

Pheasey Park Farm Primary School and Early Years Centre

Address: Wimperis Way, Great Barr, Birmingham, B43 7DH

Telephone: 0121 3666183

School Email: postbox@pheasey.org.uk

Early Years Centre Email: early-years@pheasey.org.uk

Website: www.pheaseyparkfarmprimary.co.uk / www.elstonhallmat.co.uk

Head Teacher: Mrs S Arnold

Early Years Centre Manager: Miss T Ilsley



PHEASEY PARK FARM
Primary School &
Early Years Centre

Friday, 8th April 2022

Dear Parents and Carers,

Changes to the Lunchtime and Tuck Menu

Lunchtime

After discussions with our catering consultants, the decision has been made to update the lunchtime menu to indicate complete meal options for each day. Whilst you may initially think this limits the children's choice, it has been done to highlight what constitutes a balanced meal for a child. The current weekly menus have been designed to provide a balanced diet across the week to meet Government standards, however we are finding that children are not always making the best choices of food combinations, often choosing heavy carbohydrate loaded meals. It is important that children learn from a young age about healthy combination of foods and our change to the menu will help with this and will help to give you peace of mind that your child's daily lunch choices are well balanced.

Children will now have three complete meal options; there will be two different main meal options with relevant sides as well as a daily jacket potato option with toppings and salad. Bread and salad will continue to be available each day. Children will be encouraged to have the whole meal selection as identified in the Government requirements. There will also be a different pudding option each day as well as the usual choice of fresh fruit and fruit pots.

There has been a recent Government initiative where schools have been asked to offer less meat options on the lunchtime menu and we have therefore opted to have a "Meat-free" Monday. Tuesday-Friday will always have a meat/fish option plus a vegetarian option.

Please could we ask parents to spend some time over the Easter holiday looking at the menus with your children and discussing the meal options which are now available and explaining the movement to overall meal choices. This change will be implemented when we return after Easter.

Please note our menu will still cater for specific dietary requirements for individual children.

Please can we also take this opportunity to remind parents that packed lunches sent into school should also be a balanced meal for their child. No sweets or chocolate bars are permitted



Pheasey Park Farm Primary School and Early Years Centre

Address: Wimperis Way, Great Barr, Birmingham, B43 7DH

Telephone: 0121 3666183

School Email: postbox@pheasey.org.uk

Early Years Centre Email: early-years@pheasey.org.uk

Website: www.pheaseyparkfarmprimary.co.uk / www.elstonhallmat.co.uk

Head Teacher: Mrs S Arnold

Early Years Centre Manager: Miss T Ilsley



PHEASEY PARK FARM
Primary School &
Early Years Centre

remember to include a drink for your child. Please also note; due to allergies in school we do not allow children to bring any nut items into school.

Tuck

Due to the limited amount of purchases of banana milkshake and raisin bags from the tuck menu, we have decided to remove these from the tuck menu and therefore these will no longer be available after Easter. Please can we also remind parents that only fruit and vegetable pieces should be brought in from home for consumption at morning break. In recent weeks we have had a number of queries relating to fruit juice and milk shakes being brought in from home. Please note that the drinks we sell are "school compliant drinks" and meet Government standards for size, sugar quantity etc and therefore we are unable to permit juices and milkshakes from home.

Please can we also remind parents that children should bring a bottle of water to drink in class throughout the day. This can be re-filled during the day in class.

Thank you in advance for your support with these changes. Should you have any queries, our catering consultant Tina Batten from CMC is happy to reply to emails and Tina can be contacted at tina@cmcschoolfood.co.uk.

Yours sincerely,

Mrs S. Arnold
Head Teacher

