



Dear Family

Mellors catering services are pleased to inform you that we now offer a **packed lunch grab bag!**

After speaking with a number of parents it became apparent that a large number of you shared the same frustrations...

- You felt it was time consuming creating a packed lunch for your child
- You worried about the quality of the packed lunch once your child ate it at lunchtime, when it had often been made the night before and left in the warmth of the classroom
- Your child is a fussy eater and you preferred to give them a packed lunch because you know that they will eat it
- You felt the cost soon mounted up when buying all the extras to put in alongside your child's sandwich

The Children's food trust have suggested that chocolate biscuits, crisps, sweetened yoghurts and sugary drinks can affect a child's ability to learn in the afternoon. Often 'junk' food makes children feel hyperactive and then sluggish in the classroom, making their concentration dip.

Mellors Catering Services have taken into account all of the above and worked with our company Nutritionist to create a nutritious **grab bag** for your children.



Our **grab bag** gives your child a choice of sandwich, piece of fruit or fruit pot, crudité sticks, homemade treat- flapjack, cookie, muffin or chocolate crunch cake and a fruit juice cuplet.

The beauty of a **Mellors packed lunch** is that

- Your child can mix and match their options daily
- The grab bag is made fresh and timed perfectly for lunch (taking away any health and safety storage issues)
- The items chosen for the grab bags form part of a nutritionally balanced lunch, aiding your child's learning and concentration in the afternoon

We are confident even the fussiest of eaters will be pleased with our tasty grab bag!