1.-(1) Not less than 2 types of vegetable shall be provided every day.
(2) For the purposes of sub paragraph (1), "vegetable" does not include potatoes.
2. Not less than 2 types of fruit shall be provided every day.
3. Bread shall be provided every day.
4. Oily fish must be provided at least once every 3 weeks.
5. No savoury snacks shall be provided except-
(a) savoury crackers;
(b) oatcakes; or
(c) breadsticks.
6.-(1) No confectionery shall be provided.
(2) Cakes, biscuits and puddings must not contain any confectionery.
7.-(1) Food that has been deep fried in the cooking or manufacturing process shall not be provided more than 3 times in a week.
(2) Chips may only be served as an accompaniment to other food.

