



# NUTRITION FACT SHEET

## NEW YEAR, NEW MENU!

Happy New Year! Traditionally as part of the New Year celebrations some people choose to make New Years resolutions. These are changes people make to their lives to improve them, like giving up chocolate to be healthier.

### **What can you do to be healthier this year?**

Lots of research has been carried out to look at the difference between school lunches and packed lunches. The results show that school lunches are generally healthier compared to packed lunches. Packed lunches tend to include things like crisps, chocolate biscuits and sugary drinks which schools aren't allowed to serve because of how unhealthy they are. Instead, school lunches include a tasty nutritious

hot meal and a healthy dessert. There's nothing better than a hot meal on a cold day to warm you up.

The school menus served by Mellors have all been checked by our nutritionists to ensure they are compliant with the national standards. These are in place to meet pupils nutritional needs which means that they are healthy and balanced.

### **Tasters**

Here at Mellors, we understand that children can sometimes be fussy about food. But having a school lunch is one of the best ways to encourage children to try new foods. Our catering teams work really hard to ensure there are lots of popular dishes on the menus and give children the opportunity to have a little taster

of the food before they choose it, just in case they don't like it.

We've just launched a new menu so why not speak to your child about making a New Years resolution to try school lunches this January! Children might even get the chance to try something they've never had before and find a new favourite meal.

