

Requirements for School Lunches 2007

More Fruit and Vegetables

At least two servings of fruit and vegetables available at lunch.

Meat and Fish

Red meat should be provided twice per week in primary schools and three times per week in secondary schools. In primary schools fish should be on the menu once per week and twice per week in secondary schools of which oily fish such as mackerel and salmon must be served at least once every three weeks.

Bread

Bread available at lunch every day.

Drinking Water

Free, fresh drinking water available at all times.

Healthier Drinks

The only other drinks available are plain water, skimmed or semi-skimmed milk, pure fruit and vegetable juices, yoghurt drinks, plain soya, rice or oat drinks, tea, coffee and low-calorie hot chocolate.

Starchy Food cooked in fat/oil

Starchy food cooked in fat/oil must not be provided more than three times a week. On this day an alternative starchy food that has not been cooked in fat/oil must be provided.

No Confectionary or Savoury Snacks

Nothing with any added salt, sugar or fat can be sold. This includes chocolate bars, chocolate biscuits, sweets, crisps and chewing gum.

Salt and Condiments

Salt not available at counter or on dining tables. Condiments, such as ketchup and mayonnaise, only available in sachets or 10g portions.

Deep-Fried Foods

No more than two deep-fried foods, in a week. This includes products flash-fried in the manufacturing process.

Manufactured Meat Products

A product from each of the 4 categories maybe provided no more than once a fortnight, providing they meet the standards for meat content.

Requirements for all School Food other than Lunch 2007

Fruit and Vegetables

Fruit and vegetables must be provided in all school food outlets.

Drinking Water

Free, fresh drinking water available at all times.

Healthier Drinks

The only other drinks available are plain water, skimmed or semi-skimmed milk, pure fruit and vegetable juices, yoghurt drinks, plain soya, rice or oat drinks, tea, coffee and low-calorie hot chocolate.

Starchy Food cooked in fat/oil

Starchy food cooked in fat/oil must not be provided more than three times a week across lunch and all other food services.

No Confectionary or Savoury Snacks

Nothing with any added salt, sugar or fat can be sold. This includes chocolate bars, chocolate biscuits, sweets, crisps and chewing gum.

Salt and Condiments

Salt not available at counter or on dining tables. Condiments, such as ketchup and mayonnaise, only available in sachets or 10g portions.

Deep-Fried Foods

Two deep-fried foods per week are allowed across lunch and all other food services.

Manufactured Meat Products

A product from each of the 4 categories maybe provided no more than once a fortnight, providing they meet the standards for meat content. This applies across the whole school day.

No Cakes and Biscuits

Cakes and biscuits can not be provided (except at lunchtime)

