

Our Chef, Barbara Smith, tries to incorporate as many types of fresh vegetables & fruit as possible in all her dishes. A selection of the fresh vegetables & Fruit are always served alongside each main meal, ensuring that the children get over and above their 5 recommended portions of fruit and vegetables a day!

Leeks
Onions
Garlic
Potatoes
Butternut squash
Sweet potatoes
Broccoli
Sugar snap peas
Green beans
Courgettes
Cabbage
Kale
Cauliflower
Carrots
Tomatoes
Aubergines
Mushrooms
Sweetcorn
Cucumber
Peppers
Spinach
Brussel sprouts
Celery
Beans, peas and pulses,
Apples
Pears
Bananas
Grapes
Satsumas
Oranges
Mango
Melon
Strawberries
Blueberries
