






Domestics course 2

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>Basic Kitchen and Personal Hygiene</p> <p>Creamy beef and mushroom pasta. Roasted sweet potato salad with seeds Salad dressing Health bread</p> 	<p>Safety in the kitchen</p> <p>Chicken quick and easy casserole Learn to cut up a whole chicken Traditional green beans Pumpkin fritters</p> 	<p>Setting a table</p> <p>Herbed potato soup Summer sausage bake with vegetables Milk tart</p> 	<p>Healthy eating</p> <p>Biscay style Hake with chickpeas, bacon & olives Brown rice and lentil salad with broccoli Gran's best apple sponge pie. Custard</p> 	<p>Telephone etiquette</p> <p>Mustard Chicken with green beans and almonds Yellow rice Herbed cucumber salad with yoghurt dressing Caramel Pumpkin pie</p> 	<p>Meal planning and shopping list</p> <p>Pancakes 3 ways: Thai pork fillet filling with light ginger and lime sauce. Vegetarian pancake bake with Italian tomato sauce Sweet pancakes</p> 