



School Food Standards

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Food For Life Trainer – Nutrition & Food Quality



The School Food Standards

Food is what should be provided to support the growth and development of children.

These standards are intended to help schools provide healthy eating habits and ensure the diet is energy and nutrient dense and meets the needs of all children. They are intended to be used as a guide and not a checklist. They are intended to be used as a guide and not a checklist. They are intended to be used as a guide and not a checklist.

As a point of principle, it is intended to provide a wide range of food, including meat, fish, eggs, dairy, pulses, grains, potatoes, fruit and vegetables. It is intended to provide a wide range of food, including meat, fish, eggs, dairy, pulses, grains, potatoes, fruit and vegetables.

Remember to use Government Buying Standards for Food and Catering Services alongside these standards, which set out minimum standards for all ingredients.

* This standard applies across the whole school day, including breakfast, morning breaks, mid-meals, and after school tea.



Fruit and vegetables

One or more portions of fruit and vegetables should be available to all children at every meal and every break.

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Foods high in fat, sugar and salt

There should not be any food or drink that is high in fat, sugar and salt, or is a source of added salt, in any of the following categories:

- Drinks
- Meat, fish, eggs, beans and other non-dairy sources of protein
- Starchy food
- Healthier drinks

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Milk and dairy

A portion of food from this group every day.

Lower fat milk must be available for drinking throughout the day during school hours.



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 each week.

Only fish must be eaten more than once each week.

For vegetarianism, a portion of non-dairy protein should be available every day.

A source of protein should be available every day.

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Starchy food

One or more portions of starchy food every day.

One or more portions of starchy food every day.

Three or more different starchy foods each week.

Starchy food cooked in fat or oil no more than once a week.

Reheat - with no added fat or oil - can be available in every day.



Healthier drinks*

Free, fresh drinking water available throughout the day.

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Checklist for school lunches

NAME OF SCHOOL:	DATE OF MENU:	Standard met (Y/N)		
		Week 1	Week 2	Week 3
Food group	Food-based standards for school lunches			
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 varieties of starchy food each week			
	Starchy food cooked in fat or oil no more than two days each week (applies to food served across the whole school day)			
	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 each week			
	Only fish must be eaten more than once each week			
	For vegetarianism, a portion of non-dairy protein three or more days a week			
MILK AND DAIRY	A portion of food from this group every day			
	Lower fat milk and lower fat milk must be available for drinking at least once a day during school hours			
FOODS HIGH IN FAT, SUGAR AND SALT	No more than two portions a week of food that has been deep-fried, batter-coated or breaded/bread-crusted (applies across the whole school day)			
	No more than two portions of food which include pastry each week (applies across the whole school day)			
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the whole school day)			
	Savory crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food			
	No confectionery, chocolate and chocolate-coated products (applies across the whole school day)			
HEALTHIER DRINKS	Free, fresh drinking water available throughout the day			
	The only drinks permitted are:			

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.



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
- Starchy food cooked in fat/oil no more than 2 days each week e.g. chips, 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 iron, 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.



Milk & Dairy – zinc & calcium



- 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
- Salt must not be made available to add to food after it has been cooked



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

WINTER/SPRING MENU 2019/20



	Meat Free Monday	Traditional Tuesday	World Food Wednesday	Thursday Favourites	Fish Friday
Week 1	Cheese & Onion Pie Vegetarian Brunch Pasta & Sauce Diced Potatoes Mixed Salad Fresh Fruit	Baked Sausages, Yorkshire Pudding & Gravy Quorn Strips & Salad in a Tortilla Boat Sandwich Selection Mashed Potatoes Carrot & Swede Mango Frozen Yogurt	Marinated Chicken Naan Vegetarian Samber Jacket Potato Selection Crusty Bread Mini Corn on the Cob Fruit Salad	Homemade Lamb Curry Veggie Chilli Con Carne Cheese & Onion Hot Panini Sliced Malted Bloomer Beetroot & Carrots Houmous & Carrot Sticks	Gluten Free Bubble Fish Fillet Quorn Burger in a Bun Pasta & Sauce Jacket Wedges Sweetcorn Fruit & Yogurt
Week 2	Homemade Pizza Slices Vegballs 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
Week 3	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 Mini 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

TABLE EVERY DAY

Daily Menu



Week 1		Soup	Main course	Vegetarian choice	Baked potato	Dessert
	Monday	Carrot and coriander	Breaded fish Chips	Mixed bean goulash with rice	Baked potato with cheese or beans	Daily choice
	Tuesday		Sausage casserole With baby boiled potatoes	Tomato & vegetable pasta	Baked potato with beans or tuna	Flapjack or daily choice
	Wednesday	Thai noodle and pepper	Sweet chilli chicken with rice	Vegetarian quiche Jacket wedges	Baked potato with tuna or coleslaw	Daily choice
	Thursday		Turkey in gravy with herby diced potatoes	Quorn sausage toad in the hole Summer roasted vegetables	Baked potato with coleslaw 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		Soup	Main course	Vegetarian choice	Baked potato	Dessert
	Meat Free Monday	Spring vegetable	Quorn burger in a bun with potato salad	Leek & parmesan risotto	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 coleslaw	Daily choice
	Thursday		Salmon ribbles and savoury rice	Macaroni cheese	Baked potato with coleslaw or beans	Oat 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 - Monday menu will be served on Tue 5 May

Week 3		Soup	Main course	Vegetarian choice	Baked potato	Dessert
	Monday	Lentil	Breaded chicken with pasta salad	Quorn dippers with chips	Baked potato with cheese or beans	Daily choice
	Tuesday		Beef chilli with rice	Lentil & vegetable curry with naan Bread	Baked potato with beans or tuna	Frozen orange and mango smoothie or daily choice
	Wednesday	Green pea	Pork Sausage in a roll with jacket potatoes	Spanish omelette with salad	Baked potato with tuna or coleslaw	Daily choice
	Thursday		Mediterranean chicken with pasta	Cauliflower & broccoli bake with pasta	Baked potato with coleslaw or beans	Raspberry muffins or daily choice

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

FOOD FOR LIFE
MONZIE CATERING

Week One

Monday

Choose From
Cheese & Tomato Pasta Bake
Quorn Chilli with Rice
Jacket Potato with Beans, Cheese, Tuna Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Fruity Flapjack

Tuesday

Choose From
Sticky Chicken Pitta with Potato Wedges
Homemade Cheese, Leek & Onion Pasty with Potato Wedges
Jacket Potato with Beans, Cheese, Tuna Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Vanilla Sponge & Custard

Wednesday

Choose From
Roast Gammon served with Roast Potatoes
Quorn Meatballs in Tomato Sauce with Pasta
Jacket Potato with Beans, Cheese, Tuna Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Chocolate Cracknell

Thursday

Choose From
Beef Lasagne with Homemade Garlic Bread
Hoi Sin Vegetables with Noodles
Jacket Potato with Beans, Cheese, Tuna Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Toffee Apple Crumble & Custard

Friday

Choose From
Fish Fingers with Chips
Summer Vegetable Quiche with Chips
Jacket Potato with Beans, Cheese, Tuna Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Summer Fruit Sponge

UNLIMITED ACCESS BAR WITH 3 TO 6 ITEMS FROM AVAILABLE DA

Yeo Valley

DON'T FANCY THE DESSERT ON TH CHOOSE FROM A SELECTION OF FRUIT & ORGANIC YOGHURTS

All of our fish is **SUSTAINABLY SOUK**

Week Two

Monday

Choose From
Beef & Onion Pie with Mashed Potato
Savoury Minced Quorn with Mashed Potato & Yorkshire Pudding
Jacket Potato with Beans, Cheese, Salmon Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Chocolate Oat Dream Cookie

Tuesday

Choose From
Pork Sausage with Tomato & Basil Pasta
Vegetable & Chickpea Jambalaya
Jacket Potato with Beans, Cheese, Tuna Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Jam Roly Poly & Custard

Wednesday

Choose From
Roast Chicken & Gravy served with Mashed Potato
Vegetable Lasagne with Homemade Garlic Bread
Jacket Potato with Beans, Cheese, Tuna Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Jelly & Ice Cream

Thursday

Choose From
Battered Fish served with Chips
Sticky Quorn Pitta served with Chips
Jacket Potato with Beans, Cheese, Tuna Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Pineapple Upside Down Sponge with Custard

Friday

Choose From
Ham & Cheese Pizza with Potato Wedges
Cheese & Tomato Pizza with Potato Wedges
Jacket Potato with Beans, Cheese, Tuna Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Fruit Trifle

We use **RED TRACTOR MILK** in all of our homemade dishes

We use Red Tractor cheese, which means it can be traced from farm gate to school plate!

A DAILY CH BREAD

We think that **BRITISH SE** is fresh, tasty and nutritio favourites this season are onions, cauliflower, swede

Week Three

Monday

Choose From
Beef Bolognese Pasta Bake
Crispy Vegetarian Strips with Chips
Jacket Potato with Beans, Cheese, Tuna Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Chocolate & Beetroot Brownie

Tuesday

Choose From
Fish Fingers served with Chips
Mozzarella & Tomato Puff served with Chips
Jacket Potato with Beans, Cheese, Tuna Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Iced Chocolate Muffin

Wednesday

Choose From
Roast Turkey with Roast Potatoes, Yorkshire Pudding & Gravy
Butternut Squash Pattie with a Tomato Sauce
Jacket Potato with Beans, Cheese, Tuna Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Fruit with Strawberry Milk Jelly

Thursday

Choose From
Pork Sausage in a Bun with Potato Wedges
Vegetarian Sausage in a Bun with Potato Wedges
Jacket Potato with Beans, Cheese, Tuna Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Apple & Cinnamon Sponge with Cream

Friday

Choose From
Chicken Pie with Puff Pastry Lid with Crushed Potatoes
Quorn Korma with Rice
Jacket Potato with Beans, Cheese, Tuna Mayonnaise or Coleslaw

On the Side
Seasonal Vegetables

Something Sweet
Orange & Carrot Muffin

CHILLED DRINKIN WATER IS ALWAYS AVAILABLE

All of our eggs are **FREE RANGE**. We use them in lots of our cakes, quiches and other homemade dishes!

EGGS

All our meat is **UK FARM ASSURED**

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>

