

tasty VIEWS



March
2019

Dear Headteacher,

Summer is on the way and our main menu is changing! As you are aware our menu is accredited with the Soil Association 'Food for Life' award, we are very proud of this and work hard to keep our menu at a high standard. The Food for Life 'Making Healthy Eating Easy' standard now promotes a 'Meat and Cheese' free day, and therefore this menu cycle reflects this to maintain our silver standard.

In line with our sugar smart partnership, we are also reducing the number of non-fruit accompaniments in our desserts as well as the amount of added sugar in the desserts themselves. We are very proud of this achievement and have taken out a whopping 9g of sugar per dessert per day since 2015. Similarly, we are also promoting more whole grains in our menu to increase the fibre content of our menu.

We have also improved our 'Allergy Aware' menu to provide a 'two-line' option for our allergy children to help ensure they have a varied and balanced meal. Finally, we would like to introduce our new special diet lead, Emily Vincent. She will be able to process new special diet requests as well as answer any queries. If you would like to book any added value sessions please contact our contract nutritionist, Freya Strutt.

Thank you for your continued support as we strive to give excellent service to our young people of Lewisham. As always we welcome your feedback regarding our menu and service.

Kind regards,

Chartwells, Lewisham



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