

# Come Dine With Us!

The Gaynes School canteen serves an excellent range of both hot and cold meals and snacks for students every day.

At Gaynes we have a breakfast, break and lunch offer. We provide nutritionally balanced food and offer a varied menu. We tailor our menu's to the students' needs and continue to discuss menu options with them. Meals are prepared using fresh ingredients daily. Our three weekly lunch menu cycle includes:

- Meat or fish
- Vegetarian choices
- Sandwiches and baguettes
- Variety of desserts both hot and chilled

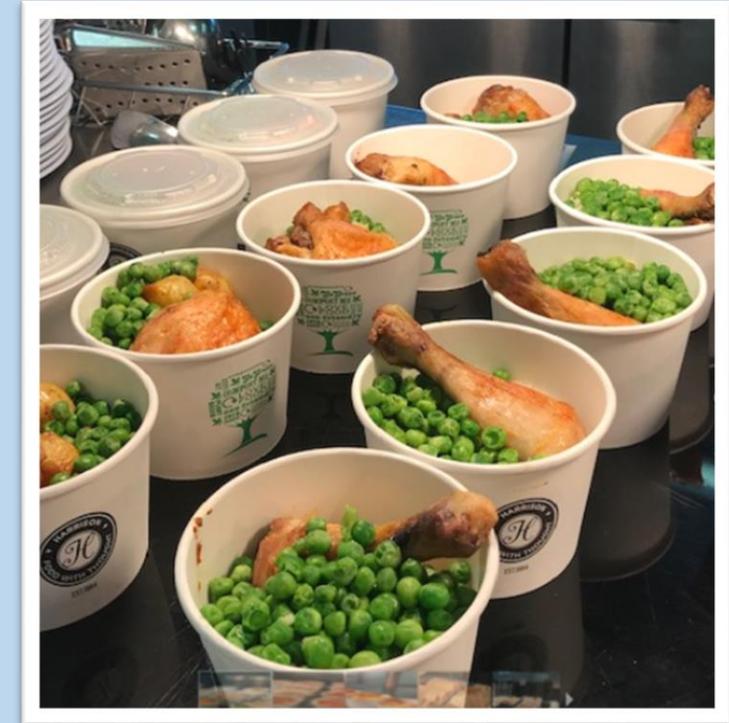


# The dining experience

Students have the choice of dining with their friends inside our canteen space and we believe that allowing students to sit and enjoy a healthy meal is an important part of every day.

Students who receive Free School Meals use our canteen daily and can choose from a tasty hot meal and drink or a choice of freshly made sandwich and juice or water.

Fruit is available for students at both break and lunch time and many students also enjoy a treat with freshly baked muffins and cookies.



## Food service times:

Our breakfast offer includes cereals, bacon rolls, fruit and drinks.....  
Opening times from 8.00am until 8.40am

Morning break allows children to buy healthy snacks both hot and cold....  
Opening times 10.50am until 11.10am

At lunchtime we offer a variety of meal deals that incorporate a variety of dishes and can include a small bottled water or cuplets or dessert of the day or a piece of fruit. The meal deal costs students £2.60.....opening times 1.10pm until 1.50pm.

To reduce the queue waiting times we have three separate serving points.



## Supporting Healthy Eating

- As your children spend much of their time in school, they need nutritious food for long-term good health. A healthy, balanced diet also helps your child learn in the classroom and leads to improved educational outcomes.
- According to World Health Organisation, nearly one-fifth of the world's children and youth are overweight or obese. In the UK we are seeing a steady increase of overweight children. We need to start raising awareness of this issue when children are young so that they will learn to eat healthy very early on, because habits are set in childhood. They are capable of understanding the effects of food on the body and make smart choices about nutritious foods.
- Here at Gaynes we aim to support students making healthy choices. Students on free school meals in years 7 – 11 are strongly encouraged to take the main meal of the day, many Sixth Form students choose to do the same. Meals are freshly cooked each day using seasonal ingredients offering a varied menu of family favourites along with one off days where students are encouraged to try something new.



# Working with children to make healthy choices and live healthy lives!



- At Gaynes, our catering team provides nutritious, balanced meals, and we work to educate the pupils on how to make healthier food choices. Our goal is to instil a love and understanding of fresh, healthy food at a young age that will positively influence them throughout life.
- All Harrison staff receive training in how to prepare and serve healthier food through the company's bespoke Eat Well Live Well© training programme.
- Our catering team at Gaynes works with the school council to tailor menus to the tastes and preferences of the pupils. We introduce further interest and excitement to our menus through themed lunches ranging from holidays like Easter and Christmas to cuisines from around the world, tying these into the school curriculum whenever possible.