

# Myth Busting School Meals!

## "My child is a fussy eater"

Our menus offer variety and choice to suit all tastes. In our experience, children are more likely to try new foods when they have regular school meals in a social setting.



*"I love my school lunches!  
I like the different flavours and  
how tasty it looks on the plate!"*

**School Council Feedback**

## "They're not healthy"

Our menus consist of well-balanced dishes that adhere to the school food standards. Real fruit is used in over 50% of our dessert recipes; **we have reduced sugar content by 25%** and wholemeal flour is used in all of our bread and pastry recipes!

## "I cook a meal in the evening"

We fully understand that some families eat a hot meal together in an evening so we have developed our own cold lunch options and jacket potato menu to help support this.

## "My child has a food allergy"

Our dietitian has developed 'allergen aware' menus for children with medically-defined food allergies. Registration forms can be found on our website - [www.norsecatering.co.uk](http://www.norsecatering.co.uk).

Did you know, on average less than 1% of packed lunches from home meet all of the school food standards?

Source: *The Independent School Food Plan*

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

 [@NorseCatering](https://twitter.com/NorseCatering)





# Save Time with Norse Catering



## Packed lunch from Home

- Decide on what to put in the packed lunch
- Shop for packed lunch ingredients
- Make the packed lunch the night before
- Remember to put the packed lunch in school bag
- Empty and clean the lunchbox
- Start again for the next day



Norse

## School Lunch

Order  
a school  
lunch



Make life  
easier in just  
one tick!

