



## Primary School Meals

RCT Catering Services provides a tasty and nutritious menu to all primary schools within Rhondda Cynon Taf.

We offer a two-week menu of hot dishes, along with a daily salad, and a jacket potato option, with a choice of fillings', plus 50/50 bread. Our meals include a dessert and a drink, and in addition to the fruit-based dessert of the day, we also offer a choice of fresh yoghurt or a piece of fresh fruit'.

Menus

[Primary Menu Week 1 & 2 - 25/26](#)

(<https://www.rctcbc.gov.uk/EN/Resident/SchoolsandLearning/Schoolcatering/RelatedDocuments/PrimaryMenus2425.pdf>)

[Picture Menu](#)

(<https://www.rctcbc.gov.uk/EN/Resident/SchoolsandLearning/Schoolcatering/RelatedDocuments/PictureMenusummerrevisionstopicturemenu.pdf>)

\*Due to supplier availability, products may be subject to change.

### Medically Prescribed Dietary Requirement

Does your primary age child have a **food allergy/intolerance** or a **medical condition**, which would require them to need a Medically Prescribed Diet? If so, Catering Services has an online facility where a medically prescribed diet can be requested. Register at [Medically Prescribed Dietary Requirement](#)

(<https://www.rctcbc.gov.uk/EN/Resident/SchoolsandLearning/Schoolcatering/MedicallyPrescribedDietaryRequirementRequestaSpecialDietMenu.aspx>)

**Please note: Catering procure food that is absent of nuts as a declared ingredient. However, even with proactive cross contamination control measures, multiple handling processes in the supply chain do present the potential for trace ingredients to remain present. We cannot control the food brought into the Dining environment by other customers.**

**A residual risk remains that food provided by RCT Catering Services 'may contain traces of nuts and nut derivatives', and customers who have a nut allergy should consider the risk before purchasing/consuming any food.**

**This applies to any pupil with a food allergy and or dietary requirement, even if they only have the odd occasional dinner, such as "chip Friday ", Christmas dinner or if they inadvertently forget their packed lunch and require an impromptu meal. It also applies to every child who attends breakfast club, again even if it is ad hoc. This is of course in the best interests for the child and to prevent pupils with dietary allergies/requirements from being exposed to, what could be, potentially dangerous ingredients.**



## Primary School Meals

### Free school meals entitlement

Access to good quality school meals can make a significant contribution to a child's dietary intake and influence to children's overall health and wellbeing. The provision of free school meals (FSM) for those who qualify helps to ensure that most children have at least one balanced, nutritious meal during the school day, irrespective of parental income.

The range of choices for all pupils, either entitled to free school meals or a Universal Primary Free School Meal is the same. Each day the catering services in each school (primary and secondary) provide a range of choices of hot meals, salads, filled jacket potatoes and baguettes, even pack lunches can be provided.

If you think your child may be entitled to free school meals please view the [free school meals](#) page for more information. (link below)

<https://www.rctcbc.gov.uk/EN/Resident/SchoolsandLearning/FreeSchoolmealsApplyforfreeschoolmeals.aspx>

### Universal Primary Free School Meals

In September 2022, a Co-operation Agreement was forged between the Welsh Government and Plaid Cymru to rollout Universal Primary Free School Meals (UPFSM) to all Primary pupils by September 2024. The roll out was completed in Rhondda Cynon Taf in April 2024, ahead of the Welsh Government deadline of September 2024. All pupils, including Nursery pupils in full time education, are now entitled to receive a free nutritious meal every day they attend school. **Part-time Nursery pupils are not entitled to a UPFSM.** However, some settings may offer a lunch provision, but this meal is payable by the parent/carers via the online payment portal. We are currently unable to offer this option

<https://www.rctcbc.gov.uk/EN/Resident/SchoolsandLearning/Schoolcatering/Primaryschoolmeals.aspx>