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|  **HOLIDAY ACTIVITIES AND FOOD (HAF) PROGRAMME – HOT MENU 2023**  |
| **Week 1** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Specifications** |
| **Option 1** | Breaded fish with | Chicken and tomato | Roast pork in gravy | Cottage pie | Chicken with couscous | * Meatballs & Sausages – minimum 70% meat content to ensure high quality product
* Beef (Bolognese)– use high quality lean minced beef to reduce fat intake
* Cottage Pie – use high quality lean minced beef to reduce fat intake
* Pasta – wholemeal to increase fibre intake
* Rice minimum 50/50 white/brown to increase fibre intake
* Do not offer Yorkshire pudding, garlic bread or naan bread to limit items high in fat
* Add pulses/lentils to sauces to increase fibre intake
* Make sauces from scratch – avoid bought in sauces which tend to be high in sugar and salt. Use reduced salt gravy.
* Serve at least two types of vegetables with each meal to increase colour, flavour, variety and nutrient intake – for example with Stir Fry, Curry, Tagine and Bolognese include as many vegetables as possible within the sauce but also include a portion of vegetables on the side. You can swap for seasonal vegetables if needed.
* Salad can be in salad form or crudites (at least 2 different vegetables)
* Ensure maximum added sugar per portion of all desserts is restricted to 8g (multiply number of portions x 8 to get maximum total sugar for recipe)
* Use a variety of different fruits to offer a variety of vitamins and nutrients and

broaden children's tastes* Tinned fruit in juice and **not syrup**
* Salt and pepper should not be available for children to add. Ketchup and other condiments should be portioned out by staff (10g/50p piece sized once only)
* Asterisked desserts \* should be made with fruit making up 50% of all ingredients.
* Caterers can choose whether dairy element of dessert is cream, custard or ice cream
* Chocolate puddings contain cocoa powder (not chocolate)

For further information on the School Food Standards please visit: [https://www.gov.uk/government/publications/school-food-standards-resources-for-](https://www.gov.uk/government/publications/school-food-standards-resources-for-schools) [schools](https://www.gov.uk/government/publications/school-food-standards-resources-for-schools) |
|  | herby diced pots | pasta | with roast potatoes |  | and mint yoghurt |
|  |  |  | and apple sauce |  |  |
| **Option 2** | Quorn nuggets | Tomato pasta | Roast Quorn in gravy | Vegetable cottage pie | Quorn with couscous |
|  | with herby diced |  | with roast potatoes |  | and mint yoghurt |
|  | pots |  | and apple sauce |  |  |
| Vegetables | Vegetables | Vegetables | Vegetables | Vegetables | Salad/Crudites |
| **Dessert** | Fruit crumble\* and | Peaches\*and | Chocolate brownie | Sticky date pudding | Lemon cookie |
|  | cream/ice | cream/ice cream/ | and cream/ice | with cream/ice | Fruit |
|  | cream/custard | custard | cream/custard | cream/custard |  |
| **Week 2** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| **Option 1** | Cheese and tomato | Cold sliced ham with | Roast turkey/pork in | Mild chilli and | Salmon Quiche and |
|  | pizza baguette | new potatoes and | gravy with roast | rice/wrap | new potatoes |
|  |  | coleslaw | potatoes |  |  |
| **Option 2** | Tomato and | Egg & cheese salad | Roast Quorn in gravy | Mild vegetable chilli | Vegetable Quiche and |
|  | mozzarella pasta | with new potatoes | with roast potatoes | and rice/wrap | new potatoes |
|  |  | and coleslaw |  |  |  |
| Vegetables | Salad/Crudites | Salad/Crudites | Vegetables | Salad/crudites | Salad/crudites |
| **Dessert** | Oat cookie | Chocolate and pear | Carrot cake with | Fruit crumble\* with | Fruit and yoghurt |
|  | Fruit | sponge\* and | cream cheese | cream/ice |  |
|  |  | cream/ice | topping | cream/custard |  |
|  |  | cream/custard |  |  |  |
| **Week 3** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| **Option 1** | Pasta Bolognese | Mild chicken curry | Roast pork in gravy | Breaded fish and | Barbecue chicken and |
|  |  | and rice | and roast potatoes | herby diced pots | Rice |
| **Option 2** | Quorn pasta | Mild Quorn curry | Roast Quorn in gravy | Quorn nuggets and | Barbecue Quorn and |
|  | Bolognese | and rice | and roast potatoes | herby diced pots | Rice |
| **Vegetables** | Salad/Crudites | Vegetables | Vegetables | Vegetables | Vegetables |
| **Dessert** | Fruit crumble\* and | Oat and raisin cookie | Fruit muffin with | Chocolate orange | Pear & ginger\*sponge |
|  | cream/ice | Fruit | cream/ice | sponge with cream/ice | with cream/ice |
|  | cream/custard |  | cream/custard | cream/custard | cream/custard |
| **Week 4** | **Same as Week One** |
| **Additional information:*** **All allergen information** to be provided prior to ordering
* **Wholemeal bread to be offered with every meal** to those children who are still hungry after their main meal
* **Main meals and desserts can be mixed and matched within the same week for practical reasons**
* Ensure **the only drinks offered are fresh drinking water and milk** (lower fat milk for over 5s) and that the only snack offered is fresh
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| fruit or vegetables |

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