

Tower Hamlet Food Compliance Document	Excluding Morning Break			Including Morning Break		
	Week 1	Week 2	Week 3	Week 1	Week 2	Week 3
Starchy food						
One or more portions of food from this group every day	✓	✓	✓	✓	✓	✓
Three or more different starchy foods each week	✓	✓	✓	✓	✓	✓
One or more wholegrain varieties of starchy food each week	✓	✓	✓	✓	✓	✓
Starchy food cooked in fat or oil no more than 2 days each week (applies to food served across the whole school day)	✓	✓	✓	✓	✓	✓
Bread - with no added fat or oil - must be available every day						
Fruit and vegetables						
One or more portions of vegetables or salad as an accompaniment every day	✓	✓	✓	✓	✓	✓
One or more portions of fruit every day	✓	✓	✓	✓	✓	✓
A dessert containing at least 50% fruit 2 or more times each week						
At least 3 different fruits, and 3 different vegetables each week	✓	✓	✓	✓	✓	✓
Meat fish eggs and beans						
A portion of food from this group every day	✓	✓	✓	✓	✓	✓
A portion of meat or poultry on 3 or more days each week	✓	✓	✓	✓	✓	✓
Oily fish once or more every 3 weeks	✓	✓	✓	✓	✓	✓
For vegetarians, a portion of non-dairy protein 3 or more days a week	✓	✓	✓	✓	✓	✓
A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice each week in secondary schools, (applies across the whole school day)	✓	✓	✓	✓	✓	✓
Milk and Dairy						
A portion of food from this group every day	✓	✓	✓	✓	✓	✓
Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours						
Foods high in fat, sugar and salt						
No more than 2 portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated (applies across the whole school day)	✓	✓				
No more than 2 portions of food which include pastry each week (applies across the whole school day)	✓	✓	✓	✓	✓	✓
No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the whole school day)	✓	✓	✓	✓	✓	✓
Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food	✓	✓	✓	✓	✓	✓
No confectionery, chocolate and chocolate-coated products (applies across the whole school day)	✓	✓	✓	✓	✓	✓
Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery	✓	✓	✓	✓	✓	✓
Salt must not be available to add to food after it has been cooked (applies across the whole school day)	✓	✓	✓	✓	✓	✓
Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful. (applies across the whole school day)	✓	✓	✓	✓	✓	✓
Healthy drinks						
Free, fresh drinking water at all times	✓	✓	✓	✓	✓	✓
The only drinks permitted are: <ul style="list-style-type: none"> • plain water (still or carbonated) • lower fat milk or lactose reduced milk • fruit or vegetable juice (max 150mls) • plain soya, rice or oat drinks enriched with calcium; plain fermented milk (for example yoghurt) drinks • combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey) • combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey • tea, coffee, hot chocolate Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice	✓	✓	✓	✓	✓	✓