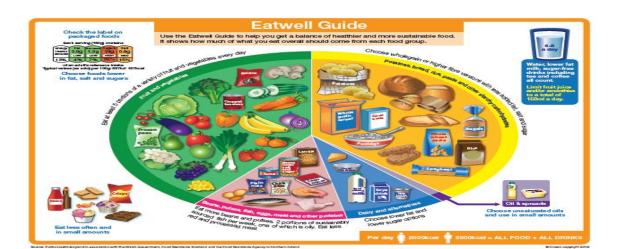




Schools across Newcastle a provided with a wide range of nutritionally well balanced school meals. The daily choices on our menus mean that there will be something on the menu your child will enjoy. We carefully develop all our menus in line with the School Food Plan. These are mandatory standards from the Department for Education.

Dinnington First School lunches:

- Are prepared by catering staff who are trained in all aspects of food hygiene and health and safety regulations.
- Our lunches will help your child to concentrate during lessons.
- They will encourage healthy eating habits.
- Each lunch will provide up to three of your child's five a day portions of fruit and vegetables.
- We offer a daily selection and choice of freshly cooked main meals, salads and desserts, fresh fruit or yoghurt.
- School lunches take away the responsibility of providing a packed lunch.







Thanks to Jamie Oliver school dinners have radically changed and all children receive a balanced healthy diet at lunch time. We need to make sure packed lunchboxes also provide a balanced diet

that is not high in sugars and saturated fats.

What to include in a healthy lunchbox:

- Starchy foods bread, rice, potatoes, pasta
- Protein foods meat, fish, eggs
- A dairy item cheese or yoghurt
- Vegetables or salad
- A portion of fruit

<u>Ideas</u>

Packed lunches do not need to be boring, instead of a sandwich everyday try bagels, pitta bread, wraps.

Try using brown, wholemeal or seeded breads.

Children may like to try finger foods such as chopped up vegetables, breadsticks, wholemeal crackers.

Replace chocolate bars and cakes with different fresh fruit.

