

# ABBHEY FLAVOURS

History and Food & Nutrition

Tuesday 14 October



The Abbey



# ABBEY FLAVOURS **History and Food & Nutrition** [theabbey.co.uk](http://theabbey.co.uk)

Travel through time with your taste buds – history has never been so delicious!

Explore interactive sessions, engage in hands-on activities, and enjoy a sit-down school dinner - so there is no need to cook when you get home.

Come join us at The Abbey School for a family evening of History and Food & Nutrition.

14 October 2025

4:30pm: Arrival, drink and snack

4:45pm: First activity

5:15pm: Dinner

5:55pm: Second activity

6:30pm: Home time with a full stomach!



**WINNER**

Independent Girls' School of the  
Year 2024

Scan the QR code to book  
onto the Open Event

