## Change 4 Life Shake Up <br> Games <br> 

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

 environmentEvery 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

## thurack

Catering
级 thurrock.gov.uk

Week commencing - 30th Oct, 20th Nov, 11th Dec, 1st Jan, 22nd Jan, 12th Feb, 4th Mar, 25th Mar

Monday
Chicken Meatballs in Tomato Sauce with Pasta

Tuesday

Wednesday

Thursday

Friday

Shepherds Pie

Roast Chicken Fillet with Roast Potatoes
Cheese and Tomato Pizza with Potato Wedges
Fish Fingers with Chips

Omelette
with Diced potatoe
Spanish Style Quorn Fillet with Herby Diced Potatoes
Roast Quorn Fillet with Roast Potatoes
Tomato and Vegetable Pasta Bake

Vegan Sausage with Chips

Jacket Potato with a Choice of Filling Jacket Potato with a Choice of Filling Jacket Potato with a choice of filling Jacket Potato with a Choice of Fillings

Jacket Potato with a Choice of Filling


|  | $\vdots$ |  | $\vdots$ |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Fresh Broccoli | $\vdots$ | Sweetcorn | $\vdots$ | Pineapple Upside Down Cake |  |
|  | $\vdots$ |  | $\vdots$ |  |  |
| Fresh Cabbage | Fresh Carrots | $\vdots$ | Fruit Jelly |  |  |
| Sweetcorn | $\vdots$ |  | Green Beans | $\vdots$ | Angel Delight |
| Peas | $\vdots$ |  |  |  |  |
|  | Baked Beans | $\vdots$ | Carrot Cake |  |  |

## Week 2

## Monday

Tuesday
Wednesday
Thursday
Friday


## Week commencing - 6th Nov, 27th Nov, 18th Dec, 8th Jan, 29th Jan, 19th Feb, 11th Mar

Week 3

|  | Week commencing - 13th Nov, 4th Dec, 25th Dec, 15th Jan, 5th Feb, 26th Feb, 18th Mar |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Monday | Pork Sausages with Mashed Potato | Macaroni Cheese | Jacket Potato with a Choice of Flling | Fresh Broccoli | Baked Beans | Mixed Berries and Ice Cream |
| Tuesday | Creamy Chicken Curry with Rice | Sweet Potato and Spinach Dahl with Naan Bread | Jacket Potato with a Choice of Filling. | Mixed Vegetables | Fresh Cauliflower | Lemon Drizzle Cake |
| Wednesday | Roast Chicken Fillet with Roast Potatoes | Roast Quorn Fillet with Roast Potatoes | Jacket Potato with a Choice of Filling | Fresh Carrots | Fresh Cabbage | Fruit Jelly |
| Thursday | Cheese and Tomato Pizza with Potato Wedges | Tomato and Basil Pasta | Jacket Potato with a Choice of Filling | Sweetcorn | Green Beans | Ice Cream Roll |
| Friday | Fish Fingers with Chips | Quorn Dippers with Chips | Jacket Potato with a Choice of Filling | Peas | Baked Beans | Syrup Sponge and Custard |

