

## Child Allergies/Special Diets



Nut allergy children can eat the standard primary school menu as all products have been confirmed as manufactured in a nut free environment.

Hampshire County Council Education Catering can provide special dietary lunches for pupils with specific allergies and intolerances if requested, these must be authorised by a medical professional. Registration is online with Hampshire County Council Education Catering.

We also cater for children with preferred special diets for religious or ethical reasons, let the office know if your child is pork or beef free or vegan.

Full details for all the above can be found at:

<https://www.hants.gov.uk/educationandlearning/hc3s/education-catering/primary/specialdiets>

## Headteacher's Lunch

From time to time, the Headteacher shares lunchtime with an invited group of children drawn from across the school. This provides an informal occasion to discuss important aspects of school life. In addition to each child having either a school or home packed lunch, the kitchen provides a large bowl of fresh fruit, often more unusual fruits, and the children are invited to try these.

# Healthy Eating at Ringwood Junior School



## A Parent/Carer's Guide

### “Encouraging a Healthy Lifestyle”

**PLEASE BE AWARE THAT WE ARE A NUT FREE  
(THIS INCLUDES CEREAL BARS)  
AND SHELLFISH FREE SCHOOL.**



## Our Policy on Food

The school meal provider is Hampshire County Council Education Catering. They are a non-profit making organisation and provide all snacks and school lunches. Where possible products are sourced locally and food is prepared fresh on site in our school kitchen by Mrs Mason and her team. We aim to be as sustainable and eco-friendly as we can.

### Snacks at Break Time

We recognise that many growing children require a snack during the morning. For morning break time, pupils may bring in a snack: consisting of either fresh fruit, dried fruit or vegetables. If pupils do have other snacks at break time we will ask them to return these to their lunchbox and find a piece of fruit or vegetable.

Snacks are also available to buy from the school kitchen, these include fruit juice cartons, various flavoured cartons of milk, fresh whole fruit, fresh warm bread rolls. Prices range from 30p up to 45p. Children can buy up to two items including one drink.



All of these products have been chosen for portion control and ingredients. Our bread rolls are made from fresh ingredients with careful control on portion size and nutritional value.



The flavoured milk we use has no additives and less than 5% sugar, the chocolate milk is made from cocoa. If you wish to limit your child's snacks at break time, just let the office know and the kitchen staff can arrange for this.

All children will be provided with Ringwood Junior School water bottles. All pupils should have their named Ringwood Junior School water bottle, filled with water, in their classrooms. Additional RJS water bottles can be purchased from the school office for £1.50.



## Lunch Times

### **What does my child get for lunch?**

A school lunch usually consists of a choice of four meal options:

- Red** Hot meat option
- Green** Hot vegetarian option
- Orange** Jacket potato option

Each of the above are served with vegetables of the day and a salad bar is also available to choose from. There is a dessert of the day and also alternative options such as fruit or a yogurt.

**Blue** Picnic lunch option (where pupils can have a filled roll or sandwich, raw vegetables, fruit and dessert.)

There is a jug of water available on each table for drinking.



The menu is changed at Easter and October half-term each year and meals are priced at **£3.20**.

Alternatively, your child may bring a **packed lunch** to school. We encourage you to ensure that this includes a healthy balance of food, preferably including some fresh fruit or vegetables.

Sweets and chocolate bars are not permitted.