

## FOOD @ Maiden Beech Academy



Maiden Beech Academy is pleased to be working in partnership with two local First Schools; Haselbury Plucknett and Hinton St George to provide infant meals.

***Food 4 Thought***



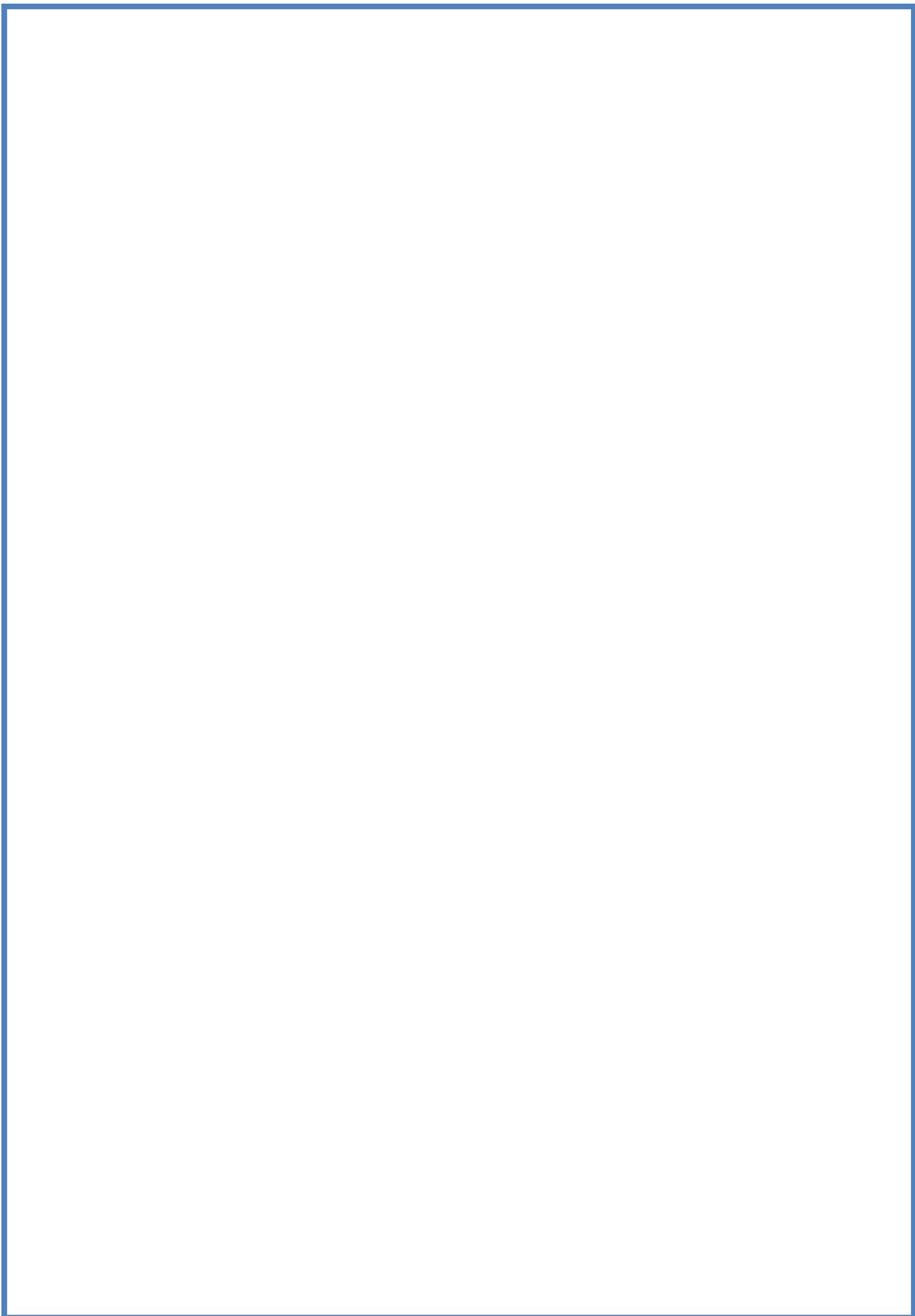
The 'Universal Infant Free School Meal (UIFSM)' initiative started in September 2014 and provides a free daily meal for all pupils in reception, year 1 and year 2. In January 2015 the government introduced new food standards (see poster overleaf). In order to meet these new food standards we have reviewed our two week menu programme and made some changes.

If you have a child in year 3 or 4 and would like to pay for a meal for them the price of a meal will be £2.50 a day, £12.50 a week. You can pre-order at the same time as ordering your free school meals, cheques should be made payable to your first school.

### ORDERING

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Parents are requested to order meals for their children using an order form. Order forms are available from each First School office.





# The School Food Standards

*Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers.*

*These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.*

*As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to [www.schoolfoodplan.com/www](http://www.schoolfoodplan.com/www) to find examples of what other schools are doing to encourage children to eat well.*

*Remember to use Government Buying Standards for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children's diets.*

\* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs



## 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



## Foods high in fat, sugar and salt

No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week\*

No more than two portions of food which include pastry each week\*

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat\*

Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food

No confectionery, chocolate or chocolate-coated products\*

Desserts, cakes and biscuits are allowed only at lunchtime. They must not contain any confectionery

Salt must not be available to add to food after it has been cooked\*

Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful\*



## Milk and dairy

A portion of food from this group every day

Lower fat milk must be available for drinking at least once a day during school hours



## 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 each week

Oily fish once or more every three weeks

For vegetarians, a portion of non-dairy protein on three or more days each week

A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools\*

## Food provided outside lunch

• Fruit and/or vegetables available in all school food outlets

• No savoury crackers and breadsticks

• No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)



## Starchy food

One or more wholegrain varieties of starchy food each week

One or more portions of food from this group every day

Three or more different starchy foods each week

Starchy food cooked in fat or oil no more than two days each week\*

Bread - with no added fat or oil - must be available every day



## Healthier drinks\*

Free, fresh drinking water at all times

The only drinks permitted are:

- Plain water (still or carbonated)
- Lower fat milk or lactose reduced milk
- Fruit or vegetable juice (max 150 mls)
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
- Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
- Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey
- Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice



# MENU – WEEK 1

**MONDAY**

**PASTA SHAPES WITH BOLOGNESE SAUCE, two vegetables**

**Crackers and cheese**



**TUESDAY**

**SAUSAGE, MASHED POTATO, BEANS and one other vegetable**

**Angel Delight**



**WEDNESDAY**

**ROAST CHICKEN OR PORK, roast potatoes, Yorkshire pudding and two vegetables**

**Fruit yogurt**



**THURSDAY**

**LASAGNE GARLIC BREAD & SALAD**

**Fruit cakes (Either: Apple cake, carrot cake, pear & chocolate, date & chocolate etc.)**



**FRIDAY**

**FISH FINGER, CHIPS, PEAS and SWEETCORN**

**Fruit crumble & custard**



# VEGETARIAN MENU – WEEK 1

**MONDAY**

**VEGETARIAN BOLOGNESE  
WITH PASTA SHAPES,  
two vegetables**

**Crackers and cheese**



**TUESDAY**

**VEGETARIAN SAUSAGE,  
MASHED POTATO, BEANS  
and one other vegetable**

**Angel Delight**



**WEDNESDAY**

**VEGETABLE SAUSAGE  
roast potatoes, Yorkshire  
pudding and two veg  
Fruit Yogurt**



**THURSDAY**

**VEGETARIAN LASAGNE  
GARLIC BREAD & SALAD**

**Fruit cakes (Either: Apple  
cake, carrot cake, pear &  
chocolate, date & chocolate etc.)**



**FRIDAY**

**OMELETTE CHIPS, PEAS  
and SWEETCORN  
Fruit crumble & custard**



## MENU – WEEK 2

**MONDAY**

**BEEF BURGER, MASHED POTATO, BAKED BEANS and one other vegetable**

**Fruit Yogurt**



**TUESDAY**

**PORK MEATBALLS IN TOMATO SAUCE WITH PASTA & two vegetables**

**Milkshake & cookie**



**WEDNESDAY**

**PEPPERONI OR HAM PIZZA  
Salad, wedge potatoes**

**Fruit tart and custard**



**THURSDAY**

**ROAST DINNER (Either Beef, Turkey or Gammon) YORKSHIRE PUDDING, ROAST POTATOES & two vegetables**

**Angel Delight**



**FRIDAY**

**WHITE FISH or SALMON FISHCAKES POTATO CROQUETTES, PEAS and SWEETCORN**

**Fruit salad and cream**



## VEGETARIAN MENU – WEEK 2

**MONDAY**

**VEGETABLE BURGER WITH MASHED POTATO, BAKED BEANS and one other vegetable**

**Fruit Yogurt**



**TUESDAY**

**CAULIFLOWER, BROCCOLLI and pasta CHEESE with garlic bread**

**Milkshake & cookie**



**WEDNESDAY**

**CHEESE & TOMATO PIZZA wedge potatoes & salad**  
**Fruit tart and custard**



**THURSDAY**

**VEGETARIAN SAUSAGE, ROAST POTATOES & two vegetables**

**Angel Delight**



**FRIDAY**

**QUORN BURGER, new potatoes, PEAS AND SWEETCORN**

**Fruit salad and cream**



## Additional Information

- We are happy to offer a jacket potato meal as a third option on each day. However, in order to meet the food standards your child can order this option only once in each week.

**JACKET POTATO WITH CHEESE OR BEANS or  
JACKET POTATO WITH TUNA MAYONNAISE**



## New Food Standards January 2015

- To meet the wholegrain requirement, from January 2015 any pasta and rice used in our menus will be 50/50 wholegrain.
- To meet the oily fish standard you can choose between white fish or salmon fishcakes in week 2.
- Milk and fruit juice (max 150ml) are available for pupils to drink each day
- A selection of fresh fruit will be available for pupils each day
- Bread without oil or spread will be available daily

## New Food Information Regulations 2014 (FIR)

To meet the new FIR regulations allergen information will be detailed in an overview sheet, which will be displayed in each first school and on the schools and our own website. Information will also be included on the labelling of all sandwich products.

As an alternative to the daily cooked meal, if you would like your child to have a packed lunch, this can be ordered instead of the hot food options above. However due to the new food standards all sandwiches, rolls, baguette and wraps must include at least two portions of vegetables, so salad will be included with each packed lunch. To meet the daily milk requirement a yogurt will be included in all packed lunches.

The packed lunch includes:



*A Baguette*

OR



*Sandwiches*

*Brown or white bread*

AND



*Wrap*

AND



*A drink*

AND



*A piece of fruit*



*Yogurt*

Allergen information is displayed in each first school. To reflect the new food standards allergen information appears on the next few pages. In some instances products are labelled 'may contain' so we have included these where relevant.

If your child has any other allergies and you require a tailored menu please contact Maiden Beech or your First school to discuss their requirements.

		Cereals (wheat, rye, barley, oats, spelt, kamut)	Crustaceans (lobster, crab, prawns & shellfish)	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts (Almond, hazelnut, walnut, cashew, pecan, brazil, pistachio, macadamia)	Cellery	Mustard	Sesame seeds	Sulphur dioxide & sulphites (10mg/kg or 10mg/litre as SO <sub>2</sub> )	Lupin	Molluscs	
<b>Daily Menu - Monday wk 1</b>																
<b>First Schools</b>	Pasta Bolognese with two vegetables	✓									✓					
	Vegetarian Bolognese (Quorn)	✓		✓						✓						
	Crackers and cheese	✓		✓			✓						✓			
<b>Daily Menu - Tuesday wk 1</b>																
<b>First Schools</b>	Sausage, mashed potato & baked beans	✓		✓			✓	✓			✓		✓			
	Quorn sausage, mashed potato & baked beans	✓		✓				✓								
	Angel Delight	✓					✓	✓								
<b>Daily Menu - Wednesday wk 1</b>																
<b>First Schools</b>	Roast chicken or pork, roast potatoes, Yorkshire pudding and two vegetables	✓		✓				✓								
	Vegetable sausage, roast potatoes, Yorkshire pudding and two vegetables	✓		✓				✓		✓						
	Fruit yogurt							✓								
<b>Daily Menu - Thursday wk 1</b>																
<b>First Schools</b>	Lasagne, garlic bread & salad	✓						✓		✓						
	Vegetarian lasagne, garlic bread & salad	✓		✓				✓								
	A variety of fruit cake (containing at least 50% fruit)	✓		✓												
<b>Daily Menu - Friday wk 1</b>																
<b>First Schools</b>	Jumbo fish finger, chips & 2 veg	✓			✓			✓			✓					
	Vegetarian omelette, chips & 2 veg	✓						✓								
	Fruit crumble and custard	✓						✓								
<b>Available daily</b>																
	Jacket potato with cheese & baked beans <b>or</b> tuna mayo			✓	✓			✓			✓					
<i>Can only be chosen once a week</i>																



## Sandwiches, Baguette & wraps

	Cereals (wheat, rye, barley, oats, spelt, kamut & hybridised strains)	Crustaceans (lobster, crab, prawns & langoustine)	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts Almond, hazelnut, walnut, cashew, pecan, brazil, pistachio, macadamia, queens land nut)	Celery	Mustard	Sesame seeds	Sulphur dioxide & sulphites @ 10mg/kg or 10mg/litre as SO <sub>2</sub>	Lupin	Molluscs
Egg Mayo	✓		✓				✓			✓				
Tuna Mayo	✓		✓	✓			✓			✓				
Cheese	✓						✓							
Ham	✓													
Corned beef	✓													
BLT - Bacon, lettuce and tomato	✓													
Coronation chicken	✓		✓				✓			✓				

All sandwich products will be labelled individually showing any relevant allergens

## Cakes & biscuits

Fruit Flapjack	✓		✓											
Carrot cake	✓		✓											
Date & chocolate brownie	✓		✓											
Apple cake	✓		✓											
Pear cake	✓		✓											
Shortbread	✓													
Pre-packed biscuit assortment	✓		✓			✓	✓	✓			✓			

## Christmas lunch

	Cereals (wheat, rye, barley, oats, spelt, kamut & hybridised strains)	Crustaceans (lobster, crab, prawns & langoustine)	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts Almond, hazelnut, walnut, cashew, pecan, brazil, pistachio, macadamia, queens land nut)	Celery	Mustard	Sesame seeds	Sulphur dioxide & sulphites @ 10mg/kg or 10mg/litre as SO <sub>2</sub>	Lupin	Molluscs
<b>Christmas main options</b>														
Turkey, roast potatoes, veg														
stuffing ball	✓					✓								
pork sausage in bacon														
gravy	✓		✓				✓		✓					
<b>Vegetarian Christmas main options</b>														
Quorn meat free roast, stuffing ball (as above)			✓				✓							
gravy (as above)														
<b>Christmas puddings</b>														
Christmas pudding	✓							✓						
Chocolate yule log	✓		✓			✓	✓							
Deep filled mince pie	✓							✓				✓		
Cream							✓							