

## SPECIAL DIETS

If your child has special dietary needs we can still provide them with a meal. Examples may include diabetic, coeliac, low fat, & dairy intolerances.

We can also adapt menus to suit religious needs. Please contact us on 0191 433 5522 to see how we can help

## FREE SCHOOL MEALS

Free meals may be available if

- Your child is in reception year 1 & year 2 as part of the Universal Infant Free School Meals (UIFSM) initiative.
- You are receiving Income Support, Job Seeker's Allowance (income based), Employment & Support Allowance (income related), Child Tax Credit (but not Working Tax Credit or Universal Credit).

**For more information & to apply,**  
visit [www.gateshead.gov.uk/benefits](http://www.gateshead.gov.uk/benefits) or  
telephone 0191 433 3729

## DID YOU KNOW

- We serve over 11,000 meals each school day!
- More than two-thirds of children in Gateshead primary schools stay for a school meal
- 75% of our main courses & desserts are prepared freshly each day on site by trained catering staff.
- We buy only quality ingredients from suppliers we trust.
- Our Bronze Food for Life Catering Mark guarantees that fresh food is always on our menu.
- We use only Red Tractor Assured Meat, Poultry, Milk & Seasonal Vegetables. Red Tractor products are fully traceable & produced in the UK.
- All of our fish comes from well managed & sustainable fish stocks.
- We use Fairtrade Cocoa, Sugar & Bananas & Free Range Eggs.

## SCHOOL MEALS ARE IMPORTANT

- Research has shown that children who have a proper, balanced meal at lunchtime can concentrate better & are more receptive during afternoon lessons.
- Sitting down & eating a meal together helps children to develop important social & interpersonal skills.
- Poor diet & lack of exercise are among the major contributing factors in childhood obesity - & why one-in-four children in the UK are either overweight or obese.

## YOUR CHILDREN

We feed around 11,000 children every day - so we know all about fussy eaters! Our staff work hard to reassure children & encourage them to try a wide a range of dishes. Food is one of mankind's greatest pleasures - which is why the UK spends £40bn each year on eating out! We want your child to enjoy food too, so we help to extend their palates with new tastes & textures.

We also want to help instil healthy eating behaviours which will serve your child well in later life.

## YOU CAN HELP

To ensure your child eats healthily & enjoys as wide a range of meals as possible, please:

- Encourage your child to take at least ONE item from the salad bar each day
- Ask them to try unfamiliar dishes - we're happy to put samples on your child's plate
- Ensure that they vary their diet & don't stick to the same types of foods every day

## HOW TO CONTACT US:

Telephone: 0191 433 5522

Email: [schoolcatering@gateshead.gov.uk](mailto:schoolcatering@gateshead.gov.uk)

Website: [www.gateshead.gov.uk](http://www.gateshead.gov.uk)



# TEMPORARY HOT PACKED LUNCH MENU



	MONDAY PIZZA DAY	TUESDAY FRESHLY MADE SANDWICHES	WEDNESDAY HOT SANDWICHES	THURSDAY PACK LUNCH STYLE TORTILLA WRAP	FRIDAY FISH FRIDAY
<b>MEAT CHOICE</b>	Margherita pizza (V), potato wedges, vegetable sticks	Sandwich, assorted crisps, and hand cut vegetable sticks (one of the following: ham, chicken mayo or tuna to be available)	Hot sandwich, pasta pot, vegetable sticks (one of the following: beef burger, pork sausage, chicken fillet, roast beef in gravy)	Tortilla wrap, assorted crisps, and hand cut vegetable sticks (one of the following: ham, chicken mayo or tuna to be available)	Fishy Friday, chips, hand cut vegetable sticks (Fish finger / fish fillet in a roll)
<b>VEGETARIAN CHOICE</b>		Cheese sandwich	Quorn sausage or Quorn fillet	Cheese sandwich	Quorn sausage or Quorn fillet
<b>DRINKS</b>	Selection of bottled water and fruit juice				
<b>DESSERT</b>	Cake, muffin, biscuit, jelly pot, mousse pot, yogurt, fruit salad, hand cut fresh fruit, cheese and crackers – one of the options available daily				