

SCHEDULE 5

Regulation 10

REQUIREMENTS FOR SCHOOL LUNCHES PROVIDED AT MAINTAINED  
NURSERY SCHOOLS AND NURSERY UNITS WITHIN PRIMARY SCHOOLS

Each day food from each of the categories (i), (ii), (iii) and (iv) must be provided as part of the school lunch.

| <i>Food Category</i>                                    | <i>Foods included in category</i>   |
|---|---|
| (i) Fruit and vegetables                                | Fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice).   |
| (ii) Starchy foods                                      | Bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal.   |
| (iii) Meat, fish and other non-dairy sources of protein | Meat and fish in all forms (whether fresh, frozen, canned or dried) including meat or fish products, eggs, nuts, pulses and beans, other than green beans.<br><br>Other non-dairy sources of protein. |
| (iv) Milk and dairy                                     | Milk, cheese, yoghurt (including frozen yoghurt and drinking yoghurt), fromage frais, milkshakes and custard.   |