



SOUTH WEST
norse



Fresh Ideas Feeding Minds

Introducing our School Meals...

catering@swnorse.co.uk





Dear Parent, Carer or Guardian...

We are South West Norse, your school's chosen caterer, and we are delighted to be providing your child/children with a nutritious and varied school meal.

We recognise starting school is very exciting but can also feel a little overwhelming. Working with your school, we want to ensure your child's experience of school meals are positive, enjoyable and that they are fuelled for learning!

There is such a thing as a free lunch!

School meals are **FREE** for all children in Reception, Year 1 and Year 2!

If you are on a low-income you may be eligible to get even more support for your child/children. Visit www.gov.uk/apply-free-school-meals to check the criteria.

Our Menu

Our menu is created by our experienced Menu Development Team and consists of a variety of dishes. **We truly believe that school meals offer a pathway for children to try new foods and tastes with their friends.**

It is a **three-week menu** and offers two hot main meal options every day – one of which is always vegetarian – as well as packed lunch and jacket potato options. Every Monday is 'meat-free' and we can provide plant-based menus if required. We change our menu twice a year, so we have a Spring/Summer Menu which starts after Easter and an Autumn/Winter Menu which starts after October half-term..

We adhere to the **School Food Standards** to ensure we are serving nutritious menus that consist of suitable portion sizes and the recommended daily allowance for certain food groups.



Handy to know!

Did you know?

School meals are FREE for all children in Reception, Year 1 and Year 2!





Look at our food map!

Our pizza dough, breads and pastries all contain **wholemeal flour** to help support a balanced diet for your child/children. Also, at least two desserts per week contain at least **50% fruit** in them! Over the last few years, we have **reduced the sugar content in our recipes by over 25%** - helping us lead the way with sensible sugar reduction.

Special Diets

A full list of the 14 recognised allergens is available on our website. For children who require special diets, such as non-gluten, non-milk and/or non-egg, we can provide a suitable menu on completion of an **allergen aware registration form** with supporting medical documents – details are available from the school office and on our website.

Menu Promotions

Throughout the school year we offer fun menu promotions such as; Christmas Lunches, World Book Day, Feast on the Field, Space Explorers, Under the Sea, Health Month and more!

The Ingredients We Use

We are very proud of our **Food for Life** accreditation. This recognised award means that over **75% of our menus are cooked from scratch**. We are proud to work with several local suppliers and all poultry, pork and beef is traceable right back to the farm.

Feedback

Our Business Account Managers like to gain feedback and suggestions from the **School Council** wherever possible. We also like to run **pop-up parent taster sessions** throughout the year! Should you have any queries or would like to provide feedback on our catering provision at your child's school please contact us at catering@swnorse.co.uk.

We hope this information has been helpful and reassuring. We really hope your child/children enjoy their school lunches with us soon.

Best wishes,
South West Norse

Check this out!

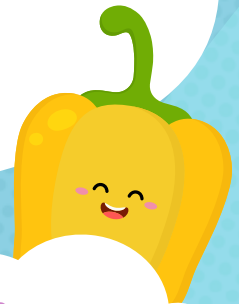
Top Tips!

Hey there, check out our **TOP TIPS** for children trying school meals for the first time on the next page!



Our *Top Tips* for children trying school meals for the first time!

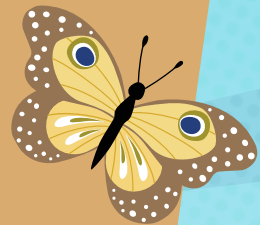
Starting Reception is a very exciting time, but it can be a bit daunting. As all children are entitled to **infant free school meals** so we want to ensure your child's experience is positive, enjoyable and that they are fuelled for learning.



Here are some fun ideas to help them feel ready for September...

Top tip 1

Talk your child through our menu so together you can identify dishes they know and like as well as new dishes they could try.



Top tip 2

Try some of our recipes at home - these are also featured on our website. **The whole family can enjoy our tasty recipes!**

Top tip 3

Play pretend having a 'school lunch' at home - see if your child can carry their own plate or tray to the table and pour a cup of water from a jug.



Children love our meals

