

A LETTER FROM MELLORS

Mellors Catering Service prides itself on using locally sourced, fresh ingredients that are freshly prepared on site, resulting in good quality, nutritious food. We recognise that all our schools are different, as are the tastes, preferences and dietary requirements of the pupils we cater for. Meeting pupils' varying dietary requirements is a very important part of the food provision from Mellors Catering Services. We want to ensure all pupils can enjoy a meal with their friends at lunchtime. That is why our schools can develop bespoke menus in partnership with pupils.

INCREASED DEMAND

Recently we are seeing increasing demand from our customers for us to supply plant-based food in our schools. More and more people are choosing to follow a vegan diet or incorporate plant-based foods into their diet for a wide range of reasons:

- Preventing cruelty to animals
- It's more sustainable – a vegan diet requires one third of the land that is needed to support meat and dairy diets. The Earth has only a limited amount of agricultural land, using this land to grow plant-based foods would mean we have a better ability to feed the whole of the growing population of the world and reduce malnutrition and starvation.
- It's better for the environment. The production of meat and animal products has a negative impact on the environment; through crops and water required to feed the animals, to transportation and other processes involved in getting the produce from the farm on to our plates.

... MY SUPERPOWER
... IS PLANTS!



Whatever the reason, Mellors are committed to providing a range of options for all our customers, therefore we have developed a new recipe pack to support our schools in meeting this demand. So, you may start to see more plant-based meals on the school menu. These will be indicated with our plant-based logo.



IT'S GOOD TO TALK

It is really essential that if your child has any dietary requirements, whether they are medical requirements or lifestyle choices, you inform the school catering team. This can be done by completing a special diet request form and return it to the team with a medical note from a health professional. That way, our teams can work with you and your child/ren to ensure they are able to safely enjoy a nutritious and well balanced school lunch each day.

Yours Sincerely,

L. Whiting
Laura Whiting BSc (Hons) RPHNtr
Company Nutritionist
M. 07908 467762
E. lauraw@mellors.co.uk

WANT TO LEARN MORE?

Visit our website to learn more about Mellors & plant-based living.

TRY AT HOME RECIPE

We've come up with a delicious plant-powered recipe to try at home! Why not have a go...

JUST SCAN
THE QR CODE

