

# Mental Health Day

Cheesy Quorn and Broccoli Pasta Bake served with Garlic Slice.

Brain Boosting Foods

Omega 3 Fish Fingers

served with steakhouse fries & Steamed Peas

Desserts of The Day

Chocolate & Banana Muffins  
Or  
Fruity Berry Flapjacks  
Or  
Natural Fruit Yogurts

Friday 10<sup>th</sup> October

