



Good Health, Good Food & Best Practice

To promote good health it is essential that school lunches contain sufficient energy and macronutrients. For many pupils, school lunch is the main meal of the day. Our nutritionist and development chef work with our school cooks to ensure the food we offer is healthier by increasing the vitamin and mineral content of recipes and decreasing the fat, saturated fat, NME sugar and sodium content.

Healthy food is vital for pupil's growth and development. It enables them to concentrate, learn and play at school. Our school lunch exceeds the minimum set requirements by the government and we encourage pupils to eat to their appetite and stop when they feel full. We understand that some pupils need to eat more than others depending on age, body size, metabolism and physical activity. Therefore we offer a full salad bar and bread option to compliment our main menu.

As best practice we offer

- We offer wholemeal & white bread. Wholemeal bread contains more fibre than its white alternative. We understand not all pupils favour wholemeal over white so to encourage the uptake of wholemeal we use combinations of both.
- We have reduced the amount of sugar used in our desserts and enhance the sweetness using fresh/dried fruits.
- We have restricted frying and aim to grill, stir fry and bake as much as possible.
- We avoid adding butter or oil to food (eg. Vegetables) after cooking.
- We opt for lower fat dairy products such as low fat yoghurts and semi skimmed milk, these items contains as much calcium as their full fat equivalent.
- We include beans, lentils and other plant sources of protein on our menus to ensure pupils are eating protein from a variety of sources and vegetarians especially aren't overly reliant on cheese as their main dietary source.
- We no longer use salt in the cooking process and instead flavour using herbs and spices. As a fresh food company we also create all of our recipes from raw ingredients rather than using manufactured products high in salt.
- We serve fruit and vegetables that reflect the seasons ensuring maximum flavour and taste.
- The option of salad is always available
- We steam our vegetables to minimise vitamin losses, up to 40% of nutrients can be lost during the boiling process.
- All meat is from farms that support UK welfare standards
- No fish is served from the MCS "fish to avoid" list
- Menu`s are seasonal
- 90% of dishes are freshly prepared
- Eggs are from cage-free hens
- Meals contain no undesirable additives or hydrogenated fats