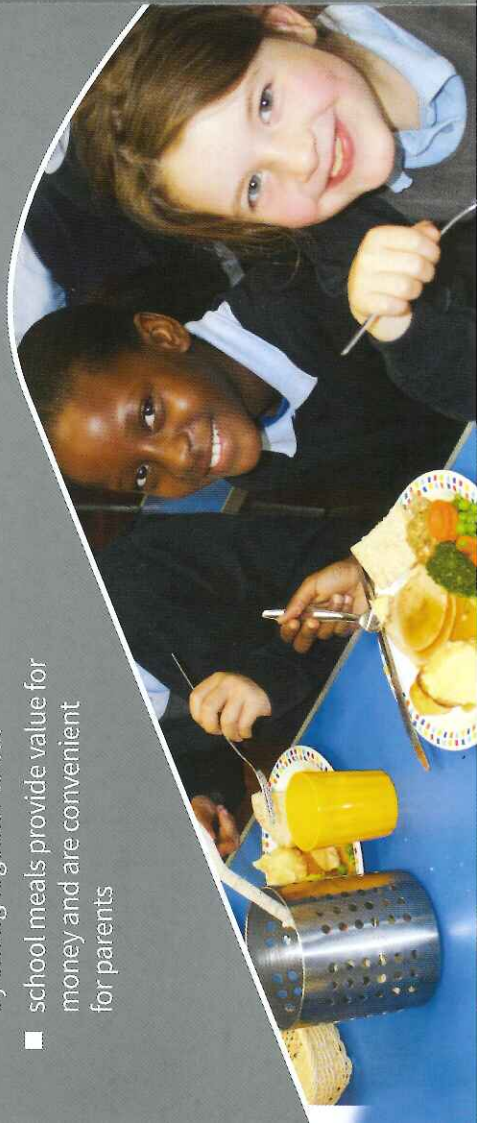


# School Meals are hot and healthy

Derbyshire Catering Service are very proud of the food we serve and are pleased that recognition is growing around the many benefits that school meals provide.

Our meals are prepared and cooked as you would make them at home and provide the familiarity of a tasty home cooked meal. The hot meals that we serve are recognised to boost metabolism, are more easily digested and in some foods the cooking process unlocks essential calories and nutrients.

- We want your child/children to enjoy school meals just as much as us and here are some reasons why we love our meals:
- nutritionally balanced and exceed the School Food Standards
  - all food is cooked fresh on school site (or hub kitchen) every day
  - the dining experience improves social skills and provides friendship bonding for children by sitting together to eat
  - school meals provide value for money and are convenient for parents
  - eating a hot meal is much more satisfying than a cold packed lunch
  - they are proven to improve concentration and attainment of pupils
  - encourages children to try a hot meal they wouldn't normally have at home
  - meals for infant school children are free
  - medical diets are catered for

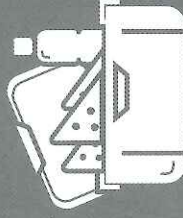


## Quality Produce

Our meals have the quality mark Food for Life Served Here, they are inspected by the Soil Association so you know they are good for children, the community and the planet.

They contain:

- locally sourced ingredients so support the local economy
- sustainable products including British Farm Assured meat, organic beef
- only MSC certified fish
- free range eggs



STUDIES SHOW THAT  
**LESS THAN**

**2%**

OF PACKED  
LUNCHES ARE  
NUTRITIONALLY  
BALANCED

**What are you waiting for?**  
**Order a school meal for your child today!**

**For more information please contact us:**

t. 01629 536704  
e. [catering@derbyshire.gov.uk](mailto:catering@derbyshire.gov.uk)  
w. [myschoollunch.co.uk/derbyshire](http://myschoollunch.co.uk/derbyshire)