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# School Lunch Menu Compliance Report

For

Sebright Primary School  
and  
Daubeney Primary School

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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



## 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



## 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



## 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

## 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)



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

Not familiar with the school food standards / not aware if any evidence has been produced	█
<b><i>Final food-based standards for school lunches</i></b>	
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	█ X
<b><i>Food-based standards for all food other than lunches – Not included in this report</i></b>	
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 – April - July 2024		Standard met?		
Food group	Food-based standards for school lunches	Week 1	Week 2	Week 3
<b>STARCHY FOOD</b>	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 <i>(applies to food served across the whole school day)</i>	✓	✓	✓
	Bread - with no added fat or oil - must be available every day	✓	✓	✓
<b>FRUIT AND VEGETABLES</b>	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	✓	✓	✓
<b>MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN</b>	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, <i>(applies across the whole school day)</i>	✓	✓	✓
<b>MILK AND DAIRY</b>	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	✓	✓	✓
<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 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.	✓	✓	✓
<b>HEALTHIER DRINKS</b> <i>applies across the whole school day</i>	Free, fresh drinking water at all times	✓	✓	✓
	<p><b>The only drinks permitted are:</b></p> <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> <p>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</p>	✓	✓	✓

## 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 – Summer Term 2024 – Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade pesto mac& cheese (G,Mk,V)	Sweet chilli chicken fried rice with sweetcorn and spring onion (Sb)	Rich slow cooked Bolognese (Ce) served with spaghetti (G,Ve)	Tandoori chicken (Mk) Curry sauce (Mu,Ve)	MSC Fish of the day (G,F)
Potatoes stuffed with corn, broccoli and cheese (Mk,V)	Mixed beans and sweet potato chilli (Ve) served with rice (Ve) and minted yogurt (Mk,V)	Green pesto, roasted carrots and peppers penne (G,Ve)	Sausage sizzle (G,Sb,Su,Ve)	Roasted pepper and spinach quiche (G,E,Mk,V)
Tomato, beans and pepper pasta shells (G,Ve)	Steamed broccoli (Ve)	Tiger baguette slices (G,Ve)	Coconut rice 50/50 (Ve)	Crispy nuggets (G,Ve)
Baguette slices (G,Ve)	Sliced bloomer (G,Ve)	Greek salad (Mk,V)	Steamed green beans and peas (Ve)	Chips (Ve)
Grated carrot, lemon & dill (Ve)	Cucumber and dill (Ve)	Lemon and herb marinated olives (Ve)	Naan bread (G,Ve)	Reduced sugar baked beans (Ve)
Shredded lettuce (Ve)	Summer pasta salad (G,Ve)	Lettuce and chives (Ve)	Green goddess salad (Ve)	Choice of bread (G,Ve)
Tomato, red onion and basil (Ve)	Homemade fruit yogurt (Mk,Sb,V)	Homemade fruit yogurt (Mk,Sb,V)	Grated carrot, ginger and lime (Ve)	Sliced gherkins (Mu,Ve)
Apple wedges (Ve)	Orange wedges (Ve)	Bananas, oranges, apples (Ve)	Bananas (Ve)	Chef's salad (Ve)
Reduced sugar Victoria sponge (G,E,V)	Choice of ice cream (Mk,V) with fruit coulis (Ve)		Fruit jelly (Ve)	Reduced sugar vanilla and raspberry sponge (G,E,V) with vanilla custard (Mk,V)



Sebright & Daubeney Primary School Menu – Summer Term 2024 – Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Quorn, and crunchy vegetable stir fried noodles (G,Sb,E,V)</p> <p>Punjabi mushrooms and chickpeas curry (Ve) served with rice 50/50 (Ve)</p> <p>Steamed broccoli &amp; baby carrots (Ve)</p> <p>Sliced bloomer (G,Ve)</p> <p>Minted cucumber (Ve)</p> <p>Green beans, sundried tomatoes&amp; roasted red onion (Ve)</p> <p>Apple wedges (Ve)</p> <p>Homemade wholemeal mixed fruit crumble (G,Ve)with vanilla custard (Mk,V)</p>	<p>Taco Tuesday 😊 Slow cooked chilli con carne, cheese (Mk,V)</p> <p>Black beans and sweet potato chilli(Ve), cheese (Mk,V)</p> <p>Rice 50/50 (Ve)</p> <p>Taco shells (G,Ve)</p> <p>Pea and lime guacamole (Ve)</p> <p>Corn salsa (Ve)</p> <p>Citrus coleslaw (Ve) Sour cream (Mk,V)</p> <p>Homemade fruit yogurt (Mk,Sb,V)</p> <p>Orange wedges (Ve) Reduced sugar lime sponge (G,E,V) and vanilla custard (Mk,V)</p>	<p><u>Picnic day</u> Choice of chicken, tuna(F), cheese(Mk,V), egg(E,V), vegan cheese(Ve)</p> <p>On mix of rolls, sliced bread, bloomer and wraps (G,Ve)</p> <p>Tomato and basil pasta salad (G,Ve)</p> <p>Traditional potato salad(Ve)</p> <p>Sliced cucumber (Ve)</p> <p>Sliced tomatoes (Ve)</p> <p>Shredded lettuce (Ve)</p> <p>Homemade fruit yogurt (Mk,Sb,V)</p> <p>Bananas (Ve)</p> <p>Fruit jelly (Ve)</p>	<p>Homemade BBQ chicken</p> <p>Homemade BBQ sausages (Sb,G,Su,Ve)</p> <p>Chips (Ve)</p> <p>Tiger baguette (G,Ve)</p> <p>Summery green coleslaw (Ve)</p> <p>Melon, peas, mint and feta (Mk,V)</p> <p>Mixed lettuce and grated carrots (Ve)</p> <p>Choice of apple wedges, orange wedges or bananas (Ve)</p>	<p>Tuna, salmon, dill and lemon pasta bake (G,F,Mk)</p> <p>Mixed vegetables and pineapple fried rice (Sb,Ve)</p> <p>Steamed green beans and peas (Ve)</p> <p>Choice of bread (G,Ve)</p> <p>Chef's salad (Ve)</p> <p>Roasted sweet potatoes, beans &amp;feta (Mk,V)</p> <p>Apple wedges (Ve)</p> <p>Choice of homemade fruit yogurts (Mk,Sb,V)</p>



Sebright & Daubeney Primary School Menu – Summer Term 2024 – Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Hotdogs with fried onion and ketchup (G,Sb,Su,Ve)	Roasted chicken, homemade gravy (Ce,Ve)	Marinated lamb curry with chickpeas, spinach and carrots (Ce) served with steamed rice 50/50 (Ve)	Creamy chicken, corn & spinach pasta bake (G,Mk)	MSC Fish of the day (G,F)
Rich tomato, beans and basil sauce with penne pasta(G,Ve), sliced baguette (G,Ve)	Cheese & chives quiche (G,E,Mk,V)	Peppers, red onion and powerballs fusilli pasta (G,Sb,Su,Ve)	Mild biryani with carrots, beans, onions (Ve)& minted yogurt (Mk,Sb,V)	Golden nuggets (G,Ve)
Tomato and cucumber salad (Ve)	Rice and peas (Ve)	Steamed peas & green beans (Ve)	Sliced baguette (G,Ve)	Chips (Ve)
Mixed lettuce and sweetcorn (Ve)	Steamed broccoli and baby carrots (Ve)	Naan bread (G,Ve)	Tex mex salad (Ve)	Reduced sugar baked beans (Ve)
Eastern European potato salad (Mu,Ve)	Sliced bloomer (G,Ve)	Citrus couscous (G,Sb,Mu,Ve)	Cucumber, radish& dill (Ve)	Mixed bread (G,Ve)
Homemade fruit yogurt (Mk,Sb,V)	Traditional coleslaw (Ve)	Tomato, beetroot and mint (Ve)	Grated carrot and pineapple (Ve)	Sliced gherkins (Mu,Ve)
Apple wedges (Ve)	Pasta salad (G,Ve)	Homemade fruit yogurt (Mk, Sb,V)	Bananas (Ve)	Chefs' salad (Ve)
Reduced sugar orange drizzle sponge(G,E,V) and vanilla custard (Mk,V)	Bananas or orange wedges (Ve)	Choice of apples, oranges & bananas (Ve)	Reduced sugar chocolate cake (G,E,V) with custard (Mk,V)	Lettuce and carrots (Ve)
	Choice of ice cream (Mk,V) with fruit coulis (Ve)			Homemade fruit yogurt (Mk,Sb,V)
				Choice of fruits (Ve)
				Jelly 50% fruits (Ve)

## 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.