

Abbey Farm Kitchen Newsletter!

Hello everyone!

November is here, and this is our first kitchen newsletter! A little snippet of what we get up to here in the Abbey Farm kitchen, and we're serving up warm, hearty meals to keep everyone cozy as the weather cools down. Read on for tasty updates, fun facts, and a sneak peek at what's cooking this month!

This Month's Menu Highlights

- All Day brunch - A students favorite full of protein and fiber.
- Homemade Meatballs - Secret hidden veggies in the homemade sauce providing those extra nutrients.
- Fruit Salad - A mix of Grapes, apple, orange, strawberries, and pineapple. A rainbow of colour and packed full of goodness.
- Homemade Cheesecake - A lovely treat to end the busy week.



Photos above of some of our current yummy dishes 

Healthy Eating Corner

Did you know? Eating foods of different colors helps your body get a mix of nutrients. Try to eat a rainbow this week – maybe a red apple, orange carrot, green cucumber, and purple grapes!

Upcoming Events - Remembrance Day -11th November

We are cooking up:

- Juicy sausages, mashed potatoes, peas and a lovely gravy.
- Cheese Leek and potato pie
- Delicious treacle sponge for dessert.



Recipe of the Month:

Chicken Enchiladas for a family of 4

- 4 Wraps
- 3 Chicken Breasts
- 66g Diced onion
- 100g Mixed peppers
- 120g Butterbeans
- 160g Chopped tomatoes
- 7g Garlic
- 2g Cumin
- 2g Oregano
- 4g Chicken Stock

Method

1. Slice the Chicken and peppers into strips and fry with onion
2. Add 2/3 chopped tomatoes, stock, oregano, cumin, butterbeans and garlic and cook for 10 minutes
3. Place mix into the wraps then roll and put onto an overproof tray.
4. Pour over the remaining sauce and sprinkle with cheese
5. Cook at 180c for 15-18 minutes

Add mashed Avocado, sour cream, salsa on the side, to enhance your dish.

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.