

All of our meals meet the Food Standards recommendations for school lunches.

FOOD	RECOMMENDATION
Fruit and Vegetables	Not less than 2 portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fruit
Oily Fish	On the school lunch menu at least once every 3 weeks
Deep Fried Products	Meals should not contain more than 2 deep fried products in a single week
Processed Foods	Should not be reformed/reconstituted foods made from "meat slurry"
Bread (without spread)	Available unrestricted throughout lunch
Confectionary and Savoury Snacks	Not available through school lunches
Salt/Highly Salted Condiments	Not available at lunch tables or at the service counter
Drinks	The only drinks available should be water (still or carbonated), skimmed or semi-skimmed milk, pure fruit juices, yoghurt and milk drinks with less than 10% added sugar, or combinations of these (e.g. smoothies)
Water	Easy access to free, fresh, chilled drinking water.



BROCKINGTON COLLEGE

## School Catering



***"Students have an excellent understanding of how important it is to develop a healthy lifestyle, which is encouraged by healthy food in the school canteen."***

Ofsted, 2010

**At Brockington College** we are extremely proud of our school catering. **Fresh, healthy food is served daily** from our modern kitchens by our catering staff employed directly by the college.

Our Catering Manager, Jane Cassidy, carefully plans all meals to ensure that a well-balanced and nutritious selection of delicious dishes is always available to pupils and staff. Our experienced kitchen staff then prepare a variety of dishes each day, making our school dinners some of the freshest, healthiest and tastiest around! **The amount of pupils choosing our school dinners on a daily basis has increased by over 150% over the past two years**, suggesting that pupils at Brockington think that our meals are pretty delicious too.

Pupils selecting school dinners dine in The Courtyard, the impressive and airy atrium at the centre of the college, together with members of staff and those pupils who have chosen to bring a packed lunch. **We believe that this experience of dining together supports the development of social skills and maturity amongst our pupils**, and all meals are served using traditional, high quality crockery and cutlery.

- We only serve chips on Fridays. Our chips are thick cut, absorbing much less fat than regular chips and are thoroughly drained before being served
- All of our recipes are examined by a dietician to ensure low fat, salt and sugar content
- Many of our dishes contain vegetables, for example our cheese and potato pie contains leeks
- We do not offer a salt condiment
- Our cakes are made to modified recipes, each design to minimise levels of fat and sugar without compromising on taste

### Typical “Meal Deals” that are available include...

Gammon & Pineapple with New Potatoes & Fresh Vegetables, Choice of hot or cold Pudding	£2.85
BBQ Chicken Wrap with Salad, Choice of hot or Cold Pudding	£2.60
Pasta King, Garlic Bread, Salad Garnish/Fruit, Yoghurt Or Fruit Juice	£2.20
Shepherds’ Pie with Fresh Vegetables, Choice of Hot or Cold Pudding or Fruit Juice	£2.85
Cheese Panini, Salad Garnish, Fruit or Yoghurt	£2.60
Jacket Potato (with choice of filling), Salad Garnish, Fruit or Yoghurt.	£2.60
Fish & Chips with Mushy Peas, Choice of hot or Cold Pudding	£2.85
Freshly made to order Baguettes	from 85p

#### **New Quick Bite Menu** (Examples, *all served with juice*)

Beans on Toast	£1.20
Southern Fried Chicken Burger	£1.75

#### Other items on sale:

Cakes	57p	Small fruit juice	57p
Biscuits	57p	Water	35p-78P
Fresh fruit from	40p	Milk shake	55p

- All of our puddings contain fruit
- We offer a full range of made-to-order baguettes, including a “healthy option” range
- Our meal deals always include a vegetarian and low calorie choice each day