

# SPRING TERM

radish  
IT'S ALL GOOD

Your child's school menu has been created by our Company Nutritionist and Craft Development Team, ensuring we meet the standards for the Soil Association's Food For Life scheme.

## THIS MEANS:

- This menu meets the current government food based standards for school lunches.
- Of this menu, at least 75% of it is freshly prepared on site.
- We source our meat, fruit and vegetables from local suppliers.
- We source our meat from farms with higher animal welfare standards.
- We only use Free Range Eggs.
- We only use MSC Certified Fish.
- We always select ingredients which are free from harmful additives which have been linked to behavioural and concentration problems in children.
- We do not use any GM (Genetically-Modified) containing products.
- We host healthy eating assemblies.

## " THE SUGAR SHERIFF HAS ARRIVED!"

Children today are eating nearly three times more sugar than they should.

Eating too much sugar can lead to tooth decay and obesity in children.

## " WHAT IS THE SUGAR SHERIFF DOING ABOUT THE SUGAR IN SCHOOL LUNCHES?"

- We have one completely Sugar Free menu day per week on our menu, identified by the Sugar Sheriff.
- We follow the school food standards, which helps ensure our lunches are healthy and balanced.
- Wherever possible our meals are freshly prepared.
- We do not use any bought in sauces, which are often high in sugar. We even make our own tomato ketchup.
- We use fruit in lots of our desserts which provides natural sweetness, allowing us to use less sugar.
- Our recipes are tried and tested so where we do use sugar, we use as little as possible.
- We are working with Public Health England to meet their sugar reduction targets by 2020.

## LOOK OUT FOR THESE THEME DAYS COMING TO YOUR DINING HALL

### JANUARY



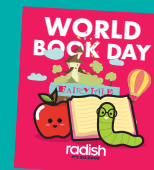
Italian Day  
who likes pizza?

### FEBRUARY



Celebrate the Year  
of the Pig with us!

### MARCH



What's your  
favourite book?

AGE	MAXIMUM RECOMMENDED DAILY SUGAR INTAKE	TEASPOONS
4-6	19g	5
7-10	24g	7

## GOLDEN TICKET

This term we will be running our Golden Ticket experience. This activity is to encourage your child(ren) to eat all of their lunch. Once they have finished, they can check underneath their plate or tray to see if they have a Golden Ticket stuck there! If they are the lucky winner, they simply take the Golden Ticket up to our Radish team and claim their prize!