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Date: 30/10/2026

Education and Families
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Dear Parent/Carer,

Exciting Changes to Loving Lunches

At New Monkland Nursery, we are continually looking at ways to develop children's independence, confidence and participation in their daily experiences.

Early Learning and Childcare settings have been working in close partnership with NLC catering services to review and develop how lunches are supported. Therefore, from **Monday 2nd November 2026**, children will be offered a choice of lunch options each day as part of our enhanced **Loving Lunches** approach.

What will be changing?

Each day, the staff will share photographs and visual menu cards showing the lunch options available for the following day. Children will then be supported to choose the lunch they would like.

For most children (morning and term-time children) , this will include a choice of:

- A hot meal option
- A soup and sandwich option

Children attending afternoon sessions will be offered:

- A choice of two sandwich options
- Soup on arrival

Why are we making this change?

We want to:

- Promote children's rights and participation
- Encourage independence and decision-making
- Support children to express their preferences
- Create positive and enjoyable mealtime experiences
- Ensure children have a meaningful voice in choices that affect them

What about allergies and special diets?

The safety of all children remains our priority.

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Children with allergies, medical diets or adapted dietary requirements will continue to receive meals appropriate to their individual needs. Staff and catering teams will continue to work closely together to ensure all dietary requirements are met safely.

How can families help?

We would encourage you to talk to your child about the different foods available at nursery and support them to discuss their choices at home. This helps children feel confident and involved in making decisions about their lunch.

If your child's dietary requirements have changed, please let us know as soon as possible so that our records can be updated.

Thank you for your continued support as we further develop our Loving Lunches experience for all children.

If you have any questions, please do not hesitate to speak to a member of staff.

Kind regards,

Head Teacher