NEW SCHOOL MENU
PARENT TASTER SESSION

New Wave Federation · Autumn/Winter 2026

HEALTHIER, TASTY MEALS IN LINE WITH NATIONAL STANDARDS

Four Hackney primary schools · One shared approach to school food

WHY THE MENU IS CHANGING

TOO MUCH SUGAR

National surveys show children consume far more sugar than recommended, contributing to obesity and tooth decay.

NOT ENOUGH FIBRE

Wholegrains, beans, and pulses are often missing from plates, essential for long-lasting energy and gut health.

LOW FRUIT & VEG INTAKE

Many children aren't getting their five-a-day, missing vital vitamins and minerals.

"School lunches help children build healthy habits for life."

The School Food Standards are being updated to reflect the latest nutritional advice and modern health concerns.

SOURCE: GOV.UK (SEPT 2026)

THE NATIONAL PICTURE

We're getting ahead of the new standards

2015

Current School Food Standards introduced.

EARLY 2026

Government consults on updating standards.

AUTUMN 2026

WE ARE HERE:
New Wave starts refreshed menu.

SEPT 2027

Updated standards due in force legally.

PUSH FOR TRANSPARENCY

Schools are now asked to publish food policies and menus online to strengthen accountability for children's health.

GOVERNMENT PRIORITIES: KEY CHANGES

DEEP-FRYING BAN

No deep-fried food. Oven-cooked starchy foods (like chips) limited to maximum twice a week.

DESSERT REFORM

Only one sweet pudding per week. Fruit-based puddings at least twice, with fruit every day.

VEG EVERY DAY

A portion of vegetables or salad must be served with every main meal.

PULSE POWER

Introduction of a weekly Pulse Day featuring beans, lentils, and chickpeas as protein sources.

FOCUS ON SUGAR & PUDDINGS

TIGHTER SUGAR LIMITS

• Sweet puddings (cakes/biscuits) limited to **once a week** in primary schools.
• No high-sugar snacks or confectionery sold across the school day.

THE NEW DEFAULT

• Fresh fruit, yogurt, or low-sugar dairy desserts like custard are the daily options.
• Fruit-based puddings (e.g. apple crumble) required at least twice weekly.

HEALTHIER DESSERT WINS

APPLE CRUMBLE

Natural sweetness from fruit.

RASPBERRY RICE PUDDING

Low-sugar, dairy-rich energy.

BANANA BREAD

Using natural fruit sugars.

Goal: Reduce early tooth decay and metabolic issues by normalizing fruit as a treat.

THE RULE FOR EVERY MAIN MEAL

Every main meal now must comprise three specific elements

1

STARCHY CARBOHYDRATE

Energy focus: 50/50 pasta, rice, potatoes, or wholemeal bread - we do have chips coming back!

2

PROTEIN

Growth & Repair: Meat, fish, eggs, beans, or lentils. Oily fish required once every 3 weeks.

3

VEGETABLES OR SALAD

Vitamins & Fibre: At least one portion served with every single main meal.

TODAY'S TASTER MENU

01 · PULSE PROTEIN

MOROCCAN CHICKPEA TAGINE

Mildly spiced with apricots, roasted carrots and courgettes. Served with couscous.

VEGAN (VE)

02 · EXTRA FIBRE

50/50 WHOLEMEAL BREAD

Half wholemeal, half white flour. Familiar texture with essential bran and germ for gut health.

SERVED DAILY

03 · OILY FISH

SALMON PASTA PUTTANESCA

Wholewheat pasta with flaked salmon, crunchy breadcrumb topping (no frying), and broccoli.

OMEGA-3 RICH

Thomas Fairchild Community School Autumn/Winter Menu 2026 – Week 1

Weeks Commencing: 1st October, 2nd November, 23rd November & 14th December

WK 1	Monday PLANT BASED CARIBBEAN KITCHEN	Tuesday CURRY HOUSE	Wednesday PASTA DAY	Thursday ROAST & PUDDING	Friday PIZZA FRIDAY
Option 1	**Caribbean Pasta** (Ve) With mushrooms and chickpeas Served with a rainbow mango slaw & foccacia bread	**Sweet Potato & Lentil Curry** (Ve) Served with rice, wholemeal chapati bread & garlic green beans	**Puttanesca Pasta with Flaked Salmon or Tuna** 50/50 wholewheat pasta with a crunchy pangrattato top & broccoli	**Stuffed Mixed Peppers with Mixed Beans & Hereby Rice Filling** (Ve) Served with roast potatoes, carrots, peas & gravy	**Pepperoni Pizza** Served with roasted sweetcorn & rainbow slaw
Option 2		**Mild Chicken Curry** Served with rice, wholemeal chapati bread & garlic green beans	**Tomato, Olive & Butter Bean Puttanesca** (Ve) 50/50 wholewheat pasta with a crunchy pangrattato top & broccoli	**Roast Beef with Yorkshire Pudding** Served with roast potatoes, carrots, garden peas & gravy	**Margherita Pizza** (V) & (Ve) Served with roasted sweetcorn & rainbow slaw
Salad	Artichoke, Pomegranate, Rocket and Sweetcorn Salad (Ve)	Mango, Cos Lettuce and Sunflower Seed Salad (Ve)	Tomato, Cucumber and Basil Salad (Ve)	Leafy Salad and Coleslaw (Ve)	Beetroot, Carrot and Apple Slaw (Ve)
Pudding	**Rainbow Fruit Pots with Yoghurt Dip** (Ve) or fresh fruit (Ve)	**Fresh Cut Pineapple & Cantaloupe Melon Wedges** (Ve) with yoghurt (V) or plant based yoghurt (Ve)	**Greek Yoghurt, Blueberry & Oat Crunch Pot** (V) & (Ve) or fresh fruit (Ve)	PUDDING OF THE WEEK **Lemon & Blueberry Sponge with Custard** (V) or fresh cut fruit (Ve)	**Cocoa Powder Topped Banana** (Ve) with custard (V) or oat custard (Ve) or fresh cut fruit (Ve)

Available Daily ... Plant Based Monday Jacket Potato & Filling (Ve)
Tuesday to Friday Jacket Potato & filling (V, Ve)
Wholemeal Bread (Ve), Choice of Salads (Ve) & Water

(V) = Vegetarian
(Ve) = Vegan

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Thomas Fairchild Community School Autumn/Winter Menu 2026 – Week 2

Weeks Commencing: 12th October, 9th November & 30th November

WK 2	Monday PLANT BASED MONDAY	Tuesday CARIBBEAN KITCHEN	Wednesday PASTA DAY	Thursday ROAST & PUDDING	Friday BUILD A WRAP
Option 1	**Moroccan Chickpea Tagine with Couscous** (Ve) Mildly spiced with apricots. Served with roasted carrots & courgettes	**Mild Jerk Chicken with Rice & Peas** Served with baked plantain, roasted sweetcorn & rainbow slaw	**Roasted Vegetable & Lentil Lasagne** (V) Made with 50/50 wholewheat pasta and served with roasted cauliflower & wholemeal bread	**Harvest Roast Chicken** Served with roast potatoes, carrots, garden peas & gravy	**Build a Wrap ..** **A selection of fillings including** **BBQ Pulled Chicken** **Falafel Balls** **Cajun Fish** Served with a side of fries and coleslaw
Option 2		**Caribbean Veggie Bean Patty** (Ve) Served with rice & peas, baked plantain, sweetcorn & rainbow slaw	**Beef Lasagne** Made with 50/50 wholewheat pasta and served with roasted cauliflower & wholemeal bread	**Lentil & Root Vegetable Roast** (Ve) Served with carrots, garden peas & gravy	
Salad	Three-Bean & Sweetcorn Salad (Ve)	Cucumber, Mint & Yoghurt Raita Salad (V)	Tomato, Cucumber & Basil Salad (Ve)	Leafy Salad and Coleslaw (Ve)	Sweetcorn, Pepper & Pea Salad (Ve)
Pudding	**Apple & Cinnamon Yoghurt Pots** (V) & (Ve) or plant based yoghurt (Ve) or fresh fruit (Ve)	**Tropial Fruit Salad with Yoghurt** (V) or plant based yoghurt (Ve) or fresh fruit (Ve)	**Mild Cheddar Cheese, Crackers & Fresh Grapes** (V) & (Ve) or fresh fruit (Ve)	PUDDING OF THE WEEK **Beetroot Brownie with Cocoa Sauce & Orange** (Ve) or fresh cut fruit (Ve)	**Pear & Blackberry Oat Traybake with Sliced Apples** (Ve) or fresh cut fruit (Ve)

Available Daily ... Plant Based Monday Jacket Potato & Filling (Ve)
Tuesday to Friday Jacket Potato & filling (V, Ve)
Wholemeal Bread (Ve), Choice of Salads (Ve) & Water

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Thomas Fairchild Community School Autumn/Winter Menu 2026 – Week 3

Weeks Commencing: 19th October, 16th November & 7th December

WK 3	Monday MAC & CHEESE MONDAY	Tuesday WEST AFRICAN PULSE DAY	Wednesday PASTA DAY	Thursday COMFORT & PUDDING	Friday KEBAB FRIDAY
Option 1	**Toasted Chickpea Topped Creamy Macaroni Cheese** (V) **or Plant Based Macaroni** (Ve)	**Jollof Rice with Spiced Chicken** With red beans stirred through and served with steamed greens & sweetcorn	**Lentil & Vegetable Bolognaise** (Ve) Served with 50/50 wholewheat spaghetti & roasted broccoli	**Vegetable & Butter Bean Gratin** Served with buttery mash, savoy cabbage & carrots (Ve)	**Chicken Kebab in a Warm Pitta** Wholemeal pitta with crunchy salad, yoghurt dressing & potato wedges
Option 2	Made with 50/50 wholewheat macaroni and served with garlic roasted broccoli & sweetcorn	**Veggie Jollof Rice with Black Eye Beans** (Ve) Served with baked plantain, steamed greens & sweetcorn	**Spaghetti Bolognaise** Beef and lentil ragu served with 50/50 wholewheat spaghetti & roasted broccoli	**Creamy Chicken & Sweetcorn with Mash** buttery mash, savoy cabbage & carrots	**Baked Falafel Kebab in a Warm Pitta** (Ve) Wholemeal pitta with crunchy salad, houmous & potato wedges
Salad	Leafy Salad and Coleslaw (Ve)	Three-Bean & Sweetcorn Salad (Ve)	Tomato, Cucumber & Basil Salad (Ve)	Beetroot, Carrot & Apple Slaw (Ve)	Crunchy Pepper & Cucumber Salsa Salad (Ve)
Pudding	**Melon & Pineapple Cups** (V) with yoghurt (V) or plant based yoghurt (Ve) or fresh fruit (Ve)	**Tropical Fruit Salad** (Ve) with yoghurt (V) or plant based yoghurt (Ve)	**Creamy Rice Pudding with Mango Puree** (V) or fresh fruit (Ve)	PUDDING OF THE WEEK **Apple & Peach Crumble** (Ve) with custard (V) or oat custard (Ve) or fresh cut fruit (Ve)	**Pear & Yoghurt Pot with Toasted Oats** (V) & (Ve) or fresh cut fruit (Ve)

Available Daily … Plant Based Monday Jacket Potato & Filling (Ve)
Tuesday to Friday Jacket Potato & filling (V, Ve)
Wholemeal Bread (Ve), Choice of Salads (Ve) & Water

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FAMILIAR FAVOURITES STAY

PIZZA FRIDAY	*Sweetcorn & Slaw*
ROAST THURSDAY	*Beef, Chicken or Lentil*
PASTA DAY	*Lasagne & Mac Cheese*
WORLD FLAVOURS	*Curries, Kebabs, Jollof*

CHOICE & VARIETY

Two mains daily, always with a high-quality vegetarian or vegan option. Foods can always be served separately but we have to provide the balance!

Children love to take from the salad bar, the focus is often not taking too much!

EVERY DAY BASICS

Jacket potatoes, fresh salad bar, wholemeal bread, and chilled water always available but we encourage not overrellying on this offer.

HOW PARENTS CAN HELP

ASK TARGETED QUESTIONS	”What did you try today?” encourages discovery more than ”Did you like it?”
COOK TOGETHER	Try couscous, chickpeas, and wholemeal bread at home — they are quick and cheap wins.
ACCEPTANCE TAKES TIME	Children often need 10-15 tastes before they accept a new flavour. Keep offering!
CHECK MENUS ONLINE	We now publish all policies and full nutritional menus on the school website.
SHARE YOUR FEEDBACK	Your voice shapes the menu. Tell us about allergies, cultural needs, or child preferences.

HOW PARENTS CAN HELP

PACKED LUNCHES	Mirroring guidance
	Something substantial alongside healthy elements such as fruit
	No chocolate especially hazelnut (allergies!)
	No sweets
	Not having crisps everyday

LET'S TASTE!

We value your input. Please try the samples and speak with our catering team.

YOUR VOICE SHAPES OUR MENU

READ THE GUIDANCE

GOV.UK — School Food in England (2026)

THANK YOU