



Our Company's Food Policy

General Food Policy :

- 1 We believe that healthy eating is an important part of a well balanced lifestyle
- 2 We wish to procure and prepare food in a manner that minimises our Carbon Footprint
- 3 We design our menus in order to provide a choice of healthy and nutritional food
- 4 We believe in the principle of 5 portions of vegetables or fruit each day

Procurement Policy :

- 1 We aim to source our fresh produce locally
- 2 For products which cannot be sourced locally, we aim to procure Fair Trade produce
- 3 We do not purchase any pre-prepared food, sauces or other ingredients

Preparation Policy :

- 1 All drinks, light refreshments and meals are prepared on the same day as consumption.
- 2 All ingredients are procured fresh and will not be frozen
- 3 Fatty dressings will be avoided with preference being given to yoghurt as a base
- 4 Chips will be avoided with preference given to grains (rice, millet etc) or baked potatoes
- 5 The use of salt will be minimised
- 6 The use of sugar will be minimised, with brown sugar being used where necessary
- 7 Any bread used will be whole grain.

Menu Design Policy :

- 1 Vegetables and/or fruit will form a substantial portion of every snack or meal
- 2 No alcohol or fizzy drinks will be offered unless by special request
- 3 Drinks and beverages – cold drinks will be iced tap water and fruit juices – hot drinks will be tea, coffee and a range of herbal drinks.
- 4 Light refreshments will include hot and cold drinks with a platter of segments of fruit and vegetables. Biscuits can be provided on request.
- 5 Lunch and Dinner menus will be designed to offer a selection of food providing a well balanced and nutritional menu. Each menu will include a range of salads and vegetables. Desserts will include fresh fruit options with low fat and low sugar cakes.

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