

Healthy eating makes a difference



Encouraging children to eat a nutritious, balanced diet early on is important for a number of reasons.

- 1 Our nutritionists make sure that the right vitamins and minerals and the right balance of protein and carbohydrates in our recipes allow all of our students to grow and develop mentally as well as physically.
- 2 Being more energised supports the ability to learn. This in turn improves motivation and concentration in the classroom.
- 3 By providing healthy choices now, we're helping to educate your child to make the right choices in the future.
- 4 By delivering delicious, nutritious, healthy school lunches – we can help to give you the reassurance and peace of mind that your child is given the best possible start.

Having a nutritious and well-balanced diet underlines the importance of your child not only eating but enjoying a Lunchtime meal!

What our customers say



“The food quality since Lunchtime Company started working with us has transformed the lunch break for all pupils (and staff). It is lovely to see the kitchen staff determined to amaze everyone every day.”

“Everyone has commented that the fabulous aroma of fresh ingredients being prepared and cooked that comes from the kitchen makes us all ravenously hungry for one of your lunches!”

“A three course, restaurant quality lunch for less than the cost of the (local authority) provision - we wish we had known about Lunchtime Company sooner.”

And if you need more evidence



Researchers into the link between healthy eating and positive outcomes at school are very clear:

“...existing data strongly suggests that with better nutrition, students are better able to learn, students' behaviour improves, causing fewer disruptions in the classroom.”

Dr David Just
Behavioural economist in child nutrition programmes

LUNCHTIME CO



So, hands up if you have a child that could really benefit from a healthy Lunchtime meal?