



# EXPLORE

# TODAY'S THEME

## Theme Days

We think that lunch time should be a fun experience for children, this includes the food served. Each month the school kitchen will hold a Theme Day that will help our Food Explorers discover new flavours, learn about the food on their plate and have fun with good food.

Here are two examples of the Theme Day menus planned for 2022.



### BRITISH HARVEST festival

September

Food Explorer lunches use lots of British ingredients, look on our map to see where today's ingredients come from

Let's learn where the food on our plate comes from

Our Vegetables (part of England)

Our Beef (Buxton)

Our Potatoes (Lincolnshire)

#### Menu

- Organic Derbyshire beef or Quorn casserole with Yorkshire pudding
- Lincolnshire potatoes
- Broccoli & carrots
- Sticky apple pudding with custard

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### LET'S GET MOVING

Thursday 20th October

Today's dishes are great fuel for getting active. Try out our tips below to get your body moving!

#### Menu

- Chicken/Quorn & broccoli carbonara  
An energy boosting pasta
- Rainbow side salad  
To keep our body tip top
- Chocolate orange oat biscuit  
To top up your Vitamin C

Let's fuel up and get our bodies moving!

SPRINT ON THE SPOT AS FAST AS YOU CAN

DO TEN STAR JUMPS WITH FRIENDS

HUNT IN THE GARDEN FOR MINI BEASTS

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