

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

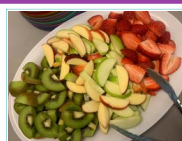
Week 1

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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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.)


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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"/>

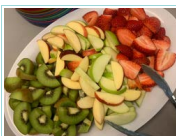
Step 2: Sandwich fillings


			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"/>
			<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"/>
			<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, hommus, 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"/>
			<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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