

Nutrient Profile of Weekly Menu for Secondary School - Menu Plan 3

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		88%
Monday		
Traditional	Turkey, Ham & Mushroom Pie with New Potatoes, Peas & Glazed Carrots	44%
Fast Food	Spaghetti Bolognese with Peas	48%
Jacket Potato	Jacket Potato with Cheese & Beans v	8%
Dessert	Treacle Sponge & Custard	28%
Tuesday		
Traditional	Lamb & Vegetable Hot Pot with Broccoli	58%
Fast Food	Stuffed Pepper with Goat's Cheese, Mixed Vegetables & Watercress Sauce v	34%
Jacket Potato	Jacket Potato with Cheese & Beans v	8%
Dessert	Jam Sponge & Custard	28%
Wednesday		
Traditional	Fresh Salmon in Tomato & White Wine Sauce with New Potatoes & Peas	49%
Fast Food	Roasted Vegetables & Pulses with Herbed Couscous v	46.5%
Jacket Potato	Jacket Potato with Vegetable & Chick-Pea Curry v	4.5%
Dessert	Mixed Fruit Crumble & Custard	28%
Thursday		
Traditional	Honey Roasted Bacon Loin with New Potatoes & Sweetcorn	52%
Fast Food	Vegetable & Lentil Curry with Egg Steamed Rice & Naan Bread (80g) v	42%
	Jacket Potato with Vegetable & Chick-Pea Curry v	6%
Dessert	Banoffee Pie	28%
Friday		
Traditional	St. Aidan's Beef Burger, Potato Wedges & Salad	28%
Fast Food	Fish Fingers with Parsley Potatoes & Minted Peas	64%
Jacket Potato	Jacket Potato with Cheese & Beans v	8%
Dessert	Chocolate Sponge & Custard	28%
Soup of the week	As % of total numbers served per week Autumn Vegetable Soup	2% 100%
Sandwich Options		10%
Sandwiches	Cheese Sandwich with Side Salad v Egg & Cress Sandwich with Side Salad v	30% 14%
Baguettes	Cajun Chicken Salad Baguette with Vegetable Sticks	16%
Crusty Rolls	Ham Salad Bagel with Vegetable Sticks Beef Salad Bagel with Vegetable Sticks	16% 24%
	<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 Rice Krispie Cake Rock Bun Iced Plain Sponge Cake Flapjack Shirley's Biscuit	16.6% 36% 16% 12% 18% 18%
Yoghurts	As % of total numbers served per week Low fat fruit yoghurts, variety of flavours	30% 100%

Fruit	As % of total numbers served per week Apples Clementines Apricots (dried) Bananas Pineapple Honeydew Melon Raisins Fresh Fruit Salad	65% 12.3% 12.3% 20% 12.3% 3.1% 3.1% 13.8% 23%
	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	35% 50% 50%
Milk	As % of total numbers served per week Semi-Skimmed Milk, 200ml serving	30%

Analysis (based on provision above)			
Nutrient	Amount	Requirement for Regulations	Nutrient Profile of Menu Plan as a % of Regulations
Energy kcal	680.62	646 (± 32.3)	105
Fat g	20.9	25.1 (Maximum)	83
Total Saturates g	6.66	7.9 (Maximum)	84
Non-milk Extrinsic Sugar (NMES) g	14.82	18.9 (Maximum)	78
Sodium mg	626.83	714 (Maximum)	88
Carbohydrate g	101.06	86.1 (Minimum)	117
Fibre g	7.1	5.2 (Minimum)	136
Protein g	28.33	13.3 (Minimum)	213
Iron mg	5.21	5.2 (Minimum)	100
Zinc mg	3.47	3.3 (Minimum)	105
Calcium mg	348.22	350 (Minimum)	100
Vitamin A (Retinol Equiv) µg	400.75	245 (Minimum)	163
Vitamin C mg	66.88	14 (Minimum)	477
Folate µg	111.11	70 (Minimum)	158

