

What's new this term?

We have introduced more choice so that after Easter:

- We have introduced some new dishes so that the school meal gives children an excellent opportunity to try new foods and have reintroduced some old favourites such as Cheese pie (successfully petitioned to be reinstated by the children at Victoria Road, see photo opposite)
- Back on the menu are burgers - this time sourced from a local supplier made with prime Manx beef (our sausages are already Manx)

Last term we saw record numbers enjoying school meals and catering staff and lunchtime supervisors should be congratulated for their efforts in assisting children to have a balanced diet. We hope with your support this trend will continue and at just £1.75 for a two course meal, the school meal offers excellent value for money.

Working together with teaching staff the School Meals Service aims to encourage children to enjoy food and look forward to their lunchtime break where they will benefit from the experience of eating with others, developing a taste for different foods, and gaining confidence to make food choices.

In the School Meals Service we stress how important fruit and vegetables are as an essential part of a balanced diet and how they help children stay healthy. That's why it so important that they get enough of them. Ensuring children get a portion of fruit and vegetables each day and the right amounts of fat, salt and sugar, is a vital step towards reversing childhood obesity and protecting their health.

Fruit and vegetables are also usually low in fat and calories (provided you don't fry them or roast them in lots of oil). That's why eating them can help maintain a healthy weight and a healthy weight facilitates taking exercise. Fruit and vegetables are a good source of essential vitamins and minerals, including folate, vitamin C and potassium and of course an excellent source of dietary fibre.

It is clear that parents want the best for their children and want to be armed with information that will help them safeguard their children's health. To this end there is a plethora of information on healthy lifestyles on our website at <http://www.gov.im/education/support/smcs/>

Robinsons (the greengrocers) have also kindly donated leaflet displays that are positioned within the school foyers these are filled with information on healthy eating and local sporting activities.



(Children from Victoria Road School with Mrs A Craine, MHK, Minister for Education and Jackie Mitchell from IOM Creamery)

As well as trying to source more local produce the School Meals Service spends considerable time and effort sourcing high quality products. Our chicken nuggets, for example, are only made from breast meat and our fillet of fish is fillet and not minced fish.

The Menus are based on a three week cycle as follows:

Week 1 Commencing: 19th Apr, 10th May, 1st June, 28th June and 19th July

Week 2 Commencing: 26th Apr, 17th May, 14th June, 6th July

Week 3 Commencing: 4th May, 24th May, 21st June, 12th July

Please note meals may not be served in the order printed overleaf, our cooks may need to change the Menu at short notice, if for instance there is a problem with food deliveries or a school activity arranged, but we will try to keep these changes to a minimum. Requests for special diets must be supported by a specific medical referral.

We are always interested in your views so please contact us with any feedback on 685798 or email Chris.Wilson@gov.im

Menu offered in Primary Schools

Summer Term 2010

Term Dates

Open: Monday 19th April 2010

**Half Term: Monday 7th June to Friday
11th June**

Close: Friday 23rd July 2010