

## **School Dinners**

Since September 2014 the Government have been providing funding for all children in Reception, Year 1 & Year 2 to have a free school lunch, saving parents who would have paid for a school lunch over £500 a year per child.

Our meals are cooked in our own kitchen and are of a very high standard.

Please look at [www.itsTwelve15.co.uk](http://www.itsTwelve15.co.uk) for full details of school lunch provision.

If your child suffers from any allergies, ie. nuts or fish, is a vegetarian, or needs a dairy free or gluten free diet then you are required to complete a **Special Diet Request Form** in order that the kitchen can provide a suitable alternative meal.

If you require your child to have a special diet due to allergies or for religious/ethical reasons then **kindly ensure this form is completed and returned to the school office in advance of your child starting school.** This form is available on our website [www.holy-family.surrey.sch.uk](http://www.holy-family.surrey.sch.uk) under Parents / School Meals.

Every child on hot lunches has the following choice each day:

Main Meal option	<b>M</b>	Vegetarian option	<b>V</b>	Third Choice option (Available every day but Fridays)	<b>J</b>
Special Diet option	<b>K</b>	<b>NB. K is only available to those who have completed a Special Diet request form</b>			

## **Packed Lunches**

If you do not want your child to have the Free School Meal and therefore will be bringing a packed lunch to school there are a few points to note:

As a school we currently have the "Healthy School" status. To ensure that we conform to this, packed lunches should not contain sugary, unhealthy snacks like sweets or chocolate bars but should contain nutritional foods and a balance of food types. This helps children to focus and have sufficient energy to enjoy all their afternoon activities. Kindly therefore ensure that if you want your child to have a sweet snack after their sandwich that it is a small biscuit or cake and that lunch boxes do not contain fizzy drinks.

Within the school we have several children who are allergic to nuts. We cannot as a school guarantee a nut free environment, as it is not always possible to watch over every item that is brought onto the premises, however, we would urge you to ensure that lunch boxes are free of items that contain nuts (ie. no peanut butter, Nutella or cereal bars containing nuts). It would also help if you could impress on the children, as we do, not to share or exchange lunch items.

Finally, please ensure that packed lunches do contain a suitable amount of food that can be eaten in the time available (approx. 20 minutes) and that the items are ones which your child does like to eat.

Your co-operation over these matters is much appreciated.

School Office