



# NOURISHING YOUNG MINDS



Family Information Pack  
for Young minds in Secondaries / Academies



# WELCOME

TO MELLORS CATERING SERVICES!

We are delighted to be your chosen school meal provider. My name is Mark Timmerman and I am the Managing Director/Owner of Mellors Catering Services. I am a family man with strong family values and with the help of my Dad, set up Mellors Catering Services over 20 years ago. It gives me great pleasure to say that over the last 20 years we have grown considerably and now serve in the region of 87,000 school dinners every day, focusing specifically in the North of England and Midlands.

For me, the only option for my daughter is a school meal. Our children now benefit from some of the healthiest school lunches in the world. Wholesome, fresh, locally sourced food underpins our food foundations. They are nutritionally balanced, tasty and include old favourites such as roast dinners, spaghetti bolognese and the occasional plate of fish and chips.

We have created our Nourishing Young Minds Family Information Pack to demonstrate why millions of parents have already made the switch to school dinners. After all, when children eat better, they do better and feel better! Put your trust in us and see them grow.

## MARK TIMMERMAN

Managing Director and Parent

07947 730 620



MOOOOUSIC  
to my TASTE BUDS!

## QUICK FACTS ABOUT MELLORS AND OUR FOOD

- ✓ Award winning Contract Caterer (Contract Caterer of the Year 2017–18).
- ✓ Mellors is a family business catering for over 240 schools in the North of England.
- ✓ All meals are made from scratch, daily by our onsite catering teams.
- ✓ Fresh ingredients from local suppliers.
- ✓ All of our schools have bespoke menus to meet their individual needs.
- ✓ Special theme days each month where we dress up and have fun.
- ✓ Guaranteed hot meal every day for children with a registered food allergy or intolerance.
- ✓ Last year we served approximately 420,000 brussel sprouts on Christmas dinner day!



## THE RIGHT CHOICE

Students love eating together at lunch time. There is a real buzz around school and lunch has become an integral part of a school's culture and curriculum. It has created a new vibrancy in schools and we are finding that, when they see the main meal offers and range of nutritious grab and go options, students are trying an array of new foods.

Staying hydrated and eating right will allow students to perform better at school. Encouraging your children to have a school lunch will give you peace of mind that their nutritional needs are catered for. It is now estimated that three billion high fat, salt and sugary snacks are eaten on the way to and from school in the UK. These can often have a negative impact on a student's learning.

Studies have shown that 72% of students taking a school lunch will select vegetables, versus only 6% who take a packed lunch. Our school counters are packed full of choice and we encourage all of our students to eat a balanced diet and a rainbow of fruit and vegetables, helping to keep their minds and bodies focussed and healthy.

**DANIELLE WATKINS** – Head of Nutrition and Food Development





# MORE VALUE LESS HASSLE



## SCHOOL MEAL - The Facts

- Breakfast, mid-morning break and lunchtime service
- Wide range of discounted meal deals
- All drinks contain less than 5% added sugar
- All main meals are served with a choice of two seasonal vegetables
- Home-made traditional desserts
- Seasonal fresh fruit pots, pieces of fruit and yoghurts are available daily, encouraging students to snack healthy throughout the school day
- Innovative food concepts and theme days run throughout the year mirroring the high street and keeping the offer innovative
- Hassle free

(Check the back of this pack to see your schools bespoke menu)

## PACKED LUNCH - The Facts

- Can be time consuming
- Parents often struggle with variety and choice
- Can be stale by the time a student eats it. Lunches are often carried around in a student's bag until lunchtime
- Parents can feel bamboozled with mixed media messages and what should and should not be included



# ALLERGEN AWARENESS



## SCHOOL MEALS FOR ALL

Does your child have a **registered allergy** or **intolerance**?

Mellors Catering Services make a commitment to you, the parent, that we will provide a meal for any child with a registered allergy or intolerance for the lifetime of your child's education with us. In the back of this pack, you will find a parent registration form that you can complete to register your child.

## A LITTLE BIT OF **MAGIC** EVERY MONTH

At Mellors, not only do we want to provide your child with a **nutritious meal**, we want them to have **FUN!** That's why we have an array of promotional campaigns to bring fun and learning to lunch time. We also have new food concepts each term such as **Taste of Asia** or **Cinco de Mayo** where your child can sample different foods from around the globe and educating them on different cultures and traditions.

We also offer services that go beyond the dining room. Our **Development Chefs** offer classes to teach children the basics of cooking. Our Head of Nutrition and Food Development personally delivers assemblies in schools on the importance of making healthy choices. She'll even get them on the **smoothie bike** to whizz up some drinks for the class.

Also, look out for our **BIG RED MEGA BUS** which will be on tour serving our customers delicious food from a converted double decker London bus!



WANT TO

## KNOW MORE?

If you are currently paying for your child's school meals, you could make savings of around £404 per year if your child qualifies for free school meal.

Save time and money by claiming your free school meal allowance today. You can get free school meals if your child attends a local authority maintained school and you receive one of the following:

- ✓ Income Support
- ✓ Income-based Jobseekers Allowance
- ✓ An income-related employment and support allowance
- ✓ Support under part VI of the Immigration and Asylum Act 1999
- ✓ Child Tax Credit (provided you are not entitled to Working Tax Credit) and have an annual income (as assessed by Her Majesty's Revenue and Customs) that does not exceed the current year's level
- ✓ The Guaranteed element of State Pension Credit
- ✓ Working Tax Credit during the four-week period immediately after your employment finished, or after you start to work less than 16 hours per week.
- ✓ Universal Credit, provided you have an annual net earned income of no more than £7,400 (£616.67 per month)

## SAVINGS FOR YOUR FAMILY

Claim Your **FREE**  
School Meal

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My mum has raised us both on her own since we were 5. She had never thought about applying for our free school meal allowance because she thought we might be treated differently to other pupils in the school.

I tried to convince my mum that it isn't the case. All students in our school are treated the same and nobody knows who pays for school meals and who doesn't! There is no separate queue for free school meals, that's for sure.

Anyway... we convinced mum to apply and my sister and I qualified. My mum made a saving of £800 for the two of us and as a result we have both had the opportunity to go away with school twice this year!

It is the best thing we could have done because the money my mum saved has paid for school trips. We didn't want to miss out on those and got to go along with our friends! Plus, mum doesn't have to spend her evenings making us packed lunches for the next day.

ELISE, 14 – St Joseph's High School

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To **sign up** today, visit  
[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)





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Nutritionist**

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