



# National School Meals Week 2024

## 11-15 November



### MONDAY

## Good Mood Food

A fun day serving 'good mood food', dishes packed with protein and plant-based recipes. A chance to promote your week of activities to all stakeholders.

BEEFY BOLOGNESE

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PASTA POWER BOLOGNESE (V)

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GREAT GARLIC BREAD & BRILLIANT BAKED BEANS

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FANTASTIC FLAPJACK

### TUESDAY

## SUPERHERO LUNCH

Let's encourage children back into the dining room by being a superhero for the day. A super lunch to boost your brain.

DREAM IT, BELIEVE IT, ACHIEVE IT!

THE INCREDIBLE BURGER

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DARE DEVILS' DIPPERS (V)

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POTATO WEDGES & POWER PEAS

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MUTANT MUFFIN

### WEDNESDAY

## THE FEEL GOOD GREAT BRITISH LUNCH

A roast lunch not only has all the important nutrition our bodies and minds need.

But it is an opportunity to promote local produce and how pupils can enjoy a plant based alternative roast lunch.

ROAST CHICKEN BREAST

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VEGAN SAUSAGES (VGN)

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NEW POTATOES, CARROT, SWEDE & GRAVY

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CARAMEL APPLES & CUSTARD

### THURSDAY

## MOVE IT FOR A BETTER MIND

How much can you move during NSMW24? We know that exercise has a positive impact on our mental health and mood. Pupils can enjoy meals packed with energy for sporting activities or download an exercise diary to show how much they have moved.

HAM & CHEESE PANINI

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CHEESE & TOMATO PIZZA (V)

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FLAVOURED RICE & SWEETCORN

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WINTER BERRIES & ICE-CREAM

### FRIDAY

## Be Kind Day

Friday during NSMW is always a day to say thanks to the catering staff for the excellent food they serve all year.

This year we are encouraging pupils to do other small acts of kindness to make others feel good about themselves.

FISH FINGERS

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VEGAN SAUSAGE ROLL (VGN)

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CHIPS & BROCCOLI

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CHOCOLATE COOKIE

Enjoy a week of **delicious school meals** and **fun activities**