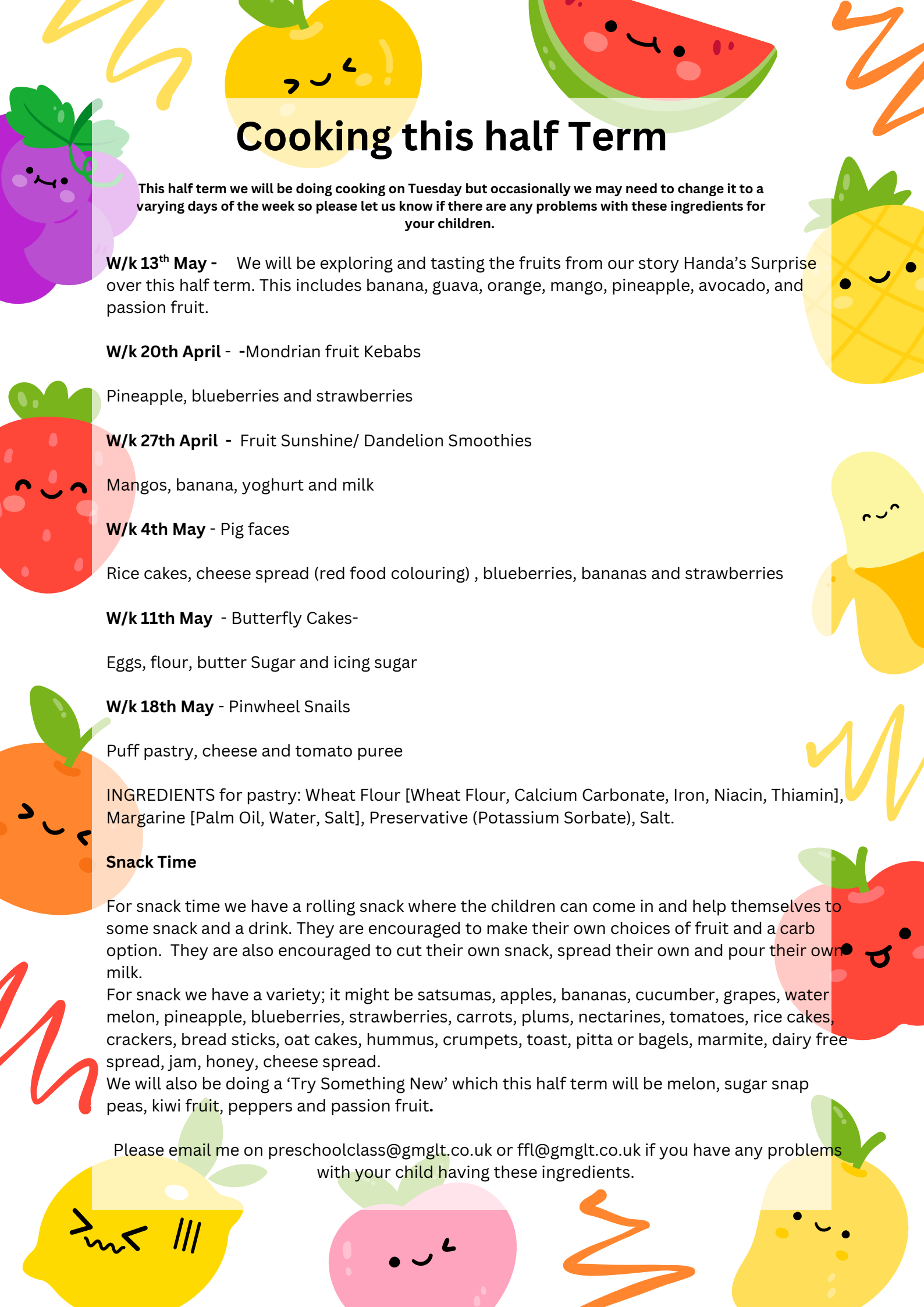




Cooking this half Term

This half term we will be doing cooking on Tuesday but occasionally we may need to change it to a varying days of the week so please let us know if there are any problems with these ingredients for your children.

W/k 13th May - We will be exploring and tasting the fruits from our story Handa's Surprise over this half term. This includes banana, guava, orange, mango, pineapple, avocado, and passion fruit.

W/k 20th April - -Mondrian fruit Kebabs

Pineapple, blueberries and strawberries

W/k 27th April - Fruit Sunshine/ Dandelion Smoothies

Mangos, banana, yoghurt and milk

W/k 4th May - Pig faces

Rice cakes, cheese spread (red food colouring) , blueberries, bananas and strawberries

W/k 11th May - Butterfly Cakes-

Eggs, flour, butter Sugar and icing sugar

W/k 18th May - Pinwheel Snails

Puff pastry, cheese and tomato puree

INGREDIENTS for pastry: Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Margarine [Palm Oil, Water, Salt], Preservative (Potassium Sorbate), Salt.

Snack Time

For snack time we have a rolling snack where the children can come in and help themselves to some snack and a drink. They are encouraged to make their own choices of fruit and a carb option. They are also encouraged to cut their own snack, spread their own and pour their own milk.

For snack we have a variety; it might be satsumas, apples, bananas, cucumber, grapes, water melon, pineapple, blueberries, strawberries, carrots, plums, nectarines, tomatoes, rice cakes, crackers, bread sticks, oat cakes, hummus, crumpets, toast, pitta or bagels, marmite, dairy free spread, jam, honey, cheese spread.

We will also be doing a 'Try Something New' which this half term will be melon, sugar snap peas, kiwi fruit, peppers and passion fruit.

Please email me on preschoolclass@gmglt.co.uk or ffl@gmglt.co.uk if you have any problems with your child having these ingredients.