

YEAR 7 Cooking Schedule - Class 7B3:/FT

20th April 2026 - 22 May 2026

Please ensure that all containers, ingredient bags and chilled ingredients are **labeled with the name and class number of your child** to enable us to place them in the correct storage area/fridge. If possible, avoid sending your child to school with whole packets/tins of food as we struggle to find space to store these - **please only bring in the quantity stated where possible.**

Please ensure that your child also brings a clean apron for the dates that they are cooking along with a bag to take it home in to avoid cross contamination in their school bag..

Should your child be a pupil premium student and you require assistance with the provision of an apron and ingredients, please email jcole@5acreshighschool.co.uk to discuss the assistance available. **Please also email to inform us if your child has any allergies**

Date	Ingredients Required
<u>29th April 2026</u>	<u>Fish Fingers</u> <ul style="list-style-type: none">● Ingredients for this dish will be provided● Apron● Container to take fishfingers home in
<u>13th May 2026</u>	<u>Pizza Toasts:</u> <ul style="list-style-type: none">● 2 x Panini Breads or 1 Small French Stick● Tube of tomato puree● 60g hard cheese (ungrated)● 2 x fruit/veg ingredients suitable for a pizza topping● 2 slices of ham/few slices of pepperoni (optional)● Container large enough to take home 4 pizza toasts● Apron
<u>20th May 2026</u>	<u>Sausage Rolls</u> <ul style="list-style-type: none">● 1 pack of ready rolled puff pastry● 24 mini cooked cocktail sausages● 1 egg● Named container to fit 24 mini sausage rolls● Apron