

## **Hull City Council School Catering Services**

### **New Winter Menu**

We are excited to be launching our new Winter Menu, starting on the 31<sup>st</sup> October, until the 31<sup>st</sup> March 2023.

We have released our new Winter Menu of which we have taken the decision to not include sandwiches within the new menu. The decision has been influenced on several aspects as below:

Following a review on the recent sandwich offer within our previous menu we understand children were not taking full entitlement of the sandwich meal which highlighted the nutritional content was lacking for the children's nutritional needs.

So, how do our menus work? We serve a three-choice menu that rotate through a three-week cycle. We adhere to several standards – from local sourcing to nutritional balance across the week. This is so that we can offer pupils the best nutritional opportunity at lunchtime – something that, as a local authority service provider, is so important to us

We use fresh, local ingredients in our menus , sustainable, and locally sourced ingredients. As defined by the school food standards a child's healthy, balanced diet should consist of:

- Ample fruit and vegetables
- Plenty of unrefined starchy foods
- Some meat, fish, eggs, beans and other non-dairy sources of protein
- Some milk and dairy foods
- A small amount of food and drink high in fat, sugar and salt