

WHAT'S
COMING
UP THIS
TERM?

➔

FOOD TOUR

NORTH AMERICA

Discover the bold flavours of North America, from classic American comfort dishes and Canadian favourites to the vibrant tastes of Mexico. Enjoy new flavours and a flavour-packed food experience.

JANUARY

SEASONAL KITCHEN

CARROTS

DID YOU KNOW?

Early carrot varieties were purple, yellow and white before selective growing produced today's orange types.

They're rich in beta-carotene (vitamin A), supporting vision, skin health and immunity.

JANUARY

FOOD TOUR

AFRICA

Experience the rich flavours of African cooking. From Jollof rice to spiced chicken, stews and tagines, today's dishes celebrate a diverse continent full of bold, exciting tastes.

FEBRUARY

SEASONAL KITCHEN

LEEKS

DID YOU KNOW?

A winter crop that adds depth and flavour to everyday meals.

Rich in fibre and prebiotics, helping support digestion and a healthy gut.

FEBRUARY

FOOD TOUR

ITALY

BUON APPETITO

Join us for a taste of Italy, celebrating the flavours of pasta in all its forms. Classic sauces, fresh ingredients and simple, comforting dishes inspired by Italian cuisine.

MARCH

SEASONAL KITCHEN

PEAS

DID YOU KNOW?

A spring favourite, high in plant protein, fibre, and B vitamins that help support steady energy, growth and focus throughout the school day.

MARCH

FOOD TOUR

GREAT BRITAIN

PIES & PASTIES

A TASTE OF TRADITION

Explore the rich history behind pies and pasties - comforting dishes enjoyed for centuries and known for their simple ingredients and timeless flavours.

APRIL

SEASONAL KITCHEN

GREEN BEANS

DID YOU KNOW?

A crisp, versatile vegetable rich in vitamins A, C and K, plus fibre for healthy digestion. A simple spring ingredient that brings colour and nutrition to everyday meals.

APRIL