

## 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: 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.

Watch out  
for our  
theme days!



## Get in touch with us

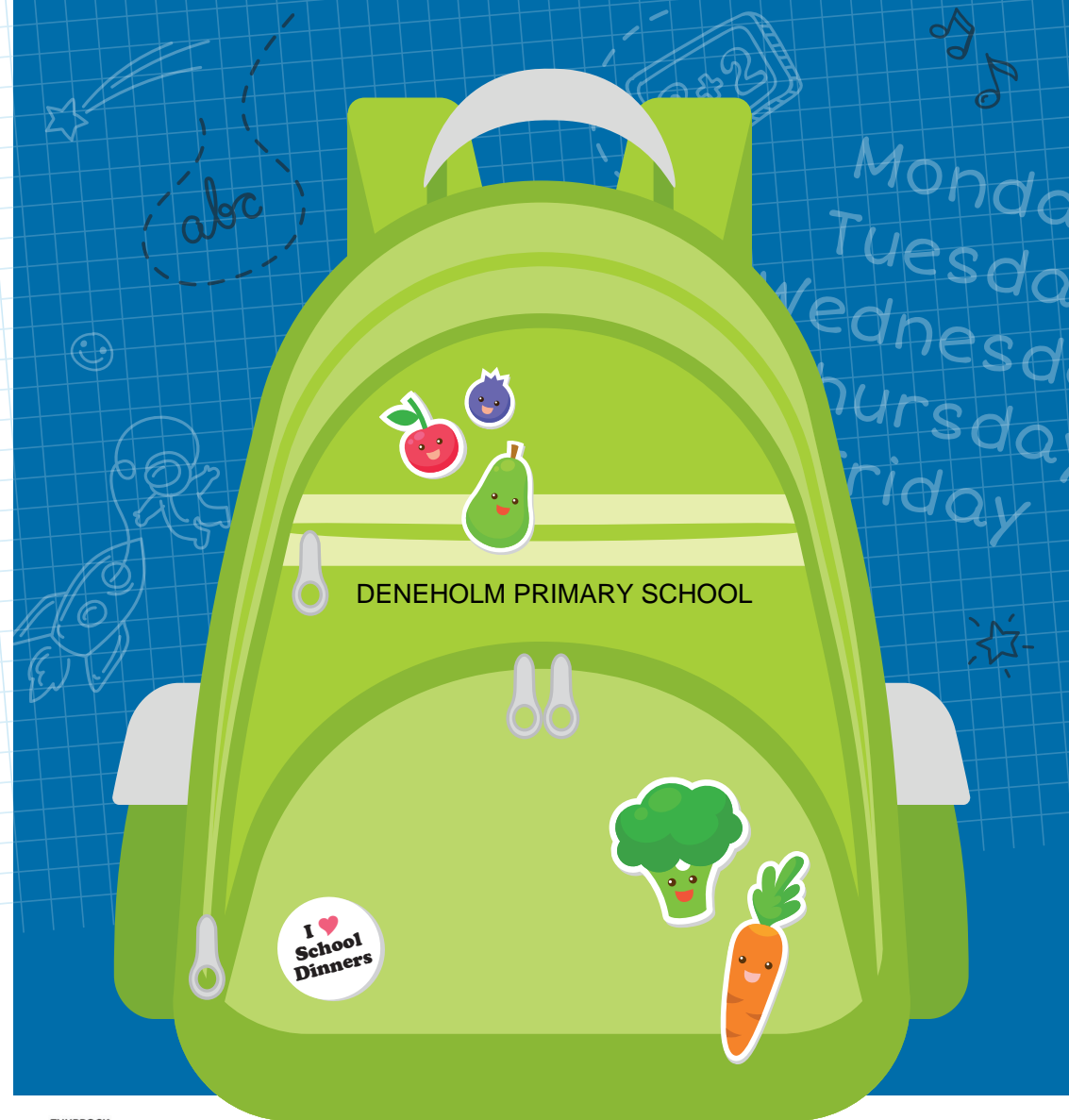
Email: [cateringservices@thurrock.gov.uk](mailto:cateringservices@thurrock.gov.uk)

Visit: [thurrock.gov.uk/school-meals](http://thurrock.gov.uk/school-meals)



# Thurrock School Menu

## Autumn/Winter Term



 [thurrock.gov.uk](http://thurrock.gov.uk)

## Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

## Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

## Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Additional daily foods available: Seasonal salad bar  
Wholemeal bread • Alternative desserts (yoghurt or fruit)

Our **Roast Dinners** are also served with a Yorkshire Pudding!

