

# Nutrition Checklist for Menu Planning

Use this checklist to plan each two-week cycle of your service menu. The number of serves recommended is the minimum required to meet the nutritional needs of children when one main meal and two midmeals are provided.

## Main Meals

### Beef/Lamb/Kangaroo

■ Lean red meat is included on the menu at least **6** times per fortnight

### Chicken/ Fish/ Pork/ Veal/ Non-Meat Meals

■ A variety of lean white meat/non -meat meals are included on the menu up to **4** times per fortnight

■ Non-meat meals are based on eggs, cheese, tofu or legumes

■ Raw vegetables or fruit high in vitamin C are served with the non-meat meal

### Raw vegetables and fruit high in vitamin C include



*citrus fruit tomato cauliflower broccoli*



*kiwi fruit capsicum rockmelon*

### Iron Containing Foods

■ On each day that a red meat meal is served, at least **1** other iron containing food is included on the menu

■ On each day that a white meat or non-meat meal is served, at least **2** other iron containing foods are included on the menu

### Other iron containing foods:



*wholemeal bread breakfast cereal dried fruit Milo™*

## Vegetables and Fruit

■ The menu includes at least **2** serves of vegetables daily

■ The menu includes at least **1** serve of fruit daily

*\*A variety of vegetables and fruit throughout the menu is important.*

## Dairy Foods

■ The menu includes a total of **1** serve of dairy foods daily

Serving milk at morning and afternoon tea may be an easy and reliable way to meet this requirement.



*milk yoghurt cheese custard*

*\*Cream, sour cream and butter are not substitutes for milk, yoghurt and cheese*

*\*\*Choose reduced fat dairy food for children aged 2 years and over*

## Breads, Cereals, Rice and Pasta

■ The menu includes at least **2** serves of bread, cereal, rice or pasta foods daily

■ High fibre varieties e.g. multigrain, wholemeal, high fibre white are included daily

**Other breads include:** *Pita, lavash, Turkish, Lebanese, fruit bread, scones, etc.*

## Morning and Afternoon Tea (Midmeals)

■ Midmeals are planned on the menu as part of the total day's intake

■ Milk, cheese, yoghurt or custard is included if necessary to meet the recommended daily serve

■ Bread/cereal based foods are included if necessary to meet the recommended daily number of serves

■ Vegetables and fruit are included if necessary to meet the recommended daily number of serves