

Date: 07/05/2026

Dear Sir / Madam,

DIETETICS REPORT ON THE NUTRITIONAL REVIEW OF BRIDGE HOUSE SCHOOL'S MENU (WINTER CYCLE)

Impact Group's winter menu for Bridge House School has, together with the supplied menu specifications, been reviewed. The winter menu cycle includes a variety of meat, poultry, fish, vegetarian options, starches, vegetables and salads across the six weeks.

This review uses the same learner reference profile as the previous summer cycle report, namely a male learner aged 18 years, weighing 75 kg, with a height of 1.76 m and an active activity level. This profile represents the learner group with the highest estimated requirements. The requirements for younger learners and female learners will generally be lower than this upper reference profile.

The winter menu analysis results (average of analysed menu days):

- *Energy:* Using the same Nutritics reference requirement of 2912 kcal per day for this learner profile, the winter menu provides an estimated average of approximately 3025 kcal per day, equal to about 12657 kJ. This meets approximately 103.9 percent of the upper energy requirement.
- *Protein:* The winter menu provides an estimated average of approximately 136 g protein per day, compared with the reference target of 109 g protein per day. Protein contributes approximately 18.0 percent of total energy. This is appropriate for active learners and reflects the regular inclusion of meat, poultry, fish, eggs, dairy, legumes, and vegetarian protein alternatives across the menu cycle.
- *Carbohydrates:* The winter menu provides an estimated average of approximately 340 g carbohydrate per day. Carbohydrates contribute approximately 45.0 percent of total energy, which remains within the prudent dietary guideline range of 45 to 65 percent of total energy, although still at the lower end of this range.
- *Fibre:* The winter menu provides an estimated average of approximately 31.5 g fibre per day, compared with the reference requirement of 25 g per day. The daily inclusion of vegetables, salads, fruit, cereals, legumes, and mixed vegetable dishes supports fibre provision.
- *Fat:* The winter menu provides an estimated average of approximately 123 g fat per day, compared with the reference guideline of approximately 113 g per day. This contributes approximately 36.6 percent of total energy, which is slightly above the commonly used upper guideline of 35 percent of total energy.
- *Micronutrients:* The winter menu is estimated to provide acceptable amounts of key vitamins and minerals due to the inclusion of varied protein foods, vegetables, salads, fruit, dairy products, cereals, and legumes across the cycle.

The review indicates that the winter menu provides a good spread of food groups across the day, with a combination of protein foods, starches, vegetables, salads, fruit, dairy, and vegetarian alternatives included throughout the six week cycle. Overall, the winter menu

appears suitable for the active learner reference profile used in the analysis. Continued attention should be given to balancing higher fat menu items with leaner protein options, vegetables, salads, fruit, and wholegrain or higher fibre starch choices where possible.



Thandi Hallinan (RDSA: DT 0044938)
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