

## Nutrient Profile of Weekly Menu for Secondary School - Menu Plan 4

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.

	<b>Daily Options</b>	<b>Provision</b>
<b>Main meals &amp; jacket potatoes as a percentage of total numbers served for the week</b>		<b>88.5%</b>
<b>Monday</b>		
<b>Traditional</b>	Meat & Potato Pie with Confit Potatoes & Broccoli	50%
<b>Fast Food</b>	Chicken Rogan Josh with Egg Fried Rice & Spinach	43.5%
<b>Jacket Potato</b>	Jacket Potato with Mixed Vegetable Curry v	6.5%
<b>Dessert</b>	Chocolate Sponge & Custard	28%
<b>Tuesday</b>		
<b>Traditional</b>	Honey Roast Bacon Loin with New Potatoes, Peas & Sweetcorn	34%
<b>Fast Food</b>	Stir-fry Vegetables with Soft Egg Noodles v	61.5%
<b>Jacket Potato</b>	Jacket Potato with Mixed Vegetable Curry v	4.5%
<b>Dessert</b>	Treacle Sponge & Custard	28%
<b>Wednesday</b>		
<b>Traditional</b>	Lamb Hot Pot with Carrots	74.5%
<b>Fast Food</b>	Mushroom Stroganoff with Steamed Brown Rice & Spinach v	21%
<b>Jacket Potato</b>	Jacket Potato with Cheese & Beans v	4.5%
<b>Dessert</b>	Mixed Fruit Crumble & Custard	28%
<b>Thursday</b>		
<b>Traditional</b>	St. Aidan's Beef Burger with Potato Wedges & Mixed Salad	46%
<b>Fast Food</b>	Baked Vegetable Tarte Tatin with New Potatoes & Mixed Salad v	47%
<b>Jacket Potato</b>	Jacket Potato with Cheese & Beans v	7%
<b>Dessert</b>	Bread & Butter Pudding	28%
<b>Friday</b>		
<b>Traditional</b>	Beef & Ale Pie with Roast Potatoes & Broccoli	54.5%
<b>Fast Food</b>	Seafood Pie with Mixed Vegetables & New Potatoes	41%
<b>Jacket Potato</b>	Jacket Potato with Cheese & Beans v	4.5%
<b>Dessert</b>	Jam Sponge & Custard	28%
<b>Sandwich Options</b>		<b>11.5%</b>
<b>Sandwiches</b>	Cheese Sandwich with Side Salad	17.3%
	Roast Beef Sandwich with Side Salad	16%
	Ham Sandwich with Side Salad	4.3%
	BLT Sandwich with Vegetable Sticks	8.7%
<b>Baguettes</b>	Tuna Mayonnaise Salad Baguette with Vegetable Sticks	7%
	Cajun Chicken Salad Baguette & Vegetable Sticks	21%
<b>Bagel</b>	Beef Salad Bagel with Vegetable Sticks	8.7%
	Ham Salad Bagel with Vegetable Sticks	12%
	Prawn Sandwich with Vegetable Sticks	5.2%
<i>(Vegetable Sticks; 30g portions of carrot sticks, celery sticks and tomato and cucumber mix)</i>		
<b>Alternative Dessert Options</b>		
<b>Cakes</b>	<b>As % of total numbers served per week</b>	<b>25%</b>
	Fruit Crunch	28%
	Rice Krispie Cake	28%
	Abbey Crunch	28%
	Iced Chocolate Sponge Cake	16%
<b>Yoghurts</b>	<b>As % of total numbers served per week</b>	<b>32%</b>
	Low fat fruit yoghurts, variety of flavours	100%

<b>Fruit</b>	<b>As % of total numbers served per week</b> Apples Clementines Apricots (Dried) Pears Bananas Pineapple Honeydew Melon Raisins (dried) Fresh Fruit Salad	<b>65%</b> 6% 6% 24.6% 4.6% 6% 4.6% 6% 18.4% 23%
	<b>Drinks</b> <i>(all drinks are less than 5% non-milk extrinsic sugar and fruit drinks are minimum 50% pure fruit juice)</i>	
<b>Fruit juice</b>	<b>As % of total numbers served per week</b> Apple Juice Orange Juice	<b>35%</b> 50% 50%
<b>Milk</b>	<b>As % of total numbers served per week</b> Semi-Skimmed Milk, 200ml serving	<b>30%</b> 100%

<b>Analysis</b> (based on provision above)			
<b>Nutrient</b>	<b>Amount</b>	<b>Requirement for Regulations</b>	<b>Nutrient Profile of Menu Plan as a % of Regulations</b>
<b>Energy kcal</b>	676.8	646 ( $\pm$ 32.3)	105%
<b>Fat g</b>	21.54	25.1 (Maximum)	86%
<b>Total Saturates g</b>	6.31	7.9 (Maximum)	80%
<b>Non-milk Extrinsic Sugar (NMES) g</b>	15.36	18.9 (Maximum)	81%
<b>Sodium mg</b>	657.7	714 (Maximum)	92%
<b>Carbohydrate g</b>	97.8	86.1 (Minimum)	114%
<b>Fibre g</b>	6.35	5.2 (Minimum)	122%
<b>Protein g</b>	28.48	13.3 (Minimum)	214%
<b>Iron mg</b>	5.2	5.2 (Minimum)	100%
<b>Zinc mg</b>	4.07	3.3 (Minimum)	123%
<b>Calcium mg</b>	353	350 (Minimum)	101%
<b>Vitamin A (Retinol Equiv) <math>\mu</math>g</b>	671	245 (Minimum)	274%
<b>Vitamin C mg</b>	66.81	14 (Minimum)	477%
<b>Folate <math>\mu</math>g</b>	128.99	70 (Minimum)	184%

