


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="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"/>

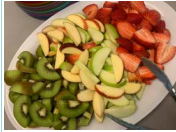
Step 2: Sandwich fillings


			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="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"/>
	All other fillings have iron or protein e.g. chicken, fish, baked beans, egg, cheese	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"/>
	At least 45g protein is served per child	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"/>
	No more than 3 filling options offered	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"/>
	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="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: 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="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 slices of bread per child	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 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="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"/>

		Week 1					Week 2					2-week check
		M	T	W	T	F	M	T	W	T	F	
	2 serves of vegetables	Daily										◇
	examples of 1 serve: 75g, ½ cup cooked vegetables, 1 cup salad, ½ cup beans or lentils, ½ medium potato	○ ○ ○ ○ ○					○ ○ ○ ○ ○					


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	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	○ ○ ○ ○ ○					○ ○ ○ ○ ○					

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	Daily										◇
	e.g. high-fibre wholemeal bread, bread with added fibre, wholemeal crackers, dried fruit, iron-fortified cereal, hommus, beans, red meat	○ ○ ○ ○ ○					○ ○ ○ ○ ○					

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										◇
		○ ○ ○ ○ ○					○ ○ ○ ○ ○					

		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.	○ ○ ○ ○ ○					○ ○ ○ ○ ○					

Step 10: Variety

	The menu provides variety (e.g. different types and colours of vegetables, main meals not repeated) over the fortnight.	◇
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