

05/10/2026



Dear Parents and Carers,

As part of their DT project next term, Year 6 will be preparing, making and tasting stew. In line with Benedict's Law, please see below a list of all ingredients that will be used. If any of these pose an allergy risk, please advise the class teacher.

Tasting is optional so children do not have to take part if they do not wish to.

Allergen information:



Tesco Smoky Butternut & Bean Casserole 392G

★★★★☆ 3.9 stars (23 Reviews)

£2.00 £5.10/kg

1

Add

[Ingredients](#)



Ingredients

INGREDIENTS: Tomato Purée, Mixed Beans (14%) [Butter Beans, Black Turtle Beans], Butternut Squash (13%), Carrot, Onion, Red Pepper, Tomato (6%), Red Lentils, Rapeseed Oil, Tomato Juice, Smoked Paprika, Garlic Purée, Spices, Modified Maize Starch, Sugar, Salt, Spirit Vinegar, Coriander Leaf, Maize Starch, Concentrated Carrot Juice, Concentrated Lemon Juice, Black Pepper, Mushroom Concentrate, Onion Powder, Onion Concentrate, Water, Colour (Paprika Extract), Thyme Extract

Nutrition information



Tesco Lentil & Vegetable Bolognese 392G

★★★★☆ 4 stars (31 Reviews)

£2.00 £5.10/kg

1

Add

Ingredients

INGREDIENTS: Red Lentils (28%), Tomato (14%), Onion, Red Pepper (10%), Carrot (8%), Tomato Purée, Tomato Juice, Mushroom (4%), Modified Maize Starch, Maize Starch, Garlic Purée, Rapeseed Oil, Basil, Red Wine, Yeast Extract, Mushroom Extract, Salt, Sugar, Oregano, Water, Colour (Paprika Extract), Black Pepper, Leek Concentrate, White Pepper.



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Tesco Chickpea & Apricot Tagine 392g

★★★★☆ 3.7 stars (2 Reviews)

£2.00 £5.10/kg

1 [Add](#)

Ingredients

INGREDIENTS: Water, Chickpeas (16%), Tomato (13%), Red Pepper, Onion, Cannellini Beans, Tomato Purée, Tomato Juice, Apricot (3.5%), Garlic Purée, Rapeseed Oil, Modified Maize Starch, Maize Starch, Spices, Mango Chutney [Sugar, Mango, Salt, Ginger, Acidity Regulator (Acetic Acid), Garlic, Cayenne Pepper], Parsley, Sugar, Red Chilli, Spirit Vinegar, Smoked Paprika, Lemon Juice, Turmeric, Concentrated Carrot Juice, Rice Flour, Mushroom Concentrate, Onion Powder, Onion Concentrate, Black Pepper.



Aunt Bessie's 8 Dumplings

390g

★★★★☆ 4.1 stars (18 Reviews)

£2.50 £6.41/kg

1 [Add](#)

Ingredients

Wheat Flour, Water, Palm Oil, **Wheat** Fibre, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Rapeseed Oil, Calcium Carbonate, Salt, Black Pepper, Niacin, Iron, Thiamin, Calcium Sulphate

Kind regards

Anna Finch-Judd

English Lead & Y6 Class Teacher

Meon Junior School | The Thinking Schools Academy Trust