



## School Catering Information for Parents

The Trust has its own kitchen based at The Vaynor First School, where high quality meals are cooked. Wherever possible, our Head Cook, Sophie Cardy, and her team pride themselves on cooking most food from scratch. These are then transported by our catering team to your school and served to the children.

All of our curry and pasta sauces are homemade and contain a minimum of 4 different types of vegetables which is then blended into a smooth sauce. There are always salad, fruit and yogurt available from our salad bar and we encourage the children to make healthy choices at the counter, offering them praise when they ask for cucumber, carrot sticks, and other items.

We also offer a range of dairy free, gluten free, vegetarian and vegan options to ensure as many of our children can enjoy our lunches with their friends. There is also a packed lunch option; which includes a ham, cheese or jam sandwich, yogurt and pudding of the day as well as jacket potatoes with cheese or tuna, which are available daily.

As a team we also teach your children some essential life skills to grow their independence by asking them to collect their own cutlery and to help clear their plates when they have finished.

All of our meal options meet the required food standards criteria, outlined below.

- one or more portions of fruit and vegetables every day
- one or more portions of starchy food, such as bread or pasta every day
- a portion of food containing milk or dairy every day
- a portion of meat or poultry on 3 or more days each week
- oily fish once or more every 3 weeks

***We know your child will enjoy many of the options on our menu, because the children in our schools helped us to create it.***