

Sunnyfields Primary School

Hatchcroft Hendon London NW4 4JH

Phone: 020 8203 3113

Fax: 020 8202 6909

Headteacher: Ms Lisa Meyer

www.sunnyfieldsprimary.co.uk

office@sunnyfields.barnetmail.net



26th April 2018

Dear Parents,

New School Lunch Menu

You may remember that we wrote to you in the Autumn term about the lunch menu. We are delighted to announce that we are offering a new menu which provides additional choices.

Children used to have 2 choices: meat or vegetarian. We then introduced jacket potatoes so that there was more choice. Now, with the new menu, Liz the cook is offering even more choice! Children will now have the ability to choose between 3 options. Jacket potatoes will still be available on some days.

Due to the fact that children have more choice, they will **not be able to have school dinners some days and packed lunch on others with effect from Monday 30th April**. This is because it is difficult for the kitchen to predict the numbers of meals they are cooking for the day. We need to introduce this new arrangement as it will reduce the possibility of the kitchen running out of a particular option for the classes who are served later in the lunch session. We are confident that children will be happy with the choices and parents are welcome to view the menu on the website

Packed Lunches

The Sunnyfields Health Committee, comprising of have produced a very impressive and informative set of guidelines for preparing packed lunches. Please read their 'Food Guidelines for Packed Lunches' overleaf.

Coffee Morning on Wednesday 2nd May at 8.55am

I would like to invite all parents to join me for coffee and meet with our school governors to discuss any school related topics of interest and to share ideas and opinions about our school community. If you have felt concerned about anything at all, be it school lunches or any other school situation, then please do come along.

We shall also be discussing the new school lunch menu and have invited our catering area manager to address the meeting.

I look forward to seeing you next Wednesday.

Yours sincerely,

Ms L Meyer
Headteacher





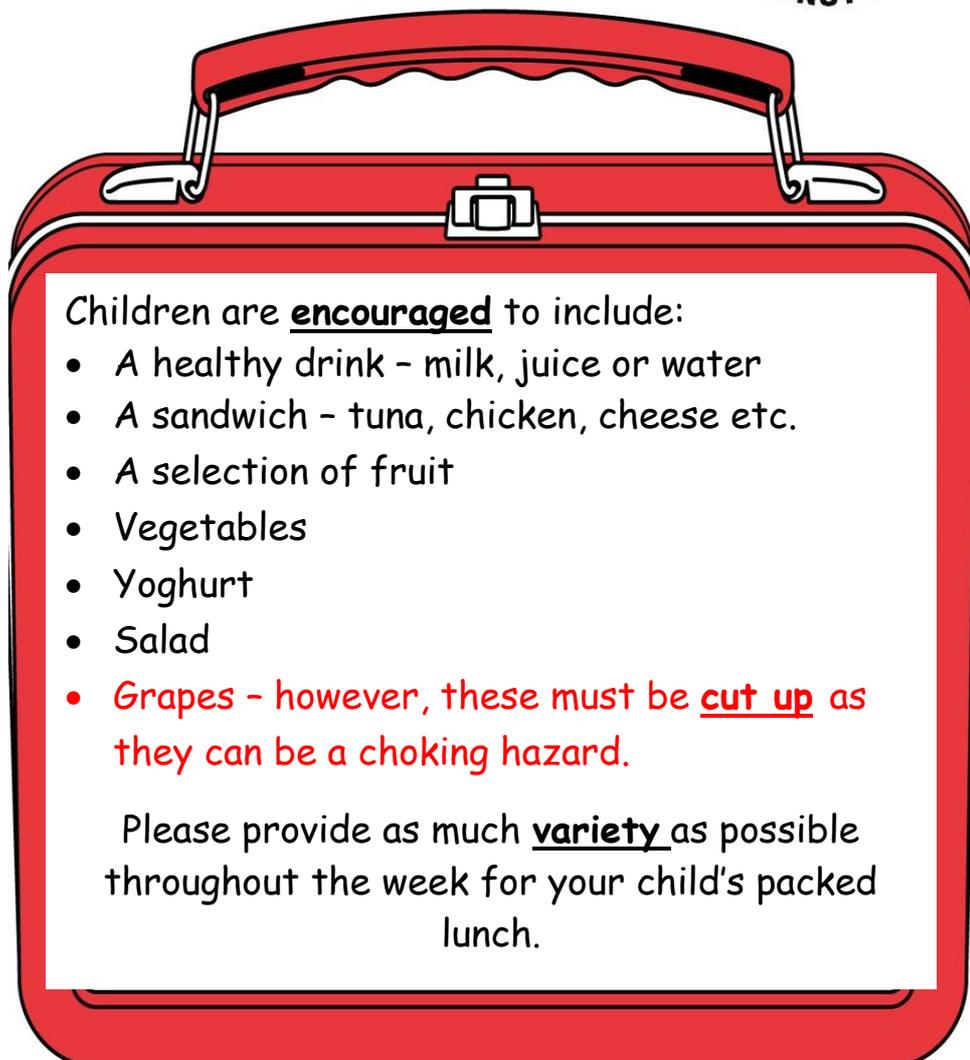
Food Guidelines for Packed Lunches



Our new health committee, made up of children from Years 4, 5 and 6, would like to remind all parents that we have a policy about the food in lunch boxes. We believe it is very important that all children have a healthy lunch so that they are better able to learn and focus. The health committee have recently helped to update these guidelines and would like to thank you in advance for your cooperation.



Cut up grapes!



Children are **encouraged** to include:

- A healthy drink - milk, juice or water
- A sandwich - tuna, chicken, cheese etc.
- A selection of fruit
- Vegetables
- Yoghurt
- Salad
- **Grapes - however, these must be cut up as they can be a choking hazard.**

Please provide as much **variety** as possible throughout the week for your child's packed lunch.

Children may **NOT** have the following items in their lunch boxes:

- Energy/fizzy drinks
- Crisps
- Sweets - including Fruit Winders
- Chocolate
- **Nuts**, including peanut butter and Nutella as we have a number of children who have **nut allergies**
- Extra sugar sprinkled on fruit
- **Children will not be allowed to eat the above items**