

Real CHICKEN DRUMSTICKS ARE BACK ON THE MENU!

Chicken drumsticks have been available to us for generations but Dolce have reintroduced them to the menu as the benefits are plentiful. Packed full of flavour and with 20g of lean protein per serving they contribute to healthy muscle growth and development. The dark meat is richer in vitamins A, K, B6 and B12, iron and zinc than white meat which helps to build the immune system. It also contains B5 which helps us to convert the food we eat into energy giving children that all important boost to keep them focused in the afternoon.

Any way you slice it, dark meat is good for you.

FUN FACT: Cavemen ate them!
The drumstick name comes from the original mallet shape of a drummer's stick!

UPCOMING THEME DAYS

RUGBY WORLD CUP

This October we will be celebrating a rugby sporting extravaganza with a special themed menu and competitions too.

NATIONAL SCHOOL MEALS WEEK

Returns 11th - 15th November and we will be highlighting the importance of a healthy, balanced and nutritious meal throughout the week as well as promoting important topics such as healthy packed lunches and food waste reduction. More details to be released in the Autumn term.

CUSTOMER CARE

Please contact our Customer Care team for any further information on **01942 707709 (opt.1)** or **customercare@dolce.co.uk**
Available Mon to Fri 8am - 5pm*
*excluding bank holidays

FUN FOOD FACT



Turmeric (in particular it's most active compound curcumin) has numerous scientific health benefits such as the ability to prevent heart disease, alzheimers and cancer. It is also a potent anti-inflammatory and antioxidant. Turmeric can be found in most of our popular curry recipes and helps to give it its vibrant colour.



LITTLE HELPERS AT HAWBUSH

It's always good to see our little customers getting involved with the school meal service and at Hawbush Primary School, Dudley children have been volunteering at lunchtime to help younger pupils at the salad bar and waste station.

Well done to the Hawbush little helpers, keep up the good work!



DINNER TIMES

CHOICE
AUTUMN MENU 2019

FREE SCHOOL DINNERS

Did you know, if your child is in Reception, Year One or Year Two they are automatically entitled to a free school meal every day.



Our school meals are developed in line with national government guidelines and contain only the highest quality produce that our team of chefs turn into popular, child friendly and nutritious dishes.

There is so much on offer with a choice of main meal options, a variety of healthy sides, tasty desserts and a fresh filled salad bar each day. So why not give our school meals a try - simply log in to your account to place your pre-order today and let us take care of the rest.