

Orian's commitment to the school food standards and where we meet these standards.

In England, the School Food Standards are designed to ensure that children in Key Stages 1 and 2 (typically ages 5 to 11) receive balanced and nutritious meals during the school day. These standards apply to all maintained primary and secondary schools, although academies established between 2010 and 2014 are currently exempt.

Key Components of the School Food Standards:

- **Fruits and Vegetables:**

- At least one portion of vegetables or salad must be offered as an accompaniment every day. **Orian provide a salad bar daily along with 2 veg options to accompany our main meals**
- At least one portion of fruit should be available daily. **Orian provide a fruit bar and fresh fruit salad as part of the daily extras**
- A dessert containing at least 50% fruit should be provided at least twice each week. **Orian provides a daily fruit salad as part of our daily extras, we also provide desserts such as our low fat fruit yoghurt daily and frozen fruit smoothy.**
- Schools should offer at least three different fruits and three different vegetables each week. **Orian provide more than 3 different fruits and vegetables weekly from pea and carrot medley, broccoli and cauliflower, sweet corn, corn on the cob, carrot and swede and fruit we provide easy peeler, apples, grapes, watermelon, canter loop.**

- **Starchy Foods:**

- One or more portions of starchy food (such as bread, pasta, or potatoes) should be included daily. **As part of our structured menus we provide a carbohydrate daily and as part of our daily extras the option bread, we provide from homemade potato wedges, sweet potato, baked potatoes, pasta with home made hidden vegetable sauce, mac and cheese and many more.**
- At least three different starchy foods should be offered each week. **At Orian we provide a different starchy option daily which is rotated throughout our three week cycle.**
- Wholegrain varieties should be included at least once each week. **At orian we provide the option to have whole grain breads, we also have Oats in our desserts, and cereals provided more than once per week.**
- Starchy foods cooked in fat or oil should not be served more than two days each week. **At Orian we have taken this one step further by only providing one fried starchy food a week with the fries being served on a Friday.**
- Bread without added fat or oil must be available every day. **At Orian we provide as part of our daily extras an option to have bread, and we also provide an option for a sandwich daily.**

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- **Milk and Dairy:**
 - A portion of food containing milk or dairy must be provided daily. **At Orian we provide a Yoghurt option daily for our dessert option we also provide many options within our lunches that contain milk and dairy, from chocolate mousse to frozen yoghurts.**

- **Meat, Fish, Eggs, Beans, and Other Non-Dairy Sources of Protein:**
 - A portion of meat or poultry should be offered on at least three days each week. **At Orian we provide an option daily for sources of protein for example across all three menus we provide we offer a meat and a high protein vegetarian option for all students daily.**
 - For vegetarians, a portion of non-dairy protein should be available on at least three days each week. **At Orian we provide as part of our meal options, choice 4 which is a baked potato, we also provide a different option such as Quorn, vegan mince, vegetable sausages, pasta bakes with home made hidden vegetable sauce, Butternut and lentil curries to name a few.**
 - Oily fish should be included at least once every three weeks. **At Orian on our week 2 menu rotation across all three we provide a salmon goujons we also provide a fish option daily being our tuna sandwiches and tuna filled baked potatoes.**
 - Meat or poultry products (such as sausages or burgers) should be served no more than once each week in primary schools. **At Orian we provide a complete variety of options that change daily one week we will have the cheese burger followed by the following week a sausage and mash option, we use as many fresh ingredients and home cooked meals as possible.**

- **Foods High in Fat, Sugar, and Salt:**
 - No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated should be served each week. **At Orian we may only provide 2 breaded or battered options per week one being a fish finger served on a Friday and another option may be a vegetable nugget or our crispy chicken burger.**
 - No more than two portions of food containing pastry should be offered each week. **Across our three week cycle we only provide 3 options that contain pastry this being our cheese whirl, our pie options on the traditional menu and our Cheese flan.**
 - Snacks are restricted to nuts, seeds, vegetables, and fruit with no added salt, sugar, or fat. **At Orian we promote healthy eating this is why we only provide a fresh fruit portion as a snack.**
 - Confectionery, chocolate, and chocolate-coated products are not permitted. **At Orian we do not provide and form of confectionery to our primary schools.**

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- **Drinks:**
 - The standards emphasize making water the drink of choice. **All Schools are required to advise all students to bring their own water bottles to school, at Orian we also provide water with all lunches we serve**
 - Fruit juice portions are limited to 150 ml. **At Orian In the schools that elect to have fruit juice a 50-75ml portion of juice is provided which is below the recommended allowance.**
 - Drinks with added sugars are banned. **At Orian We do not provide drinks with added sugar.**

Orian's Commitment to the School Food Standards

In England, the **School Food Standards** ensure that children in Key Stages 1 and 2 (ages 5 to 11) receive balanced, nutritious meals that support their health and learning. These standards apply to all maintained primary and secondary schools, with some exemptions for academies established between 2010 and 2014.

At **Orian**, we are dedicated to exceeding these standards by offering a varied, high-quality menu that promotes healthy eating habits. Below is an outline of how our meals align with the key components of the School Food Standards.

Fruits and Vegetables

- A portion of **vegetables or salad** is offered **daily** alongside main meals. We provide a salad bar every day, along with two vegetable options.
- A portion of **fruit** is available **daily** through our fruit bar and fresh fruit salad.
- Desserts containing **at least 50% fruit** are offered **twice a week**. Our daily fruit salad, low-fat fruit yoghurts, and frozen fruit smoothies help meet this requirement.
- At least **three different fruits and vegetables** are provided each week. Our menus include a wide selection, such as carrots, peas, sweetcorn, broccoli, cauliflower, apples, grapes, and watermelon.

Starchy Foods

- A portion of **starchy food** (e.g., bread, pasta, or potatoes) is included **daily**. Options include homemade potato wedges, sweet potatoes, baked potatoes, pasta with homemade vegetable sauce, and mac and cheese.
- We ensure **variety** by offering at least **three different starchy foods** each week, rotated across our three-week menu cycle.
- **Wholegrain options** are available at least **once a week**, including wholegrain bread, oats in desserts, and cereals.
- **Fried or oil-based starchy foods** are limited to **once a week**, with fries only served on Fridays.
- **Bread without added fat or oil** is provided **daily** as part of our extras and sandwich options.

Milk and Dairy

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- A **daily portion** of milk or dairy is included in our menu. We offer yoghurts and dairy-based desserts such as chocolate mousse and frozen yoghurt.

Protein: Meat, Fish, Eggs, Beans & Other Non-Dairy Sources

- **Meat or poultry** is offered **at least three times a week**. We provide a daily protein option, including vegetarian high-protein choices.
- **Vegetarian protein sources** (e.g., Quorn, vegan mince, vegetable sausages, pasta bakes, and butternut squash and lentil curries) are available **at least three times a week**. Additionally, our baked potato option is available daily.
- **Oily fish** is included **at least once every three weeks**. Our menu features salmon goujons in week two, alongside daily fish options such as tuna sandwiches and tuna-filled baked potatoes.
- **Processed meat or poultry products** (e.g., sausages or burgers) are limited to **once a week** in primary schools. Our rotating menu includes fresh, home-cooked meals with high-quality ingredients.

Foods High in Fat, Sugar & Salt

- No more than **two portions** of deep-fried, batter-coated, or breadcrumb-coated foods are served each week. We offer only two options per week, such as fish fingers on Fridays and a second option like vegetable nuggets or crispy chicken burgers.
- Pastry-based dishes are limited to **twice a week**. Across our three-week menu cycle, we only include three pastry-based options: cheese whirl, pie, and cheese flan.
- **Snacks** are restricted to **healthy choices** such as nuts, seeds, vegetables, and fresh fruit.
- **Confectionery, chocolate, and chocolate-coated products** are not permitted. Orian strictly adheres to this rule in primary schools.

Drinks

- Water is the **drink of choice**. All schools encourage students to bring their own water bottles, and we provide water with every lunch.
- **Fruit juice portions** are limited to **150ml**, but Orian goes further by offering only **50-75ml** where applicable.
- **Sugary drinks** are strictly prohibited. We do not serve any drinks containing added sugar.

Promoting Healthy Eating

At Orian, we are committed to providing meals that not only meet but **exceed** the School Food Standards. By offering a diverse selection of fresh, nutritious, and appealing meals, we aim to support children's **growth, development, and learning** while encouraging lifelong healthy eating habits.

For further details, schools and parents can refer to the **official government publication on School Food Standards**.

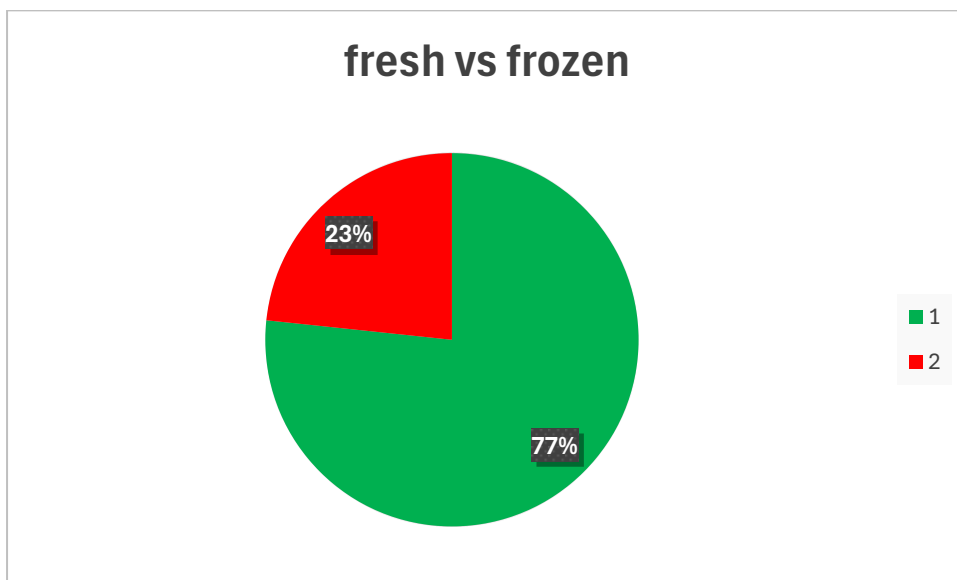
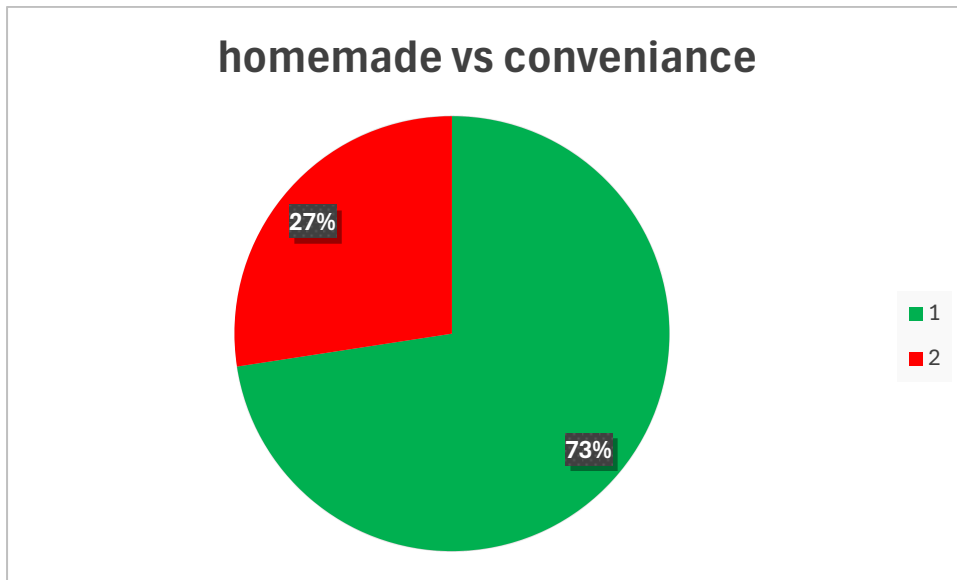
Commitment to Healthy Eating

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As part of our commitment to promoting **healthy eating**, we have significantly improved the quality of our menus by increasing the use of **homemade recipes** and **fresh ingredients**, while reducing reliance on convenience and frozen products.

With the introduction of our new menus, **nearly 75%** of our offerings now consist of **homemade and fresh produce**, ensuring higher nutritional value and better-quality meals for our students.

The charts below illustrate this improvement, with **green representing homemade and fresh ingredients**, and **red indicating convenience and frozen products**.



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The **School Food Standards** in England provide guidelines on portion sizes to ensure that children in **Key Stage 1 (ages 5-7)** and **Key Stage 2 (ages 7-11)** receive appropriate nutrition. While the standards do not specify exact mandatory weights for all foods, they offer guidance on recommended portion sizes.

Below is a general guideline for portion sizes based on the **Department for Education's School Food Standards practical guidance**:

Portion Size Guidance for KS1 & KS2

Starchy Foods

- **Bread:** One small slice or half a roll (KS1), one medium slice or a small roll (KS2)
 - Orion provide – 2 slices of bread as well as a wrap weekly, As our daily extras.
- **Pasta, rice, noodles, or grains** (cooked): 50–70g (KS1), 60–90g (KS2)
 - Our rice portion is provided 45g in the recipe pre-cooking per portion once cooked the AVG cooked weight is 65g which covers both (KS1) and (KS2)
- **Potatoes (boiled, mashed, roasted, or wedges):** 50–70g (KS1), 60–100g (KS2)
 - within our potato recipes we provide a 65g portion of any potato option we provide. As shown in our recipes.

Protein Foods (Meat, Fish, Eggs, Beans, and Other Non-Dairy Protein)

- **Meat or poultry (cooked weight):** 50–75g (KS1), 60–85g (KS2)
 - All of our meat, poultry and fish products are calculated to provide a minimum of 65g per portion as a cooked weight, from the chicken provided in our curries to roast chicken dinner, Beef in our burgers and spaghetti bolognese, fish finger portions and tuna mayo filling for sandwiches.
- **Oily fish (e.g., salmon, mackerel, tuna, sardines):** 50–70g (KS1), 55–85g (KS2)
 - Our oily fish product being our salmon goujons we provide 50g for (KS1) and as stated in the recipes 75g for (KS2)
- **Eggs:** 1 egg (KS1), 1–2 eggs (KS2)
 - Eggs within our recipes are mainly in the Desserts and pastry and comply with the weights in the SFS.
- **Pulses (e.g., beans, lentils, chickpeas, soya, Quorn):** 40–60g (KS1), 50–70g (KS2)
 - Our Recipes that contain Lentils and Quorn products are calculated as follows 60g (KS1) and 60g (KS2) we use Lentils in our Butternut and Lentil curry and Quorn in our vegetarian chilli and vegetarian spaghetti bolognese

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Dairy

- **Milk or yoghurt:** 100–150ml (KS1), 150–200ml (KS2)
 - As part of our daily extras we provide Yoghurt pots and portions of Yoghurt our portioned pots are at 85g each and more can be requested from the kitchen, kitchens that provide yoghurt as a portioned option will provide 100g (KS1) and 150g (KS2)
- **Cheese (as part of a dish, e.g., sandwich or pasta bake):** 20–30g (KS1), 25–35g (KS2)
 - Our Jacket potato grated cheese portions are calculated in each recipe at 3000g and are for the Quantity of 100 portions per recipe card with this in mind our grated cheese portion per jacket potato is 30g for both (KS1) and (KS2) sandwiches with cheese slices are calculated on 1 30g slice of cheese per portion for both (KS1) and (KS2)

Vegetables and Salad

- **Vegetables (cooked or salad portion):** 40–60g (KS1), 50–80g (KS2)
 - All Vegetable portions provided are calculated as a whole if the recipe is a carrot and pea medley this is the portion of vegetables provided to the correct weight, for example in the recipe (RJDNW1604/ RJD1604) the calculated weight of the carrot and broccoli recipe is 5000g with all recipes calculated at 100 portions for the recipe we provide 50g per portion of vegetables for both (KS1) and (KS2)
 - Our daily extras salad portions are served as a salad bar when in a recipe for example our jacket potatoes we will provide a portion of salad as 50g which is also how our daily extras recipe is calculated show in recipe code (RJDNW2002/ RJD2002)
- **Fruit (fresh, tinned in juice, or dried):** 40–60g (KS1), 50–80g (KS2)
 - In our daily extras we provide a singular piece of fruit for example an apple, easy peeler or pear weights vary on the season but on average a weight of 50g per portion of fruit.
 - Our fruit salads which are offered daily along side the dessert of the day and yoghurt. Shown in the recipe (RJDNW2116/ RJD2116) are calculated to weight 50g per portion for both (KS1) and (KS2)

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Desserts

- **Fruit-based desserts (e.g., fruit crumble, fruit salad, fruit yoghurts, baked fruit with custard):** 60–90g (KS1), 80–120g (KS2)
 - As shown in our yoghurt pots that are provided as an option daily these weigh in at 85g per pot as shown in recipe code (RJDNW2601/ RJD2601) and this is along side our daily extras offer in which children may ask for more.
- **Cakes, biscuits, and puddings (non-chocolate-based, served occasionally):** 40–60g (KS1), 50–80g (KS2)

Drinks

- **Water:** Available freely throughout the day
 - Water is provided daily by all school kitchens.
- **Milk (plain, lower-fat, or lactose-free alternative):** 150ml (KS1 & KS2)
 - **School Milk Subsidy Scheme**
 - The **School Milk Subsidy Scheme** helps reduce the cost of **milk, certain milk products, and yoghurts** for schoolchildren in **England and Wales**. This subsidy allows schools to provide these products at a **lower price**, making them more accessible to students.
 - **Key Points of the Scheme**
 - Schools **must offer drinking milk first** before they can supply other **eligible milk products or yoghurts** under the scheme.
 - The scheme is **administered by the Rural Payments Agency (RPA)** in **England and Wales**.
 - This initiative ensures that children have access to **nutritious dairy products**, supporting their **growth, development, and overall health** during their school years.
 - Unless otherwise stated in the contract between Orian and the School the school is liable to provide milk daily for students whether that be in breakfast club, lunch or afternoon snack,
 - Schools are legally required to provide drinking milk from the start of the specified breakfast club up until 6pm for after school clubs.
- **Fruit juice (limited to 150ml, but often diluted in schools):** 100–150ml
 - At Orian In the schools that elect to have fruit juice a 50-75ml portion of juice is provided which is below the recommended allowance.

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Reference Daily Intakes (RDI) or Dietary Reference Values (DRV) for children in **Key Stage 1 (KS1, ages 5-7)** and **Key Stage 2 (KS2, ages 7-11)** are set by the UK’s **Scientific Advisory Committee on Nutrition (SACN)** and **Public Health England (PHE)**. These values guide schools and parents in ensuring children receive the essential nutrients needed for healthy growth and development.

Recommended Daily Intake (RDI) for KS1 and KS2

1. Energy Intake (Calories per Day)

- **KS1 (Ages 5-7):**
 - Boys: **1,490 kcal**
 - Girls: **1,380 kcal**
- **KS2 (Ages 7-11):**
 - Boys: **1,740 - 2,110 kcal**
 - Girls: **1,530 - 1,910 kcal**

2. Macronutrient Requirements

Nutrient	KS1 (5-7 years)	KS2 (7-11 years)
Carbohydrates	~193g	~220-267g
Free Sugars (max)	< 19g	< 24g
Protein	19.7g	28.3g
Total Fat	46g	54-67g
Saturated Fat (max)	< 19g	< 22g
Fibre	15g	20g

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3. Key Vitamins & Minerals

Nutrient	KS1 (5-7 years)	KS2 (7-11 years)
Calcium	450 mg	550 mg
Iron	6.1 mg	8.7 mg
Zinc	5 mg	7 mg
Vitamin A	400 µg	500 µg
Vitamin C	30 mg	30 mg
Vitamin D	10 µg (same for all age groups)	
Folate	100 µg	150 µg
Sodium (max)	1.2g	2.0g

Why These RDIs Matter

These values help ensure that children:

- ✔ Get enough **energy** to support **growth and activity levels**.
- ✔ Consume the **right balance of nutrients** to support **bone development, cognitive function, and immune health**.
- ✔ Avoid excessive **sugar, salt, and unhealthy fats**, which can contribute to long-term health issues.

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Reference Daily Intake (RDI) weights for Key Stage 1 (**KS1**, ages **5-7**) and Key Stage 2 (**KS2**, ages **7-11**) represent the recommended portion sizes for different food groups. These weights help ensure children receive balanced meals that meet their **energy and nutrient needs**.

Recommended Daily Intake (RDI) Weights for KS1 & KS2

1. Starchy Foods (Carbohydrates)

Food Type	KS1 (5-7 years)	KS2 (7-11 years)
Bread (slice/roll/baguette)	40-50g	50-60g
Pasta, rice, couscous (cooked)	50-70g	60-90g
Boiled/mashed potatoes	50-70g	60-100g
Roast potatoes/wedges	50-70g	60-100g
Breakfast cereal (unsweetened, dry weight)	25-30g	30-40g

2. Protein Foods (Meat, Fish, Eggs, Pulses)

Food Type	KS1 (5-7 years)	KS2 (7-11 years)
Meat (cooked weight, e.g., chicken, beef, lamb)	50-75g	60-85g
Fish (including oily fish, e.g., salmon, mackerel, tuna)	50-70g	55-85g
Eggs	1 medium egg	1-2 eggs
Pulses (beans, lentils, chickpeas, soya, Quorn, tofu, cooked weight)	40-60g	50-70g
Cheese (as part of a dish, e.g., sandwich, pasta bake)	20-30g	25-35g

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3. Dairy (Milk, Yoghurt, Cheese)

Food Type	KS1 (5-7 years)	KS2 (7-11 years)
Milk (lower-fat or lactose-free alternative)	150ml	150-200ml
Yoghurt (plain or low sugar, unsweetened)	100-125g	125-150g
Cheese (snack portion, e.g., cheddar cubes, cheese sticks)	20-30g	25-35g

4. Vegetables and Fruit

Food Type	KS1 (5-7 years)	KS2 (7-11 years)
Vegetables (cooked weight, e.g., carrots, broccoli, peas)	40-60g	50-80g
Salad (lettuce, tomatoes, cucumber, etc.)	30-50g	40-60g
Fruit (fresh, tinned in juice, or dried)	40-60g	50-80g

5. Foods High in Fat, Sugar & Salt (Limited Items)

Food Type	KS1 (5-7 years)	KS2 (7-11 years)
Desserts (e.g., fruit crumble, custard, rice pudding, yoghurt-based desserts)	60-90g	80-120g
Cakes, biscuits, and puddings (non-chocolate-based, occasional)	40-60g	50-80g
Pastry-based items (e.g., pies, sausage rolls, pasties)	60-80g	80-100g

6. Drinks

Drink Type	KS1 (5-7 years)	KS2 (7-11 years)
Water	Unlimited	Unlimited
Fruit juice (max 150ml, diluted recommended)	100-150ml	100-150ml

Why These Weights Matter

- ✓ Ensure children receive the **right portion sizes** for their age and nutritional needs.
- ✓ Encourage **balanced eating habits** with adequate **protein, carbohydrates, and essential vitamins/minerals**.
- ✓ Limit **foods high in sugar, salt, and unhealthy fats** to promote long-term health

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The **maximum Recommended Daily Intake (RDI)** values for **Key Stage 1 (KS1, ages 5-7)** and **Key Stage 2 (KS2, ages 7-11)** refer to the **upper limits** of energy, macronutrients, and certain nutrients to **prevent excessive intake** that could lead to health issues like obesity, high blood sugar, or excessive sodium consumption.

Maximum Recommended Daily Intake (RDI) for KS1 & KS2

1. Energy Intake (Calories) - Maximum Daily Allowance

Age Group	Maximum Calories (kcal)
KS1 (Ages 5-7)	1,600 kcal
KS2 (Ages 7-11)	2,200 kcal

- Exceeding these calorie levels regularly may contribute to unhealthy weight gain and reduced concentration in school.

2. Macronutrient Limits

Nutrient	KS1 (5-7 years)	KS2 (7-11 years)
Total Fat	≤ 53g	≤ 76g
Saturated Fat	≤ 18g	≤ 24g
Free Sugars (max 5% of energy intake)	≤ 19g (5 tsp)	≤ 24g (6 tsp)
Salt (Sodium equivalent)	≤ 3g salt (1.2g sodium)	≤ 5g salt (2g sodium)

- **Fat:** Should not exceed **35% of daily energy intake**.
- **Saturated Fat:** Should be **no more than 11%** of total calories.
- **Free Sugars:** Should be **less than 5% of daily energy intake** to reduce the risk of obesity and tooth decay.
- **Salt:** Excessive intake can lead to **high blood pressure** and other health problems.

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3. Micronutrient Upper Limits

Nutrient	KS1 (5-7 years)	KS2 (7-11 years)
Calcium	1,000 mg	1,200 mg
Iron	20 mg	24 mg
Zinc	12 mg	15 mg
Vitamin A	900 µg	1,200 µg
Vitamin C	650 mg	1,200 mg
Vitamin D	50 µg (same for all age groups)	
Folate	300 µg	400 µg

- **Calcium:** Excess may interfere with **iron absorption**.
- **Iron:** Too much can lead to **digestive issues or toxicity**.
- **Vitamin A:** High doses can be **toxic**, affecting bone health and liver function.
- **Vitamin C:** Excessive intake may cause **stomach discomfort or diarrhea**.
- **Vitamin D:** Above 50 µg may lead to **high calcium levels in the blood (hypercalcemia)**.

Summary of Maximum RDI Limits for Schools

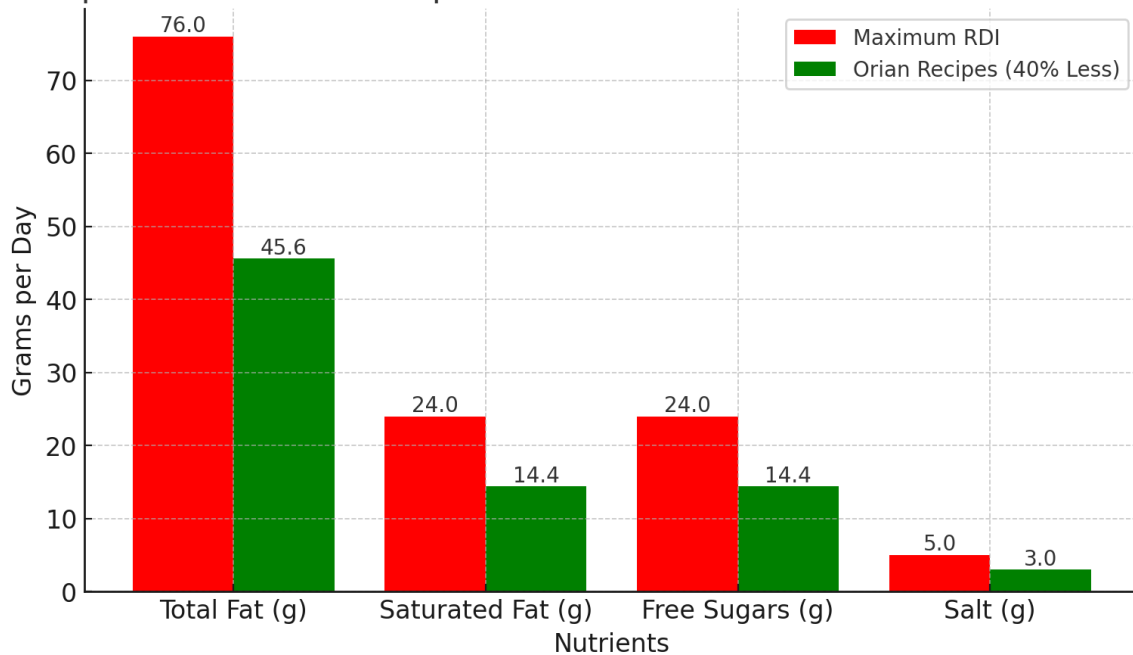
1. **Calories:** Should not exceed **1,600 kcal (KS1)** or **2,200 kcal (KS2)**.
2. **Total Fat:** Should be **≤35% of daily energy intake**.
3. **Free Sugars:** Should be **≤5% of daily energy intake** (around **19-24g max**).
4. **Salt:** Should not exceed **3g (KS1)** and **5g (KS2)**.
5. **Vitamins & Minerals:** Should stay within **safe upper limits** to avoid toxicity.

Why Maximum RDIs Matter

- 🚫 **Prevents Overconsumption** → Helps avoid childhood obesity & health risks.
- ⚖️ **Balances Nutrition** → Ensures children get enough nutrients **without excess**.
- 🧠 **Supports Learning** → Proper nutrition improves **focus and cognitive function**.

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Comparison of Orion Recipes vs. Maximum RDI



The bar chart Above presents a comparative analysis between Orion's recipes and the maximum Recommended Daily Intake (RDI) for key nutrients: total fat, saturated fat, free sugars, and salt. This visual comparison highlights how Orion's recipes align with nutritional guidelines and demonstrate a commitment to promoting healthier eating habits, especially for children.

In the chart, **red bars** represent the maximum RDI limits for each nutrient, offering a benchmark that illustrates the recommended upper threshold for daily consumption. These RDI limits are established by health authorities to ensure balanced and safe dietary intake, minimizing the risk of chronic health conditions related to poor nutrition.

The **green bars**, on the other hand, indicate the actual nutritional values present in Orion's recipes. These values are notably **at least 40% lower** than the respective RDI thresholds, emphasizing Orion’s dedication to creating meals that not only meet but exceed healthy eating standards. This reduction reflects Orion's focus on providing nutritionally balanced meals that help children maintain a healthy lifestyle while adhering to school food standards.

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Key Highlights:

- **Total Fat:** Orian's recipes contain significantly lower levels of total fat compared to the RDI, contributing to a diet that supports heart health and reduces the risk of obesity.
- **Saturated Fat:** The amount of saturated fat in Orian's meals is considerably reduced, helping to promote better cardiovascular health by adhering to lower limits than the recommended daily intake.
- **Free Sugars:** Orian’s recipes are designed to have a lower sugar content, addressing the concern of excessive sugar intake that can lead to childhood obesity, diabetes, and tooth decay.
- **Salt:** The salt content in Orian’s recipes is carefully controlled, ensuring that it stays well below the RDI, which helps in maintaining healthy blood pressure levels and reducing the risk of hypertension.

Implications:

This data illustrates Orian's proactive approach to creating meals that support the well-being of children. By significantly reducing the levels of potentially harmful nutrients like fat, sugar, and salt, Orian ensures that their recipes align with public health recommendations and school food regulations. The chart’s design, using contrasting red and green bars, makes it easy for the viewer to visually grasp the significant difference between the maximum recommended intake and the values found in Orian’s recipes, underscoring the brand's commitment to healthier meal options.

In summary, the bar chart effectively communicates how Orian’s recipes contribute to a balanced and nutritious diet, directly supporting children’s health and reinforcing Orian’s commitment to improving the nutritional standards of school meals.

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Orian's Compliance with School Food Standards

Orian is fully compliant with all school food standards by ensuring that its meals meet strict nutritional guidelines designed to promote children's health and well-being. Our commitment to high-quality, balanced meals aligns with government regulations and public health recommendations, ensuring that every child receives the nutrition they need for healthy growth and development.

Key reasons for Orian's compliance with school food standards:

1. Reduction of Unhealthy Nutrients

- Orian's recipes are formulated to contain at least **40% less** total fat, saturated fat, free sugars, and salt compared to the maximum Recommended Daily Intake (RDI).
- This ensures that meals help reduce the risk of obesity, heart disease, and other diet-related health issues.

2. Balanced and Nutritious Ingredients

- All meals are carefully designed to include a variety of **whole grains, lean proteins, dairy, fruits, and vegetables**, providing essential vitamins and minerals.
- Artificial additives, excessive sugar, and processed ingredients are minimized to maintain the integrity of school nutrition guidelines.

3. Adherence to Government and Health Guidelines

- Orian's meals meet or exceed the **Department for Education's School Food Standards**, ensuring that portion sizes, nutrient levels, and ingredient choices align with official recommendations.
- We follow guidance from Public Health England and other health organizations to ensure our food promotes long-term well-being.

4. Encouraging Healthy Eating Habits

- By consistently providing well-balanced meals with reduced levels of unhealthy ingredients, Orian supports the development of **healthy eating behaviours** in children.
- Meal options are designed to be both **nutritious and appealing**, encouraging children to make better food choices without compromising on taste.

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5. **Commitment to Continuous Improvement**

- Orian regularly **reviews and updates** its recipes to stay aligned with the latest school food policies and nutritional science.
- Feedback from schools, parents, and nutrition experts ensures that our meals remain compliant, innovative, and beneficial for children's health.

Through these efforts, Orian not only meets but exceeds school food standards, demonstrating a proactive approach to delivering **healthier, nutritionally balanced, and high-quality meals** that support the well-being of children across all school settings.