

# HAPPY NEW YEAR!

We hope you enjoyed the festivities and are feeling fresh and raring to go.

We've got some cracking pop-ups for this term to add excitement to your dining halls. Join us for **Conscious Cantina** with dishes that are good for you and good for the planet. We also have pancakes with yummy toppings for **Pancake Day**, plus delicious dishes to celebrate **Chinese New Year** and also **British Pie Week**.

## SHARE YOUR THOUGHTS

Your feedback helps shape the menus we serve every day.

From designing tasty recipes to choosing nutritious snacks, everything we do is driven by student insight. Please share your thoughts by filling out our short survey.



## ANTI-WHAT?

**Antioxidants** are found in foods like fruit and vegetables. They help our bodies fight off cell damage and can reduce the risk of many diseases, including heart disease and certain cancers.

Try to eat some antioxidant-rich foods each day, including **bananas, berries, broccoli, eggs, and leafy greens**.

