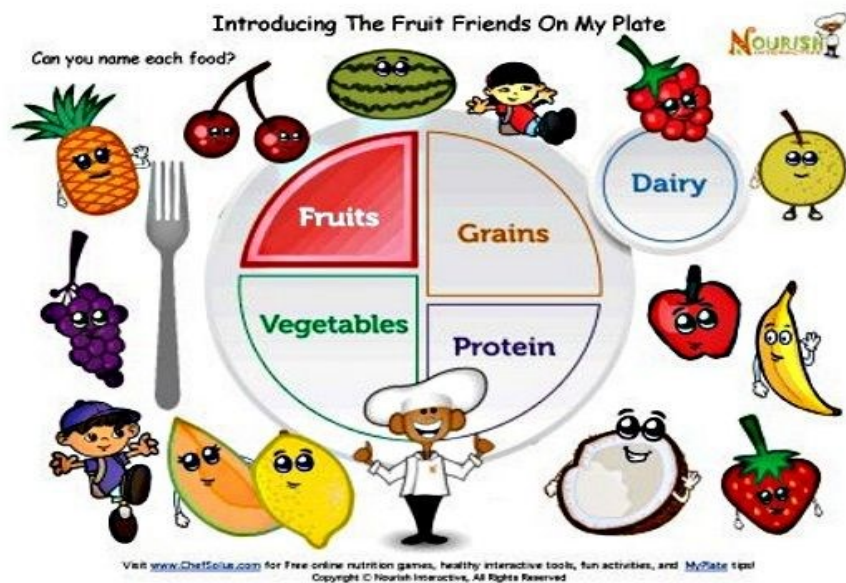


# Healthy

# Eating

AT

BEARWOOD PRIMARY SCHOOL



# School Lunches

Here at Bearwood we recognise the importance of a healthy, balanced diet as central to a healthy lifestyle and fundamental to a child's concentration and motivation at school.

School lunches are provided on site by our catering partner Caterlink. Menus are based on a three week rolling plan. There are a minimum of two options everyday, at least one of which will be a vegetarian option. A salad bar, fresh bread and fresh fruit are also always available. The puddings available are very low in sugar and offer nutritional value. Here is our current Autumn and Winter menu:

Autumn/ Winter 2023/ 2024		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE</b> 30/10/2023 20/11/2023 11/12/2023 15/01/2024 05/02/2024 04/03/2024 23/03/2024	Option one	Cheese and Tomato Pizza with Pasta Salad	A choice of Burger (Beef & Bean or Vegan) with Toppings and Potato Wedges	Roast of the Day, Stuffing Roast Potatoes & Gravy	Spaghetti Bolognese with Garlic Bread	Fishfingers with Chips & Tomato Sauce
	Option two	<b>NEW</b> Chef Mariam's Vegetable Couscous		Veg Wellington, Stuffing, Roast Potatoes & Gravy	Veggie Bolognese with Garlic Bread	Cheesy Bean Pasty with Chips & Tomato Sauce
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	Dessert	Lemon Drizzle	Fruit Jelly with Mandarins	Freshly Chopped Fruit Medley	<b>NEW</b> Jam and Coconut Sponge	Oaty Cookie
<b>WEEK TWO</b> 06/11/2023 27/11/2023 18/12/2023 22/01/2024 19/02/2024 11/03/2024	Option one	Tomato Pasta	Sausage Roll with Potato Wedges	<b>CHICKEN SHACK</b> A choice of BBQ or Lemon & Herb Chicken or Vegan Quorn, with Seasoned Potatoes and Salads	<b>NEW</b> Chef Shilpa's Chicken Korma with Rice	Fishfingers with Chips & Tomato Sauce
	Option two	Cheesy Swirl with New Potatoes	<b>NEW</b> Loaded Jackets	Vegetables of the Day	<b>NEW</b> Veggie Meatballs in Tomato Sauce with Rice	Cheesy Omelette with Chips & Tomato Sauce
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	Dessert	<b>NEW</b> Carrot Cake	Apple Crumble with Custard	Fruit Medley	Chocolate Drizzle Cake with Chocolate Sauce	Vanilla Shortbread
<b>WEEK THREE</b> 13/11/2023 04/12/2023 08/01/2024 29/01/2024 26/02/2024 18/03/2024	Option one	<b>NEW</b> A choice of Tomato or Carbonara Pasta with Toppings	Mexican Beef with Rice	Sausages, Onions and Gravy with Roast Potatoes	Chicken Pie with Mashed Potatoes	Fishfingers or Salmon Fishcake with Chips & Tomato Sauce
	Option two		Vegetable Fajitas with Rice	Veggie Sausages, Onions and Gravy with Roast Potatoes	Macaroni Cheese	BBQ Quorn Fillet with Chips
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	Dessert	Iced Sponge	<b>NEW</b> Chocolate Orange Cookie	Fruit Platter	Peach Upside Down Cake with Custard	<b>NEW</b> Melting Moment Biscuit
<b>MENU KEY</b>	Added Plant Power	Wholemeal	Vegan	Chef's Special	<b>ALLERGY INFORMATION:</b> If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.	
Available Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection						
<b>caterlink</b> feeding the imagination						

## Packed Lunches

At Bearwood Primary School we strive to eat healthy food as we feel it is important to eat well and this includes packed lunches. Our school plays an important role in healthy eating habits by giving meals full of nutrition. Healthy students are better learners. Eating healthy will help to accomplish good grades from your child. It will keep them happy and in an excellent mood for learning! Eating a healthy lunch is important for making sure children have the right nutrients and enough energy to last them through the school day, however, achieving this is not as easy as it sounds but it will help your child during school.



## Lunchbox tips



### Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



### Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



### DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



### Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



### Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



### Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



### Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



### Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



### Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



### Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



### Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



### Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



### Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



### Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



### Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



### Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.

## Birthday Sweets

Linking to our healthy eating plan, it would not be a great idea for children to bring in birthday sweets or chocolate. Mostly because it wouldn't be healthy and it drains your energy. Furthermore, some sweets contain pork and are not halal which doesn't allow people to eat it. In addition, it also contains a lot of sugar which is not good for the body. It might not be as easy but please try your best to not bring them in. If chocolate or sweets are brought into school, we will have to return them to the parents and carers at hometime.



We are a Healthy School and we need everyone's to promote this! Please have a look at the NHS website for further information and tips and delicious recipes:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

The School Council representatives would be happy to answer any of your questions.

We will be delivering an assembly to the children in the coming weeks to share this information further.

Thank you

