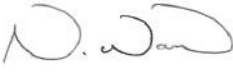




Meal and Lunchtime Policy

Last Reviewed Date:	08/11/2022	Reviewed	08/10/2025
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School Business Manager:		Date:	08/10/2025
Headteacher:		Date:	27/10/2025

Date of Next Review:	November 2026
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1. Introduction

The Amwell View School lunch policy explains how we encourage pupils to access a well-balanced diet whilst developing their social and emotional well-being through sharing meal and play times with their peers as well as exploring new foods using a range of senses. Pupils are encouraged to build in good personal hygiene in their daily routine around meal times.

Parents /Guardians have the opportunity to decide whether pupils have a hot meal, supplied by The Chef's Table or a packed lunch sent in from home.

2. National and Local Guidelines

The Chef's Table provide daily catering for the main school site as well as the satellite provisions; Community Class and Tonwell.

The Chef's Table provide meals that complies with the School meals food standards which states:

Food served in all maintained schools and academies in England must meet school food standards so that children have healthy, balanced diets.

These standards make sure that school lunches always include:

- one or more portions of fruit and vegetables every day
- one or more portions of starchy food, such as bread or pasta every day
- a portion of food containing milk or dairy every day
- a portion of meat or poultry on 3 or more days each week
- oily fish once or more every 3 weeks

They severely restrict foods high in fat, salt and sugar, as well as low quality reformed or reconstituted foods.

The Chef's Table provide a hot main meal or vegetarian meal, with sides and a dessert daily. Menus can be found on [School Meals page](#) on the Amwell View website. The Chef's Table use fresh produce and source all fruit and vegetables from Crowbond and meat from a local butcher. All dietary requirements and food allergies will continue to be catered for.

3. Special Diets and Allergies

All dietary requirements and allergies are catered for by The Chef's Table and follow the guidelines outlined by the IDDSI Framework to provide pureed and soft meals.

<https://www.iddsi.org/standards/framework>

Amwell View is a Nut Free School.

4. Packed Lunches

Parents/ Guardians can chose to send in a packed lunch which caters for their young person's dietary and sensory requirements. School staff encourage parents to make healthier choices where possible.

The Chef's table and school staff do not cook food for pupils sent in from homes, in line with Food Hygiene and Safety regulations. Parents cook the items at home and send them in, if pupils do not eat the meals provided by The Chef's Table. Food sent in (excluding rice) is microwaved by class staff and checked with a food thermometer. Unless stated otherwise on the manufacturer's



instructions on the packaging, food must be cooked to 75°C. If frozen microwave chips are sent to school they must be in an insulated cool bag with an ice pack.

5. Free School Meals and other benefits

All school meals are priced at £2.60 - lower school meal and £2.80 - upper school meal.

Amwell View School provide free school meals for eligible pupils as per the Hertfordshire guidelines:

- Free lunches for all infants and for older children whose family gets certain benefits.
- If eligible for free school meals, Parents/ Guardians are entitled to request Free School Milk. – Amwell View provides free milk for all children, up until their 5th birthday.
- Reception, year 1 and year 2 - All children can get a free lunch at school if they're in reception class, year 1 or year 2.
- Link for [free school meal eligibility](#)

6. Eating Arrangements and Lunchtime routine

Food catered by The Chef's Table is delivered to school daily in insulated boxes and collected by class staff during lunchtime.

Food is served in classrooms and pupils are encouraged to share meal times together.

Midday supervisory assistance support Teachers and Teaching Assistance to facilitate good personal hygiene, feeding, use of cutlery, sorting and returning dirty items to be washed up as well as structured playtime.

Where applicable pupils have dinner plans which are followed and implemented by trained staff.

Pupils with complex medical needs have a feeding programme which will describe and carried out by trained staff:

- seating position of child
- method of feeding (by adult, spoon, etc)
- consistency, amount and type of food

7. Play at Lunchtime

Mid-day supervisory assistants, Teaching Assistants and Teachers support pupils at lunchtime, which includes interacting through play with the pupils during playtime in the designated areas of the school. Pupils have the opportunity to access a range of specialist areas including Soft play, Dance studio, Adventure Playground, PE Hall, Sensory room and Outdoor Fitness suite in addition to the upper and lower school and class playgrounds.

Pupils are encouraged to participate in activities designed to develop their social, emotional and physical well-being.

8. Personal Care at Lunchtime

All pupils will either be taken to the toilet to use the toilet or to have their nappy/pad changed. All staff are expected to enable pupils to be comfortable and to maintain their dignity whilst being involved in this very personal and intimate care. Staff will follow the individual care plans of the pupils and be hoist trained if needed. Staff will assist pupils to wash their hands prior to eating their lunch and after going to the toilet.