



**Leicestershire
County Council**

Children and Young People's Service
Extended Service

SCHOOL FOOD SUPPORT SERVICE

SENIOR LUNCH MENU ANALYSIS REPORT	
School Name Brockington College	
Blaby Rd, Enderby	Contact Name Jane
Leics, LE19 4AQ	Telephone number
Telephone Number	Date Menu Analysed 20/09/11

	Standard	Compliant		Comment
		Week		
Fruit & Vegetables	Not less than two portions per day per pupil must be provided; at least one should be vegetables or salad and at least one should be fruit	1	✓	
		2	✓	
		3	✓	
		4	✓	
Meat, Fish and other sources of protein	A source of protein should be available everyday No standard 09			No standard set for 2009, but still need to meet iron and zinc requirements
Red meat	Red meat should be available at least three times per week on the lunchtime menu. No standard 09			No standard set for 2009, but still need red meat to meet iron and zinc requirements

	Standard	Compliant		Comment	
Meat products	A meat product (Including manufactured and homemade) from each of the 4 groups may be provided no more than once per fortnight across the school day, providing the meat product also meets the standards for minimum meat content and does not contain any prohibited offal (Meat products (England) Regulations 2003 www.Opsi.gov.uk/si/si2003/20032075.htm)				
	Group 1: Burger, hamburger, chopped meat, corned meat.	1	✓	Beef burger	
		2	✓		
		3	✓		
		4	✓		
	Group 2: Sausage, sausage meat, link, chipolata, luncheon meat.	1	✓	Pasta King Spicy Sausage	
		2	✓	Toad in the hole	
		3	✓		
		4	✓		
	Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish pie, pasty, pastie, bridie, sausage rolls.	1	✓	Large Sausage roll	
		2	✓		
		3	✓		
		4	✓		
	Group 4: Any other shaped or coated meat product.	1	✓	Chicken Burger	
		2	✓	Breaded Chicken	
		3	✓		
		4	✓		
	This standard applies across the whole school day				
	Fish	Fish should be available at least twice a week on the lunchtime menu. No standard 09			No standard set for 2009, but fish is a good source of protein and low fat
	Oily fish	Of the fish available, oily fish should be available at least once every 3 weeks on the lunchtime menu.	1	✓	
2			✓		
3			✓		
4			✓		

	Standard	Compliant		Comment
Starchy foods	A starchy food should be available on a daily basis No standard 09			No standard set for 2009, this food group provides energy
	Fat or oil should not be used in the cooking process of starchy foods on more than three days in any week across the school day.	1	✓	Roast, Wedges, Chips
		2	✓	Roast, chips
		3	✓	Wedges, Wedges, Chips
		4	✓	Wedges, Roast, Chips
For every day that a starchy food cooked in fat or oil is available, a starchy food not cooked in fat or oil should also be available. No standard 09				
Bread	Bread with no added fat or oil must be provided on a daily basis	1	✓	
		2	✓	
		3	✓	
		4	✓	
Milk and dairy foods	A food from this group should be available on a daily basis on the lunchtime menu. No standard 09			No standard set for 2009, these foods are rich in calcium
Deep fried foods	Only two deep fried items can be served in a single week across the school day. This includes products that are deep-fried in the manufacturing process.	1	✓	Chips, Battered cod
		2	✓	Chips, Battered cod
		3	✓	Chips, Battered cod
		4	✓	Chips, Battered cod

Other standards that should be meet

Cakes and Biscuits	Cakes and biscuits are allowed at lunchtimes but must not contain confectionary
Confectionery	No confectionery may be provided. This includes chocolate and chocolate bars, chocolate coated bars, biscuits containing or coated in chocolate, sweets, cereal bars, processed fruit bars, choc ices and other chocolate coated ice cream
Savoury snacks	Snacks such as crisps must not be provided. Nuts, seeds, vegetable and fruit with no added salt, sugar or fat are allowed. Dried fruit may contain up to 0.5% vegetable oil as a glazing agent
	Savoury crackers and breadsticks can only be served with fruit, vegetables or dairy food as part of school lunch
Salt	No salt shall be available to add to food after the cooking process is complete. Salt shall not be provided at tables or service counters

Condiments	Condiments, such as ketchup and mayonnaise, may be available only in sachets or individual portions of no more than 10grams or one teaspoon.
Drinking water	Free fresh drinking water should be provided at all times
Healthier Drinks	<p>The only drinks permitted during the school day are plain water (still or sparkling); low fat milk or lactose reduced milk; fruit juice; vegetable juice; plain soya, rice or oats drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks; combination drinks; flavoured low fat milk. Please see the drinks table in Appendix 2 for guidance on composition, ingredients, additives and flavourings.</p> <p>Tea, coffee and hot chocolate containing less than 5% added sugar or honey is also permitted.</p> <p>Note: The School Food Trust strongly encourages schools to provide drinks that are unsweetened, unfortified and additive free, and is currently developing a voluntary Code of Practice to support this.</p>

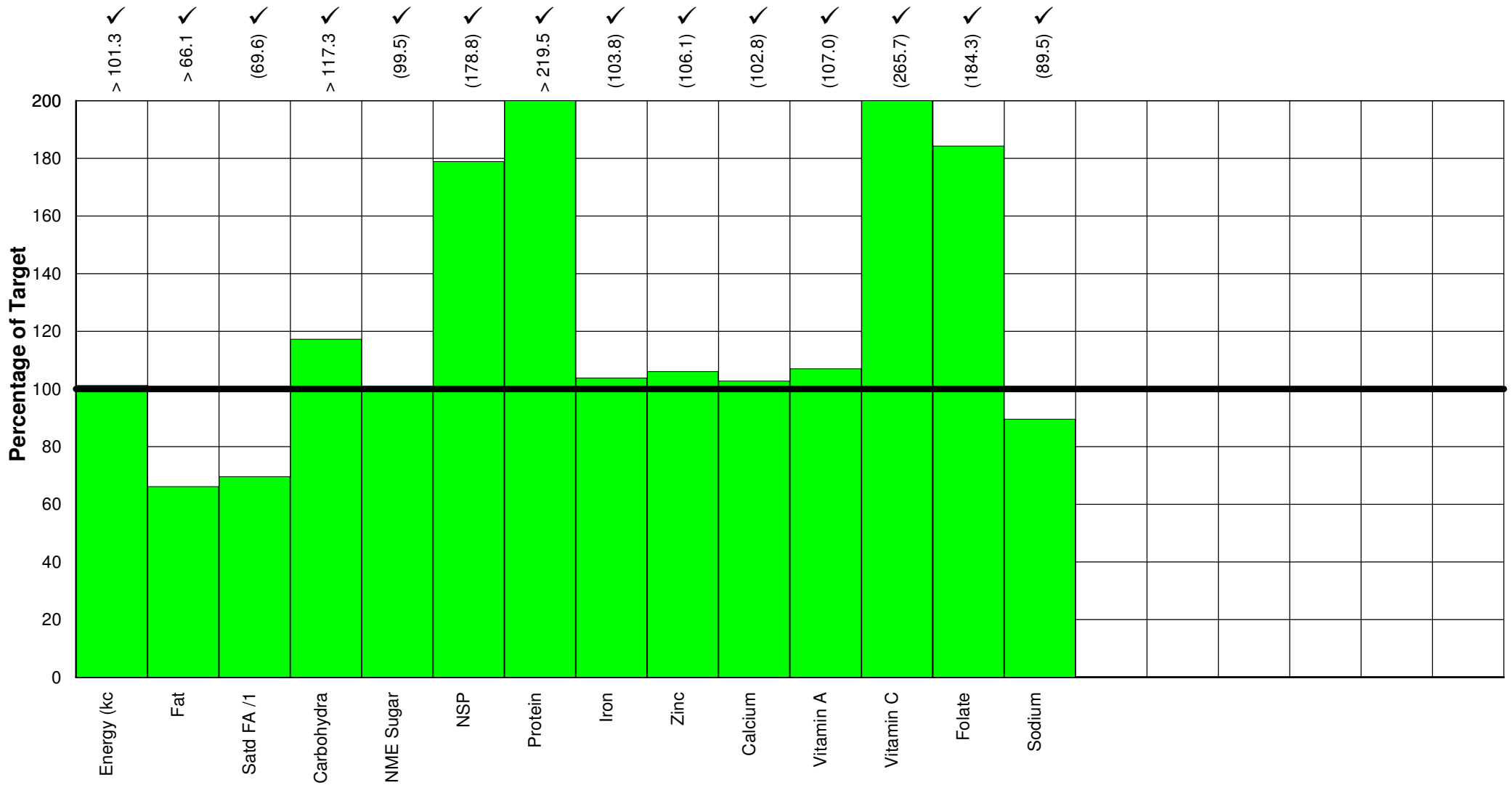
Any other comments
Chocolate may not be used as an ingredient at lunchtime, for example in puddings or cakes. Cocoa powder is permitted.

Further Information
Compliant for food based standards for September 2011 menu
<p>Paula McKee, Senior Dietitian (Schools) Tel 0116 3055785</p> <p>Overall comments</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>Sue Gardner, School Food Development Advisor</p>

Brockington College											
September 2011 Menu											
Nutrient	Max/min	%	Nutrient standard	Week 1		Week 2		Week 3		Week 4	
				Nutrient	Std met	Nutrient	Std met	Nutrient	Std met	Nutrient	Std met
Energy (Kcal)	EAR	30	646 ± 32.3	654.1	✓	677.7	✓	669.5	✓	648.7	✓
Fat (g)	Max	35	25.1	16.6	✓	18.2	✓	17.9	✓	17.8	✓
Saturated fat (g)	Max	11	7.9	5.5	✓	6.5	✓	6.2	✓	6	✓
Carbohydrates (g)	Min	50	86.1	101	✓	104.3	✓	102.5	✓	99.8	✓
NMS sugars (g)	Max	11	18.9	18.8	✓	18.2	✓	17.7	✓	17.8	✓
Fibre (g)	Min	30	5.2	9.3	✓	9.2	✓	10.4	✓	9	✓
Protein (g)	Min	30	13.3	29.2	✓	28.5	✓	28.4	✓	26.8	✓
Iron (mg)	Min	35	5.2	5.4	✓	5.3	✓	5.5	✓	5.2	✓
Zinc (mg)	Min	35	3.3	3.5	✓	3.5	✓	3.6	✓	3.3	✓
Calcium (mg)	Min	35	350	359.7	✓	390.9	✓	368.8	✓	352.9	✓
Vitamin A (ug)	Min	35	245	262.2	✓	297.8	✓	381.9	✓	262.2	✓
Vitamin C (mg)	Min	35	14	37.2	✓	35.2	✓	40.8	✓	37.4	✓
Folate (ug)	Min	35	70	129	✓	133.5	✓	144	✓	134.6	✓
Sodium (mg)	Max	30	714	639	✓	651.8	✓	688	✓	546.9	✓

Nutrition Plan: BRSEPT11W1 BROCKINGTON COLLEGE SEPT11 WEEK 1

Nutrition Rule: Sec Lunch Secondary Lunch

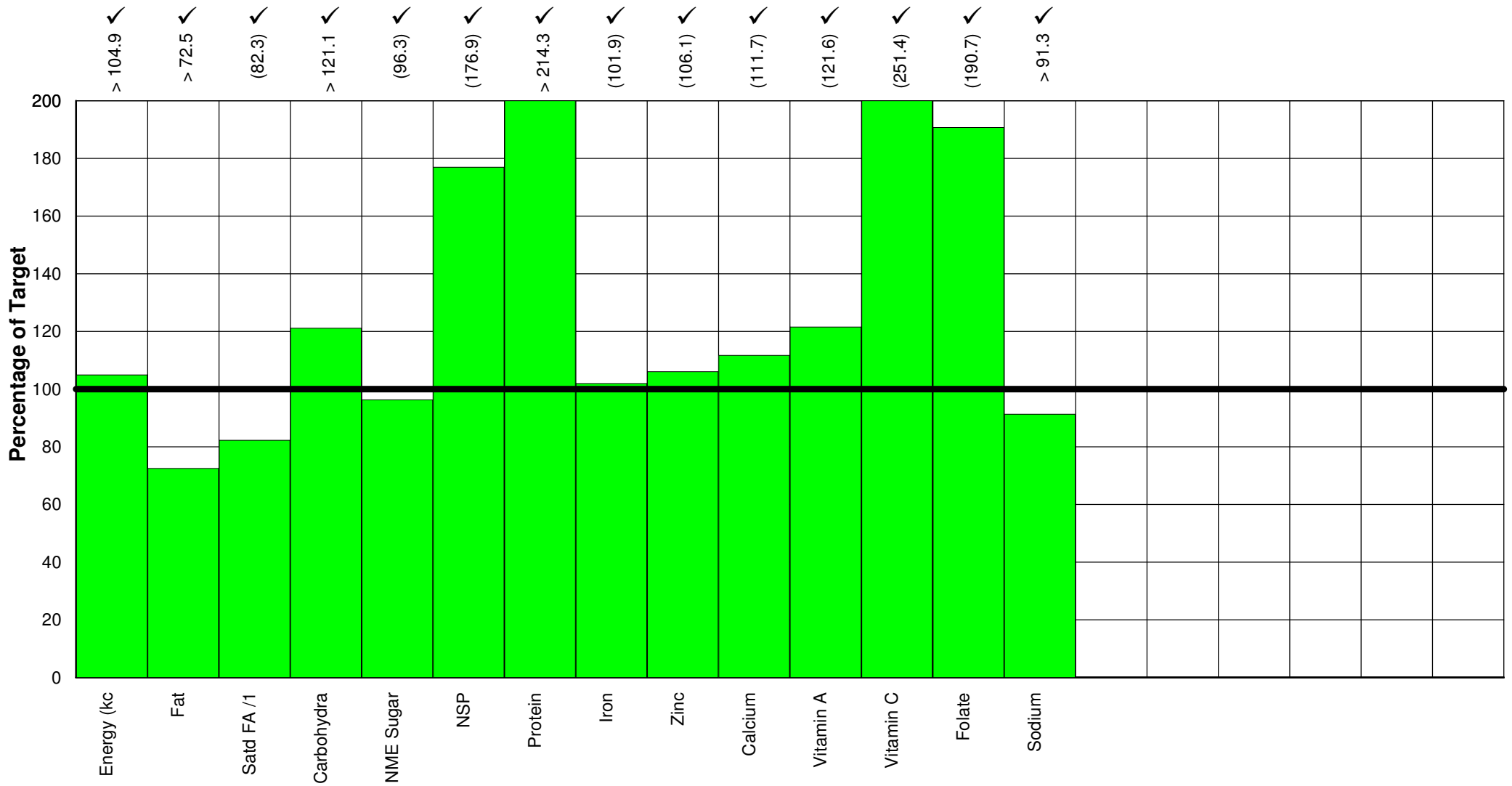


Nutrition Chart - Nutrition Plan

PAULA

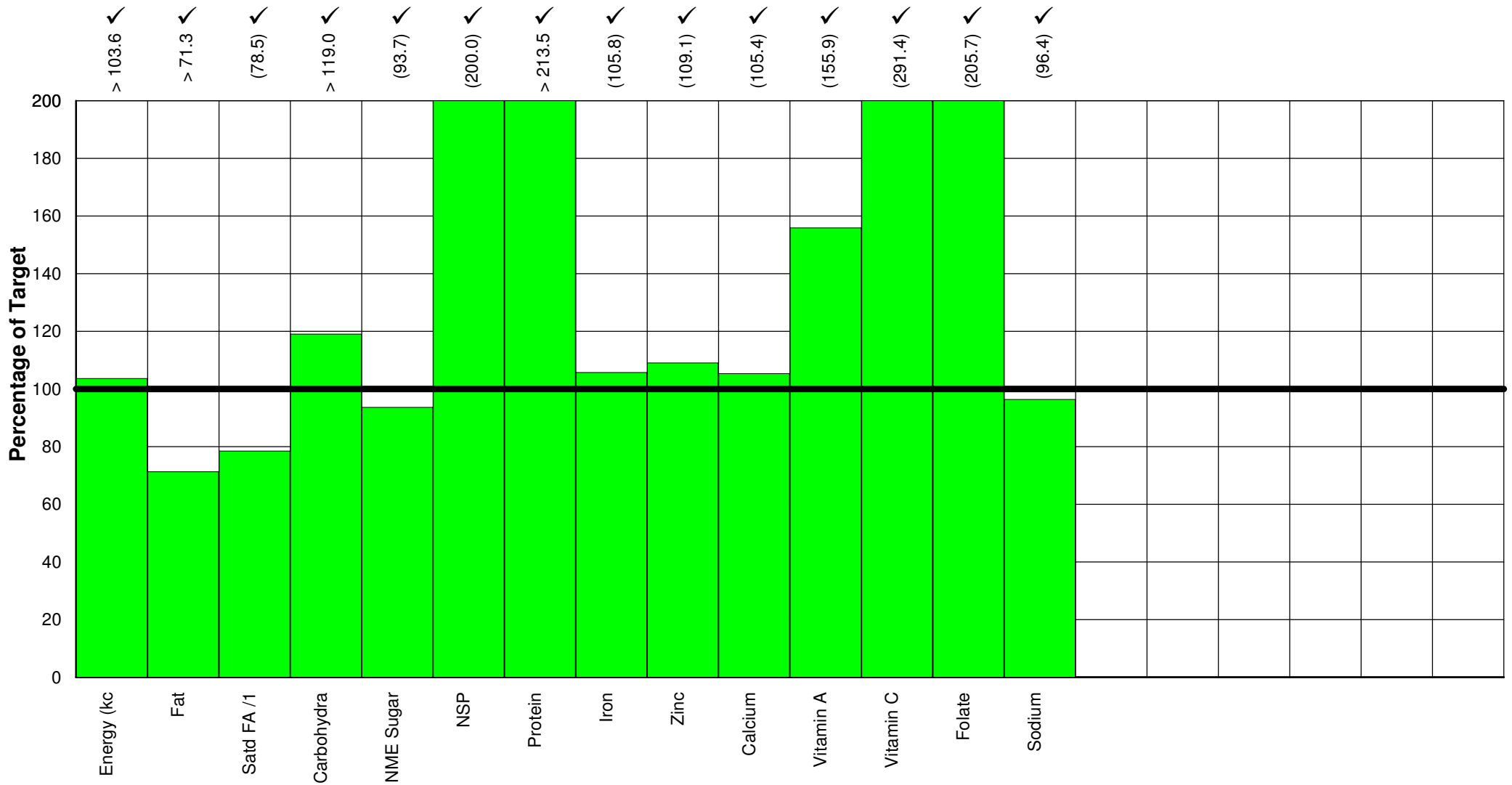
Nutrition Plan: BRSEPT11W2 BROCKINGTON COLLEGE SEPT 11 WEEK 2

Nutrition Rule: Sec Lunch Secondary Lunch



Nutrition Plan: BRSEPT11W3 BROCKINGTON COLLEGE SEPT 11 WEEK 3

Nutrition Rule: Sec Lunch Secondary Lunch



Nutrition Plan: BRSEPT11W4 BROCKINGTON COLLEGE SEPTEMBER 11 WEEK 4

Nutrition Rule: Sec Lunch Secondary Lunch

