

# Checklist for school lunches

NAME OF SCHOOL: <u>Wokingham Central</u> - DATE OF MENU: <u>Autumn 2017</u>		Standard met (Y/N)		
Food group	Food-based standards for school lunches	Week 1	Week 2	Week 3
<b>STARCHY FOOD</b>	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 <i>(applies to food served across the whole school day)</i>	✓	✓	✓
	Bread - with no added fat or oil - must be available every day	✓	✓	✓
<b>FRUIT AND VEGETABLES</b>	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	✓	✓	✓
<b>MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN</b>	A portion of food from this group every day	✓	✓	✓
	A portion of meat or poultry on three or more days each 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 each week in secondary schools, <i>(applies across the whole school day)</i>	✓	✓	✓
<b>MILK AND DAIRY</b>	A portion of food from this group every day	✓	✓	✓
	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours	✓	✓	✓
<b>FOODS HIGH IN FAT, SUGAR AND SALT</b>	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 confectionery, chocolate and chocolate-coated products, <i>(applies across the whole school day)</i>	✓	✓	✓
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery	✓	✓	✓
	Salt must not be available to add to food after it has been cooked	✓	✓	✓
	Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.	✓	✓	✓
<b>HEALTHIER DRINKS</b> <i>applies across the whole school day</i>	Free, fresh drinking water at all times			
	<b>The only drinks permitted are:</b> <ul style="list-style-type: none"> <li>• Plain water (still or carbonated)</li> <li>• Lower fat milk or lactose reduced milk</li> <li>• Fruit or vegetable juice (max 150mls)</li> <li>• Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks</li> <li>• Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)</li> <li>• Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk</li> <li>• Tea, coffee, hot chocolate</li> </ul> Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice	✓	✓	✓

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.

*A. Penlem - 26/5/2017*