



Free School Meals Hamper information for Parents/Carers

Your pack was provided on

The contents of this pack are to provide meals for days

The contents of this pack are to provide meals for child / children



Providing tasty and nutritious meals to all pupils and students has always been a top priority for Autograph, and this is applicable to meals eaten in schools, as well as the hampers we have been providing during the Covid-19 pandemic.



All meals and hampers provided by Autograph are compliant to the School Food Standards, and we have closely followed government and LACA updates, to ensure that the hampers we offer also align with their recommendations.



Whilst some of our packs may vary due to dietary or religious requirements, every hamper that we provide contains a variety of protein sources; usually a mix of eggs, tinned fish, baked beans or cheese, a selection of carbohydrates; potatoes, pasta, rice or bread, plenty of portions of fruits and vegetables, and in addition to the cheese, some other form of dairy such as milk or yoghurts. This ensures nutritional balance for all pupils and students and plenty of options for creating nutritious meals.



Here are some suggested meal options that can be made from the ingredients found in Autograph food hampers:

Cheese and tomato pasta / pasta bake, tuna pasta / pasta bake, tomato and vegetable pasta / pasta bake, tuna and cucumber sandwich, cheese and tomato sandwich, jacket potato with cheese and/or tuna or baked beans, toasted sandwiches with cheese, tomatoes and/or tuna, baked beans on toast, cheese on toast, cheesy vegetable rice (like a risotto), tuna and chopped vegetable rice bowl or pasta pot, poached /scrambled eggs on toast, cheese and vegetable omelette, toasted cheese pizza slice, vegetable sticks or steamed vegetables to accompany every meal, and fruit and/or yoghurt for dessert



When you receive your hamper please ensure that all ingredients are stored appropriately, and that any items requiring refrigeration are chilled as soon as possible. Please also remember to check the labels and use by dates when preparing food for meals.