GREEN GROUP

Year 6 Food Ingredients Lists

We understand that your child may not like all ingredients listed. However, please do not change them too much as these recipes have been carefully planned to ensure we are practicing key skills (eg. chopping, grating, grill or oven use). Children will be told what can be swapped out so please speak to your child about this. If you need to discuss this further, please do not hesitate to contact me.

Mrs K Pugh

1. Pizza Toast – Thursday 17th September ● 1 ciabatta or a bagel or a chunk of baguette ● 2 tablespoon of tomato puree ● Half a pepper ● 1 spring onion ● 30g hard cheese (grated) **Tin foil to wrap it in!** **APRON/ OLD T-Shirt!**	**2. Tomato Soup – Thursday 1st October** ● 1 small onion ● 1 clove of garlic ● 1 tbsp tomato puree ● 1 vegetable stock cube ● 400g chopped tomatoes ● Small handful of basil ● Salt and pepper to season **Leakproof container to transport home** **APRON/ OLD T-Shirt**	**3. Omelette – Thursday 15th October** ● 2 slices of ham ● 1 spring onion ● 2 eggs ● 50g cheese ● Herbs of your choice if you want to add them **Lunch box or tub to transport home!** **APRON/ OLD T-Shirt!**
4. Mexican Bean Burger - Thursday 5th November ● 400g canned kidney beans (rinsed and drained) ● 100g breadcrumbs ● 1 egg ● 100g fresh salsa ● Small bunch of coriander (optional) ● 1 tsp mild chilli powder or paprika (optional) **Tin foil to wrap them in** **Lunch box or tub to transport home!** **APRON/ OLD T-Shirt!**	**5. Cheesecake - Thursday 26th November** ● 80g biscuits (digestives work best) ● 30g hard butter ● 200g full fat cream cheese ● 100ml double cream ● 30g icing sugar ● ¼ tsp vanilla essence ● Decorations for the top - fruit, chocolate chips, sprinkles etc (optional) **You will need a container to make this in and then transport it home. Please also provide a lid or foil to cover.** **APRON/ OLD T-Shirt!**	**6. Cheese biscuits – Thursday 10th December** ● 100g plain white flour ● ½ x 5ml spoon of mustard powder (optional) ● 50g butter or margarine ● 50g Cheddar cheese **Lunch box or tub to transport home!** **APRON/ OLD T-Shirt!**