



This nutrition checklist is designed for use in planning the menu over a **2 week cycle**

MAIN MEALS

- Red meat: beef/lamb**
 - Lean red meat is included on the menu at least **4** times per fortnight. (1 serve = 45g cooked meat)
- White meat: chicken/fish/pork/veal**
 - Lean white meat is included on the menu at least **3** times per fortnight. (1 serve = 45g cooked meat or 55g cooked fish)
- Vegetarian meals**
 - A vegetarian meal is included on the menu at least **2** times per fortnight. (1 serve = 1 medium (55g) egg, 1/3 cup cooked lentils, 1 tablespoon peanut paste, 60g raw tofu)
 - Vegetarian meals are always based on eggs, cheese, tofu, nut pastes or legumes.
- Increasing Iron**
 - On each day that white meat or a vegetarian meal is served, at least **1** other iron containing food is included with the meal.
Iron containing foods include wholemeal bread, broccoli, spinach, cauliflower, cabbage and legumes such as baked beans and lentils.
 - A fruit or vegetable high in Vitamin C is served with white meat or a vegetarian meal.
Fruit and vegetables high in Vitamin C include citrus fruit, strawberries, rockmelon, kiwi fruit, tomato, cauliflower, broccoli, cabbage, capsicum and peas.
- High fat meals**
 - High fat meals are served not more than once per week. High fat meals include chips, nuggets, sausages, commercial pies, pasties, deep fried foods, high fat pastry based foods.

VEGETABLES

- The menu includes at least **1** serve of vegetables per day. (1 serve = 1/2 cup cooked or 1 cup salad)

FRUIT

- The menu includes at least **1** serve of fruit per day. (1 serve = 1 medium piece or 1 cup diced fruit)
- Fruit juice, if served, is diluted and unsweetened.

DAIRY FOODS

- The menu includes at least **3** serves of full cream dairy foods* per day. (1 serve = 100ml milk, 15g (1 tablespoon) cheese, 100g yoghurt, 1/2 cup custard, 10g milk powder)

**Cream and sour cream are not substitutes for milk, yoghurt or cheese.*



BREAD, CEREALS, RICE, PASTA, NOODLES

- The menu includes at least **2** serves of bread, cereals, crackers, noodles, rice or pasta foods per day. (1 serve = 1 slice of bread, 1/2 cup of cereal, 1/3 cup cooked/30g dry rice, 1/2 cup cooked/30g dry pasta or cooked noodles)
Breads include: loaf, pita, Lebanese and fruit bread.
- High fibre varieties (eg multigrain, wholemeal, white high fibre) are included at least **4** times per fortnight.

SNACKS

- Snacks are planned on the menu as part of the tot day's intake.
- Snacks are nutritious and include dairy foods, free fruit, unsweetened tinned fruit, vegetables, pikelet scones, muffins, fruit cake, fruit bread, any bread low fat crackers.

WATER

- Water is freely available during the day.

MEETING ENERGY NEEDS

Energy needs and appetites of children vary. The above quantities represent minimum requirements only. Some children will need much more than the amount specified, especially children in the 4-5 year old age group.

- Extra food is readily available at meal times and snack times to meet the hunger needs of children if required. This could be extra quantities of foods on the menu or additional foods (such as those listed under 'snacks' category).
- An extra snack is provided for children attending 8 or more hours.

