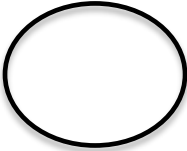


aYear 7 Cooking & Nutrition Shopping List

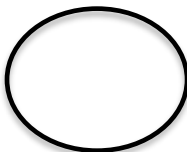
- ✓ Please remember a container each week with your name on
- ✓ NO CONTAINER = NO COOKING
- ✓ **Ingredients with*** are optional ingredients. You may omit ingredients or make substitutes to suit your son.



Muffin Pizza

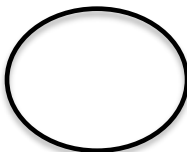
- 
- 1 bread muffin (or other bread type eg French bread, pitta)
 - 1 dsp tomato puree
 - 1 dsp sweet corn*
 - $\frac{1}{4}$ onion*
 - $\frac{1}{4}$ red/green or yellow pepper*
 - 1 mushroom*
 - 50g cheese.

Tomato Pasta Sauce

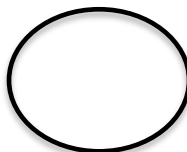
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- 150g Pasta (wholemeal preferably)
 - 1 medium onion
 - 1 tbsp tomato puree
 - 1 garlic clove
 - 1 tsp dried mixed herbs
 - 400g tinned tomatoes
 - 1 tbsp olive oil (please donate a small bottle to the department if you are able to. Thanks)
 - 1 vegetable stock cube*

Any optional ingredients ie:- peppers, mushrooms, courgette

Tuna Pasta Bake

- 
- 300g pasta (wholemeal preferably)
 - 25g butter
 - 25g plain flour
 - 300ml milk
 - 200g cheese
 - Small tin sweetcorn*
 - 1 onion
 - 1 tin of tuna in spring water (this can be left out or substituted but no tinned corned beef please)

Spaghetti Bolognese

- 
- 150g-200g Spaghetti or pasta (wholemeal preferably)
 - 1 small onion
 - 1 or 2 garlic cloves
 - $\frac{1}{2}$ pepper
 - 400g tinned tomatoes or passata
 - 1 tbsp tomato puree
 - 1 tsp mixed herbs
 - 250g lean minced meat (beef/turkey/lamb/Quorn etc)
 - 1 stock cube