

Nutrition Plan Summary

Admin

Nutrition Plan: FPSSH

Full Primary Spring/Summer (Halal)

Unit: 0001

Menu	Description	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)	NSP (g)
pssmw1d1h	Primary SS Menu Week 1 Monday (H)	541.6	17.2	(6.8)	79.9	(11.0)	>5.1
pssmw1d2	Primary SS Menu Week 1 Tuesday	>634.5	17.4	(6.3)	>99.3	(22.7)	(5.2)
pssmw1d3h	Primary SS Menu Week 1 Wednesday	508.3	14.7	(5.1)	66.9	(6.9)	>6.2
pssmw1d4h	Primary SS Menu Week 1 Thursday (H)	>607.1	>15.9	(5.4)	>86.8	(23.2)	>6.7
pssmw1d5	Primary SS Menu Week 1 Friday	530.9	23.0	(6.0)	64.0	(4.0)	(7.6)
pssmw2d1h	Primary SS Menu Week 2 Monday (H)	>353.9	>7.9	(2.4)	>48.6	(1.5)	>4.1
pssmw2d2h	Primary SS Menu Week 2 Tuesday (H)	461.6	25.5	(14.1)	62.2	(11.7)	8.2
pssmw2d3	Primary SS Menu Week 2 Wednesday	504.1	14.7	(5.1)	69.1	(16.5)	>5.3
pssmw2d4	Primary SS Menu Week 2 Thursday	457.1	15.4	(7.0)	50.5	(5.5)	(5.2)
pssmw2d5h	Primary SS Menu Week 2 Friday (H)	579.3	13.7	(5.7)	91.6	(25.3)	>8.3
pssmw3d1h	Primary SS Menu Week 3 Monday (H)	444.9	9.5	(3.7)	77.9	(8.3)	>5.7
pssmw3d2h	Primary SS Menu Week 3 Tuesday (Ha	431.5	17.8	(10.5)	45.3	(6.9)	>5.1
pssmw3d3h	Primary SS Menu Week 3 Wednesday	>569.6	>13.3	(4.3)	>91.3	(20.4)	(4.8)
pssmw3d4h	Primary SS Week 3 Thursday 4 (H)	730.7	22.6	(7.3)	107.9	(18.5)	(8.2)
pssmw3d5h	Primary SS Menu W3 Friday (Halal)	627.5	26.8	(9.3)	77.1	(7.8)	(8.9)
pssmw4d1h	Primary SS Menu Week 4 Monday (Hal	562.3	12.8	(4.5)	89.5	(22.0)	(6.9)
pssmw4d2h	Primary SS Menu Week 4 Tuesday (Ha	>530.4	18.8	(6.6)	>74.2	(8.9)	(5.8)
pssmw4d3	Primary SS Menu Week 4 Wednesday	>564.9	>19.5	(6.5)	>73.6	(12.6)	>6.0
pssmw4d4	Primary SS Week 4 Thursday	>448.3	14.8	(5.4)	>58.7	(3.5)	>5.5
pssmw4d5	Primary SS Menu Week 4 Friday	>520.4	>11.2	(3.7)	>82.1	(29.0)	>4.8

Menu	Description	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (mg)
pssmw1d1h	Primary SS Menu Week 1 Monday (H)	19.6	2.3	(2.1)	220.7	(810.3)	51.6
pssmw1d2	Primary SS Menu Week 1 Tuesday	23.0	(3.1)	(1.7)	(341.6)	(176.5)	31.3
pssmw1d3h	Primary SS Menu Week 1 Wednesday	28.7	4.0	(3.0)	316.7	(319.8)	(28.1)
pssmw1d4h	Primary SS Menu Week 1 Thursday (H)	>32.6	(4.6)	(4.0)	(417.3)	(286.7)	(22.7)

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pssmw1d5	Primary SS Menu Week 1 Friday	20.9	3.6	(2.0)	(169.7)	(73.8)	(39.3)
pssmw2d1h	Primary SS Menu Week 2 Monday (H)	>24.4	>3.0	>2.4	>234.4	(350.9)	(26.4)
pssmw2d2h	Primary SS Menu Week 2 Tuesday (H)	25.6	3.7	(6.9)	189.4	(809.4)	21.1
pssmw2d3	Primary SS Menu Week 2 Wednesday	26.6	(4.5)	(2.4)	(404.8)	(262.1)	89.7
pssmw2d4	Primary SS Menu Week 2 Thursday	19.6	1.9	(1.9)	294.2	(1079.8)	18.2
pssmw2d5h	Primary SS Menu Week 2 Friday (H)	26.8	4.0	(3.4)	283.1	(401.6)	52.2
pssmw3d1h	Primary SS Menu Week 3 Monday (H)	16.3	3.3	(2.2)	199.1	(159.6)	27.7
pssmw3d2h	Primary SS Menu Week 3 Tuesday (Ha	24.6	2.7	(3.1)	261.5	(321.5)	26.6
pssmw3d3h	Primary SS Menu Week 3 Wednesday	>25.4	(3.3)	(3.1)	(362.5)	(249.5)	(26.2)
pssmw3d4h	Primary SS Week 3 Thursday 4 (H)	29.2	(5.2)	(3.4)	(276.3)	(264.3)	35.2
pssmw3d5h	Primary SS Menu W3 Friday (Halal)	23.9	4.3	(3.7)	(198.1)	(275.3)	(49.5)
pssmw4d1h	Primary SS Menu Week 4 Monday (Hal	29.2	(4.0)	(2.6)	(391.4)	(150.0)	43.1
pssmw4d2h	Primary SS Menu Week 4 Tuesday (Ha	20.6	(3.1)	(5.1)	(279.6)	(333.5)	42.4
pssmw4d3	Primary SS Menu Week 4 Wednesday	>28.2	>3.6	(2.6)	>267.8	(399.4)	(35.8)
pssmw4d4	Primary SS Week 4 Thursday	23.0	3.3	(3.4)	(257.2)	(265.7)	36.6
pssmw4d5	Primary SS Menu Week 4 Friday	>25.9	>2.6	(2.3)	>239.0	(883.5)	(30.1)

Menu	Description	Folate (µg)	Sodium (mg)	DeepFried (Menu)	FruitVeg (Portion)	OilyFish (Menu)
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pssmw1d1h	Primary SS Menu Week 1 Monday (H)	(70.7)	(609.9)	0.0	1.45	0.0
pssmw1d2	Primary SS Menu Week 1 Tuesday	(79.4)	>317.5	0.0	2.5	0.0
pssmw1d3h	Primary SS Menu Week 1 Wednesday	(86.2)	(568.9)	2	0.2	0.0
pssmw1d4h	Primary SS Menu Week 1 Thursday (H)	(86.3)	>501.2	0.0	1.85	1
pssmw1d5	Primary SS Menu Week 1 Friday	(99.9)	723.2	1	1.7	0.0
pssmw2d1h	Primary SS Menu Week 2 Monday (H)	(61.7)	>344.6	0.0	1.85	0.0
pssmw2d2h	Primary SS Menu Week 2 Tuesday (H)	(84.3)	839.2	0.0	0.85	0.0
pssmw2d3	Primary SS Menu Week 2 Wednesday	(118.3)	(540.0)	1	1.25	0.0
pssmw2d4	Primary SS Menu Week 2 Thursday	(48.7)	447.3	0.0	1.1	0.0
pssmw2d5h	Primary SS Menu Week 2 Friday (H)	(94.9)	333.4	1	1.7	0.0
pssmw3d1h	Primary SS Menu Week 3 Monday (H)	(63.6)	341.8	0.0	2.15	0.0

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pssmw3d2h	Primary SS Menu Week 3 Tuesday (Ha (65.1)	294.7	0.0	2.5	0.0
pssmw3d3h	Primary SS Menu Week 3 Wednesday (74.7)	(384.0)	1	1.5	1
pssmw3d4h	Primary SS Week 3 Thursday 4 (H) (130.9)	813.5	0.0	1.85	0.0
pssmw3d5h	Primary SS Menu W3 Friday (Halal) (106.5)	(437.8)	1	1.8	0.0
pssmw4d1h	Primary SS Menu Week 4 Monday (Hal (89.9)	(422.8)	0.0	1.9	0.0
pssmw4d2h	Primary SS Menu Week 4 Tuesday (Ha (70.6)	(416.6)	0.0	0.9	1
pssmw4d3	Primary SS Menu Week 4 Wednesday (84.4)	(518.5)	1	0.7	0.0
pssmw4d4	Primary SS Week 4 Thursday (73.8)	558.5	0.0	2	0.0
pssmw4d5	Primary SS Menu Week 4 Friday (58.3)	>356.0	1	2	0.0

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Menu Cost Per Head:

Menu	Description	Cost Per Head
pssmw1d1h	Primary SS Menu Week 1 Monday (H)	0.69
pssmw1d2	Primary SS Menu Week 1 Tuesday	0.68
pssmw1d3h	Primary SS Menu Week 1 Wednesday (H)	0.78
pssmw1d4h	Primary SS Menu Week 1 Thursday (Halal)	0.58
pssmw1d5	Primary SS Menu Week 1 Friday	0.68
pssmw2d1h	Primary SS Menu Week 2 Monday (H)	0.57
pssmw2d2h	Primary SS Menu Week 2 Tuesday (H)	1.01
pssmw2d3	Primary SS Menu Week 2 Wednesday	1.02
pssmw2d4	Primary SS Menu Week 2 Thursday	0.62
pssmw2d5h	Primary SS Menu Week 2 Friday (H)	0.87
pssmw3d1h	Primary SS Menu Week 3 Monday (H)	0.54
pssmw3d2h	Primary SS Menu Week 3 Tuesday (Halal)	0.71
pssmw3d3h	Primary SS Menu Week 3 Wednesday (Halal)	0.70
pssmw3d4h	Primary SS Menu Week 3 Thursday (H)	0.71
pssmw3d5h	Primary SS Menu Week 3 Friday (Halal)	0.80
pssmw4d1h	Primary SS Menu Week 4 Monday (Halal)	0.84
pssmw4d2h	Primary SS Menu Week 4 Tuesday (Halal)	0.83
pssmw4d3	Primary SS Menu Week 4 Wednesday	0.80
pssmw4d4	Primary SS Menu Week 4 Thursday	0.77
pssmw4d5	Primary SS Menu Week 4 Friday	0.62
	Plan Average:	0.74

Nutrition Plan Summary

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Nutritional Guideline Type: Prim Lunch

Primary Lunch

Nutrient Type	Measure	Value	Target	Guideline	Variance	Variance %	Status
Energy (kcal)	kcal	>530.5	557	Target	26.5	4.8	✓
Fat	g	>16.6	21.6	Maximum	5.0	23.1	✓
Satd FA /100g fd	g	(6.3)	6.8	Maximum	0.5	7.4	✓
Carbohydrate	g	>74.8	74.2	Minimum	0.6	0.8	✓
Non Milk Extrinsic Suga	g	(13.3)	16.3	Maximum	3.0	18.4	✓
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	(3.1)	2.8	Minimum	0.3	10.7	✓
Calcium	mg	(280.2)	220	Minimum	60.2	27.4	✓
Vitamin A	µg	(393.6)	200	Minimum	193.6	96.8	✓
Vitamin C	mg	(36.7)	12	Minimum	24.7	205.8	✓
Folate	µg	(82.4)	60	Minimum	22.4	37.3	✓
Sodium	mg	(488.5)	600	Maximum	111.5	18.6	✓
Deep Fried Products	Menu	8.0 per 0 menus	-	-	-	-	
Fruit and Vegetables	Portion	31.8 per 0 menus	-	-	-	-	
Oily Fish	Menu	3.0 per 0 menus	-	-	-	-	