



JUNE

Why not consider promoting **Father's Day** this month, offering some hearty but healthier food? You could even tie it in with June's **Men's Health week**, offering a rich and vegetable packed Minestrone soup, a mouth-watering spaghetti Bolognese or even a healthier Indian curry with some whole-wheat chapattis?

PROMOTIONS

June has some delicious and tasty seasonal produce available. You could focus your menu on what seasonal produce is available this month and call it something like "Seasonal Suppers" or "Seasonal Soups" adding them to your specials board.

You could offer something a little bit different like a broad bean pilaf. Or try out something comforting like healthier vegetable moussaka with warm wholemeal crusty bread to soak up any leftover juices or perhaps something a little lighter like ripened tomatoes stuffed with fruity dhal (See Recipes).

SEASONAL PRODUCE

Seasonal produce in June includes:

Aubergine	Courgettes	Broad beans
Chilies	Tomatoes	Blueberries
Cherries	Mint	Sage

COMMEMORATIVE DATES

Commemorative dates for June include:

- National diabetes week 14-20 June
- Men's health week 15-21 June
- Father's day 21 June

JUNE'S HEALTHY HINTS

To reduce the SUGAR content in our food we:

- Avoid products with added sugar for example glucose, fructose & syrup
- Mix dried and fresh fruit together
- Use tinned fruits with natural fruit juice