**Holiday Activity and Food Provider Menu Planning Tool**

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| **Menu Criteria** | **Yes** | **No** |
| **Potatoes, bread, rice, pasta and other starchy carbohydrates** |
| Is there one or more portions from this food group every day?  |  |  |
| Is there at least three different types of starchy foods each week? |  |  |
| Is there at least one or more wholegrain (brown) varieties of starchy food each week? |  |  |
| Is starchy food cooked in fat or oil included on the menu no more twice each week (roast potatoes, chips, hash browns etc.)? |  |  |
| Is bread with no added fat or oil must be available every day? |  |  |
| **Fruits and Vegetables** |
| Is there one or more portions of vegetables or salad as an accompaniment to the main meal every day? |  |  |
| Is there one or more portions of fruit every day? |  |  |
| Is there a dessert containing at least 50% fruit two or more times each week (crumbles, summer puddings, fruit salads)? |  |  |
| Is there at least three different fruits and three different vegetables each week? |  |  |
| **Beans, pulses, fish, eggs, meat and other proteins** |
| Is there one portion of food from this group every day? |  |  |
| Is there a portion of meat or poultry on three or more days each week? |  |  |
| Is there oily fish once or more every three weeks? |  |  |
| For vegetarians, is there a portion of non-dairy protein on three or more days each week (lentils, beans, eggs, quorn)? |  |  |
| Are meat or poultry products (manufactured or homemade, meeting the legal requirements) limited to no more than once each week in primary school and twice a week in secondary schools (sausages, breaded/battered chicken or turkey, burgers, pork pies, sausage rolls)? |  |  |
| **Dairy and alternatives** |
| Is there a portion of food from this food group every day? |  |  |
| Is lower fat milk available for drinking at least once a day? |  |  |
| **Foods high in fat, sugar and/or salt** |
| Is there no more than two portions of food that have been deep fried, batter-coated or breadcrumb coated each week? |  |  |
| Is there no more than two portions of food which includes pastry each week? |  |  |
| Are there no snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat? |  |  |
| Are any savoury crackers or breadsticks served at lunch with fruit or vegetables or dairy food? |  |  |
| Is there no confectionary, chocolate or chocolate coated products? |  |  |
| Are desserts, cakes and biscuits, with no confectionary, offered at main meal only? |  |  |
| Salt must not be available to add to food after its been cooked |  |  |
| Are condiments limited to sachets or portions of no more than 10g or one teaspoonful? |  |  |
| **Healthier Drinks** |
| Is fresh drinking water available at all times? |  |  |
| Are the only drinks on the menu from the permitted list below?* Plain water (still or carbonated)
* Lower fat milk
* Fruit or vegetables juice (maximum serving 150ml)
* Plain soya, rice or oat drinks enriched with calcium
* Plain fermented (e.g. yoghurt) drinks
* Combinations of fruit or vegetable juice with plain water 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 – maximum size 330mls
* Tea, coffee, hot chocolate
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