

Abbey Farm Kitchen Newsletter!

Hello Everyone!

Happy New Year and welcome back! I really hope you have had an amazing Christmas and New year. This year I have embarked on a new adventure and started a 10 week course with a charity called Chefs in Schools, a practical high impact program to build kitchen confidence, skills and food culture covering: practical cooking techniques, nutrition education, food waste reduction, menu development and expanding children's tastebuds. I am really excited about this course and I am expecting big things to come from this which will improve our lunchtime experience.



A few of our lovely Reception class are taking on cookery school this term. They will be making: Pizza, Jam Tarts, Fruit Kebabs, Cakes and Pinwheels. I know they will smash it so look forward to seeing what they have created!

This Month's Menu Highlights

- Homemade Steak and Potato Pie - packed full of flavour, I add lentils into the dish to add extra protein.
- Butchers Sausages, Mash potato and Yorkshire puddings - Something to warm us up on these cold days.
- Vegetable Chow Mein - This is a super simple but delicious dish which packs a punch and is full of wonderful flavours.
- Victoria Sponge - Our Victoria Sponge is an English Classic but with a twist made with dairy free butter and cream its ok for anyone with a dairy allergy to eat!!



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 - **Census day 15th Jan**

We are cooking up:

Chicken Goujons, Chips and sweetcorn

Vegetable Burgers, Chips and sweetcorn

Marshmallow Treat.

Pizza Day 9th February

Cheese and Tomato Pitta Pizza, Onion rings and Peas

Chocolate Shortbread Biscuits

Recipe of the Month:

Vegetable Chow Mein Serves 4

Ingredients

- 320g Egg Noodles
- 50 ml Dark Soya Sauce
- 15g Caster Sugar or 10g Honey
- 60g Carrots
- 20g Pepper
- 120g Savoy Cabbage
- 16ml Sesame Oil
- 16g Garlic Puree

Method

- Boil the noodles in a pan until cooked about 8 minutes.



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Educate Together Primary

- Shred the cabbage, thinly slice the carrot and peppers.
- Fry vegetables in a pan.
- Combine- Sesame oil, garlic puree, and dark soya sauce.
- Add noodles and sauce and serve.

Make this dish extra special with vegetable spring rolls!

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.