

FOOD POLICY

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.