



Food Monitoring & Menus

Healthy eating is a high priority at Cranbrook and the main implementation of this policy is via the meals on offer in the school's dining hall.

Every lunchtime there is a variety of options which allow pupils and staff to select their own healthy meals. Every day there is a full salad bar, and there is also a green salad option with the hot choices. The lunch menus for the week are displayed around the school as well as in the dining hall, and the weekly supper menu for boarders is displayed in the boarding houses as well as in the dining hall.

The dining hall has a very pleasant atmosphere, and teachers, support staff and pupils all eat together. The dining hall staff also run a café each break-time offering sandwiches, wraps and muffins etc.

Most pupils eat the school lunch on offer, but some classrooms are designated for eating packed lunches and there are many "picnic-style" benches around the school for use in good weather. Drinking water is available in the dining hall, the sports hall, the staff room, the offices and various fountain points around the school.

In addition to the provision of healthy food choices, awareness of diet and obesity matters is raised via the PHSE curriculum, food technology lessons, school assemblies and via the school's extensive sports programme.

Roles & Responsibilities:

- The team of staff in the dining hall is led by the Head Chef who aims to provide healthy, nutritious and interesting meals every day. The Head Chef takes pride in the standard of the meals on offer, and the weekly menus are planned well in advance and displayed around the school each week.
- The Head Chef meets regularly with the Dining Hall Committee, which has representatives from each House in the school. Occasional themed menus are just one success initiated by the Dining Hall Committee. This committee discusses choices, meal timings, options and the like.
- The Healthy School Core Team also often discusses the choices in the dining hall and, as a result of their discussions, less mayonnaise is used in the café choices.
- Discussion of healthy eating choices and decisions takes place routinely in PSHE lessons and Biology lessons, and is integral to Food Technology courses.
- The Dining Hall Committee, the Healthy School Core Team, the Head Chef and his team, the PSHE and Food Technology departments, all aim to help pupils and staff to make healthy choices in their eating, and are working towards this common aim.

Monitoring & Evaluation:

- The school's food and healthy eating policies are regularly reviewed and evaluated. The Healthy School Core Team and the Dining Hall Committee are asked to review this policy annually and make suggestions to improve it.
- As well as input from the committees mentioned above, pupils and parents are regularly asked about their thoughts on the school's food provision via our pastoral questionnaires. The response to these questionnaires is shared with the committees and the Dining Hall Team and requests and comments are always carefully considered.
- The Governors regularly review all policies and take advice from all interested parties to ensure they remain up to date and pertinent.

Sustainability:

- As far as possible, meat, fruit and vegetables are bought from local suppliers to ensure freshness, high quality and to reduce unnecessary carbon emissions.
- The Dining Hall team carefully monitor wastage on a daily basis and use this to amend future menus and portions on offer.

Menus:

See separate PDF on menu options.

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