

# Cheshire East Catering

Your guide to school meals

## 1. Why choose school meals?

At Cheshire East, our school lunches must meet national nutritional standards, so you can be confident that your child is having a balanced meal. We offer a range of meal choices each day aimed to be tasty and filling for your child, our menus are flexible and are catered to each individual school's needs.

School meals takes the pressure off each morning so you can focus on family breakfast and the dreaded school run! We have strict food safety and hygiene procedures in place. We use quality ingredients that are local wherever possible. We can cater for most medical, cultural and vegan diets. All food is prepared and cooked on site by trained staff. Don't forget, if your child is entitled to free school meals (including ALL children in key stage 1) you can make savings of over £300 a year.

## Sample MENU

Roast Chicken & Stuffing with Potatoes, Vegetables & Gravy  
Roast Quorn Fillet with Potatoes, Vegetables & Gravy (v)  
Fresh Sandwich Selection  
Chocolate Orange Krachquette or Fresh Fruit Platter



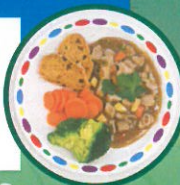
## 2. Fussy eaters

As parents ourselves, we know only too well how fussy our little ones can be, therefore we have created photo menus so your child can see exactly what their options are, and these can then be discussed with their parents / guardians. Our friendly staff can encourage your child to try new foods and expand their tastes through our special theme day lunches and new menu tasting days.



## 3. Food for life

We are a food for life caterer, this demonstrates that we care about the food we serve, we make a commitment to serve meals cooked from scratch (75% minimum), use sustainable fish, free range eggs and British meat that can be traced back to farms. We use locally sourced and ethical ingredients that support the local community and are better for health, nature and our climate.



Looking for a job that works around the school holidays? Why not join our friendly team.  
Call: 01606 271663



CATERING WITH THE RIGHT INGREDIENTS



White food gives you energy



Blue and purple food gives you a strong brain



Green food helps you fight off sickness



Yellow food helps your body heal cuts



Orange food helps you see in the dark



Red food gives you a strong heart



## 4. Where is your food from

We are proud to work closely with all our suppliers and try to source local ingredients wherever possible. All of our fresh meat is provided by 3 local butchers, Quality cuts of Sandbach, Barrows of Bollington and Littlers of Northwich. We use oats from Mornflake in Crewe.



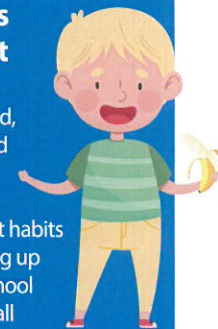
## 5. Theme fun day

Throughout the year we throw in some exciting theme day lunches, these help children engage in new experiences and learn about different cultures and food from around the world.



## 6. Social skills development

Children are impressionable and, with the hustle and bustle of day-to-day life, it can be hard to know what habits your child is picking up on. By having a school meal in a dining hall with their friends, children can learn important social skills that will become essential in later life. These include, table manners, conversation etiquette and cutlery skills. School meals can teach children about food and nutrition, helping them build the foundation for a healthy lifestyle.



## 7. A helping hand as the cost-of-living spirals

Free school meals save parents over £300 per child, per year and this applies to all children in reception, year 1 and year 2 as well as income related free school meals. We believe a school lunch is excellent value for money even for children not entitled to free school meals, we have tried everything in our power to keep costs as low as possible so all children can enjoy our healthy, balanced meals as much as possible.



For more information, please contact us on 01606 271663, email: [cheshireeastcatering@cheshireeast.gov.uk](mailto:cheshireeastcatering@cheshireeast.gov.uk) or visit: [www.cheshireeast.gov.uk/schools/school-meals](http://www.cheshireeast.gov.uk/schools/school-meals)

Cheshire East  
**TOGETHER** for Children and Young People

