

School Food Standards

Lee Harland

Food For Life Trainer – Nutrition & Food Quality

The School Food Standards

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Starchy food

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Healthier drinks*

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Checklist for school lunches

		Standard met (Y/N)		
Food group	Food-based standards for school lunches	Week I	Week 2	Week :
STARCIEY FOOD	One or more portions of food from this group every day		8 3	
	There or more different marrhy foods each work		3	Š.
	One or more wholegrain varieties of surchy food each work			
	Suarchy Bool coolerd in fits or oil po more than own days each week (applies to find sensed cover the orbits school days)			
	Broad - with no added the or oil - must be available every day			1.0
FRUIT AND VEGETABLES	One or more portions of sugreables or salad as an accompanioners every day		9 1	ŝ
	One or more porsions of thair every day		7	
	A dessert containing at least 50% Itsis two or more times each week		9) 1	ă
	As least three different fluits, and three different vegetables each week		37 7	Š
MEAT, FISH,	A portion of food from this group every day			
EGGS, BEANS AND OTHER	A portion of most or poultry on three or more days each week.		9	3
NON-DAIRY	Olly lish once or more every sheer weeks			
SOURCES OF PROTEEN	For vograurians, a portion of non-dairy process there or more days a work			ŝ
	A mean or positry product (manufactured or homomade and meeting the legal requirements) no more than once a week in primary schools and twice each week in secondary schools, (apples arese do asked advert day):			
MILK AND DAIRY	A portion of Good from this group every day			
	Lower De milk and leases coduced milk must be available for drinking at least once a day during actual bourn			ė.
FOODS HIGH IN BAT, SUGAR AND	No more than two persions a week of fixed that has been deep-fitted, basics-coased or breadenamb-coased (applies areas the whole soled day)			8
SALT	No recent than two persions of Book which include pastry each well. (applies arms the whole acted day)		8 8	6
	No mucks, except russ, seeds, regreables and fruit with no arbited sale, sugar or fix §199ker arms the solub solub days.		332 3	S
	Saveury crackers or breadsticks can be served as lauch with finds or vegetables or dairy fixed			
	No-conflictionery, chorolase and chorolase-essaed profuras, (applies armer the selele asked day)			6
	Descris, cales and bisuals are allowed as functions: They must not contain any confectionary			
	Sult must not be similable to add to Bod after it has been coniced.		8 3	3
	Any one-dimensi limited to eachest or portions of no more than 10 grams or one transpoonful.			
DRINKS	Froe, frosh drinking water at all times		2 i	
apples arms the solution about the	The only defeals permitted use: - Plain water (all or carbonated; - Lower far mill or lactions reduced mills - Fash or segriable jules (max 150mb) - Plain soys, for or our defeals credited with calcium; plain iteration wilk jug; vogact; defeals - These correct contributations of fluid or segreable jules with plain water juill or carbonated; - Contributations of fluid jules and lower flu milk or plain yeghent, plain soys, rise or our defeals enriched with calcium; corons and lower flu milk; theorem fluors fluids - Tax, coller, how chookide - Combination of rivinks are limited to a position size of 350mh. They may consider alcided visitation or returned, has no more than 5% added signan or honey or 150mh fluid jules.			

It is expected that schools will use these checklists in combination with the nutrition criteria of the Government Buying Standards for Food and Catering Services.



15

Standards for School Lunches

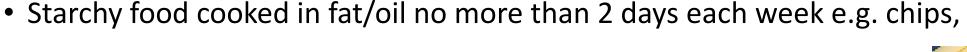


- These school food standards are intended to help children develop healthy eating habits & get the appropriate nutrition they need across the whole school day
- Mandatory requirement for school lunch
- The standards are broken down into food groups and each food group gives advice on how to implement these
- Give advice around portion sizes
- Advise on offering tasty & exciting menus
- Provide a checklist that is simple for caterers and schools to assess against
- www.schoolfoodplan.com/standards

Starchy foods – iron, zinc, calcium

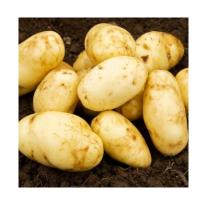


- One or more portions every day (bread, rice, pasta etc)
- 3 or more **different** starchy foods each week
- 1 or more whole **wholegrain** varieties each week



roasties, wedges, waffles

• Bread – with **no added** fat/oil must be available daily





Fruit & Vegetables – iron & calcium



- 1 or more portions of vegetables or salad as an accompaniment everyday
- 1 or more portions of fruit everyday
- 50% fruit based desserts 2 or more times per week
- At least 3 different fruits and 3 different veg each week

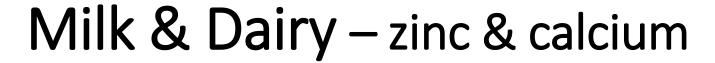


Meat, fish, eggs, beans & non-dairy protein soil Association, zinc & calcium

- A portion from this group everyday
- A portion of meat or poultry 3 or more days per week
- Oily fish once or more every 3 weeks (NOT TINNED TUNA)



Non-dairy protein for vegetarians 3 or more times per week
 e.g. bean chilli, tomato/veg pasta, baked potato with beans, lentil curry etc.





- A portion everyday e.g. yogurts max 120g, cheese 30g, milk 200mls in Primary Schools
- A portion everyday e.g. yogurts max 150g, cheese 40g, milk 250mls in Secondary schools
- Lower fat milk must be available for drinking at least once a day during school hours



Fats, Sugar, Salt



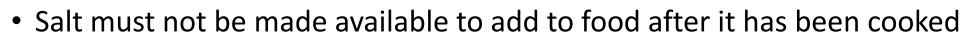
• No more than 2 portions of food that have been deep fried, battered coated or breadcrumbed each week. This includes the manufacturing process e.g. chips, oven chips, potato waffles, hash browns, samosas, spring rolls, pakora, bhajis



- Batter/bread crumb coated foods includes bought in or homemade foods such as nuggets, fish fingers, onion rings, tempura products
- Pastry includes shortcrust, flaky, filo, choux and puff that are used in the likes of quiches, pies, tarts, sausage rolls, pin wheels, pasties and samosas



No confectionary, chocolate & chocolate coated products





Healthier Drinks



- Free, fresh drinking water must be available at all times daily
- The only drinks permitted are:
 - plain water
 - lower fat milk or lactose reduced milk
 - fruit or veg juice (150ml)
 - combinations of fruit/veg juice with plain water with no added sugars or honey (must contain 45% fruit/veg juice)
 - tea, coffee, hot chocolate (secondaries)



Exercise –

read the following
3 menus and check
against the
standards.

How many weeks are in the cycle?

Starchy foods – 3 or more different starchy foods per week & one being a wholegrain Meat, fish, eggs, beans & other non-dairy sources of protein – one portion daily

A portion of meat or poultry 3 or more days each week & non dairy protein for vegetarians 3 x per week

Fruit & vegetables – 1 or more portions of fruit & veg/salad as accompaniment daily

Fruit & veg – 50% fruit based desserts daily

Fruit & veg – at least 3 different fruits & 3 different veg each week Foods high in fat – max 2 portions of deep fried, battered or breadcrumb coated each week

Food high in fat – max 2 portions of pastry each week

Milk & dairy – one portion daily & lower fat milk for drinking

Healthier drinks – water/milk?

Oily Fish – once every 3 weeks









Meat Free Monday

Cheese & Onion Pie Vegetarian Brunch Pasta & Sauce Diced Potatoes Mixed Salad

Fresh Fruit

Traditional Tuesday

Baked Sausages, Yorkshire Pudding & Gravy Quorn Strips & Salad in a Tortilla Boat Sandwich Selection Mashed Potatoes Carrot & Swede

Mango Frozen Yogurt

World Food Wednesday

Marinated Chicken Naan Vegetarian Samber Jacket Potato Selection

Crusty Bread Mini Corn on the Cob

Fruit Salad

Thursday Favourites

Homemade Lamb Curry Veggie Chilli Con Carne Cheese & Onion Hot Panini Sliced Malted Bloomer Beetroot & Carrots

Houmous & Carrot Sticks

Fish Friday

Gluten Free Bubble Fish Fillet Quorn Burger in a Bun

> Pasta & Sauce Jacket Wedges Sweetcorn

Fruit & Yogurt

Needs 2

3

 \Box

Homemade Pizza Slices Vegeballs in Masala Sauce Jacket Potato Selection Mini Corn on the Cob Beans

Frozen Yogurt

Traditional Lancashire Hotpot Cauliflower and Broccoli Cheese Bake

Pasta & Sauce Sliced Baguette Beetroot & Red Cabbage

Fresh Fruit

Spaghetti Bolognaise
Vegetarian Sausage Roll
& Homemade Tomato
Sauce
Tuna Cheese Melt
Garlic Bread
Green Beans
Fruit & Yogurt

Roast Dinner with all the Trimmings Mediterranean Quorn Jacket Potato Selection Roast & Mashed Potatoes Cabbage

Houmous & Cucumber Sticks

Seaside Salmon

All in One Veggie Rice Pasta & Sauce

Baked Jacket Wedges Garden Peas

Fruit Salad

Homemade Pizza Slices Veggie Sausages Jacket Potato Selection Mini Corn on the Cob Beans

Fruit & Yogurt

Roast Dinner with all the Trimmings Cheese & Bean Tortilla Boat Pasta & Sauce

Roast & Mashed Potatoes Cabbage & Carrots

Fresh Fruit

Homemade Chicken Curry Tandoori Quorn Sandwich Selection Sunshine Vegetable Rice Min Corn on the Cob

Peach Melba

Baked Sausages & Gravy Cheese Flan Jacket Potato Selection Baked Jacket Wedges Sweetcorn

Frozen Yogurt

Tempura Fish Goujon

Southern Style Quorn Burger Pasta & Sauce

Wedges Garden Peas

Fruit Salad

Daily Menu

© food	Soup O	Main course	Vegetarian ⊗ choice	Baked potato	Dessert
Monday	Carrot and coriander	Breaded fish 🐠 Chips	Mixed bean goulash o with rice	Baked potato with cheese or beans	Daily choice
O Tuesday		Sausage casserole With baby boiled potatoes	Tomato & vegetable pasta O	Baked potato with brans or tuna	Flapjack or daily choice
Wednesday	That noodle and pepper	Sweet chilli chicken with rice	Vegetarian quiche O Jacket wedges	Baked potato with tuna or coleslaw	Daily choice
Thursday		Turkry in gravy with herby diced potatoes	Ourn sausage toad in the hole Summer roasted vegetables 🔘	Baked potato with colesiaw or beans	Ice cream or daily choice

WEEK 1: w/c 27 Apr. 18 May, 8 Jun. 29 Jun. 31 Aug. 21 Sep. 19 Oct

Week commencing 19 Oct - Monday menu will be served on Tuesday 20 Oct

Week 2

© food	Soup O	Main course	Vegetarian ⊗ choice ⊗	Baked potato	Dessert
Meat Free Monday	Spring vegetable	Quarn burger in a bun (5) with potato salad	Leek & parmeson risotto O	Baked potato with cheese or beans	Daily choice
Tuesday		BBQ pork with potato wedges	Cheese & tomato pizza with carrot, apple & sultana salad	Baked potato with beans or tuna	Jelly or daily choice
Wednesday	Tomato and basil	Beef goulash with rice	Pasta with cherry tomatoes & feta cheese Garlic/crusty bread 🔿	Baked potato with tuna or colesiaw	Daily choice
Thursday		Salmon nibbles and savoury rice	Macaroni cheese O	Baked potato with coleslaw or beans	Out cookies or daily choice

WEEK 2: w/c 4 May, 25 May, 15 Jun, 17 Aug, 7 Sep, 28 Sep, 26 Oct

Week commencing 4 May - Munday menu will be served on Tue 5 May

Week 3

© food	Soup O	Main course	Vegetarian ⊗ choice	Baked potato	Dessert
Monday	Lentil	Breaded chicken with pasta salad	Quorn dippers o with chips	Baked potato with cheese or beans	Daily choice
Tuesday		Beef chilli with rice	Lentil & vegetable curry with noon Bread	Baked potato with beans or tuna	Frozen crange and mang smoothie or daily chaice
Wednesday	Green pea	Pork Sausage in a roll with jacket potatoes	Spanish omelette o with saled	Baked potato with tung or colesiaw	Daily choice
Thursday		Mediterranean chicken with pasta	Cauliflower & broccoli bake o with pasta	Baked potato with coleslow or beans	Raspberry muffins or daily choice

WEEK 3: wie 11 May, 1st Jun, 22 Jun, 24 Aug, 14 Sep, 5 Oct











School Food Standards – full document



The School Food Standards full document can be found here:

http://www.schoolfoodplan.com/wp-content/ uploads/2014/06/School-Food-Standards-Guidance-FINAL-V1a-140616.pdf

