



# NUTRITION FACT SHEET



## NATIONAL SCHOOL MEALS WEEK

Lots of research has been carried out to look at the difference between school lunches and packed lunches. The results show that school lunches are generally healthier compared to packed lunches.

Unless a school has a packed lunch policy, packed lunches tend to include things like crisps, chocolate biscuits and sugary drinks. Schools aren't allowed to serve these because they are not recommended as part of a healthy balanced diet. Instead, school lunches include a tasty, nutritious hot meal and a healthy dessert. There's nothing better than a hot meal on a cold day to warm your child up.

### **A Mellors School Lunch**

The school menus served by Mellors have all been checked by our nutritionists to ensure they are compliant with the national standards. These standards are in place to ensure pupils nutritional needs are met across the week and that pupils are provided with healthy and balanced meals. And, even better, for all children in Key Stage 1 it's FREE!

As part of a Mellors school lunch your child will have access to two fresh vegetables every day, fresh fruit and unlimited salad, fresh bread and drinking water.

School lunches are an amazing way to keep children healthy and support their education. Having a school lunch provides children with an opportunity to try new foods and to develop healthy eating habits for life.

Every year we celebrate the amazing school lunches on offer to England's school children with **National School Meals Week**. This year National School Meals Week will be held on 11<sup>th</sup> - 15<sup>th</sup> November. The theme is 'Taste for Yourself' to encourage pupils who don't currently take a school meal to try one. So why not encourage your child to try a Mellors school lunch and let us know what you think.

