

# FREE SCHOOL MEAL

## Lunch Parcel

Mellors

Dear Parent / Carer,

During these difficult times it is more important than ever for us all to make sure that children are well nourished. Your child has been asked to self-isolate but that doesn't mean they will miss out on the school lunch they are entitled to.

For those pupils entitled to a free school meal we have put together a package of ingredients that will enable you to make a healthy lunch for your child each day. You may want to add some staples like margarine or mayonnaise to give added flavour.

### TIPS from Danielle

#### OUR COMPANY NUTRITIONIST

- Cutting up fruit and vegetables into manageable pieces like wedges or sticks makes them more appealing to children
- Involve your children in preparing the food, they are more likely to try something if they have been involved in preparing it

Menu!

#### ENCOURAGING A HEALTHY DIET

MONDAY - BEANS ON TOAST- HOME BAKE AND AN APPLE

TUESDAY - JACKET POTATO WITH TUNA & TOMATO WEDGES - HOME BAKE AND A BANANA

WEDNESDAY - TOMATO SOUP WITH BREAD AND CARROT STICKS- HOMEBAKE AND A PEAR

THURSDAY - JACKET POTATO WITH BAKED BEANS - YOGHURT AND AN APPLE

FRIDAY - CHEESE SANDWICH WITH CUCUMBER STICKS - YOGHURT AND A BANANA

We are happy to cater for children with special dietary requirements and we will work with you to ensure your child has a balanced, tasty lunch that is safe. Ask the school reception for our allergy pack and we can register your child.



### FEEDBACK

The catering team welcome any suggestions you may have regarding menu choice and we invite you to come and speak to us about any specific dietary requirements your child may have. Please either speak to your school or school catering team.

We look forward to welcoming you back into the dining room and continuing to build a healthy school meal relationship with you

WWW.MELLORSCATERING.CO.UK

