

Western  
Primary School

CREATING SUCCESS STORIES



## **School Lunch Nutritional Guidelines**

## **Introduction**

The new 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 food in a pleasant environment where they can eat with their friends.

The catering team at Western are committed to these values and the menus highlighted here are balanced, nutritious and aim to provide a wide range of foods across the weeks, prepared fresh on site, and presented in an appealing way.

We hope your children enjoy their food at Western and if you have any questions regarding choice, special dietary requirements or general comments please feel free to notify the catering team or Amy Vardy, Lunchtime Leader.

## **Implementing the School Food Standards at Western**

A child's healthy, balanced diet should consist of:

- Plenty of fruit and vegetables
- Plenty of unrefined starchy foods
- Some meat, fish, eggs, beans and other non-dairy sources of protein
- Some milk and dairy foods
- And a small amount of food and drink high in fat, sugar and/or salt

We do our best at Western to ensure that our menus are planned and prepared to fulfil the points above, along with complying with the School Food Standards for daily and weekly make up of menus, more information on which can be found at

<http://www.schoolfoodplan.com/standards>

**The key ingredients of our menu make up at Western:**

<p style="text-align: center;"><u>Starchy Foods</u></p> <ul style="list-style-type: none"> <li>• Important source of energy and B vitamins</li> <li>• Wholegrain varieties of bread and pasta are a good source of fibre</li> <li>• Starchy foods help children feel full, so they are less likely to snack on foods high in sugar and fat</li> </ul>	<p style="text-align: center;"><u>Fruit and Vegetables</u></p> <ul style="list-style-type: none"> <li>• Fruit and Vegetables are vital for good health, reducing the risk of medical problems in later life</li> <li>• They are a great source of essential vitamins, minerals and fibre</li> <li>• They add colour, flavour and variety to our menus</li> </ul>	<p style="text-align: center;"><u>Milk and Dairy</u></p> <ul style="list-style-type: none"> <li>• Dairy foods are a rich source of energy, calcium, vitamin A and riboflavin</li> </ul>
<p style="text-align: center;"><u>Meat, Fish, Eggs and Beans</u></p> <ul style="list-style-type: none"> <li>• These provide us with protein and essential minerals, including iron and zinc</li> <li>• Oily fish provides omega-3 fatty acids and vitamins A and D</li> </ul>	<p style="text-align: center;"><u>Foods High in Fat, Sugar and Salt</u></p> <ul style="list-style-type: none"> <li>• Foods from this group are often high in energy but provide limited nutrients</li> <li>• Reducing saturated fat and salt has great health benefits</li> </ul>	<p style="text-align: center;"><u>Healthier Drinks</u></p> <ul style="list-style-type: none"> <li>• Water is our default drink at Western, along with the provision of milk. Sugary or sweetened drinks are not available as they often have no nutritional value</li> </ul>

