



October 2023

Dear Parent/ Carer,

Year 7 Seaford Head School Family Cook-along

We are very pleased to invite you and your child to our 'cook-along' event at Seaford Head School on Wednesday 15 November at 3.30pm.

The purpose of the event is to prepare and cook a two-course meal together, with the opportunity to join with staff, other parents/carers and children to eat and celebrate what you have made.

All ingredients, equipment and drinks for the event will be provided. The two-course meal will be:

Christmas themed menu

Main course:

A shortcrust pastry festive vegetarian pie with steamed vegetables and roasted rustic potatoes.

Dessert:

A lemon curd and yoghurt fool with homemade spiced shortbread biscuit.

The cooking will take place in the Food Technology room at the Steyne Road site, followed by a sit-down meal and drinks with music in the hall. The event will finish by 6.00pm.

We are very much looking forward to welcoming you at this event. Please complete the Microsoft Office form here to confirm whether you will be able to attend:

<https://forms.office.com/e/Kzt5W9DXhc>. The deadline for this is Friday 3 November. We are more than happy to cater for any alternative diets, please state any allergies or intolerances on the form. Please do let us know if you are not able to attend as places are limited and we would like to offer the opportunity to other families.

Yours sincerely,

V. Feneron

Mrs V. Feneron

Head of Food and Nutrition

Seaford Learning Trust

Mr R Ellis, Headteacher

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