

Lunch Newsletter

Food

What do your children get offered for lunch??

- ★ Choice of 3 Main Courses (1 x Vegetarian & Jacket Potato)
- ★ 2 Vegetables/1 Starch
- ★ Choice of 6 Salads
- ★ Freshly Baked Bread
- ★ Fresh Fruit/Organic Yoghurt
- ★ Hot Dessert

News

Trevor's Veg

Trevor Bradley, Boundary Farm, Wingham, Kent. Trevor is one of the only cabbage and cauliflower growers who can supply the vegetables year round from his own farm. He grows over 400 acres of cabbages and cauliflowers to the highest standards in different areas of the county at different altitudes and on various soil types to ensure he never runs out!

Recipe

Yummy Oat & Raisin Cookies

300g Oats & 100g raisins

150ml vegetable oil & 200g golden caster sugar

1 large egg, beaten

1 tsp ground cinnamon & 1 tsp vanilla extract

140g plain flour

$\frac{1}{4}$ tsp bicarbonate of soda

- 1) Heat oven to 180C/160C fan/gas 4 and line 2 baking trays with baking parchment.
- 2) Ask an adult to pour 50ml/2fl oz boiling water over the raisins and leave to soak for 20 mins until big juicy & plump. Drain, reserving the liquid.
- 3) Meanwhile, in a large bowl mix together the oil and sugar slowly beat in the egg, along with water from the soaked raisins, the cinnamon and vanilla
- 4) Add the flour, bicarbonate of soda and a pinch of salt into the bowl & add the oats. Finally, mix in the raisins.
- 5) Drop heaped tbsps of the cookie dough onto the baking trays, well spaced apart as they will spread when cooking.
- 6) Bake for 12-15 mins until golden. Leave to cool on the trays for 10 mins before tucking in.....yummy

