



**WEAVER PRIMARY SCHOOL
WESTERN AVENUE
NANTWICH
CHESHIRE
CW5 7AJ**



**Headteacher
Mrs Gill Price**

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12th January 2024

Dear Parents,

TRY A SCHOOL MEAL DAY – Thursday 18th January 2024

We want to try to encourage all KS1 children to try a school meal. Whilst we appreciate that some young children are quite particular when it comes to food, we nevertheless would like them to choose an option and at least give it a try. We are happy for you to send the children in with a back-up packed lunch if you are worried that they will not eat their meal.

The funding we receive for each Universal Free School meal taken gives our budget a significant boost. Your child is in turn provided with a free hot meal.

Facts about what our meals include:

- one or more portions of fruit and vegetables every day
- one or more portions of starchy food, such as bread or pasta every day
- a portion of food containing milk or dairy every day
- a portion of meat or poultry on 3 or more days each week
- oily fish once or more every 3 weeks

They severely restrict foods high in fat, salt and sugar, as well as low quality reformed or reconstituted foods.

The menu will be:

Breaded chicken strips with potato wedges and peas

Or

Cheesy Pasta

Accompanied with a choice of :

**Chocolate Crunch
Fresh fruit or yoghurt
Milk or juice**

Kind regards,

Mrs G. Price
Headteacher

