

	Y7	Y8	Y9
1	<b>Fruit Crumble</b> <b>Ingredients</b> 125g Self Raising Flour 50g Margarine/Butter 50g Sugar 500g Fresh Fruit (e.g. Cooking Apples, Rhubarb, Blackberries) 75g Sugar (for the Fruit)	<b>Carrot Cake</b> <b>Ingredients</b> 100g Soft Brown Sugar and 75g Margarine/Butter 2 Eggs 2 Pineapple rings chopped (optional) 100g Carrot grated (1 whole Carrot) 2 Tablespoons sultanas 50g Wholemeal Flour + 50g Self-raising Flour 1 Teaspoon baking powder and 1 Teaspoon mixed spice (available in school)	<b>Chocolate Chip Cookies</b> <b>Ingredients</b> 100g Butter/Marg 75g Brown Sugar and 75g White Sugar 1 Medium Egg 1tsp Vanilla Extract (available at school) 200g Plain Flour $\frac{1}{2}$ Teaspoon of Bicarbonate of Soda (available at school) 100g Chocolate Chips/MnM's/Smarties
2	<b>French Bread Pizza</b> <b>Ingredients</b> $\frac{1}{2}$ SMALL French bread baton/stick 1 Tube/jar Tomato puree 100g Grated Cheese 2 different pizza toppings such as; Tomato, Pepper, Onion, Pepperoni, Ham etc.	<b>Ragu Sauce &amp; Pasta</b> <b>Ingredients</b> 1 Onion 1 Clove garlic, peel and crush at school 1 tbsp Oil 1 x 400g Tin chopped tomatoes 1 Handful of fresh basil or Dried and 250g Pasta Shapes	<b>Traditional Bolognese</b> <b>Ingredients</b> 2 Tablespoons of Olive Oil or any Oil 1 Medium Onion, 1 Carrot, 1 Celery stick 2 Garlic cloves, 2 Bay leaves (optional) 250g Lean Mince or an alternative 1 Teaspoon of sugar and salt & pepper to season (available at school) 1 x 400g Tin Tomatoes (Chopped), Tablespoon Tomato Purée, 1 Beef Stock cube.
3	<b>Scones*</b> <b>Ingredients</b> 225g Self-Raising flour 40g Sugar 50g Mixed Dried Fruit 75g Margarine or Butter $\frac{1}{4}$ Pint Milk (approx 125ml) 1 Large Egg	<b>Vanilla Cupcakes*</b> <b>Ingredients</b> 110g Soft Butter or Marg 110g Sugar 2 Large Egg $\frac{1}{2}$ tsp Vanilla extract (available at school) 110g Self Raising Flour	<b>Butterfly Flavoured Cup Cakes</b> <b>Ingredients</b> 110g Soft butter or Marg, 110g Sugar, 2 Large Eggs, 110g Self Raising Flour. $\frac{1}{2}$ Teaspoon Vanilla extract (available at school) $\frac{1}{2}$ Teaspoon Baking Powder (available at school)  <b>Topping:</b> 3 Tbsp Strawberry/Raspberry Jam and Sprinkles. Buttercream: 300g Icing Sugar, 150g Butter. <b>2 tsp Flavouring:</b>
4	<b>Stir fry</b> <b>Ingredients</b> 1 Tablespoon oil 1 Garlic clove 1 x Raw Chicken breast (or alternative) $\frac{1}{2}$ Red pepper 1 Tablespoon soy sauce 30g/1oz Mangetout, Green beans or Sugar snap peas 100ml/3 $\frac{1}{2}$ fl oz. Chicken stock 1 Nest of egg noodles/rice noodles.	<b>Chilli</b> <b>Ingredients</b> 1 Onion, 1 Clove of Garlic, 1 Bell pepper 10ml of Oil (Tablespoon) 250g of Mince/Quorn 10g of Plain Flour (available at school) 1 Stock Cube, 1 Tin of Tomatoes 1 Small tin of Kidney Beans 1 tbsp Tomato Puree 1 tbsp Chilli Powder (available at school)	<b>Chicken Nuggets</b> <b>Ingredients</b> 1 - 2 Chicken Breast 1 Container Bread crumbs (approx 175g) 2 Large Eggs or 3 Medium 150g Plain Flour Seasoning
5	<b>Flapjack</b> <b>Ingredients</b> 100g Butter/Marg 100g Sugar 100g Golden Syrup 200g Rolled Oats ( <b>Not Ready Break or Oatso Simple</b> )	<b>Oatie Biscuits</b> <b>Ingredients</b> 50g Sugar 75g Butter/Marg 2 Tablespoons Golden Syrup 100g Wholemeal Flour 1 tsp Baking Powder (available in school)	<b>Sausage Rolls</b> <b>Ingredients</b> 225g Plain Flour 150g Butter (chilled) or Marg/Lard Pinch salt (available at school)  225g Sausage Meat or an alternative. 1 Egg/milk to glaze
6	<b>Cheesy Pasta Bake</b> <b>Ingredients</b> 1pt/500ml Milk (Full fat is best!) 30g Butter + a bit extra 30g Plain Flour + a bit extra 175g Cheddar Cheese Grated ( <b>NOT</b> low fat) 200g <b>Cooked</b> Macaroni (or other pasta shapes)	<b>Pizza</b> <b>Base Ingredients</b> 175g Strong Bread Flour 1 tsp Fast Action Dried Yeast Pinch of Salt (available at school) 2 tbsp Oil <b>Toppings:</b> 2 Tablespoons tomato purée (or other sauce) 50g quantities of a variety of meat (cooked), fish and/or vegetables, 100g grated cheese	<b>5 Ingredient Challenge</b>
DART	<b>Scones*</b>	<b>Vanilla Cupcakes*</b>	<b>5 Ingredient Challenge</b>