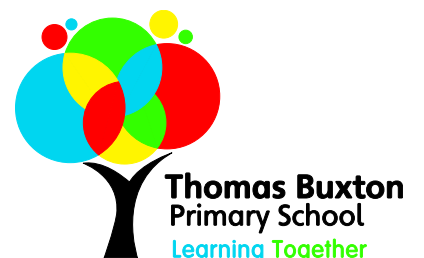




# School Meals and Healthy Eating

A place of learning,  
laughter and friendship

[www.thomasbuxton.towerhamlets.sch.uk](http://www.thomasbuxton.towerhamlets.sch.uk)



## school lunches

### Why choose a school lunch for your child?

There are many reasons why children benefit from eating a school lunch. School meals are great value for money and a hot, healthy dinner is great for energy because your child will use up a great deal of energy during a full school day. Children need to concentrate during lessons, let off steam at play times and recharge their batteries for the afternoon.

Eating a school meal helps to achieve this and provides:

- hot, healthy and nutritionally balanced menus;
- a selection of homemade products and recognised meals that provide choice and variety to suit all tastes;
- value for money, two course meals;
- convenience - saving you time preparing packed lunches;
- enhanced learning abilities - studies have shown that children concentrate better in lessons if they have had a fulfilling lunchtime meal;
- teaches children the social skills involved with eating with others and how to make choices - learning need not stop when the lunch bell goes;
- allows a child to relax in a safe, supervised environment with friends.

Parents can be assured that:

- all menus comply with, and usually exceed, the Government's National Nutritional Standards for school lunches;
- halal only products are used, as requested by the Local Authority;
- food purchasing contracts control the sourcing of safe ingredients and ensure the necessary delivery and storage methods to maintain the highest levels of food safety;
- your child is regarded as a valued customer and all children are served in a friendly and supportive manner, helping them to expand their eating experience with care;
- foods containing genetically modified ingredients are not knowingly used and the use of artificial additives and colourings are avoided wherever possible.



**“Studies have shown that children concentrate better in lessons if they have had a fulfilling lunchtime meal”**

[myschoollunch.co.uk](http://myschoollunch.co.uk)

Children's Services Contract Services work closely with Tower Hamlets' Healthy Schools and meet regularly to discuss ways to encourage children to eat certain foods during their formative years to put in place eating habits that they will follow throughout their lifetime.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Organic Baked Chicken Sausages	Homemade Lamb Rendang Curry	Homemade Roast Turkey served with Gravy	Homemade BBQ Chicken	Baked Harry Ramsden Battered Fish Fillet
Homemade Jacket Potato with Tuna Mayo	Homemade Cod Steak in a Herb and Cheese Crust	Birds Eye Baked Fish Fillet Fingers	TUGO Freshly Baked Pizza with Tuna and Red Onion	Homemade Cheese and Tomato Free Range Omelette
Homemade Macaroni Cheese	Homemade Sweet Potato Pakora Curry	Shawn the Sheep Vegetable Pasta Bolognaise	Falafel Balls in a Chilli and Tomato Sauce	Linda McCartney Veggie Sausages
Oven Baked Potato Wedges	Steamed Basmati Rice	Roast Potatoes Yorkshire Pudding	Steamed Brown and White Rice	Baked Chipped Potatoes
Sweetcorn Cobbette Fresh Organic Carrots	Fresh Cauliflower Garden Peas	Fresh UK Seasonal Vegetables	Sweetcorn Broccoli Florets	Fresh Organic Carrots Garden Peas
Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads	Choice of Seasonal Salads
Homemade Apple Crumble with Custard	Frozen Dairy Strawberry Yoghurt	Homemade Fruit Jelly with Mandarins	Homemade Pineapple Upside Down Cake with Custard	FRUITY FRIDAY
Organic Yoghurt Selection Cheese and Bread Sticks Fresh Fruit Platter	Organic Yoghurt Selection Cheese and Bread Sticks Fresh Fruit Platter	Organic Yoghurt Selection Cheese and Bread Sticks Fresh Fruit Platter	Organic Yoghurt Selection Cheese and Bread Sticks Fresh Fruit Platter	Organic Yoghurt Selection Cheese and Bread Sticks

“Kids who eat better perform better at school”

Journal of School Health



For more information about menu selections, please speak to the office.

## top tips for healthy eating

Our school meals will take care of ensuring your child eats healthily at school but what about at home? Here are some helpful tips to maintain healthy eating at home too:

- Make sure the adults and older children in the house eat healthily too so they set a good example.
- Encourage children to help to prepare the family meal, according to age. When they are preparing vegetables, let them know where they come from and how they grow.
- Leave a bowl of healthy snacks within easy reach, to prevent unhealthy snacking.
- Experiment with healthy food. For example, frozen banana chunks make a tasty alternative to ice cream or lollies and challenge a child's perception that eating healthily means boring foods.
- Involve your children in food shopping so they can see what you are buying and perhaps help you choose the fruit and vegetables.



**For more tips on ways to lead a healthy lifestyle, take a look at:**

- The Thomas Buxton *Healthy Living, Healthy Future* leaflet (pictured)
- [www.change4life.co.uk](http://www.change4life.co.uk)
- [www.myschoollunch.co.uk/towerhamlets](http://www.myschoollunch.co.uk/towerhamlets)
- [www.myhealth.london.nhs.uk/ccg/tower-hamlets-ccg](http://www.myhealth.london.nhs.uk/ccg/tower-hamlets-ccg)



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