## FOOD Union

# AW 23 MENU

We're passionate about providing young people with healthy, well-balanced diets to fuel their learning and realise their potential. Whilst obesity rates continue to grow due, primarily, to poor diet and lack of exercise, our classroom research shows that children want to eat healthily and sustainably.

#### HEALTH

82% of children tell us they want to eat a healthy and balanced diet.

#### PLANET

44% of secondary pupils want to know about sustainable eating choices.



#### **OUR SURVEY SAYS.....**

- 53% of students eat with us at least 4 days a week
- 63% of students say lunch is important to them
- 31% like to have a hot lunch
- 30% don't have time to make a packed lunch



## NEW FOR AUTUMN WINTER

### **SOMETHING FOR EVERYONE**







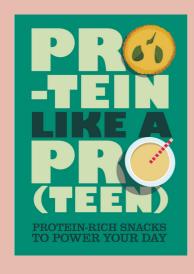
FLAVOURSOME FAVES

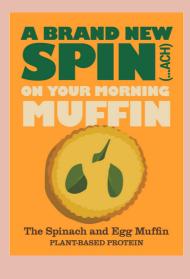
Sloppy Joe Burger Chilli con Turkey Pork Meatball Pasta Chicken Tikka Masala

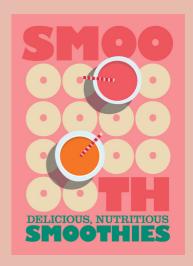
# PLANT FORWARD DELCIOUSNESS

Veg Mexican Tortilla Pie Sweet Potato & Bean Enchilada Mexican Loaded Wedges Louisiana Soul Bowl

## MID MORNING BREAK







#### PROTEIN POWER

Inspired by feedback from our School Food Councils we've added in new plant forward, protein rich recipes to our MMB menu.