



C O N T R A C T C A T E R I N G

Healthy Eating Policy

All food in our schools must meet nutritional standards so that children have healthy, balanced diets.

These standards are intended to ensure that children get the nutrition they need. It is important to us that the food looks good and tastes good.

It is important to provide a wide range of foods across the week. Wherever possible, foods should be prepared in the schools kitchens from fresh, locally sourced ingredients.

This means there must be:

- high-quality meat, poultry or oily fish
- at least 2 portions of fruit and vegetables with every meal
- bread, other cereals and potatoes
- desserts containing fruit

There can't be:

- fizzy drinks, crisps, chocolate or sweets in school meals and vending machines
- more than 2 portions of deep-fried food a week

A handwritten signature in black ink that reads "Annette Ryan Murphy".

Annette Ryan Murphy
Managing Director

