

Sample Primary Menu

Based on Nutritional Standards

Children are offered bread and milk daily in addition to the 2 course meal.

Monday

Spaghetti Bolognese or Stuffed Bacon Rolls
Carrots & Peas
Creamed Potatoes
Date Krispie & Custard

Tuesday

Oven Baked Sausages or Shepherd's Pie
Baked Beans or Turnip
Creamed Potatoes
Frozen Yoghurt / Yoghurt & Fruit

Wednesday

Roast Chicken with Stuffing & Gravy
Carrots & Parsnips
Dry Roast / Creamed Potatoes
Ice Cream & Chocolate Sauce

Thursday

Chicken Curry with Boiled Rice & Naan Bread
or Steak Pie & Gravy
Cauliflower / Broccoli
Creamed Potatoes
Apple Crumble & Custard

Friday

Oven Baked Salmon or Chicken Salad Wrap
Mixed Vegetables / Salad / Chips / Baked Potatoes
Rice Pudding & Oranges
Jelly & Fruit

Sample Post-Primary Menu

Based on Nutritional Standards

Chicken Stirfry & Noodles
Roast Beef
Carrots & Parsnip
Roast Potatoes
Chips
Baked Potato
Bread - Wheaten
Jam Sponge (egg sponge)
Custard

Lasagne
Chicken Fajitas
Beef Curry & Rice
Coleslaw / Salads
Homemade Wedges
Baked Potatoes
Fresh Fruit Salad

A Healthy Diet for Children

For children aged five and over a healthy diet broadly means:

- a balanced diet with plenty of variety and enough energy for growth and development;
- plenty of starchy (carbohydrate-containing) foods such as bread, rice, pasta and potatoes;
- plenty of fruit and vegetables;
- moderate amounts of milk products;
- moderate amounts of meat, fish, eggs, beans and other non-dairy sources of protein;
- not eating too many foods containing a lot of fat, especially saturated fat;
- not having sugary foods and drinks too often.

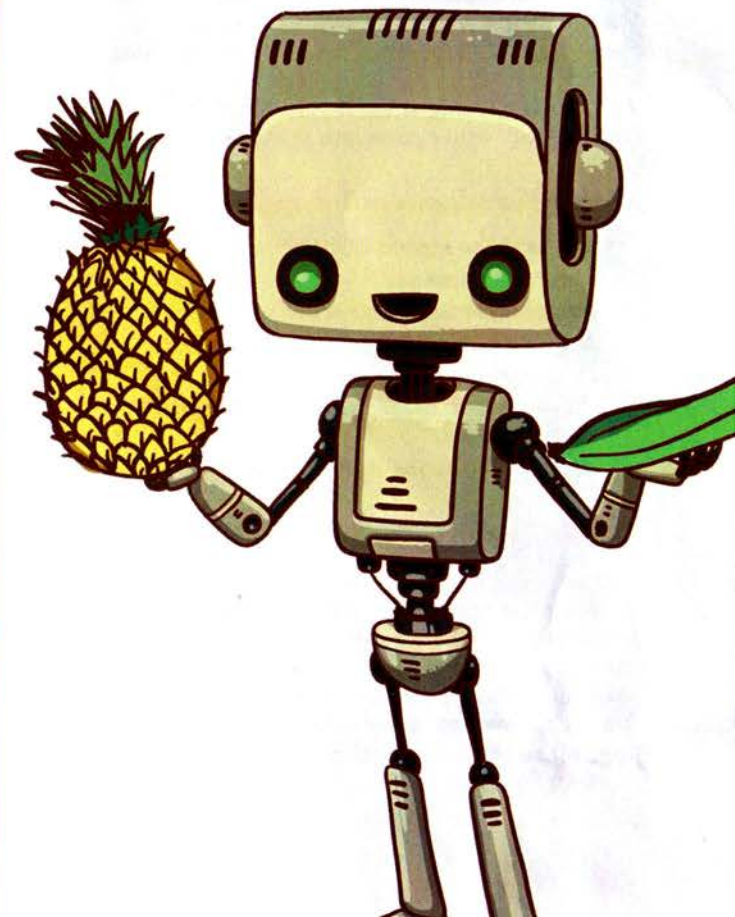
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school food

try something new today

An introduction to school catering



Introduction

180,000 meals are produced daily for children in schools in Northern Ireland. In grant-aided schools these are the responsibility of the Education Authority School Catering Service and in Voluntary Grammar and Grant-Maintained sector this responsibility falls to the Board of Governors.

Meals are served to children of all ages from nursery to post primary and for those pupils attending special schools. In addition there is a catering provision to staff both in schools and out centres.

Try something new today

School food is designed to offer children a variety of nutritious lunches that include familiar favourites, as well as tempting new tastes to try. Meals are freshly cooked in schools each day using seasonal ingredients offering healthy varied menus which encourage children to "try something new today" and appreciate good food.

Benefits of School Food

- A freshly prepared nutritious meal;
- Value for money;
- More convenient than a packed lunch;
- A social opportunity to eat with others;
- Prepared by a local team of staff;
- The ability to cater for special dietary requirements;
- Availability of vegetarian options.

Training

All catering staff receive training to ensure the highest standards of food safety, food preparation, menu planning and how to provide a healthier school meals service. Menus are developed to ensure that they incorporate customers 'likes and dislikes' as well as considering nutritional balance, cost and variety.

Dietary Needs

The school catering service can cater for special dietary requirements that have been medically prescribed as well as for religious beliefs. If your child has a special dietary need please contact the school in the first instance.

Healthy Eating

Good nutrition is essential for children to grow properly, do their best in school and be healthy and happy in the future.

Schools must take a 'whole school approach' to all the food and drink that is provided

and consumed in school. School catering is involved in promoting a healthier diet across all services such as breakfast clubs, healthy breaks and compliance with nutritional standards for school lunches.

When the school catering service provides lunches they must keep to rules, known as 'the standards', that have been set out about what types of food to provide, and how often. Nutritional standards for school lunches and other food in schools are based on the five food groups in the eatwell plate.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

