

How wonderful it is for everyone to finally be back to normal at school!

We would like to welcome all our new reception class children; it is lovely to see so many of them enjoying our delicious home cooked lunches.

Now that restrictions have lifted, we are delighted that we can now invite our first visitors back into the school.

Grandparents are invited to join their grandchildren for lunch on either 4th, 5th, or 6th October. This will be for years 1—6 children only, as our youngest children in reception class are still settling in. Bookings must be made in advance via the school office.

We have some delicious things on the menu during that week :

Monday—Macaroni Cheese or Bean Chilli

Tuesday—Lasagne or Vegan Pesto Spaghetti

Wednesday—Roast Chicken or Chickpea Fritters

We look forward to seeing you and your Grandparents in over these few days!

Nicky, Debbie and Nicky



Seasonal Fruit and Vegetables for October/November

Purple Sprouting Broccoli, Broccoli,
Cabbage, Carrots, Cauliflower,
Beetroot, Beans (Runner/French)
Kale , Pumpkins, Rhubarb, Lettuce,
Sprouts, Sweetcorn, Spinach,
Pumpkin, Parsnips, Leeks,
Courgette, Potatoes,.

Apples, Blackberries

**There are lots of vegetables in
season so why not make the
harvest soup on the following
page.**

 **The Galley** 

The Galley Newsletter

October 2021



Harvest Festival Soup



Serves 4

Shopping basket

- 1 medium-sized onion - peeled and finely chopped
- 1 medium-sized potato - peeled and diced
- 2 leeks - trimmed washed and finely sliced
- 2 carrots - peeled and sliced
- 2 courgettes - sliced
- 50g frozen peas
- 1 small can chopped tomatoes
- 1 dessertspoon bouillon powder
- ground black pepper
- 750ml water
- 1 tablespoon fresh parsley - chopped



Method

- 1.** Put all the prepared vegetables, except the peas and tomatoes, in the pan.
- 2.** Add the water and bouillon powder.
- 3.** Heat the mixture to boiling point, and then reduce the heat to a simmer. Put the pan lid on and cook for 20 minutes or until the vegetables are tender. Add a little more water, if needed.
- 4.** With a slotted spoon, carefully remove approximately a third of the vegetables from the pan. Purée them in a blender with half the canned tomatoes.
- 5.** Return the puréed vegetables to the pan, then add the peas and the remaining tomatoes. Reheat gently until hot.
- 6.** Serve with warm crusty bread.

HOT TIP: Look for low (or no) salt bouillon powder or stock cubes.