



Dear Parent,

To make lunchtime as pleasurable as we can for your child it would be really useful if you could give us an indication of dietary requirements and **strong** likes and dislikes.

Alice and I will select a balanced meal as far as we are able within the guidelines of your recommendations. If your child chooses not to eat it we will endeavour to let you know so that you can take this into account in the evening.

In our experience a little gentle encouragement goes a long way and we will try and extend a reluctant eater's repertoire over the time that they are with us. However, it is preferable for children to make their own decisions on their journey towards independence.

Do feel free to discuss this with us.

Child's name _____

Likes:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Loathes:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____