

# Plymouth Campus – Food Standards

The “School Food Standards” government guidelines are written for schools providing meals every day. As this isn’t the case with our campus, a simplified set of guidelines are provided below:

- **Starchy Foods.** (bread, potatoes, rice, couscous, pasta, oats, sweet potato etc) One or more portions must be provided with every meal. No more than one of these should be cooked with added oil/fat. Fresh bread should be available as a side with each meal, and a wholegrain variety as an option.
- **Fruit & Vegetables.** (all forms including fresh, frozen, canned, dried & juiced – potatoes not included). Fresh raw & cooked salad and veg should be included with every meal. Fresh fruit should be included with every meal.
- **Non-Dairy Protein** - (Meat, Fish, Eggs, Beans). One portion provided every meal.
- **Milk & Dairy** – (Milk, Cheese, Yoghurt, Milk Based Sauces, Custard). A portion of dairy must be provided every day.
- **High Fat/Sugar/Salt Foods.** No more than two portions of fried/batter coated/breaded/pastry food per meal (includes potato products fried during manufacture). No confectionery should be served. Savoury crackers or breadsticks can be served at lunch. Salt must not be available to add to food after cooking.
- **Drinks.** Drinks should not be fizzy or contain added sugar. Fresh drinking water should be provided at all times. We recommend fruit or vegetable juice or fruit squash.

