

Abbey Farm Kitchen Newsletter!

Hello everyone!

We are finally in December! How quick did last month go?

I hope you all are ready for the coming month. We have lots of tasty meals on our menu this month! With the added bonus of our very special Christmas dinner. I hope you all have a lovely December filled with laughter, joy and above all lots and lots of yummy treats!

This Month's Menu Highlights

- Chicken Enchiladas - Yummy Chicken, with Butter beans for extra fiber in a homemade tomato sauce.
- Katsu Style Chicken Curry- An aromatic curry with punchy flavours
- Baked Gnocchi - Homemade Cheese and tomato Sauce baked in the oven for extra lovely roasted flavours.
- Chocolate Brownie - Goopy Homemade Brownie.



Photos above of some of our current yummy dishes

Healthy Eating Corner

Did you know? Healthy eating in childhood reduces your child's chance of developing health problems as they get older. A healthy, balanced diet includes foods from all 5 food groups: fruit, vegetables, grains, proteins and dairy. Why not make a plate of food up with these 5 food groups!

Upcoming Events - Christmas Dinner Day

We are cooking up:

December 2025



- Sliced Turkey, Roast Potatoes, Stuffing balls, Pigs in Blankets and Seasonal Veg with Gravy.
- Quorn Chicken, Roast Potatoes, Stuffing Balls and Seasonal Veg with Gravy.
- Handmade Christmas Biscuit

Recipe of the Month:

Homemade Meatballs in a tomato sauce serves 4

- 160g - Beef Mince
- 160g - Pork Mince
- 10g - Corn flour
- 105g - Onion
- 11g - Garlic Puree
- 2g - Basil
- 100g - Diced Carrots
- 3g - Beef Stock
- 160g - Penne Pasta
- 400g - Chopped Tomatoes

Method

1. Place both minces, corn flour, 1/10 of the onion, 1/2 beef stock, 1/3 garlic puree and 1/4 of basil in a bowl
2. Mix together well until combined
3. Split into 80g portions
4. Roll each portion into 3 balls
5. Cook at 180 for 6-8 mins

For the sauce

1. Sauté the remaining onions and diced carrots in a little oil
 2. Once soft, add the remaining garlic, basil and stock and chopped tomatoes.
 3. Once cooked, blend the sauce.
 4. Add the meatballs and juices to the sauce
- Amp it up with Garlic Bread, and a Fresh Side Salad.

We'd Love to Hear From You



Abbey Farm
Educate Together Primary

Have you got any recipes, ideas or a photo of your favorite meal, please do email us at info@abbeyfarmet.org.uk so that we can share.