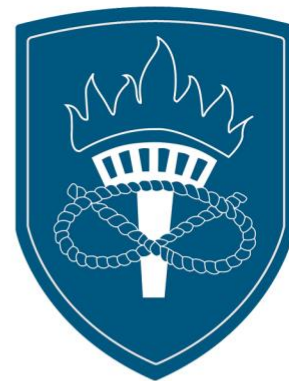


16th December 2019



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Dear Parents/Carers

WJEC Level 1/2 Hospitality and Catering Spring 1 practical schedule

Attached is a list of dishes that your child will be cooking as part of their Hospitality and Catering course for the first part of the spring term. Pupils will be given a list of the ingredients needed the week before their practical lesson, allowing time to purchase ingredients required, or any alternatives.

If your child is currently eligible for free school meals, then the ingredients will be provided for them.

If you have any further questions, please do get in contact with your child's Head of House via the school number or postbox@barrbeaconschool.co.uk

Yours Sincerely

Mrs L Draycott



Barr Beacon School
Old Hall Lane
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0121 366 6600

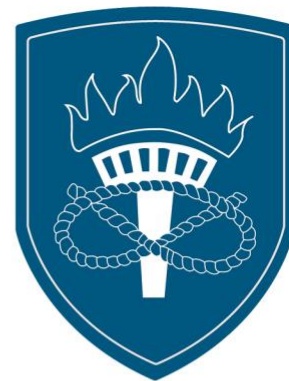


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Hospitality and Catering Spring 1 Practical schedule:

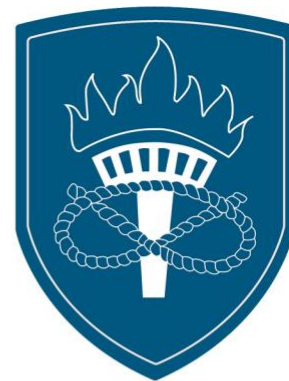
ALL PUPILS WILL NEED TO BRING A CONTAINER TO EACH PRACTICAL LESSON

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Week Beginning	Dish	Ingredients
13th January 2020	Vegetable Curry	2 tbsp vegetable oil 3 cloves garlic 1 whole onion 1 medium size tin chopped tomatoes 1 vegetable or meat stock cube 1 carrot 1 large potato 1 tin chick peas 1 small head of broccoli 1 tsp salt 1 tsp ground black or white pepper Optional: you can add meat if you choose
20th January 2020	Macaroni and Cheese	110g cooked macaroni pasta or any other shape 30g butter 30g plain flour 250ml milk 130g grated cheese (Hard cheese is best, this can be a mixture of cheeses) 1 tsp salt 1 tsp pepper Optional ingredients: Sweetcorn Cooked bacon Cooked chicken
27th January 2020	Meat or Vegetable Stir Fry	2 nests of noodles (this can be egg noodles or rice noodles, any type of noodle) - this must be cooked at home 2 teaspoons of cornflour 2 teaspoons of soy sauce 1 tablespoon of honey 250g raw pork/chicken/beef/quorn (cut into strips) 1 small piece of ginger 1 sweet pepper 1 carrot





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3 rd February 2020	Sweet and Sour Chicken/Pork/Beef/Fish	1 tbsp oil 2 skinless chicken breast fillets, cut into chunks 1 small onion 1 garlic clove 1 red pepper 1 small tin pineapples pieces in juice 6 tbsp tomato ketchup 1 tbsp any type of vinegar 2 tbsp sugar
10 th February 2020	Carrot Cake	125g self-raising flour 1 tsp ground cinnamon 200g caster sugar 175ml vegetable oil 2 eggs 175g grated carrots

Tsp = teaspoon

Tbsp = tablespoon



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