



What are the benefits of my child having school meals?

- ♥ Provides a hot meal that is healthy and nutritionally balanced which helps to improve concentration and learning in the afternoon.
- ♥ All meals offer at least 2 portions of vegetables and a selection of fruit is available daily; helping your child get closer to the 5 a day target.

IS YOUR CHILD IN RECEPTION, YEAR 1 OR YEAR 2?

Did you know that your child is eligible for free school meals?

Since September 2014, state funded schools in England have been required by law to provide free lunches to all pupils in reception, year 1 and year 2

- ♥ We use wholegrain and wholemeal ingredients in as many dishes as possible, such as wholemeal flour in cakes and wholegrain rice and pasta. This boosts children's fibre intake aiding a healthy digestive system.
- ♥ All desserts that we offer meet or surpass the government's 2020 sugar reduction targets so you can rest assured that sugar intake from school meals is kept to a minimum.
- ♥ Our school meals are made from scratch using fresh and tasty ingredients, some of which are sourced locally. We also use meat and fish of the highest quality to ensure a top quality meal for all pupils.

If you would like to discuss any individual child's requirement or have any questions please don't hesitate to contact Autograph's Regional Office on **020706035472**.