Secondary Nutrition Reports FAQ's

The below FAQ's have been created to support with using the nutrition reports and answer some of the common questions that have been raised about these reports.

What do the values mean?

For each of the menus and selection of recipes there is a supporting nutrition report that provides values on key nutrients that some students may need for medical reasons. These reports are to be used by the students to support with them with making suitable choices. The values on the report are all taken from our nutritional analysis system (Fourth) and are correct as of the time of printing. All nutrient values are provided in grams along with supporting portion size values also in grams

What if a student needs a smaller or larger portion size?

The values on the reports are taken from Fourth (our nutritional analysis system) and are as per the recipes, therefore kitchen teams cannot make adjustments to the values. If individual adjustments are needed then the school or students support team (e.g dietician) can use the values we provide to adjust and re-calculate any values then provide us with any adjusted values.

How do we serve meals that are for pupils needing nutrient counted meals?

Meals are made following the standard recipes and portioned out as per the recipe yield and portion values on these reports. Please ensure that the portion weights are followed and as accurate as possible as this will ensure that the values are correct for the students needing them.

What about values for single items such as sausages or fish fingers?

Where possible we have provided the nutrient values and portion size values for these per the individual item, so the values are for a single sausage or fish finger. This value can then be used to calculate the value for the portion size given if this differs at all, e.g is the pupil is given a portion of two then the value can be doubled.

If you have any questions about carbohydrate and fat counted menus that are not answered here then please contact the Nutrition Team at nutrition@impactfood.co.uk