

Autumn/Winter
2017

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.



Food

Super Heroes

Menu

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

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.



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!



Who is your favourite?

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.



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.



Week one

Monday

30/10 20/11 11/12 08/01 29/01 26/02 19/03

Choose a main meal...

Creamy Cheese Pasta
Vegetable Chill & Rice
Jacket Potato with Vegetable Chilli

on the side...

Season Vegetables
Salad

for dessert...

Chocolate Cookie
Fresh Fruit

Tuesday

Choose a main meal...

Pork Bangers
Veggie Bangers
Jacket Potato with Cheese

on the side...

Mashed Potato & Gravy
Seasonal Vegetables

for dessert...

Tutti-Frutti Cake & Custard
Fresh Fruit

Wednesday

Choose a main meal...

Roast Beef
Roast Quorn
Jacket Potato with Tuna Mayo

on the side...

Roast Potatoes & Gravy
Seasonal Vegetables

for dessert...

Muller Yoghurt
Fresh Fruit

Thursday

Choose a main meal...

Chilli con carne & Rice
Cheese & Tomato Stone Baked Pizza
Jacket Potato with Coleslaw & Cheese

on the side...

Seasonal Vegetables
Salad

for dessert...

Peaches & Custard
Fresh Fruit

Friday

Choose a main meal...

Golden Fish Fingers & Mashed Potato
Vegetable Nuggets
Jacket Potato with Baked Beans

on the side...

Seasonal Vegetables
Salad

for dessert...

Apple Cracknell
Fresh Fruit

Week two

06/11 27/11 18/12 15/01 05/02 05/03 26/03

Choose a main meal...

Cheese & Tomato Stone Baked Pizza
Boston Bean Casserole & Rice
Jacket Potato with Boston Bean

on the side...

Seasonal Vegetables
Salad

for dessert...

Chocolate Brownie
Fresh Fruit

Choose a main meal...

Chicken & Tomato Pasta
Creamy Tomato & Vegetable Pasta
Jacket Potato with Cheese

on the side...

Seasonal Vegetables
Salad

for dessert...

Peach Crumble & Custard
Fresh Fruit

Choose a main meal...

Roast Pork with Roast Potatoes & Gravy
Potato & Vegetable Frittata
Jacket Potato with Tuna Mayo

on the side...

Seasonal Vegetables
Salad

for dessert...

St Clement Cookie
Fresh Fruit

Choose a main meal...

Cottage Pie
Shepherdess Pie
Jacket Potato with Baked Beans

on the side...

Seasonal Vegetables
Salad

for dessert...

Muller Yoghurt
Fresh Fruit

Choose a main meal...

Crispy Battered Fish & Jacket Wedges
Mexican Vegetable & Bean Burrito
Jacket Potato with Coleslaw & Cheese

on the side...

Seasonal Vegetables
Salad

for dessert...

Chocolate & Orange Cake with Custard
Fresh Fruit

Week three

13/11 04/12 25/12 01/01 22/01 19/02 12/03

Choose a main meal...

Pasta Bolognaise
Tomato & Herb Pasta
Jacket Potato with Baked Beans

on the side...

Seasonal Vegetables
Salad

for dessert...

Muller Yoghurt
Fresh Fruit

Choose a main meal...

Cheese & Tomato Stone Baked Pizza
Vegetarian Cowboy Pie
Jacket Potato with Cheese

on the side...

Seasonal Vegetables
Salad

for dessert...

Apple Crumble & Custard
Fresh Fruit

Choose a main meal...

Roast Turkey
Quorn Frankfurter
Jacket Potato with Salmon Mayo

on the side...

Roast Potatoes & Gravy
Seasonal Vegetables

for dessert...

St Clements Cookie
Fresh Fruit

Choose a main meal...

Beef Burger in a Bun
Crispy Vegetable Burger in a Bun
Jacket Potato with Coleslaw & Cheese

on the side...

Wedges
Salad

for dessert...

Rice Pudding with Pineapple
Fresh Fruit

Choose a main meal...

Golden Fish Fingers & Mashed Potato
Sweet Potato & Squash Stew with Rice
Jacket Potato with Baked Beans

on the side...

Seasonal Vegetables
Salad

for dessert...

Chocolate & Pear Cake
Fresh Fruit

Our chicken and milk are 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

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

