

Final Report

Example Menus **for Care Homes**

Prepared for The Food Standards Agency

Luci Daniels, August 2006

(Revised September 2007)

Contract Reference: NUB 246

Work required

To develop a one-week example menu plan, menu 1, with recipes and full nutrient analysis for older people, over 75 years, in care homes, to assist care caterers in menu planning.

A further one-week menu cycle, menu 2, is also included.

Menus to be created must include foods and dishes close to current provision in care homes, 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:

Energy	1955 kcals
Total fat	76g
Saturated fat	24g
Carbohydrate	260g
NMES	57g
Fibre	18g
Protein	50g
Vitamin D	10ug
Folate	200ug
Iron	9mg
Zinc	9.5mg
Sodium	2400mg
Salt	6g
Potassium	3500mg
Magnesium	300mg
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 Residential Care Homes

	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 and Targets – Residential Care Homes, over 75 years

	<u>Standard</u>	<u>Target</u>	<u>Target- b'fast</u>	<u>Target-l/eve</u>	<u>Target - snacks</u>
Energy	1955 kcals	1955	391	586	391
Protein	50g	50g	10g	15g	10g
Carbohydrate	260g	260g	52g	78g	52g
NMES	57g	55.86g	11.4g	16.5g	11.4g
Total fat	76g	74.5g	15.2g	22g	15.2g
Saturated fat	24g	23.5g	4.8g	6.95g	4.8g
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	350mg -
Magnesium	300mg	>300mg	60mg	120mg	30mg
Iron	9mg	>9mg	1.8mg	3.6mg	0.9mg -
Zinc	9.5mg	>9.5mg	1.9mg	3.8mg	0.95mg -
Vitamin D	10ug	>10ug	2ug	4ug	1ug -
Folate	200ug	>200ug	40ug	80ug	20ug -
Riboflavin	1.3mg	>1.3mg	0.26mg	0.52mg	0.13mg -

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** – 2 x one-week example menus for Care Homes, adults over 75 – menu 1 and menu 2
- 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 care home residents.

Results and Targets

Each one-week example menu analysis met all the set standards and targets, with the exception of Vitamin D [see recommendations later in report].

A standard of 100% was set for total fat, saturated fat, NMES and salt with a target of 98% provision. Micronutrient target was set at more than 100% of the standard. These targets were met over each 7day menu cycle for all macro and micronutrients – see attached reports.

Fruit and Vegetables

The menu contains over 5 portions of fruit and vegetables per day, averaged out over each 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, 100g per serving of vegetables with 2 different vegetables available 6 days out of 7. One day the lunch vegetable is a mixed salad. Fresh fruit is also included every day at lunch, 25% make, together with another fruit containing dessert – 75% make, 6 days out of 7. One days lunch dessert is not fruit based.

Over 160g fruit/vegetables is available daily for 100% residents on 6 days out of 7 in menu 1 and menu 2.

Afternoon Tea – fruit provided daily for a 50% make, ie 50% of the residents. This is equivalent to ½ portion per resident per afternoon tea.

Evening Meal – a vegetable based soup is available every evening, containing over 80g raw vegetables. In addition a side salad is provided for 50% make. Fruit is available every evening meal as either fresh, fresh fruit salad, canned or stewed fruit with a make of 100%.

Oily Fish

Salmon is available as the main item for one lunch, 60% make/uptake. In addition canned sardines are available one evening, 50% make, and canned salmon sandwiches twice a week, 25% make.

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 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 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 is very different from McCance and Widdowson values. More representative values have been used for these foods, including bread, prawns and some sauces. Values from supermarket products were used when a TNS was not available.

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

Bread types that are currently available do not yet meet TNS sodium values. Values in McCance and Widdowson were reduced to a level found in easily available breads, but not quite to TNS levels. This was felt to be realistic due to the high use of bread in these menus.

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

- FSA Food Portion Sizes publication

- From sample menus/recipes used in elderly mental health unit

- Sample portion sizes used by local authority for meals on wheels provision

Food Choices - include foods suitable for 75 + age group, with many familiar items. Each meal occasion contains choices, with consideration being given to providing some softer easy to eat options as it is assumed that some of the

residents may have feeding or chewing difficulties. Only offering harder to eat choices could affect overall food and nutrient intake.

Menu 2 offers less fish meals at lunch, Yorkshire Pudding with Sunday lunch, alternative starchy foods when pasta/rice on menu, a choice of hot/cold desserts in the evening and an increased intake of Magnesium containing foods at lunch to provide at least 35% daily standard.

Drinks

A hot drink is available at each meal occasion, 7 times daily - early morning, breakfast, midmorning, lunch, afternoon tea, evening meal and night-time snack.

It is assumed other drinks, including water 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

Breakfast

Tea – 70% make/uptake

Coffee – 30% make/uptake

& have also included early morning cup of tea or coffee in breakfast

calculations:

Tea – 70% make/uptake

Coffee – 30% make/uptake

Cereals – provided for 100% of residents [100% make/uptake]

40% make = porridge, 30% make = weetabix, 30% make = cornflakes

Porridge = 40g oatmeal, 100g semi-skimmed milk, 5g sugar

Weetabix = 30g weetabix [1½ biscuits], 150g semi-skimmed milk

Cornflakes = 25g cornflakes, 125g semi-skimmed milk

Bread – make/uptake = 60% wholemeal toast and 40% white toast.

Allocated 1 slice of toast per person – from a large loaf, medium sliced

Spread – 50% spreadable butter and 50% olive oil based 60% fat spread

5g [1 tsp] butter or spread per slice toast

Cooked breakfast for 50% make - 4 times per week

Marmalade – have included 5g [1 tsp] per slice toast on days when no cooked breakfast for 100% make, and for 50% on days when cooked breakfast is available.

All breakfast menus contain 1 portion fruit. In addition cooked tomatoes and mushrooms are available on 2 days.

Lunch

Main menu item, listed first on example menu, has a make/uptake calculated as 60%

The second menu item has a make/uptake of 35% second menu

Vegetarian dish has a make/uptake of 5%.

Average portion sizes = 170g roast potato – 2 medium sized
120g mashed potato – 2 scoops
150g boiled potato
180g Jacket potato
125g oven-chips
150g cooked rice
150g cooked pasta

Where roast potato or chips are served have also included mashed potatoes – allowing 50% make/uptake of each item.

Every lunch includes 100g vegetables or 80g salad.

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

1 lunch menu in week 1 is served with salad [spaghetti bolognese, tuna pasta bake and vegetarian lasagne]

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.

For dessert – 75% make/uptake for main dessert item and 25% make/uptake for fresh fruit

6 out of 7 of the main dessert items include fruit, usually = 1 fruit portion

Have included 75% tea make/uptake and 25% coffee make/uptake with lunch.

Evening Meal

Have used typical 'lighter meal' menu items

Many care settings have reduced catering staff in the evening; so have included easier to prepare items than at lunch.

Each evening meal includes a soup – 200g per serving with ½ wholemeal bread roll – 90% make/uptake. The soups are homemade and contain approx 80g vegetables per portion Soup and 1 stock cube, 7g, per 10 portions soup.

50% 'main or cooked item' make/uptake

50% sandwich make/uptake. Each evening meal contains 2 sandwich varieties – 25% make each.

Bread – sandwiches – 60% wholemeal, 40% white - 2 slices bread per sandwich, large loaf, medium sliced with spread – 50% spreadable butter and 50% olive oil based 60% fat spread – 5g per sandwich, often with added lower fat mayonnaise TNS

Salad – 50% make/uptake

Desserts - combination cold dessert, fresh fruit salad, canned fruit, natural yoghurt, low sugar fruit yoghurt and TNS ice cream

Menu 2 also includes some hot desserts.

Fruit make/uptake is 100%

Included tea 75% make and coffee 25% make

Snacks

For mid-morning, afternoon tea and bedtime have allowed 1 drink per person per snack occasion made up as follow:

Mid morning and afternoon tea have assumed uptake:

75% tea make/uptake

25% coffee make/uptake

At bedtime have assumed uptake:

20% tea

20% coffee

20% hot chocolate

20 %malted milk drink

20 % ovaltine

this equals 300 drinks over the 3 meals

In addition have assumed uptake of biscuits, cake, small sandwich and fruit as follows:

150 % biscuits = 3 semi-sweet biscuits/person/day

60% afternoon cake/pastry/scone

40% afternoon or night-time sandwich – 1 slice bread with low fat soft cheese or jam

50% fruit as snack, possibly with afternoon tea

Toasted foods such as tea-cakes and crumpets have not been included as afternoon tea items. Staff and time issues at tea time led to the assumption that toasting items for all residents could be problematic. These items could easily be included within the standards if staff/time issues are not a problem.

Food Issues

1. Breakfast – could not include 1 glass fruit juice daily at breakfast as ‘1 fruit portion’ and meet the NMES target.

1 glass Fresh Orange Juice = 150g = 13.2g NMES.

Breakfast NMES target is 11.4g NMES

Being realistic fruit juice will be served at care homes for breakfast so it has been included twice per week.

2. Cannot use any dried soup or canned soup product daily as these products contain too much sodium.

3. 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.

4. 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:

Breakfast Issue

Energy Intake at Breakfast is above the 2.5% tolerance level. Average breakfast energy content is 418 Calories compared to a standard of 391 Calories. This is compensated for by a lower energy intake at other meal occasions and a daily energy intake within the set standard.

Lunch Meal Issues

'Menu 1' lunch menu is below the target for magnesium and Vitamin D and above the target for saturated fat.

Magnesium - the magnesium content of lunch menu 1 is below the target of 35-40%. The average daily intake of magnesium in lunch menu 1 is 95.8mg, compared to a target range of 105-120mg. The average all-day magnesium intake is above the set daily target of 100% or more over the day.

Saturated fat – the saturated fat content of lunch menu 1 is above the lunch saturated fat target of 29%. The average daily intake of saturated fat in lunch menu 1 is 7.1g, compared to a target of 6.95g [29% daily intake].

The standard or average population requirement of saturated fat at lunch is 7.2g [30% daily intake].

The average all-day saturated fat intake in menu 1 meets the set daily target of 98% or below over the day.

Due to the above limitations we would only recommend the use of Menu 1 lunch menu in a care setting where all meals are provided.

Using menu 1 as an example, other meal and snack provision compensates for low intake of some micronutrients and high intakes of saturated fat at lunch.

'Menu 2' lunch menu meets the target intake for all micronutrients, except Vitamin D. This lunch menu contains more magnesium rich foods.

The weekly lunch average magnesium intake in lunch menu 2 is within the magnesium lunch target of 35-40%. Menu 2 lunch contains an average of 110mg magnesium, compared to a target of 105-120mg.

This menu would be more suitable for meals on wheels provision where a higher micronutrient intake at lunch is desirable. Meals on Wheels providers could consider serving some wholemeal bread/small wholemeal roll with lunch to boost micronutrient intake, especially magnesium.

Menu 2 differs from menu 1, containing brown rice in place of white easy cook rice, wholemeal pasta in place white pasta, wholemeal flour in the fruit crumble mix and fruit pie in place of white flour and dried apricots in place of canned apricots with rice pudding.

Evening Meal Issues

The sodium target of 29% has been exceeded at the evening meal in menu 1 and menu 2. This is due to the inclusion of many high-salt traditional lighter meal dishes and convenience foods at the evening meal. This is compensated for by a lower sodium intake at other meal/snack occasions and an all-day sodium intake within the sodium target.

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.

Vitamin D – the target intake for Vitamin D was not met at any meal or snack occasion. It is recommended that each resident receive a Vitamin D supplement of 10ug per day.

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

TNS adapted

The nutrient analysis of the following foods were adapted to meet Target Nutrient Specifications (TNS) as set by FSA

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

Sausages – used TNS values for sodium with McW grilled low fat sausage – 40g portion size

As TNS bread is not widely available the following bread values were used:

Bread, wholemeal – 360mg sodium/100g

Bread, white – 380mg sodium /100g

Bread rolls, wholemeal – 440mg sodium/100g

Example Menu 1 for Care Homes

<i>(V)- Vegetarian Option</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water
Breakfast	Prunes Cereals / Porridge Boiled Egg Toast with butter / spread Preserves Tea or Coffee Water	Grapefruit Segments Cereals / Porridge Toast with butter / spread Preserves Tea or Coffee Water	Fresh banana Cereals / Porridge Sausage and Tomato Toast with butter / spread Preserves Tea or Coffee Water	Orange Juice Cereals / Porridge Toast with butter / spread Preserves Tea or Coffee Water	Fresh Melon Cereals / Porridge Scrambled Eggs Toast with butter / spread Preserves Tea or Coffee Water	Fresh banana Cereals / Porridge , Toast with butter / spread Preserves Tea or Coffee Water	Orange Juice Cereals / Porridge Bacon and Mushrooms Toast with butter / spread Preserves Tea or Coffee Water
Mid Morning Snack	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee+ Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits
Lunch	Lancashire Hot Pot Grilled Plaice & Parsley Sauce Vegetable Pakora (V) Boiled Potatoes Cauliflower / Peas Banana Custard Fresh Apple Tea or Coffee Water	Spaghetti Bolognais Tuna Pasta Bake Vegetarian Lasagne (V) Side Salad Rhubarb Crumble & Custard Fresh Pear Tea or Coffee Water	Poached Salmon Roast Chicken Vegetable Chilli & Rice (V) Roast / Mashed Potatoes Cabbage / Green Beans Plum Sponge & Custard Fresh Orange Tea or Coffee Water	Cottage Pie Chicken Chasseur Vege Shepherds Pie (V) Boiled Potatoes Broccoli / Leeks Rice Pudding & Apricots Fresh Banana Tea or Coffee Water	Fried Cod Gammon & Pineapple Vegetable Flan (V) Chips / /Mashed Potatoes Peas / Sweet corn Tinned Pears & Custard Fresh Grapes Tea or Coffee Water	Chicken Curry & Rice Beef Grill Steak & Rice Vegetable Curry &d Rice (V) Mixed Vegetables Crème Caramel Fresh Banana Tea or Coffee Water	Roast Beef Fish Pie Cauliflower Cheese (V) Roast / Mashed Potatoes Carrots / Sprouts Apple Pie & Custard Fresh Melon Tea or Coffee Water
Afternoon Tea	Tea or Coffee + Water Scone & Jam Soft Cheese Sandwich Biscuits Fresh Orange	Tea or Coffee + Water Malt Loaf Biscuits Fresh Pear	Tea or Coffee + Water Ring Doughnut Soft Cheese Sandwich Biscuits Fresh Grapes	Tea or Coffee + Water Currant Bun Biscuits Fresh Plums	Tea or Coffee + Water Chocolate Éclair Soft Cheese Sandwich Biscuits Fresh Apple	Tea or Coffee + Water Custard Tart Biscuits Fresh Orange	Tea or Coffee + Water Sponge Cake & Cream Soft Cheese Sandwich Biscuits Fresh Pear
Evening Meal	Pea Soup & Bread Roll Macaroni Cheese Sandwiches - Ham / Salmon Side Salad Fresh Fruit Salad & Ice-Cream Tea or Coffee Water	Tomato Rice Soup & Bread Roll Jacket Potato & Baked Beans Sandwiches – Turkey / Egg Side Salad Stewed Apple Yoghurt Tea or Coffee Water	Carrot & Coriander Soup & Bread Roll Cheese And Tomato Pizza Sandwiches – Beef Salad / Tuna Side Salad Melon Chocolate Mousse Tea or Coffee Water	Cream Of Mushroom Soup & Bread Roll Sardines & Tomato on Toast Sandwiches - Egg / Turkey Side Salad Canned Peaches/ Fruit Salad Ice-Cream Tea or Coffee Water	Potato & Leek Soup & Bread Roll Sausage Tomato & Bread Sandwiches – Cheese And Pickle / Salmon Side Salad Fresh Fruit Salad Yoghurt Tea or Coffee Water	Butter Bean & Tomato Soup & Bread Roll Jacket Potato, Cheese & Coleslaw Sandwiches – Beef Salad / Tuna Side Salad Fresh Fruit Salad Cheesecake Tea or Coffee + Water	Vegetable Soup & Bread Roll Prawn Salad & Bread Sandwiches – Egg / Turkey Side Salad Trifle Fresh Grapes Tea or Coffee Water

Nighttime Snack	Hot Drink Biscuits Water	Hot Drink Jam Sandwich / Biscuits Water	Hot Drink Biscuits Water	Hot Drink Jam Sandwich / Biscuits Water	Hot Drink Biscuits Water	Hot Drink Jam sandwich / Biscuits Water	Hot Drink Biscuits Water
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*** Hot drink for nighttime snack is choice of tea, coffee, hot chocolate, malted milk drink or ovaltine**

Menu Cycle (7 Menus)

Admin

Nutrition Plan: CH1

Care Homes, over 75 years, All day Menu 1

Menu Course	DAY ONE MONDAY	DAY TWO TUESDAY	DAY THREE WEDNESD	DAY FOUR THURSDAY	DAY FIVE FRIDAY	DAY SIX SATURDAY	DAY SEVEN SUNDAY
Early Morning	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE
Breakfast	prunes PORRIDGE WEETABIX WITH MILK CORNFLAKES Boiled Egg TOAST and marmalade TEA WITH MILK CUP COFFEE	grapefruit segments PORRIDGE WEETABIX WITH MILK CORNFLAKES TOAST and marmalade TEA WITH MILK CUP COFFEE	banana LD PORRIDGE WEETABIX WITH MILK CORNFLAKES Sausage and Tomato TNS TOAST and marmalade TEA WITH MILK CUP COFFEE	tinned apricots PORRIDGE WEETABIX WITH MILK CORNFLAKES TOAST and marmalade TEA WITH MILK CUP COFFEE	melon LD PORRIDGE WEETABIX WITH MILK CORNFLAKES Scrambled Eggs TOAST and marmalade TEA WITH MILK CUP COFFEE	banana LD PORRIDGE WEETABIX WITH MILK CORNFLAKES TOAST and marmalade TEA WITH MILK CUP COFFEE	grapefruit segments PORRIDGE WEETABIX WITH MILK CORNFLAKES Bacon and Mushrooms TOAST and marmalade TEA WITH MILK CUP COFFEE
Lunch Meal	lancashire hot pot meal LD grilled plaice and parsley sauce meal LD vegetable pakora meal TNS Banana Custard LD apple LD TEA WITH MILK CUP COFFEE	Spaghetti bolognaise meal LD Tuna Pasta Bake Meal LD vegetarian lasagne meal TNS rhubarb crumble and custard LD pear LD TEA WITH MILK CUP COFFEE	poached salmon meal LD Roast chicken meal LD vegetable chilli and rice meal LD TNS plum sponge and custard LD orange TEA WITH MILK CUP COFFEE	cottage pie meal LD chicken chasseur meal LD vegetable shepherds pie meal LD Rice Pudding & Apricots LD banana LD TEA WITH MILK CUP COFFEE	Fried cod meal LD Gammon and Pineapple meal LD vegetable flan meal TNS tinned pears and custard LD grapes LD TEA WITH MILK CUP COFFEE	chicken curry meal TNS beef grill steak & rice meal TNS LD vegetable curry and rice meal creme caramel LD banana LD TEA WITH MILK CUP COFFEE	roast beef meal LD fish pie meal TNS Cauliflower cheese meal LD melon LD apple pie and custard LD TEA WITH MILK CUP COFFEE
Snack Meal	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE

Menu Cycle (7 Menus)

Admin

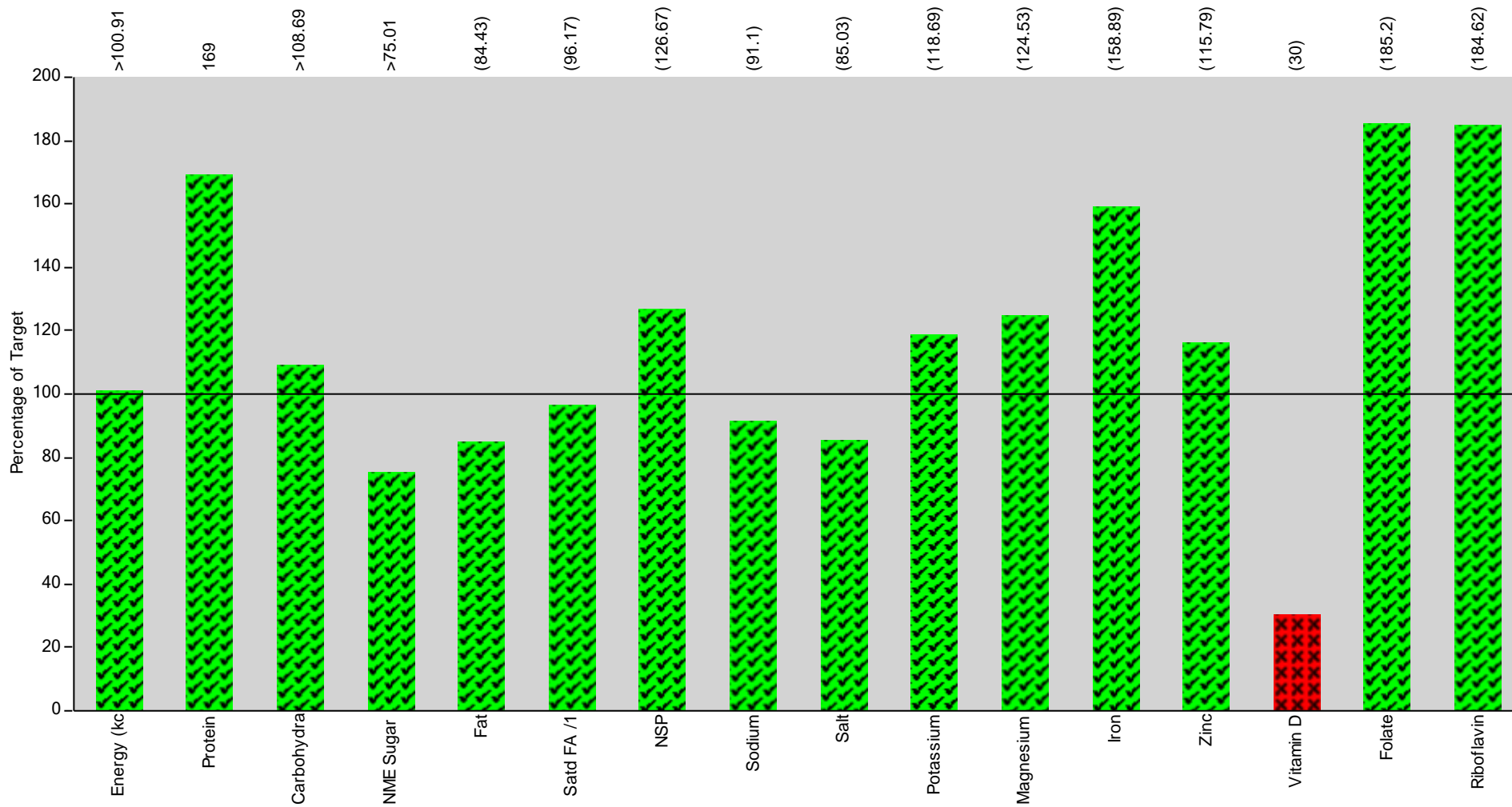
	hot chocolate drink 'light'	hot chocolate drink 'light'	hot chocolate drink 'light'	hot chocolate drink 'light'	hot chocolate drink 'light'	hot chocolate drink 'light'	hot chocolate drink 'light'
	malted milk drink	malted milk drink	malted milk drink	malted milk drink	malted milk drink	malted milk drink	malted milk drink
	ovaltine	ovaltine	ovaltine	ovaltine	ovaltine	ovaltine	ovaltine
	biscuits LD	biscuits LD	biscuits LD	biscuits LD	biscuits LD	biscuits LD	biscuits LD
	scone and jam	malt loaf	ring doughnut	currant bun	chocolate eclair	custard tart	sponge cake
	soft cheese sandwich	jam sandwich	soft cheese sandwich	jam sandwich	soft cheese sandwich	jam sandwich	soft cheese sandwich
	orange	pear LD	grapes LD	plums LD	apple LD	orange	pear LD
Evening Meal	pea soup	tomato and rice soup	carrot and corriander soup	Cream of mushroom soup	potato and leek soup	butter bean and tomato soup	vegetable soup
	half wholemeal bread roll	half wholemeal bread roll	half wholemeal bread roll	half wholemeal bread roll	half wholemeal bread roll	half wholemeal bread roll	half wholemeal bread roll
	macaroni cheese TNS	jacket potato and baked beans TNS	cheese and tomato pizza	sardines on toast with tomato	sausage tomato and bread TNS	jacket potato cheese and coleslaw	prawn salad and bread
	ham & tomato sandwich LD	turkey and mayonnaise sandwich	beef salad sandwich	egg mayo sandwich	salmon & cucumber sandwich LD	beef salad sandwich	egg mayo sandwich
	salmon & cucumber sandwich LD	egg mayo sandwich	tuna mayo sandwich	turkey and mayonnaise sandwich	side salad LD	tuna mayo sandwich	side salad LD
	side salad LD	side salad LD	side salad LD	side salad LD	fresh fruit salad	side salad LD	Trifle
	fresh fruit salad and ice-cream TNS	stewed apple	melon LD	canned peaches	natural yoghurt	fresh fruit salad	grapes LD
	TEA WITH MILK	natural yoghurt	chocolate mousse	ice cream TNS	fruit yoghurt	cheesecake	TEA WITH MILK
	CUP COFFEE	fruit yoghurt	TEA WITH MILK	fresh fruit salad	TEA WITH MILK	TEA WITH MILK	CUP COFFEE
		TEA WITH MILK	CUP COFFEE	TEA WITH MILK	CUP COFFEE	CUP COFFEE	
		CUP COFFEE		CUP COFFEE			

Nutrition Chart - Nutrition Plan

Admin

Nutrition Plan: CH1 Care Homes, over 75 years, All day Menu 1

Nutrition Rule: CH1 Care Homes, over 75 years - All Day



Nutrition Planning Summary

Admin

Nutrition Plan: CH1

Care Homes, over 75 years, All day Menu 1

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
D1	DAY ONE MONDAY	1967.5	83.5	278.5	38.9	59.5	(22.5)
D2	DAY TWO TUESDAY	>1909.4	80.4	>291.6	>42.0	55.7	(18.3)
D3	DAY THREE WEDNESDAY	2102.7	90.7	292.9	41.7	73.3	(23.1)
D4	DAY FOUR THURSDAY	>1912.4	84.2	>262.0	>42.3	64.4	>24.7
D5	DAY FIVE FRIDAY	1977.1	85.0	274.3	33.0	67.7	(23.9)
D6	DAY SIX SATURDAY	2070.4	88.1	310.4	48.2	58.7	>23.5
D7	DAY SEVEN SUNDAY	1869.6	79.6	268.5	47.1	(61.2)	(22.0)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
D1	DAY ONE MONDAY	(26.3)	(2277.3)	(5.3)	(4118.7)	(383.3)	(15.4)
D2	DAY TWO TUESDAY	(23.8)	(2001.9)	(4.7)	(4114.2)	(371.9)	(14.6)
D3	DAY THREE WEDNESDAY	(22.1)	(2099.5)	(4.9)	(4452.0)	(375.3)	(13.6)
D4	DAY FOUR THURSDAY	(21.1)	(1959.3)	(4.5)	(4130.8)	(372.7)	(15.8)
D5	DAY FIVE FRIDAY	(23.8)	(2423.6)	(5.7)	(4217.6)	(383.1)	(13.4)
D6	DAY SIX SATURDAY	(18.6)	(2295.3)	(5.4)	(4158.5)	(381.8)	(13.7)
D7	DAY SEVEN SUNDAY	(24.0)	(1942.0)	(4.6)	(3888.5)	(347.0)	(13.8)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
D1	DAY ONE MONDAY	(11.4)	>2.9	(369.6)	(2.5)	0	0
D2	DAY TWO TUESDAY	(10.7)	(2.4)	(353.4)	(2.4)	0	0
D3	DAY THREE WEDNESDAY	(9.9)	(6.9)	(379.6)	(2.3)	0	0
D4	DAY FOUR THURSDAY	(12.7)	>4.2	(356.9)	(2.6)	0	0
D5	DAY FIVE FRIDAY	(9.9)	(2.0)	(396.9)	(2.5)	0	0
D6	DAY SIX SATURDAY	(11.1)	>0.9	(391.7)	(2.3)	0	0

Nutrition Planning Summary

Admin

D7	DAY SEVEN SUNDAY	(11.4)	>1.5	(344.4)	(2.2)	0	0
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Menu	Description	OilyFish (Menu)					
D1	DAY ONE MONDAY	0	0	0	0	0	0
D2	DAY TWO TUESDAY	0	0	0	0	0	0
D3	DAY THREE WEDNESDAY	0	0	0	0	0	0
D4	DAY FOUR THURSDAY	0	0	0	0	0	0
D5	DAY FIVE FRIDAY	0	0	0	0	0	0
D6	DAY SIX SATURDAY	0	0	0	0	0	0
D7	DAY SEVEN SUNDAY	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
D1	DAY ONE MONDAY	0.00
D2	DAY TWO TUESDAY	0.32
D3	DAY THREE WEDNESDAY	0.00
D4	DAY FOUR THURSDAY	0.32
D5	DAY FIVE FRIDAY	0.00
D6	DAY SIX SATURDAY	0.00
D7	DAY SEVEN SUNDAY	0.00
	Plan Average:	0.09

Nutrition Planning Summary

Admin

Nutritional Guideline Type: CH1

Care Homes, over 75 years - All Day

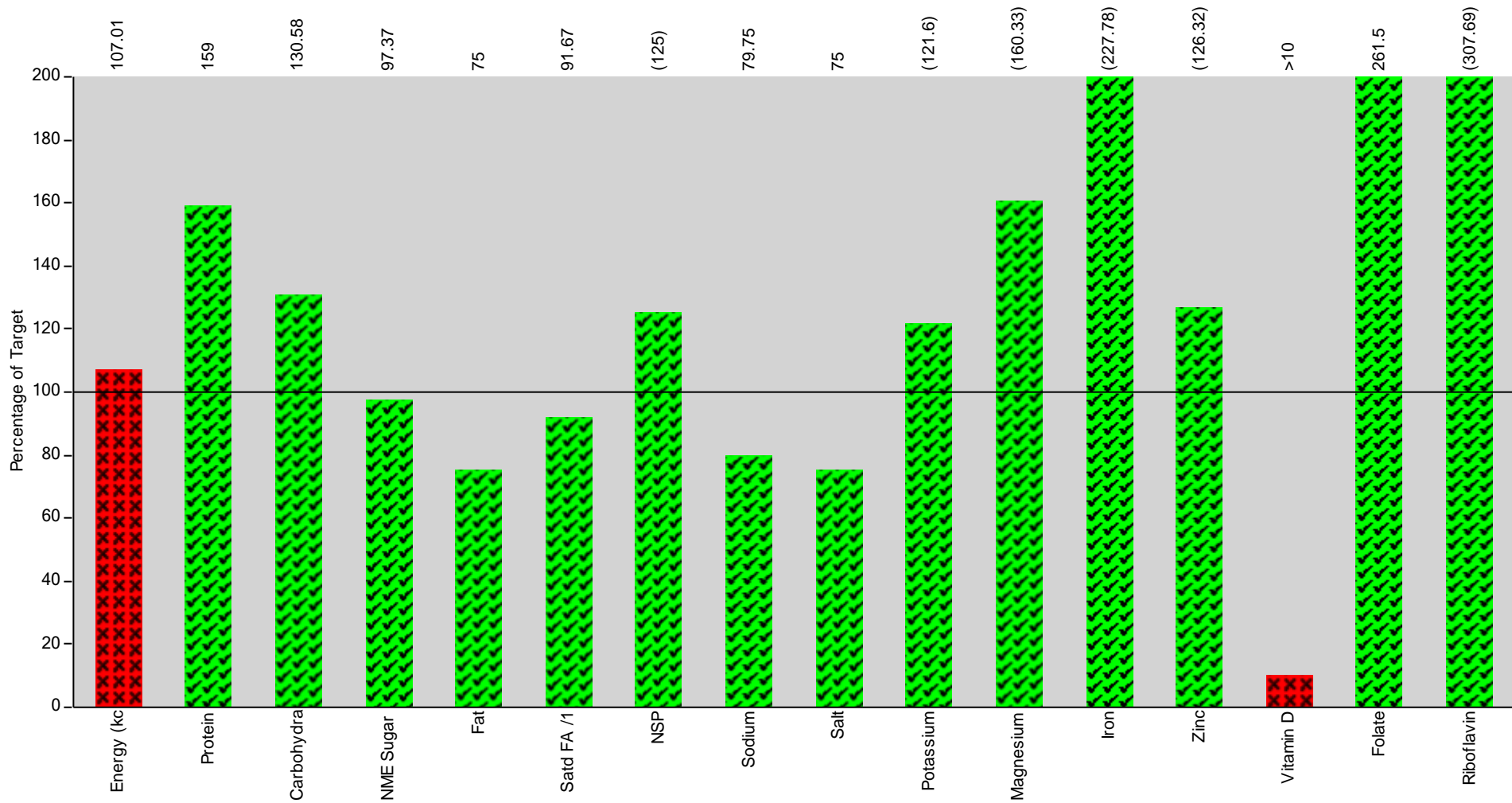
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	>1972.7	1,955.00	Minimum	17.7	0.9	✓
Protein	g	84.5	50.00	Minimum	34.5	69.0	✓
Carbohydrate	g	>282.6	260.00	Minimum	22.6	8.7	✓
Non Milk Extrinsic Suga	g	>41.9	55.86	Maximum	14.0	25.0	✓
Fat	g	(62.9)	74.50	Maximum	11.6	15.6	✓
Of which is saturated	g	(22.6)	23.50	Maximum	0.9	3.8	✓
NSP (Fibre)	g	(22.8)	18.00	Minimum	4.8	26.7	✓
Sodium	mg	(2142.7)	2,352.00	Maximum	209.3	8.9	✓
Salt	g	(5.0)	5.88	Maximum	0.9	15.0	✓
Potassium	mg	(4154.3)	3,500.00	Minimum	654.3	18.7	✓
Magnesium	mg	(373.6)	300.00	Minimum	73.6	24.5	✓
Iron	mg	(14.3)	9.00	Minimum	5.3	58.9	✓
Zinc	mg	(11.0)	9.50	Minimum	1.5	15.8	✓
Vitamin D	µg	(3.0)	10.00	Minimum	7.0	70.0	✗
Folate	µg	(370.4)	200.00	Minimum	170.4	85.2	✓
Riboflavin	mg	(2.4)	1.30	Minimum	1.1	84.6	✓
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	

Nutrition Chart - Nutrition Plan

Admin

Nutrition Plan: CHB Care Homes, over 75 years, Breakfast Menu 1 and 2

Nutrition Rule: CHB Care Homes, over 75 years, Breakfast



Nutrition Planning Summary

Admin

Nutrition Plan: CHB

Care Homes, over 75 years, Breakfast Menu 1

Menu	Description	Energy (kc (kcal))	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
BF001	BREAKFAST MONDAY	434.7	17.5	68.7	12.8	12.2	4.4
BF002	BREAKFAST TUESDAY	363.2	13.8	62.0	10.1	8.7	3.4
BF003	BREAKFAST WEDNESDAY	452.7	17.6	74.4	5.8	11.7	4.5
BF004	BREAKFAST THURSDAY	387.2	14.0	67.9	19.6	8.9	3.4
BF005	BREAKFAST FRIDAY	445.8	17.3	63.0	4.9	15.9	6.9
BF006	BREAKFAST SATURDAY	409.2	14.2	73.3	6.4	8.9	3.5
BF007	BREAKFAST SUNDAY	435.6	17.2	66.2	18.1	13.5	4.7

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
BF001	BREAKFAST MONDAY	(5.5)	371.4	0.8	(872.6)	(92.9)	(5.8)
BF002	BREAKFAST TUESDAY	(4.1)	325.9	0.7	(633.8)	(85.3)	(3.7)
BF003	BREAKFAST WEDNESDAY	(5.0)	434.8	1.0	(995.4)	(111.0)	(3.9)
BF004	BREAKFAST THURSDAY	(3.9)	330.9	0.7	(786.8)	(89.3)	(3.7)
BF005	BREAKFAST FRIDAY	(4.5)	428.9	1.0	(917.0)	(95.9)	(4.1)
BF006	BREAKFAST SATURDAY	(4.6)	316.7	0.7	(881.8)	(104.5)	(3.6)
BF007	BREAKFAST SUNDAY	(4.0)	471.0	1.1	(870.9)	(94.4)	(3.9)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
BF001	BREAKFAST MONDAY	(3.2)	>0.6	103.0	(0.9)	0	0
BF002	BREAKFAST TUESDAY	(2.0)	>0.0	93.2	(0.8)	0	0
BF003	BREAKFAST WEDNESDAY	(2.5)	>0.0	109.2	(0.8)	0	0
BF004	BREAKFAST THURSDAY	(2.0)	>0.0	114.2	(0.8)	0	0
BF005	BREAKFAST FRIDAY	(2.3)	>0.5	99.1	(0.9)	0	0
BF006	BREAKFAST SATURDAY	(2.2)	>0.0	98.4	(0.8)	0	0

Nutrition Planning Summary

Admin

BF007	BREAKFAST SUNDAY	(2.3)	>0.1	115.7	(0.8)	0	0
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Menu	Description	OilyFish (Menu)					
BF001	BREAKFAST MONDAY	0	0	0	0	0	0
BF002	BREAKFAST TUESDAY	0	0	0	0	0	0
BF003	BREAKFAST WEDNESDAY	0	0	0	0	0	0
BF004	BREAKFAST THURSDAY	0	0	0	0	0	0
BF005	BREAKFAST FRIDAY	0	0	0	0	0	0
BF006	BREAKFAST SATURDAY	0	0	0	0	0	0
BF007	BREAKFAST SUNDAY	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
BF001	BREAKFAST MONDAY	0.00
BF002	BREAKFAST TUESDAY	0.00
BF003	BREAKFAST WEDNESDAY	0.00
BF004	BREAKFAST THURSDAY	0.00
BF005	BREAKFAST FRIDAY	0.00
BF006	BREAKFAST SATURDAY	0.00
BF007	BREAKFAST SUNDAY	0.00
	Plan Average:	0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: CHB

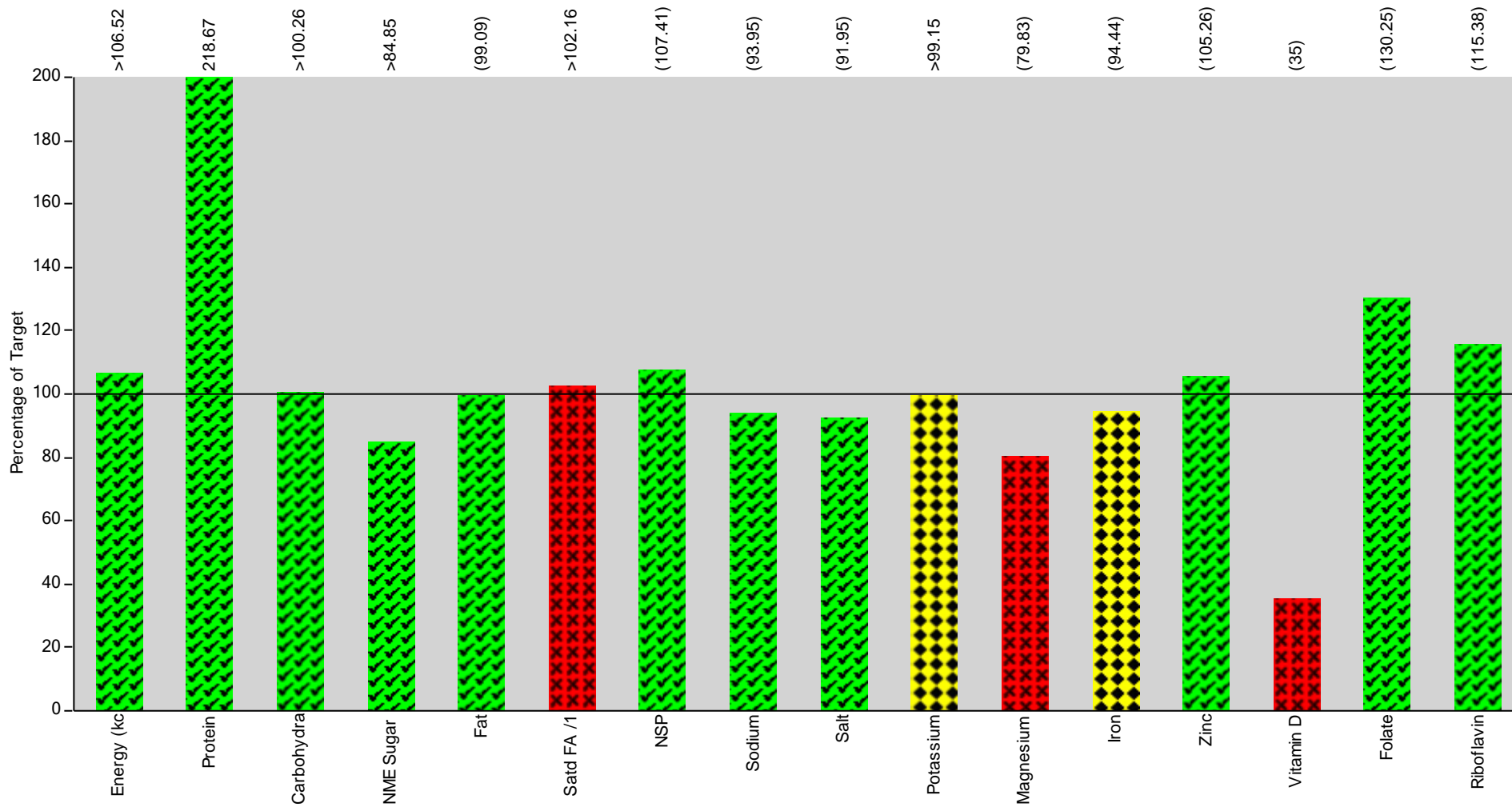
Care Homes, over 75 years, Breakfast

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	418.4	391.00	Target	27.4	7.0	✘
Protein	g	15.9	10.00	Minimum	5.9	59.0	✔
Carbohydrate	g	67.9	52.00	Minimum	15.9	30.6	✔
Non Milk Extrinsic Suga	g	11.1	11.40	Maximum	0.3	2.6	✔
Fat	g	11.4	15.20	Maximum	3.8	25.0	✔
Of which is saturated	g	4.4	4.80	Maximum	0.4	8.3	✔
NSP (Fibre)	g	(4.5)	3.60	Minimum	0.9	25.0	✔
Sodium	mg	382.8	480.00	Maximum	97.2	20.3	✔
Salt	g	0.9	1.20	Maximum	0.3	25.0	✔
Potassium	mg	(851.2)	700.00	Minimum	151.2	21.6	✔
Magnesium	mg	(96.2)	60.00	Minimum	36.2	60.3	✔
Iron	mg	(4.1)	1.80	Minimum	2.3	127.8	✔
Zinc	mg	(2.4)	1.90	Minimum	0.5	26.3	✔
Vitamin D	µg	>0.2	2.00	Minimum	1.8	90.0	✘
Folate	µg	104.6	40.00	Minimum	64.6	161.5	✔
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: CHL1 Care Homes, over 75 years, Lunch Menu 1

Nutrition Rule: CHL Care Homes, over 75 years, Lunch



Nutrition Planning Summary

Admin

Nutrition Plan: CHL1 Care Homes, over 75 years, Lunch Menu 1

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
LM001	LUNCH MEAL MONDAY	540.0	30.6	72.4	6.8	15.9	>6.3
LM002	LUNCH MEAL TUESDAY	>660.3	29.9	>79.3	>13.7	27.1	>8.9
LM003	LUNCH MEAL WEDNESDAY	700.2	33.4	80.7	17.4	30.5	>7.6
LM004	LUNCH MEAL THURSDAY	>565.7	33.1	>73.1	>11.5	18.0	>7.9
LM005	LUNCH MEAL FRIDAY	681.6	34.1	84.8	15.9	24.8	>6.6
LM006	LUNCH MEAL SATURDAY	604.0	33.5	81.9	14.5	14.6	>5.1
LM007	LUNCH MEAL SUNDAY	617.4	34.9	74.8	18.2	(22.1)	>7.6

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
LM001	LUNCH MEAL MONDAY	(7.6)	530.0	1.3	1557.5	105.9	3.1
LM002	LUNCH MEAL TUESDAY	>5.7	604.3	1.5	1020.5	(90.8)	(3.9)
LM003	LUNCH MEAL WEDNESDAY	(7.0)	(479.9)	(1.2)	>1562.6	(94.3)	(2.7)
LM004	LUNCH MEAL THURSDAY	>5.9	(548.2)	(1.3)	1562.3	93.8	4.1
LM005	LUNCH MEAL FRIDAY	>7.3	1145.7	2.9	1412.9	102.0	3.0
LM006	LUNCH MEAL SATURDAY	>0.4	768.2	1.9	1070.2	94.2	3.5
LM007	LUNCH MEAL SUNDAY	7.0	501.3	1.3	1530.4	89.3	3.4

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
LM001	LUNCH MEAL MONDAY	4.2	0.3	(103.3)	(0.6)	0	0
LM002	LUNCH MEAL TUESDAY	(4.4)	(1.8)	>64.3	0.5	0	0
LM003	LUNCH MEAL WEDNESDAY	(2.4)	(6.3)	>130.0	>0.6	0	0
LM004	LUNCH MEAL THURSDAY	5.2	0.4	>127.5	>0.5	0	0
LM005	LUNCH MEAL FRIDAY	2.9	0.3	112.7	0.6	0	0
LM006	LUNCH MEAL SATURDAY	4.3	>0.1	>85.4	0.6	0	0

Nutrition Planning Summary

Admin

LM007	LUNCH MEAL SUNDAY	4.7	0.8	(106.0)	>0.6	0	0
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Menu	Description	OilyFish (Menu)					
LM001	LUNCH MEAL MONDAY	0	0	0	0	0	0
LM002	LUNCH MEAL TUESDAY	0	0	0	0	0	0
LM003	LUNCH MEAL WEDNESDAY	0	0	0	0	0	0
LM004	LUNCH MEAL THURSDAY	0	0	0	0	0	0
LM005	LUNCH MEAL FRIDAY	0	0	0	0	0	0
LM006	LUNCH MEAL SATURDAY	0	0	0	0	0	0
LM007	LUNCH MEAL SUNDAY	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
LM001	LUNCH MEAL MONDAY	0.00
LM002	LUNCH MEAL TUESDAY	0.00
LM003	LUNCH MEAL WEDNESDAY	0.00
LM004	LUNCH MEAL THURSDAY	0.00
LM005	LUNCH MEAL FRIDAY	0.00
LM006	LUNCH MEAL SATURDAY	0.00
LM007	LUNCH MEAL SUNDAY	0.00
	Plan Average:	0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: CHL

Care Homes, over 75 years, Lunch

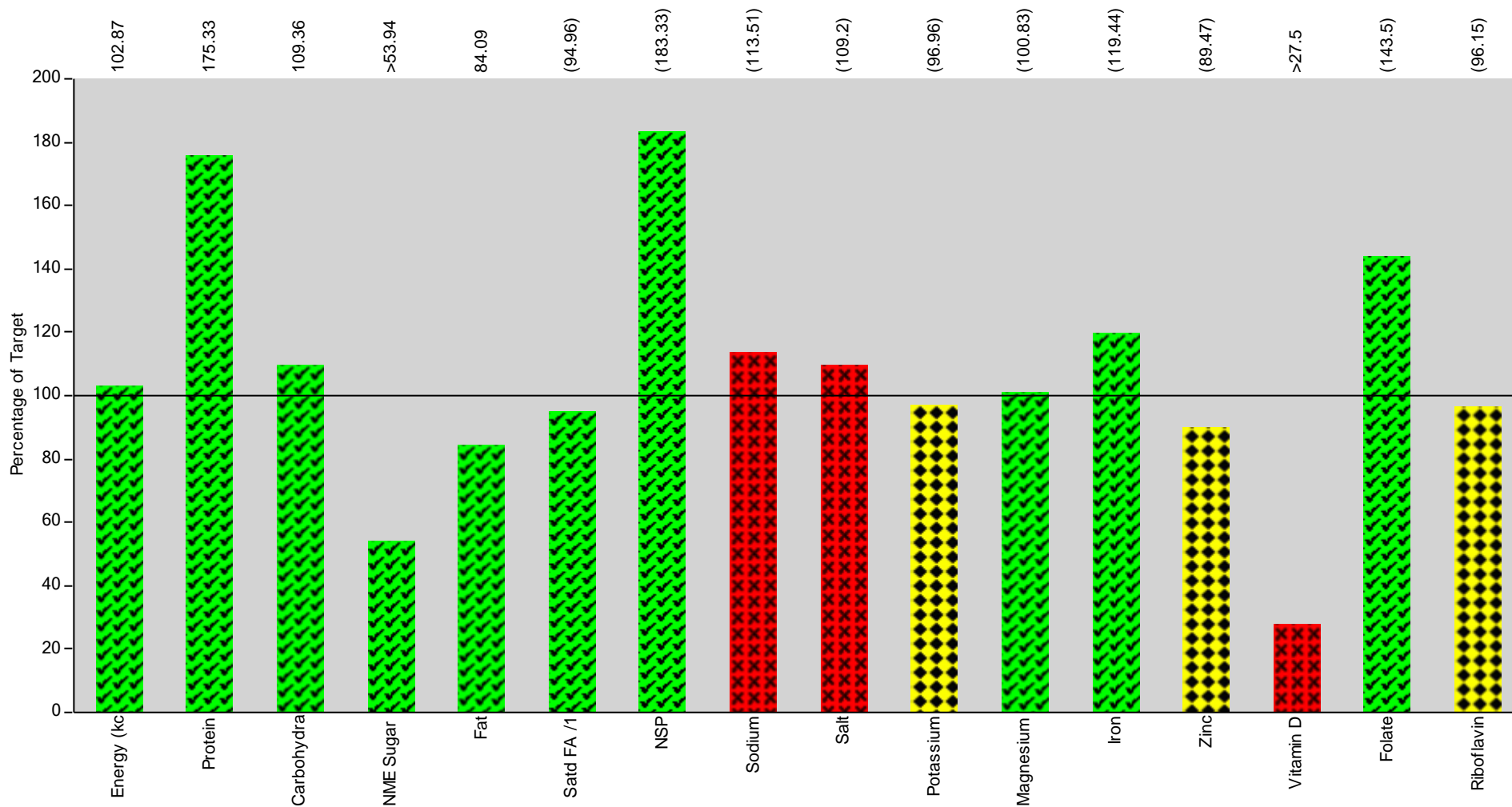
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	>624.2	586.00	Minimum	38.2	6.5	✓
Protein	g	32.8	15.00	Minimum	17.8	118.7	✓
Carbohydrate	g	>78.2	78.00	Minimum	0.2	0.3	✓
Non Milk Extrinsic Suga	g	>14.0	16.50	Maximum	2.5	15.2	✓
Fat	g	(21.8)	22.00	Maximum	0.2	0.9	✓
Of which is saturated	g	>7.1	6.95	Maximum	0.1	2.2	✗
NSP (Fibre)	g	(5.8)	5.40	Minimum	0.4	7.4	✓
Sodium	mg	(653.9)	696.00	Maximum	42.1	6.0	✓
Salt	g	(1.6)	1.74	Maximum	0.1	8.0	✓
Potassium	mg	>1388.1	1,400.00	Minimum	11.9	0.9	◆
Magnesium	mg	(95.8)	120.00	Minimum	24.2	20.2	✗
Iron	mg	(3.4)	3.60	Minimum	0.2	5.6	◆
Zinc	mg	(4.0)	3.80	Minimum	0.2	5.3	✓
Vitamin D	µg	(1.4)	4.00	Minimum	2.6	65.0	✗
Folate	µg	(104.2)	80.00	Minimum	24.2	30.3	✓
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: CHEM1 Care Homes, over 75 years, Evening Meal, Menu 1

Nutrition Rule: CHEM Care Homes, over 75 years, Evening Meal



Nutrition Planning Summary

Admin

Nutrition Plan: CHEM1 Care Homes, over 75 years, Evening Meal, Me

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
EM001	EVENING MEAL MONDAY	609.6	24.1	79.0	8.5	17.8	>7.2
EM002	EVENING MEAL TUESDAY	571.4	27.4	94.8	>8.0	12.0	(2.9)
EM003	EVENING MEAL WEDNESDAY	535.6	25.6	77.3	5.6	16.1	>5.4
EM004	EVENING MEAL THURSDAY	657.5	27.6	74.7	11.8	27.3	>8.7
EM005	EVENING MEAL FRIDAY	553.6	26.9	83.0	3.6	14.9	(5.1)
EM006	EVENING MEAL SATURDAY	705.7	29.7	102.1	15.9	22.8	>9.4
EM007	EVENING MEAL SUNDAY	586.2	22.8	86.4	9.1	18.9	>7.4

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
EM001	EVENING MEAL MONDAY	>10.5	>826.1	>1.9	(1077.4)	(118.0)	(3.9)
EM002	EVENING MEAL TUESDAY	>10.7	(756.3)	(1.8)	(1853.3)	(129.5)	(4.4)
EM003	EVENING MEAL WEDNESDAY	(8.0)	(728.6)	(1.7)	(1190.1)	(99.5)	(3.9)
EM004	EVENING MEAL THURSDAY	8.7	(734.6)	(1.7)	(1303.9)	(132.9)	(5.3)
EM005	EVENING MEAL FRIDAY	>10.0	>850.7	>2.0	(1330.1)	(131.6)	(4.2)
EM006	EVENING MEAL SATURDAY	>11.0	(901.8)	(2.2)	(1621.2)	(117.5)	(4.1)
EM007	EVENING MEAL SUNDAY	10.6	(732.0)	(1.8)	(1125.6)	(117.7)	(4.6)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
EM001	EVENING MEAL MONDAY	(2.7)	>1.5	>97.5	(0.6)	0	0
EM002	EVENING MEAL TUESDAY	(3.0)	>0.3	>145.8	(0.6)	0	0
EM003	EVENING MEAL WEDNESDAY	(3.2)	>0.4	(78.0)	(0.4)	0	0
EM004	EVENING MEAL THURSDAY	(4.1)	>3.6	>99.0	(0.8)	0	0
EM005	EVENING MEAL FRIDAY	(3.8)	>1.0	>134.4	(0.6)	0	0
EM006	EVENING MEAL SATURDAY	(3.3)	>0.6	(143.3)	(0.4)	0	0

Nutrition Planning Summary

Admin

EM007	EVENING MEAL SUNDAY	(3.4)	>0.3	(105.6)	(0.3)	0	0
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Menu	Description	OilyFish (Menu)					
EM001	EVENING MEAL MONDAY	0	0	0	0	0	0
EM002	EVENING MEAL TUESDAY	0	0	0	0	0	0
EM003	EVENING MEAL WEDNESDAY	0	0	0	0	0	0
EM004	EVENING MEAL THURSDAY	0	0	0	0	0	0
EM005	EVENING MEAL FRIDAY	0	0	0	0	0	0
EM006	EVENING MEAL SATURDAY	0	0	0	0	0	0
EM007	EVENING MEAL SUNDAY	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
EM001	EVENING MEAL MONDAY	0.00
EM002	EVENING MEAL TUESDAY	0.32
EM003	EVENING MEAL WEDNESDAY	0.00
EM004	EVENING MEAL THURSDAY	0.32
EM005	EVENING MEAL FRIDAY	0.00
EM006	EVENING MEAL SATURDAY	0.00
EM007	EVENING MEAL SUNDAY	0.32
	Plan Average:	0.14

Nutrition Planning Summary

Admin

Nutritional Guideline Type: CHEM Care Homes, over 75 years, Evening Meal

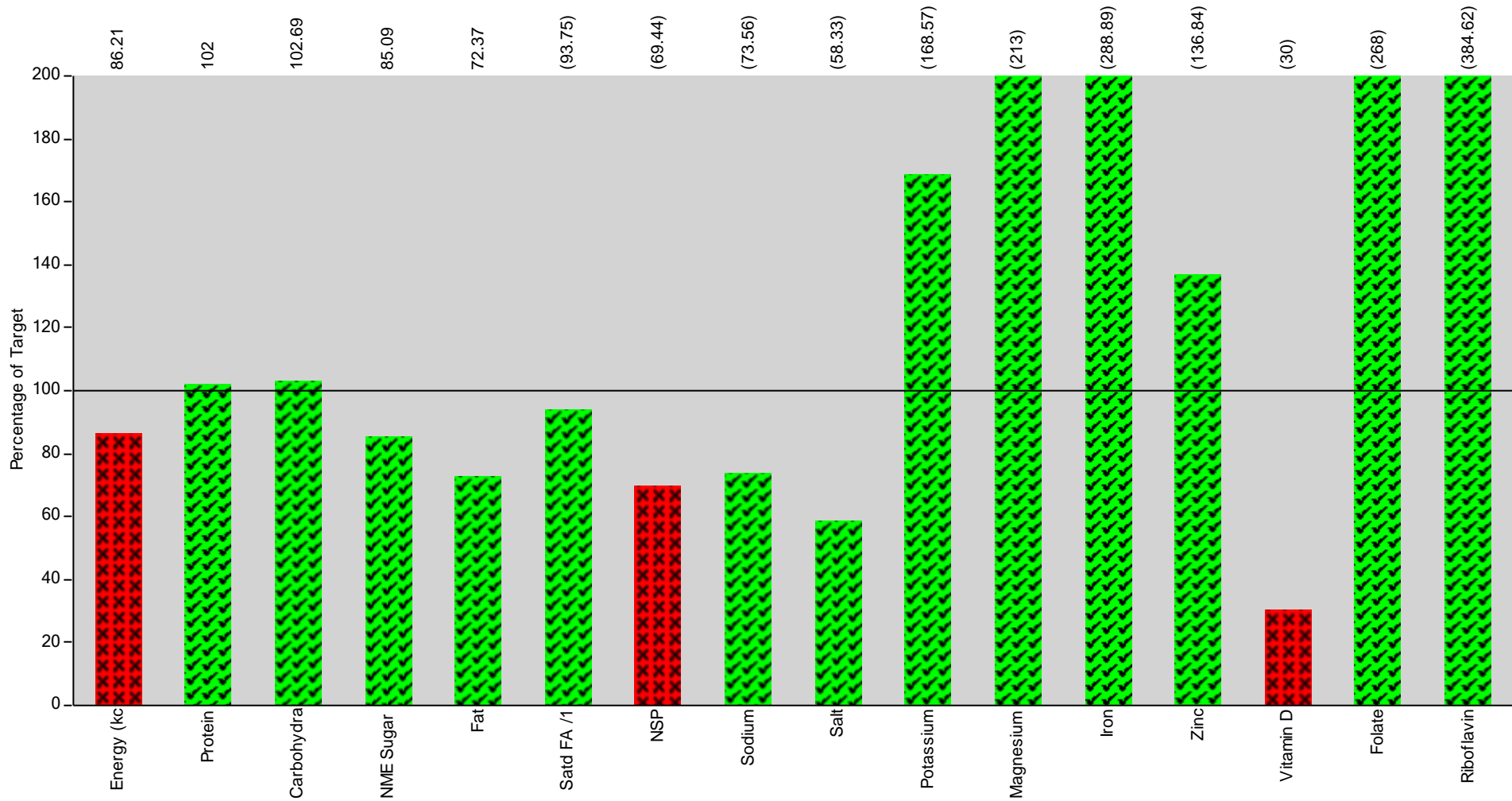
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	602.8	586.00	Minimum	16.8	2.9	✓
Protein	g	26.3	15.00	Minimum	11.3	75.3	✓
Carbohydrate	g	85.3	78.00	Minimum	7.3	9.4	✓
Non Milk Extrinsic Suga	g	>8.9	16.50	Maximum	7.6	46.1	✓
Fat	g	18.5	22.00	Maximum	3.5	15.9	✓
Of which is saturated	g	(6.6)	6.95	Maximum	0.4	5.0	✓
NSP (Fibre)	g	(9.9)	5.40	Minimum	4.5	83.3	✓
Sodium	mg	(790.0)	696.00	Maximum	94.0	13.5	✗
Salt	g	(1.9)	1.74	Maximum	0.2	9.2	✗
Potassium	mg	(1357.4)	1,400.00	Minimum	42.6	3.0	◆
Magnesium	mg	(121.0)	120.00	Minimum	1.0	0.8	✓
Iron	mg	(4.3)	3.60	Minimum	0.7	19.4	✓
Zinc	mg	(3.4)	3.80	Minimum	0.4	10.5	◆
Vitamin D	µg	>1.1	4.00	Minimum	2.9	72.5	✗
Folate	µg	(114.8)	80.00	Minimum	34.8	43.5	✓
Riboflavin	mg	(0.5)	0.52	Minimum	0.0	3.8	◆
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	

Nutrition Chart - Nutrition Plan

Admin

Nutrition Plan: CHS Care Homes, over 75 years, Snacks, Menu 1 and 2

Nutrition Rule: CHS Care Homes, over 75 years, Snacks



Nutrition Planning Summary

Admin

Nutrition Plan: CHS

Care Homes, over 75 years, Snacks, Menu 1 a

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
SM001	SNACK MEAL MONDAY	375.3	11.2	56.5	9.3	13.5	(4.6)
SM002	SNACK MEAL TUESDAY	314.4	9.4	55.4	10.1	7.9	3.1
SM003	SNACK MEAL WEDNESDAY	357.7	10.5	55.8	10.6	12.2	(4.6)
SM004	SNACK MEAL THURSDAY	333.0	10.1	53.6	9.2	10.4	4.7
SM005	SNACK MEAL FRIDAY	316.2	9.8	46.0	7.4	11.9	(6.2)
SM006	SNACK MEAL SATURDAY	350.7	10.8	53.0	11.4	12.4	5.4
SM007	SNACK MEAL SUNDAY	312.4	9.8	53.3	9.7	8.5	(2.9)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
SM001	SNACK MEAL MONDAY	(2.8)	(546.9)	(1.3)	(598.9)	(65.4)	(2.6)
SM002	SNACK MEAL TUESDAY	(3.3)	(315.5)	(0.7)	(606.6)	(66.2)	(2.7)
SM003	SNACK MEAL WEDNESDAY	>1.5	(334.8)	(0.7)	(588.5)	(63.9)	(2.7)
SM004	SNACK MEAL THURSDAY	(2.4)	(358.4)	(0.7)	(604.5)	(64.5)	(2.9)
SM005	SNACK MEAL FRIDAY	>2.3	(281.9)	(0.6)	(558.2)	(61.1)	(2.5)
SM006	SNACK MEAL SATURDAY	(2.6)	(308.4)	(0.6)	(581.2)	(65.1)	(2.6)
SM007	SNACK MEAL SUNDAY	>2.8	(325.9)	(0.7)	(592.3)	(61.0)	(2.5)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
SM001	SNACK MEAL MONDAY	(1.4)	>0.6	(65.6)	(0.5)	0	0
SM002	SNACK MEAL TUESDAY	(1.3)	>0.2	(50.1)	(0.5)	0	0
SM003	SNACK MEAL WEDNESDAY	(1.4)	>0.2	(51.4)	(0.5)	0	0
SM004	SNACK MEAL THURSDAY	(1.3)	>0.2	(46.3)	(0.5)	0	0
SM005	SNACK MEAL FRIDAY	(1.4)	(0.2)	(47.6)	(0.5)	0	0
SM006	SNACK MEAL SATURDAY	(1.3)	>0.2	(65.6)	(0.5)	0	0

Nutrition Planning Summary

Admin

Menu	Description	OilyFish (Menu)					
SM007	SNACK MEAL SUNDAY	(1.3)	>0.3	(48.2)	(0.5)	0	0
SM001	SNACK MEAL MONDAY	0	0	0	0	0	0
SM002	SNACK MEAL TUESDAY	0	0	0	0	0	0
SM003	SNACK MEAL WEDNESDAY	0	0	0	0	0	0
SM004	SNACK MEAL THURSDAY	0	0	0	0	0	0
SM005	SNACK MEAL FRIDAY	0	0	0	0	0	0
SM006	SNACK MEAL SATURDAY	0	0	0	0	0	0
SM007	SNACK MEAL SUNDAY	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
SM001	SNACK MEAL MONDAY	0.00
SM002	SNACK MEAL TUESDAY	0.00
SM003	SNACK MEAL WEDNESDAY	0.00
SM004	SNACK MEAL THURSDAY	0.00
SM005	SNACK MEAL FRIDAY	0.00
SM006	SNACK MEAL SATURDAY	0.00
SM007	SNACK MEAL SUNDAY	0.00
	Plan Average:	0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: CHS

Care Homes, over 75 years, Snacks

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	337.1	391.00	Target	53.9	13.8	✘
Protein	g	10.2	10.00	Minimum	0.2	2.0	✔
Carbohydrate	g	53.4	52.00	Minimum	1.4	2.7	✔
Non Milk Extrinsic Suga	g	9.7	11.40	Maximum	1.7	14.9	✔
Fat	g	11.0	15.20	Maximum	4.2	27.6	✔
Of which is saturated	g	(4.5)	4.80	Maximum	0.3	6.3	✔
NSP (Fibre)	g	(2.5)	3.60	Minimum	1.1	30.6	✘
Sodium	mg	(353.1)	480.00	Maximum	126.9	26.4	✔
Salt	g	(0.7)	1.20	Maximum	0.5	41.7	✔
Potassium	mg	(590.0)	350.00	Minimum	240.0	68.6	✔
Magnesium	mg	(63.9)	30.00	Minimum	33.9	113.0	✔
Iron	mg	(2.6)	0.90	Minimum	1.7	188.9	✔
Zinc	mg	(1.3)	0.95	Minimum	0.4	36.8	✔
Vitamin D	µg	(0.3)	1.00	Minimum	0.7	70.0	✘
Folate	µg	(53.6)	20.00	Minimum	33.6	168.0	✔
Riboflavin	mg	(0.5)	0.13	Minimum			✔
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	

Example Menu 2 for Care Homes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water	Tea or Coffee Water
Breakfast	Prunes Cereals / Porridge Boiled Egg Toast with butter / spread Preserves Tea or Coffee Water	Grapefruit Segments Cereals / Porridge Toast with butter / spread Preserves Tea or Coffee Water	Fresh banana Cereals / Porridge Sausage and Tomato Toast with butter / spread Preserves Tea or Coffee Water	Orange Juice Cereals / Porridge Toast with butter / spread Preserves Tea or Coffee Water	Fresh Melon Cereals / Porridge Scrambled Eggs Toast with butter / spread Preserves Tea or Coffee Water	Fresh banana Cereals / Porridge , Toast with butter / spread Preserves Tea or Coffee Water	Orange Juice Cereals / Porridge Bacon and Mushrooms Toast with butter / spread Preserves Tea or Coffee Water
Mid Morning Snack	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits	Tea or Coffee + Water Biscuits
Lunch	Lancashire Hot Pot Stir Fry Chicken & Rice Vegetable Pakora () Boiled Potatoes Cauliflower / Peas Banana Custard Fresh Apple Tea or Coffee Water	Roast Pork & Apple Sauce Spaghetti Bolognese Vegetarian Lasagne Roast/ New Potatoes Spinach/Carrots Side Salad Rhubarb Crumble & Custard Fresh Pear Tea or Coffee Water	Poached Salmon Roast Chicken Vegetable Chilli & Rice Roast / Mashed Potatoes Cabbage /Green Beans Plum Sponge & Custard Fresh Orange Tea or Coffee Water	Cottage Pie Chicken Chasseur Vegetarian Shepherds Pie Jacket Potatoes Broccoli / Leeks Rice Pudding & Dried Apricots Fresh Banana Tea or Coffee Water	Fried Cod Gammon & Pineapple Vegetable Curry & Rice Chips / /Mashed Potatoes Peas / Sweet corn Tinned Pears & Custard Fresh Grapes Tea or Coffee Water	Chicken Curry & Rice Beef Grill Steak Vegetable Flan New Potatoes Mixed Vegetables/ Cauliflower Crème Caramel Fresh Fruit Salad Tea or Coffee Water	Roast Beef & Yorkshire Pudding Pork Casserole Cauliflower Cheese Roast / Mashed Potatoes Carrots / Sprouts Apple Pie & Custard Fresh Melon Tea or Coffee Water
Afternoon Tea	Tea or Coffee + Water Scone & Jam Soft Cheese Sandwich Biscuits Fresh Orange	Tea or Coffee + Water Malt Loaf Biscuits Fresh Pear	Tea or Coffee + Water Ring Doughnut Soft Cheese Sandwich Biscuits Fresh Grapes	Tea or Coffee + Water Currant Bun Biscuits Fresh Plums	Tea or Coffee + Water Chocolate Éclair Soft Cheese Sandwich Biscuits Fresh Apple	Tea or Coffee + Water Custard Tart Biscuits Fresh Orange	Tea or Coffee + Water Sponge Cake & Cream Soft Cheese Sandwich Biscuits Fresh Pear
Evening Meal	Pea Soup & Bread Roll Macaroni Cheese Sandwiches - Ham / Salmon Side Salad Fresh Fruit Salad & Custard/Ice Cream Tea or Coffee Water	Tomato Rice Soup & Bread Roll Jacket Potato & Cheese & Coleslaw Sandwiches – Beef / Egg Side Salad Peaches & Yoghurt Peaches & Rice Pudding Tea or Coffee Water	Carrot & Coriander Soup & Bread Roll Cheese And Tomato Pizza Sandwiches – Turkey / Tuna Side Salad Melon Chocolate Mousse Tea or Coffee Water	Cream of Mushroom Soup & Bread Roll Sardines & Tomato on Toast Sandwiches - Egg / Ham Side Salad Banana Custard Fresh Fruit Salad Tea or Coffee Water	Potato & Leek Soup & Bread Roll Sausage Tomato & Bread Sandwiches – Cheese & Pickle/Beef Side Salad Stewed Plums & Ice-Cream / Natural Yoghurt Tea or Coffee Water	Vegetable Soup & Bread Roll Jacket Potato & Baked Beans Sandwiches – Ham / Tuna Side Salad Fresh Apple Cheese & Biscuits Tea or Coffee Water	Butter Bean & Tomato Soup & Bread Roll Prawn Salad & Bread Sandwiches – Egg / Turkey Side Salad Grapes Trifle Tea or Coffee Water
Nightime Snack	Hot Drink Biscuits Water	Hot Drink Jam Sandwich/ Biscuits Water	Hot Drink Biscuits Water	Hot Drink Jam Sandwich / Biscuits Water	Hot Drink Biscuits Water	Hot Drink Jam sandwich / Biscuits Water	Hot Drink Biscuits Water

* Hot drink for nighttime snack is choice of tea, coffee, hot chocolate, malted milk drink or ovaltine

Menu Cycle (7 Menus)

Admin

Nutrition Plan: CH2

Care Homes, over 75 years, All Day, Menu 2

Menu Course	Monday Week 2	TUESDAY WEEK 2	WEDNESDAY WEEK 2	THURSDAY WEEK 2	FRIDAY WEEK 2	SATURDAY WEEK 2	Sunday week 2
Early Morning	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE	TEA WITH MILK CUP COFFEE
Breakfast	prunes PORRIDGE WEETABIX WITH MILK CORNFLAKES Boiled Egg toast no marmalade TOAST and marmalade TEA WITH MILK CUP COFFEE	grapefruit segments PORRIDGE WEETABIX WITH MILK CORNFLAKES TOAST and marmalade TEA WITH MILK CUP COFFEE	banana LD PORRIDGE WEETABIX WITH MILK CORNFLAKES Sausage and Tomato TNS toast no marmalade TOAST and marmalade TEA WITH MILK CUP COFFEE	ORANGE JUICE GLASS PORRIDGE WEETABIX WITH MILK CORNFLAKES TOAST and marmalade TEA WITH MILK CUP COFFEE	melon LD PORRIDGE WEETABIX WITH MILK CORNFLAKES Scrambled Eggs toast no marmalade TOAST and marmalade TEA WITH MILK CUP COFFEE	banana LD PORRIDGE WEETABIX WITH MILK CORNFLAKES TOAST and marmalade TEA WITH MILK CUP COFFEE	ORANGE JUICE GLASS PORRIDGE WEETABIX WITH MILK CORNFLAKES Bacon and Mushrooms toast no marmalade TOAST and marmalade TEA WITH MILK CUP COFFEE
Lunch Meal	lancashire hot pot meal LD stir fry chicken and rice vegetable pakora meal TNS Banana Custard LD apple LD TEA WITH MILK CUP COFFEE	roast pork meal Spaghetti bolognaise meal menu 2 vegetarian lasagne meal TNS rhubarb crumble and custard menu 2 pear LD TEA WITH MILK CUP COFFEE	salmon veg for salmon meal Roast chicken meal LD vegetable chilli and rice meal tns menu 2 plum sponge and custard LD orange TEA WITH MILK CUP COFFEE	cottage pie meal LD Chicken Chasseur Meal menu 2 vegetable shepherds pie meal LD Rice Pudding and Dried Apricots banana LD TEA WITH MILK CUP COFFEE	Fried cod meal LD Gammon and Pineapple meal LD vegetable curry and rice meal menu 2 tinned pears and custard LD grapes LD TEA WITH MILK CUP COFFEE	chicken curry meal TNS menu 2 Beef grill steak and potato meal TNS Vegetable Flan Meal TNS menu 2 creme caramel LD fresh fruit salad TEA WITH MILK CUP COFFEE	Roast Beef and Yorkshire Pudding Meal pork casserole meal Cauliflower cheese meal LD apple pie and custard menu 2 melon LD TEA WITH MILK CUP COFFEE

Menu Cycle (7 Menus)

Admin

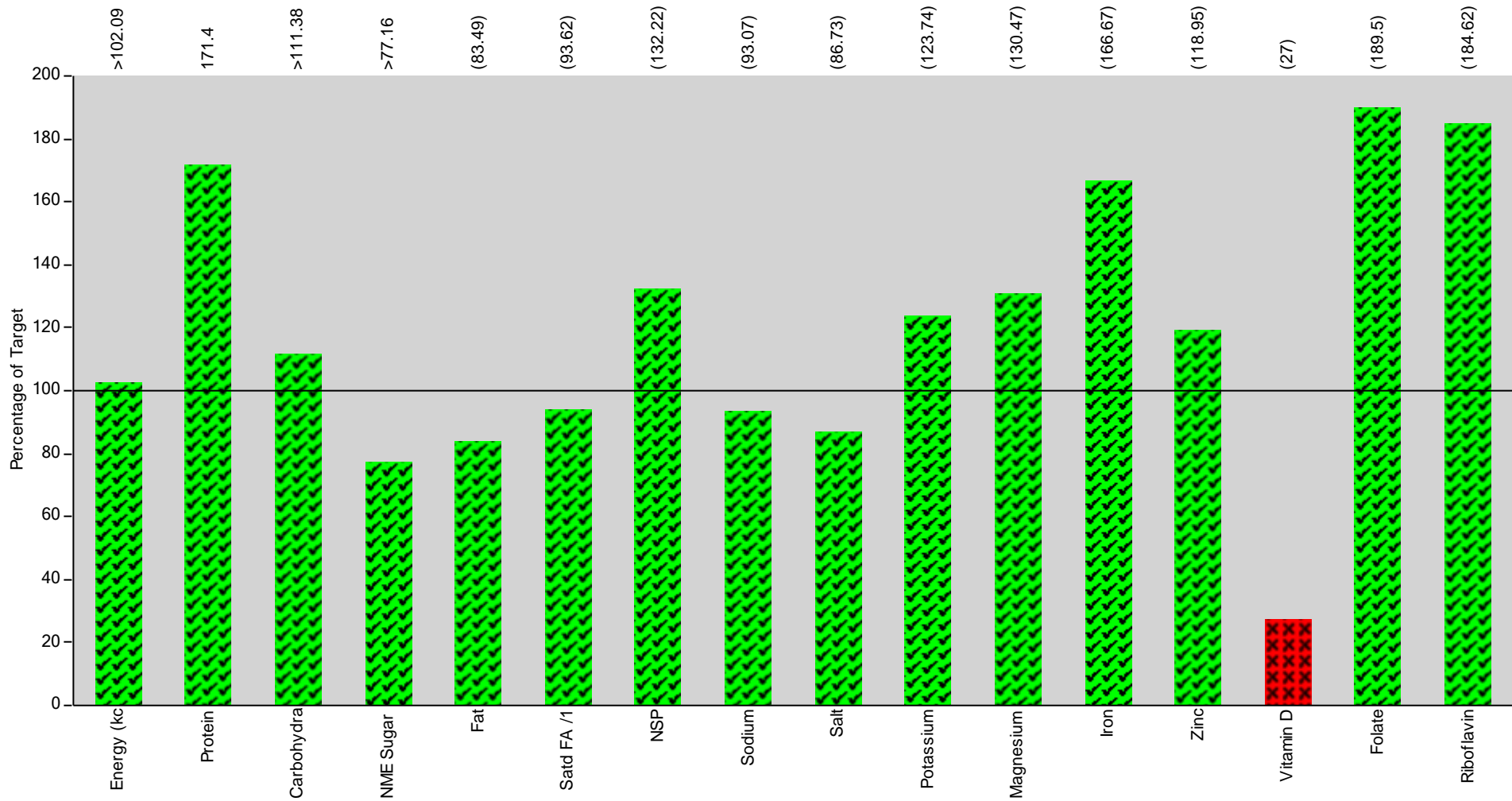
Snack Meal	TEA WITH MILK CUP COFFEE hot chocolate drink 'light' malted milk drink ovaltine biscuits LD scone and jam soft cheese sandwich orange	TEA WITH MILK CUP COFFEE hot chocolate drink 'light' malted milk drink ovaltine biscuits LD malt loaf jam sandwich pear LD	TEA WITH MILK CUP COFFEE hot chocolate drink 'light' malted milk drink ovaltine biscuits LD ring doughnut soft cheese sandwich grapes LD	TEA WITH MILK CUP COFFEE hot chocolate drink 'light' malted milk drink ovaltine biscuits LD currant bun jam sandwich plums LD	TEA WITH MILK CUP COFFEE hot chocolate drink 'light' malted milk drink ovaltine biscuits LD chocolate éclair soft cheese sandwich apple LD	TEA WITH MILK CUP COFFEE hot chocolate drink 'light' malted milk drink ovaltine biscuits LD custard tart jam sandwich orange	TEA WITH MILK CUP COFFEE hot chocolate drink 'light' malted milk drink ovaltine biscuits LD sponge cake soft cheese sandwich pear LD
Evening Meal	pea soup half wholemeal bread roll macaroni cheese TNS ham & tomato sandwich LD salmon & cucumber sandwich LD side salad LD fresh fruit salad and ice-cream TNS fresh fruit salad and custard TEA WITH MILK CUP COFFEE	tomato and rice soup half wholemeal bread roll jacket potato cheese and coleslaw beef salad sandwich egg mayo sandwich side salad LD canned peaches Rice Pudding ice cream TNS TEA WITH MILK CUP COFFEE	carrot and corriander soup half wholemeal bread roll cheese and tomato pizza turkey and mayonnaise sandwich tuna mayo sandwich side salad LD melon LD chocolate mousse TEA WITH MILK CUP COFFEE	Cream of mushroom soup half wholemeal bread roll sardines on toast with tomato egg mayo sandwich ham & tomato sandwich LD side salad LD Banana Custard LD fresh fruit salad TEA WITH MILK CUP COFFEE	potato and leek soup half wholemeal bread roll sausage tomato and bread TNS cheese and pickle sandwich beef salad sandwich side salad LD Stewed Plums natural yoghurt ice cream TNS TEA WITH MILK CUP COFFEE	vegetable soup half wholemeal bread roll jacket potato and baked beans TNS ham & tomato sandwich LD tuna mayo sandwich side salad LD Cheese and Biscuits apple LD TEA WITH MILK CUP COFFEE	butter bean and tomato soup half wholemeal bread roll prawn salad and bread egg mayo sandwich turkey and mayonnaise sandwich side salad LD Trifle grapes LD TEA WITH MILK CUP COFFEE

Nutrition Chart - Nutrition Plan

Admin

Nutrition Plan: CH2 Care Homes, over 75 years, All Day, Menu 2

Nutrition Rule: CH1 Care Homes, over 75 years - All Day



Nutrition Planning Summary

Admin

Nutrition Plan: CH2 Care Homes, over 75 years, All Day, Menu 2

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
D1/2	Monday Week 2	2001.9	84.1	286.0	36.8	61.0	(22.1)
D2/2	TUESDAY WEEK 2	2027.6	87.7	305.9	>53.0	(58.4)	>19.2
D3/2	WEDNESDAY WEEK 2	2043.9	87.2	288.0	39.3	70.3	(21.9)
D4/2	THURSDAY WEEK 2	>1946.3	84.5	>281.9	>44.9	62.0	>23.5
D5/2	FRIDAY WEEK 2	2047.8	86.6	287.9	44.5	68.5	(25.4)
D6/2	SATURDAY WEEK 2	1893.0	79.8	292.1	32.4	49.4	>19.2
D7/2	Sunday week 2	2011.2	89.9	285.4	51.1	(65.6)	(22.6)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
D1/2	Monday Week 2	(25.7)	(2325.8)	(5.4)	(4081.7)	(400.3)	(15.5)
D2/2	TUESDAY WEEK 2	(24.1)	(1904.0)	(4.4)	(4556.9)	(395.1)	(15.9)
D3/2	WEDNESDAY WEEK 2	(21.5)	(1969.7)	(4.6)	(4321.1)	(370.5)	(13.0)
D4/2	THURSDAY WEEK 2	(22.5)	(2031.6)	(4.7)	(4697.3)	(405.0)	(16.5)
D5/2	FRIDAY WEEK 2	(23.9)	(2621.6)	(6.2)	(4187.9)	(387.7)	(14.1)
D6/2	SATURDAY WEEK 2	(23.6)	(2212.4)	(5.3)	(4157.1)	(418.5)	(14.9)
D7/2	Sunday week 2	(25.1)	(2256.9)	(5.2)	(4314.8)	(363.1)	(14.8)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
D1/2	Monday Week 2	(11.6)	>2.8	(353.5)	(2.6)	0	0
D2/2	TUESDAY WEEK 2	(12.0)	(2.0)	(368.7)	(2.5)	0	0
D3/2	WEDNESDAY WEEK 2	(9.1)	(6.8)	(367.9)	(2.2)	0	0
D4/2	THURSDAY WEEK 2	(12.9)	>3.9	(409.1)	(2.6)	0	0
D5/2	FRIDAY WEEK 2	(10.8)	(1.3)	(381.0)	(2.5)	0	0
D6/2	SATURDAY WEEK 2	(10.9)	>0.8	(388.6)	(2.1)	0	0

Nutrition Planning Summary

Admin

D7/2	Sunday week 2	(12.3)	>1.6	(384.5)	(2.3)	0	0
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Menu	Description	OilyFish (Menu)					
D1/2	Monday Week 2	0	0	0	0	0	0
D2/2	TUESDAY WEEK 2	0	0	0	0	0	0
D3/2	WEDNESDAY WEEK 2	0	0	0	0	0	0
D4/2	THURSDAY WEEK 2	0	0	0	0	0	0
D5/2	FRIDAY WEEK 2	0	0	0	0	0	0
D6/2	SATURDAY WEEK 2	0	0	0	0	0	0
D7/2	Sunday week 2	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
D1/2	Monday Week 2	0.00
D2/2	TUESDAY WEEK 2	0.00
D3/2	WEDNESDAY WEEK 2	0.32
D4/2	THURSDAY WEEK 2	0.00
D5/2	FRIDAY WEEK 2	0.00
D6/2	SATURDAY WEEK 2	0.00
D7/2	Sunday week 2	0.32
Plan Average:		0.09

Nutrition Planning Summary

Admin

Nutritional Guideline Type: CH1

Care Homes, over 75 years - All Day

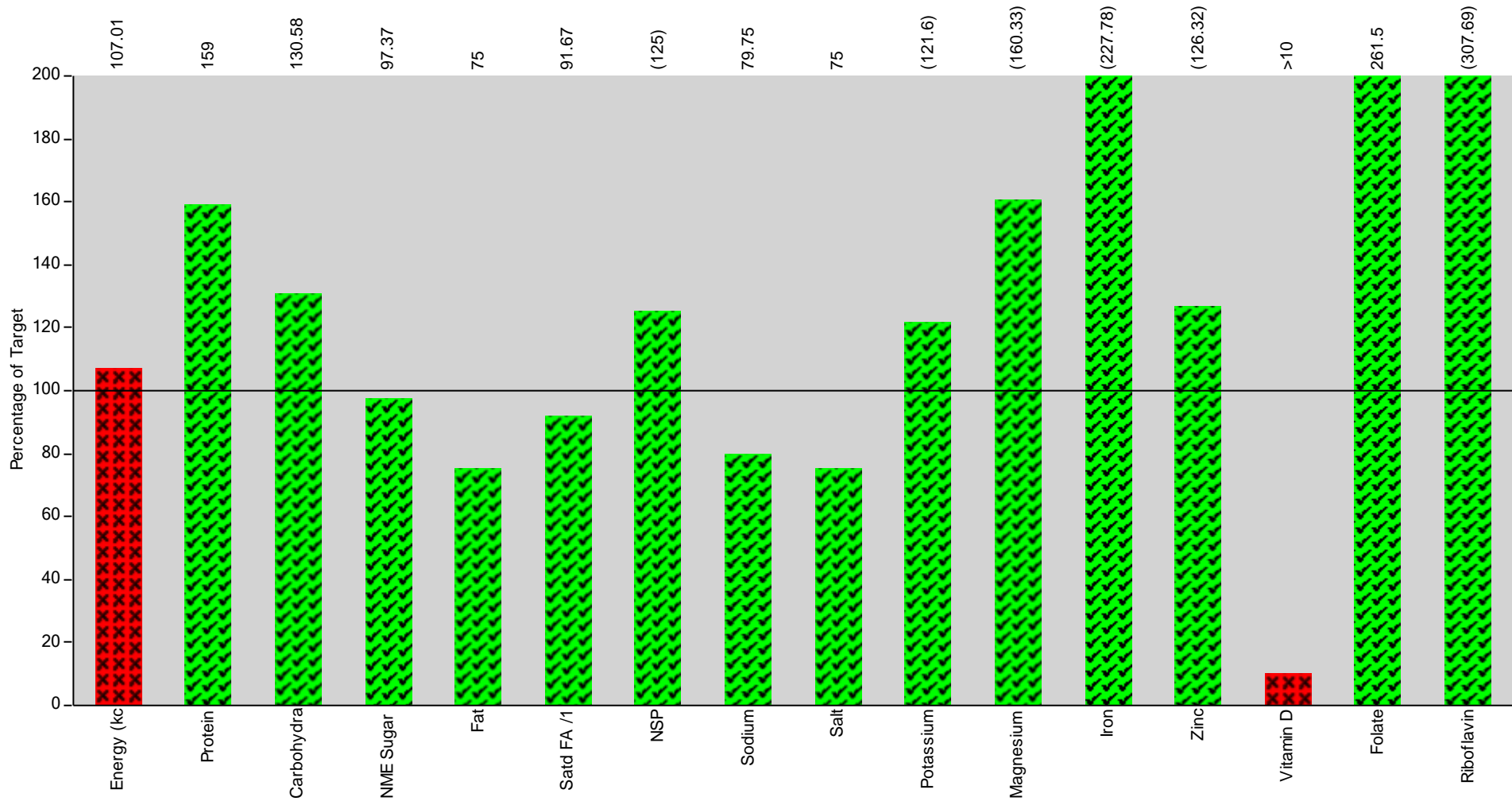
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	>1995.9	1,955.00	Minimum	40.9	2.1	✓
Protein	g	85.7	50.00	Minimum	35.7	71.4	✓
Carbohydrate	g	>289.6	260.00	Minimum	29.6	11.4	✓
Non Milk Extrinsic Suga	g	>43.1	55.86	Maximum	12.8	22.8	✓
Fat	g	(62.2)	74.50	Maximum	12.3	16.5	✓
Of which is saturated	g	(22.0)	23.50	Maximum	1.5	6.4	✓
NSP (Fibre)	g	(23.8)	18.00	Minimum	5.8	32.2	✓
Sodium	mg	(2188.9)	2,352.00	Maximum	163.1	6.9	✓
Salt	g	(5.1)	5.88	Maximum	0.8	13.3	✓
Potassium	mg	(4331.0)	3,500.00	Minimum	831.0	23.7	✓
Magnesium	mg	(391.4)	300.00	Minimum	91.4	30.5	✓
Iron	mg	(15.0)	9.00	Minimum	6.0	66.7	✓
Zinc	mg	(11.3)	9.50	Minimum	1.8	18.9	✓
Vitamin D	µg	(2.7)	10.00	Minimum	7.3	73.0	✗
Folate	µg	(379.0)	200.00	Minimum	179.0	89.5	✓
Riboflavin	mg	(2.4)	1.30	Minimum	1.1	84.6	✓
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	

Nutrition Chart - Nutrition Plan

Admin

Nutrition Plan: CHB Care Homes, over 75 years, Breakfast Menu 1 and 2

Nutrition Rule: CHB Care Homes, over 75 years, Breakfast



Nutrition Planning Summary

Admin

Nutrition Plan: CHB

Care Homes, over 75 years, Breakfast Menu 1

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
BF001	BREAKFAST MONDAY	434.7	17.5	68.7	12.8	12.2	4.4
BF002	BREAKFAST TUESDAY	363.2	13.8	62.0	10.1	8.7	3.4
BF003	BREAKFAST WEDNESDAY	452.7	17.6	74.4	5.8	11.7	4.5
BF004	BREAKFAST THURSDAY	387.2	14.0	67.9	19.6	8.9	3.4
BF005	BREAKFAST FRIDAY	445.8	17.3	63.0	4.9	15.9	6.9
BF006	BREAKFAST SATURDAY	409.2	14.2	73.3	6.4	8.9	3.5
BF007	BREAKFAST SUNDAY	435.6	17.2	66.2	18.1	13.5	4.7

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
BF001	BREAKFAST MONDAY	(5.5)	371.4	0.8	(872.6)	(92.9)	(5.8)
BF002	BREAKFAST TUESDAY	(4.1)	325.9	0.7	(633.8)	(85.3)	(3.7)
BF003	BREAKFAST WEDNESDAY	(5.0)	434.8	1.0	(995.4)	(111.0)	(3.9)
BF004	BREAKFAST THURSDAY	(3.9)	330.9	0.7	(786.8)	(89.3)	(3.7)
BF005	BREAKFAST FRIDAY	(4.5)	428.9	1.0	(917.0)	(95.9)	(4.1)
BF006	BREAKFAST SATURDAY	(4.6)	316.7	0.7	(881.8)	(104.5)	(3.6)
BF007	BREAKFAST SUNDAY	(4.0)	471.0	1.1	(870.9)	(94.4)	(3.9)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
BF001	BREAKFAST MONDAY	(3.2)	>0.6	103.0	(0.9)	0	0
BF002	BREAKFAST TUESDAY	(2.0)	>0.0	93.2	(0.8)	0	0
BF003	BREAKFAST WEDNESDAY	(2.5)	>0.0	109.2	(0.8)	0	0
BF004	BREAKFAST THURSDAY	(2.0)	>0.0	114.2	(0.8)	0	0
BF005	BREAKFAST FRIDAY	(2.3)	>0.5	99.1	(0.9)	0	0
BF006	BREAKFAST SATURDAY	(2.2)	>0.0	98.4	(0.8)	0	0

Nutrition Planning Summary

Admin

BF007	BREAKFAST SUNDAY	(2.3)	>0.1	115.7	(0.8)	0	0
Menu	Description	OilyFish (Menu)					
BF001	BREAKFAST MONDAY	0	0	0	0	0	0
BF002	BREAKFAST TUESDAY	0	0	0	0	0	0
BF003	BREAKFAST WEDNESDAY	0	0	0	0	0	0
BF004	BREAKFAST THURSDAY	0	0	0	0	0	0
BF005	BREAKFAST FRIDAY	0	0	0	0	0	0
BF006	BREAKFAST SATURDAY	0	0	0	0	0	0
BF007	BREAKFAST SUNDAY	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
BF001	BREAKFAST MONDAY	0.00
BF002	BREAKFAST TUESDAY	0.00
BF003	BREAKFAST WEDNESDAY	0.00
BF004	BREAKFAST THURSDAY	0.00
BF005	BREAKFAST FRIDAY	0.00
BF006	BREAKFAST SATURDAY	0.00
BF007	BREAKFAST SUNDAY	0.00
	Plan Average:	0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: CHB

Care Homes, over 75 years, Breakfast

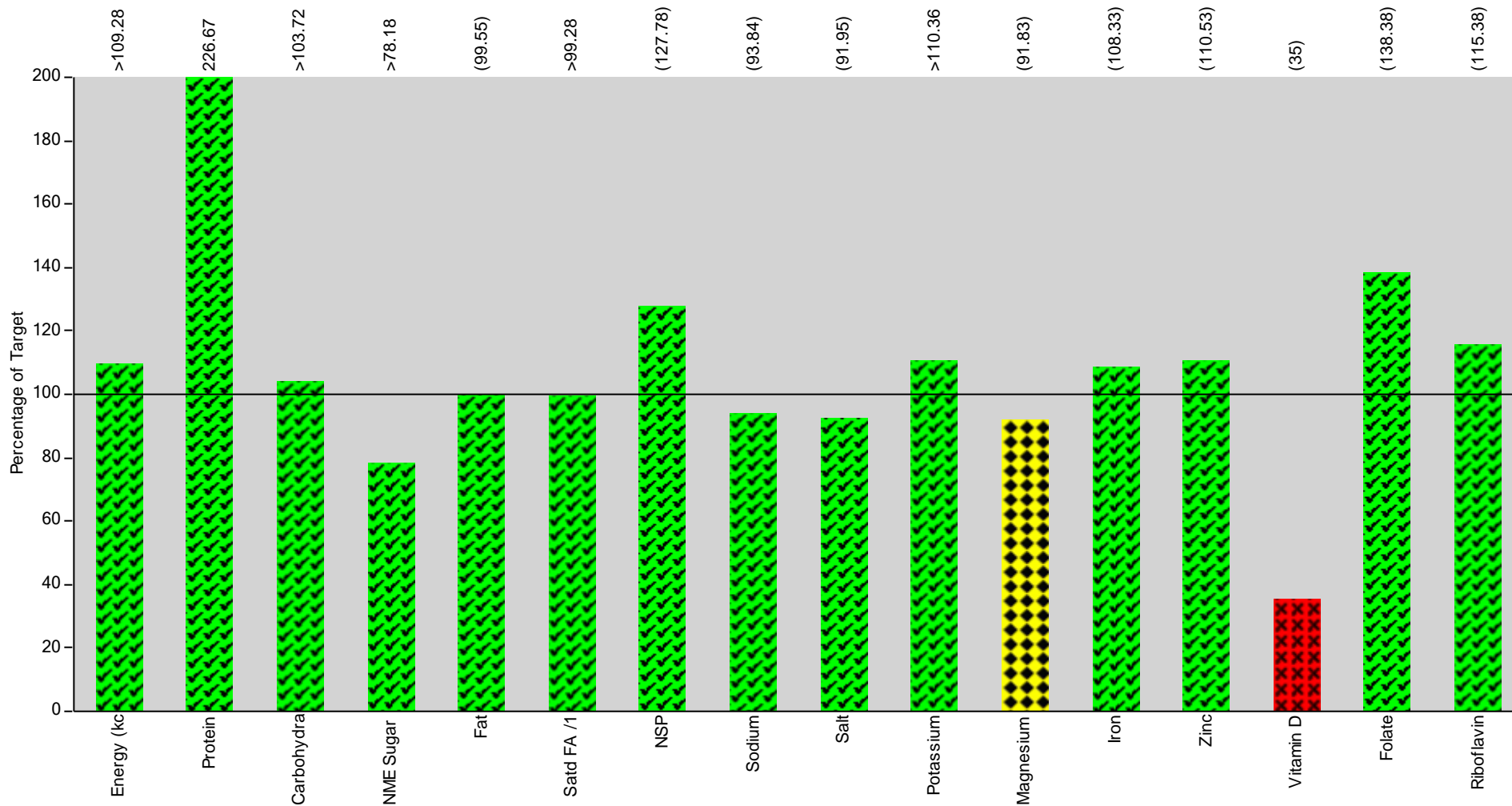
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	418.4	391.00	Target	27.4	7.0	✘
Protein	g	15.9	10.00	Minimum	5.9	59.0	✔
Carbohydrate	g	67.9	52.00	Minimum	15.9	30.6	✔
Non Milk Extrinsic Suga	g	11.1	11.40	Maximum	0.3	2.6	✔
Fat	g	11.4	15.20	Maximum	3.8	25.0	✔
Of which is saturated	g	4.4	4.80	Maximum	0.4	8.3	✔
NSP (Fibre)	g	(4.5)	3.60	Minimum	0.9	25.0	✔
Sodium	mg	382.8	480.00	Maximum	97.2	20.3	✔
Salt	g	0.9	1.20	Maximum	0.3	25.0	✔
Potassium	mg	(851.2)	700.00	Minimum	151.2	21.6	✔
Magnesium	mg	(96.2)	60.00	Minimum	36.2	60.3	✔
Iron	mg	(4.1)	1.80	Minimum	2.3	127.8	✔
Zinc	mg	(2.4)	1.90	Minimum	0.5	26.3	✔
Vitamin D	µg	>0.2	2.00	Minimum	1.8	90.0	✘
Folate	µg	104.6	40.00	Minimum	64.6	161.5	✔
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

Admin

Nutrition Plan: CHL2 Care Homes, over 75 years, Lunch Menu 2

Nutrition Rule: CHL Care Homes, over 75 years, Lunch



Nutrition Planning Summary

Admin

Nutrition Plan: CHL2 Care Homes, over 75 years, Lunch Menu 2

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
LM001/2	LUNCH MEAL MONDAY WEEK 2	587.9	30.5	79.6	7.4	18.3	>6.3
LM002/2	LUNCH MEAL TUESDAY WEEK :	661.7	34.6	83.1	11.9	(23.6)	>6.6
LM003/2	LUNCH MEAL WEDNESDAY WE	700.4	33.4	80.8	17.4	30.5	>7.6
LM004/2	LUNCH MEAL THURSDAY WEEF	>621.6	35.0	>85.8	>12.2	18.0	>7.9
LM005/2	LUNCH MEAL FRIDAY WEEK 2	676.1	34.0	86.1	15.9	24.3	>6.2
LM006/2	LUNCH MEAL SATURDAY WEEF	551.6	31.9	69.6	12.5	13.9	>5.2
LM007/2	LUNCH MEAL SUNDAY WEEK 2	683.2	38.8	81.3	12.9	(24.9)	>8.3

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
LM001/2	LUNCH MEAL MONDAY WEEK 2	(7.0)	565.9	1.4	1493.0	121.0	3.2
LM002/2	LUNCH MEAL TUESDAY WEEK :	(8.5)	530.2	1.3	1551.4	(120.5)	(5.2)
LM003/2	LUNCH MEAL WEDNESDAY WE	(7.1)	(479.9)	(1.2)	>1566.0	(96.7)	(2.7)
LM004/2	LUNCH MEAL THURSDAY WEEF	>7.5	(551.6)	(1.3)	1958.6	110.2	4.7
LM005/2	LUNCH MEAL FRIDAY WEEK 2	>7.2	1126.0	2.8	1412.3	105.6	3.1
LM006/2	LUNCH MEAL SATURDAY WEEF	>2.3	747.6	1.8	1109.8	112.3	4.1
LM007/2	LUNCH MEAL SUNDAY WEEK 2	>8.4	570.4	1.4	1724.6	104.9	4.2

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
LM001/2	LUNCH MEAL MONDAY WEEK 2	4.2	0.3	(86.2)	(0.6)	0	0
LM002/2	LUNCH MEAL TUESDAY WEEK :	(5.0)	(1.3)	88.8	(0.6)	0	0
LM003/2	LUNCH MEAL WEDNESDAY WE	(2.4)	(6.3)	>130.2	>0.6	0	0
LM004/2	LUNCH MEAL THURSDAY WEEF	5.4	0.4	>146.0	>0.5	0	0
LM005/2	LUNCH MEAL FRIDAY WEEK 2	2.9	0.3	113.4	0.6	0	0
LM006/2	LUNCH MEAL SATURDAY WEEF	3.9	>0.2	>86.4	>0.6	0	0

Nutrition Planning Summary

Admin

LM007/2	LUNCH MEAL SUNDAY WEEK 2	5.8	0.9	123.8	>0.7	0	0
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Menu	Description	OilyFish (Menu)					
LM001/2	LUNCH MEAL MONDAY WEEK 2	0	0	0	0	0	0
LM002/2	LUNCH MEAL TUESDAY WEEK 2	0	0	0	0	0	0
LM003/2	LUNCH MEAL WEDNESDAY WEEK 2	0	0	0	0	0	0
LM004/2	LUNCH MEAL THURSDAY WEEK 2	0	0	0	0	0	0
LM005/2	LUNCH MEAL FRIDAY WEEK 2	0	0	0	0	0	0
LM006/2	LUNCH MEAL SATURDAY WEEK 2	0	0	0	0	0	0
LM007/2	LUNCH MEAL SUNDAY WEEK 2	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
LM001/2	LUNCH MEAL MONDAY WEEK 2	0.00
LM002/2	LUNCH MEAL TUESDAY WEEK 2	0.00
LM003/2	LUNCH MEAL WEDNESDAY WEEK 2	0.00
LM004/2	LUNCH MEAL THURSDAY WEEK 2	0.00
LM005/2	LUNCH MEAL FRIDAY WEEK 2	0.00
LM006/2	LUNCH MEAL SATURDAY WEEK 2	0.00
LM007/2	LUNCH MEAL SUNDAY WEEK 2	0.00
	Plan Average:	0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: CHL

Care Homes, over 75 years, Lunch

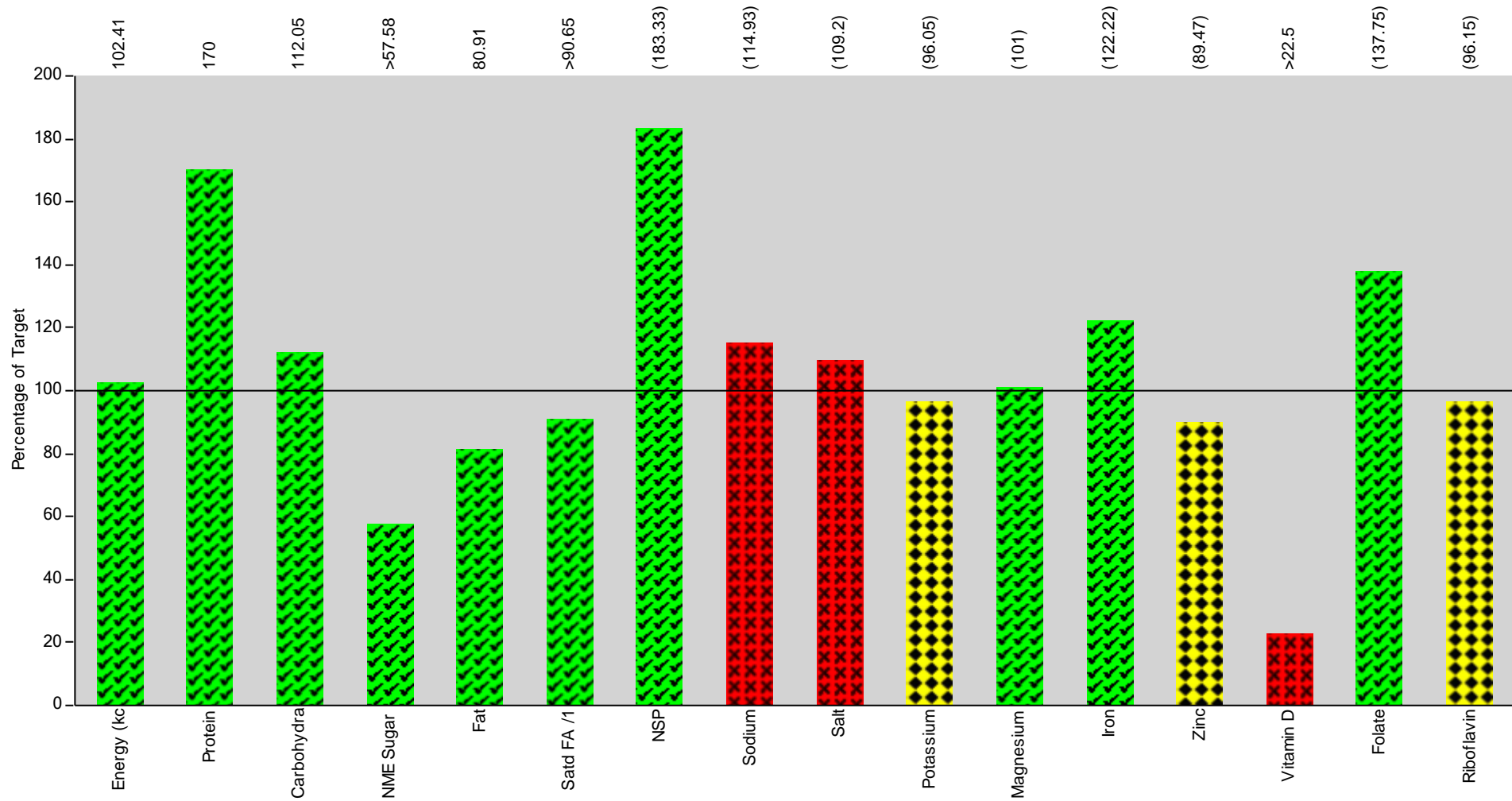
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	>640.4	586.00	Minimum	54.4	9.3	✓
Protein	g	34.0	15.00	Minimum	19.0	126.7	✓
Carbohydrate	g	>80.9	78.00	Minimum	2.9	3.7	✓
Non Milk Extrinsic Suga	g	>12.9	16.50	Maximum	3.6	21.8	✓
Fat	g	(21.9)	22.00	Maximum	0.1	0.5	✓
Of which is saturated	g	>6.9	6.95	Maximum	0.0	0.7	✓
NSP (Fibre)	g	(6.9)	5.40	Minimum	1.5	27.8	✓
Sodium	mg	(653.1)	696.00	Maximum	42.9	6.2	✓
Salt	g	(1.6)	1.74	Maximum	0.1	8.0	✓
Potassium	mg	>1545.1	1,400.00	Minimum	145.1	10.4	✓
Magnesium	mg	(110.2)	120.00	Minimum	9.8	8.2	◆
Iron	mg	(3.9)	3.60	Minimum	0.3	8.3	✓
Zinc	mg	(4.2)	3.80	Minimum	0.4	10.5	✓
Vitamin D	µg	(1.4)	4.00	Minimum	2.6	65.0	✗
Folate	µg	(110.7)	80.00	Minimum	30.7	38.4	✓
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: CHEM2 Care Homes, over 75 years, Evening Meal, Menu 2

Nutrition Rule: CHEM Care Homes, over 75 years, Evening Meal



Nutrition Planning Summary

Admin

Nutrition Plan: CHEM2 Care Homes, over 75 years, Evening Meal, Me

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
EM001/2	EVENING MEAL MONDAY WEEK	604.0	25.0	81.2	7.4	17.0	>6.9
EM002/2	EVENING MEAL TUESDAY WEE	688.2	30.0	105.4	>20.8	18.1	>6.2
EM003/2	EVENING MEAL WEDNESDAY W	533.2	25.7	77.0	5.6	15.9	>5.2
EM004/2	EVENING MEAL THURSDAY WE	604.4	25.4	74.7	3.8	24.6	>7.5
EM005/2	EVENING MEAL FRIDAY WEEK :	609.7	25.6	92.9	16.3	16.3	>6.1
EM006/2	EVENING MEAL SATURDAY WE	581.4	23.0	96.2	2.1	14.2	>5.1
EM007/2	EVENING MEAL SUNDAY WEEK	580.1	24.2	84.6	10.4	18.7	>6.8

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
EM001/2	EVENING MEAL MONDAY WEEK	>10.5	>841.6	>2.0	(1117.2)	(120.9)	(4.0)
EM002/2	EVENING MEAL TUESDAY WEE	>8.2	(732.4)	(1.7)	(1765.1)	(123.0)	(4.3)
EM003/2	EVENING MEAL WEDNESDAY W	(7.9)	(720.1)	(1.7)	(1171.2)	(99.0)	(3.7)
EM004/2	EVENING MEAL THURSDAY WE	>8.7	(790.7)	(1.9)	(1347.5)	(141.0)	(5.2)
EM005/2	EVENING MEAL FRIDAY WEEK :	>9.8	784.8	1.9	(1300.4)	(125.1)	(4.5)
EM006/2	EVENING MEAL SATURDAY WE	>14.2	(839.7)	(2.1)	(1584.3)	(136.6)	(4.7)
EM007/2	EVENING MEAL SUNDAY WEEK	9.8	(889.6)	(2.1)	(1127.0)	(102.8)	(4.3)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
EM001/2	EVENING MEAL MONDAY WEEK	(2.8)	>1.4	>98.7	(0.6)	0	0
EM002/2	EVENING MEAL TUESDAY WEE	(3.7)	>0.5	(136.6)	(0.6)	0	0
EM003/2	EVENING MEAL WEDNESDAY W	(2.8)	>0.4	(77.1)	(0.4)	0	0
EM004/2	EVENING MEAL THURSDAY WE	(4.2)	>3.3	>102.7	(0.8)	0	0
EM005/2	EVENING MEAL FRIDAY WEEK :	(4.2)	>0.3	>120.9	(0.5)	0	0
EM006/2	EVENING MEAL SATURDAY WE	(3.5)	>0.4	(138.3)	(0.3)	0	0

Nutrition Planning Summary

Admin

EM007/2	EVENING MEAL SUNDAY WEEK (2.8)	>0.3	(96.8)	(0.3)	0	0
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Menu	Description	OilyFish (Menu)				
EM001/2	EVENING MEAL MONDAY WEEK 0	0	0	0	0	0
EM002/2	EVENING MEAL TUESDAY WEE 0	0	0	0	0	0
EM003/2	EVENING MEAL WEDNESDAY W 0	0	0	0	0	0
EM004/2	EVENING MEAL THURSDAY WE 0	0	0	0	0	0
EM005/2	EVENING MEAL FRIDAY WEEK : 0	0	0	0	0	0
EM006/2	EVENING MEAL SATURDAY WE 0	0	0	0	0	0
EM007/2	EVENING MEAL SUNDAY WEEK 0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
EM001/2	EVENING MEAL MONDAY WEEK 2	0.00
EM002/2	EVENING MEAL TUESDAY WEEK 2	0.00
EM003/2	EVENING MEAL WEDNESDAY WEEK 2	0.32
EM004/2	EVENING MEAL THURSDAY WEEK 2	0.00
EM005/2	EVENING MEAL FRIDAY WEEK 2	0.00
EM006/2	EVENING MEAL SATURDAY WEEK 2	0.00
EM007/2	EVENING MEAL SUNDAY WEEK 2	0.32
	Plan Average:	0.09

Nutrition Planning Summary

Admin

Nutritional Guideline Type: CHEM Care Homes, over 75 years, Evening Meal

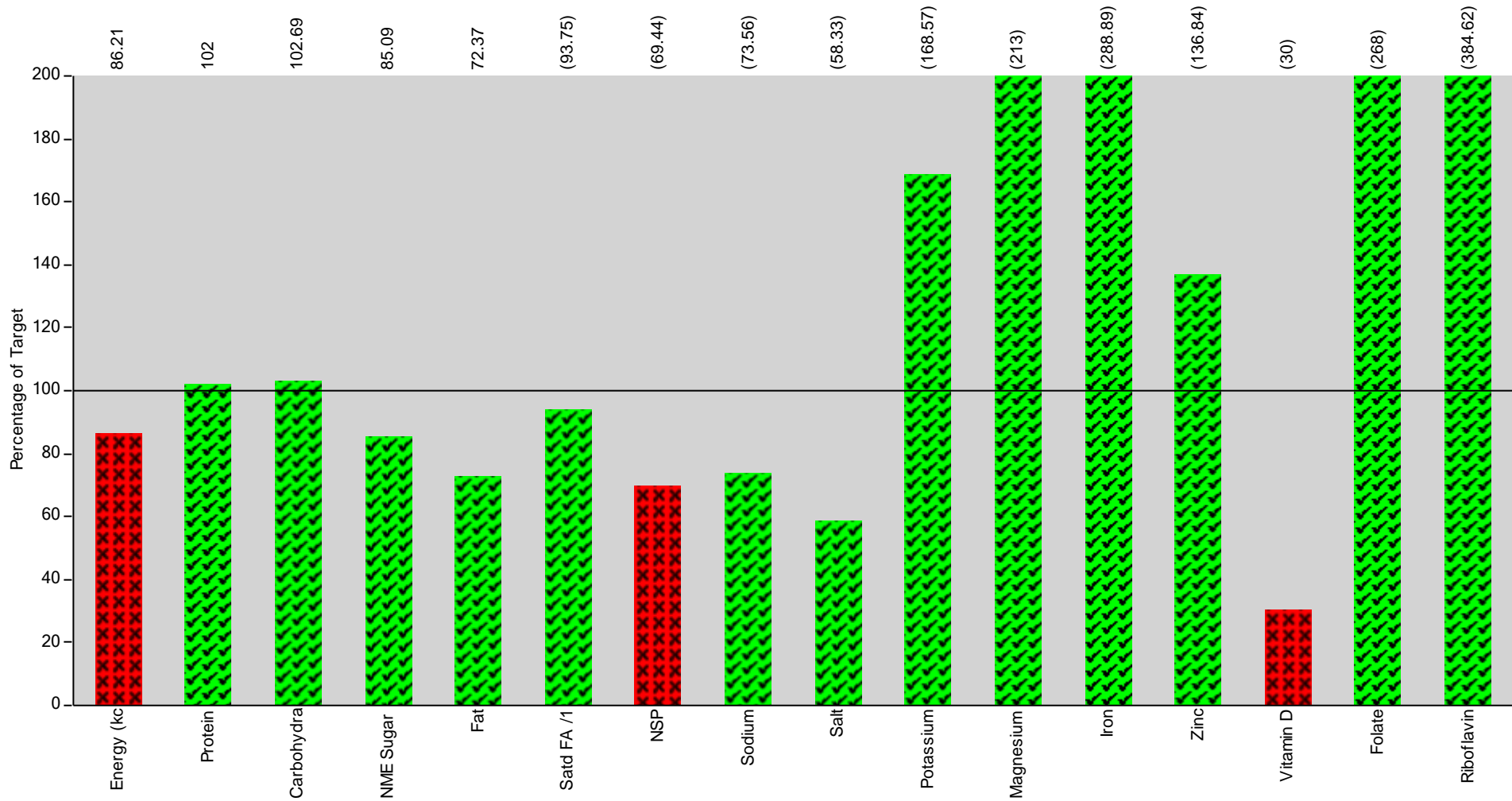
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	600.1	586.00	Minimum	14.1	2.4	✓
Protein	g	25.5	15.00	Minimum	10.5	70.0	✓
Carbohydrate	g	87.4	78.00	Minimum	9.4	12.1	✓
Non Milk Extrinsic Suga	g	>9.5	16.50	Maximum	7.0	42.4	✓
Fat	g	17.8	22.00	Maximum	4.2	19.1	✓
Of which is saturated	g	>6.3	6.95	Maximum	0.7	9.4	✓
NSP (Fibre)	g	(9.9)	5.40	Minimum	4.5	83.3	✓
Sodium	mg	(799.9)	696.00	Maximum	103.9	14.9	✗
Salt	g	(1.9)	1.74	Maximum	0.2	9.2	✗
Potassium	mg	(1344.7)	1,400.00	Minimum	55.3	4.0	◆
Magnesium	mg	(121.2)	120.00	Minimum	1.2	1.0	✓
Iron	mg	(4.4)	3.60	Minimum	0.8	22.2	✓
Zinc	mg	(3.4)	3.80	Minimum	0.4	10.5	◆
Vitamin D	µg	>0.9	4.00	Minimum	3.1	77.5	✗
Folate	µg	(110.2)	80.00	Minimum	30.2	37.8	✓
Riboflavin	mg	(0.5)	0.52	Minimum	0.0	3.8	◆
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	

Nutrition Chart - Nutrition Plan

Admin

Nutrition Plan: CHS Care Homes, over 75 years, Snacks, Menu 1 and 2

Nutrition Rule: CHS Care Homes, over 75 years, Snacks



Nutrition Planning Summary

Admin

Nutrition Plan: CHS

Care Homes, over 75 years, Snacks, Menu 1 a

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
SM001	SNACK MEAL MONDAY	375.3	11.2	56.5	9.3	13.5	(4.6)
SM002	SNACK MEAL TUESDAY	314.4	9.4	55.4	10.1	7.9	3.1
SM003	SNACK MEAL WEDNESDAY	357.7	10.5	55.8	10.6	12.2	(4.6)
SM004	SNACK MEAL THURSDAY	333.0	10.1	53.6	9.2	10.4	4.7
SM005	SNACK MEAL FRIDAY	316.2	9.8	46.0	7.4	11.9	(6.2)
SM006	SNACK MEAL SATURDAY	350.7	10.8	53.0	11.4	12.4	5.4
SM007	SNACK MEAL SUNDAY	312.4	9.8	53.3	9.7	8.5	(2.9)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
SM001	SNACK MEAL MONDAY	(2.8)	(546.9)	(1.3)	(598.9)	(65.4)	(2.6)
SM002	SNACK MEAL TUESDAY	(3.3)	(315.5)	(0.7)	(606.6)	(66.2)	(2.7)
SM003	SNACK MEAL WEDNESDAY	>1.5	(334.8)	(0.7)	(588.5)	(63.9)	(2.7)
SM004	SNACK MEAL THURSDAY	(2.4)	(358.4)	(0.7)	(604.5)	(64.5)	(2.9)
SM005	SNACK MEAL FRIDAY	>2.3	(281.9)	(0.6)	(558.2)	(61.1)	(2.5)
SM006	SNACK MEAL SATURDAY	(2.6)	(308.4)	(0.6)	(581.2)	(65.1)	(2.6)
SM007	SNACK MEAL SUNDAY	>2.8	(325.9)	(0.7)	(592.3)	(61.0)	(2.5)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
SM001	SNACK MEAL MONDAY	(1.4)	>0.6	(65.6)	(0.5)	0	0
SM002	SNACK MEAL TUESDAY	(1.3)	>0.2	(50.1)	(0.5)	0	0
SM003	SNACK MEAL WEDNESDAY	(1.4)	>0.2	(51.4)	(0.5)	0	0
SM004	SNACK MEAL THURSDAY	(1.3)	>0.2	(46.3)	(0.5)	0	0
SM005	SNACK MEAL FRIDAY	(1.4)	(0.2)	(47.6)	(0.5)	0	0
SM006	SNACK MEAL SATURDAY	(1.3)	>0.2	(65.6)	(0.5)	0	0

Nutrition Planning Summary

Admin

SM007	SNACK MEAL SUNDAY	(1.3)	>0.3	(48.2)	(0.5)	0	0
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Menu	Description	OilyFish (Menu)					
SM001	SNACK MEAL MONDAY	0	0	0	0	0	0
SM002	SNACK MEAL TUESDAY	0	0	0	0	0	0
SM003	SNACK MEAL WEDNESDAY	0	0	0	0	0	0
SM004	SNACK MEAL THURSDAY	0	0	0	0	0	0
SM005	SNACK MEAL FRIDAY	0	0	0	0	0	0
SM006	SNACK MEAL SATURDAY	0	0	0	0	0	0
SM007	SNACK MEAL SUNDAY	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
SM001	SNACK MEAL MONDAY	0.00
SM002	SNACK MEAL TUESDAY	0.00
SM003	SNACK MEAL WEDNESDAY	0.00
SM004	SNACK MEAL THURSDAY	0.00
SM005	SNACK MEAL FRIDAY	0.00
SM006	SNACK MEAL SATURDAY	0.00
SM007	SNACK MEAL SUNDAY	0.00
	Plan Average:	0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: CHS

Care Homes, over 75 years, Snacks

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	337.1	391.00	Target	53.9	13.8	✘
Protein	g	10.2	10.00	Minimum	0.2	2.0	✔
Carbohydrate	g	53.4	52.00	Minimum	1.4	2.7	✔
Non Milk Extrinsic Suga	g	9.7	11.40	Maximum	1.7	14.9	✔
Fat	g	11.0	15.20	Maximum	4.2	27.6	✔
Of which is saturated	g	(4.5)	4.80	Maximum	0.3	6.3	✔
NSP (Fibre)	g	(2.5)	3.60	Minimum	1.1	30.6	✘
Sodium	mg	(353.1)	480.00	Maximum	126.9	26.4	✔
Salt	g	(0.7)	1.20	Maximum	0.5	41.7	✔
Potassium	mg	(590.0)	350.00	Minimum	240.0	68.6	✔
Magnesium	mg	(63.9)	30.00	Minimum	33.9	113.0	✔
Iron	mg	(2.6)	0.90	Minimum	1.7	188.9	✔
Zinc	mg	(1.3)	0.95	Minimum	0.4	36.8	✔
Vitamin D	µg	(0.3)	1.00	Minimum	0.7	70.0	✘
Folate	µg	(53.6)	20.00	Minimum	33.6	168.0	✔
Riboflavin	mg	(0.5)	0.13	Minimum			✔
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	