

# OUR School LUNCH

We want children to **eat well** in school and to get **knowledge** and **skills** to help them eat well at home and in the future.

## Allergen Information

Current food labelling and information requirement regulations has listed 14 allergens that need to be identified if they are used as ingredients in a dish. Information is available at your Child's school kitchen for every item on the menu that contains any of the 14 allergens as ingredients.

The 14 Allergens are - Celery, Cereals containing Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya, Sulphur Dioxide.

## Message for you.

Share your "School lunch Story" by email to [catering@conwy.gov.uk](mailto:catering@conwy.gov.uk) or on the Conwy Council website [www.conwy.gov.uk](http://www.conwy.gov.uk) search for "Food in School".

The meal cost is **£2.30** for infants and **£2.30** for juniors from **01/04/2018**

Please pay your dinner money on Monday for the meals to be taken in the week.

## Check your entitlement

Your child may be eligible for free school meals.

Free School Meal application forms can be obtained from your child's school, or requested by email from: [hben.enquiries@conwy.gov.uk](mailto:hben.enquiries@conwy.gov.uk) or by telephone on **01492 576491**.

or on the Conwy website ([www.conwy.gov.uk](http://www.conwy.gov.uk)) and search for "free school meals"

## Do you need help to find out about benefits you may be entitled to?

Contact the Benefit Advice Line on **01492 576616**.

The line is open 9.00am to 4.00pm Monday to Friday.

There is help here if you start work, if there is a change in our personal circumstances and to make sure you are not missing out on concessions and discounts such as Water Assist; Warm Home Discount; Healthy Start Vouchers.

This graph shows the food and nutrients provided in the three week Primary school menu and the line that is the Welsh Government standard for the food and nutrients.

