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Week 1

Monday

Mixed Vegetable korma with rice

Ingredients

Rice
Coconut oil
Large onion
Garlic cloves
Ginger
Carrots and peppers
Peas and broccoli
Halloumi cut in cubes
Coconut milk
Lime juice
Seasoning – Garam masala, turmeric and black pepper, coriander



Method

Heat the coconut oil in a saucepan over a medium heat, add the onion and cook, covered with a lid, for 5 minutes until softened but not coloured. Stir the onion occasionally to stop it sticking. Add the garlic and ginger and cook, stirring. Put the onion mixture in a mini food processor with water and blend until smooth. Stir in the veg, halloumi, spices, coconut milk and water and bring almost to a boil, turn heat down and let simmer. Stir in lime juice and coriander and serve with cooked rice.

Allergy Advice: Milk, Sulphites

Fruit Salad

- Melon
- Pineapple
- Other seasonal fruits

Tuesday

Mixed Bean Cannelloni with Seasonal Vegetables

Ingredients

- 395g tin mixed beans
- 1 tbsp olive oil
- 1 onion, peeled and chopped
- 1 red pepper, deseeded and chopped
- 1 yellow pepper, seeded and chopped
- 500g carton passata with garlic and herbs
- 12 cannelloni tubes
- 200g lighter mature Cheddar, grated
- mixed leaves, to serve (optional)



Method

Preheat the oven to gas 5, 190°C, fan 170°C.

Mash beans until coarsely crushed. Set aside.

Heat the oil in a frying pan, add the onion and fry over a gentle heat for 3 mins. Turn up the heat, add the peppers and stir-fry for 3-5 mins. Remove from the heat and cool slightly. Add the pepper mix to the beans and stir well. Set aside.

Pour a third of the passata into a 20 x 30cm baking dish and set aside.

Using a teaspoon, fill the cannelloni tubes with the pepper and bean mix. Arrange in the dish, then pour over the remaining passata and scatter with the grated cheese. Bake for 40 mins, or until bubbling and golden. Serve with mixed leaves, if you like.

Served with a side of seasonal vegetables.

Allergy Advice: Sulphites, Gluten, Milk

Stewed apples with ice cream

- 1 large tin of sliced apples
- Ice cream

Gently simmer the sliced apples until soft. Purée.

Serve with ice cream.

Allergy Advice: Milk

Wednesday

Grilled Halloumi with Chickpea, Tomato and Courgette Couscous

Ingredients

200g couscous

1 small courgette, chopped small

4 sundried tomatoes, chopped very small

Can chickpeas, drained and rinsed

Large handful of mint

Small handful of parsley

6 spring onions, chopped small

2 cloves garlic, crushed

Juice of 1/2 lemon

1 vegetable stock cube, crumbled

1-2 tbsp oil from the sundried tomato jar (or any oil)

1 block halloumi cheese, sliced

Make the couscous as per the pack instructions (normally only takes 5 minutes). Meanwhile, fry the courgette in a little oil for 5 minutes. Add the tomatoes, chickpeas, mint, parsley, spring onions, garlic, lemon, vegetable stock and oil. Heat for another minute or two until warmed through. Taste and add salt and pepper and extra mint if needed.

Griddle or fry the halloumi on each side, until golden and slightly crispy (1-2 minutes each side). Spoon the couscous salad in to bowls and top with a few slices of halloumi and a sprig of mint.

Allergy Advice: Sulphites, Gluten, Milk



Sticky Toffee Pudding

A healthy twist on sticky toffee pudding, a Kate Waters recipe.

Serves: 16 portions

Ingredients

For the pudding:

- 100g butter at room temperature.
- 200g pitted dates

- 1 tbsp molasses
- 1 tsp vanilla essence
- 3 eggs
- 35g cup coconut flour
- 50g buckwheat
- 1¼ tsp bicarbonate of soda
- Coconut yogurt or cream fresh to serve

For the sauce:

- 50g butter (for dairy free sub 50g coconut cream)
- 100g dates

Method

1. Preheat the oven to 170°C. Line a baking dish or square cake tin with baking parchment.
2. Make the sauce first. Soak the dates in 200 ml boiling water for 10 minutes. Drain, reserving the soaking liquid. Put the soaked dates and the butter in a food processor and blend until smooth. Slowly add the soaking water until your sauce is as smooth as possible (you can thin it with a touch more water). Set the sauce aside. Careful not to make the sauce too thin, but you also do not want it to be thick! Check the taste before making it too thin.
3. To make the pudding, soak the dates in 200 ml boiling water for 10 minutes. Place the dates and their liquid into a high-speed blender (no need to rinse) along with the butter, molasses, vanilla essence and process until smooth.
4. Add the eggs, and quickly blend. Sift in the flours and bicarbonate of soda and blend again until creamy, do not over blend it here.
5. Pour the mixture into the prepared dish and bake for 30 min. Check with a skewer that it is cooked. It can be served hot or it can be left to cool down in the tin.
6. To serve, heat up the sauce in a saucepan and. Cut the pudding into squares and pour over the sauce. Serve with coconut yogurt or cream fresh to serve

Notes: For the cake to make it dairy free sub 100g coconut cream (the thick bit of the cream not the water part, don't shake the tin before opening! It will just make a softer cake). For the sauce sub 50g coconut milk.

Source: Adapted By Kate waters from a Hemsley and Hemsley recipe.

Allergy Advice: Sulphites, Gluten, Milk, Eggs

© Kate Waters

Thursday

Tomato and Lentil Soup

Serves: 10 child portions

Ingredients:

- Olive oil 2 tbsp
- 1 red onion diced
- 1 carrot diced
- 1 stick celery
- 2 cloves garlic sliced
- 1 tin of tomatoes
- 80g red lentils
- 1tbsp tom puree
- 1pt water
- Half a stock cube
- Bay leaf
- Thyme



Method:

1. Chop and sauté the red onion, in enough oil to coat it. When it is translucent (about 5-7min) add the carrot and celery and cook off for a few min. Then add the garlic and cook for a further 1-2 min on a low heat.
2. Add the tin of tomatoes and tomato puree.
3. Wash the red lentils and leave to one side to drain. Place the water in a separate pan and bring to the boil with the red lentils. Once it froths up skim off the scum. Once its clear pour into the veg dish.
4. Add the half stock cube and the herbs and kombu.
5. Leave to cook for 40 min till lentils are cooked. Puree and season and serve.

Source: By Kate Waters

Allergy Advice: Celery, Gluten

© Kate Waters

Mexican Burritos with Salad and Salsa

Burrito

Ingredients

- 4 large or 8 small tortilla wraps
- 2 large handfuls spinach leaves, shredded
- 1 avocado, thinly sliced (optional)
- hot sauce, to serve

For the chipotle black beans

- 1 tbsp oil
- 1 garlic clove, crushed
- 1 tbsp chipotle paste
- 400g can chopped tomatoes
- 400g black beans, drained
- 1 bunch coriander, chopped

For the lime and red onion rice

- 250g wholegrain rice, cooked and drained
- 1 lime, juiced
- ½ red onion, very finely chopped



Method

STEP 1

To make the beans, heat the oil in a pan and fry the garlic for a minute, then stir in the chipotle paste. Tip in the tomatoes, stir and bring to a simmer. Season with salt. Simmer until thick, add the beans and cook briefly (make sure any water gets cooked off), then stir in the coriander.

STEP 2

If you are using cold cooked rice, then warm it through, stir in the lime juice, red onion and season well.

STEP 3

Lay out the tortillas and sprinkle over some spinach, add some avocado slices and some rice, then top with the bean mix. Add a shake of hot sauce, if you like. Roll the bottom up, then fold the sides in to stop the filling falling out as you roll. Wrap tightly in foil, if you like, and cut in half.

Allergy Advice: Gluten, Sulphites

Salsa

Ingredients

- 4-6 medium tomatoes, peeled and finely chopped
- ½ red onion, very finely chopped
- 1 small garlic clove, chopped
- small splash of white wine vinegar
- ½ lime, juiced
- ½ bunch of coriander, roughly chopped



Method

STEP 1

Combine the tomatoes, red onion, garlic, white wine vinegar, lime juice and coriander in a bowl. Stir, then refrigerate until ready to serve.

Friday

Red and Yellow Pepper Pizza with a Cherry Tomato Salad

- 400g Flour
- 7g packet of Fast Action Yeast
- 1 tsp Salt
- 2tbsp Olive Oil
- Dried thyme x 1 tsp
- Dried mint x 5 tsp (optional)

To make the pizza base – bloom the yeast in warm water, and then mix with dry ingredients. Knead for 2 minutes until the dough is smooth. Roll out the dough and place on baking tray.

- Olive oil x 3 tbsp
- Onions x 2
- Garlic cloves x 2
- Fresh tomatoes x 10
- Tin of chopped tomatoes 400g x 1
- Tomato purée x 1 tbsp
- Coriander x 1 tbsp
- Salt and black pepper
- Paprika
- Grated cheese
- Red and Yellow Bell Peppers



Heat olive oil in a pan and add onions, garlic, tomatoes, puree, spices and herbs. Cook for 20 minutes.

Add the tomato sauce, red and yellow peppers and grated cheese to the top of pizza base, and bake for 10 – 15 minutes until base is golden brown and crisp.

Allergy Advice: Milk, Gluten

Mixed Berry Yoghurt

Ingredients

- Frozen mixed berries, defrosted
- Fat-free Greek yoghurt

Allergy Advice: Milk

Week 2

Monday

Linguine with ricotta and cherry tomatoes and mixed salad

Ingredients

- 3 tbsp olive oil
- 4 garlic cloves, sliced
- 2 x 400g cans cherry tomatoes
- 350g linguine
- 250g ricotta
- 150ml double cream
- grating of nutmeg
- handful of basil, leaves picked and torn



Method

STEP 1

Heat the grill to its highest setting and bring a large pan of salted water to the boil. Heat the oil in a large saucepan over a medium heat and fry the garlic for 30 secs until sizzling. Add the tomatoes, then swill out the cans with a splash of water and add this, too. Season well and simmer for 15 mins to reduce slightly. When the water is boiling, stir in the linguine and cook for 1 min less than pack instructions.

STEP 2

Meanwhile, combine the ricotta, double cream and a grating of nutmeg in a bowl, then season to taste with salt and pepper.

STEP 3

Taste the tomato sauce for seasoning, then drain the linguine and add to the sauce along with the basil. Stir to combine. Tip half the pasta mixture into the base of a medium ovenproof dish, then dollop over half the ricotta mixture. Pour the rest of the pasta mixture on top, then spoon over the rest of the ricotta mixture. Sprinkle over the parmesan, and serve.

Allergy Advice: Gluten, Eggs, Mustard, Milk

Pineapple fruit salad with fromage frais

- Pineapple, diced
- Fromage Frais

Allergy Advice: Milk

Tuesday

Tomato Rice – Jollof Rice with Steamed Cabbage and Spinach

Ingredients

- 400g basmati rice
- 3 red peppers, halved and deseeded
- 1 white onion, halved
- 2 garlic cloves
- 1 tbsp grated ginger, or ginger purée
- 5 tbsp vegetable or sunflower oil
- 100g tomato purée
- 2 bay leaves
- 1 tbsp dried thyme
- 2tsp curry powder (we used hot madras)
- ½ tsp ground white pepper
- 600ml hot vegetable stock, made with 2 stock cubes



Method

STEP 1

Heat the oven to 200C/180C fan/gas 6. Tip the rice in a sieve, rinse under cold water, drain and set aside. Put the peppers, onion, garlic, ginger and chilli, if using, in a food processor and blitz until chopped.

STEP 2

Heat the oil in an ovenproof casserole over a medium heat and fry the tomato purée for 2-3 mins, stirring often. Add the blitzed pepper mixture and fry for 5 mins more, then add the herbs, spices and 1 tsp salt. Fry for a further 1-2 mins, then stir in the rice to coat. Pour in the stock, stir, cover and bake for 45 mins until the rice is tender.

Allergy Advice: Gluten

Beetroot and chocolate cake

Ingredients

1 large cooked beetroot, about 175g in weight, roughly chopped

200g plain flour

100g cocoa powder

1 tbsp baking powder

250g golden caster sugar



3 eggs

2 tsp vanilla extract

200ml sunflower oil

100g dark chocolate, (not too bitter), chopped into pieces

STEP 1

Heat oven to 190C/fan 170C/gas 5. Tip the beetroot into a food processor and blitz until chopped. Add a pinch of salt and the rest of the ingredients, except the oil and chocolate. When completely mixed (you may need to scrape the sides down once or twice), add the oil in a steady stream, as if you were making mayonnaise.

STEP 2

When all the oil has been added, stir in the chocolate, then tip the mix into a lined 900g loaf tin. Cook for 1 hr until an inserted skewer comes out practically clean. Leave the loaf to cool on a rack.

Allergy Advice: Gluten, Milk, Eggs, Soya

Wednesday

Carrot and coriander soup

Ingredients

- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 tsp ground coriander
- 1 potato, chopped
- 450g carrots, peeled and chopped
- 1.2l vegetable or chicken stock
- handful coriander

Method

STEP 1

Heat 1 tbsp vegetable oil in a large pan, add 1 chopped onion, then fry for 5 mins until softened.

STEP 2

Stir in 1 tsp ground coriander and 1 chopped potato, then cook for 1 min.

STEP 3

Add the 450g peeled and chopped carrots and 1.2l vegetable or chicken stock, bring to the boil, then reduce the heat.

STEP 4

Cover and cook for 20 mins until the carrots are tender.

STEP 5

Tip into a food processor with a handful of coriander then blitz until smooth (you may need to do this in two batches). Return to pan, taste, add salt if necessary, then reheat to serve.



Allergy Advice: Gluten

Root vegetable and lentil bake with spring greens

Ingredients

- 2 tbsp sunflower or vegetable oil
- 1 onion, chopped
- 2 garlic clove, crushed
- 700g potatoes, peeled and cut into chunks
- 4 carrot, thickly sliced
- 2 parsnip, thickly sliced
- 2 tbsp curry paste or powder
- 1 litre/1¾ pints vegetable stock
- 100g red lentils
- a small bunch of fresh coriander, roughly chopped
- low-fat yogurt and bread, to serve



Method

STEP 1

Heat the oil in a **large pan** and cook the onion and garlic over a medium heat for 3-4 minutes until softened, stirring occasionally. Tip in the potatoes, carrots and parsnips, turn up the heat and cook for 6-7 minutes, stirring, until the vegetables are golden.

STEP 2

Stir in the curry paste or powder, pour in the stock and then bring to the boil. Reduce the heat, add the lentils, cover and simmer for 15-20 minutes until the lentils and vegetables are tender and the sauce has thickened.

STEP 3

Stir in most of the coriander, season and heat for a minute or so. Top with yogurt and the rest of the coriander. Serve with naan bread.

Allergy Advice: Gluten, Milk

Thursday

Savoury tacos with corn, avocado and a mango filling served with a cherry tomato salad

Ingredients

Tortillas

2 cup Mango

2 cup Black Beans

1 cup Avocado

1 cup Cherry tomatoes

1 cup corn, grilled

¼ cup coriander

1 lime

Dressing

1 tsp olive oil

4 tbsp lime juice

2 tsp Jalapeños, finely chopped

2 tbsp Agave

⅛ cup cilantro, chopped

salt

lime zest

method

1. Whisk together the ingredients for dressing
2. Add cut mangoes, avocados, tomatoes and grilled sweetcorn kernels in a big mixing bowl.
3. Toss in the cooked black beans.
4. Pour over the dressing and add coriander and lime wedges
5. Spoon into warmed tortillas

Allergy Advice: Sulphites

Pear and Blueberry Crumble

What's great about this

This healthy take on a crumble uses natural sugars. Dates give the topping sweetness and a small amount of honey is used in the base. Making sure that the



fruit used is ripe and therefore sweet means that the amount of honey used is not much.

Serves: 8

Ingredients:

Base

- 4 pears
- 1 cup frozen blueberries
- 1 tsp cinnamon
- $\frac{1}{2}$ tsp nutmeg
- 1 tbsp honey
- 1 tbsp corn flour

Topping

- 200g oats
- 100g pitted dates
- 2 tsp cinnamon
- 4 tbsp melted butter or coconut oil
- 1-2 tbsp boiling water
- 1 tbsp honey
- $\frac{1}{2}$ tsp vanilla essence

Method:

1. Heat oven to 175°C. Line a tin, I used a square 8" tin and it was quite thin but rather nice.
2. Peel the pears and core them. Then slice into no smaller than 1 cm diced.
3. Place the cut pears and the blueberries into a mixing bowl with the rest of the base ingredients. Fold to mix.
4. In a food processor place the dates, pulse them until they are cut down into small pieces. Then add the oats and cinnamon, pulse again till they are well mixed, you don't want the oats like flour but you want to break them down so when the wet ingredients are added it binds but with some texture.
5. Once the oats are cut slightly and broken and the dates are in tiny pieces whilst the machine is running pour in the butter and vanilla then as much



of the 2 tbsp of water that you need to just bring it slightly together. Careful not to use too much. Pulse enough to bring it all together, it should be just bound together but still crumbly

6. Pour the pear mix into the lined tin, then on top scatter over the oat mix. Try to make sure that the pears are not poking through too much and the topping is as even as possible.
7. Place in the hot oven and bake for 30 min. The top should be slightly browned but not burnt and the pear should be soft.
8. Leave the crumble to sit for an hr. This will allow the base ingredients liquid to thicken slightly. Serve with yogurt or coconut yogurt or double cream.

Notes:

Pears - make sure they are ripe or they will not be very sweet! I tend to use eating pears rather than conference as conference lend themselves more to cooking in sugar, but even they will be ok if ripe.

Source: By Kate Waters

Allergy Advice: Sulphites, Gluten

Friday

Jacket potato with cheese, beans and salad

Baked Potatoes

Ingredients

- Medium sized potatoes
- Homemade baked beans (recipe below)
- Grated cheese
- Coleslaw

Method:

Bake the potatoes in a tray, cover with tin foil and cook for 2 hours.

Homemade baked beans

Ingredients (Serves 6):

- 2 400g tins of haricot beans
- 1 tbsp olive oil
- 1 onion roughly cut
- 4 clove garlic sliced
- 1 tsp Veggie Worcestershire sauce
- Passata and 200ml water
- Veggie stock cube
- 1 tbsp apple cider vinegar
- 1½. tbsp brown sugar
- 1 tsp salt
- Pinch all spice
- ¼ tsp cinnamon
- 1 tsp. Dijon mustard



Method:

1. Heat the oven to 140C.
2. Drain the tinned beans and rinse well.
3. Heat the olive oil in a casserole dish that you will use to cook the beans in the oven.
4. Add the onion and cook off over a medium heat once it is becoming translucent
5. Add the garlic and cook for another 1-2 min.
6. Add the passata and all the other ingredients except for the beans! This is important as the sauce will be blended first.
7. Cook the sauce for 5-10 min and then pour into a blender and blend well. You actually want it to change to a lighter colour, which comes from high speed blending.

8. Pour the blended sauce back into the casserole dish and add the beans. Stir well to combine and put the lid on.
9. Put in the oven for 2 hrs.
10. Once you take them out of the oven, the sauce may have thickened. At this point you might want to add more water to make them more 'saucy'. Think about how much sauce there is with tinned beans. I add about 200ml of water, but this will depend on how much has evaporated during cooking.
11. Check the seasoning, I found with the additional 200ml that I did not need to change the seasoning at all.

Notes:

This dish can be made with dried beans, soak the beans overnight and drain. Add to a pressure cooker with the blended tomato sauce (before it goes into the oven) and cook for 25 min on high. This may need extra water.

Allergy Advice: Milk, Eggs, Mustard

Source: Created by Kate Waters

Mango & passion fruit fool

Ingredients

- 2 large ripe mangoes
- 4 passion fruits, halved
- 2 x 150g/5oz tubs Greek yogurt



Method

STEP 1

Peel the mangoes using a vegetable peeler. Slice the cheeks off one and cut into small dice. Set aside.

STEP 2

Cut the flesh from the remaining mango and stone, then purée flesh in a liquidiser. Squeeze out the seeds from 2 of the passion fruit halves and mix with the mango purée. Add lime juice to taste. Gently fold the yogurt and half the diced mango through the fruity purée.

STEP 3

Divide between 4 glasses and top with the remaining diced mango. Cover and chill for 30mins before eating. Scoop the seeds from the remaining passion fruit over the top of the fools to serve.

Allergy Advice: Milk