Dear parents and students,

The Green Team is happy to announce that we will be holding a second Vegetarian Day on (18th April 2013) in the form of a competition. This year grades 6, 7, 8, 9 will be cooking to impress judges from the older grades. This will be a *voluntary* event with house points rewards for all participants (3 for cooking – 2 for judging – 1 for attending). On (the day), school will go on as per schedule until tutors are invited to accompany their classes to the aula. For examples of vegetarian dishes and a bit of inspiration, see bqck of this letter.

Collection of food by Green team member (Adam / Aidan / Jeffrey / Max):

* 8:00 and during all of first period in the entrance hall.
* First break in the Aula.

Labelling of food:

* Grade: 6 / 7 / 8 or 9
* Storage details: Room temperature / fridge / oven (please specify)
* Name of dish
* Name of student

Sincerely,
The Green Team

*Please note: vegetarian food does not contain any meat whatsoever (such as fish, pork, chicken, beef, lamb, etc). Feel free to use dairy products.*

Here is a list of suggestion of vegetarian dishes:

Pasta salad with pesto.

Cucumber and cheese sandwiches.

Egg salad and chives spread with bread / foccacia

Salad cheese and chilli beans wraps

Quiche or mini-quiches (with broccoli/spinach/goat cheese/ walnuts/eggplants etc)

Plate with assorted dips (houmous/teina etc), pita bread + shredded greens (salad...)

Cucumber and avocado sushis

Tortillas

Burritos with tomato and beans

Pancakes

Fruits (tarts, fruit salad, fruit skewer + hot choc dip, ...)

Red bean paste pastries

Brownies

Carrot cake