



June 2022

Lunchmunch4kidz (or LM4K as we like it ) is a small but growing business that is unique in the way it caters for schools with limited kitchen facilities.

We have been operating successfully for more than 5 years and we are very proud to run a 5\* hygiene rated kitchen, which my staff and I work very hard to maintain.

I have answered some FAQ's on the next page as well attaching some sample menus for the schools we currently cater for.

If you would like to sign up your child for our lunches, please send us an email on [admin@lunchmunch4kidz.co.uk](mailto:admin@lunchmunch4kidz.co.uk).



## **FAQ's**

**Here are some FAQ's we feel will be useful:**

### **Cost**

The cost of the meal is £5.49. This includes the following:

- Main meal, Alternative meal or a Sandwich
- Meal provided in an individually packed, fully compostable box
- Compostable wooden cutlery provided in a small Jute bag
- A piece of fruit or Organic yoghurt (various flavours), or breadsticks
- Treats such as mini muffins, baked mini doughnuts, mini chocolate biscuits will be provided on treat day, which is Wednesdays
- Additional Fruit and Vegetable platters provided to ensure children have a varied diet

### **Online parent portal:**

All lunches are booked on our web portal where all allergy information as well as meals for the whole term are clearly available.

All admin duties are LM4K's responsibility.

### **Allergies:**

We are able to cater for Nut, Gluten, Chickpea, Lentil or Lactose allergies.

At present, we do not use any nuts in our food or have nuts present in the preparation area.

### **Meat and Halal meat options:**

We use well known meat free brands and also provide halal options.



## **FAQ's**

### **Trips**

The school will provide us with trip dates that impact lunches. Please do not book a lunch if your child will be out of school on an outing for the whole day. Parents are to provide a packed lunch if the children are away on a day trip.

### **Absences**

Any child absent due to illness will still be charged for lunches unless we receive notice before 9am on the day.

### **Delivery method**

The lunches are stored in temperature controlled heated boxes, so the food arrives hot and will only reduce by 1 degree in temperature every hour.

### **Exceptions**

Some children can struggle with items on the menu but the parents would like to continue with lunches. In such cases, we do allow for the parent to choose other meals not stated on menu where possible.

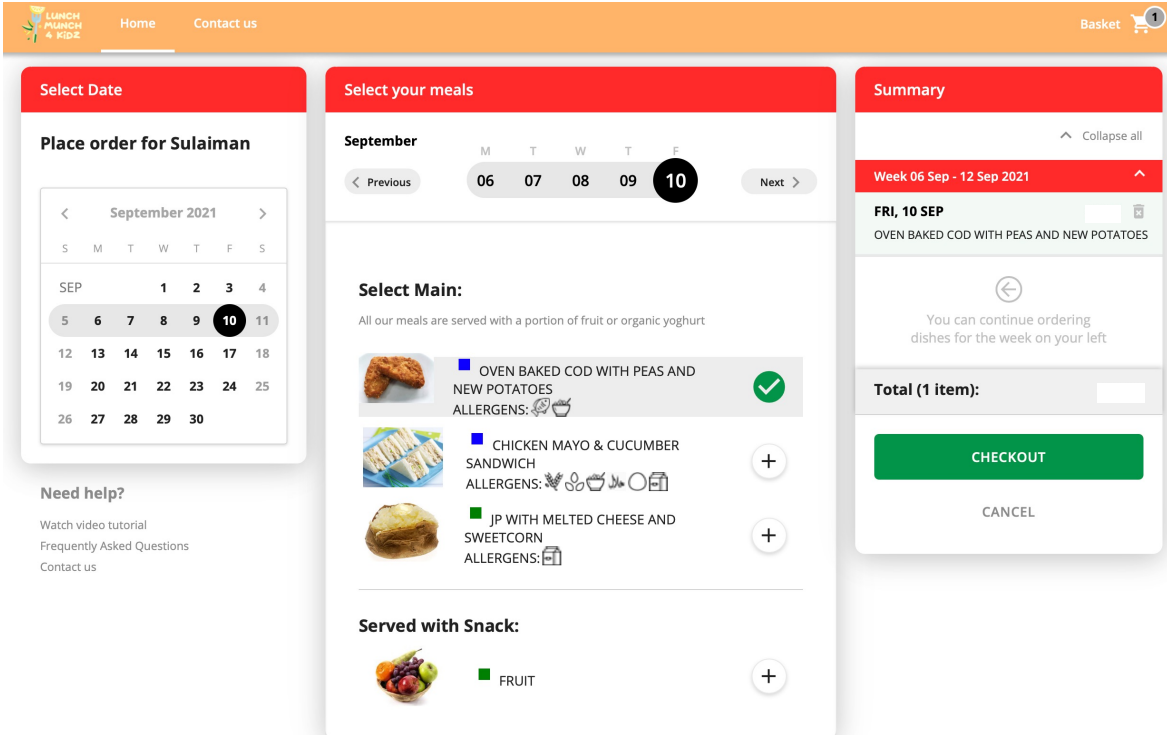
## Lunch Charges and breakdowns:

LM4K will be providing the meals at a cost of £5.49 per meal, per day.

The hot lunch will vary from a Jacket Potato, a crispy panini, a rice pot, pasta, noodles or curries.

LM4K requires payments to be made via parent portal ( as seen below)

All payments are made safely and securely through the portal.



The screenshot displays the 'LUNCH MUNCH 4 KIDZ' parent portal interface. It is divided into three main sections: 'Select Date', 'Select your meals', and 'Summary'.

- Select Date:** A calendar for September 2021 is shown, with the 10th of September highlighted. Below the calendar is a 'Need help?' section with links for 'Watch video tutorial', 'Frequently Asked Questions', and 'Contact us'.
- Select your meals:** This section shows the selected date (September 10th) and a list of meal options:
  - Select Main:** A note states 'All our meals are served with a portion of fruit or organic yoghurt'. Three options are listed:
    - OVEN BAKED COD WITH PEAS AND NEW POTATOES:** Selected with a green checkmark. Allergens: Fish, Peas.
    - CHICKEN MAYO & CUCUMBER SANDWICH:** Not selected. Allergens: Wheat, Eggs, Milk, Nuts, Soy.
    - JP WITH MELTED CHEESE AND SWEET CORN:** Not selected. Allergens: Dairy.
  - Served with Snack:** One option is listed:
    - FRUIT:** Not selected.
- Summary:** Shows the selected meal for 'Week 06 Sep - 12 Sep 2021': 'FRI, 10 SEP OVEN BAKED COD WITH PEAS AND NEW POTATOES'. It includes a note: 'You can continue ordering dishes for the week on your left'. The total for 1 item is shown as £5.49. There are 'CHECKOUT' and 'CANCEL' buttons.

## How to book lunches:

Parents will need to contact LM4K on [admin@lunchmunch4kidz.co.uk](mailto:admin@lunchmunch4kidz.co.uk) to book.

We will request the below details:

<sup>1</sup>School Name:

Child Name:

Form:

<sup>2</sup>Allergies (Yes or No):

Fish (Yes or No):

The child will be set up on our booking system, and once all information has been received, a confirmation email will be sent to the parent.

The link shown below will direct the parent to the website and they can begin booking the meals.

[www.lm4kparents.myschoolmealorders.com](http://www.lm4kparents.myschoolmealorders.com)

The parent will be able to book meals and retrieve a printable planner with all the meals booked.

Meals Ordered

Meals for Sep 2021

Week Month Print calendar

| MON | TUE       | WED | THU  | FRI |
|-----|-----------|-----|--|-----|
| 30  | 31        | 1   | 2  | 3   |
| 6   | 7         | 8   | 9<br>Oven baked cod with peas and new potatoes | 10  |
| 13  | 14<br>Sat | 15  | 16   | 17  |
| 20  | 21        | 22  | 23   | 24  |
| 27  | 28        | 29  | 30   | 1   |

<sup>1</sup>A GDPR Statement will be sent requiring confirmation by the parents.

<sup>2</sup>At present LM4K is unable to cater for children with allergies. We are working closely with our suppliers to eliminate any nut or other allergen contamination and will keep you updated on our progress.

## Testimonials

### **Mother of Year 5 pupil**

We love your service and my daughter loves the food! Why didn't you come sooner to save my life ;) The fact that I know my child's having a healthy and exciting lunch everyday makes me very content.

There's nothing I can add to improve the service. Doing a brilliant job. May your business shine and prosper further. A very happy mum.

### **Father of Year 2 pupil**

This is just a brief email to say thank you for making school dinners happen at our school. Head teacher, for thinking outside the box and finding Lunchmunch, it takes away the tedium of making sandwiches every night. Lunchmunch, for being so brilliant and spotting an opportunity and going for it. Our daughter has loved every lunch so far, and even the one she was less keen on she ate because her friends were eating. I can't thank you enough!

### **Teacher**
















































Recently I have been ordering the lunches at my school. The food provided by LM4K is delicious, and I look forward to my treats everyday. I feel the price is reasonable and the option choices varied and healthy. I am more than happy to give positive feedback as the fantastic service provided by LM4K is proving very successful with the children.

### **Mother of Year 3 pupil**

My heartfelt thanks to you and your wonderful team for introducing my son to the world of food. The lunch menu options have been very interesting and my son is enjoying the lunch service very much, and eagerly looks forward to it everyday. The service has been an absolute blessing – and one that has changed my life for sure.















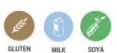
### **Mother of Year 2 Pupil**

You have been absolutely wonderful, our daughter loves her dinners and now is eating a much wider variety of foods as a result. As a mum I also know that she is having a much more nutritious hot lunch than her previous packed lunch.

|                                       | Meat Free MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---------------------------------------|---|---|---|--|---|
| <b>Main Meal</b>                      | <b>CHILLI con Carne</b><br>Meat free mince in a tomato sauce with kidney beans and peppers accompanied with plain white rice  | <b>Chicken with cous cous</b><br>Mediterranean cous cous with sun dried tomatoes, peppers with roasted chicken marinaded in lemon juice, garlic and pepper  | <b>Meat free burger</b><br>Meatless farm plant based burger in a brioche bun with lettuce and seasoned potatoes   | <b>Pasta</b><br>Homemade tomato and basil sauce with penne pasta topped with cheddar cheese  | <b>Shepherds pie</b><br>Lamb mince with carrots and peas covered with mash potato   |
| <b>OR</b>                             |    |         |       |     |     |
| <b>Alternative Meal 1</b>             | <b>Jacket potato</b><br>Jacket potato with cheddar cheese and baked beans   | <b>Vegetarian Fillet with cous cous</b><br>Mediterranean cous cous with sun dried tomatoes, peppers with roasted Quorn fillet marinaded in lemon juice, garlic and pepper   | <b>Chicken burger</b><br>Chicken breast fillet burger in a brioche bun topped with ice berg lettuce and seasoned potatoes   | <b>Jacket potato</b><br>Jacket potato with cheddar cheese and sweetcorn  | <b>Shepherds-less pie</b><br>Meat free mince in a rich sauce with carrots and peas topped with mash potato  |
| <b>OR</b>                             |    |     |        |   |     |
| <b>Alternative Meal 2: Sandwiches</b> | <b>SANDWICH</b><br>CHEDDAR CHEESE & TOMATO  | <b>SANDWICH</b><br>CHICKEN & MAYO   | <b>SANDWICH</b><br>TUNA & MAYO  | <b>SANDWICH</b><br>ROAST CHICKEN SALAD   | <b>SANDWICH</b><br>CHEESE & CUCUMBER  |
|                                       |    |     |       |      |    |
| <b>Included with meal</b>             | Fruit & Tortilla chips  | Mini Breadsticks & Salad  | Salad   | Organic yoghurt & salad  | Fruit & Salad   |



|  | Meat Free MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|---|--|---|
| <b>Main Meal</b><br><br><b>OR</b>          | <u>Quorn Tikka curry</u><br>Meat free mild curry garnished with coriander and served with wholegrain rice and peas<br> | <u>Pasta: Chicken</u><br>Penne pasta with chargrilled chicken and rainbow peppers dressed with olive oil and garlic<br> | <u>Pizza</u><br>Deep pan pizza topped with green peppers and sweetcorn<br>*Potato salad and mixed leaves salad served separately<br>                              | <u>New: Wrap</u><br>Beetroot tortilla wrap with a chicken, spinach carrot, sweetcorn filling and garlic mayo<br> | <u>Fish pie</u><br>Fish pieces with peas and carrots in a creamy sauce, topped with mash potato<br>           |
| <b>Alternative Meal 1</b><br><br><b>OR</b> | <u>Jacket potato</u><br>Jacket potato with cheddar cheese and baked beans<br>  | <u>Pasta: Tomato sauce</u><br>Homemade tomato and basil sauce with penne pasta topped with<br>                          | <u>Chicken burger</u><br>Chicken breast fillet burger in a brioche bun topped with ice berg lettuce<br>*Potato salad and mixed leaves salad served separately<br> | <u>Jacket potato</u><br>Jacket potato with cheddar cheese and sweetcorn<br>                                      | <u>Pasta: Tomato sauce</u><br>Homemade tomato and basil sauce with penne pasta topped with cheddar cheese<br> |
| <b>Alternative Meal 2: Sandwiches</b>      | <u>SANDWICH</u><br>CHEDDAR CHEESE & TOMATO<br>   | <u>SANDWICH</u><br>CHICKEN & SWEETCORN IN SPINACH WRAP<br>  | <u>SANDWICH</u><br>TUNA & MAYO<br>  | <u>SANDWICH</u><br>ROAST CHICKEN & SALAD<br>   | <u>SANDWICH</u><br>CHEESE & CUCUMBER<br>  |
| <b>Included with meal</b>                  | Fruit & Salad  | Mini Breadsticks & Salad  | Salad   | Organic yoghurt & Salad  | Fruit & salad   |

|  | Meat Free MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|---|--|---|---|
| <b>Main Meal</b><br><br><b>OR</b><br><br><b>Alternative Meal 1</b><br><br><b>OR</b><br><br><b>Alternative Meal 2: Sandwiches</b> | <p><b>Meat free burger</b><br/>Green Cuisine meat free burgers with a side of seasoned potatoes</p>  <p><b>Pasta</b><br/>Penne pasta with chargrilled rainbow peppers dressed with olive oil and garlic</p>  <p><b>SANDWICH</b><br/>CHEDDAR CHEESE &amp; CUCUMBER</p>  | <p><b>Jacket potato: Chicken</b><br/>Jacket potato topped with chicken and sweetcorn</p>  <p><b>Jacket potato</b><br/>Jacket potato with cheddar cheese and sweetcorn</p>  <p><b>SANDWICH</b><br/>TUNA &amp; MAYO</p>  | <p><b>Hot Cod!</b><br/>100% Cod fillet Goujons in a soft hot dog roll with ice berg lettuce</p> <p>*Potato salad and mixed leaves salad served separately</p>  <p><b>Chicken burger</b><br/>Chicken breast fillet burger in a brioche bun topped with ice berg lettuce</p> <p>*Potato salad and mixed leaves salad served separately</p>  <p><b>SANDWICH</b><br/>SPINACH TORTILLA filled with soft cheese iceberg lettuce, cucumbers and garlic mayo</p>  | <p><b>Panini: Chicken</b><br/>Freshly baked ciabatta roll filled with chicken, mozzarella and basil (nut free) pesto</p>  <p><b>Panini: Cheese &amp; Tomato</b><br/>Freshly baked ciabatta roll filled with basil (nut free) pesto, sun dried tomato and mozzarella</p>  <p><b>SANDWICH</b><br/>ROAST CHICKEN &amp; SALAD</p>  | <p><b>Chicken Curry</b><br/>Mild chicken gorma curry with wholegrain coriander rice</p>  <p><b>*Quorn Curry</b><br/>Mild Quorn gorma curry with wholegrain coriander rice</p>  <p><b>SANDWICH</b><br/>CHEESE &amp; CUCUMBER</p>  |
| Included with meal   | Fruit   | Mini Breadsticks & Salad  | Potato salad   | Organic yoghurt & Salad   | Fruit & salad   |