



St. Paul's School

MANIBUS POTENTIA STUDIUM ANIMIS

## GUIDING PRINCIPLES FOR FOOD AT ST. PAUL'S

*Updated August 2015*

Pupils and staff at St. Paul's School are provided with lunch each day of the school term. For many families this is not the only cooked meal of the day, but it does contribute to the overall nutrition of each pupil. Food served is selected and prepared according to the catering policy, and is prepared by Sodexo, our catering and domestic subcontractor. Each day a hot meal is offered. In addition, three sandwich lunch options are available. In the Pre-Prep school pupils have a snack mid-morning (mini filled bread and a drink) and the Pre-Prep and Prep 1 and 2 also have a snack in the afternoon.

Lunch should be an enjoyable experience, in which pupils and staff enjoy a break from the busy school day, share good food and, for the younger children, develop and maintain good eating habits and table manners. Supervision in the dining room should facilitate this, especially for the pre-prep and lower prep year groups.

In England state funded schools must meet prescribed school food standards so that children have healthy, balanced diets.

### **There are some simple guiding principles to be observed:**

Food should include high-quality meat, poultry or fish (not highly processed). Sufficient and diverse options of fruit and vegetables which children are encouraged to eat plentifully a good proportion of bread, other cereals and potatoes.

### **There cannot be:**

Drinks with added sugar (carbonated), crisps, or sweets in school meals and vending machines or more than 2 portions of deep-fried, battered or breaded food per month.

St. Paul's, the British School, is proud that the quality of food provided in school is very high. Very little processed food is served and the quality, quantity and diversity of food is good. In order to maintain these standards, and with a view to UK guidance for schools, this document has been produced.

### **General guidance:**

In general, food should be locally, sustainably sourced, freshly procured and stored and should not be processed. Salt and sugar should not normally be added, and where additional salt is used, this is used sparingly. Fats (especially saturated) should be kept to a minimum. Vegetarian and specific diets (e.g. gluten free or lactose intolerant) will be accommodated in discussion with parents and on medical advice which should be regularly reviewed. As a basic principle, pupils and parents should be consulted regularly on the quality and diversity of the food being provided at school.

### **Guidance for particular food groups**

*Fruit and vegetables:*

At least two portions of fruit and/or vegetables each day, with at least three varieties of fruits and vegetables each week.

Three days per week fruit only is offered as dessert. Fruit is always available as one of the dessert options.

*Dairy products:*

Dairy products should be offered most days.

*Starchy foods:*

Wholegrain starchy foods (rice) to be offered at least twice a week. Rice is offered as a starchy food each day. Two or more alternatives to rice to be offered each week (e.g. pasta or potatoes).

*High protein foods (including foods which are not meat):*

Pulses (beans), fish or meat to be offered each day, with meat or poultry being offered at least three days each week.

Products made from meat or poultry should be offered only occasionally and should not be highly processed.

Fish should be offered as part of the monthly menu rotation.

*Drinks:*

The preferred drink should always be drinking water.

Pure fruit or vegetable juice (150ml) with no added sugar. This may be diluted.

Sugary drinks and carbonated drinks may not be served.

*Fried food, food with high sugar and salt content:*

Deep fried, battered or breadcrumb coated foods may only be served twice a week.

Pastry may only be served twice a week.

Sweet puddings may only be served twice a week.

Salt should not be added to food once cooked. Salt is not added to food once it has been prepared.

Items provided from home (for bake sales, treats etc.) should comply with the above guidelines as appropriate.

*The school also operates a tuck shop which is optional and which does not form part of the school's food provision.*