

Headteacher

John Galvin

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4 October 2016

Dear Parents/Carers

Spicy Vegetable Stew and Yams

In Elm Class we are going to be making spicy vegetable stew and yams on Friday 7th October.

The children will have the opportunity to prepare and eat the spicy vegetable stew and yams, we will be using the following ingredients onion, ginger, garlic, cumin, coriander, yam, vegetable stock, tomatoes, beans, sweetcorn, various green vegetables, rice and chilli which I will prepare.

If your child has any allergies with regard to these foods or you have any questions about this activity, please speak to your child's class teacher before Thursday.

Thank you.

Yours sincerely,

Charlotte Webber

Elm Class Teacher

Making and Eating Spicy Vegetable Stew and Yams

Please return this slip by Thursday morning the 6th October, to the school office. Thank you.

I *give/*do not give permission for my child.....

to handle the following ingredients e.g. onion, ginger, cumin, coriander, yam, vegetable, stock, tomatoes, beans, sweetcorn, various green vegetables, rice and chilli * Yes/No

to eat spicy stew and yams containing the following ingredients ingredients e.g. onion, ginger, cumin, coriander, yam, vegetable, stock, tomatoes, beans, sweetcorn, various green vegetables, rice and chilli *Yes/No

Signed.....Date.....

*Please delete as appropriate