

RESPONSIBLE EATING POLICY

What is your policy on eating on summer school?

We eat responsibly, healthily and politely. We only take what we intend to eat and we eat all the food we have taken. We do not waste food. We eat healthily, we understand that sugar, fat, and additives are not good foods. We understand that we must eat a balanced diet and have fruit and vegetables with every meal. We eat politely. We are polite to everyone who serves us and speak in English at the table, we have good manners and we tidy our tables after we finish eating.

How do you decide menus for the children?

The overall philosophy is to provide the children with what they like to eat and to provide a generous balanced diet. Fresh bread, fruit and salad are always available. Children know that they may have seconds or thirds if they wish however they must eat the portion which they take. There is active daily consultation between the chefs, catering and summer school management with regard to the success of current menus.

What do you serve for breakfast?

Breakfast is designed to be nourishing and appetising and could be the main meal of the day for students or staff, if so desired. There is a continental breakfast with cheeses, cold meats, croissants, fresh fruit and yoghurt. There is always plenty of milk, cereals, toast and conserves. The cooked breakfast includes eggs, crispy bacon, beans, tomatoes and frankfurters.

What do children get for their main meals?

Main Meals offer:

- a cold Buffet with soup and fresh bread.
- a cooked recipe meal.
- a cooked meal of plain food.
- a vegetarian option.

What do they eat when they go out on trips?

A balanced packed lunch is provided. Children pack their own lunches choosing what they wish to eat. They may choose sandwiches with a variety of fillings and also:

- bottle of water.
- fruit juice
- piece of fruit.
- cake
- crisps
- small chocolate bar

Who cooks the Summer School food?

The College kitchens prepare the meals daily. The catering team consists of Catering Manager, Refectory Manager, 3 chefs and numerous commis-chefs and refectory assistants.

Are there any rules about eating?

Children must attend all meals and are not allowed to skip meals. They must eat at the time allocated to their age group. Children may eat as much as they like but food may be taken out of the refectory. All tables must be cleared. Spilt food or drink must be cleared as it is a safety risk. No one is allowed in the kitchen due to Health & Safety regulations. All staff who are on duty eat with the children and monitor their eating and behaviour.

What happens if my child needs a special diet?

All dietary requests and enquiries regarding food and catering are looked after by the Catering Manager.

What happens if a child has issues with eating?

We are unlikely to accept children with serious eating problems such as anorexia nervosa or bulimia. We are confident that we can manage the typical issues which children have with food and eating but we would be unable to manage more persistent problems