

Food-based standards

The interim food-based standards for school lunches set minimum requirements for healthier food and restrictions on less healthy food served at lunchtimes. The food-based standards for all school food other than lunches (2007) were introduced to complement the standards for school lunches. For further information please see 'A guide to introducing the Government's new food-based standards for all school food other than lunches'.

<http://www.schoolfoodtrust.org.uk/resources/2007a>

After receiving feedback on the first set of regulations, some changes were made to the food-based standards for school lunches and the School Food Trust released 'A revised guide to the Government's new food-based standards for school lunches'.

<http://www.schoolfoodtrust.org.uk/resources/2007b>

The food-based standards for school lunches apply to:

- all school lunch services, including hot, cold and packed lunch services provided on a school day.



The food-based standards for school food other than lunch apply to all food provision up to 6pm, including:

- breakfast clubs
- mid-morning break services
- vending machines
- tuck shops
- after school snacks and meals.








Food-based standards

Key to symbols

-  food or food groups that must be provided
-  food or food groups where the frequency or amount provided is restricted
-  food or food groups that are no longer allowed

What are the food-based standards?

This table summarises the food-based standards for school lunches (interim and final*) and school food other than lunches. It shows which of the standards will and will not apply once the nutrient-based standards are adopted. It also shows which of the standards apply across the whole school day.

Food/food groups	Interim food-based standards for school lunches from 2006 (revised 2007)	Food-based standards for school food other than lunches from 2007	Final food-based standards for school lunches from 2008 (primary) and 2009 (secondary)
Fruit and vegetables 	Not less than two portions per day per pupil must be provided; at least one should be vegetables or salad and at least one should be fruit	Fruit and/or vegetables must be provided at all school food outlets	Not less than two portions per day per pupil must be provided; at least one should be vegetables or salad and at least one should be fruit
Meat, fish and other non-dairy sources of protein 	A food from this group must be provided on a daily basis	No standard	No standard
Red meat 	Red meat must be provided at least twice per week in primary schools and at least three times per week in secondary schools	No standard	No standard
Fish 	Fish must be provided at least once per week in primary schools and at least twice per week in secondary schools	No standard	No standard
Oily fish 	Oily fish such as mackerel or salmon must be provided at least once every three weeks	No standard	Oily fish such as mackerel or salmon must be provided at least once every three weeks

* Please see Appendix 1 for a table of the final food-based standards



Food/food groups	Interim food-based standards for school lunches from 2006 (revised 2007)	Food-based standards for school food other than lunches from 2007	Final food-based standards for school lunches from 2008 (primary) and 2009 (secondary)
Meat products – categorised and restricted	● A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight across the school day, providing the meat product also meets the standards for minimum meat content and does not contain any prohibited offal*: Group 1: Burger, hamburger, chopped meat, corned meat; Group 2: Sausage, sausage meat, link, chipolata, luncheon meat; Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll; Group 4: Any other shaped or coated meat product		
Starchy food	● A food from this group must be provided on a daily basis	No standard	No standard
	● Starchy food cooked in fat or oil should not be provided more than three times a week across the school day		
	Every day that a starchy food cooked in fat or oil is provided, a starchy food not cooked in fat or oil should also be provided		
Bread	● Bread with no added fat or oil must be provided on a daily basis	No standard	Bread with no added fat or oil must be provided on a daily basis
Deep-fried food – restricted	● No more than two deep-fried food items, such as chips and batter-coated products, in a single week across the school day		
Milk and dairy food	● A food from this group should be available on a daily basis	No standard	No standard

* Meat Products (England) Regulations 2003 www.opsi.gov.uk/si/si2003/20032075.htm

Food-based standards

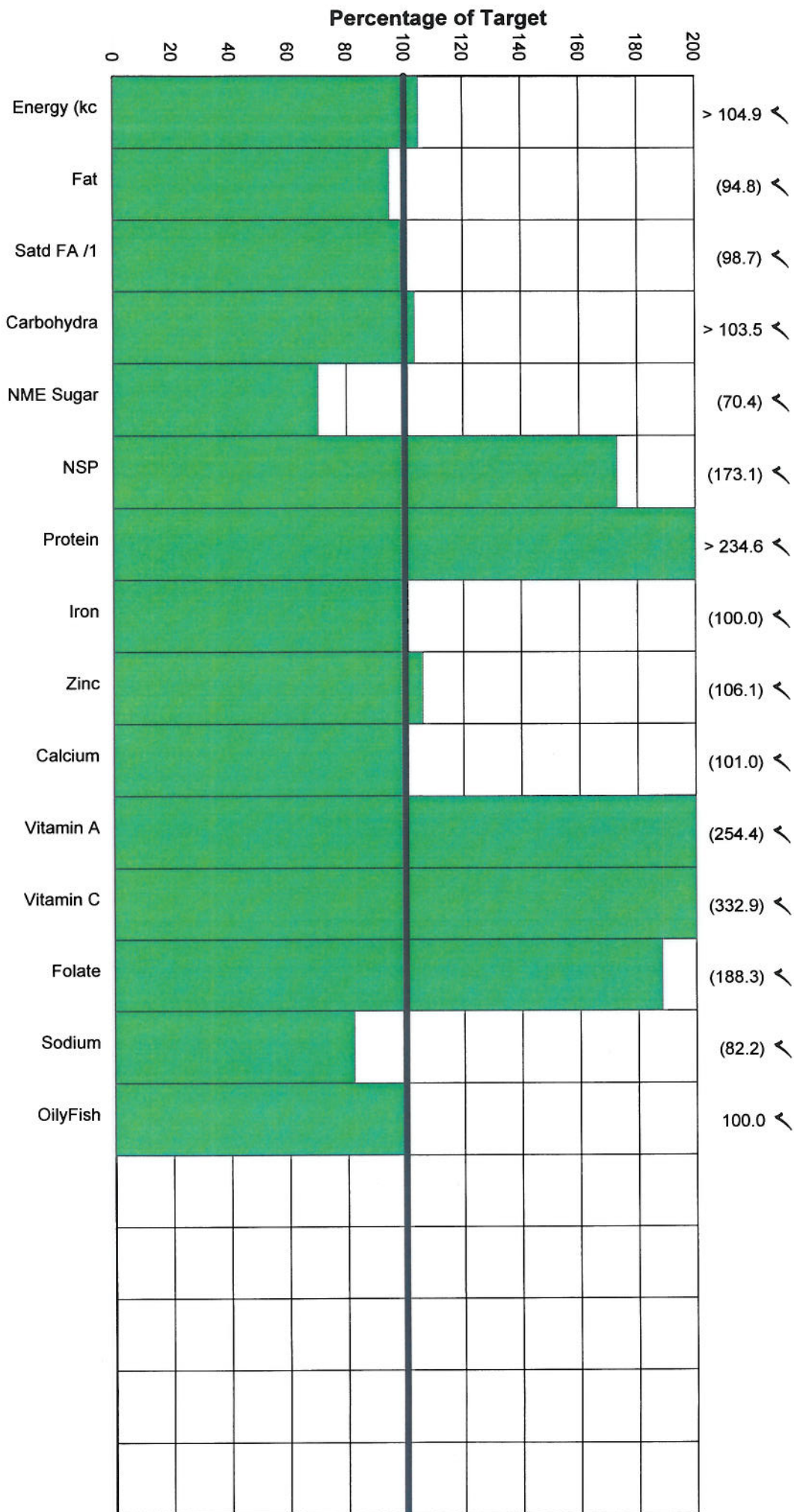
Food/food groups	Interim food-based standards for school lunches from 2006 (revised 2007)	Food-based standards for school food other than lunches from 2007	Final food-based standards for school lunches from 2008 (primary) and 2009 (secondary)
Salt and condiments – restricted	● No salt shall be available to add to food after the cooking process is complete. Salt shall not be provided at tables or service counters		
	Condiments, such as ketchup and mayonnaise, may only be available in sachets or in individual portions of not more than 10g or 1 teaspoonful		
Snacks – restricted	● Snacks such as crisps must not be provided. Nuts [†] , seeds, vegetables and fruit with no added salt, sugar or fat are allowed. Dried fruit may contain up to 0.5% vegetable oil as a glazing agent		
	Savoury crackers and breadsticks can only be served with fruit, vegetables or dairy food as part of school lunch	Savoury crackers and breadsticks must not be provided	Savoury crackers and breadsticks can only be served with fruit, vegetables or dairy food as part of school lunch
No confectionery	● Confectionery such as chocolate bars, chocolate coated or flavoured biscuits, sweets or cereal bars must not be provided		
Cakes and biscuits – restricted	● Cakes and biscuits are allowed at lunchtime but must not contain any confectionery	Cakes and biscuits must not be provided	Cakes and biscuits are allowed at lunchtime but must not contain any confectionery
Drinking water	● Free, fresh drinking water should be provided at all times		
Healthier drinks	● The only drinks permitted during the school day are plain water (still or sparkling); skimmed, semi-skimmed or lactose-reduced milk; fruit juice; vegetable juice; plain soya, rice, or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks; combination drinks; flavoured milk. Please see the drinks table in Appendix 2 for guidance on composition, ingredients, additives and flavourings Tea, coffee and low-calorie hot chocolate are also permitted Note: The School Food Trust strongly encourages schools to provide drinks that are unsweetened, unfortified and additive free, and is currently developing a voluntary Code of Practice to support this		

[†] Be aware of nut allergies. Always refer back to the school and catering policies regarding nuts. Many schools are finding that cases of allergies from peanuts (as well as milk and eggs) are on the increase. The Anaphylaxis Campaign states that even the most extreme form of allergy – anaphylaxis – is manageable in schools and cross contamination can be significantly lowered by washing hands with soap after eating and handling nuts. We recommend you visit the www.allergyinschools.co.uk website for accurate and reliable information on managing allergies in schools.

North Yorkshire County Caterers

Annex 2
Nutrition Chart - Nutrition Plan

Nutrition Plan: sa09
Nutrition Rule: Sec Lunch
Secondary Autumn 09



North Yorkshire County Caterers

Menu Cycle (5 Menus)

25 Jun 2009
11:22

nutrition

Nutrition Plan: sa09wk1 Secondary Autumn 09 week 1

Menu Course	Secondary Autumn 09 wk1 Monday	Secondary Autumn 09 wk1 Tuesday	Secondary Autumn 09 wk1 Wednesday	Secondary Autumn 09 wk1 Thursday	Secondary Autumn 09 wk1 Friday
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Hot Meal Choice	Savoury Mince & Dumplings E [10] Tuna Pasta Bake BH [25]	Pan Fried Chicken and Peppers with Brown Rice [20] Pork Char siu with Noodles T [20]	Roast Beef and Yorkshire Pudding [25] Gravy T [25] Turkey Koroma [25]	Pork Casserole [20] Chicken Enchiladas E [20]	Battered Fish [25] Nasi Goreng Rice With Pork (Indonesian) T [25]
Vegetarian	Vegetable Baiti Curry Rice [25]	Vegetarian Lasagne [20]	Courgette Provencale E [10]	Macaroni Cheese T [20]	Moroccan Chick Pea Stew E [10]
Jacket	Jacket Potato & Fillings T [10]	Jacket Potato & Fillings T [10]	Jacket Potato & Fillings T [10]	Jacket Potato & Fillings T [10]	Jacket Potato & Fillings T [10]
Vegetables	Carrots Sliced Fresh - Secondary [50] Peas - Secondary [50] Edamame Beans [34] Mixed Salad - Secondary [20]	Broccoli Fresh - Secondary [50] Cabbage Fresh - Secondary [50] Edamame Beans [34] Mixed Salad - Secondary [20]	Cauliflower Fresh - Secondary [50] Green Beans Sliced - Secondary [50] Edamame Beans [34] Mixed Salad - Secondary [20]	Broccoli Fresh - Secondary [50] Mixed Swede & Carrot [50] Edamame Beans [34] Mixed Salad - Secondary [20]	Peas - Secondary [50] Mixed Vegetables - Secondary [50] Edamame Beans [34] Mixed Salad - Secondary [20]
Carbohydrates	Parsley Potatoes - Secondary [10]	New Potatoes - Secondary [20]	Rice - Secondary [25] Roast Potatoes Ware - Secondary [35]	Poppye Mash - Secondary [20]	Chipped Potatoes - Secondary [35]
Sandwiches	secondary sandwich selection [30]	secondary sandwich selection [30]	secondary sandwich selection [30]	secondary sandwich selection [30]	secondary sandwich selection [30]
Dessert	Oaty Apple Crumble [30] Custard [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [20]	Chocolate Berry Sponge [30] Chocolate Sauce - Secondary [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [20]	Cheesecake [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [20]	Rice pudding with peaches [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [20]	Fruits of the Forest Foo [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [20]
Drinks	Drinks Secondary [55]	Drinks Secondary [55]	Drinks Secondary [55]	Drinks Secondary [55]	Drinks Secondary [55]

North Yorkshire County Caterers

25 Jun 2009
11:22

Menu Cycle (5 Menus)

nutrition

5 Nutrition Plan: sa09wk2

Secondary Autumn 09 week 2

Menu Course	Secondary Autumn 09 wk 2	Secondary Autumn 09 wk 2	Secondary Autumn 09 wk 2	Secondary Autumn 09 wk 2	Secondary Autumn 09 wk 2
	Monday	Tuesday	Wednesday	Thursday	Friday

Hot Meal Choice	Sausage, Mash and Gravy [20] Spaghetti Bolognese E [30]	Minced Beef Hot Pot [30] Salmon Bake [20] Bread Dough E [20] Mixed Salad - Secondary [20]	Roast Chicken & Stuffing and Gravy T [20] Lamb Keema with Rice E [30]	Spanish Meatballs [20] Bacon Leek & Cheese Bake [20]	Breaded Fish [25] Chicken Chow Mein [25]
Vegetarian	Cauliflower And Sweet Lentil Curry T [10]	Chinese Stir Fry & Noodles [10]	Cheese & Tomato Quiche [10]	Pasta Pomodoro [20]	Butternut Squash Risotto E [10]
Jacket	Jacket Potato & Fillings T [10]	Jacket Potato & Fillings T [10]	Jacket Potato & Fillings T [10]	Jacket Potato & Fillings T [10]	Jacket Potato & Fillings T [10]
Vegetables	Broccoli Fresh - Secondary [50] Mashed Swede - Secondary [50] Edamame Beans [34]	Peas - Secondary [50] Carrots Sliced Fresh - Secondary [50] Edamame Beans [34]	Broccoli Fresh - Secondary [50] Cabbage Fresh - Secondary [50] Edamame Beans [34]	Cauliflower Fresh - Secondary [50] Mixed Vegetables - Secondary [50] Edamame Beans [34]	Peas - Secondary [50] Carrots Sliced Fresh - Secondary [50] Edamame Beans [34]
Carbohydrates	Mixed Salad - Secondary [20] Rice - Secondary [10]	Mixed Salad - Secondary [20] Noodles - Secondary [10]	Mixed Salad - Secondary [20] Potato Wedges Ware - Secondary [20]	Mixed Salad - Secondary [20] Rice - Secondary [20]	Mixed Salad - Secondary [20] Chipped Potatoes - Secondary [20]
Sandwiches	secondary sandwich selection [30]	secondary sandwich selection [30]	secondary sandwich selection [30]	secondary sandwich selection [30]	secondary sandwich selection [30]
Dessert	Pineapple Upside Down [30] Custard [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [20]	Oaty Rhubarb Crumble [30] Custard [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [20]	Fresh Fruit Salad & Yoghurt [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [20]	Banana & Chocolate Sponge [30] Chocolate Custard [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [20]	Apricot Bar [30] Custard [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [20]
Drinks	Drinks Secondary [55]	Drinks Secondary [55]	Drinks Secondary [55]	Drinks Secondary [55]	Drinks Secondary [55]

North Yorkshire County Caterers

25 Jun 2009
11:22

Menu Cycle (5 Menus)

nutrition

Nutrition Plan: sa09wks3 Secondary Autumn 09 week 3

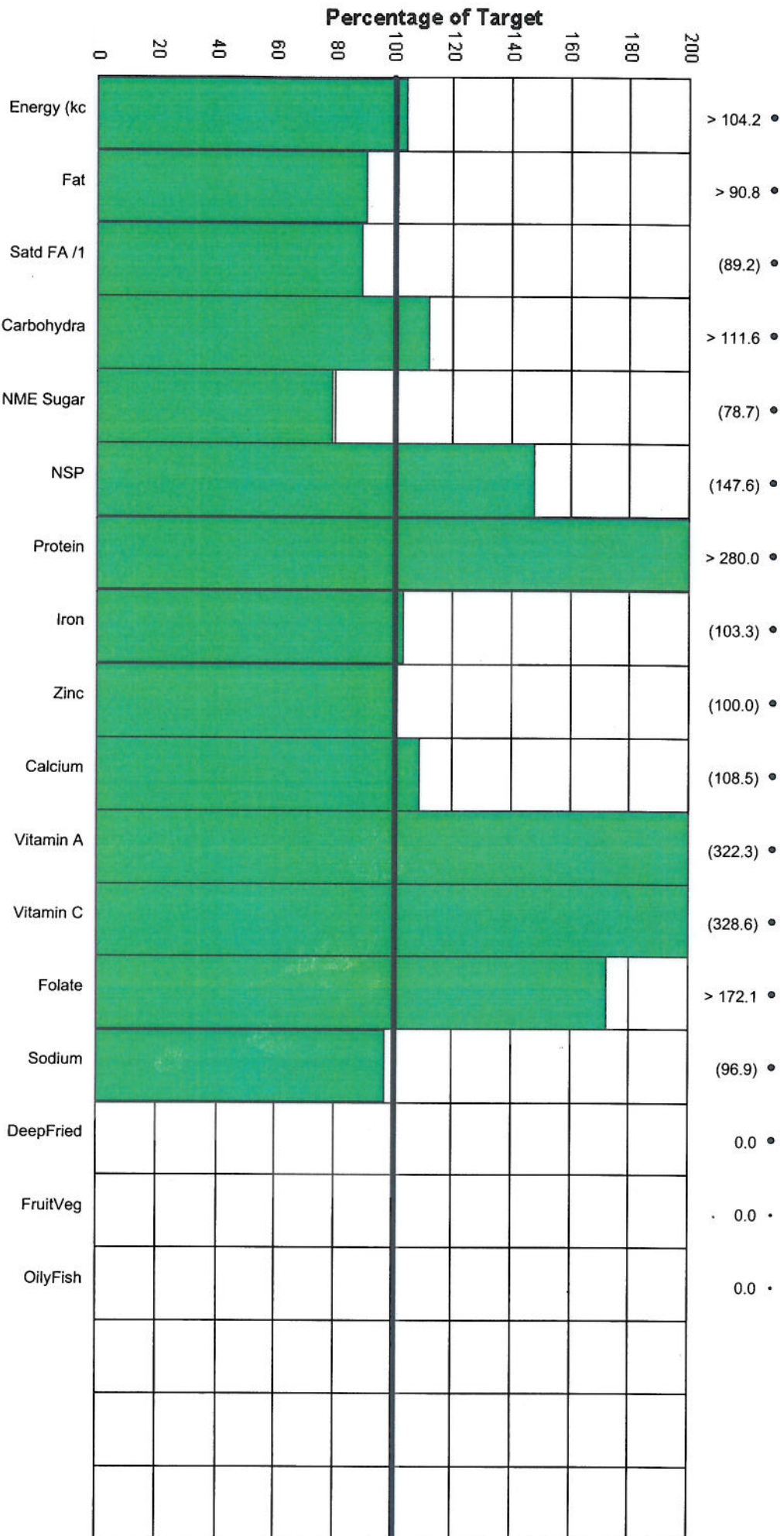
Menu Course	Secondary Autumn 09 wk 3 Monday	Secondary Autumn 09 wk 3 Tuesday	Secondary Autumn 09 wk 3 Wednesday	Secondary Autumn 09 wk 3 Thursday	Secondary Autumn 09 wk 3 Friday
Hot Meal Choice	Minced Beef Pie [20] Gravy T [20] Sweet & Sour Pork [20]	Chicken & Vegetable Casserole E [30] Minced Beef Lasagne [10]	Salmon & Fish Pie New E [30] Chicken Tikka Masala E [15]	Roast Pork & Apple Sauce [20] Gravy T [20] Beef Chilli [20]	Fish Goujons [25] Beef Tagliatelle [20]
Vegetarian	Roast Tomato & Basil Pasta [20]	Spinach and Sweet Potato Curry & Rice E [20]	Pasta and Bean Bake [15]	Vegetarian Shepherds Pie [20]	Wholemeal Pizza Slice T [15]
Jacket	Jacket Potato & Fillings T [10]	Jacket Potato & Fillings T [10]	Jacket Potato & Fillings T [10]	Jacket Potato & Fillings T [10]	Jacket Potato & Fillings T [10]
Vegetables	Broccoli Fresh - Secondary [50] Carrots Sliced Fresh - Secondary [50] Edamame Beans [34] Mixed Salad - Secondary [20]	Sweetcorn - Secondary [50] Washed Swede, Carrots & Parsnip [50] Edamame Beans [34] Mixed Salad - Secondary [20]	Broccoli Fresh - Secondary [50] Red Cabbage - Secondary [50] Edamame Beans [34] Mixed Salad - Secondary [20]	Green Beans Sliced - Secondary [50] Roasted Vegetables [50] Edamame Beans [34] Mixed Salad - Secondary [20]	Peas - Secondary [50] Broccoli Fresh - Secondary [50] Edamame Beans [34] Mixed Salad - Secondary [20]
Carbohydrates	Rice - Secondary [20] Lyonnaise Potatoes E [20]	Rice - Secondary [20] Creamed Potatoes Ware - Secondary [30]	Rice - Secondary [15]	Rice - Secondary [20] New Potatoes - Secondary [20]	Chipped Potatoes - Secondary [40]
Sandwiches	secondary sandwich selection [30]	secondary sandwich selection [30]	secondary sandwich selection [30]	secondary sandwich selection [30]	secondary sandwich selection [30]
Dessert	Lemon Steamed Sponge E [30] Custard [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [20]	Fresh Fruit Salad & Yoghurt [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [20]	Oaty Peach & Apricot Crumble [30] Custard [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] secondary traybakes [5]	Treacle & Date Sponge [30] Custard [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [20]	Fruity Gingerbread [30] Custard [30] Fresh Fruit Salad [12] Yoghurt Mixed - Secondary [25] Fresh Fruit - Secondary E [5] secondary traybakes [20]
Drinks	Drinks Secondary [55]	Drinks Secondary [55]	Drinks Secondary [55]	Drinks Secondary [55]	Drinks Secondary [55]

North Yorkshire County Caterers

Nutrition Chart - Nutrition Plan

21 May 2009
15:00
nutrition

Nutrition Plan: pca09
Nutrition Rule: Prim Lunch
Autumn 09 Choice
Primary Lunch



North Yorkshire County Caterers

10 Jun 2009
10:38

Menu Cycle With Costs (5 Menus)

nutrition

5 Nutrition Plan:

pca09w1

Autumn 09 Choice w1

Menu Course	Autumn 09 Choice w1 Monday	Autumn 09 Choice w1 Tuesday	Autumn 09 Choice w1 Wednesday	Autumn 09 Choice w1 Thursday	Autumn 09 Choice w1 Friday	Average
Hot Meal Choice	Fish Fingers [90]	Beef Stew and Dumplings [80]	Chicken Korma [90]	Lasagne [90]	Sausages [90] Yorkshire Pudding [90] Gravy [90]	
Vegetarian	Cheese, Potato & Leek Bake [10]	Vegetarian Shepherds Pie [20]	Vegetarian Bolognaise [10]	H/M Veggie Burger [10]	Roasted Vegetable Pasta [10]	
Vegetables	Baked Beans [100]	Cabbage Fresh [100]	Raita [100]	Vegetable Sticks [100]	Mashed Carrots and Swede Fresh [100] Green Beans Sliced [100]	
Carbohydrates	Potato Wedges Fresh [100]	Carrots Sliced Fresh [100]	Peas [100]	H/M Garlic Bread [100]	Parsley Potatoes [90]	
	Poppy Seed Bread accp [100]	Creamed Potatoes Prepared [80]	Brown Rice [100]	H/M Wholemeal Bread Acct [100]		
Dessert	Oaty Apple Crumble [86]	Pears with Chocolate Custard [86]	Chevy Oat & Seed Bars with Cheese [86]	Sultana Sponge [86]	Arctic Roll and Mandarins [86]	
	Custard Pouring [86]	Yoghurt Mixed [7]	Yoghurt Mixed [7]	Custard Pouring [86]	Yoghurt Mixed [7]	
	Yoghurt Mixed [7]	Fresh Fruit [7]	Fresh Fruit [7]	Yoghurt Mixed [7]	Fresh Fruit [7]	
	Fresh Fruit [7]					
Bread		Pitta Bread Acct [100]	Naan Bread [100]			
Cost Per Head:	0.64	0.58	0.71	0.59	0.54	0.61

North Yorkshire County Caterers

Menu Cycle With Costs (5 Menus)

10 Jun 2009

10:38

nutrition

Nutrition Plan: pca09w2 Autumn 09 Choice w2

Menu Course Autumn 09 Choice w2 Autumn 09 Choice w2 Autumn 09 Choice w2 Autumn 09 Choice w2 Friday Average
 Monday Tuesday Wednesday Thursday

Hot Meal Choice	French bread Pizza [90]	Turkey & Sweetcorn Pie [80]	Savoury Minced Beef Jacket Potato [80]	Roast Chicken [90]	Battered Fish [90]	
Vegetarian	Two Bean Simmer Pot [10]	Veggie Pasta [20]	Mushroom & Bean Stroganoff [20] Brown Rice [20]	Italian Chick Pea and Pasta Stew [10]	Sweet Potato & Veg Bake [10]	
Vegetables	Peas [100] Sweetcorn [100]	Carrots Sliced Fresh [100] Green Beans Sliced [100]	Mixed Vegetables [100] Broccoli Fresh [100]	Carrots Sliced Fresh [100] Cauliflower Fresh [100]	Peas [100] Grated Carrot [100]	
Carbohydrates	Potato Wedges Fresh [100] H/M Wholemeal Bread Acct [100]	Parsley Potatoes [80]	H/M Tomato Bread Acct [100]	Creamed Potatoes Prepared [90]	Chipped Potatoes [100] Wholemeal Bread Sliced Acct [100]	
Dessert	Sticky Date & Apple Bars [72] Yoghurt Mixed [14] Fresh Fruit [14]	Chocolate Orange Sponge [86] Custard Pouring [86] Yoghurt Mixed [7] Fresh Fruit [7]	Berry Muffin [86] Yoghurt Mixed [7] Fresh Fruit [7]	Peach Crisp [86] Custard Pouring [86] Yoghurt Mixed [7] Fresh Fruit [7]	Yoghurt Mixed [80] Fruit Platter 2 [20]	
Bread		Crusty White Bread Acct [100]		H/M Garlic Bread Acct [100]		
Cost Per Head:	0.45	0.45	0.70	0.57	0.63	0.56

North Yorkshire County Caterers

Menu Cycle With Costs (5 Menus)

10 Jun 2009
10:38
nutrition

Autumn 09 Choice w3

Autumn 09 Choice w3 Monday
Autumn 09 Choice w3 Tuesday
Autumn 09 Choice w3 Wednesday
Autumn 09 Choice w3 Thursday
Autumn 09 Choice w3 Friday
Average

Menu Course	Autumn 09 Choice w3	Autumn 09 Choice w3	Autumn 09 Choice w3	Autumn 09 Choice w3	Autumn 09 Choice w3	Average
Hot Meal Choice	Cheese Catherine Wheel [90]	Chicken In Tomato Sauce [80]	Salmon <i>Chopped</i> [80]	Minced Beef Tortilla Wrap [80]	Savoury Meatballs [90]	
Vegetarian	Lemony Tuna Spaghetti [10]	Vegetable Hot Pot [20]	Chick Pea Pita Pocket [20]	Macaroni Cheese [20]	Fruity Barbecue Sauce [90]	
Vegetables	Broccoli Frozen [100] Ratatouille [100]	Peas [100] Sweetcorn [100]	Green Salad [100] Coleslaw [100]	Sweetcorn [100] Broccoli Fresh [100]	Pea & Potato Croquettes [10]	
Carbohydrates	Jacket Potato [90]	Noodles [100] H/M Wholemeal Bread Acct [100]	Chipped Potatoes [100] H/M Sunflower Seed Bread Acct [100]	Potato Wedges Fresh [100]	Green Beans Sliced [100] Carrots Sliced Fresh [100]	
Dessert	Rice Pudding with Peaches [86] Yoghurt Mixed [7] Fresh Fruit [7]	Banana Brownies [86] Yoghurt Mixed [7] Fresh Fruit [7]	Marble Sponge [86] <i>Choc Sauce</i> Yoghurt Mixed [7] Fresh Fruit [7]	Fresh Fruit Salad with Yoghurt [80] Yoghurt Mixed [10] Fresh Fruit [10]	Pasta Spirals [100]	
Bread	H/M Garlic Bread Acct [100]			H/M Herbie Bread Acct [100]	Fruity Gingerbread [86] Custard Pouring [86] Yoghurt Mixed [7] Fresh Fruit [7]	
Cost Per Head:	0.68	0.58	0.70	0.83	0.57	0.67