

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	✓	✓	✓
	The only drinks permitted are: - Plain water (still or carbonated)	✓	✓	✓