**Fresh Smoothies & Super Choc Beet Muffin Day!**

**Next Friday – last day of term**

Green Thumbs will be offering a Special Canteen Day on last day of term, Friday 27th at lunchtime. We will be making fresh Smoothies and Super Choc Beet Muffins!

Your generosity & support for Green Thumbs has enabled us to offer this special food day free of charge – **no money is required!**

We will need each student / teacher to complete the order form so that produce quantities can be organised & beetroots harvested from the garden.

Green Thumbs recognise the importance of **all** children being able to take part in healthy eating. Smoothies are available with a **DAIRY FREE OPTION** & Choc Beet Muffins are **GLUTEN / DAIRY / NUT FREE option for egg free also.**

Students are to collect their order from the canteen at lunchtime. You may still like to provide your child with extra lunch.

If you wish to support Green Thumbs so that we can offer more special food days, your child can make a small coin donation on the day.

**There are many amazing people making this day possible!** Go to the Green Thumbs web page to see who has helped us and to see the full muffin recipe – you’ll be surprised ☺

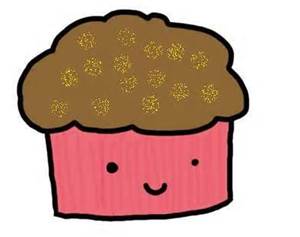
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**Green Thumbs Canteen Day next Friday 27th July**

Please return to the office by Tuesday 24th with your order – NO MONEY REQUIRED

Name:…………………………………………………….………class………………………

Smoothie:

* Banana
* Strawberry
* Banana Berry
* **I would like my smoothie DAIRY FREE (please tick)**

* Choc Beet Muffin (gluten / dairy /nut free)
* **I would like my muffin EGG FREE**