



# SKEGNESS ACADEMY

## Year 9 Food Term 1

Dish	Cost	Dish	Cost
<b>Apple Sculptures</b>	<b>35p</b>	<b>Ham and Mushroom Risotto</b>	<b>1.70p</b>
Apples	35p	Olive Oil	2p
		Onion	14p
		Bacon Rasher	35p
		Chestnut Mushrooms	30p
		Risotto Rice	£1.03p
		Chicken Stock	13p
		Garlic	3p
<b>Apples Roses</b>	<b>£1.71p</b>	<b>Flat Bread</b>	<b>49p</b>
Apples	70p	Flour	8p
Puff Pastry	63p	Salt	1p
Apricot Jam	18p	Baking Powder	4p
Lemon Juice	10p	Natural Yoghurt	36p
Cinnamon	10p		
<b>Mayonnaise</b>	<b>67p</b>	<b>Meat Sauce</b>	<b>£1.20p</b>
Eggs	32p	Oil	1p
Mustard	2p	Onion	14p
Lemon Juice	1p	Garlic	3p
Salt	1p	Tomato Puree	7p
Vegetable Oil	22p	Mixed Herbs	10p
		Chopped Tomatoes	35p
		Minced Meat	28p
		Celery	9p
		Vegetable Stock	13p
<b>Cheese Sauce</b>	<b>£1.10p</b>	<b>Cheesecake</b>	<b>£1.68p</b>
Butter	15p	Biscuits	37p
Flour	1p	Butter	30p
Milk	25p	Vanilla Essence	30p
Mustard	2p	Soft Cheese	41p
Parmesan Cheese	55p	Icing Sugar	5p
Salt	1p	Double Cream	25p
Pepper	1p		

## Year 9 Food Term 2

Dish	Cost	Dish	Cost
<b>Spaghetti Carbonara</b>	<b>£1.64p</b>	<b>Meatballs</b>	<b>1.54p</b>
Spaghetti	6p	Minced Meat	£1.14p
Butter	12p	Basil	12p
Onion	14p	Worcestershire Sauce	13p
Bacon Rashers	39p	Oil	1p
Eggs	16p	Passata	14p
Single Cream	44p		
Parmesan	13p		
<b>Butter</b>	<b>£1.05p</b>	<b>Cheese</b>	<b>£1.09p</b>
Double Cream	£1.05p	Whole Milk	£1.09p
<b>Jam</b>	<b>£1.88p</b>	<b>Pancakes</b>	<b>44p</b>
Frozen Fruit	£1.25p	Flour	6p
Jam Sugar	63p	Baking Powder	6p
		Egg	16p
		Milk	16p
<b>Easy Chocolate Mousse</b>	<b>89p</b>	<b>Swiss Roll</b>	<b>50p</b>
Dark Chocolate	38p	Flour	2p
Eggs	48p	Eggs	16p
Caster Sugar	3p	Sugar	7p
		Jam	25p
<b>Yule Log</b>	<b>78p</b>	<b>Decorating Yule Log</b>	<b>£2.49p</b>
Flour	2p	Butter	£1.50p
Eggs	16p	Sugar	44p
Sugar	7p	Dark Chocolate	50p
Chocolate Spread	26p	Icing Sugar	5p
Cocoa Powder	27p		

## Year 9 Food Term 3

Dish	Cost	Dish	Cost
<b>Sausage Ragu</b>	<b>£1.27p</b>	<b>Bombay Potatoes</b>	<b>1.57p</b>
Vegetable Oil	1p	Fresh Ginger	3p
Sausages	80p	Garlic	3p
Garlic	3p	Tomatoes	37p
Smoked Paprika	10p	Oil	1p
Chilli Flakes	5p	Green Chilli	10p
Chicken Stock	13p	Ground Ginger	11p
Parsley	10p	Cumin	11p
		Potatoes	24p
		Onion	28p
		Black Mustard seeds	7p
		Turmeric	11p
		Garam Masala	11p
<b>Garlic Dough Balls</b>	<b>78p</b>	<b>Pizza</b>	<b>£1.60p</b>
Flour	32p	Flour	32p
Sugar	2p	Sugar	2p
Salt	2p	Salt	2p
Dried Yeast	14p	Dried Yeast	14p
Garlic	9p	Tomato Puree	12p
Butter	19p	Dried Herbs	20p
		Cheese	28p
		Toppings	50p

## Year 9 Food Term 4

Dish	Cost	Dish	Cost
<b>Jam Tarts</b>  Flour Butter Jam	<b>70p</b>  6p 45p 19p	<b>Puff Pastry</b>  Flour Butter	<b>98p</b>  8p 90p
<b>Sausage Rolls</b>  Sausage Meat	<b>£1.00</b>  £1.00	<b>Choux Pastry</b>  Flour Butter Eggs	<b>64p</b>  2p 30p 32p
<b>Profiteroles</b>  Cocoa Powder Caster Sugar Vanilla Essence Double Cream	<b>£3.07p</b>  £1.50p 22p 30p £1.05p	<b>Honeycomb</b>  Caster Sugar Golden Syrup Bicarbonate Soda	<b>79p</b>  44p 28p 7p

## Year 9 Food Term 5

Dish	Cost	Dish	Cost
<b>Potato Rosti</b>  Potatoes 24p Eggs 16p Plain Flour 1p Baking Powder 6p Onion 28p Oil 1p	<b>76p</b>	<b>Poached Pears</b>  Pears 8p Vanilla Essence 90p Golden Caster 14p Butter 9p Light Muscovado Sugar 12p Golden Syrup 3p Double Cream 26p	<b>£1.76p</b>
<b>Vegetable Curry</b>  Oil 1p Garlic 9p Tinned Tomato 35p Pepper 55p Peas 3p Onion 13p Curry Paste 13p Vegetable Stock 13p Carrot 6p Potato 33p	<b>£1.81p</b>	<b>Spanish Omelette</b>  Spinach 63p Oil 1p Onion 13p Potato 33p Eggs 80p	<b>£1.90p</b>
<b>Puff Pastry</b>  Flour 8p Butter 90p	<b>98p</b>	<b>Apple and Vanilla Tart</b>  Apple 48p Lemon Juice 3p Vanilla Essence 30p Golden Caster Sugar 3p Butter 9p	<b>93p</b>

## Year 9 Food Term 6

Dish	Cost	Dish	Cost
<b>Butchering a Chicken</b>	<b>£3.40p</b>	<b>Chicken Kiev's</b>	<b>93p</b>
1 Large Chicken	£3.40	Garlic	9p
		Bread Crumbs	22p
		Soft Cheese	12p
		Oil	6p
<b>Chicken Chasseurs</b>	<b>£1.12p</b>	<b>Veggie Burgers</b>	<b>£2.67p</b>
Bacon Rashers	39p	Potato	66p
Mushrooms	24p	Tinned Mixed Beans	33p
Tinned Tomato	17p	Sweetcorn	43p
Worcestershire Sauce	6p	Cheese	57p
Plain Flour	3p	Bread Crumbs	22p
Beef Stock	13p	Flour	8p
Parsley	10p	Spring Onions	16p
		Egg	16p
		Oil	6p
<b>Filleting A Fish</b>	<b>£1.30p</b>	<b>Fish Fingers</b>	<b>96p</b>
Mackerel Whole	£1.30p	Egg	16p
		Bread Crumb	41p
		Lemon	30p
		Dried Oregano	7p
		Oil	2p
<b>Chickpea and Vegetable Curry</b>	<b>£1.94p</b>	<b>Victoria Sponge Cake</b>	<b>£1.42p</b>
Potatoes	9p	Eggs	48p
Onion	28p	Sugar	10p
Garlic	3p	Flour	9p
Grounder Coriander	11p	Butter	75p
Turmeric	11p	<b>Decorating Cake</b>	<b>£1.52p</b>
Chilli Powder	11p	Butter	60p
Cumin Seeds	11p	Icing Sugar	24p
Chickpeas	27p	Vanilla Essence	30p
Tomato Puree	7p	Jam	38p
Spinach	76p		