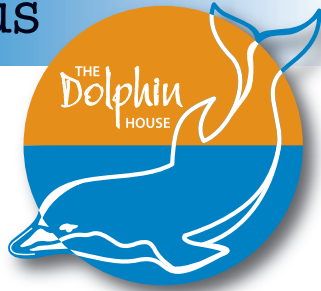


# Dolphin House Menus



south  
**AYRSHIRE**  
COUNCIL



## Why is nutritious food important?

Children and young people need the right balance of food and nutrients to develop and grow. We promote key messages to improve diet positively to influence current and future health.



## What's good about Dolphin House meals?



- a sustaining breakfast to start the day
- fresh wholesome food
- choice of traditional main courses, snacks and sandwiches
- special diet meals available on request
- Dolphin House has been awarded the Healthy Living Award

## The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks.

Department of Health in association with the Welsh Assembly Government, the Scottish Government and the Food Standards Agency in Northern Ireland



day 1

### Lunch

- Baked potatoes with a selection of fillings – tuna Mayo/grated cheese/curried rice/mixed salad leaves/beans/coleslaw/beetroot/sweetcorn/mixed bean salad
- Fresh fruit and yoghurt

### Dinner

- Homemade lentil soup
- Beef olives and gravy, mashed potatoes and vegetables
- Fresh fruit salad

### Supper

- Hot chocolate and biscuits



day 2

### Breakfast

- Choice of cereal/porridge/fresh fruit

### Packed Lunch

- Selection of cold filled rolls
- Fruit
- Orange juice
- Biscuits and crisps

### Dinner

- Homemade vegetable soup
- Chicken curry and rice with nan bread and vegetables
- Fresh fruit salad

### Supper

- Hot chocolate and biscuits



day 3

### Breakfast

- Choice of cereal/porridge/fresh fruit
- Fruit juice

### Packed Lunch

- Selection of cold filled rolls
- Fruit
- Orange juice
- Biscuits and crisps

### Dinner

- Homemade chicken noodle soup
- Steak pie with mashed potatoes and vegetables

### Supper

- Hot chocolate and biscuits



day 4

### Breakfast

- Choice of cereal/croissants and jam
- Fruit juice

### Lunch

- Margherita pizza
- Oven baked croquettes
- Baked beans
- Ice cream with fresh fruit salad

“ We are proud holders of the **healthylivingaward**. This is a national award in the food service sector in Scotland that rewards caterers who make it easier for their customers to eat healthily.”

[www.healthylivingaward.co.uk](http://www.healthylivingaward.co.uk)

