Weekly Menu Template

Nutrition Checklist (Evaluation)

The number of serves recommended is the minimum required to meet the nutrition and developmental needs of 1–5-year-old children in care.

Main Meals

Red meat: beef/lamb/kangaroo

Lean red meat is included on the menu at least twice a week. (1 serve = 50g raw meat)

Pork or white meat: chicken/fish/veal

Lean white meat is included on the menu at least three times a fortnight.

Vegetarian meals

A vegetarian meal is included on the menu at least once a week. (1 serve = 1 60g egg, 30g dry legumes, ½ cup cooked legumes, 85g raw tofu).

Vegetarian meal with one protein

Vegetarian meals are always based on at least one of the following protein rich foods: eggs, cheese, milk, soy products (e.g. soybean, tofu), and legumes.

Increasing iron

On each day that white meat or a vegetarian meal is served, at least 1 other iron containing food is included with the meal (whole meal bread, broccoli, spinach, cauliflower, cabbage, and legumes).

Vitamin C

A fruit or vegetable high in vitamin C is served with a vegetarian meal. (capsicum, broccoli, kiwi fruit, cauliflower, red cabbage, citrus fruit, strawberries, rock melon, peas, sweet potato, pineapple, tomato, and zucchini) at least once a week.

High fat foods

High fat foods are served no more than twice per week.

High fat foods include: chips, nuggets, sausages, pies, deep fried foods, high fat pastry, ice-cream, processed meat (e.g. fritz, cabana, chicken loaf, processed ham).

Associated Food Items

Vegetables

The menu includes at least 1 serve of vegetables per day. (1 serve= ½ cup (75g).

Fruit

The menu includes at least 1 children's serve of fruit per child per day. One children's serve = 75g fresh/canned/cooked fruit. Fruit juice is a concentrated source of sugar and should not be offered as a drink.

Milk Products and Alternatives

The menu includes at least 2 serves of dairy foods per day. (1= 100ml milk,15g cheese, 75g yoghurt, 100g custard, 15g milk powder) Full cream milk should be given to children under 2 years. Reduced fat & low fat milks are recommended for children over 2 years. Skim milk should not be used for children under 5 years.

Grain foods

The menu includes at least 2 serves of bread, cereals, rice, pasta, or noodles per day. (1 serve= 1 slice of bread, 30g cereal, rice, pasta, or noodles).

High fibre

High fibre varieties of bread (multigrain, wholemeal, white high fiber), brown rice and pasta are included at least 3 times a week, preferably every day.

Snacks

Snacks are planned on the menu as part of the total day's intake.

Snacks are nutritious and contain limited amounts of salt and moderate amounts of sugar. Snacks may include dairy foods, fresh fruit, unsweetened tinned fruit, vegetables, pikelets, scones, muffins, fruit cake, fruit bread, bread, low fat crackers.

SAMPLE

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