



FOOD FOR GOOD

MAKING A DIFFERENCE TO THE LIVES OF CHILDREN ONE MEAL AT A TIME



YEAR R NEW STARTER GUIDE – NOW AVAILABLE TO DOWNLOAD

Our Year R new starter guide is now available to download from our website.

As lunch makes up just a third of a child's daily food intake, we all know how important a good breakfast is too – along with a ready snack at the end of the school day. Getting used to a new school routine can use up a lot of energy!

The guide explains what to expect from City Catering and includes helpful hints and tips to get children ready for school lunches. It's designed to be shared with children, helping to remove any apprehension they may have about lunchtime.

And to make it even more engaging, there are fun activities included for children to enjoy!

CITY CATERING

Food for good



Starting school is an exciting time when children develop new friendships and try lots of new things. School lunches are one of those.

A child's school lunchtime experience is something we at City Catering, take very seriously. We want to help children enjoy a balanced and nutritious meal, while making memories and friendships.

Every child in Reception, Year 1 and Year 2 is entitled to a FREE school lunch every day under the Government's [Universal Infant Free School meal programme](#) (UIFSM).

That means ALL families, no matter their circumstances, can save money.

This differs to the eligibility led [Free School Meal programme](#), available for all families in receipt of Universal Credit from September 2026. Families can still take advantage of the additional benefits of this programme throughout Reception and KS1. These benefits include pupil premium, a payment your school receives and HAF, Holiday Activities and Food events held during the school holidays.

All of our meals are freshly prepared using ethically sourced ingredients to serve a healthy and tasty School Food Plan compliant lunch. [Find out more](#) about our menu and our Food For Life Served Here Bronze and ProVeg School Plates Silver accreditations that assure you, as a parent or carer, we serve nothing but the best sustainable ingredients and dishes at our member schools.

What matters is that children enjoy the lunches provided, so the teams are always updating menus by listening to feedback and hence encouraging children to try new tastes and textures.

To help children gain some independence, they can choose from a variety of colour coded options. Placing Yellow, plant-based and vegetarian dishes first is a deliberate strategy to support healthier and more sustainable eating habits among children.



For parents and carers with concerns about a medical special diet, food allergy or intolerance, diabetes or if their child has been diagnosed as neurodiverse we have an online registration portal showing what they need to do, and how the team works, to make a child's experience as inclusive as their peers.

For further information contact food@citycateringsouthampton.co.uk or visit the dedicated [special diet page](#) of our website.

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