

**WEOBLEY PRIMARY SCHOOL
BURTON WOOD
WEOBLEY
HEREFORD
HR4 8ST**



**Telephone: 01544-318273
Email: admin@weobleyprimary.co.uk**

**Head of School
Mr S Warrell BA (Hons), PGCE**

15th January 2021

Food Parcels

Dear Parents,

Following receipt of guidelines from the government, we have reviewed the contents of the School Food Parcels to ensure they are meeting the guidelines. From next week onwards, the parcels will look different and will allow you to make a wider range of different meals with their contents.

At this point, I must once again thank J.P. Catering for reacting to the change so swiftly and allowing us to ensure families receive a healthy set of ingredients to ensure their children get a healthy nourishing lunch while they are not in school.

The main changes you will see are:

- More fruit and vegetables
- A wider range of protein products
- Removal of cakes, biscuits and crisps – government guidelines state that these are not permitted in the food parcels (you will note that there will be a small cake for the next few weeks as the caterer has pre-purchased these and they will go to waste otherwise).

As a guide, one child's pack will contain (contents may vary):

- Loaf of Bread
- Cheese
- Ham
- Eggs
- Tuna
- Baked Beans
- Potatoes
- Cucumber
- Tomatoes
- 5 yogurts
- 5 Pieces of fruit
- 2 pints of milk

Below is a sample menu that you could make with these items.

Day One	Scrambled/poached egg and toast
	Low fat yoghurt
	Piece of Fruit
Day Two	Ham, Cheese or tuna sandwich and sliced cucumber
	Low fat yoghurt

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Piece of fruit

Day Three Baked potato with cheese and sliced cucumber/tomato

Low fat yoghurt

Piece of fruit

Day Four Cheese or tuna sandwich and sliced cucumber/tomato

Low fat yoghurt

Piece of fruit

Day Five Baked potato or toast with beans and/or cheese and sliced cucumber/tomato

Low fat yoghurt

Piece of fruit

Kind regards,

Stephen Warrell

A handwritten signature in cursive script that reads 'Stephen Warrell'.

Head of School