|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Cereal  | Toast, Banana & Milk | Yoghurt with Fruit | Cereal | Crumpets & Milk |
| Lunch | Mild chicken and vegetable curry with rice | Corned Beef & Onion Pie with Baked Beans | Sausage Dinner with Roast Potatoes & Vegetables | Pasta Bolognese | Fish Pie & Vegetables |
| Dessert | Fruit Crumble & Cream | Melon |  Jelly | Homemade Bread & Butter Pudding | Chocolate Sponge with Custard |
| Babies - weaning | Broccoli & potato | Carrots, potatoes & peas | Cauliflower & potato | Swede & parsnip | Sweet potato & peas  |
| Tea | Egg Mayonnaise & Cress Sandwiches & Cucumber | Ham Pittas with Tomatoes | Tuna Mayo, Crisp Breads & Pepper | Beans on Toast | Ploughman’s Cheese, Crackers, Pickle & Tomato |
| Babies - weaning | Banana | Mixed berries & apple | Pear | Fromage frais | Apple & custard. |
| Late Snack  | Banana | Apples | Oranges | Pears | Apples |

![C:\Users\Amanda\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\V7IU1R0N\1-1232202763DIeJ[1].jpg]() **Singleton Autumn / Winter Menu – Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Cereal  | Fruit Loaf & Milk | Cereal | Brioche & Milk | Toast & Milk |
| Lunch | Chicken and Veg Pie with Roast Potatoes | Cottage Pie with Broccoli & Cauliflower | Lasagne with Mixed Veg | Cheese & Potato Pie with Beans | Fish fingers, creamy mash and baked beans |
| Dessert | Homemade Rice Pudding & Fruit Coulis | Bananas & Custard | Jam & Coconut Sponge & Custard | Jelly | Fruit Salad |
| Babies - weaning | Mixed Vegetables & Potato | Swede & Carrot | Broccoli & Potato | Baby Rice & Broccoli | Sweet potato & Apple  |
| Tea | Cheese & Tomato Toasties | Salmon Pate with Crisp Bread & Tomatoes | Chicken Sandwiches & Melon | Ham, Tomato & Cucumber Wraps | Bagels & Cream Cheese with Baby Carrots |
| Babies - weaning | Fromage Frais | Banana | Apple & Pears | Bananas & Custard | Mixed Fruit  |
| Late Snack  | Apples | Pears | Bananas | Apples | Oranges |

![C:\Users\Amanda\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\V7IU1R0N\1-1232202763DIeJ[1].jpg]() **Singleton Autumn / Winter Menu – Week 2**

Bread & Butter Pudding

Ingredients

* 25g/1oz [butter](https://www.bbc.co.uk/food/butter), plus extra for greasing
* 8 thin slices [bread](https://www.bbc.co.uk/food/bread)
* 50g/2oz [sultanas](https://www.bbc.co.uk/food/sultanas)
* 2 tsp [cinnamon](https://www.bbc.co.uk/food/cinnamon) powder
* 350ml/12fl oz whole [milk](https://www.bbc.co.uk/food/milk)
* 50ml/2fl oz [double cream](https://www.bbc.co.uk/food/double_cream)
* 2 free-range [eggs](https://www.bbc.co.uk/food/egg)
* 25g/1oz granulated [sugar](https://www.bbc.co.uk/food/sugar)
* [nutmeg](https://www.bbc.co.uk/food/nutmeg), grated, to taste

Method

1. Grease a 1 litre/2 pint pie dish with butter.
2. Cut the crusts off the bread. Spread each slice with on one side with butter, then cut into triangles.
3. Arrange a layer of bread, buttered-side up, in the bottom of the dish, then add a layer of sultanas. Sprinkle with a little cinnamon, then repeat the layers of bread and sultanas, sprinkling with cinnamon, until you have used up all of the bread. Finish with a layer of bread, then set aside.
4. Gently warm the milk and cream in a pan over a low heat to scalding point. Don't let it boil.
5. Crack the eggs into a bowl, add three quarters of the sugar and lightly whisk until pale.
6. Add the warm milk and cream mixture and stir well, then strain the custard into a bowl.
7. Pour the custard over the prepared bread layers and sprinkle with nutmeg and the remaining sugar and leave to stand for 30 minutes.
8. Preheat the oven to 180C/355F/Gas 4.
9. Place the dish into the oven and bake for 30-40 minutes, or until the custard has set and the top is golden-brown.

**Chocolate Sponge & Custard**

Ingredients

* 300g stoned [date](https://www.bbcgoodfood.com/glossary/date), chopped
* 6 large eggs, separated
* 350g light muscovado sugar
* 200g wholemeal flour
* 2 tsp [baking powder](https://www.bbcgoodfood.com/glossary/baking-powder)
* 100g cocoa

For the custard

* 5 tbsp custard powder
* 5 tbsp light muscovado sugar
* 50g cocoa powder
* 1.2l skimmed milk

Method

1. Cover the dates with boiling water and set aside to soften for 30 mins.
2. Heat oven to 160C/140C fan/gas 3 and line a 20 x 30cm baking tin with baking parchment. Drain the dates, reserving the liquid, then whizz the dates to a purée with 100ml of the soaking liquid.
3. Beat the egg whites in a large bowl with an electric whisk until stiff peaks hold on the end of your whisk. Add half the sugar and beat until thick and glossy.
4. In another bowl, beat the yolks and remaining sugar until pale. Whisk in the mashed date mixture, then fold into the egg white mixture until well combined. Mix the flour, baking powder and cocoa with a pinch of salt. Sprinkle over the wet mixture and very gently fold in until well combined. Gently scrape into the tin and spread to the edges. Bake for 35-40 mins until a skewer poked in comes out clean.
5. Meanwhile, mix the custard powder, sugar and cocoa together in a saucepan. Stir in dribbles of milk until you get a smooth paste. Gradually add more milk until it’s all incorporated with no lumps. Put over a medium heat and warm, stirring constantly, until thick and just bubbling.

**Corned Beef Pie**

Ingredients

* 285g plain flour
* 70g cold salted butter
* 70g lard
* Good pinch of salt
* Cold water
* 2tbsp milk
* 4 medium sized potatoes
* Medium white onion (chopped)
* Knob of butter to sauté the onion
* A tin of corned beef chopped up
* Knob of butter for the potatoes
* Vegetable stock cube
* Pinch of salt and pepper to season the mash
* 1 beef oxo cube

Method

1. Grease 20cm by 20cm pie tin and preheat the oven to 180°C. Sift the flour into a bowl, add the salt, add the butter and lard, cut up and rub into the flour until it resembles breadcrumbs. Add very cold water, bit by bit, mixing with a knife, then bring it together with your hands till the pastry forms a ball, try not to add too much water, just enough. Cover in cling film and chill.
2. Peel and chop the potatoes, put them in a large pan of water, add the vegetable stock cube and boil until tender, for approximately 20 minutes. Drain the potatoes and mash, add the knob of butter and plenty of salt and pepper, and the crumbled oxo cube and mix it all together.
3. Saute the onions in the knob of butter until soft and then stir into the mashed potato. Chop the corned beef into small squares and stir it into the potato mix with a fork till all combined well. Take the pastry from the fridge and let it rest for five minutes before rolling it out. Roll out just over half of the pastry on a floured surface and line the bottom of the tin with it. (Roll out the remaining pastry for the top of the pie and leave to one side).
4. Fill the pie with the potato and corned beef mixture. Wet the edge of the pie dish, lay on the lid, and with a sharp knife trim the pastry from around the pie. Knock up the sides of the pastry, press around the edge with a fork and crimp the edge of the pie with your fingers.
5. Make slits in the top of the pie for the steam to escape. Make some pastry leaves with the spare pastry and decorate the pie. Brush the top of the pie with milk. Place the pie in the middle of the oven for about 40 minutes, but check after 30 minutes.

**Cheese & Potato Pie With Beans**

Ingredients

* 1kg potatos, cooked and mashed
* 1 onion, chopped
* 125g sweetcorn (canned or frozen and defrosted)
* 125g frozen peas, defrosted
* 175g cheddar cheese, grated
* 4 rashers bacon, chopped

Method

* 1. Preheat oven to Gas 5/190 C/Fan 170 C. Put the mashed potato in a bowl, mix in onion and season.
	2. Stir in the sweetcorn, peas and half the cheese. Place the mixture in a large ovenproof dish.
	3. Scatter the bacon (optional) and remaining cheese on top and cook in the oven for 40 minutes.
	4. If cooking from frozen increase cooking time to 60 minutes.
	5. Serve with sausages, beans, carrots, cauliflower, salad - take your pick!! Also try the pie with tuna or chopped ham, tomatoes and chives.

**Chicken & Vegetable Pie**

Ingredients

For the pastry

* 250g [flour](https://www.bbcgoodfood.com/glossary/flour)
* 1 tsp salt
* 60g cold [butter](https://www.bbcgoodfood.com/glossary/butter)
* 60g cold lard

For the filling

* 1 whole [chicken](https://www.bbcgoodfood.com/glossary/chicken), rubbed with butter or drizzled with olive oil
* 1 tbsp [olive oil](https://www.bbcgoodfood.com/glossary/olive-oil)
* 6 rashers smoked streaky bacon, chopped into lardons
* 3 [leeks](https://www.bbcgoodfood.com/glossary/leek), sliced into rounds
* 45g [butter](https://www.bbcgoodfood.com/glossary/butter)
* 45g plain flour
* 225ml [milk](https://www.bbcgoodfood.com/glossary/milk)
* 200ml chicken stock
* 100g petits pois
* 1 tsp wholegrain mustard
* 25g pack [parsley](https://www.bbcgoodfood.com/glossary/parsley), roughly chopped
* 1 [egg](https://www.bbcgoodfood.com/glossary/egg), beaten, to glaze

Method

1. Heat oven to 180C/160C fan/gas 5. Season the chicken and roast for 1 hr 30 mins until the juices run clear when you cut into the leg.
2. To make the pastry, sift the flour and salt into a bowl, then grate in the butter and lard. Rub the mixture with your fingers into breadcrumbs, then add 2 tbsp cold water. Continue to add cold water, 1 tbsp at a time, until the mixture binds together. Be careful not to add too much. Wrap in cling film and leave to rest while you make the filling. (Alternatively you can use ready-rolled shortcrust pastry).
3. In a large, non-stick frying pan, heat the oil, then fry the bacon. Once browned, reduce the heat, add the leeks and cook until they have softened. Mix the butter and flour into a paste and add to the pan, stirring to coat the bacon and leeks. Slowly add the milk, stirring constantly to ensure the mixture doesn’t get lumpy. Add the chicken stock and petit pois, cook for 2 mins, then add the mustard and remove from the heat. Once the chicken is cooked, remove from the oven, leave to rest briefly and carve the meat, discarding the skin and bones. Add this to the pan along with the parsley.
4. Turn the oven up to 220C/200C fan/gas 6. Roll out two-thirds of the pastry and use to line a 25cm pie dish. Spoon your filling on top, then roll out the remaining pastry for the pie topping. Brush the edges of the pastry in the pie dish with water, then lay the top over it. Crimp and seal the edges and use any off-cuts for decoration. Brush with the beaten egg, then make an X-shaped cut in the middle for steam to escape. Bake for 45 mins until golden.

**Jam with Coconut cake & Custard**

**Ingredients**

* 225g Asda Light Sunflower Spread
* 225g caster sugar
* 225g self-raising flour
* 4 medium eggs
* 200g Asda Reduced Sugar Raspberry Jam
* 25g desiccated coconut
* 500g carton Asda 30% Less Fat Ready To Serve Custard
* 2 or 3 drops red food colouring gel

**Method**

* Preheat the oven to 180C/160C Fan/Gas 4.
* Grease a 30 x 18cm rectangular cake tin and line with baking paper.
* Put the sunflower spread, sugar, flour and eggs into a large bowl and beat together until creamy and well combined.
* Pour the mixture into the cake tin. Bake for 25-30 minutes, or until the top springs back when lightly pressed. Remove from the oven and allow to cool slightly.
* Stir the jam in a bowl to loosen, then spread over the cake while still warm and sprinkle with the coconut.
* Mix the colouring gel into the custard until you have a light pink colour then gently heat through.
* Cut the sponge into squares and serve with a jug of the pink custard to pour over.

**Lasagne & Vegetables**

Ingredients

* 2 tbsp [olive oil](https://www.bbcgoodfood.com/glossary/olive-oil), plus a little for the dish
* 750g lean beef mince
* 90g pack [prosciutto](https://www.bbcgoodfood.com/glossary/prosciutto)
* half quantity of our tomato sauce ([see the recipe](https://www.bbcgoodfood.com/recipes/339605/tomato-sauce)), or 800g passata
* 200ml hot beef stock
* a little grated [nutmeg](https://www.bbcgoodfood.com/glossary/nutmeg)
* 300g pack fresh lasagne sheets
* half quantity of our white sauce ([see the recipe](https://www.bbcgoodfood.com/recipes/2982678/white-sauce)), or 520g ready-made sauce
* 125g ball mozzarella, torn into thin strips

Method

Watch recipe video

1. To make the meat sauce, heat 2 tbsp olive oil in a [frying pan](https://www.bbcgoodfood.com/content/top-five-non-stick-frying-pans) and cook 750g lean beef mince in two batches for about 10 mins until browned all over.
2. Finely [chop](https://www.bbcgoodfood.com/content/top-five-paring-knives) 4 slices of prosciutto from a 90g pack, then stir through the meat mixture.
3. Pour over 800g passata or half our basic [tomato sauce](https://www.bbcgoodfood.com/recipes/339605/tomato-sauce) recipe and 200ml hot beef stock. Add a little grated nutmeg, then season.
4. Bring up to the boil, then simmer for 30 mins until the sauce looks rich.
5. Heat oven to 180C/fan/160C/gas 4 and lightly oil an ovenproof dish (about 30 x 20cm).
6. Spoon one third of the meat sauce into the dish, then cover with some fresh lasagne sheets from a 300g pack. Drizzle over roughly 130g ready-made or homemade [white sauce](https://www.bbcgoodfood.com/recipes/2982678/white-sauce).
7. Repeat until you have 3 layers of pasta. Cover with the remaining 390g white sauce, making sure you can’t see any pasta poking through.
8. Scatter 125g torn mozzarella over the top.
9. Arrange the rest of the prosciutto on top. Bake for 45 mins until the top is bubbling and lightly browned.

**Rice Pudding**

Ingredients

* 60g/2¼oz [pudding rice](https://www.bbc.co.uk/food/pudding_rice)
* 600ml/20fl oz full-fat [milk](https://www.bbc.co.uk/food/milk)
* 1 tbsp skimmed milk powder
* 2 tbsp [caster sugar](https://www.bbc.co.uk/food/caster_sugar)
* 1 thin strip [lemon](https://www.bbc.co.uk/food/lemon) rind
* freshly grated [nutmeg](https://www.bbc.co.uk/food/nutmeg), to taste
* 15g/½oz unsalted [butter](https://www.bbc.co.uk/food/butter), cut into small cubes
* [jam](https://www.bbc.co.uk/food/jam), to serve

Method

1. Preheat your oven to 150C/300F/Gas 2.
2. Wash the rice and drain in a sieve, then put it into a wide ovenproof dish, at least 1 litre/1¾pint capacity. Pour in the milk. Add the milk powder, caster sugar and lemon rind and stir together. Grate some nutmeg over the top and dot with the butter.
3. Place in the oven and bake for 2-2½ hours, or until the pudding has a golden-brown skin and the rice is tender and creamy (the longer you give it, the more thick and sticky it will become).
4. Serve warm, with a blob of your favourite jam on top.