

# 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/>