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

date: 2021-11-30

day: Tuesday

people: 105

breakfasts:

71 veganPorridge

17 veganFullEnglish

17 veganYoghurt

lunch mains:

71 veganSausageCasserole

17 shepherdsPie

17 fishPaella

lunch sides:

96 porkSausages

105 yorkshirePuddings

lunch dessert:

97 jelly

tea mains:

71 veganSausageCasserole

17 shepherdsPie

17 fishPaella

tea sides:

96 porkSausages

105 yorkshirePuddings

tea desserts:

97 jelly

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 334000.0

Total calories served: 337887

Excess calories served: 3887.0

Total grams carbohydrate required for group: 37575.0

Total grams carbohydrate served: 37578

Excess grams carbohydrate served: 3.0

Total grams fat required for group: 7348.0

Total grams fat served: 11487

Excess grams fat served: 4139.0

Total grams fibre required for group: 3507.0

Total grams fibre served: 7254

Excess grams fibre served: 3747.0

Total grams protein required by group: 7515.0

Total grams protein served: 16366

Excess grams fibre served: 8851.0

date: 2021-12-01

day: Wednesday

people: 105

breakfasts:

38 veganYoghurt

50 fullEnglish

17 toast

lunch mains:

17 sushi

17 potatoCurry

71 vegSpagBol

lunch sides:

17 eggFriedRice

102 breadRolls

lunch dessert:

103 berryCrumble

tea mains:

17 sushi

17 potatoCurry

71 vegSpagBol

tea sides:

17 eggFriedRice

102 breadRolls

tea desserts:

103 berryCrumble

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 332500.0

Total calories served: 332748

Excess calories served: 248.0

Total grams carbohydrate required for group: 37406.25

Total grams carbohydrate served: 39596

Excess grams carbohydrate served: 2189.75

Total grams fat required for group: 7315.0

Total grams fat served: 12128

Excess grams fat served: 4813.0

Total grams fibre required for group: 3491.25

Total grams fibre served: 3495

Excess grams fibre served: 3.75

Total grams protein required by group: 7481.25

Total grams protein served: 12551

Excess grams fibre served: 5069.75

date: 2021-12-02

day: Thursday

people: 105

breakfasts:

71 pancakes

17 yoghurt

17 veganFullEnglish

lunch mains:

71 ratatouille

17 lambMoussaka

17 marghertia

lunch sides:

89 beans

80 broccoli

lunch dessert:

103 peanutCookies

tea mains:

71 ratatouille

17 lambMoussaka

17 marghertia

tea sides:

89 beans

80 broccoli

tea desserts:

103 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 332500.0

Total calories served: 332514

Excess calories served: 14.0

Total grams carbohydrate required for group: 37406.25

Total grams carbohydrate served: 40580

Excess grams carbohydrate served: 3173.75

Total grams fat required for group: 7315.0

Total grams fat served: 12501

Excess grams fat served: 5186.0

Total grams fibre required for group: 3491.25

Total grams fibre served: 8266

Excess grams fibre served: 4774.75

Total grams protein required by group: 7481.25

Total grams protein served: 13575

Excess grams fibre served: 6093.75

date: 2021-12-03

day: Friday

people: 115

breakfasts:

77 toast

19 pancakes

19 fullEnglish

lunch mains:

77 jacketSpud

19 quornLasagne

19 mushroomRisotto

lunch sides:

18 chips

0 peas

lunch dessert:

115 bananaIceCream

tea mains:

77 jacketSpud

19 quornLasagne

19 mushroomRisotto

tea sides:

18 chips

0 peas

tea desserts:

115 bananaIceCream

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 363000.0

Total calories served: 373313

Excess calories served: 10313.0

Total grams carbohydrate required for group: 40837.5

Total grams carbohydrate served: 41015

Excess grams carbohydrate served: 177.5

Total grams fat required for group: 7986.0

Total grams fat served: 15495

Excess grams fat served: 7509.0

Total grams fibre required for group: 3811.5

Total grams fibre served: 6424

Excess grams fibre served: 2612.5

Total grams protein required by group: 8167.5

Total grams protein served: 10505

Excess grams fibre served: 2337.5

date: 2021-12-04

day: Saturday

people: 125

breakfasts:

85 yoghurt

20 veganYoghurt

20 veganPorridge

lunch mains:

85 beanChilli

20 kievs

20 chickenNoodles

lunch sides:

125 veganSausages

74 Rice

lunch dessert:

121 cheeseBiscuits

tea mains:

85 beanChilli

20 kievs

20 chickenNoodles

tea sides:

125 veganSausages

74 Rice

tea desserts:

121 cheeseBiscuits

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 391000.0

Total calories served: 494368

Excess calories served: 103368.0

Total grams carbohydrate required for group: 43987.5

Total grams carbohydrate served: 43999

Excess grams carbohydrate served: 11.5

Total grams fat required for group: 8602.0

Total grams fat served: 23311

Excess grams fat served: 14709.0

Total grams fibre required for group: 4105.5

Total grams fibre served: 8092

Excess grams fibre served: 3986.5

Total grams protein required by group: 8797.5

Total grams protein served: 24185

Excess grams fibre served: 15387.5

date: 2021-12-05

day: Sunday

people: 125

breakfasts:

85 fullEnglish

20 veganPorridge

20 yoghurt

lunch mains:

85 mushroomSoup

20 pepperoniPizza

20 vegChowMein

lunch sides:

113 bakedPotato

0 roastPotatoes

lunch dessert:

121 spongeCustard

tea mains:

85 mushroomSoup

20 pepperoniPizza

20 vegChowMein

tea sides:

113 bakedPotato

0 roastPotatoes

tea desserts:

121 spongeCustard

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 391000.0

Total calories served: 447611

Excess calories served: 56611.0

Total grams carbohydrate required for group: 43987.5

Total grams carbohydrate served: 46033

Excess grams carbohydrate served: 2045.5

Total grams fat required for group: 8602.0

Total grams fat served: 21137

Excess grams fat served: 12535.0

Total grams fibre required for group: 4105.5

Total grams fibre served: 4111

Excess grams fibre served: 5.5

Total grams protein required by group: 8797.5

Total grams protein served: 13519

Excess grams fibre served: 4721.5

date: 2021-12-06

day: Monday

people: 125

breakfasts:

85 veganFullEnglish

20 toast

20 pancakes

lunch mains:

85 veganPizza

20 fishAndChips

20 mushroomOmelette

lunch sides:

0 nutBake

5 boiledEggs

lunch dessert:

121 chocolateCake

tea mains:

85 veganPizza

20 fishAndChips

20 mushroomOmelette

tea sides:

0 nutBake

5 boiledEggs

tea desserts:

121 chocolateCake

treat:

125 bananaIceCream

125 canOfBeer

Total calories required for group: 391000.0

Total calories served: 472014

Excess calories served: 81014.0

Total grams carbohydrate required for group: 43987.5

Total grams carbohydrate served: 57192

Excess grams carbohydrate served: 13204.5

Total grams fat required for group: 8602.0

Total grams fat served: 17958

Excess grams fat served: 9356.0

Total grams fibre required for group: 4105.5

Total grams fibre served: 5614

Excess grams fibre served: 1508.5

Total grams protein required by group: 8797.5

Total grams protein served: 12811

Excess grams fibre served: 4013.5

date: 2021-12-07

day: Tuesday

people: 125

breakfasts:

85 veganPorridge

20 veganFullEnglish

20 veganYoghurt

lunch mains:

85 veganSausageCasserole

20 shepherdsPie

20 fishPaella

lunch sides:

85 porkSausages

125 yorkshirePuddings

lunch dessert:

125 jelly

tea mains:

85 veganSausageCasserole

20 shepherdsPie

20 fishPaella

tea sides:

85 porkSausages

125 yorkshirePuddings

tea desserts:

125 jelly

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 391000.0

Total calories served: 391235

Excess calories served: 235.0

Total grams carbohydrate required for group: 43987.5

Total grams carbohydrate served: 45162

Excess grams carbohydrate served: 1174.5

Total grams fat required for group: 8602.0

Total grams fat served: 12567

Excess grams fat served: 3965.0

Total grams fibre required for group: 4105.5

Total grams fibre served: 8657

Excess grams fibre served: 4551.5

Total grams protein required by group: 8797.5

Total grams protein served: 18821

Excess grams fibre served: 10023.5

date: 2021-12-08

day: Wednesday

people: 125

breakfasts:

48 veganYoghurt

57 fullEnglish

20 toast

lunch mains:

20 sushi

20 potatoCurry

85 vegSpagBol

lunch sides:

22 eggFriedRice

122 breadRolls

lunch dessert:

120 berryCrumble

tea mains:

20 sushi

20 potatoCurry

85 vegSpagBol

tea sides:

22 eggFriedRice

122 breadRolls

tea desserts:

120 berryCrumble

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 391000.0

Total calories served: 391312

Excess calories served: 312.0

Total grams carbohydrate required for group: 43987.5

Total grams carbohydrate served: 46701

Excess grams carbohydrate served: 2713.5

Total grams fat required for group: 8602.0

Total grams fat served: 14215

Excess grams fat served: 5613.0

Total grams fibre required for group: 4105.5

Total grams fibre served: 4106

Excess grams fibre served: 0.5

Total grams protein required by group: 8797.5

Total grams protein served: 14833

Excess grams fibre served: 6035.5

date: 2021-12-09

day: Thursday

people: 124

breakfasts:

84 pancakes

20 yoghurt

20 veganFullEnglish

lunch mains:

84 ratatouille

20 lambMoussaka

20 marghertia

lunch sides:

98 beans

109 broccoli

lunch dessert:

124 peanutCookies

tea mains:

84 ratatouille

20 lambMoussaka

20 marghertia

tea sides:

98 beans

109 broccoli

tea desserts:

124 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 389000.0

Total calories served: 389013

Excess calories served: 13.0

Total grams carbohydrate required for group: 43762.5

Total grams carbohydrate served: 47064

Excess grams carbohydrate served: 3301.5

Total grams fat required for group: 8558.0

Total grams fat served: 14862

Excess grams fat served: 6304.0

Total grams fibre required for group: 4084.5

Total grams fibre served: 9551

Excess grams fibre served: 5466.5

Total grams protein required by group: 8752.5

Total grams protein served: 15788

Excess grams fibre served: 7035.5

date: 2021-12-10

day: Friday

people: 124

breakfasts:

84 toast

20 pancakes

20 fullEnglish

lunch mains:

84 jacketSpud

20 quornLasagne

20 mushroomRisotto

lunch sides:

17 chips

0 peas

lunch dessert:

124 bananaIceCream

tea mains:

84 jacketSpud

20 quornLasagne

20 mushroomRisotto

tea sides:

17 chips

0 peas

tea desserts:

124 bananaIceCream

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 386500.0

Total calories served: 395958

Excess calories served: 9458.0

Total grams carbohydrate required for group: 43481.25

Total grams carbohydrate served: 43642

Excess grams carbohydrate served: 160.75

Total grams fat required for group: 8503.0

Total grams fat served: 16550

Excess grams fat served: 8047.0

Total grams fibre required for group: 4058.25

Total grams fibre served: 6890

Excess grams fibre served: 2831.75

Total grams protein required by group: 8696.25

Total grams protein served: 11242

Excess grams fibre served: 2545.75

date: 2021-12-11

day: Saturday

people: 124

breakfasts:

84 yoghurt

20 veganYoghurt

20 veganPorridge

lunch mains:

84 beanChilli

20 kievs

20 chickenNoodles

lunch sides:

121 veganSausages

70 Rice

lunch dessert:

124 cheeseBiscuits

tea mains:

84 beanChilli

20 kievs

20 chickenNoodles

tea sides:

121 veganSausages

70 Rice

tea desserts:

124 cheeseBiscuits

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 386500.0

Total calories served: 494194

Excess calories served: 107694.0

Total grams carbohydrate required for group: 43481.25

Total grams carbohydrate served: 43489

Excess grams carbohydrate served: 7.75

Total grams fat required for group: 8503.0

Total grams fat served: 23500

Excess grams fat served: 14997.0

Total grams fibre required for group: 4058.25

Total grams fibre served: 8006

Excess grams fibre served: 3947.75

Total grams protein required by group: 8696.25

Total grams protein served: 24217

Excess grams fibre served: 15520.75

date: 2021-12-12

day: Sunday

people: 124

breakfasts:

84 fullEnglish

20 veganPorridge

20 yoghurt

lunch mains:

84 mushroomSoup

20 pepperoniPizza

20 vegChowMein

lunch sides:

110 bakedPotato

0 roastPotatoes

lunch dessert:

124 spongeCustard

tea mains:

84 mushroomSoup

20 pepperoniPizza

20 vegChowMein

tea sides:

110 bakedPotato

0 roastPotatoes

tea desserts:

124 spongeCustard

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 386500.0

Total calories served: 447885

Excess calories served: 61385.0

Total grams carbohydrate required for group: 43481.25

Total grams carbohydrate served: 46136

Excess grams carbohydrate served: 2654.75

Total grams fat required for group: 8503.0

Total grams fat served: 21170

Excess grams fat served: 12667.0

Total grams fibre required for group: 4058.25

Total grams fibre served: 4062

Excess grams fibre served: 3.75

Total grams protein required by group: 8696.25

Total grams protein served: 13476

Excess grams fibre served: 4779.75

date: 2021-12-13

day: Monday

people: 119

breakfasts:

81 veganFullEnglish

19 toast

19 pancakes

lunch mains:

81 veganPizza

19 fishAndChips

19 mushroomOmelette

lunch sides:

0 nutBake

3 boiledEggs

lunch dessert:

119 chocolateCake

tea mains:

81 veganPizza

19 fishAndChips

19 mushroomOmelette

tea sides:

0 nutBake

3 boiledEggs

tea desserts:

119 chocolateCake

treat:

119 peanutCookies

119 glassOfWine

Total calories required for group: 379000.0

Total calories served: 453097

Excess calories served: 74097.0

Total grams carbohydrate required for group: 42637.5

Total grams carbohydrate served: 54878

Excess grams carbohydrate served: 12240.5

Total grams fat required for group: 8338.0

Total grams fat served: 17302

Excess grams fat served: 8964.0

Total grams fibre required for group: 3979.5

Total grams fibre served: 5374

Excess grams fibre served: 1394.5

Total grams protein required by group: 8527.5

Total grams protein served: 12226

Excess grams fibre served: 3698.5

date: 2021-12-14

day: Tuesday

people: 119

breakfasts:

81 veganPorridge

19 veganFullEnglish

19 veganYoghurt

lunch mains:

81 veganSausageCasserole

19 shepherdsPie

19 fishPaella

lunch sides:

117 porkSausages

89 yorkshirePuddings

lunch dessert:

116 jelly

tea mains:

81 veganSausageCasserole

19 shepherdsPie

19 fishPaella

tea sides:

117 porkSausages

89 yorkshirePuddings

tea desserts:

116 jelly

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 372000.0

Total calories served: 376565

Excess calories served: 4565.0

Total grams carbohydrate required for group: 41850.0

Total grams carbohydrate served: 41853

Excess grams carbohydrate served: 3.0

Total grams fat required for group: 8184.0

Total grams fat served: 12722

Excess grams fat served: 4538.0

Total grams fibre required for group: 3906.0

Total grams fibre served: 8247

Excess grams fibre served: 4341.0

Total grams protein required by group: 8370.0

Total grams protein served: 18317

Excess grams fibre served: 9947.0

date: 2021-12-15

day: Wednesday

people: 127

breakfasts:

51 veganYoghurt

55 fullEnglish

21 toast

lunch mains:

21 sushi

21 potatoCurry

85 vegSpagBol

lunch sides:

14 eggFriedRice

126 breadRolls

lunch dessert:

123 berryCrumble

tea mains:

21 sushi

21 potatoCurry

85 vegSpagBol

tea sides:

14 eggFriedRice

126 breadRolls

tea desserts:

123 berryCrumble

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 392500.0

Total calories served: 392544

Excess calories served: 44.0

Total grams carbohydrate required for group: 44156.25

Total grams carbohydrate served: 47103

Excess grams carbohydrate served: 2946.75

Total grams fat required for group: 8635.0

Total grams fat served: 14234

Excess grams fat served: 5599.0

Total grams fibre required for group: 4121.25

Total grams fibre served: 4123

Excess grams fibre served: 1.75

Total grams protein required by group: 8831.25

Total grams protein served: 14819

Excess grams fibre served: 5987.75

date: 2021-12-16

day: Thursday

people: 135

breakfasts:

91 pancakes

22 yoghurt

22 veganFullEnglish

lunch mains:

91 ratatouille

22 lambMoussaka

22 marghertia

lunch sides:

92 beans

118 broccoli

lunch dessert:

135 peanutCookies

tea mains:

91 ratatouille

22 lambMoussaka

22 marghertia

tea sides:

92 beans

118 broccoli

tea desserts:

135 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 412000.0

Total calories served: 412022

Excess calories served: 22.0

Total grams carbohydrate required for group: 46350.0

Total grams carbohydrate served: 49091

Excess grams carbohydrate served: 2741.0

Total grams fat required for group: 9064.0

Total grams fat served: 16182

Excess grams fat served: 7118.0

Total grams fibre required for group: 4326.0

Total grams fibre served: 9835

Excess grams fibre served: 5509.0

Total grams protein required by group: 9270.0

Total grams protein served: 16483

Excess grams fibre served: 7213.0

date: 2021-12-17

day: Friday

people: 154

breakfasts:

104 toast

25 pancakes

25 fullEnglish

lunch mains:

104 jacketSpud

25 quornLasagne

25 mushroomRisotto

lunch sides:

20 chips

0 peas

lunch dessert:

154 bananaIceCream

tea mains:

104 jacketSpud

25 quornLasagne

25 mushroomRisotto

tea sides:

20 chips

0 peas

tea desserts:

154 bananaIceCream

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 478000.0

Total calories served: 488113

Excess calories served: 10113.0

Total grams carbohydrate required for group: 53775.0

Total grams carbohydrate served: 53819

Excess grams carbohydrate served: 44.0

Total grams fat required for group: 10516.0

Total grams fat served: 20444

Excess grams fat served: 9928.0

Total grams fibre required for group: 5019.0

Total grams fibre served: 8515

Excess grams fibre served: 3496.0

Total grams protein required by group: 10755.0

Total grams protein served: 13914

Excess grams fibre served: 3159.0

date: 2021-12-18

day: Saturday

people: 154

breakfasts:

104 yoghurt

25 veganYoghurt

25 veganPorridge

lunch mains:

104 beanChilli

25 kievs

25 chickenNoodles

lunch sides:

153 veganSausages

85 Rice

lunch dessert:

152 cheeseBiscuits

tea mains:

104 beanChilli

25 kievs

25 chickenNoodles

tea sides:

153 veganSausages

85 Rice

tea desserts:

152 cheeseBiscuits

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 478000.0

Total calories served: 611323

Excess calories served: 133323.0

Total grams carbohydrate required for group: 53775.0

Total grams carbohydrate served: 53787

Excess grams carbohydrate served: 12.0

Total grams fat required for group: 10516.0

Total grams fat served: 29082

Excess grams fat served: 18566.0

Total grams fibre required for group: 5019.0

Total grams fibre served: 9933

Excess grams fibre served: 4914.0

Total grams protein required by group: 10755.0

Total grams protein served: 29957

Excess grams fibre served: 19202.0

date: 2021-12-19

day: Sunday

people: 154

breakfasts:

104 fullEnglish

25 veganPorridge

25 yoghurt

lunch mains:

104 mushroomSoup

25 pepperoniPizza

25 vegChowMein

lunch sides:

135 bakedPotato

0 roastPotatoes

lunch dessert:

149 spongeCustard

tea mains:

104 mushroomSoup

25 pepperoniPizza

25 vegChowMein

tea sides:

135 bakedPotato

0 roastPotatoes

tea desserts:

149 spongeCustard

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 478000.0

Total calories served: 549896

Excess calories served: 71896.0

Total grams carbohydrate required for group: 53775.0

Total grams carbohydrate served: 56439

Excess grams carbohydrate served: 2664.0

Total grams fat required for group: 10516.0

Total grams fat served: 26015

Excess grams fat served: 15499.0

Total grams fibre required for group: 5019.0

Total grams fibre served: 5024

Excess grams fibre served: 5.0

Total grams protein required by group: 10755.0

Total grams protein served: 16624

Excess grams fibre served: 5869.0

date: 2021-12-20

day: Monday

people: 146

breakfasts:

98 veganFullEnglish

24 toast

24 pancakes

lunch mains:

98 veganPizza

24 fishAndChips

24 mushroomOmelette

lunch sides:

16 nutBake

0 boiledEggs

lunch dessert:

130 chocolateCake

tea mains:

98 veganPizza

24 fishAndChips

24 mushroomOmelette

tea sides:

16 nutBake

0 boiledEggs

tea desserts:

130 chocolateCake

treat:

146 bananaIceCream

146 canOfBeer

Total calories required for group: 462000.0

Total calories served: 558982

Excess calories served: 96982.0

Total grams carbohydrate required for group: 51975.0

Total grams carbohydrate served: 65525

Excess grams carbohydrate served: 13550.0

Total grams fat required for group: 10164.0

Total grams fat served: 22227

Excess grams fat served: 12063.0

Total grams fibre required for group: 4851.0

Total grams fibre served: 6652

Excess grams fibre served: 1801.0

Total grams protein required by group: 10395.0

Total grams protein served: 15278

Excess grams fibre served: 4883.0

date: 2021-12-21

day: Tuesday

people: 146

breakfasts:

98 veganPorridge

24 veganFullEnglish

24 veganYoghurt

lunch mains:

98 veganSausageCasserole

24 shepherdsPie

24 fishPaella

lunch sides:

105 porkSausages

145 yorkshirePuddings

lunch dessert:

146 jelly

tea mains:

98 veganSausageCasserole

24 shepherdsPie

24 fishPaella

tea sides:

105 porkSausages

145 yorkshirePuddings

tea desserts:

146 jelly

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 458500.0

Total calories served: 458538

Excess calories served: 38.0

Total grams carbohydrate required for group: 51581.25

Total grams carbohydrate served: 52514

Excess grams carbohydrate served: 932.75

Total grams fat required for group: 10087.0

Total grams fat served: 14901

Excess grams fat served: 4814.0

Total grams fibre required for group: 4814.25

Total grams fibre served: 10045

Excess grams fibre served: 5230.75

Total grams protein required by group: 10316.25

Total grams protein served: 22100

Excess grams fibre served: 11783.75

date: 2021-12-22

day: Wednesday

people: 144

breakfasts:

52 veganYoghurt

68 fullEnglish

24 toast

lunch mains:

24 sushi

24 potatoCurry

96 vegSpagBol

lunch sides:

21 eggFriedRice

144 breadRolls

lunch dessert:

137 berryCrumble

tea mains:

24 sushi

24 potatoCurry

96 vegSpagBol

tea sides:

21 eggFriedRice

144 breadRolls

tea desserts:

137 berryCrumble

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 454500.0

Total calories served: 454889

Excess calories served: 389.0

Total grams carbohydrate required for group: 51131.25

Total grams carbohydrate served: 54244

Excess grams carbohydrate served: 3112.75

Total grams fat required for group: 9999.0

Total grams fat served: 16527

Excess grams fat served: 6528.0

Total grams fibre required for group: 4772.25

Total grams fibre served: 4775

Excess grams fibre served: 2.75

Total grams protein required by group: 10226.25

Total grams protein served: 17184

Excess grams fibre served: 6957.75

date: 2021-12-23

day: Thursday

people: 153

breakfasts:

103 pancakes

25 yoghurt

25 veganFullEnglish

lunch mains:

103 ratatouille

25 lambMoussaka

25 marghertia

lunch sides:

137 beans

134 broccoli

lunch dessert:

139 peanutCookies

tea mains:

103 ratatouille

25 lambMoussaka

25 marghertia

tea sides:

137 beans

134 broccoli

tea desserts:

139 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 482000.0

Total calories served: 482007

Excess calories served: 7.0

Total grams carbohydrate required for group: 54225.0

Total grams carbohydrate served: 59718

Excess grams carbohydrate served: 5493.0

Total grams fat required for group: 10604.0

Total grams fat served: 17667

Excess grams fat served: 7063.0

Total grams fibre required for group: 5061.0

Total grams fibre served: 12264

Excess grams fibre served: 7203.0

Total grams protein required by group: 10845.0

Total grams protein served: 19824

Excess grams fibre served: 8979.0

date: 2021-12-24

day: Friday

people: 152

breakfasts:

102 toast

25 pancakes

25 fullEnglish

lunch mains:

102 jacketSpud

25 quornLasagne

25 mushroomRisotto

lunch sides:

10 chips

130 peas

lunch dessert:

152 fruitSalad

tea mains:

102 jacketSpud

25 quornLasagne

25 mushroomRisotto

tea sides:

10 chips

130 peas

tea desserts:

152 fruitSalad

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 480000.0

Total calories served: 480073

Excess calories served: 73.0

Total grams carbohydrate required for group: 54000.0

Total grams carbohydrate served: 62231

Excess grams carbohydrate served: 8231.0

Total grams fat required for group: 10560.0

Total grams fat served: 16429

Excess grams fat served: 5869.0

Total grams fibre required for group: 5040.0

Total grams fibre served: 10105

Excess grams fibre served: 5065.0

Total grams protein required by group: 10800.0

Total grams protein served: 13467

Excess grams fibre served: 2667.0

date: 2021-12-25

day: Saturday

people: 152

breakfasts:

44 yoghurt

83 veganYoghurt

25 veganPorridge

lunch mains:

102 christmasDinner

25 kievs

25 veganChristmasDinner

lunch sides:

151 veganSausages

152 Rice

lunch dessert:

152 christmasPudding

tea mains:

102 christmasDinner

25 kievs

25 veganChristmasDinner

tea sides:

151 veganSausages

152 Rice

tea desserts:

152 christmasPudding

treat:

152 mincePie

152 glassOfWine

Total calories required for group: 477500.0

Total calories served: 478506

Excess calories served: 1006.0

Total grams carbohydrate required for group: 53718.75

Total grams carbohydrate served: 53723

Excess grams carbohydrate served: 4.25

Total grams fat required for group: 10505.0

Total grams fat served: 17553

Excess grams fat served: 7048.0

Total grams fibre required for group: 5013.75

Total grams fibre served: 11009

Excess grams fibre served: 5995.25

Total grams protein required by group: 10743.75

Total grams protein served: 26170

Excess grams fibre served: 15426.25

date: 2021-12-26

day: Sunday

people: 152

breakfasts:

102 fullEnglish

25 veganPorridge

25 yoghurt

lunch mains:

51 mushroomSoup

25 pepperoniPizza

76 vegChowMein

lunch sides:

152 bakedPotato

152 roastPotatoes

lunch dessert:

143 chocolateMousse

tea mains:

51 mushroomSoup

25 pepperoniPizza

76 vegChowMein

tea sides:

152 bakedPotato

152 roastPotatoes

tea desserts:

143 chocolateMousse

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 477500.0

Total calories served: 549275

Excess calories served: 71775.0

Total grams carbohydrate required for group: 53718.75

Total grams carbohydrate served: 53730

Excess grams carbohydrate served: 11.25

Total grams fat required for group: 10505.0

Total grams fat served: 26548

Excess grams fat served: 16043.0

Total grams fibre required for group: 5013.75

Total grams fibre served: 7899

Excess grams fibre served: 2885.25

Total grams protein required by group: 10743.75

Total grams protein served: 17793

Excess grams fibre served: 7049.25

date: 2021-12-27

day: Monday

people: 152

breakfasts:

102 veganFullEnglish

25 toast

25 pancakes

lunch mains:

102 veganPizza

25 fishAndChips

25 mushroomOmelette

lunch sides:

9 nutBake

0 boiledEggs

lunch dessert:

152 bananaIceCream

tea mains:

102 veganPizza

25 fishAndChips

25 mushroomOmelette

tea sides:

9 nutBake

0 boiledEggs

tea desserts:

152 bananaIceCream

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 477500.0

Total calories served: 505713

Excess calories served: 28213.0

Total grams carbohydrate required for group: 53718.75

Total grams carbohydrate served: 63122

Excess grams carbohydrate served: 9403.25

Total grams fat required for group: 10505.0

Total grams fat served: 17018

Excess grams fat served: 6513.0

Total grams fibre required for group: 5013.75

Total grams fibre served: 7187

Excess grams fibre served: 2173.25

Total grams protein required by group: 10743.75

Total grams protein served: 15020

Excess grams fibre served: 4276.25

date: 2021-12-28

day: Tuesday

people: 161

breakfasts:

109 veganPorridge

26 veganFullEnglish

26 veganYoghurt

lunch mains:

26 shepherdsPie

109 beanChilli

26 fishPaella

lunch sides:

13 porkSausages

93 yorkshirePuddings

lunch dessert:

148 peanutCookies

tea mains:

26 shepherdsPie

109 beanChilli

26 fishPaella

tea sides:

13 porkSausages

93 yorkshirePuddings

tea desserts:

148 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 507000.0

Total calories served: 507045

Excess calories served: 45.0

Total grams carbohydrate required for group: 57037.5

Total grams carbohydrate served: 61941

Excess grams carbohydrate served: 4903.5

Total grams fat required for group: 11154.0

Total grams fat served: 15489

Excess grams fat served: 4335.0

Total grams fibre required for group: 5323.5

Total grams fibre served: 11379

Excess grams fibre served: 6055.5

Total grams protein required by group: 11407.5

Total grams protein served: 24053

Excess grams fibre served: 12645.5

date: 2021-12-29

day: Wednesday

people: 161

breakfasts:

26 veganYoghurt

109 fullEnglish

26 toast

lunch mains:

67 sushi

26 potatoCurry

68 vegSpagBol

lunch sides:

2 eggFriedRice

161 breadRolls

lunch dessert:

148 walnutCake

tea mains:

67 sushi

26 potatoCurry

68 vegSpagBol

tea sides:

2 eggFriedRice

161 breadRolls

tea desserts:

148 walnutCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 506500.0

Total calories served: 598163

Excess calories served: 91663.0

Total grams carbohydrate required for group: 56981.25

Total grams carbohydrate served: 63247

Excess grams carbohydrate served: 6265.75

Total grams fat required for group: 11143.0

Total grams fat served: 25356

Excess grams fat served: 14213.0

Total grams fibre required for group: 5318.25

Total grams fibre served: 5319

Excess grams fibre served: 0.75

Total grams protein required by group: 11396.25

Total grams protein served: 21696

Excess grams fibre served: 10299.75

date: 2021-12-30

day: Thursday

people: 164

breakfasts:

110 pancakes

27 yoghurt

27 veganFullEnglish

lunch mains:

110 ratatouille

27 lambMoussaka

27 marghertia

lunch sides:

127 beans

152 broccoli

lunch dessert:

143 chocolateCake

tea mains:

110 ratatouille

27 lambMoussaka

27 marghertia

tea sides:

127 beans

152 broccoli

tea desserts:

143 chocolateCake

treat:

164 bananaIceCream

164 canOfBeer

Total calories required for group: 513500.0

Total calories served: 513523

Excess calories served: 23.0

Total grams carbohydrate required for group: 57768.75

Total grams carbohydrate served: 67089

Excess grams carbohydrate served: 9320.25

Total grams fat required for group: 11297.0

Total grams fat served: 19341

Excess grams fat served: 8044.0

Total grams fibre required for group: 5391.75

Total grams fibre served: 11946

Excess grams fibre served: 6554.25

Total grams protein required by group: 11553.75

Total grams protein served: 16803

Excess grams fibre served: 5249.25

date: 2021-12-31

day: Friday

people: 164

breakfasts:

110 toast

27 pancakes

27 fullEnglish

lunch mains:

27 jacketSpud

31 quornLasagne

106 mushroomRisotto

lunch sides:

66 chips

0 peas

lunch dessert:

164 fruitSalad

tea mains:

27 jacketSpud

31 quornLasagne

106 mushroomRisotto

tea sides:

66 chips

0 peas

tea desserts:

164 fruitSalad

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 513500.0

Total calories served: 560832

Excess calories served: 47332.0

Total grams carbohydrate required for group: 57768.75

Total grams carbohydrate served: 65934

Excess grams carbohydrate served: 8165.25

Total grams fat required for group: 11297.0

Total grams fat served: 16211

Excess grams fat served: 4914.0

Total grams fibre required for group: 5391.75

Total grams fibre served: 7595

Excess grams fibre served: 2203.25

Total grams protein required by group: 11553.75

Total grams protein served: 11554

Excess grams fibre served: 0.25

date: 2022-01-01

day: Saturday

people: 164

breakfasts:

57 yoghurt

80 veganYoghurt

27 veganPorridge

lunch mains:

110 veganSausageCasserole

27 kievs

27 chickenNoodles

lunch sides:

164 veganSausages

164 Rice

lunch dessert:

164 veganFruitYoghurt

tea mains:

110 veganSausageCasserole

27 kievs

27 chickenNoodles

tea sides:

164 veganSausages

164 Rice

tea desserts:

164 veganFruitYoghurt

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 513500.0

Total calories served: 517559

Excess calories served: 4059.0

Total grams carbohydrate required for group: 57768.75

Total grams carbohydrate served: 57779

Excess grams carbohydrate served: 10.25

Total grams fat required for group: 11297.0

Total grams fat served: 19135

Excess grams fat served: 7838.0

Total grams fibre required for group: 5391.75

Total grams fibre served: 11857

Excess grams fibre served: 6465.25

Total grams protein required by group: 11553.75

Total grams protein served: 28157

Excess grams fibre served: 16603.25

date: 2022-01-02

day: Sunday

people: 164

breakfasts:

110 fullEnglish

27 veganPorridge

27 yoghurt

lunch mains:

89 mushroomSoup

48 pepperoniPizza

27 vegChowMein

lunch sides:

164 bakedPotato

162 roastPotatoes

lunch dessert:

143 chocolateMousse

tea mains:

89 mushroomSoup

48 pepperoniPizza

27 vegChowMein

tea sides:

164 bakedPotato

162 roastPotatoes

tea desserts:

143 chocolateMousse

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 513500.0

Total calories served: 636738

Excess calories served: 123238.0

Total grams carbohydrate required for group: 57768.75

Total grams carbohydrate served: 57829

Excess grams carbohydrate served: 60.25

Total grams fat required for group: 11297.0

Total grams fat served: 32832

Excess grams fat served: 21535.0

Total grams fibre required for group: 5391.75

Total grams fibre served: 7747

Excess grams fibre served: 2355.25

Total grams protein required by group: 11553.75

Total grams protein served: 20459

Excess grams fibre served: 8905.25

date: 2022-01-03

day: Monday

people: 164

breakfasts:

110 veganFullEnglish

27 toast

27 pancakes

lunch mains:

110 veganPizza

27 fishAndChips

27 mushroomOmelette

lunch sides:

21 nutBake

0 boiledEggs

lunch dessert:

164 bananaIceCream

tea mains:

110 veganPizza

27 fishAndChips

27 mushroomOmelette

tea sides:

21 nutBake

0 boiledEggs

tea desserts:

164 bananaIceCream

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 513500.0

Total calories served: 560765

Excess calories served: 47265.0

Total grams carbohydrate required for group: 57768.75

Total grams carbohydrate served: 68312

Excess grams carbohydrate served: 10543.25

Total grams fat required for group: 11297.0

Total grams fat served: 19759

Excess grams fat served: 8462.0

Total grams fibre required for group: 5391.75

Total grams fibre served: 7903

Excess grams fibre served: 2511.25

Total grams protein required by group: 11553.75

Total grams protein served: 16585

Excess grams fibre served: 5031.25

date: 2022-01-04

day: Tuesday

people: 164

breakfasts:

110 veganPorridge

27 veganFullEnglish

27 veganYoghurt

lunch mains:

57 shepherdsPie

80 beanChilli

27 fishPaella

lunch sides:

122 porkSausages

164 yorkshirePuddings

lunch dessert:

143 peanutCookies

tea mains:

57 shepherdsPie

80 beanChilli

27 fishPaella

tea sides:

122 porkSausages

164 yorkshirePuddings

tea desserts:

143 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 513500.0

Total calories served: 565856

Excess calories served: 52356.0

Total grams carbohydrate required for group: 57768.75

Total grams carbohydrate served: 57772

Excess grams carbohydrate served: 3.25

Total grams fat required for group: 11297.0

Total grams fat served: 22335

Excess grams fat served: 11038.0

Total grams fibre required for group: 5391.75

Total grams fibre served: 9890

Excess grams fibre served: 4498.25

Total grams protein required by group: 11553.75

Total grams protein served: 27215

Excess grams fibre served: 15661.25

date: 2022-01-05

day: Wednesday

people: 164

breakfasts:

61 veganYoghurt

76 fullEnglish

27 toast

lunch mains:

27 sushi

110 potatoCurry

27 vegSpagBol

lunch sides:

14 eggFriedRice

164 breadRolls

lunch dessert:

143 walnutCake

tea mains:

27 sushi

110 potatoCurry

27 vegSpagBol

tea sides:

14 eggFriedRice

164 breadRolls

tea desserts:

143 walnutCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 513500.0

Total calories served: 533777

Excess calories served: 20277.0

Total grams carbohydrate required for group: 57768.75

Total grams carbohydrate served: 63731

Excess grams carbohydrate served: 5962.25

Total grams fat required for group: 11297.0

Total grams fat served: 21047

Excess grams fat served: 9750.0

Total grams fibre required for group: 5391.75

Total grams fibre served: 5395

Excess grams fibre served: 3.25

Total grams protein required by group: 11553.75

Total grams protein served: 17270

Excess grams fibre served: 5716.25

date: 2022-01-06

day: Thursday

people: 164

breakfasts:

110 pancakes

27 yoghurt

27 veganFullEnglish

lunch mains:

110 ratatouille

27 lambMoussaka

27 marghertia

lunch sides:

127 beans

152 broccoli

lunch dessert:

143 chocolateCake

tea mains:

110 ratatouille

27 lambMoussaka

27 marghertia

tea sides:

127 beans

152 broccoli

tea desserts:

143 chocolateCake

treat:

164 peanutCookies

164 glassOfWine

Total calories required for group: 513500.0

Total calories served: 513523

Excess calories served: 23.0

Total grams carbohydrate required for group: 57768.75

Total grams carbohydrate served: 67089

Excess grams carbohydrate served: 9320.25

Total grams fat required for group: 11297.0

Total grams fat served: 19341

Excess grams fat served: 8044.0

Total grams fibre required for group: 5391.75

Total grams fibre served: 11946

Excess grams fibre served: 6554.25

Total grams protein required by group: 11553.75

Total grams protein served: 16803

Excess grams fibre served: 5249.25

date: 2022-01-07

day: Friday

people: 164

breakfasts:

110 toast

27 pancakes

27 fullEnglish

lunch mains:

27 jacketSpud

31 quornLasagne

106 mushroomRisotto

lunch sides:

66 chips

0 peas

lunch dessert:

164 fruitSalad

tea mains:

27 jacketSpud

31 quornLasagne

106 mushroomRisotto

tea sides:

66 chips

0 peas

tea desserts:

164 fruitSalad

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 513500.0

Total calories served: 560832

Excess calories served: 47332.0

Total grams carbohydrate required for group: 57768.75

Total grams carbohydrate served: 65934

Excess grams carbohydrate served: 8165.25

Total grams fat required for group: 11297.0

Total grams fat served: 16211

Excess grams fat served: 4914.0

Total grams fibre required for group: 5391.75

Total grams fibre served: 7595

Excess grams fibre served: 2203.25

Total grams protein required by group: 11553.75

Total grams protein served: 11554

Excess grams fibre served: 0.25

date: 2022-01-08

day: Saturday

people: 165

breakfasts:

64 yoghurt

74 veganYoghurt

27 veganPorridge

lunch mains:

111 veganSausageCasserole

27 kievs

27 chickenNoodles

lunch sides:

164 veganSausages

165 Rice

lunch dessert:

165 veganFruitYoghurt

tea mains:

111 veganSausageCasserole

27 kievs

27 chickenNoodles

tea sides:

164 veganSausages

165 Rice

tea desserts:

165 veganFruitYoghurt

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 516000.0

Total calories served: 521052

Excess calories served: 5052.0

Total grams carbohydrate required for group: 58050.0

Total grams carbohydrate served: 58053

Excess grams carbohydrate served: 3.0

Total grams fat required for group: 11352.0

Total grams fat served: 19312

Excess grams fat served: 7960.0

Total grams fibre required for group: 5418.0

Total grams fibre served: 11928

Excess grams fibre served: 6510.0

Total grams protein required by group: 11610.0

Total grams protein served: 28256

Excess grams fibre served: 16646.0

date: 2022-01-09

day: Sunday

people: 165

breakfasts:

111 fullEnglish

27 veganPorridge

27 yoghurt

lunch mains:

94 mushroomSoup

44 pepperoniPizza

27 vegChowMein

lunch sides:

165 bakedPotato

165 roastPotatoes

lunch dessert:

165 chocolateMousse

tea mains:

94 mushroomSoup

44 pepperoniPizza

27 vegChowMein

tea sides:

165 bakedPotato

165 roastPotatoes

tea desserts:

165 chocolateMousse

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 516000.0

Total calories served: 647109

Excess calories served: 131109.0

Total grams carbohydrate required for group: 58050.0

Total grams carbohydrate served: 58091

Excess grams carbohydrate served: 41.0

Total grams fat required for group: 11352.0

Total grams fat served: 33893

Excess grams fat served: 22541.0

Total grams fibre required for group: 5418.0

Total grams fibre served: 7922

Excess grams fibre served: 2504.0

Total grams protein required by group: 11610.0

Total grams protein served: 20429

Excess grams fibre served: 8819.0

date: 2022-01-10

day: Monday

people: 154

breakfasts:

104 veganFullEnglish

25 toast

25 pancakes

lunch mains:

104 veganPizza

25 fishAndChips

25 mushroomOmelette

lunch sides:

8 nutBake

0 boiledEggs

lunch dessert:

154 bananaIceCream

tea mains:

104 veganPizza

25 fishAndChips

25 mushroomOmelette

tea sides:

8 nutBake

0 boiledEggs

tea desserts:

154 bananaIceCream

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 494000.0

Total calories served: 511496

Excess calories served: 17496.0

Total grams carbohydrate required for group: 55575.0

Total grams carbohydrate served: 64116

Excess grams carbohydrate served: 8541.0

Total grams fat required for group: 10868.0

Total grams fat served: 17097

Excess grams fat served: 6229.0

Total grams fibre required for group: 5187.0

Total grams fibre served: 7285

Excess grams fibre served: 2098.0

Total grams protein required by group: 11115.0

Total grams protein served: 15173

Excess grams fibre served: 4058.0

date: 2022-01-11

day: Tuesday

people: 154

breakfasts:

104 veganPorridge

25 veganFullEnglish

25 veganYoghurt

lunch mains:

57 shepherdsPie

72 beanChilli

25 fishPaella

lunch sides:

117 porkSausages

154 yorkshirePuddings

lunch dessert:

146 peanutCookies

tea mains:

57 shepherdsPie

72 beanChilli

25 fishPaella

tea sides:

117 porkSausages

154 yorkshirePuddings

tea desserts:

146 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 481500.0

Total calories served: 540678

Excess calories served: 59178.0

Total grams carbohydrate required for group: 54168.75

Total grams carbohydrate served: 54172

Excess grams carbohydrate served: 3.25

Total grams fat required for group: 10593.0

Total grams fat served: 21850

Excess grams fat served: 11257.0

Total grams fibre required for group: 5055.75

Total grams fibre served: 9214

Excess grams fibre served: 4158.25

Total grams protein required by group: 10833.75

Total grams protein served: 25954

Excess grams fibre served: 15120.25

date: 2022-01-12

day: Wednesday

people: 162

breakfasts:

47 veganYoghurt

88 fullEnglish

27 toast

lunch mains:

27 fishPaella

27 sushi

108 potatoCurry

lunch sides:

6 eggFriedRice

160 breadRolls

lunch dessert:

151 walnutCake

tea mains:

27 fishPaella

27 sushi

108 potatoCurry

tea sides:

6 eggFriedRice

160 breadRolls

tea desserts:

151 walnutCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 505000.0

Total calories served: 564083

Excess calories served: 59083.0

Total grams carbohydrate required for group: 56812.5

Total grams carbohydrate served: 64639

Excess grams carbohydrate served: 7826.5

Total grams fat required for group: 11110.0

Total grams fat served: 22819

Excess grams fat served: 11709.0

Total grams fibre required for group: 5302.5

Total grams fibre served: 5306

Excess grams fibre served: 3.5

Total grams protein required by group: 11362.5

Total grams protein served: 18875

Excess grams fibre served: 7512.5

date: 2022-01-13

day: Thursday

people: 162

breakfasts:

67 pancakes

27 yoghurt

68 veganFullEnglish

lunch mains:

27 vegSpagBol

27 ratatouille

108 lambMoussaka

lunch sides:

162 beans

157 broccoli

lunch dessert:

162 fruitSalad

tea mains:

27 vegSpagBol

27 ratatouille

108 lambMoussaka

tea sides:

162 beans

157 broccoli

tea desserts:

162 fruitSalad

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 505000.0

Total calories served: 505021

Excess calories served: 21.0

Total grams carbohydrate required for group: 56812.5

Total grams carbohydrate served: 69826

Excess grams carbohydrate served: 13013.5

Total grams fat required for group: 11110.0

Total grams fat served: 13041

Excess grams fat served: 1931.0

Total grams fibre required for group: 5302.5

Total grams fibre served: 15446

Excess grams fibre served: 10143.5

Total grams protein required by group: 11362.5

Total grams protein served: 21578

Excess grams fibre served: 10215.5

date: 2022-01-14

day: Friday

people: 162

breakfasts:

108 toast

27 pancakes

27 fullEnglish

lunch mains:

108 jacketSpud

27 quornLasagne

27 mushroomRisotto

lunch sides:

33 chips

0 peas

lunch dessert:

162 veganFruitYoghurt

tea mains:

108 jacketSpud

27 quornLasagne

27 mushroomRisotto

tea sides:

33 chips

0 peas

tea desserts:

162 veganFruitYoghurt

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 505000.0

Total calories served: 529445

Excess calories served: 24445.0

Total grams carbohydrate required for group: 56812.5

Total grams carbohydrate served: 56981

Excess grams carbohydrate served: 168.5

Total grams fat required for group: 11110.0

Total grams fat served: 20999

Excess grams fat served: 9889.0

Total grams fibre required for group: 5302.5

Total grams fibre served: 9275

Excess grams fibre served: 3972.5

Total grams protein required by group: 11362.5

Total grams protein served: 19413

Excess grams fibre served: 8050.5

date: 2022-01-15

day: Saturday

people: 162

breakfasts:

108 yoghurt

27 veganYoghurt

27 veganPorridge

lunch mains:

108 marghertia

27 kievs

27 mushroomSoup

lunch sides:

136 veganSausages

0 Rice

lunch dessert:

162 bananaIceCream

tea mains:

108 marghertia

27 kievs

27 mushroomSoup

tea sides:

136 veganSausages

0 Rice

tea desserts:

162 bananaIceCream

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 505000.0

Total calories served: 550731

Excess calories served: 45731.0

Total grams carbohydrate required for group: 56812.5

Total grams carbohydrate served: 60273

Excess grams carbohydrate served: 3460.5

Total grams fat required for group: 11110.0

Total grams fat served: 25050

Excess grams fat served: 13940.0

Total grams fibre required for group: 5302.5

Total grams fibre served: 5305

Excess grams fibre served: 2.5

Total grams protein required by group: 11362.5

Total grams protein served: 17819

Excess grams fibre served: 6456.5

date: 2022-01-16

day: Sunday

people: 162

breakfasts:

108 fullEnglish

27 veganPorridge

27 yoghurt

lunch mains:

108 chickenNoodles

27 pepperoniPizza

27 vegChowMein

lunch sides:

162 bakedPotato

99 roastPotatoes

lunch dessert:

151 peanutCookies

tea mains:

108 chickenNoodles

27 pepperoniPizza

27 vegChowMein

tea sides:

162 bakedPotato

99 roastPotatoes

tea desserts:

151 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 505000.0

Total calories served: 717076

Excess calories served: 212076.0

Total grams carbohydrate required for group: 56812.5

Total grams carbohydrate served: 56852

Excess grams carbohydrate served: 39.5

Total grams fat required for group: 11110.0

Total grams fat served: 40655

Excess grams fat served: 29545.0

Total grams fibre required for group: 5302.5

Total grams fibre served: 7921

Excess grams fibre served: 2618.5

Total grams protein required by group: 11362.5

Total grams protein served: 24835

Excess grams fibre served: 13472.5

date: 2022-01-17

day: Monday

people: 162

breakfasts:

108 veganFullEnglish

27 toast

27 pancakes

lunch mains:

108 veganPizza

27 fishAndChips

27 mushroomOmelette

lunch sides:

11 nutBake

1 boiledEggs

lunch dessert:

151 chocolateCake

tea mains:

108 veganPizza

27 fishAndChips

27 mushroomOmelette

tea sides:

11 nutBake

1 boiledEggs

tea desserts:

151 chocolateCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 505000.0

Total calories served: 617583

Excess calories served: 112583.0

Total grams carbohydrate required for group: 56812.5

Total grams carbohydrate served: 73096

Excess grams carbohydrate served: 16283.5

Total grams fat required for group: 11110.0

Total grams fat served: 24248

Excess grams fat served: 13138.0

Total grams fibre required for group: 5302.5

Total grams fibre served: 7319

Excess grams fibre served: 2016.5

Total grams protein required by group: 11362.5

Total grams protein served: 16842

Excess grams fibre served: 5479.5

date: 2022-01-18

day: Tuesday

people: 162

breakfasts:

108 veganPorridge

27 veganFullEnglish

27 veganYoghurt

lunch mains:

108 veganSausageCasserole

27 shepherdsPie

27 beanChilli

lunch sides:

11 porkSausages

47 yorkshirePuddings

lunch dessert:

151 chocolateMousse

tea mains:

108 veganSausageCasserole

27 shepherdsPie

27 beanChilli

tea sides:

11 porkSausages

47 yorkshirePuddings

tea desserts:

151 chocolateMousse

treat:

162 bananaIceCream

162 canOfBeer

Total calories required for group: 505000.0

Total calories served: 505069

Excess calories served: 69.0

Total grams carbohydrate required for group: 56812.5

Total grams carbohydrate served: 58020

Excess grams carbohydrate served: 1207.5

Total grams fat required for group: 11110.0

Total grams fat served: 18093

Excess grams fat served: 6983.0

Total grams fibre required for group: 5302.5

Total grams fibre served: 12990

Excess grams fibre served: 7687.5

Total grams protein required by group: 11362.5

Total grams protein served: 22027

Excess grams fibre served: 10664.5

date: 2022-01-19

day: Wednesday

people: 162

breakfasts:

47 veganYoghurt

88 fullEnglish

27 toast

lunch mains:

27 fishPaella

27 sushi

108 potatoCurry

lunch sides:

6 eggFriedRice

160 breadRolls

lunch dessert:

151 walnutCake

tea mains:

27 fishPaella

27 sushi

108 potatoCurry

tea sides:

6 eggFriedRice

160 breadRolls

tea desserts:

151 walnutCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 505000.0

Total calories served: 564083

Excess calories served: 59083.0

Total grams carbohydrate required for group: 56812.5

Total grams carbohydrate served: 64639

Excess grams carbohydrate served: 7826.5

Total grams fat required for group: 11110.0

Total grams fat served: 22819

Excess grams fat served: 11709.0

Total grams fibre required for group: 5302.5

Total grams fibre served: 5306

Excess grams fibre served: 3.5

Total grams protein required by group: 11362.5

Total grams protein served: 18875

Excess grams fibre served: 7512.5

date: 2022-01-20

day: Thursday

people: 162

breakfasts:

67 pancakes

27 yoghurt

68 veganFullEnglish

lunch mains:

27 vegSpagBol

27 ratatouille

108 lambMoussaka

lunch sides:

162 beans

157 broccoli

lunch dessert:

162 fruitSalad

tea mains:

27 vegSpagBol

27 ratatouille

108 lambMoussaka

tea sides:

162 beans

157 broccoli

tea desserts:

162 fruitSalad

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 505000.0

Total calories served: 505021

Excess calories served: 21.0

Total grams carbohydrate required for group: 56812.5

Total grams carbohydrate served: 69826

Excess grams carbohydrate served: 13013.5

Total grams fat required for group: 11110.0

Total grams fat served: 13041

Excess grams fat served: 1931.0

Total grams fibre required for group: 5302.5

Total grams fibre served: 15446

Excess grams fibre served: 10143.5

Total grams protein required by group: 11362.5

Total grams protein served: 21578

Excess grams fibre served: 10215.5

date: 2022-01-21

day: Friday

people: 163

breakfasts:

109 toast

27 pancakes

27 fullEnglish

lunch mains:

109 jacketSpud

27 quornLasagne

27 mushroomRisotto

lunch sides:

33 chips

0 peas

lunch dessert:

163 veganFruitYoghurt

tea mains:

109 jacketSpud

27 quornLasagne

27 mushroomRisotto

tea sides:

33 chips

0 peas

tea desserts:

163 veganFruitYoghurt

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 508500.0

Total calories served: 532354

Excess calories served: 23854.0

Total grams carbohydrate required for group: 57206.25

Total grams carbohydrate served: 57320

Excess grams carbohydrate served: 113.75

Total grams fat required for group: 11187.0

Total grams fat served: 21127

Excess grams fat served: 9940.0

Total grams fibre required for group: 5339.25

Total grams fibre served: 9337

Excess grams fibre served: 3997.75

Total grams protein required by group: 11441.25

Total grams protein served: 19529

Excess grams fibre served: 8087.75

date: 2022-01-22

day: Saturday

people: 162

breakfasts:

108 yoghurt

27 veganYoghurt

27 veganPorridge

lunch mains:

108 marghertia

27 kievs

27 mushroomSoup

lunch sides:

139 veganSausages

0 Rice

lunch dessert:

162 bananaIceCream

tea mains:

108 marghertia

27 kievs

27 mushroomSoup

tea sides:

139 veganSausages

0 Rice

tea desserts:

162 bananaIceCream

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 506500.0

Total calories served: 551703

Excess calories served: 45203.0

Total grams carbohydrate required for group: 56981.25

Total grams carbohydrate served: 60318

Excess grams carbohydrate served: 3336.75

Total grams fat required for group: 11143.0

Total grams fat served: 25117

Excess grams fat served: 13974.0

Total grams fibre required for group: 5318.25

Total grams fibre served: 5323

Excess grams fibre served: 4.75

Total grams protein required by group: 11396.25

Total grams protein served: 17869

Excess grams fibre served: 6472.75

date: 2022-01-23

day: Sunday

people: 162

breakfasts:

108 fullEnglish

27 veganPorridge

27 yoghurt

lunch mains:

108 chickenNoodles

27 pepperoniPizza

27 vegChowMein

lunch sides:

162 bakedPotato

101 roastPotatoes

lunch dessert:

149 peanutCookies

tea mains:

108 chickenNoodles

27 pepperoniPizza

27 vegChowMein

tea sides:

162 bakedPotato

101 roastPotatoes

tea desserts:

149 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 505000.0

Total calories served: 716205

Excess calories served: 211205.0

Total grams carbohydrate required for group: 56812.5

Total grams carbohydrate served: 56861

Excess grams carbohydrate served: 48.5

Total grams fat required for group: 11110.0

Total grams fat served: 40584

Excess grams fat served: 29474.0

Total grams fibre required for group: 5302.5

Total grams fibre served: 7917

Excess grams fibre served: 2614.5

Total grams protein required by group: 11362.5

Total grams protein served: 24777

Excess grams fibre served: 13414.5

date: 2022-01-24

day: Monday

people: 162

breakfasts:

108 veganFullEnglish

27 toast

27 pancakes

lunch mains:

108 veganPizza

27 fishAndChips

27 mushroomOmelette

lunch sides:

0 nutBake

13 boiledEggs

lunch dessert:

157 chocolateCake

tea mains:

108 veganPizza

27 fishAndChips

27 mushroomOmelette

tea sides:

0 nutBake

13 boiledEggs

tea desserts:

157 chocolateCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 505000.0

Total calories served: 610854

Excess calories served: 105854.0

Total grams carbohydrate required for group: 56812.5

Total grams carbohydrate served: 73540

Excess grams carbohydrate served: 16727.5

Total grams fat required for group: 11110.0

Total grams fat served: 23376

Excess grams fat served: 12266.0

Total grams fibre required for group: 5302.5

Total grams fibre served: 7216

Excess grams fibre served: 1913.5

Total grams protein required by group: 11362.5

Total grams protein served: 16713

Excess grams fibre served: 5350.5

date: 2022-01-25

day: Tuesday

people: 167

breakfasts:

113 veganPorridge

27 veganFullEnglish

27 veganYoghurt

lunch mains:

113 veganSausageCasserole

27 shepherdsPie

27 beanChilli

lunch sides:

6 porkSausages

41 yorkshirePuddings

lunch dessert:

161 chocolateMousse

tea mains:

113 veganSausageCasserole

27 shepherdsPie

27 beanChilli

tea sides:

6 porkSausages

41 yorkshirePuddings

tea desserts:

161 chocolateMousse

treat:

167 peanutCookies

167 glassOfWine

Total calories required for group: 519000.0

Total calories served: 519290

Excess calories served: 290.0

Total grams carbohydrate required for group: 58387.5

Total grams carbohydrate served: 59720

Excess grams carbohydrate served: 1332.5

Total grams fat required for group: 11418.0

Total grams fat served: 18613

Excess grams fat served: 7195.0

Total grams fibre required for group: 5449.5

Total grams fibre served: 13447

Excess grams fibre served: 7997.5

Total grams protein required by group: 11677.5

Total grams protein served: 22544

Excess grams fibre served: 10866.5

date: 2022-01-26

day: Wednesday

people: 164

breakfasts:

49 veganYoghurt

88 fullEnglish

27 toast

lunch mains:

27 fishPaella

27 sushi

110 potatoCurry

lunch sides:

4 eggFriedRice

164 breadRolls

lunch dessert:

159 walnutCake

tea mains:

27 fishPaella

27 sushi

110 potatoCurry

tea sides:

4 eggFriedRice

164 breadRolls

tea desserts:

159 walnutCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 513000.0

Total calories served: 575891

Excess calories served: 62891.0

Total grams carbohydrate required for group: 57712.5

Total grams carbohydrate served: 66012

Excess grams carbohydrate served: 8299.5

Total grams fat required for group: 11286.0

Total grams fat served: 23424

Excess grams fat served: 12138.0

Total grams fibre required for group: 5386.5

Total grams fibre served: 5387

Excess grams fibre served: 0.5

Total grams protein required by group: 11542.5

Total grams protein served: 19099

Excess grams fibre served: 7556.5

date: 2022-01-27

day: Thursday

people: 167

breakfasts:

28 pancakes

27 yoghurt

112 veganFullEnglish

lunch mains:

96 vegSpagBol

27 ratatouille

44 lambMoussaka

lunch sides:

167 beans

0 broccoli

lunch dessert:

167 fruitSalad

tea mains:

96 vegSpagBol

27 ratatouille

44 lambMoussaka

tea sides:

167 beans

0 broccoli

tea desserts:

167 fruitSalad

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 519000.0

Total calories served: 522714

Excess calories served: 3714.0

Total grams carbohydrate required for group: 58387.5

Total grams carbohydrate served: 74154

Excess grams carbohydrate served: 15766.5

Total grams fat required for group: 11418.0

Total grams fat served: 11419

Excess grams fat served: 1.0

Total grams fibre required for group: 5449.5

Total grams fibre served: 15572

Excess grams fibre served: 10122.5

Total grams protein required by group: 11677.5

Total grams protein served: 21866

Excess grams fibre served: 10188.5

date: 2022-01-28

day: Friday

people: 164

breakfasts:

110 toast

27 pancakes

27 fullEnglish

lunch mains:

110 jacketSpud

27 quornLasagne

27 mushroomRisotto

lunch sides:

33 chips

3 peas

lunch dessert:

164 veganFruitYoghurt

tea mains:

110 jacketSpud

27 quornLasagne

27 mushroomRisotto

tea sides:

33 chips

3 peas

tea desserts:

164 veganFruitYoghurt

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 513000.0

Total calories served: 535651

Excess calories served: 22651.0

Total grams carbohydrate required for group: 57712.5

Total grams carbohydrate served: 57727

Excess grams carbohydrate served: 14.5

Total grams fat required for group: 11286.0

Total grams fat served: 21256

Excess grams fat served: 9970.0

Total grams fibre required for group: 5386.5

Total grams fibre served: 9423

Excess grams fibre served: 4036.5

Total grams protein required by group: 11542.5

Total grams protein served: 19668

Excess grams fibre served: 8125.5

date: 2022-01-29

day: Saturday

people: 164

breakfasts:

110 yoghurt

27 veganYoghurt

27 veganPorridge

lunch mains:

110 marghertia

27 kievs

27 mushroomSoup

lunch sides:

137 veganSausages

0 Rice

lunch dessert:

164 bananaIceCream

tea mains:

110 marghertia

27 kievs

27 mushroomSoup

tea sides:

137 veganSausages

0 Rice

tea desserts:

164 bananaIceCream

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 511500.0

Total calories served: 558407

Excess calories served: 46907.0

Total grams carbohydrate required for group: 57543.75

Total grams carbohydrate served: 61216

Excess grams carbohydrate served: 3672.25

Total grams fat required for group: 11253.0

Total grams fat served: 25366

Excess grams fat served: 14113.0

Total grams fibre required for group: 5370.75

Total grams fibre served: 5372

Excess grams fibre served: 1.25

Total grams protein required by group: 11508.75

Total grams protein served: 18038

Excess grams fibre served: 6529.25

date: 2022-01-30

day: Sunday

people: 164

breakfasts:

110 fullEnglish

27 veganPorridge

27 yoghurt

lunch mains:

110 chickenNoodles

27 pepperoniPizza

27 vegChowMein

lunch sides:

164 bakedPotato

100 roastPotatoes

lunch dessert:

154 peanutCookies

tea mains:

110 chickenNoodles

27 pepperoniPizza

27 vegChowMein

tea sides:

164 bakedPotato

100 roastPotatoes

tea desserts:

154 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 511500.0

Total calories served: 727822

Excess calories served: 216322.0

Total grams carbohydrate required for group: 57543.75

Total grams carbohydrate served: 57611

Excess grams carbohydrate served: 67.25

Total grams fat required for group: 11253.0

Total grams fat served: 41306

Excess grams fat served: 30053.0

Total grams fibre required for group: 5370.75

Total grams fibre served: 8036

Excess grams fibre served: 2665.25

Total grams protein required by group: 11508.75

Total grams protein served: 25203

Excess grams fibre served: 13694.25

date: 2022-01-31

day: Monday

people: 158

breakfasts:

106 veganFullEnglish

26 toast

26 pancakes

lunch mains:

106 veganPizza

26 fishAndChips

26 mushroomOmelette

lunch sides:

3 nutBake

0 boiledEggs

lunch dessert:

155 walnutCake

tea mains:

106 veganPizza

26 fishAndChips

26 mushroomOmelette

tea sides:

3 nutBake

0 boiledEggs

tea desserts:

155 walnutCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 499500.0

Total calories served: 596591

Excess calories served: 97091.0

Total grams carbohydrate required for group: 56193.75

Total grams carbohydrate served: 69863

Excess grams carbohydrate served: 13669.25

Total grams fat required for group: 10989.0

Total grams fat served: 23945

Excess grams fat served: 12956.0

Total grams fibre required for group: 5244.75

Total grams fibre served: 6460

Excess grams fibre served: 1215.25

Total grams protein required by group: 11238.75

Total grams protein served: 16153

Excess grams fibre served: 4914.25

date: 2022-02-01

day: Tuesday

people: 160

breakfasts:

108 veganPorridge

26 veganFullEnglish

26 veganYoghurt

lunch mains:

108 veganSausageCasserole

26 shepherdsPie

26 beanChilli

lunch sides:

7 porkSausages

160 yorkshirePuddings

lunch dessert:

160 veganFruitYoghurt

tea mains:

108 veganSausageCasserole

26 shepherdsPie

26 beanChilli

tea sides:

7 porkSausages

160 yorkshirePuddings

tea desserts:

160 veganFruitYoghurt

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 494000.0

Total calories served: 494114

Excess calories served: 114.0

Total grams carbohydrate required for group: 55575.0

Total grams carbohydrate served: 63998

Excess grams carbohydrate served: 8423.0

Total grams fat required for group: 10868.0

Total grams fat served: 12835

Excess grams fat served: 1967.0

Total grams fibre required for group: 5187.0

Total grams fibre served: 13483

Excess grams fibre served: 8296.0

Total grams protein required by group: 11115.0

Total grams protein served: 26810

Excess grams fibre served: 15695.0

date: 2022-02-02

day: Wednesday

people: 160

breakfasts:

89 veganYoghurt

45 fullEnglish

26 toast

lunch mains:

44 fishPaella

26 sushi

90 potatoCurry

lunch sides:

160 eggFriedRice

160 breadRolls

lunch dessert:

160 bananaIceCream

tea mains:

44 fishPaella

26 sushi

90 potatoCurry

tea sides:

160 eggFriedRice

160 breadRolls

tea desserts:

160 bananaIceCream

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 494000.0

Total calories served: 494117

Excess calories served: 117.0

Total grams carbohydrate required for group: 55575.0

Total grams carbohydrate served: 63133

Excess grams carbohydrate served: 7558.0

Total grams fat required for group: 10868.0

Total grams fat served: 15543

Excess grams fat served: 4675.0

Total grams fibre required for group: 5187.0

Total grams fibre served: 5191

Excess grams fibre served: 4.0

Total grams protein required by group: 11115.0

Total grams protein served: 20035

Excess grams fibre served: 8920.0

date: 2022-02-03

day: Thursday

people: 155

breakfasts:

46 pancakes

25 yoghurt

84 veganFullEnglish

lunch mains:

30 vegSpagBol

25 ratatouille

100 lambMoussaka

lunch sides:

155 beans

155 broccoli

lunch dessert:

153 chocolateMousse

tea mains:

30 vegSpagBol

25 ratatouille

100 lambMoussaka

tea sides:

155 beans

155 broccoli

tea desserts:

153 chocolateMousse

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 484000.0

Total calories served: 523967

Excess calories served: 39967.0

Total grams carbohydrate required for group: 54450.0

Total grams carbohydrate served: 54454

Excess grams carbohydrate served: 4.0

Total grams fat required for group: 10648.0

Total grams fat served: 21893

Excess grams fat served: 11245.0

Total grams fibre required for group: 5082.0

Total grams fibre served: 13866

Excess grams fibre served: 8784.0

Total grams protein required by group: 10890.0

Total grams protein served: 23231

Excess grams fibre served: 12341.0

date: 2022-02-04

day: Friday

people: 158

breakfasts:

106 toast

26 pancakes

26 fullEnglish

lunch mains:

106 jacketSpud

26 quornLasagne

26 mushroomRisotto

lunch sides:

13 chips

3 peas

lunch dessert:

158 fruitSalad

tea mains:

106 jacketSpud

26 quornLasagne

26 mushroomRisotto

tea sides:

13 chips

3 peas

tea desserts:

158 fruitSalad

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 488000.0

Total calories served: 489810

Excess calories served: 1810.0

Total grams carbohydrate required for group: 54900.0

Total grams carbohydrate served: 62509

Excess grams carbohydrate served: 7609.0

Total grams fat required for group: 10736.0

Total grams fat served: 17298

Excess grams fat served: 6562.0

Total grams fibre required for group: 5124.0

Total grams fibre served: 9520

Excess grams fibre served: 4396.0

Total grams protein required by group: 10980.0

Total grams protein served: 13045

Excess grams fibre served: 2065.0

date: 2022-02-05

day: Saturday

people: 158

breakfasts:

106 yoghurt

26 veganYoghurt

26 veganPorridge

lunch mains:

106 marghertia

26 kievs

26 mushroomSoup

lunch sides:

119 veganSausages

0 Rice

lunch dessert:

142 peanutCookies

tea mains:

106 marghertia

26 kievs

26 mushroomSoup

tea sides:

119 veganSausages

0 Rice

tea desserts:

142 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 488000.0

Total calories served: 585869

Excess calories served: 97869.0

Total grams carbohydrate required for group: 54900.0

Total grams carbohydrate served: 57770

Excess grams carbohydrate served: 2870.0

Total grams fat required for group: 10736.0

Total grams fat served: 28867

Excess grams fat served: 18131.0

Total grams fibre required for group: 5124.0

Total grams fibre served: 5129

Excess grams fibre served: 5.0

Total grams protein required by group: 10980.0

Total grams protein served: 21095

Excess grams fibre served: 10115.0

date: 2022-02-06

day: Sunday

people: 158

breakfasts:

106 fullEnglish

26 veganPorridge

26 yoghurt

lunch mains:

106 chickenNoodles

26 pepperoniPizza

26 vegChowMein

lunch sides:

138 bakedPotato

0 roastPotatoes

lunch dessert:

156 chocolateCake

tea mains:

106 chickenNoodles

26 pepperoniPizza

26 vegChowMein

tea sides:

138 bakedPotato

0 roastPotatoes

tea desserts:

156 chocolateCake

treat:

158 bananaIceCream

158 canOfBeer

Total calories required for group: 488000.0

Total calories served: 676047

Excess calories served: 188047.0

Total grams carbohydrate required for group: 54900.0

Total grams carbohydrate served: 54963

Excess grams carbohydrate served: 63.0

Total grams fat required for group: 10736.0

Total grams fat served: 39194

Excess grams fat served: 28458.0

Total grams fibre required for group: 5124.0

Total grams fibre served: 6429

Excess grams fibre served: 1305.0

Total grams protein required by group: 10980.0

Total grams protein served: 20055

Excess grams fibre served: 9075.0

date: 2022-02-07

day: Monday

people: 154

breakfasts:

104 veganFullEnglish

25 toast

25 pancakes

lunch mains:

104 veganPizza

25 fishAndChips

25 mushroomOmelette

lunch sides:

0 nutBake

15 boiledEggs

lunch dessert:

151 walnutCake

tea mains:

104 veganPizza

25 fishAndChips

25 mushroomOmelette

tea sides:

0 nutBake

15 boiledEggs

tea desserts:

151 walnutCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 480000.0

Total calories served: 580462

Excess calories served: 100462.0

Total grams carbohydrate required for group: 54000.0

Total grams carbohydrate served: 68237

Excess grams carbohydrate served: 14237.0

Total grams fat required for group: 10560.0

Total grams fat served: 23131

Excess grams fat served: 12571.0

Total grams fibre required for group: 5040.0

Total grams fibre served: 6276

Excess grams fibre served: 1236.0

Total grams protein required by group: 10800.0

Total grams protein served: 15833

Excess grams fibre served: 5033.0

date: 2022-02-08

day: Tuesday

people: 156

breakfasts:

104 veganPorridge

26 veganFullEnglish

26 veganYoghurt

lunch mains:

104 veganSausageCasserole

26 shepherdsPie

26 beanChilli

lunch sides:

13 porkSausages

143 yorkshirePuddings

lunch dessert:

156 veganFruitYoghurt

tea mains:

104 veganSausageCasserole

26 shepherdsPie

26 beanChilli

tea sides:

13 porkSausages

143 yorkshirePuddings

tea desserts:

156 veganFruitYoghurt

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 479000.0

Total calories served: 479287

Excess calories served: 287.0

Total grams carbohydrate required for group: 53887.5

Total grams carbohydrate served: 61884

Excess grams carbohydrate served: 7996.5

Total grams fat required for group: 10538.0

Total grams fat served: 12491

Excess grams fat served: 1953.0

Total grams fibre required for group: 5029.5

Total grams fibre served: 13107

Excess grams fibre served: 8077.5

Total grams protein required by group: 10777.5

Total grams protein served: 26091

Excess grams fibre served: 15313.5

date: 2022-02-09

day: Wednesday

people: 156

breakfasts:

87 veganYoghurt

43 fullEnglish

26 toast

lunch mains:

43 fishPaella

26 sushi

87 potatoCurry

lunch sides:

154 eggFriedRice

155 breadRolls

lunch dessert:

156 bananaIceCream

tea mains:

43 fishPaella

26 sushi

87 potatoCurry

tea sides:

154 eggFriedRice

155 breadRolls

tea desserts:

156 bananaIceCream

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 479000.0

Total calories served: 479351

Excess calories served: 351.0

Total grams carbohydrate required for group: 53887.5

Total grams carbohydrate served: 61240

Excess grams carbohydrate served: 7352.5

Total grams fat required for group: 10538.0

Total grams fat served: 15077

Excess grams fat served: 4539.0

Total grams fibre required for group: 5029.5

Total grams fibre served: 5030

Excess grams fibre served: 0.5

Total grams protein required by group: 10777.5

Total grams protein served: 19470

Excess grams fibre served: 8692.5

date: 2022-02-10

day: Thursday

people: 156

breakfasts:

51 pancakes

26 yoghurt

79 veganFullEnglish

lunch mains:

29 vegSpagBol

26 ratatouille

101 lambMoussaka

lunch sides:

156 beans

156 broccoli

lunch dessert:

143 chocolateMousse

tea mains:

29 vegSpagBol

26 ratatouille

101 lambMoussaka

tea sides:

156 beans

156 broccoli

tea desserts:

143 chocolateMousse

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 479000.0

Total calories served: 513844

Excess calories served: 34844.0

Total grams carbohydrate required for group: 53887.5

Total grams carbohydrate served: 53890

Excess grams carbohydrate served: 2.5

Total grams fat required for group: 10538.0

Total grams fat served: 21245

Excess grams fat served: 10707.0

Total grams fibre required for group: 5029.5

Total grams fibre served: 13759

Excess grams fibre served: 8729.5

Total grams protein required by group: 10777.5

Total grams protein served: 22984

Excess grams fibre served: 12206.5

date: 2022-02-11

day: Friday

people: 156

breakfasts:

104 toast

26 pancakes

26 fullEnglish

lunch mains:

104 jacketSpud

26 quornLasagne

26 mushroomRisotto

lunch sides:

12 chips

1 peas

lunch dessert:

156 fruitSalad

tea mains:

104 jacketSpud

26 quornLasagne

26 mushroomRisotto

tea sides:

12 chips

1 peas

tea desserts:

156 fruitSalad

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 479000.0

Total calories served: 480297

Excess calories served: 1297.0

Total grams carbohydrate required for group: 53887.5

Total grams carbohydrate served: 61326

Excess grams carbohydrate served: 7438.5

Total grams fat required for group: 10538.0

Total grams fat served: 16976

Excess grams fat served: 6438.0

Total grams fibre required for group: 5029.5

Total grams fibre served: 9339

Excess grams fibre served: 4309.5

Total grams protein required by group: 10777.5

Total grams protein served: 12824

Excess grams fibre served: 2046.5

date: 2022-02-12

day: Saturday

people: 156

breakfasts:

104 yoghurt

26 veganYoghurt

26 veganPorridge

lunch mains:

104 marghertia

26 kievs

26 mushroomSoup

lunch sides:

108 veganSausages

0 Rice

lunch dessert:

143 peanutCookies

tea mains:

104 marghertia

26 kievs

26 mushroomSoup

tea sides:

108 veganSausages

0 Rice

tea desserts:

143 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 479000.0

Total calories served: 576834

Excess calories served: 97834.0

Total grams carbohydrate required for group: 53887.5

Total grams carbohydrate served: 56868

Excess grams carbohydrate served: 2980.5

Total grams fat required for group: 10538.0

Total grams fat served: 28418

Excess grams fat served: 17880.0

Total grams fibre required for group: 5029.5

Total grams fibre served: 5030

Excess grams fibre served: 0.5

Total grams protein required by group: 10777.5

Total grams protein served: 20764

Excess grams fibre served: 9986.5

date: 2022-02-13

day: Sunday

people: 156

breakfasts:

104 fullEnglish

26 veganPorridge

26 yoghurt

lunch mains:

104 chickenNoodles

26 pepperoniPizza

26 vegChowMein

lunch sides:

149 bakedPotato

0 roastPotatoes

lunch dessert:

143 chocolateCake

tea mains:

104 chickenNoodles

26 pepperoniPizza

26 vegChowMein

tea sides:

149 bakedPotato

0 roastPotatoes

tea desserts:

143 chocolateCake

treat:

156 peanutCookies

156 glassOfWine

Total calories required for group: 479000.0

Total calories served: 659068

Excess calories served: 180068.0

Total grams carbohydrate required for group: 53887.5

Total grams carbohydrate served: 53943

Excess grams carbohydrate served: 55.5

Total grams fat required for group: 10538.0

Total grams fat served: 37950

Excess grams fat served: 27412.0

Total grams fibre required for group: 5029.5

Total grams fibre served: 6362

Excess grams fibre served: 1332.5

Total grams protein required by group: 10777.5

Total grams protein served: 19727

Excess grams fibre served: 8949.5

date: 2022-02-14

day: Monday

people: 156

breakfasts:

104 veganFullEnglish

26 toast

26 pancakes

lunch mains:

104 veganPizza

26 fishAndChips

26 mushroomOmelette

lunch sides:

13 nutBake

1 boiledEggs

lunch dessert:

143 walnutCake

tea mains:

104 veganPizza

26 fishAndChips

26 mushroomOmelette

tea sides:

13 nutBake

1 boiledEggs

tea desserts:

143 walnutCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 488000.0

Total calories served: 591932

Excess calories served: 103932.0

Total grams carbohydrate required for group: 54900.0

Total grams carbohydrate served: 68056

Excess grams carbohydrate served: 13156.0

Total grams fat required for group: 10736.0

Total grams fat served: 24251

Excess grams fat served: 13515.0

Total grams fibre required for group: 5124.0

Total grams fibre served: 6462

Excess grams fibre served: 1338.0

Total grams protein required by group: 10980.0

Total grams protein served: 16171

Excess grams fibre served: 5191.0

date: 2022-02-15

day: Tuesday

people: 163

breakfasts:

109 veganPorridge

27 veganFullEnglish

27 veganYoghurt

lunch mains:

109 veganSausageCasserole

27 shepherdsPie

27 beanChilli

lunch sides:

127 porkSausages

0 yorkshirePuddings

lunch dessert:

163 veganFruitYoghurt

tea mains:

109 veganSausageCasserole

27 shepherdsPie

27 beanChilli

tea sides:

127 porkSausages

0 yorkshirePuddings

tea desserts:

163 veganFruitYoghurt

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 494000.0

Total calories served: 494035

Excess calories served: 35.0

Total grams carbohydrate required for group: 55575.0

Total grams carbohydrate served: 59365

Excess grams carbohydrate served: 3790.0

Total grams fat required for group: 10868.0

Total grams fat served: 14349

Excess grams fat served: 3481.0

Total grams fibre required for group: 5187.0

Total grams fibre served: 13667

Excess grams fibre served: 8480.0

Total grams protein required by group: 11115.0

Total grams protein served: 27718

Excess grams fibre served: 16603.0

date: 2022-02-16

day: Wednesday

people: 163

breakfasts:

96 veganYoghurt

40 fullEnglish

27 toast

lunch mains:

43 fishPaella

27 sushi

93 potatoCurry

lunch sides:

163 eggFriedRice

163 breadRolls

lunch dessert:

163 bananaIceCream

tea mains:

43 fishPaella

27 sushi

93 potatoCurry

tea sides:

163 eggFriedRice

163 breadRolls

tea desserts:

163 bananaIceCream

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 494000.0

Total calories served: 494019

Excess calories served: 19.0

Total grams carbohydrate required for group: 55575.0

Total grams carbohydrate served: 63795

Excess grams carbohydrate served: 8220.0

Total grams fat required for group: 10868.0

Total grams fat served: 15374

Excess grams fat served: 4506.0

Total grams fibre required for group: 5187.0

Total grams fibre served: 5193

Excess grams fibre served: 6.0

Total grams protein required by group: 11115.0

Total grams protein served: 20010

Excess grams fibre served: 8895.0

date: 2022-02-17

day: Thursday

people: 163

breakfasts:

52 pancakes

27 yoghurt

84 veganFullEnglish

lunch mains:

109 vegSpagBol

27 ratatouille

27 lambMoussaka

lunch sides:

163 beans

161 broccoli

lunch dessert:

156 chocolateMousse

tea mains:

109 vegSpagBol

27 ratatouille

27 lambMoussaka

tea sides:

163 beans

161 broccoli

tea desserts:

156 chocolateMousse

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 494000.0

Total calories served: 499331

Excess calories served: 5331.0

Total grams carbohydrate required for group: 55575.0

Total grams carbohydrate served: 55577

Excess grams carbohydrate served: 2.0

Total grams fat required for group: 10868.0

Total grams fat served: 18611

Excess grams fat served: 7743.0

Total grams fibre required for group: 5187.0

Total grams fibre served: 13296

Excess grams fibre served: 8109.0

Total grams protein required by group: 11115.0

Total grams protein served: 22228

Excess grams fibre served: 11113.0

date: 2022-02-18

day: Friday

people: 162

breakfasts:

108 toast

27 pancakes

27 fullEnglish

lunch mains:

108 jacketSpud

27 quornLasagne

27 mushroomRisotto

lunch sides:

11 chips

0 peas

lunch dessert:

162 fruitSalad

tea mains:

108 jacketSpud

27 quornLasagne

27 mushroomRisotto

tea sides:

11 chips

0 peas

tea desserts:

162 fruitSalad

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 492000.0

Total calories served: 494186

Excess calories served: 2186.0

Total grams carbohydrate required for group: 55350.0

Total grams carbohydrate served: 63221

Excess grams carbohydrate served: 7871.0

Total grams fat required for group: 10824.0

Total grams fat served: 17504

Excess grams fat served: 6680.0

Total grams fibre required for group: 5166.0

Total grams fibre served: 9648

Excess grams fibre served: 4482.0

Total grams protein required by group: 11070.0

Total grams protein served: 13251

Excess grams fibre served: 2181.0

date: 2022-02-19

day: Saturday

people: 147

breakfasts:

99 yoghurt

24 veganYoghurt

24 veganPorridge

lunch mains:

99 marghertia

24 kievs

24 mushroomSoup

lunch sides:

104 veganSausages

0 Rice

lunch dessert:

145 peanutCookies

tea mains:

99 marghertia

24 kievs

24 mushroomSoup

tea sides:

104 veganSausages

0 Rice

tea desserts:

145 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 463000.0

Total calories served: 555228

Excess calories served: 92228.0

Total grams carbohydrate required for group: 52087.5

Total grams carbohydrate served: 54588

Excess grams carbohydrate served: 2500.5

Total grams fat required for group: 10186.0

Total grams fat served: 27420

Excess grams fat served: 17234.0

Total grams fibre required for group: 4861.5

Total grams fibre served: 4865

Excess grams fibre served: 3.5

Total grams protein required by group: 10417.5

Total grams protein served: 19998

Excess grams fibre served: 9580.5

date: 2022-02-20

day: Sunday

people: 161

breakfasts:

109 fullEnglish

26 veganPorridge

26 yoghurt

lunch mains:

109 mushroomSoup

26 pepperoniPizza

26 vegChowMein

lunch sides:

161 bakedPotato

125 roastPotatoes

lunch dessert:

154 peanutCookies

tea mains:

109 mushroomSoup

26 pepperoniPizza

26 vegChowMein

tea sides:

161 bakedPotato

125 roastPotatoes

tea desserts:

154 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 488500.0

Total calories served: 600151

Excess calories served: 111651.0

Total grams carbohydrate required for group: 54956.25

Total grams carbohydrate served: 54988

Excess grams carbohydrate served: 31.75

Total grams fat required for group: 10747.0

Total grams fat served: 29646

Excess grams fat served: 18899.0

Total grams fibre required for group: 5129.25

Total grams fibre served: 7832

Excess grams fibre served: 2702.75

Total grams protein required by group: 10991.25

Total grams protein served: 21073

Excess grams fibre served: 10081.75

date: 2022-02-21

day: Monday

people: 157

breakfasts:

105 veganFullEnglish

26 toast

26 pancakes

lunch mains:

105 veganPizza

26 fishAndChips

26 mushroomOmelette

lunch sides:

7 nutBake

6 boiledEggs

lunch dessert:

150 chocolateMousse

tea mains:

105 veganPizza

26 fishAndChips

26 mushroomOmelette

tea sides:

7 nutBake

6 boiledEggs

tea desserts:

150 chocolateMousse

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 474500.0

Total calories served: 550942

Excess calories served: 76442.0

Total grams carbohydrate required for group: 53381.25

Total grams carbohydrate served: 60033

Excess grams carbohydrate served: 6651.75

Total grams fat required for group: 10439.0

Total grams fat served: 23164

Excess grams fat served: 12725.0

Total grams fibre required for group: 4982.25

Total grams fibre served: 6967

Excess grams fibre served: 1984.75

Total grams protein required by group: 10676.25

Total grams protein served: 16394

Excess grams fibre served: 5717.75

date: 2022-02-22

day: Tuesday

people: 157

breakfasts:

105 veganPorridge

26 veganFullEnglish

26 veganYoghurt

lunch mains:

105 veganSausageCasserole

26 shepherdsPie

26 fishPaella

lunch sides:

13 porkSausages

38 yorkshirePuddings

lunch dessert:

144 berryCrumble

tea mains:

105 veganSausageCasserole

26 shepherdsPie

26 fishPaella

tea sides:

13 porkSausages

38 yorkshirePuddings

tea desserts:

144 berryCrumble

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 472500.0

Total calories served: 472662

Excess calories served: 162.0

Total grams carbohydrate required for group: 53156.25

Total grams carbohydrate served: 58669

Excess grams carbohydrate served: 5512.75

Total grams fat required for group: 10395.0

Total grams fat served: 14653

Excess grams fat served: 4258.0

Total grams fibre required for group: 4961.25

Total grams fibre served: 10443

Excess grams fibre served: 5481.75

Total grams protein required by group: 10631.25

Total grams protein served: 20498

Excess grams fibre served: 9866.75

date: 2022-02-23

day: Wednesday

people: 157

breakfasts:

59 veganYoghurt

72 fullEnglish

26 toast

lunch mains:

26 sushi

26 potatoCurry

105 vegSpagBol

lunch sides:

13 eggFriedRice

156 breadRolls

lunch dessert:

150 walnutCake

tea mains:

26 sushi

26 potatoCurry

105 vegSpagBol

tea sides:

13 eggFriedRice

156 breadRolls

tea desserts:

150 walnutCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 475500.0

Total calories served: 524839

Excess calories served: 49339.0

Total grams carbohydrate required for group: 53493.75

Total grams carbohydrate served: 56473

Excess grams carbohydrate served: 2979.25

Total grams fat required for group: 10461.0

Total grams fat served: 22585

Excess grams fat served: 12124.0

Total grams fibre required for group: 4992.75

Total grams fibre served: 4994

Excess grams fibre served: 1.25

Total grams protein required by group: 10698.75

Total grams protein served: 18805

Excess grams fibre served: 8106.25

date: 2022-02-24

day: Thursday

people: 148

breakfasts:

86 pancakes

24 yoghurt

38 veganFullEnglish

lunch mains:

100 ratatouille

24 lambMoussaka

24 marghertia

lunch sides:

148 beans

123 broccoli

lunch dessert:

148 fruitSalad

tea mains:

100 ratatouille

24 lambMoussaka

24 marghertia

tea sides:

148 beans

123 broccoli

tea desserts:

148 fruitSalad

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 454500.0

Total calories served: 454506

Excess calories served: 6.0

Total grams carbohydrate required for group: 51131.25

Total grams carbohydrate served: 71221

Excess grams carbohydrate served: 20089.75

Total grams fat required for group: 9999.0

Total grams fat served: 10269

Excess grams fat served: 270.0

Total grams fibre required for group: 4772.25

Total grams fibre served: 13689

Excess grams fibre served: 8916.75

Total grams protein required by group: 10226.25

Total grams protein served: 15855

Excess grams fibre served: 5628.75

date: 2022-02-25

day: Friday

people: 162

breakfasts:

108 toast

27 pancakes

27 fullEnglish

lunch mains:

108 jacketSpud

27 quornLasagne

27 mushroomRisotto

lunch sides:

25 chips

0 peas

lunch dessert:

162 veganFruitYoghurt

tea mains:

108 jacketSpud

27 quornLasagne

27 mushroomRisotto

tea sides:

25 chips

0 peas

tea desserts:

162 veganFruitYoghurt

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 483500.0

Total calories served: 505089

Excess calories served: 21589.0

Total grams carbohydrate required for group: 54393.75

Total grams carbohydrate served: 54573

Excess grams carbohydrate served: 179.25

Total grams fat required for group: 10637.0

Total grams fat served: 20317

Excess grams fat served: 9680.0

Total grams fibre required for group: 5076.75

Total grams fibre served: 9048

Excess grams fibre served: 3971.25

Total grams protein required by group: 10878.75

Total grams protein served: 19095

Excess grams fibre served: 8216.25

date: 2022-02-26

day: Saturday

people: 148

breakfasts:

100 yoghurt

24 veganYoghurt

24 veganPorridge

lunch mains:

100 beanChilli

24 kievs

24 chickenNoodles

lunch sides:

103 veganSausages

148 Rice

lunch dessert:

148 bananaIceCream

tea mains:

100 beanChilli

24 kievs

24 chickenNoodles

tea sides:

103 veganSausages

148 Rice

tea desserts:

148 bananaIceCream

treat:

148 bananaIceCream

148 canOfBeer

Total calories required for group: 455500.0

Total calories served: 455569

Excess calories served: 69.0

Total grams carbohydrate required for group: 51243.75

Total grams carbohydrate served: 58499

Excess grams carbohydrate served: 7255.25

Total grams fat required for group: 10021.0

Total grams fat served: 14882

Excess grams fat served: 4861.0

Total grams fibre required for group: 4782.75

Total grams fibre served: 10012

Excess grams fibre served: 5229.25

Total grams protein required by group: 10248.75

Total grams protein served: 18743

Excess grams fibre served: 8494.25

date: 2022-02-27

day: Sunday

people: 148

breakfasts:

100 fullEnglish

24 veganPorridge

24 yoghurt

lunch mains:

100 mushroomSoup

24 pepperoniPizza

24 vegChowMein

lunch sides:

148 bakedPotato

117 roastPotatoes

lunch dessert:

138 peanutCookies

tea mains:

100 mushroomSoup

24 pepperoniPizza

24 vegChowMein

tea sides:

148 bakedPotato

117 roastPotatoes

tea desserts:

138 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 448500.0

Total calories served: 549394

Excess calories served: 100894.0

Total grams carbohydrate required for group: 50456.25

Total grams carbohydrate served: 50470

Excess grams carbohydrate served: 13.75

Total grams fat required for group: 9867.0

Total grams fat served: 27092

Excess grams fat served: 17225.0

Total grams fibre required for group: 4709.25

Total grams fibre served: 7180

Excess grams fibre served: 2470.75

Total grams protein required by group: 10091.25

Total grams protein served: 19257

Excess grams fibre served: 9165.75

date: 2022-02-28

day: Monday

people: 135

breakfasts:

91 veganFullEnglish

22 toast

22 pancakes

lunch mains:

91 veganPizza

22 fishAndChips

22 mushroomOmelette

lunch sides:

2 nutBake

1 boiledEggs

lunch dessert:

133 chocolateMousse

tea mains:

91 veganPizza

22 fishAndChips

22 mushroomOmelette

tea sides:

2 nutBake

1 boiledEggs

tea desserts:

133 chocolateMousse

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 422500.0

Total calories served: 471257

Excess calories served: 48757.0

Total grams carbohydrate required for group: 47531.25

Total grams carbohydrate served: 51871

Excess grams carbohydrate served: 4339.75

Total grams fat required for group: 9295.0

Total grams fat served: 19603

Excess grams fat served: 10308.0

Total grams fibre required for group: 4436.25

Total grams fibre served: 5983

Excess grams fibre served: 1546.75

Total grams protein required by group: 9506.25

Total grams protein served: 13958

Excess grams fibre served: 4451.75

date: 2022-03-01

day: Tuesday

people: 139

breakfasts:

93 veganPorridge

23 veganFullEnglish

23 veganYoghurt

lunch mains:

93 veganSausageCasserole

23 shepherdsPie

23 fishPaella

lunch sides:

8 porkSausages

30 yorkshirePuddings

lunch dessert:

131 berryCrumble

tea mains:

93 veganSausageCasserole

23 shepherdsPie

23 fishPaella

tea sides:

8 porkSausages

30 yorkshirePuddings

tea desserts:

131 berryCrumble

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 418000.0

Total calories served: 418109

Excess calories served: 109.0

Total grams carbohydrate required for group: 47025.0

Total grams carbohydrate served: 52160

Excess grams carbohydrate served: 5135.0

Total grams fat required for group: 9196.0

Total grams fat served: 12883

Excess grams fat served: 3687.0

Total grams fibre required for group: 4389.0

Total grams fibre served: 9253

Excess grams fibre served: 4864.0

Total grams protein required by group: 9405.0

Total grams protein served: 18047

Excess grams fibre served: 8642.0

date: 2022-03-02

day: Wednesday

people: 136

breakfasts:

22 veganYoghurt

92 fullEnglish

22 toast

lunch mains:

71 sushi

22 potatoCurry

43 vegSpagBol

lunch sides:

6 eggFriedRice

134 breadRolls

lunch dessert:

128 walnutCake

tea mains:

71 sushi

22 potatoCurry

43 vegSpagBol

tea sides:

6 eggFriedRice

134 breadRolls

tea desserts:

128 walnutCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 412000.0

Total calories served: 514330

Excess calories served: 102330.0

Total grams carbohydrate required for group: 46350.0

Total grams carbohydrate served: 54601

Excess grams carbohydrate served: 8251.0

Total grams fat required for group: 9064.0

Total grams fat served: 21700

Excess grams fat served: 12636.0

Total grams fibre required for group: 4326.0

Total grams fibre served: 4328

Excess grams fibre served: 2.0

Total grams protein required by group: 9270.0

Total grams protein served: 18714

Excess grams fibre served: 9444.0

date: 2022-03-03

day: Thursday

people: 125

breakfasts:

74 pancakes

20 yoghurt

31 veganFullEnglish

lunch mains:

85 ratatouille

20 lambMoussaka

20 marghertia

lunch sides:

125 beans

122 broccoli

lunch dessert:

125 fruitSalad

tea mains:

85 ratatouille

20 lambMoussaka

20 marghertia

tea sides:

125 beans

122 broccoli

tea desserts:

125 fruitSalad

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 382500.0

Total calories served: 382517

Excess calories served: 17.0

Total grams carbohydrate required for group: 43031.25

Total grams carbohydrate served: 60094

Excess grams carbohydrate served: 17062.75

Total grams fat required for group: 8415.0

Total grams fat served: 8601

Excess grams fat served: 186.0

Total grams fibre required for group: 4016.25

Total grams fibre served: 11585

Excess grams fibre served: 7568.75

Total grams protein required by group: 8606.25

Total grams protein served: 13362

Excess grams fibre served: 4755.75

date: 2022-03-04

day: Friday

people: 125

breakfasts:

85 toast

20 pancakes

20 fullEnglish

lunch mains:

85 jacketSpud

20 quornLasagne

20 mushroomRisotto

lunch sides:

16 chips

0 peas

lunch dessert:

125 veganFruitYoghurt

tea mains:

85 jacketSpud

20 quornLasagne

20 mushroomRisotto

tea sides:

16 chips

0 peas

tea desserts:

125 veganFruitYoghurt

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 367000.0

Total calories served: 381016

Excess calories served: 14016.0

Total grams carbohydrate required for group: 41287.5

Total grams carbohydrate served: 41362

Excess grams carbohydrate served: 74.5

Total grams fat required for group: 8074.0

Total grams fat served: 15477

Excess grams fat served: 7403.0

Total grams fibre required for group: 3853.5

Total grams fibre served: 6941

Excess grams fibre served: 3087.5

Total grams protein required by group: 8257.5

Total grams protein served: 14621

Excess grams fibre served: 6363.5

date: 2022-03-05

day: Saturday

people: 125

breakfasts:

85 yoghurt

20 veganYoghurt

20 veganPorridge

lunch mains:

85 beanChilli

20 kievs

20 chickenNoodles

lunch sides:

34 veganSausages

123 Rice

lunch dessert:

125 bananaIceCream

tea mains:

85 beanChilli

20 kievs

20 chickenNoodles

tea sides:

34 veganSausages

123 Rice

tea desserts:

125 bananaIceCream

treat:

125 peanutCookies

125 glassOfWine

Total calories required for group: 367000.0

Total calories served: 367050

Excess calories served: 50.0

Total grams carbohydrate required for group: 41287.5

Total grams carbohydrate served: 48631

Excess grams carbohydrate served: 7343.5

Total grams fat required for group: 8074.0

Total grams fat served: 11311

Excess grams fat served: 3237.0

Total grams fibre required for group: 3853.5

Total grams fibre served: 8170

Excess grams fibre served: 4316.5

Total grams protein required by group: 8257.5

Total grams protein served: 14948

Excess grams fibre served: 6690.5

date: 2022-03-06

day: Sunday

people: 125

breakfasts:

85 fullEnglish

20 veganPorridge

20 yoghurt

lunch mains:

85 mushroomSoup

20 pepperoniPizza

20 vegChowMein

lunch sides:

125 bakedPotato

82 roastPotatoes

lunch dessert:

114 peanutCookies

tea mains:

85 mushroomSoup

20 pepperoniPizza

20 vegChowMein

tea sides:

125 bakedPotato

82 roastPotatoes

tea desserts:

114 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 367000.0

Total calories served: 453884

Excess calories served: 86884.0

Total grams carbohydrate required for group: 41287.5

Total grams carbohydrate served: 41298

Excess grams carbohydrate served: 10.5

Total grams fat required for group: 8074.0

Total grams fat served: 22440

Excess grams fat served: 14366.0

Total grams fibre required for group: 3853.5

Total grams fibre served: 5905

Excess grams fibre served: 2051.5

Total grams protein required by group: 8257.5

Total grams protein served: 16033

Excess grams fibre served: 7775.5

date: 2022-03-07

day: Monday

people: 117

breakfasts:

79 veganFullEnglish

19 toast

19 pancakes

lunch mains:

79 veganPizza

19 fishAndChips

19 mushroomOmelette

lunch sides:

6 nutBake

0 boiledEggs

lunch dessert:

111 chocolateMousse

tea mains:

79 veganPizza

19 fishAndChips

19 mushroomOmelette

tea sides:

6 nutBake

0 boiledEggs

tea desserts:

111 chocolateMousse

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 351000.0

Total calories served: 411096

Excess calories served: 60096.0

Total grams carbohydrate required for group: 39487.5

Total grams carbohydrate served: 44934

Excess grams carbohydrate served: 5446.5

Total grams fat required for group: 7722.0

Total grams fat served: 17257

Excess grams fat served: 9535.0

Total grams fibre required for group: 3685.5

Total grams fibre served: 5218

Excess grams fibre served: 1532.5

Total grams protein required by group: 7897.5

Total grams protein served: 12165

Excess grams fibre served: 4267.5

date: 2022-03-08

day: Tuesday

people: 122

breakfasts:

82 veganPorridge

20 veganFullEnglish

20 veganYoghurt

lunch mains:

82 veganSausageCasserole

20 shepherdsPie

20 fishPaella

lunch sides:

2 porkSausages

0 yorkshirePuddings

lunch dessert:

120 berryCrumble

tea mains:

82 veganSausageCasserole

20 shepherdsPie

20 fishPaella

tea sides:

2 porkSausages

0 yorkshirePuddings

tea desserts:

120 berryCrumble

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 358000.0

Total calories served: 358255

Excess calories served: 255.0

Total grams carbohydrate required for group: 40275.0

Total grams carbohydrate served: 45326

Excess grams carbohydrate served: 5051.0

Total grams fat required for group: 7876.0

Total grams fat served: 10754

Excess grams fat served: 2878.0

Total grams fibre required for group: 3759.0

Total grams fibre served: 8120

Excess grams fibre served: 4361.0

Total grams protein required by group: 8055.0

Total grams protein served: 15376

Excess grams fibre served: 7321.0

date: 2022-03-09

day: Wednesday

people: 121

breakfasts:

52 veganYoghurt

49 fullEnglish

20 toast

lunch mains:

20 sushi

20 potatoCurry

81 vegSpagBol

lunch sides:

10 eggFriedRice

120 breadRolls

lunch dessert:

120 walnutCake

tea mains:

20 sushi

20 potatoCurry

81 vegSpagBol

tea sides:

10 eggFriedRice

120 breadRolls

tea desserts:

120 walnutCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 356000.0

Total calories served: 398866

Excess calories served: 42866.0

Total grams carbohydrate required for group: 40050.0

Total grams carbohydrate served: 43161

Excess grams carbohydrate served: 3111.0

Total grams fat required for group: 7832.0

Total grams fat served: 17243

Excess grams fat served: 9411.0

Total grams fibre required for group: 3738.0

Total grams fibre served: 3738

Excess grams fibre served: 0.0

Total grams protein required by group: 8010.0

Total grams protein served: 14217

Excess grams fibre served: 6207.0

date: 2022-03-10

day: Thursday

people: 109

breakfasts:

69 pancakes

18 yoghurt

22 veganFullEnglish

lunch mains:

73 ratatouille

18 lambMoussaka

18 marghertia

lunch sides:

109 beans

99 broccoli

lunch dessert:

109 fruitSalad

tea mains:

73 ratatouille

18 lambMoussaka

18 marghertia

tea sides:

109 beans

99 broccoli

tea desserts:

109 fruitSalad

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 329500.0

Total calories served: 329508

Excess calories served: 8.0

Total grams carbohydrate required for group: 37068.75

Total grams carbohydrate served: 51999

Excess grams carbohydrate served: 14930.25

Total grams fat required for group: 7249.0

Total grams fat served: 7398

Excess grams fat served: 149.0

Total grams fibre required for group: 3459.75

Total grams fibre served: 9945

Excess grams fibre served: 6485.25

Total grams protein required by group: 7413.75

Total grams protein served: 11496

Excess grams fibre served: 4082.25

date: 2022-03-11

day: Friday

people: 109

breakfasts:

73 toast

18 pancakes

18 fullEnglish

lunch mains:

73 jacketSpud

18 quornLasagne

18 mushroomRisotto

lunch sides:

14 chips

0 peas

lunch dessert:

109 veganFruitYoghurt

tea mains:

73 jacketSpud

18 quornLasagne

18 mushroomRisotto

tea sides:

14 chips

0 peas

tea desserts:

109 veganFruitYoghurt

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 319000.0

Total calories served: 331516

Excess calories served: 12516.0

Total grams carbohydrate required for group: 35887.5

Total grams carbohydrate served: 35918

Excess grams carbohydrate served: 30.5

Total grams fat required for group: 7018.0

Total grams fat served: 13446

Excess grams fat served: 6428.0

Total grams fibre required for group: 3349.5

Total grams fibre served: 6018

Excess grams fibre served: 2668.5

Total grams protein required by group: 7177.5

Total grams protein served: 12739

Excess grams fibre served: 5561.5

date: 2022-03-12

day: Saturday

people: 109

breakfasts:

73 yoghurt

18 veganYoghurt

18 veganPorridge

lunch mains:

73 beanChilli

18 kievs

18 chickenNoodles

lunch sides:

25 veganSausages

109 Rice

lunch dessert:

109 bananaIceCream

tea mains:

73 beanChilli

18 kievs

18 chickenNoodles

tea sides:

25 veganSausages

109 Rice

tea desserts:

109 bananaIceCream

treat:

109 bananaIceCream

109 canOfBeer

Total calories required for group: 319000.0

Total calories served: 319080

Excess calories served: 80.0

Total grams carbohydrate required for group: 35887.5

Total grams carbohydrate served: 42165

Excess grams carbohydrate served: 6277.5

Total grams fat required for group: 7018.0

Total grams fat served: 9894

Excess grams fat served: 2876.0

Total grams fibre required for group: 3349.5

Total grams fibre served: 7030

Excess grams fibre served: 3680.5

Total grams protein required by group: 7177.5

Total grams protein served: 12960

Excess grams fibre served: 5782.5

date: 2022-03-13

day: Sunday

people: 109

breakfasts:

73 fullEnglish

18 veganPorridge

18 yoghurt

lunch mains:

73 mushroomSoup

18 pepperoniPizza

18 vegChowMein

lunch sides:

109 bakedPotato

62 roastPotatoes

lunch dessert:

108 peanutCookies

tea mains:

73 mushroomSoup

18 pepperoniPizza

18 vegChowMein

tea sides:

109 bakedPotato

62 roastPotatoes

tea desserts:

108 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 319000.0

Total calories served: 398816

Excess calories served: 79816.0

Total grams carbohydrate required for group: 35887.5

Total grams carbohydrate served: 35946

Excess grams carbohydrate served: 58.5

Total grams fat required for group: 7018.0

Total grams fat served: 19820

Excess grams fat served: 12802.0

Total grams fibre required for group: 3349.5

Total grams fibre served: 5148

Excess grams fibre served: 1798.5

Total grams protein required by group: 7177.5

Total grams protein served: 14228

Excess grams fibre served: 7050.5

date: 2022-03-14

day: Monday

people: 98

breakfasts:

66 veganFullEnglish

16 toast

16 pancakes

lunch mains:

66 veganPizza

16 fishAndChips

16 mushroomOmelette

lunch sides:

0 nutBake

4 boiledEggs

lunch dessert:

98 chocolateMousse

tea mains:

66 veganPizza

16 fishAndChips

16 mushroomOmelette

tea sides:

0 nutBake

4 boiledEggs

tea desserts:

98 chocolateMousse

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 297000.0

Total calories served: 341637

Excess calories served: 44637.0

Total grams carbohydrate required for group: 33412.5

Total grams carbohydrate served: 37661

Excess grams carbohydrate served: 4248.5

Total grams fat required for group: 6534.0

Total grams fat served: 14172

Excess grams fat served: 7638.0

Total grams fibre required for group: 3118.5

Total grams fibre served: 4331

Excess grams fibre served: 1212.5

Total grams protein required by group: 6682.5

Total grams protein served: 10148

Excess grams fibre served: 3465.5

date: 2022-03-15

day: Tuesday

people: 98

breakfasts:

66 veganPorridge

16 veganFullEnglish

16 veganYoghurt

lunch mains:

66 veganSausageCasserole

16 shepherdsPie

16 fishPaella

lunch sides:

4 porkSausages

13 yorkshirePuddings

lunch dessert:

94 berryCrumble

tea mains:

66 veganSausageCasserole

16 shepherdsPie

16 fishPaella

tea sides:

4 porkSausages

13 yorkshirePuddings

tea desserts:

94 berryCrumble

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 292000.0

Total calories served: 292275

Excess calories served: 275.0

Total grams carbohydrate required for group: 32850.0

Total grams carbohydrate served: 36697

Excess grams carbohydrate served: 3847.0

Total grams fat required for group: 6424.0

Total grams fat served: 8904

Excess grams fat served: 2480.0

Total grams fibre required for group: 3066.0

Total grams fibre served: 6541

Excess grams fibre served: 3475.0

Total grams protein required by group: 6570.0

Total grams protein served: 12580

Excess grams fibre served: 6010.0

date: 2022-03-16

day: Wednesday

people: 98

breakfasts:

46 veganYoghurt

16 fullEnglish

36 toast

lunch mains:

28 sushi

16 potatoCurry

54 vegSpagBol

lunch sides:

49 eggFriedRice

98 breadRolls

lunch dessert:

91 peanutCookies

tea mains:

28 sushi

16 potatoCurry

54 vegSpagBol

tea sides:

49 eggFriedRice

98 breadRolls

tea desserts:

91 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 292000.0

Total calories served: 299699

Excess calories served: 7699.0

Total grams carbohydrate required for group: 32850.0

Total grams carbohydrate served: 32888

Excess grams carbohydrate served: 38.0

Total grams fat required for group: 6424.0

Total grams fat served: 11747

Excess grams fat served: 5323.0

Total grams fibre required for group: 3066.0

Total grams fibre served: 3066

Excess grams fibre served: 0.0

Total grams protein required by group: 6570.0

Total grams protein served: 13485

Excess grams fibre served: 6915.0

date: 2022-03-17

day: Thursday

people: 89

breakfasts:

50 pancakes

14 yoghurt

25 veganFullEnglish

lunch mains:

61 ratatouille

14 lambMoussaka

14 marghertia

lunch sides:

88 beans

88 broccoli

lunch dessert:

89 fruitSalad

tea mains:

61 ratatouille

14 lambMoussaka

14 marghertia

tea sides:

88 beans

88 broccoli

tea desserts:

89 fruitSalad

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 274000.0

Total calories served: 274007

Excess calories served: 7.0

Total grams carbohydrate required for group: 30825.0

Total grams carbohydrate served: 42871

Excess grams carbohydrate served: 12046.0

Total grams fat required for group: 6028.0

Total grams fat served: 6191

Excess grams fat served: 163.0

Total grams fibre required for group: 2877.0

Total grams fibre served: 8292

Excess grams fibre served: 5415.0

Total grams protein required by group: 6165.0

Total grams protein served: 9556

Excess grams fibre served: 3391.0

date: 2022-03-18

day: Friday

people: 89

breakfasts:

61 toast

14 pancakes

14 fullEnglish

lunch mains:

61 jacketSpud

14 quornLasagne

14 mushroomRisotto

lunch sides:

10 chips

1 peas

lunch dessert:

89 veganFruitYoghurt

tea mains:

61 jacketSpud

14 quornLasagne

14 mushroomRisotto

tea sides:

10 chips

1 peas

tea desserts:

89 veganFruitYoghurt

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 267551

Excess calories served: 10051.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 29123

Excess grams carbohydrate served: 154.25

Total grams fat required for group: 5665.0

Total grams fat served: 10925

Excess grams fat served: 5260.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 4925

Excess grams fibre served: 2221.25

Total grams protein required by group: 5793.75

Total grams protein served: 10368

Excess grams fibre served: 4574.25

date: 2022-03-19

day: Saturday

people: 89

breakfasts:

61 yoghurt

14 veganYoghurt

14 veganPorridge

lunch mains:

61 beanChilli

14 kievs

14 chickenNoodles

lunch sides:

86 veganSausages

23 Rice

lunch dessert:

78 chocolateMousse

tea mains:

61 beanChilli

14 kievs

14 chickenNoodles

tea sides:

86 veganSausages

23 Rice

tea desserts:

78 chocolateMousse

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 277130

Excess calories served: 19630.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 28969

Excess grams carbohydrate served: 0.25

Total grams fat required for group: 5665.0

Total grams fat served: 12262

Excess grams fat served: 6597.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 5934

Excess grams fibre served: 3230.25

Total grams protein required by group: 5793.75

Total grams protein served: 11671

Excess grams fibre served: 5877.25

date: 2022-03-20

day: Sunday

people: 89

breakfasts:

61 fullEnglish

14 veganPorridge

14 yoghurt

lunch mains:

61 mushroomSoup

14 pepperoniPizza

14 vegChowMein

lunch sides:

89 bakedPotato

45 roastPotatoes

lunch dessert:

89 bananaIceCream

tea mains:

61 mushroomSoup

14 pepperoniPizza

14 vegChowMein

tea sides:

89 bakedPotato

45 roastPotatoes

tea desserts:

89 bananaIceCream

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 286563

Excess calories served: 29063.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 28973

Excess grams carbohydrate served: 4.25

Total grams fat required for group: 5665.0

Total grams fat served: 13015

Excess grams fat served: 7350.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 4069

Excess grams fibre served: 1365.25

Total grams protein required by group: 5793.75

Total grams protein served: 9048

Excess grams fibre served: 3254.25

date: 2022-03-21

day: Monday

people: 89

breakfasts:

61 veganFullEnglish

14 toast

14 pancakes

lunch mains:

61 veganPizza

14 fishAndChips

14 mushroomOmelette

lunch sides:

0 nutBake

11 porkSausages

lunch dessert:

78 chocolateCake

tea mains:

61 veganPizza

14 fishAndChips

14 mushroomOmelette

tea sides:

0 nutBake

11 porkSausages

tea desserts:

78 chocolateCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 332642

Excess calories served: 75142.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 40020

Excess grams carbohydrate served: 11051.25

Total grams fat required for group: 5665.0

Total grams fat served: 12669

Excess grams fat served: 7004.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 3968

Excess grams fibre served: 1264.25

Total grams protein required by group: 5793.75

Total grams protein served: 9219

Excess grams fibre served: 3425.25

date: 2022-03-22

day: Tuesday

people: 89

breakfasts:

61 veganPorridge

14 veganFullEnglish

14 veganYoghurt

lunch mains:

61 veganSausageCasserole

14 shepherdsPie

14 fishPaella

lunch sides:

3 boiledEggs

8 yorkshirePuddings

lunch dessert:

78 walnutCake

tea mains:

61 veganSausageCasserole

14 shepherdsPie

14 fishPaella

tea sides:

3 boiledEggs

8 yorkshirePuddings

tea desserts:

78 walnutCake

treat:

89 peanutCookies

89 glassOfWine

Total calories required for group: 257500.0

Total calories served: 276687

Excess calories served: 19187.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 31647

Excess grams carbohydrate served: 2678.25

Total grams fat required for group: 5665.0

Total grams fat served: 10153

Excess grams fat served: 4488.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 5872

Excess grams fibre served: 3168.25

Total grams protein required by group: 5793.75

Total grams protein served: 11442

Excess grams fibre served: 5648.25

date: 2022-03-23

day: Wednesday

people: 89

breakfasts:

61 veganYoghurt

14 fullEnglish

14 toast

lunch mains:

27 sushi

14 potatoCurry

48 vegSpagBol

lunch sides:

47 eggFriedRice

89 breadRolls

lunch dessert:

78 peanutCookies

tea mains:

27 sushi

14 potatoCurry

48 vegSpagBol

tea sides:

47 eggFriedRice

89 breadRolls

tea desserts:

78 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 263596

Excess calories served: 6096.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 29001

Excess grams carbohydrate served: 32.25

Total grams fat required for group: 5665.0

Total grams fat served: 10245

Excess grams fat served: 4580.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 2704

Excess grams fibre served: 0.25

Total grams protein required by group: 5793.75

Total grams protein served: 12098

Excess grams fibre served: 6304.25

date: 2022-03-24

day: Thursday

people: 89

breakfasts:

61 pancakes

14 yoghurt

14 veganFullEnglish

lunch mains:

61 ratatouille

14 lambMoussaka

14 marghertia

lunch sides:

83 beans

69 broccoli

lunch dessert:

89 fruitSalad

tea mains:

61 ratatouille

14 lambMoussaka

14 marghertia

tea sides:

83 beans

69 broccoli

tea desserts:

89 fruitSalad

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 257503

Excess calories served: 3.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 40917

Excess grams carbohydrate served: 11948.25

Total grams fat required for group: 5665.0

Total grams fat served: 5799

Excess grams fat served: 134.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 7763

Excess grams fibre served: 5059.25

Total grams protein required by group: 5793.75

Total grams protein served: 8806

Excess grams fibre served: 3012.25

date: 2022-03-25

day: Friday

people: 89

breakfasts:

61 toast

14 pancakes

14 fullEnglish

lunch mains:

61 jacketSpud

14 quornLasagne

14 mushroomRisotto

lunch sides:

10 chips

1 peas

lunch dessert:

89 veganFruitYoghurt

tea mains:

61 jacketSpud

14 quornLasagne

14 mushroomRisotto

tea sides:

10 chips

1 peas

tea desserts:

89 veganFruitYoghurt

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 267551

Excess calories served: 10051.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 29123

Excess grams carbohydrate served: 154.25

Total grams fat required for group: 5665.0

Total grams fat served: 10925

Excess grams fat served: 5260.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 4925

Excess grams fibre served: 2221.25

Total grams protein required by group: 5793.75

Total grams protein served: 10368

Excess grams fibre served: 4574.25

date: 2022-03-26

day: Saturday

people: 89

breakfasts:

61 yoghurt

14 veganYoghurt

14 veganPorridge

lunch mains:

61 beanChilli

14 kievs

14 chickenNoodles

lunch sides:

86 veganSausages

23 Rice

lunch dessert:

78 chocolateMousse

tea mains:

61 beanChilli

14 kievs

14 chickenNoodles

tea sides:

86 veganSausages

23 Rice

tea desserts:

78 chocolateMousse

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 277130

Excess calories served: 19630.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 28969

Excess grams carbohydrate served: 0.25

Total grams fat required for group: 5665.0

Total grams fat served: 12262

Excess grams fat served: 6597.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 5934

Excess grams fibre served: 3230.25

Total grams protein required by group: 5793.75

Total grams protein served: 11671

Excess grams fibre served: 5877.25

date: 2022-03-27

day: Sunday

people: 89

breakfasts:

61 fullEnglish

14 veganPorridge

14 yoghurt

lunch mains:

61 mushroomSoup

14 pepperoniPizza

14 vegChowMein

lunch sides:

89 bakedPotato

45 roastPotatoes

lunch dessert:

89 bananaIceCream

tea mains:

61 mushroomSoup

14 pepperoniPizza

14 vegChowMein

tea sides:

89 bakedPotato

45 roastPotatoes

tea desserts:

89 bananaIceCream

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 286563

Excess calories served: 29063.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 28973

Excess grams carbohydrate served: 4.25

Total grams fat required for group: 5665.0

Total grams fat served: 13015

Excess grams fat served: 7350.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 4069

Excess grams fibre served: 1365.25

Total grams protein required by group: 5793.75

Total grams protein served: 9048

Excess grams fibre served: 3254.25

date: 2022-03-28

day: Monday

people: 89

breakfasts:

61 veganFullEnglish

14 toast

14 pancakes

lunch mains:

61 veganPizza

14 fishAndChips

14 mushroomOmelette

lunch sides:

0 nutBake

11 porkSausages

lunch dessert:

78 chocolateCake

tea mains:

61 veganPizza

14 fishAndChips

14 mushroomOmelette

tea sides:

0 nutBake

11 porkSausages

tea desserts:

78 chocolateCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 332642

Excess calories served: 75142.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 40020

Excess grams carbohydrate served: 11051.25

Total grams fat required for group: 5665.0

Total grams fat served: 12669

Excess grams fat served: 7004.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 3968

Excess grams fibre served: 1264.25

Total grams protein required by group: 5793.75

Total grams protein served: 9219

Excess grams fibre served: 3425.25

date: 2022-03-29

day: Tuesday

people: 89

breakfasts:

61 veganPorridge

14 veganFullEnglish

14 veganYoghurt

lunch mains:

61 veganSausageCasserole

14 shepherdsPie

14 fishPaella

lunch sides:

3 boiledEggs

8 yorkshirePuddings

lunch dessert:

78 walnutCake

tea mains:

61 veganSausageCasserole

14 shepherdsPie

14 fishPaella

tea sides:

3 boiledEggs

8 yorkshirePuddings

tea desserts:

78 walnutCake

treat:

89 bananaIceCream

89 canOfBeer

Total calories required for group: 257500.0

Total calories served: 276687

Excess calories served: 19187.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 31647

Excess grams carbohydrate served: 2678.25

Total grams fat required for group: 5665.0

Total grams fat served: 10153

Excess grams fat served: 4488.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 5872

Excess grams fibre served: 3168.25

Total grams protein required by group: 5793.75

Total grams protein served: 11442

Excess grams fibre served: 5648.25

date: 2022-03-30

day: Wednesday

people: 89

breakfasts:

61 veganYoghurt

14 fullEnglish

14 toast

lunch mains:

27 sushi

14 potatoCurry

48 vegSpagBol

lunch sides:

47 eggFriedRice

89 breadRolls

lunch dessert:

78 peanutCookies

tea mains:

27 sushi

14 potatoCurry

48 vegSpagBol

tea sides:

47 eggFriedRice

89 breadRolls

tea desserts:

78 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 263596

Excess calories served: 6096.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 29001

Excess grams carbohydrate served: 32.25

Total grams fat required for group: 5665.0

Total grams fat served: 10245

Excess grams fat served: 4580.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 2704

Excess grams fibre served: 0.25

Total grams protein required by group: 5793.75

Total grams protein served: 12098

Excess grams fibre served: 6304.25

date: 2022-03-31

day: Thursday

people: 89

breakfasts:

61 pancakes

14 yoghurt

14 veganFullEnglish

lunch mains:

61 ratatouille

14 lambMoussaka

14 marghertia

lunch sides:

83 beans

69 broccoli

lunch dessert:

89 fruitSalad

tea mains:

61 ratatouille

14 lambMoussaka

14 marghertia

tea sides:

83 beans

69 broccoli

tea desserts:

89 fruitSalad

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 257503

Excess calories served: 3.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 40917

Excess grams carbohydrate served: 11948.25

Total grams fat required for group: 5665.0

Total grams fat served: 5799

Excess grams fat served: 134.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 7763

Excess grams fibre served: 5059.25

Total grams protein required by group: 5793.75

Total grams protein served: 8806

Excess grams fibre served: 3012.25

date: 2022-04-01

day: Friday

people: 89

breakfasts:

61 toast

14 pancakes

14 fullEnglish

lunch mains:

61 jacketSpud

14 quornLasagne

14 mushroomRisotto

lunch sides:

10 chips

1 peas

lunch dessert:

89 veganFruitYoghurt

tea mains:

61 jacketSpud

14 quornLasagne

14 mushroomRisotto

tea sides:

10 chips

1 peas

tea desserts:

89 veganFruitYoghurt

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 267551

Excess calories served: 10051.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 29123

Excess grams carbohydrate served: 154.25

Total grams fat required for group: 5665.0

Total grams fat served: 10925

Excess grams fat served: 5260.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 4925

Excess grams fibre served: 2221.25

Total grams protein required by group: 5793.75

Total grams protein served: 10368

Excess grams fibre served: 4574.25

date: 2022-04-02

day: Saturday

people: 89

breakfasts:

61 yoghurt

14 veganYoghurt

14 veganPorridge

lunch mains:

61 beanChilli

14 kievs

14 chickenNoodles

lunch sides:

86 veganSausages

23 Rice

lunch dessert:

78 chocolateMousse

tea mains:

61 beanChilli

14 kievs

14 chickenNoodles

tea sides:

86 veganSausages

23 Rice

tea desserts:

78 chocolateMousse

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 277130

Excess calories served: 19630.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 28969

Excess grams carbohydrate served: 0.25

Total grams fat required for group: 5665.0

Total grams fat served: 12262

Excess grams fat served: 6597.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 5934

Excess grams fibre served: 3230.25

Total grams protein required by group: 5793.75

Total grams protein served: 11671

Excess grams fibre served: 5877.25

date: 2022-04-03

day: Sunday

people: 89

breakfasts:

61 fullEnglish

14 veganPorridge

14 yoghurt

lunch mains:

61 mushroomSoup

14 pepperoniPizza

14 vegChowMein

lunch sides:

89 bakedPotato

45 roastPotatoes

lunch dessert:

89 bananaIceCream

tea mains:

61 mushroomSoup

14 pepperoniPizza

14 vegChowMein

tea sides:

89 bakedPotato

45 roastPotatoes

tea desserts:

89 bananaIceCream

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 286563

Excess calories served: 29063.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 28973

Excess grams carbohydrate served: 4.25

Total grams fat required for group: 5665.0

Total grams fat served: 13015

Excess grams fat served: 7350.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 4069

Excess grams fibre served: 1365.25

Total grams protein required by group: 5793.75

Total grams protein served: 9048

Excess grams fibre served: 3254.25

date: 2022-04-04

day: Monday

people: 89

breakfasts:

61 veganFullEnglish

14 toast

14 pancakes

lunch mains:

61 veganPizza

14 fishAndChips

14 mushroomOmelette

lunch sides:

0 nutBake

11 porkSausages

lunch dessert:

78 chocolateCake

tea mains:

61 veganPizza

14 fishAndChips

14 mushroomOmelette

tea sides:

0 nutBake

11 porkSausages

tea desserts:

78 chocolateCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 332642

Excess calories served: 75142.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 40020

Excess grams carbohydrate served: 11051.25

Total grams fat required for group: 5665.0

Total grams fat served: 12669

Excess grams fat served: 7004.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 3968

Excess grams fibre served: 1264.25

Total grams protein required by group: 5793.75

Total grams protein served: 9219

Excess grams fibre served: 3425.25

date: 2022-04-05

day: Tuesday

people: 89

breakfasts:

61 veganPorridge

14 veganFullEnglish

14 veganYoghurt

lunch mains:

61 veganSausageCasserole

14 shepherdsPie

14 fishPaella

lunch sides:

3 boiledEggs

8 yorkshirePuddings

lunch dessert:

78 walnutCake

tea mains:

61 veganSausageCasserole

14 shepherdsPie

14 fishPaella

tea sides:

3 boiledEggs

8 yorkshirePuddings

tea desserts:

78 walnutCake

treat:

89 peanutCookies

89 glassOfWine

Total calories required for group: 257500.0

Total calories served: 276687

Excess calories served: 19187.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 31647

Excess grams carbohydrate served: 2678.25

Total grams fat required for group: 5665.0

Total grams fat served: 10153

Excess grams fat served: 4488.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 5872

Excess grams fibre served: 3168.25

Total grams protein required by group: 5793.75

Total grams protein served: 11442

Excess grams fibre served: 5648.25

date: 2022-04-06

day: Wednesday

people: 89

breakfasts:

61 veganYoghurt

14 fullEnglish

14 toast

lunch mains:

27 sushi

14 potatoCurry

48 vegSpagBol

lunch sides:

47 eggFriedRice

89 breadRolls

lunch dessert:

78 peanutCookies

tea mains:

27 sushi

14 potatoCurry

48 vegSpagBol

tea sides:

47 eggFriedRice

89 breadRolls

tea desserts:

78 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 263596

Excess calories served: 6096.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 29001

Excess grams carbohydrate served: 32.25

Total grams fat required for group: 5665.0

Total grams fat served: 10245

Excess grams fat served: 4580.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 2704

Excess grams fibre served: 0.25

Total grams protein required by group: 5793.75

Total grams protein served: 12098

Excess grams fibre served: 6304.25

date: 2022-04-07

day: Thursday

people: 89

breakfasts:

61 pancakes

14 yoghurt

14 veganFullEnglish

lunch mains:

61 ratatouille

14 lambMoussaka

14 marghertia

lunch sides:

83 beans

69 broccoli

lunch dessert:

89 fruitSalad

tea mains:

61 ratatouille

14 lambMoussaka

14 marghertia

tea sides:

83 beans

69 broccoli

tea desserts:

89 fruitSalad

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 257503

Excess calories served: 3.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 40917

Excess grams carbohydrate served: 11948.25

Total grams fat required for group: 5665.0

Total grams fat served: 5799

Excess grams fat served: 134.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 7763

Excess grams fibre served: 5059.25

Total grams protein required by group: 5793.75

Total grams protein served: 8806

Excess grams fibre served: 3012.25

date: 2022-04-08

day: Friday

people: 89

breakfasts:

61 toast

14 pancakes

14 fullEnglish

lunch mains:

61 jacketSpud

14 quornLasagne

14 mushroomRisotto

lunch sides:

10 chips

1 peas

lunch dessert:

89 veganFruitYoghurt

tea mains:

61 jacketSpud

14 quornLasagne

14 mushroomRisotto

tea sides:

10 chips

1 peas

tea desserts:

89 veganFruitYoghurt

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 267551

Excess calories served: 10051.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 29123

Excess grams carbohydrate served: 154.25

Total grams fat required for group: 5665.0

Total grams fat served: 10925

Excess grams fat served: 5260.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 4925

Excess grams fibre served: 2221.25

Total grams protein required by group: 5793.75

Total grams protein served: 10368

Excess grams fibre served: 4574.25

date: 2022-04-09

day: Saturday

people: 89

breakfasts:

61 yoghurt

14 veganYoghurt

14 veganPorridge

lunch mains:

61 beanChilli

14 kievs

14 chickenNoodles

lunch sides:

86 veganSausages

23 Rice

lunch dessert:

78 chocolateMousse

tea mains:

61 beanChilli

14 kievs

14 chickenNoodles

tea sides:

86 veganSausages

23 Rice

tea desserts:

78 chocolateMousse

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 277130

Excess calories served: 19630.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 28969

Excess grams carbohydrate served: 0.25

Total grams fat required for group: 5665.0

Total grams fat served: 12262

Excess grams fat served: 6597.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 5934

Excess grams fibre served: 3230.25

Total grams protein required by group: 5793.75

Total grams protein served: 11671

Excess grams fibre served: 5877.25

date: 2022-04-10

day: Sunday

people: 89

breakfasts:

61 fullEnglish

14 veganPorridge

14 yoghurt

lunch mains:

61 mushroomSoup

14 pepperoniPizza

14 vegChowMein

lunch sides:

89 bakedPotato

45 roastPotatoes

lunch dessert:

89 bananaIceCream

tea mains:

61 mushroomSoup

14 pepperoniPizza

14 vegChowMein

tea sides:

89 bakedPotato

45 roastPotatoes

tea desserts:

89 bananaIceCream

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 286563

Excess calories served: 29063.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 28973

Excess grams carbohydrate served: 4.25

Total grams fat required for group: 5665.0

Total grams fat served: 13015

Excess grams fat served: 7350.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 4069

Excess grams fibre served: 1365.25

Total grams protein required by group: 5793.75

Total grams protein served: 9048

Excess grams fibre served: 3254.25

date: 2022-04-11

day: Monday

people: 89

breakfasts:

61 veganFullEnglish

14 toast

14 pancakes

lunch mains:

61 veganPizza

14 fishAndChips

14 mushroomOmelette

lunch sides:

0 nutBake

11 porkSausages

lunch dessert:

78 chocolateCake

tea mains:

61 veganPizza

14 fishAndChips

14 mushroomOmelette

tea sides:

0 nutBake

11 porkSausages

tea desserts:

78 chocolateCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 257500.0

Total calories served: 332642

Excess calories served: 75142.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 40020

Excess grams carbohydrate served: 11051.25

Total grams fat required for group: 5665.0

Total grams fat served: 12669

Excess grams fat served: 7004.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 3968

Excess grams fibre served: 1264.25

Total grams protein required by group: 5793.75

Total grams protein served: 9219

Excess grams fibre served: 3425.25

date: 2022-04-12

day: Tuesday

people: 89

breakfasts:

61 veganPorridge

14 veganFullEnglish

14 veganYoghurt

lunch mains:

61 veganSausageCasserole

14 shepherdsPie

14 fishPaella

lunch sides:

3 boiledEggs

8 yorkshirePuddings

lunch dessert:

78 walnutCake

tea mains:

61 veganSausageCasserole

14 shepherdsPie

14 fishPaella

tea sides:

3 boiledEggs

8 yorkshirePuddings

tea desserts:

78 walnutCake

treat:

89 bananaIceCream

89 canOfBeer

Total calories required for group: 257500.0

Total calories served: 276687

Excess calories served: 19187.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 31647

Excess grams carbohydrate served: 2678.25

Total grams fat required for group: 5665.0

Total grams fat served: 10153

Excess grams fat served: 4488.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 5872

Excess grams fibre served: 3168.25

Total grams protein required by group: 5793.75

Total grams protein served: 11442

Excess grams fibre served: 5648.25

date: 2022-04-13

day: Wednesday

people: 89

breakfasts:

61 veganYoghurt

14 fullEnglish

14 toast

lunch mains:

27 sushi

14 potatoCurry

48 vegSpagBol

lunch sides:

47 eggFriedRice

89 breadRolls

lunch dessert:

78 peanutCookies

tea mains:

27 sushi

14 potatoCurry

48 vegSpagBol

tea sides:

47 eggFriedRice

89 breadRolls

tea desserts:

78 peanutCookies

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 263596

Excess calories served: 6096.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 29001

Excess grams carbohydrate served: 32.25

Total grams fat required for group: 5665.0

Total grams fat served: 10245

Excess grams fat served: 4580.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 2704

Excess grams fibre served: 0.25

Total grams protein required by group: 5793.75

Total grams protein served: 12098

Excess grams fibre served: 6304.25

date: 2022-04-14

day: Thursday

people: 89

breakfasts:

61 pancakes

14 yoghurt

14 veganFullEnglish

lunch mains:

61 ratatouille

14 lambMoussaka

14 marghertia

lunch sides:

83 beans

69 broccoli

lunch dessert:

89 fruitSalad

tea mains:

61 ratatouille

14 lambMoussaka

14 marghertia

tea sides:

83 beans

69 broccoli

tea desserts:

89 fruitSalad

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 257503

Excess calories served: 3.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 40917

Excess grams carbohydrate served: 11948.25

Total grams fat required for group: 5665.0

Total grams fat served: 5799

Excess grams fat served: 134.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 7763

Excess grams fibre served: 5059.25

Total grams protein required by group: 5793.75

Total grams protein served: 8806

Excess grams fibre served: 3012.25

date: 2022-04-15

day: Friday

people: 89

breakfasts:

61 toast

14 pancakes

14 fullEnglish

lunch mains:

61 jacketSpud

14 quornLasagne

14 mushroomRisotto

lunch sides:

3 chips

89 peas

lunch dessert:

89 veganFruitYoghurt

tea mains:

61 jacketSpud

14 quornLasagne

14 mushroomRisotto

tea sides:

3 chips

89 peas

tea desserts:

89 veganFruitYoghurt

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 257644

Excess calories served: 144.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 28987

Excess grams carbohydrate served: 18.25

Total grams fat required for group: 5665.0

Total grams fat served: 10328

Excess grams fat served: 4663.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 5431

Excess grams fibre served: 2727.25

Total grams protein required by group: 5793.75

Total grams protein served: 10794

Excess grams fibre served: 5000.25

date: 2022-04-16

day: Saturday

people: 89

breakfasts:

61 yoghurt

14 veganYoghurt

14 veganPorridge

lunch mains:

61 beanChilli

14 kievs

14 chickenNoodles

lunch sides:

86 veganSausages

23 Rice

lunch dessert:

78 chocolateMousse

tea mains:

61 beanChilli

14 kievs

14 chickenNoodles

tea sides:

86 veganSausages

23 Rice

tea desserts:

78 chocolateMousse

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 277130

Excess calories served: 19630.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 28969

Excess grams carbohydrate served: 0.25

Total grams fat required for group: 5665.0

Total grams fat served: 12262

Excess grams fat served: 6597.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 5934

Excess grams fibre served: 3230.25

Total grams protein required by group: 5793.75

Total grams protein served: 11671

Excess grams fibre served: 5877.25

date: 2022-04-17

day: Sunday

people: 89

breakfasts:

61 fullEnglish

14 veganPorridge

14 yoghurt

lunch mains:

61 mushroomSoup

14 pepperoniPizza

14 vegChowMein

lunch sides:

89 bakedPotato

45 roastPotatoes

lunch dessert:

89 bananaIceCream

tea mains:

61 mushroomSoup

14 pepperoniPizza

14 vegChowMein

tea sides:

89 bakedPotato

45 roastPotatoes

tea desserts:

89 bananaIceCream

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 286563

Excess calories served: 29063.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 28973

Excess grams carbohydrate served: 4.25

Total grams fat required for group: 5665.0

Total grams fat served: 13015

Excess grams fat served: 7350.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 4069

Excess grams fibre served: 1365.25

Total grams protein required by group: 5793.75

Total grams protein served: 9048

Excess grams fibre served: 3254.25

date: 2022-04-18

day: Monday

people: 89

breakfasts:

61 veganFullEnglish

14 toast

14 pancakes

lunch mains:

61 veganPizza

14 fishAndChips

14 mushroomOmelette

lunch sides:

0 nutBake

11 porkSausages

lunch dessert:

78 chocolateCake

tea mains:

61 veganPizza

14 fishAndChips

14 mushroomOmelette

tea sides:

0 nutBake

11 porkSausages

tea desserts:

78 chocolateCake

treat:

0 bananaIceCream

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 332642

Excess calories served: 75142.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 40020

Excess grams carbohydrate served: 11051.25

Total grams fat required for group: 5665.0

Total grams fat served: 12669

Excess grams fat served: 7004.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 3968

Excess grams fibre served: 1264.25

Total grams protein required by group: 5793.75

Total grams protein served: 9219

Excess grams fibre served: 3425.25

date: 2022-04-19

day: Tuesday

people: 89

breakfasts:

61 toast

14 porridge

14 pancakes

lunch mains:

61 beefBurgers

14 sushi

14 potatoCurry

lunch sides:

2 porkSausages

2 yorkshirePuddings

lunch dessert:

89 jelly

tea mains:

61 beefBurgers

14 sushi

14 potatoCurry

tea sides:

2 porkSausages

2 yorkshirePuddings

tea desserts:

89 jelly

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 348421

Excess calories served: 90921.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 38415

Excess grams carbohydrate served: 9446.25

Total grams fat required for group: 5665.0

Total grams fat served: 9720

Excess grams fat served: 4055.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 3066

Excess grams fibre served: 362.25

Total grams protein required by group: 5793.75

Total grams protein served: 11057

Excess grams fibre served: 5263.25

date: 2022-04-20

day: Wednesday

people: 89

breakfasts:

61 pancakes

14 veganFullEnglish

14 veganYoghurt

lunch mains:

61 veganSausageCasserole

14 vegSpagBol

14 ratatouille

lunch sides:

2 eggFriedRice

2 breadRolls

lunch dessert:

85 walnutCake

tea mains:

61 veganSausageCasserole

14 vegSpagBol

14 ratatouille

tea sides:

2 eggFriedRice

2 breadRolls

tea desserts:

85 walnutCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 264763

Excess calories served: 7263.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 33379

Excess grams carbohydrate served: 4410.25

Total grams fat required for group: 5665.0

Total grams fat served: 9501

Excess grams fat served: 3836.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 6073

Excess grams fibre served: 3369.25

Total grams protein required by group: 5793.75

Total grams protein served: 10032

Excess grams fibre served: 4238.25

date: 2022-04-21

day: Thursday

people: 89

breakfasts:

61 veganYoghurt

14 yoghurt

14 toast

lunch mains:

61 fishAndChips

14 lambMoussaka

14 marghertia

lunch sides:

0 beans

4 broccoli

lunch dessert:

87 berryCrumble

tea mains:

61 fishAndChips

14 lambMoussaka

14 marghertia

tea sides:

0 beans

4 broccoli

tea desserts:

87 berryCrumble

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 297356

Excess calories served: 39856.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 28992

Excess grams carbohydrate served: 23.25

Total grams fat required for group: 5665.0

Total grams fat served: 11845

Excess grams fat served: 6180.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 2810

Excess grams fibre served: 106.25

Total grams protein required by group: 5793.75

Total grams protein served: 10822

Excess grams fibre served: 5028.25

date: 2022-04-22

day: Friday

people: 89

breakfasts:

61 porridge

14 pancakes

14 veganFullEnglish

lunch mains:

61 jacketSpud

14 quornLasagne

14 mushroomRisotto

lunch sides:

0 chips

4 peas

lunch dessert:

89 spongeCustard

tea mains:

61 jacketSpud

14 quornLasagne

14 mushroomRisotto

tea sides:

0 chips

4 peas

tea desserts:

89 spongeCustard

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 257500.0

Total calories served: 293295

Excess calories served: 35795.0

Total grams carbohydrate required for group: 28968.75

Total grams carbohydrate served: 34039

Excess grams carbohydrate served: 5070.25

Total grams fat required for group: 5665.0

Total grams fat served: 12803

Excess grams fat served: 7138.0

Total grams fibre required for group: 2703.75

Total grams fibre served: 3985

Excess grams fibre served: 1281.25

Total grams protein required by group: 5793.75

Total grams protein served: 7793

Excess grams fibre served: 1999.25

date: 2022-04-23

day: Saturday

people: 91

breakfasts:

61 yoghurt

15 veganYoghurt

15 veganPorridge

lunch mains:

61 beanChilli

15 kievs

15 mushroomSoup

lunch sides:

0 veganSausages

1 Rice

lunch dessert:

90 chocolateCake

tea mains:

61 beanChilli

15 kievs

15 mushroomSoup

tea sides:

0 veganSausages

1 Rice

tea desserts:

90 chocolateCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 263000.0

Total calories served: 266922

Excess calories served: 3922.0

Total grams carbohydrate required for group: 29587.5

Total grams carbohydrate served: 33294

Excess grams carbohydrate served: 3706.5

Total grams fat required for group: 5786.0

Total grams fat served: 9806

Excess grams fat served: 4020.0

Total grams fibre required for group: 2761.5

Total grams fibre served: 5551

Excess grams fibre served: 2789.5

Total grams protein required by group: 5917.5

Total grams protein served: 9885

Excess grams fibre served: 3967.5

date: 2022-04-24

day: Sunday

people: 91

breakfasts:

61 veganFullEnglish

15 veganPorridge

15 yoghurt

lunch mains:

61 chickenNoodles

15 pepperoniPizza

15 vegChowMein

lunch sides:

91 bakedPotato

5 roastPotatoes

lunch dessert:

90 peanutCookies

tea mains:

61 chickenNoodles

15 pepperoniPizza

15 vegChowMein

tea sides:

91 bakedPotato

5 roastPotatoes

tea desserts:

90 peanutCookies

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 263000.0

Total calories served: 361320

Excess calories served: 98320.0

Total grams carbohydrate required for group: 29587.5

Total grams carbohydrate served: 29621

Excess grams carbohydrate served: 33.5

Total grams fat required for group: 5786.0

Total grams fat served: 20031

Excess grams fat served: 14245.0

Total grams fibre required for group: 2761.5

Total grams fibre served: 4407

Excess grams fibre served: 1645.5

Total grams protein required by group: 5917.5

Total grams protein served: 12390

Excess grams fibre served: 6472.5

date: 2022-04-25

day: Monday

people: 91

breakfasts:

61 veganPorridge

15 toast

15 porridge

lunch mains:

61 quornChilli

15 veganPizza

15 fishPaella

lunch sides:

68 carrots

21 nutBake

lunch dessert:

90 veganPancakes

tea mains:

61 quornChilli

15 veganPizza

15 fishPaella

tea sides:

68 carrots

21 nutBake

tea desserts:

90 veganPancakes

treat:

91 veganFruitYoghurt

91 canOfBeer

Total calories required for group: 263000.0

Total calories served: 263024

Excess calories served: 24.0

Total grams carbohydrate required for group: 29587.5

Total grams carbohydrate served: 36812

Excess grams carbohydrate served: 7224.5

Total grams fat required for group: 5786.0

Total grams fat served: 6511

Excess grams fat served: 725.0

Total grams fibre required for group: 2761.5

Total grams fibre served: 6308

Excess grams fibre served: 3546.5

Total grams protein required by group: 5917.5

Total grams protein served: 10817

Excess grams fibre served: 4899.5

date: 2022-04-26

day: Tuesday

people: 91

breakfasts:

61 toast

15 porridge

15 pancakes

lunch mains:

61 beefBurgers

15 sushi

15 potatoCurry

lunch sides:

1 porkSausages

0 yorkshirePuddings

lunch dessert:

90 jelly

tea mains:

61 beefBurgers

15 sushi

15 potatoCurry

tea sides:

1 porkSausages

0 yorkshirePuddings

tea desserts:

90 jelly

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 263000.0

Total calories served: 349538

Excess calories served: 86538.0

Total grams carbohydrate required for group: 29587.5

Total grams carbohydrate served: 38695

Excess grams carbohydrate served: 9107.5

Total grams fat required for group: 5786.0

Total grams fat served: 9678

Excess grams fat served: 3892.0

Total grams fibre required for group: 2761.5

Total grams fibre served: 3090

Excess grams fibre served: 328.5

Total grams protein required by group: 5917.5

Total grams protein served: 11103

Excess grams fibre served: 5185.5

date: 2022-04-27

day: Wednesday

people: 91

breakfasts:

61 pancakes

15 veganFullEnglish

15 veganYoghurt

lunch mains:

61 veganSausageCasserole

15 vegSpagBol

15 ratatouille

lunch sides:

0 eggFriedRice

1 breadRolls

lunch dessert:

90 walnutCake

tea mains:

61 veganSausageCasserole

15 vegSpagBol

15 ratatouille

tea sides:

0 eggFriedRice

1 breadRolls

tea desserts:

90 walnutCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 263000.0

Total calories served: 270964

Excess calories served: 7964.0

Total grams carbohydrate required for group: 29587.5

Total grams carbohydrate served: 33923

Excess grams carbohydrate served: 4335.5

Total grams fat required for group: 5786.0

Total grams fat served: 9876

Excess grams fat served: 4090.0

Total grams fibre required for group: 2761.5

Total grams fibre served: 6160

Excess grams fibre served: 3398.5

Total grams protein required by group: 5917.5

Total grams protein served: 10162

Excess grams fibre served: 4244.5

date: 2022-04-28

day: Thursday

people: 40

breakfasts:

28 veganYoghurt

6 yoghurt

6 toast

lunch mains:

28 fishAndChips

6 lambMoussaka

6 marghertia

lunch sides:

35 beans

26 broccoli

lunch dessert:

36 berryCrumble

tea mains:

28 fishAndChips

6 lambMoussaka

6 marghertia

tea sides:

35 beans

26 broccoli

tea desserts:

36 berryCrumble

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 161000.0

Total calories served: 161577

Excess calories served: 577.0

Total grams carbohydrate required for group: 18112.5

Total grams carbohydrate served: 18115

Excess grams carbohydrate served: 2.5

Total grams fat required for group: 3542.0

Total grams fat served: 5301

Excess grams fat served: 1759.0

Total grams fibre required for group: 1690.5

Total grams fibre served: 2659

Excess grams fibre served: 968.5

Total grams protein required by group: 3622.5

Total grams protein served: 6677

Excess grams fibre served: 3054.5

date: 2022-04-29

day: Friday

people: 40

breakfasts:

28 porridge

6 pancakes

6 veganFullEnglish

lunch mains:

28 jacketSpud

6 quornLasagne

6 mushroomRisotto

lunch sides:

0 chips

4 peas

lunch dessert:

36 spongeCustard

tea mains:

28 jacketSpud

6 quornLasagne

6 mushroomRisotto

tea sides:

0 chips

4 peas

tea desserts:

36 spongeCustard

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 124000.0

Total calories served: 127966

Excess calories served: 3966.0

Total grams carbohydrate required for group: 13950.0

Total grams carbohydrate served: 14802

Excess grams carbohydrate served: 852.0

Total grams fat required for group: 2728.0

Total grams fat served: 5573

Excess grams fat served: 2845.0

Total grams fibre required for group: 1302.0

Total grams fibre served: 1821

Excess grams fibre served: 519.0

Total grams protein required by group: 2790.0

Total grams protein served: 3446

Excess grams fibre served: 656.0

date: 2022-04-30

day: Saturday

people: 40

breakfasts:

28 yoghurt

6 veganYoghurt

6 veganPorridge

lunch mains:

28 beanChilli

6 kievs

6 mushroomSoup

lunch sides:

0 veganSausages

38 Rice

lunch dessert:

36 chocolateCake

tea mains:

28 beanChilli

6 kievs

6 mushroomSoup

tea sides:

0 veganSausages

38 Rice

tea desserts:

36 chocolateCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 124000.0

Total calories served: 124059

Excess calories served: 59.0

Total grams carbohydrate required for group: 13950.0

Total grams carbohydrate served: 16659

Excess grams carbohydrate served: 2709.0

Total grams fat required for group: 2728.0

Total grams fat served: 4018

Excess grams fat served: 1290.0

Total grams fibre required for group: 1302.0

Total grams fibre served: 2485

Excess grams fibre served: 1183.0

Total grams protein required by group: 2790.0

Total grams protein served: 4551

Excess grams fibre served: 1761.0

date: 2022-05-01

day: Sunday

people: 40

breakfasts:

28 veganFullEnglish

6 veganPorridge

6 yoghurt

lunch mains:

28 chickenNoodles

6 pepperoniPizza

6 vegChowMein

lunch sides:

40 bakedPotato

19 roastPotatoes

lunch dessert:

36 peanutCookies

tea mains:

28 chickenNoodles

6 pepperoniPizza

6 vegChowMein

tea sides:

40 bakedPotato

19 roastPotatoes

tea desserts:

36 peanutCookies

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 124000.0

Total calories served: 164810

Excess calories served: 40810.0

Total grams carbohydrate required for group: 13950.0

Total grams carbohydrate served: 13957

Excess grams carbohydrate served: 7.0

Total grams fat required for group: 2728.0

Total grams fat served: 9052

Excess grams fat served: 6324.0

Total grams fibre required for group: 1302.0

Total grams fibre served: 2058

Excess grams fibre served: 756.0

Total grams protein required by group: 2790.0

Total grams protein served: 5460

Excess grams fibre served: 2670.0

date: 2022-05-02

day: Monday

people: 40

breakfasts:

28 veganPorridge

6 toast

6 porridge

lunch mains:

28 quornChilli

6 veganPizza

6 fishPaella

lunch sides:

31 carrots

15 nutBake

lunch dessert:

40 veganPancakes

tea mains:

28 quornChilli

6 veganPizza

6 fishPaella

tea sides:

31 carrots

15 nutBake

tea desserts:

40 veganPancakes

treat:

40 peanutCookies

40 glassOfWine

Total calories required for group: 124000.0

Total calories served: 124003

Excess calories served: 3.0

Total grams carbohydrate required for group: 13950.0

Total grams carbohydrate served: 16482

Excess grams carbohydrate served: 2532.0

Total grams fat required for group: 2728.0

Total grams fat served: 3536

Excess grams fat served: 808.0

Total grams fibre required for group: 1302.0

Total grams fibre served: 2933

Excess grams fibre served: 1631.0

Total grams protein required by group: 2790.0

Total grams protein served: 4993

Excess grams fibre served: 2203.0

date: 2022-05-03

day: Tuesday

people: 40

breakfasts:

28 toast

6 porridge

6 pancakes

lunch mains:

28 beefBurgers

6 sushi

6 potatoCurry

lunch sides:

4 porkSausages

1 yorkshirePuddings

lunch dessert:

39 jelly

tea mains:

28 beefBurgers

6 sushi

6 potatoCurry

tea sides:

4 porkSausages

1 yorkshirePuddings

tea desserts:

39 jelly

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 124000.0

Total calories served: 160037

Excess calories served: 36037.0

Total grams carbohydrate required for group: 13950.0

Total grams carbohydrate served: 17424

Excess grams carbohydrate served: 3474.0

Total grams fat required for group: 2728.0

Total grams fat served: 4563

Excess grams fat served: 1835.0

Total grams fibre required for group: 1302.0

Total grams fibre served: 1394

Excess grams fibre served: 92.0

Total grams protein required by group: 2790.0

Total grams protein served: 5102

Excess grams fibre served: 2312.0

date: 2022-05-04

day: Wednesday

people: 40

breakfasts:

28 pancakes

6 veganFullEnglish

6 veganYoghurt

lunch mains:

28 veganSausageCasserole

6 vegSpagBol

6 ratatouille

lunch sides:

12 eggFriedRice

4 breadRolls

lunch dessert:

36 walnutCake

tea mains:

28 veganSausageCasserole

6 vegSpagBol

6 ratatouille

tea sides:

12 eggFriedRice

4 breadRolls

tea desserts:

36 walnutCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 124000.0

Total calories served: 124292

Excess calories served: 292.0

Total grams carbohydrate required for group: 13950.0

Total grams carbohydrate served: 15893

Excess grams carbohydrate served: 1943.0

Total grams fat required for group: 2728.0

Total grams fat served: 4322

Excess grams fat served: 1594.0

Total grams fibre required for group: 1302.0

Total grams fibre served: 2758

Excess grams fibre served: 1456.0

Total grams protein required by group: 2790.0

Total grams protein served: 4791

Excess grams fibre served: 2001.0

date: 2022-05-05

day: Thursday

people: 40

breakfasts:

28 veganYoghurt

6 yoghurt

6 toast

lunch mains:

28 fishAndChips

6 lambMoussaka

6 marghertia

lunch sides:

7 beans

37 broccoli

lunch dessert:

36 berryCrumble

tea mains:

28 fishAndChips

6 lambMoussaka

6 marghertia

tea sides:

7 beans

37 broccoli

tea desserts:

36 berryCrumble

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 124000.0

Total calories served: 138394

Excess calories served: 14394.0

Total grams carbohydrate required for group: 13950.0

Total grams carbohydrate served: 13950

Excess grams carbohydrate served: 0.0

Total grams fat required for group: 2728.0

Total grams fat served: 5233

Excess grams fat served: 2505.0

Total grams fibre required for group: 1302.0

Total grams fibre served: 1614

Excess grams fibre served: 312.0

Total grams protein required by group: 2790.0

Total grams protein served: 5295

Excess grams fibre served: 2505.0

date: 2022-05-06

day: Friday

people: 40

breakfasts:

28 porridge

6 pancakes

6 veganFullEnglish

lunch mains:

28 jacketSpud

6 quornLasagne

6 mushroomRisotto

lunch sides:

0 chips

4 peas

lunch dessert:

36 spongeCustard

tea mains:

28 jacketSpud

6 quornLasagne

6 mushroomRisotto

tea sides:

0 chips

4 peas

tea desserts:

36 spongeCustard

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 124000.0

Total calories served: 127966

Excess calories served: 3966.0

Total grams carbohydrate required for group: 13950.0

Total grams carbohydrate served: 14802

Excess grams carbohydrate served: 852.0

Total grams fat required for group: 2728.0

Total grams fat served: 5573

Excess grams fat served: 2845.0

Total grams fibre required for group: 1302.0

Total grams fibre served: 1821

Excess grams fibre served: 519.0

Total grams protein required by group: 2790.0

Total grams protein served: 3446

Excess grams fibre served: 656.0

date: 2022-05-07

day: Saturday

people: 40

breakfasts:

28 yoghurt

6 veganYoghurt

6 veganPorridge

lunch mains:

28 beanChilli

6 kievs

6 mushroomSoup

lunch sides:

0 veganSausages

38 Rice

lunch dessert:

36 chocolateCake

tea mains:

28 beanChilli

6 kievs

6 mushroomSoup

tea sides:

0 veganSausages

38 Rice

tea desserts:

36 chocolateCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 124000.0

Total calories served: 124059

Excess calories served: 59.0

Total grams carbohydrate required for group: 13950.0

Total grams carbohydrate served: 16659

Excess grams carbohydrate served: 2709.0

Total grams fat required for group: 2728.0

Total grams fat served: 4018

Excess grams fat served: 1290.0

Total grams fibre required for group: 1302.0

Total grams fibre served: 2485

Excess grams fibre served: 1183.0

Total grams protein required by group: 2790.0

Total grams protein served: 4551

Excess grams fibre served: 1761.0

date: 2022-05-08

day: Sunday

people: 40

breakfasts:

28 veganFullEnglish

6 veganPorridge

6 yoghurt

lunch mains:

28 chickenNoodles

6 pepperoniPizza

6 vegChowMein

lunch sides:

40 bakedPotato

19 roastPotatoes

lunch dessert:

36 peanutCookies

tea mains:

28 chickenNoodles

6 pepperoniPizza

6 vegChowMein

tea sides:

40 bakedPotato

19 roastPotatoes

tea desserts:

36 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 124000.0

Total calories served: 164810

Excess calories served: 40810.0

Total grams carbohydrate required for group: 13950.0

Total grams carbohydrate served: 13957

Excess grams carbohydrate served: 7.0

Total grams fat required for group: 2728.0

Total grams fat served: 9052

Excess grams fat served: 6324.0

Total grams fibre required for group: 1302.0

Total grams fibre served: 2058

Excess grams fibre served: 756.0

Total grams protein required by group: 2790.0

Total grams protein served: 5460

Excess grams fibre served: 2670.0

date: 2022-05-09

day: Monday

people: 25

breakfasts:

17 veganPorridge

4 toast

4 porridge

lunch mains:

17 quornChilli

4 veganPizza

4 fishPaella

lunch sides:

25 carrots

24 nutBake

lunch dessert:

25 veganPancakes

tea mains:

17 quornChilli

4 veganPizza

4 fishPaella

tea sides:

25 carrots

24 nutBake

tea desserts:

25 veganPancakes

treat:

25 veganFruitYoghurt

25 canOfBeer

Total calories required for group: 94000.0

Total calories served: 97281

Excess calories served: 3281.0

Total grams carbohydrate required for group: 10575.0

Total grams carbohydrate served: 10581

Excess grams carbohydrate served: 6.0

Total grams fat required for group: 2068.0

Total grams fat served: 4039

Excess grams fat served: 1971.0

Total grams fibre required for group: 987.0

Total grams fibre served: 2007

Excess grams fibre served: 1020.0

Total grams protein required by group: 2115.0

Total grams protein served: 3600

Excess grams fibre served: 1485.0

date: 2022-05-10

day: Tuesday

people: 25

breakfasts:

17 toast

4 porridge

4 pancakes

lunch mains:

17 beefBurgers

4 sushi

4 potatoCurry

lunch sides:

25 porkSausages

4 yorkshirePuddings

lunch dessert:

25 jelly

tea mains:

17 beefBurgers

4 sushi

4 potatoCurry

tea sides:

25 porkSausages

4 yorkshirePuddings

tea desserts:

25 jelly

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 110014

Excess calories served: 24514.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10990

Excess grams carbohydrate served: 1371.25

Total grams fat required for group: 1881.0

Total grams fat served: 3697

Excess grams fat served: 1816.0

Total grams fibre required for group: 897.75

Total grams fibre served: 899

Excess grams fibre served: 1.25

Total grams protein required by group: 1923.75

Total grams protein served: 3730

Excess grams fibre served: 1806.25

date: 2022-05-11

day: Wednesday

people: 25

breakfasts:

17 pancakes

4 veganFullEnglish

4 veganYoghurt

lunch mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

lunch sides:

25 eggFriedRice

1 breadRolls

lunch dessert:

25 walnutCake

tea mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

tea sides:

25 eggFriedRice

1 breadRolls

tea desserts:

25 walnutCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85866

Excess calories served: 366.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10898

Excess grams carbohydrate served: 1279.25

Total grams fat required for group: 1881.0

Total grams fat served: 3022

Excess grams fat served: 1141.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1705

Excess grams fibre served: 807.25

Total grams protein required by group: 1923.75

Total grams protein served: 3299

Excess grams fibre served: 1375.25

date: 2022-05-12

day: Thursday

people: 25

breakfasts:

17 veganYoghurt

4 yoghurt

4 toast

lunch mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

lunch sides:

9 beans

9 broccoli

lunch dessert:

25 berryCrumble

tea mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

tea sides:

9 beans

9 broccoli

tea desserts:

25 berryCrumble

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 91719

Excess calories served: 6219.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9621

Excess grams carbohydrate served: 2.25

Total grams fat required for group: 1881.0

Total grams fat served: 3368

Excess grams fat served: 1487.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1158

Excess grams fibre served: 260.25

Total grams protein required by group: 1923.75

Total grams protein served: 3516

Excess grams fibre served: 1592.25

date: 2022-05-13

day: Friday

people: 25

breakfasts:

17 porridge

4 pancakes

4 veganFullEnglish

lunch mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

lunch sides:

1 chips

3 peas

lunch dessert:

25 spongeCustard

tea mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

tea sides:

1 chips

3 peas

tea desserts:

25 spongeCustard

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85563

Excess calories served: 63.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9889

Excess grams carbohydrate served: 270.25

Total grams fat required for group: 1881.0

Total grams fat served: 3674

Excess grams fat served: 1793.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1159

Excess grams fibre served: 261.25

Total grams protein required by group: 1923.75

Total grams protein served: 2242

Excess grams fibre served: 318.25

date: 2022-05-14

day: Saturday

people: 25

breakfasts:

17 yoghurt

4 veganYoghurt

4 veganPorridge

lunch mains:

17 beanChilli

4 kievs

4 mushroomSoup

lunch sides:

17 veganSausages

25 Rice

lunch dessert:

25 chocolateCake

tea mains:

17 beanChilli

4 kievs

4 mushroomSoup

tea sides:

17 veganSausages

25 Rice

tea desserts:

25 chocolateCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85682

Excess calories served: 182.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10878

Excess grams carbohydrate served: 1259.25

Total grams fat required for group: 1881.0

Total grams fat served: 3076

Excess grams fat served: 1195.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1643

Excess grams fibre served: 745.25

Total grams protein required by group: 1923.75

Total grams protein served: 3154

Excess grams fibre served: 1230.25

date: 2022-05-15

day: Sunday

people: 25

breakfasts:

17 veganFullEnglish

4 veganPorridge

4 yoghurt

lunch mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

lunch sides:

25 bakedPotato

23 roastPotatoes

lunch dessert:

25 peanutCookies

tea mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

tea sides:

25 bakedPotato

23 roastPotatoes

tea desserts:

25 peanutCookies

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 109994

Excess calories served: 24494.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9635

Excess grams carbohydrate served: 16.25

Total grams fat required for group: 1881.0

Total grams fat served: 5953

Excess grams fat served: 4072.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1395

Excess grams fibre served: 497.25

Total grams protein required by group: 1923.75

Total grams protein served: 3589

Excess grams fibre served: 1665.25

date: 2022-05-16

day: Monday

people: 25

breakfasts:

17 veganPorridge

4 toast

4 porridge

lunch mains:

17 quornChilli

4 veganPizza

4 fishPaella

lunch sides:

3 carrots

16 nutBake

lunch dessert:

25 veganPancakes

tea mains:

17 quornChilli

4 veganPizza

4 fishPaella

tea sides:

3 carrots

16 nutBake

tea desserts:

25 veganPancakes

treat:

25 peanutCookies

25 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85534

Excess calories served: 34.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10231

Excess grams carbohydrate served: 612.25

Total grams fat required for group: 1881.0

Total grams fat served: 3049

Excess grams fat served: 1168.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1852

Excess grams fibre served: 954.25

Total grams protein required by group: 1923.75

Total grams protein served: 3308

Excess grams fibre served: 1384.25

date: 2022-05-17

day: Tuesday

people: 25

breakfasts:

17 toast

4 porridge

4 pancakes

lunch mains:

17 beefBurgers

4 sushi

4 potatoCurry

lunch sides:

25 porkSausages

4 yorkshirePuddings

lunch dessert:

25 jelly

tea mains:

17 beefBurgers

4 sushi

4 potatoCurry

tea sides:

25 porkSausages

4 yorkshirePuddings

tea desserts:

25 jelly

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 110014

Excess calories served: 24514.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10990

Excess grams carbohydrate served: 1371.25

Total grams fat required for group: 1881.0

Total grams fat served: 3697

Excess grams fat served: 1816.0

Total grams fibre required for group: 897.75

Total grams fibre served: 899

Excess grams fibre served: 1.25

Total grams protein required by group: 1923.75

Total grams protein served: 3730

Excess grams fibre served: 1806.25

date: 2022-05-18

day: Wednesday

people: 25

breakfasts:

17 pancakes

4 veganFullEnglish

4 veganYoghurt

lunch mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

lunch sides:

25 eggFriedRice

1 breadRolls

lunch dessert:

25 walnutCake

tea mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

tea sides:

25 eggFriedRice

1 breadRolls

tea desserts:

25 walnutCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85866

Excess calories served: 366.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10898

Excess grams carbohydrate served: 1279.25

Total grams fat required for group: 1881.0

Total grams fat served: 3022

Excess grams fat served: 1141.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1705

Excess grams fibre served: 807.25

Total grams protein required by group: 1923.75

Total grams protein served: 3299

Excess grams fibre served: 1375.25

date: 2022-05-19

day: Thursday

people: 25

breakfasts:

17 veganYoghurt

4 yoghurt

4 toast

lunch mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

lunch sides:

9 beans

9 broccoli

lunch dessert:

25 berryCrumble

tea mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

tea sides:

9 beans

9 broccoli

tea desserts:

25 berryCrumble

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 91719

Excess calories served: 6219.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9621

Excess grams carbohydrate served: 2.25

Total grams fat required for group: 1881.0

Total grams fat served: 3368

Excess grams fat served: 1487.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1158

Excess grams fibre served: 260.25

Total grams protein required by group: 1923.75

Total grams protein served: 3516

Excess grams fibre served: 1592.25

date: 2022-05-20

day: Friday

people: 25

breakfasts:

17 porridge

4 pancakes

4 veganFullEnglish

lunch mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

lunch sides:

1 chips

3 peas

lunch dessert:

25 spongeCustard

tea mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

tea sides:

1 chips

3 peas

tea desserts:

25 spongeCustard

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85563

Excess calories served: 63.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9889

Excess grams carbohydrate served: 270.25

Total grams fat required for group: 1881.0

Total grams fat served: 3674

Excess grams fat served: 1793.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1159

Excess grams fibre served: 261.25

Total grams protein required by group: 1923.75

Total grams protein served: 2242

Excess grams fibre served: 318.25

date: 2022-05-21

day: Saturday

people: 25

breakfasts:

17 yoghurt

4 veganYoghurt

4 veganPorridge

lunch mains:

17 beanChilli

4 kievs

4 mushroomSoup

lunch sides:

17 veganSausages

25 Rice

lunch dessert:

25 chocolateCake

tea mains:

17 beanChilli

4 kievs

4 mushroomSoup

tea sides:

17 veganSausages

25 Rice

tea desserts:

25 chocolateCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85682

Excess calories served: 182.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10878

Excess grams carbohydrate served: 1259.25

Total grams fat required for group: 1881.0

Total grams fat served: 3076

Excess grams fat served: 1195.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1643

Excess grams fibre served: 745.25

Total grams protein required by group: 1923.75

Total grams protein served: 3154

Excess grams fibre served: 1230.25

date: 2022-05-22

day: Sunday

people: 25

breakfasts:

17 veganFullEnglish

4 veganPorridge

4 yoghurt

lunch mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

lunch sides:

25 bakedPotato

23 roastPotatoes

lunch dessert:

25 peanutCookies

tea mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

tea sides:

25 bakedPotato

23 roastPotatoes

tea desserts:

25 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 109994

Excess calories served: 24494.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9635

Excess grams carbohydrate served: 16.25

Total grams fat required for group: 1881.0

Total grams fat served: 5953

Excess grams fat served: 4072.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1395

Excess grams fibre served: 497.25

Total grams protein required by group: 1923.75

Total grams protein served: 3589

Excess grams fibre served: 1665.25

date: 2022-05-23

day: Monday

people: 25

breakfasts:

17 veganPorridge

4 toast

4 porridge

lunch mains:

17 quornChilli

4 veganPizza

4 fishPaella

lunch sides:

3 carrots

16 nutBake

lunch dessert:

25 veganPancakes

tea mains:

17 quornChilli

4 veganPizza

4 fishPaella

tea sides:

3 carrots

16 nutBake

tea desserts:

25 veganPancakes

treat:

25 veganFruitYoghurt

25 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85534

Excess calories served: 34.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10231

Excess grams carbohydrate served: 612.25

Total grams fat required for group: 1881.0

Total grams fat served: 3049

Excess grams fat served: 1168.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1852

Excess grams fibre served: 954.25

Total grams protein required by group: 1923.75

Total grams protein served: 3308

Excess grams fibre served: 1384.25

date: 2022-05-24

day: Tuesday

people: 25

breakfasts:

17 toast

4 porridge

4 pancakes

lunch mains:

17 beefBurgers

4 sushi

4 potatoCurry

lunch sides:

25 porkSausages

4 yorkshirePuddings

lunch dessert:

25 jelly

tea mains:

17 beefBurgers

4 sushi

4 potatoCurry

tea sides:

25 porkSausages

4 yorkshirePuddings

tea desserts:

25 jelly

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 110014

Excess calories served: 24514.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10990

Excess grams carbohydrate served: 1371.25

Total grams fat required for group: 1881.0

Total grams fat served: 3697

Excess grams fat served: 1816.0

Total grams fibre required for group: 897.75

Total grams fibre served: 899

Excess grams fibre served: 1.25

Total grams protein required by group: 1923.75

Total grams protein served: 3730

Excess grams fibre served: 1806.25

date: 2022-05-25

day: Wednesday

people: 25

breakfasts:

17 pancakes

4 veganFullEnglish

4 veganYoghurt

lunch mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

lunch sides:

25 eggFriedRice

1 breadRolls

lunch dessert:

25 walnutCake

tea mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

tea sides:

25 eggFriedRice

1 breadRolls

tea desserts:

25 walnutCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85866

Excess calories served: 366.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10898

Excess grams carbohydrate served: 1279.25

Total grams fat required for group: 1881.0

Total grams fat served: 3022

Excess grams fat served: 1141.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1705

Excess grams fibre served: 807.25

Total grams protein required by group: 1923.75

Total grams protein served: 3299

Excess grams fibre served: 1375.25

date: 2022-05-26

day: Thursday

people: 25

breakfasts:

17 veganYoghurt

4 yoghurt

4 toast

lunch mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

lunch sides:

9 beans

9 broccoli

lunch dessert:

25 berryCrumble

tea mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

tea sides:

9 beans

9 broccoli

tea desserts:

25 berryCrumble

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 91719

Excess calories served: 6219.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9621

Excess grams carbohydrate served: 2.25

Total grams fat required for group: 1881.0

Total grams fat served: 3368

Excess grams fat served: 1487.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1158

Excess grams fibre served: 260.25

Total grams protein required by group: 1923.75

Total grams protein served: 3516

Excess grams fibre served: 1592.25

date: 2022-05-27

day: Friday

people: 25

breakfasts:

17 porridge

4 pancakes

4 veganFullEnglish

lunch mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

lunch sides:

1 chips

3 peas

lunch dessert:

25 spongeCustard

tea mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

tea sides:

1 chips

3 peas

tea desserts:

25 spongeCustard

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85563

Excess calories served: 63.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9889

Excess grams carbohydrate served: 270.25

Total grams fat required for group: 1881.0

Total grams fat served: 3674

Excess grams fat served: 1793.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1159

Excess grams fibre served: 261.25

Total grams protein required by group: 1923.75

Total grams protein served: 2242

Excess grams fibre served: 318.25

date: 2022-05-28

day: Saturday

people: 25

breakfasts:

17 yoghurt

4 veganYoghurt

4 veganPorridge

lunch mains:

17 beanChilli

4 kievs

4 mushroomSoup

lunch sides:

17 veganSausages

25 Rice

lunch dessert:

25 chocolateCake

tea mains:

17 beanChilli

4 kievs

4 mushroomSoup

tea sides:

17 veganSausages

25 Rice

tea desserts:

25 chocolateCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85682

Excess calories served: 182.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10878

Excess grams carbohydrate served: 1259.25

Total grams fat required for group: 1881.0

Total grams fat served: 3076

Excess grams fat served: 1195.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1643

Excess grams fibre served: 745.25

Total grams protein required by group: 1923.75

Total grams protein served: 3154

Excess grams fibre served: 1230.25

date: 2022-05-29

day: Sunday

people: 25

breakfasts:

17 veganFullEnglish

4 veganPorridge

4 yoghurt

lunch mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

lunch sides:

25 bakedPotato

23 roastPotatoes

lunch dessert:

25 peanutCookies

tea mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

tea sides:

25 bakedPotato

23 roastPotatoes

tea desserts:

25 peanutCookies

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 109994

Excess calories served: 24494.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9635

Excess grams carbohydrate served: 16.25

Total grams fat required for group: 1881.0

Total grams fat served: 5953

Excess grams fat served: 4072.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1395

Excess grams fibre served: 497.25

Total grams protein required by group: 1923.75

Total grams protein served: 3589

Excess grams fibre served: 1665.25

date: 2022-05-30

day: Monday

people: 25

breakfasts:

17 veganPorridge

4 toast

4 porridge

lunch mains:

17 quornChilli

4 veganPizza

4 fishPaella

lunch sides:

3 carrots

16 nutBake

lunch dessert:

25 veganPancakes

tea mains:

17 quornChilli

4 veganPizza

4 fishPaella

tea sides:

3 carrots

16 nutBake

tea desserts:

25 veganPancakes

treat:

25 peanutCookies

25 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85534

Excess calories served: 34.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10231

Excess grams carbohydrate served: 612.25

Total grams fat required for group: 1881.0

Total grams fat served: 3049

Excess grams fat served: 1168.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1852

Excess grams fibre served: 954.25

Total grams protein required by group: 1923.75

Total grams protein served: 3308

Excess grams fibre served: 1384.25

date: 2022-05-31

day: Tuesday

people: 25

breakfasts:

17 toast

4 porridge

4 pancakes

lunch mains:

17 beefBurgers

4 sushi

4 potatoCurry

lunch sides:

25 porkSausages

4 yorkshirePuddings

lunch dessert:

25 jelly

tea mains:

17 beefBurgers

4 sushi

4 potatoCurry

tea sides:

25 porkSausages

4 yorkshirePuddings

tea desserts:

25 jelly

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 110014

Excess calories served: 24514.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10990

Excess grams carbohydrate served: 1371.25

Total grams fat required for group: 1881.0

Total grams fat served: 3697

Excess grams fat served: 1816.0

Total grams fibre required for group: 897.75

Total grams fibre served: 899

Excess grams fibre served: 1.25

Total grams protein required by group: 1923.75

Total grams protein served: 3730

Excess grams fibre served: 1806.25

date: 2022-06-01

day: Wednesday

people: 25

breakfasts:

17 pancakes

4 veganFullEnglish

4 veganYoghurt

lunch mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

lunch sides:

25 eggFriedRice

1 breadRolls

lunch dessert:

25 walnutCake

tea mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

tea sides:

25 eggFriedRice

1 breadRolls

tea desserts:

25 walnutCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85866

Excess calories served: 366.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10898

Excess grams carbohydrate served: 1279.25

Total grams fat required for group: 1881.0

Total grams fat served: 3022

Excess grams fat served: 1141.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1705

Excess grams fibre served: 807.25

Total grams protein required by group: 1923.75

Total grams protein served: 3299

Excess grams fibre served: 1375.25

date: 2022-06-02

day: Thursday

people: 25

breakfasts:

17 veganYoghurt

4 yoghurt

4 toast

lunch mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

lunch sides:

9 beans

9 broccoli

lunch dessert:

25 berryCrumble

tea mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

tea sides:

9 beans

9 broccoli

tea desserts:

25 berryCrumble

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 91719

Excess calories served: 6219.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9621

Excess grams carbohydrate served: 2.25

Total grams fat required for group: 1881.0

Total grams fat served: 3368

Excess grams fat served: 1487.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1158

Excess grams fibre served: 260.25

Total grams protein required by group: 1923.75

Total grams protein served: 3516

Excess grams fibre served: 1592.25

date: 2022-06-03

day: Friday

people: 25

breakfasts:

17 porridge

4 pancakes

4 veganFullEnglish

lunch mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

lunch sides:

1 chips

3 peas

lunch dessert:

25 spongeCustard

tea mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

tea sides:

1 chips

3 peas

tea desserts:

25 spongeCustard

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85563

Excess calories served: 63.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9889

Excess grams carbohydrate served: 270.25

Total grams fat required for group: 1881.0

Total grams fat served: 3674

Excess grams fat served: 1793.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1159

Excess grams fibre served: 261.25

Total grams protein required by group: 1923.75

Total grams protein served: 2242

Excess grams fibre served: 318.25

date: 2022-06-04

day: Saturday

people: 25

breakfasts:

17 yoghurt

4 veganYoghurt

4 veganPorridge

lunch mains:

17 beanChilli

4 kievs

4 mushroomSoup

lunch sides:

17 veganSausages

25 Rice

lunch dessert:

25 chocolateCake

tea mains:

17 beanChilli

4 kievs

4 mushroomSoup

tea sides:

17 veganSausages

25 Rice

tea desserts:

25 chocolateCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85682

Excess calories served: 182.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10878

Excess grams carbohydrate served: 1259.25

Total grams fat required for group: 1881.0

Total grams fat served: 3076

Excess grams fat served: 1195.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1643

Excess grams fibre served: 745.25

Total grams protein required by group: 1923.75

Total grams protein served: 3154

Excess grams fibre served: 1230.25

date: 2022-06-05

day: Sunday

people: 25

breakfasts:

17 veganFullEnglish

4 veganPorridge

4 yoghurt

lunch mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

lunch sides:

25 bakedPotato

23 roastPotatoes

lunch dessert:

25 peanutCookies

tea mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

tea sides:

25 bakedPotato

23 roastPotatoes

tea desserts:

25 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 109994

Excess calories served: 24494.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9635

Excess grams carbohydrate served: 16.25

Total grams fat required for group: 1881.0

Total grams fat served: 5953

Excess grams fat served: 4072.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1395

Excess grams fibre served: 497.25

Total grams protein required by group: 1923.75

Total grams protein served: 3589

Excess grams fibre served: 1665.25

date: 2022-06-06

day: Monday

people: 25

breakfasts:

17 veganPorridge

4 toast

4 porridge

lunch mains:

17 quornChilli

4 veganPizza

4 fishPaella

lunch sides:

3 carrots

16 nutBake

lunch dessert:

25 veganPancakes

tea mains:

17 quornChilli

4 veganPizza

4 fishPaella

tea sides:

3 carrots

16 nutBake

tea desserts:

25 veganPancakes

treat:

25 veganFruitYoghurt

25 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85534

Excess calories served: 34.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10231

Excess grams carbohydrate served: 612.25

Total grams fat required for group: 1881.0

Total grams fat served: 3049

Excess grams fat served: 1168.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1852

Excess grams fibre served: 954.25

Total grams protein required by group: 1923.75

Total grams protein served: 3308

Excess grams fibre served: 1384.25

date: 2022-06-07

day: Tuesday

people: 25

breakfasts:

17 toast

4 porridge

4 pancakes

lunch mains:

17 beefBurgers

4 sushi

4 potatoCurry

lunch sides:

25 porkSausages

4 yorkshirePuddings

lunch dessert:

25 jelly

tea mains:

17 beefBurgers

4 sushi

4 potatoCurry

tea sides:

25 porkSausages

4 yorkshirePuddings

tea desserts:

25 jelly

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 110014

Excess calories served: 24514.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10990

Excess grams carbohydrate served: 1371.25

Total grams fat required for group: 1881.0

Total grams fat served: 3697

Excess grams fat served: 1816.0

Total grams fibre required for group: 897.75

Total grams fibre served: 899

Excess grams fibre served: 1.25

Total grams protein required by group: 1923.75

Total grams protein served: 3730

Excess grams fibre served: 1806.25

date: 2022-06-08

day: Wednesday

people: 25

breakfasts:

17 pancakes

4 veganFullEnglish

4 veganYoghurt

lunch mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

lunch sides:

25 eggFriedRice

1 breadRolls

lunch dessert:

25 walnutCake

tea mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

tea sides:

25 eggFriedRice

1 breadRolls

tea desserts:

25 walnutCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85866

Excess calories served: 366.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10898

Excess grams carbohydrate served: 1279.25

Total grams fat required for group: 1881.0

Total grams fat served: 3022

Excess grams fat served: 1141.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1705

Excess grams fibre served: 807.25

Total grams protein required by group: 1923.75

Total grams protein served: 3299

Excess grams fibre served: 1375.25

date: 2022-06-09

day: Thursday

people: 25

breakfasts:

17 veganYoghurt

4 yoghurt

4 toast

lunch mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

lunch sides:

9 beans

9 broccoli

lunch dessert:

25 berryCrumble

tea mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

tea sides:

9 beans

9 broccoli

tea desserts:

25 berryCrumble

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 91719

Excess calories served: 6219.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9621

Excess grams carbohydrate served: 2.25

Total grams fat required for group: 1881.0

Total grams fat served: 3368

Excess grams fat served: 1487.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1158

Excess grams fibre served: 260.25

Total grams protein required by group: 1923.75

Total grams protein served: 3516

Excess grams fibre served: 1592.25

date: 2022-06-10

day: Friday

people: 25

breakfasts:

17 porridge

4 pancakes

4 veganFullEnglish

lunch mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

lunch sides:

1 chips

3 peas

lunch dessert:

25 spongeCustard

tea mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

tea sides:

1 chips

3 peas

tea desserts:

25 spongeCustard

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85563

Excess calories served: 63.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9889

Excess grams carbohydrate served: 270.25

Total grams fat required for group: 1881.0

Total grams fat served: 3674

Excess grams fat served: 1793.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1159

Excess grams fibre served: 261.25

Total grams protein required by group: 1923.75

Total grams protein served: 2242

Excess grams fibre served: 318.25

date: 2022-06-11

day: Saturday

people: 25

breakfasts:

17 yoghurt

4 veganYoghurt

4 veganPorridge

lunch mains:

17 beanChilli

4 kievs

4 mushroomSoup

lunch sides:

17 veganSausages

25 Rice

lunch dessert:

25 chocolateCake

tea mains:

17 beanChilli

4 kievs

4 mushroomSoup

tea sides:

17 veganSausages

25 Rice

tea desserts:

25 chocolateCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85682

Excess calories served: 182.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10878

Excess grams carbohydrate served: 1259.25

Total grams fat required for group: 1881.0

Total grams fat served: 3076

Excess grams fat served: 1195.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1643

Excess grams fibre served: 745.25

Total grams protein required by group: 1923.75

Total grams protein served: 3154

Excess grams fibre served: 1230.25

date: 2022-06-12

day: Sunday

people: 25

breakfasts:

17 veganFullEnglish

4 veganPorridge

4 yoghurt

lunch mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

lunch sides:

25 bakedPotato

23 roastPotatoes

lunch dessert:

25 peanutCookies

tea mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

tea sides:

25 bakedPotato

23 roastPotatoes

tea desserts:

25 peanutCookies

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 109994

Excess calories served: 24494.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9635

Excess grams carbohydrate served: 16.25

Total grams fat required for group: 1881.0

Total grams fat served: 5953

Excess grams fat served: 4072.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1395

Excess grams fibre served: 497.25

Total grams protein required by group: 1923.75

Total grams protein served: 3589

Excess grams fibre served: 1665.25

date: 2022-06-13

day: Monday

people: 25

breakfasts:

17 veganPorridge

4 toast

4 porridge

lunch mains:

17 quornChilli

4 veganPizza

4 fishPaella

lunch sides:

3 carrots

16 nutBake

lunch dessert:

25 veganPancakes

tea mains:

17 quornChilli

4 veganPizza

4 fishPaella

tea sides:

3 carrots

16 nutBake

tea desserts:

25 veganPancakes

treat:

25 peanutCookies

25 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85534

Excess calories served: 34.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10231

Excess grams carbohydrate served: 612.25

Total grams fat required for group: 1881.0

Total grams fat served: 3049

Excess grams fat served: 1168.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1852

Excess grams fibre served: 954.25

Total grams protein required by group: 1923.75

Total grams protein served: 3308

Excess grams fibre served: 1384.25

date: 2022-06-14

day: Tuesday

people: 25

breakfasts:

17 toast

4 porridge

4 pancakes

lunch mains:

17 beefBurgers

4 sushi

4 potatoCurry

lunch sides:

25 porkSausages

4 yorkshirePuddings

lunch dessert:

25 jelly

tea mains:

17 beefBurgers

4 sushi

4 potatoCurry

tea sides:

25 porkSausages

4 yorkshirePuddings

tea desserts:

25 jelly

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 110014

Excess calories served: 24514.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10990

Excess grams carbohydrate served: 1371.25

Total grams fat required for group: 1881.0

Total grams fat served: 3697

Excess grams fat served: 1816.0

Total grams fibre required for group: 897.75

Total grams fibre served: 899

Excess grams fibre served: 1.25

Total grams protein required by group: 1923.75

Total grams protein served: 3730

Excess grams fibre served: 1806.25

date: 2022-06-15

day: Wednesday

people: 25

breakfasts:

17 pancakes

4 veganFullEnglish

4 veganYoghurt

lunch mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

lunch sides:

25 eggFriedRice

1 breadRolls

lunch dessert:

25 walnutCake

tea mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

tea sides:

25 eggFriedRice

1 breadRolls

tea desserts:

25 walnutCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85866

Excess calories served: 366.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10898

Excess grams carbohydrate served: 1279.25

Total grams fat required for group: 1881.0

Total grams fat served: 3022

Excess grams fat served: 1141.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1705

Excess grams fibre served: 807.25

Total grams protein required by group: 1923.75

Total grams protein served: 3299

Excess grams fibre served: 1375.25

date: 2022-06-16

day: Thursday

people: 25

breakfasts:

17 veganYoghurt

4 yoghurt

4 toast

lunch mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

lunch sides:

9 beans

9 broccoli

lunch dessert:

25 berryCrumble

tea mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

tea sides:

9 beans

9 broccoli

tea desserts:

25 berryCrumble

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 91719

Excess calories served: 6219.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9621

Excess grams carbohydrate served: 2.25

Total grams fat required for group: 1881.0

Total grams fat served: 3368

Excess grams fat served: 1487.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1158

Excess grams fibre served: 260.25

Total grams protein required by group: 1923.75

Total grams protein served: 3516

Excess grams fibre served: 1592.25

date: 2022-06-17

day: Friday

people: 25

breakfasts:

17 porridge

4 pancakes

4 veganFullEnglish

lunch mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

lunch sides:

1 chips

3 peas

lunch dessert:

25 spongeCustard

tea mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

tea sides:

1 chips

3 peas

tea desserts:

25 spongeCustard

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85563

Excess calories served: 63.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9889

Excess grams carbohydrate served: 270.25

Total grams fat required for group: 1881.0

Total grams fat served: 3674

Excess grams fat served: 1793.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1159

Excess grams fibre served: 261.25

Total grams protein required by group: 1923.75

Total grams protein served: 2242

Excess grams fibre served: 318.25

date: 2022-06-18

day: Saturday

people: 25

breakfasts:

17 yoghurt

4 veganYoghurt

4 veganPorridge

lunch mains:

17 beanChilli

4 kievs

4 mushroomSoup

lunch sides:

17 veganSausages

25 Rice

lunch dessert:

25 chocolateCake

tea mains:

17 beanChilli

4 kievs

4 mushroomSoup

tea sides:

17 veganSausages

25 Rice

tea desserts:

25 chocolateCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85682

Excess calories served: 182.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10878

Excess grams carbohydrate served: 1259.25

Total grams fat required for group: 1881.0

Total grams fat served: 3076

Excess grams fat served: 1195.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1643

Excess grams fibre served: 745.25

Total grams protein required by group: 1923.75

Total grams protein served: 3154

Excess grams fibre served: 1230.25

date: 2022-06-19

day: Sunday

people: 25

breakfasts:

17 veganFullEnglish

4 veganPorridge

4 yoghurt

lunch mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

lunch sides:

25 bakedPotato

23 roastPotatoes

lunch dessert:

25 peanutCookies

tea mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

tea sides:

25 bakedPotato

23 roastPotatoes

tea desserts:

25 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 109994

Excess calories served: 24494.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9635

Excess grams carbohydrate served: 16.25

Total grams fat required for group: 1881.0

Total grams fat served: 5953

Excess grams fat served: 4072.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1395

Excess grams fibre served: 497.25

Total grams protein required by group: 1923.75

Total grams protein served: 3589

Excess grams fibre served: 1665.25

date: 2022-06-20

day: Monday

people: 25

breakfasts:

17 veganPorridge

4 toast

4 porridge

lunch mains:

17 quornChilli

4 veganPizza

4 fishPaella

lunch sides:

3 carrots

16 nutBake

lunch dessert:

25 veganPancakes

tea mains:

17 quornChilli

4 veganPizza

4 fishPaella

tea sides:

3 carrots

16 nutBake

tea desserts:

25 veganPancakes

treat:

25 veganFruitYoghurt

25 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85534

Excess calories served: 34.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10231

Excess grams carbohydrate served: 612.25

Total grams fat required for group: 1881.0

Total grams fat served: 3049

Excess grams fat served: 1168.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1852

Excess grams fibre served: 954.25

Total grams protein required by group: 1923.75

Total grams protein served: 3308

Excess grams fibre served: 1384.25

date: 2022-06-21

day: Tuesday

people: 25

breakfasts:

17 toast

4 porridge

4 pancakes

lunch mains:

17 beefBurgers

4 sushi

4 potatoCurry

lunch sides:

25 porkSausages

4 yorkshirePuddings

lunch dessert:

25 jelly

tea mains:

17 beefBurgers

4 sushi

4 potatoCurry

tea sides:

25 porkSausages

4 yorkshirePuddings

tea desserts:

25 jelly

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 110014

Excess calories served: 24514.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10990

Excess grams carbohydrate served: 1371.25

Total grams fat required for group: 1881.0

Total grams fat served: 3697

Excess grams fat served: 1816.0

Total grams fibre required for group: 897.75

Total grams fibre served: 899

Excess grams fibre served: 1.25

Total grams protein required by group: 1923.75

Total grams protein served: 3730

Excess grams fibre served: 1806.25

date: 2022-06-22

day: Wednesday

people: 25

breakfasts:

17 pancakes

4 veganFullEnglish

4 veganYoghurt

lunch mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

lunch sides:

25 eggFriedRice

1 breadRolls

lunch dessert:

25 walnutCake

tea mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

tea sides:

25 eggFriedRice

1 breadRolls

tea desserts:

25 walnutCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85866

Excess calories served: 366.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10898

Excess grams carbohydrate served: 1279.25

Total grams fat required for group: 1881.0

Total grams fat served: 3022

Excess grams fat served: 1141.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1705

Excess grams fibre served: 807.25

Total grams protein required by group: 1923.75

Total grams protein served: 3299

Excess grams fibre served: 1375.25

date: 2022-06-23

day: Thursday

people: 25

breakfasts:

17 veganYoghurt

4 yoghurt

4 toast

lunch mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

lunch sides:

9 beans

9 broccoli

lunch dessert:

25 berryCrumble

tea mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

tea sides:

9 beans

9 broccoli

tea desserts:

25 berryCrumble

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 91719

Excess calories served: 6219.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9621

Excess grams carbohydrate served: 2.25

Total grams fat required for group: 1881.0

Total grams fat served: 3368

Excess grams fat served: 1487.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1158

Excess grams fibre served: 260.25

Total grams protein required by group: 1923.75

Total grams protein served: 3516

Excess grams fibre served: 1592.25

date: 2022-06-24

day: Friday

people: 25

breakfasts:

17 porridge

4 pancakes

4 veganFullEnglish

lunch mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

lunch sides:

1 chips

3 peas

lunch dessert:

25 spongeCustard

tea mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

tea sides:

1 chips

3 peas

tea desserts:

25 spongeCustard

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85563

Excess calories served: 63.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9889

Excess grams carbohydrate served: 270.25

Total grams fat required for group: 1881.0

Total grams fat served: 3674

Excess grams fat served: 1793.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1159

Excess grams fibre served: 261.25

Total grams protein required by group: 1923.75

Total grams protein served: 2242

Excess grams fibre served: 318.25

date: 2022-06-25

day: Saturday

people: 25

breakfasts:

17 yoghurt

4 veganYoghurt

4 veganPorridge

lunch mains:

17 beanChilli

4 kievs

4 mushroomSoup

lunch sides:

17 veganSausages

25 Rice

lunch dessert:

25 chocolateCake

tea mains:

17 beanChilli

4 kievs

4 mushroomSoup

tea sides:

17 veganSausages

25 Rice

tea desserts:

25 chocolateCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85682

Excess calories served: 182.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10878

Excess grams carbohydrate served: 1259.25

Total grams fat required for group: 1881.0

Total grams fat served: 3076

Excess grams fat served: 1195.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1643

Excess grams fibre served: 745.25

Total grams protein required by group: 1923.75

Total grams protein served: 3154

Excess grams fibre served: 1230.25

date: 2022-06-26

day: Sunday

people: 25

breakfasts:

17 veganFullEnglish

4 veganPorridge

4 yoghurt

lunch mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

lunch sides:

25 bakedPotato

23 roastPotatoes

lunch dessert:

25 peanutCookies

tea mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

tea sides:

25 bakedPotato

23 roastPotatoes

tea desserts:

25 peanutCookies

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 109994

Excess calories served: 24494.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9635

Excess grams carbohydrate served: 16.25

Total grams fat required for group: 1881.0

Total grams fat served: 5953

Excess grams fat served: 4072.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1395

Excess grams fibre served: 497.25

Total grams protein required by group: 1923.75

Total grams protein served: 3589

Excess grams fibre served: 1665.25

date: 2022-06-27

day: Monday

people: 25

breakfasts:

17 veganPorridge

4 toast

4 porridge

lunch mains:

17 quornChilli

4 veganPizza

4 fishPaella

lunch sides:

3 carrots

16 nutBake

lunch dessert:

25 veganPancakes

tea mains:

17 quornChilli

4 veganPizza

4 fishPaella

tea sides:

3 carrots

16 nutBake

tea desserts:

25 veganPancakes

treat:

25 peanutCookies

25 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85534

Excess calories served: 34.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10231

Excess grams carbohydrate served: 612.25

Total grams fat required for group: 1881.0

Total grams fat served: 3049

Excess grams fat served: 1168.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1852

Excess grams fibre served: 954.25

Total grams protein required by group: 1923.75

Total grams protein served: 3308

Excess grams fibre served: 1384.25

date: 2022-06-28

day: Tuesday

people: 25

breakfasts:

17 toast

4 porridge

4 pancakes

lunch mains:

17 beefBurgers

4 sushi

4 potatoCurry

lunch sides:

25 porkSausages

4 yorkshirePuddings

lunch dessert:

25 jelly

tea mains:

17 beefBurgers

4 sushi

4 potatoCurry

tea sides:

25 porkSausages

4 yorkshirePuddings

tea desserts:

25 jelly

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 110014

Excess calories served: 24514.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10990

Excess grams carbohydrate served: 1371.25

Total grams fat required for group: 1881.0

Total grams fat served: 3697

Excess grams fat served: 1816.0

Total grams fibre required for group: 897.75

Total grams fibre served: 899

Excess grams fibre served: 1.25

Total grams protein required by group: 1923.75

Total grams protein served: 3730

Excess grams fibre served: 1806.25

date: 2022-06-29

day: Wednesday

people: 25

breakfasts:

17 pancakes

4 veganFullEnglish

4 veganYoghurt

lunch mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

lunch sides:

25 eggFriedRice

1 breadRolls

lunch dessert:

25 walnutCake

tea mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

tea sides:

25 eggFriedRice

1 breadRolls

tea desserts:

25 walnutCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85866

Excess calories served: 366.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10898

Excess grams carbohydrate served: 1279.25

Total grams fat required for group: 1881.0

Total grams fat served: 3022

Excess grams fat served: 1141.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1705

Excess grams fibre served: 807.25

Total grams protein required by group: 1923.75

Total grams protein served: 3299

Excess grams fibre served: 1375.25

date: 2022-06-30

day: Thursday

people: 25

breakfasts:

17 veganYoghurt

4 yoghurt

4 toast

lunch mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

lunch sides:

9 beans

9 broccoli

lunch dessert:

25 berryCrumble

tea mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

tea sides:

9 beans

9 broccoli

tea desserts:

25 berryCrumble

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 91719

Excess calories served: 6219.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9621

Excess grams carbohydrate served: 2.25

Total grams fat required for group: 1881.0

Total grams fat served: 3368

Excess grams fat served: 1487.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1158

Excess grams fibre served: 260.25

Total grams protein required by group: 1923.75

Total grams protein served: 3516

Excess grams fibre served: 1592.25

date: 2022-07-01

day: Friday

people: 25

breakfasts:

17 porridge

4 pancakes

4 veganFullEnglish

lunch mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

lunch sides:

1 chips

3 peas

lunch dessert:

25 spongeCustard

tea mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

tea sides:

1 chips

3 peas

tea desserts:

25 spongeCustard

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85563

Excess calories served: 63.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9889

Excess grams carbohydrate served: 270.25

Total grams fat required for group: 1881.0

Total grams fat served: 3674

Excess grams fat served: 1793.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1159

Excess grams fibre served: 261.25

Total grams protein required by group: 1923.75

Total grams protein served: 2242

Excess grams fibre served: 318.25

date: 2022-07-02

day: Saturday

people: 25

breakfasts:

17 yoghurt

4 veganYoghurt

4 veganPorridge

lunch mains:

17 beanChilli

4 kievs

4 mushroomSoup

lunch sides:

17 veganSausages

25 Rice

lunch dessert:

25 chocolateCake

tea mains:

17 beanChilli

4 kievs

4 mushroomSoup

tea sides:

17 veganSausages

25 Rice

tea desserts:

25 chocolateCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85682

Excess calories served: 182.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10878

Excess grams carbohydrate served: 1259.25

Total grams fat required for group: 1881.0

Total grams fat served: 3076

Excess grams fat served: 1195.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1643

Excess grams fibre served: 745.25

Total grams protein required by group: 1923.75

Total grams protein served: 3154

Excess grams fibre served: 1230.25

date: 2022-07-03

day: Sunday

people: 25

breakfasts:

17 veganFullEnglish

4 veganPorridge

4 yoghurt

lunch mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

lunch sides:

25 bakedPotato

23 roastPotatoes

lunch dessert:

25 peanutCookies

tea mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

tea sides:

25 bakedPotato

23 roastPotatoes

tea desserts:

25 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 109994

Excess calories served: 24494.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9635

Excess grams carbohydrate served: 16.25

Total grams fat required for group: 1881.0

Total grams fat served: 5953

Excess grams fat served: 4072.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1395

Excess grams fibre served: 497.25

Total grams protein required by group: 1923.75

Total grams protein served: 3589

Excess grams fibre served: 1665.25

date: 2022-07-04

day: Monday

people: 25

breakfasts:

17 veganPorridge

4 toast

4 porridge

lunch mains:

17 quornChilli

4 veganPizza

4 fishPaella

lunch sides:

3 carrots

16 nutBake

lunch dessert:

25 veganPancakes

tea mains:

17 quornChilli

4 veganPizza

4 fishPaella

tea sides:

3 carrots

16 nutBake

tea desserts:

25 veganPancakes

treat:

25 veganFruitYoghurt

25 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85534

Excess calories served: 34.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10231

Excess grams carbohydrate served: 612.25

Total grams fat required for group: 1881.0

Total grams fat served: 3049

Excess grams fat served: 1168.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1852

Excess grams fibre served: 954.25

Total grams protein required by group: 1923.75

Total grams protein served: 3308

Excess grams fibre served: 1384.25

date: 2022-07-05

day: Tuesday

people: 25

breakfasts:

17 toast

4 porridge

4 pancakes

lunch mains:

17 beefBurgers

4 sushi

4 potatoCurry

lunch sides:

25 porkSausages

4 yorkshirePuddings

lunch dessert:

25 jelly

tea mains:

17 beefBurgers

4 sushi

4 potatoCurry

tea sides:

25 porkSausages

4 yorkshirePuddings

tea desserts:

25 jelly

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 110014

Excess calories served: 24514.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10990

Excess grams carbohydrate served: 1371.25

Total grams fat required for group: 1881.0

Total grams fat served: 3697

Excess grams fat served: 1816.0

Total grams fibre required for group: 897.75

Total grams fibre served: 899

Excess grams fibre served: 1.25

Total grams protein required by group: 1923.75

Total grams protein served: 3730

Excess grams fibre served: 1806.25

date: 2022-07-06

day: Wednesday

people: 25

breakfasts:

17 pancakes

4 veganFullEnglish

4 veganYoghurt

lunch mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

lunch sides:

25 eggFriedRice

1 breadRolls

lunch dessert:

25 walnutCake

tea mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

tea sides:

25 eggFriedRice

1 breadRolls

tea desserts:

25 walnutCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85866

Excess calories served: 366.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10898

Excess grams carbohydrate served: 1279.25

Total grams fat required for group: 1881.0

Total grams fat served: 3022

Excess grams fat served: 1141.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1705

Excess grams fibre served: 807.25

Total grams protein required by group: 1923.75

Total grams protein served: 3299

Excess grams fibre served: 1375.25

date: 2022-07-07

day: Thursday

people: 25

breakfasts:

17 veganYoghurt

4 yoghurt

4 toast

lunch mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

lunch sides:

9 beans

9 broccoli

lunch dessert:

25 berryCrumble

tea mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

tea sides:

9 beans

9 broccoli

tea desserts:

25 berryCrumble

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 91719

Excess calories served: 6219.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9621

Excess grams carbohydrate served: 2.25

Total grams fat required for group: 1881.0

Total grams fat served: 3368

Excess grams fat served: 1487.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1158

Excess grams fibre served: 260.25

Total grams protein required by group: 1923.75

Total grams protein served: 3516

Excess grams fibre served: 1592.25

date: 2022-07-08

day: Friday

people: 25

breakfasts:

17 porridge

4 pancakes

4 veganFullEnglish

lunch mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

lunch sides:

1 chips

3 peas

lunch dessert:

25 spongeCustard

tea mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

tea sides:

1 chips

3 peas

tea desserts:

25 spongeCustard

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85563

Excess calories served: 63.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9889

Excess grams carbohydrate served: 270.25

Total grams fat required for group: 1881.0

Total grams fat served: 3674

Excess grams fat served: 1793.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1159

Excess grams fibre served: 261.25

Total grams protein required by group: 1923.75

Total grams protein served: 2242

Excess grams fibre served: 318.25

date: 2022-07-09

day: Saturday

people: 25

breakfasts:

17 yoghurt

4 veganYoghurt

4 veganPorridge

lunch mains:

17 beanChilli

4 kievs

4 mushroomSoup

lunch sides:

17 veganSausages

25 Rice

lunch dessert:

25 chocolateCake

tea mains:

17 beanChilli

4 kievs

4 mushroomSoup

tea sides:

17 veganSausages

25 Rice

tea desserts:

25 chocolateCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85682

Excess calories served: 182.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10878

Excess grams carbohydrate served: 1259.25

Total grams fat required for group: 1881.0

Total grams fat served: 3076

Excess grams fat served: 1195.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1643

Excess grams fibre served: 745.25

Total grams protein required by group: 1923.75

Total grams protein served: 3154

Excess grams fibre served: 1230.25

date: 2022-07-10

day: Sunday

people: 25

breakfasts:

17 veganFullEnglish

4 veganPorridge

4 yoghurt

lunch mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

lunch sides:

25 bakedPotato

23 roastPotatoes

lunch dessert:

25 peanutCookies

tea mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

tea sides:

25 bakedPotato

23 roastPotatoes

tea desserts:

25 peanutCookies

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 109994

Excess calories served: 24494.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9635

Excess grams carbohydrate served: 16.25

Total grams fat required for group: 1881.0

Total grams fat served: 5953

Excess grams fat served: 4072.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1395

Excess grams fibre served: 497.25

Total grams protein required by group: 1923.75

Total grams protein served: 3589

Excess grams fibre served: 1665.25

date: 2022-07-11

day: Monday

people: 25

breakfasts:

17 veganPorridge

4 toast

4 porridge

lunch mains:

17 quornChilli

4 veganPizza

4 fishPaella

lunch sides:

3 carrots

16 nutBake

lunch dessert:

25 veganPancakes

tea mains:

17 quornChilli

4 veganPizza

4 fishPaella

tea sides:

3 carrots

16 nutBake

tea desserts:

25 veganPancakes

treat:

25 peanutCookies

25 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85534

Excess calories served: 34.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10231

Excess grams carbohydrate served: 612.25

Total grams fat required for group: 1881.0

Total grams fat served: 3049

Excess grams fat served: 1168.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1852

Excess grams fibre served: 954.25

Total grams protein required by group: 1923.75

Total grams protein served: 3308

Excess grams fibre served: 1384.25

date: 2022-07-12

day: Tuesday

people: 25

breakfasts:

17 toast

4 porridge

4 pancakes

lunch mains:

17 beefBurgers

4 sushi

4 potatoCurry

lunch sides:

25 porkSausages

4 yorkshirePuddings

lunch dessert:

25 jelly

tea mains:

17 beefBurgers

4 sushi

4 potatoCurry

tea sides:

25 porkSausages

4 yorkshirePuddings

tea desserts:

25 jelly

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 110014

Excess calories served: 24514.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10990

Excess grams carbohydrate served: 1371.25

Total grams fat required for group: 1881.0

Total grams fat served: 3697

Excess grams fat served: 1816.0

Total grams fibre required for group: 897.75

Total grams fibre served: 899

Excess grams fibre served: 1.25

Total grams protein required by group: 1923.75

Total grams protein served: 3730

Excess grams fibre served: 1806.25

date: 2022-07-13

day: Wednesday

people: 25

breakfasts:

17 pancakes

4 veganFullEnglish

4 veganYoghurt

lunch mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

lunch sides:

25 eggFriedRice

1 breadRolls

lunch dessert:

25 walnutCake

tea mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

tea sides:

25 eggFriedRice

1 breadRolls

tea desserts:

25 walnutCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85866

Excess calories served: 366.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10898

Excess grams carbohydrate served: 1279.25

Total grams fat required for group: 1881.0

Total grams fat served: 3022

Excess grams fat served: 1141.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1705

Excess grams fibre served: 807.25

Total grams protein required by group: 1923.75

Total grams protein served: 3299

Excess grams fibre served: 1375.25

date: 2022-07-14

day: Thursday

people: 25

breakfasts:

17 veganYoghurt

4 yoghurt

4 toast

lunch mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

lunch sides:

9 beans

9 broccoli

lunch dessert:

25 berryCrumble

tea mains:

17 fishAndChips

4 lambMoussaka

4 marghertia

tea sides:

9 beans

9 broccoli

tea desserts:

25 berryCrumble

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 91719

Excess calories served: 6219.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9621

Excess grams carbohydrate served: 2.25

Total grams fat required for group: 1881.0

Total grams fat served: 3368

Excess grams fat served: 1487.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1158

Excess grams fibre served: 260.25

Total grams protein required by group: 1923.75

Total grams protein served: 3516

Excess grams fibre served: 1592.25

date: 2022-07-15

day: Friday

people: 25

breakfasts:

17 porridge

4 pancakes

4 veganFullEnglish

lunch mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

lunch sides:

1 chips

3 peas

lunch dessert:

25 spongeCustard

tea mains:

17 jacketSpud

4 quornLasagne

4 mushroomRisotto

tea sides:

1 chips

3 peas

tea desserts:

25 spongeCustard

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85563

Excess calories served: 63.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9889

Excess grams carbohydrate served: 270.25

Total grams fat required for group: 1881.0

Total grams fat served: 3674

Excess grams fat served: 1793.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1159

Excess grams fibre served: 261.25

Total grams protein required by group: 1923.75

Total grams protein served: 2242

Excess grams fibre served: 318.25

date: 2022-07-16

day: Saturday

people: 25

breakfasts:

17 yoghurt

4 veganYoghurt

4 veganPorridge

lunch mains:

17 beanChilli

4 kievs

4 mushroomSoup

lunch sides:

17 veganSausages

25 Rice

lunch dessert:

25 chocolateCake

tea mains:

17 beanChilli

4 kievs

4 mushroomSoup

tea sides:

17 veganSausages

25 Rice

tea desserts:

25 chocolateCake

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 85682

Excess calories served: 182.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10878

Excess grams carbohydrate served: 1259.25

Total grams fat required for group: 1881.0

Total grams fat served: 3076

Excess grams fat served: 1195.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1643

Excess grams fibre served: 745.25

Total grams protein required by group: 1923.75

Total grams protein served: 3154

Excess grams fibre served: 1230.25

date: 2022-07-17

day: Sunday

people: 25

breakfasts:

17 veganFullEnglish

4 veganPorridge

4 yoghurt

lunch mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

lunch sides:

25 bakedPotato

23 roastPotatoes

lunch dessert:

25 peanutCookies

tea mains:

17 chickenNoodles

4 pepperoniPizza

4 vegChowMein

tea sides:

25 bakedPotato

23 roastPotatoes

tea desserts:

25 peanutCookies

treat:

0 peanutCookies

0 glassOfWine

Total calories required for group: 85500.0

Total calories served: 109994

Excess calories served: 24494.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 9635

Excess grams carbohydrate served: 16.25

Total grams fat required for group: 1881.0

Total grams fat served: 5953

Excess grams fat served: 4072.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1395

Excess grams fibre served: 497.25

Total grams protein required by group: 1923.75

Total grams protein served: 3589

Excess grams fibre served: 1665.25

date: 2022-07-18

day: Monday

people: 25

breakfasts:

17 veganPorridge

4 toast

4 porridge

lunch mains:

17 quornChilli

4 veganPizza

4 fishPaella

lunch sides:

3 carrots

16 nutBake

lunch dessert:

25 veganPancakes

tea mains:

17 quornChilli

4 veganPizza

4 fishPaella

tea sides:

3 carrots

16 nutBake

tea desserts:

25 veganPancakes

treat:

25 veganFruitYoghurt

25 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85534

Excess calories served: 34.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10231

Excess grams carbohydrate served: 612.25

Total grams fat required for group: 1881.0

Total grams fat served: 3049

Excess grams fat served: 1168.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1852

Excess grams fibre served: 954.25

Total grams protein required by group: 1923.75

Total grams protein served: 3308

Excess grams fibre served: 1384.25

date: 2022-07-19

day: Tuesday

people: 25

breakfasts:

17 toast

4 porridge

4 pancakes

lunch mains:

17 beefBurgers

4 sushi

4 potatoCurry

lunch sides:

25 porkSausages

4 yorkshirePuddings

lunch dessert:

25 jelly

tea mains:

17 beefBurgers

4 sushi

4 potatoCurry

tea sides:

25 porkSausages

4 yorkshirePuddings

tea desserts:

25 jelly

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 110014

Excess calories served: 24514.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10990

Excess grams carbohydrate served: 1371.25

Total grams fat required for group: 1881.0

Total grams fat served: 3697

Excess grams fat served: 1816.0

Total grams fibre required for group: 897.75

Total grams fibre served: 899

Excess grams fibre served: 1.25

Total grams protein required by group: 1923.75

Total grams protein served: 3730

Excess grams fibre served: 1806.25

date: 2022-07-20

day: Wednesday

people: 25

breakfasts:

17 pancakes

4 veganFullEnglish

4 veganYoghurt

lunch mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

lunch sides:

25 eggFriedRice

1 breadRolls

lunch dessert:

25 walnutCake

tea mains:

17 veganSausageCasserole

4 vegSpagBol

4 ratatouille

tea sides:

25 eggFriedRice

1 breadRolls

tea desserts:

25 walnutCake

treat:

0 veganFruitYoghurt

0 canOfBeer

Total calories required for group: 85500.0

Total calories served: 85866

Excess calories served: 366.0

Total grams carbohydrate required for group: 9618.75

Total grams carbohydrate served: 10898

Excess grams carbohydrate served: 1279.25

Total grams fat required for group: 1881.0

Total grams fat served: 3022

Excess grams fat served: 1141.0

Total grams fibre required for group: 897.75

Total grams fibre served: 1705

Excess grams fibre served: 807.25

Total grams protein required by group: 1923.75

Total grams protein served: 3299

Excess grams fibre served: 1375.25