



# Saint Brendan's Nursery Class

## Loving Lunches Arrangements



*"Healthy eating and physical activity are essential for proper growth and development in childhood, and healthy eating habits developed in the early years are often carried into adulthood" (Setting the Table, 2024)*

At St. Brendan's, Loving Lunches are delivered in line with 'Setting the Table' national guidance. More information on 'Setting the Table' can be accessed directly [here](#).

Nursery menus can be accessed via the North Lanarkshire website, [here](#).

### Lunch Procedure

Tables are set at 11am by members of staff responsible for snack, with children encouraged to help.

Tables are prepared for lunch being served by being set with table covers, cutlery, napkins, cups and jugs for both water and milk.

Gentle music is played during lunchtime preparation and whilst lunch is being served.

Catering staff arrive with lunch between 11:15am and 11:30am.

Lunch is served in two sittings, with two groups attending each sitting.

Children who are not having lunch during any one sitting are encouraged to play outside.

Children wash their hands and sit at a table of their choosing.

Catering and nursery staff are knowledgeable about children's dietary requirements (inc. allergies and intolerances, special requirements, food for religious faiths and beliefs, etc.).

Catering staff serve portioned aspects of the meal onto plates which are then presented to each child by nursery staff.

Children help themselves to water, milk and fresh vegetables or salad, made available on the table.

Children are supported as they eat by two members of the staff team, one at each table.

Staff will encourage children to eat together in a social way by engaging in and promoting friendly conversations.

Children are encouraged to be independent and when finished, each child scrapes any leftover food into the food waste bin.

After the meal, children wash their hands and are then supported to line up and swap groups for the next sitting, when the lunch procedure is then repeated.

Reviewed: September 2024

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