

Holiday Activities and Food Programme – Example School Food Standards Compliant Menu

As a general principle, try to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish.

Remember - it is just as important to cook food that both looks good and tastes delicious.

For further information on the School Food Standards please visit:

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

	Monday	Tuesday	Wednesday	Thursday	Recommendations
Week One	Sausages with mashed potatoes	Pasta Bolognese	Mild chicken curry with 50/50 white/brown rice	Roast chicken with mashed potatoes	<p>Sausages – should be a minimum 93% meat content to ensure high quality product</p> <p>Beef – use high quality lean minced beef to reduce fat intake</p> <p>Pasta – use wholemeal to increase fibre intake</p> <p>Rice - minimum 50/50 white/brown to increase fibre intake</p> <p>Do not offer Yorkshire pudding, garlic bread or naan bread to limit items high in fat</p> <p>Add pulses/lentils to curry, hot pot, and Bolognese sauce to increase fibre intake</p> <p>Make sauces from scratch – avoid bought in sauces which tend to be high in sugar and salt</p> <p>Serve at least two types of vegetables with each meal to increase colour, flavour, variety, and nutrient intake</p>
	Vegetarian sausages with mashed potatoes	Quorn Bolognese	Goan Quorn Curry with 50/50 white/brown rice	Roast Quorn fillet with mashed potatoes	
	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	
	Fresh fruit salad with dairy ice cream (tinned fruit in juice with fresh fruit added)	Pineapple upside down pudding with custard	Oaty Apple crumble and custard	Chocolate beetroot brownie (using cocoa powder) with fresh fruit and milk	
Week Two	Mild lentil and vegetable curry with 50/50 white/brown rice	Sausages and mashed potatoes	Roast beef with mashed potatoes (no Yorkshire pudding)	Salmon and broccoli pasta bake	<p>Ensure maximum added sugar per portion of all desserts is restricted to 8g</p> <p>Use a variety of different fruits to offer a variety of vitamins and nutrients and broaden children's tastes</p> <p>Ensure salmon is 55 – 80g per portion for primary pupils and 80 – 110g for secondary pupils</p> <p>Ensure fish fillet minimum of 60 – 90g fish content for primary pupils or 90 – 125g for secondary pupils</p> <p>Use tinned fruit in juice and not syrup</p> <p>Wholemeal bread to be offered with every meal to those children who are still hungry after their main meal</p> <p>Ensure the only drinks offered are fresh drinking water and milk (lower fat milk for over 5s)</p> <p>Ensure that the only snack offered are fresh fruit or vegetables</p>
	Jacket potato (with cheese, coleslaw, tuna sweetcorn mayo or chicken mayo)	Vegetarian sausage and mashed potatoes	Roast Quorn fillet with mashed potatoes (no Yorkshire pudding)	Pasta with tomato and basil	
	Salad	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables or fresh mixed salad	
	Fresh fruit salad with cream (tinned fruit in juice with fresh fruit added)	Bananas in custard	Pear sponge and custard	Fruit in jelly with dairy ice cream	

Week Three	Lasagna Roasted vegetable lasagna	Roast turkey and mashed potatoes Roast Quorn fillet and mashed potatoes	Mild Chilli Con Carne with rice Jacket potato (with cheese, coleslaw, tuna sweetcorn mayo or chicken mayo)	Breaded fish fillet with mashed potatoes Vegetarian burger in wholemeal bun with baked wedges	
	Fresh mixed salad	Seasonal vegetables	Seasonal vegetables or fresh mixed salad	Seasonal vegetables	
	Fresh fruit salad with dairy ice cream (tinned fruit in juice with fresh fruit added)	Pineapple upside down pudding with custard	Oaty Apple crumble and custard	Chocolate beetroot brownie (using cocoa powder) with fresh fruit and milk	
Week Four	Beef Chow with egg noodles Quorn Chow Mein with egg noodles	Spaghetti Marinara Five-layer vegetable lasagna	Five Bean Chilli with rice	Chicken Fajitas with rice Bean Fajitas with rice	
	Seasonal vegetables	Seasonal vegetables or fresh mixed salad	Runner bean slaw	Seasonal vegetables	
	Fresh fruit salad with cream (tinned fruit in juice with fresh fruit added)	Bananas in custard	Pear sponge and custard	Fruit in jelly with dairy ice cream	

Additional information:

- All allergen information to be provided prior to ordering
- Main meals and desserts can be mixed and matched within the same week for practical reasons