PUPILS IN FOOD FOR LIFE SCHOOLS
EAT AROUND A THIRD MORE FRUIT
AND VEGETABLES THAN PUPILS IN
COMPARISON SCHOOLS, AND
SIGNIFICANTLY MORE FRUIT AND
VEGETABLES AT HOME.

We have fresh fruit available daily, served in various ways to make it fun. (Whole fruit, fruit pots, platter and fruit kebabs)

We use as much seasonal local produce as we possibly can.

The children also grow, harvest and eat the vegetables from our school garden.



We use higher welfare British meat, local beef, local free range pork, high meat percentage burgers and sausages. Our fish is Marine Sustainable Certified and we only use local free range eggs.

It's All About Quality

We use Fairtrade products where we can; e.g. bananas.

We use organic milk, yoghurt, pasta, rice, flour, sugar, vegetables & other ingredients where possible.

We use whole wheat products too.



What our children are eating during the day has a big impact on their health and learning whilst at school. A third of a child's daily calories are eaten outside the home so we ensure our food is nutritious, healthy and tasty!



FOOD ALLERGIES And INTOLERANCES

If you have a food allergy or intolerance, please speak to our staff about the ingredients in your meal, when making your order.

Thank you

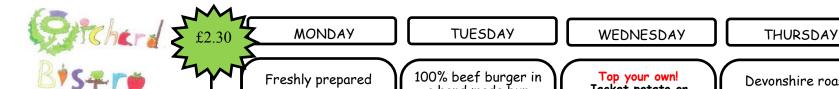


What does it mean to be a Food For Life School?

All schools have to meet School Food Standards which include:

- One or more portions of vegetables or salad as an accompaniment every day
- At least three different fruits, and three different vegetables each week
- An emphasis on wholegrain foods in place of refined carbohydrates
- An emphasis on making water the drink of choice
- Limiting fruit juice portions to 150ml
- Restricting the amount of added sugars or honey in other drinks to five percent
- No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated.
- No more than two portions of food which include pastry each week.

Food for Life Schools also take a whole school approach that sees them grow their own food; organise trips to farms;; set up school farmers' markets; hold community food events; provide cooking and growing clubs for pupils and their families; and provide an attractive dining environment so lunchtimes are a positive feature of the school day.



AVAILABLE DAILY FOR ALL

- Drinking water
- Fresh bread basket
- Organic milk
- Fresh fruit bowl
- Crunchy salad bar
- yoghurt

food

Margharita pizza

V- Veggie loaded pizza whirls

> tomato pasta sweetcorn & green beans

Fruit & ice cream

a hand made bun

V-Quorn burger

hand cut potato wedges broccoli & carrots

Toffee apple sponge & vanilla sauce

Fruit platter

breast finaers

V -Vegetable

noodles

Savoury rice

sweetcorn & peas

Pear & cinnamon

crumble & custard

Mixed melon platter

Top your own! Jacket potato or Pasta pot

with a selection of assorted toppings from Meat & veggie bolognaise, curry, chilli, cheese, ham, tuna or baked beans peas & carrots or salad bar

Fruit wobble

Devonshire roast Gammon, gravy

V- Quorn toad in the hole roast potatoes honey parsnips carrots and spring cabbage

PIP Organic 100% winter berry lolly

Yoghurt or Fruit

MSC fish fingers V-Falafel pitta

FRIDAY

chips

sweetcorn and whole wheat spaghetti hoops

Chocolate mandarin muffin OrCheese, cracker & grape pot

Freshly prepared cottage pie

V- Winter warmer veggie pie

broccoli & cabbage

Fruit & ice cream

Top your own! Freshly prepared Jacket potato or southern baked pasta pot 100% chicken

with a selection of assorted toppings from Meat & veggie bolognaise, curry, chilli, cheese, ham, tuna or baked beans

Mixed veg or salad bar

Fruit wobble

Local Devonshire roast pork gravy V- Lentil loaf

roast potatoes broccoli, carrots and cauliflower cheese

Peaches & cream or Fruit or yoghurt

MSC fish portion V- Veggie sausage roll

peas and whole wheat spaghetti hoops chips or savoury rice

Chocolate rice crispy cake or Cheese, cracker & grape pot

PARTNERSHIP

WEEK 1

16.04.18

14,05,18

WEEK 3

30.04.18

WEEK

Quality butchers sausage, mash and gravy

V- Quorn sausage

cauliflower & broccoli bake and carrots

Fruit & ice cream

Freshly prepared sweet & sour chicken & noodles

V-Macaroni cheese

peas & sweetcorn

Mandarin sponge & Custard or Fruit platter

Top your own!

Jacket potato or pasta pot

with a selection of assorted toppings from Meat & veggie bolognaise, curry, chilli, cheese, ham, tuna or baked beans green beans or salad bar Fruit wobble

Devonshire roast Turkey, gravy

V-Broccoli & butterbean bake roast potatoes sprouts and carrots

PIP Organic 100% winter berry lolly or Fruit platter

MSC golden fish nuggets (salmon) V- Veg & lentil parcel

peas and whole wheat spaghetti hoops chips or savoury rice

Chocolate beetroot brownie or Cheese. cracker & grape pot

08.05.18 WEEK 2 23,04,18

21.05.18

WEEK