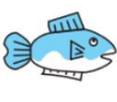
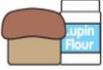


Allergen Information Sheet: Week 1

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Crumpets with soft dairy/non-dairy cheese		Crumpets					Soft cheese							
Chicken and borlotti bean curry (fortified coconut milk base), brown rice		Beans												
Mac and cauliflower cheese (made with dairy/non-dairy cheese) with peas		Pasta					Cheese		Mustard					
Mac and cauliflower cheese (made with dairy/non-dairy cheese) with peas		Pasta					Cheese		Mustard					
Rice cakes with fruit yoghurt							Yoghurt							
Five bean chilli on jacket potatoes		Beans												
Creamy sweetcorn pasta and green salad and vegetable sticks		Pasta					Cheese							
Thick sweetcorn chowder with wholemeal bread	Vegetable stock	Pasta					Milk							
Warm baked bread with spread and cucumber sticks		Bread												
Fish curry with rice, peas and carrots (made with fortified coconut milk)														
Sandwiches: cucumber, dairy/non-dairy cheddar cheese or hummus. Served with salad		Bread					Cheese					Tahini		

Spiced carrot and apple stew with soft bread	Vegetable stock	Bread												
Breadsticks and chickpea hummus with pepper sticks		Breadsticks /chickpeas										Tahini		
Tuna and cherry tomato pasta with broccoli and homemade garlic bread		Pasta/ bread			Tuna									
Pizza dippers (dairy or non-dairy cheese) with vegetable sticks and leafy green salad and vegetable sticks		Pizza base					Cheese							
Chunky Mediterranean vegetable soup with pizza dippers (dairy or non-dairy cheese)	Vegetable stock	Pizza base					Cheese							
Wholemeal bagel with soft dairy/non-dairy cheese and cherry tomatoes		Bread					Soft cheese							
Winter barley and winter vegetable puff pie with mashed potato, peas and carrots	Vegetable stock	Pastry												
Jacket potatoes with mixed beans and dairy/non-dairy cheese, with green salad and vegetable sticks		Beans					Cheese							
Cheesy roots smash (dairy/non-dairy cheese) made with root vegetables with wholemeal toast							Cheese							

Tomato and lentil soup with pitta dippers	Vegetable stock	Pitta												
Tomato and lentil soup with pitta dippers	Vegetable stock	Pitta												
Unsweetened dairy/non-dairy yoghurt with peach slices and rice cakes							Yoghurt							
Singapore rice noodles with tofu and shredded rainbow vegetables (mushrooms, carrots, peppers, broccoli, onion, brussels sprouts)													Soy sauce/ tofu	
Mackerel pate or hummus on crackers with leafy green salad and cucumber sticks		Crackers			Mackerel		Soft cheese						Tahini	
Pea soup with wholemeal bread and spread	Vegetable stock	Bread												
White bean hummus on toast with carrot sticks		Bread											Tahini	
Spinach, sweet potato and lentil dahl with brown rice (made with fortified coconut milk)														
Ratatouille: stewed pepper, aubergine and tomatoes served with buttered wholemeal toast and dairy/non-dairy cheese	Vegetable stock						Cheese							
Ratatouille: stewed pepper, aubergine and tomatoes served with buttered wholemeal toast and dairy/non-dairy cheese	Vegetable stock						Cheese							

Tuna niçoise pasta (dressing made with dairy/non-dairy yoghurt)		Pasta			Tuna		Yoghurt							
Parsnip, spinach and sweet potato mash with pitta fingers (made with soft dairy/non-dairy cheese)		Pitta					Soft cheese							
Wholemeal bagel with soft dairy/non-dairy cheese and cherry tomatoes		Bagel					Soft cheese							
“Tibetan” coconut curry with brown rice (made with fortified coconut milk)	Vegetable stock													
Pumpkin soup with wholemeal bread and pumpkin seeds to sprinkle	Vegetable stock	Bread												
Pumpkin soup with wholemeal bread and pumpkin seeds to sprinkle	Vegetable stock	Bread												
Toasted English muffin with soft dairy/non-dairy cheese		Muffin					Soft cheese							
Southwestern chicken pesto pasta (pesto made with basil, spinach & pumpkin seeds) with crispy chickpeas and seasonal vegetables		Pasta and chickpeas												
Sandwiches: cucumber, dairy/non-dairy cheese or hummus. Served with salad		Bread										Tahini		
Lentil and cauliflower mash (made with soft dairy/non-dairy cheese) with soft wholemeal bread		Bread					Soft cheese							

Autumn/Winter Menu, Week 1, Monday: Chicken and borlotti bean curry (fortified coconut milk base) served with brown rice with seasonal vegetables

Allergy information*

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Sunflower/vegetable Oil	1 tablespoon	1-2 tablespoons
Onions chopped	40g	80g
White potatoes diced	300g	600g
Cooked Borlotti Beans (tin)	1 tin	2 tins
Fortified coconut milk (Koyo)	400ml	800ml
Ground turmeric	½ teaspoon	1 teaspoon
Ground cumin	½ teaspoon	1 teaspoon
Ground coriander	½ teaspoon	1 teaspoon
Fresh coriander finely chopped	20g	40g
Brown rice	200g (dried weight)	400g (dried weight)
Broccoli	1 head	2 heads
Chicken	250g pack	500g pack

Method

1.	Slice and cook the chicken in a pan, put to one side and stir into the non-vegetarian portion of sauce later.
2.	Finely chop the onion and fry in a large pan on a medium heat in oil until softened (around 10 minutes).
3.	Whilst the onions are frying, wash the potatoes and dice into 1cm cubes (no need to peel them). Add to pan and fry for 5 minutes.
4.	Add the other ingredients to the pan and simmer for 30 minutes until potatoes are soft and the sauce has thickened.
5.	Boil water in a pan and brown rice. Bring to the boil and cook for 15 minutes or until soft. Drain and rinse.
	Serve with steamed broccoli.

Autumn/Winter Menu, Week 1, Monday: Mac and cauliflower cheese (made with dairy/non-dairy cheese) with peas

Allergy information*

Gluten, mustard, milk

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Macaroni pasta	500g	1kg
Frozen cauliflower	1/8 x 900g bag	¼ x 900g bag
Non-dairy milk	200ml	400ml
Non-dairy/dairy cheddar cheese	¼ x 400g pack	½ x 400g pack
Dijon mustard	½ tsp	1tsp
Serve with:		
Frozen peas	¼ bag	½ bag

Method

1. Cook the macaroni in a pan of boiling water.
2. Place cauliflower in a saucepan cover with boiling water and cook for 5-6 minutes until the cauliflower has softened.
3. Make non-dairy/dairy cheese sauce by melting 2 tablespoons of non-dairy spread in a pan, adding 4 tablespoons of flour to make a paste and briskly whisking in hot non-dairy/dairy milk. Whisk in non-dairy/dairy grated cheese.
4. Once the cauliflower has cooked, drain it and add to a blender, along with the non-dairy/dairy cheese sauce and add Dijon mustard. Blitz until all the ingredients have combined. If it seems too thick then add a little extra non-dairy milk.
5. Drain the pasta, peas and broccoli and put in serving bowls.
6. Serve cheese sauce in jugs (half filled) for the toddlers and preschool to self-serve.

Autumn/Winter Menu, Week 1, Tuesday: Five bean chilli on jacket potatoes

Allergy information*

Gluten

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Mixed beans in tomato sauce	2 cans (400g)	4 cans (400g)
Passata	½ 690g bottle	½ 690g bottle
Olive oil	1 tsp	2 tsp
Onion, chopped	1	2
Garlic, crushed	1	2
Carrots, chopped	½	1
Peppers, chopped	1	2
Chilli powder (mild)	Small pinch	Small pinch
Potatoes		

Method

1.	In a large saucepan heat oil, add the onion, garlic, carrot and peppers and fry for five minutes until soft and golden.
2.	Add chilli powder and fry for a further minute.
3.	Add the beans and stir thoroughly to combine.
4.	Bring to the boil and then reduce to a simmer for 10 minutes. Stir occasionally.
	Serve with jacket potatoes.

Autumn/Winter Menu, Week 1, Tuesday: Creamy sweetcorn pasta and green salad and vegetable sticks

Allergy information*
Milk

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Sweetcorn (frozen)	125g (1/8 of a 1kg bag)	250g (¼ of a 1kg bag)
Pasta	500g	1kg
Dairy/non-dairy cheese, finely grated, plus more for serving	250g	500g
A little dairy/non-dairy milk to loosen if required		
Serve with green salad and vegetable sticks		

Method	
1.	Bring a large pot of water to a boil and cook the pasta per package directions. Reserve 1 cup cooking water, then drain pasta.
2.	Boil the sweetcorn for a few minutes, add some to a blender along with non-dairy cheese (if you have children who do not eat dairy), add a little pasta cooking water as required and puree until very smooth. Do the same with dairy cheese to make a dairy based sauce.
3.	Toss pasta with corn puree, adding some reserved pasta water if required, 1 tablespoon at a time. Fold in reserved corn.
	Serve with peas

Autumn/Winter Menu, Week 1, Tuesday: Thick sweetcorn chowder with wholemeal bread

Allergy information*

Gluten, celery, milk

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Onion, finely chopped	1	2
Garlic	1	2
Olive oil	1 tbsp	2 tbsp
Dried thyme	1 tsp	2 tsp
Potatoes, peeled and cut into small cubes	500g	1kg
Defrosted frozen sweetcorn	250g	500g
Vegetable stock (low salt)	250ml	500ml
Bay leaf	1	2
Smoked paprika	2 tsp	4 tsp
Nutritional yeast	1 tbsp	2 tbsp
Dairy/non-dairy milk	400ml	800ml

Method

1.	Heat the olive oil in a medium sized saucepan and gently fry the onions and garlic and celery in the olive oil until soft.
2.	Add the cubed potatoes to the onions, garlic and celery and cook for a further 2 minutes.
3.	Add the stock and bay leaf and thyme to the pan. Whisk well if you need to, bring to the boil and simmer for 20 minutes, ensuring potatoes are cooked through and soft.
4.	Divide the mixture into dairy and non-dairy portions. Add the dairy/non-dairy milk to the separate saucepans and bring to the boil again. Take off the heat, remove the bay leaf, then blend together with a hand blender.
5.	Add the sweetcorn, nutritional yeast and smoked paprika and chill ready for reheating later.
	Serve with wholemeal bread

Autumn/Winter Menu, Week 1, Wednesday: Fish curry with rice, peas and carrots (made with fortified coconut milk)

Allergy information*

Celery, fish

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Grated Ginger	5cm	10cm
Garlic	3	6
Cumin	1tsp	2tsp
Fenugreek	1tsp	2tsp
Ground coriander seeds	1tsp	2tsp
Turmeric	1tsp	2tsp
Coriander, fresh, chopped	Handful	Large handful
Reduced salt veggie stock cube	1	2
Yellow pepper	1	2
Red onion	2	4
New potatoes, chopped small	300g	600g
Baby sweetcorn	250g	500g
Fortified coconut milk (Koyo)	800ml	1.6L
Frozen white fish	260g	520g
Brown rice	300g	600g

Method

1.	Lightly sweat the garlic, ginger, spices and onion for a few minutes in a drizzle of oil until the onion is soft.
2.	If you think the spices are going to catch add a little water to prevent this.
3.	Add the coconut milk and veg stock and divide the mixture if some of the meals will be vegetarian. Add the frozen fish to one portion and chickpeas to the vegetarian portion. Simmer for a few minutes before adding the pepper and potatoes.
4.	Boil a pan of water and add sliced carrots, add the peas shortly before serving.
5.	Boil another pan of water to cook the brown rice.
6.	Once the potatoes are nearly cooked add the rest of the ingredients and simmer until the potatoes and are cooked.

Autumn/Winter Menu, Week 1, Wednesday: Spiced carrot and apple stew with soft bread

Allergy information*

Celery, gluten

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Ingredients	Quantity – serves 10	Quantity – serves 20
Carrots, small chunks	2 large	4 large
Ginger, grated	½ tsp	1 tsp
Apples, peeled and thinly sliced	1 large	2 large
Olive oil, to cook	1 tbsp	2 tbsp
Frozen mixed veg	250g	500g
Can chopped tomatoes	1	2
Onions, finely chopped	1 large	2 large
Mixed herbs	1 tbsp	2 tbsp
Garlic, crushed	1	2
Vegetable stock (low salt) as required		

Method

1.	Add the onions to a pan with oil and cook until soft.
2.	Add in the garlic, carrots and frozen mixed veg.
3.	Add in apples, chopped tomatoes and cook until the carrots are done.
4.	Add in the spices and finish off with mixed herbs, add vegetable stock as required.
	Serve with soft bread

Autumn/Winter Menu, Week 1, Thursday: Breadsticks and chickpea hummus with pepper sticks

Allergy information*
Gluten, sesame

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Chickpeas, rinsed	1 can	2 cans
Garlic	1 clove	2 cloves
Fresh lemon juice	¼ lemon	½ lemon
Tahini paste	½ tbsp	1 tbsp
Olive oil and water	As required to thin	

Method	
1.	Place all ingredients into a blender and whizz until desired consistency, if a little thick add a dash of olive oil and/or water to thin. Consistency should be a loose paste that will slowly run off a spoon.
	Serve with breadsticks

Autumn/Winter Menu, Week 1, Thursday: Tuna and cherry tomato pasta with broccoli and homemade cheesy garlic toasts (dairy or non-dairy cheese)

Allergy information*

Gluten, dairy

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Penne pasta	500g	1kg
Broccoli florets, cut into small pieces	1 head	2 heads
Olive oil	Drizzle	Drizzle
Cherry tomatoes, quartered	250g	500g
Garlic	2	4
Nutritional yeast	½ cup	1 cup
Lemon zest	½ lemon	1 lemon
Fresh herbs	Small handful	Handful
Tuna, flaked	1 can	2 cans
Wholemeal bread	3 slices	6 slices
Dairy/non-dairy cheese, grated	Small handful	2 small handfuls

Method

1.	Cook the pasta according to the packet instructions.
2.	Add in the broccoli 5 mins from the end to cook.
3.	Heat oil in a large pan, add in the garlic until soft, add in cherry tomatoes to warm, remove from the heat.
4.	Stir in the pasta, tuna, broccoli to coat in the oil and garlic.
5.	Add in all other ingredients.
6.	Make garlic toasts by toasting wholemeal brown bread, rubbing a garlic clove across the toasts, lightly sprinkling with dairy/non-dairy cheese and placing in a hot oven for a few minutes. Cut into triangles and drizzling olive oil.
	Serve with broccoli and garlic toasts.

Autumn/Winter Menu, Week 1, Thursday: Pizza dippers with vegetable sticks and leafy green salad

Allergy Information*
Gluten, milk

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Pizza bases (bought or handmade)	1.5	3
Tomato puree	½ x 200g tube	1x 200g tube
Courgette	½	1
Dairy/non-dairy cheese, grated	100g	200g
Spinach		
Vegetable sticks: Carrots/cucumber/pepper		

Method	
1.	Pre heat oven to 160 C.
2.	Roll out pizza dough to thin layer or set out pre-made bases.
3.	Add layer evenly of tomato puree.
4.	Grate courgette and squeeze out liquid, sprinkle on tomato puree.
5.	Grate cheese (dairy or non-dairy as required), sprinkle on top of courgette.
6.	Bake until lightly browned.
7.	Slice into small fingers when cooled.
8.	Serve with vegetable sticks and a leafy green salad.

Autumn/Winter Menu, Week 1, Thursday: Chunky Mediterranean vegetable soup

Allergy information*

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Courgettes, chunky chopped	1	2
Carrots, chunky chopped	1	2
Frozen butternut squash	½ x 500g pack	1 x 500g pack
Red peppers, deseeded and chopped into chunks	1	2
Chopped tomatoes	1 tin	2 tins
Garlic cloves, finely chopped	1	2

Method

1.	Tip all the ingredients into a pot.
2.	Simmer and stir gently until vegetables are soft.
3.	Allow to cool and refrigerate ready for reheating and blending/mashing/serving at teatime with pizza dippers.
	Serve with pizza dippers

Autumn/Winter Menu, Week 1, Friday: Winter barley and winter vegetable puff pie with mashed potato, peas and carrots

Allergy information*

Gluten, celery

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Olive oil	1 tbsp	2 tbsp
Pearl barley, rinsed	200g	400g
Plain flour	1 tbsp	2 tbsp
Carrot, cut into small chunks	3 large	6 large
Onion, finely chopped	1 large	2 large
Frozen mixed veg	250g	500g
Swede, chopped small chunks	1	2
Vegetable stock (low salt)	700ml	70ml
Bay leaf	1	2
Ready roll puff pastry (most are non-dairy)	½ pack	1 pack
Non-dairy milk for brushing		

Method

- Heat the oil in a large saucepan over a medium-high heat fry the carrot, onion and swede until browning.
- In a small bowl, gradually mix 50ml of the stock into the flour, until combined. Add to the pan along with the remaining stock, the bay leaf and thyme. Bring to the boil, then cover and simmer on a low heat.
- Add the barley, cover again and simmer for 1 hr or until the barley is just cooked. Pre heat oven to 180/200oc
- Tip into pie dish and discard the thyme and bay leaves.
- Unroll the puff pastry, discarding the paper. Roll out until large enough to cover the pie dish, if needed. Crimp the edges and use a knife to make a cross in the centre. Re-roll any leftover pastry to make a decorative shape, if you like, then put on top of the pie. Brush all over with the non-dairy milk, then bake for 45 mins until golden and puffed up. Leave to rest for 10 mins.

Autumn/Winter Menu, Week 1, Friday: Cheesy roots smash (dairy/non-dairy cheese) made with root vegetables with wholemeal toast

Allergy information*
Gluten, milk

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Parsnips, chunks	2 large	2 large
Swede, chunks	¼	½
Carrots, chunks	4 large	2 large
Sweet potato, chunks	2 large	1 large
White potatoes, chunks	2 large	1 large
Olive oil	Drizzle	Drizzle
Nutritional yeast	200g	400g
Dairy/non-dairy cheddar cheese	250g	500g

Method	
1.	Chop all veg into chunks, drizzle olive oil over and place in a large roasting tin. Roast for 30 mins until soft
2.	Mash with a fork, add nutritional yeast. Divide dairy and non-dairy portions and mix in cheese as required.
	Serve with wholemeal toast

Autumn/Winter Menu, Week 2, Monday: Lentil Spaghetti Bolognese with cheese (dairy/non-dairy cheese)

Allergy information*

Gluten, celery, milk

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Olive oil	1 tbsp	2 tbsp
White onion, peeled and finely diced	½ large	1 large
Cloves of garlic, peeled and finely diced	2	4
Carrots, peeled and chopped	1 large	2 large
Mushrooms, sliced	175g	250g
Celery, finely diced	1 sticks	2 sticks
Red pepper, finely diced	1	2
Tomato puree	1tbsp	2 tbsp
Dry green lentils	175g	350g
Tinned tomatoes	1 tin	2 tins
Water	525ml	1050ml
Reduced salt vegetable stock cube	½	1
Mixed herbs	½ tbsp	1 tbsp
Spaghetti pasta	500g	1kg
Dairy/non-dairy cheese	Small handful	2 small handfuls

Method

1. Place the onion, garlic, carrots, mushrooms, celery, red pepper in a large pan with the olive oil over a medium heat and cook for 10-15 minutes until soft.
2. Stir in the dried herbs. Add the tomato puree, tinned tomatoes, stock (dissolved into the water) and lentils, cook for 45-50 minutes, adding the water throughout to ensure it doesn't dry out.
3. Once the lentils are really soft, cook the pasta in a separate pan of boiling water, drain it.
4. Serve with dairy/non-dairy cheese for the children to sprinkle.

Autumn/Winter Menu, Week 2, Monday: Chickpea, sweet potato and cauliflower curry with pitta fingers (made with fortified coconut milk)

Allergy information*

Dairy, gluten

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Onions, finely chopped	1	2
Garlic cloves, crushed	1	2
Cauliflower head, cut into small pieces	½	1
Tin of chickpeas, strained	1	2
Sweet potato cut into small chunks	1	2
Carrot	1	2
Fortified coconut milk (Koyo)	400ml	800ml
Lime, juiced	½	1
Tomatoes, roughly chopped	Small handful	Large handful
Handful of fresh coriander, chopped	Small handful	Large handful
Mixed spice	1 tsp	2 tsp
Pitta breads	Pack of 5	2 x packs of five

Method

1.	Add in a large saucepan the chopped onion, garlic and mixed spice
2.	Add in the chopped tomatoes, cauliflower, sweet potato, carrot, chickpeas and coconut milk
3.	Once cauliflower is nearly cooked through finish with lime juice and fresh coriander.
	Serve with pitta fingers

Autumn/Winter Menu, Week 2, Tuesday: Polish style baked salmon (or tofu) with dill served with new potatoes and seasonal vegetables

Allergy information*

Fish, soya

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Salmon fillets	500g	1kg
Lemon	½	1
Fresh dill	Handful	Large handful
Tofu for children who require alternative to fish		
New potatoes	900g	1.8kg
Carrots	200g	400g
Peas	200g	400g
Foil		

Method

1.	Preheat oven to 180oC. Place a large piece of aluminium foil on a baking sheet. Set the salmon fillets on one half of the aluminium foil, leaving an inch or so of foil to fold up the edges. Do the same for the tofu in its own pouch.
2.	Cut the lemon in half and squeeze the juice over the salmon fillets and tofu. Sprinkle a generous amount of chopped dill.
3.	Fold the other half of the aluminium over the food and then pinch the edges together to seal. Place the baking pan in the oven and bake for 15 to 20 minutes, or until the salmon is just cooked through and is beginning to flake and the tofu is hot.
4.	Remove the baking pan from the oven and carefully open the aluminium foil to avoid getting burned by steam.
	Serve with new potatoes and seasonal vegetables.

Autumn/Winter Menu, Week 2, Tuesday: Roasted butternut squash and garlic soup with soft bread

Allergy information*

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Butternut squash	1	2
Garlic	2 bulbs	4 bulbs
Olive oil	Drizzle	Drizzle
Reduced salt vegetable stock	1ltrs	2 ltrs
Fresh thyme	Small handful	Large handful
Bread		

Method

1. Pre-heat oven to 400 F (200°C). Peel and deseed butternut squash and dice into 1" pieces.
2. Put butternut squash on a baking sheet and pour about a tablespoon of olive oil on it and move around with your hands to make sure all dice are well coated with oil. Then spread out evenly into one layer.
3. Peel off the paper-like outer layer of the garlic bulb, leaving intact the skins of the individual cloves and being careful to keep the bulb as a whole.
4. Cut the top part of the garlic in order to expose the upper part of every clove. Drizzle a few drops of olive oil onto each clove. Place garlic bulb in foil and cover, put into the oven for 40 mins or until soft.
5. Take out from the oven and transfer squash and garlic into a pot, add stock, 1 teaspoon very finely chopped fresh thyme and bring to the boil.
6. Put butternut squash and garlic in the oven for about 40 minutes or until soft and golden.
7. Once hot, remove from heat and blend with blender until smooth. Add more broth or water if needed to reach desired consistency.

Autumn/Winter Menu, Week 2, Wednesday: Chicken (or mixed bean) and mushroom stroganoff with dark leafy greens and brown rice

Allergy information*

Milk

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Olive oil	1 tbsp	2 tbsp
Onion, chopped	2	4
Garlic, crushed	2	4
Mixed beans	1 tin	2 tin
Chicken breast	250g pack	500g pack
Mushrooms	250g	500g
Low salt vegetable stock	1.5ltrs	3ltrs
Double cream (and “Oatly” non-dairy if required)	300ml	600ml
Fresh thyme	Handful	Handful
Baby leaf spinach	150g	300g
Brown rice	300g	600g
Frozen green beans	250g	500g

Method

1.	Heat a drizzle of oil in a large pan and gently cook the onion and garlic, covered, for 10-15min until soft. Remove from the pan and set aside.
2.	Divide the vegetarian and non-vegetarian portions. Set both to one side.
3.	Cook the chicken in a separate pan. Add cooked, shredded chicken and mixed beans to the non-vegetarian onion mixture and only mixed beans to the vegetarian onion mixture.
4.	In both, stir in the stock, cream (dairy or non-dairy) and thyme leaves. Simmer for 5min.
5.	Add the spinach and stir to wilt.
	Serve with brown rice and green beans.

Autumn Menu, Week 2, Wednesday, Thick Tomato and red lentil soup

Allergy information*

Celery

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Red lentils, rinsed	250g	500g
Reduced salt vegetable stock	2 pints	4 pints
Chopped tomatoes	1 can	2 cans
Pepper to taste	To taste	To taste
Fresh coriander	Handful	Large handful

Method

1.	Place the washed lentils into a large saucepan or stockpot cover with the stock. Bring to boil and cook uncovered for 10 minutes.
2.	Cover the pan, lower the heat and simmer for a further 15 minutes.
3.	Place the lentils, stock, tomatoes and fresh herbs into a food processor and blitz until smooth.
4.	Return the soup to the pan and reduce slightly or until a thickness you like.

Autumn/Winter Menu, Week 2, Thursday: Singapore rice noodles with tofu and shredded rainbow vegetables (mushrooms, carrots, peppers, broccoli, onion, brussels sprouts)

Allergy information*

Soya

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Firm tofu, diced	280g	560g
Vegetable oil	1 tbsp	2 tbsp
Garlic, crushed	1	2
Mushrooms, thinly sliced	75g	150g
Carrots, thinly sliced	75g	150g
Peppers, thinly sliced	75g	150g
Broccoli, into tiny florets	75g	150g
Brussel sprouts, thinly sliced	75g	150g
Mild curry powder	1 tbsp	2 tbsp
Reduced salt vegetable stock	2 tbsp	4 tbsp
Spring onions, thinly sliced	2	4
Rice noodles	500g	1kg
Soy sauce	1 tsp	2 tsp
Rice vinegar	1 tsp	2 tsp
Cornflour	1 tsp	4 tsp

Method

1. Mix together the marinade ingredients in a bowl and set aside.
2. Heat the oil in a frying pan. Remove from the pan and cut into ribbons. Heat a tablespoon of oil in the pan or a wok and sauté the garlic for 30 second.
3. Add all the veg and tofu and stir-fry for 2 minutes. Stir the curry powder into the stock and add to the wok, along with the marinade.
4. Cook the noodles in boiling water according to the instructions on the packet. Drain, mix with the stir fry and heat through.

Autumn and Winter Menu, Week 2, Thursday: Mackerel Pate with leafy green salad and cucumber sticks

Allergy information*
Milk, fish

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Soft cheese (dairy/non-dairy)	200g tub	2x200g tub
Tinned Mackerel in olive oil	1x125g tins	2x125g tins
Lemon juice	1/2 lemon, juiced	1 lemon, juiced
Herbs	Small pinch	Small handful
Spinach		
Cucumber		

Method	
1.	Open the mackerel, drain
2.	Place in processor with soft cheese (dairy or non-dairy) and lemon juice
3.	Blend then add a few mixed or fresh herbs
4.	Place in 1 or 2 bowls per room to allow children to self-serve
5.	Refrigerate as required
	Serve with leafy green salad and cucumber sticks

Autumn and Winter Menu, Week 2, Thursday: Pea soup with wholemeal bread

Allergy information*

Gluten, celery

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Spring onions, trimmed and roughly chopped	½ bunch	1 bunch
Potato, peeled and diced	2 large	4 large
Garlic, crushed	1	2
Low salt vegetable stock	1ltr	2ltr
Peas	350g	700g
Fresh mint	2 tbsp	4 tbsp
Lemon juice	½	1

Method

1.	Put the spring onions into a large pan with the potato, garlic and stock. Bring to the boil, turn down the heat and simmer for 15 minutes or until the potato is very soft.
2.	Retain 3 tbsp of peas in boiling water for 2-3 minutes, drain, put in a bowl of cold water and set aside. Add the remaining peas to the soup base and simmer for 5 minutes.
3.	Stir in the mint and lemon or lime juice, cool slightly then pour into a food processor or liquidiser and whizz until as smooth.
4.	Add in the retained peas and serve.

Autumn/Winter Menu, Week 2, Friday: White bean hummus on toast with carrot sticks

Allergy information*
Sesame

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Cannellini beans (15 oz), drained and rinsed	1	2
Tahini paste	½ tbsp	1 tbsp
Extra virgin olive oil	Drizzle	Drizzle
Lemons, juiced	½	1
Garlic, crushed	½	1
Water to thin as required		
Fresh herbs to top, chopped		

Method	
1.	Place all ingredients into a food processor and blend until required consistency.
	Serve with carrot sticks and toast.

Autumn/Winter Menu, Week 2, Friday: Spinach, sweet potato and lentil dahl with brown rice (made with fortified coconut milk)

Allergy information*

Celery

**Allergy information is included as a guide only. Always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before – do not assume.*

Ingredients	Quantity – Serves 10	Quantity – Serves 20
Olive oil	1 tbsp	2 tbsp
Red onion, finely chopped	1	2
Garlic cloves, crushed	1	2
Fresh ginger, grated	½ cm	1 cm
Turmeric	½ tsp	1 tsp
Cumin	½ tsp	1 tsp
Sweet potatoes, cut into small chunks	2 large	4 large
Red split lentils	250g	500g
Spinach	150g	300g
Reduced salt vegetable stock	500ml	1ltr
Fortified coconut milk (Koyo)	500ml	1ltr

Method

1.	Heat oil to a wide-based pan with a tight-fitting lid.
2.	Add red onion, garlic and ginger and cook over a low heat for 10 mins, stirring occasionally, until softened.
3.	Add ground turmeric and ground cumin and cook for 1 min more.
4.	Turn up the heat to medium, sweet potatoes, cut into even chunks, and stir everything together so the potato is coated in the spice mixture.
5.	Tip in lentils, coconut milk, vegetable stock.
6.	Bring the liquid to the boil, then reduce the heat, cover and cook for 20 mins until the lentils are tender and the potato is just holding its shape. Taste and adjust the seasoning, then gently stir in the spinach.

Autumn and Winter Menu, Week 2, Friday: Ratatouille served with buttered wholemeal toast and dairy/non-dairy cheese

Allergy information*

Milk, gluten

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Ingredients	To serve 10	To serve 20
Aubergine, small chunks	½	1
Courgettes, small chunks	1	2
Red or yellow peppers, small chunks	1	2
Tinned tomatoes	1	2
Olive oil	Drizzle	Drizzle
Basil	Handful	Large handful
Onion, finely sliced	½	1
Garlic, crushed	1	2
Dairy/non-dairy cheese	Small handful	2 small handfuls

Method

1.	In a large pan, add the olive oil and heat.
2.	Place all vegetables in and sauté until tender and slightly brown.
3.	Add tinned tomatoes, cook until vegetables are softened. Add fresh herbs at the last minute and chill.
	Serve with dairy/non-dairy cheese to sprinkle and wholemeal toast.

Autumn/Winter Menu, Week 3, Monday: Lentil shepherd's pie with red cabbage

Allergy information*

Celery

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Leek, finely sliced	¼ large	½ large
Carrot, peeled and diced	1 large	2 large
Peas, frozen	100g	200g
Onion, finely chopped	1 large	2 large
Celery sticks, finely chopped	1	2
Red split lentils	300g	600g
Reduced salt veggie stock	500ml	1 L
Black pepper to taste	To taste	To taste
Tomato purée	1 tbsp	2 tbsp
Sweet potatoes, peeled and chopped	1.5 large	3 large
Red cabbage		

Method

1. Preheat the oven to 180°C/350°F/gas 4. Trim, wash and finely slice the leek. Peel and dice the carrot, onion and celery.
2. Heat a splash of oil in a medium pan on a medium heat, add the leek, carrot, onion and celery. Pop the lid on and cook for 5 to 10 minutes, or until softened. Add the lentils, stock and peas, then bring to the boil, stirring regularly. Once boiling, reduce to a simmer and cook for 10 to 15 minutes, or until the lentils are cooked through. Add the tomato purée.
3. Scrub the sweet potato's clean, chop, boil and mash. Slice and cook the red cabbage.
4. Serve all items separately to allow the children to construct as they wish.

Spring/Summer Menu, Week 3, Monday: Mixed beans on wholemeal toast and dairy/non-dairy cheese with vegetable sticks

Allergy information*
Milk

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Olive oil	Dash	Dash
Onion, finely chopped	1 medium	2 medium
Garlic, crushed	1	2
Cumin	1tsp	2tsp
Paprika	1tsp	1tsp
Oregano	1tsp	1tsp
Vegetable stock	250ml	500ml
Mixed beans	1	2
Chopped tomatoes	1	2
Lime juice	1 Squeezed to taste	2 Squeezed to taste
Dairy/non-dairy cheese	Small handful	2 small handfuls

Method	
1.	Coat the bottom of a large pot with olive, when the oil is hot, add the onion. Cook, stirring frequently, until soft and translucent.
2.	Stir in the garlic, cumin, smoked paprika, oregano.
3.	Stir in the veg stock, beans and tomatoes. Raise the heat and bring the liquid to a boil.
4.	Lower the heat and allow the soup to simmer for about 20 minutes, stirring occasionally. Add a bit of water if too much of the liquid cooks off.
5.	In the food processor, blend to a smooth soup like consistency.
	Serve with wholemeal toast, cheese to sprinkle and vegetable sticks.

Autumn and Winter Menu, Week 3, Tuesday: Mackerel pate on toast slices (or dairy/non-dairy spread)

Allergy information*
Milk, fish, gluten

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Soft cheese (dairy/non-dairy)	200g tub	200g tub
Tinned mackerel in olive oil	1x125g tins	2x125g tins
Lemon juice	1/2 lemon, juiced	1 lemon, juiced
Herbs	Small pinch	Small handful

Method	
1.	Open the mackerel and drain the oil.
2.	Place in processor with soft cheese (dairy or non-dairy) and lemon juice.
3.	Mix in chopped, fresh herbs if you have some to use up (parsley goes well).
4.	Place in 1 or 2 bowls per room to allow children to self-serve..
5.	Refrigerate as required.
	Serve with toast slices.
	Save the squeezed lemons for Wednesday.
**TIP: if you require a non-dairy batch, make it first to reduce the likelihood of cross contamination.	

Autumn/Winter Menu, Week 3, Tuesday: Spanish stew with lentils, olives and squash, served with couscous

Allergy information*

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Onions peeled and sliced	1 medium onion	2 medium onions
Carrots peeled and sliced	160g (2 or 3)	320g (4 or 6)
Celery sliced	1 stick	2 sticks
Butternut squash peeled and diced	100g	200g
Lentils	1 tin	2 tins
Red pepper sliced	½ to 1	1 to 2
Smoked paprika	½ to 1 tablespoons	1-2 tablespoons
Tomato puree	1 tablespoon	2 tablespoons
Nutritional yeast	½ tablespoon	1 tablespoon
Tinned chopped tomato	1 tin	2 tins
Spinach	60g	120g
Couscous	350g	700g
Mixed herbs	½ - 1 tablespoons	1 -2 tablespoons
Olive oil	1 tablespoon	1-2 tablespoons

Method

1.	Meanwhile, sweat onions, celery and carrots on medium heat until soft. Add butternut squash.
2.	Add drained lentils, paprika, puree, nutritional yeast, tinned tomato, spinach and top up with a couple of tins of water.
3.	Cook on low heat/turn off and cover until ready to serve.
4.	Cook couscous as per instructions on the pack.
5.	

Autumn/Winter Menu, Week 3, Wednesday: Chicken (or butterbean) and winter vegetable puff pie with mashed potato, peas and carrots

Allergy information*

Celery, gluten

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Skinless chicken breast, cubed	250g	500g
Plain flour	1 tbsp	2 tbsp
Leek, finely sliced	½	1
Celery stick, finely chopped	1	2
Garlic, crushed	1	2
Carrots, chopped and diced	1	2
Chopped and diced squash or pumpkin	200g	400g
Chopped parsley	Small handful	Large handful
Reduced salt vegetable stock	500ml	1ltr
Puff pastry sheets, ready rolled	½ pack	1 pack
Potatoes (to mash), peas and carrots		

Method

1.	Heat half the oil in a large saucepan and cook the chicken over medium heat, in batches, for 5 minutes, or until browned all over.
2.	In a separate pan, over medium heat, cook the leek, celery, carrots, pumpkin for a few minutes before adding stock and bringing to the boil. Reduce the heat to low and simmer, uncovered, for 30 minutes. Stir in the parsley.
3.	Preheat the oven to 180°C (350°F/Gas 4).
4.	Separate vegetarian portion and place into individual dish(es), mix chicken with remaining and place into a separate dish.
5.	Top with puff pastry. Trim the edges and press your finger around the edge of the pastry to seal. Using a sharp knife, cut two steam vents in the top of the pie. Brush the pie with a little non-dairy milk. Bake in the oven for 30 minutes, or until the pastry is golden brown.
	Serve with mashed potato, peas and carrots

Autumn/Winter Menu, Week 3, Wednesday: Tuna niçoise pasta (dressing made with dairy/non-dairy yoghurt)

Allergy information*

Gluten, fish, milk

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Green beans	300g	600g
Penne pasta	500g	1kg
Olive oil	1 tbsp	2 tbsp
Garlic cloves	1 cloves	2 cloves
Cherry tomatoes, halved and chopped	300g	600g
Black pitted olives	50g	100g
Tuna can, drained	1 cans	2 cans
Lemon juice	A squeeze	A squeeze
Dairy/non-dairy yoghurt (Koyo is fortified)	100g	200g
Basil leaves	Handful	Handful

Method

1. Trim the beans and cut in half. Bring a large pan of water to the boil. Add the penne, bring to the boil and cook following pack instructions. Add the beans 5 mins before the end of the cooking time.
2. Meanwhile, heat the oil in a frying pan, add the garlic and fry gently for a couple of mins. Add the tomatoes and cook for a few mins until softened but not pulpy.
3. Drain the pasta and return to the pan, then add the lemon juice, dairy/non-dairy yoghurt and olives. Flake in the tuna and add the basil. Serve.

Autumn/Winter Menu, Week 3, Thursday: “Tibetan” coconut curry with brown rice (made with fortified coconut milk)

Allergy information*

Celery

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Grated Ginger	5cm	10cm
Garlic	3	6
Cumin	1tsp	2tsp
Fenugreek	1tsp	2tsp
Ground coriander seeds	1tsp	2tsp
Turmeric	1tsp	2tsp
Coriander, fresh, chopped	Handful	Large handful
Reduced salt veggie stock cube	1	2
Yellow pepper	1	2
Red onion	2	4
New potatoes, chopped small	300g	600g
Baby sweetcorn	250g	500g
Chickpeas, drained	2 cans	4 cans
Fortified coconut milk (Koyo)	800ml	1.6L

Method

1.	Lightly sweat the garlic, ginger, spices and onion for a few minutes in a drizzle of oil until the onion is soft.
2.	If you think the spices are going to catch add a little water to prevent this.
3.	Add the coconut milk and veg stock and simmer for a few more minutes before adding the pepper and potatoes.
4.	Once the potatoes are nearly cooked add the rest of the ingredients and simmer until the potatoes are cooked.
	Serve with brown rice

Autumn/Winter Menu, Week 3, Thursday: Pumpkin soup with wholemeal bread and pumpkin seeds to sprinkle

Allergy information*

Celery

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Olive oil	1 tbsp	2 tbsp
Onions, chopped finely	1 onions	2 onions
Pumpkin, peeled and cubed	1kg	2kg
Reduced salt vegetable stock	750ml	1.5ml
Bread and spread		
Pumpkin seeds to sprinkle		

Method

1.	Heat the olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured.
2.	Add the pumpkin, cut into chunks, to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.
3.	Pour the vegetable stock into the pan and bring to the boil, then simmer for 10 mins until the squash is very soft.
4.	Purée with a hand blender or processor.
	Serve with wholemeal bread and pumpkin seeds to sprinkle.

Autumn/Winter Menu, Week 3, Friday: Southwestern chicken pesto pasta (pesto made with basil, spinach & pumpkin seeds) with crispy chickpeas and seasonal vegetables

Allergy information*
Gluten

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Chicken breast	250g	500g
Chickpeas	1	2
Cumin	1tsp	2tsp
Basil	Small handful	Handful
Spinach	Small handful	Handful
Garlic	1	2
Lemon juice	½	1
Pumpkin seeds	Handful	Large handful
Penne pasta	500g	1kg
Chopped cherry tomatoes	250g	500g
Frozen fine beans		

Method	
1.	Take the spinach, basil, lemon juice, garlic and pumpkin seeds and place into a blender to make the pesto. Set aside.
2.	Drain chickpeas, mix with a little oil and sprinkle with cumin. Roast in the oven until chewy but not hard.
3.	Heat a drizzle of oil in a pan and cook the chicken until browned and thoroughly cooked. Set aside.
4.	Cook the pasta according to the packet instructions. Once cooked drain.
5.	Mix pasta with pesto.
6.	Chop tomatoes into halves/quarters (as appropriate, to reduce choking risk).
	Serve items separately to allow children to construct.

Autumn/Winter Menu, Week 3, Friday: Lentil and cauliflower mash (made with soft dairy/non-dairy cheese) with soft wholemeal bread

Allergy information*

Gluten, milk

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Red lentils, rinsed	300g	600g
Reduced salt vegetable stock	500ml	1ltr
Mixed herbs	1 tbsp	2 tbsp
Onion and garlic powder	1 tsp	2 tsp
Olive oil	1 tbsp	2 tbsp
Nutritional yeast	3 tbsp	6 tbsp
Dairy/non-dairy soft cheese	100g	200g
Cauliflower, in small florets	1 head	2 heads

Method

1.	Cook the cauliflower, once cooked mash with a fork and set aside.
2.	In a pan add the lentils, stock, spices and nutritional yeast.
3.	Bring lentils to a boil over medium high heat. Once the lentils are boiling give the lentils a stir, reduce heat and simmer over medium heat until all the water is absorbed. If needed, slowly add additional water. You want the lentils to be soft enough to mash.
4.	Once all the water is absorbed, with a wooden spoon or masher, mash mixture until desired consistency is formed, add oil to help. Mix in the cauliflower.
5.	Leave to sit for 5 minutes in a covered pot. The lentils will thicken up upon sitting. Stir in the dairy/non-dairy soft cheese.
6.	Serve with soft wholemeal bread.