ingredients:**

- 1.4kg (1,400g) potatoes, washed and diced, or peeled and diced
- 100ml semi-skimmed milk
- 2 tablespoons vegetable oil
- 1 small onion, peeled and diced
- 1 teaspoon garlic paste or 1 clove garlic, crushed
- 1 teaspoon bouillon powder
- 1 red pepper, washed, de-seeded and sliced
- 1 courgette, washed, topped and tailed and cut into cubes

- 1 large can (400g) chickpeas, drained and rinsed (drained weight 240g)
- 1 large can (400g) chopped tomatoes
- 1 teaspoon dried mixed herbs
- 40g sunflower seeds

**Method:**

1. Boil the potatoes in water for about 15 minutes until soft. Drain and mix with the semi-skimmed milk, mashing to a desired consistency.
2. In a large pan, heat the vegetable oil and add the onion, garlic and bouillon powder. Fry gently, stirring, until the onion softens.
3. Add the red pepper, courgette, chickpeas, tomatoes and dried mixed herbs. Simmer until all the vegetables are soft.
4. Put the vegetable mixture in an ovenproof bowl and top with the mashed potato. Sprinkle the sunflower seeds on the top.
5. If the potato and filling are both still hot, you can just grill the top of the pie before serving. Otherwise heat the pie through in a hot oven (180°C / 350°F / Gas 4) for about 10 to 15 minutes.

**Instant Fruity Frozen Yoghurt**

**Ingredients:**

- 250g of frozen fruit of your choice
- 250g Greek yoghurt

**Method:**

1. Blend the frozen fruit and yoghurt in a blender for 20 seconds until a smooth ice-cream like texture. Scoop into bowls and serve straight away or store in the freezer.

**Mini Vegetable Quiches – Adapted from HENRY**

**Ingredients:**

- 4-6 large tortilla wraps
- 6 eggs
- A little milk
- A small head of broccoli
- 2-3 handfuls of frozen mixed vegetables
- 160g hard cheese grated (e.g. cheddar)



- A little vegetable oil

**Method:**

- Heat the oven to 160C/140C fan/gas 4. Using the pastry brush apply a little vegetable oil around the inside of each of the holes in the muffin tin.
- Using the 12cm cutter or small plate cut 2-3 circles from each tortilla wrap. You may need to adjust the size of the circles to fit the muffin tin.
- Use the circles to line the 12 holes of the muffin tin, carefully pushing them into the holes to make cases. Put a selection of vegetables in each case.
- Beat the eggs with a little milk and pour into each tortilla case. Fill to below the lip to avoid it boiling over in the oven and making the cases stick to the pan.
- Add grated cheese on top. Bake until the egg has set, around 25 mins.

\* Any fresh or frozen vegetables can be used in this recipe - cherry tomatoes, chopped red peppers and mushrooms work well

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**Friday**

**Fish pie with sweet potato topping** – *Adapted from Children's Food Trust (serves 5 )*

**Ingredients:**

- 350 g sweet potato, peeled
- 100 g white, floury potatoes, peeled
- 80 g salmon, fresh
- 80 g haddock, fresh
- 50 g smoked haddock, fresh
- 250 ml whole milk
- 20 g soft margarine
- 15 g plain flour

**Method:**

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Chop the potato into 2cm cubes. Boil in water for 15 minutes or until soft.
3. Meanwhile put the salmon, haddock and smoked haddock in a large pan, cover with the milk (reserving some for the mashed potato) and simmer for 20 minutes or until the fish is cooked.
4. Remove the fish, check for bones and set aside. Reserve the milk.
5. Drain the potatoes and then mash with enough margarine and milk to make smooth consistency.
6. Prepare a roux white sauce: melt the remaining margarine in a pan on a low heat.

7. Once the margarine has melted, add the flour and mix well. Gradually add the milk used to poach the fish to the margarine and flour mixture, stirring continuously until the sauce is smooth and thick.
6. Flake the fish into the white sauce, taking care to remove all bones.
7. Pour the fish mixture into a large ovenproof dish and top with the mashed potato.
8. Bake in the oven for 30 minutes or until piping hot throughout.

### **Creamy Apricot Dessert** – *Adapted from Children's Food Trust (serves 10)*

#### **Ingredients:**

- 150 g Mascarpone cheese
- 300g Plain whole milk yoghurt
- 512g (2 x 400g cans, drained) canned apricots, in juice, drained

#### **Method:**

1. Beat together the mascarpone and yoghurt.
2. Drain the apricots and purée them
3. Swirl the apricot purée into the creamy mixture.

#### **Alternative ideas:**

Use a variety of canned fruit in natural juice

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