

PROCESSED MEATS IN SCHOOL MEALS – INFORMATION FROM ZEST

All meals produced by Zest comply with the government recommendations in the form of the School Food Plan, please follow the link below to the website.

<http://www.schoolfoodplan.com/>

In our menu research and development with children across the WMAT schools, including those who attend Saltford school, sausages prove to be a popular choice that is always asked for, so we worked very closely with our local supplier to produce a sausage in their butchery department to the highest specifications. The sausage we use only contains 4 ingredients 67.5% Pork, 10% rusk 2.5% seasoning 20% water. They do not contain any nitrates and we cook them in the convection oven. They are also a Taste of the West award winning sausage.

We like to offer choice so parents and children can discuss the menu at home and make their own informed choices on dishes that are important to them. Sausages and bacon is served only once a week and there is an alternative meal choice every day of the week. Zest do offer a choice of meals over the course of the 3 week menu which offer a variety of vitamins and minerals important to a balanced diet, our salad bar for example is available to every child in addition to their meal choice at no extra cost. We feel proud to offer this as research shows most children would not choose salad as a main meal choice but would as a part of it.

Looking ahead to the future we would love to discuss the possibility of meat free days and this will allow us time to discuss with children and parents to see if this is something the majority would support.

Please be reassured that Zest will constantly review, monitor and take guidance from government on the provision of food into schools