



Tomato & Vegetable Pasta Sauce



TEAM - 'Together Everyone Achieves More'

This is the recipe that the children made on the Cooking Bus. Why not have a go at making it with your child.

- 1 tbsp light olive oil
- 1 garlic clove, crushed
- 1 medium onion, peeled and finely chopped
- 2 large carrots, peeled and finely chopped
- 1 courgette, sliced (when in season and cheap)
- 1 leek sliced
- 1 red pepper finely diced
- 1 tsp mixed herbs
- 1 400g tin of chopped tomatoes
- 1 vegetable stock cube dissolved in 200ml boiling water
- 1 tbsp tomato purée

A handful of fresh herbs (optional)

1. Heat the oil in a pan, add the onions and cook for 2 minutes. Add the garlic and cook for a further 1 minute being careful not to burn it.
2. Add the carrots, courgette, red pepper and leek and cook until soft, stirring occasionally. Add a little water to prevent sticking.
3. Add the dried herbs and cook for 1 minute.
4. Stir in the tinned tomatoes, black pepper, tomato purée and vegetable stock. Simmer for about 8 minutes.
5. Add some herbs (optional)
6. Transfer to a blender and blend until smooth. If you don't have a blender you could use a potato masher.



Parent Coffee Afternoon
Tuesdays
1.30pm to 3.00pm
Please come and join us.

Golden Book

Congratulations to the following children for their positive attitude and work ethics in school.

Week Ending 23/01/2015

3G – Molly Ellis

3R – Lilly Gifford

4D – Jake Taylor

4R – Shanade Smith

5H – Brayden Stevens

5T – Ashleigh Reese

6F – Josh Allen

Mini School – Mia Beddoes



Parent's Maths Course

The maths course is taking place on Tuesday 3rd February 9.00am till 11.00am



Procedure for school closure

In the event of school being closed for any reason, we will put it on the school website and advertise it on Radio Shropshire.

If we have to close when the children are in school, we will send a text message but also put it on the website and radio.

It is important that you keep checking the website at all times for any changes.