

# MYTH BUSTING SCHOOL MEALS

**norse**  
CATERING

## "My child is a fussy eater"

Our menu 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 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 potatoes menu to help support this.

## "They're not healthy"

Our menu 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!

## "My child has a food allergy"

We have developed 'allergen aware' menus for children with medically-defined food allergies. Registration forms can be found on our website.

## "I love my school lunches!"

*"I like the different flavours and how tasty it looks on the plate!"*

**School Council Feedback**

Did you know, **on average less than 2% of packed lunches** from home meet all of the school food standards?

**Source:** The Independent School Food Plan

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norsecatering.co.uk

