

Sunnyfields Primary School



Strong Roots, Bright Futures

School Meals and Packed Lunch Policy

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Introduction

Sunnyfields Primary School follows the **UK Government's School Food Standards** to ensure all food provided is **nutritious, balanced, and supports children's growth, learning, and wellbeing.**

Why it Matters

-  **Supports physical growth, concentration, and cognitive development.**
-  **Promotes healthy lifelong eating habits.**
-  **Ensures all children have access to nutritious meals.**

Aims

- Provide all children with a **healthy, balanced lunch daily.**
- Encourage **positive eating habits.**
- Support a **financially sustainable catering service.**
- Promote **safe and healthy food choices** in school.

School Meals

- Nutritious meals prepared **fresh daily** by the school catering team.
- **Universal Infant Free School Meals (UIFSM)** available for Reception, **Year 1 & 2.**
- Meals must be **ordered half-termly** for accurate planning.



Packed Lunch Guidance

As a school, we have a statutory duty to promote children's health and wellbeing, and this includes ensuring that the food brought into school supports their learning, behaviour, and long-term development. By encouraging healthy packed lunches, we are fulfilling our responsibility to create an environment where all pupils can thrive. These expectations help us maintain fairness, consistency, and the same nutritional standards for every child.

Please ensure packed lunches:

Do Not Include:

- Sweets or chocolate bars.
- Chocolate spread.
- Fizzy drinks or fruit juice.

Should Include:

- **Balanced main item:** sandwich, wrap, pasta, or rice.
- **Fruit or vegetables.**
- **Healthy snack:** yoghurt, cheese, or crackers.

Monitoring:

- Midday supervisors will **check packed lunches.**
- **Where items are found that are not in line with the food standards, a polite reminder will be sent to parents in the first instance.**
- Where items are repeatedly found, children will be offered an alternative and items kept for the end of the day to be handed to parents.



Switching Between Meal Options

- Changes between **school meals and packed lunches** can only occur at the **start of a new half-term**.
- Exceptions may be considered for **medical or special circumstances**.



Promoting School Meals

- **Themed meals** and **taster days**.
- **3-weekly menus** shared with parents.
- **Nutritional benefits** highlighted.
- **Feedback** gathered from pupils and families.

Reasonable Adjustments for SEND

Where a child's Special Educational Needs and Disabilities (SEND) require specific dietary considerations, reasonable adjustments will be made to ensure their needs are met during lunchtime. These adjustments will be planned collaboratively with parents/carers and members of the Senior Leadership Team (SLT), including the SENCO. All arrangements will be reviewed regularly as part of the child's SEN Support Plan, Annual Review, or sooner if needed, to ensure that provisions remain appropriate and effective.



Monitoring and Review

The **Senior Leadership and Catering Teams** review:

- Meal numbers and packed lunch compliance.
- Financial impact of catering.
- Overall policy effectiveness.

Policy review: Annually, or sooner if national guidance changes.