

## SCHEDULE 2

Regulation 3

### SCHOOL LUNCH REQUIREMENTS

#### **Starchy food**

1. One or more portions of food from sub-group A1 must be provided every day.
2. A type of bread from sub-group A2 must be available every day.
3. Three or more different foods from sub-group A1 must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.
4. One or more of the portions of food from sub-group A1 that is provided every week must be wholegrain.

#### **Fruit and vegetables**

5. One or more portions of food from sub-group B2 (vegetables) must be provided every day.
6. One or more portions of food from sub-group B1 (fruit) must be provided every day.
7. A fruit-based dessert with a content of at least 50% fruit measured by volume of raw ingredients must be provided two or more times every week.
8. Three or more different foods from sub-group B1 (fruit) must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.
9. At least three different foods from sub-group B2 (vegetables) must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.

#### **Meat, fish, eggs, beans and other non-dairy sources of protein**

10. A portion of food from group C must be provided every day.
11. A portion of meat or poultry must be provided on three or more days every week.
12. Oily fish must be provided once or more every three weeks.
13. A portion of non-dairy sources of protein must be provided on three or more days every week.

#### **Milk and dairy**

14. A portion of food in sub-group D2 must be provided every day.

#### **Foods high in fat, sugar and salt**

15. Savoury crackers or breadsticks which are served with food groups B or D may be provided as part of a school lunch.