

## EAT, LEARN, LIVE



Dear Parents

Chartwells are delighted to be working in partnership with the Wellingborough School to provide your child's school meals.

Feeding young people is a responsibility Chartwells has always taken seriously – not just when it is in the news! We have known for a long time, that while a child is at school, providing nutritionally balanced menus, consisting of fresh seasonal foods, freshly cooked and attractively served, by well-trained and motivated chefs and their teams, cannot be bettered.

As part of our Nutritional Policy, Chartwells aims to provide a well-balanced menu that is predominately home-made, using fresh ingredients. A menu that not only meets nutritional guidelines but is also attractive and fun.

We encourage children to be 'food explorers' through the opportunity to taste new menu choices. This approach encourages children to broaden their palates and become aware that eating a variety of different foods can be both an exciting and interesting experience.

We are always delighted to have the opportunity to discuss with you any areas of the food service that we provide at the school. If you would like to talk to us, please contact the Chartwells catering manager at the school.

### **Our Commitment**

- Daily servings of fresh fruit and vegetables
- Freshly baked bread including wholemeal
- Predominately home-cooked dishes, using fresh seasonal ingredients
- Desserts to always include a fresh fruit or yoghurt alternative
- Sugar content reduced by the use of natural sweeteners in food
- Low fat spreads and semi-skimmed milk available as an alternative to a full fat variety
- Only minimal amounts of salt for seasoning added to food during the cooking process
- Cooking practices aimed at minimising fat content including trimming fat, using lean cuts of meat, grilling and oven baking, as well as the minimal loss of nutrients like vitamin C in vegetables

### **We always aim to:**

- Provide a well balanced choice for all children
- Provide meals that are both tasty and interesting
- Provide a food offer that will make a positive contribution to a child's health and well-being, by meeting the child's nutritional requirements for the day
- Provide well balanced choices for children with special dietary needs including food intolerances, food allergies and cultural requirements
- Treat all children as individuals

Your Catering Manager, Elaine O'Sullivan is contactable on 01933 233422

