

# Cornerstone Church of England (VA) Primary School

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Mr T Clarke Headteacher



*Building our Community with Love, Forgiveness and Hope  
Growing an Inspirational Learning Community*

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08 February 2017

## Ready Steady Cook Day

Dear Parents,

In collaboration with Hampshire Catering Services (HC3S), we are going to have a Ready Steady Cook Day here at Cornerstone on Friday, 10<sup>th</sup> February 2017.

Each class will get a chance to make (and try) fruit kebabs and fruit smoothies. The fruit smoothies will be milk or orange-juice based, and sweetened with honey.

In the afternoon, we will have a whole school "cook off" with two different stir-fry dishes: sweet and sour chicken stir-fry as well as Quorn and vegetable stir-fry. A list of ingredients can be found at the bottom of this letter. Judges will be the pupils chosen to be on the Top Table for this week.

In addition, Hampshire Catering Services will deliver a healthy eating afternoon to our Year 2 Turtles class this Thursday; again, the focus will be on making and trying fruit smoothies and kebabs.

Please rest assured that throughout these activities, we will be mindful of any special dietary needs, food intolerances or vegetarian preferences you have advised us of.

Should you have any queries or concerns, then please let us know.

Yours sincerely,

Tim Clarke  
Headteacher

### Stir-fry Sweet & Sour Chicken

Chicken, vegetable oil, garlic, spring onions, green & red pepper, tinned pineapple in juice. White wine vinegar, soy sauce, tomato paste, unsweetened orange juice, brown sugar, cornflour.

### Quorn and Vegetable Stir-fry

Quorn, vegetable oil, spring onions, carrot, mange-tout, baby sweetcorn, yellow pepper, beansprouts, soy sauce.

***"This is a happy school where pupils achieve well in terms of their personal, as well as academic development and are growing up as responsible caring young people." Ofsted 2015***