



*A subsidiary to Vicky Bishop Catering, a high-profile, gourmet catering company of 25 years here on the Rock.*

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Now catering for numerous nurseries and schools in Gibraltar.

### **A LETTER FROM VICKY, OWNER AND FOUNDER OF YUM YUM, NUTRITIOUS SCHOOL LUNCHES**

Dear Parents,

Firstly, I would like to thank those of you who have been committing to giving your children healthy hot lunches over the Winter term. I would sincerely like to thank you for your support over the end term before lock down. I am so very grateful to you all. The end of term and months that ensued were a very trying time for my business and my team but we got through it.

I take great pleasure in announcing to you that thanks to your support at the end of term we were able to support Father Azopardi in feeding 20+ people a day who would otherwise go hungry or undernourished. All the food on order for the last week of term and thereafter was donated to father's kitchen and made into meals.

As we welcome another school year, at the Yum Yum Kitchen we are dedicated to bringing your children nutritiously balanced meals to school, every day, now more than ever. We aim to encourage your children to eat their veggies, open up to trying new dishes, and I intend to challenge them to do so!

We as a team are so happy to be back and welcome your children to our lunches. Together we aim to introduce new dishes through our Thursday specials and work with the school to encourage more healthy food choices. With renewed vigour and zeal we hope to build on the already health based menu.

Our FOOD HERO stickers are printed and on the ready for our reception and first school little clients! Also watch this space for after school cookery workshops at our main kitchen!

Its going to be an exciting year!



## ABOUT US

### **Vicky Garcia Bishop, Executive chef**

Trained chef of 28 years, Vicky has trained as a Health Supportive Chef at the Natural Gourmet Institute NY, a Vegan Fusion Chef and Teacher TM, and as a yoga teacher for children, beginnings and intermediate adults, and children with special needs.

Passionate about nutritious cooking and planning nurturing, healthy meals. Clients include members of the British Royal Family.

Has her own TV show: Vicky's Natural Kitchen. Rock Chef TV programme judge. Runs cooking seasonal workshops at the Gibraltar University.

### **Amber Bishop, Consulting Nutritionist**

Amber graduated from a Bachelors of Science (BSc) in Human Nutrition, followed by a Masters of Science (MSc) in Public Health Nutrition. She has focused on understanding and analyzing the changing nutrition needs of different groups within the population, specifically children of school age. She strongly believes a diverse and quality diet impacts significantly upon children's physical and cognitive development, quality of life and sets them up for a future of health.

## OUR MISSION

*A Simple Concept*

- Share our passion for delicious, fresh food.
  - Provide balanced nutritional meals.
- Use seasonal and local ingredients where possible.
  - Cook from scratch.
  - Work with fresh fruit and vegetables.
- Use health supportive cooking techniques to maximise on nutritional value and taste.
  - Boost the immune system.
  - Heighten concentration.
- Alkalise and preserve the nutritional value of meals.

**Please see menu attached**

## COVID-19 MEASURES

We are working closely with the Gibraltar Health Authority to not only comply with regulations but keep our little clients, staff and everyone lunching with us healthy and free from third party contamination. You can trust we will endeavor to do whatever it takes to keep within the stipulated COVID 19 health and safety regulations.

Your kids health  
in our hands



GET IN TOUCH!

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