

The School Food Standards



A new set of food standards for schools has been launched by the Government to promote healthier eating choices. These come into effect from the start of term in January 2015.

This means we have had to make some changes to the range of food and drinks we serve. Below is a summary of some of the main differences you will see :

- The range of items at morning break will change and snacks like flapjacks, muffins and cookies will only be available at lunchtime.
- We will be providing a wider choice of healthier snacks like baked chicken wings, hot filled paninis, tasty pasta pots and oriental noodles.
- Some old favourites will still be available at morning break such as pizza, hot filled baguettes and toasted bagels.
- There is a limit of two times a week that we can serve deep fried or batter coated products. The good news is that Friday favourite Fish and Chips stay on the menu!
- In order to limit the amount of sugar available within bottled and carton drinks, bottles of milk shakes and fruit juices will still be available but in smaller sizes.
- Wholegrain starches such as pasta will appear on the menu weekly.
- There will be more fruit based desserts available each week.

All of these changes are aimed at providing a healthier option for the pupils and to promote a balanced nutritious food offer across the whole day.

If you have any comments or suggestions on these new standards please feel free to contact the Catering Manger directly at your school.

Alternatively contact Aspens on 01886 821511 or info@aspens-services.co.uk



Aspens recognise the important connection between a healthy diet and the ability of students and adults to learn effectively and to maintain a good health and sense of wellbeing.

We recognise the central role that good food plays in our social and cultural life and that sharing and eating food is an excellent bridge for building friendships and inter-generational bonds.

