

## Child care menu information cover sheet.

Name \_\_\_\_\_ Contact Number \_\_\_\_\_ Position \_\_\_\_\_

This information helps us to review a menu more accurately as it provides information which isn't always recorded on the menu itself. Please complete it and return with your menu for assessment.

1. I have based the menu on the menu checklist found in Fifth edition of 'Caring for Children; Birth to Five Years' (page 92-93) Yes/No
2. Number of children catered for (average) daily \_\_\_\_\_ children
3. Age range of children at your centre \_\_\_\_\_

<b>Breads, cereals and grain foods</b>	<b>2 adult serves each day</b>
4. Type of bread usually served:	multigrain/wholemeal/white/iron enriched/mixture, other _____
5. Type of other bread products served:	Crumpet: white/wholemeal Lebanese Bread: white/wholemeal English muffin: white/wholemeal Raisin toast: white/wholemeal
6. Type of pasta/noodles usually served:	white/wholemeal
7. Type of flour used in baked products:	white only/wholemeal only/50:50 mixture
8. Brands of crackers/crispbreads etc. used: _____	i.e. Brands e.g. Jatz, Cruskits, Ryvita etc.
9. Number crackers/crispbreads each child would be offered: _____	
10. If sandwiches are on, what fillings do you use routinely; _____	

**When completing the following, make sure that the dairy, fruit and vegetable amounts include only how much is offered at morning tea, lunch and afternoon tea time (not at breakfast or late afternoon tea). The menu checklist does not include food and beverages provided at breakfast or late afternoon tea time.**

<b>Dairy Foods</b>	<b>1 adult serve each day</b>
11. Type of milk served:	Reduced fat only Full fat only Full fat for children under 2 yrs. Reduced fat for children over 2yrs
12. Cheese:	Full fat/fat reduced      Amount purchased weekly _____ kg
13. Yoghurt:	Full fat/fat reduced      Amount purchased weekly _____ kg
14. How many litres of milk are purchased:	daily _____ or weekly _____

<b>Vegetables</b>	<b>2 adult serves each day</b>
15. Number of kilograms (fresh, frozen, canned)of vegetables purchased: daily _____ or weekly _____	
16. Are vegetables part of fruit platters: _____	

<b>Fruit</b>	<b>1 adult serve each day</b>
17. How much fruit is available to each child as part of a fruit platter (av.)	0.5 small piece, 1 small piece 2 small pieces

<b>Spreads, fats and oils</b>
18. Type of spread: polyunsaturated margarine/monounsaturated margarine/butter
19. Type of oil used: polyunsaturated/monounsaturated. Type e.g. sunflower, canola _____

Please return the completed cover sheet with your menu. Thank you!