



SCHOOL MEALS AT IVANHOE

In most schools, Free School Meal allowances (£2.45 each day) are used to provide lunch, but at Ivanhoe where lunch is a little later in the school day, students are also allowed to use the money to purchase items at break or to order a grab bag.

BREAKTIME MENU

Plain bagel - 45p
Croissant - 45p
Cheese Scone - 45p
Pizza Slice - 45p
Sausage Bap / Sausage Roll - 85p
Bacon Roll - 85p
Fish Finger Bap - £1.00
Cheese & Ham Toastie - £1.00

EVERYDAY

Toast - 25p
Sauce Sachet - 10p

Milk / Juice **OR** Milkshake Carton - 45p

This is an example of the menu at Ivanhoe.

Can you use it to plan what you might eat each day? Aim to spend £2.45 per day.

Don't forget to eat healthily and budget your money wisely! Remember, you can also bring your own lunch to school and eat this in our Dining Room.

LUNCHTIME MEAL CAB MENU

Filled Sandwiches - £1.55 /£1.75
Filled Baguettes / Wraps - £1.75/ £1.90
Cold Pasta Pots - £1.30
Hot Baguette/ Panini - £1.80
Flatbread Bread Pizza - £1.80
Beef Burger / Veg Burger - £1.60
Hot Pasta in a Cup - £1.80

Yoghurt - 35p
Cake/Biscuit/Muffin/ 45p
Fruit Piece - 30p
Ice Cream Tubs - 45p

Milk/Juice or Milkshake Carton - 45p

Meal Deal
Hot or Cold Sandwich plus Carton Drink & Biscuit - £2.45

LUNCHTIME MENU – MAIN DINING ROOM

Filled Jacket Potato (Cheese, Beans & Salad) - £1.75
Hot Meal with 2 scoops Salad - £1.85
Main Dessert - 65p
Yoghurt - 35p
Cake / Biscuit / Muffin - 45p
Fruit Piece - 30p
JellyPots/ Mousse - 45p
Ice Cream (for warmer days!) - 45p

Milk / Juice **OR** Milkshake Carton - 45p

MEAL DEALS - £2.45

Filled Jacket Potato with 2 scoops salad plus Carton Drink & Biscuit

OR

Hot meal with Dessert

OR

Hot Meal with salad plus Carton Drink & Biscuit



Parents

Ivanhoe uses a pre-paid system for paying for students' lunches/snacks. Could your child be responsible for this? During this time at home, could you set a similar system up, for them to 'pay' for snacks/lunches? I.e. allocate a certain amount per day, put prices on the snacks/drinks in your cupboards/fridges for your son/daughter to pay for them. This will help with getting them used to budgeting and perhaps prevent constant snacking!?! Is your child able to plan for healthy options?

Student Activity

P9 Key skill for Secondary school –Activity: Eating Healthily/Managing your Money.

Your parents/carers may also be suggesting a daily/weekly budget for you to purchase items at home. Is it easy/difficult to do? Do you choose healthy/unhealthy items?