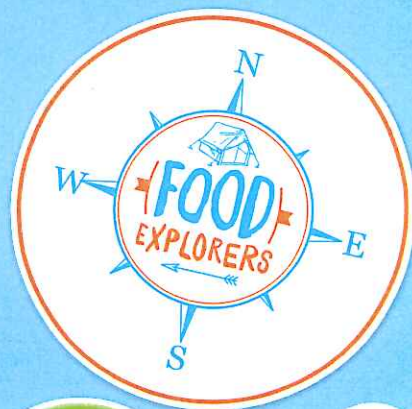


LET'S GET MOVING



Thursday 20th October

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

SPRINT ON THE SPOT AS FAST AS YOU CAN

DO TEN STAR JUMPS WITH FRIENDS

HUNT IN THE GARDEN FOR MINI BEASTS

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!