

Pack details

This information pack is to help you provide a healthy lunch with the shopping list of goods below in a food safe manner.

We have provided sample menus and recipes to assist you with lunch ideas.

Shopping List

- 2 red onions
- 1 pepper
- 2 baked potatoes
- 2 punnet of cherry tomatoes
- Tinned lentil soup
- Tinned tomato soup
- 1 packet of 8in wrap
- 1x tin tuna
- 1x mayonnaise
- 2x tins of sweetcorn
- 1x bag of grated cheese
- 4x cheese portions
- 1x bag a pasta
- 2x2 crackers
- 1x tomato pasta sauce
- 2x tin of beans
- 2x jelly & fruit pots
- 2x yoghurt pots

Food Safety

Detailed below is information to be aware of when cooking

Personal Hygiene

- Wash your hands thoroughly, before starting cooking, after using the toilet, after handling raw foods or waste, after every break, after cleaning and after blowing your nose. Follow hand washing procedure at the back of this pack
- Long hair should be tied back
- Do not smoke, spit, cough over food
- Cover any cuts and sores with a waterproof plaster.
- Use tongs/spoons where possible

Equipment

- Clean equipment in-between using raw and cooked foods
- Raw foods must be stored at the bottom of a fridge.

Temperature Control

- Food must be at room temperature for as short a period of time as possible - should be in a fridge/freezer or oven
- Ensure food is sufficiently hot prior to eating.
- Food should be eaten within 1hr of cooking

Storage.

- Cheese, yoghurt and vegetables to be stored in fridge on receipt.
- Any tins opened to be decanted into re-usable container and store for no more than 2 days
- Mayonnaise once opened to be stored in the fridge and kept for instructed time scale on packaging.

Health and Safety

Below is information to be aware of when cooking

Safe use of Knives and equipment

- Knife Safety rules
 - Always walk with knife at your side and pointing down
 - A sharp knife is safer than a blunt knife
 - Keep work area tidy
 - Never leave a knife unattended on a surface
 - Never put a sharp knife in a sink of water.
- Don't leave pots unattended or handle overlapping cooker edge

Burns and Scalds

- Handling hot food
 - Use suitable oven cloth/gloves
 - Lower food slowly on to the work surface.
 - Do not over fill sauce and hot containers
 - Use equipment fit for task
 - Be aware of steam venting from hot containers
 - Do not move hot food above shoulder height.

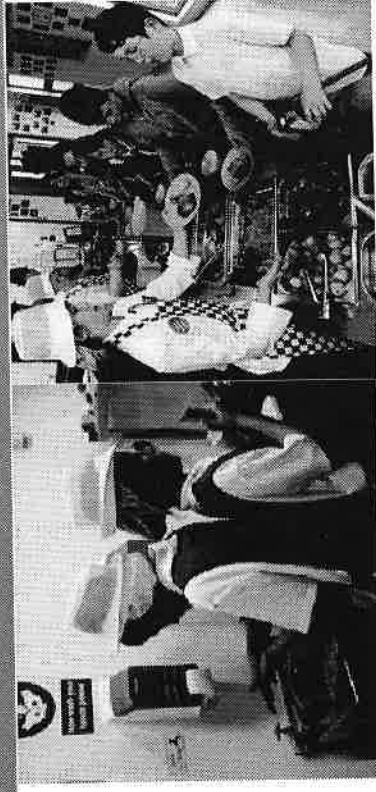
Cleaning

- Clean spillages immediately
- Keep work area and floor clean
- Store cleaning materials separate from food



Let's Cook

Food Pack





Let's Cook
— Cookalong —

Cheesy pasta

Ingredients for 1 portion

- ½ cup dry pasta
- 2 table spoons grated cheese
- 2 laughing cow triangles
- 5 cherry tomatoes

Method.

1. Place half a cup of dry pasta into a pot of boiling water (approx. 5 cups of water)
2. Bring to the boil and simmer for approx. 12 minutes.
3. Drain and stir in laughing cow
4. Add grated cheese and serve with cherry tomatoes

Tomato pasta

Ingredients for 1 portion

- ½ cup dry pasta
- 2 table spoons tomato base sauce
- 2 table spoons sweetcorn.

Method.

1. Place half a cup of dry pasta into a pot of boiling water (approx. 5 cups of water)
2. Bring to the boil and simmer for approx. 12 minutes and then drain.
3. Place pasta back into the empty pot
4. Add tomato sauce stir in sweetcorn until hot.



Let's Cook
— Cookalong —

Vegetable pizza

Ingredients for 1 portion.

- One tortilla wrap,
- 2 table spoons tomato pizza sauce
- 2 table spoons grated cheese
- ¼ diced red peppers
- ¼ diced red onions
- 1 dessert spoon of sweetcorn

Method.

1. Place tortilla wrap on an oven proof tray
2. Spread with pizza sauce.
3. Add vegetables as above and top with cheese.
4. Place in pre-heated oven set at 180 degrees, gas mark 4 for 8 to 10 minutes then serve.

Cheesy bean pizza

Ingredients for 1 portion

- 1 tortilla wrap
- 2 tablespoons of baked beans
- 1 table spoon of cheese

Method.

1. Place tortilla wrap on a oven proof tray and cover half the wrap with beans and grated cheese
2. Fold the wrap over and place in the oven at gas mark 4 or 180 degrees for 8 to 10 minutes
3. Remove and serve.



Let's Cook

— Cookalong —

Baked potato with cheese cherry tomatoes

Ingredients for 1 portion

- 1 Baked potato
- 2 table spoons grated cheese
- 5 cherry tomatoes

Method.

1. Bake the potato in oven at gas mark 6, 200 degrees for an hour and a half or 12-15 minutes in the microwave until potato is soft and hot.
2. Top with grated cheese and serve with cherry tomatoes

East Renfrewshire Council



Let's Cook

— Cookalong —

Recipes for families to cook together

