

# Two Week Menu Cycle Planning Tool

Menu Component	Frequency while in care	Week 1					Week 2				
		Mon	Tue	Wed	Thur	Fri	Mon	Tue	Wed	Thur	Fri
One main meal	daily										
One morning tea	daily										
One afternoon tea	daily										
Red meat (70g raw, per child)	at least 6 times per fortnight										
+ one iron containing food**	same day										
White meat (75g raw, per child), fish (100g raw, per child) or non-meat meals (based on eggs, cheese, tofu, or legumes)	up to 4 times per fortnight										
+ two iron containing foods**	same day										
+ a raw veg or fruit high in vitamin C***	with non meat meals										
1 vegetable serve (½ cup)*	2 serves daily per child										
1 vegetable serve (½ cup)*											
1 fruit serve* 1 medium or 2 small pieces, or 1 cup canned	1 serve daily per child										
1 dairy food serve* 1 cup milk or 200g yoghurt or 40g cheese ****	1 serve daily per child										
1 serve bread, cereal, rice or pasta* 1 slice bread or ½ cup rice or pasta	2 serves daily per child										
1 serve bread, cereal, rice or pasta* 1 slice bread or ½ cup rice or pasta											
High fibre varieties wholemeal, wholegrain, high fibre white	daily										
The menu includes water as a drink											

\*\* Additional iron containing foods include wholemeal high fibre bread and bread with added iron, iron fortified breakfast cereal or infant cereal, dried fruit, and Milo™

\*\*\* Fruit and raw vegetables high in vitamin C include citrus fruits, tomato, cauliflower, broccoli, kiwi fruit, capsicum, rockmelon

\*\*\*\* Choose reduced fat dairy food for children aged 2 years and over

Adapted from the Hunter New England Local Health District, Good for Kids Good for Life 'Menu Manager', 2008.