

Date: 26/01/2026

Dear Sir/Madam,

**DIETETICS REPORT ON THE NUTRITICS ANALYSIS OF BRIDGE HOUSE SCHOOL'S MENU
(SUMMER CYCLE)**

Empact Group's menu for Bridge House School has, together with the agreed specifications, been analysed using Nutritics. This analysis is based on a male learner aged 18 years (75 kg, 1.76 m) with an active activity level, as this age group has the highest requirements. The results below are reported as averages across the analysed menu days.

The Nutritics Analysis Results (average of analysed menu days):

- *Energy:* Using the Nutritics reference requirement of 2912 kcal per day for this learner profile, the menu average of 2856.8 kcal (about 11954 kJ) per day meets 98.1 percent of this upper energy requirement. The requirements for younger learners and for female learners will generally be lower than this upper reference profile.
- *Protein:* The menu provides an average of 130g protein per day, meeting the reference target of 109g protein. This contributes approximately 18.2 percent of total energy, which is appropriate for active learners.
- *Carbohydrates:* An average of 319.5g of carbohydrates is provided. Carbohydrates contribute approximately 45.4 percent of total energy, which is within but at the lower end of the prudent dietary guidelines of between 45-65 percent of total energy. An average of 33g of fibre is supplied by the menu (requirement is 25g per day).
- *Fat:* An average of 115.5 g per day is provided (requirement is 113g). This contributes approximately 36.4 percent of total energy, which is slightly above the commonly used upper guideline of 35 percent of total energy.
- *Micronutrients:* Acceptable amounts of minerals and vitamins are provided by this menu. For example, iron averages 27.4mg per day (requirement is 11mg).

The Nutritics analysis shows that the menu provides a good spread of food groups across the day, with a combination of protein foods, starches, and vegetables included. The inclusion of salads and cooked vegetables across the analysed days supports variety and overall diet quality.



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Registered Dietician

Empact Group