## Change 4 Life Shake Up 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: Silver 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.

Watch out for our theme days!



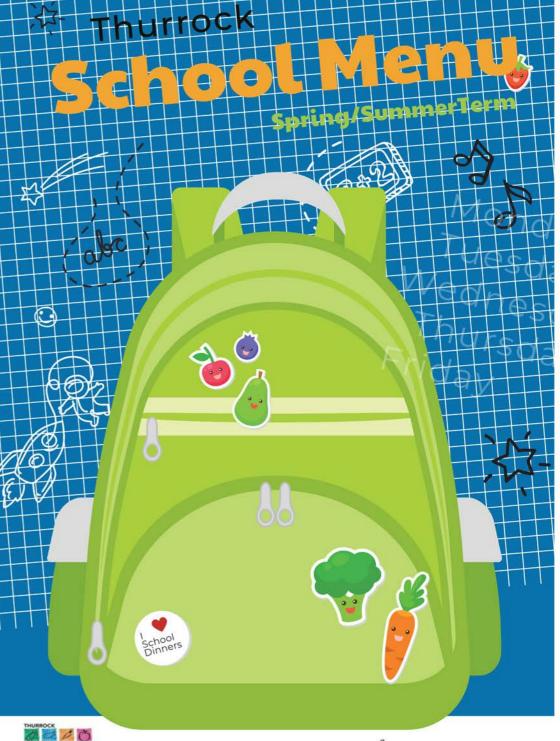
### Get in touch with us

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









# Giffards

Please note that the menu may change subject to local needs

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	Week 1	WEEK COMMENCING -	15th /	April, 6th May, 3rd June, 24th	June, 15th July, 9th Septembe	er, 23rd Septembe	er, 30th Septembe	er, 21st October	
Ì	Monday	Quorn Burger With Potato Smiles	٧	Meat Free Sausage Roll With Potato Smiles	Jacket Potato with a choice of filling	Broccoli	Seasonal Salad Bar	Ice pole	
Ŧ	Tuesday	Beef Burger With Potato Smiles	(min)	Macaroni Cheese	Jacket Potato with a choice of filling	Baked Beans	Seasonal Salad Bar	Marble Sponge	
1	Wednesday	Roast Chicken with Roast Potato Yorkshire Pudding & Gravy	es, Ro	oast Quorn Fillet with Roast Potatoes , Yorkshire Pudding & Gravy	Jacket Potato with a choice of filling	Carrots	Seasonal Salad Bar	Fruit Jelly	
	Thursday	Cheese & Tomato Pizza With Garlic Bread	V	Tomato & Basil Pasta	Jacket Potato with a choice of filling	Sweetcorn	Seasonal Salad Bar	Fruit Yoghurt 🔐 🏑	
7	Friday	Fish Fingers With Chips	(DAMET)	Quorn Dippers With Chips	Jacket Potato with a choice of filling	Peas	Seasonal Salad Bar	Fruit Cocktail	

We	ek 2 WEEK	COMMENCING - 22nd April, 13th	n May, 10th June, 1st July, 22	nd July, 16th Sep	tember, 7th Octo	ber,
Monday	Pork Sausage With Mash Potato & Gravy	Quorn Sausage With Mash Potato & Gravy	Jacket Potato with a choice of filling	Mixed vegetables	Seasonal Salad Bar	Fruit Smoothie
Tuesday	BBQ Chicken With Rice & Peas	Meat Free Enchilada with Rice & Peas	Jacket Potato with a choice of filling	Broccoli	Seasonal Salad Bar	Jam Sponge
Wednesday	Roast Gammon with Roast Potatoes , Yorkshire Pudding & Gravy	Roast Quorn Fillet with Roast Potatoes , Yorkshire Pudding & Gravy	Jacket Potato with a choice of filling	Carrots	Seasonal Salad Bar	Fruit Jelly
Thursday	Cheese & Tomato Pizza With Potato Smiles	Quorn Dippers With Potato Smiles	Jacket Potato with a choice of filling	Sweetcorn	Seasonal Salad Bar	Fruity Iced Sponge
Friday	Fish Fingers With Chips	Cheese & Red Onion Quiche with Chips	Jacket Potato with a choice of filling	Peas	Seasonal Salad Bar	Fruit Yoghurt

