

27th February 2026

Dear Parent/ Carer

Upper School: Food Technology

As part of our Design Technology this term, the children are making a two-course meal; a Mediterranean chicken salad and a cheesecake. The dishes will contain the following ingredients: chicken (or suitable vegetarian alternative), olive oil, lemon, garlic, mixed dried herbs/fresh herbs, lettuce, tomatoes and cucumber, digestive biscuits, cream cheese, double cream, lemons and butter.



To avoid the need for children to bring a wide range of ingredients from home, we will be providing all the above ingredients.

To enable this, we ask for a voluntary £3 donation to cover the cost of the ingredients, which can be paid via our new payment system MCAS. The payment will appear on MCAS under "Products". If you have any issues with the use of MCAS, please contact the School Office.

Whilst the children will be able to make the dishes with these ingredients, the salad may benefit from additional ingredients from home. Your child will therefore bring home a slip containing their desired extra salad ingredients and date of making. Please feel free to amend/add to the ingredients list where necessary after discussion with your child. Please do remember that we are a **NUT FREE school**.

Ingredients need to be brought into school on the morning of the stated date (on salad slip) in a named plastic carrier bag/food bag. As the final dishes are an individual serving (like those found in the lunch foods section of a supermarket), only a small amount of each ingredient is required.

Please also send into school a labelled (name and class) food container to enable them to bring home their salad (cheesecakes will be made in takeaway style dishes).

FOOD ALLERGIES & INTOLERANCES: Please let your child's class teacher know if your child is unable to touch or taste any of the listed ingredients above by Friday 6th March at the latest.

If you have any questions or would like to discuss this with a member of the team, please contact the school office as soon as possible.

Thank you for your support. We are sure the children will enjoy the cooking experience.

Yours sincerely

Miss Angela Connor
Head of Upper School