

My ideal



DINNER

Name

School

Age

Starter Description

Main Course Description

Carbohydrate

Vegetables or Salad

Option 1

Option 2

Dessert Description



Have fun with food

Design a Menu

CHECKLIST



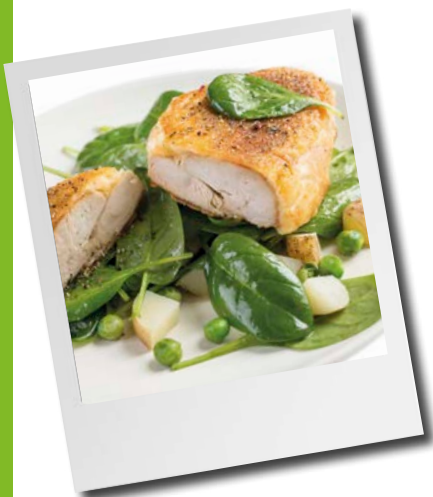
1. You are required to put together a two course menu, which will consist of either a starter and main course or main course and dessert.
2. Your main course should consist of a protein item and can be a meat or fish based dish or a vegetarian dish
3. The meat or fish dish should not be a processed food ie sausages, burgers, fish shaped products etc but using fresh meat or fish



4. If a vegetarian dish is given then the dish should contain some form of protein ie cheese, pulses, beans etc
5. There needs to be a carbohydrate as part of the menu ie potatoes, pasta, rice, cous cous etc (chips are not to be used)



6. No element of the meal should require deep frying
7. There needs to be two portions of vegetables or a vegetable and a salad to go with the main course dish which compliments the meal. We will be cooking the winning dish for the whole school in June so think about seasonal produce that would be available at this time of year



8. Your dessert needs to include some fruit in the recipe and no chocolate or confectionary should be used. Your dishes should reflect seasonal availability of products.
9. The meal should be suitable for serving to a 7 to 11 year old child.