

*Secondary School
Menu Selector
and Dessert Selector
Autumn/Winter 2017*

Menus, recipes and products have been developed to meet the School Food Plan food based standards that came into effect from September 2014.

The menu selector has been developed to support schools that need to make local changes due to contractual reasons e.g. non pork or beef contracts

If making local changes to your menu it is your responsibility to ensure you remain compliant to these standards therefore please ensure you follow the guidelines as outlined in the **School Food Standards Checklist** at the end of the document by completing this checklist before implementing any changes.

The standards apply across the school day including breakfast clubs, tuck shops, vending and after school clubs – you can use the checklist to ensure you make the right changes

Seasonality

We need to ensure that we are using ingredients when they are at their best and most plentiful . This gives us the best flavours, optimum nutrient content and helps us to reduce food miles.

Fruits - apples, pears, plums, blackberries, oranges, grapes, melon, clementines, strawberries, kiwi

Vegetables- broccoli, carrots, courgette, cabbage, leeks, parsnips, sprouts and potatoes

Salads - celery, cucumber, peppers, coleslaw, tomato, beetroot, radish, spring onions

Provenance Messages

Below are great key provenance messages about Compass Group purchasing – use these messages on menus and menu communications along with the Provenance posters to shout about it!

Bananas – all of our Bananas are Fair Trade

Seasonality – we buy 95% of our seasonal vegetables direct from British growers

Fish – all of our fish comes from sustainable well managed sources

Meat – we buy much of our meat from Nigel Fredrick's and poultry from Prime Meats. IMS of Smithfield are our dedicated Halal fresh meat supplier

Carbon Footprint – over 30% of our products are transported by vehicles that run on biodiesel

Eggs- we only use Lion Quality British Eggs

Milk – we support 82 British dairy farms

Farm to Fork – we can trace back every cut of meat back to the farms of origin

MENU SELECTOR WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	CARIBBEAN Jerk Chicken Pilau Rice* 93130825	CHINESE Chinese Kicking Chicken 93153736	BRITISH Roast Turkey 93108713 Roast Potatoes (oil) 93035127 Honey Roast Parsnips 93065565 Carrots 93065561 Gravy 93034775	BRITISH Cottage Pie 93098950	INDIAN Meen Moilee (Coconut Fish Curry) 93127994
SPEEDY ITALIAN ADDITIONAL PASTA SAUCES	Chunky Vegetable Pasta 93137661	Cheesy Penne Pasta (v) 93143814	Veggie Lasagne (v) 93147227 Herby Tomato Pasta (v) 93147954	Smoky Chicken Pasta 93143110	Beef Bolognese 93102799



MENU SELECTOR WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	<p>BRITISH Cheddar and Caramelised Onion Tart (pastry restricted) 93042701</p> <p>Chicken, chive & Mushroom Pie (pastry restricted) 93042708</p> <p>New Potatoes 93034976</p>	<p>MEXICAN Beef Birria 93147225</p>	<p>BRITISH Roast Pork & Apple Sauce 93099012</p> <p>Gravy 93034775</p> <p>Roast Turkey (non pork contracts) 93108713</p>	<p>JAPANESE Teriyaki Glazed Chicken Thigh 93128109</p>	<p>THAI Thai Fishcakes 93130497 (oily fish)</p>
SPEEDY ITALIAN ADDITIONAL PASTA SAUCES	<p>Veg Bolognese Pasta (v) 93102889</p>	<p>Carbonara Pasta 93137662</p>	<p>Beef Bolognese 93102799</p>	<p>Turkey Meatball Pasta Bake* 93147135</p> <p>Herby Tomato Pasta (v) 93147954</p>	<p>Neapolitan Beany Pasta 93153362</p>

MENU SELECTOR WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
GLOBAL ADVENTURE	INDIAN Chicken Tikka Masala 93128001	BRITISH Pork Sausage, Mashed Potato and Red Onion Gravy (processed restricted) 93108722 Cabbage 93143359 Carrot 93065561 Chicken Sausage (non pork contracts) (processed restricted) 93153426 Vegetarian Sausage 93134963 Garlic & Herb Mac N Cheese with Crispy Onion Topping 93153887	BRITISH Roast Beef 93064252 Roast Potatoes (oil) 93035127 Gravy 93034775	THAI Thai Turkey Patties (processed restricted) 93153188	JAPANESE Katsu Fish Finger Wrap 93128149 (breaded fish Fried)
SPEEDY ITALIAN ADDITIONAL PASTA SAUCES	Chunky Vegetable Pasta 93137661	Penne Pasta and Vegetable Bake 93042774 Herby Tomato Pasta (v) 93147954	Neapolitan Beany Pasta 93153362	Beef Bolognaise 93102799	Arrabiata Pasta (v) 93147953



DESSERT SELECTOR MENU

COLD FRUIT BASED DESSERTS	HOT FRUIT BASED DESSERTS	PASTRY BASED DESSERTS	COLD DESSERTS	COLD DESSERTS	HOT DESSERTS
F.B. Desserts To Be Served A Minimum Of Twice Per Week	F.B. Desserts To Be Served A Minimum Of Twice Per Week	A Maximum Of 2 x Pastry Items Per Week - Including Main Dishes	(Without Restrictions Or Minimum Requirements)	(Without Restrictions Or Minimum Requirements)	(Without Restrictions Or Minimum Requirements)
Peach Mousse Crunch 93147411 <i>(fruit based)</i>	Apple Cracknell served with Custard 93098928 <i>(fruit based)</i>	Apple and Cinnamon Strudel served with Custard 93042703 <i>(fruit based) (pastry)</i>	Vanilla Ice Cream 93087025	Chocolate Brownie 93098051	Almond and orange Cake with Custard 93042887
Tuti Frutti Mousse Crunch 93147414 <i>(fruit based)</i>	Peach Sponge Tray Bake served with Custard 93147365 <i>(fruit based)</i>	Apple and Blackberry Pie 93042773 <i>(fruit based) (pastry)</i>	Chocolate Ice Cream 93086999	Lemon Drizzle Cake 93084267	Chocolate Sponge with Custard 93119040
Chocolate Orange Mousse Crunch 93147412 <i>(fruit based)</i>	Apple and Blackberry Charlotte served with Custard 93122003 <i>(fruit based)</i>	Caramelised Apricot Custard Tart 93094202 <i>(pastry)</i>	Strawberry Ice Cream 93087023	Orange Basbousa Tray Bake with Crème fraiche 93147369	Marble Cake with Custard 93042710
Strawberry Mousse Crunch 93147413 <i>(fruit based)</i>	Peach Crumble served with Chocolate Sauce 93147362 <i>(fruit based)</i>		Cookie Dough Ice Cream 93087021	Rice and Berry Conde with Jelly 93147368	Warm Lemon and Almond Pudding with Custard 93042975
Peaches with Homemade granola and Yoghurt 93122002 <i>(fruit based)</i>	Pineapple upside Down Pudding served with Custard 93147363 <i>(fruit based)</i>	SAUCES Custard 93065568	Coconut Ice Cream 93087020	Giant Chocolate Oaty Cookie 93143513	Bread and Butter Pudding With Custard 93089363
	Plum Cobbler served with Custard 93147364 <i>(fruit based)</i>	Chocolate Sauce 93127229	Vanilla and Blueberry Blondie 93087338		Marmalade Sponge with Chocolate Sauce 93084268
			Maple Syrup and Date Tray Bake 93147390		
			Carrot Cake with Orange Cream 93127561		

School Food Standards Checklist

The standards apply across the school day including breakfast clubs, tuck shops, vending and after school clubs. In order to maintain compliance to food requirements across the school day use the checklist below.

	Checklist Food Based Standards 2014	Achieved Y/N
Starchy Foods	<p>One or more portions of food from this group every day</p> <p>Three or more different starchy foods each week</p> <p>One or more wholegrain varieties of starchy foods each week</p> <p>Starchy foods cooked in fat or oil must not be provided on more than two days each week across the school day</p> <p>Bread with no added fat or oil must be provided on a daily basis</p>	
Fruits and Vegetables	Not less than one portion of vegetables or salad accompaniment per day per pupil must be provided	
	<p>Not less than one portion of fruit per day per pupil must be provided.</p> <p>A fruit-based dessert with a content of at least 50% fruit measured by volume of raw ingredients must be provided at least twice each week.</p>	
	At least three different fruits and three different vegetables must be provided each week	
Meat, fish, eggs, beans and other non-dairy sources of protein	A portion of food from this group must be provided every day	
	A portion of meat or poultry must be provided at least three times each week	
	Oily fish must be provided at least once every three weeks	
	A portion of non-dairy sources of protein must be provided on at least three days each week for vegetarians	
	A meat or poultry product (manufactured or homemade) may not be provided more than <u>once each week in primary schools and twice each week in secondary schools across the school day.</u> The meat or poultry product must also meet the legal minimum meat or poultry content requirements ¹, and must not contain any prohibited ¹ ⁱⁱ	

Government Standards for Food served in Secondary Schools

The standards apply across the school day including breakfast clubs, tuck shops, vending and after school clubs. In order to maintain compliance to food requirements across the school day use the checklist below.

	Checklist Food Based Standards 2014	Achieved Y/N
Milk and Dairy Foods	A portion of food from this group must be provided every day	
Foods high in fat, sugar and salt	No more than two portions of food which has been deep-fried, batter-coated, or breadcrumb-coated must be provided in a single week across the school day.	
	No more than two portions of food which includes pastry must be provided in a single week across the school day	
	Snacks must not be provided. Nuts, seeds, vegetables and fruit with no added salt, sugar or fat are allowed. Dried fruit is permitted to have 0.5% vegetable oil as a glazing agent	
	Savoury crackers or breadsticks which are served with fruit or vegetables or dairy food may be provided as part of lunch	
	Confectionery, chocolate and chocolate-coated products may not be provided across the school day	
	Desserts, cakes and biscuits are allowed at lunchtime but must not contain any confectionery	
	No salt shall be available to add to food after the cooking process is complete	
	Condiments may be available only in sachets or individual portions of no more than 10 grams or one teaspoonful	

Restricted Products/Frequency. To maintain nutritional compliance please ensure that the food is purchased from the approved order forms and the frequency of the following items is followed:

Manufactured Meat Products. One served a maximum of 2 x per week		Deep Fried Products (Maximum twice per week)	Starchy Foods in Fat or Oil (Maximum two times per week)	
Burgers Sausages and sausage products Individual meat pastry products Other shaped/ coated products i.e. meatballs		Breaded/battered meat, fish, poultry, cheese & vegetable products Chips Doughnuts	Roast or Sauté potatoes Garlic bread Chips or Jacket wedges Yorkshire Pudding Pastry – items containing pastry served a maximum of twice per week	
Confectionery		Savoury Snacks		
Do	Don't	Do	Don't	
Homebakes (using fruit, dried fruit or jam as alternatives to chocolate) at lunch only	Chocolate & chocolate coated products (excluding cocoa used in cakes and low sugar hot chocolate) Confectionery (including sugar free e.g. boiled sweets, chewing gum, mints, glace cherries) Cereal bars/Processed fruit bars Choc ices/chocolate coated ice cream	Plain popcorn Seeds/Nuts (no added salt or sugar) Fruit bags Vegetable sticks	All bagged snacks Crisps e.g. Walkers, McCoys Corn snacks e.g. Quavers, French Fries Snack a Jacks	

Restricted Products/Frequency

To maintain nutritional compliance please ensure that the food is purchased from the approved order forms and the frequency of the following items is followed:

Drinks	
Do	Don't
Plain water (still or sparkling) Milk (skimmed, semi-skimmed or lactose-reduced) Fruit juice or vegetable juice Plain soya, rice or oat drinks Plain fermented milk drinks Combinations drinks e.g. smoothies Flavoured milk, tea, coffee and low calorie hot chocolate Fruit juice based drinks – as per current drinks range ladder	Fizzy drinks e.g. coke/diet coke Flavoured waters e.g. Oasis Fruit Flavoured Drinks e.g. Sunny Delight Squash e.g. Quench, Ribena Sports Drinks e.g. Lucozade