

Lots of parents have been enquiring about some of our recipes.

Here is a recipe for one of our popular dishes which the children love and it is a great way to get them to eat courgettes!

Why not try making it at home.

Cheesy Courgette Sausages

Serves 8	Shopping basket
175g	White bread
tbsp	Olive oil
1	onion
175g	Courgette (grated)
1	egg
175g	Strong cheese (grated)



Method

Preheat oven to 180C

- Blitz the bread in a food processor to make breadcrumbs
- Finely chop the onion and fry in olive oil over a low heat until soft
- Add the courgette and cook for 3 minutes until soft
- Mix with half the breadcrumbs and cheese, beaten egg yolk and seasoning
- Shape into 8 sausages
- Dip each sausage into egg white then roll in breadcrumbs
- Place on an oiled tray. Bake for about 10 – 15mins until golden



La Cocina Newsletter February 2018



Welcome to

La Cocina's

Newsletter 2018

I hope that everyone had a wonderful Christmas break and has now settled back into school for the New Year!

Don't forget all our Key Stage 1 children are entitled to a free school meal, as are any other children throughout the school whose parents are in receipt of certain benefits. Please check with the school if you think your child may be entitled. Did you know that children can have a taster pot of any dish to try even if they have a roll, jacket potato, or packed lunch! We take great pride in getting the children to try different dishes.

We have been busy in the kitchen devising the new menu for February. Please do have a look as we have included some of our favourite meals like Sausage and Mash as well as some new recipes which we hope the children will enjoy. These include a tasty Quorn Shepherd's Pie which is made in the same way as the classic version but using Quorn instead of lamb making it suitable for vegetarians. Also our very tasty Vegetarian Tagine made with butternut squash and a blend of Moroccan spices to create a mild aromatic sauce and our new Lamb Curry has succulent lamb meatballs in a delicious tikka sauce! We hope that these exciting new additions will encourage the children to give some of them a try.



Seasonal Fruit and Vegetables for February/March

Rhubarb

Purple Sprouting Broccoli

Brussel Sprouts

Cabbage

Carrots

Cauliflower

Kale

Leeks



Up and coming Events

We are delighted to announce that Summer Randall was the winner of our Annual Pancake competition, with her delicious recipe of a 'Rocky Road and Cherry' pancake. We will be serving the winning pancake on Tuesday 20th February. We would like to congratulate everyone who took part. It was a very difficult decision to choose a winner!

We will also be having our very popular Mother's Day Lunch on March 13th and look forward to seeing some of the Mums on that day for a lunch of :

- Moroccan Chicken
- Vegetable Lasagne
- Lemon Drizzle Cake

Easter Lunch will be on March 28th and will be :

- Roast Lamb
- Cauliflower Cheese Rissoles
- Chocolate Krispie Nests

Don't forget to book! - forms out nearer the event.

Nicky and the La Cocina Team