

Feeding Young Minds...

We use the freshest, most natural ingredients we can.

Children learn better when they've had a good, healthy lunch. That's why using fresh and natural ingredients is so important to our culture as Education Caterers.

Our Food

- At least 75% of the dishes on the menu will be cooked from scratch and prepared using fresh, natural ingredients.
- Our menus are designed to be nutritionally balanced, appetising and healthy. All of our menus meet the requirements of the School Food Standards and each menu cycle is checked against the criteria before they are issued.
- Menus incorporate the best seasonal foods on offer.
- Where possible we always use locally grown fruit and vegetables on our menus. A salad bar with a variety of freshly prepared produce is provided at lunchtime.
- Fresh fruit and yoghurt is always available as an alternative to the daily dessert option.
- Healthy eating is easy and accessible to everyone.
- Our menus incorporate a fun fruit day to encourage children to eat fresh and seasonal fruits as their dessert.
- Free fresh drinking water is prominently available and provided with every meal.
- Meals are available for everyone and are completely inclusive. All children who require a meal due to cultural requirements, medical conditions, food allergies or intolerances can be provided with suitable tasty meals.
- Food is Fun – regular theme menus take place which reflect traditions, sporting events, City wide and Worldwide events, engaging children and making lunchtime more exciting.

Our Standards

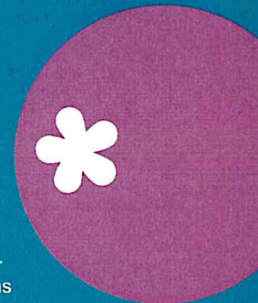
- All our kitchen staff undertake an accredited training course to Level 2 in Food Safety and Hygiene.
- A strict food safety management system (HACCP) is in place in each kitchen.
- All our suppliers conform to current industry Food Safety and Labelling legislation.
- All our meals are made using healthy, seasonal, traceable and sustainable food items and are available to all.
- Our menus do not contain hydrogenated fats or artificial colours linked to or known to cause adverse reactions in children.

Our Produce

- We use local UK farm assured meat.
- We source environmentally sustainable and ethical foods.
- Fish served on our menus is caught responsibly and is from sustainable sources. All the tuna purchased and supplied is "dolphin friendly".
- No fish is served from the Marine Conservation Society "fish to avoid list".
- We use only free range eggs currently sourced and supplied from Yorkshire.
- Information regarding the provenance of the food we serve is available for display in school.



We use Fair Trade, and Red Tractor products wherever possible...



It's all about working together

Maintaining good working relationships with our Customers and Suppliers is really important to us.



September 2017 Lunch Menu Food Standards Checklist				
New Bewerley Community School		Standards met? (✓ or ✗)		
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	✓	✓	✓
	Three or more different starchy foods each week	✓	✓	✓
	One or more wholegrain variety of starchy food each week	✓	✓	✓
	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>)	✓	✓	✓
	Bread – with no added fat or oil - must be available every day	✓	✓	✓
Fruit and Vegetables	One or more portions of vegetables or salad as an accompaniment every day	✓	✓	✓
	One or more portions of fruit every day	✓	✓	✓
	A dessert containing at least 50% fruit two or more times each week	✓	✓	✓
	At least three different fruits and three different vegetables each week	✓	✓	✓
Meat, Fish, Eggs, Beans, and other non-dairy sources of Protein	A portion of food from this group every day	✓	✓	✓
	A portion of meat or poultry on three or more days a week	✓	✓	✓
	Oily fish once or more every three weeks	✓	✓	✓
	For vegetarians, a portion of non-dairy protein three or more days a week	✓	✓	✓
	A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice a week in secondary schools (<i>Applies across the whole school day</i>)	✓	✓	✓
Milk and Dairy	A portion of food from this group every day	✓	✓	✓
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>)	✓	✓	✓
	No more than two portions of food which include pastry each week (<i>Applies across the whole school day</i>)	✓	✓	✓
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (<i>Applies across the whole school day</i>)	✓	✓	✓
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food	✓	✓	✓
	No confectionary, chocolate, or chocolate-coated products (<i>Applies across the whole school day</i>)	✓	✓	✓
	Desserts, cakes and biscuits are allowed at lunch time. They must not contain any confectionary	✓	✓	✓
	Salt must not be available to add to food once it has been cooked	✓	✓	✓
	Any condiments limited to sachets or portions for no more than 10g or one teaspoonful	✓	✓	✓
Healthier Drinks	Free, fresh drinking water at all times	✓	✓	✓