# Press Release

## Cardiff Council

**For Immediate Release**

### New healthy eating standards bring fresh choices for Primary School pupils

An updated menu will be introduced across primary schools this autumn to meet new Welsh Government healthy eating regulations.

The new regulations and updated guidance from Welsh Government, are designed to reflect current scientific recommendations around sugar, fibre and processed meat, helping schools provide nutritious, balanced meals that align more closely with the Eatwell Guide, the UK's healthy eating model.

The updated standards will see pupils offered more fruit and vegetables, wholegrain foods and plant-based protein options such as beans and pulses, while reducing foods high in sugar, processed meats, deep-fried products, sweetened desserts and baked goods. The changes will also introduce age-appropriate portion sizes for younger and older primary pupils, helping to ensure school meals better meet children's nutritional needs.

Cardiff's new menu, launching on 2 November 2026, has been developed to meet the updated nutritional standards while continuing to provide meals children enjoy. New dishes including macaroni cheese and baked chicken salsa will join the menu, alongside favourites such as chicken korma, bolognaise, and sausage and mash.

Cabinet Member for Education, Employment and Skills, Cllr Sarah Merry said: "We welcome these updated standards, which will help ensure children continue to receive nutritious, balanced meals that support their health, wellbeing and learning.
"Our catering team has worked hard to develop a menu that meets the new regulations while retaining many of the meals that children know and enjoy."

Cardiff continues to provide Universal Free School Meals to all primary-aged pupils in the city. Hot, nutritious school meals play an important role in supporting children's health, wellbeing and ability to learn, while helping to establish healthy eating habits for life.

Cllr Merry added: "The introduction of Universal Free School Meals has transformed access to healthy food for thousands of children across Cardiff, and these changes will build on that success by providing even more opportunities for pupils to enjoy a varied and nutritious diet.

Families can continue to pre-order meals through their ParentPay account for any days they wish their child to take a school meal.

**(ends)**

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