



Llangewydd Junior School

Headteacher: Mr N Clode; Deputy Headteacher: Mrs L Evans; Assistant Headteacher: Mr D Evans;
ALNCo. : Mrs T Porter; Other senior leadership members: Mrs J Davies, Mrs W Mitchell and Miss Y Davies

Year 3 French Cookery and Food Tasting – Monday 26th September

Annwyl Rieni/Gwarchodwyr,
Dear Parents/Carers,

On **Monday 26th September**, Year 3 will be making and tasting some typical French dishes to celebrate *European Languages Day*. We will be making French toast as well as tasting croissants with butter, jam and Nutella. Lists of the ingredients and allergens have been included overleaf. Please can you read these carefully before completing the slip below to give permission accordingly for your child to make/eat the French toast and to taste the croissants with butter, jam and Nutella. **We are unable to allow the children to eat the foods unless we have received the completed permission slip from you.** We would be grateful if your child could return the slip to school by Friday 23rd September.

It would also be lovely if the children could wear red, white and/or blue; the colours of the French flag

Yours sincerely,
Year 3 Teachers

Please tick the relevant boxes:

I give permission for my child _____ to make/eat French toast

with tomato sauce

I **do not** give permission for my child to make/eat French toast

I give permission for my child to eat croissants with butter

, jam

and Nutella

I **do not** give permission for my child to eat croissants

Signed: _____





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Croissant - Ingredients

Wheat Flour, Palm Oil, Water, Sugar, Concentrated Butter (**Milk**) (3%), Pasteurised Liquid Whole **Egg**, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-lactylate), Salt, Yeast, Dried Skimmed **Milk**, **Wheat** Gluten, Carob Germ Flour, Flavouring, Antioxidant (Ascorbic Acid), Thickener (Locust Bean Gum), **Rye** Flour, Colour (Carotenes) **Dietary Information** Contains Eggs, Contains Milk, Contains Rye, May Contain Sesame, May Contain Soya, Contains Wheat

Eggs

White bread -Ingredients

Fortified Wheat Flour (**Wheat** Flour, Iron, Thiamin, Nicotinic Acid, Calcium Carbonate), Water, Salt, Yeast, **Soya** Flour, Preservative (Calcium Propionate), Emulsifier (Mono- and Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Folic Acid. **Dietary Information** May Contain Cereals Containing Gluten, May Contain Milk, Contains Soya, Contains Wheat

Butter - Ingredients

Butter (**Milk**), Salt, Minimum 80% Milk Fat **Dietary Information**. Contains Milk

Jam - Ingredients

Strawberries, Sugar, Water, Gelling Agent: Pectin, Lemon Juice, Preservative: Potassium Sorbate, Prepared with 50g of Fruit per 100g, Total Sugar content: 42g per 100g **Dietary Information** Free From Gluten

Tomato sauce Ingredients

Tomatoes (148g per 100g Tomato Ketchup), Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (contain **Celery**), Spice **Dietary Information** Contains Celery

Nutella Ingredients

Sugar, Vegetable Oil, Hazelnuts, Skimmed milk powder, fat-reduced cocoa powder, emulsifier (soy), flavouring (vanilla), milk, soy.



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