HORSENDEN PRIMARY SCHOOL

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Headteacher: Mrs E Appelby

Monday, 16 November 2026

Dear Parents and Carers,

Please see below the message we have received from ISS regarding the nursery children's lunch menu.

Kind regards,

The Horsenden office Team.

I am writing to inform you that our nursery and primary school menus differ. I would like to reassure you that this is intentional and reflects the different nutritional guidance that applies to each age group.

The Governments Early Years Foundation stage nutrition guidance sets out specific nutritional requirements for younger children, which differs from the school food standards our menus previously followed for nurseries.

In order to make sure that our menus meet the relevant guidance and support the nutritional needs of nursey aged children, we have developed a dedicated nursery menu.

The key differences include:

Desserts: *Early year guidance states that added sugar has to be avoided so we will only offer fruit or organic yoghurt as dessert.*

Processed protein foods: *Restrictions on how frequently these should be served.*

Starchy carbohydrates: *Guidance on the frequency of dishes containing starchy carbohydrates prepared with added fats. These can only be served once a week (i.e. chips on Fridays and no roast potatoes on Wednesday)*

Pastry: *No food items containing pastry (puff or homemade)*

These changes ensure our menus are appropriate for each age group and provide nutritious meals that are in line with the relevant guidance. Please see menus attached.

ISS Catering