

Spa School Bermondsey

What is going well

The food in the dining hall was well presented with healthy options available for students and staff. Kitchen staff were very accommodating during the visit. All healthy meal bundle guidelines were achieved and the school have a food policy which is fantastic. Fresh vegetables are offered daily from the well-presented salad bar. It was great to see recipes added to the menu from the Chefs in Schools programme such as the Vegetable Fritters and Lime and Courgette Sponge. Similar to Spa School Camberwell, the school does a fantastic job to provide a calm environment for students that encourages them to try new and healthy food.

Meal quality

The Sweet Chilli Quorn and Lettuce Wrap with Tomato and Basil, Pepper Sticks and Picked Carrots was served with a Lime and Courgette Sponge as the dessert. The taste was great overall and provided a filling meal. There was great effort to flavour the vegetables such as adding fresh basil with the tomato and pickling the carrots.

Healthy Meal Bundle

All seven guidelines were achieved. The school offered a good range of fruit, vegetables, and salad every day. No deep fried foods were offered on the menu, and most meals contained a form of protein. Processed meat/meat alternatives were limited, with only one portion (Quorn) offered per week. Pastry was also limited. Only water was offered for drinking in the canteen, with no vending machines on site. Meal portions provided a good amount of food.

	Achieved	Not achieved
≥ 3 portions of lean protein per week, including pulses, eggs, meat and beans		
≤ 2 fried portions of food per week		
≥ 2 portions of fruit, vegetables or salad every day		
A large enough portion for students (provide 500-700 kcal per meal)		
≤ 2 portions of pastry per week		
≤ 1 portion of processed meat or meat substitute per week		
No fizzy or >5% sugar (by volume) drinks		

Feedback from school

Students enjoy the food and what is on offer. Their reported favourites included the wraps, cauliflower, peas, rice pudding, pepper sticks, pasta and rice. They also said that the meals being meat-free did not change the taste and enjoyment of the food. Students reported that they wanted the vegan carrot cake back on the menu and other varieties of fruit such as kiwi and pineapple.

Staff shared similar feedback from the students and enjoyed the taste and variety that encourages students to try new foods. The staff also reported that the meat-free meals had a good source of protein. Staff reported that the portions sometimes were too big for older students and that sauces and condiments be added to the salad bar.

Other observations and areas to work on

The administration of the Universal Credit Free School Meal (UC FSM) scheme was going well. We appreciated and recognised the hard work done to promote the scheme and engage with families. The uptake of the scheme can be improved (31%) and it was identified that the council work with the school to promote the scheme more such as creating posters and regular reminders. The food itself was liked by both the students and the staff overall, and waiting times were short.

Food environment

1	School to continue promoting healthy eating to students
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Administration of the UC FSM scheme

1	Council to help the school with further promoting the scheme to those eligible
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Healthy Meal Bundle

1	School to continue offering a good range of vegetables within the meal and in the salad bar
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