

Autumn/Winter
2018/2019

Barry

Barry the Beans packs a mighty protein punch! He's a real bodybuilder, using his muscle power to help build the team's energy and spirit.



Bud 'n' Jud

Bud 'n' Jud the Spuds are big, but they're bursting with energy thanks to their carbohydrate super-power. When there's hard physical work ahead, Bud 'n' Jud are raring to go!



Silvertop

Silvertop's super-charged calcium levels give him his super-strong bones. Our heroes can always rely on him during their adventures.



Brains

Packed full of iron to help growing minds work better, Brains the Broccoli is always on the ball to hatch perfect plans for the team.



Meet the

Food Super Heroes

Hydra

Hydra is always working hard to fight off evil toxins that stop the team from performing at their best. She never rests, rarely makes mistakes and her powers of concentration are immense!



The Pasta Pack

The Pasta Pack are an unruly bunch, each with their own unique personality. Their wholegrain powers make them passionate with strong hearts, and they'll stop at nothing to defend the team.



Who is your favourite?



Casey

Casey the Carrot's superhero levels of vitamins keep her eyes sharp... even in the dark! She's always looking out for the team.

Boss

The leader of the team, Boss the Banana's fibre helps keep everything running smoothly. When our team gets stuck, the Boss is always around to get things moving again.



Doc

Doc the Kiwi knows just what the team needs to keep on top of its game. She helps our heroes stay healthy by boosting their immune systems and preventing illness.



Food Super Heroes Menu



Please contact your Catering Manager for further information

Week one

Week two

Week three

£2.25

Monday

29/10 19/11 10/12 31/12 21/01 11/02 01/03 25/03 15/04

Choose a main meal...
Mac 'N' Cheese
Mild Potato & Chickpea Curry

on the side...
Sweetcorn
Peas

for dessert...
Flapjack with Fruit Slices

Tuesday

Choose a main meal...
Chicken Mayo Burger with Jacket Wedges
Creamy Broccoli & Sweetcorn Pasta

on the side...
Roasted Vegetables
Carrots

for dessert...
Pear & Ginger Crumble with Custard

Wednesday

Choose a main meal...
Roast Turkey with Roast Potatoes & Gravy
Sweet Potato & Chickpea Roast with Roast Potatoes & Gravy

on the side...
Green Beans
Cauliflower

for dessert...
Chocolate Ice Cream

Thursday

Choose a main meal...
Lamb Ragu with Rice
Vegetable & Cream Cheese Crumble

on the side...
Carrots
Broccoli

for dessert...
Brownie Cake

Friday

Choose a main meal...
Crispy Fish & Chips
Quorn Dippers with Chips

on the side...
Baked Beans
Crunchy Coleslaw

for dessert...
Lemon Shortbread

05/11 26/11 17/12 07/01 28/01 18/02 11/03 01/04

Choose a main meal...
Mozzarella & Tomato Pizza
Vegetable Biryani

on the side...
Broccoli
Sweetcorn

for dessert...
Vanilla Ice Cream

Choose a main meal...
Chicken Sausages with Cheesy Mash
Vegetarian Sausages with Cheesy Mash

on the side...
Baked Beans
Roasted Vegetables

for dessert...
St Clements Sponge Cake

Choose a main meal...
Roast Chicken with Roast Potatoes & Gravy
Cauliflower & Broccoli Cheese Bake with Roast Potatoes & Gravy

on the side...
Roast Parsnip
Carrots

for dessert...
Oatie Biscuit with Fruit Slices

Choose a main meal...
Lamb & Tomato Lasagne with a Garlic & Herb Bread Wedge
Vegetarian Tagine with Rice

on the side...
Green Beans
Cauliflower

for dessert...
Apple & Berry Crumble with Custard

Choose a main meal...
Golden Fish Fingers & Chips
Mediterranean Tart & Chips

on the side...
Baked Beans
Peas

for dessert...
Banana & Apricot Flapjack

12/11 03/12 24/12 14/01 04/02 25/02 18/03 08/04

Choose a main meal...
Mozzarella & Tomato Pizza with Jacket Wedges
Tomato & Vegetable Savoury Rice

on the side...
Peas
Roasted Vegetables

for dessert...
Strawberry Ice Cream

Choose a main meal...
Chicken & Broccoli Pie with New Potatoes
Creamy Tomato & Basil Pasta

on the side...
Carrots
Green Beans

for dessert...
Raspberry Ripple Cake

Choose a main meal...
Roast Lamb with Roast Potatoes & Gravy
Quorn Roast with Roast Potatoes & Gravy

on the side...
Seasonal Cabbage
Carrot & Swede Mash

for dessert...
Peach Slice

Choose a main meal...
Lamb Macaroni Bake with Garlic & Herb Bread Wedge
Vegetable Korma with Rice

on the side...
Broccoli
Sweetcorn

for dessert...
Shortbread Fingers with Fruit Slices

Choose a main meal...
Salmon Fish Fingers with Chips
Baked Bean & Cheese Quesadilla with Chips

on the side...
Baked Beans
Peas

for dessert...
Pineapple Upside Down Cake with Custard

All our milk is Red Tractor approved



WE BUY 95% of our seasonal vegetables direct from British growers



FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biodiesel

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All of our bread is baked fresh every day
We have a fresh salad bar available daily
We also offer packed lunches, please speak to your catering manager or contact us for more details



WE SUPPORT 82 BRITISH DAIRY FARMS



We only use Lion Quality British Eggs



FARM TO FORK We can trace every cut of meat back to the farms of origin

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY

ALL OUR BANANAS ARE FAIRTRADE

