


2-week menu checklist

How to use this checklist:




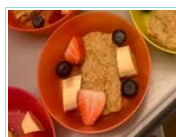

- Complete steps 1 - 9 when planning or reviewing a childcare menu.
- Use the circles to tick each day the requirement is met.
- Use the diamond column on the right to check if the requirement has been met over the 2 weeks.
- This checklist is based on the number of meals and serves recommended to meet 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

			Week 1					Week 2					2-week check
			M	T	W	T	F	M	T	W	T	F	
	One main meal	Daily	<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"/>
	One morning tea	Daily	<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"/>
	One afternoon tea	Daily	<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 2: Meats, non-meats and iron

			Week 1					Week 2					2-week check					
			M	T	W	T	F	M	T	W	T	F						
Red meat:																		
	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"/>
	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"/>
White meat/non-meat																		
	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"/>
	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"/>
	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"/>

Step 3: Vegetables

			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/lentils, ½ medium potato	Daily	<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"/>

Step 4: Fruit

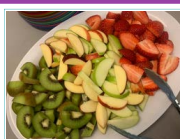
Week 1

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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