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Spring Menu Analysis – Loretto Normanhurst Boarding School

A comprehensive audit has been conducted on the three week, 2009 Spring menu for Loretto Boarding School, Normanhurst.

The menu has been assessed against the Scolarest Nutrition and Menu Planning Standards, which assesses nutritional adequacy and menu variety. These standards incorporate relevant recommendations from the Dietary Guidelines for Australian Children and Adolescents and the Australian Guide to Healthy Eating. The standards also incorporate guidelines relating to vegetarian diets, meal preparation, and menu planning.

The menu performed exceptionally well and is compliant with all of the required standards.

A wide variety of nutritious meals are offered, including a mix of traditional, modern and ethnic cuisines. Particular attention has been paid to ensuring the vegetarian dishes contain a high quality source of protein, and an excellent variety of non-meat protein sources have been incorporated to achieve this. Very few high-fat meals feature on the menu and low fat salad dressings dominate over higher fat varieties. A wide range of breakfast cereals and breads are offered, with a strong emphasis on high fibre varieties. Students who are eating well should have no difficulty meeting their nutritional needs.

If you have any queries about this report, please don't hesitate to contact me.

Regards,



David Bourke
NSW Dietitian
Compass Group Australia

Menu Compliance with Scolarest Nutrition Standards



| | Nutrition Criteria | Week: | 1 | 2 | 3 |
|-------------------------|---|--------------|-------------|----------|----------|
| Food Groups | The menu includes at least 1 serving of lean meat, chicken, seafood, eggs, dried beans or lentils each day | | ✓ | ✓ | ✓ |
| | The menu includes at least 3 serves of vegetables daily, including 1 steamed variety. Vegetables are served without added sauce at least 90% of the time | | ✓ | ✓ | ✓ |
| | The menu includes at least 2 serves of fresh fruit daily | | ✓ | ✓ | ✓ |
| | The menu includes at least 3 serves of milk and milk products daily | | ✓ | ✓ | ✓ |
| | Low fat dairy products are readily available, e.g. trim milk | | ✓ | ✓ | ✓ |
| | Soy milk is available for those intolerant of milk if requested | | ✓ | ✓ | ✓ |
| | The menu offers at least 6 serves of bread/cereal/rice/pasta daily | | ✓ | ✓ | ✓ |
| | High fibre bread varieties are offered at every meal service | | ✓ | ✓ | ✓ |
| Breakfast | At least 2 high fibre breakfast cereals are offered daily <i>e.g. porridge, Weet-Bix, sultana bran, bran flakes, untoasted muesli, etc</i> | | ✓ | ✓ | ✓ |
| | If cooked breakfasts are offered, an 'Eat Most' option is available daily | | ✓ | ✓ | ✓ |
| | High fat cooked items are limited to 2 serves per week, <i>e.g. sausages, fried hash browns, bacon</i> | | ✓ | ✓ | ✓ |
| Lunch and Dinner | Lean red meat is included on the menu at least 3 times per week (beef, lamb) | | ✓ | ✓ | ✓ |
| | Chicken is included on the menu at least 1 time each week | | ✓ | ✓ | ✓ |
| | Fish (fresh or canned) is included on the menu at least 2 times each week | | ✓ | ✓ | ✓ |
| | Mince is limited to 2 serves per week | | ✓ | ✓ | ✓ |
| | High fat pastry items are limited to 1 serve per week, <i>e.g. pies, sausage rolls, quiche, vol-au-vents, croissants, savouries</i> | | ✓ | ✓ | ✓ |
| | Highly processed meats are limited to 1 serve per week, <i>e.g. sausages/sausage meat, meatloaf, saveloys, frankfurters, luncheon, salami</i> | | ✓ | ✓ | ✓ |
| | Fried meals are limited to 1 serve per week, <i>e.g. battered fish, chicken nuggets, hotdogs, fish fingers, croquettes</i> | | ✓ | ✓ | ✓ |
| | Breads, cold meats and salads are available daily as an alternative to the hot meal at lunch (if applicable) | | ✓ | ✓ | ✓ |
| Special Diets | If salads are offered- low fat salads and dressings dominate the selection. High fat salads are limited to 2 serves per week, <i>e.g. mayo/creamy dressings.</i> | | ✓ | ✓ | ✓ |
| | If students require special diets, e.g. vegetarian, diabetic, gluten free, lactose free- suitable meal options are available | | ✓ | ✓ | ✓ |
| | Vegetarian meals (if provided) include a high quality source of protein, <i>e.g. beans, lentils, tofu, nuts, TVP</i> | | ✓ | ✓ | ✓ |
| Meal Prep | Foods on the menu are generally low in salt | | ✓ | ✓ | ✓ |
| | Soups are vegetable based and not made from powder | | ✓ | ✓ | ✓ |
| | Unsaturated table spreads are used - not saturated | | ✓ | ✓ | ✓ |
| | Fats used in cooking and deep frying are unsaturated | | ✓ | ✓ | ✓ |
| Snacks | Snacks are specified on the menu | | ✓ | ✓ | ✓ |
| | Snacks are nutritious and varied, e.g. predominantly bread/cereal or dairy based | | ✓ | ✓ | ✓ |
| Dessert | Cream is used only as a garnish and not more than once weekly | | ✓ | ✓ | ✓ |
| | Desserts are fruit and/or dairy based at least 5 times each week | | ✓ | ✓ | ✓ |
| Drinks | Unlimited fluids and drinks are provided for an intake of 1.5-2L per day. Water is available at all times and milk (including low fat) is available at all meals | | ✓ | ✓ | ✓ |
| Menu Planning | The menu has been planned with limited repetition between days and weeks | | ✓ | ✓ | ✓ |
| | Standardised recipes are utilised | | In progress | | |

(Criteria is for menus with 1 option at each meal service. Increase numbers accordingly when >1 option is offered)