

	Y7	Y8	Y9	
1	Fruit Crumble Ingredients 125g Self Raising Flour 50g Margarine/Butter 50g Sugar 500g Fresh Fruit (e.g. Cooking Apples, Rhubarb, Blackberries) 75g Sugar (for the Fruit)	Carrot Cake Ingredients 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)	Chocolate Chip Cookies Ingredients 120g Butter/Marg 75g Brown Sugar and 75g White Sugar 1 Medium Egg 1tsp Vanilla Extract (available at school) 180g Plain Flour $\frac{1}{2}$ Teaspoon of Bicarbonate of Soda (available at school) 150g Chocolate Chips	
2	French Bread Pizza Ingredients $\frac{1}{2}$ 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.	Ragu Sauce & Pasta Ingredients 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	Traditional Bolognese Ingredients 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	Scones* Ingredients 225g Self-Raising flour 40g Sugar 50g Mixed Dried Fruit 75g Margarine or Butter $\frac{1}{4}$ Pint Milk (approx 125ml) 1 Large Egg	Vanilla Cupcakes* Ingredients 110g Soft Butter or Marg 110g Sugar 2 Large Egg $\frac{1}{2}$ tsp Vanilla extract (available at school) 110g Self Raising Flour	Butterfly Flavoured Cup Cakes Ingredients 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) 100ml Milk Topping: 3 Tbsp Strawberry/Raspberry Jam and Sprinkles. Buttercream: 300g Icing Sugar, 150g Butter. 2 tsp Flavouring:	
4	Stir fry Ingredients 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.	Chilli Ingredients 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)	Beef Curry Ingredients (Real Meals) 1 onion, 1 Clove of Garlic, 1 Apple 250g Beef or an alternative 1 tbsp Oil 25g Sultanas 1 tsp Curry Powder (available at school) 1 tsp Ginger (available at school) 1 tbsp Tomato Purée	Chicken Nuggets Ingredients 1 - 2 Chicken Breast 1 Container Bread crumbs (approx 175g) 2 Large Eggs or 3 Medium 150g Plain Flour Seasoning
5	Flapjack Ingredients 100g Butter/Marg 100g Sugar 100g Golden Syrup 200g Rolled Oats (Not Ready Break or Oatso Simple)	Easy Millionaires Shortbread Ingredients 250g Shortbread biscuits broken crushed 55g Butter/Marg 150g Brown Sugar 397g Tin Carnation Condensed Milk 200g Cooking Chocolate/Dark Chocolate	Sausage Rolls Ingredients 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	Pie (sweet or savoury) Ingredients (Real Meals) 100g Plain Flour 50g Butter/Marg Filling: 500g Fruit (eg Apples & Blackberries) or 2 cooked chicken breast, Campbell's cream of chicken soup, mixed frozen veg (approx cup)
6	Cheesy Pasta Bake Ingredients 1pt/500ml Milk (Full fat is best!) 30g Butter + a bit extra 30g Plain Flour + a bit extra 175g Cheddar Cheese Grated (NOT low fat) 200g Cooked Macaroni (or other pasta shapes)	Pizza Base Ingredients 175g Strong Bread Flour 1 tsp Fast Action Dried Yeast Pinch of Salt (available at school) 2 tbsp Oil Toppings: 2 Tablespoons tomato purée (or other sauce) 50g quantities of a variety of meat (cooked), fish and/or vegetables, 100g grated cheese	Dem - Tunnocks Tea Cake Presentation Ingredients Tunnocks Tea Cakes Presentation ingredients (optional to teacher)	
DART	Scones*	Vanilla Cupcakes*	Tunnocks Tea Cake Presentation	