



St Mary Cray Primary Academy

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Ofsted Inspection
September 2017 Good.
EYFS Outstanding and
Leadership Outstanding.



Dear Parents and Carers,

As you may have already heard, Sadiq Khan (Mayor of London) announced earlier this year that all primary school children in London will receive free school meals for one full year, starting in September 2023.

We would be grateful if you could indicate on the survey below whether you may be thinking of signing up for these school meals for your child, so that we can plan ahead with our catering company. If you answer yes at this point you can still change your mind nearer the time.

<https://forms.gle/wPdM5auKGfURx5uo6>

You can find examples of school dinner menus on the 'School Meals' page under the 'Parents' tab on the website. If you would like to choose the option of packed lunch instead, we would like to remind you of our healthier lunchbox guidelines which can also be found in the same place on the school website.

What is a healthier lunchbox?

Variety is the key to a healthier lunchbox. Making a lunchbox healthier and appetising to pupils does not mean that they miss out on all the things that they enjoy eating. It is all about getting a balance and good variety of foods over a period of time. No single food can provide all the essential nutrients that the body needs.

Healthy Lunchbox Checklist

When choosing products for healthier lunchboxes, you should try to choose those lower in salt, fat and sugar.

Have you included...

- A good portion of starchy food, eg wholegrain bap, thick sliced wholemeal bread, chapatti, pitta pocket, pasta or rice salad?
- Plenty of fruit and vegetables eg an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks or small box of raisins?
- A portion of semi skimmed milk or dairy food eg individual cheese portion or pot of yoghurt?
- A portion of protein eg ham, chicken, beef, tuna, egg or hummus?
- A drink eg fruit juice, semi skimmed milk or water?
- Please limit the frequency of crisps and chocolate biscuits

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A Spring Partnership Trust School Registered Office: The Warren, Croydon Road, Bromley BR2 7AL



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Please do not include...

- Fizzy drinks and confectionery (sweets and chocolate bars)
- Nuts or foods containing nuts

Kind regards,

School Office

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