

FOOD GROUP	FOOD-BASED STANDARDS FOR SCHOOL LUNCHES	STANDARD MET (Y/N)		
		Week 1	Week 2	Week 3
STARCHY FOOD	One or more portions of food from the group every day	Y	Y	Y
	Three or more different starchy foods each week	Y	Y	Y
	One or more wholegrain varieties of starchy food each week	Y	Y	Y
	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>)	Y	Y	Y
	Bread – with no added fat or oil – must be available every day	Y	Y	Y
FRUIT AND VEGETABLES	One or more portions of vegetables or salad as an accompaniment every day	Y	Y	Y
	One or more portions of fruit every day	Y	Y	Y
	A dessert containing at least 50% fruit two or more times each week	Y	Y	Y
	At least three different fruits, and three different vegetables each week	Y	Y	Y
MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN	A portion of food from this group every day	Y	Y	Y
	A portion of meat or poultry on three or more days each week	Y	Y	Y
	Oily fish once or more every three weeks	Y	Y	Y
	For vegetarians, a portion of non-dairy protein three or more days a week	Y	Y	Y
	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>)	Y	Y	Y
MILK AND DAIRY	A portion of food from this group every day	Y	Y	Y
	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours	Y	Y	Y
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>)	Y	Y	Y
	No more than two portions of food which include a pastry each week (<i>applies across the whole school day</i>)	Y	Y	Y
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (<i>applies across the whole school day</i>)	Y	Y	Y
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food	Y	Y	Y
	No confectionery, chocolate and chocolate-coated products, (<i>applies across the whole school day</i>)	Y	Y	Y
	Desserts, cakes and biscuits are allowed at lunchtime however they must not contain any confectionery	Y	Y	Y
	Salt must not be available to add to food after it has been cooked	Y	Y	Y
	Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful	Y	Y	Y
HEALTHIER DRINKS (<i>applies across the whole school day</i>)	Free, fresh drinking water at all times	Y	Y	Y
	The only drinks permitted are: • Plain water (still or carbonated) • Lower fat milk or lactose reduced milk • Fruit or vegetable juice (max 150mls) • Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks • Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated) • 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 • Tea, coffee, hot chocolate 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			

Week Day	Week 5 w/b 28/09/26	Week 6 w/b 05/10/26	Week 7 w/b 12/10/26
MONDAY	Spaghetti Bolognaise (Quorn) 2 Mixed Vegetables Garlic Bread 1	Macaroni Cheese 1,3 Mixed Vegetables Garlic Bread 1	Chicken Pasta Bake 1,3 Mixed Vegetables Garlic Bread 1
	Jacket Potatoes Syrup Sponge 1,2 Custard 3	Jacket Potatoes Fruit Crumble 1 Custard 3	Jacket Potatoes Chocolate Sponge 1,2 Chocolate Sauce 3
TUESDAY	Cheese & Onion Flan 1,2,3 Sweetcorn Potato Wedges	Chicken Fillet 1 Sweetcorn Herby Potato Cubes	Assorted Pizza 1,3 Sweetcorn Potato Wedges
	Jacket Potatoes Toffee Muffins 1,2,3	Jacket Potatoes Berry Sponge 1,2 Custard 3	Jacket Potatoes Rice Pudding 3
WEDNESDAY	Roast Chicken New Potatoes Carrots Cauliflower Gravy 5	Toad in the Hole 1,2,3,13 New Potatoes Carrot & Swede Mash 3 Broccoli Gravy 5	Roast Gammon New Potatoes Carrots Cabbage Gravy 5
	Jacket Potatoes Gingerbread Biscuit 1,2 Ice Cream	Jacket Potatoes Banana Flapjack 3 Mousse 3	Jacket Potatoes Coconut Biscuit 1,2 Ice Cream 3
THURSDAY	Sweet & Sour Chicken Rice Green beans Naan Bread 1 Jacket Potatoes	Chicken Tikka 2 Rice Green Beans Naan Bread 1 Jacket Potatoes	Chilli Con Carne Rice Green Beans Naan Bread 1 Jacket Potatoes
	Iced Sponge Cake 1,2	Apple Pie 1 Custard 3	Lemon Crunch 1 Custard 3
FRIDAY	Fish Cake 1,3,4,14 Mushy Peas Chips	Fish Fingers 1,4 Mushy Peas Chips	Fish Fillet 1,4 Mushy peas Chips
	Jacket Potatoes Peaches 3 Greek Yoghurt 3	Jacket Potatoes Carrot Cake 1,2,3	Jacket Potatoes Banana Muffin 1,2,3 BREAK UP FOR HALF TERM
AVAILABLE DAILY	☼ Daily breadbasket; ☼ Choice of seasonal fruits, Cheese & Biscuits;		
☼ All our fresh fruit and vegetables are locally sourced. ☼ The majority of meat is locally sourced. ☼ Eggs are free range.			
1 = Gluten 2=Eggs 3=Milk 4=Fish 5=Celery 6 =Peanuts 7=Soya 8=Sesame Seeds 9=Lupin 10=Crustaceans 11=Molluscs 12=Nuts 13=Sulphur Dioxide 14=Mustard			