



School meals in Stockport
just keep getting better

Ten food facts

1. There are more than 10,000 varieties of tomatoes.
2. Vitamin A is known to prevent 'night blindness' and carrots are loaded with Vitamin A. One carrot provides more than 200% of the recommended daily intake of Vitamin A and has a zero fat content.
3. To make one kilo of honey, bees have to visit four million flowers, travelling a distance equal to four times around the earth.
4. Bananas are the world's most popular fruit after tomatoes. In western countries they can account for 3% of a grocer's total sales.
5. Many popular foods contain a high level of water – watermelons and lettuce contain 97% water, tomatoes are made up of 95% water, carrots are 90% water and bread is 30% water. It's surprising to think that almost 1/3 of bread is water!
6. Lemons actually contain more sugar than strawberries.
7. Shredded wheat was the first breakfast cereal to be produced.
8. An average person eats 35 tonnes of food during their lifetime.
9. The onion is named after a Latin word meaning large pearl.
10. Within two hours of standing in daylight, milk loses between 1/2 and 2/3 of its Vitamin B content.



Over the last year our primary school meal numbers have increased by 6% which we feel is testament to the quality and standard provided.

Inside this information pack we have included the 4 week menu cycle for the autumn/winter term, informing you of the nutritionally balanced school lunches available.



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Welcome

Welcome to the school meals service in Stockport. This booklet includes valuable information about the service provided by Solutions SK.

Over the last two terms we have been trialling and testing recipes for our forthcoming autumn/winter primary school menus which are due to commence on 1st November 2010. A big thank you goes out to all our catering teams, pupils and schools who have helped us to develop our best menus to date!

If your child is already attending school or is starting school for the first time it is important that they enjoy a value for money, healthy and nutritious meal. Solutions SK's aim is to make sure that your child's needs are met and catered for at lunchtime.

The award winning catering team provides over 16,000 school meals a day to over 100 of Stockport's schools including nurseries, infant, junior, secondary and special schools.

Schools are ideal places to encourage children to eat healthier options in order to help prevent childhood obesity and associated health problems. Our professional and fully trained catering employees can support your child by providing healthy and tempting menus. Our aim is for children to have a pleasing, positive educational experience where they can enjoy healthy school food in a safe and nurturing environment.

All our menus meet the Government's nutritional and food based standards and are analysed by qualified nutritionists using bespoke nutritional software. Our menus provide well balanced healthy choices, encouraging pupils to try and taste different foods. You can be assured that your child's wellbeing is our top priority.

Over the last year our primary school meal numbers have increased by 6% which we feel is testament to the quality and standard provided.

Inside this information pack we have included the 4 week menu cycle for the autumn/winter term, informing you of the nutritionally balanced school lunches available.

Working in partnership with schools and the Council we are committed to the health and welfare of pupils linking into the 'Every Child Matters' campaign. The service works with schools to assist them in obtaining the 'Healthy Schools' accreditation and also supports the Government's 'Million Meal Campaign'.

Deliciously healthy school meals will give your child a real appetite for learning and help them achieve their full learning potential. Don't miss out on this great opportunity to enjoy a tasty school meal. Why not sign up today at your school office?

Join your child for lunch

Why not contact your school to make arrangements to join your child/children at lunch time to sample a school meal and see for yourself the quality and standard of meals we provide? The cost will be the standard cost of the meal plus vat.



Benefits of a school lunch

- Encourages children to try and taste different foods
- Children learn social skills when they eat
- Full range of dietary essentials which cannot be matched by a packed lunch
- Food is freshly prepared whereas packed lunches are made hours or even the night before, potentially losing some of its nutritional value
- Variety - children don't want to eat sandwiches every day

Did you know?

A recent study found that children who ate a school lunch had a lower intake of fat, saturated fat, sugar and salt and a higher intake of dietary fibre compared to children eating packed lunches*
*SOURCE: THE SCHOOL FOOD TRUST

Please take some time to read this information booklet. We hope you find it informative and reassuring. Please do not hesitate to contact us if you would like to discuss any aspect of the catering provision at your school.

You can find up to date information regarding your child's school meal by visiting: www.myschoollunch.co.uk/stockport or www.yougo4it.co.uk/stockport for secondary school meals.

You can also download an electronic copy of this brochure at these sites. www.solutionssk.co.uk, www.myschoollunch.co.uk/stockport or www.yougo4it.co.uk/stockport



Theme days

We work with schools to develop theme days linking into curricular or calendar events. This introduces new flavours and tastes to children whilst educating and ensuring lunchtimes are interesting and fun.

Primary school meals

A school lunch can provide up to three of the five daily portions of fruit and vegetables and constitutes to one third of your child's recommended daily nutrients.

We do not serve any deep fried foods in primary schools. All products/dishes are either steamed, boiled or oven baked to maintain optimal nutritional content.

Six good reasons for your child to stay for a school meal

1. It can be difficult to get children to try new foods. At school we encourage them to try small portions of food to see if they like it and if so, they can have more.
2. Your child will learn how to talk to others, (social skills) whilst sitting at a table enjoying their meal and making new friends.
3. The experience will help your child gain confidence.
4. Teaching and supervisory staff are on hand to encourage children to eat their school lunch.
5. It will help children learn to use cutlery properly and safely.
6. It is the best way of ensuring children are attentive and in the best frame of mind to learn during afternoon lessons.

Packed Lunch prepared at home

The packed lunch from home sometimes seems the cheapest option. This isn't always the case as many packed lunch costs are hidden in the weekly shopping basket and extra visits to the shops can result in additional purchases you didn't really need. Don't forget to include your petrol/bus fares, not to mention increasing your carbon footprint!

In fact, with food costs continually escalating in our supermarkets, it's worth considering your child staying to enjoy a school meal. Most lunch boxes are stored in schools at room temperature and unless packed properly with ice packs to retain a safe temperature, could pose a potential health threat to your child.

Dedicated primary school meal website

The My School Lunch website is a dedicated resource for primary school children, parents and teachers in Stockport. In addition to an interactive 'Funfair' area full of educational games and the opportunity to learn more about the nutritional benefits of different types of foods. Children can join our mascot, Deano's password protected online club, meet his friends, enter competitions and win great prizes.



The 'My School Lunch' website can be found at:
www.myschoollunch.co.uk/stockport

A school meal

All lunches are nutritionally compliant and provide at least one third of the daily recommended allowance of 14 key nutrients and vitamins. In a recent national study, at least 90% of all packed lunches would not meet the current nutritional standards which demonstrates the added benefit of eating a school meal in Stockport.

Price watch and nutrition watch

(The cost of school meal versus a packed lunch)

| | School meal (Vegetarian options available daily) | Packed lunch |
|------|--|--|
| Mon | 2 x award winning baked sausages, mash potatoes, baked beans, chocolate ice cream sponge, apple & blackcurrant juice | Tuna & cucumber bap, crisps, chocolate biscuit, grape/apple bag, carton of juice |
| Tue | Home-style bolognaise, pasta twists, sweetcorn & garden peas, home-style strawberry cheesecake, orange juice | Ham sandwich, crisps, cereal bar, grapes, bottle of juice |
| Wed | Roast chicken breast, sage & onion stuffing, roast potatoes, mash potatoes, carrot roundels, home-style iced chocolate & orange sponge, chilled milk | Chicken salad bap, mini cheese, yoghurt, apple, carton of juice |
| Thur | Cheese, ham & tomato pizza, potato croquettes, baked beans, fresh fruit platter, strawberry milkshake | Tuna sweetcorn sandwich, cheese snack, mini chocolate roll, grapes, bottle of juice |
| Fri | 2 x Birds Eye fillet fish fingers, oven chips, garden peas, home-style shortbread, orange juice | Cheese & tomato roll, bread stick, chocolate biscuit, apple & grape bag, carton of juice |
| | School meal cost per week £9.00 | Packed lunch cost per week £13.34 |



Milk in school scheme

Your child can benefit from drinking milk every day at school. Allowing your child to enjoy milk at school each day provides great health benefits.

Drinking at least 189ml of semi skimmed milk a day can help improve:

Diet and vitamin intake

Research indicates that drinking milk is associated with improved intake of vitamins and minerals including vitamin A, zinc, calcium and magnesium.

Bone health

A glass of milk will help contribute to a child's daily calcium intake. Adequate intake of calcium in childhood and adolescence are important for the development of healthy bones and reducing the risk of osteoporosis in later life.

Dental health

Encouraging children to consume milk helps to avoid the over consumption of soft drinks and thereby reduces the risk of dental erosion and decay.

Who is entitled to free milk at school?

Children under the age of 5 years (payment is due in the term in which your child turns 5 years) are entitled to receive a daily carton of milk free of charge (the scheme is subsidised by the European Union & the Welfare Food Scheme). Children receiving free school meals also benefit. Parents need to check with the school that the scheme is available.

Free school meal information

Who is entitled?

Only children from families in receipt of Income Support, Income-Based Job Seeker's Allowance and Child Tax Credit (but not Working Tax Credit) and whose annual income (as assessed by the Inland Revenue) does not exceed £16,190 are eligible for free school meals.

If you think you are entitled to free school lunches for your child call Stockport Direct on 0161 217 6015 or drop into one of the Stockport Direct local centres situated around the borough, to collect an application form. Advisors will be available to help and offer support with the completion of your application.

There has never been a better time for your child to enjoy a school lunch and finding out if your child is eligible couldn't be simpler.



Service improvements

Over the last year we have carried out the following service improvements:

- Recycling waste cooking oil from secondary schools to produce bio fuels which is now used to heat public buildings in Stockport
- A new fruit and vegetable contract has been awarded to SET Produce, a local small - medium sized business based in Hazel Grove
- Produced a 45 minute Health & Safety training DVD
- Secondary school cooks received 'Food Excellence and Skills' training
- New point of sale materials and menus designed for secondary schools
- 24 primary school cooks were awarded an Institute of Management qualification
- All primary school cooks received training in Stockport's 'My School Lunch' website
- Trained 330 employees in new Health & Safety systems
- Trained 120 employees in 'Food Safety' - Level 2
- Developed and implemented a revised food safety system (HACCP) for the school meal service
- Introduced photo ID badges for the workforce
- All employees CRB cleared and safeguarding processes in place. All heads of kitchens currently undergoing safeguarding training
- Established a 'Food Focus Group' to develop recipes/menus in primary and secondary schools

School meal accreditations/awards

- Winner of 'Best & Most Improved' education caterer in the country Association of Public Service Excellence (APSE)
- Awarded ISO 14001:2004 Environmental Management Standards
- Received the 'Royal Society for the Prevention of Accidents' (RoSPA) - 'Silver' accreditation in recognition of employee training and service improvements in the workplace, which have reduced slips, trips and falls in kitchens by 66%
- Received the Local Authority Caterers Association (LACA) marketing award in recognition of the creative and innovative marketing solutions for school meals to pupils, parents and schools
- Retained 'Investors in People' accreditation and ISO 9001:2008
- Shortlisted for the APSE 'Catering Service Team of the Year' award

Customer consultation

- 'Lunchbytes' - primary school newsletter/pupil/parent questionnaires distributed to all primary school children in Stockport
- When visiting www.myschoollunch.co.uk/stockport there is a "What do you think?" page where parents can provide feedback to us about their child's experience of school meals in Stockport. This questionnaire is accessed via the parent link
- The management team/food champions regularly attend parents evenings, parental tasting events, pupil councils, food focus groups, governor's conferences and Headteacher events to engage and consult with our customers





Secondary school meals

Secondary schools in Stockport offer a diverse choice of food and meal options in their contemporary dining rooms. Students can choose from traditional hot food, fresh Italian pasta, pizza, filled jacket potatoes, fresh salad from the salad bar, a wide variety of sandwiches including freshly filled baguettes, pitta, tortilla wraps in addition to traditional sliced breads and a wide selection of desserts.

Our menus have been compiled to offer pupils a good choice of imaginative and interesting dishes from a full roast dinner to lighter healthy options from our Deli Bars.

95% of foods are prepared and cooked on site by a team of qualified catering professionals who will cater to meet your child's needs.

All foods are oven baked, not fried, except for chipped potatoes (only served once or twice a week.) Non fried potato options are also available daily and at least two low fat fillings are available daily for sandwiches, salads or jacket potatoes.

'Meal Deals' are also available daily offering a different choice each day. Details of all our menus can be found on our dedicated website at:

www.yougo4it.co.uk/stockport

Stockport's school meal service is committed to providing a value for money school meal service offering quality ingredients. Meals are prepared using as many local and regional ingredients as possible. Our meats, bread, cheese, milk, fresh fruit and vegetables are all provided by local suppliers.

Themed days

To enhance the lunchtime experience we stage monthly theme days which link into either the school curriculum or calendar events. These special days introduce students to different foods, tastes and flavours and always prove popular.

Did you know we only use the following?

- Fresh semi-skimmed milk in cooking
- Wholemeal flour to fortify our 'homestyle' cakes and biscuits which are baked daily
- Steamed vegetables to retain nutritional value
- Low sugar, low salt baked beans
- Milk from three local farms
- Award winning sausages
- Free range eggs in cooking
- Free range mayonnaise
- Fresh filled sandwiches, wraps, rolls, baguettes and bagels, prepared daily
- Grilled, baked, boiled or steamed foods with the exception of chips



Services available

Breakfast

Breakfast is served in most high schools prior to the start of the school day. We provide a selection of foods including:

Bacon sandwiches, cheese toasties, omelettes, toast, tea cakes, crumpets, bagels, cereals & milk together with a selection of fresh fruit and yoghurts.

Beverages include:

Tea, coffee (in some schools ground coffee), hot chocolate, fruit juices, milk, milkshakes, smoothies and water.

Morning break

Morning break is offered in all schools and in addition to the products offered at breakfast we also provide a selection of hot and cold sandwiches, filled Panini's, cheese & onion pasties, hash browns and slices of fresh pizza.

Lunch service/menus and tariffs

We offer a three week lunch time menu in all schools. Details of menus and tariffs are located in the school dining rooms and displayed on notice boards around the school.

Daily choices include:

- Freshly prepared soups
- A deli bar offering a wide variety of sandwiches, rolls, wraps, baguettes etc
- A salad bar – selections changing daily
- A pasta bar providing authentic fresh Italian pasta served with a selection of sauces daily – including a vegetarian choice
- Homestyle traditional favourites using fresh ingredients including roast meals, lasagne, sweet & sour, pies & bakes
- Selection of filled jacket potatoes
- Homestyle desserts including sponge and custard, crumbles, tray bakes, cakes, biscuits, muffins, fresh fruit and yoghurts

Vending services

Vending services are offered in most schools offering a full range of school compliant drinks and snacks.

Salad Bar

A myriad of salads are available daily in all schools from our freshly prepared salad bar and will consist of a selection of favourites including:

| | |
|----------------------|-----------------------------|
| Pasta salad | Winter slaw |
| Rice salad | Curried cous cous |
| Cous cous | Potato & chive |
| Five bean salad | Red cabbage |
| Traditional coleslaw | Mustard potato salad |
| Potato salad | Bean sprouts |
| Lentil & red onion | Mixed leaves |
| Roasted vegetable | Tomato & red onion |
| Pepper & sweetcorn | Minted cucumber |
| Florida salad | Beetroot, carrot & onion |
| Beetroot | Curried potato salad |
| Italian bean salad | Lemon & coriander cous cous |

In addition to the above, single item salads such as tomato, cucumber, peppers, celery, onions and lettuce are also available.

Pre-ordering systems

Solutions SK facilitate a pre-ordering system where pupils pre-select, order and pay for a bespoke cold menu at breakfast or morning break and collect their food at either morning break or lunchtime.

This system speeds up lunchtime service and also ensures that pupils who partake in lunchtime activities such as sports clubs and extra curricular activities don't miss out on lunch.

Drinks

We only sell drinks which comply with the food based and nutritional standards. Our policy is to provide drinks with no additives, added sugar or synthetic sweeteners.

Drinks available daily include:

- Still and sparkling water
- Pure fruit juice
- Fruit smoothies
- Milk/milkshake
- Compliant still and sparkling fruit and vegetable based drinks

New concepts

We regularly introduce new concepts and promote the service to current users and non-users. Our mission is to:

- Offer frequent promotions geared at the customer population
- Run regular themed lunch days linking into school and curricular activities
- Provide greater emphasis on freshly prepared fresh healthy foods
- Procure as much local/regional foods as reasonably practical

Free school meals

If your child is entitled to a free school meal they can choose a range of foods and drinks to the value of £1.80 (price correct at September 2010). Any goods purchased over this value will be charged at standard tariff prices.

Customer consultation

- Pupil questionnaires are distributed to all pupils on roll in secondary schools
- The management team regularly attends parent's evenings, parental tasting events, student councils, food focus groups, Governor's conferences and Headteacher meetings to consult with our customers



Pupils can contact us via our dedicated secondary school meal website at:

www.yougo4it.co.uk/stockport
and click on 'Get in touch'

Further information
regarding both primary
and secondary school food



Frequently asked questions...

Q1. Why were food based standards introduced for lunches?

They defined types of food which are no longer allowed, or restricted, in order to replace foods high in fat, salt and sugar with more nutritious food and drink. They will also ensure certain types of nourishing foods are served more frequently and ensure an immediate improvement to school lunches.

Q2. How do these changes benefit my child?

The ultimate goal is to move children on to balanced meals containing sources of protein and starch accompanied by lots of vegetables, salad and fruit. These standards will mean that unhealthy choices such as foods high in fat, salt and sugar are replaced by more nutritious options. They should have a positive impact on children's health to encourage them to eat more nutritious food and improve quality of school food nationwide.

Q3. Are the new standards law, and who will be checking that they are being implemented?

All state schools have to comply with the new standards. Ofsted will be monitoring a school's approach to healthier eating as part of their regular inspections.

Q4. If these standards are mandatory, does this mean schools have a legal responsibility to comply?

The ultimate responsibility for ensuring the standards are being met lies either with the Local Authority or, if the budget has been delegated, with the school Governing Body. But it is important for everyone involved in school lunches, including parents, carers and pupils, to see that the standards are being followed. If you have any queries, comments or concerns about the standards please talk to your school.

Q5. My child takes a packed lunch, how do the standards affect us?

If your child takes a packed lunch to school you can support these standards by packing a healthy lunch. Your child's school may have introduced their own rules on what can be included in a packed lunch and many schools are now adopting a 'whole school approach'.

Q6. Jamie Oliver brought to our attention that many schools were serving manufactured food products such as burgers, chicken nuggets and sausage rolls. Do you serve these items?

In Stockport we do not serve burgers and processed foods such as chicken nuggets and pork or beef sausage rolls. We do serve award winning quality sausages with a high meat content which meet very strict standards.

Q7. Surely an occasional serving of chips can't be that harmful?

We believe there is no such thing as a bad food, it's all a question of balance. Menus should not contain more than two deep fried products in a single week. Reducing the number of times these products feature on the menus will reduce the amount of fat children eat, and help control calorie intake, as fat is a very concentrated source of calories.

Q8. How many portions of fruit and vegetables do you serve towards their 5 a day?

Fruits and vegetables are vital sources of vitamins, minerals, antioxidants and fibre. Many children currently eat less than half the recommended 5 a day. We totally endorse the Government guideline on this topic. In Stockport we offer a minimum of two portions of vegetables, fresh salad and fresh fruit daily as well as many fruit based desserts.

Q9. Do you serve bread with your school lunches?

Yes, a selection of bread is available at lunch every day. In primary and special schools, bread is now available as an extra to the main meal so that children can fill up on starchy food which is a healthier source of calories than fat and sugar. Children are encouraged to eat bread without spread.

Q10. We consider savoury snacks such as crisps and confectionery as occasional treats in our household. Are they available at school?

Savoury snacks such as crisps and confectionery should not be available in school. Removing products that tend to be high in fat, salt and sugar encourages children to eat a balanced meal as well as helping them to perform better in afternoon activities.

Q11. We hear a lot in the media about the importance of oily fish in our diets and the benefit it brings to us. Does it appear on your menu?

Fish must be available at least once per week in primary/special schools and twice per week in secondary schools. Oily fish such as salmon, mackerel and pilchards should be served at least once every three weeks. This aims to increase the intake of beneficial Omega-3 fatty acids that help maintain a healthy heart.

Q12. I appreciate serving fresh meat is expensive, but it is very much enjoyed by my child. How often, if ever, do you serve red meat?

Red meat will be served at least twice per week in primary schools and at least three times a week in secondary schools. Menus available within all schools promote the use of a variety of red meats with the emphasis placed on dishes made from raw ingredients rather than using pre-prepared, bought in products.

Q13. We understand the daily recommended intake of salt is only 6g, or a small teaspoon. Do you provide salt at the table or use it in cooking?

Salt will not be available. Salt cellars have been removed from tables for some time. We add prescribed levels of salt during cooking, in order to season the food, which complies with Government legislation. Our goal is to reduce the amount of salt children eat, as high intake increases the risk of high blood pressure and heart disease.

Q14. If you no longer serve fizzy or sweetened drinks, what drinks are available for our children?

It is vital children drink plenty of fluids throughout the day to keep them hydrated, therefore free, fresh water is available at all times. The law states that the only drinks to be served are water, pure fruit juices, milk, yoghurt and milk drinks with less than 5% added sugar, or smoothies. Carbonated drinks, flavoured waters, squashes and sports drinks cannot be served. We have removed all the sugary or sweetened drinks that have no nutritional value and can contribute to tooth decay.

Q15. Why are certain foods and drinks being banned?

Research shows that if given the choice children tend to choose less healthy options, particularly foods high in fats, sugars and salts.

Q16. Can my child stay for school meals on the odd day, instead of staying for the full week?

Some schools do allow pupils to stay for the odd day, please check with your child's school office.

Q17. My child is vegetarian. What options are you able to provide?

A hot vegetarian choice and jacket potato with filling is available daily together with a selection of vegetables of the day and a daily salad bar. Unlimited bread is also available. All of our desserts and drinks are also suitable for vegetarians.

A guide to the Government's 'Nutritional Standards'

The Government's food based and nutritional standards are now a legal requirement. Together they cover all food sold or served in schools including:

- Breakfast
- Mid morning break
- Lunch
- After school meals
- Tuck shops
- Vending
- After school clubs

These standards are mandatory, which means that schools and their governing bodies have a legal responsibility to comply with the regulations.

It is important for everyone involved in school lunches including parents, carers and pupils to see that the standards are being met. OFSTED will be monitoring the way schools approach healthier eating as part of their regular inspections to schools.

Benefits to pupils

The ultimate goal is for children to eat a balanced meal containing sources of protein and starch with lots of vegetables, fresh fruit and salad. The standards mean that unhealthy choices including foods which are high in fat, salt and sugar are replaced with more nutritious healthier options. This should have a positive impact on children's health, encouraging them to eat more nutritious food and improve the quality of school food nationwide.

Benefits to the school

Feedback from schools and teachers suggest that the changes help to bring improved behaviour and concentration levels which ultimately leads to better performance in the classroom.



The Government standards **at a glance**

More fruit and vegetables

Not less than two servings per day per child; at least one should be vegetables or salad and at least one should be fruit. Help yourself salad bars are available daily to encourage pupils to enjoy additional salad with each meal.

More oily fish

Oily fish such as mackerel or salmon should be served at least once every three weeks.

Bread

Bread should be available without spreads daily.

Drinking water

Free, fresh drinking water should be available at all times throughout the school day.

Healthier drinks

The only drinks served should be water, pure juices, milk, yoghurt and milk drinks with less than 5% added sugar, or smoothies. This means sweetened fizzy drinks which have little nutritional value are no longer allowed.

No confectionery

Confectionery such as chocolate, chocolate coated biscuits and sweets are not allowed.

No savoury snacks

Savoury snacks such as crisps will not be served at all.

No salt – condiments – restricted

Salt will not be available at lunch. Condiments such as ketchup and mayonnaise will only be available in sachets.

Deep fried foods – restricted

Our menus will not contain more than two fried foods in a single week. This will reduce pupils intake of fat. We do not serve any deep fried foods in primary schools.

Manufactured meat products – restricted

Products such as chicken nuggets, burgers and sausage rolls may only be served occasionally and only providing they meet standards for minimum meat content and do not contain any prohibited offal.



A Spanish theme day, working with a local chef.





Food Additives

For many years the school meals team has prohibited the use of artificial colours in school food and drink because of the potential links to hyperactivity and poor concentration in children.

Solutions SK follow recommendations by the Hyperactive Children's Support Group. The service actively excludes the following additives and hydrogenated fats:

COLOURS

E102 Tartrazine
E104 Quinoline Yellow
E107 Yellow 2G
E110 Sunset Yellow FCF
E120 Cochineal/Carminic acid
E122 Carmoisine (Azorubine)
E123 Amaranth
E124 Ponceau 4R (Cochineal Red A, Brilliant Scarlet 4R)
E127 Erythrosine B5
E128 Red 2G
E129 Allura Red AC
E131 Patent Blue V
E132 Indigo Carmine (Indigotine)
E133 Brilliant Blue FCF
E142 Green S
E150 Caramel (a) (b) (c) (d)
E151 Black PN (Brilliant Black BN)
E153 Carbon Black (Vegetable Carbon)
E154 Brown FK (Kipper Brown)
E155 Brown HT (Chocolate Brown HT)
E161 (g) Canthaxanthin
E173 Aluminium
E180 Pigment Rubine (Lithol Rubine BK)

FLAVOUR ENHANCERS

E621 Monosodium glutamate (MSG)
E622 Monopotassium glutamate (MPG)
E623 Calcium diglutamate
E627 Disodium guanylate
E631 Sodium inosinate Disodium Phosphates)
E635 Disodium 5-ribonucleotide

SWEETENERS

E950 Acesulfame K
E951 Aspartame
E953 Isomalt
E954 Saccharin
E965 Maltitol (i), Maltitol (ii), Maltitol syrup
E966 Lactitol
E967 Xylitol

ANTI-OXIDANTS

E320 Butylated hydroxyanisole (BHA)
E321 Butylated hydroxytoluene (BHT)

PRESERVATIVES

E210 Benzoic acid
E211 Sodium benzoate
E220 Sulphur dioxide
E249 Potassium nitrite
E250 Sodium nitrite
E251 Sodium nitrate
E252 Potassium nitrate
E282 Calcium propionate
E222 Sodium hydrogen sulphite
E223 Sodium metabisulphite
E224 Potassium metabisulphite
E226 Calcium sulphite
E227 Calcium hydrogen sulphite
E228 Potassium hydrogen sulphite

Some preservatives, 'The Sulphites', are known to be a problem for asthmatics.

FLAVOURINGS

All flavourings unless clearly stated 'Natural' must be avoided.

Other additives that can be a problem for Asthmatics or aspirin sensitive people.

E212 Potassium benzoate
E213 Calcium benzoate
E214 Ethyl 4-hydroxybenzoate
E215 Sodium ethyl 4-hydroxybenzoate
E216 Propyl 4-hydroxybenzoate
E217 Sodium propyl 4-hydroxybenzoate
E218 Methyl 4-hydroxybenzoate
E219 Sodium methyl 4-hydroxybenzoate
E230 Diphenyl
E231 Orthophenyl phenol
E232 Sodium orthophenyl phenol
E233 Thiabendazole
E234 Nisin
E235 Natamycin



Special Diets

Therapeutic and cultural diets

We believe that there should be no barriers to school meals and understand that food is central to the health of all.

Therapeutic diets

Therapeutic diets are available upon request at any school, providing a copy of the child's prescribed diet sheet is given to the school in advance of the child wishing to stay for lunch. For the child's safety, only diet sheets issued by consultants, general practitioners or state registered dieticians will be accepted by the school.

The school meals team will require authorisation from parents/carers to contact their specialist to discuss the child's dietary needs, or alternatively a meeting can be arranged with parents to discuss their child's requirements. The school will work closely with all individuals to meet special requirements and dietary needs.

For certain therapeutic diets such as Coeliacs disease and high calorie diets, the school will request a percentage of the prescribed foods to help supplement the child's menu.

Cultural diets

Cultural diets are also available upon request providing that adequate notice is given to the school in advance of the child wishing to stay for a school lunch.

If you would like to talk to someone further regarding your child's therapeutic or cultural dietary requirements please contact your child's school in the first instance.

The use of nuts and nut derivatives

The school meals team do not knowingly purchase any food or drink source that contains nuts or nut derivatives.

Currently, manufacturers will not declare that products are 'nut free' due to the possible risks of cross contamination in production, processing, packaging or transportation.

For this reason we are unable to guarantee that our menus are nut free.



Procurement of food and drink

Government procurement strategy is now based on whole life costs, which means that the cost of running the entire food service, from the point of disposal, must be taken into account when awarding contracts. The service has many standards in place to ensure all food and drink used for school lunches is safe and meets good practice guidelines on procurement. Currently the standards do not permit the following:

- Food and drink containing artificial food colours
- Foods that have been genetically modified
- Foods that are known to contain nuts or nut derivatives
- Foods that have been mechanically recovered or separated

In recent years, emphasis has been placed on sourcing local/regional produce wherever possible. The service and procurement teams are in consultation with various organisations with a view to further increasing our locally sourced produce wherever possible.

Did you know? - Our fresh vegetables, potatoes and salad ingredients come from regional farms in Cheshire, Lancashire, Salford and the Fylde Coast during the local growing season.

Procurement strategy

Solutions SK's mission is to:

- Work with current and future suppliers and distributors to increase the proportion of produce sourced from the area, bringing the added benefits of reduced transportation and supporting local employment and its economy
- Provide local and regional produce during appropriate growing seasons wherever possible
- Allow small companies to bid for contracts by accepting bids from a group of companies and splitting the procurement into lots
- Reduce environmental impact of running catering services such as energy, water, waste and transport
- Reduce delivery miles by helping to support local sustainability and reducing the carbon footprint



Responsible sourcing

Issues of animal welfare, genetically modified foods, avoidance of endangered species, assurance of quality and ethical sourcing are all important considerations in food contracts. Our sustainable sourcing strategy includes the following objectives:

- To provide full traceability of products and suppliers within our approved supply chain to ensure that sustainable, ethical and safety standards are built into our requirements.
- To support British sourcing, working with farmers and growers to use local and regional produce made, grown or reared to support local or regional requirements.
- To work in partnership with our clients, suppliers and distributors to reduce the impact of our business on the environment, supporting fairtrade farmers and their communities.
- To specify assurance standards for meat and poultry in food contracts. Assurance schemes which encompass food safety, traceability, environmental and animal welfare issues, provision for third party inspection and are accredited to EN45011 or an equivalent standard, will be specified as a minimum requirement.

Local and regional produce

We have worked closely with local suppliers to source the following local/regional produce:

- Local cheese
- Milk via four Stockport farms
- Yoghurts via small North West dairy
- Free range eggs and mayonnaise
- Fresh bread via local bakers
- Fresh tomatoes from Heald Green
- Lettuce from Ormskirk

We procure quality food via reputable suppliers to ensure full traceability of food. Foods are sourced as locally as possible to reduce food miles and protect the environment. Our current menus feature the following produce:

- MSC fish which is sourced from sustainable managed fisheries
- Farm assured meat
- Red tractor meat
- British chicken
- Award winning sausages
- Fairtrade bananas
- Dolphin friendly tuna fish

Waste oil

Solutions SK works closely with a local registered waste oil contractor who collects the waste cooking oil from school kitchens for re-cycling which is then processed into bio fuel and used to heat public buildings.

Sustainability

Solutions SK has reviewed its procurement strategies in order to reduce food miles and as a result now uses the following local suppliers:

- SET Produce (Fruit & Vegetable supplier) based in Hazel Grove. We work closely with this supplier to source more local and regional produce via small to medium sized enterprises during the appropriate growing season
- Thatcher's Bakers - based in Stockport
- Frozen food and grocery supplier based in Dukinfield



Stockport's further information links



Where can I find more information about school food in Stockport?

For primary school information - www.myschoollunch.co.uk/stockport

For secondary school information - www.yougo4it.co.uk/stockport

Solutions SK website - www.solutionskk.co.uk

Further Information Links

The Department for Education and Skills and the National Health Service have jointly produced a short guide for parents and carers on school food.
www.foodinschools.org.uk
Tel: 08456 022 260

The School Food Trust is an independent organisation set up to make sure school food is healthier so that children can do better.
www.schoolfoodtrust.org.uk
Tel: 0800 895 001

The Department for Education and Skills is the Government department responsible for setting standards for school food.
www.dfes.go.uk
Tel: 0870 000 2288

The Food Standards Agency is a source of practical help on healthy eating and children's diets.
www.food.gov.uk
www.eatwell.gov.uk
Tel: 020 7276 8829

The Caroline Walker Trust is dedicated to the improvement of public health through good food.
www.cwt.org.uk
Tel: 01923 445374

The Hyperactive Children's Support Group (HACSG)
www.hacsg.org.uk
Tel: 01243 539966

Fish & Kids is a project of The Marine Stewardship Council regarding sustainable seafood.
www.fishandkids.org

The Vegetarian Society
www.vegsoc.org
Tel: 0161 925 2000

The Local Authority Caterers Association
www.laca.co.uk
Tel: 01483 766777

Acknowledgements

We would like to thank the following suppliers whose products feature on our menus and who have kindly made a financial contribution to support the production of this brochure.



healthy, tasty, fasta pasta



What our customers say about the service we provide:

"Thanks so much for all you have done to enable the children to have the Disneyland theme. It went down very well with the children and there was great excitement in the dinner hall! Hope we can repeat the experience sometime. It was great to see all the children involved and voting. Thanks again."

"Please can I express how much the children are enjoying your menus. The children particularly enjoyed the VE Theme Day menu and the teaching staff loved it!! "

"I would like to say that I was pleasantly surprised at how seriously you take parent's comments and questionnaire responses. I filled it in at 1am this morning and was phoned and spoken to by a lovely lady who was genuinely interested in what I said. The school meals are 100% improved and you provide excellent service with excellent cooks and assistants providing good quality freshly prepared meals. Thank you for your telephone response and I wish you continued success in your quest for nutritional healthy school meals throughout the borough."

Feedback provided via a customer who received function catering from Cheadle Hulme High School.

"Can't thank you enough! I wish you could have heard the comments first hand. The organisers said it was the best meal they have ever been provided with at a conference and the delegates were bowled over - one said it was like being in a top class restaurant. You did us proud. Thank you so much and please tell your staff."

"I thought I would write to express our thanks for the support you and Solutions SK have shown in acting as a case study for the Shattered Lives Campaign 2010; your support is much appreciated" (HSE)



For further information regarding your child's school meal service contact:

Solutions SK – School Catering on 0161 474 5578

Or write to:

Solutions SK, School Catering, Enterprise House, Oakhurst Drive, Cheadle Heath, Stockport, SK3 0XT

Or e-mail: schoolmeals@solutionsssk.co.uk

A free interpreting service is available if you need help with this booklet/leaflet. Please telephone Stockport Interpreting Unit on 0161 477 9000. Email: eds.admin@stockport.gov.uk

如果你需要他人為你解釋這小冊子/單張的內容，我們可以提供免費的傳譯服務。請致電 0161 477 9000 史托波特傳譯部。

W przypadku gdybyś potrzebował pomocy odnośnie tej broszurki/ulotki, dostępne są usługi tłumaczeniowe. Prosimy dzwonić do Interpreting Unit pod numer 0161 477 9000.

যদি এই পুস্তিকা / পত্রিকা সম্পর্কে আপনার কোন সাহায্য দরকার হয় তবে বিনা খরচে আপনার জন্য সেতাবীর ব্যবস্থা করা হতে পারে। সেতাবেরা কবে স্টকপোর্ট ইউনিটের সাথে যোগাযোগ করুন। ফোন নম্বর: 0161 477 9000.

اگر آپ کو اس کتابچے / پمفلٹ کے بارے میں مدد کی ضرورت ہے تو مفت سہولتی کی سروس طلب کریں۔ یہ سروس برائے انگریزی زبان کی ہے۔
0161 477 9000 پر فون کریں۔

خدمات ترجمہ راہکاران این نشریه کتابچه در صورت نیاز موجود میباشد. لطفاً یا شماره تلفن 0161 477 9000 یا واحد ترجمه (اینترپرائزینگ یونیت) ما تماس بگیرید.

توفر خدمة ترجمة شفوية اذا تطلبت مساعدة في فهم هذا الكتيب / النشرة. توجد للاتصال ارين وينبول على رقم الهاتف: 0161 477 9000

If you would like this leaflet in large print, on audio tape, in braille or on disk, please phone:

0161 474 5515 or 0161 474 5681

Alternatively, email: marketing@solutionsssk.co.uk

