

Adapted by The Health & Wellbeing Service from The School Food Plan

January 2015 Lunch Menu Food Standards Checklist					
		Standards met? (✓ or ✗)			Comments
Food Group	Food-based standards for school lunches	Week 1	Week 2	Week 3	
	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> )	✓	✓	✓	

<b>Milk and Dairy</b>	A portion of food from this group every day	✓	✓	✓	
<b>Foods High in Fat, Sugar and Salt</b>	✗ 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				

Please Turn Over For Healthy Drinks



<b>Healthier Drinks (Applies across the whole school day)</b>	Free, fresh drinking water at all times	✓	✓	✓	
	<b>The only drinks permitted are:</b>				
	- 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				
	- Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)				
- 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					
- Tea, coffee, hot chocolate					
<p><b>Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice</b></p>					

<b>School Name:</b>	<b>Date:</b>
<b>Reviewer:</b>	<b>Standards met:</b>
<b>Comments: <i>How can this menu be improved?</i></b>	