

Hawthorn Community Primary School

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24th June 2019

Dear Parent / Carers

This week as its Sports Week, years 3 and 4 (Willows, Silver Birches and Redwoods) will be cooking crustless quiche and overnight oats and tasting different fruits. These are the ingredients we will be using.

<u>Crustless Quiche</u> eggs low fat cottage cheese low fat cheddar cheese tomatoes mushrooms onions spinach chives	<u>Overnight Oats</u> low fat natural yogurt oats frozen fruit/berries cinnamon Frylight
<u>Fruit Tasting</u> watermelon avocado mango dried banana dried Apple dried Apricot	

Please can you advise your child's teacher if there is anything your child cannot eat.

Yours faithfully

Frances York

Miss York

