



Wenhaston Primary School

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Dear Parent or Guardian,

SCHOOL MEALS

I would like to take this opportunity to confirm that our school lunches fully comply with the strict standards set for school meals by The School Food Trust. Our menus also include a high proportion of home made dishes, prepared using locally sourced produce where possible. You will see from the school menus that other items include; delicious yoghurts (from the Marybelle dairy in Halesworth), local free range eggs (from Hoxne) and Birds Eye fish fingers made from 100% fish fillet with Omega 3.

In January the price of a primary school meal will increase to £2.10 per day (an increase of 10p). Despite this, our meals still represents excellent value for money for a freshly prepared, nutritious two course hot meal. The value and convenience of a school lunch also compares well with packed lunches, when you consider the cost of providing a cold packed lunch from home.

This is the first increase for 15 months and comes at a time of increasing food prices. Our caterers operate on a not for profit basis however for the school to operate a cost effective service, we really need to have as many pupils eating school lunches as possible. We strongly believe that the lunchtime meal is an important part of the school day.

Choosing a school lunch helps children by:

- Providing a hot, tasty, nutritious and great value for money meal.
- Helping them to concentrate, learn and develop their social skills
- Providing a balanced diet at the chance to try new foods
- Enjoy their lunch in a safe and supervised environment with their friends
- Showing what we mean by a healthy and balanced diet

By opting for a school meal whenever possible, we will be able to support your own efforts in developing your child's attitude towards food, whilst they will enjoy a great hot lunch with their friends.

Yours sincerely,

Sue Brinkley
Headteacher