

HEALTHY EATING WEEK — FOR EVERYONE!

AIP is proud to sponsor the British Nutrition Foundation's Healthy Eating Week, 12 - 16 June 2023. Using insights, our Chefs have created an exciting menu crammed with pupils' favourite dishes that celebrate the week's five messages and help us to connect the food we serve with fun, nutrition, education activities that encourage pupils to embrace a healthier future.

Monday



FOCUS ON FIBRE

Wholemeal Veggie Pizza

Filled with fibre!
Wholemeal flour in the base with lentils and tomatoes in the sauce.

Thai Style Rice with Beans

Brilliant brown rice and bouncing beans boost the fibre in this delicious dish, and it's packed with veggies too!

Oaty Fruity Flapjack

Today's flapjack contains oats and dried fruit.

Tuesday



GET AT LEAST 5 A DAY

Chicken and Vegetable Stir Fry with Noodles/ Rice

Look out for the peppers, sweetcorn, onions and cabbage! Can you spot any other veg?

Macaroni and Cheese

Marvelous mac with sensational butternut squash in the sauce

Vegan Berry Muffin

Bouncing berry muffin - berry-licious!

Wednesday



VARY YOUR PROTEIN

Cottage Pie

This clever cottage pie includes some lovely lentils to help you vary your protein.

Cheese and Bean Enchilada

Bursting with protein providing beans and cheese!

Chocolate Custard Pudding

Guess what? We are working on reducing food waste by turning our unused bread in to a yummy traditional pudding, try it - it's delicious!

Thursday



STAY HYDRATED

Roast Chicken with Lemon and Herb Rice

Make sure you have a drink at every meal time.

Chickpea Curry with Lemon and Herb Rice

Tap water is a great choice, so grab a glass with your lunch today.

Yoghurt Smoothies

Keep your water bottle topped up so you have plenty to drink during the day.

Friday



REDUCE FOOD WASTE

Fish of the Day with Chips and Peas

Our Friday menu is always popular, so we know there won't be any food waste today!

Veggie Nuggets with Chips and Peas

Wasty to Tasty Fruity Surprise

We are reducing food waste again! Our surprise dish uses up spare milk, yogurt and fruit to create a delicious, dreamy dessert.

Shout out on social media and share photos showcasing your school's #HEW23 activities.

For more information about Healthy Eating Week, and to register visit: <https://www.nutrition.org.uk/healthy-eating-week/>