

HEALTHIER THAN YOU THINK

# WEEK 1 MENU



These are not just chicken nuggets but with **30% ADDED CAULIFLOWER**, our innovative crispy nuggets help your child increase their **vitamin C**.



AT LEAST **75%** OF OUR MEALS ARE PREPARED FROM **SCRATCH**

MADE IN WILTSHIRE



Not minced fish fingers but **OMEGA 3 FILLET FISH FINGERS**, containing fish oil which is good for a healthy heart.

Our **YOGHURT** provides an essential daily portion of dairy, **rich in calcium and vitamin D**, essential for strong bones and teeth and growth.



Our **FRUIT SALAD** contains a variety of **vitamins** such as vitamin B, C and E, which are all essential in your child's diet.

Each meal comes with **'VEGETABLES OF THE DAY'** containing a mixture of vitamins and minerals, essential to keep the body functioning at its best.



Find out more about our suppliers on our [website](#)

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# WEEK 2 MENU



This is not just a burger but a **VEGETABLE-BASED PROTEIN-PACKED MEAT FREE BURGER**, which helps muscles grow and develop. Served with chips from British potato growers.



AT LEAST **75%** OF OUR MEALS ARE PREPARED FROM **SCRATCH**

PRODUCED IN A VEGAN FACILITY AND MADE IN GLOUCESTERSHIRE



Not minced fish fingers but **OMEGA 3 FILLET FISH FINGERS**, containing fish oil which is good for a healthy heart.

Our **YOGHURT** provides an essential daily portion of dairy, **rich in calcium and vitamin D**, essential for strong bones and teeth and growth.



Our **FRUIT SALAD** contains a variety of **vitamins** such as vitamin B, C and E, which are all essential in your child's diet.

Each meal comes with **'VEGETABLES OF THE DAY'** containing a mixture of vitamins and minerals, essential to keep the body functioning at its best.



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HEALTHIER THAN YOU THINK

# WEEK 3 MENU



This is not any old sausage but a **VEGETABLE-BASED PROTEIN-PACKED MEAT FREE SAUSAGE**, which helps muscles grow and develop.



AT LEAST **75%** OF OUR MEALS ARE PREPARED FROM **SCRATCH**

PRODUCED IN A VEGAN FACILITY AND MADE IN GLOUCESTERSHIRE



Not minced fish fingers but **OMEGA 3 FILLET FISH FINGERS**, containing fish oil which is good for a healthy heart.

Our **YOGHURT** provides an essential daily portion of dairy, **rich in calcium and vitamin D**, essential for strong bones and teeth and growth.



Our **FRUIT SALAD** contains a variety of **vitamins** such as vitamin B, C and E, which are all essential in your child's diet.

Each meal comes with **'VEGETABLES OF THE DAY'** containing a mixture of vitamins and minerals, essential to keep the body functioning at its best.



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