

# Nutrition Policy - Day School

Issue date: 17<sup>th</sup> September / version 1

At Thomas Franks, we are a chef-led business, producing food from scratch using the very best quality, local and seasonal produce. It is our company policy that a minimum of 95% of all dishes should be freshly prepared and no genetically modified ingredients are used. Our nutrition policy reflects the government's nutritional guidelines for healthy eating and is set out in the following minimum standards:

## Seasonal soups

All our soups are made daily from fresh ingredients.

## Fresh bread

Our bread is baked in schools daily.

## Main meals

All of our main dishes are made from fresh, raw ingredients and are balanced to include a variety of different protein sources throughout the week. We only use farm assured meat and free-range eggs. Fish is included on the menu weekly and oily fish is included once every three weeks. Only fish from sustainable sources is served.

## Vegetarian meals

A variety of non-dairy protein sources, which includes eggs, peas, beans, lentils, Quorn and tofu are included in the vegetarian dishes on three or more days each week.

## Starchy food

A variety of different carbohydrate foods are offered weekly. Wholegrain carbohydrates, such as wholemeal pasta, wholemeal flour, wholewheat couscous and brown rice are included at least once each week. Starchy foods cooked in oil or fat, including roast and sautéed potatoes, chips and wedges, garlic bread, Yorkshire pudding, hash browns, fried rice and noodles, pancakes, waffles, chapattis and naan are only available twice each week\*.

## Vegetables

Fresh vegetables are available daily. A minimum of two fresh vegetables are available with every main dish (we only use three frozen vegetables - peas, sweetcorn and green beans). In composite dishes, such as spaghetti Bolognese, which are not usually served with additional vegetables, fresh vegetables are included within the sauce. Whenever possible, vegetables are steamed.

## Salad bar

In schools where a salad bar is offered, undressed tomatoes, cucumber, grated carrots, sweetcorn and lettuce are always available. A variety of protein items, including at least two vegetarian options, are provided as well as at least two composite dishes.

## Fresh fruit

A seasonal variety of fresh whole fruit and cut fruit items are available at breakfast and lunch service, as well as break-time snacks and packed lunches. We recommend to schools that fruit should also be offered in the tuck shop offer and included in match tea provision.

## Dessert

A dessert containing at least 50% fruit is offered at least twice each week. Low fat natural yoghurt flavoured with fresh fruit is available daily.

## Drinks

Fresh drinking water is always available. Other permitted drinks include low-fat milk, hot chocolate, tea, coffee, fruit and vegetable juice (maximum size 150ml), plain yoghurt drinks, combination drinks (juice and water or juice and low-fat milk or yoghurt, with no more than 150ml juice and less than 5% added sugar, maximum size 330ml). The selection is determined by the school.

# Nutrition Policy - Day School

Issue date: 17<sup>th</sup> September / version 1

## Restricted products

Meat or poultry products are included on the menu no more than once a week in primary schools and twice a week in secondary schools\*. No more than two portions of food that has been deep fried, batter-coated or breadcrumb-coated each week\*. No more than two portions of food which includes pastry each week\*. Hydrogenated (trans) fats are not permitted in any of our dishes. Salt is not available on the tables.

## Snack foods

In schools that offer a morning break snack, fruit based or vegetable based snacks are available every day. Any homemade cakes and biscuits will contain fruit or vegetables wherever possible. We recommend to schools that no confectionery or chocolate products should be served for break time snacks, tuck shops, match teas and after school provision.

## Additives

Our food does not contain any undesirable colours, flavours, sweeteners and preservatives, such as:  
Colourings: E102 tartrazine, E104 quinoline yellow, E107 yellow 2G, E110 sunset yellow, E120 cochineal, E122 carmoisine, E123 amaranth, E124 ponceau 4R, E129 allura red, E131 patent blue V, E132 indigo carmine, E133 brilliant blue FCF, E151 black PN  
Flavourings/enhancers: E621 (monosodium glutamate), E635 (sodium 5 – ribonucleotide)  
Sweeteners: E950 acesulfame K, E951 aspartame, E954 sodium saccharine  
Preservatives: E211 (sodium benzoate)

## Menu planning

Our chefs are trained to produce a balanced weekly menu to ensure the food is varied, seasonal and healthy, and caters for all dietary needs. This training also includes the production of food for other occasions such as breakfast, packed lunches, break-times and match teas.

## Food Additives

Staff are fully trained in allergy awareness and understand their responsibilities for providing information about allergenic ingredients. Our staff receive a full briefing ahead of every service on allergens and menu item suitability.

## Gluten free

In our gluten-free accredited locations, we have strict procedures in place for the management of gluten. Coeliac UK independently audits this. In all other locations, the same strict procedures apply and these are independently audited by our food safety consultants.

N.B. \*applies across the whole school day including breakfast, lunch, break-time snacks, match teas, packed lunches, tuck shops and after school provision.

## This is our personal guarantee



**Frank Bothwell**  
Founder