



WEEK 1

Spring 2022 Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix / Porridge / Wholemeal Toast and butter and bananas				
Morning Snack	A selection of fruit e.g. apples, pears, kiwi & bananas				
Lunch	Pasta carbonara with bacon, peas and bechamel sauce	Split pea and ham soup with wholemeal bread and butter	Shepherd's Pie with minced beef, carrots and peas with mashed potato	Carrot, peppers and lentil soup with wholemeal bread and butter	Broccoli, leek, potato and spinach soup with wholemeal bread and butter
Afternoon Snack	A selection of dried fruit, organic cereal bars, crackers, cheese & breadsticks				
Dinner	Bulgar wheat or arborio rice risotto with chickpeas, carrots, peppers and red pesto	Pasta with smoked salmon, peas and marscapone sauce	White cannellini bean & butternut squash buckwheat risotto	Quinoa or bulgar wheat bowl with minced beef, black beans, sweet potato and spinach	Pasta with bacon, peas, tomato & red pepper pesto
Desserts	Desserts after dinner are most often Petit Filous yogurts, Hipp Organic fruit purees or fresh fruit				



WEEK 2

Spring 2022 Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix / Porridge / Wholemeal Toast and butter and bananas				
Morning Snack	A selection of fruit e.g. apples, pears, apricots, kiwi & bananas				
Lunch	Pasta with tuna, sweetcorn and mayonnaise	Beef Meatballs with homemade sweet and sour vegetable sauce (tomatoes, carrots and peppers) with steamed rice	Carrot & lentil soup with wholemeal bread & butter	Pasta bolognese with minced beef and home made vegetable tomato sauce	Butternut squash, parsnip & red pepper soup with wholemeal bread & butter
Afternoon Snack	A selection of dried fruit, organic cereal bars, crackers & breadsticks				
Dinner	Pearl Barley Jambalaya with turkey, tomato and peppers	Quinoa with tomatoes, garlic and cheese	Sausages, mashed potato and brocolli	Chickpea, tomato & courgette pearl barley risotto	Fish risotto (cod, haddock) with sweetcorn or peas
Desserts	Desserts after dinner are most often Petit Filous yogurts, Hipp Organic fruit purees or fresh fruit				

How to Make White Lasage Sauce / Bechamel / Cheese sauce

Approximate quantities – use as a guide only:

3 tablespoons butter

3 tablespoons flour

15 fl oz milk

1. Melt 3 tablespoons of butter in a pan
2. Add 4 tablespoons of flour
3. Stir the melted butter and flour together using a wooden spoon on a low heat
4. Let bubble gently for up to one minute to allow the flour “cook” a little in the butter
5. Take the flour and butter mixture off the heat
6. Slowly add milk, one cup at a time and stirring constantly until smooth
7. Once approximately half of the milk has been stirred in, put the pan back on a very low heat
8. Very slowly bring the mixture to a simmer on low heat, stirring all the time until the mixture becomes thicker.

Uses:

You can use this sauce to make lasagne or white sauce for fish pie

Or if you add a good few handfuls of grated cheese at the end it can be used to make Pasta and Cauliflower Cheese

How to Make Pasta Carbonara

2 eggs

200g to 300g of grated cheese

1 tub of philadelphia cheese or 1 tub of marscapone

1. Cook the pasta in boiling water
2. Grate the cheese into a large bowl
3. Crack 2 eggs into the bowl
4. Add the philadelphia or marscapone and mix with a wooden spoon
5. Drain the pasta
6. Pour the mixture into the freshly drained and still hot pasta and mix with a wooden spoon
7. Put the pan back onto a very low heat and stir in pasta and sauce together until it thickens slightly
8. Do not leave the pasta and the sauce on the heat for more than a couple of minutes
 - this is to avoid the egg in the sauce from cooking too much and becoming scrambled
 - so the egg is only lightly cooked as you are aiming for a smooth but thick sauce coating the hot pasta
9. Serve immediately

Meal Ideas

Pasta

Pasta Carbonara	bacon, leeks or peas and lasagna sauce (or instead of jar of lasagna sauce use grated cheese, 1 egg and marscapone mixed together)
Pasta with Turkey and Red Pesto	mushrooms, green beans, brocolli with passata with 1 spoon of red pesto sauce
Pasta with Vegetables and Green Pesto	onion or leek, brocolli, peas and/or spinach and green pesto and philadelphia or marscapone
Pasta with Salmon and Peas	peas, smoked salmon and marscapone
Pasta Bolgonese	minced beef, onion, peppers, carrots, tinned tomatoes or passata
Pasta with Tuna and Sweetcorn	tinned tuna and tinned sweetcorn and mayonnaise
Pasta with Cauliflower Cheese	cauliflower and cheese sauce (made with flour, butter, milk and grated cheese)

Soups

Split Pea and Ham Soup	sliced ham hock, split yellow peas, carrots, garlic and onion, vegetable stock
Carrot Peppers and Lentil soup	onion, carrots, yellow/red/orange pepper, orange lentils, vegetable stock
Broccoli, Leek, Potato and Spinach Soup	leeks, broccoli, frozen spinach, frozen peas, potatoes, vegetable stock
Butternut Squash, Parsnip & Red Pepper Soup	onion, butternut squash, parsnips or carrots, red or orange peppers, vegetable stock and some lentils or tinned beans to make it thicker

Risotto/Rice Dishes

Fish Risotto with Sweetcorn or Peas	cod, haddock, vegetable stock, sweetcorn and frozen peas, coconut powder – can also add some Korma sauce if desired
Leek and Mushroom Risotto	leeks, mushrooms and garlic, vegetable stock
Beef Meatballs with sweet and sour vegetable sauce	beef meatballs, sauce of onions, carrots, peppers and passata all blended then poured on top of steamed rice
Pumpkin and Carrot Risotto	squash, carrots, onion, vegetable stock and grated cheese on top
Turkey and Veg Risotto	turkey, onion, tomatoes, peppers, peas and chicken stock

Quinoa/Bulgar Wheat/ Barley

Cannellini Bean & Butternut Buckwheat Risotto	canned cannellini beans, sweetcorn / chickpeas butternut squash, onion and vegetable stock
Pearl Barley Jambalaya	turkey, onion, tomatoes, peppers, chicken stock and tinned tomatoes
Quinoa with tomatoes, garlic and cheese	tinned tomatoes, red pepper, garlic, onions, cubed cheese, olive oil, butter and oregano
Chickpea, Tomato & Courgette Pearl Barley Risotto	tinned chickpeas, onion, garlic, courgettes, tinned tomatoes and stock
Bulgar Wheat Bowl with Beef, Black beans & Sweet Potato	minced beef, black beans, sweet potato, frozen spinach, garlic, oregano, olive oil

Mashed Potato

Sausage mashed potato and vegetables	either with peas, brocolli or carrots or homemade veg sauce (carrot, onion, pumpkin, tomatoes)
Shepherd's Pie	minced beef, carrots, onions, beef stock, passata with mashed potato on top
Fish Pie	fried onion, haddock and cod poached in milk, then sauce thickened using flour and butter, with peas

Sandwiches

Cheese and tomato pizza style	e.g. using tortilla (wrap bread), passata, grated cheese and sweetcorn
Sandwiches	tuna and sweetcorn and mayonnaise
Sandwiches	grated cheese

Substitutions

Note that the following ingredients are similar	For carbonara sauce: Jar of Dolmio lasagne sauce can be substituted with grated cheese, 1 egg and marscapone/philadelphia Onions can be substituted with leeks Passata or tinned tomato Fresh garlic or garlic paste in a tube
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To make bechamel and cheese sauce:

Melt butter in pan on low heat, add flour and mix and cook for 1 minute on low heat, slowly add milk a little at a time, stirring continuously until thickened

To make cheese sauce:

Make the bechamel sauce (for lasagne or fish pie) as above. For cheese sauce (when thickened add grated cheese)

Remember to stir all the time and keep the heat on low