



## WIN A LAPTOP FOR YOUR HOME ECONOMICS DEPARTMENT!

Monday 8<sup>th</sup> - Sunday 14<sup>th</sup> February 2010 will mark Beef Week when the Livestock & Meat Commission for Northern Ireland (LMC) will highlight the quality, safety and traceability of Northern Ireland Farm Quality Assured Beef.

You can get involved in Beef Week and possibly win a laptop for your Home Economics Department by entering our **Love Beef Competition**. To enter, we want you to create a starter and main course menu to celebrate either Valentine's Day or Chinese New Year both of which fall on 14<sup>th</sup> February 2010. Simply choose two recipes from either [www.lovebeefandlamb.com](http://www.lovebeefandlamb.com) or [www.food4life.org.uk](http://www.food4life.org.uk) which would be suitable for a starter and main course for either of these special occasions and explain why you chose them!

Complete the entry form below and email it to [sdoran@lmcni.com](mailto:sdoran@lmcni.com) or post it to Sharon Doran, LMCNI, Lissue House, 31 Ballinderry Road, Lisburn, BT28 2SL no later than Friday 12<sup>th</sup> February 2010.





## Love Beef Competition!

Name: \_\_\_\_\_ Class: \_\_\_\_\_

School: \_\_\_\_\_ HE Teacher \_\_\_\_\_

Email address: \_\_\_\_\_

Menu for : \_\_\_\_\_ (Valentine's Day or  
Chinese New Year)

Starter: \_\_\_\_\_

Main Course: \_\_\_\_\_

Reason for  
Choices: \_\_\_\_\_

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