

HEALTHY CATERING FOR TODAY'S YOUTH AND TOMORROW'S SENIORS

VICTOR DALMAU BELTRAN - JUNE 2023

OBJECTIVES

1. Design the kitchen in layout format.
2. Establish a weekly menu according to the company's philosophy.
3. Integration of new "breakthrough" foods (synthetics, insects, etc.).
4. Always bear in mind nutritional needs (e.g. vegetarian diet with insects, synthetic foods...)
5. Carry out a nutritional study of the selected diet.
6. Organise a hygienic control of the possible dangers that may appear

CONCLUSIONS

- In conclusion, the community kitchen industry faces the challenge of adapting to changing food preferences and the need for greater sustainability. The integration of new foods, such as insects, into the vegan diets of the future is an exciting possibility that requires careful planning, appropriate design and an open mind towards gastronomic innovation. In doing so, we can contribute to the promotion of healthier, more sustainable and varied diets, making nutrient deficiencies in vegan diets a thing of the past.

Monday

NUTRITION INFORMATION TYPICAL VALUES		
Nutrient:	per 100g	% RI* Per 100g
Energy	385kJ/92kcal	5%
Fat	3g	4%
of which saturates	0.6g	3%
Carbohydrate	8.9g	3%
of which sugars	1.5g	2%
Protein	6.2g	12%
Salt	0.08g	1%

* Reference intake of an average adult (2000kcal/8400kJ)

Figure 1: Nutritional information per 100g of Monday's menu

Tuesday

NUTRITION INFORMATION TYPICAL VALUES		
Nutrient:	per 100g	% RI* Per 100g
Energy	472kJ/112kcal	6%
Fat	3.1g	4%
of which saturates	0.6g	3%
Carbohydrate	13g	5%
of which sugars	1g	1%
Protein	7.3g	15%
Salt	0.21g	4%

* Reference intake of an average adult (2000kcal/8400kJ)

Figure 2: Nutritional information per 100g of Tuesday's menu

Wednesday

NUTRITION INFORMATION TYPICAL VALUES		
Nutrient:	per 100g	% RI* Per 100g
Energy	432kJ/103kcal	5%
Fat	2.3g	3%
of which saturates	0.5g	3%
Carbohydrate	12g	5%
of which sugars	2.7g	3%
Protein	6.8g	14%
Salt	0.31g	5%

* Reference intake of an average adult (2000kcal/8400kJ)

Figure 3: Nutritional information per 100g of Wednesday's menu

Thursday

NUTRITION INFORMATION TYPICAL VALUES		
Nutrient:	per 100g	% RI* Per 100g
Energy	465kJ/111kcal	6%
Fat	4.1g	6%
of which saturates	0.7g	4%
Carbohydrate	13g	5%
of which sugars	1.6g	2%
Protein	4.5g	9%
Salt	0.07g	1%

* Reference intake of an average adult (2000kcal/8400kJ)

Figure 4: Nutritional information per 100g of Thursday's menu

KITCHEN

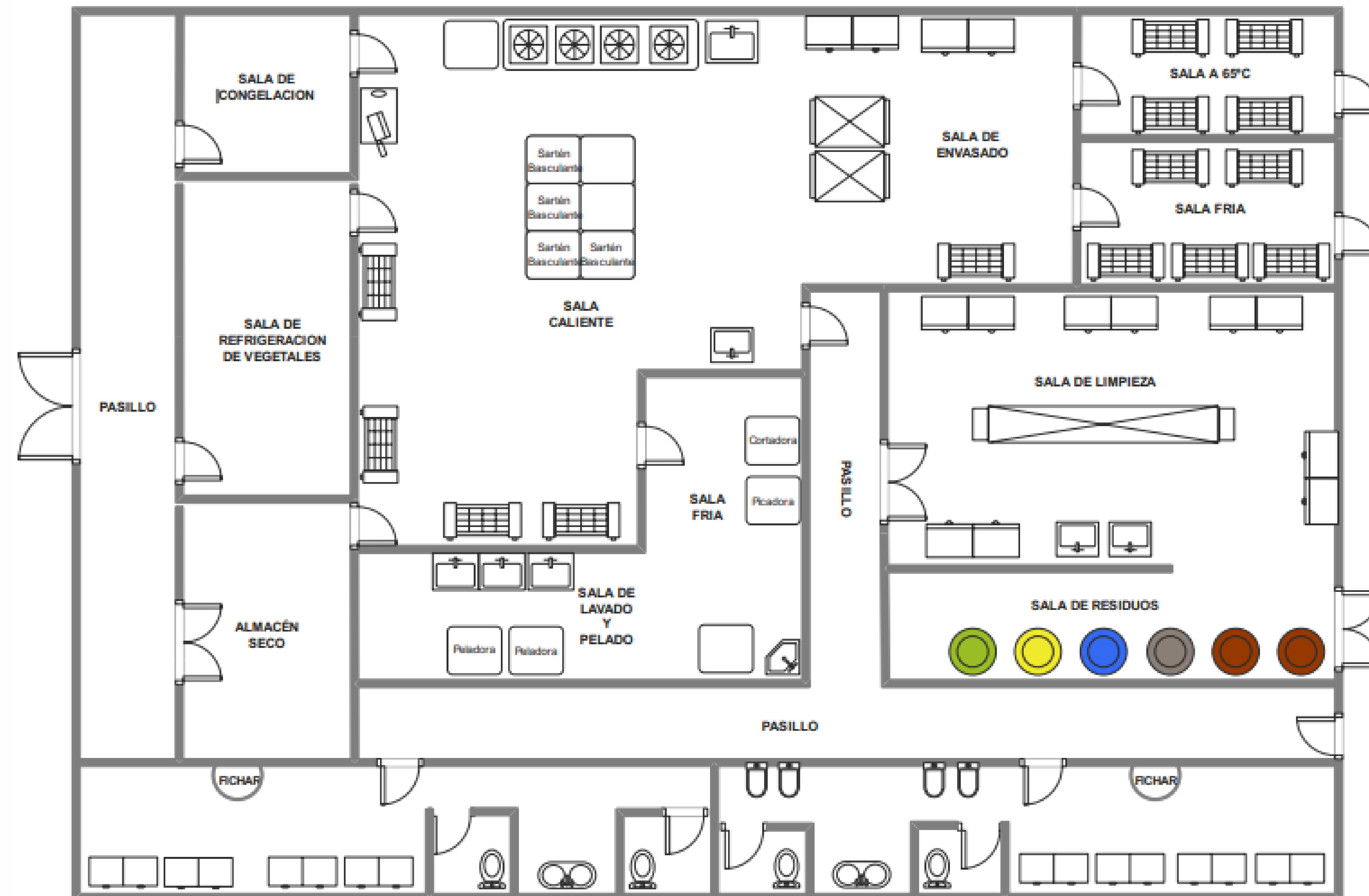


Figure 5: Lay-out of ur hypothetical industrial Kitchen (done with E-Draw)