

**Jacket Potato with ham, cheese & beans, sweetcorn  
and salad**  
**(1 Portion)**

<b><u>Ingredients</u></b>	<b><u>Qty</u></b>
Cheese (grated)	50g
Baking potato	1
Cucumber (washed)	1/4
Beans	140g
Cherry Tomatoes (washed/chopped/sliced)	2-3
Sweetcorn	120g
Ham	1 slice (35g)
<b><u>Optional</u></b>	
Oil	1 tsp



**Allergens**

This dish contains: **Milk**.

**Method**

1. Lightly brush the potato with a little oil if available (optional), and prick in a couple of places with a fork. Place in oven and cook at 180 degrees for approx. 45 mins to 1 hr or until potato is soft all the way through.
2. Whilst the potato is cooking, chop the cherry tomatoes and cucumber
3. Once potato is cooked, remove from oven, cut in half and top with ham and 50g of grated cheese. Place back in oven for couple of minutes until cheese is melted.
4. Heat beans and sweetcorn as per manufacturer's instructions.
5. Serve potato with the beans and sweetcorn with the chopped tomatoes and cucumber.

**Dessert:** (contains **Milk**)

Yoghurt & piece of fruit

**Drink:**

200ml cup of milk