

Barry

Barry the Beans packs a mighty protein punch! He's a real bodybuilder, using his muscle power to help build the team's energy and spirit.



Bud 'n' Jud

Bud 'n' Jud the Spuds are big, but they're bursting with energy thanks to their carbohydrate super-power. When there's hard physical work ahead, Bud 'n' Jud are raring to go!



Silvertop

Silvertop's super-charged calcium levels give him his super-strong bones. Our heroes can always rely on him during their adventures.



Brains

Packed full of iron to help growing minds work better, Brains the Broccoli is always on the ball to hatch perfect plans for the team.



Meet the

# Food Super Heroes

Hydra

Hydra is always working hard to fight off evil toxins, that stop the team from performing at their best. She never rests, rarely makes mistakes and her powers of concentration are immense!



The Pasta Pack

The Pasta Pack are an unruly bunch, each with their own unique personality. Their wholegrain powers make them passionate with strong hearts, and they'll stop at nothing to defend the team.



Who is your favourite?

Boss

The leader of the team, Boss the Banana's fibre helps keep everything running smoothly. When our team gets stuck, the Boss is always around to get things moving again.



Doc

Doc the Kiwi knows just what the team needs to keep on top of its game. She helps our heroes stay healthy by boosting their immune systems and preventing illness.



# Food Super Heroes Menu



Casey

Casey the Carrot's superhero levels of vitamins keep her eyes sharp... even in the dark! She's always looking out for the team.



For all meal enquiries please contact Chartwells on Grimsby 01472 342272 or grimsby.hub@compass-group.co.uk COOMB BRIGGS PRIMARY

# Week one

17/04 08/05 19/06 10/07

Jacket Potatoes are available every day with a choice of fillings.



Monday

## Choose a main meal...

\*British Pork Sausages  
Vegetarian Sausages (v)  
Jacket Potato with a choice of Cheesy Coleslaw or Cheese  
Cheese on White Roll

## on the side...

Mashed Potatoes  
Baked Beans  
**for dessert...**  
St Clements Cookie

Tuesday

## Choose a main meal...

Chicken Rogan Josh & Rice  
Cheese & Tomato Pizza on Wholemeal Base (v)  
Jacket Potato with a choice of Beans, Cheese or Tuna Mayo  
Ham on a White Roll

## on the side...

Seasonal Vegetables  
**for dessert...**  
Pineapple Sponge with Chocolate Sauce

Wednesday

## Choose a main meal...

Baked Ham with New Potatoes  
Potato & Vegetable Gratin (v)  
Jacket Potato with a choice of Beans or Cheese  
Egg Mayo on White Roll

## on the side...

Seasonal Vegetables  
**for dessert...**  
Muller Yoghurt

Thursday

## Choose a main meal...

Beef Lasagne  
Macaroni Cheese (v)  
Jacket Potato with a choice of Beans, Cheese or Tuna & Salmon Mayo  
Cheese on White Roll

## on the side...

Garlic Slice  
Seasonal Vegetables  
**for dessert...**  
Pancake with Jam

Friday

## Choose a main meal...

Fish Fingers  
Omelette (v)  
Jacket Potato with a choice of Spaghetti Hoops & Cheese or Cheese  
Turkey on White Roll

## on the side...

Diced Potatoes  
Seasonal Vegetables  
**for dessert...**  
Apple Pie with Custard

# Week two

24/04 15/05 05/06 26/06 17/07

If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt.



## Choose a main meal...

BBQ Chicken Pizza on Wholemeal Base  
Cheese Omelette (v)  
Jacket Potato with a choice of Cheesy Coleslaw or Cheese  
Cheese on White Roll

## on the side...

Jacket Wedges  
Baked Beans  
**for dessert...**  
Bran Flake Crunch

## Choose a main meal...

Chicken in Creamy Tomato & Basil Sauce & Rice  
Cheese & Tomato Pizza on Wholemeal Base (v)  
Jacket Potato with a choice of Beans, Cheese or Tuna Mayo  
Ham on White Roll

## on the side...

Seasonal Vegetables  
**for dessert...**  
Chocolate & Mandarin Sponge with Strawberry Sauce

## Choose a main meal...

Beef Burger in a Bun  
Quorn Hot Dog in a Roll (v)  
Jacket Potato with a choice of Beans or Cheese  
Egg Mayo on White Roll

## on the side...

Diced Potatoes  
Seasonal Vegetables  
**for dessert...**  
Muller Yoghurt

## Choose a main meal...

Minced Beef Stroganoff & Pasta  
Vegetarian Meatballs in Tomato Sauce & Pasta (v)  
Jacket Potato with a choice of Beans, Cheese or Tuna Mayo  
Cheese on White Roll

## on the side...

Seasonal Vegetables  
**for dessert...**  
Apple Crumble with Custard

## Choose a main meal...

Fish Fillet  
Omelette (v)  
Jacket Potato with a choice of Spaghetti Hoops & Cheese or Cheese  
Turkey on White Roll

## on the side...

Mashed Potatoes  
Seasonal Vegetables  
**for dessert...**  
Lemon Cookie

# Week three

01/05 22/05 12/06 03/07 24/07

## Choose a main meal...

\*British Pork Sausages  
Vegetarian Sausages (v)  
Jacket Potato with a choice of Cheesy Coleslaw or Cheese  
Cheese on White Roll

## on the side...

Mashed Potatoes  
Baked Beans  
**for dessert...**  
Muller Yoghurt

## Choose a main meal...

Chicken Korma with Rice  
Cheese & Tomato Pizza on Wholemeal Base (v)  
Jacket Potato with a choice of Beans, Cheese or Tuna Mayo  
Ham on White Roll

## on the side...

Seasonal Vegetables  
**for dessert...**  
Apple Sponge with Chocolate Sauce

## Choose a main meal...

Roast Turkey & Gravy  
Roast Quorn & Gravy (v)  
Jacket Potato with a choice of Beans or Cheese  
Egg Mayo on White Roll

## on the side...

Roast Potatoes  
Seasonal Vegetables  
**for dessert...**  
Banana Brownie

## Choose a main meal...

Beef Bolognese Pasta Bake  
Cold Pasta Italiane Salad  
Jacket Potato with a choice of Beans, Cheese or Tuna Mayo  
Cheese on White Roll

## on the side...

Seasonal Vegetables  
**for dessert...**  
Mixed Fruit Crumble with Custard

## Choose a main meal...

Fish Fingers  
Quorn Burger in a Bun (v)  
Jacket Potato with a choice of Spaghetti Hoops & Cheese or Cheese  
Turkey on White Roll

## on the side...

Oven Chips  
Seasonal Vegetables  
**for dessert...**  
Lemon Drizzle Cake

\* = Pork Product (v) = Vegetarian

All of our bread is baked fresh every day

We have a fresh salad bar available daily

Although our menus are nut free (excluding coconut) we cannot guarantee against airborne traces. Please call our customer services line for more information

SPECIAL DAYS 18th MAY - SPRING PICNIC 4TH JULY - INTERNATIONAL DAY AMERICA



There is a vegetarian choice every day... and don't forget that salad is available daily.

Keep yourself topped up with water - it will help you concentrate all day long.

