

## **YEAR 8 Cooking Schedule - Class:8B2/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](mailto:jcole@5acreshighschool.co.uk) to discuss the assistance available. **Please also email to inform us if your child has any allergies.**

<b>Date</b>	<b>Ingredients Required</b>
<b><u>21st April 2026</u></b>	<b><u>Fish Fingers</u></b>  Ingredients will be supplied for this dish. Please bring an apron and a container to take fishfingers home.
<b><u>5th May 2026</u></b>	<b><u>Egg on Toast with Tomato Rose</u></b>  <ul style="list-style-type: none"><li>• 1 slice of bread - any type</li><li>• Margarine/butter to put on the bread (when toasted)</li><li>• 1 egg</li><li>• 1 firm salad tomato</li><li>• Apron</li></ul> Providing there is time in the lesson, students are able to eat their meal should they wish.
<b><u>19th May 2026</u></b>	<b><u>Bolognaise</u></b>  <ul style="list-style-type: none"><li>• 250g mince meat/soya mince/quorn</li><li>• 2 slices of bacon</li><li>• 1 tin of tomatoes</li><li>• 1 small onion</li><li>• 1 clove of garlic (or garlic powder)</li><li>• Tube of tomato puree (1 tablespoon required)</li><li>• Worcestershire sauce</li><li>• Mixed herbs</li><li>• Beef oxo cube</li><li>• Container with secure lid to take home the bolognaise</li><li>• Apron and a carrier bag to place dirty apron in (raw meat cook)</li></ul> Quorn and vegetable stock cube can be used for the vegetarian option and omit the worcestershire sauce.