

Nutrition Plan Summary

Nutrition Plan: AU17WK1-3

Autumn 2017 Weeks 1 - 3

Menu	Description	Energy (kc (kcal))	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)	NSP (g)
AU1117	Autumn Week 1 Day 1 2017	743.7	24.1	11.0	98.9	(9.4)	8.9
AU1217	Autumn Week 1 Day 2 2017	647.5	15.4	4.9	104.3	(24.5)	9.4
AU1317	Autumn Week 1 Day 3 2017	491.2	18.7	5.9	59.4	(3.2)	7.1
AU1417	Autumn Week 1 Day 4 2017	337.4	4.3	1.9	60.3	(7.6)	6.1
AU1517	Autumn Week 1 Day 5 2017	431.6	14.9	3.5	63.3	(5.2)	5.0
AU2117	Autumn Week 2 Day 1 2017	682.6	29.1	14.0	81.1	(15.9)	7.2
AU2217	Autumn Week 2 Day 2 2017	682.9	27.7	10.5	80.7	(6.2)	8.6
AU2317	Autumn Week 2 Day 3 2017	438.9	18.7	5.6	50.4	(11.1)	5.5
AU2417	Autumn Week 2 Day 4 2017	556.2	10.0	2.9	98.6	(20.2)	8.9
AU2517	Autumn Week 2 Day 5 2017	566.9	23.4	6.0	69.1	(5.0)	7.9
AU3117	Autumn Week 3 Day 1 2017	406.5	10.6	3.6	63.8	(7.3)	6.7
AU3217	Autumn Week 3 Day 2 2017	467.4	14.7	8.3	67.0	(23.3)	7.8
AU3317	Autumn Week 3 Day3 2017	523.3	25.7	8.5	54.7	(2.6)	8.3
AU3417	Autumn Week 3 Day 4 2017	746.0	16.1	3.6	120.1	(11.6)	14.9
AU3517	Autumn Week 3 Day 5 2017	492.1	13.9	3.3	71.9	(9.8)	7.2

Menu	Description	Protein (g)	Iron (mg)	Calcium (mg)	Folate (µg)	Vitamin C (mg)	Sodium (mg)
AU1117	Autumn Week 1 Day 1 2017	28.8	>4.6	>552.7	>142.5	>21.6	504.9
AU1217	Autumn Week 1 Day 2 2017	20.6	>3.4	>219.8	>91.1	>35.5	530.7
AU1317	Autumn Week 1 Day 3 2017	22.7	>2.5	>215.3	>137.0	>62.0	550.6
AU1417	Autumn Week 1 Day 4 2017	13.9	>2.5	>242.7	>117.7	>59.3	195.3
AU1517	Autumn Week 1 Day 5 2017	12.2	>1.6	>78.5	>65.0	>19.1	208.5
AU2117	Autumn Week 2 Day 1 2017	24.4	>3.0	>518.9	>117.0	>32.6	877.1
AU2217	Autumn Week 2 Day 2 2017	26.0	>4.6	>236.7	>117.4	>25.0	665.9
AU2317	Autumn Week 2 Day 3 2017	17.4	>3.5	>140.1	>126.2	>73.8	238.1
AU2417	Autumn Week 2 Day 4 2017	18.1	>1.7	>196.1	>54.4	>24.8	303.5
AU2517	Autumn Week 2 Day 5 2017	18.9	>2.7	>140.3	>74.3	>24.9	376.6

Nurse Commercial Services

30-Oct-2017

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Menu	Description	Protein (g)	Iron (mg)	Calcium (mg)	Folate (µg)	Vitamin C (mg)	Sodium (mg)
AU3117	Autumn Week 3 Day 1 2017	13.6	>2.7	>129.6	>97.8	>62.3	432.1
AU3217	Autumn Week 3 Day 2 2017	17.2	2.4	232.8	103.8	62.5	585.8
AU3317	Autumn Week 3 Day3 2017	19.2	>2.8	>232.8	>146.9	>93.4	658.6
AU3417	Autumn Week 3 Day 4 2017	25.8	>14.8	>247.0	>101.0	>90.8	885.1
AU3517	Autumn Week 3 Day 5 2017	19.8	>2.7	>220.2	>89.8	>27.3	462.2
Menu	Description	Zinc (mg)	Vitamin A (µg)	DeepFried (Menu)	FruitVeg (Portion)	OilyFish (Menu)	
AU1117	Autumn Week 1 Day 1 2017	>3.6	(250.9)	0.0	2.7	0.0	
AU1217	Autumn Week 1 Day 2 2017	>2.5	(443.1)	0.0	2.7	0.0	
AU1317	Autumn Week 1 Day 3 2017	>2.4	(709.2)	0.0	2.6	0.0	
AU1417	Autumn Week 1 Day 4 2017	>1.9	(81.0)	0.0	3.05	0.0	
AU1517	Autumn Week 1 Day 5 2017	>1.2	(126.8)	1	1.85	0.0	
AU2117	Autumn Week 2 Day 1 2017	>3.6	(726.4)	0.0	1.9	0.0	
AU2217	Autumn Week 2 Day 2 2017	>3.2	(285.8)	0.0	2.15	0.0	
AU2317	Autumn Week 2 Day 3 2017	>2.8	(386.9)	0.0	2.3	0.0	
AU2417	Autumn Week 2 Day 4 2017	>2.2	(205.7)	0.0	1.26	0.0	
AU2517	Autumn Week 2 Day 5 2017	>1.4	(130.6)	1	1.26	0.0	
AU3117	Autumn Week 3 Day 1 2017	>1.3	(217.8)	0.0	1.55	0.0	
AU3217	Autumn Week 3 Day 2 2017	2.0	(681.0)	0.0	2.25	0.0	
AU3317	Autumn Week 3 Day3 2017	>2.1	(385.0)	0.0	3.7	0.0	
AU3417	Autumn Week 3 Day 4 2017	>5.3	(122.3)	0.0	2.06	0.0	
AU3517	Autumn Week 3 Day 5 2017	>1.5	(191.3)	1	1.95	0.0	

Nutrition Plan Summary

Nutritional Guideline Type: NS 5 - 11

NUTRIENT STANDARDS PRIMARY PUPILS (APRIL 07)

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	547.6 per menu	530 per menu	Target	17.6	3.3	✓
Fat	g	17.8 per menu	20.6 per menu	Maximum	2.8	13.6	✓
Satd FA /100g fd	g	6.2 per menu	6.5 per menu	Maximum	0.3	4.6	✓
Carbohydrate	g	76.2 per menu	70.6 per menu	Minimum	5.6	7.9	✓
Non Milk Extrinsic Sugar	g	(10.8) per menu	15.5 per menu	Maximum	4.7	30.3	✓
NSP	g	8.0 per menu	4.2 per menu	Minimum	3.8	90.5	✓
Protein	g	19.9 per menu	7.5 per menu	Minimum	12.4	165.3	✓
Iron	mg	>3.7 per menu	3 per menu	Minimum	0.7	23.3	✓
Calcium	mg	>240.2 per menu	193 per menu	Minimum	47.2	24.5	✓
Folate	µg	>105.5 per menu	53 per menu	Minimum	52.5	99.1	✓
Vitamin C	mg	>47.7 per menu	10.5 per menu	Minimum	37.2	354.3	✓
Sodium	mg	498.3 per menu	499 per menu	Maximum	0.7	0.1	✓
Zinc	mg	>2.5 per menu	2.5 per menu	Minimum	0.0	0.0	✓
Vitamin A	µg	(329.6) per menu	175 per menu	Minimum	154.6	88.3	✓
Deep Fried Products	Menu	3.0 per 5 menus	-	-	-	-	-
Fruit and Vegetables	Portion	33.3 per 1 menus	-	-	-	-	-
Oily Fish	Menu	0.0 per 15 menus	-	-	-	-	-