

Nutrition Plan Summary

Admin

Nutrition Plan: FPSS		Full Primary Spring/Summer				Unit: 0001	
Menu	Description	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)	NSP (g)
pssmw1d1	Primary SS Menu Week 1 Monday	530.6	19.9	(7.5)	73.2	(10.2)	>4.3
pssmw1d2	Primary SS Menu Week 1 Tuesday	>634.1	17.2	(6.3)	>99.4	(22.7)	(5.2)
pssmw1d3	Primary SS Menu Week 1 Wednesday	478.2	16.9	(6.9)	58.6	(4.9)	4.9
pssmw1d4	Primary SS Menu Week 1 Thursday	586.5	16.7	(6.0)	79.0	(24.8)	>8.8
pssmw1d5	Primary SS Menu Week 1 Friday	530.7	22.8	(6.0)	64.1	(3.9)	(7.6)
pssmw2d1	Primary SS Menu Week 2 Monday	>528.1	>10.2	(3.7)	>87.7	(30.6)	(4.1)
pssmw2d2	Primary SS Menu Week 2 Tuesday	453.4	26.0	(14.4)	59.5	(11.3)	7.4
pssmw2d3	Primary SS Menu Week 2 Wednesday	502.0	14.5	(5.1)	69.3	(16.5)	>5.3
pssmw2d4	Primary SS Menu Week 2 Thursday	457.3	15.2	(7.0)	50.6	(5.5)	(5.2)
pssmw2d5	Primary SS Menu Week 2 Friday	615.1	16.1	(7.4)	95.7	(24.3)	>9.5
pssmw3d1	Primary SS Menu Week 3 Monday	459.9	11.0	(3.7)	75.9	(8.2)	4.5
pssmw3d2	Primary SS Menu Week 3 Tuesday	371.1	14.4	(8.1)	37.3	(5.2)	>5.0
pssmw3d3	Primary SS Menu Week 3 Wednesday	628.3	16.1	(5.4)	92.2	(20.4)	>6.7
pssmw3d4	Primary SS Menu Week 3 Thursday	606.5	19.5	(6.6)	85.2	(14.2)	(7.2)
pssmw3d5	Primary SS Menu W3 Friday	573.6	22.6	(7.4)	73.5	(7.3)	(8.2)
pssmw4d1	Primary SS Menu Week 4 Monday	676.2	18.5	(6.8)	106.2	(22.6)	(6.6)
pssmw4d2	Primary SS Menu Week 4 Tuesday	>565.7	19.2	(6.9)	>77.2	(8.9)	(7.4)
pssmw4d3	Primary SS Menu Week 4 Wednesday	>565.1	>19.4	(6.5)	>73.7	(12.6)	>6.0
pssmw4d4	Primary SS Week 4 Thursday	>448.5	14.7	(5.4)	>58.8	(3.4)	>5.5
pssmw4d5	Primary SS Menu Week 4 Friday	>479.5	>10.6	(3.6)	>74.6	(29.0)	>4.3
Menu	Description	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)
pssmw1d1	Primary SS Menu Week 1 Monday	17.3	2.1	(2.0)	195.9	(772.3)	33.2
pssmw1d2	Primary SS Menu Week 1 Tuesday	23.2	(3.0)	(1.7)	(345.4)	(175.3)	31.3
pssmw1d3	Primary SS Menu Week 1 Wednesday	24.8	2.7	(2.5)	378.6	(241.1)	28.3
pssmw1d4	Primary SS Menu Week 1 Thursday	33.1	(5.2)	(5.5)	(377.3)	(348.6)	(22.2)

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pssmw1d5	Primary SS Menu Week 1 Friday	21.1	3.6	(2.0)	(173.4)	(72.6)	(39.3)
pssmw2d1	Primary SS Menu Week 2 Monday	>24.1	(3.5)	(2.7)	(469.8)	(312.3)	(36.9)
pssmw2d2	Primary SS Menu Week 2 Tuesday	24.9	3.5	(6.1)	177.7	(861.9)	17.2
pssmw2d3	Primary SS Menu Week 2 Wednesday	26.4	(4.4)	(2.3)	(407.7)	(257.3)	89.5
pssmw2d4	Primary SS Menu Week 2 Thursday	19.9	1.9	(1.9)	298.1	(1079.9)	18.3
pssmw2d5	Primary SS Menu Week 2 Friday	26.4	5.3	(3.4)	292.9	(478.4)	64.9
pssmw3d1	Primary SS Menu Week 3 Monday	18.5	2.9	(2.2)	189.2	(168.4)	25.4
pssmw3d2	Primary SS Menu Week 3 Tuesday	24.6	2.9	(3.5)	225.6	(346.4)	28.2
pssmw3d3	Primary SS Menu Week 3 Wednesday	32.7	(4.3)	(4.2)	(397.1)	(307.7)	(26.7)
pssmw3d4	Primary SS Menu Week 3 Thursday	26.5	(4.1)	(2.8)	(244.3)	(196.8)	30.5
pssmw3d5	Primary SS Menu W3 Friday	23.3	3.9	(4.0)	(190.7)	(275.6)	(56.1)
pssmw4d1	Primary SS Menu Week 4 Monday	26.1	(4.6)	(5.9)	(485.4)	(315.8)	40.0
pssmw4d2	Primary SS Menu Week 4 Tuesday	25.4	(3.7)	(3.6)	(318.0)	(376.5)	35.2
pssmw4d3	Primary SS Menu Week 4 Wednesday	>28.5	>3.6	(2.6)	>271.8	(399.4)	(35.8)
pssmw4d4	Primary SS Week 4 Thursday	23.3	3.3	(3.4)	(261.2)	(265.7)	36.7
pssmw4d5	Primary SS Menu Week 4 Friday	>24.2	>2.4	(2.1)	>226.0	(883.5)	(30.1)

Menu	Description	Folate (µg)	Sodium (mg)	DeepFried (Menu)	FruitVeg (Portion)	OilyFish (Menu)
pssmw1d1	Primary SS Menu Week 1 Monday	(68.9)	(709.5)	0.0	1.7	0.0
pssmw1d2	Primary SS Menu Week 1 Tuesday	(78.7)	>321.1	0.0	2.55	0.0
pssmw1d3	Primary SS Menu Week 1 Wednesday	(72.4)	(498.0)	2	0.25	0.0
pssmw1d4	Primary SS Menu Week 1 Thursday	(83.1)	441.3	0.0	1.9	1
pssmw1d5	Primary SS Menu Week 1 Friday	(99.2)	727.5	1	1.75	0.0
pssmw2d1	Primary SS Menu Week 2 Monday	(79.0)	>572.4	0.0	1.8	0.0
pssmw2d2	Primary SS Menu Week 2 Tuesday	(74.4)	763.8	0.0	0.81	0.0
pssmw2d3	Primary SS Menu Week 2 Wednesday	(116.8)	(548.8)	1	1.27	0.0
pssmw2d4	Primary SS Menu Week 2 Thursday	(48.2)	449.7	0.0	1.16	0.0
pssmw2d5	Primary SS Menu Week 2 Friday	(115.1)	389.8	1	1.76	0.0
pssmw3d1	Primary SS Menu Week 3 Monday	(55.8)	336.7	0.0	1.61	0.0

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pssmw3d2	Primary SS Menu Week 3 Tuesday	(69.3)	290.0	0.0	2.41	0.0
pssmw3d3	Primary SS Menu Week 3 Wednesday	(93.1)	(530.8)	1	0.74	1
pssmw3d4	Primary SS Menu Week 3 Thursday	(113.8)	755.9	0.0	1.81	0.0
pssmw3d5	Primary SS Menu W3 Friday	(119.8)	(390.4)	1	1.96	0.0
pssmw4d1	Primary SS Menu Week 4 Monday	(248.7)	(480.9)	0.0	1.96	0.0
pssmw4d2	Primary SS Menu Week 4 Tuesday	(83.1)	660.5	0.0	1.26	0.0
pssmw4d3	Primary SS Menu Week 4 Wednesday	(83.9)	(520.9)	1	0.76	0.0
pssmw4d4	Primary SS Week 4 Thursday	(73.3)	560.9	0.0	2.06	0.0
pssmw4d5	Primary SS Menu Week 4 Friday	(58.7)	>349.8	1	2.06	0.0

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Menu Cost Per Head:

Menu	Description	Cost Per Head
pssmw1d1	Primary SS Menu Week 1 Monday	0.70
pssmw1d2	Primary SS Menu Week 1 Tuesday	0.68
pssmw1d3	Primary SS Menu Week 1 Wednesday	0.81
pssmw1d4	Primary SS Menu Week 1 Thursday	0.57
pssmw1d5	Primary SS Menu Week 1 Friday	0.67
pssmw2d1	Primary SS Menu Week 2 Monday	0.87
pssmw2d2	Primary SS Menu Week 2 Tuesday	0.88
pssmw2d3	Primary SS Menu Week 2 Wednesday	1.01
pssmw2d4	Primary SS Menu Week 2 Thursday	0.62
pssmw2d5	Primary SS Menu Week 2 Friday	0.96
pssmw3d1	Primary SS Menu Week 3 Monday	0.66
pssmw3d2	Primary SS Menu Week 3 Tuesday	0.59
pssmw3d3	Primary SS Menu Week 3 Wednesday	0.67
pssmw3d4	Primary SS Menu Week 3 Thursday	0.67
pssmw3d5	Primary SS Menu W3 Friday	0.82
pssmw4d1	Primary SS Menu Week 4 Monday	0.90
pssmw4d2	Primary SS Menu Week 4 Tuesday	0.73
pssmw4d3	Primary SS Menu Week 4 Wednesday	0.80
pssmw4d4	Primary SS Week 4 Thursday	0.78
pssmw4d5	Primary SS Menu Week 4 Friday	0.63
	Plan Average:	0.75

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Nutritional Guideline Type: Prim Lunch

Primary Lunch

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	>534.5	557	Target	22.5	4.0	✓
Fat	g	>17.1	21.6	Maximum	4.5	20.8	✓
Satd FA /100g fd	g	(6.5)	6.8	Maximum	0.3	4.4	✓
Carbohydrate	g	>74.6	74.2	Minimum	0.4	0.5	✓
Non Milk Extrinsic Suga	g	(14.3)	16.3	Maximum	2.0	12.3	✓
NSP (Fibre)	g	(6.2)	4.5	Minimum	1.7	37.8	✓
Protein	g	>24.7	8.5	Minimum	16.2	190.6	✓
Iron	mg	(3.5)	3.5	Minimum	0.0	0.0	✓
Zinc	mg	(3.2)	2.8	Minimum	0.4	14.3	✓
Calcium	mg	(296.3)	220	Minimum	76.3	34.7	✓
Vitamin A	µg	(406.8)	200	Minimum	206.8	103.4	✓
Vitamin C	mg	(36.3)	12	Minimum	24.3	202.5	✓
Folate	µg	(91.8)	60	Minimum	31.8	53.0	✓
Sodium	mg	(514.9)	600	Maximum	85.1	14.2	✓
Deep Fried Products	Menu	8.0 per 0 menus	-	-	-	-	
Fruit and Vegetables	Portion	31.6 per 0 menus	-	-	-	-	
Oily Fish	Menu	2.0 per 0 menus	-	-	-	-	