

Our *Top Tips* for children trying school meals for the first time!

Starting Reception is a very exciting time, but it can be a bit daunting. As all children are entitled to **infant free school meals** so we want to ensure your child's experience is positive, enjoyable and that they are fuelled for learning.



Top tip 1

Talk your child through our menu so together you can identify dishes they know and like as well as new dishes they could try.

Top tip 2

Show your child our picture menus featured on our website – norsecatering.co.uk/primary-school-catering/

These are a useful visual guide for children so they know what our food looks like and what they can expect.

Top tip 3

Try some of our recipes at home – these are also featured on our website. **The whole family can enjoy our tasty recipes!**

Top tip 4

Play pretend having a 'school lunch' at home – see if your child can carry their own plate or tray to the table and pour a cup of water from a jug.



Children love our meals

