

School Meal Costs

Your child is guaranteed a healthy nutritious lunch for £2 per day. This can be cheaper and a lot less hassle than giving them a packed lunch every day!

So as well as knowing your child is eating well, it also saves you time. We all know what it can be like trying to get children ready in the morning never mind the added trouble of agreeing what goes in the lunch box!

Free School Meals

Some children may be entitled to free school lunches. Make sure you talk to Carol in the office if you think you may be entitled to free meals.

School dinner

- School lunches are on average lower in fat, sugar and salt than packed lunches.
- School lunches provide one portion of fruit and a portion of vegetables.
- This lunch meets all of the 13 nutrient standards for an average primary school lunch.

Packed lunch

- This packed lunch is high in fat, sugar and salt.
- This lunch meets only 7 nutrient standards for an average primary school lunch.
- This lunch has no portion of vegetables or salad.

Cambo First School

Cook - Mrs. Dawn Lewins



Lunch Time Assistants:
Carol Flatman, Sharon Birdsall, Patsy Millen.



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Dear Parent/carer,
I know when your child starts school one of the things of most concern to you is ensuring that they are properly fed. But let me tell you why you need not worry. Over the past few years school food has undergone a revolution. New standards mean it has never been more nutritious or varied. Increased investment in school food and training has helped our school cook, Dawn, to ensure all of our children enjoy their healthy, tasty meals and lunch time experience.

I also need to tell you that Dawn is a fabulous cook. There is nothing that can phase her. She has been cooking for her own family, community and school children for over 30 years!

Why should you opt for school meals?

- Saves time worrying about preparing a packed lunch that will provide all the nutrients required for a growing child.
- School meals provide a nutritionally balanced meal, giving the right amount of nutrients essential to support healthy growth.
- Having a school meal together with friends develops your child's social skills.
- Encourages children to try new foods and dishes.
- A well fed child is more likely to learn.



We grow our own organic vegetables. Farm our own free range eggs and pork!

Government Standards

New Government standards mean that school lunches provide at least one portion of fruit and vegetables every day. At Cambo this has always been the case!



The standards have also reduced the fat, sugar and salt by restricting fried foods and not allowing chocolate, sweets, salty snacks and sugary drinks.

School lunches at Cambo are healthy, well balanced and Nutritious. They pack in all the essential vitamins and minerals that your child needs to help them grow, develop, fight infections and have the energy to lead happy and healthy lives.

In fact, our children benefit from some of the healthiest dinners in the world. But even though they are the healthiest ever, they still include old favourites like roast dinners, spaghetti Bolognese and the occasional fish and potato wedges!



“Most people don't realise good food feeds the mind as well as the body. Psychologists have written about the improvements in social skills that happen when people sit down and share food. I know when I sit down with my friends to eat, we talk and laugh about the day.”

We have won awards for our fantastic school lunches!



What is a school meal?

At Cambo First School we run our own Meal Service. We ensure that:

- Our menus are nutritionally analysed and approved by a nutritionist to meet the Government guidelines.
- We use fresh meat and poultry which is sourced either by ourselves and/or local producers in Cambo, Rothbury & Morpeth.
- Fresh local/organic fruit and vegetables are used whenever possible. Some are even grown on site from our own gardens and poly tunnel.
- Food is prepared and cooked freshly each day.
- Fat used in baking does not contain hydrogenated fats.
- We only use school/local free range eggs.
- We try to ensure that as much of our produce as possible is either free range, red tractor, sourced.

Top tip

Fussy eaters!

Children all go through fussy, picky eating stages-but this usually passes. At Cambo we give them their favourite foods, but we also try putting new things on their plates in small amounts. We praise each child for trying the new foods.

“I didn't know I liked broccoli until Dawn asked me to try a tiny bit; and now I have it on my dinner all the time!”

