



16 March 2021

Dear Parent/Carer

School meals

Due to lockdown and many children home learning over the past month, our Trust Chef and the Kitchen Team have decided to run the Autumn/Winter school menu up until Wednesday 21 July, the last day of the academic year so children can fully experience this menu.

The Autumn/Winter menu is attached to this letter. If you would like your child to move onto school meals or to change your child's choices, please contact the school office. A week's notice will be required for any changes to your child's meals pattern or choices.

Packed Lunches

At Trinity Academy Akroydon, we want the children to live a healthy life as possible and food nutrition plays a big part in this.

It is expected that most children have a sandwich as the main part of their packed lunch and only healthy desserts should be fruit based.

Children will be allowed **ONE** of the following food items as part of a balanced meal:

- A bun
- A piece of cake (homemade or shop bought)
- A plain or chocolate covered biscuit
- A packet of crisps
- A chocolate based dessert e.g. Dairy Milk Button desserts.

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Packed lunches **MUST NOT** include:

- Meat and pastry products such as sausage rolls, pies or pasties.
- Nuts or nut products (although they can be healthy) because of the danger to other children with allergies
- Extra salt to add to food after it has been cooked
- Sweets or fizzy drinks

Unhealthy food, or food not following the guidelines above, will be removed by staff, returned to the child/parent at the end of the day and an alternative, such a piece of fruit, will be provided.

Our [Packed Lunch Policy](#) is available on our website or to request a printed copy, please contact the school office.

For further guidance regarding the preparation of healthy packed lunches, parents/carers may wish to consult the following sources:

- British Nutrition Foundation – healthy packed lunches (<https://www.nutrition.org.uk>)
- NHS – Change4Life – lunchbox ideas and the Eatwell Guide (<https://www.nhs.uk/change4life>)

I have included a flyer from Eatwell Guide to support parents/carers in making their packed lunches.

We trust that parents will help their child and the academy by supporting the policy as usual and discuss the changes with their child, as we will do in our assembly time.

Yours sincerely,

A McNally

Mrs A McNally
Principal

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