

# Fresh Veggies, Fruits, Salads, Vegans and September Food Hero at Barnes



**SEPTEMBER FOOD HERO**  
*Courgettes*

- ✓ One courgette has just 25 calories compared to a baked potato, for example, which has 150 calories
- ✓ The flowers of the courgette plant is also edible
- ✓ The world's largest courgette on record was 1.76metres long, and weighed 29.5kgs
- ✓ A courgette has more potassium than a banana

**FOOD FACTS** caterlink



Our team at Barnes love preparing Daily Fresh Veggies, Fruits and Salads at **The Brasserie and Little Brasserie** alongside all our daily main courses. Following on from the great success of our **Meat Free Mondays**, which followed the advice given by the Government to use more plant-based proteins in menu planning for primary schools., we have taken the opportunity this term to highlight the **Vegan choices on our menu with this logo**  Each year more and more people are going vegan. There are at least 542,000 vegans in the UK according to The Vegan Society, it is the fastest growing lifestyle movement, driven by more young people making ethical and compassionate choices. Our **September Food Hero Courgettes** have also featured in our vegetable sides as mixed **Courgettes, Cabbage and Mixed Peppers** plus in our **Courgette & Carrot Infused Mac N Cheese**, and **Courgette & Lemon Cake**. All have been enjoyed by the children at Barnes.