

## PRIMARY SCHOOL SUMMER MENU APRIL-OCTOBER 2013

April 2013

Dear Parent/Guardian,

The new 2-week summer menu enclosed will start in all primary schools on Tuesday 16 April. The menu consists of a choice of 2 hot main meal options (includes a vegetarian choice), a filled baked potato option, a plated salad and a choice of soup or dessert. Free bread, salad and a cold drink is available with every meal. This menu is available Monday–Thursday with a packed lunch option available on Friday.

The health and wellbeing of children is at the heart of everything we do. The new menu meets all of the Scottish Government's nutritional standards and over the past year we have been working closely with the Soil Association in Scotland to build on the quality of school meals in our primary schools. In addition to using free range eggs and seasonal vegetables (locally produced when available), we have worked with our suppliers to make sure that all the meat and poultry we buy is farm assured and fish is from sustainable sources. The majority of the dishes we serve are prepared from fresh ingredients which have all been checked to make sure that they do not contain undesirable additives, hydrogenated fats or GM products. With these additional changes we are delighted to have successfully achieved the Soil Association's Bronze Food for Life Catering Mark for our primary school meals. We are only the sixth Local Authority in Scotland to achieve this award which recognises our commitment to serving healthy, sustainable and ethical food.

East Lothian Council also aims to make school meals as accessible as possible, so the price of a primary school meal will remain at £1.90, with no increase in August.

We hope that your children enjoy the new menu and that ongoing positive changes like the Food for Life Catering Mark will encourage more children to take school meals. There are huge benefits in children eating a nutritious 2-course meal at lunchtime. Research shows that if children eat a nutritious midday meal at school, their concentration and behaviour improves, they gain important social skills and they are more likely to eat their recommended '5 a-day' fruit and vegetables.

Both East Lothian Council's Education Services and Facilities Management Services see communication with pupils, Head Teachers and parents/guardians as essential to the success of any improvements we make to school catering. We communicate through school newsletters, school websites and East Lothian Council's website. Please contact us if you have any queries or require more information.

Yours faithfully,

Facilities Management Services