

## How have dinners changed over time?

Our Year 3&4 children talked to their parents and grandparents about their experiences of school meals. They noticed quite a few changes!

### Parents & Grandparents' experiences—this is what some people said:

- “In the 1980s - 1990s they were stodgier, lots of fast food and a lot of chips. Semolina was the worst and tasted awful. The highlight was pink custard although I wasn't sure about it. There was no choice in the meals.”
- “I hated semolina and was made to eat it until I was sick all over. No pizzas, wraps it was meat and two veg and fish on a Friday.”
- “My grandad remembers waiting at a table to be served lunch. He didn't get any choice and the dinner was brought to him. That saved lots of energy walking up to the dinner plate area! Every day was meat and vegetables. He never had anything like spaghetti bolognese or pizza. He does remember having lots of rice pudding.”
- “I fondly remember jam roly poly and pink sponge with pink custard, but hated that acidic powdered mixed orange juice”
- “There were more 'hot lunch' choices each day when we were younger, however today's lunches are much healthier.”
- “I loved school dinners, chips and beans every day with burgers or sausages or pizza, etc and then a proper stodgy pudding. We even had bacon or sausage sarnies at morning break. I don't remember 'healthiness' being a consideration by me, my folks or school. I'd be unhappy with my kids eating what I ate at school!”

## Dinners today are different!

### Our Year 3 & 4 children think that our lunches are better because:

- “The meatballs taste good”
- “We have more choice about what we can eat”
- “We get lots of fruit and vegetables and that's healthy”
- “The cheese sandwiches are better than the ones mummy gets”
- “The lunches make us happy!”

The current menu is always available on our school website.

For more information about school meals please visit the North Yorkshire catering website:

<https://www.northyorks.gov.uk/school-meals>



# School Meals at Saxton CE Primary School



# Freshly Made

By our cook, Mrs Doy

The Catering Service is accredited with the 'Food for Life Served Here – Silver Award' from the Soil Association, which is national recognition as a beacon of excellence in the provision of fresh, locally and regionally produced food. They pride themselves on their craft skills which are used every day in preparing nutritionally sound meals, catering for the dietary needs of children and young people. They provide the service in educational settings, so they make sure their staff are trained in safeguarding, equalities, and data protection.

They believe that a healthy, balanced diet is essential for children and young people so they provide fresh food that is cooked daily on school premises.

The catering service provides:

- A food safety management system which encompasses all aspects of food safety from procurement to service
- Menus which are compliant with nutritional standards and information for schools and parents with regards to allergens and special diets
- Staff who are trained and encouraged to develop their culinary skills

Our school meals are:

- Nutritionally balanced
- Freshly prepared
- Made with local produce
- Adapted to meet dietary needs
- Changed every term to reflect the seasons
- Low-salt and low-sugar



## Choices

Every day children are given a choice of dinners. They can choose to have the hot meal of the day, a filled jacket potato, or a sandwich. Every choice comes with extra salad or vegetables, and the pudding of the day. Children can have all the vegetables that they want so they can never go hungry!

All our meals are specially made on site. The ingredients are locally sourced and there are strict control measures to ensure that only the best ingredients are used. As a result, our kitchen consistently achieves high results on quality and hygiene inspections.



## Dinners at our school



Each menu is prepared following carefully considered recipes. These identify the nutritional value of each dish to ensure that a healthy, balanced diet is achieved across the week. Portion sizes are carefully controlled to ensure that children receive the right amount of food to remain healthy, in line with medical advice and guidelines.

## How are prices calculated?

The cost of our school meals is calculated very carefully to ensure that we maintain high standards whilst achieving excellent value for money.

The government provides funding that enables every child to receive a free meal until the end of Year 2. Families in receipt of benefits can apply to receive free meals at any age. We charge other pupils £2.30 per meal. This is an agreed price which applies across all schools in the STAR MAT and we believe that it represents excellent value. Children are able to choose each day whether they would like to have a school lunch, and if so whether they want the meal of the day, or a filled jacket potato, or a sandwich and vegetables.

All menus have a calculated portion size which ensures that children receive the right amount of food to remain healthy. Because they all pay a fixed price, they all receive the same amount. This helps us to make sure that everybody is treated equally and fairly. We don't usually offer 'seconds' because we control our ordering carefully, but children can always add bread or salad to their meal to make sure they have plenty to eat.

