

Southwick CE Primary School



School Meals

Universal Infant Free School Meals

Following on from Jamie Oliver's campaign, from September 2014, all children in Reception, Year 1 and Year 2 are entitled to a free school meal which will be paid for by the government.

Children in Y3, Y4, Y5 and Y6 are still able to purchase hot dinners at a cost of £2.25 per meal.

Menus are sent home each term and are also available at the school office so that you have the opportunity to choose the meals that you wish your child to eat. We would be grateful if these could be completed and returned to school by the end of each term so that food can be ordered in advance.

We would be grateful if meals could be paid for by Parentmail, in advance, on a weekly or termly basis. If your child is ill and you have paid for a meal, the cost of the meal will be refunded. We are unfortunately unable to refund the cost of meals if you have chosen to take your child out of school as the food will already have been ordered and paid for by the kitchen.

In case of emergency, we are able to provide meals for children on the day though may not be able to guarantee the meal that is on the menu.

School Meal Requirements



From January 2015, schools need to ensure that the meals they produce meet the following requirements:

- one or more portions of vegetables or salad should be provided as an accompaniment each day;
- there should be an emphasis on the use of wholegrain products;
- water should be the drink of choice;
- fruit juice portions should be limited to a quarter of a pint;
- the amount of added sugars or honey to other drinks; should be restricted to 5%;
- no more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated should be provided;
- no more than two portions of food to include pastry each week.

Healthy Lunchboxes

DUE TO CHILDREN WITH NUT ALLERGIES, PLEASE DO NOT SEND ANY NUTS INTO SCHOOL

We know that it can be difficult to persuade your child to eat all of their lunch so here are a few ideas for a healthy lunchbox:

Tummy Fillers

Sandwich or wrap (**NO** peanut butter), pasta, potato or rice salad, quiche, pizza slice, sausage roll, mini pasty or samosa.

Five-A-Day Options

Whole fruit e.g. satsuma, apple, banana etc

Fruit salad pot, homemade fruit puree or a fruit jelly made with fruit pieces

Salad pot containing a combination of prepared raw vegetables.

Tinned fruit pot

Dried fruits or seeds (**NO** nuts)

Good For Growing Bones

Plain or fruit yoghurts or fromage frais

Cheese portion

Dips—hummus, tzatziki etc

Thirst Quenchers

Water, fruit juice, smoothies, well-diluted squash

Snacks

Hard boiled egg or scotch egg, mini sausages

Small piece of cake, cereal bar (**NOT** containing nuts), flapjack / malt loaf

Small packet of crisps

Crackers, rice cakes, cheesy biscuits, breadsticks

Please do not include chocolate as this goes against our healthy eating policy.

