

tasty VIEWS

November
2017



Chartwells are your school catering provider and we are keen to ensure that your child receives a nutritionally balanced, tasty and value for money meal without compromising on quality. Our menus include the best quality ingredients sourced directly from growers and producers. This ensures we can maintain a robust supply chain and have complete traceability from the field to the plate.

Eating and Hydration is and will continue to be an important part of your school day.

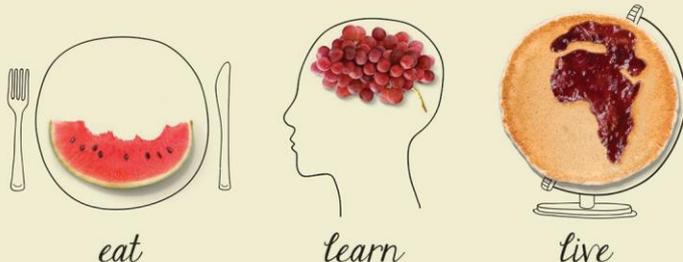
We provide Breakfast, Mid Morning Break and Lunch from the dining areas in your school and 'Grab and Go' items are also available. Every day there will be a range of main lunchtime meals available with vegetables or salad plus a dessert priced at just **£2.10**. Also on offer we have pasta with different toppings, trattoria pizza, panini's, a range of grab and go sandwiches, baguettes, wraps, fruit pots, mousse pots, jelly pots and fresh fruit also a large range of compliant drinks are available.

Forthcoming Events

You will be able to enjoy some fun and informative events at your school during the next academic year.. Chartwells will offer regular theme days as well as interactive, educational events such as 'Cooking in the Classroom', 'Year 11 Survival Days', Smoothie Bike Sessions' and, our favourite, 'Ready, Steady, Cook'.

Did you know?

Before school each day students can purchase Breakfast to ensure they start their day the right way!



more than just amazing food

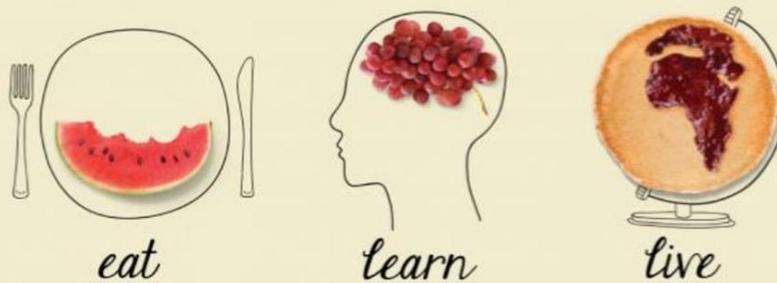
Eat, Learn, Live helps us to educate young people about how to lead a happy, safe and healthy lifestyle while contributing to a sustainable world.


Chartwells
EAT LEARN LIVE

Packed Lunch vs School Meals

The Government School Food Standards have been in place for school meals for many years with an introduction in January 2015 of updated food based standards¹. These standards ensure that a school meal provides children with the balance of foods needed to support optimum growth and development. However, the School Food Plan reported that only 1.6% of packed lunches meet these same food based standards².

At Chartwells, we are always looking at ways we can improve our recipes and continue to nutritionally analyse our school menus. The figures of our recent comparison between packed lunches and school meals speak for themselves!



Grab Bags –

Pre order available –

Avoid queueing and ensure you can still take part in lunch-time clubs by pre ordering from any till at breakfast or Mid Morning Break.

Your selected lunch will be freshly prepared and ready for you to collect from the Dining room.

Nutritional Analysis

Our team of nutritionists are continually looking for new ways to improve our menu using a nutritional analysis programme to examine recipes and menus of both school meals and packed lunches.

The packed lunch analysed: Ham and cheese sandwich on white bread, carrot sticks (80g), crisps (salt and vinegar), squeezable yoghurt tube, apple and flapjack biscuit.

Average school meal: We analysed a weeks' worth of school meals and took the average of all 5 meals. This included a hot main meal, vegetables, salad and a hot or cold dessert.

The table below shows the difference between a Chartwells school meal and a popular packed lunch combination we see in schools.

Nutrient	School Meal	Packed Lunch
Energy (kcal)	501	964
Total fat (g)	16	42
Saturated fat (g)	5	16
Salt (g)	0.9	3.3
Sugar (g)	21	50

To sign your child up for the highest quality, nutritionally compliant school meal

— contact your school catering manager.

For more information on Chartwells visit: www.loveschoolmeals.co.uk



References:

1. School Food Standards Children's Food Trust

2. School Food Plan July 2013