

# WELCOME

## to your new menu!

Crafted by expert chefs and nutritionists, this menu is designed to provide children with tasty, appealing and nutritious lunches that support a healthy, balanced lifestyle. Each school day features a variety of hot and cold meal options, with menus rotating on a three-week cycle to keep things fresh and exciting. Curious about what's on the plate? Keep reading to explore the delicious details!



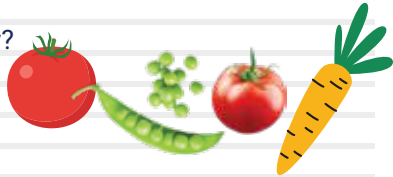
### Smart Standards, Tasty Plates



We follow a supercharged set of food standards that turn every school meal into a powerhouse of nutrition and deliciousness. Here's the scoop:

#### FRUIT & VEG every day?

Absolutely! We pile on the colour and crunch to make sure every plate has the goodness kids need. And we make sure every child is able to help themselves to our fresh salad bar for those extra vitamins and minerals.



#### WHOLEWHEAT - the slow-release

superheroes that keep energy levels steady and minds focused. Look out for the wholewheat icon across our menus!

#### PROTEIN power? Naturally.

We serve up high-quality sources with every meal to help those growing bodies thrive.



And the not-so-fun stuff? Foods loaded with salt, fat, and sugar don't make it onto these plates – so the spotlight stays on goodness. It's all about creating menus that support learning, development, and a lifelong love of balanced eating.

These standards aren't just rules - they're the perfect recipe for healthy, happy learners.

NEW!



### Nutritionist's Choice

Nutritious, delicious, and bursting with bonus goodness! Introducing our Nutritionist's Choice meals - the superstar picks from our expert team that go above and beyond! These dishes aren't just healthy... they're next-level nourishing. Packed with plants: colourful veggies, hearty beans, and wholesome wholegrains. Crafted to support gut health, sharpen focus, and supercharge development. Perfect for fueling brilliant minds and bouncy energy from playground to classroom!

DID YOU KNOW?

OUR SAUCES HAVE A SECRET! TO INCREASE NUTRITIONAL CONTENT...

WE'VE ADDED EXTRA VEGGIES



And we didn't stop there - they're also hiding in our desserts!

### MEET OUR Allergen Buddies



Keeping your children safe by giving them a friendly face who will ensure that they get served the right meal every time.

DOWN WITH SUGAR!

We've increased fibre and reduced sugar across all our menus by swapping sugar for naturally sweet fruit and veggies!



ALLERGEN AWARE MENU

We believe every child deserves access to healthy, delicious meals - no matter their dietary needs. That's why we've created the Allergen Aware Menu, designed for children with allergies to gluten, milk and soya.

| ALLERGEN AWARE MENU WEEK 1 |        | SERVED W/C |           | 2nd Mar, 23rd Mar, 13th Apr, 6th May, 15th Jun, 6th July |        |
|----------------------------|--------|------------|-----------|--|--------|
|                            | Monday | Tuesday    | Wednesday | Thursday   | Friday |
| 1                          | ...    | ...        | ...       | ...  | ...    |
| 2                          | ...    | ...        | ...       | ...  | ...    |
| 3                          | ...    | ...        | ...       | ...  | ...    |
| 4                          | ...    | ...        | ...       | ...  | ...    |

Available Every Day

KEY: Gluten Free, Dairy Free, Soy Free, No-OC Milk & Whey-free