

Week 2 Family Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Spaghetti Bolognese Plus grated cheese on top Serve with peas	Zucchini Slice (menu attached) Serve with coleslaw	Jacket Potato Filling – bacon, cheese with a doppel of sour cream on top Serve with tomato slices	Sandwich – Crostini Filling (See recipe sent) Serve with apple and pear slices	Winter – Soup Ham, barley and spinach Summer – Tart Vegetable tart – squash
Dinner	Salmon Serve with quinoa (put in chopped spinach and corn)	Chicken – Green pea herb stuffed chicken Serve with mashed potato and mushrooms	Veal with Lemon Caper Sauce Serve with brown rice, asparagus and roasted butternut squash	Roast Lamb Serve with roast potatoes, swede, parsnips and broccoli	Fish Kebabs (make up using fish, prawns, onions, courgettes, and cherry tomatoes). Serve on orzo with peas



Recipes

Spaghetti Bolognaise – Scott's recipe

Ingredients

600gms Mince beef
2 punnets of white Mushrooms coarsely chopped
2 zucchinis coarsely chopped
1/8 eggplant (finely chopped)
Peas
1 tin tomatoes
tomato puree (I use lots)
mixed herbs or herbs

Method

Brown mince in non stick frying pan add to pot with tinned tomatoes and herbs.
Toss vegetables separately in frying pan and then add to pot
Add peas at the end just before serving.
Serve with spelt pasta
Top with cheese of choice

Zucchini Slice

Ingredients

375g zucchini (Courgettes)
1 large onion
3 rashers bacon
1 cup grate cheddar cheese
1 cup self-raising flour
½ cup oil
5 eggs
Salt and pepper to taste

Method

Grate unpeeled zucchini coarsely, finely chop onion and bacon.

Combine zucchini, onion, bacon, cheese, sifted flour, oil and lightly beaten eggs season with salt and pepper.

Pour into well greased lamington tin (base measures 16cm, 20 cm) bake in moderate oven for 30 to 40 minutes or until brown.

Crostini

To make preheat oven to 160°C place of slices of a baguette on a baking tray and brush with garlic and olive oil season with salt and pepper and bake until golden approx. 10 minutes.

Topping – Blend the feta in a food processor until smooth or whip with a fork spread on the crostini and then add a slice of avocado and tomato on top.

Green Pea and Herb Stuffed Chicken

Ingredients

1 whole chicken boned out
300g sliced bacon, rind removed

Pea Stuffing

4 cloves garlic
½ cup parsley
¼ cup basil leaves
2 cups peas (frozen or fresh)
2 cups fresh breadcrumbs
1 small egg, lightly beaten
Salt and pepper

Method

Lay out the chicken skin side down and batter to even out meat distribution.

In a food processor, puree garlic, parsley, basil and peas. Stir in breadcrumbs and a little egg to bind. Season with salt and pepper to taste. Place stuffing along chicken lengthways. Roll up and wrap in bacon to secure. Place in pan.

Roast in oven heated to 180°C for 1 hour or until cooked by testing that juices run clear. Rest for 10 minutes before slicing.