

# What's on my plate?

## A guide to Caterlink's school lunches

### PROTEIN FOODS

A portion of protein in every meal, such as meat, poultry, fish, beans, egg, lentils, cheese and Quorn. Protein is essential for the growth and repair of the body's cells, and contains important nutrients such as iron.



### VEGETABLES

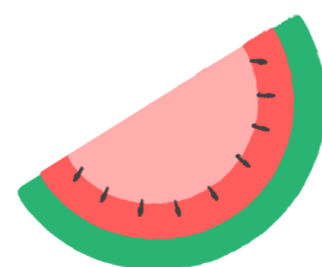
Two different vegetables are offered everyday, with lots of different types on offer over the menu. We should be eating 5 portions of fruits and vegetables a day, as they provide us with important vitamins and minerals. A portion is roughly what you can fit in the palm of your hand. Count how many different colours of vegetables you can eat this week!



### SALAD BAR



Everyday we have a salad bar on offer with lots of tasty fresh salads, such as sweet potato salad, crunchy coleslaw, grated carrot, cucumber and mixed beans. You can help yourself to as much salad as you like, perfect for topping up your 5 a day!



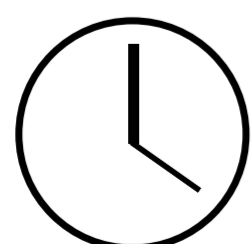
### CARBOHYDRATES

Starchy carbohydrates are offered daily including rice, potatoes, bread and pasta. These foods should provide us with almost half of our daily energy, very important for helping us to learn, play and be active. Starchy carbohydrates are also a great source of fibre, which is needed to keep our digestive systems healthy.

### DESSERTS

As well as fresh fruit and natural yoghurt being offered each day, we cook a range of delicious desserts over the week. From oaty cookies and chocolate brownies (with sneaky hidden fruit inside), to warm fruit crumbles and sponges with custard, all of our desserts meet the reduced sugar guidelines (we use fruit to sweeten recipes instead), and contain important nutrients such as iron, zinc and calcium to keep us healthy.

## Why choose school dinners?



Saves you time making and packing lunches.



It provides a healthy, balanced meal.



Healthy eating supports learning at school.