



WELCOME

to our latest
issue of iMunch



A big welcome to our fifth issue of iMunch. We hope you have all had a good Christmas and are looking forward to a good summer.

For the families of our new Year 5's this newsletter is a great way to keep parents and families up to date with the latest developments on school lunches and healthy eating in school.

Thank you as always for your continued support.

Inside this Issue

- Delicious new Recipes
- Awesome Fact Corner
- Why opt for School Meals
- Compare and Switch
- and lots more



Did You Know

All school meals are cooked fresh everyday on the premises by our own cook and catering team. All meals are of a very high standard and are provided at a cost of £2.10 per day. In addition to paying daily parents may pay by cash or cheque (Payable to Staffordshire County Council) for the week, half term or term. If you wish to adopt any of these options will you please ensure that dinner money is sent to school in a sealed envelope bearing your child's name, class and dinner number and handed into the office first thing on a Monday. Please may we also ask that payments for dinner money are kept separate from any other money that may be sent in. Remember if your child has sandwiches they can still have a school dinner part way through the week, or at any time they wish.

Forgotten Dinner Money/ Sandwiches - Don't Worry



From time to time we all forget things.

So don't worry if you forget your dinner money or sandwiches you can have a school dinner. All you need to do is to go to the school office and explain what has happened and you'll be issued with a dinner pass which will allow you to have a school dinner. This can then be repaid the following day at the school office.

Are you missing out on Free School Meals for your Children?

It's easy to claim Free School Meals - If you receive:

- Income Support or Income Based job Seekers Allowance.
- Income Related Employment and Support Allowance.
- Child Tax Credit but not Working Tax Credit and the household income is not more than £16,190.
- The Guarantee element of State Pension Credit.
- Support under part VI of the Immigration and Asylum Act 1999.

Even if you don't want your children to have the meals, claiming them helps the school. The more eligible parents who claim meals, the more funding the school receives

For more information please contact
Mrs Wilson (Finance Officer) or Mrs Degg (Finance Assistant) at the School on 01785 814930
or
Central Welfare Service on 01785 278966 or 01785 278928

You could save nearly £10.50 per child per week - that's around £315 a year!*

**New
in School**

Amazing New Recipes

Come and tickle your taste buds and tuck into tempting dishes you will love

All menus can be viewed online at any time by going to:-
www.waltonpriorymiddleschool.co.uk

**Still
£2.10**



Breakfast Club

Every morning 8.20 to 8.45 am

This is so the children can have a healthy and nutritious start to the day, which fuels them to face the challenges ahead. Our catering staff, prepare and chill everything in advance, and are on hand to help each child to make a healthy choice from the range available.

Price List

Cornflakes & Milk - 30p

1/2 Teacake - 30p

Crumpet - 25p

Toast - 20p

Fruit - 25p

Muller Yoghurt - 25p

Fruit Juice - 30p

Semi-Skimmed Milk 1/3 pt - 20p

'A great way to start the day'



Going on a School Trip?

Why not let our catering staff prepare the packed lunch?

Just pop into the dining area first thing in the morning **the day before** to order and pay.

The packed lunch will be freshly made for collection on the morning of the trip.

The packed lunch includes:-

Sandwich

Salad bowl

cookie/cake (Homemade)

Drink

Yoghurt

Fruit bowl

Great value at only

£2.10



Healthy School



Morning Break

Every morning 11.05 to 11.20 am

Mid Morning Break offers young people the opportunity to top up on the complex carbohydrates their bodies need to sustain energy levels throughout the day.

Price List

Everyday Items

Toast - 20p

Crumpet - 25p

1/2 Teacake - 30p

Fruit - 25p

Rotated Weekly Items

Oatcake & Cheese

Bacon Sandwich

Cheese & Bacon Tray Bake

Sausage Baps

Pizza Pin Wheels

Price from 60p to £1.20



Quality . Choice . Value for Money . Professional . Customer Focused

Staffordshire Catering Service receive Good Egg Award

Staffordshire Catering Service has been awarded a Good Egg Award 2010 by Compassion in World Farming....

All eggs used in our flans, quiches, homemade cakes and sandwich fillings are locally sourced free range eggs.



We are proud that our British pork meatballs, Welsh pork sausages, roast pork and gammon joints are all endorsed with the Pork Quality Standard Marks

All our fresh milk comes from Staffordshire farms and is distributed by Staffordshire dairies



Why should you opt for school meals?

A school lunch can provide up to three of the five daily recommended portions of fruit and vegetables each day.

All of our food is freshly prepared on the school premises and always served at the correct temperatures.

Recipes low in fat, sugar and added salt.

Your child can choose from a meat dish, a vegetarian choice or a sandwich.

Eating with friends can teach your child important social skills.

A well fed child is more likely to learn and take part in the afternoon activities.

&

Don't forget!

our caring staff can help introduce your child to new flavours and tastes.

The worry free way to eating heartly food!



Come and Try our Delicious New Mouthwatering Recipes

We have some delicious new products and homemade recipes on our menu including:

Chunky Chilli Chicken: Chunks of tasty chicken in a rich chilli sauce with a hint of oregano served on a bed of rice.

New York Style Pizza Bagel: A bagel half with a scrumptious pizza topping and melted cheese.

Lamb & Butternut Squash: A delicious combination of lamb and butternut squash in a spicy curry sauce seasoned with ginger and fresh coriander served on a bed of rice. Complement this dish with a homemade Naan Bread.

Country Vegetable Pie: Golden crust covering a medley of vegetables and cheese sauce. A heart warming dish.

Beef Grill: 90% Welsh beef grill. No MSG. No MRM. No artificial colours. A great source of iron.

Quesadilla: Tortillas filled with a vegetarian bean and mushroom chilli, sprinkled with cheese and baked in the oven - a touch of Mexico.

Who says healthier eating is dull?

Awesome Facts Corner!



The microwave was invented after a researcher walked past a radar tube and a chocolate bar in his pocket melted.

The average person ingests about a ton of food and drink each year.



60% of 8 - 15 year olds eat at least one packet of crisps a day which is the equivalent to over 4 litres of oil a year!

We cater for everyone

Our Catering team provide a variety of great tasting and healthy food throughout the school year. They have dishes to suit a range of different tastes, dietary requirements and life choices, including food intolerances, allergies, halal and gluten free food.

Please discuss with our Catering Supervisor who will be happy to plan and provide a school meal that meets your child's needs.



Try to drink water and milk, not fizzy drinks.

When you're really thirsty, cold water is the No.1 thirst-quencher, not sugar filled fizzy drinks.

Milk is also very important. You need calcium to grow strong bones, and milk is a great way to help.

Try to limit sugary drinks, which do nothing to help your body grow strong and healthy.

Top Brain Booster Food:

Avocados, bananas, wholegrain bread, brown rice and oats, chicken, lean beef, salmon and tuna.

Top Brain Food Drainers:

White bread, sugary cereals, pizzas and burgers, high sugar drinks, and processed and artificial foods.

COMING SOON

Theme Days for 2011

Discover new tastes, textures and flavours from around the world or enjoy traditional favourites from the Best of British food:

2nd February	British Menu
4th February	Chinese New Year
14th February	Valentine's Day



DINNER MONEY

To ensure accuracy of your child's dinner money, please ensure that dinner money is handed into the school office on a Monday morning in a sealed envelope bearing:-

Your child's name, class, dinner number and amount

Many thanks for your co-operation on this!



Compare and Switch

Lunch Box or School 'Grab a Bag'?

School Meals are rapidly changing and our Catering Team provide a 'Grab a Bag' packed lunch for parents to take advantage of not having to prepare a packed lunch each morning, and an alternative to the hot two-course meal. Our packed lunches come in a small bag, and they meet the Government Nutritional Guideline criteria for packed lunches, and also come in a vegetarian option.

Order and pay first thing in the morning and then at lunchtime just collect from the serving hatch.

School Grab a Bag

Freshly made and no more soggy sandwiches and no need to queue

Sandwich (Choice of Ham/Cheese/Egg or Tuna)

Salad bowl

Cookie or Cake (Homemade)

Drink

Yoghurt

Fruit bowl

A total of

£2.10

without the hassle

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Home Packed Lunch Box

Cost and effort of making your child's packed lunch

Sandwich - 70p

Crisps - 40p

Drink - 50p

Chocolate Bar - 45p

Yoghurt - 50p

Piece of Fruit - 35p

A total of

£2.90

plus your time

School **Meals**
Full of **Great Taste**

go

on give it a

go

LOOK OUT
FOR YOUR NEXT
ISSUE OF
I MUNCH
NEWSLETTER
ON-LINE



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