

**School meals at
Hexham Middle School
are delicious...**



...tasty, healthy & nutritious!



**Hexham
Middle School**
spes durat avorum

All of our meals are freshly prepared on a daily basis, using good quality ingredients. It is our aim to ensure that all pupils are provided with a healthy, nutritious meal. We also offer tempting vegetarian options and food allergies/special diets are catered for too.



A school lunch comprises of 2 courses:



A main meal & dessert



The daily cost for a school lunch is



£2.50

A copy of the menu is available on the school website.

There is a very good choice to encourage the children to eat a well-balanced diet throughout the day. Our menu is produced in line with the Government's new food standards.

For those children who bring a packed lunch to school we ask parents to refrain from including nuts of any type, confectionery, crisps or fizzy drinks.

We offer a morning break service which includes a selection of: fruit, cereal, toast, bacon sandwiches and savoury snacks. Items are individually priced.



Food allergies and intolerances

Parents/carers are expected to inform the school about any food allergies/intolerances or special dietary requirements that their child may have. Please complete a Food Allergen/Special Diet Form. Copies of the form are available on the school website or from the school office.

Please note: it is recommended that parent/carers supply a medical/dietitian letter to support the special diet requirements as self-diagnosed or personal food preferences are not able to be accommodated.

If your child would normally have a packed lunch we would still like this form to be completed for our records.

Information relating to your child's individual needs should be discussed with the school and the catering manager prior to your child starting school. The Catering Manager can be contacted on 01434 610330 or jsatow@qehs.net

Payment system for school meals

HMS operates a biometric cashless school meals system.

Money can be added to the account by online payments via the School Gateway app/website, which also provides information on school meal balances and purchases. Alternatively, if it is not possible for you to use the School Gateway website or app, please contact the Finance Office on finance@qehs.net and we will arrange for you to be sent a PayPoint voucher to enable you to make payment at one of the many PayPoint terminals sited in shops in the local area.

If a child qualifies for free school meals the monetary value is added to the account daily and they have total anonymity within the system.



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Are You Missing Out?

Free School Meals

Take up your entitlement

- Your child/children will qualify if you are in receipt of one of the following:
- Child Tax Credit with **NO** Working Tax Credit (Income below £16,190)
 - Income Support
 - Income Based Jobseekers Allowance
 - Income Based Employment and Support Allowance
 - Guaranteed Element of State Pension Credit
 - The Immigration and Asylum Act 1999

If you think you qualify then apply now...
It's simple!

Over the Telephone – Online – Paper Application

To apply via telephone, for more information or to request a paper application form:
Telephone: 0845 600 6400 **Online:** www.northumberland.gov.uk/fsm

Register your child for Free School Meals and it can increase funding made available to your School.