

### **Statement of compliance with the School Food Standards – Ebor Academy Trust**

Hutchison Catering Ltd primary menus are changed three times per year (Spring, Summer & Autumn/Winter) to incorporate seasonality and ensure children are provided with a variety of dishes throughout the year.

Each menu is planned by our Nutritionist Laura Whiting, to incorporate a balance of pupil's favourites, alongside new innovative dishes to encourage children to expand their tastes. Menus are then checked against the School Food Standards using a checklist tool to ensure compliance (see checklist for our upcoming Spring 23 menu on the next page).

The central menu is shared with our clients and catering teams who are given the opportunity to make tweaks to the menu according to pupil's preferences. Amended menus are checked again against the standards and any areas of non-compliance highlighted to the client. Clients will then agree if they are happy to go ahead with the non-compliant menu or tweak to ensure compliance. E.g. For the Autumn Winter menu, we were asked to add Yorkshire puddings onto the menu with all roast dinners at all schools and on advisement that this would make some menus non-compliant, we were instructed to continue with this amendment.

All recipes are developed inline with the portion size guidance published in *School Food Standards: A Practical Guide for School Cooks and Caterers* and nutritionally analysed. Good practice guidance published within this guide is also followed, including, minimising the use of ready prepared sauces and added salt and sugar in recipes, using lean cuts of meat and baking or steaming instead of frying.

# School Food Standards checklist for Spring 23 Menu

Standard	Week	Compliant	Comment
<b>Starchy Foods</b>			
One or more portions of food from each group every day	Week 1	Y	
	Week 2	Y	
	Week 3	Y	
Three or more different starchy foods each week	Week 1	Y	
	Week 2	Y	
	Week 3	Y	
One or more wholegrain varieties of starchy food each week	Week 1	Y	
	Week 2	Y	
	Week 3	Y	
Starchy food cooked in fat or oil no more than 2 days each week (applies to food served across the whole school day)	Week 1	Y	
	Week 2	Y	
	Week 3	Y	
Bread: with no added fat or oil –must be available daily		Y	
<b>Fruit and Vegetables</b>			
One or more portions of vegetables or salad as an accompaniment every day		Y	
One or more portions of fruit every day		Y	
A dessert containing at least 50% fruit 2 or more times each week	Week 1	Y	
	Week 2	Y	
	Week 3	Y	
At least 3 different fruits each week		Y	
At least 3 different vegetables each week		Y	
<b>Meat, Fish, Beans and other non-dairy sources of protein</b>			
A portion of food from this group everyday	Week 1	Y	
	Week 2	Y	
	Week 3	Y	
A portion of meat or poultry on three or more days each week	Week 1	Y	
	Week 2	Y	
	Week 3	Y	
Oily Fish once or more every three weeks			
For vegetarians, a portion of non-dairy protein three or more days per week	Week 1	Y	
	Week 2	Y	
	Week 3	Y	
A manufactured meat or poultry product (manufactured or homemade) no more than twice a week in secondary school and once primary school	Week 1	Y	
	Week 2	Y	
	Week 3	Y	

Standard	Week	Compliant	Comment
<b>Milk and Dairy Foods</b>			
A portion of food from this group every day		Y	
Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours			Responsibility of the school
<b>Foods high in fat, sugar and salt</b>			
No more than 2 portions per week of food that has been deep-fried, batter or breadcrumb-coated (applies across the school day)	Week 1	Y	
	Week 2	Y	
	Week 3	Y	
No more than two portions of food which include pastry each week (applies across the school day)	Week 1	Y	
	Week 2	Y	
	Week 3	Y	
No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the school day)		Y	
Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food		Y	
No confectionery, chocolate and chocolate coated products (applies across the school day)		Y	
Desserts, cakes and biscuits are allowed at lunchtime – they must not contain confectionery		Y	
Salt must not be available to add to food after it has been cooked		Y	
Any condiments limited to sachets or portions of no more than 10 grams or one teaspoon full		Y	
<b>Healthier Drinks</b>			
Free fresh drinking water at all times		Y	
The only drinks permitted are: Plain water (still or carbonated) - Lower fat milk or lactose reduced milk - Fruit or vegetable juice (max 150ml) - Plain soya, rice or oat drinks enriched in calcium; plain fermented milk e.g. yogurt drinks - Unsweetened combination of fruit or vegetable juice with plain water (still or carbonated) - Combinations of fruit juice and lower fat milk or plain soya, rice or oat drinks enriched with calcium e.g. cocoa and lower fat milk; flavoured lower fat milk - Tea, coffee, hot chocolate		Y	

