

We hope you all had a wonderful summer break and we are delighted to welcome all of our new reception children and hope they have now settled into school life. They are all doing amazingly well with their lunches, lots of them are already eating all their lunch. Many of the children are also being brave and trying new things to eat!

The Horticultural show was once again a huge success and we would like to pass on our thanks to Robert Thompson (MBE), the chef from Thompsons Restaurant, for helping me with the difficult task of choosing a winner from the cook off competition.

As always, it was a very difficult decision and we really could not choose an outright winner, so it was joint first place for Ella Afonso and her delicious cake and Wilson Gerrard with his steak with mushrooms who will share this year's cup. Second place was Isobel Allen with her colourful chicken kebabs. A huge thank you to the children and their adult helpers for making it another success.

SUGAR

One of our parents recently spoke to me about the sugar content of our puddings. We try to reduce the amount of sugar in our desserts to a minimum. All of our cakes are already made using half the amount of sugar a traditional cake recipe would use and we are always tweaking our recipes to make things as healthy as possible.

With some lovely ingredients to use at this time of year and with the weather getting colder, we hope you will enjoy trying our Tuna pasta Bake recipe.

Nicky, Kirsty & Nicky



Seasonal Fruit and Vegetables for

October/November

Apples, Beetroot, Broccoli,

Purple Sprouting Broccoli,

Cabbage, Carrots, Cauliflower

Kale, Leeks, Parsnips, Potatoes

Pumpkins, Squash, Turnips

Up and coming Events

Grandparent's Day Lunches

2nd—4th October

We invited the children's Grandparents into school to have lunch with them on 2nd, 3rd and 4th October.

This was for children in year 1—6

We served a delicious menu during the week .

Monday—Macaroni Cheese or Bean Chilli with Nachos

Tuesday—Beef Burger or Vegetable Bhaji

Wednesday—Roast Gammon Or Cheesy Courgette Sausages.

We look forward to welcoming parents for class lunches over the coming months.



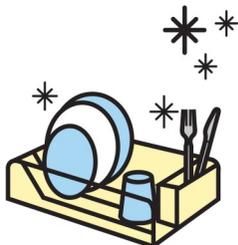
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Tuna Pasta Bake

Serves 6	Shopping Basket	
600g	Pasta	
50g	Butter	
50g	Flour	
600ml	Milk	
250g	Strong Cheddar Cheese	
2 x 160g tins	Tuna in spring water	
300g	Sweetcorn (drained)	
	Chopped Parsley	



Method

Heat oven to 180C/fan 160C/gas 4.



Boil 600g the Pasta for 2 mins less time than stated on the packet.

To make the sauce, melt 50g butter in a saucepan and stir in 50g plain flour.

Cook for 1 min, then gradually stir in 600ml milk to make a thick white sauce.

Remove from the heat and stir in all but a handful of the 250g grated cheddar.

Drain the pasta, mix with the white sauce, two 160g drained cans tuna, one 330g drained can sweetcorn and a large handful of chopped parsley, then season.

Transfer to a baking dish and top with the rest of the grated cheddar.

Bake for 15-20 mins until the cheese on top is golden and starting to brown.