



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Spaghetti/Pasta Bolognaise

Ingredients

2.5kg mince

2 onions

2 beef stock cubes

Grated cheese

750g diced carrot

½ tbsp dried herbs

5 cloves of fresh garlic

4 tins of chopped tomatoes

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1. Dice the onion and fry in a little oil until brown.
 2. Add the mince to the onion and fry (turning frequently), until brown.
 3. Add the oregano and 1 teaspoon of garlic puree to the dish, stirring continuously.
 4. Add the chopped tomatoes and tomato puree and allow to simmer for 20 minutes.
 5. While the bolognaise is cooking, cook the spaghetti or pasta and serve together with a light sprinkling of grated cheese.



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Chicken and Vegetable Curry

Ingredients

Vegetable oil

2 onions peeled and chopped

3 medium apples, peeled and thinly sliced

10-12 chicken breasts cut into bite sized chunks

750g diced carrots

500g of each – peas and sweet corn

1 large cauliflower

300-400g of Korma curry paste

1 chicken stock cube

200g of mango chutney

2 tins of tomatoes - (400g)

300ml of double cream or coconut milk

1 and ½ kilo of rice

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1. Heat the oil in a wok or frying pan and sauté the onion and carrots for 3 minutes.
 2. Add the apple and stir fry for 3 minutes.
 3. Add the chicken and stir fry until the chicken is golden.
 4. Add the Korma curry paste, mango chutney, tomato puree, frozen peas, sweet corn and cauliflower then the coconut milk and chicken stock and simmer for about 20 minutes or until fully cooked. Season to taste and thicken with corn flour if needed.

Cook rice to accompany this curry



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Vegetable Chilli Con Carne

Ingredients

3kg Quorn mince

3 tinned tomatoes

2tsp paprika

2 chopped onions

3 garlic cloves

Worcestershire sauce

2 tins of baked beans

2 tins of red kidney beans

Peas and sweet corn

1. Put the Quorn mince in a large pan and cook gently.
2. Add the onion and garlic cook until soft.
3. Add a few dashes of Worcestershire sauce, paprika and the tomatoes with the peas and corn.
4. Bring to a simmer, cover with a lid and cook over a gentle heat for about 20mins, stirring occasionally until the mixture is rich and thickened.
5. In the meantime, rinse the rice and prepare according to the instructions on the packet.
6. Stir beans in with the Quorn.
7. Cook the mixture for a further 5 minutes, uncovered, before removing from the heat.



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Cod Fishcakes

Ingredients

1 kg frozen cod portions
3kg peeled potatoes
2 Lemons
Worcestershire sauce
Fresh or dried herbs
Fresh brown breadcrumbs
Beaten eggs and milk
Plain flour

1. Boil the potatoes for mashing.
2. Poach the cod for about 20 mins and leave to cool.
3. Once the potatoes are mashed add the juice and zest of 2 lemons, Worcestershire sauce and the herbs.
4. Drain the cod and add to the potato mix and leave to cool.
5. Prepare to breadcrumb the fishcakes by having a tray of flour, beaten eggs and milk and the fresh breadcrumbs.
6. Roll the fishcakes into balls and put through the flour, egg and breadcrumbs, shape using a cutter. Chill before frying.
7. To cook shallow fry lightly in a little oil on both sides place on a baking tray and finish in the oven for about 20-30 mins.

You could make a large batch and after shallow frying freeze down for later use



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Beef Lasagne

Ingredients

Olive oil

6 large Onions, finely chopped

3kg Carrots

6 garlic cloves, finely chopped

6kg fresh beef mince

10 canned plum tomatoes

Mixed dried herbs

6 packets of sheets pre-cooked dried lasagne

Grated cheese

For the béchamel sauce see the cheese sauce recipe

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1. Gently fry the onion and carrots for about 5 minutes until softened.
Add the garlic and cook for another couple of minutes, stirring to coat well. Stir in the beef and several grindings of black pepper and cook until the beef has lost its raw pink look.
 2. Add the tomatoes with their juice and stir thoroughly. Simmer uncovered for approximately 1 hour.
 3. Make the béchamel sauce.
 4. Preheat the oven to 180°C. Grease a shallow baking dish.
 5. Pour some béchamel into the baking dish - enough to just cover the base. Place a layer of lasagne sheets on top, followed by a layer of meat sauce, another layer of béchamel. Continue with two or three more layers until both sauces are used up. Add a final sprinkling of cheese.
 6. Bake in the oven for about 30 minutes until bubbling all over and a knife slips easily through the layers of lasagne.



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Macaroni Cheese

Ingredients

Macaroni Pasta

White Cheese Sauce (see cheese sauce recipe)

Grated Cheese

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1. Cook the macaroni in boiling water in accordance with the instructions on the packet.
 2. Make a cheese sauce using the cheese sauce recipe provided.
 3. Remove the pasta from the heat, add in the cheese sauce and stir well.
 4. Sprinkle over the grated cheese and place under a hot grill for 2 -3 minutes or until brown and crispy.



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Roast Chicken

Ingredients

25 chicken breasts

2kg mixed vegetables

5kg peeled potatoes

2.5 litres of gravy

Milk and butter for mash

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1. Pre-heat oven to 200 degrees Celsius.
 2. Place chicken breasts in a baking dish with a little oil and cover with foil then place in oven for 45 minutes.
 3. Peel and cook the potatoes then drain and mash with milk and butter.
 4. After 45 minutes, remove foil and turn up oven to full heat. Return the chicken to the oven until breasts are fully cooked throughout and browned. (Rotate trays in turn to top of oven to achieve browning).
 5. Serve with mixed vegetables and gravy.



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Salmon Fishcakes

Ingredients

1 kg fresh salmon

3kg peeled potatoes

2 Lemons

1 tbsp of Worcestershire sauce

1 tbsp of fresh or dried herbs

Fresh brown breadcrumbs

Beaten eggs and milk

Plain flour

1. Boil the potatoes for mashing.
2. Poach the salmon for about 10 mins and leave to cool.
3. Once the potatoes are mashed add the juice and zest of 2 lemons, Worcestershire sauce and the herbs.
4. Drain the salmon and add to the potato mix and leave to cool.
5. Prepare to breadcrumb the fishcakes by having a tray of flour, beaten eggs and milk and the fresh breadcrumbs.
6. Roll the fishcakes into balls and put through the flour, egg and breadcrumbs, shape using a cutter. Chill before frying.
7. To cook shallow fry lightly in a little oil on both sides place on a baking tray and finish in the oven for about 20-30 mins

You could make a large batch and after shallow frying freeze down for later use.



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Sweet Potato and Vegetable Curry

Ingredients

Vegetable oil

2 onions peeled and chopped

3 medium apples, peeled and thinly sliced

6 Sweet potatoes

1kg Diced carrots

750g of each peas and sweet corn

4 heads of broccoli

300ml crème fraiche

300g Korma curry paste

2 vegetable stock cubes

½ jar mango chutney

3 tins tomatoes

1 litre water

1. Heat the oil in a wok or frying pan and sauté the onion and carrots for 3 minutes.
2. Then add the apple and stir fry for 3 minutes.
3. Add the tomatoes vegetable stock and curry paste.
4. Add the sweet potatoes, mango chutney, frozen peas, sweet corn and broccoli then simmer for about 20 minutes or until fully cooked. Season to taste and thicken with corn flour if needed. Add the crème fraiche.

Cook rice to accompany this curry



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Beef, Lentil and Vegetable Curry

Ingredients

Vegetable oil

2 onions peeled and chopped

1 large butternut squash

3kgs diced topside of beef

1 kg diced carrots

1 kg sweet corn

500g dried red split lentils

400g Korma curry paste

2 beef stock cube

½ jar of mango chutney

2 tins of tomatoes

1. Heat the oil in a wok or frying pan and sauté the beef, onion and carrots for 3 minutes.
2. Add water, beef stock cubes curry paste and tinned tomatoes cook for 2hrs.
3. Add red lentils, butternut squash mango chutney, then the coconut milk and cook for a further 30 mins or until tender and thicken with corn flour.

Cook rice to accompany this curry



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Cheese Sauce

Ingredients

500g butter

20 heaped dessert spoons of plain flour

4 litres milk

1.5kg of grated cheese

Corn flour for gluten free sauce

2 veg stock cubes

1. Heat the milk in the microwave until hot but not boiling.
2. Melt the butter in a pan and stir in the flour to make a roux.
3. Gradually whisk in the milk, cooking over a gentle heat until you have a smooth white sauce.
4. Allow the sauce to come to the boil and simmer for 1 minute, stirring continuously.
5. Take the pan off the heat and whisk in the grated cheese until it has melted.

Add the cheese sauce to the dish of the day.



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Chicken and Mushroom Pie

Ingredients

10 chicken breasts

1 litre chicken stock

100g butter

1 litre milk

2 onions

2 tins of tomatoes

600g mushrooms

100g plain flour

500g pack puff pastry

750g peas

1. Pre-cook the chicken (bake or fry).
2. Melt the butter and gently sauté the onion and mushrooms.
3. Add the flour to make a thick ball of all the ingredients.
4. Slowly add the chicken stock and tinned tomatoes stirring all the time.
5. Slowly add the milk, again stirring all the time.
6. Allow the sauce to simmer until it has thickened.
7. Add the chicken and mushrooms and peas and taste.
8. Serve with a puff pastry top.



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Salmon and Broccoli Pasta

Ingredients

2kg pasta

Fresh salmon

Broccoli

Cheese sauce

Lemon juice

1. Make the cheese sauce.
2. Cook pasta and drain.
3. Boil the broccoli spears.
4. Poach the salmon and flake.
5. Mix the pasta in with the sauce, salmon and broccoli.

Serve with salad (cherry toms, cucumber, peppers)



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Salmon or Cod Fish Fingers

Ingredients

750g fresh salmon fillet **or** 1kg frozen cod portions (defrosted)

Fresh breadcrumbs

Egg and milk mix

Plain flour

1. Cut the fish into finger shaped sizes.
2. Coat in the flour.
3. Cover in the egg mix.
4. Roll into the fresh breadcrumbs.
5. Chill in the fridge.
6. Lightly grease a baking tray and lay the breaded fish on, spray some olive oil over the top.
7. Bake in oven at 180 for 20 mins



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Savoury Mince (Cottage Pie)

Ingredients

4kg mince

2 onions

4 tbsp Worcestershire sauce

1kg frozen peas

1 tbsp dried herbs

1kg diced carrots

2 beef stock cubes

Corn flour

4 tins chopped tomatoes

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1. Dice the onions and carrots and fry in a little oil until brown.
 2. Add the mince to the onion and fry (turning frequently), until brown.
 3. Add the dried herbs oregano and 1 teaspoon of garlic puree to the dish, stirring continuously.
 4. Add the chopped tomatoes, dried herbs, Worcestershire sauce, and a little water and allow to simmer for 20 minutes.
 5. Add the frozen peas and simmer for a further 10 minutes (stirring occasionally) until the whole dish is piping hot throughout. Add the corn flour to thicken if needed.



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Spinach and Ricotta Tortellini

Ingredients

Fresh pre bought spinach and ricotta tortellini – 8 x 400g packets

Tomato and red onion sauce – as per recipe overleaf

1. Bring to boil a large pan of water to cook the pasta.
2. Follow instructions on how long to cook the pasta.

Serve with the tomato sauce and mixed salad (cucumber, red peppers, cherry tomatoes)



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Tomato and Red Onion Sauce

Ingredients

4 veg stock cubes

6 red onions

8 tins of chopped tomatoes

5 cloves of garlic

Dried mixed herbs

1 litre tomato passata

Juice of 1 lemon

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1. Sauté the onions and garlic in a large pan for 2-3 mins.
 2. Add the tinned tomatoes and tomato passata, stock cubes, lemon juice, mixed herbs and a little water, simmer for 40-50 mins .

This can now be used for the meat balls and tortellini pasta



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Vegetable Lasagne

Ingredients

Olive oil

6 large onions, finely chopped

3kg carrots,

6 garlic cloves, finely chopped

Celery, broccoli, cauliflower

Frozen peas and sweet corn

10 canned plum tomatoes

6 packets of sheets pre-cooked dried lasagne

Grated cheese

For the béchamel sauce use the cheese sauce recipe – overleaf.

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1. Gently fry the onion and carrots for about 5 minutes until softened.
 2. Add the garlic and chopped fresh vegetables cook for another couple of minutes, stirring to coat well. Add several grindings of black pepper.
 3. Add the tomatoes with their juice and stir thoroughly.
 4. Allow to simmer for 20 minutes then add peas and corn.
 5. Make the cheese sauce.
 6. Preheat the oven to 180°C. Grease a shallow baking dish.
 7. Pour some cheese sauce into the baking dish - enough to just cover the base. Place a layer of lasagne sheets on top, followed by a layer of the vegetable sauce, and then another layer of cheese. Continue with two or three more layers until both sauces are used up.
 8. Add a final sprinkling of cheese. Bake in the oven for about 30 minutes until bubbling all over and a knife slips easily through the layers of lasagne.



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Victoria/Lemon/Orange/Banana/Chocolate* Sponge

Ingredients:

9 eggs

450g butter

450g self raising flour

450g sugar caster

Vanilla essence

1. With a wooden spoon, beat the butter.
2. Add in the sugar and beat together.
3. Add the beaten eggs and mix.
4. Add the vanilla essence.
5. Sift the flour, cutting in with a metal spoon, until the dough is made.
6. Pre-heat oven to 170°C.
7. Cook for 20-30 minutes.

*To make lemon or orange sponge, add 20ml of lemon or orange essence or use fresh lemons (2) or orange juice (20ml) and zest to the sponge mix.

For banana sponge, add fresh sliced banana (6) to the sponge mix

For chocolate sponge replace 50g of self raising flour with 50g of cocoa powder



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Courgette and Raisin Muffins

Makes 30 muffins

Ingredients:

2 eggs

6oz butter

440g self raising flour

200g soft brown sugar

2 tsp mixed spice

1 tsp ground ginger

1 tsp baking powder

170g butter

250g courgettes

200g raisins

360 ml milk

- 1.Mix all the dry ingredients together.
- 2.Melt the butter and add the eggs and milk.
- 3.Mix them all together to form a batter.
- 4.Fine grate the courgettes and add them and the raisins to the batter.
- 5.Put into greased muffin moulds (DuPont bake wear).
- 6.Bake for 25 mins on 170.



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Fresh Fruit Salad

Ingredients

Fresh banana

Fresh pineapple

Fresh kiwi fruit

Fresh melon

Fresh pears

Fresh apple

Fresh mango

Choose four of the fresh fruits from the list above and cut into bite size portions.



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Gingerbread People

Makes 20 biscuits

Ingredients:

1 egg

125g butter

350g flour

175g sugar light brown

1 tsp bi carb soda

1 tbsp ground ginger

1 tsp cinnamon

4 tbsp golden syrup

1. With a wooden spoon, beat the butter.
2. Add in the sugar and beat together.
3. Add the egg and the golden syrup and beat.
4. Add the sieved dry ingredients and mix together.
5. Form a dough and wrap in cling film.
6. Chill for 30 minutes.
7. Pre-heat oven to 190°C.
8. Cut out the dough with cutters.
9. Cook for 15 minutes.



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Carrot Sponge Cake

Ingredients:

6 eggs

350 ml veg oil

350g self raising flour

350g light brown sugar

280g grated carrot

150g raisins

2 tsp bi carb soda

2 tsp mixed spice

2 oranges

1. Mix the oil, sugar and eggs together.
2. Add the carrots, raisins and orange zest.
3. Mix in the flour, bi carb and mixed spice.
4. Pour into a lined cake tin/roasting tin.
5. Cook for 40-45 mins at 180.



MONKEY PUZZLE DAY NURSERIES RECIPES – LUNCH

Stewed Apples with Crème Fraiche

Ingredients:

Eating apples 20

Sultanas 500g

Crème fraiche

1. Peel apples core and chop cook in a pan with a little water.
2. Cook for about 30 mins till they become a purée.
3. Add the sultanas and cook for a further 5mins.
4. Serve slightly warm with crème fraiche.