

St Mark's C of E School

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16th April 2026

Dear Parents / Carers,

This letter details the new procedure and ingredient list for the upcoming Food Preparation and Nutrition lessons for our Year 9 students. The rotation will begin on 20th April and will continue until the end of the year. During this time, students will be learning to prepare and cook a variety of dishes, which will help them develop both practical cooking skills and an understanding of health, safety, hygiene and nutrition.

Below is a list of the dishes your child will be preparing and the ingredients they will need for each lesson. Please ensure that your child has access to the following ingredients, measured and packed in suitable containers for each week. Additionally, for each lesson, students will need to bring a large container to take home their cooked dishes.

Your child will be cooking on **Week B**

Week beginning: 20/4/26

Dish: Focaccia

Ingredients:

- 200g strong plain flour

Week beginning: 4/5/26

Dish: Smoothie making

Ingredients:

- 1 banana
- 250ml milk OR apple juice
- 150g frozen fruit – your choice e.g – mango, strawberries, blueberries, blackberries

Week beginning: 19/5/26

Dish: Carbonara

Ingredients:

- 200g spaghetti or pasta shapes
 - 100g pancetta / bacon / bacon pieces
 - 2 eggs
 - 50g parmesan cheese.
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Week beginning: 8/6/26

Dish: Meze Meatballs

Ingredients:

- 2 slices bread
- 50ml milk
- 400g beef or lamb mince
- 1 egg
- 1 onion
- 1 lemon
- 2 garlic cloves

To serve

- 170g pot Greek or natural yogurt
- ½ cucumber
- 6 cherry tomatoes
- 1 red onion
- 2 pitta breads

(Vegetarian alternative – Falafel)

- 400g can chickpeas, rinsed and drained
 - 1 small red onion
 - 1 garlic clove
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Week beginning: 22/6/26

Dish: Blueberry Pancakes

Ingredients:

- 50g blueberries
 - 110g plain flour
 - 1 egg
 - 150ml milk
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For ingredients that need to be kept refrigerated (e.g., meats, dairy), we ask that your child drop them off to the Food Room before morning tutor on the day of the lesson, so we can store them safely until they are needed.

If your child has any dietary restrictions or allergies that the school is unaware of, or if your family is experiencing difficulty in sourcing or financing the ingredients for these lessons, please do not hesitate

to contact the school. We are here to offer support and can make arrangements to assist with the cost of ingredients where needed. Students will receive sanctions if they do not bring their ingredients in on the day they are cooking and there has been no contact from home.

We encourage all students to take part fully in the practical sessions, as they will not only gain essential cooking skills but also learn to appreciate the importance of healthy eating and food sustainability.

If you have any further questions or concerns, please do not hesitate to contact me.

Thank you for your support.

Yours sincerely,

Miss A. Sheehan
Food Preparation and Nutrition Teacher