



# Outwith Secondary School Lunch Regulations

## Fruit and Vegetables

A variety of fruit and/or vegetable portions must be made available in any place within the premises where food is provided:

- A portion of fruit or vegetables is 80g
- A portion of dried fruit is 30g

## Sweetened baked products and desserts

Only products meeting the following criteria can be provided:

- No more than 10g of total sugar per portion.
- No more than 19g of fat per portion.
- No more than 6g of saturated fat per portion.

Eg. cookies, muffins, traybakes, cakes, scones, pancakes, waffles, brownies, biscuits including pre-packed e.g. bourbons, digestives.

Cereal bars including breakfast bakes and bars both manufactured and home-made.

## Breakfast Cereals

Only breakfast cereals meeting the following criteria can be provided:

- No more than 15g of total sugar per 100g.
- No more than 440mg of sodium per 100g.
- No more than 1.1g of salt per 100g.
- At least 3g of fibre per 100g.

### Example breakfast options include:

- Scotts Porridge Oats with semi-skimmed milk
- Weetabix Twin Pack with semi-skimmed milk
- Kelloggs Bran Flakes with semi-skimmed milk
- Kelloggs Bran Flakes Bagpak with semi-skimmed milk
- Kelloggs All Bran Flakes with semi-skimmed milk
- Nestle Shreddies with semi-skimmed milk
- Rice Krispie Multi Grain with semi-skimmed milk
- Toast or crumpet with Spread, honey or reduced sugar jam (max 10g portion)
- Whole Fruit/Fruit Pot/Fruit Chunks
- Yoghurt with or without fruit (see below for yoghurt standards)
- Egg on Toast
- Bagel with low fat Cream Cheese



## Savoury Snacks

Plain savoury crackers, plain oatcakes and plain breadsticks can be provided.

Other pre-packaged savoury snacks meeting the following criteria can also be provided:

- Pack size of no more than 25g.
- No more than 22g of fat per 100g.
- No more than 2g of saturated fat per 100g.
- No more than 600mg of sodium per 100g.
- No more than 1.5g of salt per 100g.
- No more than 3g of total sugar per 100g.

## Bread

- All bread and bread rolls must contain a minimum of 3g of AOAC fibre per 100g.

Where a label states fibre, this can be taken to mean AOAC fibre.

The form of bread does not matter eg. Roll, sliced, wrap, chapattis, panini, ciabatta with or without additions such as cheese, garlic, garlic butter or other flavourings such as herbs, sundried tomato or chilli.

## Sweetened Yoghurts, Fromage Frais and Other Milk Based Desserts

Only sweetened yoghurt, fromage frais and other milk based desserts meeting the following criteria can be provided:

- Maximum portion size of 175g.
- No more than 10g of total sugar per 100g.
- No more than 3g of fat per 100g.

## Pastry and Pastry Product

No pastry or pastry products can be provided eg. Croissants, Danish pastries.

## Spreads

Fat spread must contain:

- a total saturated fat content which does not exceed 20g per 100g; and
- a combined total monounsaturated and polyunsaturated fat content of at least 30g per 100g.

Spreads which are rich in monounsaturated/polyunsaturated fats are likely to include rapeseed, olive oil, sunflower and soya based choices.

## Salts and Other Condiments

Condiments (if provided) must be dispensed in no more than 10ml portions.

Condiments include but are not limited to: tomato ketchup, brown sauce, mayonnaise, salad cream, mustard, barbecue sauce, honey, pickles and relishes.

## Drinks

Free drinking water must be provided.

In addition the following drinks can be provided:

- Plain, still or sparkling water.
- Plain lower fat milk and calcium enriched milk alternatives.
- Tea and Coffee.
- No added sugar, lower fat milk drinks.
- No added sugar, lower fat drinking yoghurts.
- Sugar-free drinks (excluding high caffeine - 150mg per litre).