

## Why choose a school lunch?



### Better for your child

- Tasty and nutritionally balanced
- Improves concentration
- Helps your child to perform better in school
- Social skills improve when children eat together
- An opportunity to try new foods and experience new taste sensations

### Better for you

- Excellent value for money
- FREE to all Reception, Yr1 and Yr2 pupils
- Saves time for busy families
- Reassurance that your child is eating well

Every menu is tailored to the specific requirements of each school and our chefs provide options for those with additional needs such as coeliacs or those with food allergies and intolerances.

LUNCHTIME CO<sup>®</sup>

## Our Manifesto

Lunchtime Company has been supplying delicious, nutritious, healthy school meals since 2001.

- We pay all our staff a living wage and fair pension
- Everything we do is tailored to the unique requirements of your child's school
- All of our Operations Managers are qualified chefs
- Our food is cooked from fresh ingredients every day
- Ingredients are ethically sourced;
  - Red Tractor & Farm Assured Meat
  - Free-range Eggs
  - Marine Stewardship Council Fish
  - Fair Trade Fruit
- We build real partnerships with local farmers, parents and the wider community

We genuinely believe that providing nutritious, delicious and healthy school lunches today will lead to a healthier future – making the Lunchtime meal the highlight of the day, five days a week!

LUNCHTIME CO<sup>®</sup>

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Making the Lunchtime meal the highlight of your child's day



[lunchtime.co.uk](http://lunchtime.co.uk)

## Healthy eating makes a difference



Encouraging children to eat a nutritious, balanced diet early on is important for a number of reasons.

- 1 Our nutritionists make sure that the right vitamins and minerals and the right balance of protein and carbohydrates in our recipes allow all of our students to grow and develop mentally as well as physically.
- 2 Being more energised supports the ability to learn. This in turn improves motivation and concentration in the classroom.
- 3 By providing healthy choices now, we're helping to educate your child to make the right choices in the future.
- 4 By delivering delicious, nutritious, healthy school lunches – we can help to give you the reassurance and peace of mind that your child is given the best possible start.

Having a nutritious and well-balanced diet underlines the importance of your child not only eating but enjoying a Lunchtime meal!

## What our customers say



“The food quality since Lunchtime Company started working with us has transformed the lunch break for all pupils (and staff). It is lovely to see the kitchen staff determined to amaze everyone every day.”

“Everyone has commented that the fabulous aroma of fresh ingredients being prepared and cooked that comes from the kitchen makes us all ravenously hungry for one of your lunches!”

“A three course, restaurant quality lunch for less than the cost of the (local authority) provision - we wish we had known about Lunchtime Company sooner.”

## And if you need more evidence



Researchers into the link between healthy eating and positive outcomes at school are very clear:

“...existing data strongly suggests that with better nutrition, students are better able to learn, students have fewer absences and students' behaviour improves, causing fewer disruptions in the classroom.”

Dr David Just  
Behavioural economist in child nutrition programmes

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So, hands up if you have a child that could really benefit from a healthy Lunchtime meal?