



## St Gregory's Fresh Food Policy Statement

<b>Main Meal</b>	All dishes must contain a protein. All dishes must be prepared daily using fresh ingredients. Meat dishes must contain red meat a minimum of twice a week, fish a minimum of once a week. Vegetarian dishes must contain a protein i.e. pulses, beans or cheese.
<b>Potato Wedges</b>	Should not be used more than once a week.
<b>Jacket Potatoes</b>	These must be available daily with a choice of fillings.
<b>Bread</b>	A selection of different breads including white, brown, wholemeal, granary must be available daily.
<b>Carbohydrate</b>	At least two carbohydrate accompaniments should be available daily.
<b>Pasta</b>	Pasta is available daily and should have a different sauce or topping daily.
<b>Vegetables</b>	At least two vegetables should be available daily. These should be steamed as often as possible to retain vitamin content.
<b>Salads</b>	At least one meat, one fish and one vegetarian protein must be available daily. A minimum of six side salads must be provided daily and at least four must not contain dressing.
<b>Fresh Fruit</b>	A selection of fresh fruits must be available daily.
<b>Desserts</b>	At least one dessert a day must contain fruit. Yoghurt must be available daily.
<b>Salt</b>	Should not be available on tables or counters.
<b>Water</b>	There should be easy access to free drinking water.
<b>Availability</b>	Ensure that a sufficient choice is available throughout service.
<b>Drinks</b>	A selection of mineral waters, pure fruit juices, yoghurt, milk drinks must be available.
<b>Sustainability</b>	We recognise our responsibility and work towards achieving market initiatives in local, regional or fair trade suppliers.
<b>Whole school food policy</b>	We abide by the governments' healthy food policy and St Gregory's Whole School Food Guidelines.