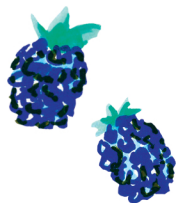


# Autumn MENU 2014



"I think the meals are nutritious, varied and very good value for money."

Parent of child in year 6



"Excellent! Excellent food that's made a real difference to our child's energy throughout the day."

Parent of child in year 3

Our commitment to healthy eating in our schools is still as strong as ever. To ensure our young customers eat well and understand the importance of a healthy diet and lifestyle we make sure that:

- Our menus meet or exceed government food and nutrition standards
- There are no undesirable additives or artificial trans fats in our menus
- Our team of nutritionists develop all our menus to ensure balanced, healthy choices
- Our products from suppliers can be traced back to source
- Our menus can be adapted to meet your needs

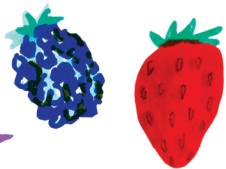
If you'd like to know more about our school meals please contact your school.

## Are you claiming your free school meal?

If you are in receipt of certain benefits your child may be entitled to free school meals. For more information contact:



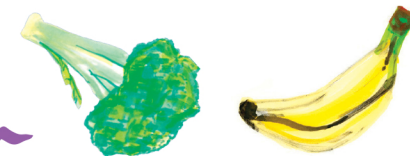
WEEK 1



WEEK 2



WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



all our BREAD is  
HOME-MADE daily

JACKET POTATOES with a choice  
of fillings available DAILY

FRESH fruit and vegetables  
are available EVERY DAY

