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Dear Parent/Guardian

Changes to the Primary school menu

As you will be aware there are ongoing health improvement aims within Scotland to beat childhood obesity and school meals are a key opportunity to delivery healthy meals. Within North Lanarkshire Council we work closely with our partners in healthcare and education.

In line with the government objective to reduce sugar consumption and the local objective to improve the oral health of pupils within primary schools in North Lanarkshire, only plain milk (189ml) carton will be offered from **Monday 23rd October 2017**.

We currently offer to all Universal Free School Meals pupils (All P1-3) and any P4 -7 entitled free school meal pupil a 200ml carton of plain milk, or flavoured milk (Chocolate or Strawberry).To provide a gradual change, as from 4th September until the October break, flavoured milk will be reduced to 3 days per week on a Monday, Wednesday and Friday.

School meals have long been considered an important component of the school day. We provide quality meals and we have listed some of our key benefits below for your information:

- All meals are prepared and cooked from fresh, using where possible locally sourced produce. We continually aim to improve our recipes by reducing the amount of salt and sugar within the recipes and improving the nutritional value of the meals, for example recipes are being revised to include more vegetable content, to help towards children achieving their recommended 5 a day.
- We source all our red meat from our butcher, this includes mince, stewing steak and beef burgers.
- We offer a range of two vegetables or salads every day and pupils are allowed two servings of any choice.
- We have reduced the portion size of our home baking and we limit the use of added sugar to support the government's aim to reduce sugar consumption. We do not serve any confectionery such as chocolate bars, gums or candy in schools.
- We introduced Fruity Tuesday this spring / summer, with great success. On this day only a variety of fruit and yogurt are available as treats. On the new menu in October, Friday's will now be jelly with fruit or whole fruit, again with no home baking or desserts offered.
- Homemade soup is freshly prepared and available every day and can be requested with the snack 2 go sandwich option.
- All school meal pupils are entitled to free bread with their meals and free fresh water.
- A healthy pack lunch can be ordered from the schools, even if they want to take this home.

Infrastructure

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- Alternatively your child can top up their packed lunch with a free soup, fruit and water.
- Did you know that parent/carers of Universal (All P1-3) and P4-7 entitled free school meal pupils can save up to £330.00 per year by using the school meal service?

Look out for the new menu leaflet in September which will include more details of any menu changes. More information can be found on our website at <http://www.northlanarkshire.gov.uk/index.aspx?articleid=31102> and you can sign up for free weekly alerts to our menus. You can also pay online so you don't have to send your child to school with money.

Yours sincerely



Anne Hanlon – Business Manager Facility Support Services

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