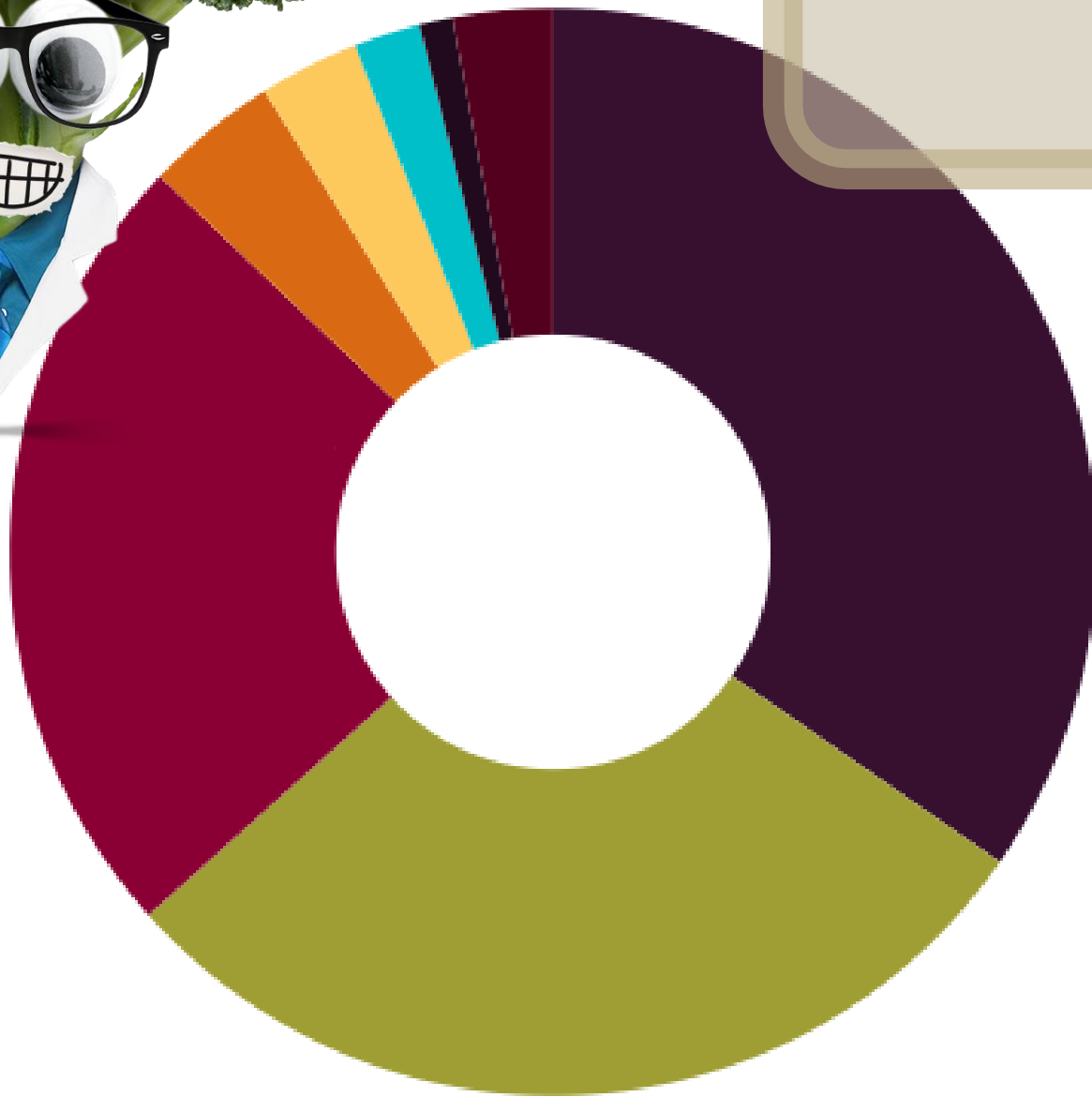


Your Feedback!



What's most important to a parent?



- Enjoyment
- Nutrition
- My child eats!
- Dietary needs
- Portion size
- Expense
- Low sugar
- Cultural needs
- Other

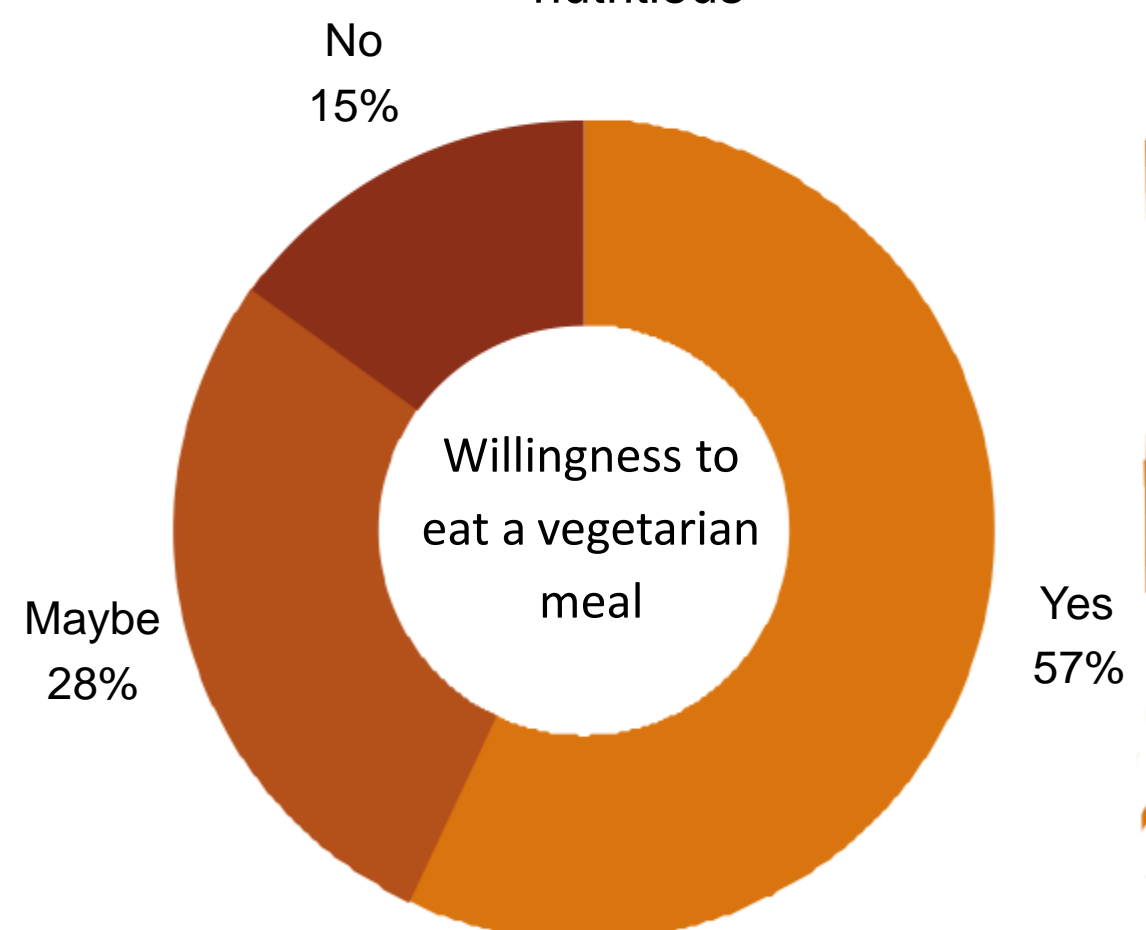
The most important thing to parents is that their child eats a meal and enjoys it.

- 59% said the most important thing is that their child ate a meal and enjoyed it.
- 29% said the most important thing was that their child's meal was nutritious

Vegetarian meals



85% of children would eat or may eat a vegetarian option if the meat option was not something they liked



Packed Lunches



67% of parents told us that they would like their children to have a healthier packed lunch and that they would consider buying one if it was provided by the school

- The most popular fillings are **ham and cheese**
- The most popular bread carrier is **sliced bread** (the bread we use is 50/50!)
- 98% of packed lunches brought from home are **not compliant to school food standards** (based on a Leeds University study)
- Chartwells' packed lunches are compliant **alongside our full offer**

Food Super Heroes

Spring/Summer Menu

This is our Back To School Spring/Summer menu which will be using on our return in September.

WEEK	HOT SPECIALS...	DAILY FAVes...	VEGs	DESSERT
1	<p>Try something different! Trying new and different foods is a great way of getting all the nutrition your body needs.</p> <p>Cheese and Tomato Pizza Cheesy tomato topped pizzaslice</p>	<p>Jacket Potato with achoice of fillings</p> <p>Packed Lunch</p>	Sweetcorn	Vanilla Ice Cream
2	<p>Chicken Burger with Potato Wedges Roast chicken served in a soft bun with lettuce and mayo</p>	<p>Jacket Potato with achoice of fillings including salmon mayo</p> <p>Packed Lunch</p>	Peas	Raspberry Ripple Ice Cream
3	<p>Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fully roasted and tasty gravy</p>	<p>Jacket Potato with achoice of fillings</p> <p>Packed Lunch</p>	Peas	Strawberry Ice Cream
4	<p>Pasta Bolognese A classic Italian beef bolognese in a yummy tomato and beef sauce</p>	<p>Jacket Potato with achoice of fillings</p> <p>Packed Lunch</p>	Sweetcorn	Vanilla Ice Cream
5	<p>Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips</p>	<p>Jacket Potato with achoice of fillings</p> <p>Packed Lunch</p>	Baked Beans	Raspberry Ripple Ice Cream

Available every day!

Fresh Fruit & Bottled Water or Milk Carton

Look out for these symbols for our super healthy dishes:

- Vegetarian
- Fruity!
- Wholegrain
- Oily fish

Allergy? Speak to our kitchen for help

PACKED LUNCH

A selection of sandwiches, wraps and rolls with tasty fillings with dessert of the day, fresh fruit, or Dese Yo! with a bottle of water or milk carton

WEEK 2

Try something different!
Trying new and different foods is a great way of getting all the nutrition your body needs.

HOT SPECIALS...

Cheese and Tomato Pizza
Cheesy tomato topped pizzaslice

Chicken Tikka Masala with Rice
Succulent chicken in a mild curry sauce

Roast Pork with Roast Potatoes and Gravy
Crispy roast pork with fluffy mashies and tasty gravy

Pasta Bolognese
A classic Italian beef bolognese in a yummy tomato and beef sauce

Southern Fried Chicken Tasters
Lightly seasoned crispy chicken strips and scrummy chips

Available every day!
Fresh Fruit & Bottled Water or Milk Carton

DAILY FAVes...

Jacket Potato with a choice of fillings • **Packed Lunch**

Jacket Potato with a choice of fillings • **Packed Lunch**

Jacket Potato with a choice of fillings • **Packed Lunch**

Jacket Potato with a choice of fillings • **Packed Lunch**

Jacket Potato with a choice of fillings • **Packed Lunch**

VEGs

Sweetcorn

Peas

Peas

Sweetcorn

Baked Beans

DESSERT

Vanilla Ice Cream

Raspberry Ripple Ice Cream

Strawberry Ice Cream

Vanilla Ice Cream

Raspberry Ripple Ice Cream

PACKED LUNCH
A selection of sandwiches, wraps and rolls with tasty fillings with dessert of the day, fresh fruit or Deep Yoghurt with a bottle of water or milk carton

Look out for these symbols for our super healthy dishes:
 Fruity! Wholegrain Vegetarian Oily fish
Allergy? Speak to our kitchen for help

WEEK 3

Try something different!
Trying new and different foods is a great way of getting all the nutrition your body needs.

HOT SPECIALS...

Cheese and Tomato Pizza
Cheesy tomato topped pizzaslice

Sausage and Mash with Gravy
Traditional pork sausage and mash with rich gravy

Roast Turkey with Roast Potatoes and Gravy
Moist roast turkey with fluffy mashies and tasty gravy

Pasta Bolognese
A classic Italian beef bolognese in a yummy tomato and beef sauce

Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips

Available every day!
Fresh Fruit & Bottled Water or Milk Carton

DAILY FAVes...

Jacket Potato with a choice of fillings • **Packed Lunch**

Jacket Potato with a choice of fillings • **Packed Lunch**

Jacket Potato with a choice of fillings • **Packed Lunch**

Jacket Potato with a choice of fillings • **Packed Lunch**

Jacket Potato with a choice of fillings • **Packed Lunch**

VEGs

Sweetcorn

Peas

Peas

Sweetcorn

Baked Beans

DESSERT

Vanilla Ice Cream

Raspberry Ripple Ice Cream

Strawberry Ice Cream

Vanilla Ice Cream

Raspberry Ripple Ice Cream

PACKED LUNCH
A selection of sandwiches, wraps and rolls with tasty fillings with dessert of the day, fresh fruit or Deep Yoghurt with a bottle of water or milk carton

Look out for these symbols for our super healthy dishes:
 Fruity! Wholegrain Vegetarian Oily fish
Allergy? Speak to our kitchen for help

Medical Diets - We're here to support!

Medical Diets - We're here to support!

How can we help?

- ✓ Fully supported and risk-assessed medical diet menus
- ✓ Dedicated team of Medical Diet Nutritionists
- ✓ Managed identification system to safeguard children

All you need to do is...

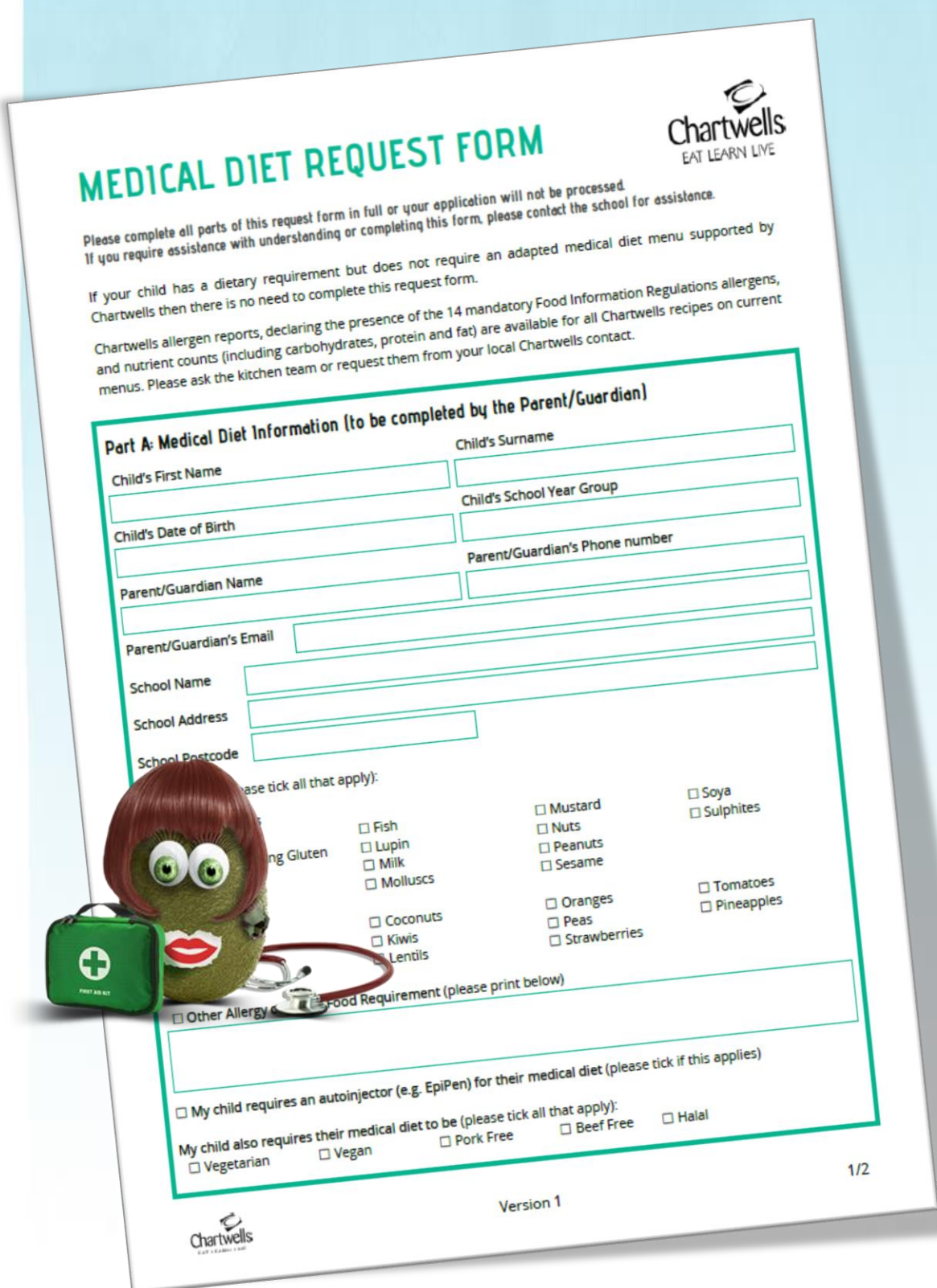
- Complete a Medical Diet Request Form
- Provide supporting Medical Evidence e.g. doctor's note
- Return the completed request form & evidence to your school

... and we will do the rest.

Remember to let us know if any medical diet requirement changes

Find more information and our simple **Parent Guide to Medical Diets** on our website at:

<https://loveschoolmeals.co.uk/medical-diets/>



MEDICAL DIET REQUEST FORM

Please complete all parts of this request form in full or your application will not be processed. If you require assistance with understanding or completing this form, please contact the school for assistance.

If your child has a dietary requirement but does not require an adapted medical diet menu supported by Chartwells then there is no need to complete this request form.

Chartwells allergen reports, declaring the presence of the 14 mandatory Food Information Regulations allergens, and nutrient counts (including carbohydrates, protein and fat) are available for all Chartwells recipes on current menus. Please ask the kitchen team or request them from your local Chartwells contact.

Part A: Medical Diet Information (to be completed by the Parent/Guardian)

Child's First Name: _____ Child's Surname: _____
Child's Date of Birth: _____ Child's School Year Group: _____
Parent/Guardian Name: _____ Parent/Guardian's Phone number: _____
Parent/Guardian's Email: _____
School Name: _____
School Address: _____
School Postcode: _____

Please tick all that apply:

<input type="checkbox"/> Fish	<input type="checkbox"/> Mustard	<input type="checkbox"/> Soya
<input type="checkbox"/> Lupin	<input type="checkbox"/> Nuts	<input type="checkbox"/> Sulphites
<input type="checkbox"/> Milk	<input type="checkbox"/> Peanuts	
<input type="checkbox"/> Molluscs	<input type="checkbox"/> Sesame	
<input type="checkbox"/> Coconuts	<input type="checkbox"/> Oranges	<input type="checkbox"/> Tomatoes
<input type="checkbox"/> Kiwis	<input type="checkbox"/> Peas	<input type="checkbox"/> Pineapples
<input type="checkbox"/> Lentils	<input type="checkbox"/> Strawberries	

Other Allergy: _____ Food Requirement (please print below): _____

My child requires an autoinjector (e.g. EpiPen) for their medical diet (please tick if this applies)

My child also requires their medical diet to be (please tick all that apply):

<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Vegan	<input type="checkbox"/> Pork Free	<input type="checkbox"/> Beef Free	<input type="checkbox"/> Halal
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Version 1



LEEDS UNIVERSITY STUDY

A study was carried out to give insight into the standard of packed lunches around the country.



Only 1.6% of packed lunches in England meet the nutritional standards that school meals do

98/100 home packed lunches failed to meet nutritional standards

Most lunchboxes in the surveys contained crisps or other savoury snacks

1/3 of packed lunches included a chocolate biscuits

White bread was in around 2 in 3 lunchboxes

21% contained all 3 of the below 'unhealthy' items

- Sweetened drinks or diet soft drinks
- Confectionary (such as chocolate and sweets)
- Savoury snacks (for example, crisps)

School Food Standards

At Chartwells, we are required to follow a clear set of guidelines from the Government to ensure that we are nourishing our pupils.

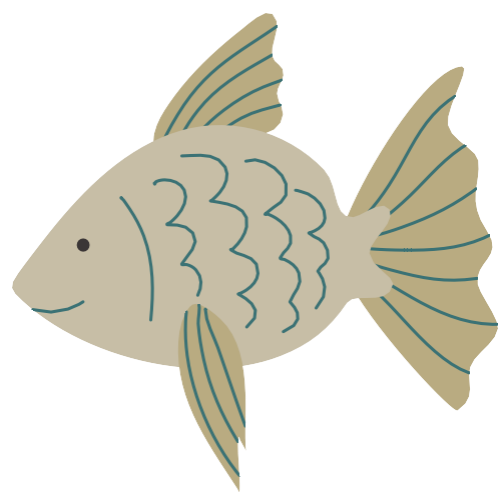
The school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish.



Fruits and Vegetables

One or more portions of fruits and vegetables every day

At least 3 different fruits and vegetables a week



Meat, fish, eggs, beans

A portion of food from this group every day

A portion of meat or poultry on three or more days each week

Oily fish once or more every three weeks



Milk and Dairy

A portion of food from this group every day



Foods high in fat, sugar and salt

No more than two portions of food that have been deep fried, batter coated or breadcrumb coated, each week

No confectionary, chocolate or chocolate covered products

Salt must not be available to add to food after cooking



Starchy Foods

One or more wholegrain varieties of starchy food each week

One or more portions of food from this group every day



Healthier drinks

The only drinks permitted are

Plain water
Lower fat milk
Fruit or vegetable juice (150mls max)

Sugar Reduction

Children are having over 2
times more sugar than they
should!

It is more important than ever that we promote healthy eating habits in our children and play our part through nutrition education and the menus we serve our young customers.

Chartwells are advocates of the public health reduction programme and have exceeded the 20% reduction target ahead of the 2020 deadline. A 33% reduction in total sugars across the school desserts has been achieved and all recipes meet the public health criteria.

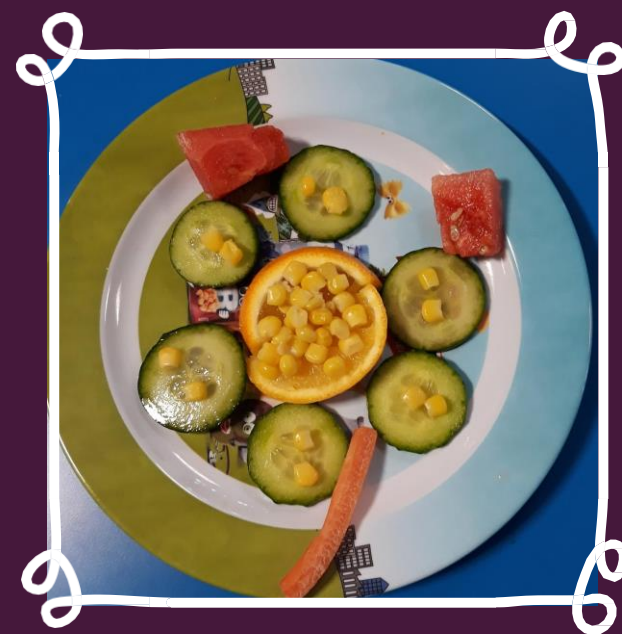
This has been achieved by;

- Reformulation of popular recipes to reduce total sugar content
- Reduction in portion sizes of high sugar items staying within the school food standards portion guidelines
- Working with suppliers to reduce sugar content in products
- Innovative development for new desserts
- Analysing menus year on year to ensure reduced sugar content
- Increasing the number of fruit-based desserts on the menu
- Raising awareness of sugar consumption through a range of nutrition education initiatives

A third of sugar has been removed from
Chartwells desserts – that's a huge 275 sugar
cubes less per child per academic year!



Beyond the Chartwells Kitchen



Our Beyond the Chartwells programme has been give a refresh! Delivered by a blend of Registered Nutritionists, Chefs and FoodAmbassadors!

Investigating Ingredients



A closer look at the food we eat, where it comes from and the many benefits it brings to our lives. Then back to basics using simple, fresh ingredients to discover the joys of real food

Fit Food



Fuelling goals and aspirations with the focus on the nutrition power of food. We encourage pupils to eat for results rather than instant gratification

Future Food



Seeing the bigger picture by understanding the need for sustainable approaches to food for the future of our planet. Giving pupils a deeper understanding of the real value of food

Global Flavours



Exploring cultures through food. Encouraging pupils to taste and appreciate a variety of exciting food from around the world, such as the tasty dishes served from the Chartwells kitchen

Balance

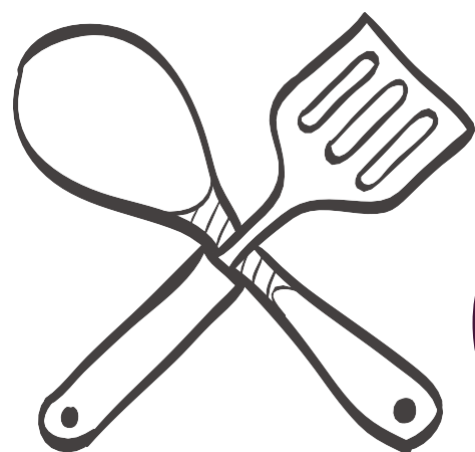


Nourishing our bodies and encouraging a balanced lifestyle. Taking a holistic approach to wellbeing and understanding the importance of nutrients, hydration, sleep and much more

My Young Mind



Learning how to nourish our bodies and minds, taking a holistic approach to wellbeing. This is a feel-good module



Into the Chartwells Kitchen

We've also developed some new programmes to give children a greater insight into how their school meals are developed and give them hands on experience of cooking; bringing their school meals to life!

