



Summer Term 2020

Dear Parent/Guardian,

I would like to take this opportunity to introduce Solihull Catering as the provider of your child's school meal service. At Solihull Catering Services we are extremely passionate about the food and service that we offer to our young customers. We take time to create menus that appeal to our pupils and actively encourage them to try new dishes, experiencing a cultural diversity along with increasing their knowledge and awareness of different foods.

We use only high quality fresh ingredients, all of our meats are Red Tractor Farm assured accredited, our fish is from sustainable sources in addition to being locally sourced. All of our meals offer at least two portions of the five a day recommended intake of fruit and vegetables. Please find included in this pack a sample menu.

The menus are changed twice a year to reflect seasonal preferences and produce. In addition we regularly run promotional days in conjunction with both curriculum and national events such as World Book Day, Mother's Day, Father's Day and Easter. These are particularly well received by our young customers.





Skills FOR LIFE Food FOR LIFE

The benefits of regularly having a school lunch:

Healthy – According to a study published online by the British Medical Journal, the health of children who eat school lunch maybe better than pupils who bring in a packed lunch. The researchers found that compared with pupils eating meals from home, children who ate school lunches had lower cholesterol levels, blood sugar and insulin.

Fresh – School meals are prepared on site and offer a choice of freshly prepared and cooked main meal options and desert. We also cater for dietary needs where possible such as gluten free.

Choice – We offer a great range of delicious meals, using local sourced produce and good quality ingredients. We do not serve fizzy drinks or chocolate bars or fried foods more than twice a week. All of our Menu's comply with the school food standards issued by Government.

Socially – Children can sit and enjoy their meal with friends in a dedicated dining room setting whilst developing their social skills which is an essential element of their education.

Price – Inflation is a daily occurrence in today's unsteady economic climate; however we work hard to retain the lowest possible prices for a school meal and ensure our 2 course hot lunch offer is value for money.

You can sample our meals yourself at one of our taster sessions for new parents or alternatively join your son/daughter at one of our "come dine with me" days when we invite parents/grandparents to lunch with their children.

If you have any questions regarding school meals please do not hesitate to contact our local office.

Catering admin team – Tel 0121 704 6601

Web: <http://www.solihull.gov.uk/schoolmeals>

