

## Standards for School Food – Lunches

### Menus to be compliant from January 2015



#### **Starchy Food – one or more portions from this group every day.**

- 3 or more different starchy foods each week.
- 1 or more wholegrain varieties of starchy food each week can include 50:50 blends wholemeal rice, pasta, bread.
- Bread with no added fat or oil must be available every day: wholemeal, granary, white, 50:50 blend, pitta, naan, ciabatta herb bread. No spread or butter to be added to the bread.
- Starchy Food cooked in fat or oil no more than 2 days each week. This also applies across the school day. This includes starchy foods where fat or oil has been added before or during the cooking process. **This standard will have most impact on our menus. Foods included in this section - roast, sautéed potatoes, chips, potato wedges**, pre prepared potato products, fried rice, fried bread, fried noodles, hash browns, **garlic bread, Yorkshire Pudding**, chapattis and naan with added fat, pancakes and waffles cooked in oil. Potatoes cooked in oil or fat includes: **roast or sautéed potatoes, chips, potato wedges** and other processed potato products such as waffles.



#### **Meat, Fish, Eggs and Beans and other non-dairy sources of protein - 1 portion of food from this group served every day.**

- 1 portion of meat or poultry on 3 or more days each week – same portion size for jacket potatoes and sandwiches. In a casserole the portion of meat may be reduced if the recipe contains another source of protein i.e. beans.
- Oily fish once or more every 3 weeks.
- **Vegetarians** – a portion of non – dairy protein three or more days per week. This will affect the number of times cheese appears on the menu i.e. cheese and beans – sandwich or jacket potato filling.
- A meat or poultry product (manufactured or homemade) meeting the legal requirements, no more than once each week in **Primary schools** and **twice** each week in **Secondary schools**. This applies to the whole of the school day i.e. no sausage sandwiches served at morning break.



#### **Fruit and Vegetables – One or more portions of vegetables or salad as an accompaniment every day in addition to any vegetables added in the recipe i.e. casseroles.**

- One or more portions of fruit every day.
- Dessert containing 50% fruit 2 or more times and week.
- At least 3 different fruits and three different vegetables each week.
- Don't serve baked beans more than once a week.
- Fruit used as a decoration or jam added to a dessert **does not** count towards the standard.



#### **Foods high in Fat, Sugar and Salt - No confectionary, chocolate or chocolate coated products – applies to whole school day. Cocoa is permitted.**

- No more than 2 portions of food that has been deep fried , batter coated or bread crumb coated each week - applies to the whole school day. Including those flash fried during manufacture or in the kitchen. This includes **chips, oven chips**, potato waffles, hash browns, **roast potatoes, samosas**, spring rolls, bhajis and doughnuts.
- Batter coated or bread crumbed foods /products – **manufactured or homemade such as fish fingers**.

- No more than 2 portions of food which include pastry each week – applies to the whole school day. Pastry – shortcrust, flaky, filo, choux and puff - pastry used in quiches, meat pies, fruit pies, fruit tarts, sausage rolls, pasties and samosas.
- No snacks except nuts, seeds, vegetables and fruit with no added salt, sugar, or fat – applies to whole school day.
- Savoury crackers or breadsticks can be served with cheese, fruit or vegetables at lunch time.
- Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionary e.g. chocolate coated. These are classed as high in fat and sugar – manufactured and homemade.
- Salt must **not** be available to add after food has been cooked.
- Condiments i.e. tomato sauce, salad cream must be limited to 1 sachet or portions of no more than 10 gms or one teaspoonful.
- Gravy – 1 tablespoon for Primary schools, 2 tablespoons for High schools.



### **Milk and Dairy Items - A portion of food from this group to be served every day.**

- Lower fat milk must be available for drinking at least once a day during school hours.



### **Healthier Drinks - applies across the whole school day.**

- Free fresh drinking water to be available at all times.
- Plain water still or carbonated (permitted).
- Lower Fat Milk or lactose reduced milk.
- Fruit juice or vegetable juice maximum serving 150mls.
- Plain soya, rice or oat drinks, plain fermented milk i.e. yoghurt.
- Unsweetened combination of fruit or vegetable juice with plain water (still or carbonated) – good practice would be to dilute the pure orange juice with 50% water.
- Combinations of fruit juice and lower fat milk- fat content no more than 1.8%, lower fat milk and cocoa powder, flavoured lower fat milk.
- Tea, coffee, hot chocolate.
- Combination drinks are limited to 330mls. These must not contain more than 5% added sugars, honey or 150mls fruit juice. Combination fruit drinks must be at least 45% fruit juice.

**Remember** – many of the food based standards apply to food served throughout the school day, including breakfast, mid - morning break, after school clubs, tuck shops and vending machines.

**The standards do not apply on theme days, parties, celebrations to mark Religious or Cultural occasions or at fund raising events.**

## January 2015 Lunch Menu Food Standards Checklist

		Standards met? (✓ or ✗)		
Food Group	Food-based standards for school lunches	Week 1	Week 2	Week 3
Starchy Food	One or more portions of food from this group every day	✓	✓	✓
	Three or more different starchy foods each week	✓	✓	✓
	One or more wholegrain variety of starchy food each week	✓	✓	✓
	Starchy food cooked in fat or oil no more than two days each week ( <i>Applies to food served across the whole school day</i> )	✓	✓	✓
	Bread – with no added fat or oil - must be available every day	✓	✓	✓
Fruit and Vegetables	One or more portions of vegetables or salad as an accompaniment every day	✓	✓	✓
	One or more portions of fruit every day	✓	✓	✓
	A dessert containing at least 50% fruit two or more times each week	✓	✓	✓
	At least three different fruits and three different vegetables each week	✓	✓	✓
Meat, Fish, Eggs, Beans, and other non-dairy sources of Protein	A portion of food from this group every day	✓	✓	✓
	A portion of meat or poultry on three or more days a week	✓	✓	✓
	Oily fish once or more every three weeks	✓	✓	✓
	For vegetarians, a portion of non-dairy protein three or more days a week	✓	✓	✓
	A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice a week in secondary schools ( <i>Applies across the whole school day</i> )	✓	✓	✓
Milk and Dairy	A portion of food from this group every day	✓	✓	✓
Foods High in Fat, Sugar and Salt	No more than two portions a week of food that has been deep-fried, batter coated or breadcrumb coated ( <i>Applies across the whole school day</i> )	✓	✓	✓
	No more than two portions of food which include pastry each week ( <i>Applies across the whole school day</i> )	✓	✓	✓
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat ( <i>Applies across the whole school day</i> )	✓	✓	✓
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food	✓	✓	✓
	No confectionary, chocolate, or chocolate-coated products ( <i>Applies across the whole school day</i> )	✓	✓	✓
	Desserts, cakes and biscuits are allowed at lunch time. They must not contain any confectionary	✓	✓	✓
	Salt must not be available to add to food once it has been cooked	✓	✓	✓
	Any condiments limited to sachets or portions for no more than 10g or one teaspoonful	✓	✓	✓
Healthier Drinks	Free, fresh drinking water at all times	✓	✓	✓
	<b>The only drinks permitted are:</b> - Plain water (still or carbonated)	✓	✓	✓