



EAT SMART BE SMART.

AT ST CLARE'S WE HAVE AN EXCITING NEW MENU FOR YOUR CHILDREN TO TRY IN AUGUST.

SCHOOL MEALS ARE EXTREMELY POPULAR AT ST CLARE'S PRIMARY SCHOOL AND THIS IS WHY.

WE HAVE SOURCED ALL OUR INGREDIENTS VERY CAREFULLY AND WE USE A SUPPLIER THAT IS ABLE TO OFFER US SO MUCH MORE VARIETY AND SEASONALITY. THE FISH THAT IS USED ALSO MEETS THE MARINE STEWARDSHIP COUNCIL FISHERY STANDARDS.

AS MUCH AS POSSIBLE IS HOMEMADE AND PRODUCED IN OUR OWN KITCHEN INCLUDING PASTA DISHES, PIZZAS, SAUCES, CAKES, AND BISCUITS. ALLOWING US TO MAKE THE FOOD FULL OF FLAVOUR AND LOOK APPERTISING TO THE EYE. BUT WE ALSO FOLLOW THE SCHOOL FOODS STANDARDS GOVERNMENT GUIDELINES SET FOR PRIMARY SCHOOLS.

EVERY DAY WE HAVE A FRESH SALAD BAR WHICH ALSO INCLUDES FRESH BREAD, LOWFAT FLAVOURED YOGHURTS AND FRESH FRUIT. THE CHILD HELP THEMSELVES TO THIS WITH THE HELP OF A LUNCHTIME SUPERVISOR ALLOWING THEM TO MAKE CHOICES OF THEIR OWN AND TRY NEW FOODS THAT THEY MAY NOT TRY AT HOME. SEEING YOUR FREIND EAT SOMETHING DIFFERENT DEFENITLY GOES ALONG WAY.

WE DO THEME DAYS THROUGHOUT THE YEAR CELEBRATING RELIGIOUS FESTIVALS AND KEY DATES IN THE CALENDAR.

WE HAVE AN ALLERGEN SHEETS THAT RUNS ALONG SIDE OF OUR MENU, SO IF YOU HAVE ANY CONCERNS DO NOT HESTIATE TO CONTACT ME VIA THE OFFICE.

I LOOK FORWARD TO SEEING YOUR CHILDREN IN THE AUTUMN TERM EATING THEIR FRESHLY COOKED WHOLESOME LUNCH.

JANE PALMER

CATERING MANAGER