

Myth Busting School Meals!

"My child is a fussy eater"

Our menus offer variety and choice to suit all tastes. In our experience, children are more likely to try new foods when they have regular school meals in a social setting.



*"I love my school lunches!
I like the different flavours and
how tasty it looks on the plate!"*

School Council Feedback

"I cook a meal in the evening"

We fully understand that some families eat a hot meal together in an evening so we have developed our own cold lunch options and jacket potato menu to help support this.

"They're not healthy"

Our menus consist of well-balanced dishes that adhere to the school food standards. Real fruit is used in over 50% of our dessert recipes; **we have reduced sugar content by 25%** and wholemeal flour is used in all of our bread and pastry recipes!

"My child has a food allergy"

Our dietitian has developed 'allergen aware' menus for children with medically-defined food allergies. Registration forms can be found on our website – www.norsecatering.co.uk.

Did you know, on average less than 1% of packed lunches from home meet all of the school food standards?

Source: *The Independent School Food Plan*

norsecatering.co.uk

@NorseCatering





Save Time with Norse Catering



Packed Lunch from Home

- ☐ Decide on what to put in the packed lunch
- ☐ Shop for packed lunch ingredients
- ☐ Make the packed lunch the night before
- ☐ Remember to put the packed lunch in school bag
- ☐ Empty and clean the lunchbox
- ☐ Start again for the next day



Norse

School Lunch

Order
a school
lunch



Make life
easier in just
one tick!

