



# Spring 2022 - Food standard performance



One or more portions of starchy food every day / Three or more different starchy foods each week

We offer a variety of starchy options every day including potatoes, pasta, rice, noodles and bread options. To ensure that children always feel properly fed we always have at least two different starchy options as well as homemade bread. Where we can we have tried to incorporate wholegrain varieties like brown rice and pastas into popular menu items, such as wholegrain fusilli with basil pesto, often as a second option alongside the main. Also many of our recipes such as the Caribbean Chicken Curry and garden vegetable pie have potatoes incorporated into the sauces.



One or more wholegrain varieties of starchy food each week

We incorporate wholegrain varieties into the menu in a variety of ways. This can be done by substituting in wholemeal pastas and brown rice into popular recipes, such as whole wheat spaghetti with tomato & basil sauce or incorporating wholemeal flour into our savoury recipes like chickpea falafels and homemade brown bread. Most of our desserts are 50% wholemeal in favourites such as our oaty apple crumble and carrot, ginger and sunflower seed cake.



Starchy food cooked in fat or oil no more than 2 days each week

We try and fry food as little as possible, currently the only fried item on our menu is Friday's fish and chips. Where possible, with items like potato wedges and falafel we bake them rather than fry which make them significantly healthier and equally as popular.



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

While we want children to fill up on the main components of their school lunch, we offer unlimited bread as part of the lunch offering, to make sure that no children go hungry. We try and offer homemade bread as part of the menu or an option such as pita bread or tortilla.



One or more portions of vegetables or salad as an accompaniment every day

We pride ourselves in going above and beyond the School Food Standards and getting fresh vegetables into all parts of the menu is an important part of our mission. Every school has an unlimited salad bar which children have to have at least one item from alongside their main, this also allows schools to include seasonal vegetables and customise their salad bar to what's popular in their schools. Every main has a different vegetable side alongside it such as the seasonal roast vegetables that are part of our popular roast chicken dinner. We try and incorporate as many vegetables into the main dishes as possible such as the hidden courgettes, carrots, butternut squash and onions that are blended into the tomato and basil sauce that goes on our homemade pizzas and pasta dishes.



One or more portions of fruit every day

We offer a selection of fresh fruit as a dessert option every single day and try and offer as much seasonal variety as is possible within our budget. During the summer months when the students often want lighter options on the menu we incorporate more popular but often more expensive options such as pineapple and melon into the dessert option.



A dessert containing at least 50% fruit, 2 or more times each week

Almost all of our cakes such as the sticky banana cake and chocolate and beetroot cake contain 50% fruit or vegetables. As with many of our menu items we have tried to recreate a lot of the old favourites like apple crumble and chocolate cake and get as many fruits and vegetables as we can into them. We have also decided to try and make the majority of our cakes dairy free, which leads to recipes being healthier and more accessible to dietary requirements.



At least 3 different fruits, and 3 different vegetables each week

The salad bar offers a wide range of vegetables to the students from sliced cucumbers to homemade coleslaw. Alongside this we always offer a different vegetable every day with the main that will always be on their plate. We offer a range of fruits across the week with apples, oranges and bananas as the core offering and fruits like pears and melon on a seasonal rotation.



A portion of meat, fish or protein from this group every day

Our menu's have a meat option two or three days a week, fish on a Friday and at least one meat free day a week. We work with our meat supplier to make sure that menu items like like the bone in chicken thighs we use for jerk chicken with rice & peas is of the highest quality. We have worked closely with our meat supplier to ensure that the processed products they provide like chicken sausages for our sausage and mash also reach these standards. On the vegetarian days we also make sure our menu provides the required amount of protein. For example, the vegetarian chilli we make for our Mexican taco bowls has brown lentils alongside vegan mince and is served with an optional side of cheese.



Oily fish once or more every 3 weeks

High prices on popular fish species like salmon and children's aversion to others such as mackerel can make it difficult to include oily fish within a menu cycle. We have added in sweet & sour salmon with vegetable noodles as part our next menu. For our fish and chips on Friday we also use Young's sustainably sourced MSC pollock fillets which are enriched with Omega 3. This remains a difficult area for all schools to reach the School Food Standards but we are committed to consistently exceeding the mandatory school food standards.



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

While volatile prices have made some products such as lamb almost impossible to put on the menu, we are committed to offering a variety of meat and poultry products. We used minced beef in a range of our recipes such as our bolognese and chicken thighs as part of our peri peri chicken tray bake. In our most recent menu we have used turkey mince in place of beef as a healthy alternative in our chilli con carne.



A portion of milk or dairy every day

We incorporate dairy into various parts of the menu, cheese as part of some recipes like the macaroni cheese or with jacket potatoes, organic yoghurt at least once a week as a dessert option and milk or enriched oat milk-based desserts and sauces such as homemade custard or in our mashed potatoes.



No more than 2 portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated

We try to use as little deep-fried, battered or breaded products as possible. The battered fish we use on Friday's is the only fried product on the menu and we try to substitute deep frying for baking wherever possible. For example, the falafel in our chickpea falafel, carrot & hummus pitta pocket are baked rather than fried.



No more than 2 portions of food which include pastry each week

We try to use pastry as little as possible and currently the only use is the puff pastry topping on our chicken and vegetable pie. Depending on the school's resources they often make pastry from scratch rather than buy it in,



No confectionery, chocolate and chocolate-coated products

We do not use confectionery in any of our desserts.



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

It is important for students to understand balanced diets and the role of 'treats' in one. Most of our cakes and desserts contain 50% fruit and wholemeal flour. Our popular apricot flapjack has dried apricots, oats and coconut. In secondary schools we are moving to make all of our snacks in-house including muffins and flapjacks, which means more control over the ingredients and costing.



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

We have the required amount of salt in each recipe and do not offer additional salt to the students.



Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.

We only offer condiments on Fridays with fish and chips. We have started making tomato ketchup in-house, with beetroot and honey instead of added sugar and preservatives. The next menu also has a homemade tartare sauce recipe that uses lemon and fresh herbs.

# 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



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