

Friday 9th January 2026

Dear Parents/Carers

I am writing to provide clarification regarding school meal portion sizes and to respond to any queries you may have about how this is calculated.

As an introduction, all meals provided at our school are planned and served by pabulum Catering in line with the School Food Standards (England), which are statutory requirements set by the Department for Education. These standards ensure that school meals are nutritious, balanced, and appropriate for the age and developmental needs of children.

Portion sizes are carefully determined to provide the correct balance of energy, protein, vitamins, and minerals across the school week. The standards also promote healthy eating habits, limit foods high in fat, sugar, and salt, and support children's long-term wellbeing.

Our Pabulum catering team follows these national guidelines closely and plans the menus accordingly. While individual appetites naturally vary, meals are designed to meet average nutritional requirements for each age group. Alongside their main meal and dessert, children can also choose an unlimited amount from eight different salads and to accompany their preferred dish, there is also freshly baked plain wholemeal bread available every day, along with a range of flavoured breads that change each week.

Please rest assured that all children have the same option to help themselves to the self-choices mentioned above. However, with such an element of choice, we do find that some children decide not to take up the options of fillings, salads and bread, which can leave some of their meals looking quite basic. In order to support our work to ensure the children have a balanced meal, we have discussed the above points recently with Mr Watty and the kitchen team, as well as our midday team and they will make every effort to encourage children to choose an adequate amount of 'self-choice' foods alongside the above mentioned, government standard portions.

Please also discuss these self-choice options with your child at home and encourage them to sample these additional parts of the meal, if they haven't already.

We recognise that some children may have specific dietary, medical, or cultural requirements. If you have any concerns about your child's meals, please do not



hesitate to contact the school so we can discuss this with you and provide appropriate support.

Thank you for your understanding and continued support in helping us promote healthy eating and positive mealtime experiences for all pupils.

Best regards



Mr. Roche

Principal

