LOVE SCHOOL MEALS

NUTRITIOUS FOOD AND MEMORABLE EXPERIENCES



Save up to £495
***with FREE school meals**

AT CHARTWELLS, WE ARE PASSIONATE ABOUT ENCOURAGING AND ENABLING MORE CHILDREN TO MAKE HEALTHY CHOICES AND ENJOY A NUTRITIOUS SCHOOL MEAL TO GET THE MOST OUT OF THEIR DAY.

Chartwells' school meals have been **lovingly created** by a team of **talented chefs** and **dedicated nutritionists** making sure menus are packed with all the ingredients children need to **perform well, grow strong and be healthy**.

We have a **3-week** menu cycle, with **4-5 different options daily**, exposing children to a variety of tasty foods!

***KS1** pupils **eat FREE country-wide** as well as all Universal Credit households.





Chartwells Schools

THE BENEFITS OF SCHOOL MEALS



MAKING CHILDREN HEALTHIER

Children having school meals are more likely to eat fruit and vegetables and drink water throughout the day.

BEHAVIOUR & CONCENTRATION

A healthy school meal helps children get the best from their learning.

AT LEAST 2 OF YOUR 5 A DAY, PROTEIN & STARCHY CARBOHYDRATES

A source of vitamins & minerals, promoting growth and repair and a source of energy

TASTY THEME DAYS

Throughout the term, your child will get to experience delicious theme days where we bring excitement to the dining hall with new and inspiring choices.

MAKING FOOD FUN

We want your children to have fun and the dining hall is a great place for them to enjoy themselves with friends whilst they learn about different types of food.

DINING-STYLE EATING EXPERIENCES

Great for social development and can help children try (and eat) a wider range of foods. Reducing Fussy Eating!

Our menus are packed with familiar favourites such as cheese and tomato pizza, roast dinners and homely pies

FREQUENTLY **ASKED** QUESTIONS

How do I order and pay for school meals?

Check with the school office to see how you can order your children's meals, this may be completed via an online portal.

What's on the menu?

Every day, you can be assured that a school meal will offer 3-5 main choices including vegetarian options.

Every menu goes through the all-important "Thumbs Up" process where pupils tell us what they really think. Only those dishes given the "thumbs up" get to feature on our menu.

Can we see what options are available?

School menus can generally be found on the school website or through MCAS

What are School Food Standards?

Not only are our meals delicious and nutritious, but they are also fully compliant with the Government School Food Standards and are designed with the help of our nutrition team.

Many parents aren't aware that there are daily requirements for fruits, vegetables and starchy foods and the limitations on salt and sugar. These standards ensure children receive balanced nutrition while at school to support their development.

Chartwells' desserts have 33% reduction in sugar exceeding the Government sugar target. We have at least 2 fruit-based desserts per week, which contain 50% fruit!

Will my child get enough food at school?

We understand that children can sometimes forget what they've eaten during busy lunch periods, but no child at school will ever go hungry, even if they're the last ones in the queue!.



Chartwells
So much more than fantastic food

CHARTWELLS

MEDICAL DIET PROCESS

ARE YOU ALLERGEN AWARE?

Step 1 The Medical Diet Request form and medical evidence confirming pupils' allergies must be sent over to Chartwells.

Step 2 A nutritionist will review the paperwork to ensure there are no discrepancies and advise what menu type the pupil can go onto.

The Interim Stage

Whilst we are awaiting paperwork or a menu to be assigned by the nutrition team. Pupils must be served a jacket potato with a suitable topping and fruit for dessert.

Allergy Aware

Our Allergy Aware menu is a reduced allergen menu which does not include the majority of the 14 legal allergens.

Our development chefs work hard to ensure the menu is aligned as closely as possible to the school's main menu so that pupils with medical diets can safely enjoy meals with us.

The Allergy Aware menu is readily available and can be implemented with a quicker turnaround time!

Step 3 The pupil will be assigned to Chartwells Allergy Aware menu.

Bespoke Menus

Bespoke menus are created for pupils with allergies that sit outside the 14 legal list. Such menus can be complex therefore require more time to create.

Our team of nutritionists work hard to ensure that these menus contain variety and are safe for our pupils to enjoy.

Due to the complexity of bespoke menus, this can take between 3-5 weeks to implement.

Step 3 A bespoke menu will be created for the pupil using the school's core menu. Specialist ingredients may also be used to ensure the menu contains variety and is as similar to the rest of the school's menu! The menu is double checked by a nutritionist to ensure the menu is completely free from the pupil's allergies.

Step 4 Chartwells will work with the school to ensure an identification system is implemented before launching the menu.

Step 5 Unit and parent confirmation forms are completed to ensure the parents and kitchen are happy and confident in safely catering for the pupil.

Pupil can safely enjoy school meals.

All Chartwells staff are provided with robust medical diet training to ensure we are continuously providing safe meals to the pupils we feed.



Internal

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