

Menu Development Parameters

For menu development from June 2024

Must have

1. Only plant-based dishes on a Monday.
2. Only fish or plant-based dishes on a Friday.
3. One meat-based dish and one plant-based dish each other day.
4. Chefs' Choice dishes to only be meat or fish based twice a week.
5. Pork no more than once a week.
6. Fish at least once a week - Only MSC certified.
7. Poultry and/or eggs on other days.
8. Per dish: >20gm protein (per 100gm)
>10gm fibre (per 100gm)
>160gm fruit & veg (per dish)
>10gm wholegrains (per dish)
>2gm salt (per 100gm)
9. Red tractor meat / MSC fish / free range eggs.
10. More nuts - use as garnish, core ingredient or pureed creams.
11. Ethnic diversity - take advantage of global dishes that are wholesome and nutritious.
12. Plant milk (pea), not dairy milk.
13. Use any olive, pomace, sesame or rapeseed oils.

Have where possible

1. Seasonal vegetables.
2. Scratch cook.
3. Minimal processed foods.
4. High fibre, in particular whole grains, legumes and pulses.
5. Plant cream and butter.
6. Substitute nutritional yeast for cheese.
7. A range of 'surplus' dishes using products we know we will have left over/spare.

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Don't have

1. Lamb or beef.
2. Unsustainable palm oil.
3. Saturated fats.
4. Food waste.

The 24 Principles

- Be transparent about sourcing and preparation.
- Buy fresh and seasonal, local and global.
- Reward better agricultural practices.
- Leverage globally-inspired, plant-forward culinary strategies.
- Focus on whole, minimally processed foods.
- Grow everyday options, while honouring special occasion traditions.
- Lead with menu messaging around flavour.
- Reduce portions, emphasising calorie quality over quantity.
- Celebrate cultural diversity and discovery.
- Design health and sustainability into operations and dining spaces.
- Think produce first.
- Make whole, intact grains the new norm.
- Limit potatoes.
- Move nuts and legumes to the centre of the plate.
- Choose healthier oils.
- Go “good fat”, not “low fat”.
- Serve more kinds of seafood, more often.
- Re imagine dairy in supporting role.
- Use poultry and eggs in moderation.
- Serve less red meat, less often.
- Reduce added sugar.
- Cut the salt.
- Reduce sugary drinks.
- Drink healthy.

KING'S FOOD