

Final Report

Example Menus
for Adults 19-74
years

Prepared for The Food Standards Agency

Luci Daniels, October 2007

Contract Reference: NUB 246

Work required

To develop a one-week example menu plan, with recipes and full nutrient analysis for adults, 19-74 years, to assist caterers in various institutions in menu planning.

Menus to be created must include foods and dishes that are acceptable and realistic, close to current provision, as shown in provided menus and other information.

Menus should include at least 5 portions daily of fruit and vegetables, and oily fish to be included at least once over the week.

Food based guidelines for menu planners should be followed.

The menu specification was set out in contract ref: NUB 246 with maximum and minimum targets for macronutrients and micronutrients. Target daily intakes were set at 98% for total fat, saturated fat, NMES and salt and more than 100% for the micronutrients where there is an insufficiency.

Derived nutrient values for nutrient-based standards – Adults 19-74 years:

Energy	2225 kcals
Protein	50g
Carbohydrate	297g
NMES	65g
Total fat	87g
Saturated fat	27g
Fibre	18g
Sodium	2400mg
Salt	6g
Potassium	3500mg
Iron	14.8mg
Riboflavin	1.3mg

Standards and Targets

Standards and targets for macro and micronutrients at each meal occasion and over the day were set to meet the percentages in Table 1:

Table 1. %Standards and Targets for Adults 19-74 years

	Percentage of daily intake				
	energy, protein, fibre	Total /sat fat, sugar, salt		Vitamins and minerals (where insufficiencies are apparent)	
		average population requirement	target[#]	average population requirement	target[#]
Breakfast	20	20		20	-
Lunch	30	30	29	30	35-40
Eve meal	30	30	29	30	35-40
Snacks	20	20		*	*
Total	100	100	98 or less	100	100 or more

***Snacks will provide additional micronutrients, to contribute to the micronutrient target of 100% or more over the day. Care should be taken not to encroach upon maximum safe levels of intake.**

Target for nutrients where excess or insufficiencies are apparent

Standards & Targets - Adults 19-74 years

	<u>Standard</u>	<u>Target</u>	<u>Target- b'fast</u>	<u>Target-l/eve</u>	<u>Target - snacks</u>
Energy	2225 kcals	2225	445	667	445
Protein	50g	50g	10g	15g	10g
Carbohydrate	297g	297g	59g	89g	59g
NMES	65g	63.7g	13g	18.8g	13g
Total fat	87g	85.3g	17.4g	25.2g	17.4g
Saturated fat	27g	26.5g	5.4g	7.8g	5.4g
Fibre	18g	18g	3.6g	5.4g	3.6g
Sodium	2400mg	2352mg	480mg	696mg	480mg
Salt	6g	5.88g	1.2g	1.74g	1.2g
Potassium	3500mg	>3500mg	700mg	1400mg	-
Iron	14.8mg	>14.8mg	3mg	5.9mg	-
Riboflavin	1.3mg	>1.3mg	0.26mg	0.52mg	-

Targets were set as a maximum for NMES, total fat, saturated fat and salt and as a minimum for carbohydrate, fibre and micronutrients.

A tolerance for energy intake at breakfast, lunch, evening meal and snacks was set at 2.5% with a 1% tolerance for energy over the day.

For the purpose of analysis the following criteria were used:

The snack target for micronutrients was set at 10%.

A tolerance for micronutrient intake at breakfast, lunch, evening meal and snacks was set at 12.5% with a target intake of 100% or more for micronutrients over the day.

Using this tolerance meets the 35-40% micronutrient target at lunch and evening meal set in Table 1 to account for the target range.

Reports

The following nutrient analysis data is attached:

- 1. Example Menu** – one-week example menus for Adults 19-74 years
- 2. 'All Day' - Nutrition Chart – Nutrition Plan** – average daily nutrient intake for each one-week example menu for all food and drink provision, as bar chart showing average percentage daily intake compared to the target
- 3. 'All Day' - Nutrition Planning Summary** – average daily nutrient intake for each one-week example menu for all food and drink provision, shown as average daily nutrient intake compared to the target with variance expressed as the actual amount of each nutrient compared to the target and as % of the target.
- 4. 'Meal Occasion' - Nutrition Chart – Nutrition Plan** – average daily nutrient intake over each one-week example menu for each meal occasion - breakfast, lunch, evening meal and snacks, as bar chart showing percentage intake compared to the target.
- 5. 'Meal Occasion' - Nutrition Planning Summary** - average daily nutrient intake over each one-week example menu for each meal occasion - breakfast, lunch, evening meal and snacks, shown as nutrient intake per meal occasion compared to the target with variance expressed as the actual amount of each nutrient compared to the target and as % of the target.

The above reports will be provided in hard copy and electronically.

In addition a recipe book with full analysis will be provided in hard copy and electronically.

Notes

The product number listed next to the food description refers to the recipe number in the recipe book. Most items are expressed as portion [ptn] size. The 'make' refers to the proportion uptake of each item available per meal occasion, expressed as a percentage of total provision for that meal, For example - a 50% make assumes uptake of that item by 50% of the population.

Results and Targets

The one-week example menu analysis met all the set standards and targets for both macronutrients and micronutrients.

A standard of 100% was set for total fat, saturated fat, NMES and salt with a target of 98% as a daily average intake. Micronutrient target was set at more than 100% of the standard as a daily average intake.

Fruit and Vegetables

The menu contains over 5 portions of fruit and vegetables per day, averaged out over the week.

Breakfast - one serving of fruit is included at breakfast daily for 100% make/uptake.

Lunch - one serving of vegetables or salad is included daily with a 100% make/uptake. 100g per serving of vegetables with 2 different cooked vegetables & salad available daily.

A vegetable –based soup is available daily with 30% make/uptake

Fresh fruit salad is also included every day at lunch, 35% make/uptake.

Many of the lunch desserts are also fruit based pies/crumbles/sponge with a 50% make/uptake.

Evening Meal – one serving of vegetables or salad is included daily with a 100% make/uptake. 100g per serving of vegetables with 2 different cooked vegetables & salad available daily.

Fresh fruit is available every day at the evening meal with a 50% make/uptake.

Snacks – fresh fruit provided daily with a 100% make/uptake

Oily Fish

Salmon is available as the main item for one lunch, 50% make/uptake.

In addition canned sardines are available once over the week in sandwiches and once in a salad

Methodology & Portion Sizes

The example menu has been analysed using Saffron Nutrition nutritional analysis software.

The Saffron database is based on McCance and Widdowson food composition values.

Variation to Nutrient Analysis in McCance and Widdowson

The nutritional analysis for some of the food items used has been adapted to meet FSA salt targets and Target Nutrition Specification values as set out by the FSA for manufactured foods used in school meals. Where this variation has been used the recipe methodology notes salt or TNS modification.

A list of some TNS adapted food items is included at the end of this report.

The actual nutritional analysis of some foods as available is very different from McCance and Widdowson values. More representative values have been used for these foods, including prawns and some sauces using values from actual supermarket products.

A list of nutrient adapted foods and used values is included at the end of this report.

Portion sizes were derived using guidance from a variety of resources:

- FSA Food Portion Sizes publication

- From sample menus/recipes used in institutions

Food Choices - include foods suitable for 19-74 years age group, with many traditional items and some more contemporary dishes. Each meal occasion contains choices, with consideration being given to providing at least one softer option per meal to take account of adults with eating difficulties.

Drinks

A hot drink is available at each meal occasion & for in-between meal snacks. It is assumed other drinks, including water, herb and fruit teas and low sugar squash will be made available at meals and at other times during the day as required.

Tea – 175g black tea infusion and 25g semi-skimmed milk

Coffee – 2g instant coffee, made up to 175 ml with water and 25g semi-skimmed milk

Instant hot chocolate 'light' drink – 30% make/uptake over the day with snacks

Breakfast

Tea – 50% make/uptake

Coffee – 50% make/uptake

Fruit – provided for 100% of population [100% make/uptake]

On each day 25% make/uptake of:

Fresh banana

Fresh Orange Juice

Fresh Melon

Canned grapefruit segments in natural juice

Cereals – provided for 80% of population [80% make/uptake]

15% make = porridge [40g oatmeal, 100g semi-skimmed milk, 5g sugar & water]

25% make = weetabix [2 biscuits, 150g milk]

25% make = cornflakes [30g cornflakes, 150g milk]

15% make = no added sugar muesli [50g muesli, 125g milk]

Cornflakes and Weetabix are iron-fortified cereals, and it is assumed an approximate 50%uptake of such fortified cereals. These fortified cereals make an important contribution to daily iron intakes.

Cooked breakfast – provided daily for 50% uptake

Each cooked breakfast is served with 1 slice of toast & spread/butter – with an uptake of 80% wholemeal toast and 20% white toast, from a large loaf, medium sliced with spread – 5g per slice of toast with 50% uptake spreadable butter and 50% uptake olive oil based 60% fat spread

Additional toast – provided for 80% uptake

With 80% wholemeal toast and 20% white toast.

Allocated 1 slice of toast per person – from a large loaf, medium sliced with spread – 5g per slice of toast with 50% uptake spreadable butter and 50% uptake olive oil based 60% fat spread and 5g reduced sugar jam/preserve

Yoghurt/Parfait:

Yoghurt – 25% uptake – 125g per portion, with 50% as low fat plain yoghurt and 50% as virtually fat free ‘diet’ fruit yoghurt

Yoghurt fruit parfait – 10% uptake – each portion contains 100g low fat plain yoghurt, 40g peaches canned in natural juice and 10g no added sugar muesli

Lunch

Soup is available daily at lunch – 30% uptake

Main Course - each lunch provides the following 5 choices:

1. Main menu item, listed first on example menu, has a make/uptake of 50%. The exception is Saturday lunch with 2 main items – chicken tikka massala & rice with a 35% uptake and chicken liver & onions with a 15% uptake. The liver dish was added to help increase iron intake, with a 15% uptake to take account of food preferences
2. Vegetarian dish, listed second, uptake 10%
3. Jacket potato & filling & salad, uptake 15%
4. Sandwich, one round – 2 slices of bread, 15% uptake (80% wholemeal, 20% white bread)
5. Salad, served with bread, 10% uptake

The jacket potato, sandwiches and salad are a variety of meat, fish and vegetarian choices.

Average portion sizes = 200g roast potato – 4 small
150g mashed potato – 2 full scoops
175g boiled potato – either peeled old potatoes or new potatoes & skins
175g ‘smashed’ new potatoes [175g boiled new potatoes loosely mashed/smashed with 5g of olive-oil based 60% fat spread]
200g Jacket potato
165g oven-chips
180g cooked rice
230g cooked pasta

Every lunch includes 100g vegetables or 80g salad.

Each lunch menu contains 2 different vegetables – assumed 50% make/uptake of each when served

Extra vegetables are also included in many of the main dishes.

Gravy has been made using a combination of gravy granules and cornflour to reduce salt intake.

Reduced calorie mayonnaise has been used in the preparation of salads & sandwich fillings and salad cream at service

Dessert – each lunch provides the following 4 choices:

1. Main menu item, listed first - 50% make/uptake

Many of the main dessert choices include fruit. Custard portion is 120g, with less sugar than McCance and Widdowson, 4.7g NMES per 100ml

2. Fresh fruit salad – 35% uptake

3. Choice of plain or ‘diet’ fruit yoghurt – 15% uptake

4. Ice-cream – 10% uptake

Tea – 50% uptake, Coffee – 50% uptake

Evening Meal

Main Course - each evening meal provides the following 5 choices:

1. Main menu item, listed first on example menu, has a make/uptake of 50%.
2. Vegetarian dish, listed second, uptake 10%
3. Jacket potato & filling & salad, uptake 15%
4. Sandwich, one round – 2 slices of bread, 15% uptake (80% wholemeal, 20% white bread)
5. Salad, served with bread, 10% uptake

The jacket potato, sandwiches and salad are a variety of meat, fish and vegetarian choices.

Average portion sizes =

- 200g roast potato – 4 small
- 150g mashed potato – 2 full scoops
- 175g boiled potato – either peeled old potatoes or new potatoes & skins
- 175g 'smashed' new potatoes [175g boiled new potatoes loosely mashed/smashed with 5g of olive-oil based 60% fat spread]
- 200g Jacket potato
- 165g oven-chips
- 180g cooked rice
- 230g cooked pasta

Every evening meal includes 100g vegetables or 80g salad.

Each evening meal contains 2 different vegetables – assumed 50% make/uptake of each when served

Extra vegetables are also included in many of the main dishes.

Gravy has been made using a combination of gravy granules and cornflour to reduce salt intake.

Reduced calorie mayonnaise has been used in the preparation of salads & sandwich fillings and salad cream at service

Dessert – each evening meal provides the following 4 choices:

1. Main menu item, listed first - 50% make/uptake

Many of the main dessert choices include fruit. Care has been taken to devise desserts with a high iron content to help boost the iron intake of the evening meal.

2. Fresh fruit – 100% uptake

3. Choice of plain or 'diet' fruit yoghurt – 25% uptake

4. Ice-cream or Cheese & Biscuits – 10% uptake

Tea – 50% uptake

Coffee – 50% uptake

Snacks

Snacks have been allocated over the day as follows:

1. Main item – listed first – 50% uptake, possibly served at afternoon tea

2. Fresh Fruit – 100% uptake

3. Yoghurt, choice plain or 'diet' fruit – 50% uptake

4. Choice crackers & low fat soft cheese/cottage cheese/cheese spread – 50% uptake

5. 2 semi-sweet biscuits – 75% uptake

6. 2 chocolate chip/Jaffa cake type biscuits – 25% uptake

7. Potato crisps – 20% uptake

8. Cereal bar – 20% uptake

9. Chocolate coated biscuit – 10% uptake

10. Assorted dried fruit & nuts – 40% uptake

11. Tea – 135% uptake

12. Coffee – 135% uptake

13. Instant Hot chocolate 'light' drink – 30% uptake

Drinks – 3 drinks have been allocated per person as snacks over the day from tea, coffee or instant hot chocolate

It is envisaged that water, herb and fruit teas and other low energy drinks will also be available throughout the day

Food Issues

1. Cannot use any dried soup or canned soup product daily as these products contain too much sodium. Used a dried product for minestrone soup only, adapted to meet salt target but this still boosted the salt intake on that day.
2. For 'hot dish', salads and sandwiches many of the traditional items [ham, sausages, cheese] are high in salt. These foods have been included and the nutrient analysis modified to meet FSA salt targets. It might be difficult to initially find products that meet the targets for salt, but over time this should become easier as work on product reformulation progresses.
3. NMES values have been modified according to NMES data available from NDNS data

Nutrient Issues

All nutrient targets were easily met at each meal occasion and over the day with the following exceptions.

Iron - it is difficult to achieve 40% of the iron daily intake, 5.9mg iron, at lunch and evening meal using realistic portion sizes and acceptable foods for public institutions. However the current menu achieves 35% of the iron target at lunch and evening meal, 5.2mg iron, which is within our set target range of 35-40%.

The menu has included iron enriched breakfast cereals, dried fruit and vegetables with a higher iron content, increased uptake wholegrain cereals and bread as well as iron-rich desserts at the evening meal.

Breakfast – the average sodium intake at breakfast is 490mg, 102% of the target [target = 480mg]. This is due to the inclusion of high salt cooked breakfast items with a 50% uptake on 4 days. The All-day sodium intake is well within the daily sodium target.

Evening Meal – the average carbohydrate intake at the evening meal is 88.3g, 99.2% of the target [target = 89g]. Unlike lunch, the evening meal does not contain soup and using the same carbohydrate portion sizes as at lunch it

is difficult to boost the carbohydrate content of the evening meal without upsetting the overall balance of nutrients.

The evening meal contains on average 700mg sodium, 100.6% of the target [695mg]. This is due to the inclusion of some salty manufactured foods.

Over time as work on product reformulation progresses the sodium content of these foods should be reduced.

Variation to Nutrient Analysis in McCance and Widdowson

The following changes were made to McCance and Widdowson nutrient values to take account on updated product formulation:

Peeled prawns – 570mg sodium/100g

Tomato based pasta sauce – 260mg sodium/100g

Cornflakes – 700mg sodium/100g

Reduced fat sausages – 550mg sodium/100g

Salt & TNS adapted

The nutrient analysis of the following foods were adapted to meet FSA salt targets & Target Nutrient Specifications (TNS) as set by FSA for manufactured foods to be used in school meals for fat, saturated fat, sugar and salt.

It might be difficult to initially find products that meet the targets for salt, but over time this should become easier as work on product reformulation progresses.

Curry sauce

Tomato sauce

Baked beans

Tomato ketchup

Fish Pie

Beef grillsteak

Mayonnaise

Cauliflower cheese

Vegetable chilli

Ice Cream

Vegetable Pakora

Vegetable Lasagne

Vegetable Flan

Cottage Cheese

Cheese – half-fat Cheddar type

Dried soup

The following bread values were used in line with FSA salt targets

Bread, wholemeal sliced – 360mg sodium/100g

Bread, wholemeal toast – 421mg sodium/100g

Bread, white sliced – 380mg sodium /100g

Bread, white toasted – 460mg sodium/100g

- weight loss factor for toast calculated from McCance and Widdowson values

All other bread rolls, wholemeal & white, pitta bread, French bread have used salt target of 400mg sodium/100g

& Salad Cream – 700mg sodium, 1.8g salt

& Reduced Calorie Mayonnaise – 1000mg sodium, 2.5g salt

& Dried Soup – 280 mg sodium / 0.7g salt

<p>Evening Meal</p>	<p>Fish Pie Vegetable Lasagne Jacket Potato & Tuna Beef Sandwich Pate & Salad</p> <p>Peas / Spinach ChocGinger&Apricot Mousse Fruit/Yoghurt/Ice-Cream</p>	<p>Lamb Casserole Mushroom Risotto JacketPotato&Cottage Cheese Prawn Sandwich Ham & Cheese Salad Boiled Potatoes Broad Beans / Ratatouille Prune & Hazelnut Cream Fruit/Yoghurt/Cheese &Biscuits</p>	<p>Sausage & Tomato Nut Roast Jacket Potato & Cheese Chicken Cranberry Sandwich Smoked Mackerel Salad Smashed Potatoes Carrots /Baked Beans/ Salad Fruit & Cereal Yoghurt Fruit/Yoghurt/Ice-Cream</p>	<p>Spaghetti Bolognese Vegetarian Sausages Jacket Potato &Beef Chilli Egg Mayonnaise Sandwich Chicken Salad Boiled New Potatoes Sweetcorn / Swede / Salad Fruit Mousse & Flapjack Fruit/Yoghurt/Ice-Cream</p>	<p>Stir Fry Pork & Rice Vegetarian Shepherds Pie Jacket Potato&Cottage Cheese Hummus & Pitta Bread Tuna Salad</p> <p>Broccoli / Spinach / Salad Banana Bread & Apricots Fruit/Yoghurt/Ice-Cream</p>	<p>Braised Steak Vegetarian Ravioli Jacket Potato & Tuna Turkey Sandwich Ham Salad Roast Potatoes Broad Beans/ Carrots / Salad Black Forest Gateaux Fruit/Yoghurt/Ice-Cream</p>	<p>Grilled Chicken Breast Cauliflower Cheese Jacket Potato&Baked Beans Beef Sandwich Prawn Salad Smashed New Potatoes Sweetcorn/Spinach/Sal ad Trifle Fruit/Yoghurt/Ice-Cream</p>
<p>Daily Snacks</p>	<p>Currant Bun Fruit/Nuts/Biscuits/Cer eal Bar Cheese&Crackers/Yog hurt Chocolate/Crisps Beverages</p>	<p>Scone & Jam Fruit/Nuts/Biscuits/Cer eal Bar Cheese&Crackers/Yog hurt Chocolate/Crisps Beverages</p>	<p>Chocolate Swiss Roll Fruit/Nuts/Biscuits/Cer eal Bar Cheese&Crackers/Yog hurt Chocolate/Crisps Beverages</p>	<p>Malt Loaf Fruit/Nuts/Biscuits/Cer eal Bar Cheese&Crackers/Yog hurt Chocolate/Crisps Beverages</p>	<p>Toasted Tea Cake Fruit/Nuts/Biscuits/Cer eal Bar Cheese&Crackers/Yog hurt Chocolate/Crisps Beverages</p>	<p>Carrot Cake Fruit/Nuts/Biscuits/Cer eal Bar Cheese&Crackers/Yog hurt Chocolate/Crisps Beverages</p>	<p>Chocolate Krispie Cakes Fruit/Nuts/Biscuits/Cer eal Bar Cheese&Crackers/Yog hurt Chocolate/Crisps Beverages</p>

Menu Cycle (7 Menus)

Admin

Nutrition Plan: A1

Adults 19-74 All Day

Menu Course	Adults 19-74 All Day Mc	Adults 19-74 All Day Tu	Adults 19-74 All Day We	Adults 19-74 All Day Th	Adults 19-74 All Day Fri	Adults 19-74 All Day Sa	Adults 19-74 All Day Su
Breakfast	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana
	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments
	Melon	Melon	Melon	Melon	Melon	Melon	Melon
	Porridge & milk	Porridge & milk	Porridge & milk	Porridge & milk	Porridge & milk	Porridge & milk	Porridge & milk
	Weetabix & milk	Weetabix & milk	Weetabix & milk	Weetabix & milk	Weetabix & milk	Weetabix & milk	Weetabix & milk
	Muesli & milk	Muesli & milk	Muesli & milk	Muesli & milk	Muesli & milk	Muesli & milk	Muesli & milk
	Cornflakes & milk	Cornflakes & milk	Cornflakes & milk	Cornflakes & milk	Cornflakes & milk	Cornflakes & milk	Cornflakes & milk
	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit
	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait
	Sausage & Tomato	Poached egg	Bacon & Mushrooms	cottage cheese	Baked beans TNS & low sugar	Bacon & Tomato	Boiled egg
	Toast & butter/spread	Toast & butter/spread	Toast & butter/spread	Fresh Tomato	Toast & butter/spread	Toast & butter/spread	Toast & butter/spread
	Toast & butter/spread & reduced sugar jam	Toast & butter/spread & reduced sugar jam	Toast & butter/spread & reduced sugar jam	Toast & butter/spread	Toast & butter/spread & reduced sugar jam	Toast & butter/spread & reduced sugar jam	Toast & butter/spread & reduced sugar jam
	Tea with milk	Tea with milk	Tea with milk	Toast & butter/spread & reduced sugar jam	Tea with milk	Tea with milk	Tea with milk
Coffee & milk	Coffee & milk	Coffee & milk	Tea with milk Coffee & milk	Coffee & milk	Coffee & milk	Coffee & milk	
Lunch Meal	Carrot & Corriander Soup	Mushroom Soup	Vegetable Soup	Tomato Soup	Leek and Potato Soup	Minestrone Soup	Pea Soup
	Beef Goulash Meal	Grilled Salmon Meal	Cottage Pie Meal	Roast Turkey Meal	Fried Haddock Meal	Chicken Tikka Masala & Rice	Roast Lamb Meal
	Vegeburger Meal	Vegetable Moussaka Meal	Tofu & Cashew Nut Stir Fry with Noodles	Pizza Meal, vegetarian	Pasta and Tomato Sauce	Liver & Onion Meal	Vegetable Curry and Rice Meal
	Jacket Potato, Cheese, Coleslaw,	Jacket Potato & Beef Chilli Meal	Jacket Potato, Tuna & Coleslaw Meal	Jacket Potato and Ratatouille	Jacket Potato & Baked Beans	Vegetable Quiche Meal	Jacket Potato cottage cheese & coleslaw

Menu Cycle (7 Menus)

Admin

	Salad Egg Mayonnaise Sandwich Ham Salad Apple Crumble & Custard Fresh Fruit Salad yoghurt - natural/fruit Ice Cream Tea with milk Coffee & milk	Turkey Salad Sandwich Vegetable Pakora & Salad Meal Chocolate Gateaux Fresh Fruit Salad yoghurt - natural/fruit Ice Cream Tea with milk Coffee & milk	Liver Pate & Tomato Sandwich Egg & Bean Salad Plum Sponge & Custard Fresh Fruit Salad yoghurt - natural/fruit Ice Cream Tea with milk Coffee & milk	Beef Salad Sandwich Sardine Salad Fruit Pie and Custard Fresh Fruit Salad yoghurt - natural/fruit Ice Cream Tea with milk Coffee & milk	Cheese and Pickle Sandwich Corned Beef Salad Banana Custard Fresh Fruit Salad yoghurt - natural/fruit Ice Cream Tea with milk Coffee & milk	Jacket Potato & Vegetable Chilli Sardine & Salad Sandwich Mozzarella & tomato salad Rice Pudding & Dried Apricots Fresh Fruit Salad yoghurt - natural/fruit Ice Cream Tea with milk Coffee & milk	Ham & cheese sandwich Chicken salad Rhubarb Pie & Custard Fresh Fruit Salad yoghurt - natural/fruit Ice Cream Tea with milk Coffee & milk
Snack Meal	Currant Bun Fresh Fruit Portion yoghurt - natural/fruit Cheese & Cracker Snack Semi -sweet biscuits Chocolate Chip Cookies/Jaffa Cakes Potato Crisps - less salt, SFA Cereal Bar Chocolate biscuit Assorted Nuts & Dried Fruit Tea with milk Coffee & milk	Scone & Jam Fresh Fruit Portion yoghurt - natural/fruit Cheese & Cracker Snack Semi -sweet biscuits Chocolate Chip Cookies/Jaffa Cakes Potato Crisps - less salt, SFA Cereal Bar Chocolate biscuit Assorted Nuts & Dried Fruit Tea with milk Coffee & milk	Chocolate Swiss Roll Fresh Fruit Portion yoghurt - natural/fruit Cheese & Cracker Snack Semi -sweet biscuits Chocolate Chip Cookies/Jaffa Cakes Potato Crisps - less salt, SFA Cereal Bar Chocolate biscuit Assorted Nuts & Dried Fruit Tea with milk Coffee & milk	Malt Loaf Fresh Fruit Portion yoghurt - natural/fruit Cheese & Cracker Snack Semi -sweet biscuits Chocolate Chip Cookies/Jaffa Cakes Potato Crisps - less salt, SFA Cereal Bar Chocolate biscuit Assorted Nuts & Dried Fruit Tea with milk Coffee & milk	Toasted Tea Cake Fresh Fruit Portion yoghurt - natural/fruit Cheese & Cracker Snack Semi -sweet biscuits Chocolate Chip Cookies/Jaffa Cakes Potato Crisps - less salt, SFA Cereal Bar Chocolate biscuit Assorted Nuts & Dried Fruit Tea with milk Coffee & milk	carrot cake Fresh Fruit Portion yoghurt - natural/fruit Cheese & Cracker Snack Semi -sweet biscuits Chocolate Chip Cookies/Jaffa Cakes Potato Crisps - less salt, SFA Cereal Bar Chocolate biscuit Assorted Nuts & Dried Fruit Tea with milk Coffee & milk	Chocolate Krispie cake Fresh Fruit Portion yoghurt - natural/fruit Cheese & Cracker Snack Semi -sweet biscuits Chocolate Chip Cookies/Jaffa Cakes Potato Crisps - less salt, SFA Cereal Bar Chocolate biscuit Assorted Nuts & Dried Fruit Tea with milk Coffee & milk

Menu Cycle (7 Menus)

Admin

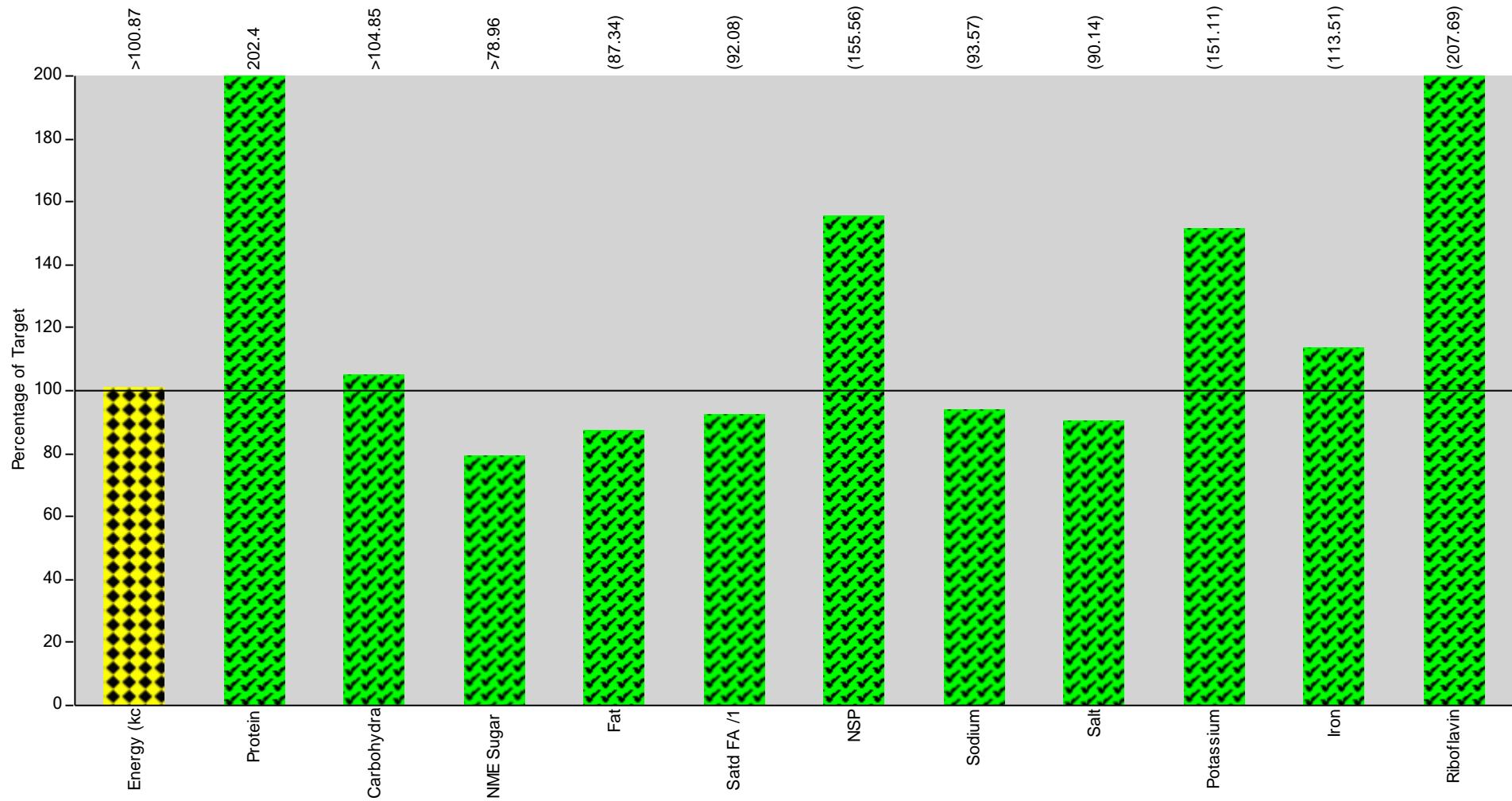
	Hot Chocolate 'Light'	Hot Chocolate 'Light'	Hot Chocolate 'Light'	Hot Chocolate 'Light'	Hot Chocolate 'Light'	Hot Chocolate 'Light'	Hot Chocolate 'Light'
Evening Meal	Fish Pie Meal	Lamb Casserole Meal	Sausage & Grilled Tomato Meal	Spaghetti Bolognese Meal	Stir Fry Pork & Rice Meal	Braised Steak Meal	Chicken Breast Meal
	Vegetarian Lasagne Meal	Mushroom Risotto	Nut Roast Meal	Vegetarian Sausage Meal	Vegetarian Shepherds Pie Meal	Vegetable Ravioli Meal	Cauliflower Cheese Meal
	Jacket Potato, Tuna & Coleslaw Meal	Jacket Potato cottage cheese & bean salad	Jacket Potato, Cheese, Coleslaw, Salad	Jacket Potato & Beef Chilli Meal	Jacket Potato cottage cheese & coleslaw	Jacket Potato, Tuna & Coleslaw Meal	Jacket Potato & Baked Beans
	Beef Salad Sandwich	Prawn Sandwich	Chicken & Cranberry Salad Sandwich	Egg Mayonnaise Sandwich	Hummus & Pitta Bread	Turkey Salad Sandwich	Beef Salad Sandwich
	Pate & Salad	Ham & Cheese Salad	Smoked Mackerel Salad	Chicken salad	Tuna Salad	Ham Salad	Prawn Salad
	Chocolate Ginger & Apricot Dessert	Prune & Hazelnut Cream	Fruit and Cereal Yoghurt	Fruit Mousse & Flapjack	Banana bread & Apricots	Chocolate Gateaux	Trifle
	Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion
	yoghurt - natural/fruit	yoghurt - natural/fruit	Fresh Fruit Portion	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit
	Ice Cream	Cheese & Biscuits	yoghurt - natural/fruit	Ice Cream	Ice Cream	Ice Cream	Ice Cream
	Tea with milk	Tea with milk	Ice Cream	Tea with milk	Tea with milk	Tea with milk	Tea with milk
	Coffee & milk	Coffee & milk	Tea with milk	Coffee & milk	Coffee & milk	Coffee & milk	Coffee & milk
			Coffee & milk				

Nutrition Chart - Nutrition Plan

Admin

Nutrition Plan: A1 Adults 19-74 All Day

Nutrition Rule: A1 Adults 19-74 years - all day



Nutrition Planning Summary

Admin

Nutrition Plan: A1

Adults 19-74 All Day

Menu	Description	Energy (kc (kcal))	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
A1AM	Adults 19-74 All Day Monday	>2292.2	110.8	>317.8	>52.9	(73.0)	(25.3)
A1AT	Adults 19-74 All Day Tuesday	2289.8	98.1	292.8	39.7	87.1	(26.8)
A1AW	Adults 19-74 All Day Wednesday	>2164.3	91.5	>300.2	>49.1	75.0	(23.6)
A1ATh	Adults 19-74 All Day Thursday	2230.2	101.2	312.9	>52.1	(72.9)	(24.1)
A1AF	Adults 19-74 All Day Friday	2354.0	98.9	348.3	57.0	(72.6)	(20.2)
A1ASa	Adults 19-74 All Day Saturday	2216.1	102.6	305.4	45.5	73.7	(25.1)
A1ASu	Adults 19-74 All Day Sunday	2163.7	105.0	302.7	55.6	(67.7)	(25.8)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
A1AM	Adults 19-74 All Day Monday	(27.8)	(2221.6)	(5.3)	(5558.0)	(475.7)	(18.0)
A1AT	Adults 19-74 All Day Tuesday	(27.9)	(1991.2)	(4.8)	(5323.1)	(450.3)	(16.5)
A1AW	Adults 19-74 All Day Wednesday	(27.0)	(2447.7)	(5.9)	(5076.9)	(404.3)	(17.6)
A1ATh	Adults 19-74 All Day Thursday	(28.3)	(2048.7)	(4.9)	(4957.0)	(456.3)	(15.7)
A1AF	Adults 19-74 All Day Friday	(29.7)	(2446.7)	(5.9)	(5378.8)	(516.8)	(16.5)
A1ASa	Adults 19-74 All Day Saturday	(27.6)	(2328.5)	(5.6)	(5321.7)	(444.3)	(17.5)
A1ASu	Adults 19-74 All Day Sunday	(27.6)	(1920.8)	(4.6)	(5405.5)	(455.4)	(16.3)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
A1AM	Adults 19-74 All Day Monday	(15.1)	(2.1)	(403.1)	(2.9)	0	0
A1AT	Adults 19-74 All Day Tuesday	(13.5)	>5.0	(416.7)	(2.6)	0	0
A1AW	Adults 19-74 All Day Wednesday	(11.9)	(2.5)	(411.0)	(2.7)	0	0
A1ATh	Adults 19-74 All Day Thursday	(13.5)	>2.3	(378.2)	(2.5)	0	0
A1AF	Adults 19-74 All Day Friday	(11.6)	>1.4	(372.1)	(2.6)	0	0
A1ASa	Adults 19-74 All Day Saturday	(15.1)	>2.2	(590.1)	(2.9)	0	0

Nutrition Planning Summary

Admin

A1ASu	Adults 19-74 All Day Sunday	(13.0)	>1.5	(406.7)	(2.6)	0	0
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Menu	Description	OilyFish (Menu)					
A1AM	Adults 19-74 All Day Monday	0	0	0	0	0	0
A1AT	Adults 19-74 All Day Tuesday	0	0	0	0	0	0
A1AW	Adults 19-74 All Day Wednesday	0	0	0	0	0	0
A1ATh	Adults 19-74 All Day Thursday	0	0	0	0	0	0
A1AF	Adults 19-74 All Day Friday	0	0	0	0	0	0
A1ASa	Adults 19-74 All Day Saturday	0	0	0	0	0	0
A1ASu	Adults 19-74 All Day Sunday	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
A1AM	Adults 19-74 All Day Monday	0.00
A1AT	Adults 19-74 All Day Tuesday	0.00
A1AW	Adults 19-74 All Day Wednesday	0.00
A1ATh	Adults 19-74 All Day Thursday	0.00
A1AF	Adults 19-74 All Day Friday	0.00
A1ASa	Adults 19-74 All Day Saturday	0.00
A1ASu	Adults 19-74 All Day Sunday	0.00
Plan Average:		0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: A1

Adults 19-74 years - all day

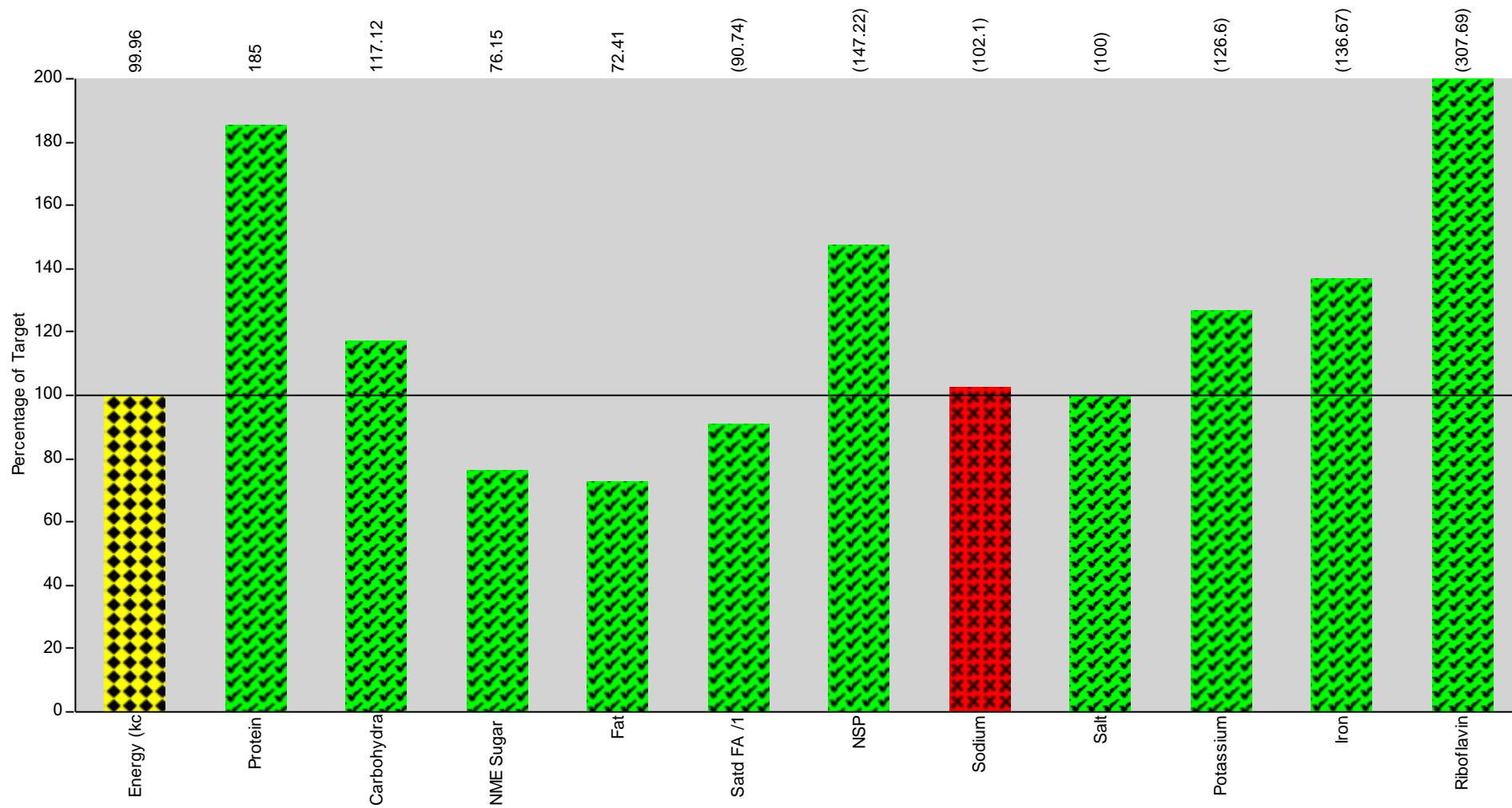
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	>2244.3	2,225.00	Target	19.3	0.9	◆
Protein	g	101.2	50.00	Minimum	51.2	102.4	✓
Carbohydrate	g	>311.4	297.00	Minimum	14.4	4.8	✓
Non Milk Extrinsic Suga	g	>50.3	63.70	Maximum	13.4	21.0	✓
Fat	g	(74.5)	85.30	Maximum	10.8	12.7	✓
Of which is saturated	g	(24.4)	26.50	Maximum	2.1	7.9	✓
NSP (Fibre)	g	(28.0)	18.00	Minimum	10.0	55.6	✓
Sodium	mg	(2200.7)	2,352.00	Maximum	151.3	6.4	✓
Salt	g	(5.3)	5.88	Maximum	0.6	9.9	✓
Potassium	mg	(5288.7)	3,500.00	Minimum	1,788.7	51.1	✓
Magnesium	mg	(457.6)	-	---	-	-	
Iron	mg	(16.8)	14.80	Minimum	2.0	13.5	✓
Zinc	mg	(13.4)	-	---	-	-	
Vitamin D	µg	(2.4)	-	---	-	-	
Folate	µg	(425.4)	-	---	-	-	
Riboflavin	mg	(2.7)	1.30	Minimum	1.4	107.7	✓
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	

Nutrition Chart - Nutrition Plan

Admin

Nutrition Plan: A1B Adults 19-74 Breakfast Average

Nutrition Rule: A1B Adults 19-74 years - breakfast



Nutrition Planning Summary

Admin

Nutrition Plan: A1B

Adults 19-74 Breakfast Average

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
A1B1	Adults 19-74 Breakfast Monday	451.2	18.7	69.8	10.4	12.9	(5.1)
A1B2	Adults 19-74 Breakfast Tuesday	440.9	18.6	66.9	9.5	13.0	(4.9)
A1B3	Adults 19-74 Breakfast Wednesda	456.1	18.5	67.0	9.5	14.7	(5.3)
A1B4	Adults 19-74 Breakfast Thursday	426.9	17.9	68.5	9.5	11.1	(4.6)
A1B5	Adults 19-74 Breakfast Friday	455.9	19.2	76.3	11.6	10.6	(4.2)
A1B6	Adults 19-74 Breakfast Saturday	442.0	18.4	67.9	9.5	12.8	(5.4)
A1B7	Adults 19-74 Breakfast Sunday	440.9	18.6	66.9	9.5	13.0	(4.9)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
A1B1	Adults 19-74 Breakfast Monday	(5.2)	502.9	1.2	(899.5)	(100.9)	(4.0)
A1B2	Adults 19-74 Breakfast Tuesday	(4.7)	420.9	1.0	(820.1)	(97.6)	(4.2)
A1B3	Adults 19-74 Breakfast Wednesda	(4.9)	524.9	1.3	(870.0)	(99.5)	(3.9)
A1B4	Adults 19-74 Breakfast Thursday	(5.1)	(426.1)	(1.0)	(898.4)	(99.2)	(3.8)
A1B5	Adults 19-74 Breakfast Friday	(7.6)	608.1	1.5	(987.5)	(116.1)	(4.6)
A1B6	Adults 19-74 Breakfast Saturday	(5.1)	527.2	1.3	(907.6)	(99.3)	(3.9)
A1B7	Adults 19-74 Breakfast Sunday	(4.7)	420.9	1.0	(820.1)	(97.6)	(4.2)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
A1B1	Adults 19-74 Breakfast Monday	(2.4)	>0.0	>102.1	(0.8)	0	0
A1B2	Adults 19-74 Breakfast Tuesday	(2.4)	>0.5	>103.3	(0.9)	0	0
A1B3	Adults 19-74 Breakfast Wednesda	(2.4)	>0.1	>92.8	(0.8)	0	0
A1B4	Adults 19-74 Breakfast Thursday	(2.2)	>0.0	(102.7)	(0.8)	0	0
A1B5	Adults 19-74 Breakfast Friday	(2.5)	>0.0	>108.4	(0.8)	0	0
A1B6	Adults 19-74 Breakfast Saturday	(2.4)	>0.1	>98.4	(0.8)	0	0

Nutrition Planning Summary

Admin

A1B7	Adults 19-74 Breakfast Sunday	(2.4)	>0.5	>101.7	(0.9)	0	0
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Menu	Description	OilyFish (Menu)					
A1B1	Adults 19-74 Breakfast Monday	0	0	0	0	0	0
A1B2	Adults 19-74 Breakfast Tuesday	0	0	0	0	0	0
A1B3	Adults 19-74 Breakfast Wednesday	0	0	0	0	0	0
A1B4	Adults 19-74 Breakfast Thursday	0	0	0	0	0	0
A1B5	Adults 19-74 Breakfast Friday	0	0	0	0	0	0
A1B6	Adults 19-74 Breakfast Saturday	0	0	0	0	0	0
A1B7	Adults 19-74 Breakfast Sunday	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
A1B1	Adults 19-74 Breakfast Monday	0.00
A1B2	Adults 19-74 Breakfast Tuesday	0.00
A1B3	Adults 19-74 Breakfast Wednesday	0.00
A1B4	Adults 19-74 Breakfast Thursday	0.00
A1B5	Adults 19-74 Breakfast Friday	0.00
A1B6	Adults 19-74 Breakfast Saturday	0.00
A1B7	Adults 19-74 Breakfast Sunday	0.00
Plan Average:		0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: A1B

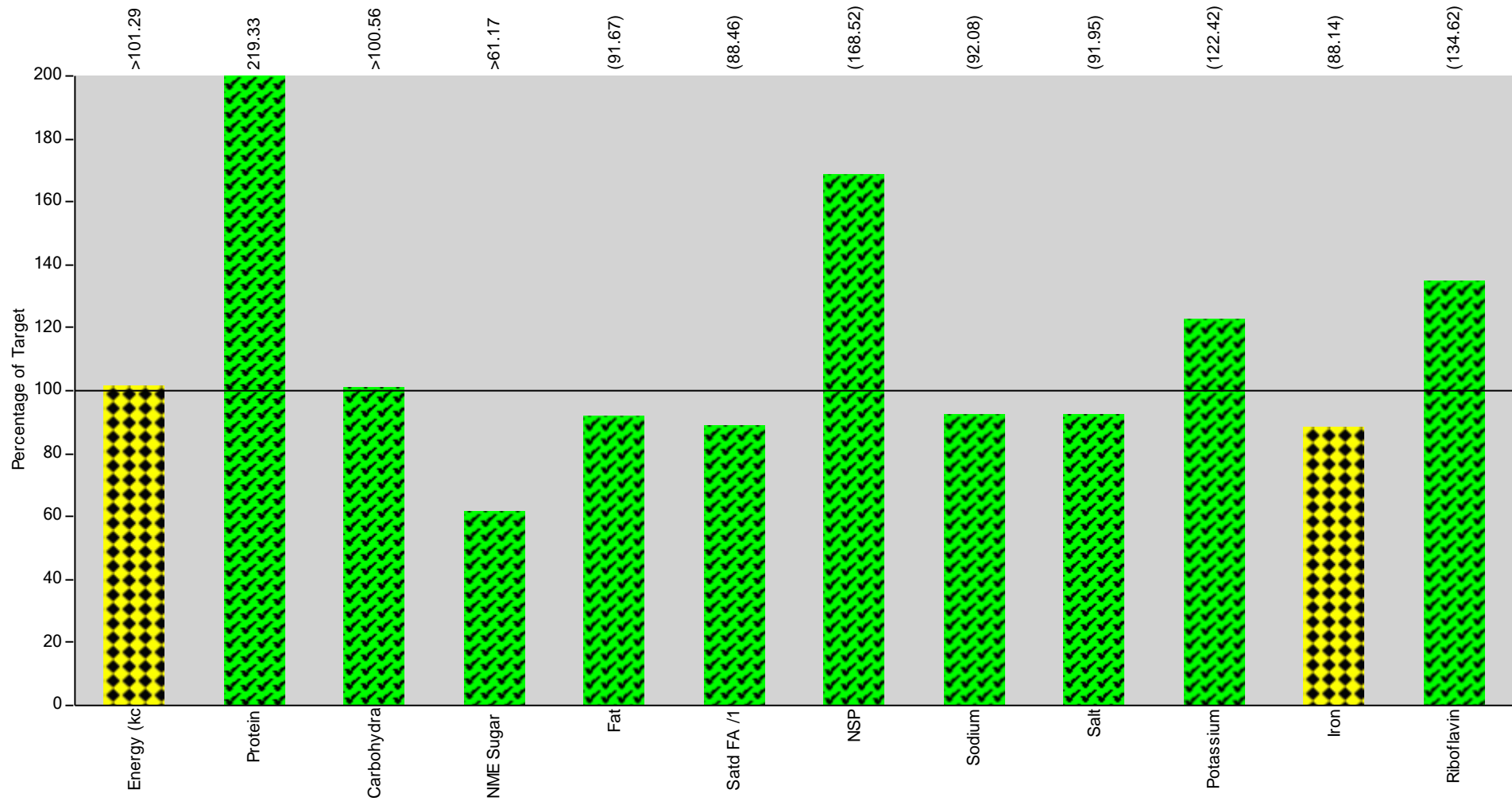
Adults 19-74 years - breakfast

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	444.8	445.00	Target	0.2	0.0	◆
Protein	g	18.5	10.00	Minimum	8.5	85.0	✓
Carbohydrate	g	69.1	59.00	Minimum	10.1	17.1	✓
Non Milk Extrinsic Suga	g	9.9	13.00	Maximum	3.1	23.8	✓
Fat	g	12.6	17.40	Maximum	4.8	27.6	✓
Of which is saturated	g	(4.9)	5.40	Maximum	0.5	9.3	✓
NSP (Fibre)	g	(5.3)	3.60	Minimum	1.7	47.2	✓
Sodium	mg	(490.1)	480.00	Maximum	10.1	2.1	✗
Salt	g	(1.2)	1.20	Maximum	0.0	0.0	✓
Potassium	mg	(886.2)	700.00	Minimum	186.2	26.6	✓
Magnesium	mg	(101.5)	-	---	-	-	
Iron	mg	(4.1)	3.00	Minimum	1.1	36.7	✓
Zinc	mg	(2.4)	-	---	-	-	
Vitamin D	µg	>0.2	-	---	-	-	
Folate	µg	(101.4)	-	---	-	-	
Riboflavin	mg	(0.8)	0.26	Minimum			✓
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	

Nutrition Chart - Nutrition Plan

Nutrition Plan: A1L Adults 19-74 Lunch Average

Nutrition Rule: A1LE Adults 19-74 years lunch/eve meal



Nutrition Planning Summary

Admin

Nutrition Plan: A1L

Adults 19-74 Lunch Average

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
A1L1	Adults 19-74 Lunch Monday	>707.0	35.7	>95.6	>13.7	23.0	(6.5)
A1L2	Adults 19-74 Lunch Tuesday	666.6	29.4	77.0	9.3	28.0	(8.0)
A1L3	Adults 19-74 Lunch Wednesday	>701.0	33.0	>89.6	>13.7	26.1	(7.1)
A1L4	Adults 19-74 Lunch Thursday	672.5	37.9	87.3	>11.4	(21.5)	(6.9)
A1L5	Adults 19-74 Lunch Friday	637.6	28.2	94.7	9.8	18.8	(5.1)
A1L6	Adults 19-74 Lunch Saturday	661.5	32.3	90.1	12.4	21.8	(6.9)
A1L7	Adults 19-74 Lunch Sunday	683.3	34.1	92.2	10.1	22.4	(7.4)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
A1L1	Adults 19-74 Lunch Monday	>10.3	(574.0)	(1.4)	(1764.0)	(134.6)	(5.9)
A1L2	Adults 19-74 Lunch Tuesday	(7.0)	(560.7)	(1.3)	(1701.7)	(116.5)	(4.8)
A1L3	Adults 19-74 Lunch Wednesday	(8.4)	(686.3)	(1.7)	>1591.7	(108.5)	(5.5)
A1L4	Adults 19-74 Lunch Thursday	(9.4)	544.1	1.3	(1793.8)	(130.7)	(4.5)
A1L5	Adults 19-74 Lunch Friday	(9.0)	733.1	1.8	(1618.8)	(131.8)	(3.8)
A1L6	Adults 19-74 Lunch Saturday	>9.6	854.2	2.1	(1745.2)	(144.0)	(6.6)
A1L7	Adults 19-74 Lunch Sunday	>10.0	(534.0)	(1.3)	(1781.9)	(136.8)	(5.0)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
A1L1	Adults 19-74 Lunch Monday	(7.1)	(1.0)	>151.7	(0.7)	0	0
A1L2	Adults 19-74 Lunch Tuesday	(3.0)	>3.6	(129.2)	(0.5)	0	0
A1L3	Adults 19-74 Lunch Wednesday	(5.0)	(1.6)	>132.8	>0.7	0	0
A1L4	Adults 19-74 Lunch Thursday	(4.5)	>1.0	(136.5)	(0.6)	0	0
A1L5	Adults 19-74 Lunch Friday	(3.1)	>0.1	>103.3	(0.6)	0	0
A1L6	Adults 19-74 Lunch Saturday	(3.9)	>1.0	(315.9)	(1.1)	0	0

Nutrition Planning Summary

Admin

A1L7	Adults 19-74 Lunch Sunday	(5.7)	>0.6	(135.2)	(0.6)	0	0
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Menu	Description	OilyFish (Menu)					
A1L1	Adults 19-74 Lunch Monday	0	0	0	0	0	0
A1L2	Adults 19-74 Lunch Tuesday	0	0	0	0	0	0
A1L3	Adults 19-74 Lunch Wednesday	0	0	0	0	0	0
A1L4	Adults 19-74 Lunch Thursday	0	0	0	0	0	0
A1L5	Adults 19-74 Lunch Friday	0	0	0	0	0	0
A1L6	Adults 19-74 Lunch Saturday	0	0	0	0	0	0
A1L7	Adults 19-74 Lunch Sunday	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
A1L1	Adults 19-74 Lunch Monday	0.00
A1L2	Adults 19-74 Lunch Tuesday	0.00
A1L3	Adults 19-74 Lunch Wednesday	0.00
A1L4	Adults 19-74 Lunch Thursday	0.00
A1L5	Adults 19-74 Lunch Friday	0.00
A1L6	Adults 19-74 Lunch Saturday	0.00
A1L7	Adults 19-74 Lunch Sunday	0.00
Plan Average:		0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: A1LE

Adults 19-74 years lunch/eve meal

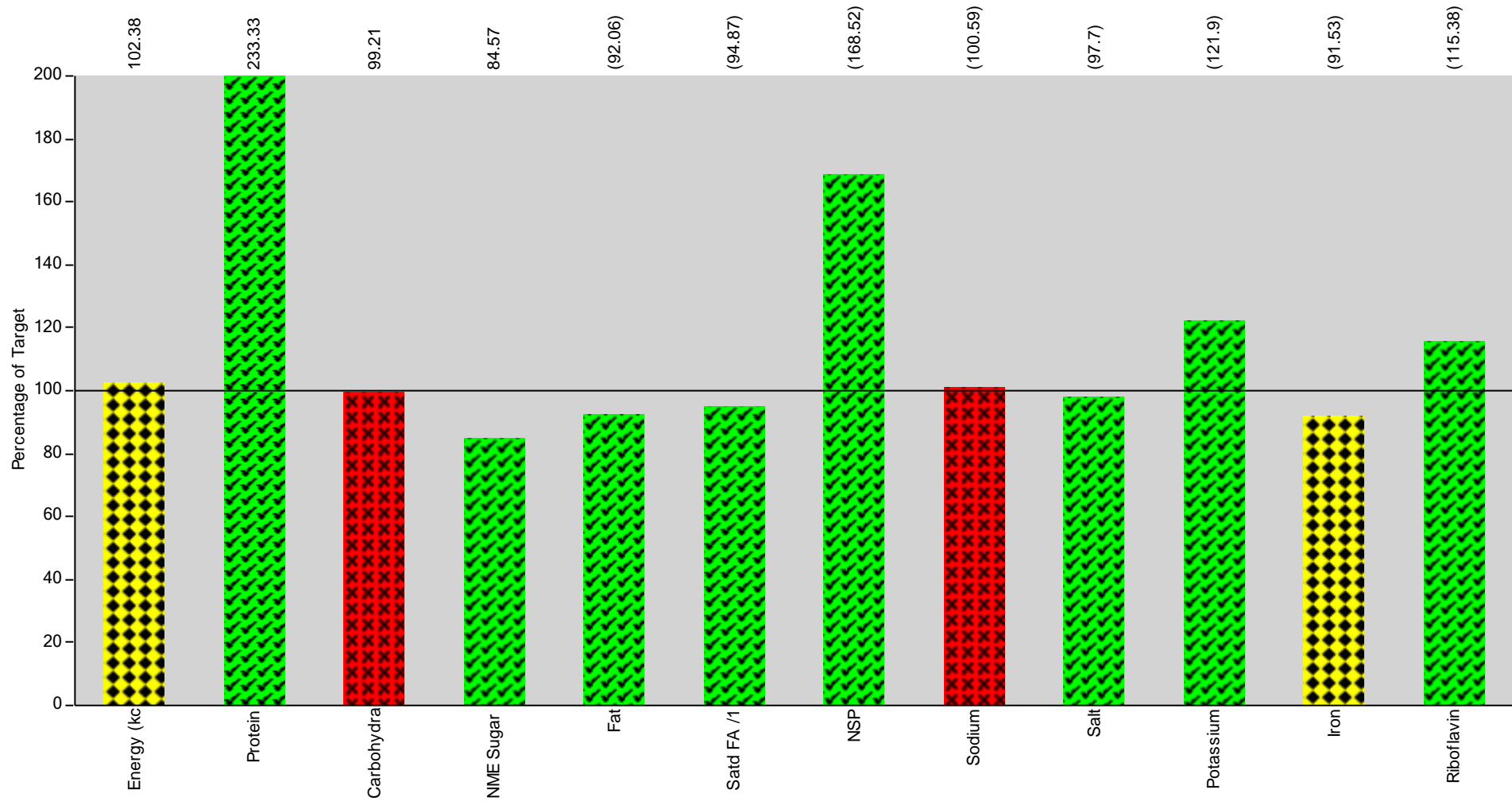
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	>675.6	667.00	Target	8.6	1.3	◆
Protein	g	32.9	15.00	Minimum	17.9	119.3	✓
Carbohydrate	g	>89.5	89.00	Minimum	0.5	0.6	✓
Non Milk Extrinsic Suga	g	>11.5	18.80	Maximum	7.3	38.8	✓
Fat	g	(23.1)	25.20	Maximum	2.1	8.3	✓
Of which is saturated	g	(6.9)	7.80	Maximum	0.9	11.5	✓
NSP (Fibre)	g	(9.1)	5.40	Minimum	3.7	68.5	✓
Sodium	mg	(640.9)	696.00	Maximum	55.1	7.9	✓
Salt	g	(1.6)	1.74	Maximum	0.1	8.0	✓
Potassium	mg	(1713.9)	1,400.00	Minimum	313.9	22.4	✓
Magnesium	mg	(129.0)	-	---	-	-	
Iron	mg	(5.2)	5.90	Minimum	0.7	11.9	◆
Zinc	mg	(4.6)	-	---	-	-	
Vitamin D	µg	(1.3)	-	---	-	-	
Folate	µg	(157.8)	-	---	-	-	
Riboflavin	mg	(0.7)	0.52	Minimum	0.2	34.6	✓
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	

Nutrition Chart - Nutrition Plan

Admin

Nutrition Plan: A1EM Adults 19-74 Evening Meal Average

Nutrition Rule: A1LE Adults 19-74 years lunch/eve meal



Nutrition Planning Summary

Admin

Nutrition Plan: A1EM

Adults 19-74 Evening Meal Average

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
A1E1	Adults 19-74 Evening Meal Mondæ	686.5	41.2	85.8	17.6	(21.8)	(8.2)
A1E2	Adults 19-74 Evening Meal Tuesd:	708.8	34.7	83.0	9.1	27.7	(8.4)
A1E3	Adults 19-74 Evening Meal Wedne	596.4	26.2	82.9	11.9	19.8	(6.2)
A1E4	Adults 19-74 Evening Meal Thursc	713.3	30.8	92.8	19.6	26.9	(8.3)
A1E5	Adults 19-74 Evening Meal Friday	778.4	35.7	106.1	22.4	(26.1)	(5.5)
A1E6	Adults 19-74 Enening Meal Saturd	678.1	37.8	86.5	9.5	22.3	(7.5)
A1E7	Adults 19-74 Evening Meal Sunda	619.2	38.4	80.9	21.4	(17.8)	(7.9)
Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
A1E1	Adults 19-74 Evening Meal Mondæ	(7.6)	(769.7)	(1.9)	(1904.9)	(149.6)	(5.8)
A1E2	Adults 19-74 Evening Meal Tuesd:	(10.7)	(520.7)	(1.3)	(1794.5)	(133.6)	(5.2)
A1E3	Adults 19-74 Evening Meal Wedne	(9.6)	(904.9)	(2.2)	(1652.2)	(110.1)	(6.2)
A1E4	Adults 19-74 Evening Meal Thursc	>9.3	(740.4)	(1.8)	(1292.2)	(136.4)	(5.2)
A1E5	Adults 19-74 Evening Meal Friday	(9.0)	(710.0)	(1.7)	(1763.7)	(176.0)	>5.5
A1E6	Adults 19-74 Enening Meal Saturd	>8.6	(615.8)	(1.5)	(1701.2)	(113.4)	(4.9)
A1E7	Adults 19-74 Evening Meal Sunda	(8.6)	639.2	1.6	(1837.3)	(129.1)	(4.7)
Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
A1E1	Adults 19-74 Evening Meal Mondæ	(3.9)	>1.0	(99.0)	(0.8)	0	0
A1E2	Adults 19-74 Evening Meal Tuesd:	(6.0)	>0.5	(132.4)	(0.6)	0	0
A1E3	Adults 19-74 Evening Meal Wedne	(2.9)	>0.7	(136.8)	(0.7)	0	0
A1E4	Adults 19-74 Evening Meal Thursc	(5.1)	>1.2	>85.9	(0.5)	0	0
A1E5	Adults 19-74 Evening Meal Friday	(4.2)	>1.2	(102.1)	(0.6)	0	0
A1E6	Adults 19-74 Enening Meal Saturd	(7.2)	>0.9	(126.7)	(0.5)	0	0

Nutrition Planning Summary

Admin

A1E7	Adults 19-74 Evening Meal Sunda (3.2)	>0.4	(106.1)	(0.5)	0	0
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Menu	Description	OilyFish (Menu)				
A1E1	Adults 19-74 Evening Meal Monday	0	0	0	0	0
A1E2	Adults 19-74 Evening Meal Tuesday	0	0	0	0	0
A1E3	Adults 19-74 Evening Meal Wednesday	0	0	0	0	0
A1E4	Adults 19-74 Evening Meal Thursday	0	0	0	0	0
A1E5	Adults 19-74 Evening Meal Friday	0	0	0	0	0
A1E6	Adults 19-74 Evening Meal Saturday	0	0	0	0	0
A1E7	Adults 19-74 Evening Meal Sunday	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
A1E1	Adults 19-74 Evening Meal Monday	0.00
A1E2	Adults 19-74 Evening Meal Tuesday	0.00
A1E3	Adults 19-74 Evening Meal Wednesday	0.00
A1E4	Adults 19-74 Evening Meal Thursday	0.00
A1E5	Adults 19-74 Evening Meal Friday	0.00
A1E6	Adults 19-74 Evening Meal Saturday	0.00
A1E7	Adults 19-74 Evening Meal Sunday	0.00
	Plan Average:	0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: A1LE

Adults 19-74 years lunch/eve meal

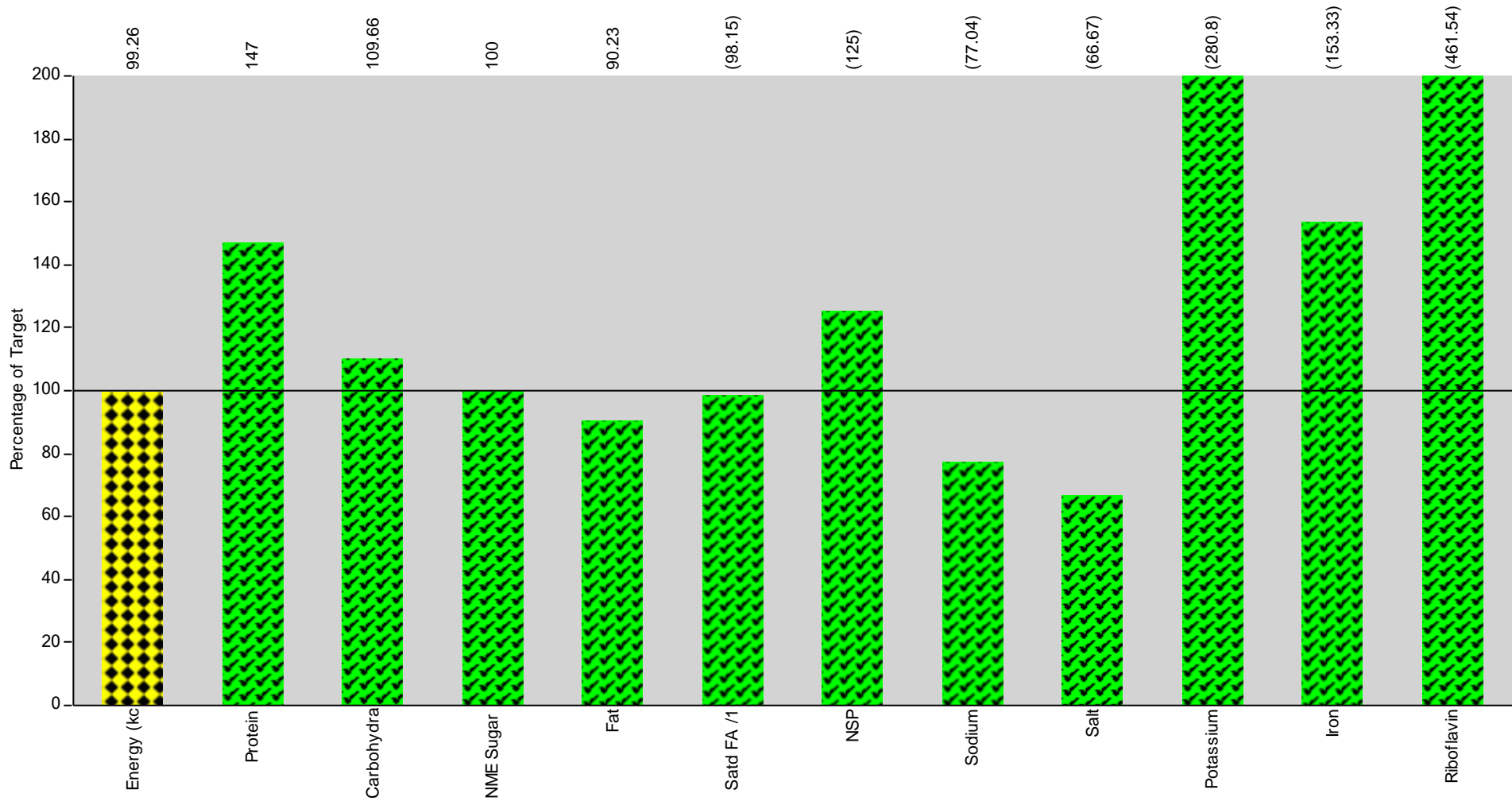
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	682.9	667.00	Target	15.9	2.4	◆
Protein	g	35.0	15.00	Minimum	20.0	133.3	✓
Carbohydrate	g	88.3	89.00	Minimum	0.7	0.8	✗
Non Milk Extrinsic Suga	g	15.9	18.80	Maximum	2.9	15.4	✓
Fat	g	(23.2)	25.20	Maximum	2.0	7.9	✓
Of which is saturated	g	(7.4)	7.80	Maximum	0.4	5.1	✓
NSP (Fibre)	g	(9.1)	5.40	Minimum	3.7	68.5	✓
Sodium	mg	(700.1)	696.00	Maximum	4.1	0.6	✗
Salt	g	(1.7)	1.74	Maximum	0.0	2.3	✓
Potassium	mg	(1706.6)	1,400.00	Minimum	306.6	21.9	✓
Magnesium	mg	(135.4)	-	---	-	-	
Iron	mg	(5.4)	5.90	Minimum	0.5	8.5	◆
Zinc	mg	(4.6)	-	---	-	-	
Vitamin D	µg	>0.8	-	---	-	-	
Folate	µg	(112.7)	-	---	-	-	
Riboflavin	mg	(0.6)	0.52	Minimum	0.1	15.4	✓
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	

Nutrition Chart - Nutrition Plan

Admin

Nutrition Plan: A1S Adults 19-74 Snack Average

Nutrition Rule: A1S Adults 19-74 years - snacks



Nutrition Planning Summary

Admin

Nutrition Plan: A1S

Adults 19-74 Snack Average

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
A1S1	Adults 19-74 Snacks Monday	447.6	15.3	66.6	11.2	15.3	(5.5)
A1S2	Adults 19-74 Snacks Tuesday	473.6	15.5	65.9	11.9	18.4	(5.5)
A1S3	Adults 19-74 Snacks Wednesday	410.9	13.8	60.7	14.0	14.3	(5.1)
A1S4	Adults 19-74 Snacks Thursday	422.8	14.6	64.8	12.0	13.6	(4.4)
A1S5	Adults 19-74 Snacks Friday	482.1	15.8	71.1	13.3	17.0	(5.4)
A1S6	Adults 19-74 Snacks Saturday	434.5	14.1	60.9	14.1	16.8	(5.3)
A1S7	Adults 19-74 Snacks Sunday	420.3	14.0	62.7	14.6	14.5	(5.5)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
A1S1	Adults 19-74 Snacks Monday	(4.6)	(375.0)	(0.8)	(989.6)	(90.6)	(2.3)
A1S2	Adults 19-74 Snacks Tuesday	(5.4)	(488.9)	(1.1)	(1006.8)	(102.7)	2.4
A1S3	Adults 19-74 Snacks Wednesday	(4.1)	(331.7)	(0.7)	(963.1)	(86.2)	2.0
A1S4	Adults 19-74 Snacks Thursday	(4.5)	(340.0)	(0.8)	(977.8)	(90.3)	2.1
A1S5	Adults 19-74 Snacks Friday	(4.1)	(395.4)	(0.9)	(1008.8)	(93.0)	2.6
A1S6	Adults 19-74 Snacks Saturday	(4.3)	(331.3)	(0.7)	(967.6)	(87.6)	2.0
A1S7	Adults 19-74 Snacks Sunday	(4.3)	(326.7)	(0.7)	(966.2)	(92.0)	2.4

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
A1S1	Adults 19-74 Snacks Monday	(1.8)	>0.1	(50.3)	(0.6)	0	0
A1S2	Adults 19-74 Snacks Tuesday	(2.1)	>0.4	(51.8)	(0.6)	0	0
A1S3	Adults 19-74 Snacks Wednesday	(1.7)	>0.1	(48.5)	(0.5)	0	0
A1S4	Adults 19-74 Snacks Thursday	(1.7)	>0.1	(53.2)	(0.6)	0	0
A1S5	Adults 19-74 Snacks Friday	(1.8)	>0.1	(58.3)	(0.6)	0	0
A1S6	Adults 19-74 Snacks Saturday	(1.6)	>0.2	(49.1)	(0.5)	0	0

Nutrition Planning Summary

Admin

A1S7	Adults 19-74 Snacks Sunday	(1.8)	>0.1	(63.7)	(0.6)	0	0
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Menu	Description	OilyFish (Menu)					
A1S1	Adults 19-74 Snacks Monday	0	0	0	0	0	0
A1S2	Adults 19-74 Snacks Tuesday	0	0	0	0	0	0
A1S3	Adults 19-74 Snacks Wednesday	0	0	0	0	0	0
A1S4	Adults 19-74 Snacks Thursday	0	0	0	0	0	0
A1S5	Adults 19-74 Snacks Friday	0	0	0	0	0	0
A1S6	Adults 19-74 Snacks Saturday	0	0	0	0	0	0
A1S7	Adults 19-74 Snacks Sunday	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
A1S1	Adults 19-74 Snacks Monday	0.00
A1S2	Adults 19-74 Snacks Tuesday	0.00
A1S3	Adults 19-74 Snacks Wednesday	0.00
A1S4	Adults 19-74 Snacks Thursday	0.00
A1S5	Adults 19-74 Snacks Friday	0.00
A1S6	Adults 19-74 Snacks Saturday	0.00
A1S7	Adults 19-74 Snacks Sunday	0.00
Plan Average:		0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: A1S

Adults 19-74 years - snacks

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	441.7	445.00	Target	3.3	0.7	◆
Protein	g	14.7	10.00	Minimum	4.7	47.0	✓
Carbohydrate	g	64.7	59.00	Minimum	5.7	9.7	✓
Non Milk Extrinsic Suga	g	13.0	13.00	Maximum	0.0	0.0	✓
Fat	g	15.7	17.40	Maximum	1.7	9.8	✓
Of which is saturated	g	(5.3)	5.40	Maximum	0.1	1.9	✓
NSP (Fibre)	g	(4.5)	3.60	Minimum	0.9	25.0	✓
Sodium	mg	(369.8)	480.00	Maximum	110.2	23.0	✓
Salt	g	(0.8)	1.20	Maximum	0.4	33.3	✓
Potassium	mg	(982.8)	350.00	Minimum	632.8	180.8	✓
Magnesium	mg	(91.8)	-	---	-	-	
Iron	mg	(2.3)	1.50	Minimum	0.8	53.3	✓
Zinc	mg	(1.8)	-	---	-	-	
Vitamin D	µg	>0.1	-	---	-	-	
Folate	µg	(53.6)	-	---	-	-	
Riboflavin	mg	(0.6)	0.13	Minimum			✓
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	