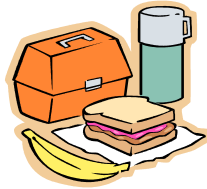


Packed Lunches

- We encourage students to bring healthy packed lunches to school
- Drinks in glass bottles and crisps are not allowed in school



Breaktimes

- Students are encouraged to eat something at break-time since the morning is long
- There is a huge range of healthy snacks on sale in the Dining Hall
- Snacks brought in from home should be:
 - ◇ Safe for teeth i.e. sugar-free
 - ◇ Nutritious—not empty calories
 - ◇ Acceptable to the student and to the school
 - ◇ Cleaner for the school environment
 - ◇ Keeping students healthy as they grow in independence



Healthy Eating Guide

Morning Breakfast

- Toast
- Bagels
- Bacon Sandwiches
- Cereal
- Fruit
- Cold drinks



Available in the Dining Room

8.20am-8.40am



MEAL DEAL
AVAILABLE
AT LUNCH

Hot Counter
Main Dish &
Large Biscuit

Deli Counter
Any 6" Sub &
Large Biscuit

PLUS

Radnor Fizz or Bottle of Water or Fruit Juice

All for:
£2.40



The School Dining Hall

All the food now served at lunchtime in the school meets the food-based lunch standards which were introduced in September 2006.

- **Vegetables are available daily**
- **All meat/fish served is of high quality**
- **All drinks comply with government standards**
- **The choice of hot meals is extensive**
- **There is a wide range of sandwiches, rolls, wraps, paninis and filled pitta bread**
- **There is a cold deli bar available daily. Students can design their sandwich or salad completely to their own specifications**

Three services are provided daily in the Dining Hall:

- ◆ **Breakfast: 8.20am - 8.40am**
- ◆ **Break: 11.00am - 11.15am**
- ◆ **Lunch: 1.20pm - 2.00pm**

There is a sample menu on the school website.



Healthy Eating

- **We believe strongly that students' health is inseparable from learning and achievement**
- **We encourage students to eat a balanced diet choosing items from fruit and vegetables, bread, cereal and starchy foods, meat or alternative proteins and milk and dairy products**
- **Water is readily available in school for plastic water bottles to be re-filled**
- **There are no other opportunities to buy food or drinks in school other than from the dining hall**
- **There will be regular consultations with students about food on offer through Student Voice**
- **90% of food is freshly produced on site using locally sourced produce and fresh meat from Brakes Catering Suppliers**
- **No fried food. Only oven baked**
- **Fresh sandwiches made daily starting at £1.00**
- **Homemade soups in cooler months**
- **Homemade biscuits and cakes produced daily**
- **Wide selection of drinks ranging from 45p upwards**
- **All products sold in the Dining Hall comply with the latest Government guideline**

