**Year 6 Recipes**

**Pasta Salad**

100g pasta shapes

1 carrot

1 baby gem lettuce (washed at home)

1 tomato

¼ cucumber

Low fat dressing/tzatziki /mayonnaise/salad cream

100g cooked meat (chicken/ham/bacon) or tin of tuna

A large enough container to take it home in

**Chicken Pita Pockets**

1 chicken breast or 2 chicken thighs (fillets as we do not have time to debone n class),

2 pitta pockets,

6 lettuce leaves – washed at home,

1 small tub yoghurt (150g or 200g),

8 mint leaves. (school provides)

For the marinade either:

1tbsp honey and 1tbsp curry paste ,

**or**

150ml premade marinade

Additional self-chosen ingredients.

Containers for left over chicken and sauce.

**Reduced Sugar Cup Cakes**

* 1 Large banana or 30g dried fruit or ½ punnet fresh fruit
* 110g butter/marg
* 60g caster sugar
* 2 eggs
* 12 cupcake cases (school provides)
* 110g self-raising flour
* Container to take cakes home in

**Rainbow Broccoli Salad**

**INGREDIENTS**

½ head of broccoli

225g red Leicester cheese (normal cheddar is fine)

½ red onion

150ml of mayonnaise

Pinch of salt and pepper (school provides)

4 rashers of bacon

Added self-chosen rainbow ingredients

Container to take salad home in.