

ST. PETER'S SCHOOL MENU ANALYSIS REPORT

by



Nutritional Solutions

REGISTERED DIETITIANS

Registered dietitians Jade Seeliger and Jessica Pieterse from Nutritional Solutions analysed the menu at St. Peter's School. Information was gathered from Sharon Rabilal and Valerie Kariwo regarding the current menu, previous experiences, food accessibility, kitchen resources, staff availability and goals for the analysis. A detailed analysis was developed based on the 2016 Term 2 Cycle Menu and recipes.

Sharon and Valarie, together with the kitchen staff at St. Peter's, had made a number of positive nutrition changes to the menu following the previous menu audit. The following points are areas where the St. Peter's kitchen is currently excelling in:

- The fruit juice is being diluted, which helps to lower the sugar and kilojoule content.
- Portion control is promoted with reduced portions and offering a choice between full or half portions.
- Plant proteins have been included in some of the vegetarian dishes to start getting children accustomed to legumes.
- Meat-Free Monday meals have been introduced to familiarise all learners with vegetarian meals, as well as promoting an eco-friendly ethos.
- Fruit is served at breakfast which provides vitamins and minerals.
- Plans to develop the herb and vegetable garden at St. Peter's.
- Low-fat or lean food choices are frequently selected over full cream or fattier foods.
- A variety of meals are offered within the six-week cycle.
- Vegetables are used in every lunch meal, whether the vegetables are inside the main dish, as a side dish or as a fresh salad.
- Recipes have been developed and they are available to the staff members to ensure consistency and good quality.
- Lower fat cooking methods have replaced deep-frying.

The menu analysis presentation covers the foundations of nutrition principles to justify changes made to the menu. The presentation reviews each day of the menu and provides suggestions or alternatives. A number of recipes were also included to provide new ideas and increased variety for the current menu.



