HEALTHIER THAN YOU THINK

MADE

IN

of dairy, rich in calcium

and vitamin D, essential

for strong bones and teeth

and growth.

Find out more about our

suppliers on our website



Education Catering

**HEALTHIER THAN YOU THINK** 

## Hampshire County Council

Education Catering

OF OUR MEALS

FIBRE.

## HEALTHIER THAN YOU THINK

WEEK 3 MENU

## Hampshire Council

**Education Catering** 

## WEEK 1 MENU

WEEK 2 MENU

IN A VEGAN

FACILITY

AND MADE IN

OUCESTERSHIRE

OGHUR

Our **YOGHURT** provides

an essential daily portion

of dairy, rich in calcium

and vitamin D, essential

for strong bones and teeth

and growth.

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suppliers on our website

PLANT 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.

ARE PREPARED FROM **SCRATCH** 

MADE

IN

PIMSBY

Not minced fish fingers but

**OMEGA 3 FILLET** FISH FINGERS containing fish oil

which is good for a healthy heart.

Each meal comes with **'VEGETABLES OF** 

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

This is not any old sausage but a **VEGETABLE-BASED** PROTEIN-PACKED MEAT FREE SAUSAGE. PRODUCED
IN A VEGAN
FACILITY
AND MADE IN which helps muscles grow and develop. PLANT

ARE PREPARED FROM **SCRATCH** 

LOW SALT

FIBRE.

POGHURT

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

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 variety 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

1 PIMSBY

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

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



These are not just chicken OF OUR MEALS nuggets but with 30% ADDED CAULIFLOWER. **ARE PREPARED FROM** SCRATCH our innovative crispy PLANT nuggets help your child increase their vitamin C. AND ADDED MADE PIMSBY Not minced fish FIBRE. fingers but **OMEGA 3 FILLET** FISH FINGERS, containing fish oil OGHURT which is good for a healthy heart. Our **YOGHURT** provides an essential daily portion

> Using 50:50 white and rich Somerset cheddar for strong bones and teeth.



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



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

Our FRUIT SALAD

contains a variety

of vitamins such as

vitamin B, C and E,

which are all essential

in your child's diet.

rich Somerset cheddar for strong bones and teeth.

we spread them with tomato

Find out more about our

suppliers on our website

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

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

Our FRUIT SALAD

contains a variety

of vitamins such as

vitamin B, C and E,

which are all essential

in your child's diet.

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

Using 50:50 white and wholemeal flour for the base, coulis, rich in vitamin C to help your child's immune system keep them well, and top with calcium