

Aspirational Futures Multi Academy Trust



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Whole-School Food Policy

Aspirational Futures Multi Academy Trust Wide Policy

September 2026

Document Control

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Statement of intent

At Aspirational Futures Multi Academy Trust, we understand that what pupils eat and drink at school is important. We aim to teach pupils about food and nutrition through the curriculum and reflect these principles in the school's food menu and cooking provisions.

We acknowledge the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also acknowledge that we can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

As part of our healthy eating and living campaign, our catering will uphold the highest standards of quality, nutrition and cleanliness, and adhere, without exception, to the food standards and legal obligations. As such, this policy has been implemented to allow us to provide food in a safe and hygienic manner.

1. Legal framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- The Requirements for School Food Regulations 2014
- The Food Information (Amendment) (England) Regulations 2019 (Natasha's Law)
- The Food Safety Act 1990
- The Food Safety and Hygiene (England) Regulations 2013
- Regulation (EC) No 853/2004 on the hygiene of foodstuffs
- The School Standards and Framework Act 1998
- The Products Containing Meat etc. (England) Regulations 2014
- Welfare of Animals at the Time of Killing Regulations 2015 (WATOK)
- Equality Act 2010

This policy operates in conjunction with the following non-statutory guidance:

- DfE guidance 'School food in England: Guidance for governors, headteachers, catering managers and supply staff'

This policy operates in conjunction with the following school policies:

- Allergen and Anaphylaxis Policy
- Healthy Eating and Drinking Policy
- Health and Safety Policy
- Infection Control Policy

2. Roles and responsibilities

The trust recognises the diversity of its student body. To ensure quality of access and inclusion, the trust's high schools operate a dual-service catering model that includes the provision of certified halal options alongside standard non-halal menus, with strict segregation during storage, preparation, and service.

The trust is responsible for:

- The provision of food for the school.
- Ensuring the agreed food provision adheres to statutory school food standards.
- Ensuring that, where possible, all pupils are able to eat one hot meal a day.
- Organising food hygiene and allergen training for all in-house kitchen staff, with annual refresher training.
- Ensuring external catering companies provide up-to-date food hygiene certificates and comply with school food standards.
- Creating a whole-school healthy eating strategy in collaboration with the Catering Manager.

The headteacher is responsible for:

- Organising training on allergens and anaphylaxis for all school staff, with annual refresher training.
- Ensuring pupil Individual Healthcare Plans (IHPs) for medical allergies are shared securely and updated in real time with the Catering Manager.

- Infant schools: Ensuring lower-fat milk or lactose-reduced milk is provided at least once a day during school hours.
- Infant schools: Ensuring a free piece of fruit or vegetable is provided outside of school lunch hours for pupils aged 4–6 through the School Fruit and Vegetable Scheme.
- Ensuring all Pre-packed for Direct Sale (PPDS) foods provide full name labelling and ingredients lists with allergenic ingredients emphasized.
- Ensuring milk is provided free of charge to infants and pupils entitled to Free School Meals (FSM).
- Ensuring drinking water is provided free of charge at all times.
- Providing free-to-use facilities to eat food, including accommodation, furniture, and supervision, in a safe and social environment.
- Ensuring pupils entitled to FSM receive their meal entitlement.

The catering manager is responsible for:

- Providing the Headteacher with proof of food hygiene certification upon request.
- Completing relevant HACCP risk assessments.
- Ensuring facilities are cleaned to the highest standards.
- Maintaining an up-to-date food hygiene plan and daily food hygiene records, reviewed on a monthly basis.
- Checking and documenting temperatures of food storage areas at the start and end of each day.
- Managing stock rotation and withdrawing expired or unsafe stock.
- Maintaining strict segregation of food groups, including Halal and allergen-free meals.
- Ensuring food served is nutritious and balanced in line with statutory standards.

3. Current food-based standards for school lunches

The school is committed to providing pupils with a healthy balanced diet, in line with the School Food Plan's 'School Food Standards: A practical guide for schools, their cooks and caterers'. The school will use the following standards when planning meals and adapting the healthy eating strategy.

Starchy foods:

- One or more portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, millet, or cornmeal every day.
- Three or more different portions of starchy food each week, with one or more wholegrain varieties provided each week.
- Bread with no added fat or oil available every day.
- Starchy food cooked in fat or oil provided no more than twice a week across the school day.

Fruit and vegetables:

- One or more portions of vegetables/salad and fruit available every day.
- Three or more different types of vegetables and three or more different types of fruit provided each week.
- A fruit-based dessert (at least 50% fruit content by volume of raw ingredients) provided two or more times each week.

Meat, fish, eggs and other non-dairy sources of protein:

- A portion of meat, fish, eggs, nuts, pulses, or non-dairy protein provided every day.
- A portion of meat or poultry provided on three or more days every week.
- Certified halal chicken provided safely with segregated prep and serving lines to ensure inclusivity.
- Oily fish provided once or more every three weeks.
- For vegetarians/vegans, a non-dairy protein portion is provided on three or more days every week.
- Primary schools: Meat/poultry products (e.g., nuggets) served no more than once a week.
- Secondary schools: Meat/poultry products served no more than twice a week.
- No prohibited carcase parts or economy burgers provided.

Milk and dairy:

- A portion of cheese, yoghurt, fromage frais or custard will be provided every day.
- Lower fat milk will be available for drinking at least once a day during school hours, e.g. not including breakfast and after-school clubs.

Food high in fat, sugar and salt:

- No sachets of salt provided for adding to meals.
- Condiments limited to 10g sachets or one teaspoonful per pupil.
- Confectionery, including chocolate and chocolate-covered products, will not be served.
- Desserts, cakes, and biscuits containing no confectionery may be served as part of a lunch meal.
- No more than two portions of food containing pastry, deep-fried, bread-crumbed, or battered items served per week.

Healthier drink options:

Drink options the school will offer are:

- Options include still/carbonated water, lower-fat/lactose-reduced milk, fruit/vegetable juice (max 150ml), juice-water combinations (max 150ml juice, 330ml total), plant milk alternatives (soya, oat, rice), tea, coffee, and hot chocolate.
- Note: Parklands High School operates a 'water only' policy, with lower-fat milk available during break/lunch.

4. Portion sizes and food groups

The school will use the following portion sizes and food groups for school lunches, in accordance with the school food standards.

Starchy food:

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)	Secondary-aged pupils (aged 11-18)
Bread	N/A	(50-70g) 1-2 slices of medium bread 1 small roll 1 small or ½ large bagel 1 small pitta 2 6-inch wraps 1 10-inch wrap	(80-100g) 2 thick slices of bread 1 large roll or sub roll 1 large bagel 1 large pitta 1 12-inch wrap
Potatoes or sweet potatoes	Raw	120-170g	200-250g
Jacket and baked potatoes	Raw	200-280g	330-410g
Other starchy root vegetables, e.g. yam and plantain	Raw	100-150g	150-200g
Pasta and noodles	Dried	45-65g	65-80g
Rice	Dried	33-55g	55-65g
Other grains, e.g. cornmeal and couscous	Dried	40-60g	60-70g
Potatoes cooked in oil or fat	Raw	70-100g	120-150g
Garlic bread	N/A	20g (1 slice)	40g (2 slices)

Fruit and vegetables:

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)	Secondary-aged pupils (aged 11-18)
Vegetables or mixed salad	Raw	40-60g	80g
Vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, Brussels sprouts, cabbage, spinach and spring greens	Cooked	40-60g (1-2 tablespoons)	80g (2-3 tablespoons)
Pulses, including lentils, kidney beans, chickpeas	Dried	15-20g	30g
	Cooked	40-60g (1-2 tablespoons)	80g (3 tablespoons)
Baked beans in tomato sauce	Cooked	50-70g (1-2 tablespoons)	90-100g (3 tablespoons)
Vegetable-based soup	Cooked	200-250g	250-300g
Large-size fruit, e.g. apples, pears, bananas, peaches	Raw	75-100g (1 small sized fruit with skin)	100-150g (1 medium sized fruit with skin)
Medium-size fruit, e.g. satsumas, plums, apricots, tangerines, kiwis	Raw	50-100g (1fruit with skin)	80-100g (1-2 fruits with skin)
Small fruit, e.g. strawberries, raspberries, grapes	Raw	40-60g (10-15 fruits)	80g (15-20 fruits)
Dried fruit, e.g. raisins, sultanas, apricots	Dried	15-30g (½-1 tablespoon)	25-30g (1 tablespoon)
Fruit salad, fruit tinned in juice and stewed fruit	Raw/cooked	65-100g (2-3 tablespoons)	130g (3-4 tablespoons)

Meat, fish, egg, beans and other non-dairy sources of protein:

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)	Secondary-aged pupils (aged 11-18)
Roast red meat including beef, lamb, pork, veal, venison and goat	Raw	50-80g	80-95g
Roast poultry including chicken, turkey, duck and other dishes made from these products	Raw	60-85g	85-125g
Red meat or poultry in dishes, e.g. casseroles and pies	Raw	50-75g	75-90g
Meat-based soup	Cooked	200-250g	250-300g
White fish, e.g. pollock, haddock and cod, which is cooked alone or in a dish	Raw	60-90g	90-125g
Oily fish, e.g. salmon, sardines and mackerel	Raw	55-80g	80-110g
Fish or shellfish, e.g. tuna, salmon, mackerel and prawns, which is served in a salad, baked potato or sandwich	Cooked	50-70g	70-100g
Breaded or battered fish, e.g. fish fingers, fish cakes	Cooked	55-80g	85-95g
Egg served in a salad, baked potato or sandwich	Cooked	1 egg	1-2 eggs
Meat alternatives made from soya beans, e.g. tofu	Cooked	50-70g	70-100g

Pulses, e.g. beans, chickpeas, lentils	Raw	20-25g	40-45g
	Cooked	50-60g (1-2 heaped tablespoons)	100-120g (2-3 heaped tablespoons)
Vegetarian sausages, burgers and nut cutlets	Raw/cooked	50-70g	70-100g
Sausages made from beef, lamb or pork	Raw	50-75g (1 sausage)	75-90g (1-2 sausages)
Burgers	Raw	55-80g	80-100g
Scotch pies, bridies, sausage rolls, etc.	Cooked	80g	110g
Breaded or battered shaped chicken and turkey products, e.g. nuggets	Cooked	50-70g	70-100g

Milk and dairy:

Food type	Primary-aged pupils (aged 4-10)	Secondary-aged pupils (aged 11-18)
Lower-fat drinking milk	150-200mls	200-250mls
Milk puddings and whips made with milk	100-120g	120-150g
Custard made with milk	80-100g	100-120g
Yoghurts	80-120g	120-150g
Cheese	20-30g	30-40g

Foods high in fat, sugar and salt:

Food type	Primary-aged pupils (aged 4-10)	Secondary-aged pupils (aged 11-18)
Fruit pies, sponge puddings or crumbles	80-100g	100-120g
Fruit jelly (portion size excludes fruit)	80-100g	100-120g
Cakes, tray bakes, muffins, scones, doughnuts	40-50g	50-60g
Biscuits and flapjack	25-30g	30-40g
Ice cream	60-80g	100g
Pizza base	50-70g	80-100g
Gravy	20-30g (1 tablespoon)	40-50g (2 tablespoons)
Savoury crackers, bread sticks	10-15g (1-2 crackers)	15-30g (2-3 crackers)
Condiments	No more than 10g	No more than 10g

Healthier drinks:

Drink type	Primary-aged pupils (aged 4-10)	Secondary-aged pupils (aged 11-18)
Fruit or vegetable juice	150mls	150mls
Drinking milk	150-200mls	200-250mls
Combination drinks, e.g. fruit juice, flavoured milk	330mls	330mls

Cereals offered as part of breakfast clubs will be high in fibre with low to medium sugar and low salt.

5. Exemptions to the school food regulations

The food standards do not apply to food provided at parties/cultural celebrations, fundraising events, as rewards for achievement, or for teaching cooking skills. However, allergen and hygiene protocols apply without exception across all events.

6. Healthy eating statement

Healthier cooking methods will be used, including baking over frying, reducing added salt/sugar, using unsaturated oils, and boosting dietary fibre across all menus. Healthy lifestyles are actively promoted through PE, PSHE, and assemblies.

7. Catering service standards

Menus and prices will be displayed alongside mandatory allergen guidance. Kitchen and dining cleanliness complies fully with The Food Safety and Hygiene (England) Regulations 2013 and Regulation (EC) No 852/2004. Staff will hold recognised food hygiene qualifications.

8. Purchasing food

All suppliers are vetted for quality, sustainability, and allergen specifications.

In compliance with Natasha's Law (PPDS Regulations), any food packaged on-site before order (e.g. pre-wrapped sandwiches, boxed salads) will feature a clear label displaying:

1. The full name of the food product.
2. A full ingredients list with any of the 14 mandatory allergens highlighted (e.g., in **bold**, *italics*, or high-contrast text).

9. Food and drink safety

Safe dining practices are enforced. Hot drinks for staff are restricted to spill-proof travel mugs in areas near pupils and placed safely away from desk edges. Hot drinks for pupils are served in canteen areas only with heat warnings given. First aid protocols for burns are actively maintained.

10. Kitchen safety and Allergen Management

Kitchen staff maintain full compliance regarding the 14 statutory allergens (Celery, Cereals containing gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soybeans, Sulphites >10ppm, Tree nuts).

All staff receive allergen awareness training. Standard colour-coded equipment is strictly enforced:

- **Red:** Raw meat
- **Yellow:** Cooked meat/fish
- **Green:** Salads and fruit

- **White:** Bakery and dairy
- **Brown:** Vegetables
- **Blue:** Raw fish

Note: Dedicated separate tools and storage containers are used specifically for Halal foods and allergen-safe meals to avoid cross-contamination.

11. Food Hygiene and Storage Temperatures

A HACCP-based food safety management system is fully maintained.

Mandatory Storage Temperature Standards:

- Fridges: Below 5°C
- Chill Display Cabinets: Below 8°C
- Freezers: -18°C or colder (*Updated to meet legal food safety standards*)
- Core Cooking/Reheating Temperature: Must reach 70°C for at least 2 minutes (or equivalent 75°C thermal core probe check).

Opening and closing checks, daily probe calibrations (boiling water test at 100°C ±1°C), and cleaning schedules are logged daily and audited monthly by the Catering Manager.

12. Environmental health inspections

The Catering Manager/Head Cook acts as the primary contact for LA Environmental Health Officers (EHO). The school will visibly display its Food Hygiene Rating Scheme (FHRS) sticker in the dining area. If a rating drops below 5, remedial recommendations will be implemented immediately. EHO inspection logs and notices are maintained for compliance review.