

HOWE TO EAT WELL

LOOK OUT FOR THE LOGO ON YOUR MENUS!



The '**HOWE TO EAT WELL**' logo highlights the meal that our nutritionists have selected. When the logo appears on the menu, this indicates a healthier meal option to choose that day!

Eating a healthy balanced diet is an important part of maintaining good health; not only will this help you fight off illnesses, concentrate better in class, perform better in sport but most importantly, help you feel your best!