

SCHEDULE 1

Regulation 3

School meal requirements – menu

- 1.—(1) Not less than 2 types of vegetable shall be provided every day.
(2) For the purposes of sub paragraph (1), “vegetable” does not include potatoes.
2. Not less than 2 types of fruit shall be provided every day.
3. Bread shall be provided every day.
4. Oily fish must be provided at least once every 3 weeks.
5. No savoury snacks shall be provided except—
 - (a) savoury crackers;
 - (b) oatcakes; or
 - (c) breadsticks.
- 6.—(1) No confectionery shall be provided.
(2) Cakes, biscuits and puddings must not contain any confectionery.
- 7.—(1) Food that has been deep fried in the cooking or manufacturing process shall not be provided more than 3 times in a week.
(2) Chips may only be served as an accompaniment to other food.

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.

SCHEDULE 3

Regulation 3

Nutrient standards for school meals

1. In this Schedule—

“average school meal” has the meaning given by paragraph 2;

“non milk extrinsic sugars” means any sugar which is not contained within cell walls, except lactose in milk and milk products; and

“nutrient” means any substance listed in Table A in paragraph 3.

2. The average school meal for a school must be calculated in accordance with the following formula:–

$$AB \div C$$

Where–

“A” is the total amount of energy and nutrient content provided in all school meals served in the course of a school week;

“B” is the estimated number of school meals served to pupils during that school week; and

“C” is the number of days in the school week.

3. The average school meal must provide–

- (a) an amount of energy which shall be either the figure shown in Table A or within 10% of that figure;
- (b) no more than the amounts of fat, saturated fat, non milk extrinsic sugars and sodium shown in Table A; and
- (c) as a minimum the amounts of all other nutrients shown in Table A.

Table A

<i>Nutrient</i>	<i>Minimum or maximum value</i>	<i>School meal provided to primary school pupils</i>	<i>School meal provided to secondary school pupils</i>
Energy			
(kilo calories)		557	664
(kilojoules)		(2328)	(2776)
Total fat (grams)	Max	21.7	25.8
Saturated fat (grams)	Max	6.8	8.1
Total carbohydrate (grams)	Min	74.3	88.5
Non milk extrinsic sugars (grams)	Max	16.3	19.5
Fibre (grams)	Min	4.5	5.3
Protein (grams)	Min	8.5	13.6
Iron (milligrams)	Min	3	4.4
Calcium (milligrams)	Min	165	300
Vitamin A (micrograms)	Min	150	187

<i>Nutrient</i>	<i>Minimum or maximum value</i>	<i>School meal provided to primary school pupils</i>	<i>School meal provided to secondary school pupils</i>
Vitamin C (milligrams)	Min	9	11.0
Folate (micrograms)	Min	45	60
Sodium (milligrams)	Max	745	894
Zinc (milligrams)	Min	2.1	2.8

Table B

<i>Nutrient</i>	<i>Minimum or maximum value</i>	<i>School meal provided to primary school pupils</i>	<i>School meal provided to secondary school pupils</i>
Sodium (milligrams)	Max	686	824

4.—(1) On and after 31st December 2010 the requirements in paragraph 3 shall continue to apply to the provision of school meals but with the modification mentioned in sub paragraph (2) below.

(2) For paragraph 3(b) substitute—

“(b) no more than the amounts of—

- (i) fat, saturated fat and non milk extrinsic sugars shown in Table A; and
- (ii) sodium shown in Table B; and”.

SCHEDULE 4

Regulation 4

Food and drink requirements otherwise than as part of a school meal

1. Fruit and vegetables must be made available in any place within the premises where food is provided.

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.—(1) With the exception of savoury snacks no food that has been fried in the cooking or manufacturing process shall be made available in any place within school premises where food is provided.

(2) Savoury snacks—

- (a) may be made available only in individual portions which do not exceed 25 grams; and
- (b) must contain—
 - (i) a total fat content which does not exceed 22 grams per 100 grams;

- (ii) a total saturated fat content which does not exceed 2 grams per 100 grams;
- (iii) a total sodium content which does not exceed 0.6 grams per 100 grams; and
- (iv) a total sugars content which does not exceed 3 grams per 100 grams.

4.—(1) No confectionery shall be made available in any place within school premises where food is provided.

(2) Cakes, biscuits or puddings must not contain any confectionery.

5. Subject to paragraphs 6 to 8, 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.

6.—(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.

7. 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.

8.—(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.