

WELCOME TO...

# Mellors Catering Services

Mellors

Dear Parent/Carer,

We are delighted that Mellors Catering Services will be providing catering at Appleton Academy. We're looking forward to working with the staff and parents to encourage more children to choose a nutritious meal at school.

All pupils at Key Stage 1 level are automatically entitled to a Universal Infant School Meal. There's no need to register, just let the school know of your intention to take up this free opportunity for your child.

Free  
School Meals

## Tips from Danielle OUR COMPANY NUTRITIONIST

Adding vegetables into the main meal is a great way of ensuring you get your recommended 5 a day.

We should try new foods at least 10 times before we decide we don't like them.

We will be introducing a Pupil Forum for pupils who wish to offer the opinions of themselves and their class friends, to help us further develop our menus. They will also have the opportunity to work with the catering team to help with tasting new dishes.

Did you know that we only use semi-skimmed milk, low fat mayonnaise and low fat yoghurt in all the recipes and dishes we provide to the pupils.



ENCOURAGING  
A HEALTHY DIET

WE CAN'T WAIT TO BE AN INTEGRAL PART OF SCHOOL LIFE. WE'RE LOOKING FORWARD TO DELIVERING FUN, HEALTHY EATING ASSEMBLIES, BREAD AND PASTA COOKERY LESSONS AND LOTS MORE.

WE'LL ALSO BE ATTENDING PARENTS' EVENINGS TO ANSWER ANY QUERIES YOU MAY HAVE ABOUT SCHOOL LUNCHES.

THE SCHOOL WILL ALSO BE VISITED BY OUR AWARD-WINNING BIG RED BUS FOR EVEN MORE FUN AND LEARNING...BEEP BEEP!



## FEEDBACK

The catering team welcome any suggestions you may have regarding menu choice and we invite you to come and speak to us about any specific dietary requirements your child may have.

We look forward to continuing to build a healthy school meal relationship with you all and serving your children great, tasty food.

WWW.MELLORSCATERING.CO.UK