



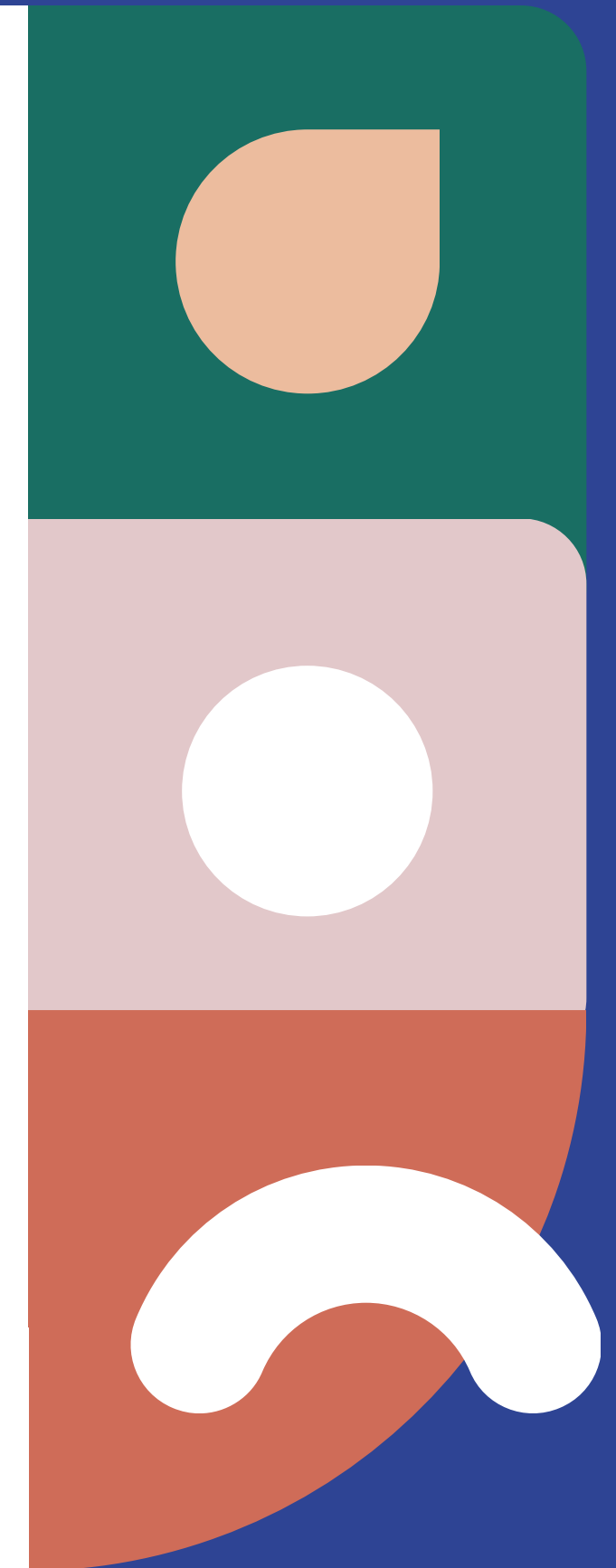
Lunch with Miya's Kitchen

The HAF/FUEL program 2023
with Sports Focus UK



Enhance the HAF/FUEL Program Experience with Our Convenient and Nutritious Packed Lunch Service

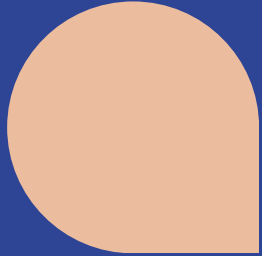
As you know, the HAF/FUEL program is dedicated to ensuring the well-being of children during the summer months, providing them with enriching activities and a safe environment. We believe that nutrition plays a vital role in supporting their growth and development. Our packed lunch service aims to provide a solution that is not only healthy but also convenient for everyone involved.





Fueling Growing Minds: Discover our Delightful and Nutrient-Rich Meals for the HAF/FUEL Program

First and foremost, our meals are designed with the well-being of the children in mind. We understand the importance of offering balanced and nutritious options to support their physical and cognitive development. Our team of experienced chefs carefully curates each meal, ensuring that they are not only delicious but also packed with essential nutrients.



Empowering Kids to Make Healthy Food Choices with Kid-Friendly Facts

Using the fun stickers with full of kids friendly facts to children in making good decisions about food

Stock Up on Healthy Foods!

At Miya's Kitchen, we understand the importance of providing children with nutritious meals. That's why we want to share these valuable guidelines with you, so we can all make informed choices when it comes to your child's lunchtime nutrition.

The Fibre Factor

We understand the importance of fibre in your child's diet. That's why we choose whole-grain breads and cereals as part of our lunch offerings. These whole grains provide essential fibre, aiding in digestion and providing long-lasting energy for your child.

Taming the Treats

While we acknowledge that fast food and low-nutrient snacks like crisps and sweets can be appealing to children, we take a mindful approach. We substitute this with more healthier options such as rice crackers, breadsticks and low sugar cakes

Protein Power At Miya's Kitchen:

We prioritise leaner meats and other excellent sources of protein. Our lunch menu features options such as fish, eggs, beans. to ensure that your child receives the necessary protein for growth and development. To balance this we also offer small portions of deli-meats such as ham and sausages, to enhance the taste and enjoyment of your child's meal.

Smart Snacking

We make it easy for your kids to choose healthy snacks by including a variety of fruits and vegetables readily available. Alongside these options, we offer wholesome choices like low-fat yogurt and wholemeal bread. These foods are carefully selected to provide optimal nutrition for your child.

Fuel up with Fruits and Veggies

We believe in incorporating fruits and vegetables into your child's daily routine. Our goal is to provide at least five servings per day, ensuring that your child receives essential vitamins and minerals.

Sipping Smartly

We prioritize healthy beverage options for your child. We do not offer sugary drinks like soda and fruit-flavoured beverages, and recommend children take the opportunity to hydrate with water.

Early Adopters

Starting children on a diet rich in fruits and vegetables from a young age provides them with an early start towards a healthy lifestyle that can benefit them throughout their lives.

Wise Cooking Choice at Miya's Kitchen

We believe in making wise cooking choices to reduce fat intake. We avoid fried foods and opt for healthier cooking methods such as broiling, grilling, roasting, and steaming. Additionally, we choose low-fat or non-fat dairy products to provide essential nutrients without excessive fat content.

Promoting Healthy Eating Habits

We strive to instil healthy eating habits and make nutritious options easily accessible. Together, we can ensure that your child enjoys a well-balanced lunch that promotes growth, development, and a lifetime of healthy choices. Also it's fun, tasty and balanced.

weekly menu sample

WEEK 01
24 JULY-28 JULY

MON	TUE	WED	THU	FRI
A. BLT sandwich+ +	A. Bulgogi (Beef) Kim-bab	A. Ham salad roll+	A. Bagel Pizza	A. Sausage Roll
B. Hummus and veg wrap +	B. Cheese and tomato baguette	B. Carrot and hummus sandwich+	B. Cheese and cucumber sandwich+	B. Cheese and onion Pasty

WEEK 02
31 JULY-4 AUG

A. Ham and cheese roly poly	A. Chicken pasta salad+	A. Chicken sandwich++	A. Brioche roll with ham, cheese and spinach	A. Sausage bap
B. Egg Mayo sandwich+	B. Savoury muffin	B. Rainbow veg and hummus wrap+	B. Veg Maki	B. Falafel wrap+

WEEK 03
7 AUG - 11 AUG

A. Sub roll with ham	A. Tuna and cucumber sandwich++	A. Chicken wrap++	A. Sausage roll	A. Mini beef burger
B. cheese and pickle sandwich+	B. Carrot and hummus sandwich+	B. Brioche roll with tomato, cucumber and cheddar	B. Cheese and tomato pinwheel	B. Vegan hotdog

WEEK 04
14 AUG - 18 AUG

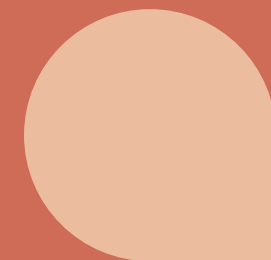
A. Egg Muffin with veg and ham	A. Tuna pasta salad+	A. Chicken salad+	A. Three colour kim-bab+	A. Chicken club sandwich+
B. Cheddar and cucumber sandwich+	B. Cheese pasta salad	B. Bagel with avocado and egg	B. Jam and cheese sandwich+	B. Pizza bread

Affordable Meal

Affordability is another key aspect of our service. We believe that healthy meals should be accessible to all families. Our pricing structure is designed to accommodate different budgets, making it easy for families to provide their children with nutritious lunches without financial strain.

Convenience

Convenience is at the heart of our packed lunch service. We know that running the HAF program involves juggling multiple responsibilities, and we aim to lighten the load for you. Our meals are delivered directly to the summer camp site, eliminating the need for additional coordination or transportation. Simply let us know the number of meals required each day, and we'll take care of the rest.



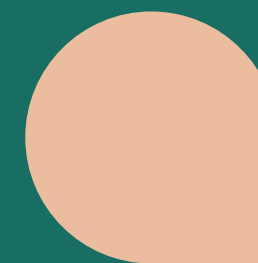
Time-Saving Packed Lunch Service

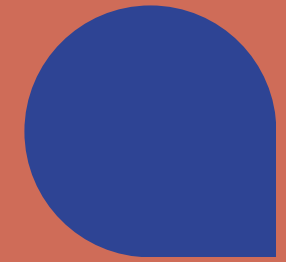
By opting for our packed lunch service, you can focus on what you do best—providing a nurturing and engaging environment for the children. Our service saves time and effort, allowing you to allocate more resources to the activities and programs that make the HAF/FUEL program truly special.

Catering to Every Palate

We also offer customisable menus to cater to individual dietary needs and preferences. Whether it's vegetarian, gluten-free, or any other specific requirements, we ensure that every child receives a meal tailored to their needs.

- we work hard to be zero waste through both giving and composting
- using only compostable and recyclable packaging
- we partner with local growers and allotments to turn all wastes into nutrient compost
- we aim to source our ingredients locally where we can





What's include

Each pack lunch includes the following,

- main meal,
- portion of vegetable,
- portion of fruits,
- something sweet,
- something savoury
and
- a morning fruit/veg snack

delivery

Every meal will be packed individually and named.

We will deliver directly to the summer camp sites with no extra cost at a suitable time in the morning.

in summary

By partnering with us, you can provide a valuable service to the families while streamlining your operations for the HAF program.

Thank you for your time, and I am more than happy to address any questions or concerns you may have.

Let's work together to make this special program the best one yet!