

# Activities for the Summer holidays!

**INCLUDES:**  
Crafts, recipes and local  
event information

Don't be bored  
this Summer!



VIVID

connect4  
communities





# This book contains:

Information



Recipes



Tips and tricks



Local event info

Activities

every  
DAY



Ideas



**MON 24 JULY**

# DAY 1

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### **Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

### **Free Teen activity for age 11- 16 year olds**

Clay creations by Making Space- 11am – 3pm includes free hot lunch.

### **Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday  
<https://www.horizonlc.com/>

..... or .....

### **Design a walking challenge to complete over the next 40 days of the holiday, agree how far you will walk a day.**



Walking a daily mile will mean at the end of the holidays you will have walked from Leigh Park to Brighton, Bournemouth or Stonehenge. How far will you need to walk daily to get to Manchester, Lands' End or Edinburgh?



What shall we  
cook today?



## Meatballs with pasta

### INGREDIENTS:

- 1 brown onion,
- Pack of meatballs – or Quorn balls
- 1 garlic
- Pasta
- Tomato Puree
- 1 can Chopped Tomatoes

### METHOD:

- Heat oil in a pan over low heat; add garlic and chopped onion sauté until tender, about 4 minutes. Stir in chopped tomatoes, tomato puree, salt, and pepper. Simmer, stirring occasionally, until slightly thickened, 15 to 20 minutes.
- Cook pasta and meatballs as directed. Put meatballs into the sauce and mix load on top of cooked pasta.

### THOUGHT FOR THE DAY

Complete a daily record of what you have done, take photos and save tickets and pictures to put in a Summer scrapbook.



# DAY 2

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## **Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

## **Free Teen activity for age 11- 16 year olds**

Skateboarding with "Team Rubicon" - 11am – 3pm includes free hot lunch, Skateboards and all safety equipment.

## **Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

..... **Or** .....

## **Build a Den in the garden using chairs, sticks and sheets or put up a tent.**

Make a picnic lunch to enjoy in the den/tent and invite a friend to share with you. Draw your ideal den and what you would need to build it, create a pretend camp fire.



**TUES 25 JULY**

What shall we  
cook today?

## Baked potatoes with beans and cheese

### INGREDIENTS:

- Baking potatoes
- Baked beans
- Grated cheddar cheese
- Salt and pepper, to taste

### METHOD:

- Preheat the oven to 350°F or 180°C.
- Bake the potatoes as per your personal preference- I bake them in the oven for about an hour, until the skins are firm and the centres are soft. You may like to smear with butter, sprinkle with salt and wrap in foil.
- Towards the end of the potatoes' cooking time, heat the baked beans in a pan on the stove, until hot.
- Remove the potatoes from the oven, cut into quarters without cutting the whole way through. Squeeze the outside of each quarter to "pucker up" the flesh.
- Pour the desired amount of baked beans over the potato and sprinkle with grated cheddar.
- Sprinkle with salt and pepper to taste and serve!

### THOUGHT FOR THE DAY

Have you booked your children into HAF funded activities in Havant – see below for info  
<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/holidayactivities/haf-information>



# DAY 3

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## **Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

## **Free Teen activity for age 11- 16 year olds**

Trip to Peter Ashley Activity Centre, 12.30 – 5pm, rock climbing, air rifle shooting and more! Includes free hot lunch.

## **Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

..... **or** .....

## **Visit Leigh Park Gardens**

Go on a nature walk collect material for a collage to do at home. Record some bird song and when you get home identify which birds they are. Take a picnic lunch with you to enjoy in nature.



**WEDS 26 JULY**

# Sausage and mash with peas

What shall we cook today?



## INGREDIENTS:

### For the sausages and onion gravy

- 8 sausages
- 2 onions, sliced
- $\frac{1}{2}$  tsp dried mixed herbs
- $\frac{1}{2}$  tsp English mustard
- 600ml/20fl oz stock (ideally beef, although chicken or vegetable is fine)
- salt and black pepper
- 2 tsp softened butter
- 2 tsp plain flour

### For the mash

- 900g/2lb potatoes, peeled and chopped into equally sized cubes
- 50g/1 $\frac{3}{4}$ oz butter
- 100ml/3 $\frac{1}{2}$ fl oz milk

### To serve

- 300g/10 $\frac{1}{2}$ oz frozen peas

## METHOD:

- Preheat the oven to 200C/180C Fan/Gas 6.
- Put the sausages in a roasting tin and place in the preheated oven. Cook for 10 minutes then turn the sausages and cook for a further 5 minutes, or until they have a good colour on the outside.
- Add the sliced onions to the tin. Mix the dried herbs, mustard and stock together and pour over the sausages and onions. Return the tin to the oven for a further 20 minutes, or until the sausages are cooked through and the onion gravy thickened. Season to taste with salt and pepper.
- For the mash, boil the potatoes in a pan of boiling water until tender. Drain and mash.
- Heat the butter and milk until the butter has melted. Add a pinch of salt and pepper then pour over the mashed potato and mix until smooth. Set aside until ready to serve.
- Cook the peas in a saucepan of boiling water for 2–3 minutes, or steam them for 1–2 minutes. Drain thoroughly and set aside.
- For the sausages and onion gravy, mix the softened butter and plain flour together to form a paste. Remove the sausages from the baking tray, set aside and cover to keep warm. Place the baking tray onto the hob, add the flour and butter mixture and whisk until combined. Stir over a medium-high heat for 2–3 minutes, or until the gravy has thickened slightly. Add the sausages back to the tray and warm through for 1–2 minutes.
- Serve the sausages, mash and peas with the onion gravy spooned over.

THUR 27 JULY

## DAY 4

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### **Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

### **Free & Active swimming at Havant and Waterlooville Horizon**

#### **Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

..... or .....

### **Visit Leigh Park Library to sign up for the Summer Reading Challenge.**

Choose six books to read over the summer holidays. Whilst you are there look out for other clubs and events happening over the summer and put into your calendar for rainy days, allocate time every day to read together to make sure you all achieve the challenge.



What shall we  
cook today?

## Tuna and sweetcorn fishcakes

### INGREDIENTS:

- 450g potato, quartered
- 2 tbsp mayonnaise
- 2 x 185g cans tuna, drained
- 198g can sweetcorn, drained
- 2 eggs, beaten
- 100g dried breadcrumb
- Sunflower oil, for frying

### METHOD:

- Cook the potatoes in boiling salted water until really tender. Drain and allow to steam-dry in a colander. Tip into a bowl, season and mash. Stir in the mayonnaise, tuna and sweetcorn. Shape into 4 cakes and chill until cold and firm.
- Dip each cake into the egg, letting the excess drip off, then coat in the breadcrumbs. Chill for 15 mins.
- Heat a little of the oil in a pan and gently fry the cakes for 2-3 mins on each side until golden. You may need to do this in batches – keep warm in a low oven. Serve with extra mayonnaise and salad leaves.

THOUGHT FOR THE DAY

Have you checked if you are eligible  
for Free school Meals [https://www.  
hants.gov.uk/educationandlearning/  
freeschoolmeals/juniorsecondary](https://www.hants.gov.uk/educationandlearning/freeschoolmeals/juniorsecondary)



# DAY 5

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**Free & Active swimming at Havant and Waterlooville Horizon**

**Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

**Join MUNCH at Park Community School for lunch**

Between 12 – 2pm for a free two course lunch, whilst you are there visit the MUNCH Pantry to support your food purchase for the weekend.

..... or .....

**Make some Bubble wands**

Using two drinking straws and a piece of string that is six to eight times longer than one straw. Thread the yarn through the straws and tie in a knot. Using the straws as handles, dip the wand into the bubble solution made up of 1 part washing up liquid to 6 parts water, then wave it through the air in a large sweeping motion.



FRI 28 JULY

What shall we  
cook today?

#### METHOD:

- Heat oven to 220C/200C fan/gas 7. Toss the potato wedges in 2 tsp oil and spread out in a single layer on a large baking tray. Cook for 30-35 mins, turning halfway, until tender and golden brown.
- Meanwhile, for the chilli, put the remaining oil into a casserole dish and fry the onion and pepper for 5 mins. Add Cajun spice, pulses, tomatoes and stock. Cover and simmer for 15-20 mins. Ladle the chilli into bowls, top each with 1 tbsp

#### THOUGHT FOR THE DAY

Have you checked if you are entitled to reduce price broad band. <https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs>

## Mixed bean chilli and wedges

#### INGREDIENTS:

- 4 medium baking potatoes, unpeeled, each cut into 8 wedges
- 4 tsp olive oil
- 1 red onion, roughly chopped
- 1 yellow pepper
- 1 tbsp Cajun spice mix
- 2 x 410g/14oz cans mixed chickpeas or mixed beans in water, rinsed and drained
- 400g can chopped tomatoes
- 150ml vegetable stock
- 4 tbsp. reduced-fat soured cream



SAT 29 JULY

# DAY 6

## Make a bird feeder

To make a bird feeder, you will need:

- a plastic bottle (with cap)
- two sticks
- a pin
- scissors
- string



## Method

- Remove the cap from a clean plastic bottle. Use the pin to puncture several small drainage holes in the base of the bottle.
- Use the pin to make two level holes on opposite sides of the bottle, near to the base. Use the scissors to widen them slightly.
- Push a stick through the holes. There should be around 5 centimetres of stick left outside the bottle on each side for the perches.
- Slightly above each perch, use the scissors to cut a feeding hole the size of a 5p coin.
- Create a second set of perches and feeding holes: repeat steps 2 to 4 further up the sides of the bottle and offset by 90° from the original.
- Use the pin to make two holes in the neck of the bottle, on opposite sides and level with each other. Widen these with scissors.
- Thread the string through the holes, then fill the bottle with a bird food and replace the bottle cap. You may need to make a funnel with a sheet of paper to make filling the bottle easier.
- Find a sheltered location outside to hang your feeder - tying it onto a tree branch or washing line would work well.
- Watch from a distance or indoors for birds to begin landing on your feeder. It may take a few days before this begins to happen.

What shall we  
cook today?

## Victoria Sponge

### METHOD:

- Preheat the oven to 180°C/Fan 160°C/gas 4. Grease two sandwich tins then line the base of each tin with baking parchment.
- Measure the butter, sugar, eggs, flour, and baking powder into a large bowl and beat until thoroughly blended. Divide the mixture evenly between the tins and level out.
- Bake in the preheated oven for about 25 minutes or until well risen and the tops of the cakes spring back when lightly pressed with a finger. Leave to cool in the tins for a few minutes then turn out, peel off the parchment and finish cooling on a wire rack.
- When completely cold, sandwich the cakes together with the jam. Sprinkle with caster sugar to serve.

### INGREDIENTS:

- 225 g (8 oz) softened butter
- 225 g (8 oz) caster sugar
- 4 large eggs
- 225 g (8 oz) self-raising flour
- 2 level tsp baking powder
- 2 x 20cm (8in) greased and lined sandwich tins

For the filling and topping:

- 4tbsp strawberry or raspberry jam
- A little caster sugar, for sprinkling

THOUGHT FOR THE DAY

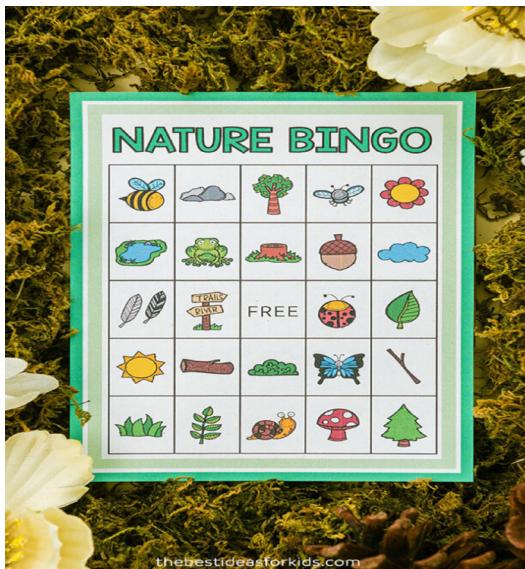
Do you need support with your  
finances phone Havant CAB or  
<https://www.stepchange.org/debt-info>



SUN 30 JULY

# DAY 7

Make a list of things you might see in nature create a bingo card of things to look for and do on a visit. Visit Queen Elizabeth Country Park or a local park, climb a hill and have a rolling competition who can roll the furthest down the hill. How many of your nature things have you spotted, heard or collected, who can complete their card first.



## THOUGHT FOR THE DAY

Did you know that Bus trips are capped at £2 per person per journey?

What shall we  
cook today?



# Cheese and onion pie

## INGREDIENTS:

- 3 onions, finely sliced
- 2 x 320g sheets ready-rolled shortcrust pastry
- 25g butter (optional)
- 3 eggs
- 400g extra-strong mature cheddar, grated

## METHOD:

- The onions can be cooked in the microwave or on the hob. To microwave, put the sliced onions in a heatproof bowl with a splash of water, cover and microwave on high for 8 mins, stirring once halfway through. Alternatively, melt the butter in a saucepan over a medium-low heat and fry the onions for 10-15 mins, stirring frequently until softened. Transfer the onions to a plate and leave to cool.
- Heat the oven to 190C/170C fan/gas 5 with a baking sheet inside. Lightly beat two of the eggs, then stir into the cooled onions along with the cheese. Season well. Unravel one sheet of pastry and use it to line a pie dish, pressing it up the side. Trim the edges and use the offcuts to patch any tears or cracks.
- Spoon the filling into the pastry case, gently patting it down with the back of the spoon. Beat the remaining egg and brush a little over the exposed pastry rim. Unravel the second pastry sheet over the top, sealing the edge with your fingertips. Trim any excess, then crimp the edge or press with a fork to fully seal. Poke a small hole in the middle to allow steam to escape, then brush the top with the remaining beaten egg.
- Bake the pie on the hot baking sheet in the oven for 40-50 mins until golden brown all over. Leave to cool for a few minutes before slicing.



**MON 31 JULY**

# DAY 8

## **Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

## **Free Teen activity for age 11- 16 year olds**

Acrobatics and Aerial Hoop with "Luna Acrobatics and Aerial Arts" 12-4pm includes a cooked hot meal.

## **Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

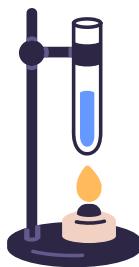
**..... or .....**

## **Try some science experiments at home:**

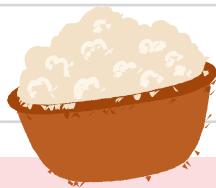
- making invisible ink
- making slime
- making cornflour gloop
- making honeycomb
- make a bottle xylophone

<https://www.goodhousekeeping.com/life/parenting/g32176446/science-experiments-for-kids/>

**MON**



What shall we  
cook today?



## Oaty chicken dippers

### INGREDIENTS:

- Olive oil spray
- 2 tbsp cornflour
- 1 egg, beaten
- 100g porridge oats
- $\frac{1}{2}$  tsp smoked paprika
- $\frac{1}{2}$  tsp garlic granules
- 380g chicken mini fillets

### METHOD:

- Heat the oven to 220C/200C fan/gas 7. Line a baking tray with foil and spray evenly with olive oil spray.
- Put the cornflour on a small plate and season with salt and pepper. Put the beaten egg in a small bowl and season with salt. Put the oats on another plate and mix with the paprika and garlic granules. Dust the mini fillets in the cornflour, then dip them in the egg and finally roll the fillets in the oats to coat. Put them on the prepared baking tray.
- Spray the top of the oaty dippers with an even coating of the oil spray and bake in the oven for 15-20 mins or until cooked through and golden on the outside.
- Serve in wraps with salad and mayonnaise or natural yoghurt.

THOUGHT FOR THE DAY

Contacts for support with Energy  
bills and more <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/>



# DAY 9

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## **Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

## **Free Teen activity for age 11- 16 year olds**

Trip to Cobnor Activity Centre for water sports, 12.30 – 5.30pm includes free hot lunch

## **Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

..... **Or** .....

**Design and create a Kite and take to the local park to fly it, who can keep their kite up the longest, estimate how high it is flying.**

<https://www.thesprucecrafts.com/kite-crafts-for-kids-4126872>



**TUES 1 AUG**

What shall we  
cook today?



## Cheesy Bean Burgers

### INGREDIENTS:

- 400g can butter beans, drained and rinsed
- 3 tbsp olive oil
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 75g cheese grated
- 1 tbsp plain flour
- 1 egg beaten
- 50g fresh white breadcrumbs

### METHOD:

- Heat oven to 190C/170C fan/gas 5. Tip the butter beans into a bowl and mash with a fork to form a rough purée. Set aside. Heat 1 tbsp. of oil in a small frying pan and add the onion and garlic. Cook over a gentle heat for 3-4 mins, until softened.
- Stir the onion mixture into the butter beans, along with the cheese, then season. Shape the mixture into 4 patties, cover and chill for 10 mins.
- Tip the flour, egg and breadcrumbs onto three separate plates. Roll each patty in the flour, dusting off any excess, carefully roll in the egg, then finally coat in the breadcrumbs.
- Heat remaining oil in a non-stick frying pan and add burgers. Cook for 8-10 mins, turning occasionally until golden.

### THOUGHT FOR THE DAY

On a rainy day most Museums are free to visit and supply activity sheets for children.



# DAY 10

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## **Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

## **Free Teen activity for age 11- 16 year olds**

Gaming day at "Player Ready Virtual Gaming" 10.15-2pm and 1pm – 4.30pm includes free hot lunch.

## **Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

..... or .....

## **Create a laser maze.**

Create a laser maze in your home or garden using string, ribbon or crepe paper, start easy and build up the level as your child achieves it.

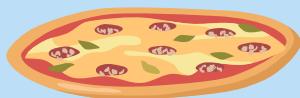
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WEDS 2 AUG



What shall we  
cook today?



## Pitta Pizza

### INGREDIENTS:

- 4 wholewheat pitta breads
- 4 tsp sun-dried tomato purée
- 3 ripe plum tomatoes, diced
- 1 shallot, thinly sliced
- 85g chorizo, diced
- 50g mature cheddar, grated

### METHOD:

- Heat oven to 200C/180C fan/gas 6 and put a baking sheet inside to heat up. Spread each pitta with 1 tsp purée. Top with the tomatoes, shallot, chorizo and cheddar.
- Place on the hot sheet and bake for 10 mins until the pittas are crisp, the cheese has melted and the chorizo has frazzled edges, serve with a green salad.

THOUGHT FOR THE DAY  
Preloved School Uniform is available  
from most local schools.



**THUR 3 AUG**

# DAY 11

## **Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

## **Free Teen activity for age 11- 16 year olds**

Graffiti Art 12pm – 4pm includes free hot lunch.

## **Free & Active swimming at Havant and Waterlooville Horizon**

### **Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

**Or**

**Make a Bug hotel and go on a bug hunt to see what kinds of bugs you can find in your garden or in the local park.**

<https://www.redtedart.com/simple-bug-hotel-for-kids/>





# Pasta with salmon and peas

## INGREDIENTS:

- 300g tagliatelle
- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 clove garlic, finely chopped
- 300ml half-fat crème fraîche
- 1 lemon, zested and juiced
- 300g frozen peas
- 212g tin skinless and boneless pink salmon, drained and broken up into bite-size flakes

## METHOD:

- Put the pasta in a pan of boiling water and cook according to the instructions on the packet. Drain, reserving 150ml of the pasta water.
- Meanwhile, heat the oil in a large pan over a medium heat and cook the onion and garlic for 5 minutes until softened. Stir in the crème fraîche, lemon zest and juice and peas. Bring to a gentle simmer, then stir in the pasta along with the reserved cooking water.
- Stir through the salmon and half the chopped

## THOUGHT FOR THE DAY

The local Library has a range of activities for free over the summer holidays



# DAY 12

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**Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

**Join MUNCH at Park Community School for lunch**

Between 12 – 2pm for a free two course lunch, whilst you are there visit the MUNCH Pantry to support your food purchase for the weekend.

..... or .....

**Make a paper aeroplane** and see how far it can fly, try different styles of aeroplane to see which one is the best.

**Make some frozen banana lollies** and have a cinema afternoon, settle down and watch an old film together with the curtains closed and lights off.

- Peel the bananas and trim off the very ends if you'd like them neater. Then chop them each into 4 equal-sized chunks. Thread a strawberry onto each lolly stick first, then push on the pieces of banana.
- When all your banana pops are made lay them on a baking tray and put in the freezer, uncovered, for 1 hr.
- Put the yogurt into a tall glass or jug then dip each banana pop into the yogurt to coat (avoiding the strawberries), then place back onto the tray to refreeze until set.
- Melt the chocolate in the microwave in 30 second bursts (stirring after each blast) then pour into a mug. Dip the end piece of each banana pop in the chocolate then sprinkle over the hundreds and thousands.
- The chocolate should set pretty much instantaneously, but you can



FRI 4 AUG



# Quick chilli

What shall we cook today?

## THOUGHT FOR THE DAY

Visit Fort Nelson for free and discover 600 years of history.



### INGREDIENTS:

- 150g chorizo sausage - cut into 5 mm slices then each slice halved to make half-moons
- 500g minced beef - nice and lean with no more than 10% fat
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground cinnamon
- 1 x 400g jar of your favourite tomato and chunky vegetable sauce for pasta
- 1 x 390g can mixed beans in spicy tomato sauce
- 3 tablespoons sweet chilli sauce
- a pinch or two dried chilli flakes (optional) or if your canned beans

### METHOD:

- Put the sliced chorizo into a hot, heavy-based pan and cook over medium heat until the sausage crisps a little and gives up its orange-red oil.
- Now remove the chorizo and set aside - but don't bother to clean the pan.
- Add the mince and cook for about 10 minutes, breaking it up with a wooden spoon, and cook till it browns.
- Once the mince has browned, stir in the spices. Now add the chunky vegetable pasta sauce along with the sweet chilli sauce.
- Add the can of beans and their spicy sauce. If you use beans in water be sure to drain them well.
- Bring to the boil and then turn down the heat and simmer for 20 or so minutes.
- When it's nice and hot, add back in the chorizo and cook for a minute more to heat the chorizo through.
- Now have a taste and add the chilli flakes if you need more heat or if you've managed only to find canned beans in water.
- Don't forget to remove those cardamoms, they taste quite horrid if bitten in to, a bit like eating a flower, not that I ever have!
- Nigella adds the chorizo back in much earlier on in the recipe but I think it tends to go a funny colour so I add mine back at this stage.
- Serve the chilli with rice and a nice side salad, or whatever else you fancy.

SAT 5 AUG

# DAY 13

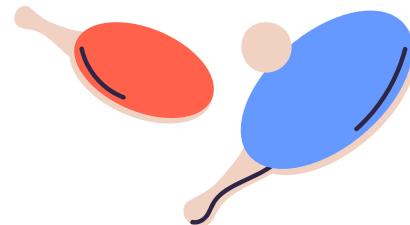
**Visit The Spring Museum for free**

Find out about the local life of Havant through history, follow the Family Activity trail. Book a place on a heritage walk.

**Have a Board Games day, play different games including Card Games to give everyone a chance to win.**

..... or .....

Have a mini sports day creating sack races, egg and spoon, bean bag throwing, hoola hooping.



## THOUGHT FOR THE DAY

Use your daily walk on the South Downs way how far will you reach.

# Macaroni Cheese

What shall we  
cook today?



## INGREDIENTS:

- 300 g macaroni not the quick cook stuff, which really doesn't work in this recipe
- 30 g butter
- 25 g flour
- 500 ml milk
- 1 tsp Dijon mustard (or to taste)
- 200 g mature cheddar (or to taste), grated
- Salt and pepper to taste

## METHOD:

- Preheat the oven to 220C / 200C Fan / Gas Mark 7.
- Cook the macaroni until it's a bit less done than normal – a couple of minutes less than you would usually do. The brand I use takes 10 minutes normally, so I give it 8 minutes for macaroni cheese.
- While the macaroni is cooking, make the cheese sauce. Melt the butter in a medium sized pan on a low heat. When the butter is foaming, add the flour and stir until it's mixed in. Then keep cooking for 2 minutes, stirring frequently.
- Very gradually add the milk, stirring constantly. Make sure each bit of milk is incorporated before adding the next bit. If you do this slowly on a very low heat, you should end up with a perfectly smooth cheese sauce with no lumps and no need to whisk. However, if it does go wrong for some reason, you can always use a whisk to beat out the lumps.
- When all the milk is incorporated, add the mustard, salt and pepper. (N.B. I use slightly salted butter, so I don't add any extra salt here.) Then add half the cheese, stir to combine and turn off.
- When the pasta is done, drain it, retaining a little bit of the cooking water.
- Tip the pasta and a couple of tablespoonful's of the cooking water into the cheese sauce and stir.
- Pour the macaroni cheese into a shallow ovenproof dish and sprinkle over the remaining cheese.
- Bake in the oven for 10 minutes. The top should be brown but the bottom should still be saucy and the macaroni should be perfectly cooked.

SUN 6 AUG

# DAY 14

**Have a day at the Beach take a picnic and paddle in the sea,  
look for shells and sea creatures go rock pooling.**

If you can't go to the beach bring the beach to you.

- Reading while lying on a beach towel soaking up the sun is my favourite thing to do at the beach. Pull out the beach towels and place a book on each one for your kids to enjoy.
- Set up a fun scavenger hunt hide things associated with the beach for the children to find.
- Can you still limbo? As it is said, "Limbo, limbo, limbo, like me". Set up a Limbo Game and show your kids how low you can go!
- Create some craft jellyfish or sea shell characters.
- Watch Little Mermaid film



SUN



What shall we  
cook today?



# Chicken fried rice

## INGREDIENTS:

- 1 tbsp. sunflower oil
- 3 eggs, beaten with some seasoning
- 320g pack mixed stir-fry vegetable
- 1 tbsp. mild curry powder
- 140g frozen sweetcorn
- 600g cooked rice see tip, below
- 1 roasted chicken breast, finely shredded
- 2 tbsp. low-salt soy sauce
- 2 tbsp. sweet chilli sauce

## METHOD:

- Heat a splash of oil in a large frying pan and tip in the beaten eggs. Swirl the pan to coat in a thin layer of egg and cook for a few mins until set. Tip onto a chopping board, roll up, slice thinly and set aside.
- Heat a little more oil, add the stir-fry veg, curry powder and sweetcorn with a splash of water. Cook for 1-2 mins until the veg starts to wilt, then tip into a bowl. Add the last of the oil to the pan, tip in the rice and chicken, mix well, then add the soy sauce, sweet chilli, ketchup, a splash of water and some black pepper.
- Finally, add the eggs and the veg, toss together and heat through until hot. Tip

## THOUGHT FOR THE DAY

Save money on haircuts and beauty treatments by booking to let students in college practice on you supervised by qualified personnel.



**MON 7 AUG**

# DAY 15

**Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

**Free Teen activity for age 11- 16 year olds**

Printed Art with "Making Space" –includes free hot lunch.

**Free & Active swimming at Havant and Waterlooville Horizon**

**Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

**..... or .....**

**Do a Litter pick around your home area or on a beach.**

See what types of litter you collect, make a poster to get people to pick up their litter.

**Paint rocks to make animals, flowers and leave on friends and neighbours doorsteps as gifts.**



What shall we  
cook today?

# Sweet potato and courgette tortilla

## INGREDIENTS:

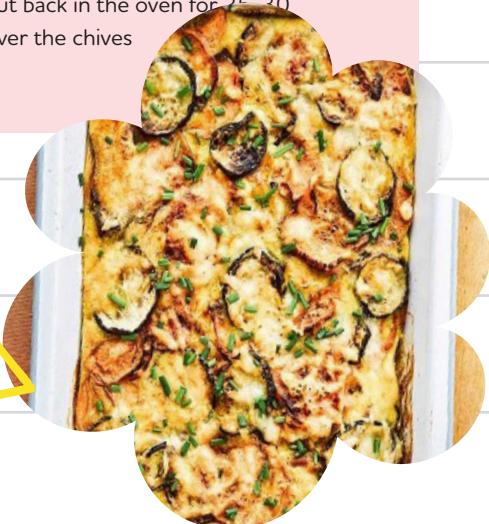
- 2 medium sweet potatoes (500g), peeled and thinly sliced
- 1 onion, thinly sliced
- 1 courgette, thinly sliced
- 2 tbsp. olive oil
- 6 eggs
- 50g natural yoghurt or cream fraîche
- 30g Cheese grated
- 1 tbsp. chopped chives
- Green salad, to serve

## METHOD:

- Heat the oven to 190C/170C fan/gas 5. Tip the sweet potato slices, onion and courgette into a medium non-stick baking dish (ours was 18cm x 30cm x 4cm), drizzle with the olive oil, season and mix everything together. Bake for 30 mins, tossing the veg halfway. The sweet potatoes should be tender, the courgette a little charred and the onion softened.
- Meanwhile, whisk the eggs and the crème fraîche together along with a pinch of seasoning. Pour the beaten egg mixture over the sweet potato, onion and courgette. Sprinkle over the cheese and put back in the oven for 25-30 mins until the tortilla is just set. Sprinkle over the chives and eat hot or cold with salad

THOUGHT FOR THE DAY

Have you visited the Repair café  
Havant maybe they can fix something  
for you  
<https://www.repaircafehavant.org.uk/>



# DAY 16

.....

## **Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

## **Free Teen activity for age 11- 16 year olds**

Trip to swimming and inflatable fun at Petersfield Open Air Pool, 5-8.30pm includes free hot lunch.

## **Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

..... or .....

### **Try Cloud watching**

Research what types of clouds there are, lay on a blanket in the garden or local open space, look at the clouds what do they look like can you see pictures. What type of clouds can you identify what shapes did you spot.

### **Try Star gazing use a blanket and a pillow to watch the sky at night, what stars can you name.**

### **Make a wildflower chain**

How long can you make one what types of flowers are there in the grass, what types of insect can you spot, write down what you see, draw pictures, press some flowers.



**TUES 8 AUG**

What shall we  
cook today?



## Tuna and broccoli pasta

### INGREDIENTS:

- 2 x 185g cans tuna in olive oil, drained well, 1 tbsp. oil reserved
- 2 x 400g cans chopped tomato with garlic and herbs
- 350g dried pasta shapes
- 300g broccoli, chopped into small florets
- 200g pack light soft cheese
- 100g cheddar, finely grated
- 25g breadcrumb

### METHOD:

- Heat the reserved oil from the tuna in a very large saucepan. Tip in the tomatoes plus 200ml water and simmer while you cook the pasta, following pack instructions. Add the broccoli for the final 3 mins, then drain, reserving some of the cooking water.
- Heat the grill. Stir the soft cheese into the tomato sauce until melted, then mix with the pasta, broccoli and drained tuna, along with a little of the reserved cooking water if the sauce looks a bit thick. Season with salt and pepper.
- Tip into an ovenproof dish and sprinkle on the cheddar and crumbs. Grill, not too close to the heat, for about 4-6 mins until golden and bubbling. Serve with a big side salad, if you like.

### THOUGHT FOR THE DAY

Horizon Leisure Centres have low cost Boot camps over the summer and a Family discount card  
<https://horizonlc.com/community-discount-card/>



# DAY 17

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## **Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

## **Free Teen activity for age 11- 16 year olds**

Mug Printing and Bouncy Boots 11am – 1.30pm includes free hot lunch.

## **Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

..... or .....

## **Play water balloon tag**

Outside make a target and try to hit the target or each other, score for each hit.

## **Make Ice pops with your choice of flavours**

## **Make sun glasses and sun hats.**

## **Make a rice pudding together**

WED



WEDS 9 AUG

What shall we  
cook today?



## Sausage and bean casserole

### INGREDIENTS:

- 1 tbsp. olive oil
- 8 pork sausages
- 1 onion, finely chopped
- 1 celery stick, finely chopped
- 1 carrot, peeled and finely chopped
- 2 garlic cloves, finely chopped
- 400g tin chopped tomatoes
- 400ml chicken stock (made up with  $\frac{1}{2}$  stock cube)
- 1 tsp smoked paprika
- 400g tin beans,
- 100g sliced greens

### METHOD:

- Heat the oil in a large, lidded frying pan or flameproof casserole dish over a medium-high heat. Add the sausages and cook for 5 mins, turning frequently, until browned all over. Remove from the pan and set aside on a plate.
- Add the onion, celery, carrot and garlic to the pan. Cook over a medium-high heat for 10 mins until softened and lightly golden. Return the sausages to the pan along with the tinned tomatoes, stock and smoked paprika. Season lightly and stir. Bring to the boil, then reduce to a simmer for 20 mins until the sauce has thickened slightly.
- Stir in the beans and greens, then cover and simmer for a further 5 mins until

### THOUGHT FOR THE DAY

Have a break and arrange to swap children with a friend for one day a week each.

THUR 18 AUG

# DAY 18

## **Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

## **Free Teen activity for age 11- 16 year olds**

Trip to Peter Ashley Activity Centre, 12.30 – 5pm, rock Climbing, Air rifle shooting and more, includes free hot lunch.

## **Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

..... or .....

**Make sock puppets out of old socks and perform a puppet show.**

**Make a fairy garden create fairy houses out of cardboard or wood, use pebbles to make pathways and create small ponds etc.**



**THOUGHT FOR THE DAY**

Lots of supermarkets and restaurants have £1 or free kids meals over the summer - <https://kiddoadventures.com/2023/05/31/where-kids-can-eat-for-free-or-1-during-the-summer-holidays/>

What shall we  
cook today?

# Puttanesca baked gnocchi

## INGREDIENTS:

- 2 x 400g cans cherry tomatoes
- Olive oil, for frying
- 1 onion, finely chopped
- 1 tsp chilli flakes
- 1 tbsp. capers, drained
- 60g black olives, roughly chopped
- Pinch of sugar
- 500g shop-bought gnocchi

## METHOD:

- Blitz one of the cans of tomatoes until smooth and set aside. Heat some oil in a medium-sized saucepan over a medium heat. Add the onion and a generous pinch of salt and fry gently for 8-10 mins until softened and translucent. Tip the chilli and all the tomatoes into the pan, lower the heat, then simmer for 10 mins, uncovered. Fill one of the empty cans a quarter full with water and add this to the sauce. Stir through the capers & olives. Season with salt, pepper and a couple of generous pinches of sugar. Cook on a gentle heat, uncovered, for a further 5 mins. Keep warm until needed.
- Bring a large pan of water to the boil. Add the gnocchi and cook for 2 mins. Drain and toss with the tomato sauce, then tip into an ovenproof dish or shallow casserole. Top with the torn mozzarella and a good grating of black pepper then pop under a high grill for 3-4 mins or until the mozzarella is molten and gooey.



# DAY 19

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**Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

**Join MUNCH at Park Community School for lunch**

Between 12 – 2pm for a free two course lunch, whilst you are there visit the MUNCH Pantry to support your food purchase for the weekend.

..... or .....

**Make some friendship bracelets out of material strips and wool.**

**Learn to Cartwheel or play Hopscotch outside by chalking on the pavement, wash off after you have finished.**

**Take pictures of what you see on a walk and make a short film.**



What shall we  
cook today?



## Tomato and Pasta Soup with crusty bread

### INGREDIENTS:

- 2 tbsp olive oil
- 1 onion, chopped
- 2 celery sticks, chopped
- 2 garlic cloves, crushed
- 1 tbsp tomato purée
- 400g can chopped tomatoes
- 400g can chickpeas
- 150g orzo or other small pasta shapes
- 700ml vegetable stock
- 2 tbsp basil pesto

### METHOD:

- Heat 1 tbsp. olive oil in a large saucepan. Add the onion and celery and fry for 10-15 mins, or until starting to soften, then add the garlic and cook for 1 min more. Stir in all the other ingredients, except for the pesto and remaining oil, and bring to the boil.
- Reduce the heat and leave to simmer for 6-8 mins, or until the pasta is tender. Season to taste, then ladle into bowls.
- Stir the remaining oil with the pesto, then drizzle over

### THOUGHT FOR THE DAY

Pets at Home offer free workshops  
where the children can handle the pets.  
[https://community.petsathome.com/  
events/child-workshop/my-pet-pals-  
workshops/](https://community.petsathome.com/events/child-workshop/my-pet-pals-workshops/)



SAT 12 AUG

# DAY 20

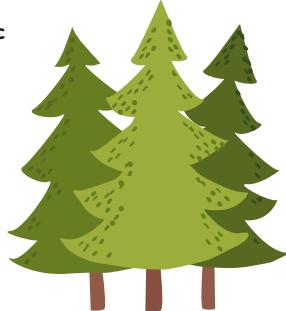
Visit Portsmouth Natural History Museum and visit the Butterfly house, how many types of butterfly have they in their collection.

Have a Teddy Bears Picnic with your friends in the local Park.

#### Measure a Tree

How wide is it, how tall do you think it is how many branches does it have. Lay down and look up through the canopy what can you see, use a piece of purple cellophane to look through what can you see.

Make a Skittle set from old plastic bottles decorate them before playing a game together.



#### THOUGHT FOR THE DAY

Make some time for relaxation everyday try some meditation or Yoga as a family  
[https://schoolofkindness.org/  
meditation-for-children](https://schoolofkindness.org/meditation-for-children)

# Chocolate Brownies



What shall we  
cook today?

## INGREDIENTS:

- 185g unsalted butter
- 185g best dark chocolate
- 85g plain flour
- 40g cocoa powder
- 50g white chocolate
- 50g milk chocolate
- 3 large eggs
- 275g golden caster sugar

## METHOD:

- Cut 185g unsalted butter into small cubes and tip into a medium bowl. Break 185g dark chocolate into small pieces and drop into the bowl.
- Fill a small saucepan about a quarter full with hot water, then sit the bowl on top so it rests on the rim of the pan, not touching the water. Put over a low heat until the butter and chocolate have melted, stirring occasionally to mix them.
- Remove the bowl from the pan. Alternatively, cover the bowl loosely with cling film and put in the microwave for 2 minutes on High. Leave the melted mixture to cool to room temperature.
- While you wait for the chocolate to cool, position a shelf in the middle of your oven and turn the oven on to 180C/160C fan/gas 4.
- Using a shallow 20cm square tin, cut out a square of kitchen foil (or non-stick baking parchment) to line the base. Tip 85g plain flour and 40g cocoa powder into a sieve held over a medium bowl. Tap and shake the sieve so they run through together and you get rid of any lumps.
- Chop 50g white chocolate and 50g milk chocolate into chunks on a board.
- Break 3 large eggs into a large bowl and tip in 275g golden caster sugar. With an electric mixer on maximum speed, whisk the eggs and sugar. This can take 3-8 minutes, depending on how powerful your mixer is. You'll know it's ready when the mixture becomes really pale and about double its original volume. If the mixture that runs off the beaters leaves a trail on the surface of the mixture in the bowl for a second or two, you're there.
- Pour the cooled chocolate mixture over the eggy mousse, then gently fold together with a rubber spatula. Plunge the spatula in at one side, take it underneath and bring it up the opposite side and in again at the middle. Continue going under and over in a figure of eight, moving the bowl round after each folding so you can get at it from all sides, until the two mixtures are one and the colour is a mottled dark brown. The idea is to marry them without knocking out the air, so be as gentle and slow as you like. Hold the sieve over the bowl of eggy chocolate mixture and resift the cocoa and flour mixture, shaking the sieve from side to side, to cover the top evenly.
- Gently fold in this powder using the same figure of eight action as before. The mixture will look dry and dusty at first, and a bit unpromising, but if you keep going very gently and patiently, it will end up looking gungy and fudgy. Stop just before you feel you should, as you don't want to overdo this mixing.
- Finally, stir in the white and milk chocolate chunks until they're dotted throughout.
- Pour the mixture into the prepared tin, scraping every bit out of the bowl with the spatula. Gently ease the mixture into the corners of the tin and paddle the spatula from side to side across the top to level it.
- Put in the oven and set your timer for 25 mins. When the buzzer goes, open the oven, pull the shelf out a bit and gently shake the tin. If the brownie wobbles in the middle, it's not quite done, so slide it back in and bake for another 5 minutes until the top has a shiny, papery crust and the sides are just beginning to come away from the tin. Take out of the oven.
- Leave the whole thing in the tin until completely cold, then, if you're using the brownie tin, lift up the protruding rim slightly and slide the uncut brownie out on its base. If you're using a normal tin, lift out the brownie with the foil (or parchment). Cut into quarters, then cut each quarter into four squares and finally into triangles.
- They'll keep in an airtight container for a good two weeks and in the freezer for up to a month.

SUN 13 AUG

# DAY 21

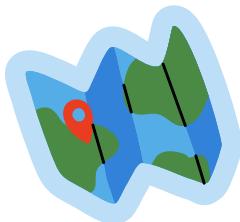
## Have a Treasure Hunt in the park

Identify the objects the children need to find design a board for them to mark off what they have found. Hide a treasure for them to find once they have completed the hunt.

Create a collage with the treasures the children have found when you return home.

Go for a cycle ride in the local park

SUN



## THOUGHT FOR THE DAY

Have you got things you no longer need join with neighbours and go to a boot sale to raise some additional funds for summer

# Cottage pie

What shall we  
cook today?



## INGREDIENTS:

- 1 tbsp sunflower oil
- 1 med onion, peeled and chopped
- 2 carrots, peeled and diced
- 500g minced beef
- 250g chestnut mushrooms, sliced
- 2 level tbsp plain flour
- 400g can chopped tomatoes
- 1 beef stock cube
- Salt and freshly ground black pepper
- Dash of Worcestershire sauce
- 450g mashed potato
- Knob of butter

## METHOD:

- Heat the oil in a sauté pan or large frying pan, add the onion and carrots and cook over medium heat for about 5 mins, stirring occasionally, until the vegetables have started to soften.
- Add the beef to the pan and cook for about 5-10 mins, stirring to break up the meat, until it browns. Once the meat is crumbly, stir occasionally to prevent it from sticking and burning, but don't keep stirring it, otherwise, it just cools the mixture, rather than letting the meat brown.
- Add the mushrooms to the pan and cook for a few mins.
- Sprinkle over the flour, then mix it in well and heat for 3-4 mins to cook the flour. The flour will absorb the fat that comes out of the meat, which will then thicken the sauce.
- Pour in the can of tomatoes, sprinkle in the stock cube, and bring the mixture to a boil, stirring continually, then reduce the heat and simmer for about 10 mins, until it thickens slightly and the vegetables are tender. If the sauce seems very thick, just add a little boiling water.
- Set oven to 200°C/400°F/Gas Mark 6.
- Stir the Worcestershire sauce into mince, then spoon into a dish and level the surface.
- Beat the potato to soften it and spread over the mince. Score the surface with a fork and put butter on top.
- Bake in the center of the oven for about 20-30 mins, or until the pie is golden and the filling is bubbling. For a crisp, golden finish, sprinkle your cottage pie with lashings of cheddar cheese and pop it under the grill for a few minutes longer. Serve straight from the oven.

**MON 14 AUG**

# DAY 22

.....

**Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

**Free Teen activity for age 11- 16 year olds**

Creative Cooking make a meal to take home 11am – 3pm, includes free hot lunch.

**Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday  
<https://www.horizonlc.com/>

**or**

.....

Sort out your toys and books and get your friends to do the same and have a Toy Swap.

Create some pictures by painting using your fingers, feathers, leaves and sticks or use bubble blowers to make creative painting outside on old wallpaper.

Visit the Library to choose new books for the Summer Challenge.





# Lentil bolognese

## INGREDIENTS:

- 3 tbsp. olive oil
- 2 onions, finely chopped
- 3 carrots, finely chopped
- 3 celery sticks, finely chopped
- 3 garlic cloves, crushed
- 500g bag dried red lentils
- 2 x 400g cans chopped tomatoes
- 2 tbsp. tomato purée
- 2 tsp each dried oregano and thyme
- 3 bay leaves
- 1ltr vegetable stock
- 500g spaghetti

## METHOD:

- Heat the oil in a large saucepan and add the onions, carrots, celery and garlic. Cook gently for 15-20 mins until everything is softened. Stir in the lentils, chopped tomatoes, tomato purée, herbs and stock. Bring to a simmer, then cook for 40-50 mins until the lentils are tender and saucy – splash in water if you need. Season.
- If eating straight away, keep on a low heat while you cook the spaghetti, following pack instructions. Drain well, divide between pasta bowls or plates, spoon sauce over the top and grate over some cheese.

## THOUGHT FOR THE DAY

Have you checked your phone and  
broad band deals are you paying more  
then you need, can you go sim only



# DAY 23

## **Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

## **Free Teen activity for age 11- 16 year olds**

Creative Cooking make a meal to take home 11am – 3pm, includes free hot lunch.

## **Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

..... or .....

Take a bowl and go blackberry picking for a delicious Blackberry and Apple crumble.



Paint some old T shirts with your own designs or look up how to Tie Dye with fruits and vegetables. <https://www.housebeautiful.com/lifestyle/fun-at-home/a32907155/natural-dyes-for-tie-dye/>

Have a Hoopla Hoop competition who can keep going for the longest.



THOUGHT FOR THE DAY

Don't forget to keep writing your diary and walking daily.

TUES 15 AUG

What shall we  
cook today?

# Blackberry and apple crumble

## INGREDIENTS:

### For the crumble topping

- 120g plain flour
- 60g caster sugar
- 60g unsalted butter at room temperature, cut into pieces

### For the fruit compote

- 300g apple
- 30g unsalted butter
- 30g brown sugar
- 115g blackberries
- $\frac{1}{4}$  tsp ground cinnamon
- vanilla ice cream, to serve

## METHOD:

- Heat oven to 190C/170C fan/gas 5. Tip 120g plain flour and 60g caster sugar into a large bowl.
- Add 60g unsalted butter, then rub into the flour using your fingertips to make a light breadcrumb texture. Do not overwork it or the crumble will become heavy.
- Sprinkle the mixture evenly over a baking sheet and bake for 15 mins or until lightly coloured.
- Meanwhile, for the compote, peel, core and cut 300g apples into 2cm dice.
- Put 30g unsalted butter and 30g brown sugar in a medium saucepan and melt together over a medium heat. Cook for 3 mins until the mixture turns to a light caramel.
- Stir in the apples and cook for 3 mins. Add 115g blackberries and  $\frac{1}{4}$  tsp ground cinnamon, and cook for 3 mins more.
- Cover, remove from the heat, then leave for 2-3 mins to continue cooking in the warmth of the pan.
- To serve, spoon the warm fruit into an ovenproof gratin dish, top with the crumble mix, then reheat in the oven for 5-10 mins. Serve with vanilla ice cream.



# DAY 24

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## **Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

## **Free Teen activity for age 11- 16 year olds**

Woodworking make a desktop planter, 11am – 3pm, includes free hot lunch.

## **Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

..... **Or** .....

**Write a Joke book try out your jokes on your friends.**

**Build a house of Cards using playing cards, how many cards can you use without it falling down**

**Learn to Juggle, look up how to juggle and try with scrunched paper balls.** <https://www.youtube.com/watch?v=dCYDZDlcO6g>



**My  
goals**

**WEDS 16 AUG**



# Sweet and Sour Chicken Skewers with fruity noodles

What shall we  
cook today?



## INGREDIENTS:

- 425g can pineapple chunks, drained, juice reserved
- 4 tbsp tomato ketchup
- 2 tbsp white wine vinegar
- 6 skinless chicken thighs, cut into chunks
- 2 red chillies, deseeded and chopped
- 1 red pepper, cut into chunks
- 3 egg noodles nests
- Small bunch spring onions, sliced

## METHOD:

- Mix the pineapple juice, tomato ketchup, vinegar and some seasoning together. Reserve half, then add the rest to a bowl with the chicken and half the red chilli. Marinate for 5 mins.
- Thread the chicken, pepper and half the pineapple onto 8 skewers.
- Heat your grill, or fire up a barbecue. Brush any excess marinade over the skewers, then grill or barbecue, turning regularly, for about 8 mins or until the chicken is starting to char at the edges and is cooked through.
- Meanwhile, cook the noodles following pack instructions, drain, then stir through the remaining pineapple, chilli and spring onions. Serve with the remaining sauce on the side or drizzled on top of the skewers.

THOUGHT FOR THE DAY  
Try walking the Hayling Billy Trail



THUR 17 AUG

# DAY 25

## **Free Family Fun day at Park Community School**

10.30 – 2.30, includes hot two course meal and lots of activities including sport, cooking, craft and specialist visitors.

## **Free Teen activity for age 11- 16 year olds**

Circus Big Top Tickets only includes Hot Meal.

**Join MUNCH** at Park Community School for lunch between 12 – 2pm for a free two course lunch, whilst you are there visit the MUNCH Pantry to support your food purchase for the weekend.

## **Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>



**THOUGHT FOR THE DAY**

Make some gifts for people, a jar with the ingredients for chocolate cookies, homemade cards to save money.



What shall we  
cook today?



# Lasagne

## INGREDIENTS:

- 1 tsp olive oil
- 1 small onion, chopped
- 1 garlic clove, crushed
- 500g / 18oz minced beef
- 400g / 14 oz chopped tomatoes (the tinned variety)
- 1 vegetable stock cube
- 1 tsp oregano

## METHOD:

- Preheat the oven to 220c / 420f.
- Heat the oil in a frying pan or large saucepan. Add the onion and fry for 2-3 minutes before adding the crushed garlic. Fry for another minute and then add the minced beef.
- At this point I turn the heat up high to brown the mince as quickly as possible. Stir regularly to ensure it doesn't stick or burn.
- Once the meat has browned add the chopped tomatoes and crumble in the stock cube. Add the oregano and frozen vegetables and finally add the water (you can add more water if it seems too dry).
- Stir until everything is well combined and continue to cook on high for approximately 7 minutes. Once the mince mixture has cooked remove from the heat and start to assemble your lasagne.
- I used a 8in x 8in dish which nicely fits two lasagne sheets side by side but you can use any dish you wish.
- Assemble the lasagne by alternating layers of the minced beef mixture and the lasagne sheets, finishing with a lasagne sheet layer on top. Spoon on the crème fraîche and spread it over the top of the lasagne.
- Finally add the grated cheese and put the lasagne in the oven.
- Reduce the oven temperature to 200c / 400f and bake for 15 minutes. You can test to make sure the lasagne sheets have cooked by sticking in a sharp knife.
- Serve immediately with a green salad or mixed vegetables.

# DAY 26

.....

**Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

**Join MUNCH at Park Community School for lunch**

Between 12 – 2pm for a free two course lunch, whilst you are there visit the MUNCH Pantry to support your food purchase for the weekend.

..... or .....



**Visit Lakeside Country Park in Eastleigh, follow the art trail, ride on the miniature railway, take your bike for a ride on the trails or try out orienteering.** <https://www.eastleigh.gov.uk/parks-leisure-and-culture/country-parks-and-open-spaces/lakeside-country-park/things-to-do>

**Make your own wind chime using things you find in the garden and house.**

**Learn to skip, how many skips can you do without stopping, use a big skipping rope to let your friends join in**



FRI 18 AUG



What shall we  
cook today?



# Sweet potato falafels and coleslaw

## INGREDIENTS:

### For the falafels

- 1 large or 2 small sweet potatoes, about 700g/1lb 9oz in total
- 1 tsp ground cumin
- 2 garlic cloves, chopped
- 2 tsp ground coriander
- Juice  $\frac{1}{2}$  lemon
- 100g plain or gram flour
- 1 tbsp olive oil
- 4 wholemeal pitta breads
- 4 tbsp hummus

### For the coleslaw

- 1 small onion, finely sliced
- 1 medium carrot, grated
- $\frac{1}{2}$  white cabbage, shredded
- Mayonnaise

## METHOD:

- Heat oven to 200C/180C fan/gas 6. Microwave sweet potato whole for 8-10 mins until tender. Leave to cool a little, then peel. Put the potato, cumin, garlic, ground coriander, lemon juice and flour into a large bowl. Season, then mash until smooth. Using a tablespoon, shape mix and into 20 balls. Put on an oiled baking sheet, bake for around 15 mins until the bases are golden brown, then flip over and bake for 15 mins more until brown all over.
- Meanwhile, stir the mayonnaise through the onion, carrot and cabbage keep in the fridge until needed. To serve, toast the pittas, then split. Fill with salad, a dollop of hummus and the falafels.

## THOUGHT FOR THE DAY

Do a weekly menu and create a shopping list buy only what's on your list

SAT 19 AUG

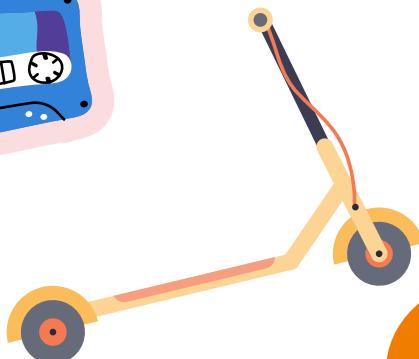
# DAY 27

**Go for a walk and take photos of your local area, nature, people and places.** What did you spot, did you see any Bees what type, how many types of Bees do we have in the UK?

**Visit the local Playground what types of activity can you do in this area.**

**Create a time capsule of everything that is important to you and your family.** What would you like people to know about you in 100 years' time?

SAT



What shall we  
cook today?

## Toad in the hole

### INGREDIENTS:

#### Ingredients

- 12 chipolatas
- 1 tbsp sunflower oil

#### For the batter

- 140g plain flour
- 2 eggs
- 175ml semi-skimmed milk

### METHOD:

- Heat the oven to 220C/200C fan/gas 7. Put the chipolatas in a 20 x 30cm roasting tin with the oil and bake for 15 mins until browned.
- Meanwhile, make the batter. Tip the flour into a bowl with  $\frac{1}{2}$  tsp salt, make a well in the middle and crack the eggs into it. Use an electric whisk to mix it together, then slowly add the milk, whisking all the time. Leave to stand until the sausages are nice and brown.
- Remove the sausages from the oven – be careful because the fat will be sizzling hot – but if it isn't, put the tin on the hob for a few minutes until it is.
- Pour in the batter mix, transfer to the top shelf of the oven, then cook for 25-30

### THOUGHT FOR THE DAY

Book a day out with friends, share cars and petrol or buy a Friends and family rail card together to save a third and take children for £1



SUN 20 AUG

# DAY 28

Invite your neighbours to all Make a Scarecrow today using old clothes, decide what type of scarecrow to make and then display them for people to see.

Learn some clapping games

<https://www.todaysparent.com/family/10-classic-hand-clapping-games-to-teach-your-kid/>



What shall we  
cook today?



## Smoked Mackerel and potato bake

### INGREDIENTS:

- 700g potato, cut into 3cm cubes
- 1 small onion, thinly sliced
- 25g butter
- 200g smoked mackerel
- 2 tbsp dill
- 150ml double cream or natural yoghurt
- 100ml fish stock
- 2 tbsp creamed horseradish

### METHOD:

- Heat oven to 200C/180C fan/gas 6. Cook the potatoes and onion in boiling, salted water for 6-7 mins until almost tender. Drain well. Grease a 20 x 20cm baking dish with a little of the butter, then arrange the potatoes in it.
- Break the fish into chunky pieces, discarding any skin and bones. Tuck the pieces in and around the potatoes, then scatter over the dill. Whisk the cream, stock and horseradish together and season. Pour over the potatoes. Dot the remaining butter over the top, then bake for 20-25 mins until golden. Serve with a green salad, if you like.

### THOUGHT FOR THE DAY

Have you checked if you are entitled to  
any benefits  
<https://www.gov.uk/benefits-calculators>



**MON 21 AUG**

# DAY 29

Join MUNCH at Park Community School for lunch between 12 – 2pm for a free two course lunch, whilst you are there visit the MUNCH

**Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday  
<https://www.horizonlc.com/>

**or**

Create your own Poem about something that you enjoy or is important to you.

Play at dressing up using old clothes become a Pirate, Knight in armour made out of cardboard, Mermaid etc.

Make a pond in the garden for the wildlife, use old plastic bowls or pots, make room for insects to access the water.

<https://www.rspb.org.uk/get-involved/activities/nature-on-your-doorstep/garden-activities/create-a-mini-pond>





# Mushroom Stroganoff

## INGREDIENTS:

- 2 tsp olive oil
- 1 onion, finely chopped
- 1 tbsp sweet paprika
- 2 garlic cloves, crushed
- 300g mixed mushrooms, chopped
- 150ml low-sodium beef or vegetable stock
- 1 tbsp Worcestershire sauce, or vegetarian alternative
- 3 tbsp half-fat soured cream
- small bunch of parsley, roughly chopped- optional
- 250g pouch cooked rice

## METHOD:

- Heat the olive oil in a large pan and soften the onion for about 5 mins.
- Add the paprika and garlic, then cook for 1 min more. Add the mushrooms and cook on a high heat, stirring often, for about 5 mins.
- Pour in the stock and Worcestershire sauce. Bring to the boil, bubble for 5 mins until the sauce thickens, then turn off the heat and stir through the soured cream and most of the parsley. Make sure the pan is not on the heat or the sauce may split.
- Heat the rice following pack instructions, then stir through the remaining chopped parsley if desired and serve with the stroganoff.

THOUGHT FOR THE DAY

Put loose change into a jar for treats

# DAY 30

Join MUNCH at Park Community School for lunch between 12 – 2pm for a free two course lunch, whilst you are there visit the MUNCH Pantry

**Free & Active swimming at Havant and Waterlooville Horizon**

**Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

..... **Or** .....

Create an angel or Fairy outfit today.

**Use water sprayers to play water freeze tag.**

<https://www.education.com/activity/article/play-water-freeze-tag/>



## THOUGHT FOR THE DAY

Grow herbs on the windowsill, make soup from left over vegetables and freeze.

**TUES 15 AUG**

# Fairy Cakes

What shall we  
cook today?

## INGREDIENTS:

- 100g caster sugar
- 100g very soft butter
- 100g self-raising flour
- 2 eggs
- 1 tsp vanilla extract

## For the icing

- 200g very soft butter
- 200g icing sugar
- Food colouring, sprinkles, marshmallows etc

## METHOD:

- Ask a grown-up helper to turn the oven on to 180C/160C fan/gas 4. Put a paper case in hole of a 12-hole bun tin.
- Put the sugar and butter (it must be soft or you won't be able to mix it properly) in a bowl and mix it together. Sift in the flour.
- Break the eggs into a separate bowl (spoon out any bits of shell that fall in) and add them to the bowl with the vanilla. Mix everything together.
- Divide between the cases using a spoon, scraping it off with a knife. Ask a grown-up helper to put the tray in the oven for 20 minutes.
- Mix the butter and icing sugar to make a creamy icing. Add colouring, if you like. Push an icing nozzle into an icing bag, then scoop in the icing.
- Let the cakes cool completely in the tray. Pipe icing onto each cake and decorate with marshmallows or sprinkles, or whatever you like.



# DAY 31

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Join MUNCH at Park Community School for lunch between 12 – 2pm for a free two course lunch, whilst you are there visit the MUNCH Pantry

Free & Active swimming at Havant and Waterlooville Horizon Leisure pools

12.45-1.45 & 1.45-2.45pm. Monday to Friday  
<https://www.horizonlc.com/>

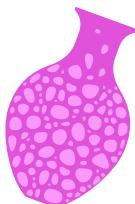
..... or .....

Make a crazy golf course in your garden or outside in the park use yoghurt pots, cardboard and plastic bottles.

Create pretty vases out of plastic bottles, glue, coloured paper, sequins and buttons.

Make a photo frame from card, paint and glue.

WED



WEDS 23 AUG

# Creamy ham and mushroom pasta bake

What shall we cook today?

## INGREDIENTS:

- 500g bag pasta
- 50g butter, plus a little extra
- 200g small mushroom, halved
- bunch spring onions, finely sliced
- 50g plain flour
- 500ml milk
- 140g ham, chopped
- 140g mature cheddar, grated

## METHOD:

- Cook the pasta according to pack instructions, then drain. Heat oven to 200C/fan 180C/gas 6, then melt a little butter in a large saucepan. Fry the mushrooms for a couple of mins, then scoop out and set aside. Use some kitchen paper to wipe out the pan.
- Melt the remaining butter in the pan, then add most of the onions and soften for 1 min. Stir in the flour for another min, then gradually stir in the milk until you have a lump-free sauce. Increase the heat and bubble the sauce, stirring for a few mins to thicken. Turn off the heat, stir in the ham and most of the cheese, then season
- Tip the pasta and mushrooms into a large ovenproof dish, then pour over the sauce and mix well in the dish. Scatter over the remaining cheese and spring

## THOUGHT FOR THE DAY

Collect coupons always do a search for coupons before shopping online or in person



**THUR 24 AUG**

# DAY 32

**Join MUNCH** at Park Community School for lunch between 12 – 2pm for a free two course lunch, whilst you are there visit the MUNCH Pantry to support your food purchase for the weekend.

**Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

..... or .....

**Have a jigsaw day**

How many can you complete? Choose a favourite picture and stick onto card and then cut into jigsaw pieces.

**Blow up a balloon and make a paper hot air balloon.**

<https://www.hobbycraft.co.uk/ideas/how-to-make-a-paper-mache-hot-air-balloon.html>



*relax*

**THOUGHT FOR THE DAY**

Sign up to receive notification of available free goods as well as free competitions to enter at [latestfreestuff.co.uk](http://latestfreestuff.co.uk)

What shall we  
cook today?



## Chicken Tikka Masala

### INGREDIENTS:

- 4 tbsp vegetable oil
- 25g butter
- 4 onions, roughly chopped
- 6 tbsp chicken tikka masala paste
- 2 red peppers, deseeded and cut into chunks
- 8 boneless, skinless chicken breasts, cut into 2.5cm cubes
- 2 x 400g cans chopped tomatoes
- 4 tbsp tomato purée
- 2-3 tbsp mango chutney
- 300ml natural yogurt

### METHOD:

- Heat the vegetable oil and butter in a large, lidded casserole on the hob, then add the onions and a pinch of salt. Cook for 15-20 mins until soft and golden.
- Add the tikka masala paste and peppers, then cook for 5 mins more to cook out the rawness of the spices.
- Add the chicken breasts and stir well to coat in the paste. Cook for 2 mins, then tip in the chopped tomatoes, tomato purée and 200ml water. Cover with a lid and gently simmer for 15 mins, stirring occasionally, until the chicken is cooked through.
- Remove the lid, stir through the mango chutney and natural yogurt, then gently warm through. Season, then set aside whatever you want to freeze. Will keep, in an airtight container, in the freezer for up to three months, serve with basmati

# DAY 33

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**Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

**Join MUNCH at Park Community School for lunch**

Between 12 – 2pm for a free two course lunch, whilst you are there visit the MUNCH Pantry to support your food purchase for the weekend.

..... or .....

**Collect snails in the garden or local park and have a snail race.**

**Search in your local park or nature reserve to see if you can find wild fungi, what sorts can you find make a list of all of those you found, take photos to look up later.**

**Camp overnight in the garden or indoors in a homemade den.**



What shall we  
cook today?



## Smokey bacon and tomato spaghetti

### INGREDIENTS:

- 400g spaghetti
- 1 tbsp olive oil
- 120g smoked streaky bacon, sliced into matchsticks
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 2 tsp sweet smoked paprika
- 2 x 400g cans chopped tomatoes
- grated parmesan or cheese to serve

### METHOD:

- Bring a large pan of water to the boil and cook the spaghetti following pack instructions. Meanwhile, heat the oil in a large non-stick frying pan and cook the bacon for 3-4 mins until just starting to crisp. Stir in the onion and cook for another 3-4 mins, then add the garlic and smoked paprika, and cook for 1 min more.
- Pour in the chopped tomatoes, bring to the boil and bubble for about 5 mins until thickened, stirring every so often to stop it catching on the bottom. Drain

**THOUGHT FOR THE DAY**  
Check out LEAP a free service that is helping people keep warm and save energy including replacement of energy inefficient white goods in some cases.  
<https://applyforleap.org.uk>



SAT 26 AUG

# DAY 34

Ask a neighbour if you can take their dog for a walk or if you have a dog give it a bath and brush.

Create a life-size drawing of yourself or your parent using wallpaper.

Play balloon ping pong, set up a rope or string which you have to knock it over.



SAT



What shall we  
cook today?

# Italian Veggie cottage pie

## INGREDIENTS:

- 4 tbsp olive oil
- 2 aubergines, cut into chunks
- 2 large garlic cloves, crushed
- 16 sundried tomatoes, roughly chopped, plus 1 tbsp of their oil
- 2 tsp dried oregano
- 400g spinach, washed
- 50g plain flour
- 400ml milk
- 125g cheddar, grated, plus extra to top

## METHOD:

- Heat oven to 220C/200C fan/gas 7. Heat 1 tbsp of the oil in a large, lidded frying pan . Cook the aubergine, in two batches, over a high heat for 4-5 mins until golden, adding extra oil as you need to. Return all the aubergine to the pan with the garlic, tomatoes and 1 1/2 tsp oregano and cook for 1 min. Stir in the spinach, put the lid on the pan and leave for a few mins to wilt.
- Add the flour and stir through until combined. Pour in the milk, stir gently and bring to the boil. Bubble for a few mins, then stir in the cheese and season. Cook until the cheese has melted and the sauce has thickened.
- Mix the mash with the remaining oregano and spread over the filling. Scatter over a little more grated cheese and bake for 10-15 mins until golden.

**THOUGHT FOR THE DAY**  
Switch off all of your standby  
appliances to cut your energy  
bill, check if you are entitled  
to free insulation. <https://www.moneysavingexpert.com/utilities/free-cavity-loft-insulation/>



SUN 27 AUG

# DAY 35

Make some bats shapes including bat mask, research how many types of bats we have in the UK.  
Do you have bats near you?

Watch an old film of Batman.

Go out when it is dark to a park area and see if you can see any bats near woodland. Book onto a bat watching walk.



THOUGHT FOR THE DAY  
Have you got old furniture looking tired try upcycling it with paint and wallpaper to give a fresh new look  
<https://www.housebeautiful.com/uk/renovate/upcycle/a1911/upcycling-beginners/>

# Home-made pizza

What shall we cook today?



## INGREDIENTS:

- 2  $\frac{1}{2}$  cups (12  $\frac{1}{2}$  oz/355 g) plain flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- $\frac{3}{4}$  cup plus 2 tablespoons (7oz/187g) water
- 1 tablespoon olive oil
- $\frac{1}{2}$  cup (4 oz/115 g) pizza sauce from jar
- 2 cups (6 oz/170 g) grated mozzarella cheese
- 2 teaspoons fresh oregano, or fresh herbs of your choice, for garnish
- $\frac{1}{2}$  cup (1 $\frac{1}{2}$  oz/43 g) pepperoni or topping to suit

## METHOD:

- Preheat the oven to 400°F (200°C).
- In a mixing bowl, combine the flour, baking powder, and salt. Whisk until combined and set aside.
- Combine the water and oil in a separate measuring jug.
- Slowly add the water mixture to the flour, holding back a little in case you don't need it all.
- Using a wooden spoon (or your hands) and mix until the dough comes together into a ball. It should be soft, but not sticky. Add a splash more water if your dough is too dry.
- Lightly flour your work area and a rolling pin then roll dough into a 12-inch circle using your hands (to make 2 smaller pizzas, divide the dough in half and roll into two 8-inch pizzas).
- Transfer the pizza base to a pizza tray or large baking tray. Spoon the 5 Minute Pizza Sauce over the pizza base. Cover generously with a layer of cheese, pepperoni, and fresh oregano.
- Bake the pizza for 15 to 17 minutes, or until golden brown. Slice and enjoy

MON 28 AUG

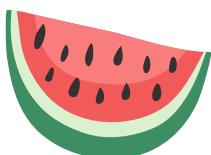
# DAY 36

Learn some Makaton today

[https://makaton.org/TMC/Free\\_resources\\_.aspx](https://makaton.org/TMC/Free_resources_.aspx)

Visit the River Hamble Country Park

Go crabbing, spot wildlife, watch the boats, try tree and stone rubbing etc, take a picnic with you.



## THOUGHT FOR THE DAY

Offer to babysit for a friend instead of buying a birthday gift or make someone a cake.

What shall we  
cook today?



## Pea Pakora Pockets

### INGREDIENTS:

- 500g floury potato, cut into chunks
- 200g frozen pea
- 4-5 tsp curry powder (choose your favourite)
- 200ml natural yogurt
- small bunch mint, half roughly chopped
- 6 white or wholemeal pitta breads, halved
- $\frac{1}{2}$  iceberg lettuce, shredded, to serve

### METHOD:

- Heat oven to 200C/fan 180C/gas 6. Boil the potatoes for about 8 mins until tender, throwing in the peas for the final few mins. Drain well, pick out the potato, then return to the saucepan with a third of the peas. Add the curry powder and some seasoning, then mash together over a low heat – this will help to dry out the veg. Stir in the remaining peas.
- Using 2 tablespoons, shape the mix into rough rugby ball shapes (you should get about 16), then place on a baking sheet lined with baking parchment. Bake for 20 mins until golden and crisp around the edges.
- Mix the yogurt with the chopped mint. Warm the pittas, and toss the remaining mint leaves with the shredded lettuce. Serve the hot pakoras with all the extras for stuffing into the warmed halves.



# DAY 37

Join MUNCH at Park Community School for lunch between 12 – 2pm for a free two course lunch, whilst you are there visit the MUNCH Pantry

**Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday  
<https://www.horizonlc.com/>

..... **Or** .....

**Make a frozen excavation site for the children**

Freeze toy animals and other treasure in water turn out onto a plastic sheet outside and let the children discover and chisel with spoons to unearth the finds.

**Try tasting new things today, fruit, vegetables, fill in a chart of all of the new things tasted.**

**Paint with Ice cubes that have been frozen with added paint.**



**THOUGHT FOR THE DAY**  
Make your own take-away meals, burger and chips, Chinese take-away or Indian Curry. <https://www.bbcgoodfood.com/recipes/collection/takeaway-favourite-recipes>

**TUES 29 AUG**

What shall we  
cook today?



# Chicken Chop Suey

Try eating with Chopsticks!

## INGREDIENTS:

- 2 tbsp vegetable oil
- 1 large chicken breast, cut into thin bite-sized slices
- 1 onion, sliced
- 2 garlic cloves, roughly chopped or minced
- 1 carrot, sliced
- $\frac{1}{2}$  tbsp dark soy sauce
- a pinch of salt
- $\frac{1}{2}$  tsp sugar
- Pinch of white pepper (essential as it totally changes the flavour of the dish)
- 2 spring onions, chopped into slivers
- 100g ready-to-eat beansprouts
- 1 tbsp cornflour, mixed with 2 tbsp water
- 1 tsp sesame oil
- Steamed white rice or fried noodles, to serve

## METHOD:

- Heat a wok or large pan over a high heat and, once hot, pour in the oil. Add the chicken and fan out in a single layer so that it's in direct contact with the hot wok. Once it has started to brown on one side, give it a good stir, then toss in the onion and garlic. Stir, then add the carrots, dark soy, salt, sugar, white pepper and spring onions. Stir, then add the beansprouts and fry, stirring, for 1 min before pouring in 50ml just-boiled water.
- Bring to the boil, then slowly pour in the cornflour paste to loosen it, mixing at the same time to prevent any lumps. Once the sauce has thickened, switch off the heat and add the sesame oil. Serve on a bed of steamed white rice or freshly fried noodles.

# DAY 38

Join MUNCH at Park Community School for lunch between 12 – 2pm for a free two course lunch, whilst you are there visit the MUNCH Pantry

Free & Active swimming at Havant and Waterlooville Horizon Leisure pools

12.45-1.45 & 1.45-2.45pm. Monday to Friday  
<https://www.horizonlc.com/>



..... Or .....

Visit the beach for the day, make sandcastles, skim stones, paddle and collect shells.

Fill balloons with water and hang up outside for the children to whack like a piñata.

Make music shakers and drums form a band and record the music you make.



# Green Burgers

What shall we  
cook today?



## INGREDIENTS:

- 2 tbsp olive oil
  - 2 onions, finely chopped
  - 250g bag spinach
  - 5 slices white bread, blitzed into breadcrumbs (or 150g dried breadcrumbs)
  - good grating of fresh nutmeg
  - 100g mature cheddar, grated
  - 40g parmesan, finely grated
  - 1-2 large eggs, beaten
  - 3 tbsp plain flour
- To serve**
- 6 crusty bread rolls
  - 4 ripe, juicy tomatoes, thickly sliced
  - Good-quality ketchup or other relish

## METHOD:

- Heat half the oil in a frying pan and gently fry the onions for about 10 mins until pale and soft, then leave to cool a little.
- Finely chop the spinach in a food processor and tip into a bowl. Add the cooled onion, breadcrumbs, nutmeg, cheddar and Parmesan, and mash together. Add the beaten egg, a little at a time (you may not need all of it), until the mixture holds together. Divide into eight (see tip below) and shape into fat burgers.
- Put the flour in a shallow bowl, season well and dip the burgers into the flour to coat. Store in a plastic container between layers of baking parchment. Either chill until ready to cook, or freeze.
- Heat the remaining oil in the frying pan and fry for about 5 mins each side until browned all over. Serve in the crusty rolls, with a couple of slices of tomato,

**THOUGHT FOR THE DAY**  
Ditch the costly cleaning products and  
use White Vinegar and Baking Soda  
<https://www.bobvila.com/articles/cleaning-with-baking-soda-and-vinegar/>

**THUR 31 AUG**



## DAY 39

**Join MUNCH** at Park Community School for lunch between 12 – 2pm for a free two course lunch, whilst you are there visit the MUNCH Pantry to support your food purchase for the weekend.

**Free & Active swimming at Havant and Waterlooville Horizon Leisure pools**

12.45-1.45 & 1.45-2.45pm. Monday to Friday

<https://www.horizonlc.com/>

..... or .....

**Visit the Library to claim your Summer Reading Challenge certificate or to collect new books.**

**Complete your diary of activities for the holidays, which were your favourite activities.**

**Stick poems, leaves, paintings and tickets into your scrap book with any photos that you have printed.** Or complete an online photo collection of your summer pictures, photograph your collections and diary to add to the collection.

**Don't forget to add up how many miles you have walked over the summer, where could you have walked to in that time if you add them all together, put that in your scrap book..**

**Have an afternoon watching funny cat videos on you tube and watching old films.**



**THOUGHT FOR THE DAY**

Think back to the beginning of the holidays how quickly it has gone by, enjoy the break with children going back to school.



# Cornish pasty

## INGREDIENTS:

- 2 tbsp olive oil
- 1 large onion, roughly chopped
- 2 garlic cloves, crushed
- 4 springs of thyme
- 250g beef mince
- 1 medium size potato, diced (about 7x7x7mm)
- 1 large carrot, diced
- 1 tbsp flour
- 500 ml beef stock
- Salt, pepper
- Chopped parsley
- 1/2 cup frozen peas
- 500 g Ready roll short crust pastry
- 1 egg, beaten

## METHOD:

- Heat the oil in a large frying pan.
- Soften the onion for about 5 mins, then add garlic and thyme and fry for another 2 mins on high temperature. Add the mince and fry for about 10 mins until browned, add potato and carrot fry for a couple of minutes then add flour, stir well and pour the beef stock over, add a pinch of salt and a generous pinch of freshly ground black pepper and stir some more. Reduce the heat, partly cover and leave to simmer for 30 mins, stir occasionally.
- When the filling is cooked, taste and add more salt and pepper if needed (make sure you add plenty of pepper )
- Then leave it to cool.
- Preheat the oven to 180C, line a baking tray with grease-proof paper.
- Roll out the pastry and cut into 3-4 circles of about 25cm diameter.
- Separate the filling in 3-4 portions and place each portion slightly to one side of each pastry circle, top it with few frozen peas. Apply egg around the edge, then fold it in a half and seal it. Place the pastries on the baking try and glaze them with egg.
- Bake them in the oven for about 30 mins.



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