



## REPORT ON THE NUTRITIONAL ADEQUACY OF THE MENU

### Bishops Diocesan College

### Winter 2026

The menu was revised to offer a variety of meals for the upcoming Winter season and keep up with food trends. A nutritional analysis of random days is completed on each new menu to ensure that nutrient intake stays consistent. Serving sizes of meals do not change each time a menu is revised – therefore a consistent intake of energy and protein can be expected between menus.

As always, the primary consideration when compiling the menu, is to offer active, growing boys all the nutrients they need to support health, growth and performance excellence in academics, sport, and cultural activities. Feedback from received from students, teachers and house mothers and -fathers were incorporated into the menu. The menu was designed by Feedem on-site management and checked by a Feedem dietitian.

#### Analysing the menu

The analysis has been done on the current Winter 2026 6-week cycle menu for students. The specification amounts agreed on between Bishops and Feedem were used for the analysis.

#### Nutritional adequacy of the menu

For analyses of the menu, the needs of a male of 14 - 18 years, a general height of 1.76 meters and a general weight of 76 kg was used. The requirements of younger students are less than this. A moderate to high rate of activity was used to calculate energy requirements, to ensure adequate intake of especially total energy and protein for students participating in sport.

For analysis, three main meals as well as mid-morning and mid-afternoon snacks are included. Because daily specification amounts are followed, there is not a big difference in macro nutrient (protein, carbohydrate, and fat) intake between days.

#### Energy Requirements

The energy requirements of students were calculated at 3 152kCal (13 238kJ) for teenage boys, for a full day, with highly active boys needing up to 3 804kcal (15 976kJ). This calorie requirement is met and exceeded on all days. On the example days used, an average of 3 682kCal (15 464kJ) is provided.

#### Macro-nutrient intake

Protein requirements are a minimum of 0.85g/kg body weight or 64.6g protein per day for 76kg (recommendation for teenage boys). If a high protein requirement (due to sport) of 1.2g protein per kilogram body weight per day is used, the total for a 76kg, 18-year-old boy is 91.2g protein per day. The menu provides this daily, with the example days average providing 168g protein for the day. This is 2.21g protein per kilogram body weight for a boy weighing 76kg. It is worth mentioning that the need for protein for some sport disciplines, e.g. rugby, for a teenager, has recommendations of up to 2.2g protein per kilogram body weight. The total amount of protein from this menu is therefore sufficient, but not excessive.

Carbohydrates provide about 51% of energy for the day – this is in line with guidelines. Fibre intake for the example day is 31g, which is adequate, with the minimum requirement of 25g per day. Fibre is supplied by fruit, vegetables and salads supplied at meals.

### Micro-nutrient intake

All vitamin and mineral requirements are supplied by the menu. Fruit juice as well as fruit is offered frequently during the day - therefore Vitamin C intake is always above 100mg per day. 19mg Iron is provided on a non-red meat day and will be even higher on days when red meat is offered.

### Vegetarian options

Care was taken to always include good quality, homemade vegetarian protein options at meals. Calorie and protein intake as well as iron intake is sufficient for vegetarians.

### Additional notes

The analysis was done including all food offered for the day. If a student chooses not to eat all foods offered, their total energy intake will be lower. If they do not eat the fruit and vegetables offered, their vitamin and mineral intake will be reduced. Keeping in mind that students have personal preferences, the menu offers a large variety of vegetable and salad ingredients, and preparation and presentation of the dishes are varied. A balance between the preferences of students, and food that supplies the best, complete nutrition is evident on the menu. The aim is to provide healthy meals that are well liked by the students to encourage a good intake of nutrients.

World health organisation recommends an intake of between 5 and 7 portions of fruit and vegetables combined per day, with a portion being ½ cup cooked vegetables, 1 cup salad or 1 fruit portion. Vegetables are often included in the main protein part of the meal as well as always available as a side dish of vegetables and/or salads. The portion offered contribute to at least 4 to 5 portions per day. Fruit is available at all meals and snack times and often worked into salads, smoothies, desserts, and snacks. This can contribute to the balance of the needed 5 to 7 portions.

Protein intake is well taken care of as discussed above. It is recognised that the menu needs to provide good quality protein, with protein foods not containing an excessive amount of fat. Protein is provided at all three meals as well as many of the snacks. Homemade soup and yoghurt-based smoothies provide additional protein in non-meat form.

### Summary

- The menu supplies an adequate total amount of energy, macro-nutrients, and micro-nutrients for active teenage boys between age 13 and 18, and therefore also for younger children.
- The menu is well balanced, providing a variety of foods from all the food groups daily.

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