

<u>Sausage rolls</u>	<u>Focaccia bread</u>	<u>Pizza Pin Wheels</u>	<u>Pizza</u>	<u>Breakfast energy bars</u>	<u>Muesli Breakfast bars</u>	<u>Blueberry & Oat Muffins</u>	<u>Chicken goujons</u>	<u>Chicken curry</u>
GREEN WEEK 19th September 2022 ORANGE WEEK 26th September 2022	GREEN WEEK 3rd October 2022 ORANGE WEEK 10th October 2022	GREEN WEEK 17th October 2022 ORANGE WEEK 31 October 2022	GREEN WEEK 7th November 2022 ORANGE WEEK 14th November 2022	GREEN WEEK 21st November 2022 ORANGE WEEK 28th November 2022	GREEN WEEK 5th December 2022 ORANGE WEEK 12th December 2022	GREEN WEEK 9th January 2023 ORANGE WEEK 16th January 2023	GREEN WEEK 23rd January 2023 ORANGE WEEK 30th January 2023	GREEN WEEK 6th February 2023 ORANGE WEEK 13th February 2023
Ingredients 250g sausage meat ½ onion 1 packet puff pastry Egg wash	Ingredients 250g strong white flour 1 tsp salt 1 sachet (7g) dried easy blend yeast 1 tbsp olive oil 200ml cold water olive oil , for drizzling fine sea salt	Ingredients 250g strong flour 1 x 5ml spoon of salt 1 x 5ml spoon of sugar 1 x 7g packet of fast acting dried yeast 150ml warm water 1 x 15ml spoon of oil For the filling: 1 small ball of mozzarella cheese or 50g Cheddar Cheese 1 small onion 3 mushrooms 1 small tomato Handful of fresh basil 1 small jar of tomato pizza sauce or 2-3 x 15ml spoons of tomato puree	Ingredients 250g strong bread flour teaspoon salt packet dried yeast tin tomatoes 1 onion at least 1 vegetable chopped up 1 cooked protein 100g grated cheese 1 x tablespoon oil 100ml hand hot water	Ingredients 100g butter 200g clear honey 200g rolled oats 150g mixed seeds 100g toasted flaked almonds 100g sultanas 50g ground almonds 2 x teaspoon sesame seeds	Ingredients 100g butter, softened 25g golden caster sugar 1 medium egg yolk 50g oats 25g oatmeal 75g wholemeal plain flour ½ x tea spn baking powder 25g dried apricots, chopped 25g sultanas	Ingredients 200g plain flour 80g oats 2 x teaspoon baking powder 150g light muscovado sugar 1 medium egg, 284ml carton buttermilk 60ml vegetable oil 125g blueberries	Ingredients 1 or 2 chicken breast 2-3 slices of bread 1 eggs 50g Flour	Ingredients 2 or 3 boneless chicken thighs Tin Tomatoes Stock Cube 1 onion tablespoon tomato puree