

ST. MATTHEW'S R.C.HIGH SCHOOL

# Food Policy

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**Reviewed: March 2017**

**To be reviewed: March 2019**

## **Introduction**

St Matthew's RC High School is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat.

The policy was formulated through consultation between the Catering Manager, members of staff, governors, parents and pupils.

The board of governors recognise the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

## **Food Policy Aims**

The main aims of our school policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the day improving the health of pupils, staff and their families.
- To ensure that food provisions in school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To ensure that pupils are well nourished at school and they are provided with free drinking water during the school day.
- To make the provisions and consumption of food in school an enjoyable and safe experience

These aims will be addressed through the following areas:

## **Equal opportunities**

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

## **Understanding of Healthy Eating**

Food and nutrition is taught at an appropriate level throughout each key stage. Catering staff, lunchtime organisers and teachers have a key role in influencing pupils' knowledge and attitude towards food, so it is important that they are familiar with healthy eating guidelines. To facilitate this staff are kept up to date through training, menus, newsletters, team briefing, notice boards displaying nutritional values, e-mail, access to analysed recipes and menus and Catering manager and pupil discussion during food technology classes.

## **Food and Drink Provision throughout the School Day**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contributes significantly to their vitamin and mineral requirements.

A breakfast club and a mid-morning break service will be operated that provides a nutritious meal for pupils and staff before and during the school day.

Breakfast and Morning Break items offered include:

- Cereal and fresh milk
- Toasted breads including wholemeal and multigrain
- Fruit Preserve
- Fresh fruit and Fresh Fruit salad pots
- Fruit Breads, fruit Teacakes and fruit Bagels
- Bacon Roll
- Cheese on toast
- Poached and scrambled eggs
- Baked beans on toast
- Fruit Yogurts
- Fruit Smoothies
- Pure Fruit Juices
- Low Calorie Hot Chocolate, Speciality Coffees and Tea

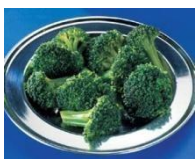
## **National Nutritional Standards for School Lunches:**

Food prepared by the catering team at St. Matthew's should meet the National Nutritional standards.

To achieve this an extensive four week menu is in place and is currently achieving all 14 nutrients required; this is demonstrated through nutrient profile reports and their supporting documentation.

At St Matthew's the Catering Manager should strive to produce healthy, interesting and nutritious meals ensuring that food provisions in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.

**We promise healthy products will be on our Menu, whilst adhering to "The School Food Plan" at all times.**



No less than two servings per day, per child. At least one will be vegetables or salad and at least one will be fruit.



Fish is served on the menu at least once a week. Tuna and seafood is served daily on sandwiches and salads. Oily fish such as salmon is on the menu twice within four weeks.



A selection of speciality breads including wholemeal and multigrain are available at lunch time every day.



Fresh drinking water is provided free and is available at all times from the catering department.



The only drinks served throughout the day are water, pure fruit juices, milk, yogurt and milk drinks with less than 5% added sugar, low calorie hot chocolate, tea and coffee. Canned drinks and carbonated drinks which have little nutritional value will not be allowed.



Confectionery such as chocolate bars, chocolate coated biscuits and sweets will not be available at St Matthew's. Savoury snacks such as crisps will not be served at any time throughout the school day.



Salt will not be available to be added to food served. Condiments, such as ketchup and mayonnaise will be available in 5mg sachets only.



At St. Matthew's chips are served once a week. Chips may only be served with the fish of the day meal. There are no more than two deep fried foods served in a single week.



Manufactured meats such as Chicken Nuggets, Beef burgers and

sausage rolls will not be served at St Matthew's

## Example of Daily Lunch Menu:

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Homemade Specials</u></b> Homemade Shepherd's Pie Topped with Sautéed Leeks</p> <p>Thai Chicken Stir Fry with Egg Noodles</p> <p><b>"Vegetarian"</b> Oriental Vegetable Stir Fry</p> <p>Egg Noodles Carrots &amp; Swede</p> <p><b><u>Hot Sandwich Special</u></b> Spicy Chicken with Salad on Seeded Bap Panini of the day</p> <p><b><u>Jacket Potatoes</u></b> With, Cheese, Tuna, Coleslaw Baked Beans &amp; Hot Filling of the day</p> <p>Pasta of the Day</p> <p>A selection of Freshly Made Sandwiches on Speciality Breads, Homemade Pizza and Salads</p> <p>Chocolate Orange Pudding &amp; Custard Homemade Cakes &amp; Biscuits Fresh Fruit Salad Fruit Yogurt Cheese &amp; Biscuits</p>	<p><b><u>Homemade Specials</u></b> Peri peri Chicken and Basmati Rice</p> <p>Homemade Meat &amp; Potato Pie with a Short crust Topping</p> <p><b>"Vegetarian"</b> Cheese and Onion Pie</p> <p>Cajun Potato Wedges Spring Onion Rice Steamed Cabbage</p> <p><b><u>Hot Sandwich Special</u></b> Wrap of the Day Tuna Melt</p> <p><b><u>Jacket Potatoes</u></b> With, Cheese, Tuna, Coleslaw Baked Beans &amp; Hot Filling of the day</p> <p>Pasta of the Day</p> <p>A selection of Freshly Made Sandwiches on Speciality Breads, Homemade Pizza and Salads</p> <p>Jam Roly Poly and Custard Homemade Cakes &amp; Biscuits Fresh Fruit Salad Fruit Yogurt Cheese &amp; Biscuits</p>	<p><b><u>Homemade Specials</u></b> Roast Turkey with Sage &amp; Onion Stuffing</p> <p>Chicken Tikka with Spring Onion Rice</p> <p><b>"Vegetarian"</b> Cheese, Potato &amp; Garlic Bake</p> <p>Roast Potatoes with Sage Glazed Carrots</p> <p><b><u>Hot Sandwich Special</u></b> French Baguette filled with Roast Turkey Panini of The Day</p> <p><b><u>Jacket Potatoes</u></b> With, Cheese, Tuna, Coleslaw Baked Beans &amp; Hot Filling of the day Pasta of the Day</p> <p>A selection of Freshly Made Sandwiches on Speciality Breads, Homemade Pizza and Salads</p> <p>Chocolate Fudge Cake &amp; Custard Homemade Cakes &amp; Biscuits Fresh Fruit Salad Fruit Yogurt Cheese &amp; Biscuits</p>	<p><b><u>Homemade Special</u></b> Beef Cobbler Infused with Fresh Basil</p> <p>Cumberland Sausage with Caramelised Onions</p> <p><b>"Vegetarian"</b> Vegetable Cobbler</p> <p>Creamed Potatoes Roasted Cajun Vegetables</p> <p><b><u>Hot Sandwich Special</u></b> Ciabatta with Sausage &amp; Melted Cheddar Wrap of The Day</p> <p><b><u>Jacket Potatoes</u></b> With, Cheese, Tuna, Coleslaw Baked Beans &amp; Hot Filling of the day Pasta of the Day</p> <p>A selection of Freshly Made Sandwiches on Speciality Breads, Homemade Pizza and Salads</p> <p>Lemon Shortcake &amp; Custard Homemade Cakes &amp; Biscuits Fresh Fruit Salad Fruit Yogurt Cheese &amp; Biscuits</p>	<p><b><u>Homemade Specials</u></b> "Catch of the Day" (Cod in batter or breadcrumb, Salmon Fishcake)</p> <p>Spaghetti Bolognaise infused with fresh Basil</p> <p><b>"Vegetarian"</b> Spaghetti Pomodora Herb Diced Potatoes Mushy Peas</p> <p><b><u>Hot Sandwich Special</u></b> Salmon &amp; Mozzarella Sub Panini of the Day</p> <p><b><u>Jacket Potatoes</u></b> With, Cheese, Tuna, Coleslaw Baked Beans &amp; Hot Filling of the day</p> <p>Pasta of the Day A selection of Freshly Made Sandwiches on Speciality Breads, Homemade Pizza and Salads</p> <p>Banana Toffee Sponge &amp; Custard Homemade Cakes &amp; Biscuits Fresh Fruit Salad Fruit Yogurt Cheese &amp; Biscuits</p>

## **Packed Lunches**

At St Matthew's we will continue working towards providing the necessary information to pupils and parents to help develop healthy packed lunches.

## **Allergies and Food Intolerances**

Individual care plans will be catered for pupils with food allergies. These will document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details.

On December 13th 2014 the new food allergen legislation came into effect in the UK and EU. This legislation is applicable to food in schools. The Catering Department does provide information to pupils and staff who are obtaining any food from the school catering department.

There are 14 Allergens recognised across Europe,

- Cereals containing gluten
- Crustaceans
- Fish
- Peanuts
- Ground and Tree Nuts
- Eggs
- Milk
- Soya Bean
- Celery
- Mustard
- Sesame Seed
- Lupin
- Molluscs
- Sulphur Dioxide

There are procedures in place to assist staff and pupils with the understanding of what food items contain these allergens.

Allergen information can be found,

- On labelling for sandwiches and savoury packed snacks.
- On Menu display boards in the dining hall
- By asking a member of the catering team
- On signage where food is provided for a buffet

## **Food Additives**

At St Matthew's we recognise there is a link between food additives and behaviour problems such as temper tantrums, poor concentration, hyperactivity and allergic reactions. We promise not to use the following:

- E211- Preservative Sodium Benzoate
- E102- Tartrazine
- E124-Ponceau 4R
- E110- Sunset Yellow
- E122- Carmoisine
- E104- Quinoline Yellow
- E129- Allura Red

We will continue to source products using only natural colourings where a colouring is deemed necessary.

## **Genetically Modified Organisms (GMO's)**

St Matthew's excludes the use of GMO's from our Menu. No food is purchased that is above the limits set by EC legislation and is not labelled as containing GMO's. All products are regularly monitored to ensure that suppliers are complying with this policy.

## **Mechanically Recovered Meat (MRM)**

St Matthew's has always ensured that it does not purchase any products containing MRM.

## **Purchasing and Suppliers**

At St Matthew's we aim to source our foodstuffs wherever possible from local suppliers to seek ways of ensuring that environmental considerations such as reducing road miles and farming methods are fully taken into account.

## **Use of Food as a Reward**

The regular eating of sweets or other foods high in sugar or fat is not encouraged at St Matthew's, especially as a reward for achievement or good behaviour. Instead we offer breakfast vouchers for a free breakfast or morning break meal.

## **Environment**

The dining area is a multi-use dining hall which is made available solely for food service during breakfast, morning break and lunchtime. It is a spacious dining hall which is clean and bright, offering ample seating.

Pupils have sufficient time to eat as an orderly queuing system is in place for each year. This is supervised by teachers and lunchtime organisers.

There are sufficient lunchtime organisers employed who attend to supervising pupils during morning break and lunch time. The lunchtime organisers are trained to provide advice on healthy food choices and hygiene.

Facilities are provided for food waste and there are sufficient bins in place which are emptied regularly.

There is adequate toilet and hand wash facilities which are situated just outside the dining hall.

## **Food Hygiene**

All Catering staff and adults who assist with food preparation activities in school, including classroom activities hold a minimum basic food hygiene certificate. The Catering Manager is qualified with a level 4 advanced certificate in Managing Food Safety.

A Hazard Analysis Critical Control System (HACCP) is in place and is observed at all times. Cleaning and sanitising systems and procedures are also in place. Records and evidence are available for inspection.

All government and European Union regulations appertaining to food hygiene are complied with.

The Food Technology Department display Food Safety procedures for staff and pupils.

Pupils are reminded to wash their hands every time they visit the toilet and before they eat food.

## **Food Poisoning**

If a number of people eating at St Matthew's have the same food poisoning symptoms we would investigate the outbreak by- □

interviewing those who are ill

- Interviewing others that ate the same foods that day
- Take food samples
- Report to appropriate supplier for investigation
- Inspection of suppliers premises and delivery vehicle
- Check all HACCP procedures have been followed correctly



## **Environmental Health inspection**

St Matthew's Catering Department was inspected on 11<sup>th</sup> May 2015. The result achieved was 5 – Very Good.