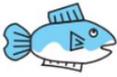
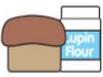
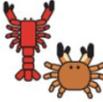
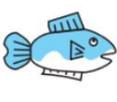
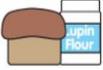


Allergen Information Sheet: Week 1

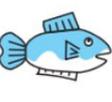
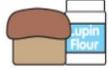
														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Mackerel pate on toast slices made with soft dairy/non-dairy cheese		Bread			Mackerel		Soft cheese							
Summer vegetable stew served with mashed sweet potatoes and paprika														
Grated root vegetables, mixed beans and fruit slaw and dairy/non-dairy cheese and spinach in half pittas		Pitta/beans					Soft cheese							
Root vegetable and dairy/non-dairy cheese smash, pureed, mashed or whole, with fruit and vegetable slaw and pitta fingers		Pitta					Soft cheese							
Energy sticks and apple slices														
Mac and cauliflower cheese (dairy/non-dairy cheese) with peas and broccoli		Pasta					Cheese							
Sandwiches: soft dairy/non-dairy cheese and cucumber, hummus or skipjack tuna with vegetable sticks and leafy green salad		Bread			Tuna		Soft cheese				Tahini			
Tuna potato hash, pureed, mashed or whole (made with dairy/non-dairy soft cheese), with cucumber sticks					Tuna		Soft cheese							
Pea hummus with breadsticks		Breadstick										Tahini		

Allergen Information Sheet: Week 2

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Crackers and soft dairy/non-dairy cheese with grated carrot		Crackers					Soft cheese							
Salmon kedgeree served with summer vegetables					Salmon									
Superfood pasta salad served with a dollop of yoghurt		Pasta					Yoghurt						Edamame/soy sauce	
Superfood pasta salad served with a dollop of yoghurt		Pasta					Yoghurt						Edamame/soy sauce	
Breadsticks and cucumber slices		Breadsticks												
Mixed vegetable and tofu curry with creamy coconut sauce (made with fortified coconut yoghurt) served with rice							Yoghurt						Tofu	
Creamy Mexican pinto bean soup (made with soft dairy/non-dairy cheese) with wholemeal bread	Vegetable stock	Bread/beans					Soft cheese							
Creamy Mexican pinto bean soup (made with soft dairy/non-dairy cheese) with wholemeal bread	Vegetable stock	Bread/beans					Soft cheese							
Dairy/non-dairy plain yoghurt and prunes with rice cakes							Yoghurt							
Lemon broccoli pasta served with chicken (or mixed beans)		Pasta/beans												
Sandwiches: soft dairy/non-dairy cheese and cucumber, hummus or skipjack tuna with		Bread			Tuna		Soft cheese					Tahini		

vegetable sticks and leafy green salad														
Thick pea and mint soup with cucumber sticks and mini sandwich fingers	Vegetable stock	Bread			Tuna		Soft cheese					Tahini		
Beetroot hummus and pitta		Pitta										Tahini		
Pea risotto (dairy and non-dairy) with quartered cherry tomatoes and sweet pepper sticks	Vegetable stock						Cheese/milk							
Mackerel pate on crackers, dairy/non-dairy cheese, leafy green salad and vegetable sticks		Crackers			Mackerel		Soft cheese							
Mackerel and potato hash (made with dairy/non-dairy soft cheese), with vegetable sticks					Mackerel		Soft cheese							
Dairy/non-dairy cheese toast slices with vegetable sticks		Bread					Soft cheese							
Leek and potato pie (dairy/non-dairy cheese) with peas and broccoli		Pastry					Cheese/milk							
Pizza dippers (dairy/non-dairy cheese) with quinoa salad and leafy greens	Vegetable stock	Pizza base					Cheese							
Mediterranean vegetable stew, pureed, mashed or whole, with pizza dippers (dairy/non-dairy cheese)	Vegetable stock	Pizza base					Cheese							

Allergen Information Sheet: Week 3

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Toasted fruit bread with spread		Bread												
Vegetable and white fish (or mixed beans) paella with peas	Vegetable stock				White fish									
Jacket potatoes and low sugar baked beans with dairy/non-dairy cheese and vegetable sticks with leafy green salad		Beans					Cheese							
Dairy/non-dairy cheese smash with low sugar baked beans and leafy green salad		Beans					Cheese							
Mackerel pate on toast slices made with soft dairy/non-dairy cheese		Bread												
Sweet 'n' sour chicken and chickpeas, served with rice and seasonal vegetables		Chickpeas											Soy sauce	
Pizza dippers with vegetable sticks and leafy green salad		Pizza base					Cheese							
Thick tomato and red lentil soup with pizza dippers, vegetable sticks and leafy green salad	Vegetable stock													
Breadsticks and carrots with hummus		Breadsticks											Tahini	
Lentil Bolognese and spaghetti with seasonal vegetables served with dairy/non-dairy cheese		Pasta					Cheese							
Spiced chickpea couscous with cucumber and tomatoes served with a		Couscous/ chickpeas					Yoghurt							

dollop of fortified coconut yoghurt														
Spiced chickpea couscous with cucumber and tomatoes served with a dollop of fortified coconut yoghurt		Couscous/ chickpeas					Yoghurt							
English muffins with sliced pears		Muffins												
Vegetable moussaka made with dairy/non-dairy cheese served with garlic bread	Vegetable stock						Cheese							
Pea and mint soup made with fortified dairy/non-dairy cream cheese with cucumber sticks and wholemeal bread	Vegetable stock	Bread					Soft cheese							
Thick pea and mint soup made with fortified dairy/non-dairy cream cheese with cucumber sticks with wholemeal bread fingers	Vegetable stock	Bread					Soft cheese							
Homemade plain dairy/non-dairy yoghurt and fruit pops with rice cakes							Yoghurt							
Lentil, potato and spinach curry with couscous		Couscous												
Sandwiches: soft dairy/non-dairy cheese and cucumber, hummus or skipjack tuna with vegetable sticks and leafy green salad		Bread			Tuna		Soft cheese						Tahini	
Ratatouille, pureed, mashed or whole, with mini sandwiches and vegetable sticks	Vegetable stock	Bread			Tuna		Soft cheese						Tahini	

Spring/Summer Menu, Week 1, Monday: Mackerel pate on toast slices made with soft dairy/non-dairy cheese

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.	

Spring/Summer Menu, Week 1, Monday: Summer vegetable stew served with mashed sweet potatoes and paprika

Allergy information*

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Courgettes, chunky chopped	1	2
Carrots, chunky chopped	1	2
Aubergine, chunky chopped	¼	½
Garlic cloves, finely chopped	½	1
Baking or sweet potatoes, peeled and cut into bite-size chunks	3 large	5 large
Onion, finely chopped	½ large	1 large
Coriander seeds	1 tbsp	2 tbsp
Olive oil	1 tbsp	2 tbsp
Chopped tomatoes	1 can	2 cans
Chickpeas, rinsed and drained	1 can	2 cans
Red peppers, deseeded and chopped into chunks	1 large	2 large
Coriander, roughly chopped	Small handful	Large handful

Method

1. Tip all the vegetables (except the potatoes) into a large pot and toss with the coriander seeds, most of the olive oil and a sprinkling of pepper. Cook for 20 mins, until the vegetables are roasted and brown round the edges.
2. Add the tomatoes and chickpeas, bring to a simmer and stir gently.
3. Scatter the coriander.
4. Serve with mashed sweet potatoes and a sprinkling of smoked paprika.

Spring/Summer Menu, Week 1, Monday: Grated root vegetables, mixed beans and fruit slaw and dairy/non-dairy cheese and spinach in half pittas

Allergy information*

Gluten, sulphur dioxide

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Raw large carrot	1	2
Raw white cabbage	¼	½
Raw beetroot	1	2
Raw large apples	½	1
Raisins	1 small handful	1 large handful
Lemon		
Diary/non-dairy soft cheese		
Mixed beans	1 tin	2 tins

Method

1.	Using the food processor grate the carrots, cabbages & apples.
2.	Add in raisins.
3.	Mix well with a small squirt of lemon to stop the food turning brown.
4.	Drain and rinse the mixed beans. Serve.
	Serve with dairy/non-dairy cheese, spinach and pittas.

****TIP:** this is a great meal for children to build themselves, serve the slaw, prepared pittas, cheese and spinach in separate bowls for each room so the children can serve and create!

Spring/Summer Menu, Week 1, Tuesday: Energy sticks and apple slices

Allergy information*

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Pitted dates	1 cup	2 cups
Fine desiccated coconut	½ cup	1 cup
Cocoa powder	2 tsp	¼ cup
Chia seeds	2 tsp	4 tsp
Coconut oil	1 tbsp	2 tbsp
Water	1 tbsp	2 tbsp
Apples		

Method

1.	Combine all ingredients in a food processor and grind, transfer into a mixing bowl.
2.	Roll 1 tbsp worth in clean hands into a sausage shape and place on a tray.
3.	Refrigerate for a minimum of 30mins (can be made the day before and kept covered in fridge).
	Serve with apple slices.

Spring/Summer Menu, Week 1, Tuesday: Mac and cauliflower cheese (dairy/non-dairy cheese) with peas and broccoli

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
Dairy/non-dairy milk	200ml	400ml
Dairy/non-dairy cheese	¼ x 400g pack	½ x 400g pack
Dijon mustard	½ tsp	1tsp
Serve with:		
Frozen peas		
Broccoli		

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.	Prepare and cook the peas and broccoli in a pan of boiling water.
6.	Drain the pasta, peas and broccoli and put in serving bowls.
7.	Serve cheese sauce in jugs (half filled) for the toddlers and preschool to self-serve.

Spring/Summer Menu, Week 1, Tuesday: Chickpea hummus (for sandwiches)

Allergy information*

Gluten, sesame

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Chickpeas, rinsed	1	2
Garlic	1	2
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

Spring/Summer Menu, Week 1, Wednesday: Pea hummus with breadsticks

Allergy information*
Sesame

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Peas frozen	250g	500g
Tahini paste	1 tbsp	2 tbsp
Lime, juice	½	1
Garlic	1 clove	2 cloves
Ground cumin	½ tsp	1 tsp
Fresh herbs, parsley	1 tbsp	2 tbsp
Spring onions	1	2

Method	
1.	Pour boiling water over the peas and allow to defrost
2.	Blend ¾ of the peas with the garlic, onions, tahini, lime juice and ½ herbs into a blender. Whizz to a smooth paste
3.	Crush the rest of the peas and stir in
4.	Roughly chop the rest of the herbs and stir in.
	Serve with breadsticks.

Spring/Summer Menu, Week 1, Wednesday: White fish (or butterbeans) poached in dairy/non-dairy milk with garlic smashed new potatoes

Allergy information*
Fish

**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
Frozen white fish, pollock	½ 520g pack	520g pack
Butterbeans (if required)	1 tin	2 tins
Dairy/non-dairy milk	To ¾ cover fish	To ¾ cover fish
Bay leaf	2	4
New potatoes	900g	1.8kg
Peas	100g	200g
Olive oil	Drizzle	Drizzle
Serve with:		
Frozen fine beans	½ x 900g fine beans	1 x 900g fine beans
Baby potatoes	½ 2.25kg pack	2.25kg pack

Method	
1.	Use a large pan, add bay leaves and the fish and cover 2/3rds with dairy/non-dairy milk. Simmer gently until opaque and cooked thoroughly. Make a roux with plain flour and butter, add some hot dairy/non-dairy milk and whisk before stirring back into the hot milk to make a thick sauce.
3.	For children who do not eat fish, repeat the process with butterbeans.
2.	Cook new potatoes in their skins with garlic cloves in the water.
4.	Once potatoes are cooked, roughly smash with a fork, adding a little olive oil, ensuring the garlic is also smashed.
5.	Cook the frozen fine beans in water and serve.

Spring/Summer Menu, Week 1, Wednesday: Pizza dippers (dairy/non-dairy cheese) with quinoa salad and leafy greens

Allergy information*

Gluten, milk, celery

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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
Quinoa	2 cups	4 cups
Finely chopped vegetables (peppers, carrots etc)	2 cups	4 cups
Vegetable stock (low salt)	As per quinoa instructions	As per quinoa instructions
Spinach		

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 and slice into small fingers when cooled.
7.	Cook the quinoa in the vegetable stock as per instructions, drain, mix in finely chopped vegetables and chill.
8.	Serve quinoa salad and pizza with spinach.

Spring/Summer Menu, Week 1, Wednesday: Mediterranean vegetable stew

Allergy information*

Celery

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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
Quinoa	½ cup	1 cup
Vegetable stock as required		

Method

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

Spring/Summer Menu, Week 1, Thursday: Mediterranean chicken and chickpea (or chickpea) & vegetable couscous

Allergy information*
Gluten

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Skinless boneless chicken breasts	1.5 breasts	3 breasts
Chickpeas	½ tin	1 tin
Red pepper, chopped in small chunks	2	4
Green pepper, chopped in small chunks	2	4
Courgette, chopped in small chunks	1	2
Olive oil	2 tbsp	4 tbsp
Red onion, finely chopped	2	4
Dried mixed herbs	2 tsp	4 tsp
Smoked paprika	2 tsp	4tsp
Couscous	350g	700g
Spinach	50g	100g
Cherry tomatoes	50g	100g

Method	
1.	Chop all the vegetables and garlic and place in a large pot with the herbs, pepper and oil - mix well. Cook on a medium/low heat with the lid on, turning occasionally until cooked. Add small amounts of water to steam if catching.
2.	Meanwhile chop the chicken breasts into bite size chunks. Cook the chicken in the paprika powder in a separate pan until cooked through, shred the cooked chicken.
3.	Five minutes before everything is cooked, place the cous-cous in a really large bowl. Cover with boiling water around 2cm (1 inch) above the couscous, cover the pan and leave.
4.	After 5 minutes, run a fork through the cous-cous to loosen it and serve.
5.	Divide the vegetarian/vegan portion of the vegetable and chickpea mix and stir the shredded chicken into the portion for children who eat meat. Put into separate and labelled bowls for self-serving.
6.	Serve with spinach and halved or quartered cherry tomatoes.

Spring/Summer Menu, Week 1, Thursday: Cheese and chive pasta made with dairy/non-dairy cheese (chives served as sprinkles) with vegetable sticks and leafy green salad

Allergy information*
Gluten, mustard, milk, cheese

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Macaroni pasta	500g	1kg
Dairy/non-dairy milk	500ml	1ltr
Dairy/non-dairy cheese	100g	200g
Plain flour	4tbsp	8tbsp
Margarine	50g	100g
Dijon mustard	½ tsp	1tsp
Serve with:		
Chopped chives to sprinkle		
Frozen peas	A small handful	A large handful

Method	
1.	Pour dairy/non-dairy milk into a large saucepan and plain flour and margarine. Turn on the heat to medium and start to whisk the mixture. Keep whisking fast as the margarine melts and the mixture comes to the boil – the flour will disappear, and the sauce will begin to thicken.
2.	Whisk in dairy/non-dairy cheese, thin the sauce as necessary to form the right consistency. Cool rapidly and store in the fridge.
3.	Chop chive “sprinkles” and store covered in the fridge.
4.	At teatime, pasta and peas can be cooked and served in serving bowls. The sauce can be well reheated (allowed to cool) and placed in jugs for self-service.

Spring/Summer Menu, Week 1, Friday: Curried fried rice with scrambled tofu (or peas) and seasonal vegetables

Allergy information*

Gluten, soya

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Soy sauce (low salt)	1 tbsp	2 tbsp
Rice vinegar	1 tbsp	2 tbsp
Garlic, finely chopped	1 cloves	2 cloves
Ginger, ginger	1 ½ tsp	3 tsp
Curry powder	2 tsp	4 tsp
Olive oil	2 tbsp	4 tbsp
Extra firm tofu, drained, crushed with a fork	½ pack	1 pack
Frozen mixed veg	150g	300g
Cooked rice	300g	600g
Onions, chopped	1	2

Method

1. Stir the soy sauce, vinegar, garlic, ginger and curry powder together in a small bowl.
2. Coat the bottom of a large pan with oil on a medium heat, add the tofu to the pan and heat.
3. Add the onion and mixed vegetables, and sauté them for about 4 minutes, until the onion begins to brown.
4. Mix all other ingredients together and stir until the rice begins to dry out and crisp up, about 5 minutes.

Spring/Summer Menu, Week 1, Friday: Minestrone soup served with wholemeal bread

Allergy information*

Gluten, celery

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Olive oil	1 tbsp	2 tbsp
Onion, finely sliced	½	1
Garlic cloves, crushed	1	2
Carrots, peeled & finely diced	2	4
Leek, sliced lengthways & finely sliced	½	1
Frozen peas	75g	150g
Tin of chopped tomatoes	1	2
Tomato purée	1 tbsp	2 tbsp
Vegetable stock	1-1.2 ltr veg stock	2-2.5 ltr veg stock
Dried mixed Italian herb seasoning	1.5 tsp	3 tsp
Dried small pasta	70g	150g
Cabbage, finely shredded	150g	300g

Method

1. Heat the oil in a large saucepan and add the onions. Cook on a gentle heat for 10 minutes, until softened. Add the garlic and cook for another couple of minutes.
 2. Add the carrots, leeks, peas, tinned tomatoes, tomato purée, stock, dried herbs.
 3. Bring to the boil, reduce the heat and simmer for 5 minutes
 4. Add the pasta and cook for another 5 minutes, then add the cabbage and simmer for another 3-5 minutes. Add a little more stock to thin the soup if necessary and season.
- Serve with wholemeal bread and olive spread.

Spring/Summer Menu, Week 2, Monday: Salmon (or chickpea) kedgeree served with summer vegetables

Allergy information*
Fish

**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
Basmati rice	300g	600g
Dairy free spread	1tbsp	2tbsp
Mild curry powder	1 heaped tsp	2 heaped tsp
Chopped parsley	Handful	Large handful
Spring onions	5 chopped small and diagonal	10 chopped small and diagonal
Red onion, chopped finely	1	2
Salmon	400g	800g
Summer vegetables: Peas, runner beans		

Method	
1.	Cook the basmati rice according to the pack guidelines.
2.	Melt the dairy free spread in a pan, add in the curry powder and onions, cook until onions are soft.
3.	Stir in the salmon and cook until fish cooked thoroughly.
4.	Stir in rice.
5.	Add fresh herbs.
6.	Serve with summer vegetables – peas and runner beans.

Spring/Summer Menu, Week 2, Monday: Superfood pasta salad served with a dollop of yoghurt

Allergy information*

Gluten, soya, dairy

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Whole-wheat pasta	500g	1kg
Soya beans (frozen “edamame”)	250g	500g
Green beans, trimmed and halved	250g	500g
Olive oil	1tbsp	2tbsp
Soy sauce	1tbsp	2tbsp
Fresh root ginger, grated	1cm	2cm
Lime juice	¼	½
Carrots, grated	1 ½	3
Coriander, roughly chopped	A good pinch	Small handful
Dairy/non-dairy yoghurt (Koyo is fortified)		

Method

1.	Boil the pasta, adding the soya beans and green beans 3 mins before the end of cooking. Drain, tip into a colander, then cool quickly under running water.
2.	Whisk together the oil, soy sauce, ginger and lime juice in a large bowl, then tip in the pasta, cooked beans, carrots and coriander.
3.	Toss together and serve.

Spring/Summer Menu, Week 2, Tuesday: Mixed vegetable and tofu curry with creamy coconut sauce (made with fortified coconut yoghurt) served with rice

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
Firm Tofu	280g	560g
Fortified coconut milk (Koyo)	400ml	800ml
Mixed vegetables	300g	600g
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

Method

1.	Slice and cook the tofu in a pan with the onions. Add all other ingredients and cook until vegetables have softened, and sauce has thickened.
2.	Finely chop the onion and fry in a large pan on a medium heat in oil until softened (around 10 minutes).
3.	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.

Spring/Summer Menu, Week 2, Tuesday: Mexican pinto bean soup with wholemeal bread

Allergy information*
Gluten, celery

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Olive oil	Dash	Dash
Onion, finely chopped	½ medium	1 medium
Garlic, crushed	½	1
Cumin	½ tsp	1tsp
Paprika	½ tsp	1tsp
Oregano	½ tsp	1tsp
Low salt vegetable stock	500ml	1ltr
Pinto beans	1	2
Tin of chopped tomatoes	1	2
Carrots	1	2
Red pepper	1	2
Lime juice	1 Squeezed to taste	2 Squeezed to taste

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, carrots, peppers and tins of 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.	With a stock blender, blend to a smooth soup like consistency.
6.	Serve with wholemeal bread.

Spring/Summer Menu, Week 2, Wednesday: Lemon broccoli pasta served with chicken (or mixed beans)

Allergy information*
Gluten

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Penne pasta	500g	1kg
Broccoli florets, cut into small pieces	½ head	1 head
Olive oil	Drizzle	Drizzle
Lemon juice	½ lemon	1 lemon
Garlic	½	1
Nutritional yeast	¼ cup	½ cup
Lemon zest	¼ lemon	½ lemon
Fresh herbs	Handful	Large handful
Chicken pieces	150g shredded	300g shredded
Tin of mixed beans in water	1 tin	2 tins
Onions	1/2	1

Method	
1.	Cook the pasta according to the packet instructions.
2.	Soften onions with garlic, put aside.
3.	Heat oil in a large pan, cook the chicken pieces until thoroughly cooked through, shred and remove from the heat.
4.	Cook broccoli florets until tender.
5.	Stir into the pasta the beans, onion mixture, nutritional yeast, lemon juice and herbs.
6.	Serve with chicken (unless dietary preference dictates otherwise).

Spring/Summer Menu, Week 2, Wednesday: Thick pea and mint soup

Allergy information*
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
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.

Spring/Summer Menu, Week 2, Thursday: Beetroot hummus and pitta bread

Allergy information*
Gluten

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Raw beetroot, peeled and diced	1	2
Chickpeas	1 can	2 can
Garlic cloves, crushed	½	1
Lemon juice	½	1
Cumin	1 tbs	2 tbs

Method	
1.	Cook the beetroot in a large pan of boiling water with the lid on for 10 mins until tender, set aside to cool.
2.	Roughly chop the flesh. Whizz the beetroot, chickpeas, lemon juice and cumin.
3.	Serve with pitta's warmed in oven and sliced into fingers.
4.	
5.	
6.	

Spring/Summer Menu, Week 2, Thursday: Pea risotto (dairy and non-dairy) with quartered cherry tomatoes and sweet pepper sticks

Allergy information*

Dairy

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Margarine	50g	100g
Onion	1	2
Frozen peas	300g	600g
Vegetable stock (low salt)	1.7ltrs	3.4ltrs
Risotto rice	350g	700g
Dairy/non-dairy milk	200ml	400ml
Dairy/non-dairy cheese, grated	100g	200g
Cherry tomatoes		
Peppers		

Method

1. Melt the margarine and sweat the onions in a large pan. Defrost 1/3 of the peas in hot water and buzz in a blender with a ladleful of stock.
2. Stir the rice into the onion, pour in dairy/non-dairy milk and continue to add small amounts of stock at a time until the rice is cooked and creamy.
3. Stir in the pureed peas and remaining peas.
4. Serve with cherry tomatoes cut into quarters and slices of sweet pepper.

Spring/Summer Menu, Week 2, Friday: Leek and potato pie (dairy/non-dairy cheese) with peas and broccoli

Allergy information*
Gluten, celery

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Potatoes, peeled and diced	300g	600g
leeks	3	6
Margarine	50g	100g
Flour	2 tbsp	4 tbsp
Dairy/non-dairy milk	200ml	400ml
Dairy/non-dairy cheese	200g	400g
Dijon mustard	1tsp	2tsp
Flat-leaf parsley	Small handful	2 small handfuls
Ready roll puff pastry (most are non-dairy)	½ pack	1 pack
Non-dairy milk for brushing		
Peas		
Broccoli		

Method	
1.	Cook potatoes in water until tender. Drain.
2.	Meanwhile, cook the leeks in the margarine until softened, then sprinkle over the flour and stir in well. Keep cooking and stirring for a few minutes, then gradually add the dairy/non-dairy milk, stirring as you do, until you have a sauce. Stir in the cheese, mustard and parsley. Stir in the potatoes and tip into a pie dish.
3.	Roll out the pastry to pound-coin thickness. Brush a little dairy/non-dairy milk around the pie dish rim and top with pastry. Trim and crimp the edges, then brush more over the top. Cook for 25-30 minutes until crisp and golden.
	Serve with cooked peas and broccoli.

Spring/Summer Menu, Week 2, Friday: Pizza dippers (dairy/non-dairy cheese) with vegetable sticks and leafy green salad

Allergy information*

Gluten, milk, celery

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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
Quinoa	2 cups	4 cups
Finely chopped vegetables (peppers, carrots etc)	2 cups	4 cups
Vegetable stock (low salt)	As per quinoa instructions	As per quinoa instructions
Spinach		

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 and slice into small fingers when cooled.
7.	Cook the quinoa in the vegetable stock as per instructions, drain, mix in finely chopped vegetables and chill.
8.	Serve quinoa salad and pizza with spinach.

Spring/Summer Menu, Week 2, Friday: Mediterranean vegetable stew

Allergy information*

Celery

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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
Quinoa	½ cup	1 cup
Vegetable stock as required		

Method

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

Spring/Summer Menu, Week 3, Monday: Vegetable and white fish (or mixed beans) paella with peas

Allergy information*
Fish, celery

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Ingredients	Quantity – to serve 10	Quantity – to serve 20
Paella rice	250g	500g
White fish	250g	500g
Garlic	1	2
Red pepper	1	2
Large onion, finely chopped	1	2
Olive oil	To drizzle	To drizzle
Smoked paprika	1 tsp	2 tsp
Low salt vegetable stock	625ml	1.5L
Frozen peas	¼ bag	½ bag

Method	
1.	Heat the oil in the pan
2.	Add in chopped onion to soften
3.	Add in garlic, veg, and cook for a few minutes to soften
4.	Add in the paella rice
5.	Add in vegetable stock and paprika.
6.	Gently cook fish in a little oil in one pan, flake. Warm mixed beans in another.
7.	On a low heat gently simmer, when rice is nearly cooked, turn off the heat, cover for 10 mins with foil to steam. Separate vegetarian version and stir in mixed beans, stir flaked fish into the other.
	Serve with peas.

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Spring/Summer Menu, Week 3, Tuesday: Sweet 'n' sour chicken and chickpeas, served with rice and seasonal vegetables

Allergy information*

Gluten, soya

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Red pepper, chunky chopped	2	4
Onion, finely sliced	2	4
Garlic, crushed	1	2
Diced pineapple in natural juice	1 large can	2 large cans
Frozen vegetables: peas, carrots and sweetcorn	250g	500g
Chicken breasts, diced	500g	960g pack
Chickpeas	1 can	2 cans
Cornflour	1tsp	2tsp
Tomato ketchup	2 tbsp	4 tbsp
Soy sauce	2 tsp	4 tsp
Pepper to season	To taste	To taste
Olive oil	Drizzle	Drizzle
Rice	300g	600g

Method

1.	In a large pan, heat the olive oil and add the chicken. Cook thoroughly and then shred and set to one side ready for serving.
2.	In a separate pan, heat the olive oil and add the chickpeas, onion and garlic.
2.	To the chickpeas, add in peppers, veg, and diced pineapple, retaining the juice.
3.	Mix cornflour and pineapple juice into a paste, slowly adding in all the juice.
4.	Add the soy sauce and ketchup to the pan.
5.	Slowly add in the sauce and heat until slightly thickened.
	Serve with rice and seasonal vegetables.

Spring/Summer Menu, Week 3, Tuesday: 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
Fresh coriander	A pinch	Small 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.

Spring/Summer Menu, Week 3, Wednesday: Lentil Bolognese and spaghetti with seasonal vegetables served with dairy/non-dairy cheese

Allergy information*
Gluten, dairy

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Onion, peeled	60g (1 small)	240g (1 large)
Red pepper, deseeded	80g (1 medium)	320g (2 medium)
Green pepper, deseeded	80g (1 medium)	320g (2 medium)
Vegetable oil	30ml (1 tablespoon)	60ml (4 tablespoons)
Tin of brown lentils	1.5 x 400g tins, drained	3 x 400g tins, drained
Carrots, finely diced	1	2
Tin of chopped tomatoes	1 x 400g tin	2 x 400g tin
Spaghetti	420g	840g
Dried mixed herbs	6g (2 teaspoons)	12g (4 teaspoons)
Marmite	3g (1 teaspoons)	6g (2 teaspoons)
Dairy/non-dairy cheese	Small handful	2 small handfuls

Method	
1.	Dice the onion, carrot and peppers.
2.	Heat the oil in the pan, add the vegetables and cook for 5 minutes.
3.	Add all other ingredients (except the spaghetti), simmer for 20 minutes as the spaghetti cooks.
4.	Serve with dairy/non-dairy cheese for the children to sprinkle.

Spring/Summer Menu, Week 3, Wednesday: Spiced chickpea couscous with cucumber and tomatoes served with a dollop of fortified coconut yoghurt

Allergy information*
Gluten

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Onion, peeled	120g (1 medium)	240g (1 large)
Ground mixed spice	3g (1 teaspoon)	6g (2 teaspoons)
Ground ginger	3g (1 teaspoon)	6g (2 teaspoons)
Dried red lentils	50g	100g
Canned chopped tomatoes	½ x 400g can	1 x 400g can
Water	500ml	1L
Lemon juice	¼ lemon	½ lemon
Canned chickpeas	2 x 400g cans, drained	960g (4 x 400g cans, drained)
Sultanas	30g (1 tablespoons)	60g (2 tablespoons)
Couscous	350g	700g
Large tomatoes	2.5	5
Cucumbers	1	2
Dairy/non-dairy yoghurt (Koyo is fortified)		

Method	
1.	Make and chill the sauce and prepare the cucumber and tomatoes please. Practitioners can cook the couscous – you must remind the manager/person in charge before you leave for the day.
2.	Dice the onion and heat a pan, add the onion and cook for 3-4 minutes until soft.
3.	Add the mixed spice, ginger and lentils. Gradually add the canned tomatoes, water and lemon juice. Simmer for 20 minutes. Adding more water if required.
4.	Add the chickpeas and sultanas, simmer for another 10 minutes. Chill.
5.	Slice the tomatoes and cucumbers.
6.	Serve with a dairy/non-dairy yoghurt.

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Spring/Summer Menu, Week 3, Thursday: Vegetable moussaka made with dairy/non-dairy cheese served with garlic bread

Allergy information*
Milk, gluten, celery

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Ingredients	Quantity – Serves 10	Quantity – Serves 20
Dried green lentils	200g	400g
Onions, finely chopped	2	4
Garlic cloves, crushed	1	2
Bay leaves	2	4
Dried oregano	1 tsp	2 tsp
Cinnamon	½ tsp	1 tsp
Chopped tomatoes	1 can	2 cans
Reduced salt vegetable stock cube	1	2
Sweet potato	250g	500g
Aubergine, sliced	1	2
Dairy/non-dairy milk	250ml	500ml
Dairy/non-dairy cheddar cheese, grated	Small handful	large handful
Tomatoes	4	8
Garlic bread: small baguettes, dairy free spread, garlic cloves		

Method	
1.	Heat oven to 180C/160C fan/gas 4. Put the lentils, onions, garlic, herbs and spices in a large pan, and pour in 850ml water. Bring to the boil, cover and simmer for 10 mins.
2.	Tip in the tomatoes, stock cube, sweet potato and aubergine, then cover and simmer for a further 20-25 mins until the lentils and veg are tender, and the liquid has been absorbed. Remove the bay leaves.
3.	Pour the moussaka mixture into separate dishes – one will become a dairy version and one will become a non-dairy version.
4.	Meanwhile, make a dairy cheese sauce and a non-dairy cheese sauce. Cover the moussakas with the cheese sauces (keeping dairy and non-dairy separate, then arrange the tomatoes on top. Bake for 25 mins until the topping is set.
5.	Make the garlic bread by mixing some minced garlic with dairy free spread, cut slits in the top of the baguettes, spread on garlic butter and bake for ten minutes.

Spring/Summer Menu, Week 3, 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.

Spring/Summer Menu, Week 3, Friday: Homemade plain dairy/non-dairy yoghurt and fruit pops with rice cakes

Allergy information*
Milk

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Ingredients	To serve 10	To serve 20
Fresh ripe strawberries/blueberries and bananas, chopped	700g	400g
Full fat plain Greek yoghurt or Koko plain non-dairy alternative	1 x 500g pot	2 x 500g pots

Method	
1.	Chop fruit, mix with dairy or non-dairy yogurt.
2.	Place into clean popsicle moulds and freeze.
3.	Remove and store in large tub in freezer (keeping dairy/non-dairy separate and well labelled).
	Serve with rice cakes.

Spring/Summer Menu, Week 3, Friday: Lentil, potato and spinach curry with couscous

Allergy information*

Gluten

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Ingredients	To serve 10	To serve 20
Potato, peeled	400g	800g
Onion, peeled	120g (1 medium)	240g (1 large)
Garlic, peeled	4g (1 clove)	8g (2 cloves)
Fresh tomato	160g (2 medium)	320g (4 medium)
Vegetable oil	12ml (½ tablespoon)	15ml (1 tablespoon)
Curry powder	12g (1 large tablespoon)	24g (2½ tablespoons)
Dried red lentils	120g	240g
Coconut milk, standard	120ml	240ml
Water	250ml	500ml
Spinach	100g	200g
Couscous	350g	700g

Method

1.	Chop the potatoes, onion, garlic and tomatoes.
2.	Heat vegetable oil in a pan. Add the curry powder and cook for 1-2 minutes.
3.	Add the onions and garlic and cook for a further 3-4 minutes to soften.
4.	Add the lentils, potatoes, tomatoes, coconut milk and water and simmer until the potatoes and lentils are cooked.
5.	Add spinach. Stir well and cook for 5 minutes.

Spring/Summer Menu, Week 3, Friday: Ratatouille, pureed, mashed or whole, with mini sandwiches and vegetable sticks

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.
	Served with mini sandwiches and vegetable sticks.