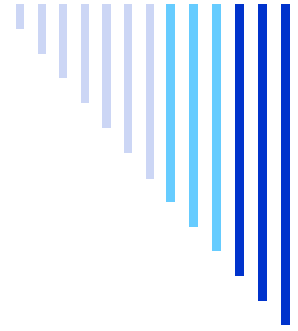


SNC active food swop!



Choose the healthier option :)

For breakfast swap this.....

- * 40g pork sausage, grilled, a fried egg and fried mushrooms

FOR THIS



- * 25g back bacon rashers, grilled, with fat trimmed, a poached egg and grilled mushrooms

For a snack, instead of a.....

- * Sausage roll



FOR THIS

- * Ham Sandwich

- * Danish pastry



- * Croissant

At lunchtime swap this.....

- * Jacket potato with butter, filled with cheese sandwich



FOR THIS

- * Jacket potato with cottage cheese (no butter) wick

- * Cheddar cheese and pickle



- * Egg mayonnaise sandwich

For Dinner, say no to.....

- * Beef burger with cheese and chips



FOR THIS

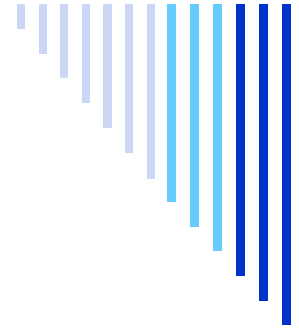
- * Chicken breast burger with chips

- * Chicken Tikka Masala



- * Chicken Tikka

SNC active



Takeaway swop!

Choose the healthier option :)

For Indian.....

- * Chicken Korma



FOR THIS

- * Chicken Tikka and Boiled Rice

For Chinese.....

- * Sweet and sour pork and egg fried rice



FOR THIS

- * Beef with green peppers and black bean sauce with boiled rice

For Thai.....

- * Green chicken curry and coconut rice

FOR THIS



- * Fish Cakes with boiled rice

For Italian.....

- * Spaghetti carbonara and garlic bread

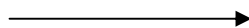
FOR THIS



- * Pasta primavera (tomatoes and chicken) and green salad with balsamic vinegar

For Pub Food.....

- * Steak and kidney pie



FOR THIS

- Shepherds pie with vegetables
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