



# IMPROVING NUTRITION AT SCHOOL

2018-2019

Due to our healthy diet policy,  
we are making the following improvements in the daily menu:



## MORE VEGETABLES AND PULSES

Vegetables and  
pulses have  
increased by 30% in  
our menus



## MORE FRUIT

Fruit is  
available for  
consumption  
all day



## HEALTHIER MEAT

Healthier and lower  
fat meat such as  
turkey and lamb is  
being served  
more often



## WHOLEMEAL PRODUCTS

New products  
like wholemeal  
pasta, wheat and  
quinoa have been  
introduced



## DEEP FRYERS HAVE BEEN ELIMINATED

Less fat  
in food  
preparation

