



Menu and Dietary Needs Cook & Nominated Supervisor

NQS Element 1.2.3 Healthy Lifestyle

Use this checklist to plan each 2 week cycle of your service menu. It's based on serving 1 main meal and 2 snacks to children.

Name of the person conducting the checklist: _____ Date: _____

Lean red meat is included on the menu at least 4 -6 times per fortnight (Note NSW Health say 6 times; Vic Govt and Nutrition Australia say 4 times)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Lean white meat (Chicken/Fish/Pork/Veal) is included on the menu at least 2 times per fortnight	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Fish is included on the menu 1-2 times per fortnight	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
A vegetarian meal is included on the menu at least once per fortnight	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Vegetarian meals are based on eggs, cheese, milk, yoghurt, tofu or legumes and contain a food containing iron and a fruit/vegetable high in vitamin C. Foods with iron include spinach, legumes, baked beans, peas, tofu, eggs, broccoli. Fruit/vegetables high in Vitamin C include capsicum, broccoli, kiwifruit, brussel sprouts, paw paw cauliflower, orange, mandarin, berries, cabbage, cantaloupe, frozen mixed vegetables, broad beans, spinach, sweet potato, potato, pineapple, cherries, raw tomato, zucchini, green beans)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
On each day that red meat is served, at least 1 other iron rich food is included on the menu (Iron rich foods include wholemeal high fibre bread, bread with added iron, iron fortified cereal, dried fruit)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
On each day that white meat is served, at least 2 other iron rich foods are included on the menu	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
The menu includes ½ serve of meat/meat alternatives (legumes, eggs, tofu) daily	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
The menu does not include processed meats eg sausages, sausage mince, frankfurts, hot dogs, cabana, salami, strasbourg, devon, middle bacon (lean ham or bacon may be included 1-2 times per week)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
The menu includes at least 1-2 serves of vegetables daily (Note NSW Health says 2 serves; Vic Govt and Nutrition Australia say at least 1-1½ serves)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
A variety of vegetables is offered each week At least 2-3 types per day and 5 different types each week	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
The menu includes 1 serve of fruit daily (Note NSW Health says 1 serve; Vic Govt and Nutrition Australia say at least ½ serve)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
A variety of fruit is offered each week At least 2-3 types per day and 5 different types each week	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Dried fruit is not offered more than once per week	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Water or unflavoured milk is offered to drink. Fruit juice, soft drinks, cordial, sports drinks, flavoured waters etc are not offered.	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Water is offered at all meals	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
The menu includes at least 1 serve of dairy daily Cream, sour cream and butter are not substitutes for milk, yoghurt or cheese. Ensure reduced-fat dairy foods offered to children are not high in sugar.	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
The menu includes at least 2 serves of bread, cereal, rice or pasta foods per day	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
High fibre varieties (eg multigrain, wholemeal, white high fibre) are included at least 3	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA



times per fortnight			
Palm oil, butter, cream, sour cream, coconut cream, copha, ghee and lard are not used in cooking	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Salt is not added to cooking or available at the table	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Breakfast is based on grains and dairy.	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Breakfast cereals are low in added sugars	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Snacks are planned on the menu as part of the total day's intake	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
At each snack time, a fruit or vegetable and bread / cereal-based food appear on the menu	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Note canned foods should be low in salt and with no added sugar.

Minimum recommended number of serves of each food group each day including service food and food brought from home - Australian Dietary Guidelines

www.eatforhealth.gov.au

Breads & Cereals	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
4-8 years 4 serves			
1 serve = 1 slice bread, ½ medium roll or flat bread, ½ cup cooked, rice, pasta, noodles, polenta, ½ cup cooked porridge, ⅓ cup wheat cereal flakes, ¼ muesli, 3 crispbreads, 1 crumpet, 1 small English muffin or scone.			
Vegetables	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
4-8 years 4½ serves			
1 serves is about 75g eg ½cup cooked green or orange vegetables, ½ cup cooked dried or canned beans, peas or lentils, 1 cup green leafy/salad vegetables, ½ cup sweet corn, ½ medium potato, sweet potato, taro or cassava, 1 medium tomato			
Fruit	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
4-8 years 1½ serves			
1 serve is about 150 g. eg 1 medium apple, banana, orange or pear, 2 small apricots, kiwi fruits or plums, 1 cup diced or canned fruit			
Dairy (mostly reduced fat)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
4-8 years 1½ serves (girls) 2 serves (boys)			
1 serve is 1 cup milk, ½ cup evaporated milk, 2 slices (40g) hard cheese like cheddar, ½ cup ricotta, ¾ cup yoghurt 1 cup soy, rice or other cereal drink with at least 100 mg of added calcium per 100 ml			
Meat, Poultry, Fish, Eggs, Tofu, nuts and seeds, legumes/beans	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
4-8 years 1½ serves			
1 serve is 65g cooked lean red meats such as beef, lamb, veal, pork (90-100g raw), 80g cooked lean poultry, 100 g cooked fish fillet or 1 small can of fish, 2 large eggs, 1 cup, cooked or canned legumes/beans such as lentils, chick peas or split peas, 170 g tofu, 30g nuts, seeds, peanut or almond butter or tahini (omit if nut free service)			

Sources: Menu Planning Guidelines for Long Day Care, Healthy Eating Advisory Service Vic Government
Nutrition Checklist for Menu Planning, NSW Health, Australian Dietary Guidelines 2013 www.eatforhealth.gov.au



Actions required