HEALTHIER THAN YOU THINK

WEEK 1 MENU



MADE

IN

A PIMSBY

Education Catering

'5%

ARE PREPARED FROM

SCRATCH

LOW SALT AND ADDED

FIBRE.

HEALTHIER THAN YOU THINK WEEK 2 MENU

MADE IN STLTSHIE IN



Our **YOGHURT** provides an essential daily portion of dairy, rich in calcium and vitamin D, essential for strong bones and teeth and growth.



increase their vitamin C.

Not minced fish fingers but **OMEGA 3 FILLET** FISH FINGERS, containing fish oil which is good for a healthy heart.

> Our FRUIT SALAD contains a varietv of vitamins such as vitamin B, C and E, which are all essential in your child's diet.

This is not any old pizza; **IT'S HANDMADE IN OUR KITCHENS.**

Using 50:50 white and wholemeal flour for the base. we spread them with tomato coulis, rich in vitamin C to help your child's immune system keep them well, and top with calcium rich Somerset cheddar for strong bones and teeth.

Each meal comes with **'VEGETABLES OF** THE DAY'

containing a mixture of vitamins and minerals, essential to keep the body functioning at its best.





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OGHUR FRVED EVERY

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Find out more about our suppliers on our website Our FRUIT SALAD contains a variety of vitamins such as vitamin B, C and E, which are all essential in your child's diet.

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Find out more about our suppliers on our website



WEEK 3 MENU

Education Catering



Education Catering



This is not just a burger but A VEGETABLE-BASED **PROTEIN-PACKED MEAT FREE BURGER.**

which helps muscles grow and develop. Served with chips from British potato growers.

IN

which is good for a

healthy heart.

This is not any old pizza; **IT'S HANDMADE IN OUR**



LOW SALT MADE AND ADDED FIBRE. PIMSB 0

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'VEGETABLES OF THE DAY'

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PRODUCED IN A VEGAN FACILITY AND MADE IN AND MADE IN GLOUCESTERSHIRE

HEALTHIER THAN YOU THINK



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This is not any old sausage but a
VEGETABLE-BASED **PROTEIN-PACKED** MEAT FREE SAUSAGE. which helps muscles grow and develop. PLANT

MADE

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SCRATCH

LOW SALT

AND ADDED

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