

The BIG Challenge



Packed Lunch

Cheese/meat/tuna sandwich, bag of crisps, snack, sausage roll, chocolate bar, yoghurt and fruit.

Nutrition:

Avg. 741 Kcal
26g Fat
30g Sugar

Cost:

Food=£1.71
Parents time*=£1.92
Two lunch boxes per year=£12
Total=£714 per year

*Parents time based on 15 minutes of time at the national minimum wage

Lunch@Lincs School Meal

Red Tractor roast chicken fillet and stuffing ball, creamed duchesse, potato and gravy, garden peas, fresh carrots, fruit muffin, fresh fruit and baked bread.

Nutrition:

Avg. 388 Kcal
3.3g Fat
13.9g Sugar

Cost: £418 per year

Our School Meals are made with fresh ingredients everyday by our skilled cooks. Make the switch to the healthier and cheaper option for your children today



You've had one
FREE... *now*
buy one



*Fresh and Tasty Hot
School Lunches for
only £2.30 Per day*

As your child moves from receiving **FREE** Infant Meals to becoming of 'Junior' age, school meals for pupils are charged for. This leaflet shows that a school lunch is **value for money** and a **healthy, high quality** lunch for you child.

*Providing fresh 'n' tasty lunches to the children
of North Lincolnshire*

**North
Lincolnshire
Council**

www.northlincs.gov.uk

Quality Food

Using

Quality Ingredients

Fresh food you can trust - Freshly prepared using high quality ingredients

Free from controversial additives, artificial trans fats, and not genetically modified foods

All our fresh meat is Red Tractor quality assured and sourced mainly from farms in the Humber and Yorkshire region

We only use local free range eggs

Almost half of all our fruit and vegetables are of UK origin and procured as locally as possible

All our fresh milk is produced locally in Driffield

We serve fish that is Marine Stewardship Council (MSC) certified

Bread is freshly prepared on site every day

Your child has already enjoyed the meals - the food is as good as ever, it's only your child's age that's changed

Superb value - a 2 course freshly cooked meal using quality, local produce for less than a high street coffee

Your child will continue to be introduced to new tastes

Buying a school meal helps your school offer the service

It is widely recognised that children perform better when well fed

Here's a selection of our most *popular* *menus...*

Meatballs in a Tomato
and BBQ Sauce or
Vegetable Curry Rice
and Seasonal
Vegetables

Tangy Lemon Cake or
Fresh Fruit

Roast Chicken and
Stuffing or
Vegemince Shepherd's
Pie

Creamed Potatoes
Seasonal Vegetables

Peachy Oat Delight or
Fresh Fruit Selection

Homemade Cheese and
Tomato Pizza or Tasty
Vegetable Fingers
Potato Croquette and
Seasonal Fresh
Vegetables
Homemade Chocolate
Crackle
or Fresh Fruit Selection

Great food served with a *Smile*

You may be entitled to a free meal find out here

Visit: www.northlincs.gov.uk

Email: fsm@northlincs.gov.uk

Contact: Education Benefits (01724 297217)

The School Catering team are passionate about providing high quality, fresh and tasty lunches to the pupils of North Lincolnshire.

Our kitchen teams proudly provide over 7,000 freshly cooked meals daily, with passion and skill, to over 60 schools across North Lincolnshire.

We use local suppliers for more than a third of our food buying, which provides over £700,000 per year to the local economy.