

April 2009

Dear Parents / Guardians

My name is Heather McAleese and I work for Lancashire County Commercial Group that provides the Catering Service here at Lancaster Girls' Grammar School. Many of you may be aware of the Nutritional Standards which are to be implemented from September 2009. I am trialling a three weekly cycle of new menus to be introduced into school starting from 27th April 2009.

Each Menu consists of "Meal Deals" at set prices for each; for example:

- **A Traditional Meal Deal.** This consists of a main course served with potatoes and vegetables plus a hot sweet or biscuit (which contains fruit) or a piece of fruit priced at £2.25, or
- **A Hot Sandwich Meal Deal.** This consists of hot filling on panini or baguette, plus a hot sweet or biscuit (which contains fruit) or a piece of fruit priced at £2.10.

Some important facts about school lunches:

- School lunches provide at least two of the recommended five portions of fruit and vegetables every day.
- Our menus are analysed by a nutritionist and planned to provide the correct level of nutrients your child needs for a healthy diet.
- We only use free range eggs from local farms in our homemade recipes.
- Most of our vegetables, salads, milk and potatoes are produced locally.
- We are working with local producers to increase the amount of local produce used in school.

Please see attached a copy of the menu for week commencing 27th April.

Any questions you would like to raise regarding the above, please contact me via the school and either myself or colleagues within LCCG will try to answer them.

Thank you

Yours sincerely

Heather McAleese
Lancashire County Commercial Group