



Ss Alban & Stephen Catholic Infant & Nursery School

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Dear Parents/Carers,

School lunches and dietary information

We are very proud of Mrs Ertan and her team in our school kitchen. They have high standards and really listen to what the children want. As a result, we have always had a much higher than average take-up for our school dinners, even before the introduction of universal free school meals. Currently 97% of pupils have a school lunch each day. Last week's promotional materials on healthy eating got us thinking and we wanted you to be aware of responses by Herts Catering Limited, and our kitchen staff in particular, to current advice on health and diet for children.

- The kitchen uses foods which are tracked from source and contain no nut traces. They use fresh meat and offer a choice of vegetables, including salad, every day.
- Menus are adapted to encourage your children to eat well and enjoy their food. The staff quickly get to know what your children like and encourage them to sample new foods.
- Cooks bake their own bread, pizza, cakes and biscuits. They use less sugar and no salt. Portions of tray bakes and cakes have been reduced in size and biscuits are smaller. A wide variety of fruit is offered and jelly is sugar-free. The children have water to drink.

School Council has discussed school meals and Mrs Ertan read their minutes carefully. They told us that they really enjoy their lunches and gave her suggestions to encourage more people to eat fruit.

We realise that some children struggle with eating but sitting together at lunch encourages them to be more sociable, to try new things and to eat a nutritional, hot meal with their friends. The kitchen staff work with parents whose children suffer from food intolerances or allergies. If your child's dietary requirements change or you have concerns, please speak to the class teacher or to me. It is important that our knowledge is up-to-date so we can monitor their needs and advise you of any problems.

We will be checking our pupil records and may contact you for more information concerning your child's dietary needs or health. Please don't be concerned. There are occasional inconsistencies or omissions from school forms which we will follow up with you to ensure your child is safe and healthy and that staff know how to respond to any change we see or concern we have.

Thank you for your continued support and be assured that the days of lumpy tapioca and cold cabbage are long gone!

Kind regards



Building God's Community of Love and Learning