

HERE TO HELP  
HERE AT FRESH

IF YOU WOULD LIKE TO FIND OUT MORE, WHY  
NOT GET IN TOUCH?

CHESHIRE EAST CATERING  
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a  
CATERING PARTNERSHIP  
from Cheshire with the  
RIGHT INGREDIENTS

A healthy, tasty lunch every day—  
for less than you think!



Rainow Primary School  
Caring, Learning, Achieving



# MOUTH WATERING MENUS for HEALTHY APPETITES

Well-cooked, great tasting, nutritionally-balanced...



# WHY CHOOSE FRESH?



## "Did You Know?"

- ◇ That every school in England serves free school meals to KS1 (Reception, Year 1 & Year 2)
- ◇ Any KS1 or KS2 child that is eligible for Income Related Free School Meal could raise around £1320 per year for the school, to fund valuable support for example: extra tuition, additional teaching staff or after school activities.
- ◇ Choosing a free school meal will save you money and time, improve your child's health and help them to concentrate in class. Studies have shown that children concentrate better in lessons if they have had a fulfilling lunchtime meal.
- ◇ We also cater for special diets – however a medical letter must be provided by your G.P., Hospital or Nutritionist.
- ◇ We have special Theme Days planned all year; it's an opportunity for everyone to take a part. (please note, the menu will change that day)



- ◇ We provide healthy and nutritious meals and we work with schools to educate children's palates, make meal time enjoyable and deliver a value for money school meals service.
- ◇ Our meals are well-cooked, great tasting and nutritionally-balanced, taking inspiration from different cultures, restaurants and retailers using the freshest ingredients.
- ◇ We received Silver Food For Life Served Here award, which means more than 75% of our meals are freshly prepared on site.
- ◇ Wherever possible we source our ingredients from local suppliers, who are strictly vetted to meet the highest hygiene specification and sustainability standards.
- ◇ Our catering teams are highly-trained, well-managed and fully supported to deliver a catering service you can rely on.
- ◇ We take a pro active role within your school in promoting the value of nutrition, healthy eating and exercise, creating a knowledge and enthusiasm for food.

