

## Why not make a New Year Sport & Health Resolution...

Why not consider one of these for your New Years Resolution?

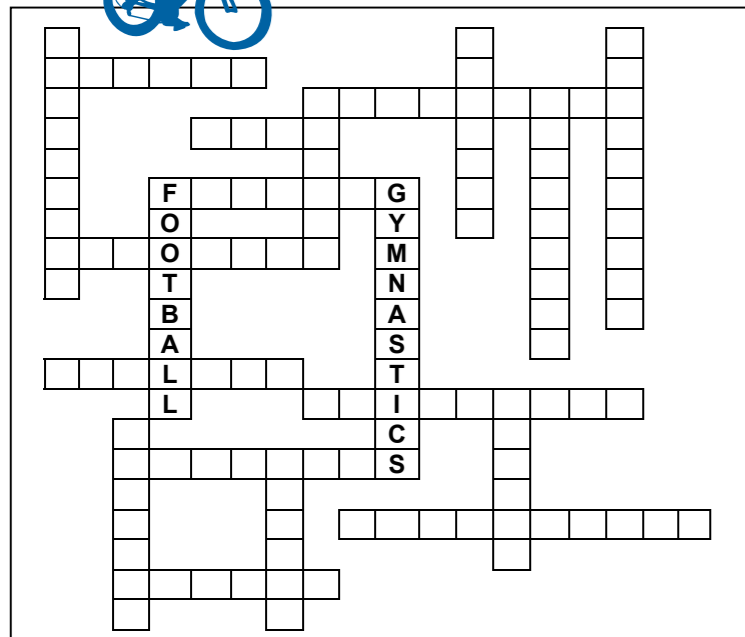
Eat up all of your Vegetables

Eat 5 Fruits or Vegetables every day

Take up a New Sport

Walk or Cycle to School

Spend 30 Minutes Every Day Exercising



Can you fit these 20 Sports into the Puzzle?

**4 LETTERS**  
Judo

**6 LETTERS**  
Boxing  
Diving  
Hockey  
Rowing  
Tennis

**8 LETTERS**  
Canoeing  
Football  
Rounders

**10 LETTERS**  
Basketball  
Gymnastics  
Pentathlon

**7 LETTERS**  
Archery  
Cycling  
Fencing  
Sailing

**9 LETTERS**  
Athletics  
Badminton  
Taekwondo  
Triathlon



# Spring MENU 2012

2012 is going to be a massive year for Good Health & Sports, so Cygnet are kicking it off with a new look Sports Theme Menu and a Special Day to be held in February

## Free School Meals

If you are in receipt of child tax credit and your household income is below £16,190 per year or you are in receipt of one of a range of other benefits, your school age children may be entitled to Free School Meals. To find out more please contact your local council.

## FEBRUARY SPORTS & FITNESS SPECIAL DAY

### Menu

Chicken with **TRIATHLON** Pasta (3 different colours) in a herby tomato sauce & **FREESTYLE** Jacket Wedges

OR

Cheese & Tomato wholemeal Pizza\* & **FREESTYLE** Jacket Wedges

OR

Jacket Potato filled with **HIGH JUMPING** Cheesy Beans

ALL WITH

Vegetable **MEDLEY RELAY** Baton Carrots & **JAVELIN** Broccoli Spears

### Desserts

**GOLD MEDAL** Honey, Treacle & Date Sponge with Custard

OR

**FIRST PLACE** Fresh Fruit

HIGH IN PROTEIN ESSENTIAL FOR GROWING MUSCLES

WHOLEGRAINS KEEPS YOU BURSTING WITH ENERGY FOR LONGER

FULL OF CALCIUM ESSENTIAL FOR STRONG BONES & TEETH

PACKED WITH VITAMINS & MINERALS ESSENTIAL FOR ALL YOUNG SPORTS STARS

AND HELPS YOU SEE IN THE DARK

FULL OF IRON ESSENTIAL FOR GROWING KIDS & ATHLETES

PART OF YOUR 5 A DAY TO BE FIT & HEALTHY

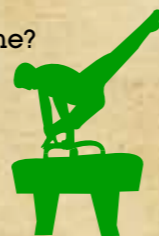
**- SUPERFIT - SUPER HEALTHY - SUPERFOODS**

For more information about the superfoods used in our menus and the nutritional benefits of our dishes please see our website at [www.cygnetcatering.co.uk](http://www.cygnetcatering.co.uk) & select 'News & Events'

\* (fortified with spinach)

## Now can you answer our 10 Sporting Questions?

- Who holds the world record for the 100m Sprint?
- Crawl, backstroke and butterfly are different methods in which sport?
- Which athletics event involves a hop, a skip and a jump?
- How many events are in a decathlon?
- Which sport takes place in a velodrome?
- Can you name 4 sports which require throwing something?
- How many times is the baton passed in a relay race?
- In which city were the 2008 Summer Olympic Games held?
- In which sport does Tom Daley participate?
- Which country will host the 2016 Summer Olympics?



## February Sports & Fitness Special Day

Wednesday 8th and Thursday 9th February 2012

Please check your order form to see which day your meal will be served on, so that you don't miss this fantastic Special Day with Cygnet Catering.

Please contact our Customer Services Team on 01788 576509 or email us via our website: [www.cygnetcatering.co.uk](http://www.cygnetcatering.co.uk)

## If your school operates a pre-order system, when completing the order please:


- Ensure you are completing the correct order form (date shown at top of each form)
- Ensure you are choosing meals from the correct weeks' menu (dates shown at side)
- Send the completed form into school with payment, if applicable preferably in an envelope marked with the child's name and class.
- Ensure the order is sent to school by the day and time shown on the order form.

**Week One**      **2 JAN**      **30 JAN**      **DELIVERED IN HOT LUNCH MENU**  
**SPRING 2012**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	*Sausages with Mashed Potatoes	Roast Turkey with Roast Potatoes	°Lasagne with Garlic Bread	**Fish Fingers with Diced Potatoes	Minced Beef & Cheese Pizza with Herby Potatoes
<b>Vegetarian</b>	Vegetable Grill with Mashed Potatoes	Vegetable Sausages with Roast Potatoes	Vegetarian °Cowboy Pie with Garlic Bread (Sausages & Beans topped with Cheesy Mashed Potatoes)	Sweet Potato & Chick Pea Curry with Diced Potatoes	°Cheese & Tomato ◊Omelette with Herby Potatoes
<b>(s) Jacket Potato</b>	Coleslaw (V)	°Grated Cheese (V)	BBQ Chicken & Sweetcorn (H)	Baked Beans (V)(H)	Tuna Mayonnaise
<b>Vegetables</b>	Baked Beans	Seasonal Vegetables	Crunchy Salad	Seasonal Vegetables	Seasonal Vegetables
<b>Dessert of the Day</b>	Yoghurt	Strawberry Rice Pudding	Lemon Crunch	Apple Crumble with Custard	Golden Flapjack

A selection of locally sourced, fresh fruit is offered daily

S=Served with a portion of sunflower spread  
 V=Vegetarian  
 H = Hot Topping  
 \*=Pork Product  
 ◊=Free Range Eggs  
 °=

**Week Two**      **9 JAN**      **6 FEB**            A number of these products are used in our menus

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Turkey & Sage Pie with New Potatoes	**Fish Cakes with Oven Chips	Chicken Curry with Rice	*Baked Ham with Jacket Wedges	Beef Bolognese with Pasta
<b>Vegetarian</b>	Vegetable °Lasagne with New Potatoes	Quorn Burger with Oven Chips	Hearty Bean Casserole with Rice	Cheese & Tomato Pizza with Jacket Wedges	Vegetarian Bolognese with Pasta
<b>(s) Jacket Potato</b>	Wholemeal Spaghetti Hoops & °Cheese (V)(H)	Chicken & Sweetcorn Mayonnaise	°Grated Cheese (V)	Creamy Salmon (H)	Tex Mex Beans (V)(H)
<b>Vegetables</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
<b>Dessert of the Day</b>	Sticky Toffee & Treacle Pudding with Custard	Yoghurt	Vanilla Sponge with Chocolate Custard	Pancakes with Fruity Sauce	Cornflake Crunch

A selection of locally sourced, fresh fruit is offered daily

To ensure quality of dishes it may be necessary to occasionally offer suitable alternative products to those

\*\*This product comes from a fishery which has been certified to the Marine Stewardship Council's environmental standard for a well-managed and sustainable fishery.  
 Although our menus are nut free (excluding coconut), we cannot guarantee against airborne traces, please call our customer services line for further information.

**Week Three**      **16 JAN**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	**Breaded Fish with Diced Potatoes	Roast Chicken with New Potatoes	Pepperoni Pizza with Jacket Wedges	*Sausages with Mashed Potatoes	Spaghetti Bolognese with Garlic Bread
<b>Vegetarian</b>	Vegetarian Sausage Bake with Diced Potatoes	Creamy Vegetable Hot Pot with New Potatoes	Vegetarian Spaghetti Bolognese (made with Soya) with Jacket Wedges	°Cheesy ◊Omelette with Mashed Potatoes	Baked Bean °Lasagne with Garlic Bread
<b>(s) Jacket Potato</b>	BBQ Chicken & Sweetcorn (H)	Wholemeal Spaghetti Hoops & °Cheese (V)(H)	Tuna & Sweetcorn Mayonnaise	Coleslaw (V)	°Grated Cheese (V)
<b>Vegetables</b>	Seasonal Vegetables	Seasonal Vegetables	Crunchy Salad	Baked Beans	Seasonal Vegetables
<b>Dessert of the Day</b>	Chocolate & Mixed Fruit Sponge with Custard	Cheese, Crackers & Grapes	Apple & Blackberry Crumble with Custard	Yoghurt	Chocolate Cookie

A selection of locally sourced, fresh fruit is offered daily

**Week Four**      **23 JAN**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Roast Beef with Mashed Potatoes	Chicken Korma with Rice	**Fish Fingers with Jacket Wedges	100% Beef Burger with Oven Chips	Turkey Meatballs with Pasta
<b>Vegetarian</b>	Vegetarian Sausage Casserole with Mashed Potatoes	Butter Bean Ragu with Rice	Spinach & Tomato Pizza with Jacket Wedges	°Cheese & Leek Pie with Oven Chips	Vegetarian Bolognese (made with Quorn) with Pasta
<b>(s) Jacket Potato</b>	Baked Beans (V)(H)	°Grated Cheese (V)	Creamy Salmon (H)	Coleslaw (V)	Wholemeal Spaghetti Hoops & °Cheese (V)(H)
<b>Vegetables</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans	Seasonal Vegetables
<b>Dessert of the Day</b>	Pancakes with Fruity Sauce	Date & Treacle Sponge with Custard	Lemon Drizzle Sponge with Custard	Yoghurt	Apple & Peach Slice

A selection of locally sourced, fresh fruit is offered daily