



Eat Smart For A Healthy Heart



**BD** Together,

We would like to welcome all the parents and guardians of pupils at Henry Green Primary School to our new exciting Catering Service.

We are specialist caterers within the education sector who are passionate about fresh, healthy food that tastes as good as it looks. The right nutrients can affect pupil's mood, behavior, health, growth and even their ability to concentrate. Encouraging children to have a well-balanced diet establishes healthy eating now and for their future.

## On Monday 17th April – ALL PUPILS CAN EAT FREE OF CHARGE!

BD Together are an independent contract catering company working with schools and colleges across London to provide homemade, fresh food that is fully compliant with the nutritional guidelines set out in the School Food Plan. Our menu includes daily hot cooked meals (including a vegetarian/vegan option) as well as jacket potatoes, salad bars, sandwiches and baguettes. Our menus have been

fully

analyzed; both in terms of their nutritional value and to highlight all potential allergens.

We are working closely with Henry Green Primary School to encourage as many pupils as possible to try the hot dish of the day.

For those pupils that may be unsure about new and different foods, our friendly and approachable team welcome them to try any dish before choosing it. We will be featuring special theme days throughout the year so remember to check back regularly for exciting news on upcoming events.

BD Together would like to invite all pupils of the school to a FREE welcome lunch on the first day of term after the Easter holiday.

