



David Young Community Academy

Good  
food is central to our student's well-being and to support  
learning

All of our active, growing young people at David Young Community Academy require nutritious, wholesome food of an excellent standard, on a daily basis. This way of eating encourages young people to enjoy their food and to sit and talk with their friends. Our young people are then nourished and are able to think and learn.

At DYCA we offer Good quality food served and presented to attract and satisfy our students with plenty of choice. Richard Belt, the lead Chef, works on a regular basis with the academy council and the senior students' leadership team, listening to the students' requests and any concerns and questions that they may have about food choice.

We support ethical buying, and we use locally grown, environmentally sustainable food wherever possible. We use as much fresh food as we can source, with our menus linked to seasonal produce. We work with our suppliers to incorporate natural food produce, eliminating harmful food additives. Our suppliers, whether they are local or national, are committed to providing best quality and value, with the highest accreditation of health and safety standards. We expect our suppliers to have procedures allowing full traceability of source through the supply chain, with comprehensive food labelling, supplying information on both allergens and nutritional data.

In addition to all the above, we use the Pelican Relish Nutritional Programme for our recipes. This programme provides us with daily data. Carrying out checks on the nutritional balance and meal variety ensures all of our young people have healthy, balanced meals in our restaurant and satellites every day.

Richard Belt, the lead Chef, has 45 years' experience in catering, hotels, restaurants and contract catering. He remains passionate about what we do at DYCA for our young people. What could be more important in catering than providing good wholesome food to our young people? Richard grew up in Falmouth, Cornwall, and as a 12 year old he delivered bread to all the hotels on the seafront early in the morning and watched the chefs going about their business. He thinks that is probably where his interest in good food was inspired!

Breakfast - what we offer

In the winter months on Monday, Wednesday and Friday, there is a fresh fruit selection, including bananas, apples, plums and mandarins or Satsuma, and hot toast with Flora and preserves, fresh orange or apple juice. On Tuesday and Thursday a huge amount of porridge is sold instead of the toast. When the temperature drops below -5oC, we serve hot chocolate in place of the fruit juice. DYCA has always provided a free breakfast throughout the year for all of our students. Eating well,



sharing the experience in a comfortable restaurant is part of our ethos. It is important for our health and well-being and so we finance it as a priority.

Setting standards, measuring success and  
training standards

When the academy opened, we implemented the government food based standard and continue to use this standard every day. Our restaurant staff are fully trained allowing them to be confident in all that they are required to do in order to produce high quality meals. Using our cashless till systems in the restaurant and satellite areas, we know that there is an uptake of between 65 – 75% of meals on a daily basis. Between 45 – 50 % of our pupils are eligible for a free school meal.

### Encouraging Fruit and Vegetable consumption

There are hundreds of portions of fruit served each day and we believe it is because it is made available and easily accessible to our students every day. The quality is excellent. Whole fruit is served at breakfast. At lunch times we serve a full selection of fruit in pots which prove attractive to our students as part of their healthy meal.



### In addition to our menu on a daily basis we offer

- Over 390 sandwiches varieties, rolls and wraps in white and wholemeal breads; prepared fresh each day on site. They contain 36 different varieties of filling, 80% with salad e.g. Ham Salad or Tuna Salad. We do not use reformed meat products in any type only freshly prepared by our suppliers.
- A salad bar with a minimum of eight freshly prepared salads each day, this increases to fourteen varieties in the summer months. The salads are self-service and are very popular, smoked mackerel is offered daily.
- Hot wraps with a daily filling
- Jacket potatoes with a full selection of popular fillings such as tuna or cheese
- Fresh fruit pots as follows; duo of grapes, melon medley, fresh pineapple, melon slices, and strawberry pots in the summer months. There are also mixed dried nuts, all are prepared daily and are extremely popular.
- Yoghurts; Muller light and fruit corners, Muller pro-biotic fruit drinks, Rowen glen light fruit yoghurts, Innocent smoothies in different fruit flavours.
- Drinks; freshly chilled water is always available, fresh milk in third of pint cartons, Viva milk shakes and Aqua juice.
- Potted fruit crumble made with crème fraiche light with fruit filling
- Cheese, Cottage cheese, Tuna Mayonnaise, Coleslaw pots.

All of the above choices enable us to comply fully with the Government Food Based Standards for school lunches.

We follow the seasons with our menus and will shortly be planning the spring choice. We operate a six week cycle and alter menus weekly if the need arises.

