



School Meals

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 Cook in Charge 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

Toast 25p per slice

Sausage or Bacon Baps £1.20

Teacakes/Crumpets 35p

Hot Drinks 50p-55p

Milkshakes 70p

Break-time Menu - 11.30am to 11.45am

Teacakes/Crumpets/Scotch Pancakes 35p


Hot Drinks 50p-55p

Milkshakes 70p

Cheese Oatcakes 85p

Bacon and Cheese Oatcake £1.05

Bottles or Carton of cold drinks 50p-80p

To view our lunch menu click on this link -  [Lunch menu](#) .
Entrust Catering Services - click the image below.



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 £1.50.

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

NO FOOD CONTAINING NUTS

Food containing nuts is not allowed in school. We have pupils who have nut allergies and even mild exposure to nuts in the environment may be sufficient to trigger a potentially life threatening severe allergic reaction.

It is therefore vitally important that we ensure that they do not come into contact with nuts at school and we would be grateful if you could make sure that any food sent into school does not contain nuts.