

SCHEDULE 2

Regulation 3

Food and drink requirements in school meals

- 1.—(1) Oils must contain a total saturated fat content which does not exceed 16 grams per 100 grams and—
 - (a) a total monounsaturated fat content of at least 55 grams per 100 grams; or
 - (b) a total polyunsaturated fat content of at least 30 grams per 100 grams.
- (2) Fat spreads must contain—
 - (a) a total saturated fat content which does not exceed 20 grams per 100 grams; and
 - (b) a combined total monounsaturated and polyunsaturated fat content of at least 30 grams per 100 grams.
- 2.—(1) No salt shall be available to add to food after the cooking process is complete.
- (2) Other condiments may be available to pupils only in individual portions of no more than 10 millilitres.
3. Subject to paragraphs 4 to 6 only the following drinks may be provided:—
 - (a) milk;
 - (b) milk drinks;
 - (c) drinking yoghurts;
 - (d) soya, oat and rice based drinks enriched with calcium;
 - (e) fruit juice;
 - (f) vegetable juice;
 - (g) drinks comprising combinations of fruit juice or vegetable juice with water;
 - (h) drinks comprising blends of fruit, vegetables, fruit juice or vegetable juice in any combination;
 - (i) tea and coffee; and
 - (j) bottled water.
- 4.—(1) Milk must contain a total fat content which does not exceed 1.8 grams per 100 millilitres.
- (2) Milk drinks and drinking yoghurts must contain—
 - (a) a total fat content which does not exceed 1.8 grams per 100 millilitres; and
 - (b) a total sugars content which does not exceed 10 grams per 100 millilitres provided that the total sugars content does not exceed 20 grams per portion.
5. Soya, oat and rice based drinks enriched with calcium must contain—
 - (a) a total fat content which does not exceed 1.8 grams per 100 millilitres; and
 - (b) a total sugars content which does not exceed 5 grams per 100 millilitres provided that the total sugars content does not exceed 10 grams per portion.
- 6.—(1) Fruit juice and vegetable juice must—
 - (a) have no added salt;
 - (b) have no added sugars except sugar which has been added for the purpose of regulating acidic taste in an amount (expressed as dry matter) not exceeding 15 grams per litre; and
 - (c) be made available only in individual portions not exceeding 200 millilitres.

- (2) Drinks comprising combinations of fruit juice or vegetable juice with water must–
- (a) contain a minimum of 50% fruit juice or vegetable juice;
 - (b) be made available only in individual portions not exceeding 400 millilitres;
 - (c) have no added salt;
 - (d) have no added sugars except sugar which has been added for the purpose of regulating acidic taste in an amount (expressed as dry matter) not exceeding 15 grams per litre; and
 - (e) contain a total sugars content which does not exceed 20 grams per portion.
- (3) Drinks comprising blends of fruit, vegetables, fruit juice or vegetable juice in any combination must–
- (a) be made available only in individual portions not exceeding 200 millilitres;
 - (b) have no added salt; and
 - (c) have no added sugars except sugar which has been added for the purpose of regulating acidic taste in an amount (expressed as dry matter) not exceeding 15 grams per litre.