



# Nutritional Menu Review

Sector: University Halls of Residence

Flinders Living

Term 2 2025

**gather.**

BY CATER CARE

## Executive Summary

Flinders Living is a residential hall for Flinders University students, located in Bedford Park, SA. Cater Care provides the food service for students Monday to Friday, which includes a continental breakfast daily, as well as a hot breakfast twice per week. Lunch includes a salad bar consisting of a variety of proteins, breads, salad items, whilst dinner includes the choice of three hot options, with one being vegetarian, a pasta bar and salad bar, followed by dessert and fresh fruit salad.

The Menu Assessment Tool (Appendix 2) has been developed based on the Australian Dietary Guidelines as well as nutritionally specific menu development guidelines.

## Recommendations For Improvement

The only minor recommendation made was regarding **ensuring vegetarian meals contain a protein source**. Given that vegetarian sources do not contain meat, it is important that a vegetarian source of protein is included in the meal to help the students meet their protein requirements. Adjustments have been made to include protein to vegetarian meals, however, there remain some meals that do not include a protein (such as gnocchi with broccoli pesto, salt and pepper eggplant etc). It is important to note that a side dish or salad containing protein is always available for days where protein is not included in the vegetarian meal. It is recommended that the main vegetarian meal always include a protein for students who may not choose to have a side dish/salad.

## Conclusion

The Flinders Living Term 2 2025 menu has been developed with careful consideration for the students nutritional requirements and preferences. As the menu currently stands, the students should be able to meet their recommended requirements, assuming they are able to consume adequate meals outside of Cater Care's food service.

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## Nutrition In Young Adults

Adequate nutrition is essential for young adults in maintaining a healthy weight. In 2012, approximately 63% of Australian adults were overweight or obese and more specifically, 36% of young adults aged 18-24 were overweight or obese. Unfortunately, these figures have been steadily increasing for the last 3 decades.



Being overweight or obese is a large risk factor for many health concerns including Type 2 Diabetes, heart disease, high blood pressure, bone problems, fatty liver disease and reduced kidney function.

Being overweight or obese, occurs as a result of excessive consumption of energy, i.e energy consumed exceeds energy used by the body. Regular consumption of foods high in energy, saturated fat, sugar and/or salt also contribute to overweight and obesity. The Australian Dietary Guidelines recommend that adults enjoy a wide variety of nutritious foods from the five food groups, and limit intake of foods containing saturated fat, added salt and added sugar.

In contrast to the Dietary Guidelines, recently analysed data revealed that only 6% of Australian adults eat the recommended serves of fruit and vegetables each day, and additionally, adults aged 19-30 consume around 35% of total energy from discretionary choices. This highlights a strong need to promote healthy eating strategies in order to reduce the obesity epidemic in Australia.



By offering a menu in line with the Dietary Guidelines, we can help ensure that students have access to nutritious foods every day that meet their dietary requirements, and encourage healthy eating habits. (See Appendix 1 for food groups and recommended servings for adults).

It is important to remember that University halls of residents become the student's home, and as well as adequate nutrition, we should aim to provide a positive overall meal experience every time. By delivering our food commitments; 'fresh food every time', 'looks good tastes good' and 'classic and contemporary', we can ensure that residents are receiving the best quality service, bringing the comforts of home as well as adequate nutrition.

## Common Special Dietary Considerations In Young Adults

### Religious Beliefs / Cultural Backgrounds

University resident communities are often made up of diverse cultural backgrounds. It is important that we aim to cater for all students cultural or religious preferences. Common special diets or preferences may include vegetarian diets, Halal and Kosher diets, or a preference for certain cuisines.

### Food Allergy and Intolerance

Food allergy is an overreaction of the immune system to an allergen (usually a protein) which is usually harmless. Upon exposure to the allergen, symptoms usually occur immediately and can include hives, swelling of the lips, eyes or face, vomiting, or wheezing. An allergic reaction can range from mild to severe, and can sometimes be life threatening.

Nuts, eggs, milk and soy make up approximately 90% of all food allergies, with peanuts being the most common in older children. Other common allergens include:

- Sesame
- Fish
- Shellfish
- Food additives
- Wheat

Food allergies are less common in adults than in children, however residents with food allergies still need our special attention and care.

Food intolerances are chemical reactions that some people have after eating or drinking certain foods. There is often a delay in onset of symptoms which can involve bloating, cramping, or abdominal discomfort. Although these symptoms may be very unpleasant, they are generally not life threatening. There are a wide range of foods that may cause intolerances, some include:

- Dairy (lactose)
- Gluten
- wheat
- Flavour enhancers such as MSG
- Food additives
- Naturally occurring food chemicals (glutamines, salicylates, amines)

## Appendices

### Appendix 1: Australian Dietary Guidelines - Recommended Serves for Adults

Food Group	Men		Women		Serving sizes
	14-18yrs	19-50yrs	14-18yrs	19-50yrs	
<b>Grain (cereal) foods</b>	7	6	7	6	<b>A standard serve is;</b> <ul style="list-style-type: none"> <li>• 1 slice (40g) bread or 1/2 bread roll</li> <li>• 1/2 C (75-120g) cooked rice, pasta, noodles, barley</li> <li>• 1/2 C (120g) cooked porridge</li> <li>• 2/3 C (30g) cereal flakes</li> <li>• 1/4 C (30g) muesli</li> <li>• 3 (35g) crispbreads</li> <li>• 1 (60g) crumpet</li> <li>• 1 (35g) small English muffin or scone</li> </ul>
<b>Vegetables and legumes</b>	5 1/2	6	5	5	<b>A standard serve is ~75g or;</b> <ul style="list-style-type: none"> <li>• 1/2 C cooked</li> <li>• 1/2 C cooked or canned beans, peas, lentils</li> <li>• 1 C leafy/raw salad vege</li> <li>• 1/2 medium potato or other starchy vege</li> <li>• 1 tomato</li> </ul>
<b>Fruit</b>	2	2	2	2	<b>A standard serve is ~150g or;</b> <ul style="list-style-type: none"> <li>• 1 medium apple, banana, orange, pear</li> <li>• 2 small apricots, kiwi fruit, plums</li> <li>• 1 cup diced/ canned</li> <li>• 125ml (1/2 C) fruit juice</li> <li>• 30g dried fruit</li> </ul>
<b>Lean meat, poultry, fish, eggs, tofu, nuts and seeds, legumes and beans</b>	2 1/2	3	2 1/2	2 1/2	<b>A standard serve is;</b> <ul style="list-style-type: none"> <li>• 65g cooked meat such as beef, lamb, veal, pork (90-100g raw)</li> <li>• 80g cooked poultry (100g raw)</li> <li>• 100g cooked fish (115g raw) or 1 small can</li> <li>• 2 large (120g) eggs</li> <li>• 1 C (150g) cooked/ canned legumes/beans</li> <li>• 170g tofu</li> <li>• 30g nuts, seeds, peanut butter</li> </ul>
<b>Milk, yoghurt, cheese and/or alternatives</b>	3 1/2	2 1/2	3 1/2	2 1/2	<b>A standard serve is:</b> <ul style="list-style-type: none"> <li>• 1 C (250ml) milk</li> <li>• 2 slices (40g) hard cheese</li> <li>• 1/2 C (120g) ricotta</li> <li>• 3/4 C (200g) yoghurt</li> <li>• 1 C (250 ml) fortified milk (minimum 100 mg of Calcium per 100ml)</li> </ul>

## Appendix 2: Menu Assessment Tool

Criteria	Achieved? (Y/N)	Comments
<b>General</b>		
Does the menu reflect any special dietary needs of the residents? (e.g coeliac, diabetic, allergies or intolerances).	Y	
Does the menu reflect cultural preferences of the residents? (e.g Halal/Kosher meals, vegetarian, range of cuisines).	Y	
Is repetition of main/light meals kept to a minimum? (i.e the same meal is not offered more than once across a seven day period, or on the same day in differing weeks).	Y	
Are cooking methods such as baking, grilling and steaming used more often than frying?	Y	
Are low fat dairy varieties offered? (e.g milk, yoghurt).	Y	Low fat milk is available.
<b>Breakfast</b>		
Are high fibre breakfast cereals offered? (at least 3g fibre per serve)	Y	
Are high fibre bread varieties offered? (wholemeal, multigrain, high fibre white)	Y	Wholemeal bread is available.
Is there a range of protein sources offered at breakfast?	Y	
Is a hot cereal option provided?	Y	Porridge is provided.
<b>Main Meals</b>		
Are least 4 serves of red meat offered each week?	Y	Red meat is served between 2-4 times as part of the hot meals, and most days with the sandwich bar.
Each day that red meat is not served, at least 1 other iron-rich food is included e.g. fortified breakfast cereals and breads	Y	
Do vegetarian meals contain a protein source?	Y*	Adjustments have been made to include protein to vegetarian meals. There

		remain some meals that do not include a protein (such as gnocchi with broccoli pesto, salt and pepper eggplant etc), however it is important to note that a side dish or salad containing protein is always available for days where a protein is not included in the vegetarian meal. It is recommended that the main vegetarian meal always include a protein for students who may not choose to have a side dish/salad.
Is there sufficient variety of vegetables served with main meals? (e.g at least 3 different types, and variety across the week).	Y	Salad bars are available with lunch and dinner.
Light Meal		
Do salads/ sandwiches/ soups contain a protein source?	Y	
Mid Meals (Morning Tea, Afternoon Tea, Supper)		
Are mid meals based on foods from the five food groups? (e.g, fruit, dairy, grains, rather than discretionary choices)	N/A	Mid meals are not included in the menu scope.
Is there a maximum of one discretionary choice served per day? (e.g cakes, biscuits, chocolate, deep fried foods).		
Desserts		
Are most desserts fruit based?	Y	In addition to fruit based desserts, fresh fruit salads are always available at dessert.
Food Groups		
Are at least 7 serves of breads/cereals offered each day?	Y	Bread is available at breakfast (along with cereals) and lunch, while dinner includes a daily pasta bar.
Are breads offered high in fibre? (e.g wholegrain, wholemeal or high fibre white bread)	Y	Wholemeal and multigrain breads are available.
Are at least 5 serves of vegetables offered each day?	Y	
Are at least 2 serves of fruit offered each day?	Y	Fresh fruit is available with each meal.
If tinned fruit is used, is it in 100% juice	Y	100% juice with no added sugar.

with no added sugar?		
If fruit juice is served, is it 100% juice with no added sugar?	Y	100% juice with no added sugar.
Are at least 3 serves of lean meat/meat alternatives offered each day?	Y	
Are at least 3 ½ serves of dairy offered each day?	Y	Milk is available with each main meal.
Are low fat dairy options provided?	Y	



# FLINDERS LIVING - TERM 2 MENU 2025 - MENU **gather.**

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONTINENTAL BREAKFAST	Selection of 6 Cereals, including porridge with choice of Full, Trim or Soy Milk. Fresh fruit salad, flavoured yoghurt with a fruit & seed trail mix. Selection of Wholemeal, Multigrain and White Breads complemented by a variety of spreads, jams, butter, margarine. Tea & Coffee and a Selection of Fruit Juice.				
HOT BREAKFAST		Hot Cooked Breakfast		Hot Cooked Breakfast	
SANDWICH BAR	Salad Bar - Selection of in House Roasted Meats and Delicatessen Lines, Garden Fresh Salads, Variety of Breads, Condiments and Fresh Seasonal Fruit				
DINNER	Baked Blue Granadier with Seasonal Vegetables	Sticky Glazed Miso Chicken	Chicken Schnitzel	Butter Chicken in Spiced Tomato Sauce	Chicken Burger
DINNER	Fettacini Carbonara with Black Pepper	Sweet and Sour Pork	Beef Schnitzel	Slow Cooked Lamb Rogan Josh	Beef and Bacon Burger
DINNER VEGETARIAN	Mixed Vegetable and Tofu Nachos	Grilled Miso Glazed Trelised Eggplant with Lentil Ragu	Plant Base Schnitzel	Sweet Potato and Chickpea Dahl	Black Bean Vegetable Burger
VEGETABLES	Roasted Sweet Potato	Coconut Fried Rice	Shoe String Fries	Papdams, Raita and Mango Chutney	All the Burger Toppings
VEGETABLES	Garlic Butter Roasted Mushrooms	Asian Greens in Oyster Sauce	Roasted Pumpkin	Spiced Turmeric Rice	Shoe String Fries
VEGETABLES	Sauteed Green Beans	Steamed Broccoli and Carrots	Steamed Vegetable Medley	Samosa Style Spiced Potatoes	Roasted Vegetable Hash
PASTA BAR	Chef's Choice Pasta and Vegetable Bake	Singapore Noodles	Three Cheese Potato Bake	Chef's Choice Pasta and Vegetable Bake	Chef's Choice Pasta and Vegetable Bake
SALAD BAR	A selection of at least six freshly prepared vibrant compound Salads, including ingredients to create your own fresh garden salad with mixed salad leaves, Tomato, Cucumber, Capsicum, Carrot, Onions, Sprouts, Crispy Noodles, Chilli and accompanying Sauces, Condiments and Dressings				
DESSERT	Chewy Chocolate Brownie	Mixed Berry and Apple Crumble	Baked Rice Pudding	Ice Cream and Sorbet Sundaes	Chefs Choice Dessert
DESSERT	Freshly Prepared Seasonal Fruit Salad				

# FLINDERS LIVING - TERM 2 MENU 2025 - MENU gather.

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONTINENTAL BREAKFAST	Continental Breakfast offered Monday - Friday consisting of: Selection of 6 Cereals, including porridge with choice of Full, Trim or Soy Milk. Fresh fruit salad, flavoured yoghurt with a fruit & seed trail mix. Selection of Wholemeal, Multigrain and White Breads complemented by a variety of spreads, jams, butter, margarine. Tea & Coffee and a Selection of Fruit Juice.				
HOT BREAKFAST		Hot Cooked Breakfast		Hot Cooked Breakfast	
SANDWICH BAR	Salad Bar - Selection of in House Roasted Meats and Delicatessen Lines, Garden Fresh Salads, Variety of Breads, Condiments and Fresh Seasonal Fruit				
DINNER	Slow Cooked Cottage Pie	Spicy Chicken Fajita with Chunky Salsa	Gnocchi with Bacon, Pumpkin and Whipped Ricotta	Chicken Schnitzel	Pepperoni Pizza with Napoletana Sauce
DINNER	Honey and Soy Chicken Maryland	Grilled Lamb Yiros with Garlic Sauce	Beef Ravioli with Mushroom Sauce	Beef Schnitzel	Chicken and Capsicum Pizza with BBQ Sauce
DINNER VEGETARIAN	Butter Chickpeas and Paneer with Cauliflower Rice	Spinach and Feta Gozleme	Gnocchi with Broccoli Pesto and Baby Spinach	Plant Base Schnitzel	Feta, Tempeh and Roasted Vegetable Pizza
VEGETABLES	Broccoli and Cauliflower au Gratin	Smashed Potatoes with Parmesan	Creamy Baked Polenta	Mashed Potato	Seasoned Wedges with Sour Cream and Sweet Chilli
VEGETABLES	Mushy Peas	Roasted Pumpkin	Steamed Cauliflower and Broccoli	Roasted Carrot Wedges	Steamed Vegetable Medley
VEGETABLES	Steamed Vegetable Medley	Steamed Carrots	Green Beans with Parmesan	Steamed Broccoli	Garlic Bread
PASTA BAR	Chef's Choice Pasta and Vegetable Bake	Singapore Noodles	Chef's Choice Pasta and Vegetable Bake	Three Cheese Potato Bake	Chef's Choice Pasta and Vegetable Bake
SALAD BAR	A selection of at least six freshly prepared vibrant compound Salads, including ingredients to create your own fresh garden salad with mixed salad leaves, Tomato, Cucumber, Capsicum, Carrot, Onions, Sprouts, Crispy Noodles, Chilli and accompanying Sauces, Condiments and Dressings				
DESSERT	Espresso and White Chocolate Tiramisu	Sticky Date Pudding with Caramel Sauce	Apple Muffins with Oat Crumble Crust	Ice Cream and Sorbet Sundaes	Chocolate and Raspberry Cupcakes
DESSERT	Freshly Prepared Seasonal Fruit Salad				

# FLINDERS LIVING - TERM 2 MENU 2025 - MENU

## gather.

Week 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CONTINENTAL BREAKFAST		Continental Breakfast offered Monday - Friday consisting of: Selection of 6 Cereals, including porridge with choice of Full, Trim or Soy Milk. Fresh fruit salad, flavoured yoghurt with a fruit & seed trail mix. Selection of Wholemeal, Multigrain and White Breads complimented by a variety of spreads, jams, butter, margarine. Tea & Coffee and a Selection of Fruit Juice.				
HOT BREAKFAST			Hot Cooked Breakfast		Hot Cooked Breakfast	
SANDWICH BAR		Salad Bar - Selection of in House Roasted Meats and Delicatessen Lines, Garden Fresh Salads, Variety of Breads, Condiments and Fresh Seasonal Fruit				
DINNER		Creamy Beef and Mushroom Stroganoff	Naomi's Tuna Mornay	Fettacini Carbonara with Black Pepper	Chicken Schnitzel	Sticky Mongolian Pulled Pork Bah Mi
DINNER		Spaghetti and Meatballs Napoletana	Zesty Chicken Larb with Toasted Rice	Chicken Korma with Raita and Papadam	Beef Schnitzel	Lemon Grass Chicken Bah Mi
DINNER VEGETARIAN		Eggplant & Lentil Lasagne	Spicy Lentil Patties	Masaman Tofu and vegetable Curry	Plant Base Schnitzel	Crispy Terriyaki Tofu Bah Mi
VEGETABLES		Smashed Potatoes with Parmesan	Zucchini and Mushrooms	Aloo Gobi Potato and Cauliflower	Shoe String Fries	Fried Rice
VEGETABLES		Roasted Cauliflower and Broccoli	Maple Roasted Pumpkin with Pepitas	Miso Roasted Carrots	Sauteed Cabbage with Bacon	Steamed Vegetable Medley
VEGETABLES		Steamed Bean and Carrots	Cheesy Baked Tomatoes	Garlic Sauteed Spinach	Brocoli and Cauliflower au Gratin	Sweet Chilli Broccoli and Asian Greens
PASTA BAR		Chef's Choice Pasta and Vegetable Bake	Singapoore Noodles	Chef's Choice Pasta and Vegetable Bake	Three Cheese Potato Bake	Chef's Choice Pasta and Vegetable Bake
SALAD BAR		A selection of at least six freshly prepared vibrant compound Salads, including ingredients to create your own fresh garden salad with mixed salad leaves, Tomato, Cucumber, Capsicum, Carrot, Onions, Sprouts, Crispy Noodles, Chilli and accompanying Sauces, Condiments and Dressings				
DESSERT		Chocolate and Salted Caramel Mudcake	Jam and Cinnamon Doughnut Bake	Bread and Butter Pudding	Ice Cream and Sorbet Sundaes	Chefs Choice Dessert
DESSERT		Freshly Prepared Seasonal Fruit Salad				

# FLINDERS LIVING - TERM 2 MENU 2025 - MENU

## gather.

Week 4		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
CONTINENTAL BREAKFAST		Continental Breakfast offered Monday - Friday consisting of: Selection of 6 Cereals, including porridge with choice of Full, Trim or Soy Milk. Fresh fruit salad, flavoured yoghurt with a fruit & seed trail mix. Selection of Wholemeal, Multigrain and White Breads complimented by a variety of spreads, jams, butter, margarine. Tea & Coffee and a Selection of Fruit Juice.									
HOT BREAKFAST			Hot Cooked Breakfast			Hot Cooked Breakfast					
SANDWICH BAR		Salad Bar - Selection of in House Roasted Meats and Delicatessen Lines, Garden Fresh Salads, Variety of Breads, Condiments and Fresh Seasonal Fruit									
DINNER		Salt and Pepper Squid with Chilli, Lime and Coriander	Pulled Chicken Tacos with Chunky Salsa		Traditional Lasagne with Cheesy Bechamel		Chicken Schnitzel		Hawaiian Baked Potato		
DINNER		Perri Perri Chicken Maryland	Pulled Pork Tacos with Pineapple Salsa		Chicken, Tomato and Basil Risoto		Beef Schnitzel		Baked Potato with Chili Con Carne		
DINNER VEGETARIAN		Salt and Pepper Eggplant	Jack Fruit Taco with Chunky Salsa		Chickpea and Vegetable Ragu		Plant Base Schnitzel		Baked Potatoes with a Mushroom & Lentil Ragu		
VEGETABLES		Shoe String Fries	Mexican Rice		Smashed Potatoes with Parmesan		Mashed Potato		Seasoned Wedges with Sour Cream and Sweet Chilli		
VEGETABLES		Buttered Carrots with Paprika	Mashed Pumpkin with Fetta and Pepitas		Steamed Green Beans		Maple Roasted Pumpkin		Roasted Broccoli		
VEGETABLES		Ginger and Soy Green Beans	Mexican Corn on the Cob		Garlic Bread		Sauteed Zucchini		Steamed Vegetable Medley		
PASTA BAR		Singapoore Noodles	Chef's Choice Pasta and Vegetable Bake		Chef's Choice Pasta and Vegetable Bake		Three Cheese Potato Bake		Chef's Choice Pasta and Vegetable Bake		
SALAD BAR		A selection of at least six freshly prepared vibrant compound Salads, including ingredients to create your own fresh garden salad with mixed salad leaves, Tomato, Cucumber, Carrot, Onions, Sprouts, Crispy Noodles, Chilli and accompanying Sauces, Condiments and Dressings									
DESSERT		Caramelised Apple and Pears with Vanilla Custard	Lemon Meringue Pie		Individual Chocolate Muffins		Ice Cream and Sorbet Sundaes		Lemon Ricotta Cake		
DESSERT		Freshly Prepared Seasonal Fruit Salad									

## References

1. NHMRC. Eat for Health Australian Dietary Guidelines, 2nd ed. 2013. Available from:  
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