

Final Report

Example Menus
for Adult Women
19-74 years

Prepared for The Food Standards Agency

Luci Daniels, October 2007

Contract Reference: NUB 246

Work required

To develop a one-week example menu plan, with recipes and full nutrient analysis for adults women 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 Women 19-74 years:

Energy	1930 kcals
Protein	45g
Carbohydrate	257g
NMES	57g
Total fat	75g
Saturated fat	24g
Fibre	18g
Sodium	2000mg
Salt	5g
Potassium	3500mg
Iron	14.8g
Riboflavin	1.1mg

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 Women 19-74

	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
Evening 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 and Targets – Adult Women 19-74 years

	<u>Standard</u>	<u>Target</u>	<u>Target- b'fast</u>	<u>Target-l/eve</u>	<u>Target - snacks</u>
Energy	1930 kcals	1930	386	579	386
Protein	45g	45g	9g	13.5g	9g
Carbohydrate	257g	257g	52g	77g	52g
NMES	57g	56g	11.4g	16.5g	11.4g
Total fat	75g	73.5g	15g	21.75g	15g
Saturated fat	24g	23.5g	4.8g	7g	4.8g
Fibre	18g	18g	3.6g	5.4g	3.6g
Sodium	2000mg	1960mg	400mg	580mg	400mg
Salt	5g	4.9g	1.0g	1.45g	1.0g
Potassium	3500mg	>3500mg	700mg	1400mg	-
Iron	14.8mg	>14.8g	3mg	5.9mg	-
Riboflavin	1.1mg	>1.1mg	0.22mg	0.44mg	-

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

The following nutrient analysis data is attached:

- 1. Example Menu** – one-week example menus for Adult Women 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

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 and/or salad available daily.

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 40% 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 and/or salad available daily.

A vegetable –based soup is available daily with 30% make/uptake

Fresh fruit is available every day at the evening meal with a 60% make/uptake.

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

Oily Fish

Salmon is available for one lunch, 25% make/uptake.

Grilled trout is available 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 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 80% of population [80% make/uptake]

20% make = porridge [40g oatmeal, 100g semi-skimmed milk, 5g sugar & water]

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

20% make = cornflakes [30g cornflakes, 150g milk]

20% make = no added sugar muesli [50g muesli, 125g milk]

Cornflakes and Weetabix are iron-fortified cereals, and it is assumed an approximate 40%uptake of such fortified cereals. These fortified cereals make an important contribution to daily iron intakes.

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

80% uptake has additional 5g reduced sugar jam/preserve

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

Main Course - each lunch provides the following 35 choices:

1. Main menu item, listed first on example menu, has a make/uptake of 50%. The exception is Thursday lunch with a 34% uptake of chicken liver & onions . The liver dish was added to help increase iron intake.
2. Second Choice, usually a vegetarian dish, listed second, uptake 25%. On Thursday 33% uptake
3. Jacket potato & filling & salad, uptake 25%, with a vegetarian filling if the second choice is a fish based dish. On Thursday 33% uptake

Average portion sizes =

- 150g roast potato – 3 small
- 120g mashed potato – 2 scoops
- 175g boiled potato – either peeled old potatoes or new potatoes & skins
- 175g ‘smashed’ new potatoes [175g boiled new potatoes loosely mashed/smashed with 5g of olive-oil based 60% fat spread]
- 150g Jacket potato
- 125g oven-chips
- 150g cooked rice
- 175g cooked pasta/noodles

Every lunch includes 100g vegetables or approx 100g salad.

Each lunch menu contains 1-2 different vegetables – assumed 50% make/uptake of each 2 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 lunch provides the following 4 choices:

1. Main menu item, listed first - 40% 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 – 20% uptake

4. Ice-cream – 10% uptake

Tea – 50% uptake, Coffee – 50% uptake

Evening Meal

Soup is available daily with the evening meal – 40% uptake

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. Vegetarian dish, listed second, uptake 25%
3. Sandwich, one round – 2 slices of bread, 25% uptake (80% wholemeal, 20% white bread)

Average portion sizes =

- 150g roast potato – 3 small
- 120g mashed potato – 2 scoops
- 175g boiled potato – either peeled old potatoes or new potatoes & skins
- 175g 'smashed' new potatoes [175g boiled new potatoes loosely mashed/smashed with 5g of olive-oil based 60% fat spread]
- 150g Jacket potato
- 125g oven-chips [75g with shish kebab meal]
- 150g cooked rice
- 175g cooked pasta/noodles

Every evening meal includes 100g vegetables or approx 100g salad.

Each evening meal contains 1-2 different vegetables – assumed 50% make/uptake of each when 2 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 3 choices:

1. Main menu item, listed first - 40% make/uptake

Many of the main dessert choices include fruit. Care has been taken to devise desserts with a high iron content to help boost the iron intake of the evening meal.

2. Fresh fruit – 60% uptake
3. Choice of plain or 'diet' fruit yoghurt – 20% uptake

Tea – 50% uptake

Coffee – 50% uptake

Snacks

Snacks have been allocated over the day as follows:

1. Fresh Fruit – 100% uptake
2. Yoghurt, choice plain or 'diet' fruit – 50% uptake
3. Choice crackers & low fat soft cheese/cottage cheese/cheese spread – 50% uptake
4. 2 semi-sweet biscuits – 75% uptake
5. 2 chocolate chip/Jaffa cake type biscuits – 25% uptake
6. Potato crisps – 25% uptake
7. Cereal bar – 25% uptake
8. Chocolate coated biscuit – 20% uptake
9. Assorted dried fruit & nuts – 35% uptake
10. Tea – 135% uptake
11. Coffee – 135% uptake
12. 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. Cannot use any dried soup or canned soup product daily as these products contain too much sodium.
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 at each meal occasion and over the day with the following exceptions.

Iron - it is difficult to achieve 40% of the iron daily intake, 5.9mg iron, at lunch and evening meal using realistic portion sizes and acceptable foods for public institutions. However the current menu achieves 35% of the iron target at lunch and evening meal, 5.2mg iron, which is within our set target range of 35-40%.

The menu has included iron enriched breakfast cereals, dried fruit and vegetables with a higher iron content, increased uptake wholegrain cereals and bread as well as iron-rich desserts at the evening meal.

The inclusion of liver pate sandwiches [25% uptake] and chicken liver & rice as a main meal item [34% uptake] has boosted the iron intake

Evening Meal – the average carbohydrate intake at the evening meal is 76.6g, 99.48% of the target [target = 77g]. Unlike lunch, the evening meal does not contain soup and using the same carbohydrate portion sizes as at lunch it is difficult to boost the carbohydrate content of the evening meal without upsetting the overall balance of nutrients.

The evening meal contains on average 596mg sodium, 102.7% of the target [580mg]. This is due to the inclusion of some salty manufactured foods.

Over time as work on product reformulation progresses the sodium content of these foods should be reduced.

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

Fish Pie

Beef grillsteak

Mayonnaise

Cauliflower cheese

Vegetable chilli

Ice Cream

Vegetable Pakora

Vegetable Lasagne

Vegetable Flan

Cottage Cheese

Cheese – half-fat Cheddar type

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

& Salad Cream – 700mg sodium, 1.8g salt

& Reduced Calorie Mayonnaise – 1000mg sodium, 2.5g salt

Example Menu for Adult Women 19-74

	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 / Porridge Yoghurt / Parfait Toast with butter / spread / preserves Tea or Coffee Water	Fruit / Fruit Juice Cereals / Porridge Yoghurt / Parfait Toast with butter / spread / preserves Tea or Coffee Water	Fruit / Fruit Juice Cereals /Porridge Yoghurt / Parfait Toast with butter / spread / preserves Tea or Coffee Water	Fruit / Fruit Juice Cereals /Porridge Yoghurt / Parfait Toast with butter / spread / preserves Tea or Coffee Water	Fruit / Fruit Juice Cereals / Porridge Yoghurt / Parfait Toast with butter / spread / preserves Tea or Coffee Water	Fruit / Fruit Juice Cereals / Porridge Yoghurt / Parfait Toast with butter / spread / preserves Tea or Coffee Water	Fruit / Fruit Juice Cereals / Porridge Yoghurt / Parfaits Toast with butter / spread / preserves Tea or Coffee Water
Mid Morning	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water	Tea / Coffee / Water
Lunch	Roast Chicken Vegetable Curry & Rice Jacket Potato & Smoked Mackerel Roast Potatoes/ Boiled potato Carrots/Spinach/Salad Fruit & cereal yoghurt Fruit/Yoghurt/Ice-cream	Lamb Chop Pizza Jacket Potato & Tuna Smashed Potato/Rice Peas/Cauli/Salad Chocolate Gateau Fruit/Yoghurt/Ice cream	Beef Goulash Tuna Pasta Bake Jacket Potato & Baked Beans Boiled Potatoes/Rice Courgette/Broad beans Fruit pie & custard Fruit/Yoghurt/Ice-cream	Chicken liver & onions Vegetarian Sausages Jacket potato & cottage cheese Rice/ Mashed potato Green beans/Cabbage Banana & apricot custard Fruit/Yoghurt/Ice-cream	Fried cod Vegetarian lasagne Jacket potato & beef chilli Chips/mashed potato Peas/Sweetcorn Prune & Hazelnut Cream Fruit/Yoghurt/Ice-cream	Chicken curry & rice Grilled salmon Jacket potato, ratatouille & cheese Smashed potatoes Mixed vegetables Fruit Mousse & Flapjack Fruit/Yoghurt/Ice cream	Roast Beef Vegetable Shepherds Pie Jacket Potato, cheese & Fromage fraise Roast potatoes/Mash Parsnips/Broccoli Apple crumble & 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	Leek & potato soup Cottage pie Vegetarian quiche Ham sandwich Boiled potato Leeks/Sweetcorn Trifle Fruit/Yoghurt	Tomato & rice soup Stir fry pork & rice Hummus & salad Egg sandwich Banana bread & apricots Fruit/Yoghurt	Carrot & coriander soup Grilled trout Spaghetti & tomato sauce Beef sandwich Smashed potatoes Spinach/Ratatouille Malt loaf Fruit/Yoghurt	Pea soup Spaghetti bolognaise Broccoli & cheese sauce Prawn sandwich Mashed potato Salad Chocolate Krsipie cakes Fruit/yoghurt	Vegetable soup Beef grillsteak Stir Fry Tofu, Cashew & Noodles Cheese Ploughman's Boiled potatoes Courgettes/Cabbage Rice Pudding & Compote Fruit/Yoghurt	Butterbean/ tomato soup Lamb Casserole Vegetarian Moussaka Pate Sandwiches Jacket Potato Broad beans/carrots/Salad Chocolate Ginger & apricot dessert Fruit/Yoghurt	Spinach soup Shish Kebab Vegetable Chilli & Rice Salmon sandwich Chips Tomato/Salad Peaches & ice-cream Fruit/Yoghurt
Daily Snacks	Fruit/Nuts/Biscuits Yoghurt/Cereal bar Cheese & Crackers Chocolate/Crisps Beverages	Fruit/Nuts/Biscuits Yoghurt/Cereal bar Cheese & Crackers Chocolate/Crisps Beverages	Fruit/Nuts/Biscuits Yoghurt/Cereal bar Cheese & Crackers Chocolate/Crisps Beverages	Fruit/Nuts/Biscuits Yoghurt/Cereal bar Cheese & Crackers Chocolate/Crisps Beverages	Fruit/Nuts/Biscuits Yoghurt/Cereal bar Cheese & Crackers Chocolate/Crisps Beverages	Fruit/Nuts/Biscuits Yoghurt/Cereal bar Cheese & Crackers Chocolate/Crisps Beverages	Fruit/Nuts/Biscuits Yoghurt/Cereal bar Cheese & Crackers Chocolate/Crisps Beverages

*** Hot drink for nighttime snack is choice of tea, coffee, hot chocolate**

Menu Cycle (7 Menus)

Admin

Nutrition Plan: AWA

Adult Women 19-74 All Day

Menu Course	Adult Women 19-74 All	Adult Women 19-74 All	Adult Women 19-74 All	Adult Women 19-74 All	Adult Women 19-74 All	Adult Women 19-74 All	Adult Women 19-74 All
Breakfast	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana	Fresh Banana
	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments	Canned grapefruit segments
	Melon	Melon	Melon	Melon	Melon	Melon	Melon
	Porridge & milk	Porridge & milk	Porridge & milk	Porridge & milk	Porridge & milk	Porridge & milk	Porridge & milk
	Weetabix & milk	Weetabix & milk	Weetabix & milk	Weetabix & milk	Weetabix & milk	Weetabix & milk	Weetabix & milk
	Muesli & milk	Muesli & milk	Muesli & milk	Muesli & milk	Muesli & milk	Muesli & milk	Muesli & milk
	Fruit and Fibre Cereal - Adult women	Fruit and Fibre Cereal - Adult women	Fruit and Fibre Cereal - Adult women	Fruit and Fibre Cereal - Adult women	Fruit and Fibre Cereal - Adult women	Fruit and Fibre Cereal - Adult women	Fruit and Fibre Cereal - Adult women
	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit
	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait	Yoghurt & fruit parfait
	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
	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	Roast Chicken Meal - Women	Lamb Chop Meal - Adult women	Beef Goulash Meal - adult women	Liver & onion meal - adult women	Fried Cod Meal - adult women	Chicken curry meal - adult women	Roast Beef Meal - adult women
	Vegetable Curry and Rice Meal 2	Pizza & Salad Meal 2	Tuna pasta bake meal - adult women	Vegetarian sausage meal - adult women	Vegetarian Lasagne - adult women	Grilled salmon meal - adult women	Vegetarian Shepherds Pie - adult women
	Jacket potato & smoked mackerel - adult women	Jacket Potato, tuna and kidney bean - adult women	Jacket Potato & Baked Beans - adult women	Jacket Potato, cottage cheese - adult women	Jacket potato & beef chilli - adult women	Jacket Potato, Ratatouille & cheese - adult women	Jacket Potato Cheese & Fromage Frais - Adult women
	Fruit and Cereal Yoghurt	Chocolate Gateaux	Fruit Pie & Custard - Adult women	Banana & apricot custard - adult women	Prune & Hazelnut Cream	Fruit Mousse & Flapjack	Apple crumble & custard - adult women
	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad

Menu Cycle (7 Menus)

Admin

	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
Snack Meal	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
	Cheese & Cracker Snack	Cheese & Cracker Snack	Cheese & Cracker Snack	Cheese & Cracker Snack	Cheese & Cracker Snack	Cheese & Cracker Snack	Cheese & Cracker Snack
	Semi -sweet biscuits	Semi -sweet biscuits	Semi -sweet biscuits	Semi -sweet biscuits	Semi -sweet biscuits	Semi -sweet biscuits	Semi -sweet biscuits
	Chocolate Chip Cookies/Jaffa Cakes	Chocolate Chip Cookies/Jaffa Cakes	Chocolate Chip Cookies/Jaffa Cakes	Chocolate Chip Cookies/Jaffa Cakes	Chocolate Chip Cookies/Jaffa Cakes	Chocolate Chip Cookies/Jaffa Cakes	Chocolate Chip Cookies/Jaffa Cakes
	Potato Crisps - less salt, SFA	Potato Crisps - less salt, SFA	Potato Crisps - less salt, SFA	Potato Crisps - less salt, SFA	Potato Crisps - less salt, SFA	Potato Crisps - less salt, SFA	Potato Crisps - less salt, SFA
	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar	Cereal Bar
	Chocolate biscuit	Chocolate biscuit	Chocolate biscuit	Chocolate biscuit	Chocolate biscuit	Chocolate biscuit	Chocolate biscuit
	Assorted Nuts & Dried Fruit	Assorted Nuts & Dried Fruit	Assorted Nuts & Dried Fruit	Assorted Nuts & Dried Fruit	Assorted Nuts & Dried Fruit	Assorted Nuts & Dried Fruit	Assorted Nuts & Dried 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
	Hot Chocolate 'Light'	Hot Chocolate 'Light'	Hot Chocolate 'Light'	Hot Chocolate 'Light'	Hot Chocolate 'Light'	Hot Chocolate 'Light'	Hot Chocolate 'Light'
Evening Meal	Leek and Potato Soup	Tomato and Rice Soup	Carrot & Corriander Soup	Pea Soup	Vegetable Soup	Butter bean and tomato soup	Spinach soup
	Cottage pie meal - adult women	Stir Fry Pork & Cashew Nuts	Grilled trout meal - adult women	Spaghetti bolognese - adult women	Beef grillsteak meal - adult women	Lamb Casserole Meal - adult women	Shish Kebab Meal - adult women
	Vegetable Quiche Meal - adult women	Hummus & salad	Spaghetti & tomato sauce	Broccoli & cheese sauce - adult women	Tofu & Cashew Stir Fry with Noodles	Vegetable Moussaka Meal - adult women	Vegetable Chilli & rice meal - adult women
	Ham sandwich - adult women	Egg Mayonnaise Sandwich	Beef Salad Sandwich	Prawn Sandwich	Cheese Ploughmans & salad - adult women	Liver Pate & Tomato Sandwich	Salmon & Cucumber Sandwiches - adult women
	Trifle - adult women	Banana bread & Apricots	Malt loaf - adult women	Chocolate Krispie Cake - adult woman	Rice Pudding & raisins - adult women	Chocolate Ginger & Apricot Dessert	Tinned Peaches and

Menu Cycle (7 Menus)

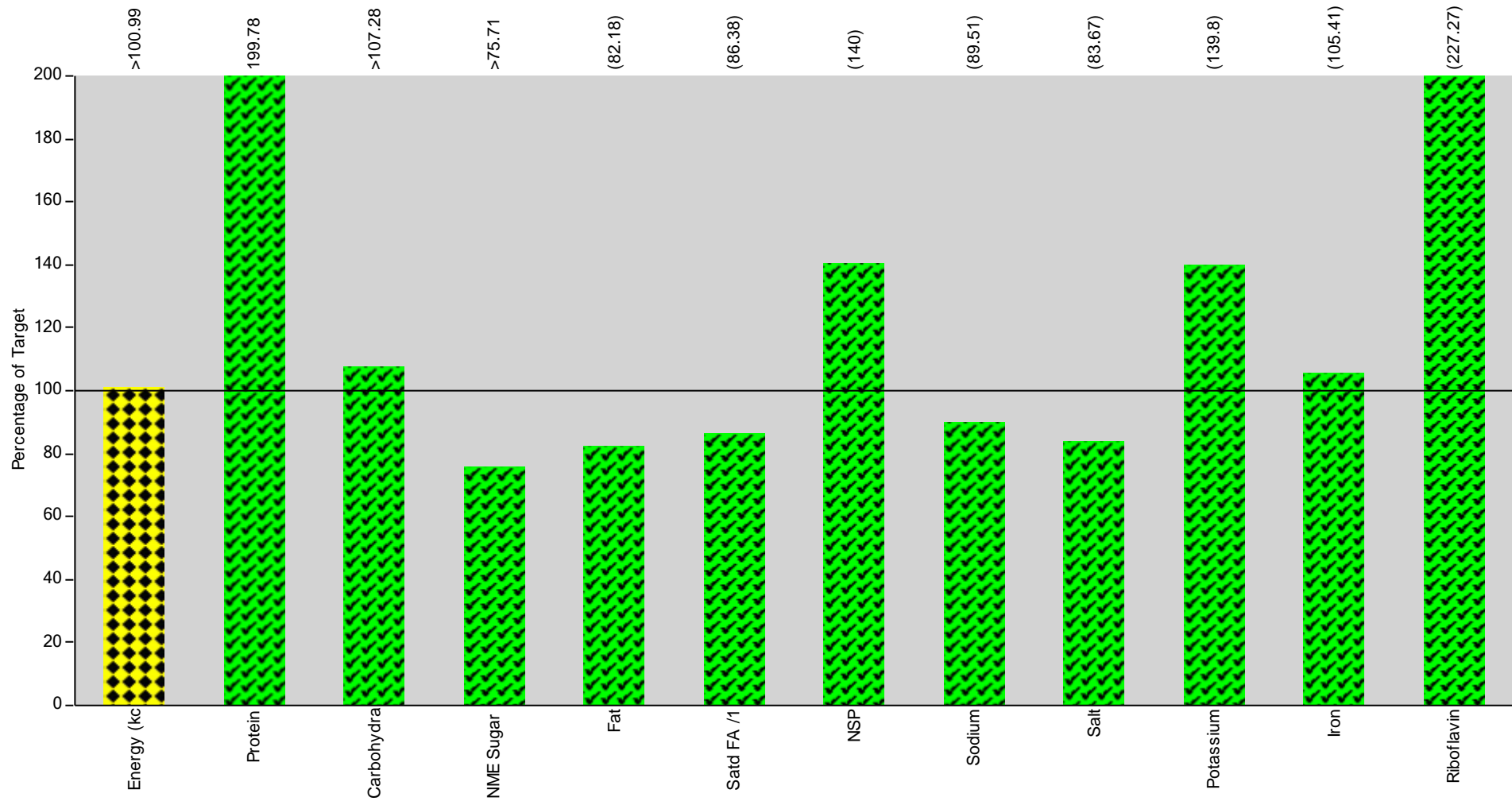
Admin

Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion	Fresh Fruit Portion	Ice-cream
yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	yoghurt - natural/fruit	Fresh Fruit Portion
Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	Tea with milk	yoghurt - natural/fruit
Coffee & milk	Coffee & milk	Coffee & milk	Coffee & milk	Coffee & milk	Coffee & milk	Coffee & milk	Tea with milk
							Coffee & milk

Nutrition Chart - Nutrition Plan

Nutrition Plan: AWA Adult Women 19-74 All Day

Nutrition Rule: AW Adult Women 19-74 All Day



Nutrition Planning Summary

Admin

Nutrition Plan: AWA Adult Women 19-74 All Day

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
AWAM	Adult Women 19-74 All Day Mond	>1914.2	82.7	>270.5	>37.3	(60.9)	(20.7)
AWATu	Adult Women 19-74 All Day Tuesc	1978.2	92.0	275.5	>45.9	64.1	(20.4)
AWAW	Adult Women 19-74 All day wedne	>1976.1	107.1	>273.0	>40.9	(58.6)	(18.8)
AWATh	Adult Women 19-74 All Day Thurs	1877.8	82.7	270.0	41.0	53.0	(19.9)
AWAF	Adult Women 19-74 All Day Friday	1912.6	80.9	270.9	40.1	61.2	(20.6)
AWASa	Adult Women 19-74 All Day Satur	2071.4	94.8	296.6	51.3	63.5	(20.4)
AWASu	Adult Women 19-74 All Day Sund	1913.0	88.7	273.6	40.3	61.2	(21.3)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
AWAM	Adult Women 19-74 All Day Mond	(25.1)	(1534.0)	(3.6)	(4882.0)	(403.0)	(15.6)
AWATu	Adult Women 19-74 All Day Tuesc	(23.5)	(1597.3)	(3.8)	(4599.6)	(432.7)	(15.3)
AWAW	Adult Women 19-74 All day wedne	(27.0)	(1668.1)	(3.9)	(5348.9)	(449.0)	(16.2)
AWATh	Adult Women 19-74 All Day Thurs	(28.5)	(1734.3)	(4.0)	(4700.7)	(436.2)	(18.0)
AWAF	Adult Women 19-74 All Day Friday	(22.2)	(1904.3)	(4.5)	(4660.8)	(384.6)	(14.3)
AWASa	Adult Women 19-74 All Day Satur	(25.3)	(1815.0)	(4.3)	(5296.1)	(453.7)	(15.5)
AWASu	Adult Women 19-74 All Day Sund	(25.2)	(2027.0)	(4.8)	(4762.8)	(427.5)	(14.3)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
AWAM	Adult Women 19-74 All Day Mond	(11.4)	>2.1	(371.8)	(2.4)	0	0
AWATu	Adult Women 19-74 All Day Tuesc	(11.6)	>2.1	(291.6)	(2.2)	0	0
AWAW	Adult Women 19-74 All day wedne	(14.2)	>11.0	(374.2)	(2.6)	0	0
AWATh	Adult Women 19-74 All Day Thurs	(12.1)	>0.6	(833.9)	(3.2)	0	0
AWAF	Adult Women 19-74 All Day Friday	(11.0)	>0.3	(303.0)	(2.4)	0	0
AWASa	Adult Women 19-74 All Day Satur	(12.2)	>2.7	(366.7)	(2.4)	0	0

Nutrition Planning Summary

Admin

AWASu	Adult Women 19-74 All Day Sunday (13.5)	(2.2)	(346.4)	(2.3)	0	0
-------	---	-------	---------	-------	---	---

Menu	Description	OilyFish (Menu)				
AWAM	Adult Women 19-74 All Day Monday	0	0	0	0	0
AWATu	Adult Women 19-74 All Day Tuesday	0	0	0	0	0
AWAW	Adult Women 19-74 All day wednesday	0	0	0	0	0
AWATh	Adult Women 19-74 All Day Thursday	0	0	0	0	0
AWAF	Adult Women 19-74 All Day Friday	0	0	0	0	0
AWASa	Adult Women 19-74 All Day Saturday	0	0	0	0	0
AWASu	Adult Women 19-74 All Day Sunday	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
AWAM	Adult Women 19-74 All Day Monday	0.00
AWATu	Adult Women 19-74 All Day Tuesday	0.00
AWAW	Adult Women 19-74 All day wednesday	0.00
AWATh	Adult Women 19-74 All Day Thursday	0.00
AWAF	Adult Women 19-74 All Day Friday	0.00
AWASa	Adult Women 19-74 All Day Saturday	0.00
AWASu	Adult Women 19-74 All Day Sunday	0.00
	Plan Average:	0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: AW

Adult Women 19-74 All Day

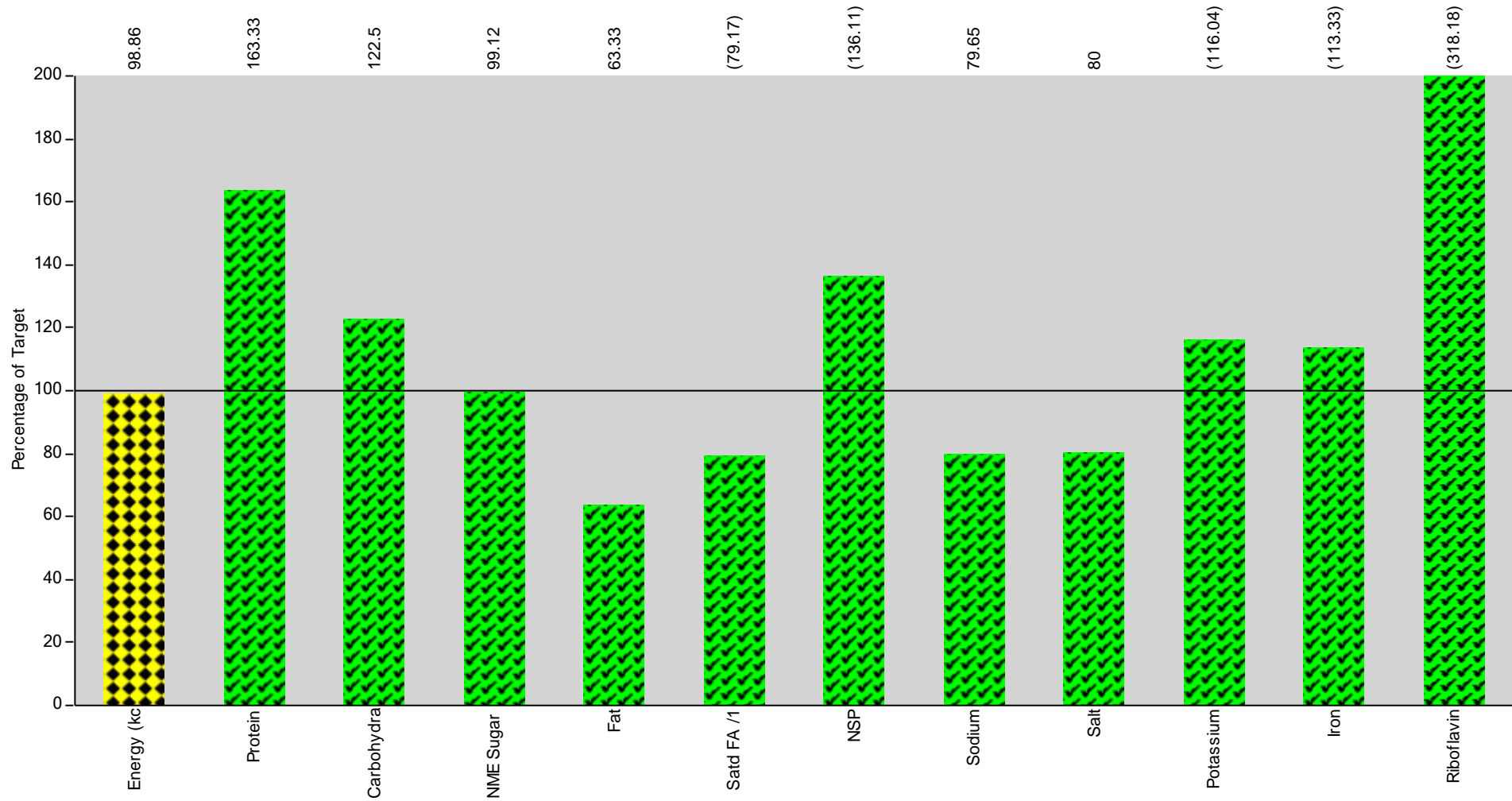
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	>1949.1	1,930.00	Target	19.1	1.0	◆
Protein	g	89.9	45.00	Minimum	44.9	99.8	✓
Carbohydrate	g	>275.7	257.00	Minimum	18.7	7.3	✓
Non Milk Extrinsic Suga	g	>42.4	56.00	Maximum	13.6	24.3	✓
Fat	g	(60.4)	73.50	Maximum	13.1	17.8	✓
Of which is saturated	g	(20.3)	23.50	Maximum	3.2	13.6	✓
NSP (Fibre)	g	(25.2)	18.00	Minimum	7.2	40.0	✓
Sodium	mg	(1754.3)	1,960.00	Maximum	205.7	10.5	✓
Salt	g	(4.1)	4.90	Maximum	0.8	16.3	✓
Potassium	mg	(4893.0)	3,500.00	Minimum	1,393.0	39.8	✓
Magnesium	mg	(426.7)	-	---	-	-	
Iron	mg	(15.6)	14.80	Minimum	0.8	5.4	✓
Zinc	mg	(12.3)	-	---	-	-	
Vitamin D	µg	(3.0)	-	---	-	-	
Folate	µg	(412.5)	-	---	-	-	
Riboflavin	mg	(2.5)	1.10	Minimum	1.4	127.3	✓
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	

Nutrition Chart - Nutrition Plan

Admin

Nutrition Plan: AWB Adult Women 19-74 Breakfast

Nutrition Rule: AWB Adult Women 19-74 Breakfast



Nutrition Planning Summary

Admin

Nutrition Plan: AWB Adult Women 19-74 Breakfast

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
AWB1-7	Adult Women 19-74 Breakfast Mon	381.6	14.7	63.7	11.3	9.5	(3.8)
AWB2	Adult Women 19-74 Breakfast Tue	381.6	14.7	63.7	11.3	9.5	(3.8)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
AWB1-7	Adult Women 19-74 Breakfast Mon	(4.9)	318.6	0.8	(812.3)	(95.6)	(3.4)
AWB2	Adult Women 19-74 Breakfast Tue	(4.9)	318.6	0.8	(812.3)	(95.6)	(3.4)

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
AWB1-7	Adult Women 19-74 Breakfast Mon	(2.2)	>0.0	>69.5	(0.7)	0	0
AWB2	Adult Women 19-74 Breakfast Tue	(2.2)	>0.0	>69.5	(0.7)	0	0

Menu	Description	OilyFish (Menu)
AWB1-7	Adult Women 19-74 Breakfast Mon	0
AWB2	Adult Women 19-74 Breakfast Tue	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
AWB1-7	Adult Women 19-74 Breakfast Monday-Sur	0.00
AWB2	Adult Women 19-74 Breakfast Tuesday	0.00
Plan Average:		0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: AWB

Adult Women 19-74 Breakfast

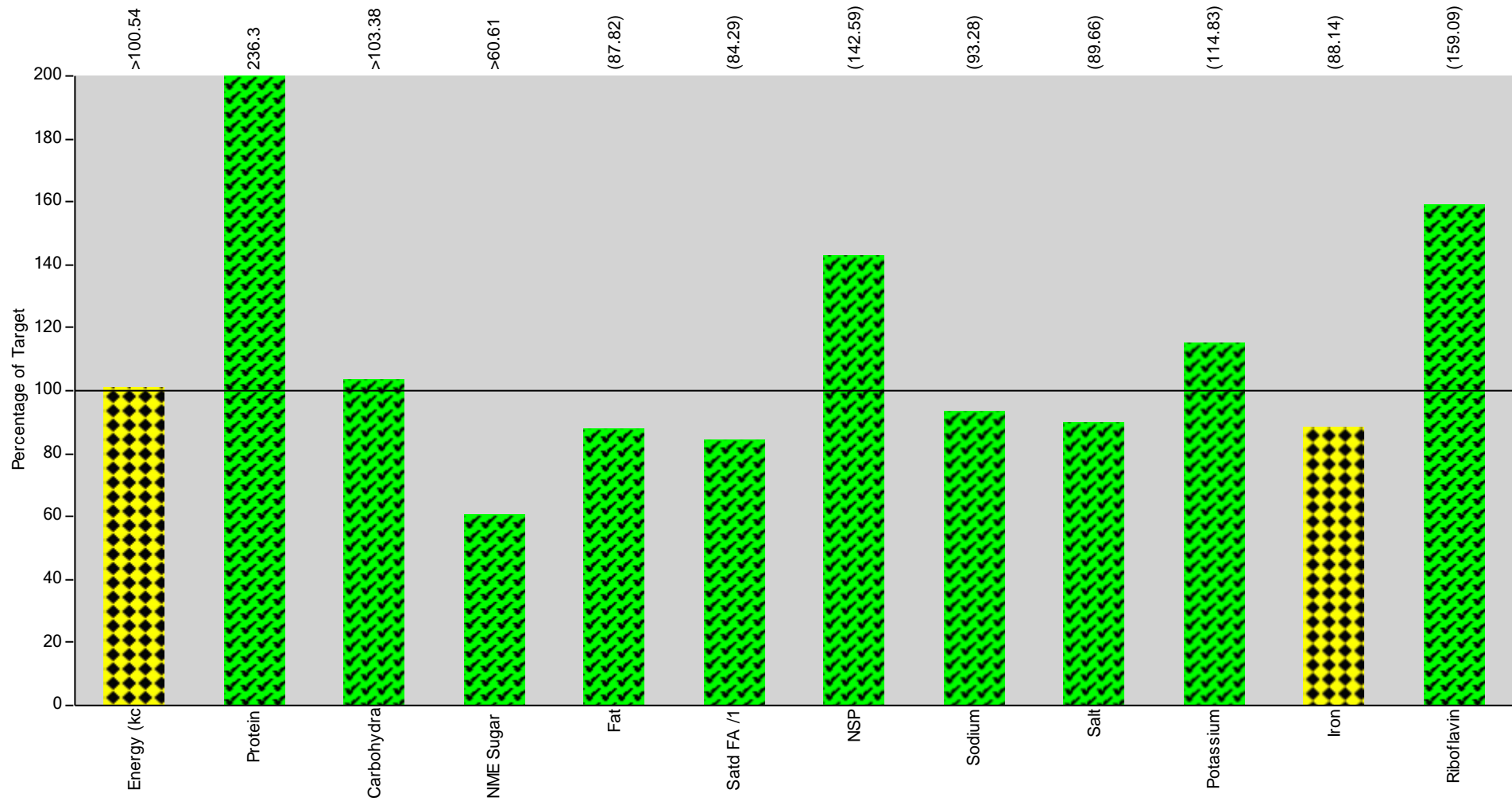
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	381.6	386.00	Target	4.4	1.1	◆
Protein	g	14.7	9.00	Minimum	5.7	63.3	✓
Carbohydrate	g	63.7	52.00	Minimum	11.7	22.5	✓
Non Milk Extrinsic Suga	g	11.3	11.40	Maximum	0.1	0.9	✓
Fat	g	9.5	15.00	Maximum	5.5	36.7	✓
Of which is saturated	g	(3.8)	4.80	Maximum	1.0	20.8	✓
NSP (Fibre)	g	(4.9)	3.60	Minimum	1.3	36.1	✓
Sodium	mg	318.6	400.00	Maximum	81.4	20.4	✓
Salt	g	0.8	1.00	Maximum	0.2	20.0	✓
Potassium	mg	(812.3)	700.00	Minimum	112.3	16.0	✓
Magnesium	mg	(95.6)	-	---	-	-	
Iron	mg	(3.4)	3.00	Minimum	0.4	13.3	✓
Zinc	mg	(2.2)	-	---	-	-	
Vitamin D	µg	>0.0	-	---	-	-	
Folate	µg	>69.5	-	---	-	-	
Riboflavin	mg	(0.7)	0.22	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: AWL Adult Women 19-74 Lunch

Nutrition Rule: AWLE Adult Women 19-74 Lunch/Evening Meal



Nutrition Planning Summary

Admin

Nutrition Plan: AWL

Adult Women 19-74 Lunch

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
AWL1	Adult Women 19-74 Lunch Monda	563.6	29.3	78.8	7.1	(16.6)	(3.8)
AWL2	Adult Women 19-74 Lunch Tuesd	568.2	35.1	68.5	6.7	18.8	(7.7)
AWL3	Adult Women 19-74 Lunch Wedne	>655.6	38.6	>87.1	>12.3	19.5	(6.4)
AWL4	Adult Women 19-74 Lunch Thursd	543.7	27.4	79.2	8.5	15.3	(4.5)
AWL5	Adult Women 19-74 Lunch Friday	613.2	27.4	80.6	9.1	22.0	(5.9)
AWL6	Adult Women 19-74 Lunch Saturd	641.4	32.5	83.0	15.9	21.1	(5.9)
AWL7	Adult Women 19-74 Lunch Sunda	616.2	32.6	80.1	10.2	20.6	(7.3)
Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
AWL1	Adult Women 19-74 Lunch Monda	(7.6)	404.5	1.0	>1682.9	>123.0	5.6
AWL2	Adult Women 19-74 Lunch Tuesd	(7.5)	(412.8)	(1.0)	>1525.6	>104.0	>5.2
AWL3	Adult Women 19-74 Lunch Wedne	>10.1	526.9	1.3	1814.1	139.0	5.7
AWL4	Adult Women 19-74 Lunch Thursd	>9.0	(476.7)	(1.1)	(1710.7)	(121.6)	7.3
AWL5	Adult Women 19-74 Lunch Friday	(7.3)	(717.0)	(1.8)	(1485.3)	(109.5)	(4.2)
AWL6	Adult Women 19-74 Lunch Saturd	(4.8)	557.3	1.3	>1387.6	>133.9	4.0
AWL7	Adult Women 19-74 Lunch Sunda	>8.0	(691.9)	(1.7)	1647.0	(109.1)	(4.2)
Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
AWL1	Adult Women 19-74 Lunch Monda	>3.0	>1.4	(139.4)	(0.7)	0	0
AWL2	Adult Women 19-74 Lunch Tuesd	>4.1	>1.0	>97.2	>0.5	0	0
AWL3	Adult Women 19-74 Lunch Wedne	7.1	1.2	(142.7)	(0.7)	0	0
AWL4	Adult Women 19-74 Lunch Thursd	(3.4)	>0.1	(590.4)	(1.5)	0	0
AWL5	Adult Women 19-74 Lunch Friday	(3.1)	>0.1	(97.3)	(0.7)	0	0
AWL6	Adult Women 19-74 Lunch Saturd	>2.9	>2.4	>121.5	>0.5	0	0

Nutrition Planning Summary

Admin

AWL7	Adult Women 19-74 Lunch Sunda	(5.1)	(0.7)	(130.0)	(0.6)	0	0
------	-------------------------------	-------	-------	---------	-------	---	---

Menu	Description	OilyFish (Menu)					
AWL1	Adult Women 19-74 Lunch Monda	0	0	0	0	0	0
AWL2	Adult Women 19-74 Lunch Tuesd	0	0	0	0	0	0
AWL3	Adult Women 19-74 Lunch Wedne	0	0	0	0	0	0
AWL4	Adult Women 19-74 Lunch Thursd	0	0	0	0	0	0
AWL5	Adult Women 19-74 Lunch Friday	0	0	0	0	0	0
AWL6	Adult Women 19-74 Lunch Saturd	0	0	0	0	0	0
AWL7	Adult Women 19-74 Lunch Sunda	0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
AWL1	Adult Women 19-74 Lunch Monday	0.00
AWL2	Adult Women 19-74 Lunch Tuesday	0.00
AWL3	Adult Women 19-74 Lunch Wednesday	0.00
AWL4	Adult Women 19-74 Lunch Thursday	0.00
AWL5	Adult Women 19-74 Lunch Friday	0.00
AWL6	Adult Women 19-74 Lunch Saturday	0.00
AWL7	Adult Women 19-74 Lunch Sunday	0.00
	Plan Average:	0.00

Nutrition Planning Summary

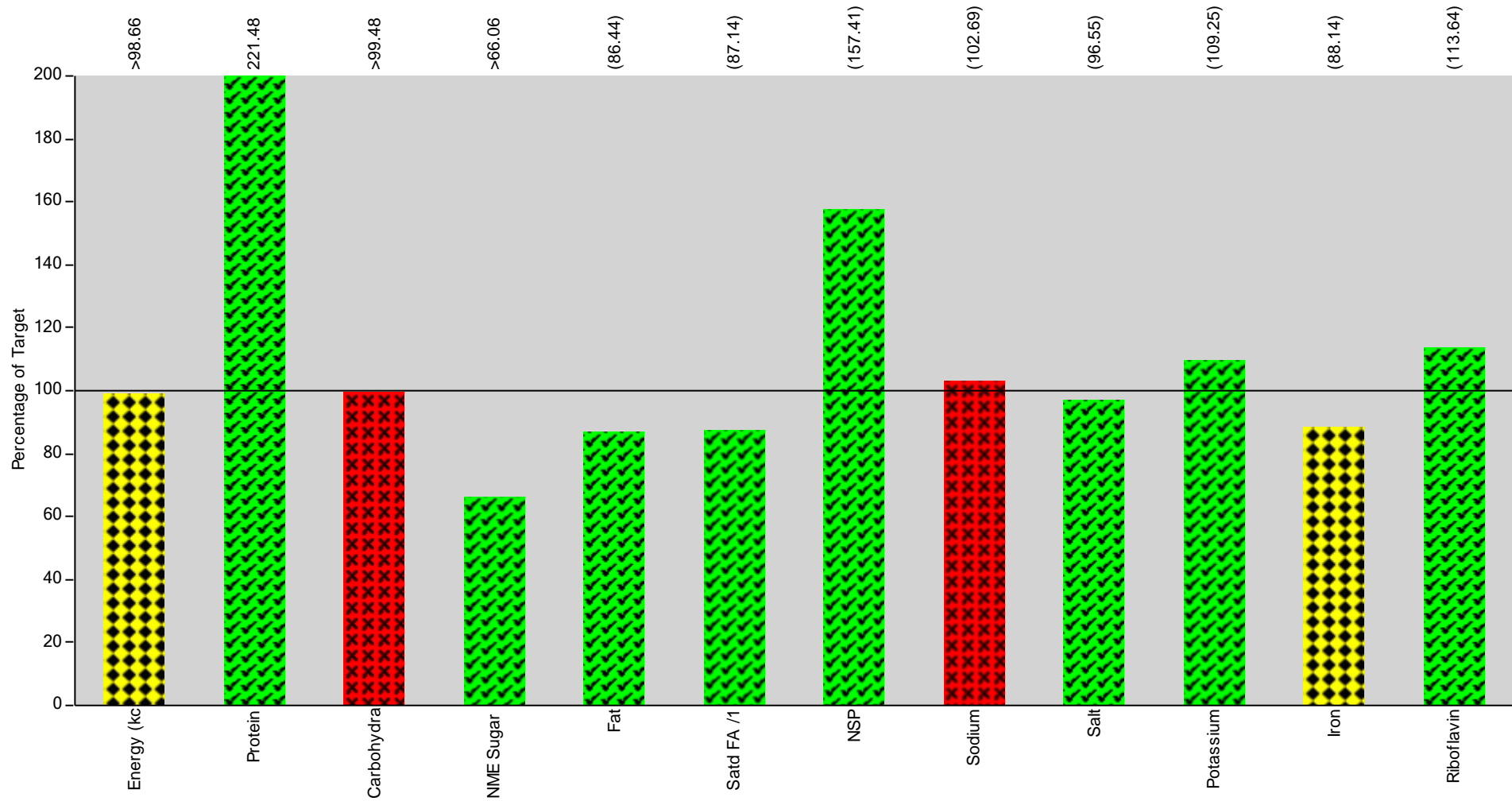
Admin

Nutritional Guideline Type: AWLE			Adult Women 19-74 Lunch/Evening Meal				
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	>600.2	597.00	Target	3.2	0.5	◆
Protein	g	31.9	13.50	Minimum	18.4	136.3	✓
Carbohydrate	g	>79.6	77.00	Minimum	2.6	3.4	✓
Non Milk Extrinsic Suga	g	>10.0	16.50	Maximum	6.5	39.4	✓
Fat	g	(19.1)	21.75	Maximum	2.7	12.2	✓
Of which is saturated	g	(5.9)	7.00	Maximum	1.1	15.7	✓
NSP (Fibre)	g	(7.7)	5.40	Minimum	2.3	42.6	✓
Sodium	mg	(541.0)	580.00	Maximum	39.0	6.7	✓
Salt	g	(1.3)	1.45	Maximum	0.2	10.3	✓
Potassium	mg	(1607.6)	1,400.00	Minimum	207.6	14.8	✓
Magnesium	mg	(120.0)	-	---	-	-	
Iron	mg	(5.2)	5.90	Minimum	0.7	11.9	◆
Zinc	mg	(4.1)	-	---	-	-	
Vitamin D	µg	(1.0)	-	---	-	-	
Folate	µg	(188.3)	-	---	-	-	
Riboflavin	mg	(0.7)	0.44	Minimum			✓
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	

Nutrition Chart - Nutrition Plan

Nutrition Plan: AWE Adult Women 19-74 Evening Meal

Nutrition Rule: AWLE Adult Women 19-74 Lunch/Evening Meal



Nutrition Planning Summary

Admin

Nutrition Plan: AWE

Adult Women 19-74 Evening Meal

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
AWE1	Adult Women 19-74 Evening Meal	>588.3	25.3	>71.8	>8.6	21.8	(8.6)
AWE2	Adult Women 19-74 Evening Meal	647.6	28.8	87.2	>17.5	22.8	(4.3)
AWE3	Adult Women 19-74 Evening Meal	576.6	40.7	68.6	7.7	(17.5)	(4.3)
AWE4	Adult Women 19-74 Evening Meal	571.8	27.2	70.9	10.8	15.2	(7.0)
AWE5	Adult Women 19-74 Evening Meal	537.0	25.4	70.5	9.3	16.7	(6.3)
AWE6	Adult Women 19-74 Evening Meal	667.6	34.2	93.8	13.7	19.8	(6.2)
AWE7	Adult Women 19-74 Evening Meal	534.5	27.9	73.7	8.4	18.1	(5.7)
Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
AWE1	Adult Women 19-74 Evening Meal	>8.4	510.4	1.2	(1440.5)	(100.1)	(4.8)
AWE2	Adult Women 19-74 Evening Meal	(6.9)	(565.5)	(1.4)	(1315.4)	(148.8)	(4.9)
AWE3	Adult Women 19-74 Evening Meal	(8.1)	532.1	1.3	(1795.5)	(132.7)	(5.3)
AWE4	Adult Women 19-74 Evening Meal	>10.5	(638.4)	(1.5)	(1231.3)	(134.7)	(5.5)
AWE5	Adult Women 19-74 Evening Meal	(5.9)	(568.1)	(1.4)	(1416.8)	(95.2)	(4.8)
AWE6	Adult Women 19-74 Evening Meal	>11.5	638.6	1.6	2149.9	139.9	6.3
AWE7	Adult Women 19-74 Evening Meal	>8.1	>716.0	>1.7	(1357.3)	(138.5)	(4.9)
Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
AWE1	Adult Women 19-74 Evening Meal	(4.6)	>0.6	(115.5)	(0.5)	0	0
AWE2	Adult Women 19-74 Evening Meal	(3.7)	>1.0	>77.5	(0.5)	0	0
AWE3	Adult Women 19-74 Evening Meal	(3.4)	>9.7	>115.6	(0.7)	0	0
AWE4	Adult Women 19-74 Evening Meal	(5.0)	>0.4	>126.6	(0.5)	0	0
AWE5	Adult Women 19-74 Evening Meal	(4.1)	>0.0	>88.8	(0.4)	0	0
AWE6	Adult Women 19-74 Evening Meal	5.6	>0.3	(128.3)	(0.6)	0	0

Nutrition Planning Summary

Admin

AWE7	Adult Women 19-74 Evening Meal (4.7)	>1.3	>99.5	(0.5)	0	0
------	--------------------------------------	------	-------	-------	---	---

Menu	Description	OilyFish (Menu)				
AWE1	Adult Women 19-74 Evening Meal 0	0	0	0	0	0
AWE2	Adult Women 19-74 Evening Meal 0	0	0	0	0	0
AWE3	Adult Women 19-74 Evening Meal 0	0	0	0	0	0
AWE4	Adult Women 19-74 Evening Meal 0	0	0	0	0	0
AWE5	Adult Women 19-74 Evening Meal 0	0	0	0	0	0
AWE6	Adult Women 19-74 Evening Meal 0	0	0	0	0	0
AWE7	Adult Women 19-74 Evening Meal 0	0	0	0	0	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
AWE1	Adult Women 19-74 Evening Meal Monday	0.00
AWE2	Adult Women 19-74 Evening Meal Tuesday	0.00
AWE3	Adult Women 19-74 Evening Meal Wednes	0.00
AWE4	Adult Women 19-74 Evening Meal Thursd	0.00
AWE5	Adult Women 19-74 Evening Meal Friday	0.00
AWE6	Adult Women 19-74 Evening Meal Saturda	0.00
AWE7	Adult Women 19-74 Evening Meal Sunday	0.00
	Plan Average:	0.00

Nutrition Planning Summary

Admin

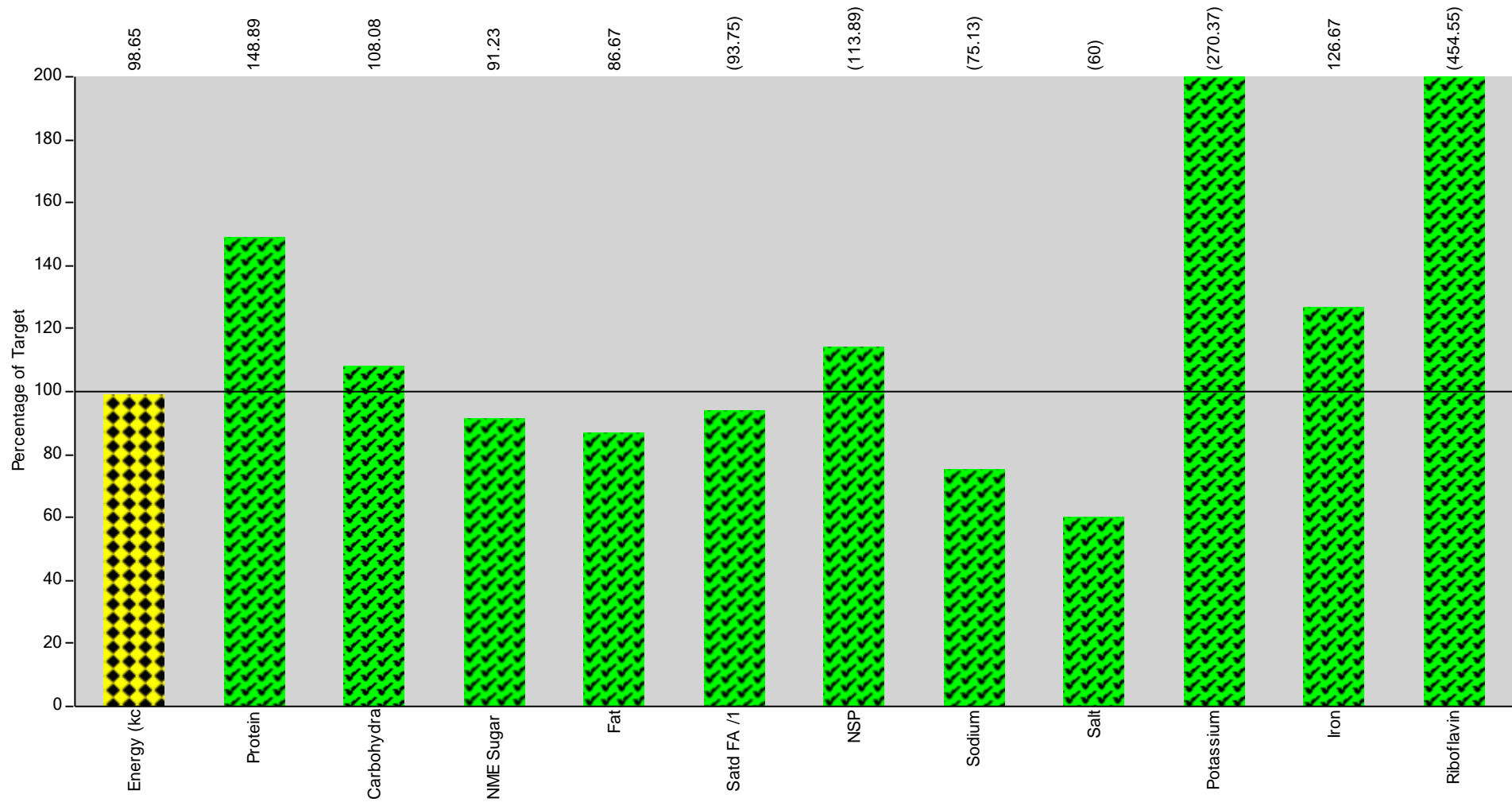
Nutritional Guideline Type: AWLE			Adult Women 19-74 Lunch/Evening Meal				
Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	>589.0	597.00	Target	8.0	1.3	◆
Protein	g	29.9	13.50	Minimum	16.4	121.5	✓
Carbohydrate	g	>76.6	77.00	Minimum	0.4	0.5	✗
Non Milk Extrinsic Suga	g	>10.9	16.50	Maximum	5.6	33.9	✓
Fat	g	(18.8)	21.75	Maximum	3.0	13.6	✓
Of which is saturated	g	(6.1)	7.00	Maximum	0.9	12.9	✓
NSP (Fibre)	g	(8.5)	5.40	Minimum	3.1	57.4	✓
Sodium	mg	(595.6)	580.00	Maximum	15.6	2.7	✗
Salt	g	(1.4)	1.45	Maximum	0.1	3.4	✓
Potassium	mg	(1529.5)	1,400.00	Minimum	129.5	9.3	✓
Magnesium	mg	(127.1)	-	---	-	-	
Iron	mg	(5.2)	5.90	Minimum	0.7	11.9	◆
Zinc	mg	(4.4)	-	---	-	-	
Vitamin D	µg	>1.9	-	---	-	-	
Folate	µg	(107.4)	-	---	-	-	
Riboflavin	mg	(0.5)	0.44	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: AWS Adult Women 19-74 Snacks

Nutrition Rule: AWS Adult Women 19-74 Snacks



Nutrition Planning Summary

Admin

Nutrition Plan: AWS Adult Women 19-74 Snacks

Menu	Description	Energy (kc (kcal)	Protein (g)	Carbohydra (g)	NME Sugar (g)	Fat (g)	Satd FA /1 (g)
AWS1-7	Adult Women 19-74 Snacks Mond	380.8	13.4	56.2	10.4	13.0	(4.5)
AWS2	Adult Women 19-74 Snacks Tues	380.8	13.4	56.2	10.4	13.0	(4.5)

Menu	Description	NSP (g)	Sodium (mg)	Salt (g)	Potassium (mg)	Magnesium (mg)	Iron (mg)
AWS1-7	Adult Women 19-74 Snacks Mond	(4.1)	(300.5)	(0.6)	(946.3)	(84.4)	1.9
AWS2	Adult Women 19-74 Snacks Tues	(4.1)	(300.5)	(0.6)	(946.3)	(84.4)	1.9

Menu	Description	Zinc (mg)	Vitamin D (µg)	Folate (µg)	Riboflavin (mg)	DeepFried (Menu)	FruitVeg (Portion)
AWS1-7	Adult Women 19-74 Snacks Mond	(1.6)	>0.1	(47.5)	(0.5)	0	0
AWS2	Adult Women 19-74 Snacks Tues	(1.6)	>0.1	(47.5)	(0.5)	0	0

Menu	Description	OilyFish (Menu)
AWS1-7	Adult Women 19-74 Snacks Mond	0
AWS2	Adult Women 19-74 Snacks Tues	0

Menu Cost Per Head:

Menu	Description	Cost Per Head
AWS1-7	Adult Women 19-74 Snacks Monday-Sund	0.00
AWS2	Adult Women 19-74 Snacks Tuesday	0.00
Plan Average:		0.00

Nutrition Planning Summary

Admin

Nutritional Guideline Type: AWS

Adult Women 19-74 Snacks

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	380.8	386.00	Target	5.2	1.3	◆
Protein	g	13.4	9.00	Minimum	4.4	48.9	✓
Carbohydrate	g	56.2	52.00	Minimum	4.2	8.1	✓
Non Milk Extrinsic Suga	g	10.4	11.40	Maximum	1.0	8.8	✓
Fat	g	13.0	15.00	Maximum	2.0	13.3	✓
Of which is saturated	g	(4.5)	4.80	Maximum	0.3	6.3	✓
NSP (Fibre)	g	(4.1)	3.60	Minimum	0.5	13.9	✓
Sodium	mg	(300.5)	400.00	Maximum	99.5	24.9	✓
Salt	g	(0.6)	1.00	Maximum	0.4	40.0	✓
Potassium	mg	(946.3)	350.00	Minimum	596.3	170.4	✓
Magnesium	mg	(84.4)	-	---	-	-	
Iron	mg	1.9	1.50	Minimum	0.4	26.7	✓
Zinc	mg	(1.6)	-	---	-	-	
Vitamin D	µg	>0.1	-	---	-	-	
Folate	µg	(47.5)	-	---	-	-	
Riboflavin	mg	(0.5)	0.11	Minimum			✓
Deep Fried Products	Menu	0.0	-	---	-	-	
Fruit and Vegetables	Portion	0.0	-	---	-	-	
Oily Fish	Menu	0.0	-	---	-	-	