

School Meals at Ryecroft C.E. Middle School

All children, whether they bring a packed lunch or eat school meals, are encouraged to eat a balanced diet and adopt positive attitudes towards a healthy lifestyle.

For young people a healthy diet broadly means:

- a balanced diet with plenty of variety and enough energy for growth and development
- sufficient fibre-rich starchy foods
- plenty of fruit and vegetables
- not eating too many foods containing a lot of fat, especially saturated fat
- modest amounts of dairy products
- moderate amounts of meat, fish or alternatives
- not having sugary foods and drinks too often

A varied and nutritious menu is prepared each day, offering a choice of hot and cold dishes. Special attention is given to those children who have special dietary requirements, such as those who prefer vegetarian style meals or those who have dietary problems due to a medical condition. Request for special meals should be made direct to the school's catering staff who will be more than pleased to advise on an appropriate diet. Children who bring packed lunches to school eat their lunch in the dining area alongside pupils who receive a school lunch.



Breakfast Menu - 8.30am to 8.50am

Croissant 75p

Yoghurt 55p

Pancake /Crumpet / ½ Teacake 40p

Fresh Fruit 35p

Toast 30p per slice

Hot Drinks 65p

Break-time Menu - 11.15am to 11.30am

Bacon/Sausage Sandwich/Bap £1.25

Cheese & Tomato Pizza Bagel £1.00

Sausage Roll 95p

Staffordshire Oatcake 75p

Toasted Muffin 45p

Pancake /Crumpet / ½ Teacake 40p

Mousse Pots / Cheesecake /Fruit Pots /Jelly Pots 55p

Bottles or Carton of cold drinks 40p-85p



Aspens

our catering provider, are passionate about great tasting food and offer a wonderful selection of choices, food that is not only nutritious but keeps pupils coming back for more. They believe that great tasting homemade wholesome food, produced using quality, locally sourced ingredients and served with care and passion are vital ingredients to a successful school meal service.



They strongly believe in letting their recipes and menus be guided by the feedback they receive from our customers whilst taking into account nutritional advice. Aspens are inspired by current food trends and popular dishes from around the world – which they often introduce as an exciting promotion. Every dish begins with a concept and a recipe, which is then prepared by our highly trained teams.

pupils throughout the day but can also help with concentration and behaviour – leading to a more productive school day.

The links between food, health and learning are evident. Aspens carefully planned menus, with well balanced meals, not only help to sustain

They offer quality, variety and choice – at an affordable price. Aspens purchase their food responsibly through a transparent process and are proud to buy from British farmers and producers. Their suppliers are checked and validated by NSF, a global leader in supporting businesses to buy from assured supply chains.



Buying British enables them to invest in local communities, reduce their food miles, and source a huge range of seasonal produce to incorporate into their menus.

They have been awarded the 'Food for Life' Gold Catering Mark from the Soil Association for their menus and have accreditation from the British Hen Welfare Trust and Compassion in World Farming for their use of free-range eggs.

FREE SCHOOL MEALS

Parents claiming some benefits can also claim free school meals for any of their children who are registered at a Staffordshire school and who would normally be at school at lunch time. By claiming free school meals you save yourself time and money.

At Ryecroft all pupils who are eligible for free school meals also have the opportunity to have a breakfast or break-time snack free of charge. Pupils have the freedom to choose anything from the menus which includes bacon baps, toast, etc., up to the value of £1.90.

To see if you are eligible and how to apply: www.staffordshire.gov.uk/freeschoolmeals