

NUTRITION

What is in our menu

Protein gives you muscle



► Protein is one of the building blocks that make you who you are

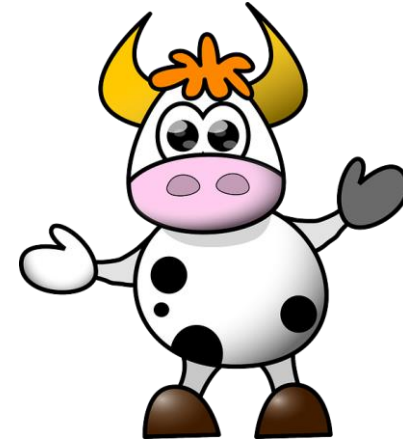


Carbohydrates give you energy

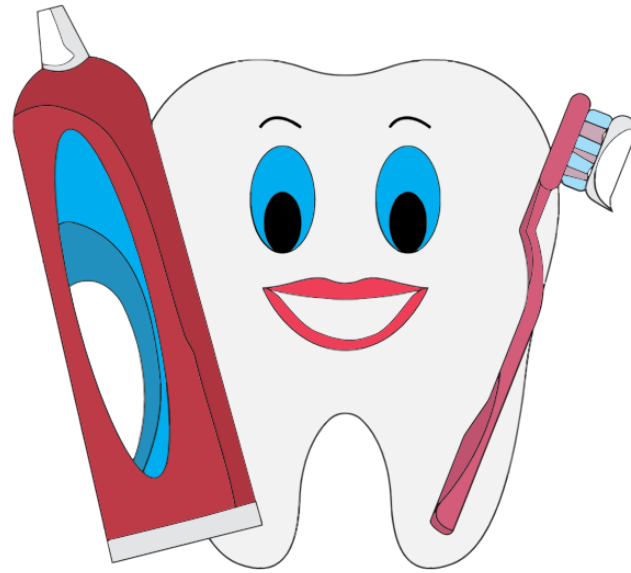


- ▶ Carbohydrates fuel your brain and provide energy

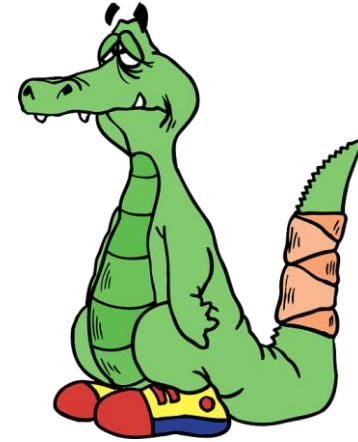
Calcium gives
you strong teeth
and bones



► Calcium helps your
muscles to move and carry
messages to your brain



Vitamins help to heal your bumps and grazes



► Vitamins and minerals give you energy and help to heal your bumps and grazes



Chicken, Spinach and Chickpea Curry with Naan Bread

- ▶ Is a delicious and nutritious meal containing most the elements your body need for vitality
- ▶ Calories 335 kcal approximately
- ▶ Protein, calcium, fiber, carbohydrates, Iron, magnesium, potassium
- ▶ Vitamins A, B6, C, K
- ▶ The approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal per day
- ▶ Photograph is example picture only

Rose Woods, Chef Manager Dixons Manningham



Jam and Coconut Sponge

- The approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal per day
- Calories 60 Kcal approximately
- Carbohydrates, protein, calcium, fat, fiber, sugar, Iron, magnesium
- Vitamins A,B6,B12,C,D,E



Jacket Potato with Cheese and Beans

- ▶ The approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal per day
- ▶ Approximate calories 335 kcal
- ▶ Protein, carbohydrates, fat, calcium, potassium, magnesium, Iron, vitamins A,B12,C,D,K,D



Vanilla Sponge and Custard

- Approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal per day
- Calories 160 Kcal approximately
- Carbohydrates, calcium, protein, fat, fiber,
- sugar, protein, iron, magnesium, vitamins A,B12,C,D,E



Chicken Pilau with Naan Bread and mint Yoghurt

- ▶ The approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal per day
- ▶ Calories 351 Kcal approximately
- ▶ protein, carbohydrates, fat, fiber, sodium, potassium, calcium, magnesium, iron, vitamin A,B, B6,C,K



Jelly

- ◆ The approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal per day
- ◆ Calories 85 Kcal approximately
- ◆ Carbohydrates, fat, fiber, salt, Sugar,



Home-made margarita pizza with potato wedges and beans

- ▶ The approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal per day
- ▶ Calories approximately 482 Kcal
- ▶ Carbohydrates, protein, fat, fiber, sugar, sodium,



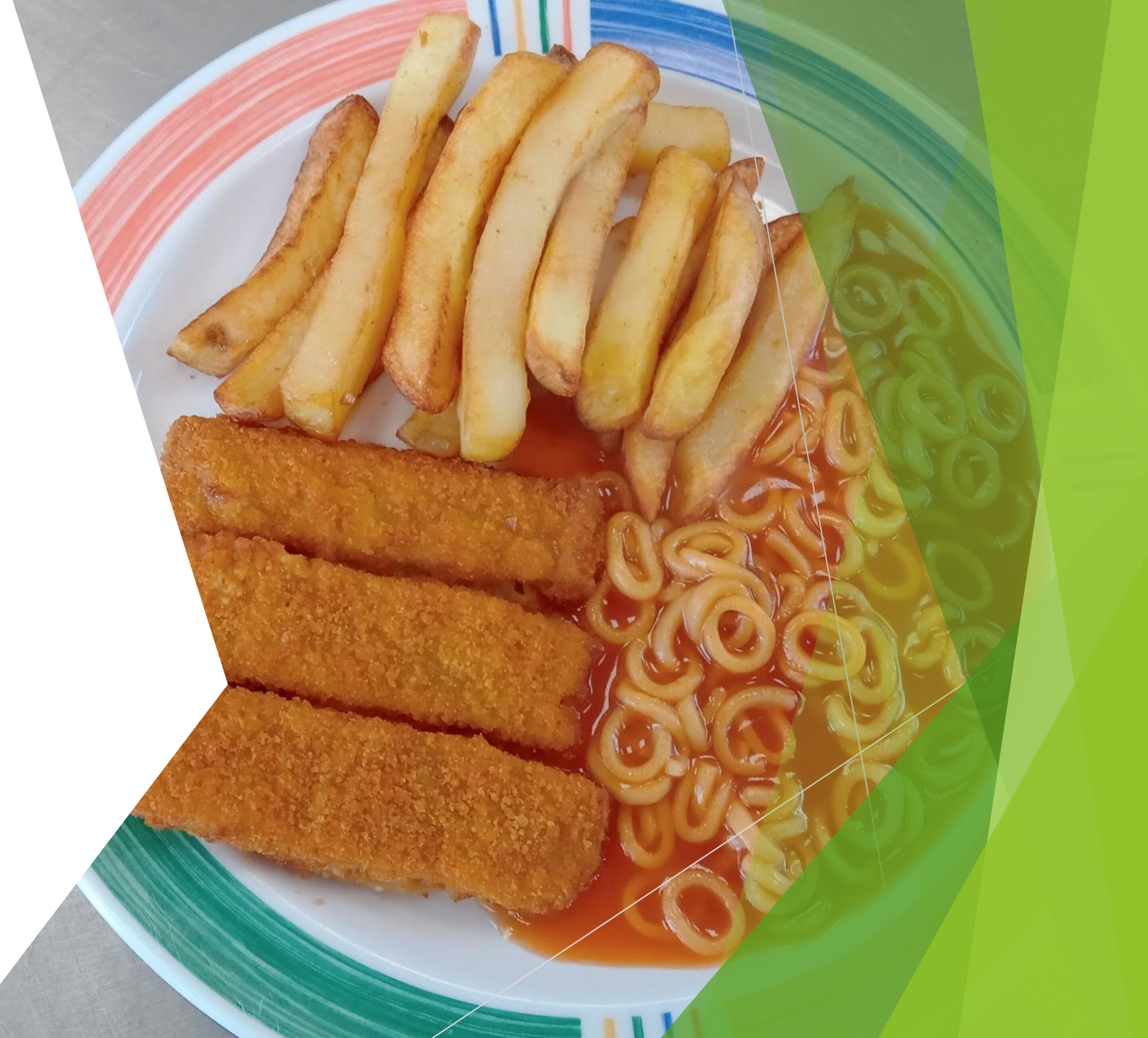
Homemade Cookies

- ◆ The approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal per day
- ◆ Calories 72 Kcal approximately
- ◆ Carbohydrates, calcium, fat, fiber, sugar



Fish fingers chips and spaghetti

- ▶ The approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal
- ▶ Calories 519 Kcal approximately
- ▶ Carbohydrates, protein, fat, fiber, sodium, calcium, iron, magnesium
- ▶ Vitamins A,C,E,



Iced chocolate cake

- Approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal per day
- Calories 168 Kcal approximately
- Carbohydrates, calcium, protein, fat, fiber, sugar, iron, magnesium, vitamins A,B12,C,D,E



Strawberry milk jelly

- ▶ The approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal per day
- ▶ Calories 135 Kcal approximately
- ▶ Carbohydrates, fat, fiber, salt, sugar, calcium
- ▶ Vitamins A,B6,C,D,E



Chicken tikka wrap with potato rosti, salad and mint yoghurt

The approximate daily allowance for
children aged between 6 and 12 is 1,600
to 2,200 kcal per day

Calories 294 Kcal approximately

Carbohydrates, protein, fiber, potassium,
calcium, iron, magnesium

Vitamins A, B6, B12, C, E,



Baked potato with tuna mayo, cheese and salad

- ▶ The approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal per day
- ▶ Calories 357 approximately
- ▶ Protein, carbohydrates, fiber, calcium, potassium, magnesium, iron, vitamins A, B6, C, E



Flapjack

- The approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal per day
- Calories 117 Kcal approximately
- Carbohydrates, calcium, sugar, fat, fiber, iron, magnesium
- Vitamins C,B6



Homemade spicy chicken pizza with wedges and beans

- ◆ The approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal per day
- ◆ Calories 495 Kcal approximately
- ◆ Carbohydrates, protein, fat, fiber, sugar, sodium, calcium, iron
- ◆ Vitamins A,B6,B12,C,E



Chocolate sponge and custard

- ▶ Approximate daily allowance for children aged between 6 and 12 is 1,600 to 2,200 kcal per day
- ▶ Calories 162 Kcal approximately
- ▶ Carbohydrates, calcium, protein, fat, fiber
- ▶ Sugar, iron, magnesium,
- ▶ Vitamins A,B12,C,D,E

