

Nutrient Profile of Weekly Menu for Secondary School - Menu Plan 1

This analysis is based on the school's provision over five consecutive days; it has been produced by the St. Aidan's Dietitian using an approved method, for accuracy meal provision must be the same as that given below.

| | Daily Options | Provision |
|---|---|------------------|
| Main meals & jacket potatoes as a percentage of total numbers served for the week | | 76% |
| Monday | | |
| Traditional | Beef & Vegetable Pie with Broccoli and New Potatoes | 75% |
| Fast Food | Baked Vegetable Tarte Tatin with Broccoli and New Potatoes v | 12% |
| Jacket Potato | Jacket Potato with Cheese and Beans v | 13% |
| Dessert | Chocolate Sponge & Custard | 25% |
| Tuesday | | |
| Traditional | Braised Lamb with Chasseur Sauce, Potato Wedges and Minted Peas | 68% |
| Fast Food | Pasta Bake with Red Peppers, Spinach, Plum Tomato and Cheese v | 19% |
| Jacket Potato | Jacket Potato with Coronation Turkey, Apricots and Toasted Almonds | 13% |
| Dessert | Mixed Fruit Crumble with Custard | 25% |
| Wednesday | | |
| Traditional | Tandoori Chicken Leg with Egg Steamed Rice | 49% |
| Fast Food | Stir Fry Vegetables with Soft Egg Noodles v | 38% |
| Jacket Potato | Jacket Potato with Coronation Turkey, Apricots and Toasted Almonds | 13% |
| Dessert | Bread and Butter Pudding with Custard | 25% |
| Thursday | | |
| Traditional | Beef Burger with Wedges and Mixed Side Salad | 74% |
| Fast Food | Mixed Mushroom Risotto, Spinach and Mixed Side Salad v | 26% |
| Dessert | Raspberry Sponge with Custard | 25% |
| Friday | | |
| Traditional | Fish Mornay with Chive Potatoes and Green Beans | 51% |
| Fast Food | Vegetable and Lentil Curry with Egg Steamed Rice v | 36% |
| Jacket Potato | Jacket Potato with Cheese and Beans v | 13% |
| Dessert | Rice Pudding with Raspberry Sauce | 25% |
| Sandwich Options | | 24% |
| Sandwiches | Cream Cheese Salad Sandwich with Vegetable Sticks v | 5% |
| | Salmon Salad Sandwich with Vegetable Sticks | 5% |
| | Egg and Cress Sandwich with Side Salad v | 5% |
| | Turkey Sandwich with Side Salad | 4% |
| Baguettes | Chicken Salad Baguette with Vegetable Sticks | 17% |
| | Cheese Salad Baguette with Vegetable Sticks | 15% |
| | Tuna Mayonnaise Salad Baguette | 15% |
| Crusty Rolls | Ham Salad Bagel with Vegetable Sticks | 13% |
| | Beef Salad Bagel with Vegetable Sticks | 21% |
| <i>(Vegetable Sticks served as 30g portions, equal numbers of carrot sticks, celery sticks and tomato and cucumber mix)</i> | | |
| Alternative Dessert Options | | |
| Cakes | As % of total numbers served per week | 21% |
| | Rice Krispie Cake | 29% |
| | Iced Chocolate Sponge Cake | 20% |
| | Iced Plain Sponge Cake | 20% |
| | Fruit Crunch | 16% |
| | Shirley's Biscuit | 15% |
| Yoghurts | As % of total numbers served per week Low fat fruit yoghurts, variety of flavours | 5% |

| | | |
|--------------------|--|---|
| Fruit | As % of total numbers served per week Apples Banana Pear Raisins Dried apricots | 65% 14% 12% 14% 29% 31% |
| | Drinks <i>(all drinks are less than 5% non-milk extrinsic sugar and fruit drinks are minimum 50% pure fruit juice)</i> | |
| Fruit Juice | As % of total numbers served per week Apple Juice Orange Juice | 20% 50% 50% |
| | Dairy based fruit smoothies selection of flavours | 21% |

| Analysis (based on provision above) | | | |
|--|---------------|------------------------------------|--|
| Nutrient | Amount | Requirement for Regulations | Nutrient Profile of Menu Plan as a % of Regulations |
| Energy kcal | 681.01 | 646 (\pm 32.3) | 105 |
| Fat g | 21.89 | 25.1 (Maximum) | 87 |
| Total Saturates g | 6.45 | 7.9 (Maximum) | 82 |
| Non-milk Extrinsic Sugar (NMES) g | 12.25 | 18.9 (Maximum) | 65 |
| Sodium mg | 679.30 | 714 (Maximum) | 95 |
| Carbohydrate g | 96.52 | 86.1 (Minimum) | 112 |
| Fibre g | 7.56 | 5.2 (Minimum) | 145 |
| Protein g | 30.11 | 13.3 (Minimum) | 226 |
| Iron mg | 5.2 | 5.2 (Minimum) | 100 |
| Zinc mg | 5.26 | 3.3 (Minimum) | 160 |
| Calcium mg | 350.01 | 350 (Minimum) | 100 |
| Vitamin A (Retinol Equiv) μg | 589.99 | 245 (Minimum) | 241 |
| Vitamin C mg | 122.76 | 14 (Minimum) | 877 |
| Folate μg | 128.23 | 70 (Minimum) | 183 |

