

CONTENT

SHEPHERDS PIE.....	1
BEANIE COTTAGE PIE.....	2
SAUSAGE CASSEROLE.....	3
CHICKEN,CARROTS AND BROCCOLI LASAGNE.....	4
MOUSSAKA.....	5
PASTA	
FAGIOLI.....	6
CHILLI CON CARNE.....	7
PIZZA WITH A HERBY SCONE BASE.....	8
SALMON AND BROCCOLI	
PASTA.....	9
FISH PIE WITH SWEET POTATO	
TOPPING.....	10
KHEEMA LOAF.....	11
MIXED VEGETABLE RISOTTO.....	12
TUNA,TOMATOES AND BEAN	
BAKE.....	13
BEEF AND VEGETABLE	
ENCHILADAS.....	14
TANDOORI FISH BITES.....	15
CHILLI CHICKEN JACKET	
POTATO.....	16
CREAMY MUSHROOM PIE.....	17
BUTTERNUT SQUASH AND KALE CURRY.....	18
ROAST TURKEY WITH ROAST POTATOES AND	
CARROTS.....	19
CHICKEN PIE WITH BROCCOLI.....	20
SALMON PESTO TRAYBAKE WITH BABY ROAST	
POTATOES.....	21
FISH AND LEEK CRUMBLE.....	22
TAMALE	
PIE.....	23

BEEF STROGANOFF.....	24
APPLE AND CELERIAC SOUP.....	25
CHINESE VEGETABLE STIR-FRY.....	26
ROASTED BUTTERNUT SQUASH-FRITTATA.....	27
ROASTED VEGETABLE AND PESTO QUICHE.....	28
CARAMELISED ONION AND GOAT'S CHEESE PIZZA.....	29
PASTA WITH SAUSAGE AND SPINACH IN A CREAMY TOMATO SAUCE.....	30
TURKEY MINCE LASAGNE WITH SIDE SALAD.....	31
SPICY LAMB CURRY.....	32
INDIAN BURGER.....	33
AZTEC SUN PIE.....	34
HOMEMADE CHICKEN PIE.....	35
CHICKEN AND LEEK RISOTTO.....	36
PORK AND CHEESE MEATBALLS WITH HIDDEN VEGETABLE TOMATO SAUCE NOODLES.....	37
PAELLA FOR ALL.....	38
CARABBEAN CHICKEN.....	39
THE OLD SCHOOL HOUSE TUNA PLAIT.....	40
TUNA AND CHEESE PASTA BAKE.....	41
FISH PIE WITH VEGETABLE LAYER.....	42
VEGETABLE CURRY.....	43
BEAN KOFTAS ON A BED OF TOMATO SOUP.....	44
CHICKPEA CURRY AND SAVOURY RICE.....	45
COURGETTE PROVENCAL.....	46
PAN FRIED TURKEY ESCALOPES WITH PEAR,APPLE AND RED ONION SALAD.....	47

Deserts:

CORNFLAKE CRISPY CAKES.....	48
EGG FREE VINEGAR CAKE.....	49
ROCK CAKES.....	50
GLUTEN FREE RHUBARB FOOL.....	51
GLUTEN FREE CHOCOLATE SQUARES.....	52
MARS BAR CAKE.....	53
FRUIT SURPRISE.....	54
ORGANIC EGG AND DAIRY FREE BANANA MUFFINS.....	55
FRUIT LOAF.....	56
FRESH FRUIT LOLLIES.....	57
HOMEMADE RICE PUDDING WITH SULTANAS.....	58
EVE'S PUDDING WITH CUSTARD.....	59
APPLE,CINNAMON AND DATE CRUMBLE WITH CREAM.....	60
APPLE AND RHUBARB CRUMBLE.....	61
BANANA AND CINNAMON RICE PUDDING.....	62
SEMOLINA AND BLACKBERRY COMPOTE.....	63
BANANA LOAF.....	64
SHREWSBURY BISCUITS.....	65
GINGERBREAD MEN.....	66
EASTER BUNNIES.....	67
HONEY DOUBLES.....	68
PINEAPPLE UPSIDE DOWN PUDDING.....	69
CARROT CAKE.....	70
PEAR AND COCOA SPONGE.....	71
BANANA BUNS.....	72
COCOA AND BEETROOT CAKE.....	73
BANANA AND PEAR CUSTARD.....	74
OAT AND RAISIN COOKIES.....	75
BRAN AND DATE BISCUITS WITH SATSUMA SEGMENTS.....	76
APPLE,CINNAMON AND DATE CRUMBLE WITH YOGHURT.....	77

GLUTEN-FREE BROWNIES.....	78
CHOCOLATE BISCUIT CAKE.....	79
SPOTTED DICK AND CUSTARD.....	80
CHINESE EGG CAKE.....	81
FROZEN YOGURT BARK.....	82
TODDLER MUFFINS.....	83
ROCKY ROAD HEDGEHOG.....	84
MICROWAVE ORANGE AND ALMOND SYRUP CAKE.....	85
COOKIES AND CREAM POPCORN.....	86
CARAMEL TEE VEE SLICE.....	87
BERRY BAKE WITH PASSION FRUIT DRIZZLE.....	88

SHEPHERDS PIE

A GOOD WAY TO ENSURE CHILDREN EAT VEGETABLES AZ THEY ARE DISGUISED IN THE MEAT MIXTURE.SOYA MINCE CAN BE USED INSTEAD OF LAMB MINCE.
PREPARATION TIME:15 MINUTES.COOKING TIME:45-50 MINUTES.MAKES 20 SERVES

Ingredients:

350g Fresh lean lamb mince

1 tbsp Olive oil

1 large Onion,finely chopped

2 large Carrots,finely chopped

½ Swede, finely chopped

1 tbsp Vegetable bouillon granules

1.5kg Potatoes, peeled and finely diced

350ml Water

2 tbsp Tomato puree

½ cup Milk

½ tsp each Dried thyme and parsley

1 tbsp Butter

Handful cheese, grated



Method:

1. Fry the onion for 5 minutes in olive oil and chopped carrots and swede and cook until soft

2. Remove vegetables and keep to one side

3. Brown the minced lamb or soya mince
4. Stir in tomato puree, water and bouillon
5. Cover and cook gently for 25-30 minutes
6. Meanwhile cook the potatoes until soft, mash and then add milk and butter
7. Spoon mixture into an ovenproof dish and cover with the mashed potato mixture and sprinkle with grated cheese
8. Bake in a preheated oven at 180°C and bake until golden brown.

BEANIE COTTAGE PIE

The children love the beans in the beanie cottage pie! High in protein.
Preparation time: 15 minutes. Cooking time: 40 minutes. Makes 40 serves.

Ingredients:

- 2 Onions, chopped
- 4 Carrots, peeled and grated
- 2 tsp Diced parsley
- 1 kg Lean minced beef or lamb
- 1 litre Stock
- 1 tsp Dried mint
- 2 tins Baked beans, drained
- 1 tsp Marmite (optional)
- 8 oz Mushrooms, sliced
- 2 kg Potatoes, peeled and chopped
- 2 tsp Butter and dash milk