

The school and its caterer must meet the new nutritional standards for school meals and non-school meal food provided in school.

Daily, there are always 2 meal options available, with 1 option vegetarian.

Special diet meals are available including, Dairy/ wheat/ gluten/egg/ nut product free.

All catering staff are kept up to date on their training qualifications.

The school and its caterer now must offer the following food groups as part of the school meal:

**Fruits and vegetables -  
All locally sourced**

these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)

- Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice)
- A fruit-based dessert shall be available at least twice per week in primary schools

**Meat, fish and other non-dairy sources of protein -**

these include meat and fish (whether frozen, canned or dried); Free range eggs; pulses; and beans (other than green beans)  
Fish complies with Marine Stewardship Council standards

- A food from this group should be available on a daily basis
- Red meat shall be available twice per week in primary schools, and three times per week in secondary schools
- Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks
- For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein

**Manufactured meat products**

Manufactured meat products may be served occasionally as part of school lunches, provided that they:

- i) Meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers
- ii) are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and
- iii) Contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.

**Starchy foods (also see additional requirement on deep frying below) -**

these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and

- A food from this group should be available on a daily basis
- Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week
- On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available

**cornmeal**

- In addition, bread should be available on a daily basis

**Deep fried products**

Meals should not contain more than two deep fried products in a single week. This includes products which are deep-fried in the manufacturing process.

**Milk and dairy foods - includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard**

A food from this group should be available on a daily basis.

**Vegetarian cheese and margarine are used exclusively.**

**Drinks**

The only drinks available should be:

- plain water (still or fizzy);
- milk (skimmed or semi-skimmed);
- pure fruit juices;

NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk

**Water**

There should be easy access to free, fresh drinking water.

**Salt and condiments**

Table salt is not to be made available.

**Confectionery and savoury snacks**

Is not available through HC3S

Revised February 2009  
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