



**Middlewich Primary School**  
**Park Road**  
**Middlewich**  
**Cheshire**  
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**Headteachers: Mrs G. Reynolds**



Wednesday 12<sup>th</sup> June 2024

Dear parents / carers,

As part of our DT lessons in the coming weeks, the children will be trying a variety of different foods to help them decide what salad they are going to make for their summer dish. These include:

- Lettuce
- Rocket
- Cherry tomatoes
- Cucumber
- Mixed peppers
- Red onion
- Olives
- Halloumi cheese
- Feta cheese
- Parmesan cheese
- Natural yogurt
- Couscous
- Chickpeas
- Mayonnaise
- Balsamic vinegar
- Caesar dressing
- A range of herbs such as mint, coriander, chives, oregano and basil

We will also be making a fruit-based dessert in future lessons which could include strawberries, raspberries, blueberries, bananas, apples, grapes and oranges.

If your child is allergic to any of the ingredients listed, please email the school or speak to the class teacher, to let us know so we can cater for them.

Yours sincerely,

Miss Harding and Miss Challinor