

# Around the World



# ITALY

## WEDNESDAY 18 JUNE MENU

**Italian Meatballs with Spaghetti served with Focaccia (1, 8)**

**3 Cheese Risotto (9)**

**Pasta Arrabbiata (1)**  
(Pasta in a Tomato Sauce)

**Jacket Potato with Choice of Toppings**

**Italian Oven Roasted Vegetables**

**Chocolate Torta Della Nonna (1, 7, 9)**  
(Chocolate Tart)

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# CANADA

**MONDAY 14 JULY**

## **MENU**

**Bacon Mac n' Cheese (1, 9, 11)**

**Roasted Red Peppers,  
stuffed with Broccoli and Maple Tabbouleh (1) VEGAN**

**Fiddlehead Pasta (1)  
(Slight version of Pesto Pasta)**

**Jacket Potato with Choice of Toppings**

**Mixed Canadian Salad**

**Canadian Blueberry Muffins (1, 7, 9)**

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# THIS MONTH, IT'S ALL ABOUT COURGETTES

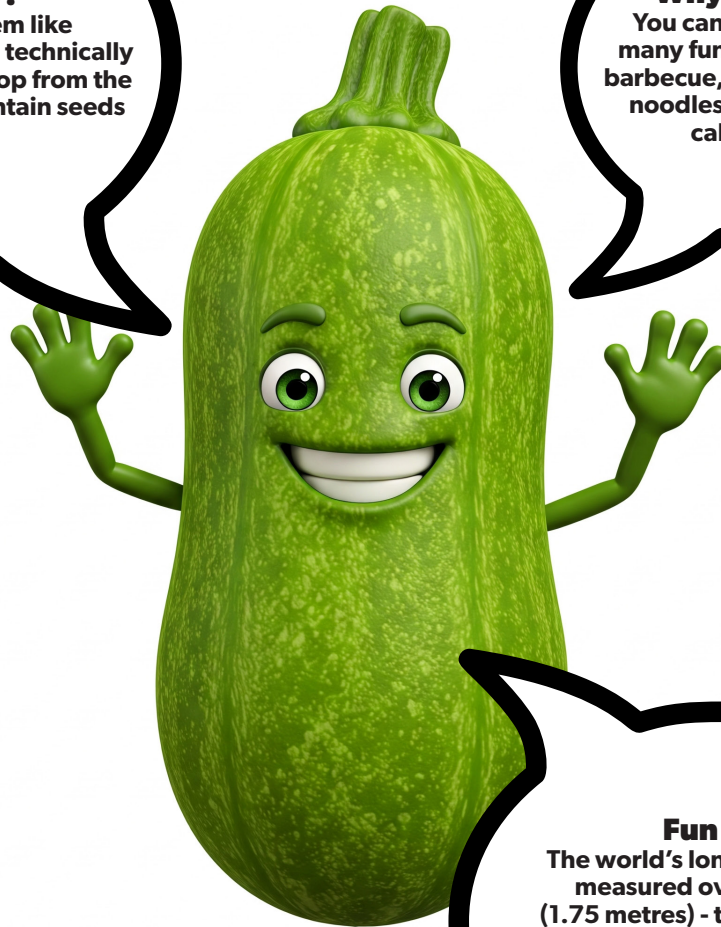
## Simple, Seasonal, Sensational!

### Did you know?

Although we treat them like vegetables, courgettes are technically a fruit, because they develop from the flower of the plant and contain seeds

### Why we love them

You can enjoy courgettes in many fun ways - grilled on the barbecue, spirals into veggie noodles, or even baked into cakes and breads



### Fun fact

The world's longest courgette measured over 69 inches (1.75 metres) - that's taller than most 10-year-olds! It set a Guinness World Record in the UK

**TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS' FAVOURITE TASTY COURGETTE RECIPES!**

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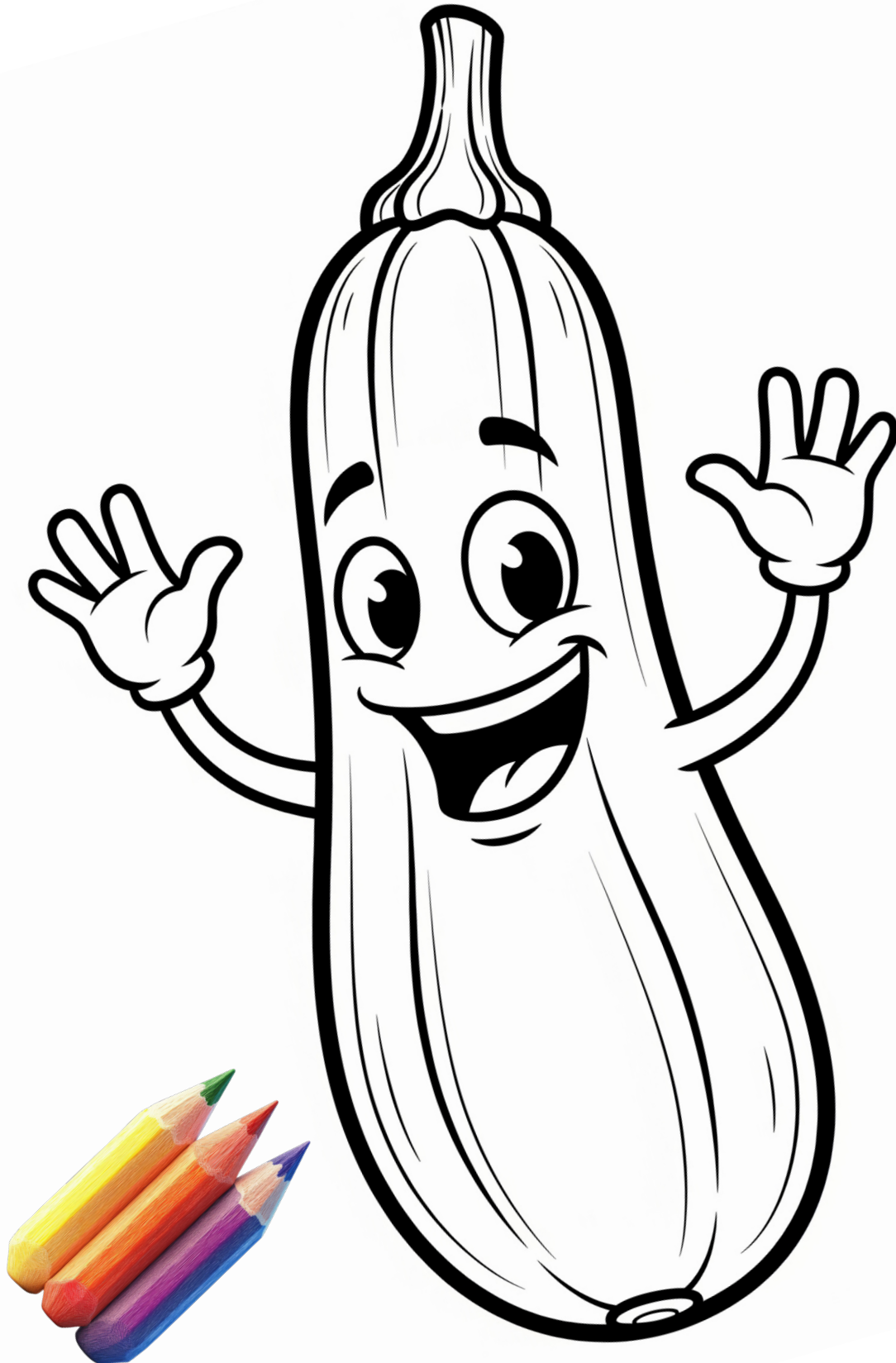


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# RECIPE

## COURGETTE, TOMATO AND COUSCOUS SALAD (COLD SALAD)

### INGREDIENTS

- Courgettes (thinly sliced or spiralised) - 375g
- Cherry tomatoes (halved) - 200g
- Couscous - 300g
- Olive oil - 30ml
- Lemon juice - 20ml
- Fresh parsley or basil (chopped) - small handful

### METHOD

1. Prepare couscous using boiling water according to the packet instructions. Allow to cool.
2. Lightly steam or griddle courgette slices for 2 minutes, then cool
3. Combine couscous, courgette, and tomatoes in a bowl.
4. Mix olive oil, lemon juice, and herbs, then stir through the salad.
5. Chill before serving.

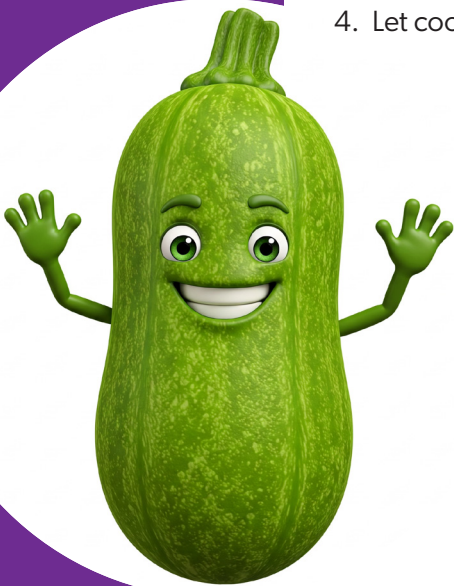
## CHEESY COURGETTE MUFFINS

### INGREDIENTS

- Courgettes (grated) - 300g
- Self-raising flour - 150g
- Grated cheddar - 125g
- Eggs - 1 to 2
- Milk - 100ml
- Olive oil - 25ml

### METHOD

1. Preheat oven to 180°C and line a muffin tray.
2. Mix all ingredients together in a large bowl.
3. Spoon into muffin tins and bake for 20-25 minutes until golden and set.
4. Let cool before serving.



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# RECIPE

## COURGETTE AND POTATO FRITTATA

### INGREDIENTS

- Courgettes (grated or thinly sliced) - 250g
- New potatoes (cooked and sliced) - 375g
- Eggs - 4 to 5
- Milk - 75ml
- Grated cheese - 100g
- Oil - for greasing

### METHOD

1. Preheat oven to 180°C.
2. Grease a small baking dish or tray. Layer potatoes and courgettes.
3. Beat eggs, milk, and cheese together, then pour over the vegetables.
4. Bake for 25-30 minutes until golden and firm.

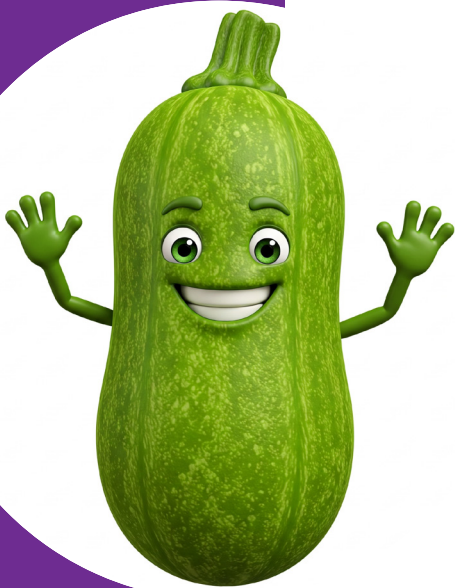
## BAKED COURGETTE WEDGES

### INGREDIENTS

- Courgettes (cut into wedges) - 500g
- Breadcrumbs - 100g
- Grated parmesan or cheddar - 75g
- Eggs - 1 to 2 (beaten)
- Olive oil spray - as needed

### METHOD

1. Dip courgette wedges in beaten egg, then coat with a mix of breadcrumbs and cheese.
2. Place on a baking tray and spray lightly with oil.
3. Bake at 200°C for 20 minutes until crisp and golden.



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# RECIPE

## COURGETTE AND LENTIL SOUP

### INGREDIENTS

- Courgettes (chopped) - 375g
- Red lentils - 150g
- Onion - ½
- Carrots - 1
- Vegetable stock - 625ml
- Olive oil - 25ml

### METHOD

1. Sauté chopped onion and carrot in oil until soft.
2. Add courgettes, lentils, and vegetable stock.
3. Simmer for 20-25 minutes until soft.
4. Blend until smooth and serve warm.

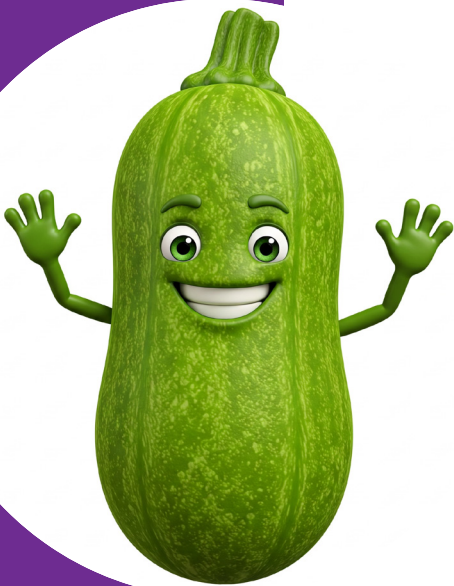
## COURGETTE AND SWEETCORN FRITTERS

### INGREDIENTS

- Courgettes (grated and drained) - 300g
- Tinned sweetcorn (drained) - 200g
- Self-raising flour - 100g
- Eggs - 1
- Mild spices (e.g., paprika or cumin) - ½ tsp
- Oil - for frying

### METHOD

1. Mix all ingredients into a thick batter.
2. Heat a lightly oiled pan, then spoon in small amounts of batter.
3. Cook each side for 2-3 minutes until golden.
4. Keep warm in the oven until serving.



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# THIS MONTH, IT'S ALL ABOUT MIXED BERRIES

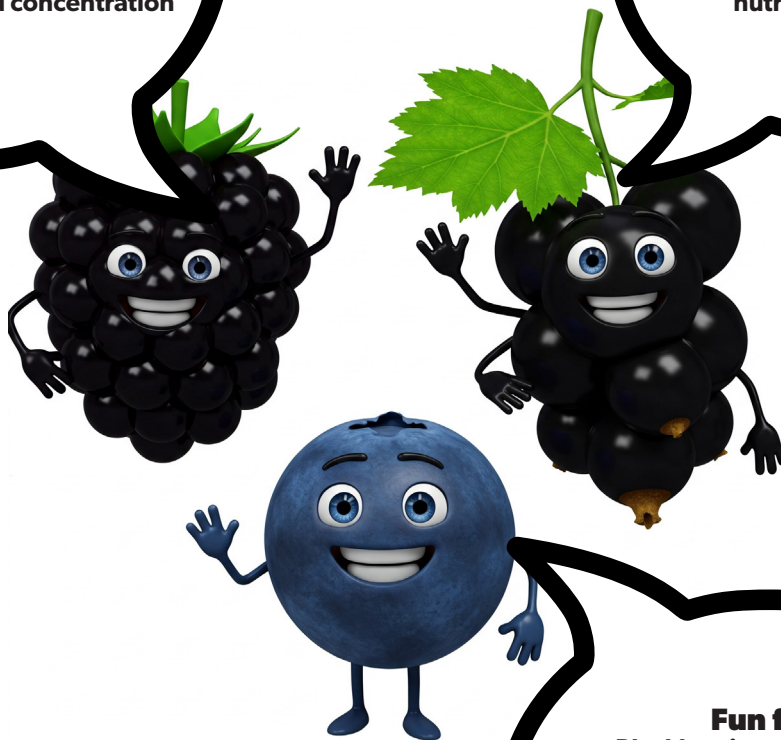
**Simple, Seasonal, Sensational!**

## Did you know?

Blueberries are well known for their brain-boosting benefits - their high levels of antioxidants (especially anthocyanins) have been linked to improved memory and concentration

## Why we love them

Berries are delicious eaten fresh, or blended into smoothies for a naturally sweet, nutrient-rich drink



## Fun fact

Blackberries aren't just for eating - in the past, their deep purple juice was used as a natural dye for fabrics and even ink for writing!

**TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS'  
FAVOURITE TASTY MIXED BERRY RECIPES!**

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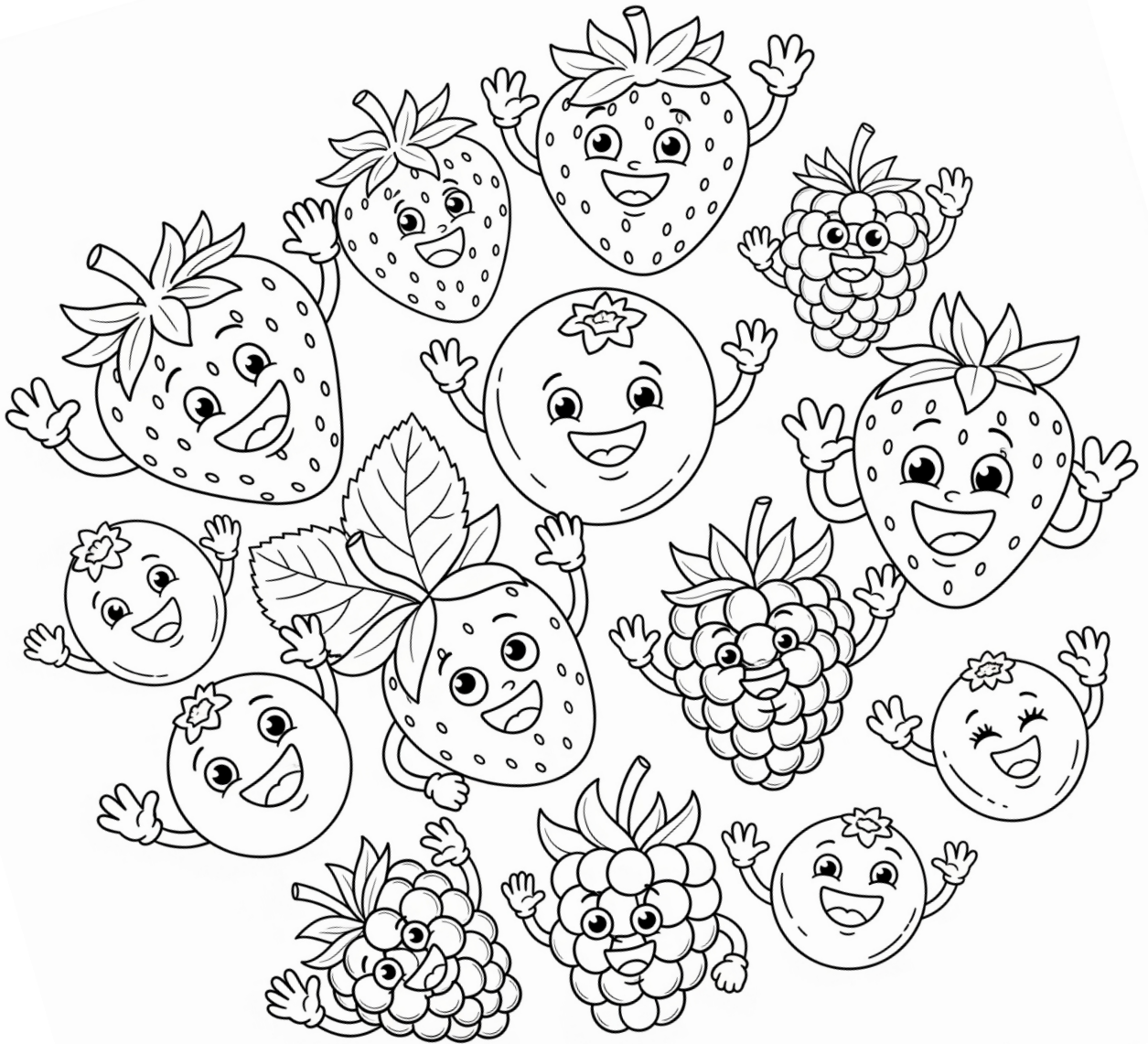


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# RECIPE

## MIXED BERRY FRUIT SALAD (COLD SALAD)

### INGREDIENTS

- Blackberries - 150g
- Blueberries - 150g
- Blackcurrants - 100g
- Apples (chopped) - 1
- Orange juice - 50ml
- Honey - ½ tbsp (optional)

### METHOD

1. Gently wash all berries and chop the apple.
2. Combine fruit in a bowl.
3. Pour over orange juice and honey if using.
4. Chill and serve cold.

## BERRY OAT MUFFINS

### INGREDIENTS

- Mixed berries - 300g
- Self-raising flour - 150g
- Porridge oats - 75g
- Eggs - 1 to 2
- Milk - 125ml
- Brown sugar - 75g
- Vegetable oil - 50ml

### METHOD

1. Preheat oven to 180°C.
2. Mix all dry ingredients in one bowl, wet ingredients in another.
3. Combine both and gently fold in the berries.
4. Divide into muffin cases and bake for 20-25 minutes.



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# RECIPE

## BERRY AND BANANA SMOOTHIE

### INGREDIENTS

- Mixed berries - 375g
- Bananas - 2
- Milk (or dairy-free alternative) - 500ml
- Honey - ½ tbsp (optional)

### METHOD

1. Blend all ingredients until smooth.
2. Serve chilled in cups.

## BERRY JELLY POTS

### INGREDIENTS

- Mixed berries - 300g
- Sugar-free jelly mix - 1 pack (makes ~750ml)

### METHOD

1. Divide berries into 5 small cups.
2. Prepare jelly as per packet instructions.
3. Pour over the fruit and chill until set.



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# RECIPE

## WARM BERRY PORRIDGE BAKE

### INGREDIENTS

- Mixed berries - 250g
- Rolled oats - 150g
- Milk - 375ml
- Eggs - 1
- Honey - 37ml (about 2½ tbsp)
- Cinnamon - ½ tsp

### METHOD

1. Mix all ingredients in a baking dish.
2. Bake at 180°C for 25-30 minutes until golden.

## MINI BERRY SHORTCAKES

### INGREDIENTS

- Mixed berries - 300g
- Ready-made shortcake biscuits - 10 halves (for 5 full servings)
- Whipping cream - 250ml
- Vanilla extract - ¼ tsp

### METHOD

1. Whip cream with vanilla until soft peaks form.
2. Layer biscuit, cream, and berries, and top with another biscuit or extra fruit.
3. Serve immediately.



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