

“Homemade” Canteen Items Ingredient List

Magic Choc Muffins

Red Kidney beans
Vanilla Extract
Cocoa Powder
Butter
Eggs
Raw Sugar or Coconut Sugar
Bicarb of Soda
Gluten free Baking Powder
Salt
Water

Banana and Coconut Slice

Plain Flour - Gluten Free
Coconut
Brown Sugar
Baking powder - Gluten Free
Bicarb of Soda
Banana
Olive Oil
Eggs
Maple Syrup

Savoury Mini Muffins

Zucchini
Onion
Bacon
Cheese
Self raising Flour - Gluten Free
Vegetable Oil
Eggs

Nachos

Beef Mince
Tinned Tomatoes
Refried Beans
Taco Seasoning Mix
Carrots
Vegetable Stock Paste
Corn Chips
Tasty Cheese
Sour Cream - Optional

Beacon Bol

Onion
Carrot
Celery
Zucchini
Garlic
Basil
Chicken Thighs (minced)/ Chicken Mince
Tomato Paste
Passata Sauce
Vegetable Stock Paste
Olive Oil
Penne Pasta (Gluten Free or Standard)