



Tenterden Primary Federation

School Lunches

We are very lucky to have our own catering team. Our menu follows the Government Guidelines and adheres to the School Food Standards, as well as promoting and working with the Food Champion Programme.

Our menu can be found at

<https://www.tenterdenprimaryfederation.kent.sch.uk/page/?title=Catering&pid=28>

Our recipes include wholemeal flour, pasta and bread; fresh produce (locally sourced when possible) and ingredients; fresh and frozen vegetables; fresh fruit and a salad bar is on offer daily. Our treat day is Friday when a fruit based cake is available for pudding and chips are served.

A school lunch is £2.20 per day. You may be eligible for free school meals; please enquire at the School Office.

Still water, and natural fruit flavoured still water, is available daily to all pupils whether they are having a school lunch or a packed lunch.

Packed Lunches

We promote healthy packed lunches. Here is some advice and information:

Preparing Your Child's Lunchbox

A balanced packed lunch should contain:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles. These foods are good for children to fill up on and should make up a third of the lunchbox.
- A good source of protein, iron and zinc such as meat, fish, beans or eggs.
- A good source of calcium such as milk, cheese, yoghurt or fromage frais.
- Vegetables or salad and a portion of fruit (fresh, dried or tinned in fruit juice).

Not Allowed

- Any sweets or chocolate.
- No crisps. However, those offering a healthier alternative e.g. 'Snack-a-jacks', Sunbites or small bags of plain popcorn are permitted.
- No cakes of any sort unless it is our Friday treat day. Please note, it should be only one item on Friday.
- No nuts of any sorts, including peanut butter and Nutella (we have several children with severe allergies).
- No carbonated drinks.

Substitutes

- Plain popcorn
- Snack-a-jacks
- Sunbites
- Rice crackers
- Yogurt
- Fruit
- Fruit pots
- Pots of low sugar jelly, custard or rice pudding
- Tea cake/hot cross bun
- Malt loaf
- Raisins, dates and dried fruits
- Plain rice cakes
- Vegetable sticks

Our school website includes copies of our workshop presentations; further ideas for healthy lunch boxes and a link to Change 4 Life which also shares great ideas.

If there is something you are not sure about or your child has medical needs and requires something a little different we will always work with you to accommodate this. Please come and talk to us.