

## FREQUENTLY ASKED QUESTIONS



### WHAT IF MY CHILD HAS AN ALLERGY OR SPECIAL DIET?

Our primary objective is to keep our pupils - your children - safe every day when enjoying their school meals.

We take allergies very seriously and, supported by our robust Medical Diet Policy, we've taken every step to ensure that as many children as possible living with food allergies and intolerance can eat safely at school with their friends.

To find out more please email:  
[chartwells.medicaldiets@compass-group.co.uk](mailto:chartwells.medicaldiets@compass-group.co.uk)

### CAN A PACKED LUNCH BE PROVIDED INSTEAD OF A HOT MEAL?

Absolutely! Our packed lunches are made fresh each day and are designed to be both tasty and nutritious, ensuring that children enjoy a balanced and satisfying meal.

Our menus are packed with familiar favourites such as cheese & tomato pizza, roast dinners and homely pies

### WHAT IS INCLUDED IN A SCHOOL MEAL?

Every day, you can be assured that a school meal will offer:

- At least two portions of fruit and vegetables
- Dairy food items rich in calcium for strong bones and teeth
- Starchy carbohydrates to provide energy
- A protein source to support the body's growth and repair.

### HOW DO I ORDER AND PAY FOR SCHOOL MEALS?

All children in the UK in Reception, Year 1 or Year 2 are entitled to a delicious hot meal or packed lunch for FREE.

From Year 3 (KS2), your child may still be eligible for free school meals, simply visit [www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals) to check.

Schools may have an online facility that allows you to order your children's meals. If your child is in KS2 and above, then the portal will allow you to order and pay for meals.

# LOVE SCHOOL MEALS

NUTRITIOUS FOOD AND  
MEMORABLE EXPERIENCES





# MAKING HEALTHY CHOICES

**AT CHARTWELLS, WE ARE PASSIONATE ABOUT ENCOURAGING AND ENABLING MORE CHILDREN TO MAKE HEALTHY CHOICES AND ENJOY A NUTRITIOUS SCHOOL MEAL TO GET THE MOST OUT OF THEIR DAY.**

Chartwells' school meals have been lovingly created by a team of talented chefs and dedicated nutritionists making sure menus are packed with all the ingredients children need to grow strong and healthy.

Making a home-packed lunch for your child each day can be time-consuming and expensive. School meals can relieve some of this pressure by providing a hot, nutritious lunch for your child, every school day.



## THE BENEFITS OF SCHOOL MEALS

### MAKING CHILDREN HEALTHIER

Children having school meals are more likely to eat fruit and vegetables and drink water throughout the day.

### BEHAVIOUR & CONCENTRATION

A healthy school meal helps children get the best from their learning.

### THEY ARE FREE IN RECEPTION, YEAR 1 & YEAR 2

Speak to your school about signing your child up today!

### TASTY THEME DAYS

Throughout the term, your child will get to experience delicious theme days where we bring excitement to the dining hall with new and inspiring choices such as our Space Adventure or Mid-Summer Mashup.

### MAKING FOOD FUN

We want your children to have fun and the dining hall is a great place for them to enjoy themselves with friends whilst they learn about different types of food.

### WE EDUCATE AND INSPIRE CHILDREN WITH OUR BEYOND THE CHARTWELLS' KITCHEN WORKSHOPS

Save up to £457

with FREE school meals

