



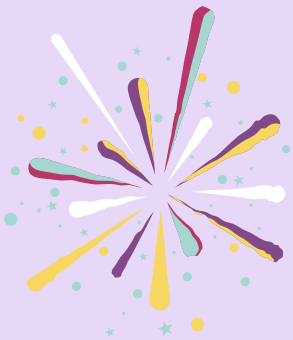
Food Facts: New Year Celebration

Crispy Italian Style Chicken Goujons

These chicken tenders are a great source of protein which is essential for building and repairing tissues and maintaining muscle. These contain significant volumes of vitamin B12, choline, zinc, iron and copper which support healthy growth. They contain 20% of cauliflower which is high in Vitamin C and K and is also a good source of folate, which supports cell growth.

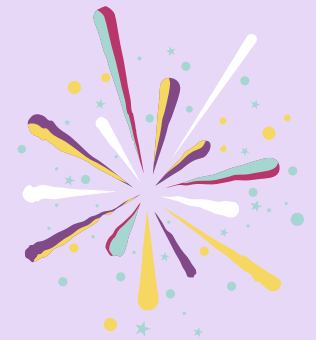
Crispy Garden Goujons

These tasty vegetarian goujons are suitable for a vegan diet and are fortified with lots of vegetables rich in nutrients. For instance; carrots and peas which promote healthy vision, reduce heart disease, improve immunity and boost brain health. Sweetcorn and potatoes are high in fibre, which are important for digestive health. They are both rich in vitamins that help your body function properly.



Chocolate Muffin

This yummy dessert contains cocoa powder that is rich in antioxidants and has several potential health benefits. This includes helping to reduce blood pressure and decrease the risk of heart disease.



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