

### Barry

Barry the Beans packs a mighty protein punch! He's a real bodybuilder, using his muscle power to help build the team's energy and spirit.



### Bud 'n' Jud

Bud 'n' Jud the Spuds are big, but they're bursting with energy thanks to their carbohydrate super-power. When there's hard physical work ahead, Bud 'n' Jud are raring to go!



### Silvertop

Silvertop's super-charged calcium levels give him his super-strong bones. Our heroes can always rely on him during their adventures.



### Brains

Packed full of iron to help growing minds work better, Brains the Broccoll is always on the ball to hatch perfect plans for the team.



Meet the

# Food Super Heroes

### Hydra

Hydra is always working hard to fight off evil toxins that stop the team from performing at their best. She never rests, rarely makes mistakes and her powers of concentration are immense!



Who is your favourite?

### The Pasta Pack

The Pasta Pack are an unruly bunch, each with their own unique personality. Their wholegrain powers make them passionate with strong hearts, and they'll stop at nothing to defend the team.



### Boss

The leader of the team, Boss the Banana's fibre helps keep everything running smoothly. When our team gets stuck, the Boss is always around to get things moving again.



### Casey

Casey the Carrot's superhero levels of vitamins keep her eyes sharp... even in the dark! She's always looking out for the team.



### Doc

Doc the Kiwi knows just what the team needs to keep on top of its game. She helps our heroes stay healthy by boosting their immune systems and preventing illness.



# Food Super Heroes Menu



Cool water and milk served daily. \*Fruit based \*\*Wholegrain  
If you'd like to know more about our school meals, contact:  
[ChartwellsEnquires@compass-group.co.uk](mailto:ChartwellsEnquires@compass-group.co.uk)

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EAT LEARN LIVE