



Nutritional Menu Review

Sector: University Halls of Residence

Flinders Living

Term 1 2024

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 recommendation made for further improvement was in regards to:

- **Ensuring that vegetarian meals include an adequate serving of protein.** 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. There are some vegetarian meals which are low in protein or the protein source is not clearly indicated. Recommendations have been made to ensure each vegetarian meal includes lentils, eggs and/or tofu. However, it is important to note that vegetarian protein based salads are served as accompaniment.

Conclusion

The Flinders Living Term 1 2024 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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Accredited Practising Dietitian

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

Appendix 2: Menu Assessment Tool

Criteria	Achieved? (Y/N)	Comments
General		
Does the menu reflect any special dietary needs of the residents? (e.g coeliac, diabetic, allergies or intolerances).	Y	Dietary needs of students are catered for on an individual basis.
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.
Breakfast		
Are high fibre breakfast cereals offered? (at least 3g fibre per serve)	Y	High fibre cereals are offered (Weet-Bix, Just Right, Muesli, porridge).
Are high fibre bread varieties offered? (wholemeal, multigrain, high fibre white)	Y	Wholemeal and multigrain breads are available.
Is there a range of protein sources offered at breakfast?	Y	In addition to milk and yoghurt, a full cooked breakfast including eggs are available.
Is a hot cereal option provided?	Y	Porridge is available.
Main Meals		
Are least 4 serves of red meat offered each week?	N/A	Some weeks offer less than 4 serves of red meat. However, since the menu only serves breakfast and dinner five times per week, it is assumed that the students will have red meat outside of Cater Care's food service.
Each day that red meat is not served, at least 1 other iron-rich food is included	Y	

e.g. fortified breakfast cereals and breads		
Do vegetarian meals contain a protein source?	Y*	There are some vegetarian meals which are low in protein or the protein source is not clearly indicated. Recommendations were made to ensure each vegetarian meal includes legumes, eggs and/or tofu. However, it is important to note that vegetarian protein based salads are served as accompaniment.
Is there sufficient variety of vegetables served with main meals? (e.g at least 3 different types, and variety across the week).	Y	At least three serves of vegetables are served with each main meal.
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.
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	Fruit is available with each dessert.
Food Groups		
Are at least 7 serves of breads/cereals offered each day?	Y	In addition to cereals, rice and pasta in the menu, a variety of breads are offered all day before dinner.
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 with no added sugar?	Y	100% juice with no added sugar.
If fruit juice is served, is it 100% juice	Y	100% juice with no added sugar.

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	In addition to the yoghurt offered at breakfast, milk is available with each main meal.
Are low fat dairy options provided?	Y	

FLINDERS LIVING - TERM 1 MENU 2024 - MENU **gather.**

Week 1	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 Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit				
DINNER	Baked Potato w Chilli Con Carne G/F	Jambalaya w Chorizo and Peppers G/F D/F	Chicken Enchaladas G/F/A	Golden Crumbed Chicken Schnitzel w Traditional Gravy	Chicken Yiros w Garlic Yoghurt Sauce G/F/A
DINNER	Baked Potato w Thai Chicken G/F D/F	Lemon Pepper Squid w Lemon and tartare D/F	Pulled Pork Empanadas	Golden Crumbed Beef Schnitzel w Optional Mushroom Gravy	Spicy Lamb Kofta Yiros W Garlic Yoghurt Sauce G/F/A
DINNER VEGETARIAN	Baked Potato w Ratatouillie Vegetables G/F D/F	Pumpkin and basil Frittata G/F D/F	Vegetable and Black Bean Tostadas G/F D/F	Vegan Plant Based Schnitzel	Falafel Yiros w Garlic Yoghurt Sauce G/F/A
VEGETABLES	Fried Rice G/F D/F	Southern Style Grits - Spicy corn Polenta G/F	Triple Cooked Potatoes	Seasoned Chips	Tabouleh
VEGETABLES	Garamasala Carrots	Cajun Potatoes G/F D/F	Spiced Roasted Cauliflower G/F D/f	Steamed Cauliflower and Broccoli	Potato and herb Fritter
VEGETABLES	Seasoned Peas and beans G/F D/F	Tex Mex Salsa G/F D/f	Sauteed Spinach G/F D/F	Roasted Balsamic Carrots	Pumpkin and Chick pea Hommus G/F D/f
PASTA BAR	Chef's choice Pasta Bake	Chef's choice Pasta Salad	Chef's choice Pasta bake	Chef's choice Pasta Salad	Chef's choice Fresh Pasta Salad
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 Coconut Crackles	Trifle	Apple and Cinnamon Slice	Ice Cream and Sorbet Sundaes	Chefs Choice Home-Made Dessert
DESSERT	Freshly Prepared Seasonal Fruit Salad				
Tea & Coffee available at Supper					

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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 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 Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit				
DINNER	Szechuan Beef Noodles D/F	Gloden Crumbed Chicken Parmy	Pork and Fennel Sausage Rolls	Chicken Tikka Masala G/F	Pepperoni Pizza
DINNER	5 Spice Squid	Golden Crumbed Beef Parmy	Moroccan Lamb and Chick Pea Pasty	Rogan Josh Lamb Balls G/F D/F	Buffalo Wings
DINNER VEGETARIAN	Kung Pao Vegetables And Rice Noodles G/f D/F	Golden Crumbed Vegan Schnitzel Parmy D/F/A	Corn and Zucchini Fritters w Jalapeno and Tomato Salsa G/ F D/F	Pumpkin and Lentil Curry G/F D/F	Grilled Vegetable and Tofu Shaslicks G/F D/F
VEGETABLES	Coconut Pilaf Rice G/F D/f	Seasoned Fries	Fondant Potatoes	Spiced jasmine Rice G/F D/F	Chilli Corn Cobs G/F D/F
VEGETABLES	Stirfried Vegetables and Sprouts G/F D/F	Baked herb Pumpkin G/F D/F	Peppered Beans and Spinach	Carrot and Corn Salsa G/F D/F	Air Fried Potato Wedges G/F D/F
VEGETABLES	SweetPotato, Coconut and Coriander Bake G/F D/F	Steamed Peas	Roasted Carrot batons	Garamasala Creamed Spinach G/F	Fresh Cut Coleslaw G/F D/F
PASTA BAR	Chef's choice Fresh Pasta Bake	Chef's choice Fresh Pasta Salad	Chef's choice Fresh Pasta Bake	Chef's choice Fresh Pasta Salad	Chef's choice Pasta Salad
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	Raspberry and White Chocolate Muffins	Lemon Coconut Slice	Ice Cream and Sorbet Sundaes	Hummingbird Cake	Chefs Choice Home-Made Dessert
DESSERT	Freshly Prepared Seasonal Fruit Salad				
Tea & Coffee available at Supper					

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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 Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit									
DINNER	Lemon and Herb Crumbed Fish w Lemon and Tartare G/F/A	Lamb, Mint and Pea Arancini	Roast Pork Apple Sauce and Crackling G/F D/F		Golden Crumbed Chicken Schnitzel w Gravy		Chorizo, Roast Tomato and Spinach Pasta w Chilli and Basil			
DINNER	Cajun Chicken G/F D/F	Singapore Squid noodles	Slow Roast Beef		Golden Crumbed Beef or Pork Schnitzel w Mushroom Gravy		Creamy Pesto Chicken penne			
DINNER VEGETARIAN	Spanish Omelette w Potato, Peas and Peppers G/F D/F	Pumpkin and Basil Risotto Cake G/F D/F	Sweet Potato,Lentil and Spinach Patties G/F D/F		Vegan Plant Based Schnitzel		Roasted Vegetable Lasgane G/F D/F			
VEGETABLES	Balsamic Tossed Vegetables G/F D/F	Sauteed Beans and Zucchini G/F D/F	Smashed Potatoes G/F D/F		Seasoned Fries		Housemade Cheese and herb Bread			
VEGETABLES	Creamy Mashed Potato G/F D/F	Cauliflower Gratin	Maple Roast Pumpkin		Honey Carrots G/F D/F		Pommes Parmentier			
VEGETABLES	Steamed Broccoli	Steamed Carrot Batons G/F D/F	Peppered Greens G/F D/F		Steamed Peas		Panzanella Salad			
PASTA BAR	Chef's choice Fresh Pasta Bake	Chef's choice Fresh Pasta Salad	Chef's choice Fresh Pasta Bake		Chef's choice Fresh Pasta Salad		Chef's choice Fresh Pasta 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	Carrot Cake	Ice Cream and Sorbet Sundaes	Citrus Portugese Tarts		Dark Chocolate Mousse Cake		Chefs Choice Home-Made Dessert			
DESSERT	Freshly Prepared Seasonal Fruit Salad									
Tea & Coffee available at Supper										

FLINDERS LIVING - TERM 1 MENU 2024 - 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 Roast Meats & Delicatessen Lines, Garden Fresh Salads, Variety of Breads & Condiments & Fresh Seasonal Fruit									
DINNER	Tom Yum Spiced Pork Meatballs G/F D/F	Battered Fish Taco G/F/A	Golden Crumbed Chicken Parmy	Pulled Pork Burger	Aromatic Butter Chicken G/F					
DINNER	Warm Chicken Larb w Lime and Coriander G/F D/F	Spiced Lamb and Vegetable Burrito D/F	Golden Crumbed Beef Parmy	Grilled Chicken Burger	Red Curry Beef G/F D/F					
DINNER VEGETARIAN	Tofu and Vegetable Spring Rolls G/F D/F	Chick pea and Potato Empanadas	Golden Crumbesd Vegan Schnitzel Parmy	Sweet Potato and Lentil Burger G/F	Yellow Potato and Cauliflower Curry G/F D/F					
VEGETABLES	Stirfried vegetables G/F D/F	Mexican Vegetable salsa G/F D/F	Seasoned Fries	Seasoned Fries	Steamed Coconut Rice					
VEGETABLES	Chilli Oil Noodles	Chilli Herb Beans and Tomato G/f D/f	Balsamic Carrots	Fresh Cut Coleslaw	Tikka Potatoes					
VEGETABLES	Steamed Greens	Grilled potato G/F D/F	Steamed Cauliflower and Broccoli	Blanched Carrots and Beans G/F D/F	Steamed garden vegetables					
PASTA BAR	Chef's choice Fresh Pasta Salad	Chef's choice Fresh Pasta Bake	Chef's choice Fresh Pasta Salad	Chef's choice Fresh Pasta Salad	Chef's choice Fresh Pasta Salad					
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	Choc Berry Cupcakes	Tiramisu	Ice Cream and Sorbet Sundaes	Cinnamon Scrolls	Chefs Choice Home-Made Dessert					
DESSERT	Freshly Prepared Seasonal Fruit Salad									
Tea & Coffee available at Supper										

References

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