



Dear Parents/Carers

Matchborough First School Academy will be taking part in the 'Eat Them to Defeat Them' Campaign. Starting 24th February 2020 up until 3rd April every time your child has one of the target vegetables they can put a sticker on their chart. When your child has completed their chart they can bring it in to school and they will be entered into a prize draw at the end of the term where 10 children will win a prize.

To help your child/ren achieve this we are putting special options into our lunch menu which incorporate a different vegetable each week. (please see over for a list of the meal changes each week)

Happy Hunting!

Carrots



(Week Commencing 24th February 2020)

Monday	Mediterranean Carrot Coleslaw
Tuesday	Roasted Carrots & Red Onion
Wednesday	Carrot & Swede Mash
Thursday	Carrot & Sweet Potato Mash
Friday	Grated Carrot & Orange

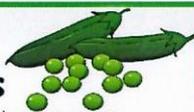
Broccoli



(Week Commencing 16th March 2020)

Monday	Broccoli Celery Cucumber & Sultana Salad
Tuesday	Baby Trees (Broccoli & Green Beans)
Wednesday	Broccoli & Cauliflower Cheese
Thursday	Broccoli Carrot & Cheese Bake
Friday	Creamy Broccoli & Pasta Salad

Peas



(Week Commencing 2nd March 2020)

Monday	Minty Peas Mash
Tuesday	Medley of Greens (Peas, Green Beans and Broccoli)
Wednesday	Pea Leek & Cauliflower Bake
Thursday	Minty Peas & Leeks
Friday	Cucumber & Pea Salad

Tomatoes



(Week Commencing 23rd March 2020)

Monday	Tomato Red Onion & Basil Salad
Tuesday	Grilled Tomatoes
Wednesday	Tomato & Five Bean Salad
Thursday	Mediterranean Pasta Salad
Friday	Tomato Cucumber & Coriander Salad

Sweetcorn



(Week Commencing 9th March 2020)

Monday	BBQ Sweetcorn & Rice
Tuesday	Mediterranean Noodles & Sweetcorn Salad
Wednesday	Roasted Sweetcorn & Red Peppers
Thursday	Sweetcorn Red Onion & Coriander Salad
Friday	Pasta Sweetcorn & Garlic Salad

Peppers



(Week Commencing 30th March 2020)

Monday	Red & Yellow Pepper Sticks
Tuesday	Creamy Pasta & Red Pepper Salad
Wednesday	Red Pepper & Red Onion Stir Fry
Thursday	Orange Pepper Fruity Coleslaw
Friday	Roasted Red Pepper & Chickpeas