


Year 9 - Food Technology Recipe Planner – Mondays lessons

Please see below the new dates your year group will be cooking this term. We have had to reduce the number of times students cook due to Covid restrictions.


Please accept my apologies of any inconvenience this has caused and if you have any questions please contact me via email: caroline.Hetherington@rrca.org.uk.

Date you will cook	Name of Dish	Recipe – what you will need to bring
Monday 23 rd November 	Frittatas	50g cheese 3 eggs (<i>please wrap this carefully in tissue or kitchen roll in a secure plastic container to avoid breakages.</i>) A combination of 2 ingredients from the list below or other chosen ingredients: Small tin of Sweetcorn A handful of mushrooms A few slices of ham/pepperoni/chicken/bacon or other cooked meat Red onion Peppers Spring onion

Year 9 - Food Technology Recipe Planner – Tuesdays lessons

Please see below the new dates your year group will be cooking this term. We have had to reduce the number of times students cook due to Covid restrictions.


Please accept my apologies of any inconvenience this has caused and if you have any questions please contact me via email: caroline.Hetherington@rrca.org.uk.

Date you will cook	Name of Dish	Recipe – what you will need to bring
Tuesday 24 th November 	Frittatas	50g cheese 3 eggs <i>(please wrap this carefully in tissue or kitchen roll in a secure plastic container to avoid breakages.)</i> A combination of 2 ingredients from the list below or other chosen ingredients: Small tin of Sweetcorn A handful of mushrooms A few slices of ham/pepperoni/chicken/bacon or other cooked meat Red onion Peppers Spring onion

Year 9 - Food Technology Recipe Planner – Wednesday lessons

Please see below the new dates your year group will be cooking this term. We have had to reduce the number of times students cook due to Covid restrictions.

Please accept my apologies of any inconvenience this has caused and if you have any questions please contact me via email: caroline.Hetherington@rrca.org.uk.

Date you will cook	Name of Dish	Recipe – what you will need to bring
Wednesday 25 th November 	Frittatas	50g cheese 3 eggs (<i>please wrap this carefully in tissue or kitchen roll in a secure plastic container to avoid breakages.</i>) A combination of 2 ingredients from the list below or other chosen ingredients: Small tin of Sweetcorn A handful of mushrooms A few slices of ham/pepperoni/chicken/bacon or other cooked meat Red onion Peppers Spring onion