

Changes to our offering

Pupil Taste Testing

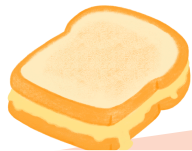


We have enjoyed undertaking taste testing sessions with pupils who have provided the new dishes with a thumbs up.



Removal of Rolls, Wraps and Sandwiches

Aligning with proposed elements from the Welsh Government school food standards we have made the decision to remove the provision of rolls, sandwiches and wraps from the menu.



Rolls, Wraps & Sandwiches

- White rolls are processed carbohydrates that can raise blood sugar levels quickly, which can lead to energy crashes and feeling hungrier sooner.
- Cold quick options such as sandwiches are often consumed in the home.

Jacket potatoes will remain as a healthy alternative to maintain choice without compromising these benefits.

Welsh Government Healthy Eating in Schools Regulations

These changes to the menu have been inspired by the revised proposed Healthy Eating in Schools Regulations, which intend to come into force in 2026.

Welsh Government plans to publish the draft regulations as part of a public consultation

between May and July 2025, which will be open to yourselves to comment upon and will inform the final regulations.

The link will be circulated once published.



Hot Balanced Main Meal

- Hot meals help keep children fuller for longer.
- A full balanced, nutritious meal will help aid concentration.
- Cooked ingredients often serve as the only hot meal of the day for some pupils.
- Supports the original intention of UPFSM initiative to provide a hot, nutritious meal.
- Encourages healthier eating habits and cutlery skills.
- Higher fibre intake to help aid digestion.

Sustainability



We are making steps toward a healthier planet by increasing plant based options and reducing the use of palm oil in our dishes.

Plating Up Veggies

We will plate up the full offering to ensure a nutritionally balanced meal is provided.



Allergy Aware Menu



We have been working hard to create more allergy-friendly recipes for our pupils.

If your child has any allergies, intolerances or special dietary requirements please register them on the Council's website in order to be issued with a special diet menu.



www.rctcbc.gov.uk/medically.prescribeddiet