



SKEGNESS ACADEMY

Year 10 Food Term 1

| Dish | Cost | Dish | Cost |
|--------------------------------|---------------|-------------------------------|---------------|
| Bangers and Smash Cheap | 35p | Bangers and Mash | 1.81p |
| Potato Powder | 35p | Potato | 66p |
| Sausages | 10p | Sausages | 80p |
| Tinned Pea and Carrots | 27p | Peas | 2p |
| | | Carrots | 6p |
| | | Gravy | 10p |
| | | Cheese | 17p |
| Left Overs Omelette | £1.71p | Chicken Chow Mien | £2.14p |
| Eggs | 48p | Noodles | 25p |
| Cheese | 17p | Ginger | 5p |
| Onion | 2p | Pepper | 27p |
| Pepper | 14p | Onion | 14p |
| Mushrooms | 12p | Sweetcorn | 22p |
| Ham | 40p | Beansprouts | 8p |
| | | Garlic | 3p |
| | | Carrot | 6p |
| | | Mushrooms | 18p |
| | | Soya Sauce | 7p |
| | | Veg Oil | 1p |
| | | Chicken Breast | 78p |
| Puff Pastry | 98p | Apple and Vanilla Tart | 93p |
| Flour | 8p | Apple | 48p |
| Butter | 90p | Lemon Juice | 3p |
| | | Vanilla Essence | 30p |
| | | Golden Caster Sugar | 3p |
| | | Butter | 9p |
| Fresh Pasta | 51p | Cheesy Broccoli Bake | £1.02p |
| Flour | 19p | Pasta | 14p |
| Eggs | 32p | Broccoli | 27p |
| | | Butter | 9p |
| | | Plain Flour | 1p |
| | | Milk | 7p |
| | | Wholegrain | 4p |

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|---------------|---------------|--|------------------------|------------|
| | | | Cheese | 40p |
| Chilli | £1.62p | | Chill Continued | |
| Mince | 62p | | Oil Veg | 1p |
| Kidney Beans | 27p | | Plain Flour | 1p |
| Red Pepper | 23p | | Beef Stock | 13p |
| Onion | 14p | | Tomato Puree | 7p |
| Garlic | 3p | | Chilli Powder | 11p |

Year 10 Food Term 2

| Dish | Cost | Dish | Cost |
|------------------------------|---------------|-------------------------|---------------|
| Ratatouille Pasta | 2.57p | Courgette Bakes | £1.75p |
| Aubergine | 70p | Courgette | 20p |
| Courgettes | 80p | Apple | 35p |
| Pepper | 55p | Orange | 25p |
| Spaghetti | 8p | Egg | 16p |
| Vegetable Oil | 1p | Butter | 45p |
| Onion | 14p | S R Flour | 12p |
| Garlic | 9p | Baking Powder | 2p |
| Passata | 20p | Cinnamon | 10p |
| | | Sugar | 7p |
| | | Sultanas | 3p |
| Vegetable Bread Rolls | £1.19p | Vegetable Quiche | £1.99p |
| Flour | 32p | Flour | 32p |
| Sugar | 2p | Butter | 2p |
| Salt | 2p | Salt | 2p |
| Dried Yeast | 14p | Eggs | 32p |
| Pepper | 55p | Cheese | 30p |
| Onion | 14p | Onion | 14p |
| | | Pepper | 55p |
| | | Mushroom | 18p |
| | | Cherry Tomatoes | 14p |

Year 10 Food Term 3

| Dish | Cost | | Dish | Cost |
|---------------------|------------|--|----------------------|---------------|
| Sweet Pastry | 97p | | Custard Tarts | £0.98p |
| Flour | 10p | | Double Cream | 20p |
| Butter | 66p | | Milk | 3p |
| Sugar | 5p | | Vanilla Essence | 30p |
| Egg | 16p | | Nutmeg | 11p |
| | | | Eggs | 32p |
| | | | Sugar | 2p |

Year 10 Food Term 4 and 5

| Dish | Cost | | Dish | Cost |
|----------------------------|--------------|--|-----------------------|---------------|
| Spaghetti Carbonara | 1.64p | | Meatballs | £1.54p |
| Spaghetti | 6p | | Minced Meat | 1.14p |
| Butter | 12 | | Basil | 12 |
| Onion | 14p | | Worcestershire Sauce | 13p |
| Bacon Rasher | 39p | | Oil | 1p |
| Egg | 16p | | Passata | 14p |
| Single Cream | 44p | | | |
| Parmesan | 13p | | | |
| Garlic Dough Balls | 78p | | Starter Dish 1 | £2.50 |
| Flour | 32p | | | |
| Sugar | 2p | | | |
| Salt | 2p | | | |
| Dried Yeast | 14p | | | |
| Garlic | 9p | | | |
| Butter | 19p | | | |
| Starter Dish 2 | £2.50 | | | |

Year 10 Food Term 6

| Dish | Cost | Dish | Cost |
|------------------------|--------------|-------------------------------------|--------------|
| Flapjack | 1.80p | Ham and Mushroom Risotto | 1.70p |
| Porridge Oats | 19p | Olive Oil | 2p |
| Butter | 74p | Onion | 14p |
| Light Brown Sugar | 28p | Bacon Rasher | 35p |
| Golden Syrup | 9p | Chestnut Mushrooms | 30p |
| Additional Ingredients | 50p | Risotto Rice | £1.03p |
| | | Chicken Stock | 13p |
| | | Garlic | 3p |
| Meringue | 74p | | |
| Eggs | 32p | | |
| Sugar | 9p | | |
| White Wine Vinegar | 1p | | |
| Cornflour | 2p | | |
| Vanilla Essence | 30p | | |