

Week 1 Family Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Lasagna with Beef Serve with cucumber and carrot sticks	Quiche Lorraine (Ham, eggs & Cheese) Serve with apple/ carrot and raisin salad	Jacket Potato Filling – tuna (mix with mayo), sweet corn (can) and add cheese – either cheddar or cottage Serve with avocado slices	Whole Meal Bagel Filling – cream cheese and smoked salmon Serve with slices of apple and pear	Winter – Soup Chicken noodle soup and fresh baguette Summer – Crudites Hummus and guacamole, with cucumber, carrots, celery, cauliflower and pita bread sticks
Dinner	Poached Cod Serve with green Vegetable risotto and baked butternut Squash	Roast Chicken Serve with roast potatoes, roast parsnip, roast swede and green beans	Pork Escalope's with Stewed apples Serve with mashed sweet potato, broccoli and carrots	Steak with steak chips (cut thick and tossed in oil and then baked in the oven) Serve with Mushrooms and tomato and courgette ratatouille	Fish Pie (make one with two varieties of fish i.e., salmon and white) Serve with peas and roasted peppers – do a mixture of red/ yellow and orange

Recipes

Green Vegetable Risotto

Ingredients

4 cups chicken stock
Virgin olive oil
1 onion finely chopped
3 gloves of garlic crushed
2 cups Italian risotto rice
½ cup white wine
Sea salt
Freshly grated black pepper
Grated Parmesan cheese
2 tablespoons butter
3 tablespoons olive oil
1 small bunch of spinach
2 cups peas
1 bunch asparagus trimmed and halved

Method

First prepare the flavourings, heat a frying pan add oil, spinach and peas and cook, stirring constantly for two minutes. Puree in a blender or food processor adding a little extra stock if necessary to blend. Blanch asparagus in boiling water for one minute. Drain and plunge into ice-cold water to cool. Set vegetable flavourings to one side. Heat stock in a saucepan. Heat a heavy based saucepan or risotto pan. Add a little oil then onion and garlic and sweat over

a medium heat. Add risotto rice and allow to toast but not brown, stirring continuously for 2 minutes. Add wine and allow to evaporate.

Add hot stock all at once and a little salt and pepper. Bring to the boil, stir, then cover and simmer for 15 minutes.

Stir in prepared flavouring, then allow to rest, covered, for a few minutes.

Stir through Parmesan, a little extra hot stock and butter to create a creamy consistency.

Pesto, Feta and Tomato Freeform Tarts (Good substitutes for Quiche)

Ingredients

2 sheets pre-rolled puff pastry
8 tablespoons basil pesto
2 tomatoes, sliced
100g feta, crumbled
8 black olives

Method

Heat oven to 190 Celsius

Cut each sheet of pastry into 4 squares and place onto a lightly oiled baking tray. Score a 1 cm frame around the edge of each pastry square.

Divide filling ingredients between squares, layering with pesto, feta, a slice of tomato and an olive.

Bake pastries for 15-20 minutes until edges are puffed and golden brown

Other fillings to use with quiche base:

- Roasted courgettes (Zucchini) and red pepper
- Butternut squash roasted and pureed topped with pine nuts
- Ham and tomato

Roasted Vegetable Puree (use a dip)

Ingredients

¼ small pumpkin peeled and cubed
1 large carrot, peeled and cubed
1 large parsnip peeled and cubed
6 gloves garlic, peeled
1-teaspoon cumin seeds
1-teaspoon paprika
½ cup olive oil
Sea salt
Freshly ground black pepper

Method

Preheat oven to 180°C. Place prepared veggies and garlic gloves onto a roasting dish. Sprinkle over spices and drizzle over olive oil. Roast for 30 minutes or until veggies are soft and caramelized. Remove to cool.

Once cold, puree vegetables and oil in a food processor to form a smooth paste, adding more oil if necessary to thin. Season to taste with salt and pepper.