



Childcare menu planning **for cooks**

Introduction

all about the guide

This guide has been developed with guidance from childcare cooks to help Cooks and Directors focus on the nutritional requirements of the Caring for Children's Menu Planning Guidelines. It complements the Caring for Children's: Birth to 5 years manual.

The guide has information on the importance of core foods, food quantities, information on allergies and safety and using a menu checklist tool.

There are tips, healthy food ideas and a sample menu to help services make it easier to meet children's nutritional requirements.

For further information contact:

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Acknowledgement of Country

We wish to acknowledge the traditional custodians of the land on which we live and work and pay our respects to Elders past, present and emerging.

November 2020





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Australian Dietary Guidelines



The Australian Dietary Guidelines provide information for healthy eating. These should be followed in childcare services.



Guideline 1:

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious foods and drinks to meet your energy needs.



Guideline 2:

Enjoy a wide variety of nutritious foods from the five food groups every day.



Guideline 3:

Limit intake of foods containing saturated fat, added salt and added sugars.



Guideline 4:

Encourage, support and promote breastfeeding.

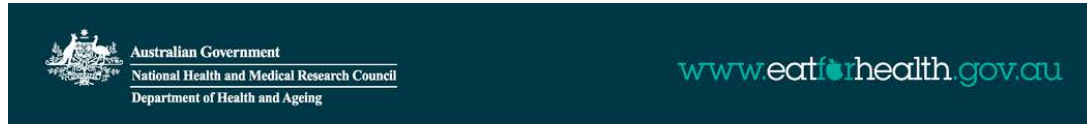


Guideline 5:

Care for your food; prepare and store it safely.

Australian Guide to Healthy Eating

The Australian Guide to Healthy Eating shows the core food groups to be included in menus at childcare services.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Everyday foods

Sometimes foods

Use small amounts



Only sometimes and in small amounts








Serves of core food groups

Children should receive 50% of their recommended dietary intakes for all nutrients if they are at the childcare service for at least 8 hours.

The table below shows the minimum number of serves of each core food group required to meet these nutrient requirements. These serves should be met through morning tea, lunch and afternoon tea.

When children are at the service for over 8 hours, additional food should be given such as breakfast or late afternoon tea.

					
	Grains & cereals	Vegetables	Fruit	Dairy & alternatives	Meat & alternatives
One serve equals:	1 slice bread 30g cereal ½ cup rice ½ cup pasta 3 crispbreads 18 crackers	75g ½ cup cooked 1 cup salad	150g 1 medium piece 2 small pieces	250mL milk 200g yoghurt 40g cheese (2 slices) 120g ricotta 1 cup fortified soy milk (100mg calcium per 100mL)	Raw amounts: 70g red meat 75g white meat 75g fish 2 large eggs 55g legumes (uncooked) 170g tofu
How many serves to provide?	2	2	1	1	3/4



Ingredient quantities

This information has been adapted from the Caring for Children guidelines.
See the guidelines for more information.

Grains and cereals

2 serves per child

1 serve equals:

	20 children	30 children	40 children	50 children
1 slice bread	20 slices 1 loaf	30 slices 1½ loaves	40 slices 2 loaves	50 slices 2½ loaves
30g breakfast cereal	600g	900g	1.2kg	1.5kg
½ medium bread roll	10 rolls	15 rolls	20 rolls	25 rolls
30g (raw) pasta, noodles, rice, couscous	600g	900g	1.2kg	1.5kg
35g crackers or crispbreads	700g	1.05kg	1.4kg	1.75kg
1 English muffin	20	30	40	50

Vegetables

2 serves per child

1 serve equals:

	20 children	30 children	40 children	50 children
75g vegetables: ½ cup cooked, 1 cup salad	1.5kg	2.25kg	3.0kg	3.75kg

Fruit

1 serve per child

1 serve equal to:

	20 children	30 children	40 children	50 children
150g fresh/frozen fruit	3kg	4.5kg	6.0kg	7.5kg
30g dried fruit	600g	900g	1.2kg	1.5kg



Ingredient quantities

This information has been adapted from the Caring for Children guidelines.
See the guidelines for more information.

Meats and non-meats

$\frac{3}{4}$ serve per child

$\frac{3}{4}$ serve equals:

20
children

30
children

40
children

50
children

70g raw red meat

1.4kg

2.1kg

2.8kg

3.5kg

75g raw poultry,
boneless

1.5kg

2.25kg

3.0kg

3.75kg

85g raw fish

1.7kg

2.55kg

3.4kg

4.25kg

1 large egg

20 large

30 large

40 large

50 large

55g dry legumes

1.1kg

1.65kg

2.2kg

2.75kg

115g canned or
cooked legumes

2.3kg

3.45kg

4.6kg

5.75k
g

130g tofu

2.6kg

3.9kg

5.2kg

6.5kg

Note: double the weight is required for crumbed fish, but this is not recommended for childcare services.

Dairy and alternatives

1 serve per child

1 serve equals:

20
children

30
children

40
children

50
children

250mL milk

5L

7.5L

10L

12.5L

40g hard cheese
(2 slices)

800g

1.2kg

1.6kg

2kg

200g yoghurt

4kg

6kg

8kg

10kg

120g ricotta
cheese

2.4kg

3.6kg

4.8kg

6kg



Grains and cereals

Types of cereals and grains

This food group includes bread, cereal, pasta, rice, quinoa, oats, noodles, crackers, rice cakes, couscous, popcorn and flour. Include a variety of grains each week.

GOAL

- Include a serve of grains with lunch. Extra serves can be added with morning/afternoon tea.
- Choose wholegrain options that are high in fibre and fortified with iron where possible.



Wholegrains

Wholegrains contain the entire unrefined grain. Choose wholegrains over refined grains. They provide additional fibre and iron, which are an essential part of childcare menus.

Examples of wholegrains include:

- multigrain and wholemeal bread
- wholemeal pasta
- oats
- quinoa
- buckwheat
- wholegrain crackers
- brown rice.



Vegetables

Types of vegetables

Vegetables include lettuce, cucumber, tomato, capsicum, carrot, corn, zucchini, beetroot, cauliflower, broccoli, beans, potato, sweet potato, snow peas, mushrooms and legumes.

Fresh, frozen and canned vegetables are all suitable for use. Use canned varieties with no added salt.



Vegetables high in vitamin C

When serving a non-meat meal at lunch, a source of vitamin C must also be included to help increase iron absorption.

Several vegetables which are high in vitamin C include:

- cauliflower
- tomato
- capsicum
- broccoli
- leafy greens.

Make sure to serve them raw, as heat destroys vitamin C.



Examples of 1 serve of vegetables

Vegetables at lunch



75g (1 cup)
salad



Stir fry with
75g veg

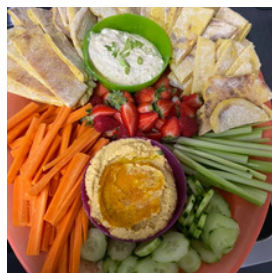


Salad wrap or
sandwich with
75g (1 cup) salad



Soup with
75g veg

Vegetables at morning/afternoon tea



Platter with
75g veg sticks



Heaped tbsp of
vegetable dip with
45g of veg sticks
and crackers



75g baked
beans



½ medium
corn cob

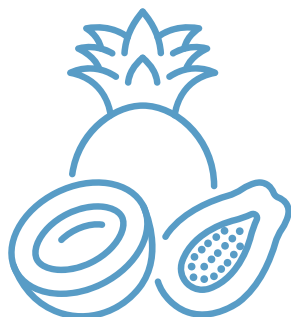
GOAL:

- Include 2 serves of vegetables per child each day.
- Choose 1 serve at lunch and 1 serve at morning/afternoon tea.
- Use a variety of different coloured vegetables.



Fruit

Types of fruit



Fruit is a great way to add a healthy and sweet food to a menu. Examples of fruit include apples, pears, grapes, citrus, berries, watermelon, rockmelon, kiwifruit and banana.

Do not include fruit juice on the menu. Instead use fresh, frozen and canned fruits. Make sure that canned fruits are in juice rather than syrup.

GOAL:

- Include fruit at morning/ afternoon tea each day.
- Fruit can be added as dessert after lunch.



Fruit high in vitamin C

When serving a vegetarian meal at lunch, a source of vitamin C must also be included.

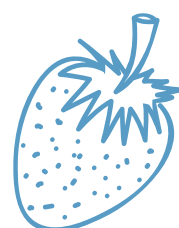
Fruits high in vitamin C include:

- citrus
- rockmelon
- kiwifruit.

Fruits containing iron

Dried fruit is a source of iron.

However, dried fruit can cause tooth decay. Make sure children have a drink of water with dried fruit and limit the amount they eat.



Meat & Alternatives

Red meat, white meat and non-meat

Meat provides essential nutrients including protein and iron that children need for healthy growth and development.

Red meat should be offered on the menu at least **6 times per fortnight**, such as beef, kangaroo and lamb.

White meat OR non-meat meals can be included on the menu up to **4 times per fortnight**.

White meat includes chicken, pork, fish and non-meats include cheese, egg, tofu, beans and legumes.



GOAL:

- Include red meat 6 times per fortnight and white meat/non-meat meals up to 4 times per fortnight.
- Trim fat from meat and use lean meat options to reduce the amount of saturated fat.



Iron

Importance of iron



Iron is an essential mineral to include in a child's diet.
Iron is vital for:

- brain development
- making red blood cells to transport oxygen around the body
- preventing fatigue, headaches and lack of sleep, which can occur from iron deficiency.

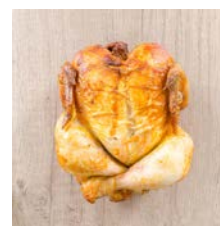


Red meat sources:
beef, kangaroo, lamb,
corned beef



Haem iron

Haem iron can be found in animal meats. Red meat has the highest amount of iron. Haem iron is more easily absorbed by the body.



Other sources:
pork, poultry, fish



Iron-fortified
cereal and bread



Non-haem iron

Non-haem iron is present in some plant products and is also added through fortification. Non-haem iron is not as easily absorbed by the body.



Wholemeal pasta, wholemeal
flour, wholemeal/wholegrain
bread, legumes



Vegetables: cauliflower,
broccoli, tomatoes,
capsicum



Iron and vitamin C

Vitamin C helps the body to absorb non-haem iron. When serving plant protein at lunch, serve a food containing vitamin C at the same meal as a plant protein. These must be served raw, rather than cooked, as heat destroys the vitamin C.



Fruits: citrus, strawberries,
kiwifruit, dried fruit



Menu iron requirements

See below for red meat, white meat/non-meat and iron requirements.

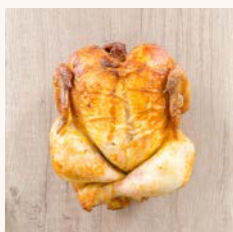


Red meat meals must be included at least 6 times per fortnight

70g red meat per child
must be included at least 6
times per fortnight



1 other food
containing iron in
the same day



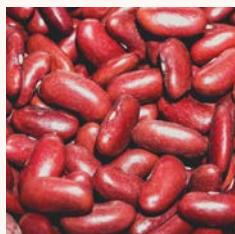
White or non-meat meals must be included up to 4 times per fortnight

75g white meat
OR 100g fish per child



2 other foods
containing iron in
the same day

OR



Non-meat meal + 2 other foods
containing iron
in the same day



Fruits or vegetables
high in vitamin C at
the same meal

Examples of other foods containing iron:



Iron-
fortified
bread &
wholemeal
bread



Iron-
fortified
cereal



Beans
and
legumes



Baked
beans



Wholemeal
pasta



Hommus



Wholemeal
flour



Red meat meal ideas

Other red meat dishes (beef, lamb, kangaroo)

Page numbers refer to Caring for Children recipes

- Curries **p141**
- Casseroles/stews **p148**
- Lamb tagine/Moroccan lamb **p135**

Other red meat dishes:

- Beef chow mein
- Beef ragu
- Corned beef (reduced-salt)
- Mongolian lamb
- Pasta bakes
- Roast (slow-baked in stock for approx 4 hours)
- Soups
- Steak (minute steak baked in the oven for 1.5-2 hours in a small amount of stock - enough to soak)
- Stir fry
- Stroganoff
- Wraps/sandwiches



TIP: add legumes (lentils, beans or chickpeas) to extend meat dishes



Mince dishes (beef, lamb, kangaroo)

- Bobotie **p119**
- Chili con carne **p122, 138**
- Fruit island curry **p124**
- Lasagne **p130**
- Meatballs **p117, 128**
- Meatloaf **p136, 144**
- Rissoles or burgers **p115, 129**
- Spaghetti Bolognese **p139**
- Tacos/nachos/burritos **p118**
- Vegetable and meat strudel **p149**

Other mince ideas:

- Beef or lamb pilaf
- Browned mince as a pizza topping
- Koftas
- Moussaka
- Savoury mince
- Shepherd's pie

TIP: Choose lean, heart smart or premium mince



Dairy and calcium

Calcium is essential for strengthening teeth and bones. Dairy products provide a good source of calcium.

Cow's milk and milk products naturally contain calcium. However, plant-based milks such as soy, almond, oat and rice milk may be low in calcium - check the label to ensure it is calcium fortified. Cow's milk is preferable to plant-based milks.

GOAL 1:

- Include one serve of dairy each day.
- Ideally, split this across multiple meals to help meet requirements.



Types of dairy

Dairy or dairy alternatives can be included in a menu in several forms. One serve is equivalent to:

- 250mL milk (e.g. 125mL at morning & afternoon tea)
- 40g cheese with crackers
- 200g yoghurt
- 200g custard
- 1 cup soy milk (fortified with calcium)

Use full-cream dairy products for children under 2 years, and reduced-fat dairy for children over 2 years.

GOAL 2:

- Make sure plant-based milks are fortified with at least 100mg calcium per 100mL milk.



Discretionary foods



Discretionary foods or sometimes foods are not core foods in the diet. They are high in kilojoules, salt, added sugars, saturated and trans fat.

It is recommended that discretionary foods including biscuits, cakes, muffins, sausages (allowed once per fortnight), pastries, ice cream, crisps and lollies are not included in childcare service menus.

GOAL:

- When preparing foods, use wholemeal flour, minimal sugar, minimal salt and unsaturated fat.

Sugar

Excess sugar should be avoided at childcare centres. It provides more energy than is necessary. It can also cause tooth decay.

Other names for sugar are molasses, syrup, glucose, treacle, sucrose, maltose, honey, castor sugar, brown sugar, raw sugar, cane sugar, sweetened condensed milk, mannitol, sorbitol and fructose.



GOAL:

- Read food labels to choose foods without added sugar.
- Avoid recipes with added sugar when cooking.



Salt

Salt should be avoided in large amounts.

Other names for salt include sodium, sodium bicarbonate, baking powder, garlic salt, MSG, sea salt, baking soda, celery salt, vegetable salt, rock salt, sodium nitrate, sodium lactate, monosodium glutamate and Na.

GOAL:

- Choose foods/recipes low in salt.
- Opt for products that are reduced-salt or no added salt.



Fats

There are different types of fats:

- **Saturated fats and trans fats**
These are unhealthy fats and should not be used.
- **Unsaturated fats**
These healthy fats should be included in the diet in small amounts.

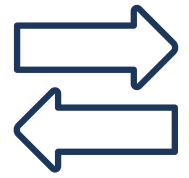
GOAL:

- Replace saturated fats and trans fats with unsaturated fats for childcare centre menus.
- When buying products, aim for less than 3g saturated fat per 100g of product.



	Saturated (unhealthy) fats	Unsaturated (healthy) fats
Meats	fat from meat & chicken skin (purchase lean meats & remove fat & skin from meat)	fish
Spreads	butter, lard	canola margarine, olive oil margarine, sunflower-based margarine
Oils	coconut oil, palm oil, vegetable oil	canola oil, extra virgin olive oil, olive oil, sunflower oil, safflower oil, soybean oil
Other foods	sour cream, deep fried foods, crisps, pastry, cakes, cream, sausage rolls, meat pies	avocado, seeds, nuts, muffins made with healthy oils

Healthy food swaps



Discretionary food

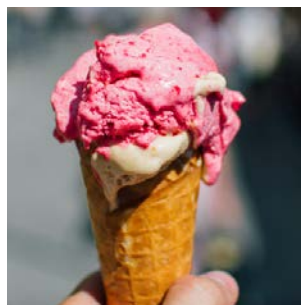
Healthy swap

Sausage roll wrapped in pastry



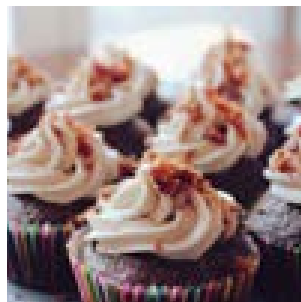
Sausage roll wrapped in wholemeal bread or filo pastry

Ice cream



Yoghurt sundae topped with fruit & muesli

Pastries, muffins, biscuits & cakes



Vegetable or fruit muffins, or vegetable scones (with wholemeal flour, using minimal sugar & unsaturated fat)

Deep fried foods



Oven-baked potato or vegetables

Lollies, chocolate & other discretionary foods



Fruit & vegetable platter with dip or yoghurt

Healthy snack ideas



Vegetables:

Vegetable sticks
Vegetable dip (hommus, beetroot dip, salsa, guacamole)
Corn cobs
Baked beans
Mini quiches with vegetables
Vegetable muffins/scones
Oven-baked vegetables
Sushi filled with vegetables
Vegetable fritters



Wholegrains (iron-rich):

Iron-fortified cereal
Sandwich on wholemeal bread
Pikelets (made with wholemeal flour)
Wholegrain rice crackers
Wholemeal toast with Vegemite
Scones (made with wholemeal flour)
Wholegrain bagels
Wholemeal raisin toast
Pinwheel wholegrain wraps
Wholemeal English muffins
Wholemeal rice cakes topped with veg
Scrolls (made with wholemeal flour)





Dairy:

Homemade frozen yoghurt sticks with fruit
Yoghurt with fruit & muesli
Cheese with wholemeal crackers
Cheese on wholemeal toast
Creamy rice pudding
Smoothie
Plain milk
Yoghurt
Custard



Fruit:

Fresh, cut-up fruit
Canned fruit (in juice not syrup)
Fruit kebabs (on popsicle sticks)
Fruit sticks with yoghurt dip
Fruit salad
Frozen fruit pieces
Trail mix with dried fruit



Meats and non-meats:

Mini meatballs
Mini quiches
Egg slice
Wholemeal jaffles with baked beans
Mince rolls made with mountain bread
Mini falafel balls



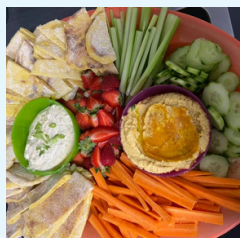
Sample menu - week 1



**Water available
at all times**

This 2-week sample menu is an example of a menu which meets that Caring for Children's Menu Planning Checklist.

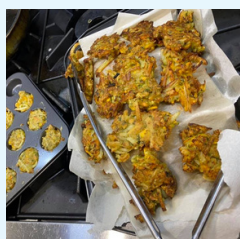
Morning tea



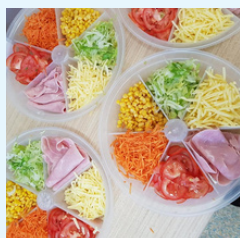
Vegetable platter with dip & cheese



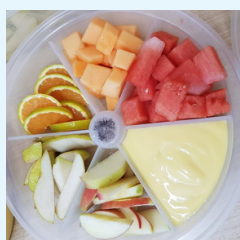
Fruit platter with cheese & wholemeal crackers



Vegetable scones on wholemeal flour

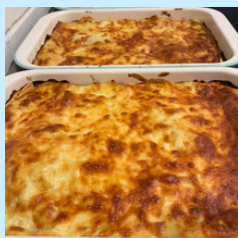


Vegetable & cheese platter



Fruit & yoghurt dip platter

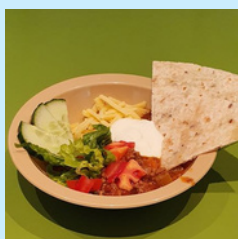
Lunch



Beef & veg lasagne with wholemeal pasta sheets



Beef & veg stir fry with wholemeal noodles



Taco bowl with beef mince, veg & yoghurt



Baked beans on wholemeal toast & oranges



Chicken & veg curry with brown rice

Afternoon tea



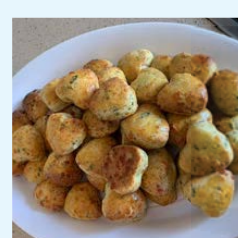
Fruit salad & milk



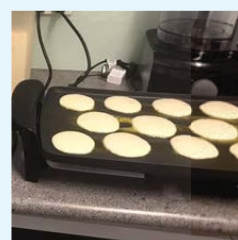
Dip, veg sticks, pita bread & milk



Iron-fortified cereal with berries & milk



Vegetable muffins with wholemeal flour & milk



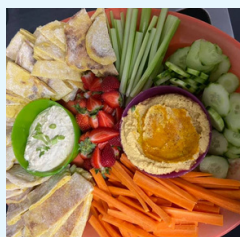
Vegetable pikelets with wholemeal flour & milk

Sample menu - week 2



**Water available
at all times**

Morning Tea



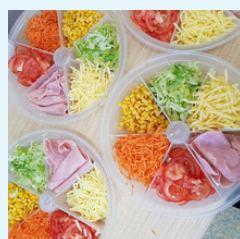
Vegetable
platter with
dip & cheese



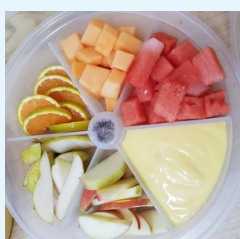
Fruit platter
with
cheese &
wholemeal
crackers



Pikelets on
wholemeal
flour & veg
sticks



Vegetable
& cheese
platter



Fruit &
yoghurt
dip platter

Lunch



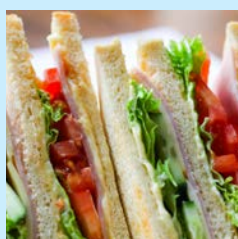
Roast beef
& salad
wholegrain
wraps &
apple slices



Spaghetti
bolognese
wholemeal
pasta &
mixed fruit



Mexican
bean salad
with cheese,
brown rice &
orange slices



Assorted
sandwiches
on
wholemeal
bread & fruit



Lamb & veg
curry on
brown rice

Afternoon tea



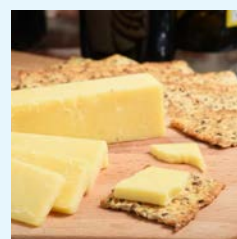
Fruit
salad &
yoghurt
& milk



Hommus
& veg
sticks &
milk



Wheat
biscuits &
milk
topped
with fruit



Wholegrain
crackers &
cheese &
milk



Veg
muffins
with
wholemeal
flour & milk

2-week menu checklist

How to use this checklist:






- Complete steps 1 - 9 when planning or reviewing a childcare menu.
- Use the circles to tick each day the requirement is met.
- Use the diamond column on the right to check if the requirement has been met over the 2 weeks.
- This checklist is based on the number of meals and serves recommended to meet the nutritional needs of children (aged 2-5 years) who spend 8 hours or more in care.
- Extra meals and/or mid meals should be provided for children in care longer than 8 hours (e.g. breakfast and/or afternoon tea).



Step 1: Main menu requirements

[illegible]

Step 2: Meats, non-meats and iron

		Week 1					Week 2					2-week check
		M	T	W	T	F	M	T	W	T	F	
<h3>Step 2: Meats, non-meats and iron</h3>												
<h4>Red meat:</h4>												
	70g raw red meat per child +	At least 6 times per fortnight <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					<input type="checkbox"/>
	1 other iron food e.g. high fibre wholemeal bread, bread with added fibre, dried fruit, iron fortified cereal, hommus, beans	Same days as red meat <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					<input type="checkbox"/>
<h4>White meat/non-meat</h4>												
	75g white meat (100g fish) or non-meat meals all weights are raw meat, non-meat meals should be based on egg, legumes, tofu or cheese	Up to 4 times per fortnight <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					<input type="checkbox"/>
	2 other iron foods See above for examples	Same days as white meat <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					<input type="checkbox"/> <input type="checkbox"/>
	Raw vegetables or fruit high in vitamin C e.g. citrus, tomato, capsicum, rockmelon, cauliflower, kiwifruit, broccoli *Vitamin C helps with iron absorption from non-meat meals*	With non-meat meals* <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					<input type="checkbox"/>

Step 3: Vegetables

[illegible]

Step 4: Fruit

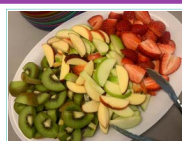
Week 1

M T W T F

Week 2

M T W T F

2-week
check



1 serve of fruit

Daily

examples of 1 serve: 150g, 1 medium piece,
2 small pieces, 1 cup canned fruit

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☐

Step 5: Dairy and alternatives

Week 1

M T W T F

Week 2

M T W T F

2-week
check



1 serve of dairy

Daily

e.g. 1 cup milk, 200g yoghurt, 40g cheese,
120g ricotta cheese, 250mL fortified soy milk
If using an alternative e.g. soy products,
ensure it contains 100mg of calcium per 100g

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Step 6: Grains

Week 1

M T W T F

Week 2

M T W T F

2-week
check



2 serves of bread,
cereal, rice or pasta

Daily

examples of 1 serve: 1 slice bread,
½ cup rice or pasta

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☐


High fibre varieties
included

Daily

e.g. wholegrain, wholemeal, high-fibre white

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☐

Step 7: Water

Week 1

M T W T F

Week 2

M T W T F

2-week
check



Water as a beverage

Daily

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☐ ☐ ☐ ☐ ☐
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Step 8: Discretionary

Week 1

M T W T F

Week 2

M T W T F

2-week
check



Discretionary items
not included

e.g. cakes, muffins, pastries, deep fried foods, sausages
Note: homemade goods with minimal sugar, wholemeal flour,
unsaturated fat are recommended to be limited to 1-2 times
per week.

Sausages can only be included once a fortnight.

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Step 9: Variety



The menu provides variety

(e.g. different types and colours of vegetables, main meals not repeated over the fortnight.)


☐

2-week sandwich menu checklist






Use this checklist if you are planning a sandwich menu.

Refer to more detailed instructions located on the 2-week Menu Checklist.


Step 1: Main menu requirements

			Week 1					Week 2					2-week check
			M	T	W	T	F	M	T	W	T	F	
	One main meal	Daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
	One morning tea	Daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
	One afternoon tea	Daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

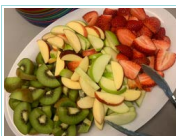
Step 2: Sandwich fillings


			Week 1					Week 2					2-week check
			M	T	W	T	F	M	T	W	T	F	
	At least 1 sandwich contains lean red meat e.g. beef, lamb, kangaroo	Daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
	All other fillings have iron or protein e.g. chicken, fish, baked beans, egg, cheese	Daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
	At least 45g protein is served per child	Daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
	No more than 3 filling options offered	Daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
	Raw vegetables or fruits high in vitamin C Served in sandwich filling or on the side e.g. citrus, tomato, capsicum, rockmelon, cauliflower, kiwifruit, broccoli	Daily at lunch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Step 3: Sandwich bread


			Week 1					Week 2					2-week check
			M	T	W	T	F	M	T	W	T	F	
	Use bread with added iron, such as wholemeal	Daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
	2 slices of bread per child	Daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Step 4: Fruit


			Week 1					Week 2					2-week check
			M	T	W	T	F	M	T	W	T	F	
	1 serve of fruit examples of 1 serve: 150g, 1 medium piece, 2 small pieces, 1 cup canned fruit	Daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

		Week 1					Week 2					2-week check	
		M	T	W	T	F	M	T	W	T	F		
	2 serves of vegetables examples of 1 serve: 75g, ½ cup cooked vegetables, 1 cup salad, ½ cup beans or lentils, ½ medium potato	Daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>


Step 6: Dairy and alternatives


		Week 1					Week 2					2-week check	
		M	T	W	T	F	M	T	W	T	F		
	1 serve of dairy e.g. 1 cup milk, 200g yoghurt, 40g cheese, 120g ricotta cheese, 250mL fortified soy milk. If using an alternative e.g. soy products, ensure it contains 100mg of calcium per 100g	Daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Step 7: Other foods containing iron


		Week 1					Week 2					2-week check	
		M	T	W	T	F	M	T	W	T	F		
	At least 2 foods containing iron in addition to sandwiches e.g. high-fibre wholemeal bread, bread with added fibre, wholemeal crackers, dried fruit, iron-fortified cereal, hommush, beans, red meat	Daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Step 8: Water

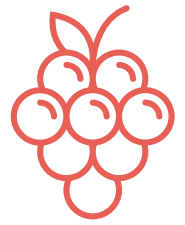
		Week 1					Week 2					2-week check	
		M	T	W	T	F	M	T	W	T	F		
	Water as a beverage	Daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

		Week 1					Week 2					2-week check	
		M	T	W	T	F	M	T	W	T	F		
	Discretionary items not included e.g. cakes, muffins, pastries, deep-fried foods, sausages Note: homemade goods with minimal sugar, wholemeal flour, unsaturated fat are recommended to be limited to 1-2 times per week. Sausages can only be included once a fortnight.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Step 10: Variety

	The menu provides variety (e.g. different types and colours of vegetables, main meals not repeated) over the fortnight.	<input type="checkbox"/>
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Choking risk foods



These foods pose a high risk of choking for children under 4 years.
Avoid or modify to reduce risk. Children should be actively supervised
when eating or drinking at all times.



Small, hard foods
e.g. nuts, seeds, raw peas



Foods that are sharp
when broken e.g. pretzels



Popcorn



Round, slippery foods
e.g. grapes, cooked
peas, cherry tomatoes
- slice or mash instead



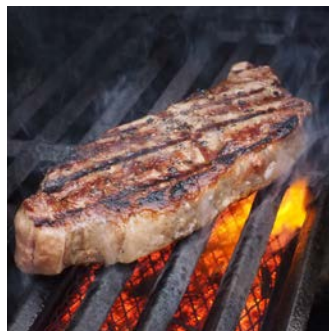
Fruit with seeds or skins -
remove before serving



Bones, skin and fat in
meat and fish - remove
before serving



Sausage skin -
remove if tough



Meat must be
bite-size pieces



Other chewy foods



Allergies and intolerances



Food allergies

A food allergy is an immune response to a type of protein in foods such as peanuts, nuts, milk, shellfish, egg, wheat and soy. Symptoms of an allergic reaction include difficulty breathing, swelling, welts, collapse and anaphylaxis.



If a child has an allergy, the food causing the reaction must be completely avoided for the child.

There must also be an educator who has completed anaphylaxis training present at all times.



Discuss a child's sensitivity with the parents to determine what foods to avoid. If a child is on a very restrictive diet, seek advice from an experienced dietitian to provide suitable food for the child.



Food intolerances

A food intolerance is a reaction to a specific chemical in a food. They range in sensitivity. Examples include dairy, gluten, amines, salicylates and FODMAPs.



Special diets

A range of medical conditions can require a child to follow a specific diet, such as diabetes, coeliac disease, cystic fibrosis and failure to thrive.



Request advice from the parents regarding doctor or dietitian advice regarding their child's allergies and special dietary requirements.



Tips for allergies and intolerances

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1. Check if the child has any allergies, intolerances or special diets when enrolled.

☐

2. Complete the ASCIA Action Plan for Anaphylaxis for all children at risk of anaphylaxis:
www.allergy.org.au/healthprofessionals/anaphylaxis-resources/ascia-action-plan-for-anaphylaxis

☐

3. Ask parents who have children with intolerances or allergies for an individual management plan, including a letter from their doctor.

☐

4. Ensure that all foods that the child is allergic or intolerant to are avoided. This includes foods that list 'may contain traces of' on their labels.

☐

5. Ensure staff are trained to follow correct procedures for allergens in the kitchen and to correctly read labels.

☐

6. Take care to avoid cross contamination of foods in the kitchen when preparing allergen friendly food for the child, or choose to completely eliminate those foods from the menu.

☐

7. Check with the family every 6-12 months to update any information on the allergy, intolerance or diet.

☐

8. Have instructions accessible (such as in the kitchen) for all staff members on each child and how to manage their allergy, intolerance or special diet.

☐

9. Ensure that craft activities do not use any contaminated products such as nuts, egg crates or milk cartons.

Acknowledgements

Thank you to the cooks across the Illawarra and the Shoalhaven for images:

- Donna Hardwicke - Kiama Downs Children's Centre
- Julie Elliott - Albion Park Early Learning Centre
- Sharon Timms - Little Cherubs Children's Centre

Information has been included and/or adapted from the following sources :

- National Health and Medical Research Council 2013, Australian Dietary Guidelines, <https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5>.
- National Health and Medical Research Council 2013, 'Australian Guide to Healthy Eating', <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>.
- NSW Ministry of Health 2014, 'Caring for Children - Birth to 5 years', <https://www.health.nsw.gov.au/heal/Pages/caring-for-children-manual.aspx>.
- South Eastern Sydney Local Health District, 'Make a Healthy Menu: A resource for children aged 2-5 years in Early Childhood Education & Care (ECEC) settings'.
- Northern NSW Local Health District 2013, 'Cooking in Munch & Move Childcare Services'.
- Western NSW Local Health District 2018, 'The Yummy Tummy Book'.
- Northern NSW Local Health District 2018, 'A Practical Guide for Implementing the NSW Healthy School Canteen Strategy'.
- NSW Ministry of Health 2017, 'Munch & Move Resource Manual: Birth to 5 Years'.



