



NO BAKE

Sandwich Sushi

RECIPE SUBMITTED BY
BRIAGOLONG THEIRCARE



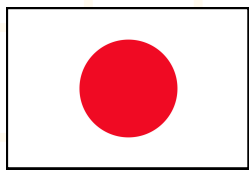
COOKING ON MONDAY 26/08

INGREDIENTS:

- Wholemeal Bread
- Mayonnaise (or butter)
- Lettuce
- Cheese
- Grated Carrot
- Sliced Cucumber
- Other vegetables you would like to include
- Sliced Chicken (if applicable)
- Sliced Ham (If applicable)

INSTRUCTIONS:

1. Remove crusts from the bread and roll each piece out flat with a rolling pin.
2. Spread mayonnaise or butter on to the bread.
3. At one end of the of the bread stack the desired ingredients into a small pile.
4. Roll the bread up into a cylinder shape and slight squeeze it closed or use a toothpick to hold it together.
5. Carefully slice the roll into slices.
6. Enjoy!



Origin – Japan

Sushi is said to have been invented in China, however it is a Japanese dish of prepared vinegared rice, usually with some sugar and salt, plus a variety of ingredients, such as vegetables, and any meat, but most commonly seafood.

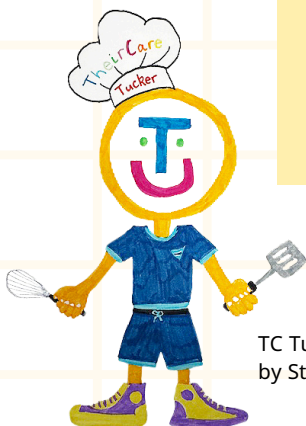
Population: 125.1 million people | Capital city: Tokyo

Languages spoken: Japanese, Amami, Kyukyu, Kikai and Miyako

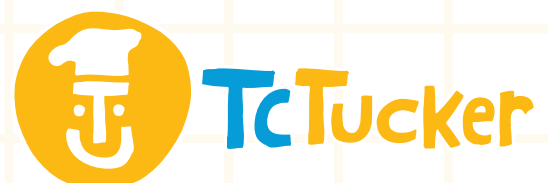
Popular words/phrases: “Arigatou” ありがとう (Thanks), “Konnichiwa” こんにちは (Hello), “Sayonara” さようなら (Goodbye)

National cuisine: Sushi – With so many variations and ways to enjoy it, it’s no wonder this is popular here and all over the world.

National animal: The green pheasant | National sport: Baseball



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BAKED

Easy bake Lasagne

RECIPE SUBMITTED BY
OUR LADY OF THE ASSUMPTION
THEIRCARE



COOKING ON MONDAY 26/08

Prep Time: 20 mins
(maybe prep this in the morning and refrigerate for the afternoon)
Cook Time: 55 mins
Total Time: 1 hr 15 mins
Servings: 12

INGREDIENTS:

- 2 x jar spaghetti sauce
- 800mg ricotta cheese
- 2 eggs (alternative)
- 1/2 cup grated parmesan cheese
- 2 tsp parsley dried or finely chopped
- 2 cups grated mozzarella cheese
- 12 lasagna noodles (do not need to be "no bake", regular are fine)

INSTRUCTIONS:

1. Preheat oven to 180 degrees. Lightly grease a 13 x 9 inch baking pan.
2. In a large bowl, combine ricotta cheese, eggs, parmesan cheese, parsley and one cup of mozzarella cheese. Mix until well combined.
3. To assemble lasagna, place 1 and 1/2 cups of spaghetti sauce in the bottom of the prepared baking pan. Gently place four lasagna noodles onto sauce. Most 13x9 inch pans will fit three noodles length (13" side) wise, and a shorter, broken noodle width (9" side) wise.
4. Add approximately 1/3 of the cheese mixture to the top of the noodles, and gently spread across noodles. Top cheese with 1 cup of sauce, then noodles, then cheese again. Repeat one more time, finishing with a final layer of sauce. Sprinkle remaining mozzarella cheese evenly over the sauce.
5. Cover with aluminium foil and bake for 45 minutes. Remove foil and bake for an additional 10 minutes. Remove from oven and allow to stand for ten minutes prior to serving.



Origin - Italy

Lasagna, pasta dish of Italian origin, made with broad often ruffled noodles and a tomato or white sauce. Lasagna first made is a grand entrance in Naples, Italy during the Middle Ages in the 14th century. Initially, this dish was reserved for special events and holidays. Ironically, this pleasure inducing food was introduced to Italians in the middle of the Black Plague.

Population: 58.94 million people | Capital city: Roma

Languages spoken: Italian. Around 50% speak a regional dialect as mother tongue.

Popular words/phrases: "Ciao" (hello), "Arrivederci" (Goodbye), "Grazie" (Thank you), "Amore" (Love)

National cuisine: Ragu alla Bolognese.

National animal: The Italian wolf (Canis) | National sport: Football (soccer)

