

# Alma Matters

## Special Food Issue!

**Alma Matters**

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## Interview With Our School Chef: Bev

By Tal & Liya

Bev is our amazing school chef and she cooks all our delicious school lunches every day! That's 210 lunches every single day, catering to our different needs. Every day there is a meaty option, a vegetarian meal,, pasta or jacket potato option and special meals for children who are gluten free or have other allergies. We wanted to find out more about this amazing woman. So we asked her some questions.



1: What's the first food you were taught to cook?

Bev: Chicken and rice with peas.

2.What is your favourite food to make at school?

Bev: The chicken curry and the spaghetti bolognese- all of them really.

3.What is your favourite food to eat?

Bev: I love salads, chicken and rice.

4. What would you like the Alma children to eat more of?

Bev: I would like the Alma children to eat more vegetables!

5. What is your favourite chocolate from these options – milk chocolate, white chocolate , dark chocolate , mint chocolate and salted caramel chocolate?

Bev: I like milk chocolate and white chocolate but the absolute best one to have is dark chocolate.

6.If you could add any food to the school menu what would it be?

Bev: I would love to bring some of my Jamaican food to school.

7. What do you love baking the most- cupcakes, cakes or cookies?

Bev: I like baking cakes.

8. What's your favourite chicken?

Bev: Jerk chicken but not spicy.

9. How long have you been a chef?

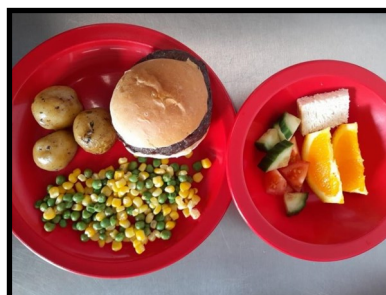
Bev: 20 years.

10. Where did your inspiration to become a chef come from?

Bev: From my mum, as I always saw her cook, I also love her food.

A big thank you to Bev!

Remember, [our school lunch menu can always be found on our website.](#)



# What Do Our Students Think of School Lunches?

By Grace & Gefen

We interviewed some children in the playground about what they really think of the lunches.

Q: What is your favourite school lunch?

"I really like hotdogs and potato wedges!" – Gabriella, Year 4

"I like chicken and sweetcorn pie!" – Annabelle, Year 4

Q: If there was one lunch you could add to the menu, what would you add?"

"Vegan Mac & Cheese" – Alex, Year 6

Q: Are you Team Jacket Potato or Team Pasta?

"Team Pasta, because it's...DELICIOUS!" – Tal, Year 6

"Team Jacket potato because you can have with loads of different yummy toppings!" - Nathan, Year 6

Q: What is your favourite dessert?

"Banana and Apple Cake!" – Alicia, Year 5

"I liked the shortbread we had one time!" – Nathan, Year 6

Q: Do you think we should add condiments (ketchup, mayonnaise and mustard) to our menu? Why?

"Yes, because lots of us like the flavours!"- Alicia, Year 5

"I would love condiments and maybe also cheese but only on the vegetarian plates!" – Gefen, Year 6

## The Queen's Platinum Jubilee

By Gabz

The Queen's Platinum Jubilee held a baking contest for four year olds and over. Freya in Year 4 entered.

There were almost 5,000 entries. This is how the people that entered submitted their work. They made the pudding and took a photo. Then they sent the photo and the ingredients and the method. The Queen's cooks then make the top desserts and the Queen will taste them and pick the winner!



The winner was Jemma from Southport who created a lemon swiss roll and amaretto trifle.

Well done Jemma!



## 5 Fun Food Dates

By Alex & Annabel

We have discovered a large number of food dates to add to your calendar. If you like food, then May was the month for you! Look out for these events again next year!

1. The whole month of May is National Strawberry month and National egg month!
2. If you like to bake, then May 17<sup>th</sup> is perfect for you as it is World Baking Day!
3. 21<sup>st</sup> May is a day to feel British because it is international tea day!
4. If you want something to go with that tea, then get ready for biscuit day on the 27<sup>th</sup> May!
5. Last but not least, it's barbeque week from 21<sup>st</sup> – 27<sup>th</sup> May.

# Religious Foods

By Freya and Alex

There are different types of religious foods in the world. Each culture has food that is special to them. In Judaism, apple and honey is special because we eat it on Rosh Hashanah! Here are some examples of the many foods that are special to different religions.



Judaism	Christianity	Islam
Sufganiyot - eaten on Hannukah (doughnuts)	Bread - the bread represents Christ's body	Dates - traditionally dates are eaten at the Iftar meal to break the fast of Ramadan
Etrog – Used on Succot (but not eaten)	Hot cross bun - traditionally eaten on Good Friday	Halva - on the 7th and 40th days and first anniversary following the death of a Muslim
Matzah - a type of unleavened bread eaten at the Passover Seder	Pancakes - traditionally eaten on Shrove Tuesday	Ketupat -Associated with Eid ul-Fitr among Muslims in Southeast Asia.
Wine - for the recitation of Kiddush at the beginning of Shabbat	Simnel cake - symbolically associated with Lent & Easter	

## Different Haroset Recipes

By Mrs Simons Rose

Lots of us may know the traditional Ashkenazi haroset made from apples, wine and nuts. But did you know that there isn't only one right way to celebrate Pesah (Passover) and make haroset? Different Jews from different parts of the world have different customs. For example, Indian Jews (like myself) use dates. We also eat rice over Passover.

Here is an Indian recipe by [Jamie Gellar](#).

### INGREDIENTS

2 ripe mangos, cut into medium dice

¼ cup dark raisins

¼ cup pitted dates

¼ cup slivered almonds

¼ cup sugar

2 tablespoons red wine vinegar

Pinch of kosher salt

### PREPARATION



1. Pulse mangos, raisins, dates, almonds, sugar, vinegar and salt in a food processor until they are a paste. Alternatively, you can chop the ingredients very finely with a sharp knife.

Here is a Syrian recipe by [Victoria Dwek on JamieGellar.com](#).

### INGREDIENTS

3 pound large pitted dates

1 teaspoon ground cinnamon

1/2 cup sweet wine

1 cup chopped walnuts

1 to 2 tablespoon matzah meal, as needed to bind

### PREPARATION

Place the dates in a saucepan. Add water to cover. Bring to a boil, the lower heat and simmer until the dates are soft. Pass the dates through a strainer or use a food processor. Add remaining ingredients.