

# Food Super Heroes

All you need to know about school meals



## Who are Chartwells?

All our meals are healthy, tasty and nutritious, supporting children's development in school.

Each one is freshly prepared by a dedicated and passionate team of chefs and kitchen staff. Our philosophy is **Eat, Learn, Live** which ensures we educate young people about how to lead a happy, safe and healthy lifestyle, while contributing to a sustainable world.



### Brilliant Value

For the price of a High Street coffee your child could be enjoying a delicious hot meal or packed lunch. If your child is in Reception or Years 1 or 2, then you can get their packed lunch or hot meal free of charge!

## All things nutrition

We know that the health and wellbeing of your child is paramount when they are at school, especially when it comes to lunchtime. At Chartwells we have a **dedicated team of nutritionists** across the country who make sure that the food we serve at school is as **nutritious** as possible.

School meals by law must meet the School Food Standards. These ensure that when menus are developed they are considerate of children's **nutritional needs**. Implementing these standards ensures that healthier

food items, like **fruit and vegetables**, **wholegrains** and **oily fish**, are promoted, and less healthy items, like deep fried foods, manufactured meat products and added sugar drinks are restricted or prohibited on menus.

Every day, you can be assured that a school meal will offer; **2 portions of fruit and vegetables**, a dairy food item **rich in calcium** for strong bones and teeth, starchy carbohydrates to **provide energy**, and a protein source to support the **body's growth and repair**.

### Variety is the spice of life

All of our main meals, packed lunches and desserts have been sampled by groups of children and are in-line with the Children's Food Trust portion size recommendations. Our menus are planned specifically for each area, based on local preference, and always include children's favourites such as mozzarella & tomato pizza, pasta bolognese, weekly roast dinners and crunchy plum crumble and custard.

Please refer to a copy of your school's menu for the daily options available.

### Making lunchtimes even more memorable

Creating even more excitement with special theme days is another way we help children to make great memories. Our theme days add excitement, turn lunchtimes into real events and they're educational too! Throughout the academic year, we deliver theme day menus; they feature favourites such as British, American and Italian, as well as exciting picnic and BBQ days too! It's all about encouraging the children to try different things and experience new tastes.





## Frequently Asked Questions

We know that starting a new school can be a daunting experience for little ones. We have compiled some frequently asked questions below to reassure you that your child's dining experiences at school will be positive ones!

### **My child is new to the school and is in reception or KS1, how do I pay for school meals?**

All children in Reception, Years 1 or 2 are entitled to a delicious hot meal or packed lunch free of charge. Please speak to your school's reception to sign up today.

### **I want my child to be able to have school meals, but they have an allergy/require a special diet. Do you cater for special diets?**

Yes. Our dedicated team of nutritionists work with our chef teams to create menus for those children who suffer with allergies or require a special diet. A special diet is a requirement different to the choices offered within the menu cycle, which is medically required or due to religious beliefs. For medically required diets all requests are to be supported by a GP/Dietician letter confirming the allergy.

### **My child is very particular about what they eat. Will my child be able to get a school meal they like? And what would happen if they do not like the meal they choose?**

Menus are available to parents to talk about daily food choices with their children. In most schools we also offer additional choices, such as fresh fruit and yoghurt as a pudding alternative. Staff soon understand the likes and dislikes of pupils and help them make choices on a daily basis. We also can offer taster pots for pupils to encourage them to try something new.

### **I want my child to start having school meals, where can I find the menu?**

Our menus are displayed on the board in the schools reception and on the schools website, and we will also send menu flyers home in children's book bags. Additionally, look out for menus at [www.loveschoolmeals.co.uk](http://www.loveschoolmeals.co.uk)

### **What is included in a school meal?**

Each school meal consists of a protein item (either meat, fish or vegetarian options), 2 vegetables (e.g. broccoli/sweetcorn/carrots), a starchy carbohydrate (e.g. pasta/rice/potato), and a pudding.

### **My child is nervous about eating in the dining hall. I want to be able to reassure them by talking them through the dining hall experience. How does the dining hall work and who will my child be sitting with?**

Children will eat with their class mates and are led into the dining hall by year group by a supervisor who will also make sure they get their meals and take it to their tables. Supervisory staff are also on hand to ensure the lunchtime is a safe and enjoyable experience.



@loveschoolmeals

Find us on facebook

### **Get in touch:**

Chartwells, Compass House, Guildford Street, Chertsey KT16 9BQ  
or look out for your local Chartwells office contact details on your school menu

  
**Chartwells**  
EAT LEARN LIVE