

Checklist for school lunches

Halal Multicultural Menu		DATE OF MENU:	January 2015		
		Standard met (Y/N)			
Food group	School Food Based Standards for School Lunches	Week 1	Week 2	Week 3	
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 <i>(applies to food served across the whole school day)</i>	✓	✓	✓	
	Bread - with no added fat or oil - must be available every day	✓	✓	✓	
FRUIT AND VEGETABLE S	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	✓	✓	✓	
MEAT, FISH, EGGS, 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 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 and twice each week in secondary schools, <i>(applies across the whole school day)</i>	✓	✓	✓	
MILK AND DAIRY	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	✓	✓	✓	

FOODS HIGH IN FAT, SUGAR AND SALT	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, (<i>applies across the whole school day</i>)	✓	✓	✓
	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.	✓	✓	✓
HEALTHIER DRINKS <i>applies across the whole school day</i>	Free, fresh drinking water at all times	✓	✓	✓
Lower fat milk or lactose reduced milk	✓	✓	✓	

It is expected that schools will use these checklists in combination with the nutrition criteria of the Government Buying Standards for Food and Catering Services.