

Year 8 Shopping Lists

Pasta Salad

Ingredients needed:

100g pasta shapes

1 vegetable stock cube

100g protein e.g. cooked chicken / cooked bacon / ham / tuna / cheese / salami

2 x 15ml spoons low fat dressing / mayonnaise

You need 6-8 items from the list below:

1 carrot

½ iceberg lettuce / 1 gem lettuce

1 apple

2 tomatoes

2 gherkins

1 mango

5 mushrooms

1 pepper

1 small can of pineapple

Olives

2 celery sticks

6 cherry tomatoes

1 onion

3 radish

½ cucumber

1 small can of sweetcorn

2 spring onions

Other things to remember:

You will a large box.

Fajitas

Ingredients needed:

1 lime or lemon or orange

½ green chilli (optional)

1 clove garlic

1 raw chicken breast or a beef frying steak or a pork lion or quorn steak/strips or halloumi

5 mushrooms (optional)

1 small onion

½ pepper (any colour)

2 tortilla wraps

1 tomato

25g cheddar cheese

1 x 15ml spoon either guacamole / salsa / mayo / barbeque sauce (all optional)

Other things to remember:

A box

Meat must be put in the fridge in Food Room as soon as arrive at school



Own design Sweet or Savoury Muffins

Ingredients needed:

225g self-raising flour

1 x 15ml spoon of baking powder (school can provide)

75g caster sugar (not if doing savoury muffin)

175ml semi-skimmed milk

1 egg

50ml oil

Chosen Texture:

E.g. chopped strawberries or grated cheese

Chosen Flavour:

E.g. cinnamon or curry powder

Optional Decoration:

E.g. 120g icing sugar or 70g chocolate for drizzling

Other things to remember:

A box

Muffin cases



Own Design Tomato-Based Sauce Pasta Dish

Ingredients needed:

200g Pasta

Meat/Alternatives:

E.g. minced beef / tuna / chicken breast / bacon / quorn mince / sausage

Vegetables:

E.g. celery / carrots / mushrooms / peas / sweetcorn / onion / broccoli

Sauce Ingredients:

Chopped tomatoes / passata / fresh tomatoes

1 beef stock cube

1 tbsps tomato puree

2 garlic cloves

Other things to remember:

Ovenproof dish for pasta bakes / macaroni cheese type dishes or waterproof box for all other dishes

Put any meats into the fridge in Food Room as soon as arrive at school on the day or the practical

Own Design Roux Sauce Pasta Dish

Sauce Ingredients:

300g Pasta chosen shape

400ml milk

40g margarine/butter

40g plain flour

125g cheese

Other Own Choice Ingredients:

Meats/alternatives: e.g. tuna / chicken breast / bacon / quorn / chorizo

Vegetables: e.g. mushrooms / peas / sweetcorn / onion / broccoli

Top Layer Garnish: e.g. breadcrumbs / tomato / basil

Other things to remember:

Ovenproof dish for pasta bakes / macaroni cheese type dishes or waterproof box for all other dishes

Put any meats into the fridge in Food Room as soon as arrive at school on the day or the practical

