

| Lunch Menu Food Standards Checklist                             |                                                                                                                                                                                                                          |                         |        |        |
|-----------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|--------|--------|
| Park Spring Primary - October 2025 – February 2026 menu         |                                                                                                                                                                                                                          | Standards met? (✓ or ✕) |        |        |
| Food Group                                                      | Food-based standards for school lunches                                                                                                                                                                                  | Week 1                  | Week 2 | Week 3 |
| Starchy Food                                                    | One or more portions of food from this group every day                                                                                                                                                                   | ✓                       | ✓      | ✓      |
|                                                                 | Three or more different starchy foods each week                                                                                                                                                                          | ✓                       | ✓      | ✓      |
|                                                                 | One or more wholegrain variety of starchy food each week                                                                                                                                                                 | ✓                       | ✓      | ✓      |
|                                                                 | Starchy food cooked in fat or oil no more than two days each week ( <i>Applies to food served across the whole school day</i> )                                                                                          | ✓                       | ✓      | ✓      |
|                                                                 | Bread – with no added fat or oil - must be available every day                                                                                                                                                           | ✓                       | ✓      | ✓      |
| Fruit and Vegetables                                            | One or more portions of vegetables or salad as an accompaniment every day                                                                                                                                                | ✓                       | ✓      | ✓      |
|                                                                 | One or more portions of fruit every day                                                                                                                                                                                  | ✓                       | ✓      | ✓      |
|                                                                 | A dessert containing at least 50% fruit two or more times each week                                                                                                                                                      | ✓                       | ✓      | ✓      |
|                                                                 | At least three different fruits and three different vegetables each week                                                                                                                                                 | ✓                       | ✓      | ✓      |
| Meat, Fish, Eggs, Beans, and other non-dairy sources of Protein | A portion of food from this group every day                                                                                                                                                                              | ✓                       | ✓      | ✓      |
|                                                                 | A portion of meat or poultry on three or more days a week                                                                                                                                                                | ✓                       | ✓      | ✓      |
|                                                                 | Oily fish once or more every three weeks                                                                                                                                                                                 | ✓                       | ✓      | ✓      |
|                                                                 | For vegetarians, a portion of non-dairy protein three or more days a week                                                                                                                                                | ✓                       | ✓      | ✓      |
|                                                                 | A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice a week in secondary schools ( <i>Applies across the whole school day</i> ) | ✓                       | ✓      | ✓      |
| Milk and Dairy                                                  | A portion of food from this group every day                                                                                                                                                                              | ✓                       | ✓      | ✓      |
| Foods High in Fat, Sugar and Salt                               | No more than two portions a week of food that has been deep-fried, batter coated, or breadcrumb coated ( <i>Applies across the whole school day</i> )                                                                    | ✓                       | ✓      | ✓      |
|                                                                 | No more than two portions of food which include pastry each week ( <i>Applies across the whole school day</i> )                                                                                                          | ✓                       | ✓      | ✓      |
|                                                                 | No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat ( <i>Applies across the whole school day</i> )                                                                                      | ✓                       | ✓      | ✓      |
|                                                                 | Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food                                                                                                                            | ✓                       | ✓      | ✓      |
|                                                                 | No confectionary, chocolate, or chocolate-coated products ( <i>Applies across the whole school day</i> )                                                                                                                 | ✓                       | ✓      | ✓      |
|                                                                 | Desserts, cakes and biscuits are allowed at lunch time. They must not contain any confectionary                                                                                                                          | ✓                       | ✓      | ✓      |
|                                                                 | Salt must not be available to add to food once it has been cooked                                                                                                                                                        | ✓                       | ✓      | ✓      |
|                                                                 | Any condiments limited to sachets or portions for no more than 10g or one teaspoonful                                                                                                                                    | ✓                       | ✓      | ✓      |
| Healthier Drinks                                                | Free, fresh drinking water at all times                                                                                                                                                                                  | ✓                       | ✓      | ✓      |
|                                                                 |                                                                                                                                                                                                                          |                         |        |        |