

Food For Life Served Here Silver Award

The Food For Life Served Here scheme is used by caterers to showcase the quality, sustainability, and provenance of their food.

We are audited yearly by the Soil Association, who administer the scheme. These audits confirm that we are serving enough organic, British, local, and freshly prepared foods. It also confirms that we follow the School Food Plan and that our menus are nutritionally balanced.

We hold the Silver Award for Aylesford. This is how we do it:

- **5% of our total spend is on Organics. We buy Organic yoghurts, milk, eggs, and seasonal fresh fruit and vegetables throughout the year.**
- **Over 75% of our menus are freshly made. We make all our sauces and mixes ourselves as well as baking every day.**
- **All our meat is British and Red Tractor certified at minimum.**
- **We offer Meat Free Mondays within our menu cycle to promote sustainability and to introduce new ways to eat popular dishes.**
- **We don't salt any food after cooking. This helps us to lower the salt content of food.**
- **We put wholegrains in all our baked goods. This helps to ensure students are getting their wholegrain requirements and helps to keep them fuller for longer.**
- **We use fresh fruits in our baked desserts to help students get their daily fruit requirements and helps us to reduce added sugar in our desserts.**
- **A selection of fresh vegetables is offered daily. We use British, seasonal fruits and vegetables whenever possible.**

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day. Allergy information available on request.

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