## 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 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

## THurack

Catering
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## Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

## Beef Meatballs

 with PastaChicken Paella

All Day Breakfast

Ham \& Pineapple Pizza with Crispers

Breaded Lemon Fish Bites with Chips

Quorn Balls
with Pasta
Spanish Quorn Fillet with Rice

Vegetarian All Day Breakfast

Cheese \& Tomato Pizza with Crispers

Vegetable Fingers with Chips
Jacket Potato with
a Choice of Filling

Jacket Potato with a Choice of Filling
Jacket Potato with
a Choice of Filling

Baguette - Ham, Cheese or Tuna with Crispers

Baguette - Ham, Cheese or Tuna with Chips

|  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| $\vdots$ | Green Beans | $\vdots$ | Broccoli | $\vdots$ |
| $\vdots$ |  |  | Ice Cream Roll |  |
| Mixed Vegetables |  | Cauliflower | $\vdots$ | Fruit Cocktail |
| $\vdots$ |  |  | $\vdots$ |  |
| $\vdots$ | Beans | $\vdots$ | Bread | $\vdots$ |

Week 2

## Monday

## Tuesday

Wednesday

| Tuna | Macaroni Cheese | $\vdots$ |
| :---: | :---: | :---: |
| Pasta Bake | $\vdots$ |  |
| fhilli Con Carne | Quorn Chilli Con Carne with Rice | $\vdots$ |

with Rice
oad in the Hole with Mash

$\vdots$ Quorn Toad in the Hole with Mash

BBQ Chicken Pizza with Crispers
Plant Burger in a Bun with Chips

Cheese \& Tomato Pizza
with Crispers
Meat Free Sausage Roll with Chips

Friday
Week 3

| Monday | Spaghetti Bolognese | Tomato Vegtable Pasta | Jacket Potato with a Choice of Filling | Mixed Vegetables | Broccoli | Syrup Sponge with Custard |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Tuesday | Sausage with Chips | Vegan Sausage with Chips | Baguette - Ham, Cheese or Tuna with Chips | Beans | Peas | Chocolate Cookie |
| Wednesday | Roast Chicken with Roast Potatoes | Roast Quorn Fillet with Roast Potatoes | Jacket Potato with a Choice of Filling | Mixed Vegetables | Cauliflower | Mixed Berries \& Crea |
| Thursday | Pepperoni Pizza with Crispers | Cheese \& Tomato Pizza with Crispers | Baguette - Ham, Cheese or Tuna with Crispers | Sweetcorn | Garlic Bread | Ice Cream Roll |
| Friday | Fish Fingers with Mash | Vegetable Fingers with Mash | Jacket Potato with a Choice of Filling | Peas | Beans | Fruit Cocktail |

