



# **The Farm Kitchen**

# **Food and Nutrition Policy**

*January 2026*



## **The Farm Kitchen Food and Nutrition Policy**

This policy sets out the principles and standards for the provision of school meals. The objective is for all meals provided to schools to contribute to the health, wellbeing, and learning of pupils, comply with national food standards, and reflect our commitment to high-quality, nutritious, and sustainable food.

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### **Legal and National Requirements**

Meals supplied by The Farm Kitchen comply with all statutory requirements relating to school meals, including:

### **School Food Standards**

All school lunches must meet the standards set out in the School Food Regulations 2015

#### **Starchy Foods**

- One or more portions of food from this group every day
- One or more wholegrain varieties of starchy food each week
- Three or more different starchy foods each week
- Starchy food cooked in fat or oil no more than two days each week
- 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
- At least three different fruits and three different vegetables each week
- One or more portions of fruit every day
- A dessert containing at least 50% fruit two or more times each week

#### **Protein**

- A portion of food from this group every day
- A meat or poultry product no more than once a week in primary schools (manufactured or homemade and meeting the legal standards)
- A portion of meat or poultry on three or more days each week

- Oily fish on the menu once or more every 3 weeks
- For vegetarians, a portion of non-dairy protein three or more days a week

### **Milk and Dairy**

- A portion of food from this group every day

### **Foods high in Fats, Salt and Sugar**

- No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated (applies across the whole school day)
- No more than two portions of food which include pastry each week (applies across the whole school day)
- No confectionery, chocolate and chocolate-coated products, (applies across the whole school day)
- Salt must not be available to add to food after it has been cooked
- Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful

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## **The Role of The Farm Kitchen**

The Farm Kitchen are dedicated to delivering high-quality, freshly prepared school meals.

- Our menus are designed in line with national nutritional standards
- We work closely with Lincolnshire County Council Food in Schools Team, receiving menu accreditation each term, giving the school confidence that all meals meet the required food standards
- Uses fresh, seasonal, and locally sourced ingredients wherever possible
- All meat used is British and farm assured
- We use a balanced provision of fruit and vegetables, with a vegetable or salad side included in every meal
- Across all menus, at least 30 different plant types are included over the year to maximise nutritional diversity.
- We use of wholemeal ingredients wherever possible to support healthy digestion
- We provide options to meet dietary requirements and allergies wherever possible
- We deliver meals on time to the school, ready to serve or with minimal preparation required
- We maintain records of menu planning, allergens, and food safety compliance

## **Sustainability and Local Sourcing**

The Farm Kitchen are committed to reducing the environmental impact of school meals and supporting local communities. This includes:

- Sourcing ingredients locally wherever possible to reduce food miles
- Prioritising seasonal fruit and vegetables
- Using British Farm Assured meat to support local farms and ensure high animal welfare and food safety standards
- Minimising packaging and food waste through careful menu planning and portion control

