



## School Meals

At Sir William Burrough, we are committed to helping our children to lead active and healthy lives. As part of this, we encourage all children to eat a variety of healthy foods whilst they are in school. Eating healthily not only has long term health benefits, but also helps children to concentrate and learn whilst they are at school.

All children from YR upwards are entitled to a free school meal. Olive Dining prepare and provide our healthy, locally sourced school meals.



The cost of a school lunch for full time Nursery children is £2.50. Please contact the school for more information regarding bookings and payments.

If you decide not to access school meals and to provide your child with a packed lunch from home we ask you to ensure that this lunch is healthy. Below is some guidance that will help you to ensure that your child's lunch gives them the energy they need to learn all afternoon and contribute to their long-term good health.

### **What Should be Included in a Packed Lunch?**

The following guidance, taken from The Children's Food Trust and the Health Education Partnership, will help you to put together a balanced packed lunch for your child. They recommend you include the following:

- A portion of **starchy** food: A sandwich made with white or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels; or cooked pasta, rice, noodles, couscous or potato as a salad.
- A portion of **protein**: Cold meat, chicken, fish, egg or meat alternatives such as tofu or pulses like kidney beans and chickpeas in sandwiches or salads.
- At least one portion of **fruit** and/or **vegetables**: Fresh, frozen, canned or dried, these can all count towards 5-A-DAY. *Vegetables*: carrot, cucumber, pepper or celery sticks, tomatoes as a snack; grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad. *Fruits*: sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple, or dried fruit.
- A portion of **milk** or **dairy** foods: Yoghurt or fromage frais, cheese (in sandwiches, wraps, salads or on its own) or plain milk.
- A **drink**: This should be water or plain milk.



*Packed lunches should be in a named container.*

### **What Should NOT be Included in a Packed Lunch?**

Children should not have foods that are high in:

- **Saturated fats** such as cakes, crisps, biscuits. These items can contribute to children becoming over-weight.
- **Sugars** including squash, sweets, chocolate. Sugary foods cause tooth decay and can contribute to children becoming over-weight.
- **Salt** for example crisps, popcorn or baked snacks flavoured with added salt. High salt diets can cause problems with blood pressure and heart health.
- **Nuts** including items that have nuts listed in the ingredients. This is due to the increasing number of very **serious nut allergies in our schools**.

**Snacks:** There is fresh fruit available to all children during break time.

**Water:** It is also important for children to stay hydrated. We recommend that all children bring their own water bottle to school, on a daily basis. This should only contain water. Water is also provided with school lunches and a number of water fountains are positioned around the school site.



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