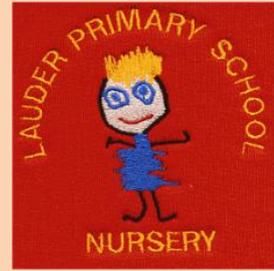


# Lauder Primary School Nursery



## Lunch Time Routine

*Children's early experiences of food play an important part in shaping later eating habits, and good eating habits support healthy growth and development. (Setting the Table, 2018, NHS)*

At Lauder Primary School Nursery, we have lunch with the children. Lunch time for us is a way in which we can shape and develop positive eating habits. We go along to the lunch hall and have dedicated tables that we sit at. We start our lunch time routine at 11.20 am with hand washing before heading along to the lunch hall around 11.30 am, this may sound early but we have to accommodate the whole school therefore this is the best time to allow the children to enjoy their meal.



We have two options available each day, and you choose which ones your child will eat. This is a new experience for the children and so their eating preferences may change. We shall let you know what foods are getting eaten, and which foods aren't by your child in our handovers at the end of the daily session.

We operate our food choices via parent pay. This is a system which is used throughout the Scottish Borders and is the same system for P1-P7. The system will ask you a range of options including sandwiches and soup. These options are not available to us in the nursery. It is only the two hot meal options. If you order these options, staff will ask your child what they would like and reorder on your behalf. To help us with admin, it is useful for you to order the meals for the week prior to Monday morning. We have 3 choices of puddings available, usually fruit, yoghurt or baking/fruity day.

We have brunch on a Friday at 11 am. This is usually sausages, burgers or chicken in a roll, along with the puddings as above.

If your child has any allergies or intolerances, please let us know in advance, our Scottish Border Council Catering Team are very good at taking you through the process of ordering and making sure the correct food is served to your child.

*"There are exciting opportunities to help children eat well and lay the foundations for a healthy diet"* (Food Matters, 2018, Care Inspectorate)

The children sit in their groups along with members of staff from the nursery. We have round and rectangular tables which can seat between 8 and 16 people.



The cutlery, cups and jugs suitable for the nursery children's size.

Everyone gets a choice of water or

milk. We have specialised serving dishes that come straight from the oven but

are cool to touch on the outside, they were sourced specifically for this by Scottish Border Council Catering Team. The children can assist a member of the nursery staff team in serving their meal. Salad is available for each meal daily.



If you feel that your child will not eat any of the lunches provided, we are happy to have packed lunch options also. If you do send a packed lunch, please send it with an ice pack or similar as we do not have facilities to hold any food for a packed lunch in the fridge.

*Mealtimes provide clear structure and rhythm to the day. Such times are of particular importance to children as they mark the passing of time in a predictable and reassuring way.* (Realising the Ambition: Being Me, 2020, Education Scotland)