



<p><u>Practical 1: Fruit Salad</u></p> <p>Bring in up to 5 fruits 1 small carton of orange or apple juice</p>	<p><u>Practical 6: Fajitas**</u></p> <p>2 tortilla wraps 100g chicken (1 breast) 1/4 pepper 1/4 onion 4 tbs chopped tomato 1 tsp chilli or fajita mix optional 25g grated cheese 2 ds tsp sour cream</p>
<p><u>Practical 2: Nachos and salsa</u></p> <p>2 tortilla wraps 2 medium tomatoes 1 garlic clove 1/2 red onion 1/2 lime</p>	<p><u>Practical 7: Ragu</u></p> <p>1 onion 1 clove of garlic 1 tbs oil 1 x 400g tin of tomatoes handful of fresh basil</p>
<p><u>Practical 3: Croque Monsieur**</u></p> <p>75g hard cheese, e.g. Cheddar, Edam, Gruyere 1 tomato or quarter of an onion. 2 slices bread 2 slices ham</p>	<p><u>Practical 8: Crumble</u></p> <p>130g Plain flour 25g Oats 75g Margarine (or butter) diced 50g Caster Sugar 1 tin of any fruit 75g (or 1 piece) fresh fruit e.g. 1 apple</p>
<p><u>Practical 4: Fruit Muffins</u></p> <p>120g self-raising flour 1/2tsp baking powder 50g caster sugar 60ml vegetable oil (4tbs) 1 egg 1 carton of yoghurt (125ml) 150g fresh fruit e.g. 100g berries, 2 apples, 2 small bananas</p>	<p><u>Practical 9: Scones</u></p> <p>200g SR flour 50g hard margarine Pinch salt 125ml milk Options Cheese - 75g grated cheese/50g sugar/50g sultanas</p>
<p><u>Practical 5: Pasta Salad</u></p> <p>100g pasta Selection of ingredients from your planning</p>	<p><u>Practical 10: Cheese Straws</u></p> <p>100g plain flour 75g cheese 50g butter 1 egg</p>

Things to remember:

Please bring in a suitable container that won't spill in your bag

Put all ingredients in the fridge first thing in the morning

On Friday at 3pm all food left in the fridges will be thrown away and containers will be washed

If you have any issues with bringing your ingredients, please speak to your food teacher a few days before your lesson

**These lessons are assessed practical's