

INDEPENDENT CATERING | EDUCATER LIMITED

# वीज्झो वीज्झु



**TUESDAY 10 NOVEMBER**

**PLEASE SEE MENU BOARDS  
FOR DETAILS**

WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGEEGGS



LOCALFRUIT&VEG



WHOLEMEALPASTA

**freshingredients**  **freshfood**

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# CHILDREN IN NEED DAY



**FRIDAY 13 NOVEMBER**

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# Christmas Lunch



## MENU

**Traditional Roast Turkey with Chipolata  
and Yorkshire Pudding (1, 7, 8, 9)**

**Roasted Vegetable Parcel (1)**

**Roast Potatoes, Fresh Carrots, Garden Peas with Gravy**

**Santa Selection of Desserts**

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# THIS MONTH, IT'S ALL ABOUT LEEKS

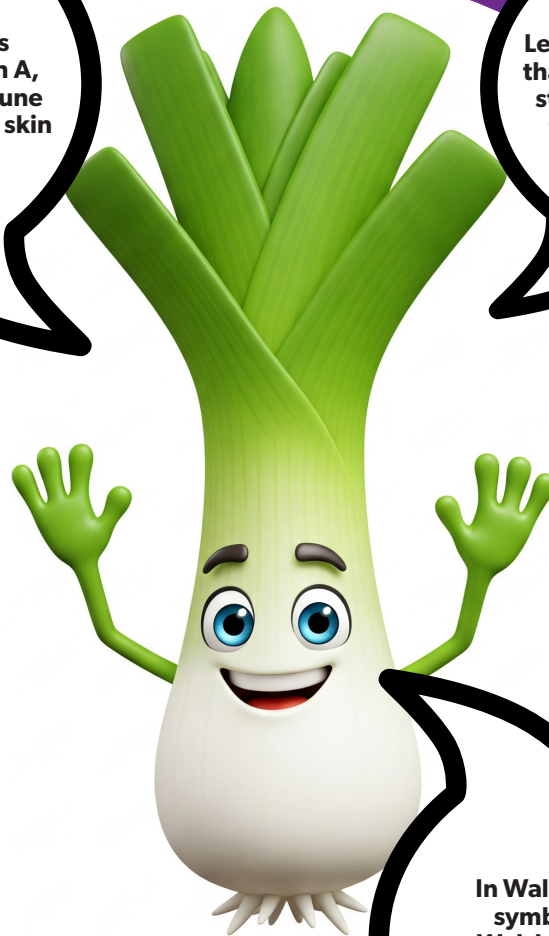
**Simple, Seasonal, Sensational!**

## **Did you know?**

Just one medium leek provides around 30% of your daily vitamin A, which is vital for eye health, immune support, and maintaining healthy skin

## **Why we love them**

Leeks have a mild, sweet flavour that beautifully enhances soups, stews, and casseroles, making them a comforting favourite in winter recipes



## **Fun fact**

In Wales, leeks are a national symbol - legend says that Welsh soldiers wore leeks in their helmets to distinguish themselves in battle!

**TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS'  
FAVOURITE TASTY LEEK RECIPES!**

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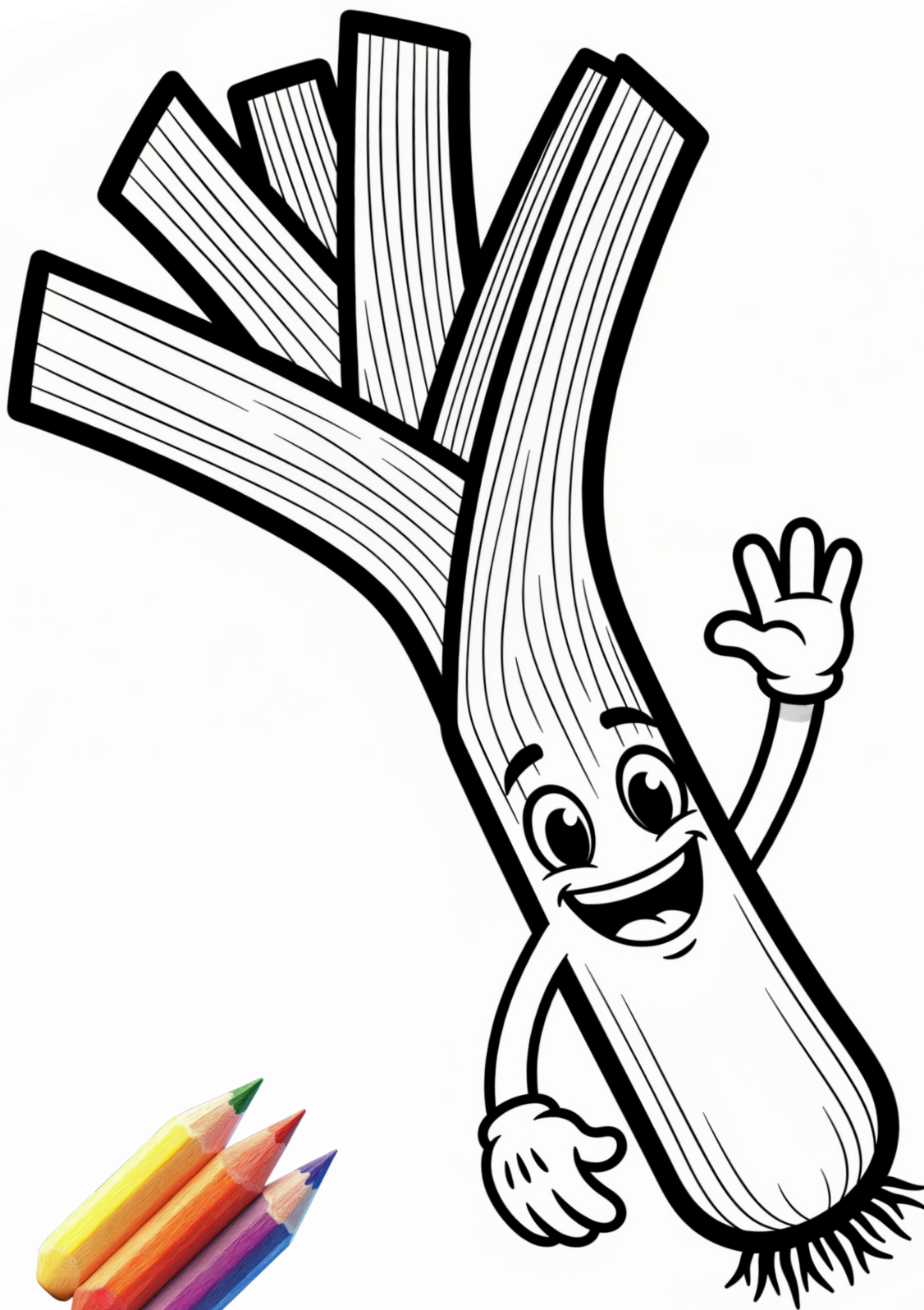


LOCAL FRUIT & VEG



WHOLE MEAL PASTA

**fresh ingredients**  **fresh food**



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# RECIPE

## LEEK AND POTATO SOUP

### INGREDIENTS

- Leeks (sliced) - 375g
- Potatoes (peeled and chopped) - 500g
- Onions (chopped) -  $\frac{3}{4}$  onion
- Vegetable stock - 750ml
- Olive oil - 25ml
- Salt and pepper - to taste
- Milk (optional) - 75ml

### METHOD

1. In a large pan, heat oil and soften leeks and onions for 10 minutes.
2. Add potatoes and stock, bring to a boil, then simmer for 25 minutes.
3. Blend until smooth. Stir in milk if using, season, and serve warm.

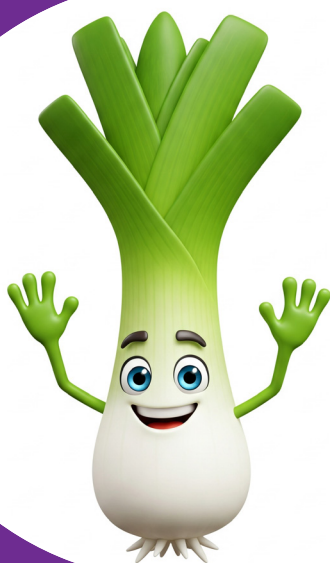
## CHEESY LEEK AND PASTA BAKE

### INGREDIENTS

- Pasta - 375g
- Leeks (sliced) - 300g
- Cheddar cheese (grated) - 200g
- Milk - 375ml
- Plain flour - 37.5g (2½ tbsp)
- Butter - 37.5g (2½ tbsp)

### METHOD

1. Cook pasta until al dente, drain and set aside.
2. In a pan, melt butter, stir in flour to make a roux. Gradually add milk to form a sauce.
3. Add cheese and stir until melted.
4. Sauté leeks in a little oil until soft, then mix with pasta and cheese sauce.
5. Transfer to trays and bake at 180°C for 20 minutes.



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# RECIPE

## LEEK AND SWEETCORN FRITTERS

### INGREDIENTS

- Leeks (finely chopped) - 250g
- Sweetcorn - 300g
- Eggs - 1½ (use 2 small or 1 large plus a little extra milk if needed)
- Plain flour - 100g
- Milk - 75ml
- Baking powder - ½ tsp
- Oil - for frying

### METHOD

1. Mix flour, baking powder, eggs, and milk to form a thick batter.
2. Stir in leeks and sweetcorn.
3. Fry spoonfuls of mixture in oil over medium heat until golden and cooked through.
4. Serve warm with a yoghurt dip.

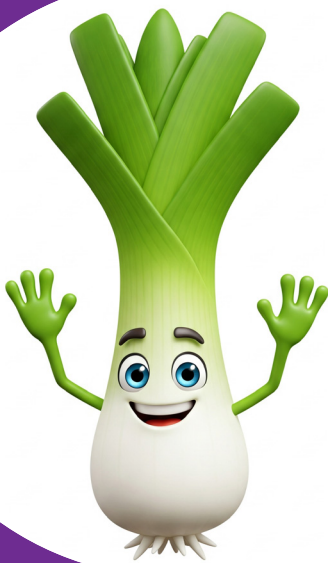
## LEEK AND CHEESE SCONES

### INGREDIENTS

- Self-raising flour - 250g
- Butter - 62.5g
- Grated cheese - 100g
- Leeks (softened) - 125g
- Milk - 125ml
- Mustard powder - ¼ tbsp (optional)

### METHOD

1. Preheat oven to 200°C. Rub butter into flour to form crumbs.
2. Stir in cheese, leeks, and mustard if using.
3. Add milk gradually to form a dough. Roll and cut into 20 scones.
4. Bake for 15-20 minutes until golden and risen.



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# RECIPE

## LEEK AND LENTIL STEW

### INGREDIENTS

- Leeks (sliced) - 250g
- Carrots (chopped) - 250g
- Red lentils - 200g
- Tinned tomatoes - 200g (½ tin)
- Vegetable stock - 625ml
- Garlic - 1 clove
- Olive oil - 25ml

### METHOD

1. In a large pot, heat oil and sauté leeks, garlic, and carrots.
2. Add lentils, tomatoes, and stock. Bring to a boil, then simmer for 30-35 minutes.
3. Serve with bread for a hearty lunch.

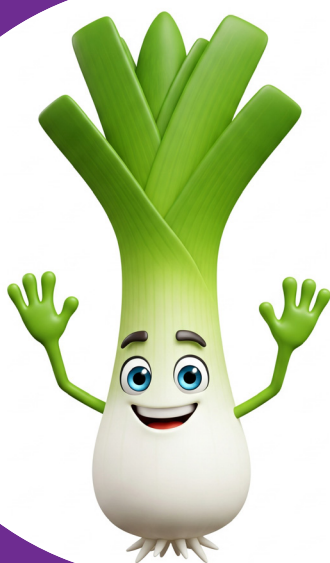
## MINI LEEK QUICHES

### INGREDIENTS

- Shortcrust pastry - 500g
- Leeks (softened) - 200g
- Eggs - 2½ (use 2 eggs plus a little extra milk or use 3 small eggs)
- Milk - 200ml
- Grated cheese - 100g

### METHOD

1. Preheat oven to 180°C. Line 20 muffin tins or small tart cases with pastry.
2. In each case, add softened leeks and a sprinkle of cheese.
3. Beat eggs with milk, pour into cases.
4. Bake for 20-25 minutes until golden and set.



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# THIS MONTH, IT'S ALL ABOUT PEARS

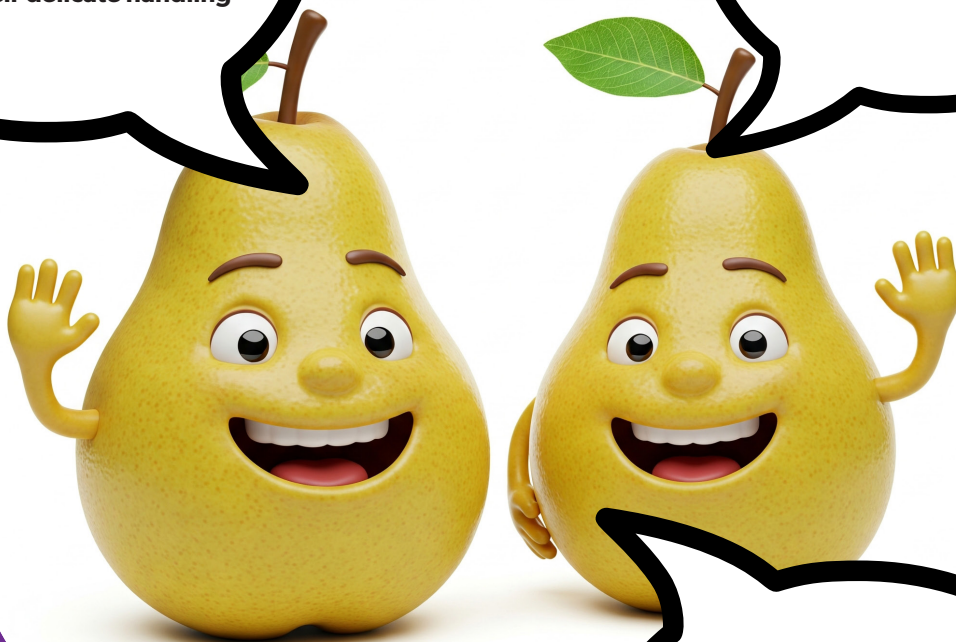
**Simple, Seasonal, Sensational!**

## **Did you know?**

Pears ripen from the inside out, which means they can feel firm on the outside even when they're ripe inside - making it a bit tricky to judge ripeness, but also a fun fact that explains their delicate handling

## **Why we love them**

Pears are naturally sweet and juicy, making them a perfect addition to both desserts and fresh salads for a refreshing burst of flavour



## **Fun fact**

The world's heaviest pear weighed over 3 pounds (1.8 kg) and set a Guinness World Record in Japan in 2011!

**TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS'  
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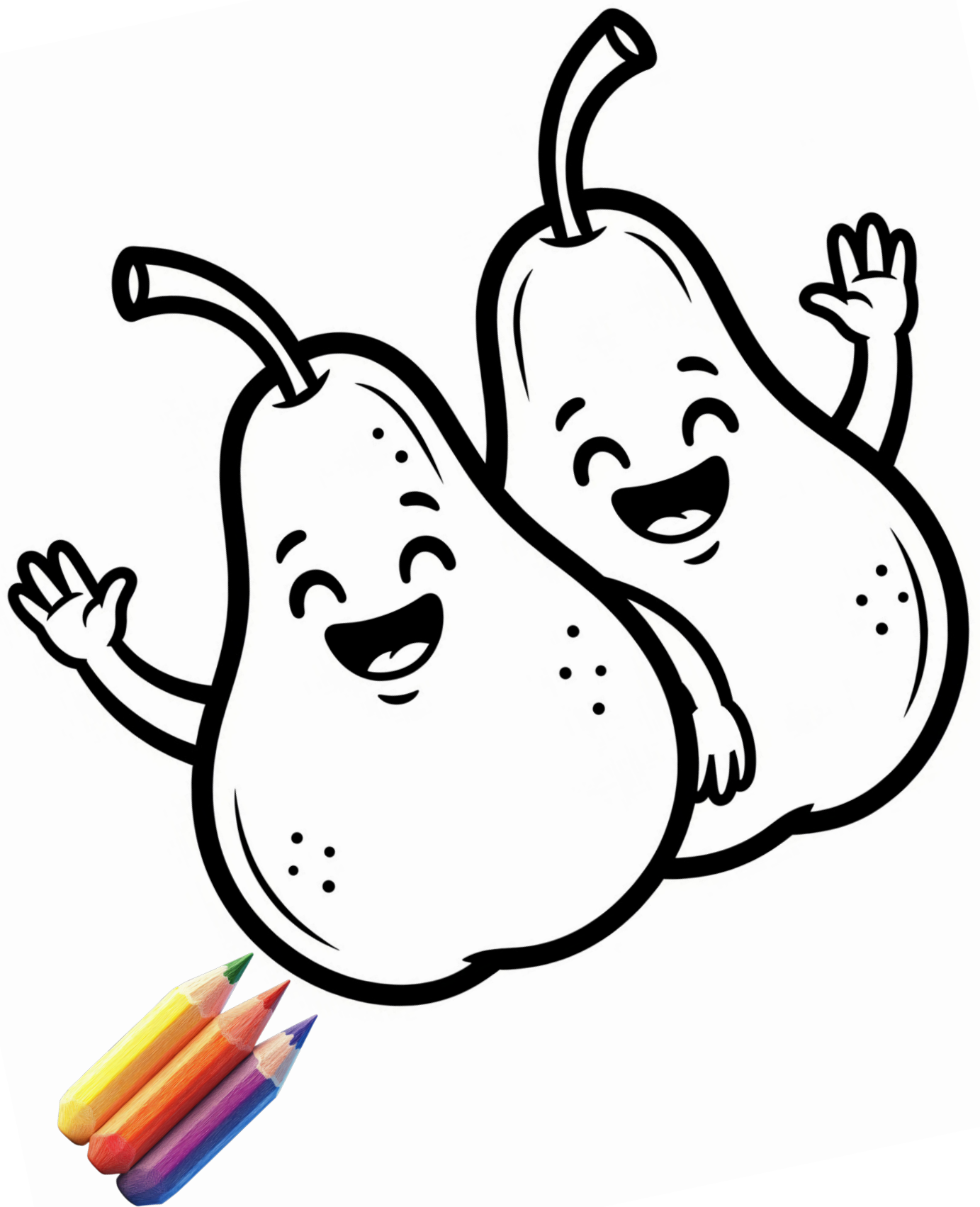
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# RECIPE

## PEAR AND BANANA OAT MUFFINS

### INGREDIENTS

- Ripe pears (peeled and grated) - 1¼
- Bananas (mashed) - 1¼
- Plain flour - 100g
- Rolled oats - 50g
- Eggs - 1
- Milk - 75ml
- Baking powder - ½ tbsp
- Brown sugar - 37g
- Vegetable oil - 50ml

### METHOD

1. Preheat oven to 180°C. Line 5 muffin cases.
2. Mix dry ingredients in one bowl.
3. Mix wet ingredients with pears and bananas in another.
4. Combine both mixtures.
5. Spoon into cases and bake 20-25 minutes until golden.

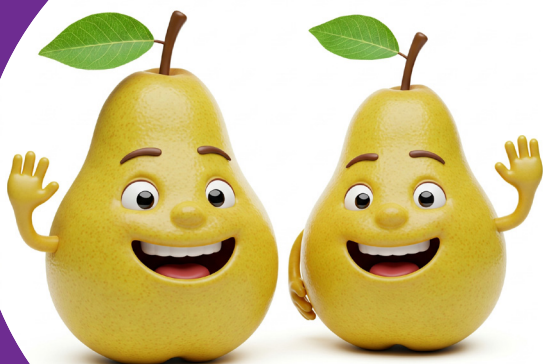
## PEAR AND CHEESE WRAPS

### INGREDIENTS

- Soft tortilla wraps - 5
- Ripe pears (thinly sliced) - 1¼
- Grated cheddar - 125g
- Cream cheese - 75g

### METHOD

1. Spread cream cheese over wraps.
2. Ripe pears (thinly sliced) - 1¼
3. Grated cheddar - 125g
4. Cream cheese - 75g



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# RECIPE

## PEAR CRUMBLE POTS

### INGREDIENTS

- Ripe pears - 625g
- Brown sugar - 50g
- Plain flour - 150g
- Butter - 75g
- Rolled oats - 50g
- Cinnamon - ½ tsp

### METHOD

1. Preheat oven to 180°C.
2. Cook pears with 25g sugar and cinnamon.
3. Rub butter into flour, stir in oats and remaining sugar.
4. Divide pears into 5 small pots and top with crumble.
5. Bake for 20 mins until golden.

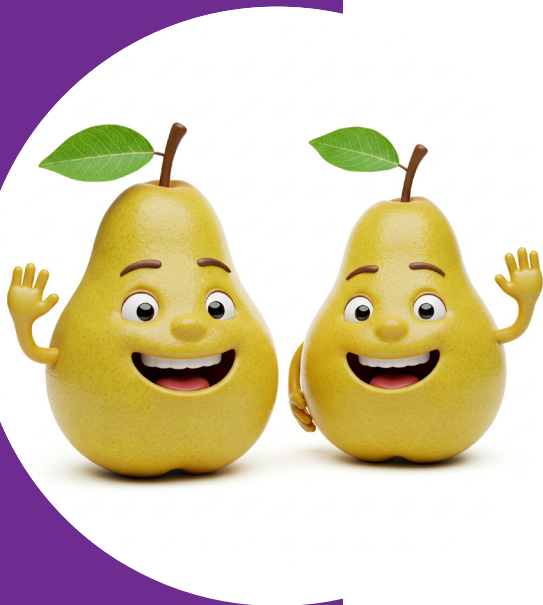
## PEAR AND CARROT SALAD POTS

### INGREDIENTS

- Pears (grated) - 2
- Carrots (grated) - 2½
- Raisins - 75g
- Lemon juice - 25ml
- Greek yoghurt - 100ml
- Honey - 1 tbsp

### METHOD

1. Mix pears, carrots, and raisins in a bowl.
2. In a separate bowl, combine yoghurt, lemon juice, and honey.
3. Mix everything together and portion into 5 small cups.



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# RECIPE

## BAKED PEAR SLICES WITH CINNAMON

### INGREDIENTS

- Pears (sliced) - 5
- Honey - 1 tbsp
- Cinnamon - ½ tsp
- Olive oil - ½ tbsp

### METHOD

1. Preheat oven to 180°C.
2. Arrange pear slices on baking tray.
3. Drizzle with honey and oil, sprinkle with cinnamon.
4. Bake 15-20 mins until soft and golden. Serve warm or cool.

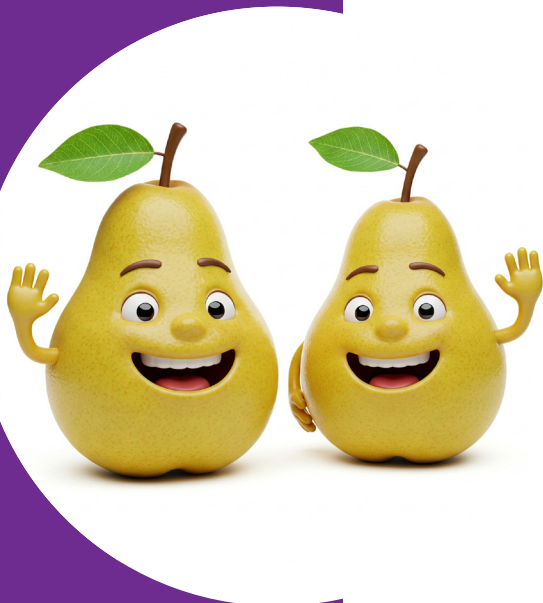
## MINI PEAR UPSIDE-DOWN CAKES

### INGREDIENTS

- Pears (sliced) - 1¼
- Butter - 75g
- Caster sugar - 75g
- Eggs - 1½ (use 1 large + 1 yolk or beat 2 and use ¾)
- Self-raising flour - 100
- Vanilla extract - ½ tsp
- Golden syrup - 50ml

### METHOD

1. Preheat oven to 180°C. Grease and line 5 muffin tins.
2. Add 1 tsp syrup to each tin, top with a pear slice.
3. Cream butter and sugar. Beat in eggs and vanilla.
4. Fold in flour. Spoon batter over pears.
5. Bake 20-25 minutes. Cool slightly before turning out.



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