

The Great Dunottar Fakeaway challenge

With so many of our favourite fast food chains closed I thought it might be fun to make our favourite meals at home.



The rules

- The Fake away challenge is open to all students and all staff.
- You do not have to take part every week; join in when you can.
- Senior school students and staff must work independently.
- Junior school and middle school students may ask for help, for example when using the oven, and are allowed an extra 30 minutes per challenge.
- Students must have some form of supervision – please **DO NOT** cook alone in the house.
- For each challenge, judges will award points for the top five entries. Every entry will also receive one point.
- The competition will run during the school holiday.
- Photos of your dishes must be emailed to Mrs. French by midnight on the deadline day. (See schedule below)
- There will be prizes for the overall winners.



Fakeaway entries and administration.

- To sign up please email Mrs French a.french@dunottarschool.com.
- Please include the name of all the people who are going to participate and if you are a student please include your year group.
- I will share images of the winning entries with you all so that you can see the competition!



Judging Criteria

Without being able to taste the dishes, judging will be based on; the range of skills demonstrated, creativity and the presentation of the final dish.



Top Tips

Take some photos whilst you are making your dish. This can be added to your entry and used as evidence of the skills you have used. However, remember I will be sharing some of these images, so be mindful of what is in the background.

Choose a dish that you will be able to complete in the time given, but that allows you to demonstrate as many skills as possible.

- Small prizes will be awarded for the winners of the following categories:

- # The **GREGGS** Minimise Me Plan
- | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|---|---|---|--|--|--|---|
| BREAKFAST | 
Original Porridge
1 pack berries & Chemsers | 
Red Berry Porridge
1 pack Naked Nuts | 
Egg Breakfast Roll | 
Golden Syrup Porridge
1 pack Super Seeds
Piece of Fruit | 
Original Porridge
Fruit Medley | 
Egg Breakfast Roll | 
Red Berry Porridge |
| LUNCH | 
Tuna Mayo & Basil Pasta Sub Roll | 
Honey Roast Ham, Free Range Egg and Potato Salad | 
Kale, Feta, Roast Vegetable and Grains Salad | 
Chargrill Chicken, Roast Vegetable and Grains Salad
Cream of Tomato Soup | 
Katsu Chicken Bake | 
Sausage Roll | 
Mango |
| DINNER | 
Cheese, Tomato and Basil Pasta Salad | 
Roast Chicken Salad Sub Roll | 
Coconut, Lime and Chilli Chicken Salad | 
Coconut, Lime and Chilli Chicken Wrap | 
Tuna and Cucumber Sandwich | 
Coconut, Lime and Chilli Chicken Salad | 
Mango |
| SNACK | 
Fruit Medley | 
Piece of Fruit
1 pack Sweet Mango | 
Strawberry and Granola Yoghurt | 
2 x Raspberry and Almond Bakes | 
Strawberry and Granola Yoghurt | 
Piece of Fruit
Fruit Medley | 
Fruit Medley |
-   * Plus milk allowance of 200mls of semi-skimmed milk each day and unlimited water
-  * This plan was developed for a female aged between 35 – 45 with a sedentary lifestyle aiming to lose weight in 30 days

Any questions?

- If you have any questions please email Mrs French.
(A.french@Dunottarschool.com)
- Good luck!



	Challenge	Criteria	Deadline	Time
1	Burger and fries	Make a burger and fries inspired by your favourite burger restaurant. Use your imagination! You can use any type of filling, any type of bun and your choice of fries. Don't forget to tell me which burger inspired you.	31/5	3 h
2	Chinese take away	Make a Chinese fakeaway meal for your family.	7/6	3h
3	Greggs	Make a product inspired by the Greggs menu. Sandwiches, breakfast, pasta, salad, soup, bakes and sweet treats. The choice is yours! Don't forget to tell me which dish inspired you.	14/6	2hrs
4	Fish and chips	A good old fish and chip supper is always a family favourite. Please make your own version of the family favourite. Be as creative as you can. The healthier the better!	21/6	2hrs
5	Pizza Express	Create a Pizza Express inspired family banquet. You must include a starter, main and dessert.	28/6	5 hrs