



Great Berry



Early Years Lunch Meeting



Wednesday 16th September 2026



Universal Free School Meals

All EYFS and Key Stage One children are entitled to free school meals.

All children need to order a school dinner on line up to the day before. This allows the kitchen to prepare the correct amount of food.

The menu and instructions about how to order are available in the school office and are on the school website.

There is an option to order for several weeks in advance.



Feeding Hungry Minds



You should have now received a letter/email which contained your information for you to set up an account. From here, you will need to activate your account and then you should be able to book a Free School Lunch for your child.

Start by accessing parents.feedinghungryminds.co.uk

Once logged in you need to click onto '**Order Meals**'.

This will then take you to the timetable for the week and you will be able to select a meal for each day.





Feeding Hungry Minds



If the children have any allergies or food intolerances the class teacher and kitchen staff are fully aware of this so the children will not eat anything that they are not allowed to eat.

Also if your children have any allergies, when you try to order a lunch all of the options will not be available only the ones that your child can eat.





Feeding Hungry Minds



If you have not had a chance to order a lunch for your child- don't worry! When the class teacher is taking the lunch register for the day, they will remind the children of the options at lunchtime and notice if someone has not got a meal booked. We will read the options to them and ask them to choose a meal.

The class teacher will then book that meal for your child.





Feeding Hungry Minds



If you are going to book a meal for your child it must be booked before 8am on the day of the lunch.

Also, if you want to cancel your meal for any reason this would need to be done before 8am. However, if you need to cancel a meal after 8am you can contact the office to do this.

If your child is absent, the class teachers are also able to cancel the meal you have ordered in the morning.





Lunch Time Routines



What happens if the children choose a meal that they don't like?



If the children choose a meal and they don't eat very much of it, the midday assistant will make the class teacher aware so that when they choose their lunch next time we can try to encourage them not to pick this again and pass this onto the parents.

Everyday, the midday assistants will encourage the children to eat as much as they can and the children will be offered and given some food that they do like e.g. plain pasta or bread from the salad bar if they do not like what they have chosen.



What will happen when the children get to the Lunch Hall?

The children will line up if they are having a school dinner and wait for their tray to be filled up. They will then get a drink and sit down with their friends.

If your child is going to have a packed lunch they will sit straight down and start to eat at the tables. The children will sit in their classes.





CLASS Robins

Happy Monday!

Change Name Order

FUN FACT!



Whales love to sing! They use this to communicate and also just for fun. They get bored of the same whale song and begin to sing a different tune.

Order by last name then first name

[Redacted Name] →

[Redacted Name] →

[Redacted Name] →

[Redacted Name] →

[Redacted Name] →

[Redacted Name] →

[Redacted Name] →

[Redacted Name] →

[Redacted Name] →

[Redacted Name] →

[Redacted Name] →

[Redacted Name] →



Serving the Children



The school has a split lunchtime. EYFS, Years 1, 2 and 3 have lunch at 12pm until 1pm. Years 4, 5 and 6 have their lunch at 1pm until 2pm.

EYFS will use the Key Stage 1 playground. Years 2 and 3 will use the Key Stage 2 playground.

Children having a school dinner will be supervised as they select their food from the kitchen. Both (KS1 and KS2) lunch servings will be staggered and the EYFS children go first.

Each class will have an allocated MDA/s (midday assistant/s) to help them while eating their lunch and then the same assistants will supervise the children outside.

We will encourage the children to eat as much of their lunch as possible and anything that is not eaten will be put back in the child's lunch box, or if they are a school dinner will be reported back to the class teacher.



What makes a good lunch?

Think: Variety + Balance + Simplicity

- Starchy foods — sandwich, wrap, pasta, rice, crackers
- Fruit & vegetables — fresh, frozen or appropriately prepared
- Dairy or alternative — yoghurt, cheese or suitable alternative
 - Drink — water is the best choice.
- Keep it simple and choose foods your child can manage.





Try to include a variety of foods in a packed lunch.

The most important thing at this age is that children have opportunities to experience a range of foods while getting the energy and nutrients they need.

Think about what your child actually enjoys and can manage independently. A simple lunch that they eat is often more useful than a complicated lunch that they can't open or don't recognise.



Small people= Small portions



Remember:

- Young children have small stomachs.
- Appetite varies from day to day.
- Too much food can feel overwhelming.
- Start with manageable portions.
- Children don't always need to finish everything.



Portion size is something parents often worry about.

A four- or five-year-old doesn't need an adult-sized lunch. Large portions can actually be overwhelming.

Children's appetites also change. Some days they may eat lots and other days very little.

We want children to develop a positive relationship with food.



Allergies and Dietary Requirements



Keeping Everyone Safe

Please tell us about:

- Food allergies
- Food intolerances
- Medical dietary requirements
- Religious or cultural dietary requirements
- Vegetarian/vegan diets

If you haven't done so already could you please make an appointment with Mrs Wallace so that you can write a care plan together to ensure we are meeting your child's dietary needs.



Food allergies are an important safeguarding issue.

Please make sure we have up-to-date information about your child's dietary needs and follow the school's specific procedures. If you are unsure whether a particular food is suitable, please ask us before sending it.



How to prepare fruit for school



Keeping Everyone Safe

If you want to send fruit or vegetables with your child's lunchbox, please feel free to do that.

Can we please ask that:

Small fruits

Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes into quarters (4 small pieces).

Vegetables

Cut vegetables like carrots, peppers, cucumber and celery into narrow batons.





Our Midday Assistants



Miss Hall's Class

Mrs Reynolds- Everyday

Mrs Jones- Monday, Tuesday, Wednesday and
Friday

Mrs Grenier's Class

Mrs Saunders- Everyday

Mrs Bulat- Tuesday, Wednesday and
Thursday



Home pack lunches

Do

Please provide your child with a healthy balanced lunch in their lunch box.

Encourage your children to eat as much as possible and to eat their sandwiches first.

Please only provide your child with the same amount of food as they would normally have for lunch at home.

Please remind your child that if they need help or they have finished they need to put up their hand.

Don't

Please do not send in any fizzy drinks or sweets.

Please do not send in any peanut butter or nuts of any kind.

Questions

Does anybody have any questions?



Thank you all for coming

We will be putting these slides onto the website, so that if anybody missed the meeting they will be able to access them.



If you think of any questions you would like to ask, please don't hesitate to ask us during the morning drop off.

Many thanks.