

YEAR 8 Cooking Schedule - Class:8A3/FT

20th April 2026 - 22nd 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 let us know if your child has any allergies.**

Date	Ingredients Required
1st May 2026	<u>Fish Fingers</u> Ingredients will be supplied for this dish. Please bring an apron and a container to take fishfingers home in.
11th May 2026	<u>Egg on Toast with Tomato Rose</u> <ul style="list-style-type: none">• 1 slice of bread - any type• Margarine/butter to put on the bread (when toasted)• 1 egg• 1 firm salad tomato• Apron Providing there is time in the lesson, students are able to eat their meal should they wish.
15th May 2026	<u>Bolognaise</u> <ul style="list-style-type: none">• 250g mince meat/soya mince/quorn• 2 slices of bacon• 1 tin of tomatoes• 1 small onion• 1 clove of garlic (or garlic powder)• Tube of tomato puree (1 tablespoon required)• Worcestershire sauce• Mixed herbs• Beef oxo cube• Container with secure lid to take home the bolognaise• Apron and a carrier bag to place dirty apron in (raw meat cook) Quorn and vegetable stock cube can be used for the vegetarian option and omit the worcestershire sauce.