



## **School Meals**

Please find enclosed the instructions for booking meals on ParentPay. You will need your ParentPay activation letter with the activation codes. You will receive this from the office in the first week your child starts the school, **therefore in the first week you will need to send you child in with a packed lunch.**

You may have heard about the Governmental initiative to provide free meals to all school children in Reception, Year 1 and Year 2. This scheme is in addition to the existing system of free school meals for families on certain types of benefit, which continues for all children at school. You need to make your bookings on ParentPay but you will **not** be asked to pay. **If for some reason you are asked for payment, please contact the school office.**

Maharishi School operates a three week rotational menu for school meals. All meal ordering is done via the ParentPay system.

As a school we are part of the global initiative 'Meat Free Monday'. Over 50 schools support Meat Free Monday in the UK. The government's School Food Standards recommend in the guidance notes a weekly meat-free day for all children.

Meat Free Monday is a simple, effective and fun way to help children become healthier, informed citizens who can contribute to finding solutions for a more sustainable future. Launched by Paul, Mary and Stella McCartney in 2009, the campaign encourages people to skip meat at least one day a week to reduce their carbon footprint and improve their health.

### **Meat Free Monday is good for your health**

- Thousands of lives a year can be saved in the UK (and over £1 billion in healthcare costs) by people eating less meat.
- Having as little as one sausage or two strips of bacon every day increases a person's risk of heart disease and diabetes.
- The government recommends eating five portions of fruit and vegetables each day for good health, but the majority of people in Britain eat less than three.

### **Meat Free Monday is kind to the planet**

- A third of all land on Earth is used for meat production.
- An area of rainforest the size of a hundred football pitches is cut down every hour to create room for grazing cattle.
- Doing Meat Free Monday for a year reduces a person's carbon footprint by more than a whole month of not driving their car.

The children in our school who have hot dinners have meat-free menu choices each Monday and we encourage children who have packed lunches to bring in a meat-free lunch every Monday.

There are whole US school districts taking part in Meatless Monday; for example,

- Los Angeles,
- Baltimore,
- Philadelphia,
- Detroit,
- San Diego.

In Europe, cities providing meat-free days through their public catering include:

- Ghent, Hasselt and Mechelen (Belgium)
- Helsinki (Finland)
- Bremen (Germany)
- Lausanne (Switzerland)

See **[www.meatfreemondays.com](http://www.meatfreemondays.com)** for more information or to sign up as a family! **One day a week can make a world of difference**

There are instructions attached as to how to order your meals, you just need to choose a main meal. These meals may be ordered for just one week, or up to the whole term, at any time, as long as orders are received by Wednesday evening two weeks prior to the meal. Even if ParentPay allows you to book meals after this time, please note that any bookings made after the midnight deadline will not be ordered.

If you are experiencing any problems booking meals on ParentPay please contact the School Office and leave a message if necessary.

Thank you for your cooperation.

Yours faithfully  
Paul Magee  
Business Manager

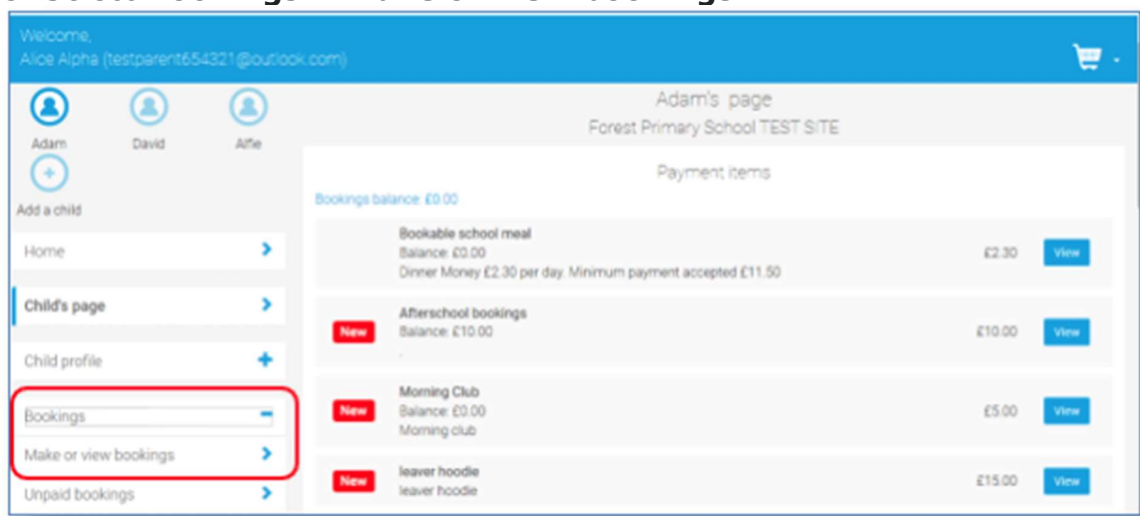
## **ParentPay instructions for booking school meals**

Please follow these instructions to book your meals. Please note that meals need to be booked on the Wednesday **two (2) weeks before** the week they are required. For example, for meals for week beginning 16<sup>th</sup> September they need to be booked by midnight on Wednesday the 4<sup>th</sup> September. **If you do not book your meals by then, your child will not receive a school meal.**

Go to [www.parentpay.com](http://www.parentpay.com) and log in

2. Select the child to make bookings for

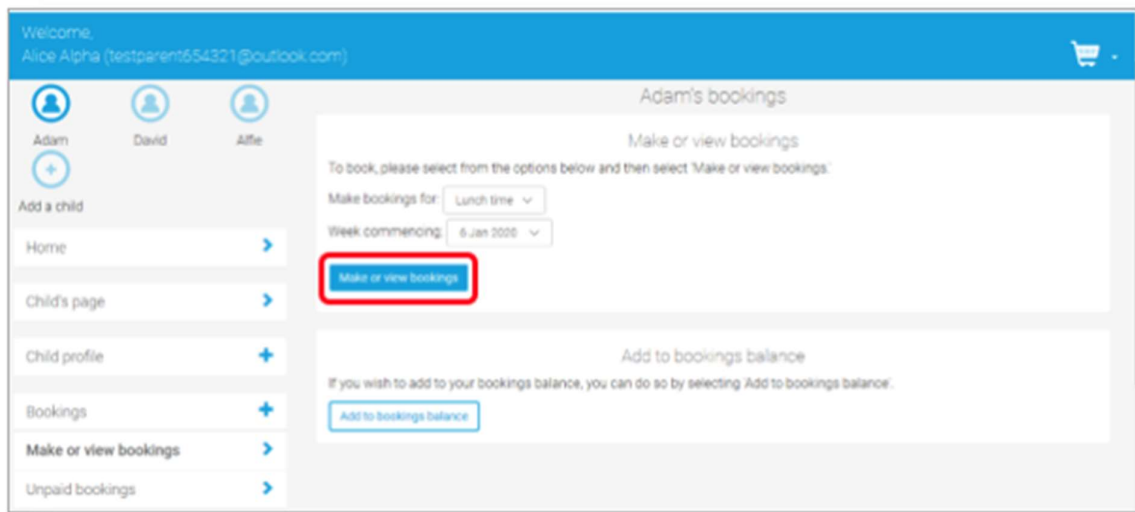
3. Select **Bookings > Make or view bookings**



4. Select the time of day that you wish to make a booking for

5. Select the week to view

6. Select **Make or view bookings**



7. You will then be presented with a booking screen. Menu selections: Book a meal by selecting from the menu choices shown.

Lunch time selection

**PLEASE NOTE:** When confirming your bookings, any **Payment due** must be paid within 2 hours. Failure to do so will result in unpaid bookings being cancelled.  
If your **Payment due** is zero (£0.00), simply confirm bookings and no further action is required.

Previous week      **Week commencing 6th Jan 2020**      Next week

Mon 6 Jan	Tue 7 Jan	Wed 8 Jan	Thu 9 Jan	Fri 10 Jan
Lasagne with Salad	Roast Beef with Yorkshire puddings	Sweet and Sour Chicken with Rice	Toad in the Hole	Fishfingers with chips
vegetarian lasagne with salad	Quorn Roast	Sweet and Sour Vegetables with Rice	Quorn toad in the hole	veggie fingers with chips
Jelly and ice cream	Jam Roly poly with custard	Chocolate cake	Cheesecake	Treacle tart
Fruit	Fruit	Fruit	Fruit	Fruit
Clear day		Clear day		Clear day

8. Make the required bookings

9. A summary will be displayed at the bottom of the page with any previous unpaid bookings shown in red

Booking summary

[Show symbols](#) | [Help](#) | [Hide info](#)

Adam Aplha's Lunch time	
Bookings added	3
Bookings cancelled	0
Cost of new bookings	£6.90
<b>Unpaid bookings</b>	<b>£2.30</b>
<b>Payment due</b>	<b>£9.20</b>

[Cancel](#)
[Confirm bookings](#)

If you are entitled to free school meals, payment due will be £0.00.

**WARNING:** Any bookings must be confirmed and (if required) paid for within 2 hours of selecting them. Failure to do so will result in the bookings being automatically cancelled.

10. Review the booking summary, and select **Confirm booking**.

11. Any credit in your Parent Account will be used to pay for the meals. Any remaining cost can be paid by Bank Transfer (if enabled), Visa Checkout or Other payment method

### Basket

Item	Total cost	Edit	Remove
Adam - Bookable school meal	£9.20		

50p

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### Order summary

Items:	£9.20
Total:	£9.20
<b>Pay by Parent Account credit:</b>	<b>-£0.00</b>
<b>Amount to pay:</b>	<b>£9.20</b>

Pay by

[Tell Me More](#)

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