



UK Government

Example secondary school lunch menu that complies with the proposed School Food Standards in England (from September 2028)

This theoretical menu is based on a menu created by a catering provider during our piloting of the proposed School Food Standards during the Autumn term of 2025. The catering manager produced the menu by taking the school's current dishes and modifying them to comply with the proposed new standards and costing each item to understand whether it could be delivered. The process considered ingredient choice, supply issues, and/or practical constraints that may affect implementation.

We have amended the initial set of proposals as a result of the testing work carried out, and this example menu complies with the proposed changes included in our consultation.

This menu is for illustrative purposes only.

Department for Education working with the
Office for Health Improvement and Disparities

April 2026

Monday - All menu items on this day, including grab and go items include a portion of pulses incorporated into the dish.

Plated meals

- Spaghetti bolognese with tomato and mozzarella salad
- Chicken and houmous wrap
- Saag paneer with pilau rice (vegetarian) (**first cheese-based meal of the week**)
- Roasted chickpea, roasted vegetables, sundried tomato and mozzarella wrap (vegetarian)

Grab and go

- Baked potato with fillings
- Pasta and sauce (**made using wholewheat pasta**)
- Sandwiches and baguettes

Sides, desserts and drinks for plated and grab and go options

Sides

- Fresh seasonal salad and vegetables available every day

Desserts

- Tropical fruit salad; strawberries, grapes and yoghurts fresh every day

Monday continued:

Drinks

Free, fresh drinking water must be available at all times, including where food is served.

- Plain water (still or carbonated)
- Flavoured water that is sugar free (still only)
- Fruit-flavoured still drinks with no added sugar and a maximum of 0.5g total sugar per 100ml as diluted (can include sweeteners)
- Plain unsweetened and unflavoured semi-skimmed or skimmed milk or lactose free milk
- Plain soya, oat, and rice drinks. Must be unsweetened or no sugar and fortified with each of these micronutrients: calcium, iodine, vitamin D, riboflavin, vitamin B12.
- Tea, coffee, without additions such as syrups, sprinkles, cream etc.

Tuesday

Plated meals

- Jerk chicken with rice and peas, mango, and sweet chilli salsa (**made using brown rice**)
- BBQ chicken baguette
- Jollof rice with roasted jack fruit (vegetarian) (**including pulses**)
- Mexican style burrito (vegetarian) (**including pulses**)

Grab and go

- Baked potato with fillings
- Pasta and sauce (**made using wholewheat pasta**)
- Sandwiches and baguettes

Sides, desserts, and drinks for plated and grab and go options

Sides

- Fresh seasonal salad and vegetables available every day

Desserts

- Tropical fruit salad; strawberries, grapes, and yoghurts fresh every day

Tuesday continued:

Drinks

Free, fresh drinking water must be available at all times, including where food is served.

- Plain water (still or carbonated)
- Flavoured water that is sugar free (still only)
- Fruit-flavoured still drinks with no added sugar and a maximum of 0.5g total sugar per 100ml as diluted (can include sweeteners)
- Plain unsweetened and unflavoured semi-skimmed or skimmed milk or lactose free milk
- Plain soya, oat, and rice drinks. Must be unsweetened or no sugar and fortified with each of these micronutrients: calcium, iodine, vitamin D, riboflavin, vitamin B12.
- Tea, coffee, without additions such as syrups, sprinkles, cream etc.

Wednesday

Plated meals

- Thyme roasted chicken with in-season roast vegetable and roast potatoes
- Ham, cheese, and tomato panini (**second cheese-based meal of the week**)
- Vegetable cottage pie with root vegetable mash (vegetarian)
- Tikka vegetable wrap (vegetarian) (**vegetarian option contains pulses**)

Grab and go

- Baked potato with fillings
- Pasta and sauce (**made using a 50:50 mix of white and brown pasta**)
- Sandwiches and baguettes

Sides, desserts, and drinks for plated and grab and go options

Sides

- Fresh seasonal salad and vegetables available every day

Desserts

- Berry flapjack (**portion of fruit-based baked dessert**); strawberries, grapes, and yoghurts fresh every day

Wednesday continued:

Drinks

Free, fresh drinking water must be available at all times, including where food is served.

- Plain water (still or carbonated)
- Flavoured water that is sugar free (still only)
- Fruit-flavoured still drinks with no added sugar and a maximum of 0.5g total sugar per 100ml as diluted (can include sweeteners)
- Plain unsweetened and unflavoured semi-skimmed or skimmed milk or lactose free milk
- Plain soya, oat, and rice drinks. Must be unsweetened or no sugar and fortified with each of these micronutrients: calcium, iodine, vitamin D, riboflavin, vitamin B12.
- Tea, coffee, without additions such as syrups, sprinkles, cream etc.

Thursday

Plated meals

- Cottage pie with in-season vegetables
- Chargrilled chicken pockets
- Moussaka with pitta and salad (vegetarian)
- Veggie hot dog and roll (vegetarian) (**first portion of vegetarian alternative product**)
- Tikka vegetable wrap (vegetarian) (**vegetarian option contains pulses**)

Grab and go

- Baked potato with fillings
- Pasta and sauce (**made using wholewheat pasta**)
- Sandwiches and baguettes

Sides, desserts, and drinks for plated and grab and go options

Sides

- Fresh seasonal salad and vegetables available every day

Desserts

- Tropical fruit salad; strawberries, grapes, and yoghurts fresh every day

Thursday continued:

Drinks

Free, fresh drinking water must be available at all times, including where food is served.

- Plain water (still or carbonated)
- Flavoured water that is sugar free (still only)
- Fruit-flavoured still drinks with no added sugar and a maximum of 0.5g total sugar per 100ml as diluted (can include sweeteners)
- Plain unsweetened and unflavoured semi-skimmed or skimmed milk or lactose free milk
- Plain soya, oat, and rice drinks. Must be unsweetened or no sugar and fortified with each of these micronutrients: calcium, iodine, vitamin D, riboflavin, vitamin B12.
- Tea, coffee, without additions such as syrups, sprinkles, cream etc.

Friday

Plated meals

- Roast salmon with new potatoes and asparagus
- Battered cod and chips with peas and tartar sauce (**one portion of battered/breaded food a week**)
- Veggie meat ball wrap (vegetarian) (**second portion of vegetarian alternative product and vegetarian options contain pulses**)
- Falafel kebab with coconut and pineapple rice (vegetarian) (**vegetarian options contain pulses**)

Grab and go

- Baked potato with fillings
- Pasta and sauce (**made using wholewheat pasta**)
- Sandwiches and baguettes

Sides, desserts, and drinks for plated and grab and go options

Sides

- Fresh seasonal salad and vegetables available every day

Desserts

- Tropical fruit salad; strawberries, grapes and yoghurts fresh every day

Friday continued:

Drinks

Free, fresh drinking water must be available at all times, including where food is served.

- Plain water (still or carbonated)
- Flavoured water that is sugar free (still only)
- Fruit-flavoured still drinks with no added sugar and a maximum of 0.5g total sugar per 100ml as diluted (can include sweeteners)
- Plain unsweetened and unflavoured semi-skimmed or skimmed milk or lactose free milk
- Plain soya, oat, and rice drinks. Must be unsweetened or no sugar and fortified with each of these micronutrients: calcium, iodine, vitamin D, riboflavin, vitamin B12.
- Tea, coffee, without additions such as syrups, sprinkles, cream etc.

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