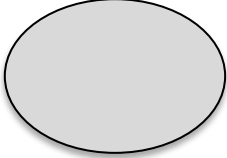


Year 8 Food Shopping List

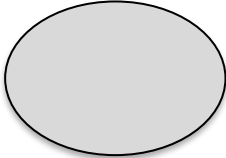


- ✓ Please remember a container each week with your name on
- ✓ **NO CONTAINER = NO COOKING**
- ✓ **Ingredients with*** are optional ingredients. You may omit ingredients or make substitutes to suit your son.

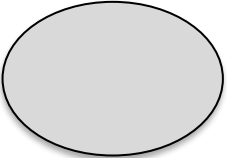
Spaghetti Bolognese

- 
- 150g Spaghetti (or any type pasta)
 - 1 onion
 - 1 garlic clove
 - 250g Minced beef/vegetarian mince/turkey mince/lamb mince
 - 400g tinned chopped tomatoes
 - 1 tablespoon tomato puree
 - 1 teaspoon dried mixed herbs
 - 1 Beef/chicken stock cube
 - *Mushrooms/sweet corn/ green or red or yellow pepper

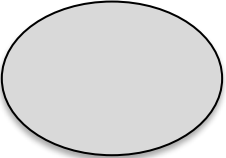
Chicken Fajitas:

- 
- **Tin foil to wrap tortillas in (35cmx 35cm square)** (OR please donate a small roll of **TINFOIL** to the department if you are able to. Thanks)
 - 1 Garlic clove
 - 1½ tbsp Lemon/lime juice
 - 3 tbsp Worcester sauce
 - 1 chicken breast/lamb steak /beef steak (cubed). **PLEASE ENSURE IT IS THAWED OUT!**
 - 2 Flour tortillas (fajitas)
 - 1 Onion
 - *1 Green/red/yellow/orange pepper

Super Stir Fry:

- 
- Please note that all ingredients can be changed/substituted e.g. beansprouts
 - 1 tbsp sweetcorn
 - Pepper (red/yellow/green)
 - 2 mushrooms
 - 1 small onion
 - 2 garlic cloves
 - Soy sauce (approx. 2 tbsp)
 - 1 chicken breast (optional) e.g. Quorn pieces

Curry & Rice

- 
- 1 chicken breast or alternative e.g. Quorn
 - 1 small onion
 - 1 or 2 garlic cloves
 - 1 tsp tomato puree
 - 75g Basmati rice or long grain rice
 - *red pepper, fresh tomatoes, etc
 - ½ tsp ground ginger
 - 1 - 2 tsps curry powder



Cookies

- 140g plain flour
- 70g soft brown sugar
- 70g caster sugar
- 115g butter
- ½ teaspoon of bicarbonate of soda
- ½ teaspoon of vanilla essence



Pizza

- Own bread base
- Grated cheese
- Tomato puree
- Optional ingredients: chopped pepper, pepperoni slices, mushrooms, pineapple pieces



Chilli Con Carne

- 250g minced beef
- 1 onion
- 1 tin chopped tomatoes
- 1 small tin of kidney beans
- 1tsp chilli powder
- 150g rice



Kebabs and Cous Cous

- lamb steaks (or 2 chicken breast or alternative)
- 2 wooden skewers
- 1 garlic clove
- Pinch of dried oregano
- 1 red/green/yellow pepper
- 1 lemon
- 1 onion
- To serve: (optional sauce)
- Fresh parsley chopped
- 1 tbsp Greek yoghurt
- ½ cucumber
- 2 pitta bread

