

All of our menus comply with the government guidelines known as the School Food Plan. These were released in January 2015 to update and replace the previous nutritional guidelines. It is mandatory that all state-run schools (including academies) in England and Wales follow these guidelines. I've included the School Food Plan in this letter for your reference.

The guidelines focus on reducing fat and sugar and increasing the uptake of fruits, vegetables, and whole grains. Some of the highlights of the guidelines are:

- Processed meats, such as Burgers, Meatballs, and Sausages may only be used once a week in Primary Schools.
- Oily Carbohydrates, such as Chips, Roast Potatoes, Garlic Bread, Wedges, and Yorkshire Puddings may only be served twice a week.
- Wholegrains must be served once a week.
- Two desserts with 50% fruit by volume must be served each week.

All caterers must comply with these guidelines, but they are free to meet them however they see fit. We have worked very hard over the last 4 years to find creative ways to meet the guidelines, yet continue to keep students interested and excited about our foods. We continue to develop new menu items to meet the guidelines. These are the ways we have chosen to meet the guidelines:

- All baked desserts are made freshly on site and contain between 50-100% of a wholegrain component such as wholegrain flour or oats. We find this is a great way to get wholegrains into diets as it often goes unnoticed. We add oats to our crumbles, wholegrain flour to our biscuits and cakes, and all our flapjacks are 100% oat. This helps to keep children fuller for longer and it helps to regulate how the sugar is absorbed in their bodies.
- All our desserts contain fruit. From fresh apples and oranges in the autumn term to strawberries and peaches in summer, we include fruit in all our desserts. Whole fruit is more nutritious than juices, and we want to make sure that our children are having fruit even if they're having a baked dessert. In some cases, we do use tinned fruit. But, it is always packed in water or fresh juice, never in syrup or sugar.
- We do not use butter in our baking. We use British rapeseed oil or a vegan margarine that is made with sustainable vegetable oils. This is to reduce saturated fats in the overall menu cycle. It also has the added benefit of helping to make some of our baked desserts suitable for children with Dairy allergies.
- Fresh Fruit and Yoghurt are served daily. Sometimes they are served as the main dessert and other times they are served as an alternative to cakes.
- Each week we make sure that 2 desserts contain 50% fruit by volume. These can include, Jelly, Crumbles, Pies, Mousses, and Sundaes.
- We offer two choices of vegetables each day along with a salad option. We encourage vegetable uptake by making sure we offer seasonal vegetables alongside staple items we know children will like.
- We work directly with butchers for all of our meat. All our meats are British Red Tractor at a minimum. Our processed meats are made specifically for us with no harmful ingredients and reduced salt.

- We only include 2 oily carbohydrates in each week. This generally includes Chips on Friday and Roast Potatoes on Roast Dinner Day.
- In line with our Food For Life Silver award, we offer a Meat Free Monday to encourage children to try new things and to vary their diets. This also helps to promote sustainability.

We hope this gives you a better picture as to how we meet our guidelines. If you have any questions about any specific guidelines, please don't hesitate to contact me.

Regards

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