

**Shopping List: Vegan nuggets and wedges**

**Date:** \_\_\_\_\_

**Ingredients:**

- can of cooked chick peas
- 1x onion
- 2 cloves garlic
- 1 tsp paprika
- 75g rolled oats
- 1 medium potato
- 2 slices of bread
- 50ml almond milk

**School will provide:**

1 tsp mustard  
powder  
pinch salt and pepper  
oil

**Shopping List: Bolognese**

**Date:** \_\_\_\_\_

**Ingredients**

- 200-400g soya mince or Vegan Quorn  
1 large can tomatoes  
1 tablespoon tomato puree  
1 onion  
100g mushrooms  
1 courgette  
1 carrot  
1 pepper

**School will provide:**

Mixed herbs  
salt and pepper  
oil

Container with  
lid

**Shopping List: Stuffed peppers**

**Date:** \_\_\_\_\_

**Ingredients:**

- 2 -3 even sized peppers
- 1 onion
- 50g mushrooms
- 50g sun dried tomatoes
- 100g bread

**School will provide:**

Mixed herb.  
Salt and  
pepper

**Variation:**

sweetcorn, courgette,  
medium cooking apple, olives etc.

**Shopping List: Vegan sausage rolls**

**Date:** \_\_\_\_\_

**Ingredients**

- 1 block of puff pastry  
1 packet of vegan sausages  
50ml soy milk

**Container with a lid**

**Shopping List: Bread and butter pudding**

**Date:** \_\_\_\_\_

**Ingredients:**

- 50 g dairy-free margarine  
10 thick slices of quality  
stale bread  
50g apricots  
50g sultanas

**School will provide:**

1 large pinch of  
ground cinnamon  
1 large pinch of  
ground ginger

**For the custard:**

- 1 vanilla pod  
400 ml organic soya milk , unsweetened  
3 tablespoons cornflour  
3 tablespoons caster sugar

**Shopping List: Lemon tray bake**

**Date:** \_\_\_\_\_

**Ingredients:**

- 200g self-raising flour  
100g caster sugar  
100ml sunflower oil  
150 ml oat or almond milk  
1/2 tsp lemon juice  
Zest of 1 lemon  
*For the drizzle:*  
Juice of 1 lemon  
60g caster sugar

**School will provide:**

A foil tray  
1/2 tsp bicar-  
bonate of  
soda  
Pinch of salt

**Shopping List: Chocolate and banana muffins**

**Date:** \_\_\_\_\_

**Ingredients:**

- 2 bananas  
60g almond milk  
190g self-raising flour  
1/2 tsp baking powder  
50g caster sugar  
25g virgin olive oil or coconut  
oil  
1/2 tsp vanilla extract (optional)  
50g vegan chocolate chips

**School will provide:**

1/2 tsp baking  
powder  
6 x muffin  
cases

**Shopping List: Savoury Tray Bake****Date:** \_\_\_\_\_**Ingredients:****Baking tray****Shopping List: Pasta Bake****Date:** \_\_\_\_\_**Ingredients:**

100g-150g pasta  
1 can tomatoes  
2 cloves garlic  
1 onion  
1 tomato  
75g mushrooms  
1 pepper

**Additions:**

1 can sweetcorn  
Olives  
1 courgette  
Sun dried tomatoes

**School will provide:**

1 tsp mixed herbs,  
pinch salt and pepper

**Shopping List: Mushroom Soup****Date:** \_\_\_\_\_

25g vegetable fat  
1 onion, peeled and chopped  
200g button mushrooms  
25g plain flour  
1 stock cube  
500ml water  
125ml milk

**Flask or large airtight container****Shopping List: Moroccan Spicy Tagine****Date:** \_\_\_\_\_**Ingredients:**

- 1 large onion
- 2 celery sticks
- 1 pepper
- 1 x 400g tin chopped tomatoes
- 2 garlic cloves, crushed
- Stock cube
- 1 can chick peas
- 1 can black eyed beans
- 100g mushrooms

**School will provide:**

2 tbsp oil  
1 tsp cumin seeds  
½ tsp cinnamon  
2 tsp coriander seeds  
½ tsp ground cumin  
½ tsp turmeric  
¼ tsp chilli powder  
Salt and pepper

**Ovenproof dish with a lid****Shopping List: Tomato Soup****Date:** \_\_\_\_\_**Ingredients:**

2 x 400g tins chopped tomatoes  
1 medium onion: chopped  
1 medium potato: peeled and grated  
1 clove of garlic - crushed  
1 stock cube  
400ml water

**Flask or large airtight container**