

June 2017 Lunch Menu Food Standards Checklist

Fieldhead Carr Primary		Standards met? (P or O)		
Food Group	Food-based standards for school lunches	Week 1	Week 2	Week 3
Starchy Food	One or more portions of food from this group every day	P	P	P
	Three or more different starchy foods each week	P	P	P
	One or more wholegrain variety of starchy food each week	P	P	P
	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>)	P	P	P
	Bread – with no added fat or oil - must be available every day	P	P	P
Fruit and Vegetables	One or more portions of vegetables or salad as an accompaniment every day	P	P	P
	One or more portions of fruit every day	P	P	P
	A dessert containing at least 50% fruit two or more times each week	P	P	P
	At least three different fruits and three different vegetables each week	P	P	P
Meat, Fish, Eggs, Beans, and other non-dairy sources of Protein	A portion of food from this group every day	P	P	P
	A portion of meat or poultry on three or more days a week	P	P	P
	Oily fish once or more every three weeks	P	P	P
	For vegetarians, a portion of non-dairy protein three or more days a week	P	P	P
	A meat or poultry product (<i>manufactured or homemade and meeting the legal requirements</i>) no more than once a week in primary schools and twice a week in secondary schools (<i>Applies across the whole school day</i>)	P	P	P
Milk and Dairy	A portion of food from this group every day	P	P	P
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>)	P	P	P
	No more than two portions of food which include pastry each week (<i>Applies across the whole school day</i>)	P	P	P
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (<i>Applies across the whole school day</i>)	P	P	P
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food	P	P	P
	No confectionary, chocolate, or chocolate-coated products (<i>Applies across the whole school day</i>)	P	P	P
	Desserts, cakes and biscuits are allowed at lunch time. They must not contain any confectionary	P	P	P
	Salt must not be available to add to food once it has been cooked	P	P	P
	Any condiments limited to sachets or portions for no more than 10g or one teaspoonful	P	P	P
Healthier Drinks	Free, fresh drinking water at all times	P	P	P