

RECIPES FOR PARENTS



Basic Recipes

page 3: White Sauce & Variations

page 4: Tomato Sauce

Main Courses

page 5: Scone Based Pizza

page 6 - 7: Savoury Mince & Variations

page 8 - 9: Bolognese Sauce & Variations

page 10: Curry

page 11: Fish Pie

page 12: Chicken Casserole

page 13: Chicken Risotto

page 14: Chicken Supreme

page 15: Tomato & Mozzarella Pasta

- Tortilla

page 16: Quiche

page 17: Sausage Cobbler

page 18: Sausage Pasta Bake

Puddings

page 18: Sponge-Basic and Jam, Syrup, Pineapple-upside-down, Chocolate,

Chocolate and Pear, Lemon and Raisin/Sultana

page 19: Crumble

page 20: Bread & Butter Pudding

page 21: Peach Cobbler

page 22: Chocolate Crunch

page 23: Rice Pudding

Healthy Snacks

page 24: Cheese and Carrot Muffins

page 25: Banana Cake

page 26: Carrot Cake

page 27: Raspberry Buns

page 28: Rock Buns

page 29: Sticky Orange Flapjack









