

Year 7 Shopping List

Lesson		
1	Health and Safety Equipment	No ingredients needed A 60p contribution will be asked for to provide oil, salt, pepper etc throughout the year.
2	Fruit Smoothie Eatwell Plate	40p for milk and ice cream Handful of soft fruit – banana, strawberries, raspberries etc
3	Fruit salad	Apple, orange, Lemon + 3 other types of fruit Container to take food home
4	Pizza Toast Or Croque Monsieur	2 slices of bread, 30ml pizza sauce/tomato puree, ½ pepper, 4-5 mushrooms, spring onion, 40g cheese, teaspoon mixed herbs OR 40g cheese, 1 tomato, 1 slice of ham, 2 slices of bread
5	Flapjack Or Tropical Granola Bar	150g Oats, 50g sugar, 50g butter/margarine, 30ml golden syrup, 75g dried apricots OR 50g butter/margarine, 30ml honey, 100g sugar, 150g jumbo oats, 5ml cinnamon, 40g pumpkin seeds, 40g desiccated coconut, 75g tropical dried fruit Small round/square baking tin to bake and take home in
6	Vegetable Chowder Or Minestrone Soup	1 onion, 1 carrot, 1 leek, 1 celery stick, 500ml stock, pinch of coriander OR 1 onion, 1 garlic clove, 1 bacon rasher, 1 carrot, 1 celery stick, 800ml stock, 1 tomato, ¼ cabbage, 5ml mixed herbs, 25g pasta Container to take soup home in – Flasks are difficult for pupils to transfer into!
7	Apple Crumble Or Savoury Crumble	100g plain flour, 50g butter/margarine, 50g oats, 25g sugar, 2 apples, 50g extra sugar if using cooking apples, 50g sultanas (optional) OR 100g whole meal flour, 40g butter/margarine, 50g cheese, 50g oats, 2 leeks, 1 pepper, 4 mushrooms, 1 can chopped tomatoes, pinch of mixed herbs Ovenproof dish to bake and take home in
8	Macaroni Cheese Or Tuna Broccoli Pasta	100g macaroni, 100g cheese, 1 tomato, 25g butter/margarine, 25g flour, 250ml milk OR 100g pasta, 40g cheese, 100g broccoli, 25g butter/margarine, 25g plain flour, 250ml milk, pinch oregano, 100g canned tuna, 50g sweetcorn Ovenproof dish to bake and take home in
9	Scone Based Pizza	150g Self raising flour, 25g butter/margarine, 1 egg, 30ml milk, 75g cheese, 3x15ml spoon tomato puree or passata, other suitable toppings Container to take food home in
10	Chicken Stir Fry Or Veggie Stir Fry	100g noodles, 1 chicken breast, ½ red chilli, 1 garlic, ½ onion, ½ pepper, 3 mushrooms, 10ml soy sauce OR 100g noodles, ½ chilli, 1 garlic, ½ onion, ½ pepper, 3 mushrooms, 1cm fresh, 10ml soy sauce Container to take food home in



11	Cheese and Onion Triangles	50g Cheddar cheese, ½ small onion, 100g plain flour, 50g butter or margarine, 1 egg Container to take food home in
12	Tomato and Basil Tart	100g plain flour, 50g butter or margarine, 2 tomatoes, Handful of basil leaves, 2 eggs, 125ml semi-skimmed milk, 50g cheese, e.g. Mozzarella, Gruyere or Cheddar, Black pepper Round cake tin, ovenproof dish or foil container to bake in and take home
13	Fish and Veg Stack Or Spicy Bean Burger	1 carrot , 1/2 courgette, 1 piece of fish, e.g salmon (approx 200g), 1/2 slice bread, e.g granary, 1 spring onion, 25 g cheddar cheese, 1 x 5ml spoon dried mixed herbs, Black pepper OR 1 slice of bread, 1 x 400g can red kidney beans, 1/2 onion, 1 medium green chilli, 1 x 5ml spoon ground, chilli powder, 1 x 5ml spoon dried herbs Container to take home in
14	Tomato Ragu Or Ratatouille	1 onion, 1 clove garlic, 400g canned chopped tomatoes, handful of fresh basil, black pepper OR 1 onion, 1 clove garlic, 1 small aubergine, 1 green pepper, 1 courgette, 1 can chopped tomatoes (400g), 1 handful fresh basil Container to take home in
15	Spinach Curry Or Lamb Korma	1 onion 1 clove garlic, 2 x 15ml spoons curry paste, 1 large potato, 400g can chopped tomatoes, 410g chickpeas, canned , 3 handfuls of fresh spinach OR 1 clove, 1 clove of garlic, 1 black peppercorn, 1 cardamom pod, 200g lamb leg steaks, 1/2 small cauliflower, 1/2 green chilli, 1/2 x 5ml spoon turmeric, 1/2 x 5 ml spoon ground cumin, 1/2 x 5ml spoon chilli powder, 50ml plain yogurt, pinch black pepper, 1 x 15ml spoon coriander Container to take home in
16	Grilled Breakfast	Pupils may choose from the following options and do not need each ingredient: 1-2 sausages, 1-2 rashers bacon, 1 tomato, handful mushrooms, 1 egg, 2 slices of bread, 1 hash brown, 1 can beans, any vegetarian alternatives Pupils will not need a container as they will eat the breakfast in lesson
17	Bread Rolls	7g Yeast, 200g strong flour, 10g butter Container to take home in
18	Mini Carrot Cakes Or Fruity Muffins	150g margarine, 250g carrots, 200g sugar, 2 eggs, 200g flour, 2 x 5ml cinnamon, 2 x 5ml baking powder, 125g sultanas OR 250g self raising flour, 2 x 5ml spoons of baking powder, 100g caster sugar, 230ml semi skimmed milk, 1 egg, 60ml oil, 150g canned fruit, drained Muffin cases and container to take home
19	Small Cake Experiment	Ingredients will be provided for this practical
20	Free Choice	Pupils can make any dish that they have completed this year already or that they have missed from the shopping list Container to take food home

