

# FOOD STANDARDS POLICY



**At St Paul's Girls' School, we provide a fresh, healthy, varied and tasty lunch menu, encouraging all our students to take and enjoy the important mid-day meal – eating well and stimulating an interest in food and nutrition.**

To ensure balance and variety, our lunch menus feature four main course choices each day: a classic-style dish, a fish dish, a grill or stir-fry and a vegetarian option.

It is our policy to use predominantly fresh food, delivered daily. We use salt sparingly, to season the food, during some of the cooking processes but avoid its use as much as possible. We use natural sugars where possible and we ensure that our daily offer contains fibre, protein, starchy carbohydrate, vitamins, iron and other essential minerals, which are all so important for young, growing people.

Whilst we serve fried food occasionally, we use good-quality vegetable oils and we do not use deep fat fryers.

Each day, there is a selection of green – and other – vegetables available, together with a range of home-made salads and a variety of fresh fruit.

Our puddings are all freshly made and we never use confectionery-type products as part of the lunch offer.

Jugs of freshly-drawn drinking water are provided on every table in the dining room and topped up throughout the lunchtime service. There is also a chilled drinking water (still and sparkling) dispenser located in the dining room and available to students throughout the day.

We review and change our menus regularly, using imagination and drawing on different cultures from around the world – whilst still finding room for the traditional favourites. Within the parameters of the menu options, we believe that our students should be free to make considered choices. Self-service food counters enable our students to take what they require – in terms of portion size – for main course, pudding and fresh fruit.

We are very conscious of individuals' dietary requirements, whether they arise from personal choice or medical necessity. A great deal of thought goes into providing a varied and original daily vegetarian dish and our catering team is always willing to assist with advice regarding other dietary needs.

We do use nuts in our cooking from time to time. Our **Food Allergies Policy** emphasises that we will always label foods or dishes that we know contain nuts or nut extracts, whilst acknowledging – importantly – that there is no absolute guarantee that cross-contamination has not occurred somewhere in the food chain.

We do not knowingly use genetically modified foods and our supplier agreements stipulate this requirement.