

## Fresh Food Policy Statement

These are the minimum food standards that are required in all Holroyd Howe Independent locations, and are calculated on the basis of a five day a week operation.

We are proud of our Fresh Food Policy. Our business rests on the foundations of using the finest ingredients that have been sourced from high quality local and regional suppliers who care about their produce. *It is a company requirement that a minimum of 90% of all dishes across the menu should be freshly prepared.*

Our policy extends itself to cooking methods, which should ensure that the vitamins & minerals are retained and that dishes are low in saturated fat, salt and sugar. Batch cooking methods are employed to ensure that food is prepared and cooked as near to service time as possible.

<b>Soup/Starter</b>	Where these are available they must be made from fresh ingredients on a daily basis. The menu should clearly state if the dish contains meat.
<b>Main meal</b>	All main course dishes must contain a protein. Meat main dish should contain: red meat a minimum of twice a week, fish a minimum of once a week. Vegetarian main dish should contain either: pulses, beans, lentils or cheese. Cheese should only be the main protein in a maximum of 20% of the dishes.
<b>Deep Fried Potatoes</b>	These should not be on the menu more than once a week.
<b>Jacket Potatoes</b>	These must be available each day with a minimum choice of four fillings.
<b>Bread</b>	A selection of plain breads, to include wholemeal, should be available as an accompaniment to a main meal. Wherever possible, bread is freshly baked on site.
<b>Carbohydrate</b>	At least two carbohydrate accompaniments should be available daily.
<b>Pasta</b>	Where pasta dishes are offered daily as part of a local agreement then the sauce/topping will vary each day.
<b>Vegetables</b>	All vegetables should be fresh and seasonal with only a few exceptions. At least two vegetable dishes to be available at each service. These should be steamed wherever possible to retain vitamins and minerals.
<b>Salads</b>	A minimum of four protein items to be available daily, with at least one meat, one oily fish, and one vegetarian protein option. If a salad bar is used then a minimum of six side salads must be provided and at least 4 should be served without a dressing. At least one side salad must contain carbohydrate.

<b>Fresh Fruit</b>	A selection of fruit should be available at every meal time.
<b>Desserts</b>	At least one freshly made dessert should be available each day and 3 out of 5 desserts must be fruit based. Low fat plain and fruit yoghurt must be offered daily, and wherever possible, made on site.
<b>Salt</b>	This must not be available on the counters or on the tables.
<b>Water</b>	There must be easy access to free chilled drinking water.
<b>Availability</b>	Ensure that a sufficient choice is available for all customers' right through to the end of service ensuring that customers eating late are not disadvantaged.
<b>Drinks</b>	A selection of water based, still drinks, fruit juices, yoghurt, milk based and variety of water drinks to be available.
<b>'Food for All'</b>	Foods that are appropriate to the cultural and religious needs of the school population should be on offer.
<b>Sustainability</b>	We recognise our responsibility to sustainability and work towards achieving market leading initiatives in local and regional suppliers, fair trade produce, waste management and managing of natural resources.



Nick Howe  
Managing Director