



Try a School meal for yourself

School meals are healthy, tasty and nutritious



Try making this simple recipe for your family at home. It's an example of what can be found on our school meal menu



Carrot Cake

Ingredients

280g	Soft brown sugar
215ml	Corn oil
4	Eggs beaten
225g	Wholemeal flour
15g	Baking powder
1 tablespoon	Cinnamon
80g	Desiccated coconut
pinch	Salt
280g	Carrots grated

Method

1. Mix together the sugar, oil and eggs.
2. Mix all the other dry ingredients, including carrots and coconut, into a separate mixing bowl.
3. Gradually add the liquid to the dry ingredients beating constantly.
4. Place mixture in to a greased and lined 2lb loaf tin and bake at gas mark 4, 350° F, or 180° C for half an hour.
5. Reduce to gas mark 3, 325° F, 170° C for a further half an hour.
6. Turn out when cool and store overnight in an airtight tin to moisten and prevent crumbling.

The cake can be covered in white icing before cutting.

Did you know your child may be eligible for free school meals?
The process to apply has now been made simpler, so don't miss out.

For more information on school meals visit
www.walthamforest.gov.uk/schoolmeals or call
Waltham Forest Direct on 020 8496 3000.

