



ROMAN WAY PRIMARY SCHOOL

Every child matters. Every moment counts

Roman Way, Andover, Hampshire, SP10 5JY

T: 01264 352118 **E:** adminoffice@romanway.hants.sch.uk **W:** www.romanwayprimary.org

Headteacher: Ms S Jones

13/9/23

Dear families,

Following lots of discussion with our families around our food policy, myself and a parent governor met to see if our current food policy was still appropriate. Having scrutinised it, we have made suggested improvements which we feel best suit our children and families; this was then shared with the Full Governing Body who have approved the policy. The full policy can be found on our website. Whilst updating this policy, our aim was to ensure all children receive a balanced healthy diet each day. We have aimed to align the lunchbox choices with the school dinners being provided by HC3S; to this end, we are no longer using 'treat Friday' and instead we are now saying that all children can have one treat a day within their lunchboxes. We have suggested that each child's lunchbox should ideally include the following:

- Starchy/carbohydrate portion(s)
- Fruit and vegetables
- Dairy product
- Protein
- A treat (one a day)
- Fluids

We have created a table with **examples** of foods within the above categories, please see below:

	Starchy/ carbohydrate product(s)	Fruit and vegetable product(s)	Dairy product(s)	Protein product(s)	Treats (one a day)
Suggested examples	Sandwich Bap Pitta bread Crackers Pasta Rice Bread sticks Wraps Rice cakes Bagel	Fresh fruit Cooked veg Raw veg Tinned fruit/veg Mini fruit chunks Dried fruit	Yoghurt (plain and/or fruit) Hard cheese Soft cheese Cheese string Milk	Egg Meat Dried seeds Quorn Cheese Fresh fish Tinned fish Hummus	Crisps Cereal bars Flavoured (i.e. caramel) yoghurt
Accepted Product examples	Dairylea dunker Plain brioche Rice salad Sandwich fillings - jam, honey,	Yo-Yo (100% fruit snack) Fruit pouches Box of raisins	Dairylea dunker Petit filous Babybel	Babybel Cocktail sausages Mini peperami	Fruit winder (fruit snack with added sugar) Mini cheddars, Wotisits, Skips, Walkers etc. Pot of custard

	lemon curd, biscuit spread, sandwich paste, meat, cheese	Hartley's fruit pots No added sugar Fruit Shoots		Fridge raiders (please check for traces of nuts)	Rice pudding Chocolate biscuit bar (Penguin, 2 finger Kit-Kat) Mini cake (flapjack, chocolate chip slice) 2-3 biscuits Jelly
Not allowed product examples	Sandwich fillings – chocolate spread	Dried fruit and nuts Chocolate covered fruit			Chocolate bars (eg Mars, lion bar, toffee crisp) Cake (iced cakes, anything with marzipan) Doughnuts Sugary drinks Milkshakes Caffeinated drinks Fizzy drinks Sweets

An ongoing requirement within our policy is for families to follow our **nut free** rule to ensure we keep children and staff with allergies safe – this includes nut products as well as products which say 'may contain nuts'. Due to the severity of allergies we have in school, staff check lunchboxes daily – please see the policy for the procedure.

If you have any queries or concerns, please do not hesitate to contact us via email or pop in to have a chat.

We hope you are pleased with these improvements as we now offer more choice and flexibility.

Many thanks,

Mrs Abbott

Inclusion Manager