



nutrition review.

BY Chartwells

smart
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Autumn French School menu

2021

menu analysis.

11.03.2021

A comprehensive review has been conducted on the 4-week cyclic Chartwells French School Autumn 2021 menu.

The menu has been assessed against the Smart Food Nutrition and Menu Planning Standards, which assesses nutritional adequacy and menu variety. These standards incorporate relevant recommendations from the 2013 Eat for Health Australian Dietary Guidelines and guidelines relating to special diets, meal preparation, and menu planning. Smart Foods provides nutrition education to students and ensures that healthy food choices are readily available. As well as considers catering for a range of taste preferences, nutritional status, psychosocial needs, and cultural diversity.

The menu has been reviewed prior to this final report and recommended changes have been implemented on the menu to ensure that:

- ✓ Pre school entrees have an energy dense source, source of dairy where possible
- ✓ Improved nutritional source added to jelly dessert
- ✓ Carbohydrate and vegetable options have limited repetition within weeks
- ✓ All dishes have a quality source of protein to meet nutrient requirements for age

Post discussion and nutritional changes implemented the 2021 retail menu has scored 100% compliancy against the assessed Smart Food nutrition and menu planning criteria.

If you have any questions or concerns regarding the menu review or the recommendations made please do not hesitate to contact me.

Kind regards,



Rebecca Pobar

Accredited Practising Dietitian – Compass Group Nutrition Services



menu compliance.

	X	N/A
Compliant	non-compliant	Not applicable unable to assesses

Please note recipes were not available to be analysed to determine accurate serve quantities. Menu provides enough options to **compliment** a balanced diet outside of school meals, aiming to provide approximately half of nutrient requirements for that age group during the school day. Please refer to nutrition standards* for suggested protein serves.

GENERAL MENU

WEEK	1	2	3	4
1. The menu includes at least half of the recommended daily serving requirements for age of lean meat, chicken, seafood, eggs, dried beans or lentils each day				
2. The menu includes at least half of the recommended total daily serves for age (5 (girls)-5½ (boys)) serves of vegetables daily (include seasonal varieties)				
3. The menu includes at least half of the recommended total daily 2 serves of fresh fruit for age (include seasonal varieties)				
4. The menu includes at least half of the recommended total daily serves for age 3 ½ serves of milk and milk products daily				
5. The menu offers at least half of the recommended daily 5 (girls) - 7 (boys) serves of grain (preferably wholegrain/high fibre cereals) foods daily . This includes grain breads, wholemeal flour, muesli or wholemeal pasta etc.				
6. Dairy products are readily available, e.g. milk, cheese, yoghurts etc. Milk alternatives such as soy milk are calcium fortified. A variety of full cream, reduced and low fat are provided.				
7. High fat pastry items, including items made with short crust, flaky and puff pastry, such as pies and sausage rolls, are limited to twice a week or less and cannot be served twice on the same day.				



8. Water is the preferred beverage at all meals.	✓	✓	✓	✓
9. Processed meat is limited to a maximum of twice per week e.g. Sausages, Bacon, Ham, mince (unless contractually specified).	✓	✓	✓	✓
10. Other highly processed** foods such as pre-packaged hash browns, crisps, extruded snack products, and other pre-packaged foods are limited to once a week or less.	✓	✓	✓	✓

SPECIAL DIETS & MENU PLANNING

WEEK	1	2	3	4
1. Suitable meal options are available for students requiring special diets for cultural/religious/medical reasons, e.g. vegetarian, diabetic, gluten free, lactose free - suitable meal options are available	✓	✓	✓	✓
2. Vegetarian meals (if provided) include a high quality source of protein on a daily basis (lunch or dinner) , e.g. beans, lentils, tofu, nuts, TVP	✓	✓	✓	✓
3. The menu has been planned as a unit, with limited repetition between days and weeks	✓	✓	✓	✓
4. Standardised recipes are utilised, where available	N/A	N/A	N/A	N/A
5. Chartwells Cooking Standards are practiced as a standard on site during food preparation and cooking	✓	✓	✓	✓

Please note any additional ingredients or variations made to menu's or recipes may change the nutrition profile and compliance of the menu.

conclusion.

The Chartwells Autumn French School menu 2021 provides a good variety of nutritious and appealing meals. The menu has been tailored to meet the nutritional needs of adolescents while providing a mix of traditional and modern options. The menu has been assessed against the Smart Foods Nutrition and Menu planning standards, which incorporate relevant recommendations from the Australian Guide to Healthy Eating (2013) and the Australian Dietary Guidelines. These guidelines also relate to special diets, meal preparation and menu planning.

The smart food program extends across to point of sale, educating students on the smart food options, helping them to identify nutritious choices.



TOTAL

General Menu **40/40**

Special Diets & Menu Planning **20/20**

Overall TOTAL **60/60**

Percentage **100%**



cooking standards.



Healthy eating is all about enjoying a variety of foods from the different food groups. When we prepare healthy food it is important to make them as low in fat, saturated fat and sodium as we can – high fat and high sodium diets can impact the health of an individual significantly. Foods should also be high in fibre and calcium, and have reduced sugar where possible.

- size, time and age appropriate food
- cooking methods such as steaming, poaching, grilling, baking, barbecuing and stir-frying with unsaturated oils are used in preference to high fat cooking methods like deep or shallow frying and roasting in oil
- seasonal fruit and vegetables are offered daily and included into dishes wherever possible
- the use of added salt in cooking is minimised and where it is used it is iodised
- low fat and reduced fat dairy products including milk, cheese, cream, sour cream are used as a standard in cooking
- lean cuts of meat are used and all visible fat is trimmed off meat before cooking
- poly and mono unsaturated margarines and oils are to be used as standard and replace butter
- wholegrain breads, cereals and grain based foods will be our preference (white bread will be available only in hi-fibre)
- desserts and sweet dishes are predominately made with healthier ingredients such as wholemeal flour, fruit purees, unsaturated oils, honey
- the majority of food will be homemade as opposed to processed.

It's all about choice!

We will provide you with the options and it's over to you!





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BY **Chartwells**

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