



RADLEY

Catering

December 2023

Catering Policy

Diet has an important role in the well being of young people, both at school and at home, as lifestyles change and everyday demands increase.

We have a specification of providing well balanced, nutritional meals, whilst endeavouring to take into account the popular traditional meals that young people like.

We will ensure that we provide:

- A selection of fresh fruit at breakfast, midday and evening meals.
- Fresh vegetables will be offered with all main courses.
- Leaner cuts of meat will be used whenever possible
- A healthier approach to cooking methods, including -
 - Baking rather than frying some dishes
 - Steaming of vegetables to retain valuable vitamins and minerals
 - Batch cooking, leading to retention of nutritional value.
 - Low salt, sugar and fat. Minimal use of saturated fats and increased fibre
 - Where possible olive oil will be used in cooking in place of butter
 - Crème Fraiche or natural yoghurt will be used in cooking when possible
 - Finishing vegetables or sauces with butter will be kept to the minimum

We will work with our suppliers to ensure that products delivered are reduced in salt, sugar and fats and do not contain harmful additives.

Radley College can provide for most special dietary requirements whether allergen, religious or personal preference. Confirmation and specific dietary information for allergies will be requested from the student's medical doctor/ consultant in conjunction with Radley Medical Centre team, and subject to discussions with the parents.

Typical special diets include:

- Allergies and intolerances including
 - Including - Peanuts/ Tree Nuts / Nuts / Gluten / Shellfish – including crustaceans and molluscs / Sesame / Mustard / Milk & milk products / Lactose / Soya / Eggs / Fish / Lupin / Celery / Sulphites
- Religious beliefs
- Vegetarian
- Vegan
- Non red meat.

Our menus are produced by professional caterers, guidance from a consultant dietician can be easily accessed ensuring healthy, and well balanced selections of dishes are available each day.

We regularly meet with the student representatives, both formally via food committee meetings and informally during meal services, the Head of Catering and the wider Catering management team are available through the college's email system. The Head of Catering also has an open door policy to facilitate discussion with all of the dining customers.

Whilst we do promote and encourage healthy meals, the students are free to make their own choice from the selection available.

If you would like to discuss any further details about the menus or dietary needs of an individual student, or if you would like to view the catering service, our Head of Catering, Pam Dickens, will be more than happy to meet with you and can be contacted by email at pjd@radley.org.uk

Radley College endeavours to ensure that the food offer contributes to improving the student's quality of daily life.

Allergen Management

Radley College Catering department operates within a documented process to ensure that food is stored, handled, prepared and served in a safe manner. Food allergy is an increasing concern for consumers and food producers alike as the incidence of food allergy rises.

This policy acknowledges the importance of identifying known allergens within Radley Colleges' Catering operations and requires control measures to reduce the likelihood of accidental contamination and ensures that consumers are well informed where food allergens form part of a recipe and that accurate information is displayed and available when requested.

At a minimum, the requirements contained in this policy demands that all European, UK and Ireland regulatory requirements must be met with regard to food safety. Additionally, appropriate best practice standards should be identified and implemented as appropriate.

The policy forms part of the Catering departments' core Food Safety Management System and is one of the measures taken by Radley College in meeting and maintaining our legislative food safety compliance and duty of care.

At a minimum ensure:

- Compliance with all relevant legislative requirements
- A fully implemented allergen management process including compliance with Natasha's Law: – October 2021
- Ensure all food handlers are trained in the allergen management process
- Records of all training will be documented on each employees training record cards
- All food handlers are briefed prior to each food service period
- Food handlers must be capable of dealing with customer enquiries and then escalating the enquiry to the duty chef or duty manager
- A notice relating to information on Food Allergens and Intolerance is located in a prominent position where customers can see it
- A Food Allergy Alert poster will be displayed on the staff notice board or other suitable location in the food production or storage areas
- All menus should be designed to include names and descriptions of potential allergenic ingredients whenever possible
- All menu items / recipes will have an allergen ingredient identifier matrix prominently displayed – updated daily and whenever there is a menu item change, the menu cycle changes or where ingredients contained in a dish may change
- All employees will report any food safety incident, concern or deviation from the food safety management system to their line manager for action

Scope

The policy will apply to all food purchasing, food production, transport, service, storage and any retail operation.

All employees including full time permanent, temporary and agency must have regard to the policy.

The policy will aim to meet the minimum requirements of all European, UK and Ireland regulatory standards and best practices.

In accordance with Radley College's health and safety organisational arrangements it is the responsibility of the Senior Management team to ensure that the policy requirements are met.

Resources & References

Regulation (EC) No 178/2002

The Food Safety Act 1990

The Food Hygiene (England) Regulations 2006

The General Food Regulations 2004

European Community Directive 200/13/EC * on the labelling, advertising and presentation of foodstuffs, amended by Directive 2003/89/EC

European Communities (Hygiene of Foodstuffs) (S.I No 369 of 2006)

European Communities (General Food Law) Regulations 2007 (S.I No 747 of 2007)

FSA Voluntary Best Practice Guidance – The Provision of Allergen Information for Non-PRE-Packed foods

Specification and Scope of Catering Services.

Breakfast -

- Timing – Michaelmas term through to Lent Term Leave Away - 7.15am – 8.15am.
- Post Leave Away Lent Term to end of Summer Term – 7.00am – 8.15am
- Service Style - Self help on all counters with no restrictions

Selection of food available -

A weekly menu consists of a range from the following;

Hot Choice.

Protein items - choice from a daily offer including 3 main items;

e.g - Oven baked Pork, Beef or Vegetable Sausages, Grilled Rindless Back Bacon

Egg dishes - a variety of egg dishes - one style on offer each day

e.g - Scrambled, Poached, Fried, Boiled, Omelette.

Vegetables – choice of a minimum of 2 each day

e.g - Baked beans in tomato sauce, Grilled / Poached / Plum Tomatoes, roast field Mushrooms

Carbohydrate

e.g - Grilled Potato waffles, oven baked Hash Browns

Toast and un-toasted breads available daily - brown and white sliced

Pain au chocolate and Croissants are available at Sunday breakfast service and occasionally through the week

Conserves/ Spreads

Marmalade, assorted fruit jams, honey - available daily.

Spreads

Butter and Low Fat spread are offered at each service.

Cereals & Cold Options

A wide range of cereals rotated daily – with a minimum of 3 choices per service

including - Cornflakes, Weetabix, Bran flakes, Rice Krispies, Muesli, Fruit & Fibre, All Bran. Coco Pops and Frosties are offered on a limited basis during the weekly cycle.

Chilled whole or semi skimmed and Goats milk is available. Non dairy alternatives are also available – rice, almond, soya

Natural 'homemade' Yoghurt is available daily – with a choice of toppings such as dried fruits including – figs, sultanas, apricots plus seeds and nuts

Porridge is offered throughout the winter months.

Fruit Juice - 3 Fruit Juices offered daily

- Orange, Apple, and Multi-vitamin.

The juice is served from post mix refrigerated dispensers with no restrictions.

Plain chilled water is also available

Hot Beverages

- A varied selection available daily. Dispensed via free vend machines into china mugs.

e.g - Coffee, Tea, Cappuccino, Espresso, Café au lait are available every day

Hot Chocolate & chocolate based hot beverages are served at breakfast only on Monday, Wednesday and Friday, and all day on Sunday.

Herbal teas including green and red bush, along with fruit infusion drinks are available as an alternative

Lunch & Supper Service

The menu changes every term during the academic year in order to eliminate food/menu fatigue and to allow the use of seasonal produce wherever possible.

The menu is based on a 3 week cycle.

Lunch

- Timing – 11.30am – 1.30pm
- Service Style - Self help on all counters with no restrictions apart from the main course (protein)
- The range changes daily

Hot Choice

- 4 Hot selections are available

Typical Menu content/ dishes are –

Protein - Each boy/customer is limited to 1 full size portion initially (further portions can be taken after consuming the first)

e.g – Honey & Ginger Chicken/ Cajun Chicken / Cajun Salmon Fillet/ Creole Pork/ Chilli Con Carne/Fillet of Fish with Ginger and Spring Onion/ Traditional Roast of the Day / Shepherd's Pie / Beef Pasticcio

Carbohydrate - Self help with no restrictions

One main potato dish and an alternative plain potato dish i.e -Jacket Potato.

One Rice and/or pasta dish

A selection of bread - including wholegrain and gluten free products

Spreads

Butter and Low Fat spread is offered at each service.

Vegetables - Self help with no restrictions

Two choices of hot vegetable -containing a minimum of one fresh vegetable

Cold Choice - A Deli / Salad Bar

Protein

4 main choices of Protein changing daily not repeating over each week

e.g. Roast Beef, Chicken, Baked Ham, Brie wedges, Goats Cheese, Smoked Mackerel with red onion salsa, Stuffed Peppers, Spicy Tuna, Avocado & Coriander Houmous, Mozzarella & Tomato stack with Basil, Hoi Sin Duck wrap

Carbohydrate

Assorted Breads - Bloomer Loaf, Pitta, Flour Tortilla, Focaccia, Ciabatta, Granary, Soft Bap, French Stick

The bread may be taken to accompany the salad or to be made into a baguette / sandwich.

Salad

5 Plain un-dressed salads and 2 composite salads -

Plain Salads -

e.g - Mixed Leaves - Iceberg and Watercress, Herb Leaf Salad, Rocket and Endive/ Quartered Tomato/ Cucumber chunks/ Sweetcorn Kernels/ Grated Carrot/ Mixed Peppers / Chick Peas

Composite Choices -

e.g - Coleslaw/ Cous-Cous/ Red Lentil & Roast Courgette/ Pasta with Sundried Tomato/ Beetroot & Mandarin/ Chicory & Orange/ 5 Bean / Artichoke, Rocket & Cherry Tomato

Dressings - 3 served daily - Mayonnaise, French dressing, a dressing of the day

e.g., Crème Fraiche, Sour Cream, Extra virgin Olive oil, flavoured oils and balsamic vinegar

Desserts - 3 Selections -

1 Hot Choice.

e.g. Apple Crumble / Bread & Butter Pudding/ Baked Apples/ Melting Middle Chocolate Pudding/ Apple & Blackberry Pie

2 Cold Choices

e.g. Fruit Fool / Berry Panna Cotta/ Eton Mess/ Yoghurt of the Day/ Carrot Cake / Grilled & chilled Pineapple / Fruit Meringue Pot

Additionally

A Fresh Cut Fruit Bar – containing a trio of fruits for the day – melon wedges, pineapple portions, grapes, kiwi, mango, quartered oranges

Beverages / Drinks - Unlimited

Cold Beverages

Chilled Water at each of the counters. A jug of water on the tables in the Dining Hall.

Hot Beverages

As per breakfast service

Supper

- Timing – 5.30pm – 7.00pm
- Service Style - Self help on all counters with no restrictions after the main course – as luncheon service

Hot Choice

- 3 Hot selections are available

Typical Menu content/ dishes are –

Protein - Each boy/customer is limited to 1 full size portion initially (further portions can be taken after consuming the first)

e.g –Kung Po Chicken / Beef & Potato Massaman Curry / Moroccan style Lamb Tagine/
Various Meat curries/ Meatballs & Arabiatta Sauce/ Chicken Fillet with deep fried Sage/
Thai Spiced Fish Cakes & Penang sauce/ New York Caesar Salad/ Mushroom
Stroganoff/ Vegetable Kebab/ Quorn & Lentil Stew

Carbohydrate - Self help with no restrictions

One main potato dish and an alternative plain potato dish i.e -Jacket Potato.

One Rice and /or pasta dish

Bread is available

Spreads

Butter and Low Fat Spread is offered at each service.

Vegetables - Self help with no restrictions

Two choices of hot vegetable -containing a minimum of one fresh vegetable

Desserts - 3 Selections -

1 Hot Choice.

e.g. Apple & Blackberry Slump/ Bread & Butter Pudding/ Various Fruit Pies or Crumbles
/American Pancakes with cherries/Warm Flapjacks/ Baked Pear Pudding

2 Cold Choices

e.g. Lemon Posset/ 'Oreo' Cheesecake / Fruit Pavlova / Greek Yoghurt with Granola /
Lemon Mousse / Banoffee Pie / Fruit Fool

Fresh Whole Fruit – a variety of Apples, Pear, Banana, Orange - plus seasonal fruits fresh in the market – i.e satsumas, plums, peaches, nectarine.

Drinks – Unlimited

Cold Beverages

Chilled Water at each of the counters. Squash is available from chilled dispensing machines in the Dining Hall.

Hot Beverages

As per breakfast & lunch service

Other Services

Meals outside of normal service time.

The College will provide meals for students who through duty, sports or departmental outings, have missed a breakfast, lunch or supper service. These may include packed meals and early / late meal service times.

The College catering always endeavour to provide a meal during the day served at the college.

Match Teas (Michaelmas & Lent terms)

A choice of hot food will be available after the matches for the teams served in the college dining room.

Parents, families and other Spectators will be provided with a selection of sandwiches, rolls, cakes and fresh fruit along with a hot drink – all served in the Round Pavilion.

Match Teas (Summer term)

A 'pitch box' containing various filled sub rolls, flapjacks, fruit & juice drinks is taken to the pitches for each match, along with containers of water and cordial.

Parents, families and other Spectators will be provided with a selection of sandwiches, rolls, cakes and fresh fruit along with a hot drink – all served in the Round Pavilion.

The 1st XI are provided with a complete catering service in the Old Pavilion including, morning coffee, lunch and afternoon tea.

Summer Term Late Suppers

BBQ supplies are provided each Saturday evening to all Socials and for every boy in the Social – the arrangement allows a flexible solution for cricket participants (as a cricket match does not have a set duration, therefore return time from away matches is uncertain) whereby food can be provided at varying times as and when needed.

Social Stores /Issues

Each Social is issued with food as requested from the PHM's stores list. Stores are laid out on a weekly basis for collection on Thursdays. Items readily available to boys in the Social are - Cereals, Spreads, Fruit, Drinks.

Milk and bread are provided daily for the Socials.