



Hamilton School Food Statement

Hamilton School follows the Whole School Food Policy set out by Maiden Erlegh Trust. The main aims of our policy are:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
- To support pupils to make healthy food choices and be better prepared to learn and achieve
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Lunchtime at Hamilton is an important part of the day, where students are able to take meals together with staff to develop opportunities for improving the social skills, gain feedback on the morning and to enhance staff/student relationships outside the normal classroom setting.

All lunch menus will meet the requirements detailed within the School Food Plan. Choices will vary across the menu cycle to reflect the different cultures of students within the school, and we will use Student Voice to gain feedback on the dishes offered, portion size & service provided.

Where possible, we will aim to ensure that meals will provide:

- A portion of carbohydrates
- A portion of protein (a variety of beans, pulses and lentils will be used in addition to cheese for vegetarians)
- A portion of vegetables
- A dessert (main dessert of the day e.g. cake/biscuit, fruit or yogurt)
- Fresh drinking water

At our current site, we do not have the ability to cook meals onsite so they are bought in from the in-house catering team at Maiden Erlegh School who prepare & cook them fresh daily. Each morning, students are able to pre-order their meal choices from a selection of hot main meals and jacket potatoes, or if they wish to have a lighter bite, they can choose from a choice of baguettes or boxed salad. In addition, all students are offered a dessert of the day.

Hamilton School believes that a healthy diet is an essential pre-requisite to learning and to building a sound foundation for good health in later life. For those students in attendance at school, we fund all students' meals, regardless of benefit related free school meal entitlement.