



Shacklewell Primary School
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Executive Headteacher: Ms Nicole Reid
Headteacher: Mr Matthew Trahair

Friday 25th September 2026

Dear Shacklewell Families,

Re: Updates to Our School Lunch Menu

Firstly, I wanted to thank all of the families who have shared feedback on our school menu this term. This feedback is valuable and we will always do our best to listen and make changes that will enhance the dining experience for our children.

I am writing to share some important updates regarding our school catering. In line with new Department for Education legislation, and updated national [School Food Standards](#), we have refreshed our lunch menu to ensure our pupils continue to receive healthy, well-balanced meals.

What is changing?

Healthy and varied lunches, with plenty of fruit and vegetables, have always been an important focus for us at Shacklewell, but in the new legislation there are new statutory updates which have required alterations to our menu. These updated guidelines include the following changes to ensure pupils receive well-balanced, high-quality nourishment throughout the school day:

- **Deep-Frying Ban:** Deep-fried foods are no longer permitted. Starchy foods cooked in fat or oil are limited to a maximum of twice a week across the entire school day.
- **Dessert and Cake Restrictions:** Sweetened desserts are restricted to a maximum of once weekly in primary schools, and served deserts must include 50% fruit at least twice a week.
- **Fruit and Vegetable Quotas:** All main dishes must be served with one or more portions of vegetables or salad as an accompaniment every day, as well as one or more portions of fruit.
- **Range of Protein Sources:** Pulses (like beans, lentils, and chickpeas) are strongly promoted as a healthy protein source. Schools are encouraged to have a 'pulse day' once a week.
- **Snacks and Confectionery:** Chocolate and non-compliant snacks are not permitted across the entire school day.

Our Catering Managers are working behind the scenes to refresh our school menu. Our goal is to strike the right balance between nutritious and familiar foods, alongside opportunities to try new foods.

You're Invited: Menu Taster Sessions

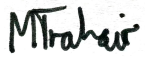
Your voice is vital in helping us shape our new menu. Therefore we would like to invite all parents and carers to attend one of our upcoming **Taster Sessions**, where you can sample dishes from the proposed menu:

Please join us on **Friday, 2nd October at either 10:40am or 2:15pm**

If you plan to attend, please let the school main office know by Wednesday 30th September, so we can ensure we prepare enough samples for everyone.

Thank you for your ongoing support and partnership as we work to provide the very best dining experience for your children.

Warm regards,

A handwritten signature in black ink that reads "MTrahair". The letters are cursive and connected, with a stylized 'M' and 'T'.

Matthew Trahair
Headteacher