



# WHAT'S COMING UP THIS TERM?



**FOOD TOUR**

Pineapples, guavas, passion fruits and sweet potatoes are native to the Caribbean.

Caribbean-inspired dishes are known for bright colours and big, bold flavours.

**CARIBBEAN**

**MAY**

**Seasonal Kitchen**

**Lettuce**

From crunchy to soft and leafy, lettuce are full of vitamins and come in lots of shapes and colours.

**Try Lettuce Today**

feeding healthy minds.

**MAY**

**FOOD TOUR**

**Tastes of the Tournament**

Kick off your lunch with flavours inspired by football nations!

**JUNE**

**Seasonal Kitchen**

**Strawberries**

Sweet, juicy and bright red, strawberries packed with vitamin C.

feeding healthy minds.

**Try Strawberries Today**

**JUNE**

**AUSTRALIA & NEW ZEALAND**

**FOOD TOUR**

We're heading Down Under for a tasty food tour of Australia and New Zealand.

**JULY**

**Seasonal Kitchen**

**Blueberries**

Small but mighty, blueberries are full of flavour and nutrients that keep your brain and body strong.

**Try Blueberries Today**

feeding healthy minds.

**JULY**