

Dear Parents/Carers,

Lunchtime is an important part of the school day, which is why children need a healthy and balanced meal to ensure good learning is taking place. Our dinner staff cater nutritious and tasty meals for our school children, which will provide energy as well as a variety of food to enjoy.

EVERY CHILD in Foundation Stage up to the end of Year 2 is entitled to a healthy FREE school meal, which is cooked in our school kitchen. These warm balanced meals will provide essential nutrients and energy for your child. For children from Year 3 who do not receive free school meals, your child can benefit from a hot nutritious meal for only £2.10!

If you feel you are entitled to a free school meal then please contact the school for a free school meal form.

At Djanogly Sherwood Academy, we want to ensure that all children are provided with balanced nutritious food. So if your child prefers packed lunches, then please refer to the guidelines below:

- Base each meal on starchy food such as bread, potato, rice or pasta.
- Add some protein such as, fish, eggs, beans or pulses. Or lean meats including chicken, turkey or ham.
- Replace sweets and chocolate with fruit including the dried variety i.e. raisins, apricots etc.
- Replace cakes and pastries with fruit bread and malt loaf.
- Replace salted savoury snacks with rice cakes, breadsticks or healthy baked crisps.

PACKED LUNCHES SHOULD NOT CONTAIN SWEETS, NO NUTS OR FIZZY DRINKS.

Drinks, especially water, help children to concentrate and feel well. Water is freely available in school. Only water, milk, pure fruit juice or squash should be included in the lunchbox.

