



Catering Guidelines

Brabyns Preparatory School is committed to encouraging healthy eating which benefits all children and staff. The aspects below have been derived in conjunction with the discussions with the children.

Lunches

- All children are expected to eat school lunches and are not permitted to bring their own in, except under exceptional circumstances.
- We provide healthy, balanced diets, including high-quality meat, poultry or oily fish; fruit and vegetables and brown bread, other cereals and potatoes. Alternative options will be made available for children who have dietary requirements due to religious or medical reasons.
- At least two fresh vegetable options are available each day. Children must have at least one and are encouraged to try different types of vegetables
- The 'cold food' bar is available daily and contains at least 5 items, one being a protein. Items can include brown bread or breadsticks, cooked meats, chorizo, salami, prosciutto, selection of cheeses, tuna, fresh salmon, eggs, tomato, cucumber, pepper, mixed leaves, spinach, rocket, carrots, celery, cous-cous, beetroot and potato salad,
- We limit the number of "fatty foods" on the menu, with no more than 2 portions of processed, deep-fried battered or breaded food a week. Any chips served are oven chips. If these food types are on the menu, a healthy alternative is always available.
- Salt is not added to food or available as a condiment
- Cheese is available daily as an alternative protein.
- Vegetarian, vegan, halal and other religious and dietary requirements are catered for.
- Pasta is a mixture of wholemeal and white pasta
- Bread is brown, with the option of a margarine spread.

Deserts

- Fruit is always available as an option on the menu (with no added sugar). Twice a week, fruit is the only option for dessert.
- All desserts are made using reduced sugar recipes or natural fruit as a sweetener
- There are a maximum of 3 'watch item' puddings per week.
- There is a maximum of 2 carbohydrate portions per child in their main meal.
- Fresh fruit salad, in natural juice is available daily
- Fat free yoghurt (which can be flavoured with fresh fruit) is available daily

Drinks

- Water is the only drink children have in their water bottles and is readily available. Children are encouraged to drink approximately a litre a day as part of our 'Hydrate to Concentrate' scheme.
- Milk is provided as an alternative at lunch time, and on occasions sugar free juice is provided.

Trips

- Packed lunches for trips will be of a healthy nature and include fruit.

Wraparound Care

- Early Birds menu will consist mainly of fruit, cereal, or a bread option.
- In Stay & Play, the snack is normally a finger type food, e.g. a sandwich, vegetable sticks, cheese etc. It may occasionally comprise of food from earlier in the day. Fruit is always available.

Snacks

- We do not provide drinks with added sugar, packet biscuits, crisps or sweets as part of any meal nor do we have any vending machines on site.
- Parents are only allowed to send children in with fruit for snacks, this does not include items such as fruit winders. If a child requires an extra snack for any set reason this should be discussed and agreed with the child's class teacher.
- One day a week when school will provide toast - with the option of margarine (or a suitable alternative).

Treats

- Birthday treats that are brought in by children may sometimes be of an unhealthy nature, these are sent home and a child's responsible adult must give them permission to eat them, which they may not do on the school premises.
- Treats eg sweets are not used as rewards.

Lessons

- During PSHCEE, children in all classes are educated to eat healthy foods, have a balanced diet and a healthy lifestyle. We even educate the children on where their food travels from and where it is grown. Throughout the school, we focus on the theme, '*healthy bodies, healthy minds*'. There are often displays around the school to promote healthy eating.
- In Science lessons, children are taught about each different food group and what they provide for the body. Again they focus on the fact that humans need a balanced diet to stay healthy. In addition, they study the parts of the human body, circulation and digestion. They plan and carry out Science investigations to answer various questions e.g. 'Which type of apple is the tastiest? Or 'which exercise makes the pulse rate the highest?'

Communication & Opinions

- Surveys are conducted with the children regarding our catering. The School Council and Junior Classes are involved in discussions regarding healthy meal options. We also consult with parents about their opinions and listen to their suggestions.
- We welcome parents to discuss any concerns they may have over their child's dietary needs with their class teacher or our Catering Manager.
- A food diary is provided for Nursery children. It is not practical for us to provide this, or individual food slips, for older children unless a very specific medical need.