EAT SMART

HELLO & WELCOME

from your school's catering team

Taylor Shaw
Seeing food differently

Taylor Shaw is the caterer of choice for thousands of primary pupils across the UK

Our menu is appetising, nutritious, balanced, and designed to encourage children to enjoy food, learn, play, and grow.

Lunch is an integral part of the school day and something all children should look forward to.

Our dedicated catering team ensures the dining hall is a welcoming and happy place for your child. How we serve our food is just as important as the food itself.

Our menus meet the Government's School Food Standards and the bronze Food for Life standards

- ✓ All meals are freshly cooked by our catering team in your school kitchen to ensure we always offer fresh and nutritious food whilst minimising salt and sugar in recipes
- ✓ No undesirable additives or artificial trans fats are used
- ✓ Our menus provide for all dietary and cultural requirements
- ✓ Our suppliers adhere to all appropriate food safety standards
- ✓ Our catering team is supported with skills training in fresh produce

Food for Growth & Development

Good nutrition choices are vital to children's health, academic achievement, and wider performance at school.

Many studies have shown that hunger affects concentration and that well-nourished children fare better at school.

Our Dietitians

Our dietitians work alongside our Chef teams to ensure menus are nutritionally sound, shaping recipes to ensure they meet the School Food Standards and standards set by Public Health England.

Managing Allergies & Other Medical Diets

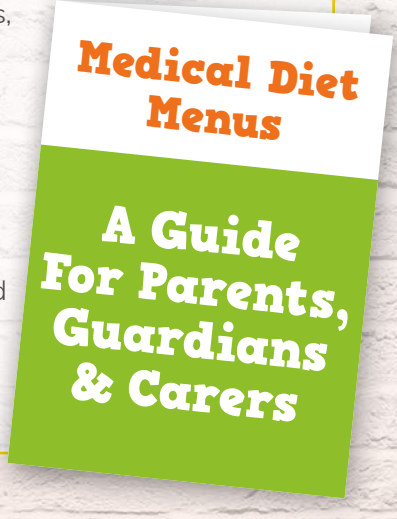
Your child's health and safety will always be of the utmost importance to us, and having accurate information about dietary needs and allergies is crucial for us to prepare and serve meals that meet their requirements.

Taylor Shaw's dietitians and catering team work together and follow a robust process, so you can feel reassured that whenever safely possible, an alternative menu will be provided. All the team receive allergy training annually, and whenever there's an update to allergen laws.

Medical Diet Menus

Our **Guide for Parents, Guardians & Carers** contains further information about the medical diet process and includes step by step instructions for you to record this information to ensure we are fully aware of any medical diet requirements.

Copies are available from your school



Our Menu

Our diverse menus include a wide variety of options to suit all tastes and are based on feedback from pupils, staff, the catering team, parents and guardians.
We run a three-week menu cycle that changes twice a year. Our lunch service includes a choice of:

- ✓ Meat and vegetarian main courses
- ✓ Halal main courses
- ✓ Vegetable side options
- ✓ Sandwiches and jackets
- ✓ Daily salad selection
- ✓ Hot and cold desserts including fresh fruit and yoghurt
- ✓ Free drinking water

In addition, to help smooth the transition for KS2 pupils to KS3 we provide a range of 'grown-up, hand-held' options served in compostable or recyclable packaging.

Eat & Learn

We encourage pupils to learn about food through fun-themed events, assemblies, and displays with messaging around health and wellbeing. This educational program helps children to:

- ✓ Keep themselves healthy by making informed decisions about the food they eat
- ✓ Learn where food comes from
- ✓ Understand seasonality and how a variety of ingredients are grown, reared, caught and processed
- ✓ How to eat better for the planet

Better For The Planet...Better For Us

As part of our carbon reduction strategy, we have moved to less carbon-intensive meats and introduced our Green Earth Monday initiative where all dishes served every Monday contain plant-based proteins.

Plant-based proteins provide many nutritional benefits including:

- ✓ Rich in fibre, vitamins and minerals
- ✓ Low in saturated fat
- ✓ Support a healthy digestive system
- ✓ Help to keep our heart healthy

Our menus are now more climate-friendly! With 719g of CO_2e less per meal served, on average

That's the same amount of carbon dioxide used to provide electricity for 162 homes in one year!

We Source Responsibly & Use:

- ✓ Red Tractor-certified meat
- ✓ Marine Stewardship Council fish (MSC)
- ✓ Free-range eggs
- ✓ Local suppliers for bread, fruit and vegetables, and dairy products to reduce food miles
- ✓ Seasonal produce

Eating a School Lunch is Better for Your Child

Did you know only 1% of packed lunches meet the nutritional standards that currently apply to school food?

Five Reasons School Lunches Are Better:

- ✓ Save time and money
- ✓ Nutritionally better than a packed lunch
- ✓ Promotes a varied diet and encourages new tastes
- ✓ Help academic attainment by being linked to improved concentrations
- ✓ Inclusivity, dining with friends

Free School Meals

Did you know...
All pupils are eligible for a free school meal worth £480 per year!

Please contact the office for more information

£480 figure based on the Government's daily cost of meal provision of £2.58 per child (updated 8th August 2023) was used to derive an annual cost of £480 (assuming 190 days in an academic year).

V1-23