



nutrition review.

BY Chartwells



smart
food.

Mandelbaum Residential
menu semester 1 2020

menu analysis.

A comprehensive review has been conducted on the 5 week cyclic Mandelbaum Semester 1 residential 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.

The menu is required to meet all Nutrition Criteria to be eligible for Menu Compliance. The menu currently meets 99% of the criteria of the SMART Food nutrition and menu planning criteria. A 100% compliance rate is required.

The below outlines the recommendations for improvement, to meet compliance. If you have any questions or concerns regarding the menu review or the recommendations made please do not hesitate to contact me.

Kind regards,



Ashleigh Doig (RNutr)

Nutritionist
National Manager – Nutrition



menu compliance.



Compliant

X

non-compliant

N/A

Not applicable
unable to assess

100% PASS MARK REQUIRED

NB: exclude any “non applicable” standards from final score.

GENERAL MENU

WEEK	1	2	3	4	5
1. The menu includes at least 2½ serving of lean meat, chicken, seafood, eggs, dried beans or lentils each day	✓	✓	✓	✓	✓
2. The menu includes at least 5-5½ serves of vegetables daily (include seasonal varieties)	✓	✓	✓	✓	✓
3. The menu includes at least 2 serves of fresh fruit daily (include seasonal varieties)	✓	✓	✓	✓	✓
4. The menu includes at least 2 1/2- 3 ½ serves of milk and milk products daily	✓	✓	✓	✓	✓
5. The menu offers at least 4 - 7 serves of grain (wholegrain/high fibre cereals) foods daily	✓	✓	✓	✓	✓
6. Low fat dairy products are readily available, e.g. skim milk, low fat cheese, low fat yoghurts etc. Milk alternatives such as soy milk are calcium fortified	✓	✓	✓	✓	✓
7. Fruit is readily available	✓	✓	✓	✓	✓
8. Grain based foods (breads, breakfast cereals, pasta, rice, quinoa, barley, noodles) are predominately wholegrain or Low GI varieties	✓	✓	✓	✓	✓
9. Beverages offered and on display feature predominantly water and is always available	✓	✓	✓	✓	✓
10. Foods classified as discretionary choices (according to the Australian guide to healthy eating) are limited	✓	✓	✓	✓	✓



BREAKFAST

WEEK	1	2	3	4	5
1. At least 2 High Fibre breakfast cereals are offered daily e.g. <i>Porridge, Weet-Bix, Sultana Bran, Bran Flakes, Untoasted Muesli, etc</i>	✓	✓	✓	✓	✓
2. If cooked breakfasts are offered, processed foods or foods high in saturated fat are limited to less than 2 days per week e.g. Sausages, Bacon, deep fried hash browns. (unless contractually specified)	✓	✓	✓	✓	✓
3. Only 100% fruit Juice is available	✓	✓	✓	✓	✓

LUNCH

WEEK	1	2	3	4	5
1. Contains a variety of different coloured vegetables or salads either as part of the dish or as an accompaniment	✓	✓	✓	✓	✓
2. Whole grain/ High fibre breads/wraps/rolls, cold lean meats (and meat alternatives) and salads are available daily as an alternative to the hot meal at lunch (if applicable)	✓	✓	✓	✓	✓

DINNER

WEEK	1	2	3	4	5
1. Red meat is offered for dinner at least 2-3 times per week (beef and lamb).	✓	✓	x	✓	✓
2. Mince is limited to 2 serves per week .	✓	✓	✓	✓	✓
3. Chicken is included on the dinner menu at least 1 time each week	✓	✓	✓	✓	✓
4. Fish (fresh or canned) or seafood is included on the menu at 1-2 times each week	✓	✓	✓	✓	✓
5. Legumes/beans are incorporated into the menu at least twice a week	✓	✓	✓	✓	✓
6. A variety of meats and alternatives including lean meat and poultry, fish, seafood, eggs or tofu, legumes, beans, lentils, legumes, seeds or nuts are offered each week	✓	✓	✓	✓	✓
7. Contains a variety of different coloured vegetables or salads either as part of the dish or as an accompaniment	✓	✓	✓	✓	✓
8. Fried meals are limited to 1 serve per week , e.g. battered/crumbed fish, chips, wedges, chicken nuggets, hot dogs, fish fingers, croquettes, fritters	✓	✓	✓	✓	✓
9. High fat pastry items are limited to 1 serve per week , e.g. pies, sausage rolls, quiche, croissants, savouries	✓	✓	✓	✓	✓



MID MEALS | DESSERTS

WEEK	1	2	3	4	5
1. Snacks are predominantly bread/cereal or dairy based	✓	✓	✓	✓	✓
2. High fat pastry snack items are limited to 1 serve per week, e.g. sausage rolls, vol-au-vents, savouries	✓	✓	✓	✓	✓
3. Cream is used only as a garnish and not more than twice a week	✓	✓	✓	✓	✓
4. Desserts are fruit and/or dairy based at least 5 times each week.	✓	✓	✓	✓	✓

SPECIAL DIETS & MENU PLANNING

WEEK	1	2	3	4	5
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	N/A
5. Chartwells Cooking Standards are practiced as a standard on site during food preparation and cooking	✓	✓	✓	✓	✓

TOTAL

General Menu	40/40
Breakfast	12/12
Lunch	8/8
Dinner	35/36
Mid Meals/ Desserts	16/16
Special Diets & Menu Planning	16/16
Overall TOTAL	127/128
Percentage	99%



conclusion.

The Chartwells Mandelbaum Residential semester 1 2020 menu 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 menu does not meet criteria for dinner; week 3 - Red meat is offered for dinner at least **2-3 times per week** (beef and lamb). Red meat is important for iron and protein – and recommendations suggest eating it 2-3 times for good health. Currently in week 3, red meat is only offered x 1.

While the breakfast options do meet the outlined smartfood criteria, there is significant repetition in dishes, with little variety. Eggs available every day is acceptable, however to provide a more balanced, nutritious menu, it would be great to see a few baked bean dishes or similar. The special breakfast item is also based predominantly on baked goods – waffles, pancakes or pikelets.

The menu has achieved 99% compliancy of the assessed criteria. Replacing one of the chicken dishes as the main protein source at dinner in week 3 with a beef/lamb dish would meet the required Smart Food criteria, and improve compliance to 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!



chartwells residential menu 2019

week 1	mon	tue.	wed	thu.	fri	sat	sun
dinner							
main course	chicken tikka masala with coriander sauce & steamed basmati rice	slow cooked lamb with vegetables & herb dumplings	chicken cotoleta (crumbed chicken) with grain breadcrumbs	grilled fresh fish with coriander gremolata & smashed roasted potatoes	garlic & rosemary studded roast chicken with pan gravv	closed	soi.baean fish curry with coconut milk, cherry tomatoes, spinach, fresh lime & steamed jasmine rice
vegetarian / vegan	cauliflower & chickpea fritters with coriander mayo	black bean & quinoa veggie burgers with rocket & dijon mustard & herb mayo	refried bean quesadillas with guacamole & salsa	baanlek coconut curry with broccoli, chickpeas, cabbage, rice noodles, ginger & fresh lime	chinese cabbage & corn fritters with shallots, fresh herbs		cannelloni with ricotta, baby spinach, tomato sugo & shaved parmesan
salad	barley salad with tomatoes, mint, red onion & lemon vinaigrette	roasted root vegetable salad with carrots, sweet potatoes, celeriac & balsamic vinegar dressing	thai sesame red cabbage and carrot salad	shaved brussel sprout salad with shaved parmesan & apple cider dressing	green salad with shredded cabbage, kale, avocado & honey oregano dressing		parmesan roasted cauliflower salad with freekeh, parsley, currants & lime dressing
sides	cook your own stir-fry with selection of noodles & vegetables						
vegetables	the following will be available to accompany the main course selection: steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of cous cous, quinoa, polenta variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
additional vegetables	twice baked potatoes steamed beans	rough mashed potatoes garlic roasted carrots roasted cauliflower	roasted new potatoes steamed basmati rice steamed vegetables	traditional roasted vegetable medley green beans with balsamic roasted cherry tomatoes	steamed saffron jasmine rice cos leaf salad with herb vinaigrette wok tossed vegetable medley	closed	hand cut roasted semolina potatoes garden peas, snow peas & bean trio
the dessert station	vanilla bean custard pots with snow sugar dust	whole baked apples with sultanas, spice & brown sugar	fruit salad with lemon poppy dressing	self-saucing chocolate & honeycomb pudding	fresh fruit salad with citrus honey dressing		pear & rhubarb oat & cinnamon crumble with vanilla bean custard
special dietary requirements	all special dietary requirements will be met for each meal service						





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