

Whole School Food Policy

Date Reviewed:	September 2026
Next Review:	September 2028
Review Cycle:	Every 2 years
Reviewing committee:	Governing Body
Lead Governor Responsible:	
Reviewers:	Headteacher and SLT
Linked Policies:	Health and Safety Policy Allergy Policy Supporting Pupils with Medical Conditions Policy Safeguarding and Child Protection Policy Behaviour Policy Equality and Diversity Policy SEND Policy Educational Visits and Trips Policy Complaints Policy Curriculum Policy Staff Code of Conduct
Signed by Headteacher:	
Signed by Chair of Governors:	

1. Rationale

Hook Junior School is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. Through our rich curriculum, we aim to take a more proactive approach to improving the health and wellbeing of children.

We recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

Our belief is that a balanced, healthy and nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence: Feed the Body, Fuel the Mind.

2. Aims

- To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our school
- To adopt a whole school approach to healthy eating
- To encourage the eating of fruit and vegetables
- To teach children, through the curriculum, about healthy eating and to continue to include work associated with healthy balanced diets
- To encourage good hygiene when handling food
- To encourage the drinking of water – children may bring in their own water in bottles to have in the classroom, or drink from the water fountains. We actively promote water consumption throughout the school day
- To encourage healthy meals that promote good health in partnership with the school catering team, Pabulum
- To work in partnership with parents to encourage healthy packed lunches, with provision made in school for children to sit and eat
- To ensure consistent messages regarding healthy eating are reinforced throughout the school day
- To improve the health of pupils by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet, hygienic food preparation and storage methods
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment
- To promote sustainability in our food provision, reducing food waste and environmental impact
- To ensure all eligible families can access Free School Meals and that uptake is promoted sensitively
- To maintain the highest standards of food allergen management to keep all pupils safe

3. Responsibility

It is the responsibility of all staff, including teaching, support staff and lunchtime/catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

Pabulum Catering and kitchen staff are responsible for providing high quality food that complies with the School Food Standards (January 2024) and contributing to a welcoming and positive eating environment.

Parents are responsible for providing appropriate nutrition to support their child in school, including breakfast, snacks and packed lunches. We work in partnership with parents to support healthy choices.

The Senior Leadership Team is responsible for monitoring compliance with this policy and ensuring staff receive appropriate training, particularly in relation to food allergies and allergen management.

The governing body is responsible for reviewing this policy every two years and ensuring the school meets all statutory requirements relating to school food.

4. Teaching about Healthy Eating and Cooking in the Curriculum

Food, its production and preparation are an important part of the curriculum for all pupils. Food and nutrition is taught within the context of the National Curriculum areas of learning, including the statutory requirement for **Cooking and Nutrition** in Key Stage 2 Design & Technology, and **Health Education** within PSHE.

4.1 Food Education

The Science, Design & Technology and PSHE subject leaders monitor and evaluate teaching and learning and the curriculum content to ensure that children:

- Develop an understanding of the importance of a balanced diet and the consumption of vegetables and fruit (using **The Eatwell Guide** model)
- Develop an understanding of the need to avoid over consumption of foods high in salt, sugar and fats
- Understand food hygiene and safety
- Have opportunities to plan and prepare balanced nutritious meals
- Gain an understanding about food production, where food comes from, sustainability and the idea of Fairtrade
- Learn about reducing food waste and the environmental impact of food choices

4.2 Curriculum Coverage

As part of the work that children do for Science, DT, PSHE as well as Personal Development Learning (PDL), they will be taught:

- The principles of healthy eating, nutrition and food safety
- How to cook and prepare food safely and hygienically
- How to apply the principles of a balanced diet using The Eatwell Guide
- How diet affects health and wellbeing
- About food production, seasonality and sustainability
- About different cultural approaches to food and eating
- To make informed choices about food
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The whole-school policy encompasses healthy eating, nutrition and food safety education in the curriculum, with consistent messages across all year groups. Children will have opportunities to cook and prepare food, and pupils will be made aware of the healthy eating policy throughout the curriculum and through the School Council. Healthy eating forms part of the school strategic plan.

5. Food & Drink Provision Throughout the School Day

Fundamentally, the **School Food Standards (January 2024)** will be adhered to for school lunches and all other food provided at school.

In addition, the following policies apply:

5.1 School Lunches

All our school meals are provided by our contracted caterer, Pabulum Catering, who act in accordance with the School Food Standards (January 2024). The catering team follow a set menu on a three-week cycle throughout the school year.

The School Food Standards ensure that school lunches provide:

- One or more portions of vegetables or salad as an accompaniment every day
- One or more portions of fruit every day
- An emphasis on wholegrain foods
- Oily fish at least once every three weeks
- Meat or poultry on three or more days each week
- Restricted amounts of foods high in fat, salt and sugar

Menus are available on the school website and in the school office. We welcome feedback from pupils and parents about our meal provision.

5.2 Free School Meals

Universal Infant Free School Meals (UFSM) are available to all pupils in Years 3 and 4 under the Universal Infant Free School Meals scheme.

Some families may also be eligible for **Free School Meals** based on their circumstances. Eligibility criteria include if parents/carers receive:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided they are not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on
- Universal Credit with annual net earned income of no more than £7,400
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How to apply: Parents can apply for Free School Meals through Hampshire County Council. Application forms are available from the school office or online at:

<https://www.hants.gov.uk/educationandlearning/freeschoolmeals>

We are committed to reducing any stigma around Free School Meals and ensure that all children, regardless of how their meal is funded, are treated equally and with dignity. If families are experiencing financial difficulties, please contact the school office in confidence to discuss support available.

5.3 Packed Lunches

We work in partnership with parents to encourage healthier options being included in packed lunches brought from home. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures can, after a period of

between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

5.3.1 What We Encourage in Packed Lunches

We encourage parents to provide a healthy, balanced packed lunch that includes:

- **A portion of starchy food**, e.g. wholegrain bread, sesame seed pitta bread, plain crackers, pasta or rice
- **Fresh fruit and vegetables**, e.g. apple/orange/banana, cherry tomatoes, carrot sticks, mini fruit chunks, etc.
- **A portion of milk or dairy food**, e.g. cheese, plain/fruit yoghurt, etc.
- **A small portion of lean meat, fish or alternative**, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- **A drink** - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

5.3.2 What We Ask Parents to Avoid

To support healthy eating across the school, we ask parents to avoid including the following items in packed lunches:

- Sweets (including Winders), chocolate, etc.
- Crisps or any packeted, savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet nut bars, etc.
- Foods containing nuts or nut-based products (due to allergy risks)
- Packets of salted nuts

If a packed lunch contains items from the list above, we will speak with parents to explain our healthy eating guidelines. We understand that occasional treats are part of family life, and we approach these conversations in a supportive, non-judgemental way.

Parents who have difficulty following these guidelines, or who need support with providing adequate packed lunches, are encouraged to contact the school office in confidence. We can provide information about Free School Meals eligibility and other support available.

5.4 Snacks

The school understands that healthy snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Fruit and vegetables are readily available to all children during break times. Children bringing snacks for consumption at break-times and/or for after school are encouraged to bring fruit or vegetables. We ask that snacks do not include:

- Chocolate or chocolate-coated products
- Nuts or nut-based products (due to allergy risks)
- Crisps
- Desserts, including cakes and biscuits with confectionary (chocolate-coated)

5.5 Drinks

The School Food Standards (January 2024) require that drinking water should be available to all students, every day, and free of charge. Research has shown the value to pupils of gaining regular access to fresh, chilled drinking water throughout the school day. Intake of water is linked to good health, better concentration and increased attainment.

The school has a number of chilled water units available, and children are encouraged to fill water bottles during break and lunchtimes. Children may also bring their own water bottles to have in the classroom. We actively promote water consumption throughout the school day and encourage children to drink regularly.

6. Special Dietary Requirements

6.1 Religious and Cultural Dietary Needs

The school provides food in accordance with pupils' religious beliefs and cultural practices. We celebrate food diversity and ensure our menu choices reflect the cultural diversity of our school community. Parents should inform the school of any religious or cultural dietary requirements, and we will work with Pabulum Catering to accommodate these needs.

6.2 Vegetarians and Vegans

The school caterers offer a vegetarian option every day. When necessary, we also provide a vegan option. Parents should inform the school if their child follows a vegetarian or vegan diet.

6.3 Food Allergies and Intolerances

We take food allergies and intolerances very seriously. The school complies with **Natasha's Law** (The Food Information Amendment, October 2021) and **Benedict's Law** (The Children's Wellbeing and Schools Act 2026) regarding allergen management and labelling requirements.

6.3.1 Benedict's Law (2026)

From 29 June 2026, **Benedict's Law** places new statutory duties on schools regarding the management of food allergies. Under this legislation:

Schools must:

- Maintain a register of all pupils with allergies or medical conditions that put them at risk of anaphylaxis
- Ensure that at least 2 members of staff (or more, depending on school size and circumstances) are trained in the recognition and treatment of anaphylaxis
- Ensure that at least 2 adrenaline auto-injectors (AAIs) are available on school premises at all times for emergency use
- Ensure that emergency AAIs are stored safely but are readily accessible when needed
- Have clear protocols for the emergency administration of AAIs
- Review and update Individual Healthcare Plans for affected pupils at least annually

The school's responsibilities under Benedict's Law:

We will ensure full compliance with Benedict's Law by:

- Maintaining an up-to-date register of all pupils at risk of anaphylaxis
- Ensuring more than 2 members of staff are trained in recognising anaphylaxis and administering AAIs (training is refreshed annually)
- Keeping a minimum of 2 emergency AAIs on site at all times, stored in [specify location - e.g., the school office]
- Ensuring all staff know where emergency AAIs are stored and how to access them quickly
- Having clear, written protocols for emergency situations involving anaphylaxis
- Conducting regular drills to ensure staff are confident in responding to anaphylactic emergencies
- Reviewing Individual Healthcare Plans for all pupils with allergies at least once per year, or more frequently if circumstances change

This is set out in sections 44-47 of the Children's Wellbeing and Schools Act 2026.

6.3.2 Procedures for Managing Food Allergies

1. **Individual Healthcare Plans:** Individual Healthcare Plans are created for all pupils with food allergies. Care Plans document:
 - The specific allergen(s)
 - Symptoms and adverse reactions
 - Actions to be taken in an emergency
 - Location of the pupil's own emergency medication (e.g., EpiPens)
 - Location of emergency AAIs (as required by Benedict's Law)
 - Emergency contact details
 - Photograph of the child for easy identification
 - Date of last review and next review date
2. **Communication:**
 - Parents must inform the school of any food allergies or intolerances at the point of admission and immediately if circumstances change

- The school caterers (Pabulum) are immediately notified of any food allergies/intolerances
- Allergen information for school meals is available from the catering team and is displayed in the dining area
- Individual Healthcare Plans are shared with all relevant staff, including lunchtime supervisors, kitchen staff, and supply teachers
- Care Plans are reviewed at least annually or when circumstances change
- Parents receive a copy of their child's Healthcare Plan and are asked to sign to confirm accuracy

3. Staff Training:

- All staff receive training on food allergy awareness and anaphylaxis as part of their induction.
- More than 2 designated members of staff receive enhanced training in the recognition and treatment of anaphylaxis and the administration of adrenaline auto-injectors (AAIs)
- Staff are trained to recognise the signs and symptoms of allergic reactions, including:
 - - Mild reactions (itching, redness, mild swelling)
 - Severe reactions/anaphylaxis (difficulty breathing, swelling of throat/tongue, dizziness, loss of consciousness)
- Training is updated annually and records are kept
- All staff know the location of emergency AAIs and how to access them
- Regular scenario-based drills are conducted to ensure staff confidence

4. Emergency Procedures:

- Emergency medication (both pupils' own AAIs and the school's emergency AAIs) is stored securely but is easily accessible in [specify location]
- All staff know the location of emergency medication and emergency AAIs
- Emergency procedures are clearly displayed in key areas (staff room, school office, dining hall, medical room)
- We maintain up-to-date emergency contact information for all pupils with allergies
- In the event of a suspected anaphylactic reaction, staff will:
 1. Call for help immediately
 2. Administer the AAI without delay (using the pupil's own AAI if available, or an emergency AAI)
 3. Call 999 and request an ambulance, stating "anaphylaxis"

4. Contact parents/carers
5. Stay with the child until emergency services arrive
6. A second dose of adrenaline may be given after 5-15 minutes if there is no improvement or symptoms return

5. Risk Management:

- We take steps to minimise the risk of cross-contamination in the dining area
- Tables are cleaned thoroughly between sittings using appropriate cleaning products
- Children with severe allergies may be seated in designated areas if appropriate and agreed with parents
- We have a 'no sharing food' policy to prevent accidental exposure to allergens
- Due to the serious risk of allergic reactions, we ask that no nut or nut-based products are brought into school
- We conduct regular risk assessments for pupils with allergies, particularly before:
 - School trips and visits
 - Cooking activities
 - Science experiments involving food
 - Seasonal events (e.g., Christmas parties, harvest festivals)
- We ensure that supply teachers and volunteers are briefed about pupils with allergies

6. Allergen Labelling (Natasha's Law):

- Any food prepacked for direct sale on school premises includes:
 - The name of the food
 - A full list of ingredients
 - The 14 major allergens (celery, cereals containing gluten, crustaceans, eggs, fish, lupin, milk, molluscs, mustard, nuts, peanuts, sesame seeds, soya, sulphur dioxide) emphasised within the ingredients list
- Allergen information for school meals is clearly displayed and available from the catering team

7. Register of Pupils at Risk of Anaphylaxis:

- The school maintains a confidential register of all pupils with allergies or medical conditions that put them at risk of anaphylaxis
- This register is reviewed and updated at least termly
- The register is accessible to all staff who need to know
- The register includes:
 - Pupil name and class
 - Specific allergen(s)
 - Location of Individual Healthcare Plan

- Location of pupil's own AAI
- Emergency contact details

Parents of children with food allergies should contact the school office to arrange a meeting to discuss their child's needs and to complete an Individual Healthcare Plan.

8. Dining Environment

An environment has been created which is physically and socially conducive to the enjoyment of nutritious food. The dining area is safe, pleasant, attractive and clean. Lunchtime staff ensure pupils have sufficient time to eat. Good manners and respect for fellow pupils is encouraged and expected.

7.1 Dining Expectations

In doing so, the school requests children adhere to the following rules:

- All children are required to sit at a table in order to eat their lunch. In the summer months children are able to sit outside to eat their packed lunch
- Children are encouraged to eat all or at least try most of the food provided, either by the school or in their lunch box
- All litter from lunch boxes brought in from home must be taken home at the end of the school day (to support our sustainability goals and reduce waste)
- Lunchtime supervisors will help any children who have concerns or cause concern during mealtime, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.
- Children are expected to behave whilst eating their lunches, be polite and helpful
- If a child has a problem or wishes to leave, they should raise their arm and wait until a lunchtime supervisor speaks to them
- If children are unsure of what the meal, or any meal item is, they can ask the caterer or supervisory assistant to explain
- Children should leave the area where they have eaten their lunch in a reasonable, clean and tidy condition
- Children should not share food with others due to allergy risks

8. Sustainability and Environmental Responsibility

Hook Junior School is committed to reducing the environmental impact of our food provision. We aim to:

- **Reduce food waste:** We monitor food waste and work with pupils to understand the importance of taking only what they can eat
- **Sustainable sourcing:** We work with Pabulum Catering to source food sustainably where possible, including Fairtrade products
- **Reduce single-use plastics:** We encourage reusable water bottles and lunch boxes
- **Composting:** Food waste is composted where possible
- **Education:** Pupils learn about the environmental impact of food choices through the curriculum

We encourage parents to use reusable containers and avoid excessive packaging in packed lunches.

9. Supporting Families

We recognise that some families may face financial pressures and difficulties in providing adequate nutrition for their children. We are committed to supporting all families sensitively and confidentially.

If you are experiencing difficulties:

- Contact the school office to discuss Free School Meals eligibility
- Speak to us about any other support that may be available
- All conversations are treated in strict confidence

We will never allow a child to go hungry and will work with families to find solutions.

10. Monitoring and Evaluation

The school will monitor and evaluate activities to ensure the objectives of this policy are met.

10.1 Responsibilities

- **Senior Leadership Team:** Overall responsibility for policy implementation and compliance with School Food Standards and Benedict's Law
- **PDL and PSHE Leaders:** Monitors curriculum coverage of healthy eating and food education
- **Designated Allergy Leads:** Miss Lewis (staff) and ... (governor) is responsible for maintaining the register of pupils at risk of anaphylaxis and ensuring compliance with Benedict's Law
- **Lunchtime Supervisors:** Monitor dining behaviour and packed lunch contents, reporting concerns to the Senior Leadership Team
- **Catering Manager (Pabulum):** Ensures compliance with School Food Standards and provides allergen information
- **Governing Body:** Reviews policy every two years and ensures statutory compliance with all relevant legislation

10.2 Monitoring Activities

The school will:

- Conduct regular reviews of menus with Pabulum Catering to ensure compliance with School Food Standards (January 2024)
- Seek and use feedback from pupils through the School Council and pupil questionnaires
- Seek feedback from parents through parent surveys
- Seek feedback from staff through staff meetings and questionnaires
- Monitor packed lunch contents and provide guidance to parents where needed

- Monitor uptake of school meals and Free School Meals
- Review food waste levels and take action to reduce waste
- Monitor the effectiveness of allergen management procedures and compliance with Benedict's Law
- Ensure the register of pupils at risk of anaphylaxis is reviewed at least termly
- Ensure staff training on anaphylaxis is up-to-date and records are maintained
- Ensure emergency AAls are in date and stored appropriately
- Evaluate the impact of food education in the curriculum
- Review any incidents related to food allergies and update procedures accordingly
- Conduct regular emergency drills for anaphylaxis scenarios

10.3 Evaluation

The effectiveness of this policy will be evaluated by:

- Pupil feedback on food provision and dining experience
- Parent feedback on communication and support
- Staff feedback on policy implementation and workload implications
- Data on school meal and Free School Meals uptake
- Monitoring of food waste
- Review of any food allergy incidents or near-misses
- Assessment of curriculum coverage and pupil knowledge of healthy eating
- Compliance audits for Benedict's Law requirements
- Staff confidence levels in managing allergic reactions

10.4 Review Schedule

This policy, its procedures and activities, will be monitored and reviewed every **2 years** by the PDL Leader and the Governing Body, or sooner if there are significant changes to national guidance, legislation, or school circumstances.

The policy will be kept up-to-date in relation to the current School Food Standards and relevant legislation, including Benedict's Law.

Next review date: September 2026

11. Useful Links

11.1 Guidance and Standards

- **School Food Standards (January 2024):**
<https://www.gov.uk/government/publications/standards-for-school-food-in-england>
- **School Food Standards: Resources for Schools (January 2024)** (including practical guide, checklists, portion sizes and allergy information):

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

- **The Eatwell Guide:** <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>
- **Cooking and Nutrition in the National Curriculum:** <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study>

11.2 Free School Meals

- **Free School Meals Eligibility:** <https://www.gov.uk/apply-free-school-meals>
- **Hampshire County Council Free School Meals:** <https://www.hants.gov.uk/educationandlearning/freeschoolmeals>
- **Universal Infant Free School Meals:** <https://www.gov.uk/government/publications/universal-infant-free-school-meals-guide-for-schools-and-local-authorities>

11.3 Food Allergies and Safety

- **Children's Wellbeing and Schools Act 2026 (Benedict's Law):** <https://www.legislation.gov.uk/ukpga/2026/18/contents>
- **Natasha's Law (Food Allergen Labelling):** <https://www.food.gov.uk/business-guidance/introduction-to-allergen-labelling-changes-natashas-law>
- **Food Allergen Labelling and Information Requirements:** <https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses>
- **Supporting Pupils with Medical Conditions at School:** <https://www.gov.uk/government/publications/supporting-pupils-at-school-with-medical-conditions--3>
- **Anaphylaxis Campaign:** <https://www.anaphylaxis.org.uk/>
- **Allergy UK:** <https://www.allergyuk.org/>

11.4 Healthy Eating Resources

- **Change4Life:** <https://www.nhs.uk/healthier-families/>
- **5 A Day:** <https://www.nhs.uk/live-well/eat-well/5-a-day/>
- **Food Safety:** <https://www.food.gov.uk/safety-hygiene>
- **The Children's Food Trust:** <https://www.childrensfoodtrust.org.uk/>
- **School Food Plan:** <http://www.schoolfoodplan.com>

12. Equality Statement

We have carefully considered and analysed the impact of this policy on equality and the possible implications for pupils with protected characteristics, as part of our commitment to meet the Public Sector Equality Duty (PSED) requirement to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations. This policy supports our commitment to providing nutritious food that meets the diverse cultural, religious and dietary needs of all

pupils, and ensuring that pupils with medical conditions, including food allergies, are kept safe and can participate fully in school life.

APPENDIX 1 – FOOD GROUPS

The school through its caterer/food provider now must offer the following food groups as part of the school meal and from September 2008 the nutrient standards.

Fruits and vegetables - these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)	• Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice) • A fruit-based dessert shall be available at least twice per week in primary schools
Meat, fish and other non-dairy sources of protein - these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)	• A food from this group should be available on a daily basis • Red meat shall be available twice per week in primary schools, and three times per week in secondary schools • Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks • For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein
Manufactured meat products	Manufactured meat products may be served occasionally as part of school lunches, provided that they: i) meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers ii) are not "economy burgers" as

	described in the Meat Products (England) Regulations 2003; and iii) contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder. iv) A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight and also meets requirements set out in points i-iii. Group 1; burger, hamburger, chopped meat, corned meat; Group 2: sausage, sausage meat, link, chipolata, luncheon meat. Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch)pie, pasty or pastie, bridie, sausage roll. Group 4: Any other shaped or coated meat product.
Starchy foods (also see additional requirement on deep frying below) – these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal	• A food from this group should be available on a daily basis • Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week • On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available • In addition, bread should be available on a daily basis

Deep fried products	• Meals should not contain more than two deep fried products in a single week. • This includes products which are deep-fried in the manufacturing process.
Milk and dairy foods - includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard	• A food from this group should be available on a daily basis.