## Change 4 Life Shake Up <br> Games

Have you tried 10 Change4Life and Disney's new Shake Up games? They're 10 minutes of active fun to try with your friends and family.

Being active for an hour every day and eating a nutritious school dinner keeps our heart healthy, our muscles and bones strong, and gives us lots of energy. Playing active games for at least an hour every day is the perfect way to spend more time having fun with our friends and making new ones.

## Food For Life: Gold Award for Thurrock

Thurrock Catering Services is passionate about, and dedicated to the service they deliver, serving more than 7000 meals every day to Thurrock children and adults. Each school contains a loyal and motivated team who not only deliver quality school meals with over $75 \%$ homemade, but also provide unique frontline customer care, we value the feedback from our customers.

We encourage healthy eating and the teams different strengths and expertise ensure we continue to improve the standards of school meals in Thurrock.

## Allergen Awareness

For further information on allergens in this menu please contact your school for an allergen report or contact Thurrock Catering Services.

## Helping the future of our environment

Every year, 400 million tonnes of plastic is produced and $40 \%$ of that is single use which means it's not recycled and only used once before being thrown away. Because plastic is not biodegradable and rot like food or paper it takes hundreds of years before it's gone. It can also potentially leak pollution into the soil and water.

What can we do? Thurrock Catering Services have made some changes to the produce we purchase to reduce the use of single use plastic by buying our yoghurt in bulk to eliminate the use of individual pots and replaced disposable cutlery where it's used, with wooden. We have also stopped using individually wrapped cheese portions and other plastic containers.


## Get in touch with us

Email: cateringservices@thurrock.gov.uk Visit: thurrock.gov.uk/school-meals

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catcring Week Commencing - 17th April, 8th May, 29th May, 19th June, 10th July, 4th Sep, 25th Sep, 16th Oct

## Monday

Tuesday
Wednesday

Thursday

Friday

Sweet \& Sour Chicken with Rice Mixed Vegetables

Pork Sausage with Mash Potato Fresh Broccoli \& Peas

Roast Chicken with Roast Potatoes, Carrots \& Cauliflower

Cheese \& Tomato Pizza with Potato Wedges, Sweetcorn \& Green Beans

Breaded Lemon Fish Bites with Chips Peas

Tomato \& vegetable pasta Bake, Mixed vegetables

Salmon Fingers with Mash Potato, Fresh Broccoli \& Peas

Roast Quorn Fillet with Roast Potatoes, Carrots \& Cauliflower

Meat Free Sausage Roll with Potato Wedges, Sweetcorn \& Green Beans

Vegetable Fingers with Chips, Peas

Jacket Potato with
Peaches \& Ice Cream
a choice of filling

| Jacket Potato with | $\vdots$ |
| :---: | :---: |
| a choice of filling | $\vdots$ |
| Cemon Drizzle |  |

Fruit Jelly
ce Cream Roll

Apple Crumble Cake and Custard

Meem2

## Monday

Moroccan Lamb Tagine with Lemon \& coriander
Tuesday
Wednesday

| Thursday |
| :---: |
| Friday |

Week Commencing - 24th April, 15th May, 5th June, 26th June, 17th July, 11th Sep, 2nd Oct


## Week3

## Monday

Tuesday

| Monday | Beef Bolognese Bake, Mixed Vegetables \& Peas | Quorn Vegan Balls In a tomatao Sauce with Pasta, Mixed Vegetables \& Peas | Jacket Potato with a choice of filling | Frozen Fruit Yoghurt |
| :---: | :---: | :---: | :---: | :---: |
| Tuesday | BBQ Chicken with Rice, Sweetcorn \& Green beans | Quorn Vegetable curry with Rice, Sweetcorn \& Green beans | Jacket Potato with a choice of filling | Fruity Iced Sponge |
| Wednesclay | Roast chicken with Roast Potatoes, Carrots \& Broccoli | Roast Quorn Fillet with Roast Potatoes, Carrots \& Broccoli | Jacket Potato with a choice of filling | Fruit Jelly |
| Thursclay | Cheese \& Tomato Pizza with Potato Wedges, Sweetcorn \& Cauliflower | Tomato \& Basil Pasta, Sweetcorn \& Cauliflower | Jacket Potato with a choice of filling | Carrot Cake |
| Friday | Fish Fingers with Chips Peas | Cheese \& red onion Quiche, Peas | Jacket Potato with a choice of filling | Rocket Ice Lolly |

Week Commencing - 1st May, 22nd May, 12th June, 3rd July, 18th Sep, 9th Oct

Additional daily foods available: Seasonal Salad Bar
Wholemeal Bread. Alternative desserts (yoghurt, Fruit or cheese \& crackers)

Our Roast Dinners are also served with a Yorkshire Pudding \& Gravy! Jacket Potato Fillings: Cheese, Tuna Mayo or Baked Beans

