

Secondary School Meals Information Booklet

www.pembrokeshirefoodzone.co.uk





Dear Parent/Guardian and pupil,

Welcome to Pembrokeshire County Council's secondary school meals service, **Food Zone**. This booklet is designed to give you all the information you need about the catering facilities at your school.

To find out more visit our dedicated website
www.pembrokeshirefoodzone.co.uk
and check out our youth magazine, available at your child's school.

The service we provide in secondary school is quite different to primary. We provide a cafeteria style menu; the prices are available in this booklet so you can help your child set a budget.

In each school we provide break-time snacks and in some schools there is a provision for breakfast. Check the information for each individual school on the website. There is a separate leaflet for those children in Pembroke Comprehensive School who have a cashless system in place. For all other schools pupils pay cash at the tills every day for their meal.

Throughout our secondary schools in Pembrokeshire we provide meals for pupils with special diets, just complete the form which you can download from the website [www. Pembrokeshirefoodzone.co.uk](http://www.Pembrokeshirefoodzone.co.uk)

If you still have questions or would like more information, please check out www.pembrokeshirefoodzone.co.uk

We look forward to serving you in September!

Rosemary Griffiths
Catering Services Manager

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Free School Meals

Are you entitled to £1.85 for a free meal for your child every school day?

To qualify for free school meals, the parent or legal guardian must be in receipt of either:

1. Income Support.
2. Jobseekers Allowance, Income-based only (JSA) (Please note Contribution Based Jobseekers Allowance does not qualify - JSACB).
3. Guarantee Element of State Pension Credit.
4. Child Tax Credits, with an Annual Household Income of under £16,190p.a. (Please note Working Tax Credits does not qualify even if received in addition to these benefits).*
5. Income-Related Employment Support Allowance Only.
6. Support under part VI of the immigration and asylum Act 1999.

As a guide, your annual household income is usually stated on a TC602 Tax Credits Summary/Award Notice.

*You do not qualify if you receive Working Tax Credits and Child Tax Credits – even if your annual household income is still under £16,190pa.

Application forms are available from your child's school, or you can request one from Revenue Services, Pembrokeshire County Council, County Hall, Haverfordwest, Pembrokeshire, SA61 1TP.

Telephone: **01437 764551**

Alternatively, log on to www.pembrokeshirefoodzone.co.uk for a downloadable form or Email: enquiries@pembrokeshire.gov.uk

Special Dietary Requirements

We aim to cater for all dietary needs and currently provide meals for a number of children with special dietary requirements. The special diets we currently cater for include:

Diabetics *Halal* *Lactose intolerance*
Coeliacs *Nut free* *Fructose intolerance*



The list is endless!

We maintain a database and work closely with many parents to ensure all special dietary requirements are met.

How do you arrange for your child to have school lunch?

Parents/guardians will have to contact our Menu Development Officer Nia Davies on 01437 775250 who will ensure your child receives a lunch which meets his/her dietary needs.

Nut allergy

We can cater for pupils with nut allergies and will make every effort to ensure that lunches are completely free from nuts however a disclaimer form will need to be completed as some products may be used which state “may contain nut traces”.

Please contact our Menu Development Officer Nia Davies on **01437 775250** to obtain a form.



Appetite for life

A healthy balanced diet is important to our children's health and for their performance at school.

This is highlighted in the Welsh Assembly's Government strategy 'Appetite for Life' which aims to reduce children's consumption of saturated fats, salt and sugar, and increase consumption of fruit, vegetables and other foods containing essential nutrients.

To achieve this it is recommended that the nutrient based standards which have been developed by the Caroline Walker Trust should be adopted throughout Wales. Nutritional standards set can be obtained via www.cwt.org.uk

Children can choose their own food from the cafeteria but we encourage children to take a meal that will provide them with carbohydrates, protein, dairy and fruit and vegetables.

We use the eatwell plate below as a guide for children to help them make a sensible, informed choice.

The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Traditional Meals

• Meat Dishes	£1.15
• Pasta Dishes	from 95p
• Vegetarian Dishes	£1.00
• Fish Dishes	£1.05
• Cheese and Potato Pie	90p
• Freshly Made Pizza	80p
• 1 Scotch Egg	75p
• 1/2 Scotch Egg	38p
• Freshly Made Soup with Roll	£1.00
• Cawl, Bread & Cheese	£1.10
• Cold meats (ham, turkey)	42p/slice
• Portion of Quiche	85p
• Roast Dinner	£1.85

Freshly Filled Breads

• Sandwiches	from £1.00
• Freshly Filled Baps	£1.20
• Freshly Filled Baguettes	from £1.30
• Flour Tortilla Wraps	£1.20
• Freshly Filled Roll	90p
• Freshly Filled Flatbreads	£1.20
• Toasted Panini	£1.40
• Toasted Sandwiches	48p
• Plain Bread Roll	25p

Potatoes/Pasta/Rice

• Jacket Potato	from 60p
• Filled Jacket Potato (Two Fillings) from	from 90p from £1.35
• Boiled Potatoes	32p
• Creamed Potatoes	32p
• Garlic Potatoes	70p
• Baked Potato Wedges	75p
• New Potatoes	38p
• Potato Waffle	26p
• Chipped Potatoes	80p
• Rice/Pasta	48p

Vegetables/Salads

• Salad box	from 70p
• Baked Beans	38p
• Vegetables of the Day	32p

STOP & THINK

CHOOSE WISELY

GO FOR IT

Hot Snacks

• 2oz Welsh Beef Burger/roll	£1.00
• 4oz Welsh Beef burger/roll	£1.10
• Turkey Burger	90p
• Turkey Burger in a roll	£1.10
• Slice of Bacon	48p
• Sausage Roll	53p
• Sausage	38p
• Pizza Wedge	from 80p
• Minced Beef Pie	75p
• Chicken Pie	90p
• Cornish Pasty	75p
• Faggot	38p

Desserts

• Cold pudding	55p
• Hot pudding and Custard	65p
• Bowl of Custard	40p
• Yoghurts	40p & 65p
• Freshly Made Cookies	45p
• Homemade Biscuits	30p
• Muffins	70p
• Tea Cake	25p
• Cracker, Cheese & Grapes	70p

Fruit

• Fresh fruit salad box	70p
• Bowl of Fresh Fruit Salad	55p
• Melon/Grapes, Filled Boxes	65p
• Seasonal Fruit	35p
• Melon Wedge	35p
• Fruit bags	55p

Beverages

• Milk - 1 pint	55p
• Milk - 1/3 pint	35p
• Milkshake	75p
• Still Water	55p
• Smoothies	70p
• Fruit based Drinks	from 30p

Miscellaneous

• Sauce Portion	10p
• Curry Sauce	38p
• Butter/Flora Portion	5p
• Gravy	15p

Around the World Theme Days



INDIAN THEME DAY
Wednesday 13th October 2010



MEXICAN THEME DAY
Wednesday 24th November 2010



CHINESE THEME DAY
Wednesday 26th January 2011



SPANISH THEME DAY
Wednesday 16th February 2011



WELSH THEME DAY
Wednesday 30th March 2011



IRISH THEME DAY
Wednesday 13th April 2011



AUSTRALIAN THEME DAY
Wednesday 11th May 2011



FRENCH THEME DAY
Wednesday 22nd June 2011