



**BROADWATER**  
CHURCH OF ENGLAND  
PRIMARY SCHOOL

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15<sup>th</sup> May 2024

Dear Year 2 Parents/Carers,

On Monday 2<sup>nd</sup> June, as part of healthy eating week we will be cooking and tasting fish cakes. The ingredients will include:

- potatoes
- mackerel
- tuna
- salmon
- breadcrumbs
- sunflower oil
- spring onions
- chives
- grated cheddar
- wholegrain mustard
- lemons



If your child is **vegetarian**, they will make and eat a cheese and potato cake.

If your child is **gluten free**, we will have gluten free bread for their group.

This is a fantastic opportunity for children to gain an understanding of how fish from the sea ends up on our plate! Please email the school office if your child has any allergies or intolerances to any of these ingredients **as soon as possible**. **Please also let us know if your child is vegetarian or gluten free.**

If you are able to help out with making these fishcakes, please let us know. You would need to hold a current DBS with the school in order to do so.

Many thanks for your ongoing support,  
The Year 2 Team

**Turn your ear to wisdom and apply your heart to understanding (PROVERBS 2:2)**