

SPRING TERM - YEAR 7

GOALS

- Your child will be doing food nutrition once a fortnight for the Spring term during their Scheduled PE lesson.
- Please see the timetable for which meal your child is doing, along with the ingredient list below. Please make sure to remember to bring in a container to bring their creations home.
- Any questions, please email charlotte.james@cranbrook.education

MON

TUE

WED

THU

FRI

Week 1
WC. 20.01.25

Yr 7
Nu1
Fruit Salad

Week 2
WC. 27.01.25

Yr 7
Nu3
Fruit Salad

Yr 7
Nu2 & Nu4
Fruit Salad

Week 3
WC. 03.02.25

Yr 7
Nu1
Mini Pizzas

Week 4
WC. 10.02.25

Yr 7
Nu3
Mini Pizzas

Yr 7
Nu2 & Nu4
Mini Pizzas

Week 5
WC. 24.02.25

Yr 7
Nu1
Eton Mess

Week 6
WC. 03.03.25

Yr 7
Nu3
Eton Mess

Yr 7
Nu2 & Nu4
Eton Mess

Week 7
WC. 10.03.25

Yr 7
Nu1
Rice Crispies

Week 8
WC. 17.03.25

Yr 7
Nu3
Rice Crispies

Yr 7
Nu2 & Nu4
Rice Crispies

FRUIT SALAD Shopping List

- ☐ 1 apple
- ☐ 1 orange
- ☐ 4 strawberries
- ☐ 10 grapes
- ☐ 1 kiwi fruit
- ☐ 2tbsp orange juice
- ☐ Container

ETON MESS Shopping List

- ☐ 4 small meringues
- ☐ 500g strawberries,
- ☐ 450ml double cream
- ☐ 1 tbsp icing sugar
- ☐ Any other fruit of pupils choice
- ☐ Container

MINI PIZZAS Shopping List

- ☐ Topping of choice
(cooked Ham and vegetables)
- ☐ 30g cheese
- ☐ Small wrap or pitta bread.
- ☐ ½ tsp mixed herbs
- ☐ Tomato Puree/ 2tsp of Pizza Sauce
(or drained chopped tomatoes)
- ☐ Container

RICE CRISPIES Shopping List

- ☐ 100g milk chocolate,
- ☐ 50g dark chocolate,
- ☐ 100g butter
- ☐ 4 tbsp golden syrup
- ☐ 100g puffed rice / rice crispies
- ☐ Any other toppings of pupils choice to decorate.
- ☐ Cup cake cases
- ☐ Container

SPRING TERM - YEAR 8

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MON

TUE

WED

THU

FRI

Week 1
WC. 20.01.25

Yr 8
Nu2 & Nu3
Potato Salad

Week 2
WC. 27.01.25

Yr 8
Nu4 - Potato Salad

Week 3
WC. 03.02.25

Yr 8
Nu2 & Nu3
Mini Burgers

Week 4
WC. 10.02.25

Yr 8
Nu4 - Mini burgers

Week 5
WC. 24.02.25

Yr 8
Nu2 & Nu3
Flapjacks

Week 6
WC. 03.03.24

Yr 8
Nu4 - Flapjack

Week 7
WC. 10.03.25

Yr 8
Nu2 & Nu3
Pancakes

Week 8
WC. 17.03.25

Yr 8
Nu4 - Pancakes

Yr 8
Nu1 - Potato Salad

Yr 8
Nu1 - Mini burgers

Yr 8
Nu1 - Flapjack

Yr 8
Nu1 - Pancakes

POTATO SALAD

Shopping List

- ☐ Small bag of salad potatoes
- ☐ choose 2 from the following:
2 Spring onions, 1 Shallot,
a stick of celery,
handful sun dried tomatoes
- ☐ Dressing: 3tbsp mayonnaise or
3tbsp salad dressing
- ☐ Herbs or lemon
- ☐ Container

FLAPJACKS

Shopping List

- ☐ 250g jumbo porridge oats
- ☐ 125g butter, plus extra for tin
- ☐ 125g light brown sugar
- ☐ 2-3tbsp golden syrup
- ☐ container

MINI BURGERS

Shopping List

- ☐ 8 Meatballs or Quorn meatballs
- ☐ 4 Slices of bread/rolls
- ☐ Lettuce
- ☐ Cheese
- ☐ Ketchup
- ☐ Container

PANCAKES

Shopping List

- ☐ 150g plain flour
- ☐ 300ml milk
- ☐ 2 large eggs
- ☐ 25g Butter

SPRING TERM - YEAR 9

	MON	TUE	WED	THU	FRI
Week 1 WC. 20.01.25			Yr 9 Nu2 Pasta Salad		Yr 9 Nu3 Pasta Salad
Week 2 WC. 27.01.25	Yr 9 Nu1 Pasta Salad				
Week 3 WC. 03.02.25			Yr 9 Nu2 Chilli con carne		Yr 9 Nu3 Chilli con carne
Week 4 WC. 10.02.25	Yr 9 Nu1 Chilli con carne				
Week 5 WC. 24.02.25			Yr 9 Nu2 Rocky road		Yr 9 Nu3 Rocky road
Week 6 WC. 03.03.24	Yr 9 Nu1 Rocky Road				
Week 7 WC. 10.03.25			Yr 9 Nu2 Fairy cakes		Yr 9 Nu3 Fairy cakes
Week 8 WC. 17.03.25	Yr 9 Nu1 Fairy Cakes				

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PASTA SALAD

Shopping List

- ☐ 1 cup pasta
- ☐ Tin tuna or 2 cooked slices of ham
- ☐ Choose 2 from the following:
cooked 50g peas, small tin of sweetcorn, ½ cucumber, 2 tomatoes, 50g olives, 50g sun dried tomatoes
- ☐ Choose your dressing:
3 tbsp mayonnaise or 3 tbsp salad dressing
- ☐ Container

ROCKY ROAD

Shopping List

- ☐ 100g mini marshmallows
- ☐ Baking tray
- ☐ 200g Digestive biscuits
- ☐ 135g butter or margarine
- ☐ 200g dark chocolate
- ☐ 2-3 tbsp golden syrup
- ☐ Container

CHILLI CON CARNE

Shopping List

- ☐ 300g beef/quorn mince
- ☐ frozen chopped onions (the equivalent of 1 medium onion)
- ☐ frozen chopped garlic (the equivalent of 1 garlic clove)
- ☐ 1 tin mixed kidney beans with tomato sauce
- ☐ 2 tablespoons tomato purée
- ☐ 2 teaspoons chilli powder
- ☐ 1 tin/ 400g chopped tomatoes
- ☐ 1 tin black beans
- ☐ 100g frozen peas and corn
- ☐ Container

FAIRY CAKES

Shopping List

- ☐ 100g caster sugar
- ☐ 100g very soft butter
- ☐ 100g self-raising flour
- ☐ 2 eggs
- ☐ 1 tsp vanilla extract
- ☐ Cupcake cases
- ☐ Container