



# Mickleover Primary School Meals Service Newsletter Summer 2019



Dear parents,

As the school year is coming to an end, we would like to share with you what we have been up to recently.

One of our biggest achievements is the Food for Life Bronze award, this means that our school helps pupils to learn where food comes from and teaches them how they grow and how they are cooked. We have been making pizza sauce in year 4, bread making and tasting in year 5, tortillas and tomato salsa in year 3, and smoothies in year 2. The ingredients that we use in the kitchen are fresh, local and ethically sourced.

More than 75% of our dishes are cooked fresh on site.

Cooking club has been great, we have had so much fun making scones, quiches, soups, breadsticks

and lots more. I would like to say a big THANK YOU to all our volunteers who have helped me to make sure the club runs smoothly, without them it wouldn't be possible.



Finally I would like to say thank you to all the parents who found the time to complete our food survey. We find your feedback very useful and it helps us to plan for future menus.

I'd like to share responses to some of the common questions asked by parents:

Why don't we offer squash as an option at lunchtime any more?

Squash contains a lot of sugar and very few nutrients. We now serve organic milk and water every day. We will look into the option of maybe serving low sugar fruit/vegetable juices on special menu days.

Why is salmon on the menu?

We must have oily fish on the menu at least once every three weeks, it's a good source of omega 3 fatty acids which are good for heart health and a great source of vitamin D and protein. We are now aware that the salmon fishcakes are not popular. I have now spoken with our supplier and we will now trial a cod and salmon fishcake instead.

Portions are too small for KS2 pupils, they are coming home hungry.

On most days we offer seconds to the last year group having a school lunch. The last year group changes on a daily rotation. We will encourage pupils to have more vegetables and bread with their main meal. Please bear in mind that the children have their lunch around 12 o'clock and then there are 3 hours of learning, concentration and burning their energy off, so by the time they get home they may be ready for a snack.

If you would like some ideas on healthy snacks to keep them going until dinnertime please try [www.healthline.com](http://www.healthline.com), [www.delish.com](http://www.delish.com) or change4life. Once more thank you for taking the time to participate in our questionnaire.

Best wishes Mrs. Hutchinson