



Hunslet Carr Primary School

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Spring Term School Dinner

Dear Parents / Carers,

Please find attached the menus for school dinners in the next term.

Here at school we carefully plan the school dinners to ensure that your children receive a nutritionally balanced meal each day. The portion sizes are calculated to ensure that children receive the correct amount according to their size and age. For further information about portion sizes, please look at the 'Change4Life' website.

To ensure that children receive a healthy diet, we are trying to encourage them to try a new range of flavours. Please discuss the meal options with your child and encourage them to try food they may not have tasted before. It can take eight tries of a food for taste buds to become used to it and then eventually like it.

If your child has a packed lunch, please consider taking up a healthy school lunch.

Thank you for your support with school meals, please be ensured that we are constantly working hard to improve all aspects of lunchtime.

Kind Regards,

Miss Whitfield

High expectation, Caring, Positive and Success

