

Health and Wellbeing Day

3 July 2024

Join us for this healthy, tasty menu chosen by members of the Junior Leadership Team as part of their Health and Wellbeing Day.

Mains:

(Containing 1 protein, 1 carbohydrate portion)

Chicken and Vegetable Korma & Rice

Veggie Burritos

Jacket Potato with choice of filling

Sandwich with choice of Filling

Sides:

(At least 2 of your 5 a day)

Carrots, Broccoli and Cauliflower

Selection of Salads

Desserts:

(The sugar in all our desserts have been reduced by 33%)

Fruit in Jelly

Strawberry Frozen Yoghurt

(One portion of dairy)

Fresh Fruit

(1 of your 5 a day)

**FOOD
SUPER
HEROES**

