

Final Report

Example Menus
for Adult Men
19-74 years

Prepared for The Food Standards Agency

Luci Daniels, September 2007

Contract Reference: NUB 246

Work required

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

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

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

Food based guidelines for menu planners should be followed.

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

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

Energy	2515 kcals
Protein	55g
Carbohydrate	335g
NMES	74g
Total fat	98g
Saturated fat	31g
Fibre	18g
Sodium	2800mg
Salt	7g
Potassium	3500mg
Iron	9mg
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 Adult Men 19-74 years

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

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

Target for nutrients where excess or insufficiencies are apparent

Standards & Targets – Adult Men 19-74 years

	<u>Standard</u>	<u>Target</u>	<u>Target- b'fast</u>	<u>Target-l/eve</u>	<u>Target - snacks</u>
Energy	2515 kcals	2515	503	755	503
Protein	55g	55g	11g	16.5g	11g
Carbohydrate	335g	335g	67g	100g	67g
NMES	74g	72.5g	14.8g	21.4g	14.8g
Total fat	98g	96g	19.5g	28.4g	19.5g
Saturated fat	31g	30.3g	6.2g	8.9g	6.2g
Fibre	18g	18g	3.6g	5.4g	3.6g
Sodium	2800mg	2744mg	560mg	812mg	560mg
Salt	7g	6.86g	1.4g	2.0g	1.4g
Potassium	3500mg	>3500mg	700mg	1400mg	-
Iron	9mg	>9mg	1.8mg	3.6mg	-
Riboflavin	1.3mg	>1.3mg	0.26mg	0.52mg	-

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

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

For the purpose of analysis the following criteria were used:

The snack target for micronutrients was set at 10%.

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

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

Reports – Adult Men 19-74

The following nutrient analysis data is attached:

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

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

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

Notes

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

Results and Targets – Adult Men 1974

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

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

Fruit and Vegetables

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

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

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

A vegetable –based soup is available on 5 days with a 40% make/uptake

Fresh fruit salad is also included every day at lunch, 50% make/uptake.

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

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

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

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

Oily Fish

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

Methodology & Portion Sizes

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

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

Variation to Nutrient Analysis in McCance and Widdowson

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

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

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

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

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

- FSA Food Portion Sizes publication

- From sample menus/recipes used in institutions

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

Drinks

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

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

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

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

Breakfast

Tea – 50% make/uptake

Coffee – 50% make/uptake

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

On each day 25% make/uptake of:

Fresh banana

Fresh Orange Juice

Fresh Melon

Canned grapefruit segments in natural juice

Cereals – provided for 50% of population [50% make/uptake]

20% make = weetabix [2 biscuits, 150g milk]

15% make = cornflakes [30g cornflakes, 150g milk]

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

Cornflakes and Weetabix are iron-fortified cereals, and it is assumed an approximate 35%uptake of such fortified cereals. These fortified cereals make an important contribution to daily iron intakes.

Cooked breakfast – provided daily for 55% uptake

Each cooked breakfast is served with 2 slices of toast & spread/butter – with an uptake of 80% wholemeal toast and 20% white toast, from a large loaf, medium sliced with spread – 5g per slice of toast with 50% uptake spreadable butter and 50% uptake olive oil based 60% fat spread

Additional toast – provided for 100% uptake

With 80% wholemeal toast and 20% white toast.

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

75% uptake to include 5g reduced sugar jam/preserve

25% uptake toast & butter/spread

It is assumed that some of the uptake may be toast with preserves only, and some toast & butter/spread only.

Yoghurt/Parfait:

Yoghurt – 20% uptake – 125g per portion, with 50% as low fat plain yoghurt and 50% as virtually fat free ‘diet’ fruit yoghurt

Yoghurt fruit parfait – 20% uptake – each portion contains 100g low fat plain yoghurt, 40g peaches canned in natural juice and 10g no added sugar muesli

Lunch

Soup is available daily at lunch – 40% uptake

Main Course - each lunch provides the following 3 choices:

1. Main menu item, listed first on example menu, has a make/uptake of 50%.
2. Second option dish, listed second, uptake 25%
3. Jacket potato & filling & salad, uptake 25%

For each lunch either the second option dish and /or the jacket potato filling is suitable for vegetarians

Average portion sizes = 200g roast potato – 4 small
180g mashed potato – 3 tbsp
220g boiled potato – either peeled old potatoes or
new potatoes & skins
220g ‘smashed’ new potatoes [220g boiled new
potatoes loosely mashed/smashed with 6g of olive-oil
based 60% fat spread]
200g Jacket potato
200g oven-chips
225g cooked rice
250g cooked pasta

Every lunch includes 100g vegetables or 80g salad.

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

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

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

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

Dessert – each lunch provides the following 4 choices:

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

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

2. Fresh fruit salad – 50% uptake

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

4. Ice-cream – 10% uptake

Tea – 50% uptake, Coffee – 50% uptake

Evening Meal

Main Course - each evening meal provides the following 3 choices:

1. Main menu item, listed first on example menu, has a make/uptake of 50%.
2. Second option dish, listed second, uptake 25%
3. Salad or Sandwich choice, uptake 25%.

Each sandwich is 1 ½ rounds = 3 slices of bread per serving, with 80% uptake of wholemeal bread and 20% white bread.

For each lunch either the second option dish and /or the salad/sandwich is suitable for vegetarians

Average portion sizes =

- 200g roast potato – 4 small
- 180g mashed potato – 3 tbsp
- 220g boiled potato – either peeled old potatoes or new potatoes & skins
- 220g ‘smashed’ new potatoes [220g boiled new potatoes loosely mashed/smashed with 6g of olive-oil based 60% fat spread]
- 200g Jacket Potato
- 200g oven-chips
- 225g cooked rice
- 250g cooked pasta

Every evening meal includes 100g vegetables or 80g salad, except for the sandwich choices when a smaller serving of salad vegetables are included.

Each evening meal contains 1- 2 different vegetables – assumed 50% make/uptake of each 2 choices are served

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

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

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

Dessert – each evening meal provides the following 4 choices:

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

Many of the main dessert choices include fruit.

2. Fresh fruit – 50% uptake
3. Choice of plain or 'diet' fruit yoghurt – 25% uptake
4. Ice-cream – 10% uptake

Tea – 50% uptake

Coffee – 50% uptake

Snacks

Snacks have been allocated over the day as follows:

1. Main item – listed first – 60% uptake, possibly served at afternoon tea
2. Fresh Fruit – 100% uptake
3. Yoghurt, choice plain or 'diet' fruit – 50% uptake
4. Choice crackers & low fat soft cheese/cottage cheese/cheese spread – 50% uptake
5. 2 semi-sweet biscuits – 75% uptake
6. 2 chocolate chip/Jaffa cake type biscuits – 25% uptake
7. Potato crisps – 25% uptake
8. Cereal bar – 25% uptake
9. Chocolate coated biscuit – 10% uptake
10. Assorted dried fruit & nuts – 50% uptake
11. Tea – 135% uptake
12. Coffee – 135% uptake
13. Instant Hot chocolate 'light' drink – 30% uptake

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

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

Food Issues

1. Have used a dried soup twice at lunch, chicken noodle soup and minestrone soup, adapted to meet salt target for salt intake. The use of dried soup boosted the salt intake on those days.
2. For 'hot dish', salads and sandwiches many of the traditional items [ham, sausages, cheese] are high in salt. These foods have been included and the nutrient analysis modified to meet FSA salt targets. It might be difficult to initially find products that meet the targets for salt, but over time this should become easier as work on product reformulation progresses.
3. NMES values have been modified according to NMES data available from NDNS data

Nutrient Issues

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

Breakfast – the average sodium intake at breakfast is 610mg, 109% of the target [target = 560mg]. This is due to the inclusion of a high salt cooked breakfast, served with 2-3 slices of bread with a 55% uptake on 5 days.

The All-day sodium intake is well within the daily sodium target.

Variation to Nutrient Analysis in McCance and Widdowson

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

Peeled prawns – 570mg sodium/100g

Tomato based pasta sauce – 260mg sodium/100g

Cornflakes – 700mg sodium/100g

Reduced fat sausages – 550mg sodium/100g

Salt & TNS adapted

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

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

Curry sauce

Tomato sauce

Baked beans

Tomato ketchup

Beefburger

Reduced calorie mayonnaise

Salad Cream

Vegetable chilli

Ice Cream

Vegetable Pakora/Samosa

Vegetable Lasagne

Vegetable Flan

Cottage Cheese

Cheese – half-fat Cheddar type

Mushroom Risotto – value as plain risotto

Dried soup

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

Bread, wholemeal sliced – 360mg sodium/100g

Bread, wholemeal toast – 421mg sodium/100g

Bread, white sliced – 380mg sodium /100g

Bread, white toasted – 460mg sodium/100g

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

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

Example Menu for Adult Men 19-74 years

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water
Breakfast	Fruit / Fruit Juice Cereals Scrambled Egg Yoghurt / Parfait Toast with butter / spread Preserves Tea or Coffee / Water	Fruit / Fruit Juice Cereals Baked Beans & M' room Yoghurt / Parfait Toast with butter / spread Preserves Tea or Coffee Water	Fruit / Fruit Juice Cereals Poached Egg & Tom Yoghurt / Parfait Toast with butter / spread Preserves Tea or Coffee Water	Fruit / Fruit Juice Cereals Sausage Sandwich Yoghurt / Parfait Toast with butter / spread Preserves Tea or Coffee Water	Fruit / Fruit Juice Cereals Cheese on Toast Yoghurt / Parfait Toast with butter / spread Preserves Tea or Coffee / Water	Fruit / Fruit Juice Cereals Bacon Sandwich Yoghurt / Parfait Toast with butter / spread Preserves Tea or Coffee / Water	Fruit / Fruit Juice Cereals Boiled Egg Yoghurt / Parfaits Toast with butter / spread Preserves Tea or Coffee / Water
Mid Morning Snack	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water
Lunch	Vegetable Soup Chicken Pie Tuna Pasta Bake Jacket Potato & Vege Chilli Boiled New Potatoes Carrots/Broccoli/Salad Cheesecake Fruit/Yoghurt/Ice-Cream	Tomato Soup Beef Goulash Quorn Curry & Rice Jacket Potato & Tuna Mashed Potato Cabbage/Peas/Salad Fruit Pie & Custard Fruit/Yoghurt/Ice-Cream	Minestrone Soup Roast Chicken Meat Moussaka Jacket Potato & Cheese & Fromage Frais Roast / Mashed Potato Spinach/Leeks/Salad Apple Crumble & Ice-Cream Fruit/Yoghurt	Leek & Potato Soup Pork Chop Vegetable Quiche Jacket Potato & Baked Beans & Coleslaw Smashed New Potatoes Cauliflower/Carrots/Salad Rice Pudding & Fruit Compote Fruit/Yoghurt/Ice-Cream	Chicken Noodle Soup Fried Cod Broccoli & Cheese Sauce Jacket Potato & Chicken Salad Chips /Mashed Potato Peas/ Corn /Salad Bread Pudding & Custard Fruit/Yoghurt/Ice-Cream	Carrot & Coriander Soup Lamb Casserole Vegeburger in Bun Jacket Potato & Chilli Con carne Boiled New Potatoes Leeks/Green Beans/Salad Fruit Pie & Ice-Cream Fruit / Yoghurt	Mushroom Soup Roast Beef & Y Pudd Vege Curry & Rice Jacket Potato & Ratatouille & Cheese Roast / Mashed Potato Sprouts /Carrots/Salad Plum Sponge & Custard Fruit/Yoghurt/Ice-Cream
Afternoon Tea & Nighttime Snack*	Tea / Coffee / Water & snack	Tea / Coffee / Water & snack	Tea / Coffee / Water & snack	Tea / Coffee / Water & snack	Tea / Coffee / Water & snack	Tea / Coffee / Water & snack	Tea / Coffee / Water & snack
Evening Meal	Lancashire Hot Pot Mushroom Risotto Egg&CottageCh Salad Roast Potato Green Beans/Leeks/Salad Chocolate Ginger & Apricot Mousse Fruit/Yoghurt	Grilled Salmon Cheese & Tom Pizza Ham Sandwich Smashed New Potatoes Ratatouille/Corn/Salad Trifle Fruit/Yoghurt	Beefburger in Bun Vege Shepherds Pie Prawn Salad Jacket Potato Peas/Swede/Salad Tinned Peaches & IceCream Fruit /Yoghurt	Spaghetti Bolognese Vegetable Pakora & Rice Tuna Salad Sandwich Ratatouille / Salad Black Forest Gateaux Fruit / Yoghurt	Stir Fry Turkey&Noodles Vege Lasagne Egg Sandwiches Mixed Vegetables/Salad Fruit Mousse & Flapjack FruitYoghurt	Chicken Tandoori Cottage Pie Cheese Ploughmans Rice / Mashed Potato Broccoli/ Leeks/Salad Banana Custard Fruit/Yoghurt/Ice-Cream	Grilled Sausage & Onions Pasta & Tomato Sauce Prawn Sandwiches Smashed New Potatoes Tomato/Mushroom/Salad Lemon Meringue Pie Fruit/Yoghurt/Ice-Cream
Daily Snacks	Carrot Cake Fruit/Nuts/Biscuits Yoghurt/Cereal bar Cheese & Crackers Chocolate/Crisps Beverages	Chocolate Muffin Fruit/Nuts/Biscuits Yoghurt/Cereal bar Cheese & Crackers Chocolate/Crisps Beverages	Currant Bun Fruit/Nuts/Biscuits Yoghurt/Cereal bar Cheese & Crackers Chocolate/Crisps Beverages	Toasted Tea Cake Fruit/Nuts/Biscuits Yoghurt/Cereal bar Cheese & Crackers Chocolate/Crisps Beverages	Sponge Cake Fruit/Nuts/Biscuits Yoghurt/Cereal bar Cheese & Crackers Chocolate/Crisps Beverages	Scone & Jam Fruit/Nuts/Biscuits Yoghurt/Cereal bar Cheese & Crackers Chocolate/Crisps Beverages	Chocolate Eclair Fruit/Nuts/Biscuits Yoghurt/Cereal bar Cheese & Crackers Chocolate/Crisps Beverages

Menu Cycle (7 Menus)

Admin

Nutrition Plan: AMA

Adult Men 19-74 All Day

Menu Course	Adult Men 19-74 All Day	Adult Men 19-74 All Day	Adult Men 19-74 All Day	Adult Men 19-74 All Day	Adult Men 19-74 All Day	Adult Men 19-74 All Day	Adult Men 19-74 All Day
Breakfast	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments
	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana
	Melon	Melon	Melon	Melon	Melon	Melon	Melon
	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
	Weetabix & milk	Weetabix & milk	Weetabix & milk	Weetabix & milk	Weetabix & milk	Weetabix & milk	Weetabix & milk
	Cornflakes & milk	Cornflakes & milk	Cornflakes & milk	Cornflakes & milk	Cornflakes & milk	Cornflakes & milk	Cornflakes & milk
	Muesli & milk	Muesli & milk	Muesli & milk	Muesli & milk	Muesli & milk	Muesli & milk	Muesli & milk
	Scrambled Egg	Baked beans and mushrooms - Adult men	Poached Egg & Grilled Tomato - Adult men	Sausage Sandwich - Adult men	Cheese on Toast - Adult men	Bacon & Tomato Sandwich - Adult men	Boiled egg
	Toast & butter/spread	Toast & butter/spread	Toast & butter/spread	Toast & butter/spread	Toast & butter/spread	Toast & butter/spread	Toast & butter/spread
	Toast & butter/spread & reduced sugar jam	Toast & butter/spread & reduced sugar jam	Toast & butter/spread & reduced sugar jam	Toast & butter/spread & reduced sugar jam	Toast & butter/spread & reduced sugar jam	Toast & butter/spread & reduced sugar jam	Toast & butter/spread & reduced sugar jam
	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait
	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit
	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
	Coffee & milk	Coffee & milk	Coffee & milk	Coffee & milk	Coffee & milk	Coffee & milk	Coffee & milk
Lunch Meal	Vegetable Soup	Tomato Soup	Minestrone Soup	Leek and Potato Soup	Chicken Noodle Soup - Adult men	Carrot & Corriander Soup	Mushroom Soup
	Chicken Pie Meal - Adult men	Beef Goulash Meal - Adult men	Roast Chicken Meal - Adult men	Pork Chop Meal - Adult men	Fried Cod Meal - Adult men	Lamb Casserole Meal - Adult men	Roast Beef Meal - Adult men
	Tuna Pasta Bake Meal - Adult men	Quorn Curry & Rice - Adult men	Meat Moussaka Meal - Adult men	Vegetable Quiche Meal - Adult men	Broccoli & Cheese Sauce Meal - Adult men	Vegeburger in bun Meal - Adult men	Vegetable Curry & Rice Meal - Adult men
	Jacket Potato & Vegetable Chilli	Jacket Potato, Tuna & Coleslaw Meal	Jacket Potato Cheese & Fromage Frais - Adult men	Jacket Potato Baked Beans & Coleslaw - Adult men	Jacket Potato & Chicken Salad - Adult men	Jacket Potato & Beef Chilli Meal	Jacket Potato Ratatouille and Cheese - Adult men
	Cheesecake - Adult men	Fruit Pie and Custard	Apple Crumble &	Rice Pudding &		Fruit Pie & Ice-Cream - Adult men	Plum Sponge &

Menu Cycle (7 Menus)

Admin

	Fresh Fruit Salad yoghurt - natural/fruit Ice Cream Tea with milk Coffee & milk	Fresh Fruit Salad yoghurt - natural/fruit Ice Cream Tea with milk Coffee & milk	Ice-Cream - Adult men Fresh Fruit Salad yoghurt - natural/fruit Ice Cream Tea with milk Coffee & milk	Compote - Adult men Fresh Fruit Salad yoghurt - natural/fruit Ice Cream Tea with milk Coffee & milk	Bread Pudding with Custard - Adult men Fresh Fruit Salad yoghurt - natural/fruit Ice Cream Tea with milk Coffee & milk	Fresh Fruit Salad yoghurt - natural/fruit Ice Cream Tea with milk Coffee & milk	Custard Fresh Fruit Salad yoghurt - natural/fruit Ice Cream Tea with milk Coffee & milk
Snack Meal	carrot cake Fresh Fruit Portion yoghurt - natural/fruit Cheese & Cracker Snack Semi -sweet biscuits Chocolate Chip Cookies/Jaffa Cakes Potato Crisps - less salt, SFA Cereal Bar Chocolate biscuit Assorted Nuts & Dried Fruit Tea with milk Coffee & milk Hot Chocolate 'Light'	chocolate chip muffin Fresh Fruit Portion yoghurt - natural/fruit Cheese & Cracker Snack Semi -sweet biscuits Chocolate Chip Cookies/Jaffa Cakes Potato Crisps - less salt, SFA Cereal Bar Chocolate biscuit Assorted Nuts & Dried Fruit Tea with milk Coffee & milk Hot Chocolate 'Light'	Currant Bun Fresh Fruit Portion yoghurt - natural/fruit Cheese & Cracker Snack Semi -sweet biscuits Chocolate Chip Cookies/Jaffa Cakes Potato Crisps - less salt, SFA Cereal Bar Chocolate biscuit Assorted Nuts & Dried Fruit Tea with milk Coffee & milk Hot Chocolate 'Light'	Toasted Tea Cake Fresh Fruit Portion yoghurt - natural/fruit Cheese & Cracker Snack Semi -sweet biscuits Chocolate Chip Cookies/Jaffa Cakes Potato Crisps - less salt, SFA Cereal Bar Chocolate biscuit Assorted Nuts & Dried Fruit Tea with milk Coffee & milk Hot Chocolate 'Light'	Sponge Cake & Jam Fresh Fruit Portion yoghurt - natural/fruit Cheese & Cracker Snack Semi -sweet biscuits Chocolate Chip Cookies/Jaffa Cakes Potato Crisps - less salt, SFA Cereal Bar Chocolate biscuit Assorted Nuts & Dried Fruit Tea with milk Coffee & milk Hot Chocolate 'Light'	Scone & Jam Fresh Fruit Portion yoghurt - natural/fruit Cheese & Cracker Snack Semi -sweet biscuits Chocolate Chip Cookies/Jaffa Cakes Potato Crisps - less salt, SFA Cereal Bar Chocolate biscuit Assorted Nuts & Dried Fruit Tea with milk Coffee & milk Hot Chocolate 'Light'	Eclairs Fresh Fruit Portion yoghurt - natural/fruit Cheese & Cracker Snack Semi -sweet biscuits Chocolate Chip Cookies/Jaffa Cakes Potato Crisps - less salt, SFA Cereal Bar Chocolate biscuit Assorted Nuts & Dried Fruit Tea with milk Coffee & milk Hot Chocolate 'Light'
Evening Meal	Lancashire Hot Pot Meal - Adult men Mushroom Risotto Meal - Adult men	Grilled Salmon Meal - Adult men Cheese and Tomato Pizza Meal - Adult men	Beefburger in bun meal - Adult men Vegetarian Shepherds Pie Meal - Adult men	Spaghetti Bolognese Meal - Adult men Vegetable Pakora & Salad Meal	Stir Fry Turkey & Noodles - Adult men Vegetarian Lasagne - Adult men	Tandoori Chicken Meal - Adult men Cottage Pie Meal - Adult men	Sausage and Onion Meal - Adult men Pasta and Tomato Sauce - Adult men

Menu Cycle (7 Menus)

Admin

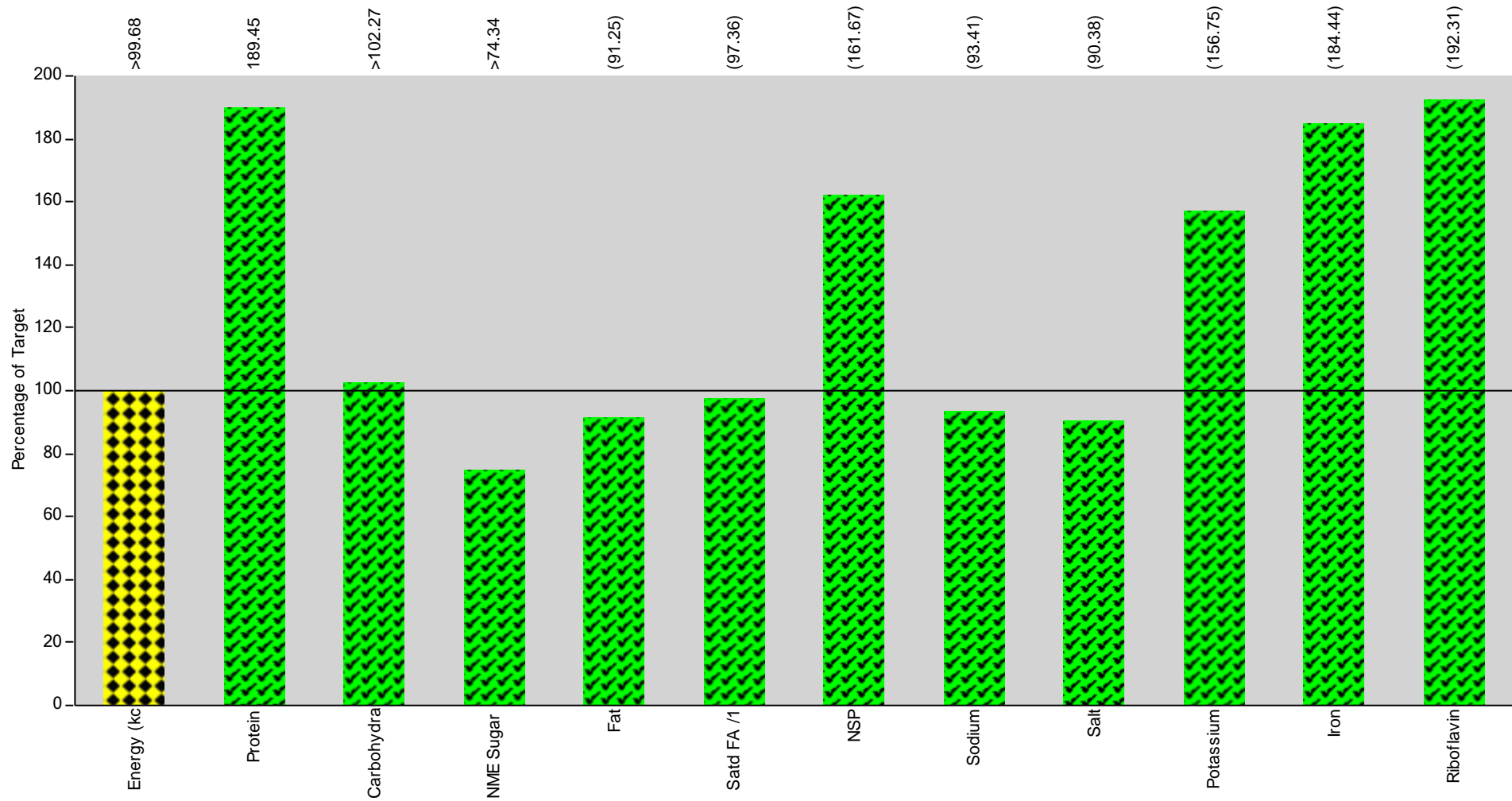
Egg and Cottage Cheese Salad - Adult men	Ham Sandwich - Adult men	Prawn Salad Meal - Adult men	Tuna Salad Sandwich - Adult men	Egg Mayonnaise Sandwich - Adult men	Cheese Ploughmans & salad - Adult men	Prawn Sandwiches - Adult men
Chocolate Ginger & Apricot Dessert	Trifle	Tinned Peaches and Ice-cream	Black Forest Gateaux - Adult men	Fruit Mousse & Flapjack	Banana Custard	Lemon Meringue Pie - Adult men
Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion
yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit
Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream
Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk
Coffee & milk	Coffee & milk	Coffee & milk	Coffee & milk	Coffee & milk	Coffee & milk	Coffee & milk

Nutrition Chart - Nutrition Plan

Admin

Nutrition Plan: AMA Adult Men 19-74 All DAy

Nutrition Rule: AM Adult Men 19-74 All Day



Nutrition Planning Summary

Admin

Nutrition Plan: AMA

Adult Men 19-74 All DAY

Menu	Description	Energy (kc (kcal))	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
AMAM	Adult Men 19-74 All Day Monday	>2567.0	90.5	>349.8	>56.8	97.8	(35.7)
AMAT	Adult Men 19-74 All Day Tuesday	>2593.0	112.3	>348.0	>68.5	92.8	(32.5)
AMAW	Adult Men 19-74 All Day Wednesd	2449.7	102.4	340.5	47.4	(78.8)	(28.2)
AMATh	Adult Men 19-74 All Day Thursday	2436.3	106.2	340.0	50.1	77.3	(25.9)
AMAF	Adult Men 19-74 All Day Friday	2561.8	110.3	341.2	59.3	93.5	(26.2)
AMASa	Adult Men 19-74 All Day Saturday	>2470.4	107.6	>341.7	>41.6	83.1	(28.3)
AMASu	Adult Men 19-74 All Day Sunday	2470.0	99.9	336.7	53.3	(89.9)	(29.5)
Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
AMAM	Adult Men 19-74 All Day Monday	(29.8)	(2481.3)	(6.0)	(5756.6)	(437.5)	(16.8)
AMAT	Adult Men 19-74 All Day Tuesday	(33.3)	(2513.1)	(6.1)	(5785.3)	(499.7)	(17.6)
AMAW	Adult Men 19-74 All Day Wednesd	(28.6)	(2613.4)	(6.2)	(5836.7)	(492.3)	(15.6)
AMATh	Adult Men 19-74 All Day Thursday	(30.6)	(2383.2)	(5.7)	(5379.7)	(480.8)	(18.8)
AMAF	Adult Men 19-74 All Day Friday	(24.0)	(2724.4)	(6.5)	(4921.0)	(470.9)	(14.3)
AMASa	Adult Men 19-74 All Day Saturday	(29.6)	(2649.4)	(6.4)	(5311.0)	(478.0)	(16.0)
AMASu	Adult Men 19-74 All Day Sunday	(27.8)	(2578.7)	(6.3)	(5412.0)	(450.1)	(16.9)
Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
AMAM	Adult Men 19-74 All Day Monday	(11.5)	>2.6	(407.6)	(2.4)	0	0
AMAT	Adult Men 19-74 All Day Tuesday	(16.0)	>6.1	(420.6)	(2.5)	0	0
AMAW	Adult Men 19-74 All Day Wednesd	(12.3)	(2.5)	(425.1)	(2.4)	0	0
AMATh	Adult Men 19-74 All Day Thursday	(13.8)	>1.9	(367.1)	(2.4)	0	0
AMAF	Adult Men 19-74 All Day Friday	(11.6)	>1.8	(391.5)	(2.8)	0	0
AMASa	Adult Men 19-74 All Day Saturday	(15.3)	(1.7)	(418.5)	(2.4)	0	0

Nutrition Planning Summary

Admin

AMASu	Adult Men 19-74 All Day Sunday	(13.6)	(1.8)	(393.4)	(2.8)	0	0
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Menu	Description	OilyFish (Menu)					
AMAM	Adult Men 19-74 All Day Monday	0	0	0	0	0	0
AMAT	Adult Men 19-74 All Day Tuesday	0	0	0	0	0	0
AMAW	Adult Men 19-74 All Day Wednesd	0	0	0	0	0	0
AMATh	Adult Men 19-74 All Day Thursday	0	0	0	0	0	0
AMAF	Adult Men 19-74 All Day Friday	0	0	0	0	0	0
AMASa	Adult Men 19-74 All Day Saturday	0	0	0	0	0	0
AMASu	Adult Men 19-74 All Day Sunday	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
AMAM	Adult Men 19-74 All Day Monday	0.00
AMAT	Adult Men 19-74 All Day Tuesday	0.00
AMAW	Adult Men 19-74 All Day Wednesday	0.00
AMATh	Adult Men 19-74 All Day Thursday	0.00
AMAF	Adult Men 19-74 All Day Friday	0.00
AMASa	Adult Men 19-74 All Day Saturday	0.00
AMASu	Adult Men 19-74 All Day Sunday	0.00
	Plan Average:	0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: AM

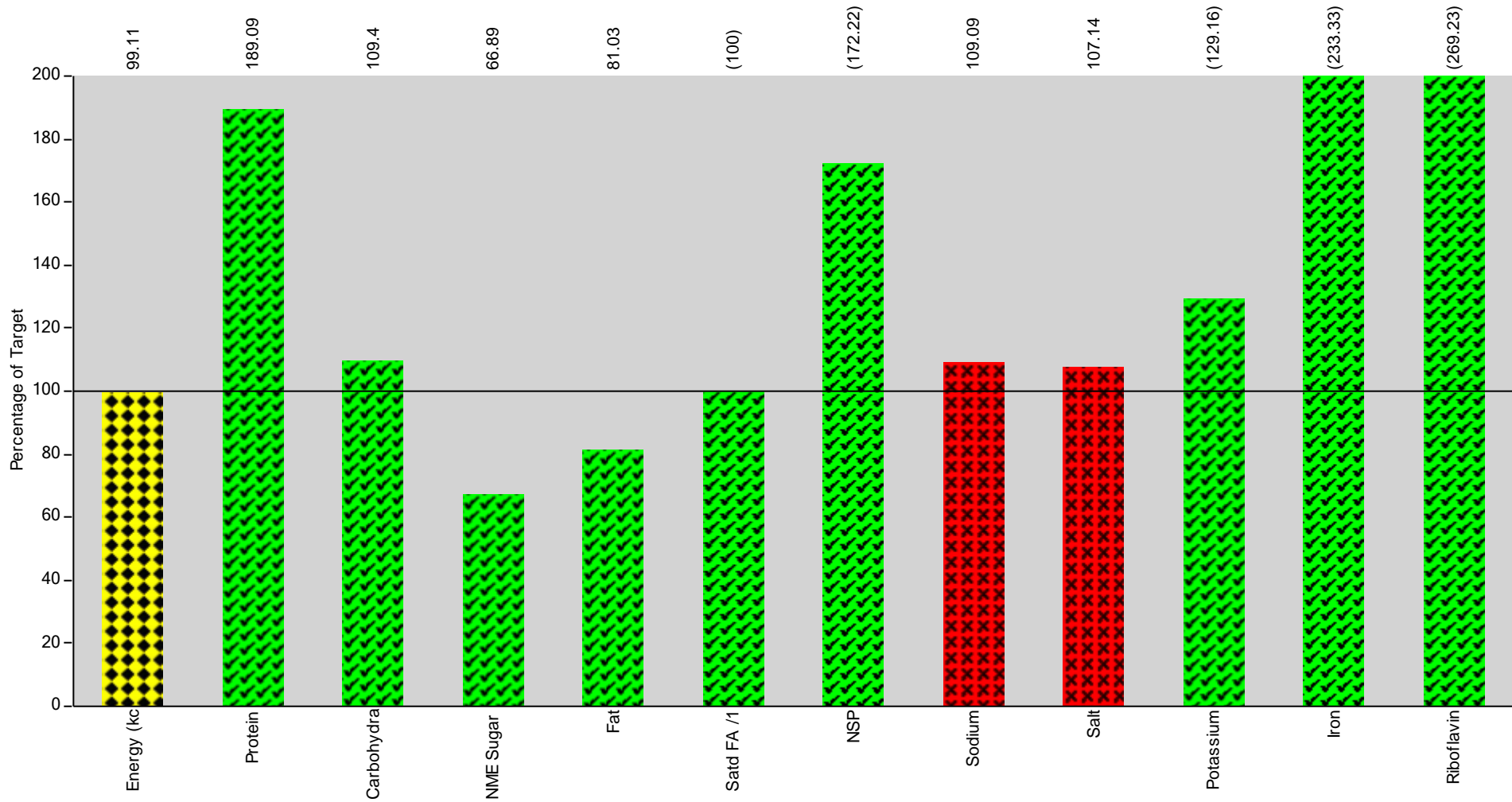
Adult Men 19-74 All Day

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	>2506.9	2,515.00	Target	8.1	0.3	◆
Protein	g	104.2	55.00	Minimum	49.2	89.5	✓
Carbohydrate	g	>342.6	335.00	Minimum	7.6	2.3	✓
Non Milk Extrinsic Suga	g	>53.9	72.50	Maximum	18.6	25.7	✓
Fat	g	(87.6)	96.00	Maximum	8.4	8.8	✓
Of which is saturated	g	(29.5)	30.30	Maximum	0.8	2.6	✓
NSP (Fibre)	g	(29.1)	18.00	Minimum	11.1	61.7	✓
Sodium	mg	(2563.3)	2,744.00	Maximum	180.7	6.6	✓
Salt	g	(6.2)	6.86	Maximum	0.7	9.6	✓
Potassium	mg	(5486.1)	3,500.00	Minimum	1,986.1	56.7	✓
Magnesium	mg	(472.7)	-	---	-	-	
Iron	mg	(16.6)	9.00	Minimum	7.6	84.4	✓
Zinc	mg	(13.5)	-	---	-	-	
Vitamin D	µg	(2.6)	-	---	-	-	
Folate	µg	(403.4)	-	---	-	-	
Riboflavin	mg	(2.5)	1.30	Minimum	1.2	92.3	✓
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	

Nutrition Chart - Nutrition Plan

Nutrition Plan: AMB Adult men 19-74 Breakfast

Nutrition Rule: AMB Adults Men 19-74 Breakfast



Nutrition Planning Summary

Admin

Nutrition Plan: AMB

Adult men 19-74 Breakfast

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
AMB6	Adult Men 19-74 Breakfast Saturd	523.7	22.2	73.1	10.4	18.0	(6.9)
AMB3	Adult Men 19-74 Breakfast Wedne	489.8	19.7	71.6	8.9	16.0	(6.2)
AMB2	Adult Men Breakfast Tuesday	530.9	20.4	83.1	13.8	15.4	(5.3)
AMB5	Adult Men 19-74 Breakfast Friday	478.9	24.8	70.4	8.8	13.0	(6.1)
AMB1	Adult Men 19-74 Breakfast Monda	524.7	19.4	70.7	8.9	20.4	(8.7)
AMB4	Adult Men 19-74 Breakfast Thursd	458.3	19.4	73.8	9.6	11.7	(4.4)
AMB7	Adult Men 19-74 Breakfast Sunda	483.6	19.5	70.5	8.9	15.9	(5.9)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
AMB6	Adult Men 19-74 Breakfast Saturd	(5.9)	794.6	2.0	(983.8)	(109.4)	(4.1)
AMB3	Adult Men 19-74 Breakfast Wedne	(6.0)	511.6	1.3	(915.9)	(106.4)	(4.5)
AMB2	Adult Men Breakfast Tuesday	(8.8)	715.0	1.8	(1091.7)	(128.6)	(5.0)
AMB5	Adult Men 19-74 Breakfast Friday	(5.6)	624.0	1.5	(819.1)	(111.0)	(3.7)
AMB1	Adult Men 19-74 Breakfast Monda	(5.6)	540.2	1.3	(834.4)	(104.3)	(4.2)
AMB4	Adult Men 19-74 Breakfast Thursd	(5.9)	582.0	1.4	(856.0)	(105.0)	(4.0)
AMB7	Adult Men 19-74 Breakfast Sunda	(5.6)	508.6	1.3	(827.8)	(103.9)	(4.2)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
AMB6	Adult Men 19-74 Breakfast Saturd	(2.8)	>0.2	>91.4	(0.7)	0	0
AMB3	Adult Men 19-74 Breakfast Wedne	(2.6)	>0.6	>104.0	(0.7)	0	0
AMB2	Adult Men Breakfast Tuesday	(2.7)	>0.0	>102.6	(0.7)	0	0
AMB5	Adult Men 19-74 Breakfast Friday	(3.0)	>0.1	>98.4	(0.8)	0	0
AMB1	Adult Men 19-74 Breakfast Monda	(2.6)	>0.6	>92.8	(0.7)	0	0
AMB4	Adult Men 19-74 Breakfast Thursd	(2.6)	>0.0	>90.4	(0.7)	0	0

Nutrition Planning Summary

Admin

AMB7	Adult Men 19-74 Breakfast Sunda	(2.6)	>0.6	>94.5	(0.7)	0	0
Menu	Description	OilyFish (Menu)					
AMB6	Adult Men 19-74 Breakfast Saturd	0	0	0	0	0	0
AMB3	Adult Men 19-74 Breakfast Wedne	0	0	0	0	0	0
AMB2	Adult Men Breakfast Tuesday	0	0	0	0	0	0
AMB5	Adult Men 19-74 Breakfast Friday	0	0	0	0	0	0
AMB1	Adult Men 19-74 Breakfast Monda	0	0	0	0	0	0
AMB4	Adult Men 19-74 Breakfast Thursd	0	0	0	0	0	0
AMB7	Adult Men 19-74 Breakfast Sunda	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
AMB6	Adult Men 19-74 Breakfast Saturday	0.00
AMB3	Adult Men 19-74 Breakfast Wednesday	0.00
AMB2	Adult Men Breakfast Tuesday	0.00
AMB5	Adult Men 19-74 Breakfast Friday	0.00
AMB1	Adult Men 19-74 Breakfast Monday	0.00
AMB4	Adult Men 19-74 Breakfast Thursday	0.00
AMB7	Adult Men 19-74 Breakfast Sunday	0.00
	Plan Average:	0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: AMB

Adults Men 19-74 Breakfast

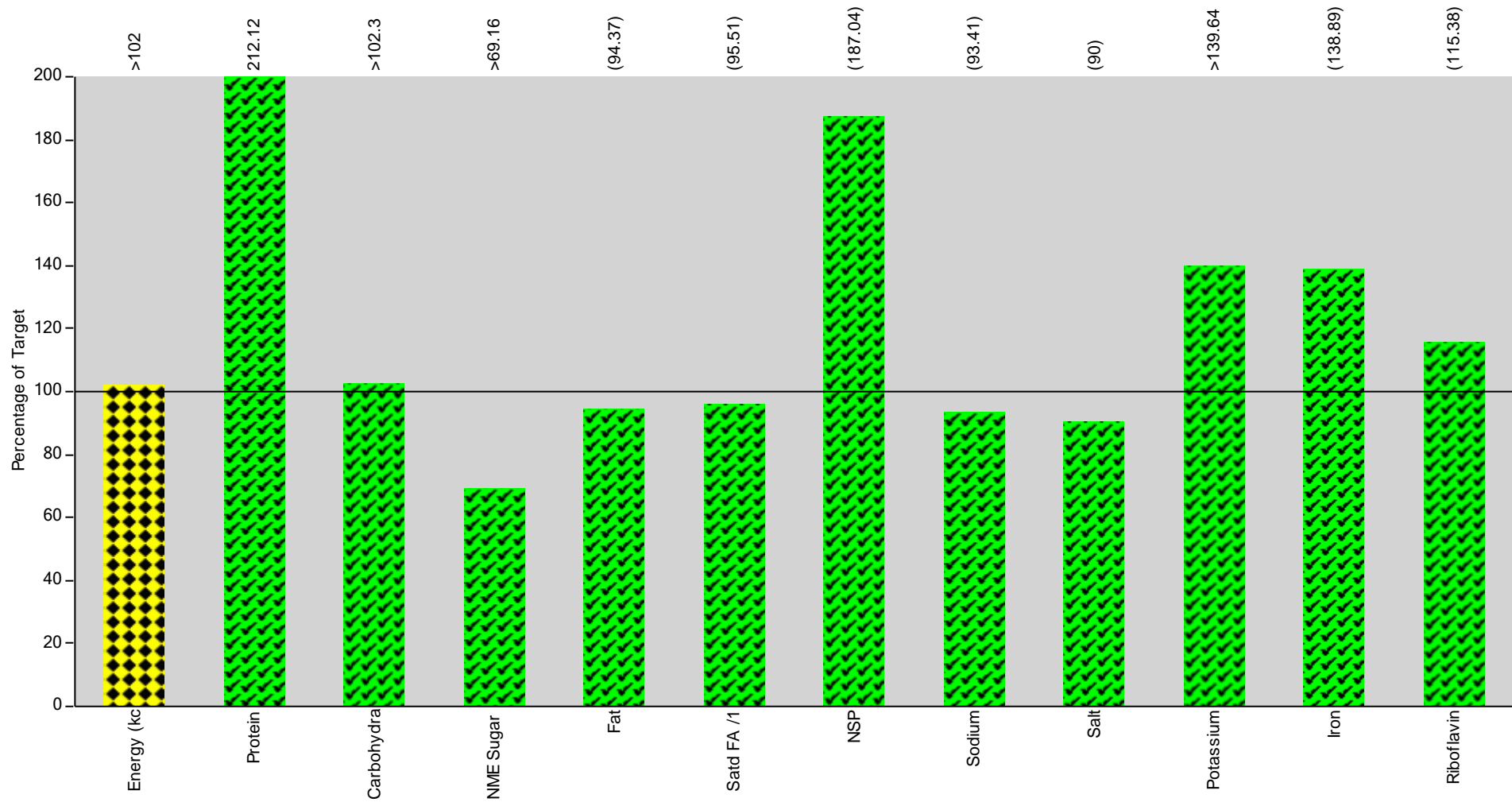
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	498.5	503.00	Target	4.5	0.9	◆
Protein	g	20.8	11.00	Minimum	9.8	89.1	✓
Carbohydrate	g	73.3	67.00	Minimum	6.3	9.4	✓
Non Milk Extrinsic Suga	g	9.9	14.80	Maximum	4.9	33.1	✓
Fat	g	15.8	19.50	Maximum	3.7	19.0	✓
Of which is saturated	g	(6.2)	6.20	Maximum	0.0	0.0	✓
NSP (Fibre)	g	(6.2)	3.60	Minimum	2.6	72.2	✓
Sodium	mg	610.9	560.00	Maximum	50.9	9.1	✗
Salt	g	1.5	1.40	Maximum	0.1	7.1	✗
Potassium	mg	(904.1)	700.00	Minimum	204.1	29.2	✓
Magnesium	mg	(109.8)	-	---	-	-	
Iron	mg	(4.2)	1.80	Minimum	2.4	133.3	✓
Zinc	mg	(2.7)	-	---	-	-	
Vitamin D	µg	>0.3	-	---	-	-	
Folate	µg	>96.3	-	---	-	-	
Riboflavin	mg	(0.7)	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: AML Adult Men 19-74 Lunch

Nutrition Rule: AMLE Adult Men 19-74 Lunch/Evening Meal



Nutrition Planning Summary

Admin

Nutrition Plan: AML

Adult Men 19-74 Lunch

Menu	Description	Energy (kc (kcal))	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
AML1	Adult Men 19-74 Lunch Monday	>742.0	26.8	>102.4	>15.6	30.1	(12.4)
AML2	Adult Men 19-74 Lunch Tuesday	>802.7	41.3	>103.3	>15.7	27.3	(8.9)
AML3	Adult Men 19-74 Lunch Wenesday	765.3	36.0	97.3	14.0	(27.2)	(8.8)
AML4	Adult Men 19-74 Lunch Thursday	716.5	38.6	97.9	13.6	18.6	(5.7)
AML5	Adult Men 19-74 Lunch Friday	826.2	32.8	115.2	17.6	29.3	(7.4)
AML6	Adult Men 19-74 Lunch Saturday	718.3	31.8	96.0	12.1	24.2	(7.2)
AML7	Adult Men 19-74 Lunch Sunday	819.5	37.5	103.9	14.8	(31.1)	(9.0)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
AML1	Adult Men 19-74 Lunch Monday	>10.4	(840.4)	(2.1)	>1748.5	>107.0	5.3
AML2	Adult Men 19-74 Lunch Tuesday	>11.5	(736.9)	(1.8)	>2018.3	(152.8)	(5.8)
AML3	Adult Men 19-74 Lunch Wenesday	(9.1)	819.2	2.0	>2021.8	(166.2)	(4.1)
AML4	Adult Men 19-74 Lunch Thursday	>10.3	618.0	1.5	>2204.8	>135.4	5.9
AML5	Adult Men 19-74 Lunch Friday	>8.7	(888.8)	(2.1)	>1875.6	>125.2	>3.8
AML6	Adult Men 19-74 Lunch Saturday	(12.2)	538.3	1.3	>1840.0	>116.9	5.2
AML7	Adult Men 19-74 Lunch Sunday	(8.6)	868.2	2.1	>1975.4	(128.0)	(5.1)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
AML1	Adult Men 19-74 Lunch Monday	>2.7	>0.9	>134.2	>0.5	0	0
AML2	Adult Men 19-74 Lunch Tuesday	(8.4)	>1.3	>164.8	>0.7	0	0
AML3	Adult Men 19-74 Lunch Wenesday	(3.1)	(0.9)	(149.1)	(0.6)	0	0
AML4	Adult Men 19-74 Lunch Thursday	>4.4	>0.8	>133.6	>0.7	0	0
AML5	Adult Men 19-74 Lunch Friday	>3.0	>0.3	>154.5	>0.6	0	0
AML6	Adult Men 19-74 Lunch Saturday	>5.5	>0.6	>167.8	>0.5	0	0

Nutrition Planning Summary

Admin

AML7	Adult Men 19-74 Lunch Sunday	(5.7)	(1.1)	>145.8	>0.8	0	0
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Menu	Description	OilyFish (Menu)					
AML1	Adult Men 19-74 Lunch Monday	0	0	0	0	0	0
AML2	Adult Men 19-74 Lunch Tuesday	0	0	0	0	0	0
AML3	Adult Men 19-74 Lunch Wenesday	0	0	0	0	0	0
AML4	Adult Men 19-74 Lunch Thursday	0	0	0	0	0	0
AML5	Adult Men 19-74 Lunch Friday	0	0	0	0	0	0
AML6	Adult Men 19-74 Lunch Saturday	0	0	0	0	0	0
AML7	Adult Men 19-74 Lunch Sunday	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
AML1	Adult Men 19-74 Lunch Monday	0.00
AML2	Adult Men 19-74 Lunch Tuesday	0.00
AML3	Adult Men 19-74 Lunch Wenesday	0.00
AML4	Adult Men 19-74 Lunch Thursday	0.00
AML5	Adult Men 19-74 Lunch Friday	0.00
AML6	Adult Men 19-74 Lunch Saturday	0.00
AML7	Adult Men 19-74 Lunch Sunday	0.00
	Plan Average:	0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: AMLE Adult Men 19-74 Lunch/Evening Meal

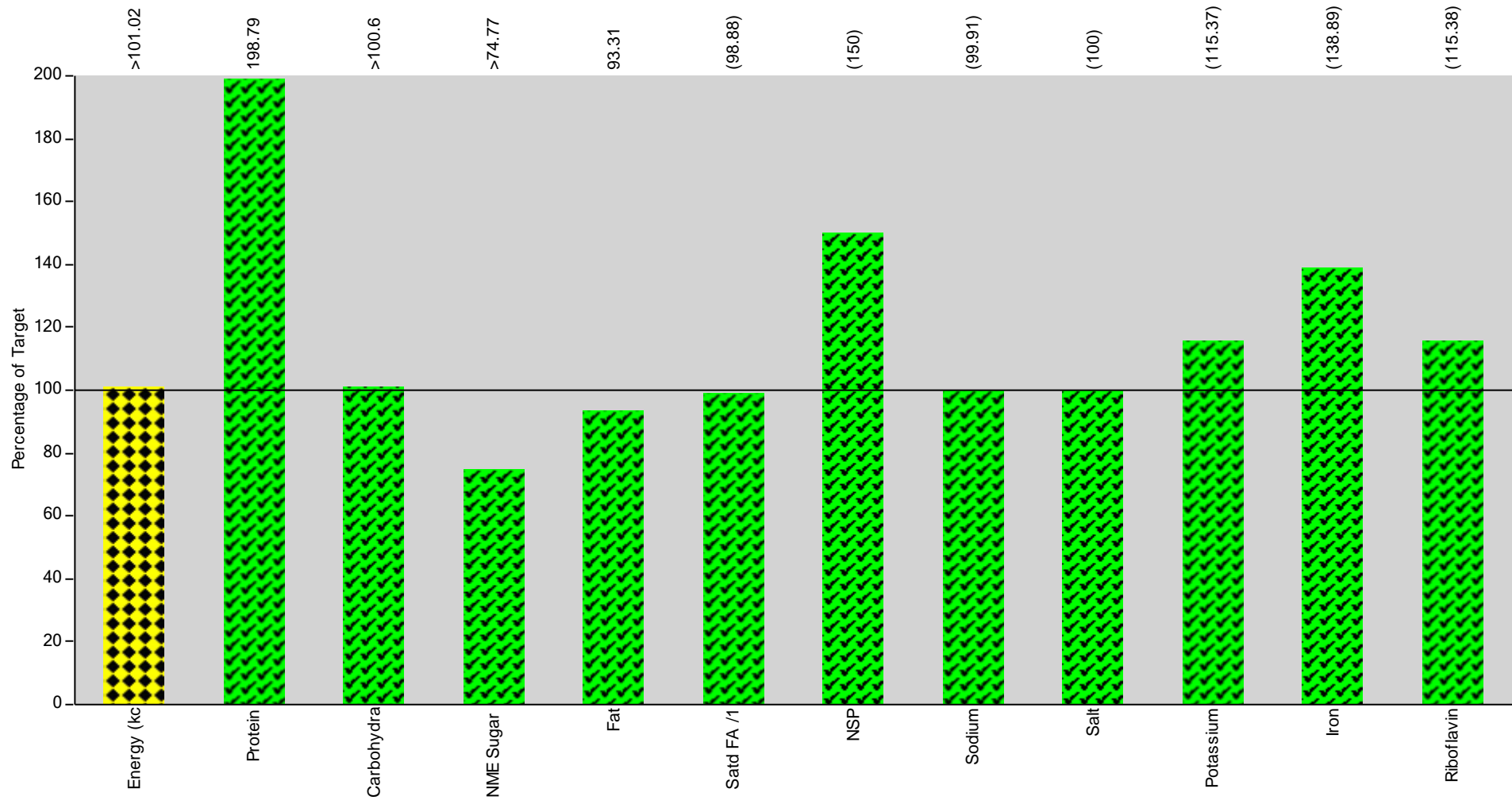
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	>770.1	755.00	Target	15.1	2.0	◆
Protein	g	35.0	16.50	Minimum	18.5	112.1	✓
Carbohydrate	g	>102.3	100.00	Minimum	2.3	2.3	✓
Non Milk Extrinsic Suga	g	>14.8	21.40	Maximum	6.6	30.8	✓
Fat	g	(26.8)	28.40	Maximum	1.6	5.6	✓
Of which is saturated	g	(8.5)	8.90	Maximum	0.4	4.5	✓
NSP (Fibre)	g	(10.1)	5.40	Minimum	4.7	87.0	✓
Sodium	mg	(758.5)	812.00	Maximum	53.5	6.6	✓
Salt	g	(1.8)	2.00	Maximum	0.2	10.0	✓
Potassium	mg	>1954.9	1,400.00	Minimum	554.9	39.6	✓
Magnesium	mg	(133.1)	-	---	-	-	
Iron	mg	(5.0)	3.60	Minimum	1.4	38.9	✓
Zinc	mg	(4.7)	-	---	-	-	
Vitamin D	µg	(0.8)	-	---	-	-	
Folate	µg	(150.0)	-	---	-	-	
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: AME Adult Men 19-74 Evening Meal

Nutrition Rule: AMLE Adult Men 19-74 Lunch/Evening Meal



Nutrition Planning Summary

Admin

Nutrition Plan: AME Adult Men 19-74 Evening Meal

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
AME1	Adult Men 19-74 Evening Meal Mc	826.0	29.5	112.0	16.4	28.1	(8.9)
AME2	Adult Men 19-74 Evening Meal Tu	775.2	35.0	93.1	22.5	31.6	(11.1)
AME3	Adult Men 19-74 Evening Meal Wε	704.7	30.3	99.9	12.2	18.2	(7.2)
AME4	Adult Men 19-74 Evening Meal Th	782.5	31.7	100.8	13.5	28.2	(10.2)
AME5	Adult Men 19-74 Evening Meal Fri	837.9	38.1	93.0	22.9	37.2	(8.9)
AME6	Adult Men 19-74 Evening Meal Sa	>716.7	37.1	>104.1	>6.0	19.8	(8.1)
AME7	Adult Men 19-74 Evening Meal Su	695.7	27.8	101.0	18.4	22.7	(7.0)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
AME1	Adult Men 19-74 Evening Meal Mc	>9.2	(747.6)	(1.8)	(2154.5)	(132.6)	>5.1
AME2	Adult Men 19-74 Evening Meal Tu	(8.7)	689.0	1.7	(1666.4)	(122.3)	(4.6)
AME3	Adult Men 19-74 Evening Meal Wε	(8.6)	877.1	2.1	>1853.3	(122.4)	4.5
AME4	Adult Men 19-74 Evening Meal Th	(9.9)	(833.6)	(2.0)	(1338.6)	(166.9)	(6.5)
AME5	Adult Men 19-74 Evening Meal Fri	(5.7)	(871.7)	(2.1)	(1239.9)	(149.5)	(5.0)
AME6	Adult Men 19-74 Evening Meal Sa	>5.6	(774.4)	(1.9)	>1460.9	>143.4	4.0
AME7	Adult Men 19-74 Evening Meal Su	(9.1)	(885.6)	(2.2)	(1592.8)	(124.9)	(5.5)

Menu	Description	Zinc (mg)	Vitamin D (μg)	Folate (μg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
AME1	Adult Men 19-74 Evening Meal Mc	(4.6)	>1.0	(129.4)	(0.7)	0	0
AME2	Adult Men 19-74 Evening Meal Tu	(3.1)	>4.5	(102.5)	(0.6)	0	0
AME3	Adult Men 19-74 Evening Meal Wε	>4.7	(0.9)	>119.5	(0.5)	0	0
AME4	Adult Men 19-74 Evening Meal Th	(5.3)	>1.0	(81.3)	(0.4)	0	0
AME5	Adult Men 19-74 Evening Meal Fri	(4.0)	>1.5	>88.7	(0.8)	0	0
AME6	Adult Men 19-74 Evening Meal Sa	>4.7	(0.4)	>106.3	>0.6	0	0

Nutrition Planning Summary

Admin

AME7	Adult Men 19-74 Evening Meal Su (3.5)	>0.1	>101.8	(0.7)	0	0
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Menu	Description	OilyFish (Menu)				
AME1	Adult Men 19-74 Evening Meal Mc 0	0	0	0	0	0
AME2	Adult Men 19-74 Evening Meal Tu 0	0	0	0	0	0
AME3	Adult Men 19-74 Evening Meal We 0	0	0	0	0	0
AME4	Adult Men 19-74 Evening Meal Th 0	0	0	0	0	0
AME5	Adult Men 19-74 Evening Meal Fri 0	0	0	0	0	0
AME6	Adult Men 19-74 Evening Meal Sa 0	0	0	0	0	0
AME7	Adult Men 19-74 Evening Meal Su 0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
AME1	Adult Men 19-74 Evening Meal Monday	0.00
AME2	Adult Men 19-74 Evening Meal Tuesday	0.00
AME3	Adult Men 19-74 Evening Meal Wednesday	0.00
AME4	Adult Men 19-74 Evening Meal Thursday	0.00
AME5	Adult Men 19-74 Evening Meal Friday	0.00
AME6	Adult Men 19-74 Evening Meal Saturday	0.00
AME7	Adult Men 19-74 Evening Meal Sunday	0.00
	Plan Average:	0.00

Nutrition Planning Summary

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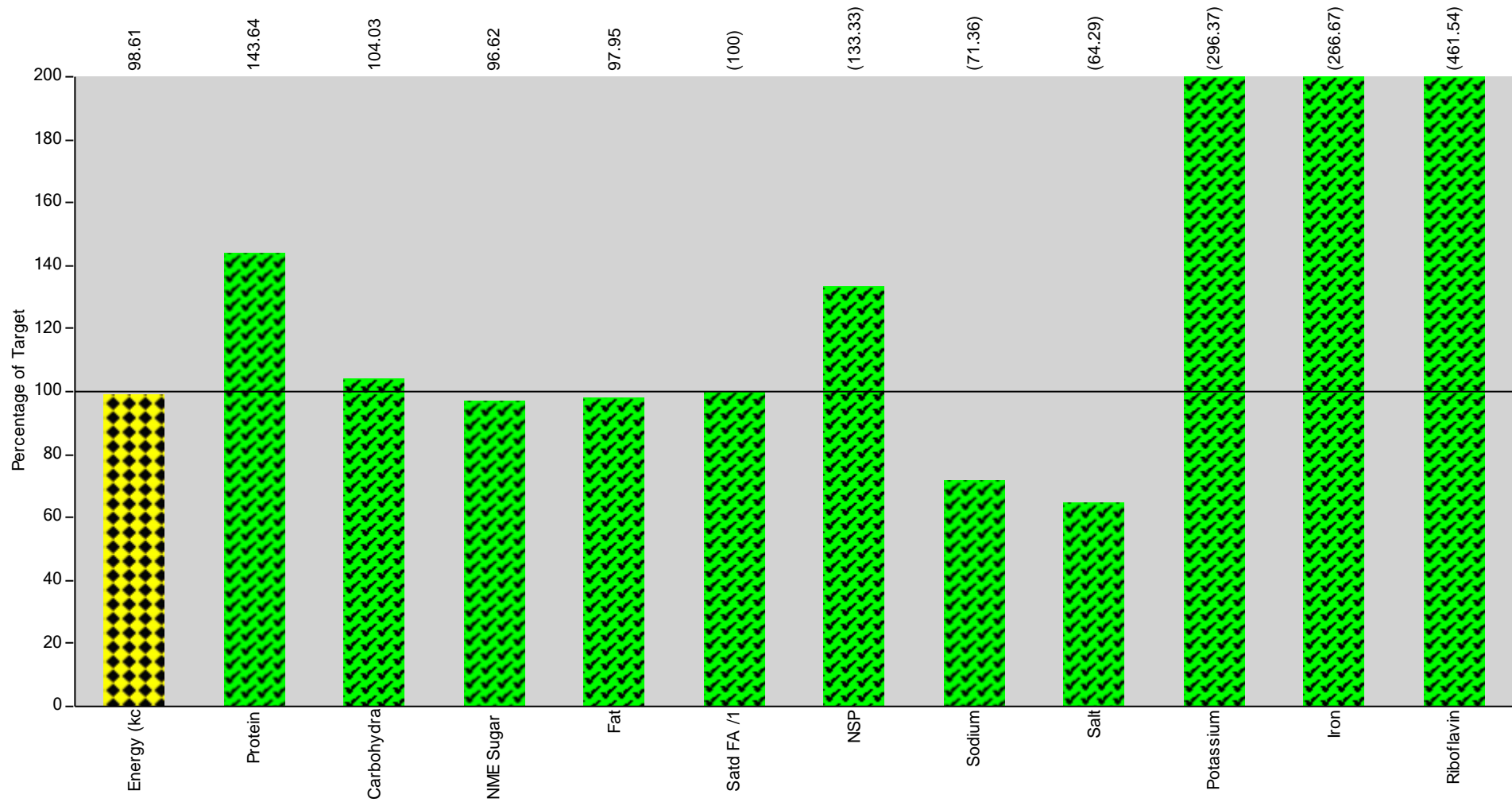
Nutritional Guideline Type: AMLE Adult Men 19-74 Lunch/Evening Meal

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	>762.7	755.00	Target	7.7	1.0	◆
Protein	g	32.8	16.50	Minimum	16.3	98.8	✓
Carbohydrate	g	>100.6	100.00	Minimum	0.6	0.6	✓
Non Milk Extrinsic Suga	g	>16.0	21.40	Maximum	5.4	25.2	✓
Fat	g	26.5	28.40	Maximum	1.9	6.7	✓
Of which is saturated	g	(8.8)	8.90	Maximum	0.1	1.1	✓
NSP (Fibre)	g	(8.1)	5.40	Minimum	2.7	50.0	✓
Sodium	mg	(811.3)	812.00	Maximum	0.7	0.1	✓
Salt	g	(2.0)	2.00	Maximum	0.0	0.0	✓
Potassium	mg	(1615.2)	1,400.00	Minimum	215.2	15.4	✓
Magnesium	mg	(137.4)	-	---	-	-	
Iron	mg	(5.0)	3.60	Minimum	1.4	38.9	✓
Zinc	mg	(4.3)	-	---	-	-	
Vitamin D	µg	(1.3)	-	---	-	-	
Folate	µg	(104.2)	-	---	-	-	
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

Nutrition Plan: AMS Adult men 19-74 Snacks

Nutrition Rule: AMS Adult Men 19-74 Snacks



Nutrition Planning Summary

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Nutrition Plan: AMS

Adult men 19-74 Snacks

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
AMS1	Adult Men 19-74 Snacks Monday	474.2	14.9	64.8	15.9	19.2	(5.7)
AMS2	Adult Men 19-74 Snacks Tuesday	503.6	15.8	71.6	18.3	19.2	(7.6)
AMS3	Adult Men 19-74 Snacks Wednesc	490.0	16.3	71.7	12.4	17.4	(6.0)
AMS4	Adult Men 19-74 Snacks Thursday	531.4	16.9	77.1	14.8	19.5	(5.9)
AMS5	Adult Men 19-74 Snacks Friday	480.5	15.3	70.3	14.2	17.4	(4.4)
AMS6	Adult Men 19-74 Snacks Saturday	521.2	16.6	70.8	13.2	21.1	(6.0)
AMS7	Adult Men 19-74 Snacks Sunday	471.2	15.1	61.3	11.2	20.2	(7.8)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
AMS1	Adult Men 19-74 Snacks Monday	(4.6)	(353.1)	(0.8)	(1019.3)	(93.6)	2.2
AMS2	Adult Men 19-74 Snacks Tuesday	(4.8)	(377.2)	(0.8)	(1035.4)	(98.9)	2.4
AMS3	Adult Men 19-74 Snacks Wednesc	(5.0)	(405.5)	(0.9)	(1045.7)	(97.2)	(2.6)
AMS4	Adult Men 19-74 Snacks Thursday	(4.4)	(430.0)	(0.9)	(1068.7)	(100.0)	2.9
AMS5	Adult Men 19-74 Snacks Friday	(4.4)	(372.9)	(0.8)	(1009.7)	(91.0)	2.1
AMS6	Adult Men 19-74 Snacks Saturday	(6.0)	(542.2)	(1.2)	(1066.3)	(111.7)	2.7
AMS7	Adult Men 19-74 Snacks Sunday	(4.5)	(316.4)	(0.7)	(1015.9)	(93.2)	2.2

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
AMS1	Adult Men 19-74 Snacks Monday	(1.7)	>0.2	(51.1)	(0.5)	0	0
AMS2	Adult Men 19-74 Snacks Tuesday	(1.9)	>0.2	(52.0)	(0.6)	0	0
AMS3	Adult Men 19-74 Snacks Wednesc	(1.9)	>0.1	(52.6)	(0.6)	0	0
AMS4	Adult Men 19-74 Snacks Thursday	(1.9)	>0.1	(62.2)	(0.6)	0	0
AMS5	Adult Men 19-74 Snacks Friday	(1.8)	>0.2	(51.3)	(0.6)	0	0
AMS6	Adult Men 19-74 Snacks Saturday	(2.3)	>0.4	(54.4)	(0.6)	0	0

Nutrition Planning Summary

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AMS7	Adult Men 19-74 Snacks Sunday	(1.9)	(0.1)	(51.3)	(0.6)	0	0
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Menu	Description	OilyFish (Menu)					
AMS1	Adult Men 19-74 Snacks Monday	0	0	0	0	0	0
AMS2	Adult Men 19-74 Snacks Tuesday	0	0	0	0	0	0
AMS3	Adult Men 19-74 Snacks Wednesday	0	0	0	0	0	0
AMS4	Adult Men 19-74 Snacks Thursday	0	0	0	0	0	0
AMS5	Adult Men 19-74 Snacks Friday	0	0	0	0	0	0
AMS6	Adult Men 19-74 Snacks Saturday	0	0	0	0	0	0
AMS7	Adult Men 19-74 Snacks Sunday	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
AMS1	Adult Men 19-74 Snacks Monday	0.00
AMS2	Adult Men 19-74 Snacks Tuesday	0.00
AMS3	Adult Men 19-74 Snacks Wednesday	0.00
AMS4	Adult Men 19-74 Snacks Thursday	0.00
AMS5	Adult Men 19-74 Snacks Friday	0.00
AMS6	Adult Men 19-74 Snacks Saturday	0.00
AMS7	Adult Men 19-74 Snacks Sunday	0.00
	Plan Average:	0.00

Nutrition Planning Summary

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Nutritional Guideline Type: AMS

Adult Men 19-74 Snacks

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	496.0	503.00	Target	7.0	1.4	◆
Protein	g	15.8	11.00	Minimum	4.8	43.6	✓
Carbohydrate	g	69.7	67.00	Minimum	2.7	4.0	✓
Non Milk Extrinsic Suga	g	14.3	14.80	Maximum	0.5	3.4	✓
Fat	g	19.1	19.50	Maximum	0.4	2.1	✓
Of which is saturated	g	(6.2)	6.20	Maximum	0.0	0.0	✓
NSP (Fibre)	g	(4.8)	3.60	Minimum	1.2	33.3	✓
Sodium	mg	(399.6)	560.00	Maximum	160.4	28.6	✓
Salt	g	(0.9)	1.40	Maximum	0.5	35.7	✓
Potassium	mg	(1037.3)	350.00	Minimum	687.3	196.4	✓
Magnesium	mg	(98.0)	-	---	-	-	
Iron	mg	(2.4)	0.90	Minimum	1.5	166.7	✓
Zinc	mg	(1.9)	-	---	-	-	
Vitamin D	µg	(0.2)	-	---	-	-	
Folate	µg	(53.6)	-	---	-	-	
Riboflavin	mg	(0.6)	0.13	Minimum			✓
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	