

WHAT'S COMING UP

AUTUMN TERM 2019

SEPTEMBER

APPLES

Say apples!

Apples are packed with antioxidants and fibre and are a good source of vitamins A and C

Meatball Mania!

DON'T MISS OUT ON OUR FANTASTIC FRESHLY MADE MEATBALLS

TASTES OF JAMAICA

Come and experience the best of Jamaican and Caribbean street food!

OCTOBER

SQUASH

Squash it!

The butternut squash is a great source of vitamins A, C, E and B vitamins along with minerals such as calcium, magnesium and zinc.

World Curry Feast

COME AND ENJOY SOME OF THE WORLD'S BEST CURRY DISHES

UK Sausage WEEK

A week long celebration of the finest British Sausages!

NOVEMBER

ROOT VEGETABLES

Rooting for you!

Root vegetables are a great source of vitamins B minerals. Carrots are a great source of vitamin A which is critical for vision. Whilst turnip leaves are a rich source of vitamin K.

American Diner

NOVEMBER 19 *Month*

LET US TRANSPORT YOU TO THE USA WITH OUR RANGE OF DINER THEMED CLASSICS!

Seasoned Potato **WEDGES**

Choose your favourite toppings and seasonings on our potato feast day

DECEMBER

BRUSSEL SPROUTS

Everyday I'm Brusselin'

Brussel sprouts are rich in Vitamin K. They're also high in Vitamin C, an antioxidant that promotes immune function. Sprouts are also full of fibre, great for digestive health & wellbeing.

Festive German

Market

CELEBRATE THE HOLIDAYS WITH OUR RANGE OF FESTIVE GERMAN MARKET TREATS!

Festive Sandwich **WEEK**

A selection of sandwiches with lots of festive fillings to choose from