Change 4 Life Shake Up Games



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: Silver 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.

Watch out for our theme days!



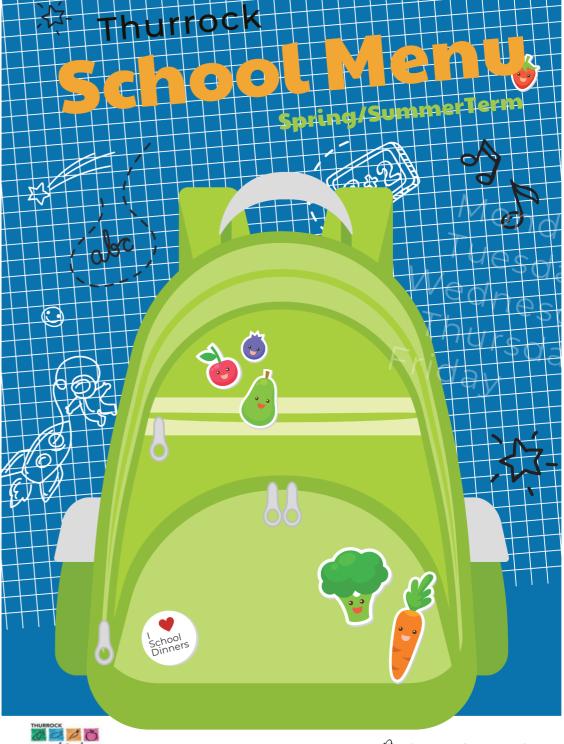
Get in touch with us

Email: cateringservices@thurrock.gov.uk Visit: thurrock.gov.uk/school-meals











Baked Beans V OUTEN CHIEF

	Neek 1	Trease note that the ment may change subject to local needs							
		WEEK COMMENCING - 15+1	n April, 6th May, 3rd June, 24th J	une, 15th July, 9th Septembe	r, 23rd Septembe	er, 30th Septembe	er, 21st October		
Ì	Monday	Fish Pie	Meat Free Sausage Roll With Mash Potatoes	Jacket Potato with a choice of filling	Broccoli	Seasonal Salad Bar	Ice Cream 🔮 🏑		
	Tuesday	Beef Burger With Potato Smiles	Macaroni Cheese	Ham Wrap	Baked Beans	Seasonal Salad Bar	Marble Sponge		
	Wednesday		Roast Quorn Fillet with Roast Potatoes , Yorkshire Pudding & Gravy	Jacket Potato with a choice of filling	Carrots	Seasonal Salad Bar	Fruit Jelly		
	Thursday	Cheese & Tomato Pizza With Garlic Bread	Tomato & Basil Pasta	Cheese Sandwich	Sweetcorn	Seasonal Salad Bar	Oat Cookie		
Ŋ	Friday	Fish Fingers With Chips	Quorn Dippers With Chips	Jacket Potato with a choice of filling	Peas	Seasonal Salad Bar	Pineapple Upside down Cake 🧌 🏏		

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4	We	ek 2 WEE	K COMMENCING - 22nd April, 13	3th May, 10th June, 1st July, 22	2nd July, 16th Sep	otember, 7th Octo	ber,
1	Monday	Pork Sausage With Mash Potato & Gravy	Quorn Sausage With Mash Potato & Gravy	Jacket Potato with a choice of filling	Mixed vegetables	Seasonal Salad Bar	Fruit Smoothie
	Tuesday	BBQ Chicken With Rice & Peas		Cheese Wrap	Broccoli	Seasonal Salad Bar	Jam Sponge
	Wednesday	Roast Gammon with Roast Potatoes , Yorkshire Pudding & Gravy	Roast Quorn Fillet with Roast Potatoes , Yorkshire Pudding & Gravy	Jacket Potato with a choice of filling	Carrots	Seasonal Salad Bar	Fruit Jelly
	Thursday	Cheese & Tomato Pizza With Potato Smiles	Quorn Dippers With Potato Smiles	Ham Sandwich	Sweetcorn	Seasonal Salad Bar	Fruity Iced Sponge
H	Friday	Fish Fingers With Chips	Cheese & Red Onion Quiche with Chips	Jacket Potato with a choice of filling	Peas	Seasonal Salad Bar	Syrup Sponge



& Crackers. 🗳 🗸

Soft Cheese V