

## SCHOOL MEALS

School meals will be provided free of charge for all children at the Infant School. Meals do not need to be booked in advance as long as your child knows which choice they are making when they come to school. Please remind your children that once a choice is made, it is important that they **do not** change their mind as the dinners are cooked to order depending on the day's numbers.



There is a choice of two main meals per day which are colour coded **RED** or **GREEN**. Parents are sent a menu to help their child to decide which colour choice they would like to eat each day. You can also look at the menu choices by going to:

<http://www3.hants.gov.uk/hc3s/hc3s-primary/primarymenu.htm>

However please note that this is subject to slight changes due to allergies in school.

At some times during the year there is also a **BLUE** choice which is a school packed lunch. You will be notified if this is available as a choice. Should you wish to try out the school lunches you are most welcome to visit the school at lunchtime to see the variety of choices of meal offered to your child and we will be holding some stay and have lunch sessions as part of our transition activities.

**It is our expectation that ALL children will have a cooked school lunch however providing a packed lunch is an option in some circumstances.**

### Packed Lunches

If your child does bring a packed lunch please send their food and a cold drink in unbreakable containers with your child's name clearly marked. As there are no facilities for chilling food in school it is advisable to carefully consider the contents of your child's packed lunch box. Many lunch boxes have a section in which you can put an ice block to keep food in a fresh condition.

Please do not send your child with hot food or drink, or with strongly coloured drink that could stain clothing or furniture.

**PEANUTS AND NUT PRODUCTS ARE NOT PERMITTED**, as these could seriously endanger the health of other children who are severely allergic to nuts.

**NO FIZZY DRINKS or SWEETS or MEDICATION ARE PERMITTED.** This includes fruit winders, school bars, etc. that are advertised as a healthy product but in fact contain large amounts of sugar.

The following website has some useful advice about healthy packed lunches:

<https://www.nhs.uk/change4life-beta/healthier-lunchboxes>

If we feel your child is consistently eating an unhealthy lunch we will contact you.

### School milk

In conjunction with Hampshire County Council we work with a company called "Cool Milk" to provide milk for the children. All children in the Reception Year are entitled to one-third of a pint of milk until their fifth birthday. It is then entirely optional whether you wish your child to continue receiving milk after their fifth birthday. You must register with the company if you want your child to receive milk at school. Registration forms are available from the school office.

In Year 1 and Year 2 milk can be purchased from Cool Milk, the registration forms are available from the school office. Children who do not drink milk have water freely available as an alternative.

### Healthy Options - fresh water and fresh fruit

We actively encourage pupils to have a positive attitude to their health and well-being by promoting the drinking of fresh water and eating of fruit. We are part of the free fruit and veg scheme so all our children are offered a free snack for morning breaks. During Year R pupils are offered both milk and fresh water during the day. We provide a free water bottle when your child starts school and we ask parents to clean and replenish it daily. Replacement bottles can be purchased at the office for a nominal sum.

We hope that parents opting for their child to bring a packed lunch to school will echo this initiative by providing water as the cold drink in their child's lunch box and fresh or dried fruit as dessert.