date: 2021-10-05

day: Tuesday

people: 26

breakfast:18 veganPorridge

4 veganFullEnglish

4 veganYoghurt

lunch mains:

18 marghertia

4 lambMoussaka

4 beanChilli

lunch sides:

2 porkSausages

23 yorkshirePuddings

lunch dessert:

26 jelly

tea mains:

18 marghertia

4 lambMoussaka

4 beanChilli

tea sides:

2 porkSausages

23 yorkshirePuddings

tea desserts:

26 jelly

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 92500.0

Total calories served: 92724

Excess calories served: 224.0

Total grams carbohydrate required for group: 10406.25

Total grams carbohydrate served: 12304

Excess grams carbohydrate served: 1897.75

Total grams fat required for group: 2035.0

Total grams fat served: 3074

Excess grams fat served: 1039.0

Total grams fibre required for group: 971.25

Total grams fibre served: 1139

Excess grams fibre served: 167.75

Total grams protein required by group: 2081.25

Total grams protein served: 3048

Excess grams fibre served: 966.75

date: 2021-10-06

day: Wednesday

people: 26

breakfast:18 veganYoghurt

4 fullEnglish

4 toast

lunch mains:

18 fishAndChips

4 veganSausageCasserole

4 ratatouille

lunch sides:

2 eggFriedRice

24 breadRolls

lunch dessert:

26 bananaIceCream

tea mains:

18 fishAndChips

4 veganSausageCasserole

4 ratatouille

tea sides:

2 eggFriedRice

24 breadRolls

tea desserts:

26 bananaIceCream

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 92500.0

Total calories served: 99581

Excess calories served: 7081.0

Total grams carbohydrate required for group: 10406.25

Total grams carbohydrate served: 10470

Excess grams carbohydrate served: 63.75

Total grams fat required for group: 2035.0

Total grams fat served: 3521

Excess grams fat served: 1486.0

Total grams fibre required for group: 971.25

Total grams fibre served: 1350

Excess grams fibre served: 378.75

Total grams protein required by group: 2081.25

Total grams protein served: 3818

Excess grams fibre served: 1736.75

date: 2021-10-07

day: Thursday

people: 26

breakfast:18 pancakes

4 yoghurt

4 veganFullEnglish

lunch mains:

18 veganPizza

4 vegSpagBol

4 chickenCurry

lunch sides:

20 beans

20 broccoli

lunch dessert:

24 peanutCookies

tea mains:

18 veganPizza

4 vegSpagBol

4 chickenCurry

tea sides:

20 beans

20 broccoli

tea desserts:

24 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 92500.0

Total calories served: 92514

Excess calories served: 14.0

Total grams carbohydrate required for group: 10406.25

Total grams carbohydrate served: 12091

Excess grams carbohydrate served: 1684.75

Total grams fat required for group: 2035.0

Total grams fat served: 2923

Excess grams fat served: 888.0

Total grams fibre required for group: 971.25

Total grams fibre served: 1635

Excess grams fibre served: 663.75

Total grams protein required by group: 2081.25

Total grams protein served: 3907

Excess grams fibre served: 1825.75

date: 2021-10-08

day: Friday

people: 26

breakfast:18 toast

4 pancakes

4 fullEnglish

lunch mains:

18 quornLasagne

4 mushroomRisotto

4 kievs

lunch sides:

14 chips

25 peas

lunch dessert:

24 walnutCake

tea mains:

18 quornLasagne

4 mushroomRisotto

4 kievs

tea sides:

14 chips

25 peas

tea desserts:

24 walnutCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 92500.0

Total calories served: 111212

Excess calories served: 18712.0

Total grams carbohydrate required for group: 10406.25

Total grams carbohydrate served: 10411

Excess grams carbohydrate served: 4.75

Total grams fat required for group: 2035.0

Total grams fat served: 4540

Excess grams fat served: 2505.0

Total grams fibre required for group: 971.25

Total grams fibre served: 1157

Excess grams fibre served: 185.75

Total grams protein required by group: 2081.25

Total grams protein served: 3256

Excess grams fibre served: 1174.75

date: 2021-10-09

day: Saturday

people: 26

breakfast:18 yoghurt

4 veganYoghurt

4 veganPorridge

lunch mains:

18 beefBurgers

4 mushroomSoup

4 chickenNoodles

lunch sides:

26 veganSausages

9 Rice

lunch dessert:

24 fruitCustard

tea mains:

18 beefBurgers

4 mushroomSoup

4 chickenNoodles

tea sides:

26 veganSausages

9 Rice

tea desserts:

24 fruitCustard

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 92500.0

Total calories served: 118292

Excess calories served: 25792.0

Total grams carbohydrate required for group: 10406.25

Total grams carbohydrate served: 10409

Excess grams carbohydrate served: 2.75

Total grams fat required for group: 2035.0

Total grams fat served: 4901

Excess grams fat served: 2866.0

Total grams fibre required for group: 971.25

Total grams fibre served: 1102

Excess grams fibre served: 130.75

Total grams protein required by group: 2081.25

Total grams protein served: 3527

Excess grams fibre served: 1445.75

date: 2021-10-10

day: Sunday

people: 30

breakfast:20 fullEnglish

5 veganPorridge

5 yoghurt

lunch mains:

20 jacketSpud

5 pepperoniPizza

5 vegChowMein

lunch sides:

20 bakedPotato

0 roastPotatoes

lunch dessert:

29 chocolateMousse

tea mains:

20 jacketSpud

5 pepperoniPizza

5 vegChowMein

tea sides:

20 bakedPotato

0 roastPotatoes

tea desserts:

29 chocolateMousse

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 102500.0

Total calories served: 122654

Excess calories served: 20154.0

Total grams carbohydrate required for group: 11531.25

Total grams carbohydrate served: 11534

Excess grams carbohydrate served: 2.75

Total grams fat required for group: 2255.0

Total grams fat served: 6203

Excess grams fat served: 3948.0

Total grams fibre required for group: 1076.25

Total grams fibre served: 1978

Excess grams fibre served: 901.75

Total grams protein required by group: 2306.25

Total grams protein served: 4002

Excess grams fibre served: 1695.75

date: 2021-10-11

day: Monday

people: 30

breakfast:20 veganFullEnglish

5 toast

5 pancakes

lunch mains:

20 quornChilli

5 sushi

5 potatoCurry

lunch sides:

12 nutBake

22 boiledEggs

lunch dessert:

30 veganFruitYoghurt

tea mains:

20 quornChilli

5 sushi

5 potatoCurry

tea sides:

12 nutBake

22 boiledEggs

tea desserts:

30 veganFruitYoghurt

treat:

30 peanutCookies

30 glassOfWine

Total calories required for group: 102500.0

Total calories served: 102578

Excess calories served: 78.0

Total grams carbohydrate required for group: 11531.25

Total grams carbohydrate served: 12181

Excess grams carbohydrate served: 649.75

Total grams fat required for group: 2255.0

Total grams fat served: 3136

Excess grams fat served: 881.0

Total grams fibre required for group: 1076.25

Total grams fibre served: 2613

Excess grams fibre served: 1536.75

Total grams protein required by group: 2306.25

Total grams protein served: 5320

Excess grams fibre served: 3013.75

date: 2021-10-12

day: Tuesday

people: 30

breakfast:20 veganPorridge

5 veganFullEnglish

5 veganYoghurt

lunch mains:

20 marghertia

5 lambMoussaka

5 beanChilli

lunch sides:

1 porkSausages

20 yorkshirePuddings

lunch dessert:

29 jelly

tea mains:

20 marghertia

5 lambMoussaka

5 beanChilli

tea sides:

1 porkSausages

20 yorkshirePuddings

tea desserts:

29 jelly

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 102500.0

Total calories served: 102767

Excess calories served: 267.0

Total grams carbohydrate required for group: 11531.25

Total grams carbohydrate served: 13775

Excess grams carbohydrate served: 2243.75

Total grams fat required for group: 2255.0

Total grams fat served: 3326

Excess grams fat served: 1071.0

Total grams fibre required for group: 1076.25

Total grams fibre served: 1331

Excess grams fibre served: 254.75

Total grams protein required by group: 2306.25

Total grams protein served: 3400

Excess grams fibre served: 1093.75

date: 2021-10-13

day: Wednesday

people: 30

breakfast:20 veganYoghurt

5 fullEnglish

5 toast

lunch mains:

20 fishAndChips

5 veganSausageCasserole

5 ratatouille

lunch sides:

1 eggFriedRice

23 breadRolls

lunch dessert:

30 bananaIceCream

tea mains:

20 fishAndChips

5 veganSausageCasserole

5 ratatouille

tea sides:

1 eggFriedRice

23 breadRolls

tea desserts:

30 bananaIceCream

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 102500.0

Total calories served: 110527

Excess calories served: 8027.0

Total grams carbohydrate required for group: 11531.25

Total grams carbohydrate served: 11533

Excess grams carbohydrate served: 1.75

Total grams fat required for group: 2255.0

Total grams fat served: 3919

Excess grams fat served: 1664.0

Total grams fibre required for group: 1076.25

Total grams fibre served: 1569

Excess grams fibre served: 492.75

Total grams protein required by group: 2306.25

Total grams protein served: 4266

Excess grams fibre served: 1959.75

date: 2021-10-14

day: Thursday

people: 26

breakfast:18 pancakes

4 yoghurt

4 veganFullEnglish

lunch mains:

18 veganPizza

4 vegSpagBol

4 chickenCurry

lunch sides:

20 beans

26 broccoli

lunch dessert:

26 peanutCookies

tea mains:

18 veganPizza

4 vegSpagBol

4 chickenCurry

tea sides:

20 beans

26 broccoli

tea desserts:

26 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 94500.0

Total calories served: 94513

Excess calories served: 13.0

Total grams carbohydrate required for group: 10631.25

Total grams carbohydrate served: 12256

Excess grams carbohydrate served: 1624.75

Total grams fat required for group: 2079.0

Total grams fat served: 3032

Excess grams fat served: 953.0

Total grams fibre required for group: 992.25

Total grams fibre served: 1671

Excess grams fibre served: 678.75

Total grams protein required by group: 2126.25

Total grams protein served: 3997

Excess grams fibre served: 1870.75

date: 2021-10-15

day: Friday

people: 29

breakfast:21 toast

4 pancakes

4 fullEnglish

lunch mains:

21 quornLasagne

4 mushroomRisotto

4 kievs

lunch sides:

16 chips

26 peas

lunch dessert:

27 walnutCake

tea mains:

21 quornLasagne

4 mushroomRisotto

4 kievs

tea sides:

16 chips

26 peas

tea desserts:

27 walnutCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 103500.0

Total calories served: 124150

Excess calories served: 20650.0

Total grams carbohydrate required for group: 11643.75

Total grams carbohydrate served: 11651

Excess grams carbohydrate served: 7.25

Total grams fat required for group: 2277.0

Total grams fat served: 5054

Excess grams fat served: 2777.0

Total grams fibre required for group: 1086.75

Total grams fibre served: 1285

Excess grams fibre served: 198.25

Total grams protein required by group: 2328.75

Total grams protein served: 3611

Excess grams fibre served: 1282.25

date: 2021-10-16

day: Saturday

people: 29

breakfast:21 yoghurt

4 veganYoghurt

4 veganPorridge

lunch mains:

21 beefBurgers

4 mushroomSoup

4 chickenNoodles

lunch sides:

27 veganSausages

5 Rice

lunch dessert:

27 fruitCustard

tea mains:

21 beefBurgers

4 mushroomSoup

4 chickenNoodles

tea sides:

27 veganSausages

5 Rice

tea desserts:

27 fruitCustard

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 103500.0

Total calories served: 133083

Excess calories served: 29583.0

Total grams carbohydrate required for group: 11643.75

Total grams carbohydrate served: 11650

Excess grams carbohydrate served: 6.25

Total grams fat required for group: 2277.0

Total grams fat served: 5466

Excess grams fat served: 3189.0

Total grams fibre required for group: 1086.75

Total grams fibre served: 1243

Excess grams fibre served: 156.25

Total grams protein required by group: 2328.75

Total grams protein served: 3963

Excess grams fibre served: 1634.25

date: 2021-10-17

day: Sunday

people: 29

breakfast:21 fullEnglish

4 veganPorridge

4 yoghurt

lunch mains:

21 jacketSpud

4 pepperoniPizza

4 vegChowMein

lunch sides:

23 bakedPotato

0 roastPotatoes

lunch dessert:

27 chocolateMousse

tea mains:

21 jacketSpud

4 pepperoniPizza

4 vegChowMein

tea sides:

23 bakedPotato

0 roastPotatoes

tea desserts:

27 chocolateMousse

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 103500.0

Total calories served: 121892

Excess calories served: 18392.0

Total grams carbohydrate required for group: 11643.75

Total grams carbohydrate served: 11678

Excess grams carbohydrate served: 34.25

Total grams fat required for group: 2277.0

Total grams fat served: 6069

Excess grams fat served: 3792.0

Total grams fibre required for group: 1086.75

Total grams fibre served: 2023

Excess grams fibre served: 936.25

Total grams protein required by group: 2328.75

Total grams protein served: 3956

Excess grams fibre served: 1627.25

date: 2021-10-18

day: Monday

people: 29

breakfast:21 veganFullEnglish

4 toast

4 pancakes

lunch mains:

21 quornChilli

4 sushi

4 potatoCurry

lunch sides:

12 nutBake

26 boiledEggs

lunch dessert:

29 veganFruitYoghurt

tea mains:

21 quornChilli

4 sushi

4 potatoCurry

tea sides:

12 nutBake

26 boiledEggs

tea desserts:

29 veganFruitYoghurt

treat:

29 bananaIceCream

29 canOfBeer

Total calories required for group: 103500.0

Total calories served: 103581

Excess calories served: 81.0

Total grams carbohydrate required for group: 11643.75

Total grams carbohydrate served: 12240

Excess grams carbohydrate served: 596.25

Total grams fat required for group: 2277.0

Total grams fat served: 3169

Excess grams fat served: 892.0

Total grams fibre required for group: 1086.75

Total grams fibre served: 2682

Excess grams fibre served: 1595.25

Total grams protein required by group: 2328.75

Total grams protein served: 5383

Excess grams fibre served: 3054.25

date: 2021-10-19

day: Tuesday

people: 32

breakfast:22 veganPorridge

5 veganFullEnglish

5 veganYoghurt

lunch mains:

22 marghertia

5 lambMoussaka

5 beanChilli

lunch sides:

4 porkSausages

28 yorkshirePuddings

lunch dessert:

32 jelly

tea mains:

22 marghertia

5 lambMoussaka

5 beanChilli

tea sides:

4 porkSausages

28 yorkshirePuddings

tea desserts:

32 jelly

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 114500.0

Total calories served: 114553

Excess calories served: 53.0

Total grams carbohydrate required for group: 12881.25

Total grams carbohydrate served: 15116

Excess grams carbohydrate served: 2234.75

Total grams fat required for group: 2519.0

Total grams fat served: 3827

Excess grams fat served: 1308.0

Total grams fibre required for group: 1202.25

Total grams fibre served: 1411

Excess grams fibre served: 208.75

Total grams protein required by group: 2576.25

Total grams protein served: 3787

Excess grams fibre served: 1210.75

date: 2021-10-20

day: Wednesday

people: 32

breakfast:22 veganYoghurt

5 fullEnglish

5 toast

lunch mains:

22 fishAndChips

5 veganSausageCasserole

5 ratatouille

lunch sides:

4 eggFriedRice

29 breadRolls

lunch dessert:

32 bananaIceCream

tea mains:

22 fishAndChips

5 veganSausageCasserole

5 ratatouille

tea sides:

4 eggFriedRice

29 breadRolls

tea desserts:

32 bananaIceCream

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 114500.0

Total calories served: 122743

Excess calories served: 8243.0

Total grams carbohydrate required for group: 12881.25

Total grams carbohydrate served: 12925

Excess grams carbohydrate served: 43.75

Total grams fat required for group: 2519.0

Total grams fat served: 4335

Excess grams fat served: 1816.0

Total grams fibre required for group: 1202.25

Total grams fibre served: 1666

Excess grams fibre served: 463.75

Total grams protein required by group: 2576.25

Total grams protein served: 4714

Excess grams fibre served: 2137.75

date: 2021-10-21

day: Thursday

people: 46

breakfast:32 pancakes

7 yoghurt

7 veganFullEnglish

lunch mains:

32 veganPizza

7 vegSpagBol

7 chickenCurry

lunch sides:

22 beans

26 broccoli

lunch dessert:

44 peanutCookies

tea mains:

32 veganPizza

7 vegSpagBol

7 chickenCurry

tea sides:

22 beans

26 broccoli

tea desserts:

44 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 153500.0

Total calories served: 153525

Excess calories served: 25.0

Total grams carbohydrate required for group: 17268.75

Total grams carbohydrate served: 19437

Excess grams carbohydrate served: 2168.25

Total grams fat required for group: 3377.0

Total grams fat served: 5217

Excess grams fat served: 1840.0

Total grams fibre required for group: 1611.75

Total grams fibre served: 2369

Excess grams fibre served: 757.25

Total grams protein required by group: 3453.75

Total grams protein served: 6255

Excess grams fibre served: 2801.25

date: 2021-10-22

day: Friday

people: 35

breakfast:25 toast

5 pancakes

5 fullEnglish

lunch mains:

25 quornLasagne

5 mushroomRisotto

5 kievs

lunch sides:

21 chips

31 peas

lunch dessert:

35 walnutCake

tea mains:

25 quornLasagne

5 mushroomRisotto

5 kievs

tea sides:

21 chips

31 peas

tea desserts:

35 walnutCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 131500.0

Total calories served: 157759

Excess calories served: 26259.0

Total grams carbohydrate required for group: 14793.75

Total grams carbohydrate served: 14808

Excess grams carbohydrate served: 14.25

Total grams fat required for group: 2893.0

Total grams fat served: 6422

Excess grams fat served: 3529.0

Total grams fibre required for group: 1380.75

Total grams fibre served: 1604

Excess grams fibre served: 223.25

Total grams protein required by group: 2958.75

Total grams protein served: 4463

Excess grams fibre served: 1504.25

date: 2021-10-23

day: Saturday

people: 35

breakfast:25 yoghurt

5 veganYoghurt

5 veganPorridge

lunch mains:

25 beefBurgers

5 mushroomSoup

5 chickenNoodles

lunch sides:

32 veganSausages

8 Rice

lunch dessert:

35 fruitCustard

tea mains:

25 beefBurgers

5 mushroomSoup

5 chickenNoodles

tea sides:

32 veganSausages

8 Rice

tea desserts:

35 fruitCustard

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 126000.0

Total calories served: 161047

Excess calories served: 35047.0

Total grams carbohydrate required for group: 14175.0

Total grams carbohydrate served: 14175

Excess grams carbohydrate served: 0.0

Total grams fat required for group: 2772.0

Total grams fat served: 6626

Excess grams fat served: 3854.0

Total grams fibre required for group: 1323.0

Total grams fibre served: 1509

Excess grams fibre served: 186.0

Total grams protein required by group: 2835.0

Total grams protein served: 4772

Excess grams fibre served: 1937.0

date: 2021-10-24

day: Sunday

people: 41

breakfast:29 fullEnglish

6 veganPorridge

6 yoghurt

lunch mains:

29 jacketSpud

6 pepperoniPizza

6 vegChowMein

lunch sides:

25 bakedPotato

0 roastPotatoes

lunch dessert:

38 chocolateMousse

tea mains:

29 jacketSpud

6 pepperoniPizza

6 vegChowMein

tea sides:

25 bakedPotato

0 roastPotatoes

tea desserts:

38 chocolateMousse

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 141000.0

Total calories served: 168676

Excess calories served: 27676.0

Total grams carbohydrate required for group: 15862.5

Total grams carbohydrate served: 15864

Excess grams carbohydrate served: 1.5

Total grams fat required for group: 3102.0

Total grams fat served: 8516

Excess grams fat served: 5414.0

Total grams fibre required for group: 1480.5

Total grams fibre served: 2763

Excess grams fibre served: 1282.5

Total grams protein required by group: 3172.5

Total grams protein served: 5500

Excess grams fibre served: 2327.5

date: 2021-10-25

day: Monday

people: 42

breakfast:28 veganFullEnglish

7 toast

7 pancakes

lunch mains:

28 quornChilli

7 sushi

7 potatoCurry

lunch sides:

18 nutBake

36 boiledEggs

lunch dessert:

42 veganFruitYoghurt

tea mains:

28 quornChilli

7 sushi

7 potatoCurry

tea sides:

18 nutBake

36 boiledEggs

tea desserts:

42 veganFruitYoghurt

treat:

42 peanutCookies

42 glassOfWine

Total calories required for group: 146000.0

Total calories served: 146029

Excess calories served: 29.0

Total grams carbohydrate required for group: 16425.0

Total grams carbohydrate served: 17082

Excess grams carbohydrate served: 657.0

Total grams fat required for group: 3212.0

Total grams fat served: 4596

Excess grams fat served: 1384.0

Total grams fibre required for group: 1533.0

Total grams fibre served: 3675

Excess grams fibre served: 2142.0

Total grams protein required by group: 3285.0

Total grams protein served: 7556

Excess grams fibre served: 4271.0

date: 2021-10-26

day: Tuesday

people: 42

breakfast:28 veganPorridge

7 veganFullEnglish

7 veganYoghurt

lunch mains:

28 marghertia

7 lambMoussaka

7 beanChilli

lunch sides:

1 porkSausages

27 yorkshirePuddings

lunch dessert:

40 jelly

tea mains:

28 marghertia

7 lambMoussaka

7 beanChilli

tea sides:

1 porkSausages

27 yorkshirePuddings

tea desserts:

40 jelly

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 143000.0

Total calories served: 143150

Excess calories served: 150.0

Total grams carbohydrate required for group: 16087.5

Total grams carbohydrate served: 19214

Excess grams carbohydrate served: 3126.5

Total grams fat required for group: 3146.0

Total grams fat served: 4622

Excess grams fat served: 1476.0

Total grams fibre required for group: 1501.5

Total grams fibre served: 1859

Excess grams fibre served: 357.5

Total grams protein required by group: 3217.5

Total grams protein served: 4732

Excess grams fibre served: 1514.5

date: 2021-10-27

day: Wednesday

people: 44

breakfast:30 veganYoghurt

7 fullEnglish

7 toast

lunch mains:

30 fishAndChips

7 veganSausageCasserole

7 ratatouille

lunch sides:

43 eggFriedRice

14 breadRolls

lunch dessert:

44 bananaIceCream

tea mains:

30 fishAndChips

7 veganSausageCasserole

7 ratatouille

tea sides:

43 eggFriedRice

14 breadRolls

tea desserts:

44 bananaIceCream

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 150500.0

Total calories served: 164272

Excess calories served: 13772.0

Total grams carbohydrate required for group: 16931.25

Total grams carbohydrate served: 16979

Excess grams carbohydrate served: 47.75

Total grams fat required for group: 3311.0

Total grams fat served: 5730

Excess grams fat served: 2419.0

Total grams fibre required for group: 1580.25

Total grams fibre served: 2196

Excess grams fibre served: 615.75

Total grams protein required by group: 3386.25

Total grams protein served: 6615

Excess grams fibre served: 3228.75

date: 2021-10-28

day: Thursday

people: 35

breakfast:25 pancakes

5 yoghurt

5 veganFullEnglish

lunch mains:

25 veganPizza

5 vegSpagBol

5 chickenCurry

lunch sides:

31 beans

31 broccoli

lunch dessert:

34 peanutCookies

tea mains:

25 veganPizza

5 vegSpagBol

5 chickenCurry

tea sides:

31 beans

31 broccoli

tea desserts:

34 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 129500.0

Total calories served: 129526

Excess calories served: 26.0

Total grams carbohydrate required for group: 14568.75

Total grams carbohydrate served: 17175

Excess grams carbohydrate served: 2606.25

Total grams fat required for group: 2849.0

Total grams fat served: 4006

Excess grams fat served: 1157.0

Total grams fibre required for group: 1359.75

Total grams fibre served: 2383

Excess grams fibre served: 1023.25

Total grams protein required by group: 2913.75

Total grams protein served: 5461

Excess grams fibre served: 2547.25

date: 2021-10-29

day: Friday

people: 35

breakfast:25 toast

5 pancakes

5 fullEnglish

lunch mains:

25 quornLasagne

5 mushroomRisotto

5 kievs

lunch sides:

19 chips

34 peas

lunch dessert:

34 walnutCake

tea mains:

25 quornLasagne

5 mushroomRisotto

5 kievs

tea sides:

19 chips

34 peas

tea desserts:

34 walnutCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 126000.0

Total calories served: 151050

Excess calories served: 25050.0

Total grams carbohydrate required for group: 14175.0

Total grams carbohydrate served: 14180

Excess grams carbohydrate served: 5.0

Total grams fat required for group: 2772.0

Total grams fat served: 6187

Excess grams fat served: 3415.0

Total grams fibre required for group: 1323.0

Total grams fibre served: 1568

Excess grams fibre served: 245.0

Total grams protein required by group: 2835.0

Total grams protein served: 4395

Excess grams fibre served: 1560.0

date: 2021-10-30

day: Saturday

people: 35

breakfast:25 yoghurt

5 veganYoghurt

5 veganPorridge

lunch mains:

25 beefBurgers

5 mushroomSoup

5 chickenNoodles

lunch sides:

32 veganSausages

8 Rice

lunch dessert:

35 fruitCustard

tea mains:

25 beefBurgers

5 mushroomSoup

5 chickenNoodles

tea sides:

32 veganSausages

8 Rice

tea desserts:

35 fruitCustard

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 126000.0

Total calories served: 161047

Excess calories served: 35047.0

Total grams carbohydrate required for group: 14175.0

Total grams carbohydrate served: 14175

Excess grams carbohydrate served: 0.0

Total grams fat required for group: 2772.0

Total grams fat served: 6626

Excess grams fat served: 3854.0

Total grams fibre required for group: 1323.0

Total grams fibre served: 1509

Excess grams fibre served: 186.0

Total grams protein required by group: 2835.0

Total grams protein served: 4772

Excess grams fibre served: 1937.0

date: 2021-10-31

day: Sunday

people: 35

breakfast:25 fullEnglish

5 veganPorridge

5 yoghurt

lunch mains:

25 jacketSpud

5 pepperoniPizza

5 vegChowMein

lunch sides:

30 bakedPotato

0 roastPotatoes

lunch dessert:

34 chocolateMousse

tea mains:

25 jacketSpud

5 pepperoniPizza

5 vegChowMein

tea sides:

30 bakedPotato

0 roastPotatoes

tea desserts:

34 chocolateMousse

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 126000.0

Total calories served: 148206

Excess calories served: 22206.0

Total grams carbohydrate required for group: 14175.0

Total grams carbohydrate served: 14229

Excess grams carbohydrate served: 54.0

Total grams fat required for group: 2772.0

Total grams fat served: 7380

Excess grams fat served: 4608.0

Total grams fibre required for group: 1323.0

Total grams fibre served: 2451

Excess grams fibre served: 1128.0

Total grams protein required by group: 2835.0

Total grams protein served: 4798

Excess grams fibre served: 1963.0

date: 2021-11-01

day: Monday

people: 41

breakfast:29 veganFullEnglish

6 toast

6 pancakes

lunch mains:

29 quornChilli

6 sushi

6 potatoCurry

lunch sides:

14 nutBake

36 boiledEggs

lunch dessert:

41 veganFruitYoghurt

tea mains:

29 quornChilli

6 sushi

6 potatoCurry

tea sides:

14 nutBake

36 boiledEggs

tea desserts:

41 veganFruitYoghurt

treat:

41 bananaIceCream

41 canOfBeer

Total calories required for group: 141000.0

Total calories served: 141034

Excess calories served: 34.0

Total grams carbohydrate required for group: 15862.5

Total grams carbohydrate served: 17058

Excess grams carbohydrate served: 1195.5

Total grams fat required for group: 3102.0

Total grams fat served: 4090

Excess grams fat served: 988.0

Total grams fibre required for group: 1480.5

Total grams fibre served: 3691

Excess grams fibre served: 2210.5

Total grams protein required by group: 3172.5

Total grams protein served: 7433

Excess grams fibre served: 4260.5

date: 2021-11-02

day: Tuesday

people: 38

breakfast:26 veganPorridge

6 veganFullEnglish

6 veganYoghurt

lunch mains:

26 marghertia

6 lambMoussaka

6 beanChilli

lunch sides:

1 porkSausages

38 yorkshirePuddings

lunch dessert:

35 jelly

tea mains:

26 marghertia

6 lambMoussaka

6 beanChilli

tea sides:

1 porkSausages

38 yorkshirePuddings

tea desserts:

35 jelly

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 135000.0

Total calories served: 135338

Excess calories served: 338.0

Total grams carbohydrate required for group: 15187.5

Total grams carbohydrate served: 17950

Excess grams carbohydrate served: 2762.5

Total grams fat required for group: 2970.0

Total grams fat served: 4491

Excess grams fat served: 1521.0

Total grams fibre required for group: 1417.5

Total grams fibre served: 1669

Excess grams fibre served: 251.5

Total grams protein required by group: 3037.5

Total grams protein served: 4470

Excess grams fibre served: 1432.5

date: 2021-11-03

day: Wednesday

people: 52

breakfast:36 veganYoghurt

8 fullEnglish

8 toast

lunch mains:

36 fishAndChips

8 veganSausageCasserole

8 ratatouille

lunch sides:

2 eggFriedRice

32 breadRolls

lunch dessert:

52 bananaIceCream

tea mains:

36 fishAndChips

8 veganSausageCasserole

8 ratatouille

tea sides:

2 eggFriedRice

32 breadRolls

tea desserts:

52 bananaIceCream

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 168000.0

Total calories served: 185969

Excess calories served: 17969.0

Total grams carbohydrate required for group: 18900.0

Total grams carbohydrate served: 19002

Excess grams carbohydrate served: 102.0

Total grams fat required for group: 3696.0

Total grams fat served: 6626

Excess grams fat served: 2930.0

Total grams fibre required for group: 1764.0

Total grams fibre served: 2637

Excess grams fibre served: 873.0

Total grams protein required by group: 3780.0

Total grams protein served: 7241

Excess grams fibre served: 3461.0

date: 2021-11-04

day: Thursday

people: 52

breakfast:36 pancakes

8 yoghurt

8 veganFullEnglish

lunch mains:

36 veganPizza

8 vegSpagBol

8 chickenCurry

lunch sides:

17 beans

26 broccoli

lunch dessert:

51 peanutCookies

tea mains:

36 veganPizza

8 vegSpagBol

8 chickenCurry

tea sides:

17 beans

26 broccoli

tea desserts:

51 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 168000.0

Total calories served: 168003

Excess calories served: 3.0

Total grams carbohydrate required for group: 18900.0

Total grams carbohydrate served: 20807

Excess grams carbohydrate served: 1907.0

Total grams fat required for group: 3696.0

Total grams fat served: 5954

Excess grams fat served: 2258.0

Total grams fibre required for group: 1764.0

Total grams fibre served: 2380

Excess grams fibre served: 616.0

Total grams protein required by group: 3780.0

Total grams protein served: 6729

Excess grams fibre served: 2949.0

date: 2021-11-05

day: Friday

people: 59

breakfast:41 toast

9 pancakes

9 fullEnglish

lunch mains:

41 quornLasagne

9 mushroomRisotto

9 kievs

lunch sides:

23 chips

56 peas

lunch dessert:

59 walnutCake

tea mains:

41 quornLasagne

9 mushroomRisotto

9 kievs

tea sides:

23 chips

56 peas

tea desserts:

59 walnutCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 190000.0

Total calories served: 229975

Excess calories served: 39975.0

Total grams carbohydrate required for group: 21375.0

Total grams carbohydrate served: 21383

Excess grams carbohydrate served: 8.0

Total grams fat required for group: 4180.0

Total grams fat served: 9841

Excess grams fat served: 5661.0

Total grams fibre required for group: 1995.0

Total grams fibre served: 2385

Excess grams fibre served: 390.0

Total grams protein required by group: 4275.0

Total grams protein served: 7091

Excess grams fibre served: 2816.0

date: 2021-11-06

day: Saturday

people: 44

breakfast:30 yoghurt

7 veganYoghurt

7 veganPorridge

lunch mains:

30 beefBurgers

7 mushroomSoup

7 chickenNoodles

lunch sides:

43 veganSausages

22 Rice

lunch dessert:

44 fruitCustard

tea mains:

30 beefBurgers

7 mushroomSoup

7 chickenNoodles

tea sides:

43 veganSausages

22 Rice

tea desserts:

44 fruitCustard

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 160000.0

Total calories served: 201846

Excess calories served: 41846.0

Total grams carbohydrate required for group: 18000.0

Total grams carbohydrate served: 18005

Excess grams carbohydrate served: 5.0

Total grams fat required for group: 3520.0

Total grams fat served: 8332

Excess grams fat served: 4812.0

Total grams fibre required for group: 1680.0

Total grams fibre served: 1878

Excess grams fibre served: 198.0

Total grams protein required by group: 3600.0

Total grams protein served: 5977

Excess grams fibre served: 2377.0

date: 2021-11-07

day: Sunday

people: 44

breakfast:30 fullEnglish

7 veganPorridge

7 yoghurt

lunch mains:

30 jacketSpud

7 pepperoniPizza

7 vegChowMein

lunch sides:

28 bakedPotato

0 roastPotatoes

lunch dessert:

44 chocolateMousse

tea mains:

30 jacketSpud

7 pepperoniPizza

7 vegChowMein

tea sides:

28 bakedPotato

0 roastPotatoes

tea desserts:

44 chocolateMousse

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 151000.0

Total calories served: 181708

Excess calories served: 30708.0

Total grams carbohydrate required for group: 16987.5

Total grams carbohydrate served: 17000

Excess grams carbohydrate served: 12.5

Total grams fat required for group: 3322.0

Total grams fat served: 9238

Excess grams fat served: 5916.0

Total grams fibre required for group: 1585.5

Total grams fibre served: 2936

Excess grams fibre served: 1350.5

Total grams protein required by group: 3397.5

Total grams protein served: 5910

Excess grams fibre served: 2512.5

date: 2021-11-08

day: Monday

people: 54

breakfast:36 veganFullEnglish

9 toast

9 pancakes

lunch mains:

36 quornChilli

9 sushi

9 potatoCurry

lunch sides:

22 nutBake

52 boiledEggs

lunch dessert:

54 veganFruitYoghurt

tea mains:

36 quornChilli

9 sushi

9 potatoCurry

tea sides:

22 nutBake

52 boiledEggs

tea desserts:

54 veganFruitYoghurt

treat:

54 peanutCookies

54 glassOfWine

Total calories required for group: 187000.0

Total calories served: 187101

Excess calories served: 101.0

Total grams carbohydrate required for group: 21037.5

Total grams carbohydrate served: 21947

Excess grams carbohydrate served: 909.5

Total grams fat required for group: 4114.0

Total grams fat served: 5831

Excess grams fat served: 1717.0

Total grams fibre required for group: 1963.5

Total grams fibre served: 4710

Excess grams fibre served: 2746.5

Total grams protein required by group: 4207.5

Total grams protein served: 9751

Excess grams fibre served: 5543.5

date: 2021-11-09

day: Tuesday

people: 51

breakfast:35 veganPorridge

8 veganFullEnglish

8 veganYoghurt

lunch mains:

35 marghertia

8 lambMoussaka

8 beanChilli

lunch sides:

36 porkSausages

0 yorkshirePuddings

lunch dessert:

51 jelly

tea mains:

35 marghertia

8 lambMoussaka

8 beanChilli

tea sides:

36 porkSausages

0 yorkshirePuddings

tea desserts:

51 jelly

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 178500.0

Total calories served: 178510

Excess calories served: 10.0

Total grams carbohydrate required for group: 20081.25

Total grams carbohydrate served: 22478

Excess grams carbohydrate served: 2396.75

Total grams fat required for group: 3927.0

Total grams fat served: 6324

Excess grams fat served: 2397.0

Total grams fibre required for group: 1874.25

Total grams fibre served: 2234

Excess grams fibre served: 359.75

Total grams protein required by group: 4016.25

Total grams protein served: 6072

Excess grams fibre served: 2055.75

date: 2021-11-10

day: Wednesday

people: 51

breakfast:35 veganYoghurt

8 fullEnglish

8 toast

lunch mains:

35 fishAndChips

8 veganSausageCasserole

8 ratatouille

lunch sides:

51 eggFriedRice

18 breadRolls

lunch dessert:

51 bananaIceCream

tea mains:

35 fishAndChips

8 veganSausageCasserole

8 ratatouille

tea sides:

51 eggFriedRice

18 breadRolls

tea desserts:

51 bananaIceCream

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 177000.0

Total calories served: 192318

Excess calories served: 15318.0

Total grams carbohydrate required for group: 19912.5

Total grams carbohydrate served: 19931

Excess grams carbohydrate served: 18.5

Total grams fat required for group: 3894.0

Total grams fat served: 6702

Excess grams fat served: 2808.0

Total grams fibre required for group: 1858.5

Total grams fibre served: 2544

Excess grams fibre served: 685.5

Total grams protein required by group: 3982.5

Total grams protein served: 7732

Excess grams fibre served: 3749.5

date: 2021-11-11

day: Thursday

people: 51

breakfast:35 pancakes

8 yoghurt

8 veganFullEnglish

lunch mains:

35 veganPizza

8 vegSpagBol

8 chickenCurry

lunch sides:

31 beans

32 broccoli

lunch dessert:

50 peanutCookies

tea mains:

35 veganPizza

8 vegSpagBol

8 chickenCurry

tea sides:

31 beans

32 broccoli

tea desserts:

50 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 177000.0

Total calories served: 177027

Excess calories served: 27.0

Total grams carbohydrate required for group: 19912.5

Total grams carbohydrate served: 22553

Excess grams carbohydrate served: 2640.5

Total grams fat required for group: 3894.0

Total grams fat served: 5885

Excess grams fat served: 1991.0

Total grams fibre required for group: 1858.5

Total grams fibre served: 2903

Excess grams fibre served: 1044.5

Total grams protein required by group: 3982.5

Total grams protein served: 7369

Excess grams fibre served: 3386.5

date: 2021-11-12

day: Friday

people: 51

breakfast:35 toast

8 pancakes

8 fullEnglish

lunch mains:

35 quornLasagne

8 mushroomRisotto

8 kievs

lunch sides:

25 chips

47 peas

lunch dessert:

50 walnutCake

tea mains:

35 quornLasagne

8 mushroomRisotto

8 kievs

tea sides:

25 chips

47 peas

tea desserts:

50 walnutCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 177000.0

Total calories served: 213687

Excess calories served: 36687.0

Total grams carbohydrate required for group: 19912.5

Total grams carbohydrate served: 19927

Excess grams carbohydrate served: 14.5

Total grams fat required for group: 3894.0

Total grams fat served: 8906

Excess grams fat served: 5012.0

Total grams fibre required for group: 1858.5

Total grams fibre served: 2194

Excess grams fibre served: 335.5

Total grams protein required by group: 3982.5

Total grams protein served: 6319

Excess grams fibre served: 2336.5

date: 2021-11-13

day: Saturday

people: 51

breakfast:35 yoghurt

8 veganYoghurt

8 veganPorridge

lunch mains:

35 beefBurgers

8 mushroomSoup

8 chickenNoodles

lunch sides:

50 veganSausages

8 Rice

lunch dessert:

50 fruitCustard

tea mains:

35 beefBurgers

8 mushroomSoup

8 chickenNoodles

tea sides:

50 veganSausages

8 Rice

tea desserts:

50 fruitCustard

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 177000.0

Total calories served: 229687

Excess calories served: 52687.0

Total grams carbohydrate required for group: 19912.5

Total grams carbohydrate served: 19918

Excess grams carbohydrate served: 5.5

Total grams fat required for group: 3894.0

Total grams fat served: 9648

Excess grams fat served: 5754.0

Total grams fibre required for group: 1858.5

Total grams fibre served: 2174

Excess grams fibre served: 315.5

Total grams protein required by group: 3982.5

Total grams protein served: 6839

Excess grams fibre served: 2856.5

date: 2021-11-14

day: Sunday

people: 54

breakfast:36 fullEnglish

9 veganPorridge

9 yoghurt

lunch mains:

36 jacketSpud

9 pepperoniPizza

9 vegChowMein

lunch sides:

36 bakedPotato

0 roastPotatoes

lunch dessert:

51 chocolateMousse

tea mains:

36 jacketSpud

9 pepperoniPizza

9 vegChowMein

tea sides:

36 bakedPotato

0 roastPotatoes

tea desserts:

51 chocolateMousse

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 184000.0

Total calories served: 219918

Excess calories served: 35918.0

Total grams carbohydrate required for group: 20700.0

Total grams carbohydrate served: 20722

Excess grams carbohydrate served: 22.0

Total grams fat required for group: 4048.0

Total grams fat served: 11096

Excess grams fat served: 7048.0

Total grams fibre required for group: 1932.0

Total grams fibre served: 3554

Excess grams fibre served: 1622.0

Total grams protein required by group: 4140.0

Total grams protein served: 7186

Excess grams fibre served: 3046.0

date: 2021-11-15

day: Monday

people: 65

breakfast:45 veganFullEnglish

10 toast

10 pancakes

lunch mains:

45 quornChilli

10 sushi

10 potatoCurry

lunch sides:

20 nutBake

62 boiledEggs

lunch dessert:

65 veganFruitYoghurt

tea mains:

45 quornChilli

10 sushi

10 potatoCurry

tea sides:

20 nutBake

62 boiledEggs

tea desserts:

65 veganFruitYoghurt

treat:

65 bananaIceCream

65 canOfBeer

Total calories required for group: 219500.0

Total calories served: 219559

Excess calories served: 59.0

Total grams carbohydrate required for group: 24693.75

Total grams carbohydrate served: 26741

Excess grams carbohydrate served: 2047.25

Total grams fat required for group: 4829.0

Total grams fat served: 6246

Excess grams fat served: 1417.0

Total grams fibre required for group: 2304.75

Total grams fibre served: 5734

Excess grams fibre served: 3429.25

Total grams protein required by group: 4938.75

Total grams protein served: 11678

Excess grams fibre served: 6739.25

date: 2021-11-16

day: Tuesday

people: 62

breakfast:42 veganPorridge

10 veganFullEnglish

10 veganYoghurt

lunch mains:

42 marghertia

10 lambMoussaka

10 beanChilli

lunch sides:

38 porkSausages

0 yorkshirePuddings

lunch dessert:

62 jelly

tea mains:

42 marghertia

10 lambMoussaka

10 beanChilli

tea sides:

38 porkSausages

0 yorkshirePuddings

tea desserts:

62 jelly

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 213500.0

Total calories served: 213786

Excess calories served: 286.0

Total grams carbohydrate required for group: 24018.75

Total grams carbohydrate served: 27221

Excess grams carbohydrate served: 3202.25

Total grams fat required for group: 4697.0

Total grams fat served: 7441

Excess grams fat served: 2744.0

Total grams fibre required for group: 2241.75

Total grams fibre served: 2729

Excess grams fibre served: 487.25

Total grams protein required by group: 4803.75

Total grams protein served: 7255

Excess grams fibre served: 2451.25

date: 2021-11-17

day: Wednesday

people: 74

breakfast:50 veganYoghurt

12 fullEnglish

12 toast

lunch mains:

50 fishAndChips

12 veganSausageCasserole

12 ratatouille

lunch sides:

5 eggFriedRice

53 breadRolls

lunch dessert:

74 bananaIceCream

tea mains:

50 fishAndChips

12 veganSausageCasserole

12 ratatouille

tea sides:

5 eggFriedRice

53 breadRolls

tea desserts:

74 bananaIceCream

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 249000.0

Total calories served: 270979

Excess calories served: 21979.0

Total grams carbohydrate required for group: 28012.5

Total grams carbohydrate served: 28114

Excess grams carbohydrate served: 101.5

Total grams fat required for group: 5478.0

Total grams fat served: 9616

Excess grams fat served: 4138.0

Total grams fibre required for group: 2614.5

Total grams fibre served: 3830

Excess grams fibre served: 1215.5

Total grams protein required by group: 5602.5

Total grams protein served: 10497

Excess grams fibre served: 4894.5

date: 2021-11-18

day: Thursday

people: 83

breakfast:57 pancakes

13 yoghurt

13 veganFullEnglish

lunch mains:

57 veganPizza

13 vegSpagBol

13 chickenCurry

lunch sides:

31 beans

68 broccoli

lunch dessert:

80 peanutCookies

tea mains:

57 veganPizza

13 vegSpagBol

13 chickenCurry

tea sides:

31 beans

68 broccoli

tea desserts:

80 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 271000.0

Total calories served: 271000

Excess calories served: 0.0

Total grams carbohydrate required for group: 30487.5

Total grams carbohydrate served: 33784

Excess grams carbohydrate served: 3296.5

Total grams fat required for group: 5962.0

Total grams fat served: 9456

Excess grams fat served: 3494.0

Total grams fibre required for group: 2845.5

Total grams fibre served: 4006

Excess grams fibre served: 1160.5

Total grams protein required by group: 6097.5

Total grams protein served: 11001

Excess grams fibre served: 4903.5

date: 2021-11-19

day: Friday

people: 93

breakfast:63 toast

15 pancakes

15 fullEnglish

lunch mains:

63 quornLasagne

15 mushroomRisotto

15 kievs

lunch sides:

38 chips

92 peas

lunch dessert:

83 walnutCake

tea mains:

63 quornLasagne

15 mushroomRisotto

15 kievs

tea sides:

38 chips

92 peas

tea desserts:

83 walnutCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 297500.0

Total calories served: 360072

Excess calories served: 62572.0

Total grams carbohydrate required for group: 33468.75

Total grams carbohydrate served: 33483

Excess grams carbohydrate served: 14.25

Total grams fat required for group: 6545.0

Total grams fat served: 15116

Excess grams fat served: 8571.0

Total grams fibre required for group: 3123.75

Total grams fibre served: 3814

Excess grams fibre served: 690.25

Total grams protein required by group: 6693.75

Total grams protein served: 11185

Excess grams fibre served: 4491.25

date: 2021-11-20

day: Saturday

people: 84

breakfast:56 yoghurt

14 veganYoghurt

14 veganPorridge

lunch mains:

56 beefBurgers

14 mushroomSoup

14 chickenNoodles

lunch sides:

0 veganSausages

16 Rice

lunch dessert:

84 fruitCustard

tea mains:

56 beefBurgers

14 mushroomSoup

14 chickenNoodles

tea sides:

0 veganSausages

16 Rice

tea desserts:

84 fruitCustard

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 277500.0

Total calories served: 347872

Excess calories served: 70372.0

Total grams carbohydrate required for group: 31218.75

Total grams carbohydrate served: 31219

Excess grams carbohydrate served: 0.25

Total grams fat required for group: 6105.0

Total grams fat served: 14007

Excess grams fat served: 7902.0

Total grams fibre required for group: 2913.75

Total grams fibre served: 3060

Excess grams fibre served: 146.25

Total grams protein required by group: 6243.75

Total grams protein served: 9775

Excess grams fibre served: 3531.25

date: 2021-11-21

day: Sunday

people: 88

breakfast:60 fullEnglish

14 veganPorridge

14 yoghurt

lunch mains:

60 jacketSpud

14 pepperoniPizza

14 vegChowMein

lunch sides:

27 bakedPotato

0 roastPotatoes

lunch dessert:

81 chocolateMousse

tea mains:

60 jacketSpud

14 pepperoniPizza

14 vegChowMein

tea sides:

27 bakedPotato

0 roastPotatoes

tea desserts:

81 chocolateMousse

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 282500.0

Total calories served: 349469

Excess calories served: 66969.0

Total grams carbohydrate required for group: 31781.25

Total grams carbohydrate served: 31797

Excess grams carbohydrate served: 15.75

Total grams fat required for group: 6215.0

Total grams fat served: 18066

Excess grams fat served: 11851.0

Total grams fibre required for group: 2966.25

Total grams fibre served: 5595

Excess grams fibre served: 2628.75

Total grams protein required by group: 6356.25

Total grams protein served: 11486

Excess grams fibre served: 5129.75

date: 2021-11-22

day: Monday

people: 85

breakfast:57 veganFullEnglish

14 toast

14 pancakes

lunch mains:

57 quornChilli

14 sushi

14 potatoCurry

lunch sides:

21 nutBake

80 boiledEggs

lunch dessert:

85 veganFruitYoghurt

tea mains:

57 quornChilli

14 sushi

14 potatoCurry

tea sides:

21 nutBake

80 boiledEggs

tea desserts:

85 veganFruitYoghurt

treat:

85 peanutCookies

85 glassOfWine

Total calories required for group: 276500.0

Total calories served: 276530

Excess calories served: 30.0

Total grams carbohydrate required for group: 31106.25

Total grams carbohydrate served: 34367

Excess grams carbohydrate served: 3260.75

Total grams fat required for group: 6083.0

Total grams fat served: 7479

Excess grams fat served: 1396.0

Total grams fibre required for group: 2903.25

Total grams fibre served: 7262

Excess grams fibre served: 4358.75

Total grams protein required by group: 6221.25

Total grams protein served: 14901

Excess grams fibre served: 8679.75

date: 2021-11-23

day: Tuesday

people: 95

breakfast:65 veganPorridge

15 veganFullEnglish

15 veganYoghurt

lunch mains:

65 marghertia

15 lambMoussaka

15 beanChilli

lunch sides:

1 porkSausages

14 yorkshirePuddings

lunch dessert:

91 jelly

tea mains:

65 marghertia

15 lambMoussaka

15 beanChilli

tea sides:

1 porkSausages

14 yorkshirePuddings

tea desserts:

91 jelly

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 306000.0

Total calories served: 306393

Excess calories served: 393.0

Total grams carbohydrate required for group: 34425.0

Total grams carbohydrate served: 41892

Excess grams carbohydrate served: 7467.0

Total grams fat required for group: 6732.0

Total grams fat served: 9569

Excess grams fat served: 2837.0

Total grams fibre required for group: 3213.0

Total grams fibre served: 4073

Excess grams fibre served: 860.0

Total grams protein required by group: 6885.0

Total grams protein served: 9926

Excess grams fibre served: 3041.0

date: 2021-11-24

day: Wednesday

people: 95

breakfast:65 veganYoghurt

15 fullEnglish

15 toast

lunch mains:

65 fishAndChips

15 veganSausageCasserole

15 ratatouille

lunch sides:

1 eggFriedRice

57 breadRolls

lunch dessert:

95 bananaIceCream

tea mains:

65 fishAndChips

15 veganSausageCasserole

15 ratatouille

tea sides:

1 eggFriedRice

57 breadRolls

tea desserts:

95 bananaIceCream

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 306000.0

Total calories served: 337315

Excess calories served: 31315.0

Total grams carbohydrate required for group: 34425.0

Total grams carbohydrate served: 34460

Excess grams carbohydrate served: 35.0

Total grams fat required for group: 6732.0

Total grams fat served: 12027

Excess grams fat served: 5295.0

Total grams fibre required for group: 3213.0

Total grams fibre served: 4841

Excess grams fibre served: 1628.0

Total grams protein required by group: 6885.0

Total grams protein served: 13137

Excess grams fibre served: 6252.0

date: 2021-11-25

day: Thursday

people: 105

breakfast:71 pancakes

17 yoghurt

17 veganFullEnglish

lunch mains:

71 veganPizza

17 vegSpagBol

17 chickenCurry

lunch sides:

34 beans

0 broccoli

lunch dessert:

98 peanutCookies

tea mains:

71 veganPizza

17 vegSpagBol

17 chickenCurry

tea sides:

34 beans

0 broccoli

tea desserts:

98 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 332500.0

Total calories served: 333048

Excess calories served: 548.0

Total grams carbohydrate required for group: 37406.25

Total grams carbohydrate served: 40990

Excess grams carbohydrate served: 3583.75

Total grams fat required for group: 7315.0

Total grams fat served: 11820

Excess grams fat served: 4505.0

Total grams fibre required for group: 3491.25

Total grams fibre served: 4607

Excess grams fibre served: 1115.75

Total grams protein required by group: 7481.25

Total grams protein served: 13415

Excess grams fibre served: 5933.75

date: 2021-11-26

day: Friday

people: 105

breakfast:71 toast

17 pancakes

17 fullEnglish

lunch mains:

71 quornLasagne

17 mushroomRisotto

17 kievs

lunch sides:

41 chips

94 peas

lunch dessert:

98 walnutCake

tea mains:

71 quornLasagne

17 mushroomRisotto

17 kievs

tea sides:

41 chips

94 peas

tea desserts:

98 walnutCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 332500.0

Total calories served: 403934

Excess calories served: 71434.0

Total grams carbohydrate required for group: 37406.25

Total grams carbohydrate served: 37417

Excess grams carbohydrate served: 10.75

Total grams fat required for group: 7315.0

Total grams fat served: 17190

Excess grams fat served: 9875.0

Total grams fibre required for group: 3491.25

Total grams fibre served: 4186

Excess grams fibre served: 694.75

Total grams protein required by group: 7481.25

Total grams protein served: 12534

Excess grams fibre served: 5052.75

date: 2021-11-27

day: Saturday

people: 108

breakfast:72 yoghurt

18 veganYoghurt

18 veganPorridge

lunch mains:

72 beefBurgers

18 mushroomSoup

18 chickenNoodles

lunch sides:

0 veganSausages

7 Rice

lunch dessert:

101 fruitCustard

tea mains:

72 beefBurgers

18 mushroomSoup

18 chickenNoodles

tea sides:

0 veganSausages

7 Rice

tea desserts:

101 fruitCustard

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 340000.0

Total calories served: 440191

Excess calories served: 100191.0

Total grams carbohydrate required for group: 38250.0

Total grams carbohydrate served: 38973

Excess grams carbohydrate served: 723.0

Total grams fat required for group: 7480.0

Total grams fat served: 17843

Excess grams fat served: 10363.0

Total grams fibre required for group: 3570.0

Total grams fibre served: 3873

Excess grams fibre served: 303.0

Total grams protein required by group: 7650.0

Total grams protein served: 12427

Excess grams fibre served: 4777.0

date: 2021-11-28

day: Sunday

people: 108

breakfast:72 fullEnglish

18 veganPorridge

18 yoghurt

lunch mains:

72 jacketSpud

18 pepperoniPizza

18 vegChowMein

lunch sides:

23 bakedPotato

0 roastPotatoes

lunch dessert:

107 chocolateMousse

tea mains:

72 jacketSpud

18 pepperoniPizza

18 vegChowMein

tea sides:

23 bakedPotato

0 roastPotatoes

tea desserts:

107 chocolateMousse

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 340000.0

Total calories served: 428326

Excess calories served: 88326.0

Total grams carbohydrate required for group: 38250.0

Total grams carbohydrate served: 38278

Excess grams carbohydrate served: 28.0

Total grams fat required for group: 7480.0

Total grams fat served: 22485

Excess grams fat served: 15005.0

Total grams fibre required for group: 3570.0

Total grams fibre served: 6748

Excess grams fibre served: 3178.0

Total grams protein required by group: 7650.0

Total grams protein served: 14054

Excess grams fibre served: 6404.0

date: 2021-11-29

day: Monday

people: 108

breakfast:72 veganFullEnglish

18 toast

18 pancakes

lunch mains:

72 quornChilli

18 sushi

18 potatoCurry

lunch sides:

19 nutBake

101 boiledEggs

lunch dessert:

108 veganFruitYoghurt

tea mains:

72 quornChilli

18 sushi

18 potatoCurry

tea sides:

19 nutBake

101 boiledEggs

tea desserts:

108 veganFruitYoghurt

treat:

108 bananaIceCream

108 canOfBeer

Total calories required for group: 340000.0

Total calories served: 340127

Excess calories served: 127.0

Total grams carbohydrate required for group: 38250.0

Total grams carbohydrate served: 43400

Excess grams carbohydrate served: 5150.0

Total grams fat required for group: 7480.0

Total grams fat served: 8536

Excess grams fat served: 1056.0

Total grams fibre required for group: 3570.0

Total grams fibre served: 9087

Excess grams fibre served: 5517.0

Total grams protein required by group: 7650.0

Total grams protein served: 18625

Excess grams fibre served: 10975.0