



Spalding Parish Church of England Day School

16th September 2022

Dear Parent/Carer,

School Lunches

After a positive couple of weeks at school I felt it timely to just write with a few reminders re school lunches. With regards to lunches there are two options for children – hot lunches, cooked in the school kitchen and packed lunches, generally brought from home.

Hot Lunches

As you will know the school kitchen falls under school governance. As a result, nutritious well-balanced school meals are freshly cooked each day in our own kitchen. As part of this we have been closely working with the Lincolnshire Food in Schools team to ensure hot meals produced for the children are healthy and meet statutory guidance. As such children have a daily choice of:

- A hot meal
- A vegetarian option
- A jacket potato with filling
- A school-made packed lunch (KS2 – Years 3-6 only)

The meals provided by the school kitchen team are very popular and I know the ladies in the kitchen have been keenly developing this provision, providing meals that the children enjoy but that are also healthy and nutritionally sound. Given the Government initiative of Universal Infant Free School Meals, these meals are free to all pupils in Foundation Stage, Year 1 and Year 2.

Packed Lunches

You may choose to provide your child with a healthy packed lunch (an example of this is given below):

- Sandwich (can be replaced with another savoury item, for example a wrap).
Please note this should not be replaced with a sweet alternative
- Savoury snack such as crackers or crisps
- Fruit
- A sweet snack such as a cereal/biscuit bar



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Head Teacher: Diane Mulley

Nuts: VERY IMPORTANT: SPCEDS is a 'nut-free' zone

Please note that we cannot allow nuts in school either as a snack, in snack bars or as peanut butter in sandwiches due to the risk of anaphylaxis. This also includes any food item where nuts may be present in chocolate spreads and fillings such as Nutella. Even the dust from peanuts can be fatal and it is imperative that parents/carers adhere to this very important regulation.

As a school we would appreciate your support in ensuring pupils are receiving a healthy daily diet during their time in school and would like to thank you in anticipation of this. If you do have any questions or queries, please do not hesitate to get in touch with myself or a member of the Senior Leadership Team.

Kind Regards,



Diane Mulley
Head Teacher



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