

**Final Report**

# **Example Menus** **for Care Homes**

**Prepared for The Food Standards Agency**

**Luci Daniels, August 2006**

**Contract Reference: NUB 246**

## **Work required**

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

Menus to be created must include foods and dishes 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 standards for macronutrients and micronutrients. Target intakes were also 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 were calculated as per percentages in Table 1:

Table 1. Maximum / Minimum Standards for Residential Care Homes

%	Total /sat fat, sugar, salt		Macro: energy, protein	Micro & fibre	
	Standard	Target		Min standard	Target
<b>Breakfast</b>	20	20	20	20	-
Lunch	30	29	30	35	40
Eve meal	30	29	30	35	40
Snacks	20	20	20	*	*
Total %	100	98	100	100	>100

\*Snacks will provide additional micronutrients. As a minimum this should be 10%, and there is no target since all micronutrients from snacks would represent additional nutrients, though care should be taken not to encroach upon maximum safe levels of intake.

	<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	-
Magnesium	300mg	>300mg	60mg	120mg	-
Iron	9mg	>9mg	1.8mg	3.6mg	-
Zinc	9.5mg	>9.5mg	1.9mg	3.8mg	-
Vitamin D	10ug	>10ug	2ug	4ug	-
Folate	200ug	>200ug	40ug	80ug	-
Riboflavin	1.3mg	>1.3mg	0.26mg	0.52mg	-

\* The micronutrient guidance at snack meals has been set at 10% of the minimum standard.

**The above target values have been used for the guidance values in the attached reports - nutrition chart - menu & nutrition-planning summary.**

## Reports

### **Reports attached:**

- 1. Example Menu** - one-week example menu for Care Homes, adults over 75
- 2. Nutrition Chart – Nutrition Plan** – average daily nutrient intake over the one- week example menu for all food and drink provision, as bar chart showing average percentage daily intake compared to the target
- 3. Nutrition Planning Summary** – average nutrient intake over the 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. Nutrition Chart – Nutrition Plan** – average nutrient intake over the 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. Nutrition Planning Summary** - average nutrient intake over the 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.

A full breakdown of the each day's menu will be provided electronically [nutrition pdf]. The daily menu breakdown lists all food and drink provision and the nutritional analysis compared to the target. These reports are labelled 'menu nutrition guideline'.

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**

The 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 the 7day menu cycle for all macro and micronutrients – see attached Report 2 and Report 4.

### **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, 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.

The weekly lunch nutrition charts show less than 2 portions of fruit/vegetables at lunch. This is because 1 lunch dessert is not fruit based and the software does not count portions over 100g as more than 1 portion. Over 160g fruit/vegetables is available daily for 100% residents on 6 days out of 7

**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.

### **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.

**Breakfast Issues** – could not include 1 glass fruit juice daily at breakfast as ‘1 fruit portion’ within NMES guidelines.

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

Breakfast NMES standard is 11.4g NMES

Being realistic fruit juice will be served at care homes for breakfast so it has been included twice per week. The slightly high value for NMES at breakfast compared to the standard can be explained by the inclusion of juice.

### 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  
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.

6 of the lunch menus have 2 different vegetables – assumed 50% make/uptake of each is served

1 lunch menu is served with salad [spaghetti bolognaise, 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

Fruit make/uptake is 100%

Included tea 75% make and coffee 25% make

## **Evening Meal Issues**

Can not use any dried soup or canned soup product as these products contain too much sodium.

For 'hot dish' and sandwiches many of the traditional items [ham, sausages, cheese] are high in salt. These foods have been included, with other lower salt alternatives. The sodium standard of 30% has been slightly exceeded at the evening meal. This is compensated for by a lower sodium intake at other meal/snack occasions.

## **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

## **Other Issues**

**Vitamin D** – it is recommended that each resident receive a Vitamin D supplement.

### **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.

Products adapted to meet TNS values are also listed:

Peeled prawns – 570mg sodium/100g

Tomato based pasta sauce – 260mg sodium/100g

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

Bread, wholemeal – 360mg sodium/100g

Bread, white – 380mg sodium /100g

Breadrolls, wholemeal – 440mg sodium/100g

#### **TNS adapted**

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

Please contact Luci Daniels for any additional information.

## Nutrition Planning Summary

Admin

## Nutrition Plan: SM001

## SNACK MEAL AVERAGE

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	12.9	13.5	(4.6)
SM002	SNACK MEAL TUESDAY	314.4	9.3	55.4	13	7.9	3.1
SM003	SNACK MEAL WEDNESDAY	357.7	10.5	55.8	13.9	12.2	(4.6)
SM004	SNACK MEAL THURSDAY	333	10.1	53.6	13.3	10.4	4.7
SM005	SNACK MEAL FRIDAY	316.2	9.8	46	10.7	11.9	(6.2)
SM006	SNACK MEAL SATURDAY	350.7	10.8	53	15.1	12.4	5.4
SM007	SNACK MEAL SUNDAY	312.4	9.8	53.3	16.1	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)	(2.6)
SM007	SNACK MEAL SUNDAY	>2.8	(325.9)	(0.7)	(592.3)	(61)	(2.5)

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

**Nutrition Planning Summary**

Admin

SM007	SNACK MEAL SUNDAY	(1.3)	>0.3	(48.2)	(0.5)	0.5	0
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Menu	Description	Potato (Ptn)					
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
<b>Plan Average:</b>		<b>0.00</b>

## Nutrition Planning Summary

Admin

Nutritional Guideline Type: SN002

## SNACK TARGET OVER 75 As a % GUIDANCE

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 Sugar	g	13.6	11.40	Maximum	2.2	19.3	✘
Fat	g	11	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)	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	0.4		✔
Fruit and Vegetables	Portion	0.5	1.00	Minimum	0.5	50.0	✘
Oily Fish	Portion	0	1.00	Minimum	1.0	100.0	✘
Deep Fried Products	Portion	0	2.00	Maximum	2.0	100.0	✔

## Nutrition Planning Summary

Admin

## Nutrition Plan: LM01

## LUNCH MEAL AVERAGE

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
LM001	LUNCH MEAL MONDAY	540	30.6	72.4	8.5	15.9	>6.3
LM002	LUNCH MEAL TUESDAY	>660.3	29.9	>79.3	>15.6	27.1	>8.9
LM003	LUNCH MEAL WEDNESDAY	700.2	33.4	80.7	18.6	30.5	>7.5
LM004	LUNCH MEAL THURSDAY	>565.7	33.1	>73.1	>13.1	18	>7.9
LM005	LUNCH MEAL FRIDAY	681.6	34.1	84.8	17.1	24.8	>6.6
LM006	LUNCH MEAL SATURDAY	593.9	32.6	80.3	17.2	14.4	>5.1
LM007	LUNCH MEAL SUNDAY	617.4	34.9	74.8	20.3	(22.1)	>7.6

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
LM001	LUNCH MEAL MONDAY	(7.5)	525.8	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)	(425.9)	(1.1)	>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	3
LM006	LUNCH MEAL SATURDAY	>0.4	617.7	1.5	1039	90.4	3.3
LM007	LUNCH MEAL SUNDAY	7	506.5	1.3	1530.4	89.3	3.4

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	FruitVeg (Ptn)	OilyFish (Ptn)
LM001	LUNCH MEAL MONDAY	4.2	0.3	(103.3)	(0.6)	2	0
LM002	LUNCH MEAL TUESDAY	(4.4)	(1.8)	>64.3	0.5	2	0
LM003	LUNCH MEAL WEDNESDAY	(2.4)	(6.3)	>129.9	>0.6	2	1
LM004	LUNCH MEAL THURSDAY	5.2	0.4	>127.5	>0.5	2	0
LM005	LUNCH MEAL FRIDAY	2.9	0.3	112.7	0.6	2	0
LM006	LUNCH MEAL SATURDAY	4.2	>0.1	>72.9	0.6	1.25	0

## Nutrition Planning Summary

Admin

LM007	LUNCH MEAL SUNDAY	4.7	0.8	(106)	>0.6	2	0
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Menu	Description	Potato (Ptn)					
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: LM002

## LUNCH TARGET OVER 75 As a % GUIDANCE

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	> 622.7	586.00	Minimum	36.7	6.3	✓
Protein	g	32.6	15.00	Minimum	17.6	117.3	✓
Carbohydrate	g	> 77.9	78.00	Minimum	0.1	0.1	✗
Non Milk Extrinsic Sugar	g	> 15.7	16.50	Maximum	0.8	4.8	✓
Fat	g	(21.8)	22.00	Maximum	0.2	0.9	✓
Of which is saturated	g	> 7.1	6.95	Maximum	0.2	2.2	✗
NSP (Fibre)	g	(5.8)	5.40	Minimum	0.4	7.4	✓
Sodium	mg	(624.9)	696.00	Maximum	71.1	10.2	✓
Salt	g	(1.5)	1.74	Maximum	0.2	13.8	✓
Potassium	mg	> 1383.6	1,400.00	Minimum	16.4	1.2	✗
Magnesium	mg	(95.2)	120.00	Minimum	24.8	20.7	✗
Iron	mg	(3.3)	3.60	Minimum	0.3	8.3	✗
Zinc	mg	(4)	3.80	Minimum	0.2	5.3	✓
Vitamin D	µg	(1.4)	4.00	Minimum	2.6	65.0	✗
Folate	µg	(102.4)	80.00	Minimum	22.4	28.0	✓
Riboflavin	mg	(0.6)	0.52	Minimum	0.1	15.4	✓
Fruit and Vegetables	Portion	1.89	2.00	Minimum	0.1	5.5	✗
Oily Fish	Portion	1	1.00	Minimum	0.0	0.0	✓
Deep Fried Products	Portion	0	2.00	Maximum	2.0	100.0	✓

## Nutrition Planning Summary

Admin

## Nutrition Plan: EM01

## EVENING MEAL AVERAGE

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	16.1	17.8	>7.2
EM002	EVENING MEAL TUESDAY	571.4	27.4	94.8	>15.1	11.9	(2.9)
EM003	EVENING MEAL WEDNESDAY	535.6	25.6	77.3	10.6	16.1	>5.4
EM004	EVENING MEAL THURSDAY	657.5	27.6	74.7	17.6	27.3	>8.7
EM005	EVENING MEAL FRIDAY	553.6	26.9	83	7.1	14.9	(5.1)
EM006	EVENING MEAL SATURDAY	705.7	29.7	102.1	20.9	22.8	>9.4
EM007	EVENING MEAL SUNDAY	586.2	22.8	86.4	14.3	18.9	>7.4

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
EM001	EVENING MEAL MONDAY	>10.5	>842	>2	(1077.4)	(118)	(3.9)
EM002	EVENING MEAL TUESDAY	>10.7	(753)	(1.8)	(1853.3)	(129.5)	(4.4)
EM003	EVENING MEAL WEDNESDAY	(8)	(729.7)	(1.8)	(1190.1)	(99.5)	(3.9)
EM004	EVENING MEAL THURSDAY	8.7	(764.4)	(1.9)	(1303.8)	(132.9)	(5.3)
EM005	EVENING MEAL FRIDAY	>10	>861.5	>2.1	(1330.1)	(131.6)	(4.2)
EM006	EVENING MEAL SATURDAY	>11	(927.9)	(2.3)	(1621.2)	(117.5)	(4.1)
EM007	EVENING MEAL SUNDAY	10.6	(717.4)	(1.8)	(1125.6)	(117.7)	(4.6)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	FruitVeg (Ptn)	OilyFish (Ptn)
EM001	EVENING MEAL MONDAY	(2.7)	>1.5	>97.5	(0.6)	2.4	1
EM002	EVENING MEAL TUESDAY	(3)	>0.3	>145.8	(0.6)	2.9	0
EM003	EVENING MEAL WEDNESDAY	(3.2)	>0.4	(78)	(0.4)	2.4	0
EM004	EVENING MEAL THURSDAY	(4.1)	>3.6	>99	(0.8)	2.4	1
EM005	EVENING MEAL FRIDAY	(3.8)	>1	>134.4	(0.6)	2.4	1
EM006	EVENING MEAL SATURDAY	(3.3)	>0.6	(143.3)	(0.4)	2.4	0

Nutrition Planning Summary

Admin

Menu	Description	Potato (Ptn)					
EM007	EVENING MEAL SUNDAY	(3.4)	>0.3	(105.6)	(0.3)	2.1	0
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	0.00
EM003	EVENING MEAL WEDNESDAY	0.00
EM004	EVENING MEAL THURSDAY	0.00
EM005	EVENING MEAL FRIDAY	0.00
EM006	EVENING MEAL SATURDAY	0.00
EM007	EVENING MEAL SUNDAY	0.00
	Plan Average:	0.00

## Nutrition Planning Summary

Admin

Nutritional Guideline Type: EM002

## EVENING MEAL TARGET OVER 75 As a % GUIDANCE

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 Sugar	g	> 14.5	16.50	Maximum	2.0	12.1	✓
Fat	g	18.5	22.00	Maximum	3.5	15.9	✓
Of which is saturated	g	(6.6)	6.95	Maximum	0.3	5.0	✓
NSP (Fibre)	g	(9.9)	5.40	Minimum	4.5	83.3	✓
Sodium	mg	(799.4)	696.00	Maximum	103.4	14.9	✗
Salt	g	(2)	1.74	Maximum	0.3	14.9	✗
Potassium	mg	(1357.4)	1,400.00	Minimum	42.6	3.0	✗
Magnesium	mg	(121)	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	✗
Fruit and Vegetables	Portion	2.43	2.00	Minimum	0.4	21.5	✓
Oily Fish	Portion	3	1.00	Minimum	2.0	200.0	✓
Deep Fried Products	Portion	0	2.00	Maximum	2.0	100.0	✓

Nutrition Plan: BR01

Breakfast Average

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
BF001	BREAKFAST MONDAY	426.8	17.3	67	14.1	12.2	4.4
BF002	BREAKFAST TUESDAY						

Nutrition Planning Summary

Admin

BF007	BREAKFAST SUNDAY	(2.3)	>0.1	111.9	(0.8)	1	0
Menu	Description	Potato (Ptn)					
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: BR002

## BREAKFAST TARGET OVER 75 - As a % GUIDANCE

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	410.4	391.00	Minimum	19.4	5.0	✓
Protein	g	15.7	10.00	Minimum	5.7	57.0	✓
Carbohydrate	g	66.2	52.00	Minimum	14.2	27.3	✓
Non Milk Extrinsic Sugar	g	12.5	11.40	Maximum	1.1	9.6	✗
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	(4.3)	3.60	Minimum	0.7	19.4	✓
Sodium	mg	438	480.00	Maximum	42.0	8.8	✓
Salt	g	1	1.20	Maximum	0.2	16.7	✓
Potassium	mg	(842.9)	700.00	Minimum	142.9	20.4	✓
Magnesium	mg	(93.5)	60.00	Minimum	33.5	55.8	✓
Iron	mg	(3.8)	1.80	Minimum	2.0	111.1	✓
Zinc	mg	(2.3)	1.90	Minimum	0.4	21.1	✓
Vitamin D	µg	> 0.2	2.00	Minimum	1.8	90.0	✗
Folate	µg	100.8	40.00	Minimum	60.8	152.0	✓
Riboflavin	mg	(0.8)	0.26	Minimum	0.5		✓
Fruit and Vegetables	Portion	1	1.00	Minimum	0.0	0.0	✓
Oily Fish	Portion	0	1.00	Minimum	1.0	100.0	✗
Deep Fried Products	Portion	0	2.00	Maximum	2.0	100.0	✓

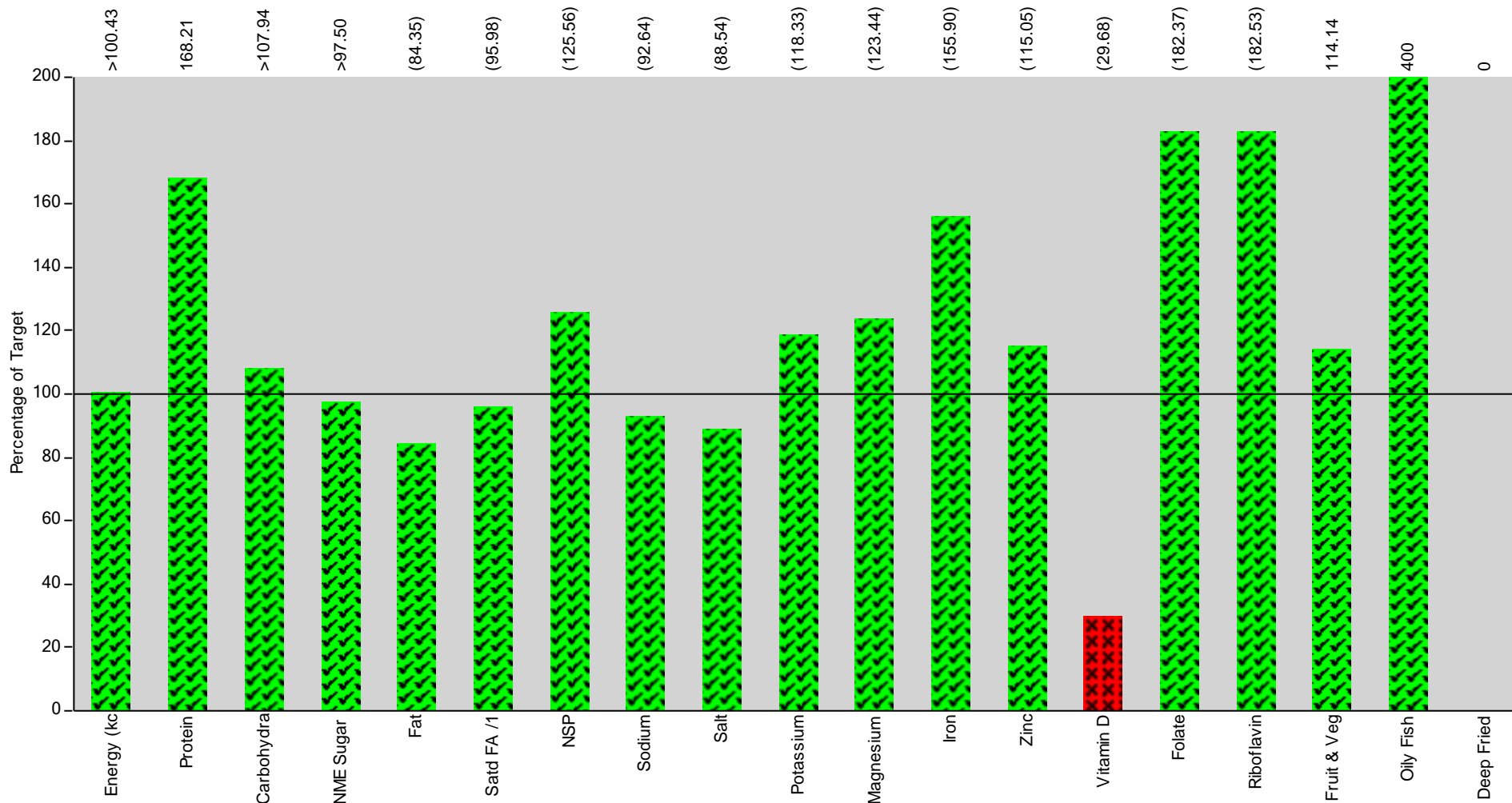
Nutrition Chart - Nutrition Plan

Nutrition Plan: WEEK 1

WEEK ONE OVER 75 MENU CYCLE

Nutrition Rule: DVR 75+

DVR TARGET OVER 75 - As a % GUIDANCE



Nutrition Chart - Nutrition Plan

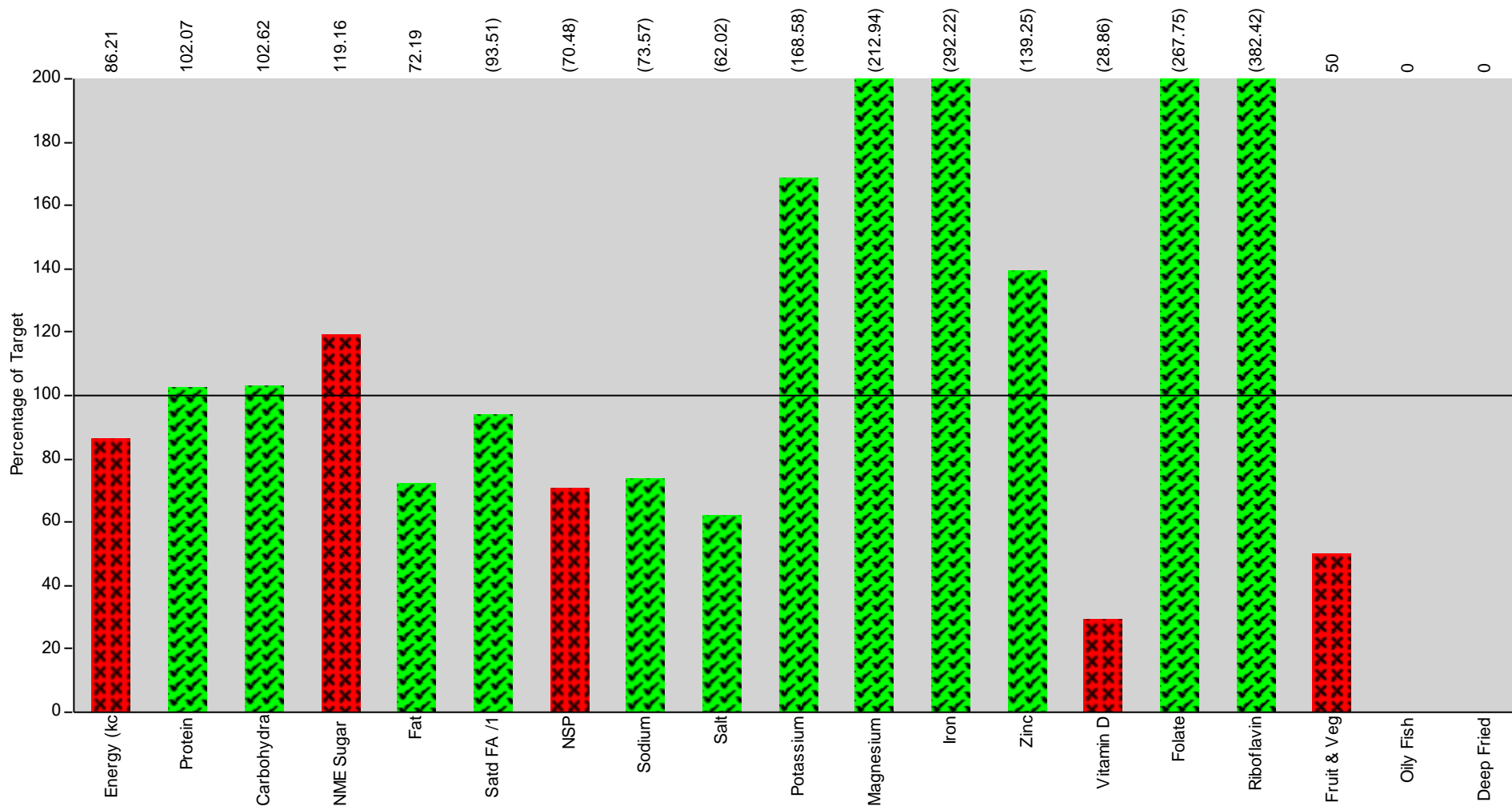
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Nutrition Plan: SM001

SNACK MEAL AVERAGE

Nutrition Rule: SN002

SNACK TARGET OVER 75 As a % GUIDANCE



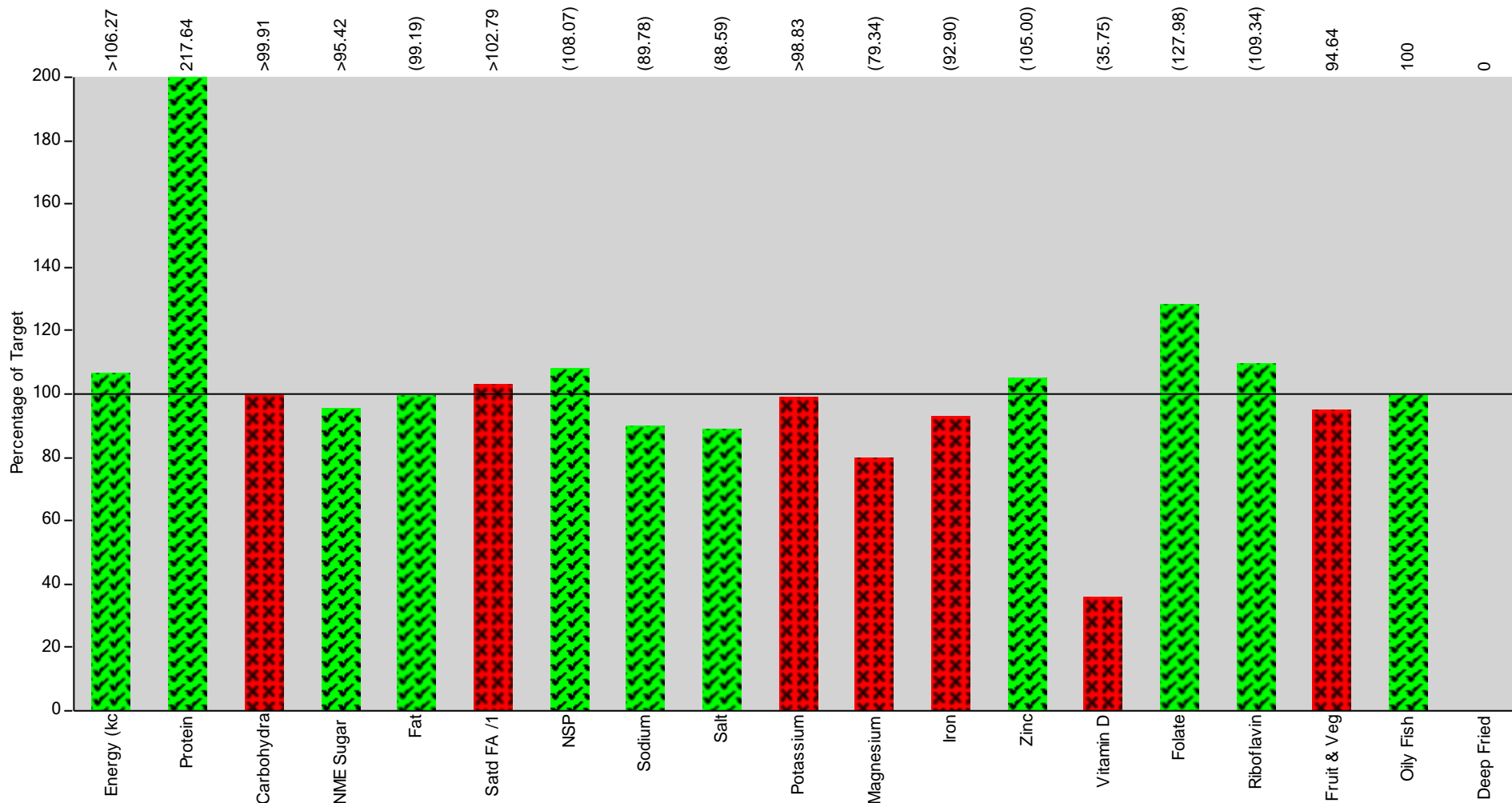
Nutrition Chart - Nutrition Plan

Nutrition Plan: LM01

LUNCH MEAL AVERAGE

Nutrition Rule: LM002

LUNCH TARGET OVER 75 As a % GUIDANCE



Nutrition Chart - Nutrition Plan

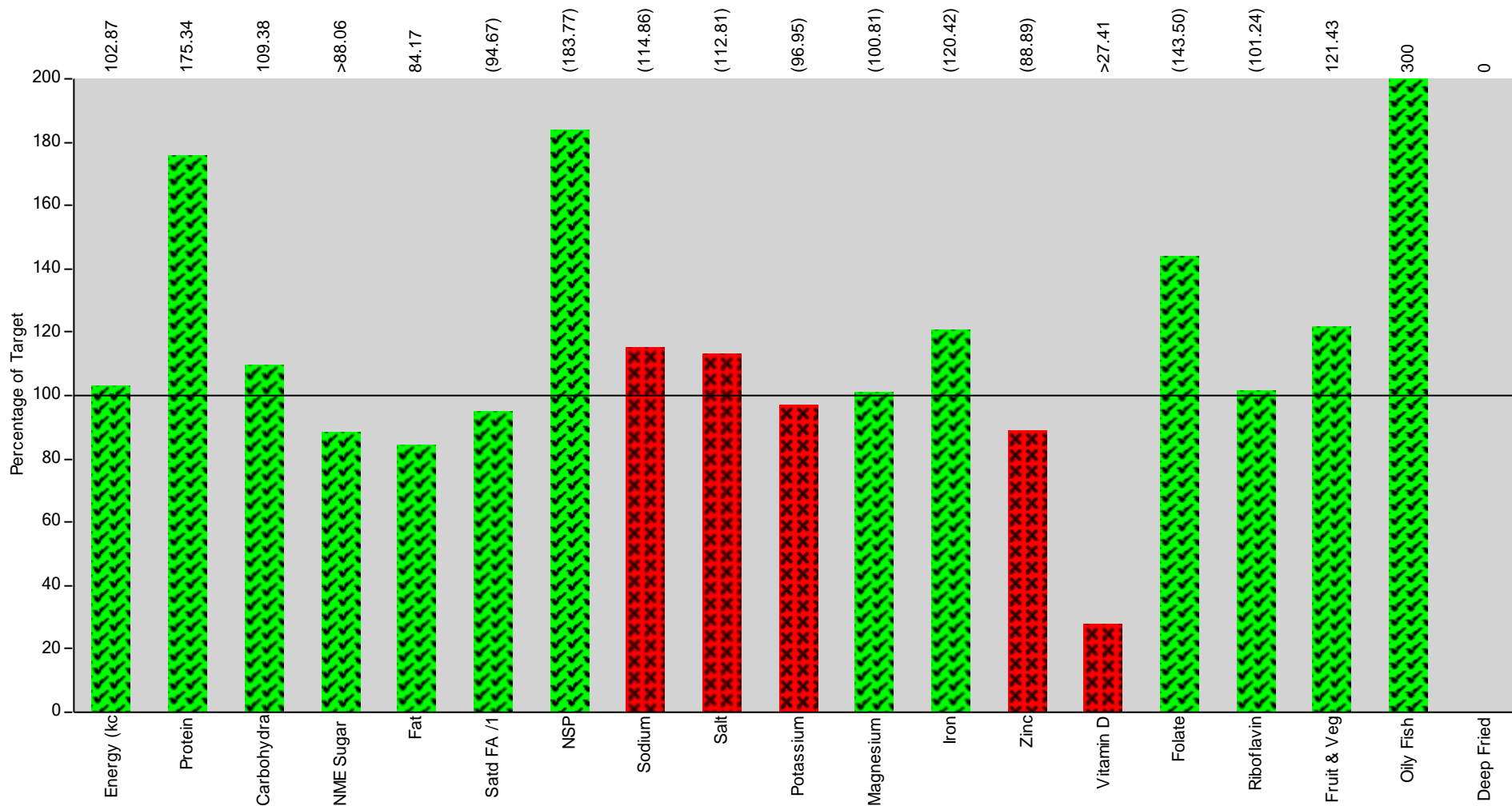
Admin

Nutrition Plan: EM01

EVENING MEAL AVERAGE

Nutrition Rule: EM002

EVENING MEAL TARGET OVER 75 As a % GUIDANCE



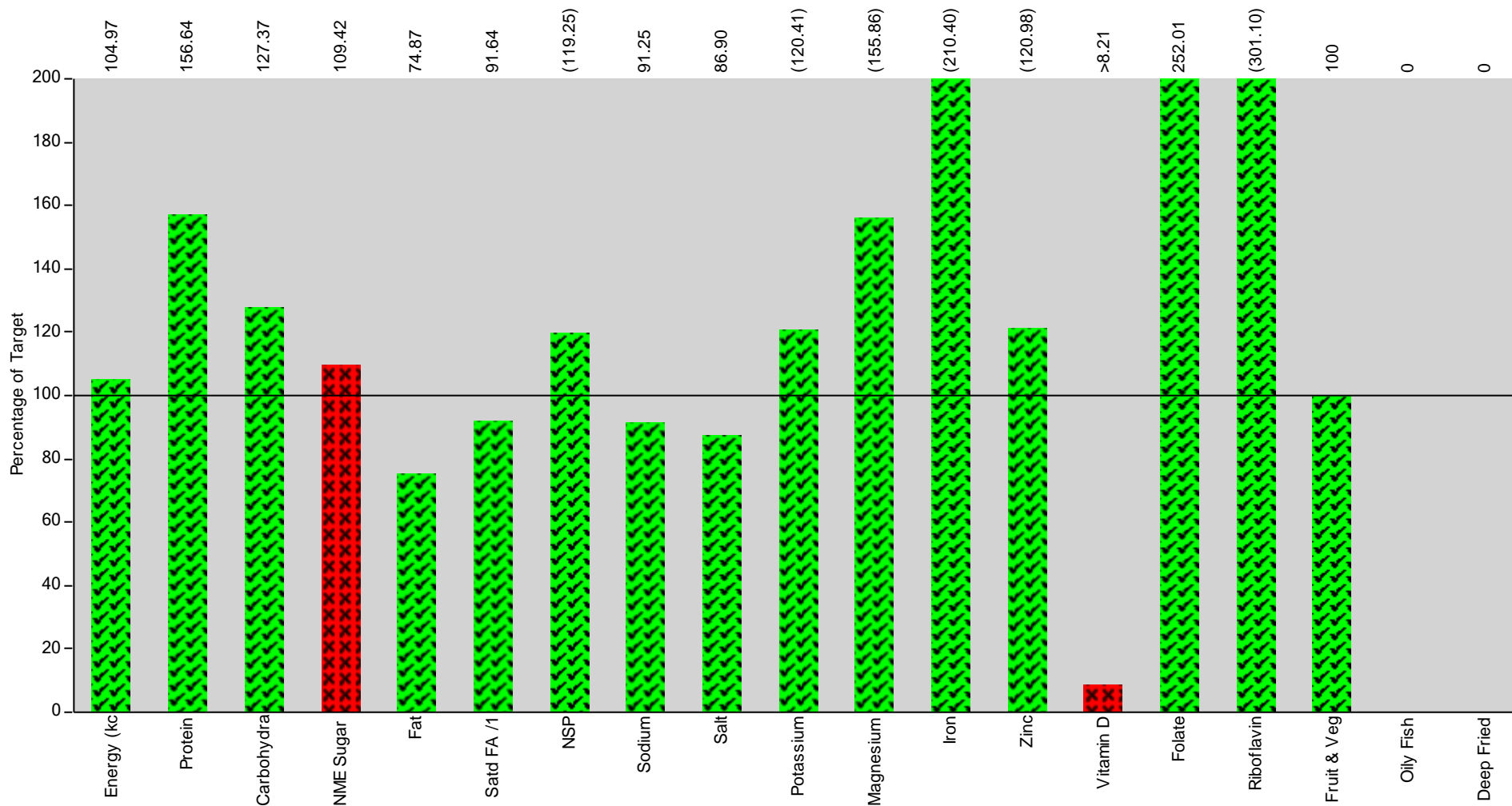
Nutrition Chart - Nutrition Plan

Nutrition Plan: BR01

Breakfast Average

Nutrition Rule: BR002

BREAKFAST TARGET OVER 75 - As a % GUIDANCE



## Nutrition Planning Summary

Admin

## Nutrition Plan: WEEK 1

## WEEK ONE OVER 75 MENU CYCLE

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
D1	DAY ONE MONDAY	1958.1	83.2	276.7	53.3	59.4	(22.4)
D2	DAY TWO TUESDAY	>1900	80.1	>289.8	>55.2	55.5	(18.2)
D3	DAY THREE WEDNESDAY	2093.2	90.3	291.1	52.8	73.2	(23)
D4	DAY FOUR THURSDAY	>1903	83.9	>260.2	>55.2	64.3	>24.6
D5	DAY FIVE FRIDAY	1967.7	84.7	272.5	42	67.5	(23.8)
D6	DAY SIX SATURDAY	2050.9	87	307	61.1	58.4	>23.4
D7	DAY SEVEN SUNDAY	1860.2	79.3	266.8	61.7	(61)	(21.9)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
D1	DAY ONE MONDAY	(26.1)	(2343.7)	(5.6)	(4102.2)	(379.6)	(15.1)
D2	DAY TWO TUESDAY	(23.6)	(2053.4)	(4.9)	(4097.6)	(368.3)	(14.3)
D3	DAY THREE WEDNESDAY	(21.9)	(2101.5)	(5)	(4435.4)	(371.7)	(13.3)
D4	DAY FOUR THURSDAY	(20.9)	(2044)	(4.8)	(4114.3)	(369)	(15.5)
D5	DAY FIVE FRIDAY	(23.5)	(2489.3)	(6)	(4201.1)	(379.5)	(13.1)
D6	DAY SIX SATURDAY	(18.4)	(2225.6)	(5.3)	(4110.8)	(374.3)	(13.2)
D7	DAY SEVEN SUNDAY	(23.8)	(1991.9)	(4.8)	(3871.9)	(343.4)	(13.5)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	FruitVeg (Ptn)	OilyFish (Ptn)
D1	DAY ONE MONDAY	(11.3)	>2.9	(367.5)	(2.5)	5.9	1
D2	DAY TWO TUESDAY	(10.6)	(2.4)	(351.3)	(2.3)	6.4	0
D3	DAY THREE WEDNESDAY	(9.8)	(6.9)	(377.5)	(2.3)	5.3	1
D4	DAY FOUR THURSDAY	(12.6)	>4.2	(354.8)	(2.6)	5.65	1
D5	DAY FIVE FRIDAY	(9.9)	(2)	(394.8)	(2.5)	5.95	1
D6	DAY SIX SATURDAY	(10.9)	>0.9	(377.1)	(2.3)	5.15	0

Nutrition Planning Summary

Admin

D7	DAY SEVEN SUNDAY	(11.3)	>1.5	(342.3)	(2.2)	5.6	0
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Menu	Description	Potato (Ptn)					
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	0.00
D3	DAY THREE WEDNESDAY	0.00
D4	DAY FOUR THURSDAY	0.00
D5	DAY FIVE FRIDAY	0.00
D6	DAY SIX SATURDAY	0.00
D7	DAY SEVEN SUNDAY	0.00
	Plan Average:	0.00

## Nutrition Planning Summary

Admin

Nutritional Guideline Type: DVR 75+

DVR STANDARD OVER 75 - As a % GUIDANCE

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	> 1961.9	1,955.00	Minimum	6.9	0.4	✓
Protein	g	84.1	50.00	Minimum	34.1	68.2	✓
Carbohydrate	g	> 280.6	260.00	Minimum	20.6	7.9	✓
Non Milk Extrinsic Sugar	g	> 54.5	57.00	Maximum	2.5	4.4	✓
Fat	g	(62.8)	76.00	Maximum	13.2	17.4	✓
Of which is saturated	g	(22.5)	24.00	Maximum	1.5	6.3	✓
NSP (Fibre)	g	(22.6)	18.00	Minimum	4.6	25.6	✓
Sodium	mg	(2178.5)	2,400.00	Maximum	221.5	9.2	✓
Salt	g	(5.2)	6.00	Maximum	0.8	13.3	✓
Potassium	mg	(4133.3)	3,500.00	Minimum	633.3	18.1	✓
Magnesium	mg	(369.4)	300.00	Minimum	69.4	23.1	✓
Iron	mg	(14)	9.00	Minimum	5.0	55.6	✓
Zinc	mg	(10.9)	9.50	Minimum	1.4	14.7	✓
Vitamin D	µg	(3)	10.00	Minimum	7.0	70.0	✗
Folate	µg	(366.5)	200.00	Minimum	166.5	83.3	✓
Riboflavin	mg	(2.4)	1.30	Minimum	1.1	84.6	✓
Fruit and Vegetables	Portion	5.71	5.00	Minimum	0.7	14.2	✓
Oily Fish	Portion	4	1.00	Minimum	3.0	300.0	✓
Deep Fried Products	Portion	0	2.00	Maximum	2.0	100.0	✓