



From September 2007, the menu was put together to meet the requirements of both a statutory food standard and a nutrient standard which included fats, salt, sugars, carbohydrates and proteins across the three week menu, The Nutrient standards were based on primary figures to ensure we were providing children with a third of their daily calorie requirement of, 530 calories +/- 5% as an average over the week's menu.

The Government standards were and still are, based on the average primary child (aged 4-11 years old), and came into operation after Jamie Oliver took an interest in the school meal service back in 2005, and The Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007, came into force 10 September 2007.

With the last change of Government, came a change in ideas! and a working party was commissioned to look again at school meals provision, The 'New school food plan' came into operation in January 2015, and puts everything into food groups, reducing the amount of foods cooked in fat etc., rather than the specific nutritional content we had been working to.

The menu is put together by managers and district managers from across Hampshire, with units sending in their ideas during the terms. The menu changes at half term in November and Easter.

We are producing a menu for Hampshire (over 500 schools), feeding approximately 68000 meals daily.

With regards to your children lunch, all schools should be offering a selection of fruity pots, fresh fruit, and organic yoghurt (either natural or flavoured with fruit) or rice pots as an alternative to the second choice of the day everyday. We have reduced the amount of sugar in our biscuits and cakes either by adapting the recipe or reducing the size. We have the Hyperactive Children Support Group award (HCSG) so the products we have specially made for us are free from over 70 different additives and preservatives, which mean we have no sweeteners in any of our food. I am always researching different things which will reduce the amount to sugar again and working alongside current suppliers to find ways in reducing sugar in their products i.e. ice-cream without sweeteners. All our bread products (additional bread, pizza, naan bread etc) are made with a bread mix which is white with additional fibre. I am also researching at the moment a bread mix which is half white and half brown. The rice we serve is also a mix of white and brown. We are also adapting our recipes to make the base of homemade dishes using a homemade tomato sauce rather than a premix product; this has now into effect this April, whilst remembering some of the kitchens serve nearly a 1,000 lunches a day.

We have reduced the amount of homemade desserts on the last two menu cycles and replaced them with fresh fruit, yoghurts and cheese & biscuits with the possibility of offering a homemade dessert once a week in the future. This means we only offer a cake or biscuit 2 times a week and these are made with a reduction of sugar and are more fruit based. We also changed our custard powder last term to a lower sugar option to reduce the amount of sugar.