



The Galley



Newsletter February 2025



UPDATE FROM THE GALLEY

We have been busy in the kitchen devising the new menu for the Spring term. Please do have a look as we have included some of our favourite meals, as well as some new recipes which we hope the children will enjoy!

These include a tasty Chicken and Ham Pie which is made with chicken and ham pieces in a creamy sauce, topped with shortcrust pastry.

We hope that you can encourage your children to give some of them a try.

Don't forget we have homemade soup every day served with one of our homemade bread rolls:

Monday—Tomato and Basil

Tuesday— Chicken Noodle and Sweetcorn

Wednesday— Sweet Potato and Coconut

Thursday—Tomato and Lentil

Friday—Vegetable

Many thanks
The Galley Ladies



February—March

Seasonal fruit and vegetables:

Rhubarb, Purple Sprouting Broccoli,
Brussel Sprouts, Cabbage, Carrots,
Cauliflower, Kale, Leeks, Parsnips,
Turnips.

As carrots are in season at the moment I have included a delicious Carrot Cake recipe for you to try at home!



Carrot Cake



Serves 12 Shopping Basket

200ml	Sunflower Oil
200g	Soft Brown Sugar
2	Eggs
2 tsp	Golden Syrup
1 tsp	Vanilla
½ tsp	Ground Cinnamon
200g	Self Raising Flour
½ teaspoon	Baking Powder
½ teaspoon	Bicarbonate of Soda
100g	Currants or Raisins
200g	Grated Carrot



Method

Preheat oven to 190C/400F/Gas 4.

Peel and grate the carrots: measure out all ingredients, grease tin.

Beat the oil, sugar and eggs together, then add the golden syrup, vanilla and cinnamon.

Add sifted flour, bicarbonate of soda, baking powder, dried fruit, grated carrot and mix together well.

Pour into the greased loaf tin and bake for 45 minutes to 1 hour.

Tip onto cake cooling racks to cool before cutting into portions.

Serve warm out of the oven dusted with icing sugar.

