

Abbey Farm Kitchen Newsletter!

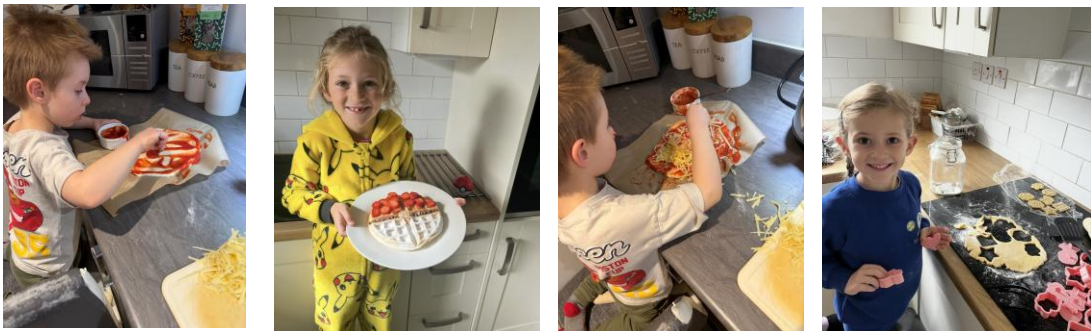
Hello Everyone!

Welcome to Term 4! We are jumping into Spring and hopefully some warmer weather. We have World Book Day coming up this term, the kitchen team are so looking forward to seeing everyone's outfits. The last term I have been watching the children carefully scraping their food into the correct waste bins. At Abbey Farm we strive to be as environmentally friendly wherever we can. We have 1 bin for general waste and another for food waste. All our food waste goes to a farmer to be turned into animal feed!

This Month's Menu Highlights

- Homemade Lemon and Garlic Chicken- Fresh garlic and lemon are the perfect combination to go with juicy chicken and fluffy couscous.
- Homemade Sausage Rolls- Fresh pork sausage meat, wrapped in puff pastry served with creamy mashed potatoes.
- Cheeseburger Pasta- A cheeseburger inspired pasta bake.
- Cheese and Bean Quesadilla- Full of Fiber
- Pear and Chocolate Cake- Using seasonal Pears, this is perfectly paired (No pun intended!) with cocoa making the most yummiest dessert

We have got some great pizza making skills!! Can anyone spot a Pokeball waffle?!



Photos above of some of our future Abbey Farm Chefs 

Upcoming Events - **World Book Day 5th March**

We are cooking up:

- Ron Weasley beef burger sandwiches
- Petteer rabbit veggie sausage roll
- Served with Wizz Poppin wedges

January 2026



- Hungry caterpillar salad
- Winnie the Pooh Honey cake

Recipe of the Month:

Cheese Burger Pasta

- Penne Pasta - 160g
- Onion- 80g
- Beef Mince- 250g
- Oregano- 1 Tsp
- Paprika- 1 Tsp
- Garlic- 2 Tsp
- Tomato Puree- 40g
- Beef Stock- 2g with 180g Water
- Cream(or Vegan Cream)- 60ml
- Cheddar(or Vegan Cheese) - 50g

Method

- Cook the pasta in pan then drain
- Cook the onions in a pan until softened
- Add the mince to the onions and cook until browned
- Add the oregano, paprika, garlic and tomato puree
- Add the stock and water to the mix, bring to the boil then simmer
- Add the cooked pasta to the mix with the cream and cheese

Bake for 15-20 mins

We'd Love to Hear From You

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.

