

# THE SCHOOL LUNCH COMPANY

## A WARM WELCOME

Dear Parent or Carer,

The School Lunch Company are delighted to introduce ourselves as the suppliers of your child's school meal service. We are a privately owned, well established company based in your local area and currently provide catering services to schools across the South East. It has always been our focus to provide high quality meals for our children. Wherever possible we use local suppliers, buy quality produce and our meals are cooked fresh on-site every day.

At The School Lunch Company we understand the importance of a healthy nutritious school meal, both for the physical needs of a school day and also as a key part of the education process. We like to encourage all children to enjoy a school meal and allow them to benefit from a varied menu, whilst also taking part in the social experience of sharing a meal with friends.

We hope your children will come along and try our meals and we look forward to seeing them soon. Parents won't miss out either as we often offer taster sessions where you can come along and try a selection of our dishes for yourselves. If you have any concerns about special diets or allergies please feel free to contact the school or ourselves and we can discuss your child's requirements.

Yours Sincerely,

*Jason Pitout*

Regional Manager

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# What Your Child Can Expect

**Our menus centre around freshly prepared food, which is environmentally sustainable, ethically sourced and designed to educate children around healthy eating. Our menus are completely tailored to your School with direct input from pupils, school, and our on-site teams.**

- Our menus meet and often exceed the current government food-based standards for school lunches.
- Our menus are 85% or more freshly prepared on site.
- We source our meat, fruit and vegetables from local suppliers.
- We source our meat from farms with higher animal welfare standards
- We only use Free Range Eggs.
- We only use MSC Certified Fish.
- We always select ingredients which are free from harmful additives which have been linked to behavioural and concentration problems in children.
- We do not use any GM (Genetically-Modified) containing products.

Each day your child can enjoy the following:

- A choice of main meals, including a vegetarian option.
- A choice of seasonal vegetables.
- A dessert, piece of fruit or organic yoghurt.
- Freshly baked homemade bread.
- A fresh salad bar.



TREAT YOUR CHILD TO A DELICIOUS AND NUTRITIOUS LUNCH WITH THEIR FRIENDS EVERY DAY!

# What Your Child Can Expect

## Experience the benefits of school lunches

**There are many benefits in having a school lunch rather than a packed lunch...**

### Health

Our school lunches meet and often exceed School Food Standards which ensure that children are provided with the balance of nutrients needed to support optimal growth and learning. Our meals include plenty of fruit and vegetables, unrefined starchy foods, milk, dairy and sources of protein.

Packed Lunches often contain higher amounts of saturated fat, added sugars and salt with lower amounts of vitamins and minerals than recommended.

When comparing two typical packed lunches we found the following.

- A shop bought sandwich, drinks pouch and packet of crisps has a very high fat content and over three times the recommended amount of salt.
- A homemade cheese sandwich, banana, yogurt coated fruit and drinks pouch has almost the maximum saturated fat and five times the sugar than a school lunch with over two and a half times the recommended salt.

### Variety

School dinners offer your child a variety of different foods, which may encourage them to try new things, especially if their friends are happily eating it!

### Convenience

They spare you the time and stress of having to prepare a packed lunch every day.

### Social skills

School lunches provide the opportunity for pupils to sit down and enjoy their meal whilst developing social skills that will be very important later in life.

## We cater for special dietary requirements

**If your child has a specific dietary need, for a medical reason, we would be very happy to provide for them.**

A dietary safeguarding form is attached to this flyer. We ask that you fill this in, attach a letter of confirmation from a medical professional, i.e. a GP or dietician, and return it to the school office – then we'll do the rest.

If you want more reassurance regarding your child's lunch, our Menu Team will happily come to school and meet with you personally.



If you would like more information on any of the items within this flyer, or you have questions regarding any other school food matter, please do get in touch by emailing us at: [office@theschoollunchcompany.co.uk](mailto:office@theschoollunchcompany.co.uk)

Once you have tried our service, let us know what you think! Drop us an email on the above to tell us about your dining experience. We're always happy to hear feedback on our service.

**Did you know that all Reception, Year 1 and Year 2 children are entitled to free school lunches? You could save over £400 per year, by not producing a packed lunch.**

*Thank for your time. We look forward to welcoming you and your child(ren) to our lunchtime experience.*