

DAILY SHOPPING

(quantities for 25 bods)

Check what is needed before leaving!

LUNCH

72 rolls or 7 loaves bread
500g cheese
30 slices ham
30 slices chicken
2x185g cans tuna
6 eggs
small tub hummous or mushroom pate
25 chocolate biscuits or 5 cakes

½ iceberg lettuce
½ cucumber
8 tomatoes
20 apples
10 bananas
bag of oranges
30 bags crisps

BREAKFAST

32 sausages
32 rashers bacon
30 eggs
5x400g beans
economy box mushrooms
3 loaves bread
potato waffles

ESSENTIALS

coffee
tea
milk
sugar
margarine
squash
pickle
biscuits
jam
marmalade
peanut butter
tinfoil
bin bags
scourers
kitchen roll
bleach
all purpose cleaner

museli
weetabix
cornflakes
marmite
oil
mayonaise
salad cream
salt
pepper
tomato ketchup
brown sauce
clingfilm
j-cloths
washing-up liquid
toilet roll
dettox spray

Following recipes give quantities for feeding 25, including 2/3 veggies

SHEPHERDS PIE (veggie: Garden Pie) & FRUIT FLAN

Shopping List:

2.5kg minced lamb
7 large onions
12 large carrots
6 tins condensed oxtail soup
6kg potatoes
500g cheese
1 tin condensed vegetable soup
1 small tin sweetcorn
1 red pepper
1 small courgette
4 french sticks
3 large cabbages
4 large flan cases
tinned fruit in juice (a mixture, about 12 cans in total)
2 cans squirty cream
4 sachets (i.e. 2 doubles) jel-lo (gelatine glaze)

Method:

1. chop onions (set aside half an onion for veggie) and peel and slice carrots
2. fry onions in a little oil until translucent
3. add meat and stir to break up; cook until browned
4. add oxtail soup and carrots and simmer gently, stirring occasionally
5. peel potatoes and chop up into small pieces
6. boil potatoes until soft; drain and mash with margarine and milk
7. place meat in trays (2, possibly 3, depending how big the oven is); top with potatoes, **SAVING SOME FOR VEGGIE!**
8. chop pepper and courgette; fry gently with reserved onion until soft
9. stir in sweetcorn (drained) and veg soup
10. put in small tray and top with potato
11. grate cheese, and sprinkle over both meat and veggie
12. put in oven gas 5/190C for 45-60 minutes, until golden
13. open tins of fruit and drain, reserving juice
14. arrange fruit in flan cases (put them on the big white chopping boards)
15. make up jel-lo following instructions, using fruit juice (stand saucepan in sink of water to cool quickly, but keep stirring!)
16. pour over flans and leave to set
17. slice bread into chunks
18. chop cabbage, removing hard centre
19. put in saucepan about $\frac{1}{4}$ full of water; boil until tender then drain

CHICKEN & LEEK CASSEROLE (veggie: Mushroom Casserole) & JAM SPONGE

Shopping List:

2.5 kg chicken breasts
8 large leeks
about 1.5kg mushrooms
500g smoked streaky bacon
8 tins condensed chicken soup (or some chicken & mushroom or chicken & white wine)
1 tin condensed mushroom soup
2kg rice
8 large heads broccoli
1kg bag of sponge mix
6 eggs
2 large jars (around 800g) jam
4 pints milk
small tin custard

Method:

1. slice leeks and wash thoroughly in colander; chop mushrooms
2. fry leeks and mushrooms gently in a little oil
3. remove 3 BIG spoonfuls and put in separate pan for veggie
4. chop bacon and stir into meat pan
5. slice chicken **ON RED CHOPPING MAT**
6. fry chicken in batches in frying pan, and add to veg and bacon when cooked
7. stir in chicken soup and leave to simmer gently, stirring occasionally
8. stir mushroom soup into veggie pan and leave to simmer, stirring occasionally
9. mix up sponge mix, following instructions (whisk well!)
10. spread jam in bottom of trays (2 or 3); pour over sponge mix
11. bake in oven at Gas 5/190C until golden brown
12. wash rice in batches in sieve then tip into large saucepan
13. cover rice with plenty of boiling water and cook over low heat until water absorbed and rice tender (add more water as necessary)
14. separate broccoli into florets and place in pan about $\frac{1}{4}$ full of water
15. bring to boil and cook until tender, stirring to stop those at the bottom overcooking
16. make up custard following instructions on tin

LASAGNE (meatie & veggie) & BRIAN

Shopping List:

- 2.5 kg minced beef
- 7 large onions
- 1 bulb garlic
- about 1kg mushrooms
- 5 big courgettes
- 6 red peppers
- 7x400g cans chopped tomatoes
- big tube tomato purée
- 1 packet dried mixed herbs
- 1 aubergine
- 2 packets lasagne sheets
- 3 packets cheese sauce mix
- 3 pints milk
- 750g cheddar cheese
- 6 french sticks
- 1 tube garlic purée
- 2x250g butter
- 3 iceberg lettuces
- 3x250g punnets cherry tomatoes
- 3 cucumbers
- 2 bottles salad dressing
- 3kg plain yogurt
- 3x568ml whipping cream
- 1 packet soft brown sugar
- 6 packets frozen summer fruits (or 6 tins)

Method:

1. set aside ½ onion, 1 clove garlic, 1 pepper, ½ courgette, 10 mushrooms; chop rest of veg
2. fry until onion translucent
3. add mince, stir to break up and fry until brown
4. stir in 6 cans of tomatoes, most of tomato purée and ½ packet of herbs
5. leave to simmer gently
6. chop remaining veg (including aubergine)
7. fry gently until soft; stir in last tin of tomatoes, tomato puree and 1tsp herbs
8. layer with lasagne sheets (2/3 tins for meat, 1 small tin veggie) – but don't put top sheet on until ready to add cheese sauce!
9. make up cheese sauce following instructions and pour on top
10. grate cheese and sprinkle on top
11. bake at Gas 5/190C for 45-60 minutes until golden
12. make up salad with lettuce, cucumber and cherry toms
13. mix garlic purée, butter and remaining herbs
14. slice french sticks and spread with garlic butter then wrap in tinfoil
15. bake for about 20 minutes (or griddle gently, still in foil, if the oven's full!)
16. whip cream until stiff; stir in yogurt and fruit
17. put into large serving bowls and top with thick layer brown sugar

SAUSAGE & MASH & CHOCOLATE TRIFLE

Shopping List:

about 15 lb sausages (2-3 per person)
packet veggie sausages
8 large onions
1 pot veggie gravy granules
jar wholegrain mustard
7kg potatoes
2 big (1.5kg) bags frozen peas
12 large carrots
6 chocolate swiss rolls
6 packets chocolate angel delight
4 pints full fat milk
6 tins mandarins in juice

Method:

1. peel potatoes and cut into small chunks; place in large saucepan covered with cold water
2. slice swiss rolls and arrange in bottom of large serving bowls
3. drain most of the juice from mandarins then spoon segments on top of swiss roll
4. make up angel delight using slightly less milk than given on packet and spoon on top of mandarins
5. place sausages in trays and bake in oven Gas 5/190C for 60 minutes (but veggie sausages only take 30 minutes)
6. boil potatoes until tender, drain and mash with margarine, milk and mustard
7. peel and slice onions; fry over medium heat in a little oil until soft
8. make up gravy granules with boiling water, then stir into onions
9. peel and slice carrots then boil until tender
10. cover peas with boiling water, then bring back to boil and drain

BEEF (and Veggie) STEW & APPLE CRUMBLE

Shopping List:

2.5kg beef stewing steak
7 large onions
2x1.5kg bags plain flour
2 packets veggie suet
1 bulb garlic
about 1kg mushrooms
small tube tomato purée
12 large carrots
1.5kg baby potatoes
6 beef stock cubes
6 large loaves crusty bread (variety)
1x400g tin tomatoes
1 small tin kidney beans
1 small tin butter beans
1 sweet potato
3kg frozen green beans
16 large cooking (bramley) apples
500g sultanas
2x250g butter
1 bag demerara sugar
packet ground cinnamon
small tin custard powder
4 pints milk

Method:

1. peel, core and slice apples then cover with water
2. cut butter into small pieces then rub into 1kg flour until the texture is like breadcrumbs
3. stir in sugar and half packet of cinnamon
4. drain apples then place in trays; sprinkle over sultanas
5. spread crumble topping over
6. bake Gas 5/190C for 20-30 minutes
7. chop onions and garlic (set aside ½ onion for veggie), slice mushrooms and carrots and halve potatoes
8. fry veg in LARGE saucepan until onion translucent
9. slice beef **ON RED CHOPPING MAT** then toss in flour to coat
10. fry beef in frying pan in batches until browned then add to veg
11. make up stock cubes with 6 pints boiling water and add to meat
12. stir in tomato purée and leave to simmer gently
13. chop reserved onion and fry until soft
14. stir in tomatoes and drained beans
15. peel sweet potato, cut into chunks and stir in; bring to boil and simmer until potato is soft
16. mix up dumplings with suet and flour following packet instructions
17. add dumplings to both meat and veggie stews and simmer until fluffy (about 20 minutes)
18. cover beans with boiling water then bring to boil, simmer for 5 minutes then drain
19. slice bread into large chunks
20. make up custard following instructions on tin

ROAST PORK (veggie: Baked Mushrooms) & JELLY & ICE CREAM

Shopping List:

several pork joints (about 3kg in total)
7 kg potatoes
15 large carrots
4 large swedes
3 large onions
3 jars apple sauce
2 big bags peas
1 pot beef gravy granules
2 big (field) mushrooms per veggie
few cloves garlic
1 ball mozzarella
9 slabs jelly (3x3 flavours)
2 big tubs ice cream
selection ice cream sprinkles (e.g. chocolate vermicelli, jelly diamonds etc)
3 bottles ice cream sauces

Method:

1. roast pork joints (temp and time should be on the pack)
2. make up jellies following instructions on packet and put in fridge to set
3. peel potatoes and chunk into large chunks
4. boil potatoes for 5 minutes then drain
5. spread potatoes out in trays, drizzle with plenty of oil and sprinkle with salt
6. roast in oven (Gas 7/210C) until crispy
7. peel and slice carrots; peel swede and cut into chunks; peel and chop onions
8. boil carrots, swede and onion until soft; drain and mash with margarine and black pepper
9. chop garlic, sprinkle over mushrooms, drizzle with a little oil; slice mozzarella and lay on top
10. bake (Gas 5/190C) for 20 minutes
11. cover peas with boiling water then bring back to boil and drain
12. make up gravy with boiling water