

## School Lunch Menu Compliance Report

For

Sebright Primary School  
and  
Daubeney Primary School

Prepared for:

Robin Warren  
Aleksandra Krause  
Jatin Shamji

Prepared by:

Dominic Green  
Catering Adviser  
Health Education Partnership

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[www.healtheducationpartnership.com](http://www.healtheducationpartnership.com)

Health Education Partnership Limited (Registered Company No. 07161114) 108 Magdalen Road NR3 4AN

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# School Lunch Menu Compliance Report

## Introduction

This report includes information about the recommended evidence to demonstrate compliance with the school food standards.

### Why have food-based standards been introduced for lunches?

- They define types of food which are no longer allowed or are restricted, in order to replace food high in fat, sugar and salt with more nutritious food and drinks.
- To ensure nourishing food is served more frequently.
- To ensure an immediate improvement in school lunches, allowing time for the more detailed process of developing meals that meet the new nutrient-based standards.

### How the standards will help school age students

- To help students enjoy balanced meals containing good sources of protein and carbohydrate, accompanied by lots of vegetables, salad and fruit.
- These standards mean that the less healthy food choices, high in fat, salt and sugar are replaced by more nutritious options.
- They should have a positive impact on student's health, help encourage them to eat more nutritious food and improve the quality of school food.

### The revised food standards

The revised food-based standard introduced in January 2015 specifies which types of food should be served at school, and how often.

A healthy, balanced diet should consist of:

1. Plenty of fruit and vegetables
2. Plenty of unrefined starchy foods
3. Some meat, fish, eggs, beans and other non-dairy sources of protein
4. Some milk and dairy foods (and a small amount of food and drink high in fat, sugar and/or salt)
5. *Plus*, healthier drinks

#### General principle of new food standards:

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.

# The standards for school lunches



## 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 varieties of starchy food each week

Starchy food cooked in fat or oil no more than two days each week  
(applies across the whole school day)

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



## 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



## Fish, meat, eggs and 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  
(applies across the whole school day)

## Foods high in fat, sugar and salt

No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week  
(applies across the whole school day)

No more than two portions of food which include pastry each week  
(applies across the whole school day)

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat  
(applies across the whole school day)

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

No confectionery, chocolate or chocolate-coated products  
(applies across the whole school day)

Desserts, cakes and biscuits are allowed 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 10 grams or one teaspoonful

## Healthier drinks

applies across the whole school day

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 150mls)

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

Combination drinks are limited to a portion size of 330mls. 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

## Audits and Inspections Checklist – Sebright/Daubeney Primary School

Not familiar with the school food standards / not aware if any evidence has been produced

### ***Final food-based standards for school lunches***

No written menu cycle available

Menu cycle for lunchtime provision available but not yet evaluated against food-based standards

Menu cycle evaluated, all standards not yet met

Menu cycle evaluated, all standards not yet met, evidence of working toward compliance

Menu cycle evaluated, all standards met

Menu cycle evaluated, all standards met, voluntary CFT Drinks Code in place

### ***Food-based standards for all food other than lunches – Not included in this report***

No evidence available

List of foods provided in each outlet available but not yet evaluated

List of foods evaluated, standards not yet met

List of foods evaluated, all standards not yet met, evidence of working toward compliance

List of foods evaluated, all standards met

List of foods evaluated, all standards met, voluntary CFT Drinks Code in place, catering coordinated across the school day

Minimum Evidence

# Checklist for school lunches

NAME OF SCHOOL: Sebright & Daubeney Primary School – July - December 2023		Standard met?		
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 varieties of starchy food each week	✓	✓	✓
	Starchy food cooked in fat or oil no more than two days each week (applies to food served across the whole school day)	✓	✓	✓
	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 each 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 each week in secondary schools, (applies across the whole school day)	✓	✓	✓
MILK AND DAIRY	A portion of food from this group every day	✓	✓	✓
	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours	✓	✓	✓
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 (applies across the whole school day)	✓	✓	✓
	No more than two portions of food which include pastry each week (applies across the whole school day)	✓	✓	✓
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the whole school day)	✓	✓	✓
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food	✓	✓	✓
	No confectionery, chocolate and chocolate-coated products	✓	✓	✓
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery.	✓	✓	✓
	Salt must not be available to add to food after it has been cooked	✓	✓	✓
	Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.	✓	✓	✓
HEALTHIER DRINKS <i>applies across the whole school day</i>	Free, fresh drinking water at all times	✓	✓	✓
	<b>The only drinks permitted are:</b> <ul style="list-style-type: none"> <li>• Plain water (still or carbonated)</li> <li>• Lower fat milk or lactose reduced milk</li> <li>• Fruit or vegetable juice (max 150mls)</li> <li>• Plain soya, rice or oat drinks enriched with calcium, yoghurt drinks</li> <li>• Unsweetened combinations of fruit or vegetable juice with plain water</li> <li>• 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</li> </ul> Combination drinks are limited to a portion size of 330mls. 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	✓	✓	✓

## Meeting the Food Standards

The following changes to the school menu are recommended to meet the mandatory school food standards

### STARCHY FOOD

**Rationale:** these revisions have been proposed to increase variety and ensure adequate provision of energy, carbohydrate, and fibre whilst limiting the amount of fat.

<i>One or more portions of food from this group every day</i>	✓
<i>Three or more different starchy foods each week</i>	✓
<i>One or more wholegrain varieties of starchy food each week</i>	✓
<i>Starchy food cooked in fat or oil no more than two days each week (applies to food served across the whole school day)</i>	✓
<i>Bread - with no added fat or oil - must be available every day</i>	✓

Recommendation: **Standard Met**

### FRUIT AND VEGETABLES

**Rationale:** these revisions have been proposed to increase the overall provision and variety of vegetables and fruit which will help contribute towards the fibre, folate, vitamin A and vitamin C content of the average school lunch.

<i>One or more portions of vegetables or salad as an accompaniment every day</i>	✓
<i>One or more portions of fruit every day</i>	✓
<i>A dessert containing at least 50% fruit two or more times each week</i>	✓
<i>At least three different fruits, and three different vegetables each week</i>	✓

Recommendation: **Standard Met**

### MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN

**Rationale:** these revisions have been proposed to ensure adequate provision of protein, iron and zinc to replace the minimum levels currently specified in the nutrient-based standards and increase variety.

<i>A portion of food from this group every day</i>	✓
<i>A portion of meat or poultry on three or more days each week</i>	✓
<i>Oily fish once or more every three weeks</i>	✓

<i>For vegetarians, a portion of non-dairy protein three or more days a week</i>	✓
<i>A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice each week in secondary schools, (applies across the whole schoolday)</i>	✓

*Meat and poultry products – processed or home-made products*

**Rationale:** to simplify the standard and to control for fat, saturated fat and salt to replace the maximum levels specified in the nutrient-based standards.

Recommendation: **Standard Met**

## MILK AND DAIRY

**Rationale:** these revisions have been proposed to ensure adequate provision of protein, calcium and zinc and address the low consumption of drinking milk especially amongst secondary-aged pupils.

<i>A portion of food from this group every day</i>	✓
<i>Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours</i>	✓

Recommendation: **Standard met**

## FOODS HIGH IN FAT, SUGAR AND SALT

**Rationale:** these revisions have been proposed to limit the provision of fat, saturated fat, sugar and salt.

<i>No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated</i>	✓
<i>No more than two portions of food which include pastry each week</i>	✓
<i>No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat</i>	✓
<i>Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food</i>	✓
<i>No confectionery, chocolate and chocolate-coated products</i>	✓
<i>Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery.</i>	✓
<i>Salt must not be available to add to food after it has been cooked</i>	✓
<i>Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.</i>	✓

Recommendation: **Standard Met**



## HEALTHIER DRINKS

**Rationale:** Capping the overall size of combination drinks to 330ml will help to control the amount of NMES (added sugar), fat and saturated fat. Capping the size of fruit juice to 150ml is in line with Public Health England recommendations and will help to control the amount of sugar (NMES) in the average school lunch.

<i>Free, fresh drinking water at all times</i>	✓
<p><i>The only drinks permitted are:</i></p> <ul style="list-style-type: none"> <li>• <i>Plain water (still or carbonated)</i></li> <li>• <i>Lower fat milk or lactose reduced milk</i></li> <li>• <i>Fruit or vegetable juice (max 150mls)</i></li> <li>• <i>Plain soya, rice or oat drinks enriched with calcium, yoghurt drinks</i></li> <li>• <i>Unsweetened combinations of fruit or vegetable juice with plain water</i></li> <li>• <i>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</i></li> <li>• <i>Tea, coffee, hot chocolate</i></li> </ul> <p><i>Combination drinks are limited to a portion size of 330mls. 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</i></p>	✓

Recommendation: **Standard Met**

## Sebright & Daubeney Primary School Menu – Autumn Term 2023 – Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Roasted pumpkin mac&amp; cheese (G,Mk)</b>  <b>Stir fried rice with mixed vegetables and beans (Sb)</b>  <b>Baguette (G)</b>  <b>Roasted broccoli, pumpkin seeds&amp; corn salad</b>  <b>Tomato wedges</b>  <b>Couscous citrus salad (G)</b>  <b>Apple,pear&amp;coconut crumble (G) with vanilla custard (Mk)</b>  <b>Orange wedges</b>	<b>Homemade Meatballs tagine</b>  <b>Double bean and roasted pepper chilli</b>  <b>Steamed basmati rice 50/50</b>  <b>Sliced bread (G)</b>  <b>Steamed carrots and green beans</b>  <b>Iceberg and chive</b>  <b>Perfect potato salad (Mu)</b>  <b>Fruit jelly</b>  <b>Homemade fruit yogurt (Mk,Sb)</b>  <b>Bananas</b>	<b>Chicken stew with fresh herbs and root vegetables (Ce)</b>  <b>Sausages (G,Sb,Su) &amp; gravy (Ce)</b>  <b>Creamy mash potatoes (Mk)</b>  <b>Sliced bloomer (G)</b>  <b>Steamed peas</b>  <b>Pasta salad (G)</b> <b>Cucumber and dill</b>  <b>Sticky date sponge (G,E)with vanilla custard (Mk)</b> <b>Homemade fruit yogurt (Mk,Sb)</b> <b>Apple wedges</b>	<b>Lamb curry (Ce)</b>  <b>Tomato, butter beans and roasted pepper penne (G)</b>  <b>Steamed basmati rice 50/50</b>  <b>Sliced baguette (G)</b>  <b>Crunchy green salad</b>  <b>Beetroot, feta &amp; mint salad (Mk)</b>  <b>Homemade fruit yogurt (Mk,Sb)</b>  <b>Choice of apple &amp; orange wedges and bananas</b>	<b>Fish of the day MSC (G,F)</b> <b>Tartar sauce (Mu)</b>  <b>Fishless fingers (G)</b>  <b>Chips ☺</b>  <b>Sliced mixed bread (G)</b>  <b>Reduced sugar baked beans</b>  <b>Chef's salad</b>  <b>Sweet potato,feta, pear&amp; pomegranate salad</b>  <b>Choice of ice cream (Mk) with fruit coulis</b>  <b>Orange wedges</b>

## Sebright & Daubeney Primary School Menu – Autumn Term 2023 – Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Tomato and mascarpone pasta (G,Mk)</b>  <b>Winter jambalaya</b>  <b>Sliced baguette (G)</b>  <b>Steamed broccoli</b>  <b>Cucumber and corn salad</b>  <b>Crispy lettuce and carrots</b>  <b>Berry and coconut sponge (G,E) with vanilla custard (Mk)</b>  <b>Apple wedges</b>	<b>Tuna mayo (F,Mu)</b>  <b>Reduced sugar baked beans</b> <b>Cheese (Mk)</b>  <b>Jacket potatoes</b>  <b>Sliced bloomer (G)</b>  <b>Mixed lettuce and herbs</b>  <b>Tomato and beetroot salad</b>  <b>Jelly with 50% fruit</b>  <b>Homemade fruit yogurt (Mk,Sb)</b>  <b>Orange wedges</b>	<b>Slow cooked beef chilli con carne</b>  <b>Kidney beans and pineapple curry</b> <b>Steamed basmati rice 50/50</b> <b>Baguette (G)</b>  <b>Steamed sweetcorn</b>  <b>Pasta salad (G,E)</b>  <b>Spinach, radish and carrot salad</b>  <b>Pineapple upside-down cake (G,E) with vanilla custard (Mk)</b>  <b>Bananas</b>	<b>Sweet chilli chicken drums</b>  <b>Homemade gravy (Ce)</b>  <b>Nuggets (G)</b>  <b>Chips ☺</b>  <b>Sliced bloomer (G)</b>  <b>Crispy lettuce, cucumber &amp;dill</b>  <b>Crunchy coleslaw (Ce,Mu)</b>  <b>Choice of homemade fruit yogurt (Mk,Sb)</b>  <b>Apple wedges</b>	<b>Tuna and salmon pasta bake (G,F,Mk)</b>  <b>Pasta shells with veggie balls, spinach &amp; green beans (G,Sb,Su)</b>  <b>Sliced mixed bread (G)</b>  <b>Steamed peas and carrots</b>  <b>Chef's salad</b>  <b>New potato salad (Mu)</b>  <b>Rice pudding (Mk) with fruit compote</b>  <b>Choice of mixed fruits</b>

## Sebright & Daubeney Primary School Menu – Autumn Term 2023 – Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stir fry noodles with quorn and mixed vegetables (G,E,Sb)</b>  <b>Squash biryani (G,Sb,Su)</b>  <b>Samosa served with rice (G)</b>  <b>Sliced bloomer (G)</b>  <b>Crunchy lettuce with grated carrots and cress (Mu)</b>  <b>Cucumber and chives</b>  <b>Wholemeal fruit crumble (G) with vanilla custard (Mk)</b>  <b>Orange wedges</b>	<b>Teriyaki chicken fried rice (Se,Sb)</b>  <b>Sri Lankan sweet potato and coconut curry served with rice</b>  <b>Sliced mixed bread (G)</b>  <b>Steamed broccoli &amp; green beans</b>  <b>Cos lettuce and sweetcorn</b>  <b>Pasta salad (G)</b>  <b>Fruit jelly</b>  <b>Homemade fruit yogurt (Mk,Sb)</b>  <b>Apple wedges</b>	<b>Rich beef and basil Bolognese (Ce)</b>  <b>5 a day ratatouille</b>  <b>Spaghetti (G)</b>  <b>Sliced baguette (G)</b>  <b>Steamed peas</b>  <b>Diced cucumber and peppers</b>  <b>Roasted carrots, peas &amp; beetroot</b>  <b>Choice of apple &amp; orange wedges and bananas</b>  <b>Homemade fruit yogurt (Mk,Sb)</b>	<b>Jerk chicken</b> <b>Homemade gravy (Ce)</b>  <b>Chickpeas, squash and peppers korma (Sb)</b>  <b>Steamed coconut rice 50/50</b>  <b>Sliced bread (G)</b>  <b>Rainbow coleslaw</b> <b>Tomato, red onion &amp; basil</b> <b>Pesto pasta salad (G)</b>  <b>Banana &amp; cherry sponge (G,E) with vanilla custard (Mk)</b>  <b>Orange wedges</b>	<b>Fish of the day MSC (G,F)</b> <b>Tartar sauce (E)</b>  <b>Vegetarian fingers (G,Se)</b>  <b>Onion, spinach &amp; sweet potato tart (G,E,Mk)</b>  <b>Chips ☺</b>  <b>Sliced mixed bread (G)</b>  <b>Chef's salad</b>  <b>Sliced cucumber &amp; dill</b>  <b>Chocolate cake (G,E) with chocolate custard (Mk)</b>  <b>Apple wedges</b>

## Producing evidence of compliance

The governing body is responsible for ensuring that the national school food standards are met. How this is carried out will depend on the catering arrangements within the school. All food and drink provided in schools must meet the national school food standards. Where food is provided by the local authority or a private caterer, compliance with the school food standards should be specified within the catering contract or service level agreement and the caterer should provide the governing body with evidence of compliance with the standards. If the school provides food with an in-house managed catering service it should evaluate the food and drink provision against the standards, and produce evidence of compliance.

There should be a process in place to ensure that catering services are coordinated across all school food and drink outlets to ensure that compliance with the school food standards is maintained. The governing body should ensure that it receives regular reports on compliance with the school food standards as well as take-up of school lunches and financial aspects of school food provision.

Governing bodies are strongly encouraged to work with the senior leadership team to develop a whole school food policy; setting out the school's approach to its provision of food, food education (including practical cooking), the role of the catering team as part of the wider school team and the school's strategy to increase the take-up of school lunches.

### Using evidence of compliance

Evidence of compliance can be used for a number of purposes:

- **Marketing the school food service:** schools can use evidence of compliance as a marketing tool, and include details of their compliant menu in leaflets, on the school website, school profile and at school events and parents evenings.
- **Evidence for inspectors:**
  - **National Healthy Schools Programme:** schools need to demonstrate that they are meeting or exceeding the current mandatory standards for lunches and food other than lunches to achieve the Healthy Eating component of the National Healthy Schools Award.
  - **Ofsted and DfE:** Schools are expected to present evidence about their general approach to food and healthier eating, and to indicate the extent to which they meet the standards for school.
  - **Trading Standards/Environmental Health:** Trading Standards and Environmental Health Officers are employed by the local authority and have a statutory duty to ensure that all food manufactured, supplied or prepared is safe to eat, and is accurately described, presented and labeled. When they visit schools they may want to see evidence that the school food standards are being met.

## Exemptions to the school food regulations

The School Food Regulations do not apply to food provided:

- a. At parties or celebrations to mark religious or cultural occasions
- b. At occasional fund-raising events
- c. As rewards for achievement, good behaviour or effort (healthy options are always preferred)
- d. For use in teaching food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school lunch
- e. On an occasional basis by parents or pupils

Academies established between September 2008 and September 2010 are required to adhere to the standards through a clause in their funding agreements, as do academies and free schools entering into a funding agreement from June 2014. Academies and free schools set up between these dates are encouraged to use the national school food standards as a guide to promote healthy eating and good nutrition in their school.