## Mood Boost theme day

## Did you know?

Eating oily fish like salmon helps to keep your brain healthy!

16th January

## **Mood Boost**

Choose a Main Meal...

Salmon Fish Fingers in a Bun Beef Burger in a Bun Quorn Burger in a Bun



For Dessert...

Vanilla Ice Cream
Chocolate Sponge Cake
& Chocolate Custard
Fruit/Biscuits

