

**NUTRITIONAL SUMMARY of MENU CAPACITY**  
**APPLYING DAILY MINIMUM NUTRIENT INTAKES\***  
**(and excluding dessert protein contribution)**

Breakfasts, Main meals, Snacks and Beverages	Total Energy (approx.)	Protein (approx.)
<b>Breakfast</b> (Assuming a choice of fruit juice, cereal and milk, bread and spread, preserves)	<b>380 kcal</b>	<b>8g</b>
<b>Main meal and dessert (two per day)</b> (an average figure for a main course meals and dessert have been used :main meal 400kcal; desserts 150kcal)	<b>1100kcal</b>	<b>c.30g</b>
<b>Higher energy snacks including a supper snack</b> <b>Total</b> of at least three daily (if fruit is served this will provide fewer calories but is a good option for fibre and for those who need to control their energy intake)	<b>400 kcal</b>	<b>4g</b>
<b>Milk for drinks</b> 400 ml full fat variety minimum of 7 beverages including milky drinks	<b>270 kcal</b>	<b>13g</b>
<b>For practical purposes the total provided from these can be rounded to 2150 kcal and 55g protein</b>		

\*Indicative figures derived from Better Hospital Food Programme Draft 8 (2001)