



UPLANDS JUNIOR SCHOOL

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7th July 2016

Dear Parent,

Year 4 - DT Work - Pasta Salad

As part of our DT Food work, your child will be making a Pasta Salad next week. School will provide the pasta and sauces, however your child will need a **small** amount of the following ingredients:

| | | |
|---|--|---|
| 1. <u>Pick a Protein (Optional)</u> Chicken, cooked and chopped Ham or salami, cubed Canned tuna, drained and flaked Tofu, chopped | 2. <u>Vegetables</u> Broccoli florets, blanched Corn Carrots Cherry tomatoes Celery Cucumber Red onion Bell pepper Canned chickpeas White beans, drained and rinsed | 3. <u>Extras (optional)</u> Sun-dried tomatoes, chopped Roasted red peppers, chopped Olives, pitted and chopped |
| Select one from above list if you want. | Select 2-3 from above list. | Select one from above list if you want. |

Other useful items needed:

- small container (with a lid) required for the prepared pasta salad to be taken home in.
- apron

Above ingredients will be needed for **Wednesday 13th July 2016.**

We hope you will enjoy eating the Pasta Salad and provide feedback.
Thank you for your continued support,

Year 4 Staff