

THERE'S ALSO FUN ON OFFER TOO!



Each month, schools participate in theme days with the purpose of encouraging children to try different foods and cuisines. There's also competitions, comics and stickers to enjoy and much more.

If you fancy trying our delicious meals for yourself, our teams often run tasting sessions for parents. Ask in school for more details.

What about for parents?

Life gets busy and school meals mean:

- You don't have to shop for lunchbox ingredients
- You don't have to prepare a lunchbox
- You don't have to worry about the nutritional value of your child's lunch
- You get great value for money

Remember - some children are entitled to free school meals including all those in Reception, Year 1 and Year 2.

Orian's theme days and activities help to promote young children's health and wellbeing, in-line with Ofsted inspection criteria



Orian's online meals management system Lunch Shop allows parents and children to choose meals up to three weeks' in advance and make online payments for meals via computer, tablet or mobile phone.



A Parent's Guide to School Meals

Some of our menus:

DAY	CHOICE 1	CHOICE 2	CHOICE 3	SALAD	PUDDING
Monday	Meaty Meatballs in Gravy served with Pasta Twists, Broccoli Spices and Mixed Vegetables	Kitchen Made Cheese Plan served with Roast Potatoes, Broccoli Spices and Colelaw	Assorted Baked Jacket Potatoes (various fillings)	Spinach, Mixed Peppers, Tomatoe & Crunchy Colelaw	Chocolate Sponge & Hot Chocolate Sauce or Cheese, Apple and Biscuits
Tuesday	Bark Burgers served with Grated Carrots, Shredded Lettuce and Cucumber	Sweet Tomato Pasta served with Crusty Bread & Mixed Fresh Salad	Choice of filled sandwiches/Rolls/ Tortilla Wraps	Mixed Lettuce Leaves, Cucumber Batons, Red Onions & Crunch Colelaw	Vanilla Ice Cream and Fyft Curls or Fruit Scone with Jam and Cream
Wednesday	Breaded White Fish Fillet served with Chips, Garden Cucumber	Kitchen Made Cheese Plan served with Roast Potatoes & Mixed Vegetables	Assorted Baked Jacket Potatoes (various fillings)	Celery, Mixed Peppers, Grated Carrot & Pine Green Beans	Fruit Jelly with Mandarin, or Cranberry Cookie and a Milk Drink
Thursday	Breaded White Fish Fillet served with Chips, Garden Peas and Salad	Choice of filled sandwiches/Rolls/ Tortilla Wraps	Carrot Batons, Spring Onions, Mixed Lettuce Leaves & Radish	Fruity Popsicle or Strawberry Mousse	
Friday	Kitchen Made Chicken Pie served with Creamed Potato, Golden Sweetcorn, Broccoli and Gravy	Assorted Baked Jacket Potatoes (various fillings)	Cherry Tomatoes, Crunchy Celeriac, Cucumber Batons & Isberg Shredded Lettuce	Sticky Toffee Pudding & Cream or Fresh Fruit Salad	

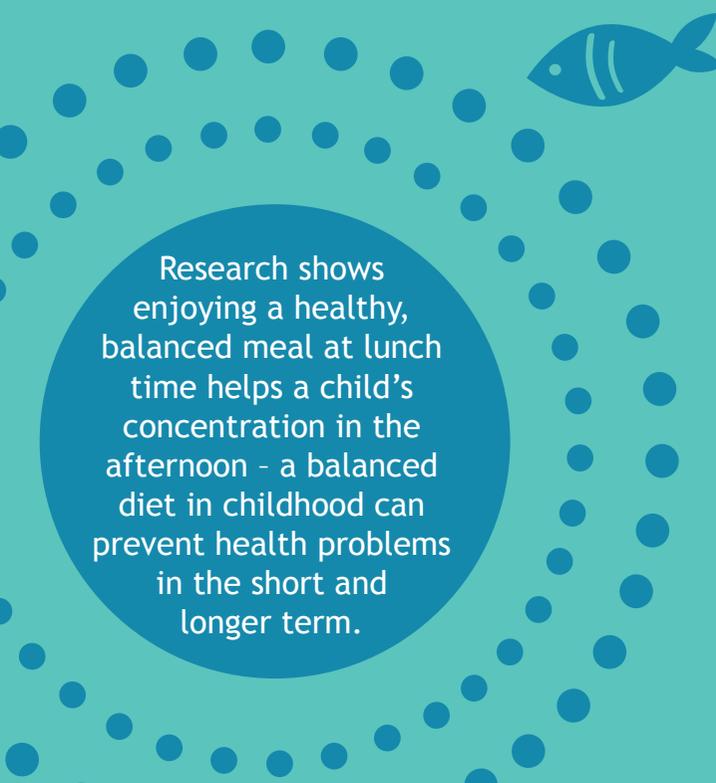




Why choose school meals?

- They're nutritionally balanced
- They're great value for money
- There's always healthy choices
- You can have peace of mind

There's no hassle in preparing packed lunches!



Research shows enjoying a healthy, balanced meal at lunch time helps a child's concentration in the afternoon - a balanced diet in childhood can prevent health problems in the short and longer term.



What does Orian offer?

- Experience - we freshly prepare and serve more than 15,000 school meals every day
- Fresh ingredients in each meal
- Locally sourced ingredients
- A wide range of bespoke menus created with schools and their pupils
- Lots of healthy hot options including pasta, rice, potatoes and lots of fruit and vegetables
- Usually a jacket potato, wrap or sandwich option
- A delicious dessert, fresh fruit or yoghurt too!



What about the food?

- We use the freshest ingredients possible, sourced from local suppliers
- Hot meals are prepared fresh every day
- Our recipes are developed and tested to contain less fat, sugar and salt
- We bake or steam rather than fry
- Our menus meet the Government's National School Meal Standards
- We don't use dyes or artificial colouring
- Chips and fried foods are served no more than once a week
- There's no mechanically recovered meats or GM materials in our meals

And we can cater for children with special dietary requirements too.

