

## Hello & Welcome

From your school's catering provider

### Taylor Shaw is the school caterer of choice for thousands of primary pupils across the UK.

Our menu is appetising, nutritious, balanced, and designed to encourage children to enjoy food, learn, play, and grow.

Lunch is an integral part of the school day and something all children should look forward to. Our dedicated catering team ensures the dining hall is a welcoming and happy place for your child. How we serve our food is just as important as the food itself.

Our menus meet the Government's School food standards and the bronze Food for Life standards.

- ✓ 89% of meals are freshly prepared daily
- ✓ No undesirable additives or artificial trans fats are used
- ✓ Our menus provide for all dietary and cultural needs
- ✓ Our suppliers provide appropriate food safety standards
- ✓ Our catering team is supported with skills training in fresh produce

### Food for Growth & Development

Good nutrition choices are vital to children's health, academic achievement, and wider performance at school. Many studies have shown that hunger affects concentration and that well-nourished children fare better at school.

### Our Dietitians

Our dietitians ensure menus are nutritionally sound, shaping recipes to ensure they meet the School Food Standards and standards set by Public Health England for salt and free sugar.

### Eat & Learn

We encourage pupils to learn about food through fun-themed events and displays with messaging around health and wellbeing. This educational program helps children to:

- ✓ Keep themselves healthy by making informed decisions about the food they eat
- ✓ Learn where food comes from
- ✓ Understand seasonality & how a variety of ingredients are grown, reared, caught & processed
- ✓ How to eat better for the planet

#### Allergy Menus

#### A Guide for Parents

Taylor Shaw

### Allergy Menus – A Guide for Parents

Our guide contains further information about the medical diet process and the medical diet request form. Copies are available from your school.

### Managing Allergies & Other Medical Diets

It's important that children feel included and it's vital that they are safe. Our dietitians and catering team work together and follow a robust process, so you can feel reassured that whenever safely possible, an alternative menu will be provided.

All our staff receive allergy training annually, and whenever there's an update to allergen laws.

## Our Menu

Our menu includes a wide variety of options to suit all tastes based on feedback from pupils, staff, the catering team, and parents and guardians.

We run a three-week menu cycle that changes twice a year. Our lunch service includes a choice of:

- ✓ Meat or vegetarian main courses
- ✓ Vegetable side options
- ✓ Jacket Potatoes
- ✓ Daily salad selection
- ✓ Hot & cold desserts including fresh fruit & yoghurt
- ✓ Drinking water

In addition, to help smooth the transition for KS2 pupils to KS3 we provide a range of 'grown-up, hand-held' options served in compostable or recyclable packaging.

## Better for the Planet & Better for Us

As part of our carbon reduction strategy, we have moved to less carbon-intensive meats and introduced our Green Earth Monday initiative where all dishes served every Monday contain plant-based proteins.

Plant-based proteins provide many nutritional benefits including:

- ✓ Rich in fibre, vitamins & minerals
- ✓ Low in saturated fat
- ✓ Support a healthy digestive system
- ✓ Help to keep our heart healthy



Our menus are now more climate-friendly! With 719g of CO2e less per meal served, on average.

That's the same amount of carbon dioxide used to provide electricity for 162 homes in one year.

## We source responsibly and use:

- ✓ Red Tractor-certified meat
- ✓ Marine Stewardship Council fish (MSC)
- ✓ Free-range eggs
- ✓ Local suppliers for bread, fruit & vegetables, & dairy products to reduce food miles
- ✓ Seasonal produce



## Free School Meals Reception Class, Year 1 or Year 2

Your child will be able to get universal free school meals if they're in a government-funded school and in reception class, year 1 or year 2.

### Year 3 & Above

Your child may be able to get free school meals if you get any of the following:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit

- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

Find out how to apply on your local authority's website.

## Eating a School Lunch is Better for Your Child

- ✓ Save time & money
- ✓ Nutritionally better than a packed lunch
- ✓ Promotes a varied diet & encourages new tastes
- ✓ Inclusivity, dining with friends
- ✓ Help academic attainment by being linked to improved concentration

**Only 1% of packed lunches meet the nutritional standards that currently apply to school food.**

Please provide your feedback on our service email [Jody.Munn@taylorshaw.com](mailto:Jody.Munn@taylorshaw.com)