

# Bridgewater High School

## Lower School Newsletter (July)



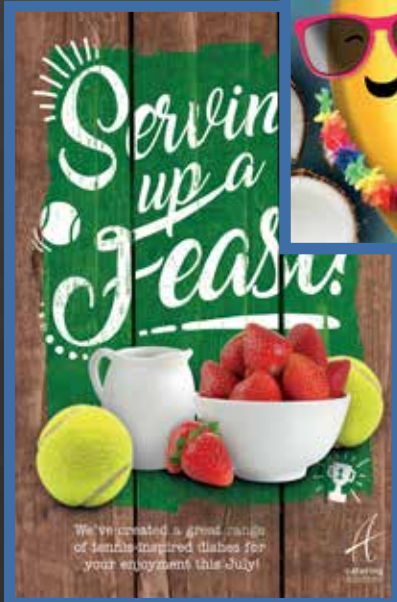
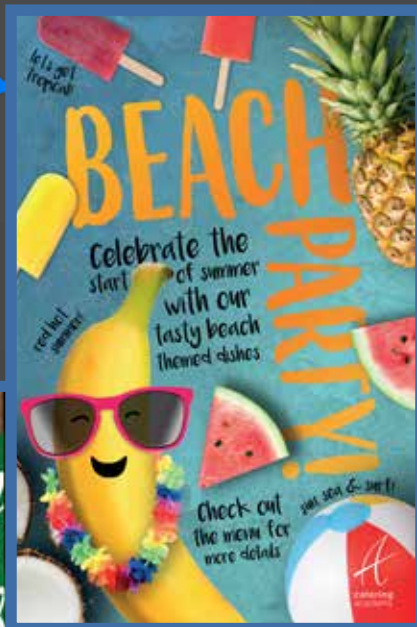
Welcome to the July edition of the Bridgewater High School Catering Times featuring information on current and monthly promotions, contact details and general catering news. Our purpose is to ensure we are meeting all your catering needs at this fantastic school, happy reading and dining!

**Shout from the Rooftops!** The Catering Academy Team ethos consists of passion, consistency, great tasting fresh food and an excellent experience for everyone. We welcome any thoughts, ideas and feedback you might want to tell us about. This helps us to deliver an outstanding service to you. Please do not hesitate to fill in a comment card with your feedback or email our catering manager Hannah Johnston at [K.Staff2@bridgewaterhigh.com](mailto:K.Staff2@bridgewaterhigh.com).



### This Month's Promos

10th July



2nd to 15th July



Enjoy Your Hols!  
See you in September!

**Sandwich of the Week**  
Check out our posters for your Weekly Offers!  
Meal Deals from £2.10  
Just ask any of our Friendly Team Members for more Info

**Meal Deals**  
Please see our Posters on Display for all your Best Value Meal Deals and Meal Deals Plus

**Please contact a catering team member for Allergen details**

WHAT'S IN SEASON

# CRUNCHY **AND** Fresh



Courgettes (or Zucchini as they are sometimes called) are a great, crunchy addition to a salad and can also be enjoyed fried, baked, steamed or even boiled.

## DID YOU KNOW?

Very low in calories, courgettes also contain no saturated fats or cholesterol. They're rich in potassium, which is good for heart health, and are a good source of Vitamins A + C.

# COURGETTE