



# LETS GET COOKING

22ND JANUARY 2021

## WELCOME

Welcome to the LHS Let's Get Cooking Newsletter!

At Laurance Haines we wanted to share with you some ideas for meals at home with your children during this lockdown. We hope our fortnightly newsletters get you inspired and we have even included the prices of the weeks meals for each of the major supermarkets.

All of the recipes are easy and your child(ren) can help you with the preparation. Please remember to be careful and never leave a child unattended in a kitchen with the oven, stove etc are on. For more advice visit the [BBC Good Food](https://www.bbc.com/food) website.

The LHS Office would love for you to share the meals you have chosen from our menus on Twitter and Facebook. There will be a competition run each week for the best breakfast and best lunch! If you want to enter just tag @office\_lhs in your post!

## WEEK ONE MENU IDEAS

Week 1	Breakfast	Lunch	Snack
<b>Monday</b>	<b>Dippy Egg &amp; Soldiers</b> Boil 2 eggs to your liking and serve with toast cut into stripes.	<b>Easy Cheesy Pasta</b> Cook a few handfuls of pasta. Drain and stir in some tomato and basil sauce. Top with grated cheese	<b>Banana 'Ice Cream'</b> Freeze two bananas , then blend until creamy for a healthy 'ice cream'.
<b>Tuesday</b>	<b>Banana Toast</b> Toast two slices of bread and top each with one sliced banana.	<b>Jacket Potato</b> Cover your potato in oil and bake for 1hour 20 mins. Add your choice of topping - Baked Beans / Cheese/ Tuna etc.	<b>Yoghurt &amp; Fruit</b> Top tip! Buy a large tub of yogurt and some berries, add them into the same bowl for a yummy pudding!
<b>Wednesday</b>	<b>Breakfast Egg Muffins</b> Mix 2 eggs per person in a large bowl. Add some peppers/spinach/cheese/ham/mushrooms/tomatoes (a few of your favourites) and season. Spray some oil into a cupcake/muffins tray. Add the mixture to each hole (about half way) and bake in the oven for 15-20 mins.	<b>Indoor Picnic</b> Make sandwiches with your choice of filling (ham/cheese/tuna etc). Slice some peppers, cucumbers or carrots. Add a yoghurt and a piece of fruit. Don't forget to invite the teddy bears to your picnic.	<b>Apple Wedges &amp; Cucumber Sticks</b>
<b>Thursday</b>	<b>Perfect Porridge (serves1)</b> Put 50g of porridge oats in a saucepan and add 350ml milk/milk alternative. Bring to the boil and simmer for 4-5 mins, stirring occasionally so it doesn't stick to the bottom of the pan. Or you can microwave on high for 5 mins (stirring half way). Leave for 2 mins before eating. Why not add some honey, yoghurt fruit or nuts to top it off!	<b>Easy Cheesy Pasta</b> Cook a few handfuls of pasta. Drain and stir in some tomato and basil sauce. Top with grated cheese	<b>Jelly</b>
<b>Friday</b>	<b>Omelettes</b> Slice 250g mushrooms and fry in 1tsp of oil and 1tsp of butter until golden. Add 2 beaten eggs (2 eggs per person) and cook to your liking. You can also add - salad peppers, or spinach, or ham, or cheese.	<b>Jacket Potato</b> Cover your potato in oil and bake for 1hour 20 mins. Add your choice of topping - Baked Beans / Cheese/ Tuna etc.	<b>Yoghurt</b>

## WEEK ONE

Shopping - Week 1	Asda	Sainsburys	Morrisons	Tesco
Bread	£0.49	£0.55	£0.59	£0.59
Porridge Oats 1kg	£0.75	£1.10	£0.75	£0.75
Eggs x12	£1.35	£1.70	£1.69	£1.69
Jelly	£0.37	£0.65	£0.55	£0.55
Bananas	£0.98	£1.25	£0.79	£0.69
Jacket Potatos x4	£0.49	£0.45	£0.50	£0.41
Pasta 500g	£0.45	£0.55	£0.60	£0.55
Pasta Sauce 500g	£0.52	£0.65	£0.55	£0.64
Apples x6	£0.59	£0.85	£1.49	£0.79
Cheese 400g	£2.00	£2.00	£2.50	£2.00
Yoghurts x4 Kids	£1.50	£1.00	£1.50	£1.50
Salad Peppers (3pack)	£0.97	£1.35	£1.15	£1.50
Carrots 500g	£0.29	£0.35	£1.00	£0.90
Cucumber	£0.46	£0.75	£0.50	£0.43
Mushrooms 250g	£0.54	£1.00	£1.00	£1.00
<b>Total</b>	<b>£11.75</b>	<b>£14.20</b>	<b>£15.16</b>	<b>£13.99</b>

## WEEK TWO

Shopping - Week 2	Asda	Sainsburys	Morrisons	Tesco	
Wraps		£0.89	£0.90	£1.00	£0.95
Bread		£0.49	£0.55	£0.59	£0.59
Eggs x12		£1.35	£1.70	£1.69	£1.69
Bananas		£0.98	£1.25	£0.79	£0.69
Jacket Potatos x4		£0.49	£0.45	£0.50	£0.41
Pasta 500g		£0.45	£0.55	£0.60	£0.55
Pasta Sauce 500g		£0.52	£0.65	£0.55	£0.64
Rice Cakes		£0.93	£1.00	£0.90	£1.00
Apples x6		£0.59	£0.85	£1.49	£0.79
Strawberries		£1.69	£2.20	£1.99	£2.00
Cheese 400g		£2.00	£2.00	£2.50	£2.00
Baked Beans x4		£0.96	£1.00	£1.00	£1.00
Milk 2pts		£0.82	£0.80	£0.82	£0.80
Yoghurts x4 Kids		£1.50	£1.00	£1.50	£1.50
Honey		£1.49	£0.99	£0.99	£1.35
Salad Peppers (3pack)		£0.97	£1.35	£1.15	£1.50
Carrots 500g		£0.29	£0.35	£1.00	£0.90
Cucumber		£0.46	£0.75	£0.50	£0.43
Mushrooms 250g		£0.54	£1.00	£1.00	£1.00
<b>Total</b>		<b>£17.41</b>	<b>£19.34</b>	<b>£20.56</b>	<b>£19.79</b>

## WEEK TWO MENU IDEAS

Week 1	Breakfast	Lunch	Snack
<b>Monday</b>	<p><b>Poached Eggs on Toast</b> Poach 1-2 eggs per child (depending on their appetite) to your liking and serve on toasted bread.</p>	<p><b>Wraps</b> Spread butter over the inside of the wrap. Add a mix your favourite fillings - Chicken / Ham / Cheese / Lettuce / Tomatoes / Peppers / Boiled Eggs. Roll up and slice into easy to mange pieces.</p>	<p><b>Rice Cakes</b> Top with jam/peanut butter / strawberries / blueberries etc</p>
<b>Tuesday</b>	<p><b>Perfect Porridge (serves1)</b> Put 50g of porridge oats in a saucepan and add 350ml milk/milk alternative. Bring to the boil and simmer for 4-5 mins, stirring occasionally so it doesn't stick to the bottom of the pan. Or you can microwave on high for 5 mins (stirring half way). Leave for 2 mins before eating. Add toppings to your liking!</p>	<p><b>Pan Fry Toasties</b> Butter the outside sides of the bread. Insert your choice of filling - Cheese / Tuna / Ham / Chicken &amp; Mayo etc. Preheat the frying pan and fry on both sides for 2 mins until golden brown.</p>	<p><b>Veggie Sticks</b> Chopped peppers / carrots / cucumbers</p>
<b>Wednesday</b>	<p><b>Dippy Egg &amp; Soldiers</b> Boil 2 eggs to your liking and serve with toast cut into stripes.</p>	<p><b>Jacket Potato</b> Cover your potato in oil and bake for 1hour 20 mins. Add your choice of topping - Baked Beans / Cheese/ Tuna etc.</p>	<p><b>Rice Cakes</b> Top with jam/peanut butter / strawberries / blueberries etc</p>
<b>Thursday</b>	<p><b>Yogurts and Fruit</b> Serve a bowl of Yoghurt - Plain or Flavoured - Add strawberries / blueberries / nuts / honey</p>	<p><b>Easy Cheesy Pasta</b> Cook a few handfuls of pasta. Drain and stir in some tomato and basil sauce. Top with grated cheese</p>	<p><b>Banana 'Ice Cream'</b> Freeze two bananas , then blend until creamy for a healthy 'ice cream'.</p>
<b>Friday</b>	<p><b>Banana Toast</b> Toast two slices of bread and top each with one sliced banana.</p>	<p><b>Jacket Potato</b> Cover your potato in oil and bake for 1hour 20 mins. Add your choice of topping - Baked Beans / Cheese/ Tuna etc. Top Tip! If your child is still hungry why not add a side salad.</p>	<p><b>Apple Wedges</b></p>



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