

Child care menu information cover sheet.

Name Hilda Cooke Centre Name Tiny tots ELC Position cook
 Phone Number 43 40 0000 Email cook@tinytots.

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 40 children
3. Age range of children at your centre 0 - 6 years

Breads, cereals and grain foods	2 adult serves each day
4. Type of bread usually served:	multigrain/ <u>wholemeal</u> /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/ <u>wholemeal</u>
7. Type of flour used in baked products:	white only/wholemeal only/ <u>50:50 mixture</u>
8. Brands of crackers/crispbreads etc. used:	<u>Ryvitas</u> i.e. Brands e.g. Jatz, Cruskits, Ryvita etc.
9. Number crackers/crispbreads each child would be offered:	<u>2</u>
10. If sandwiches are on, what fillings do you use routinely;	<u>beef, ham, salad, baked beans</u>

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.

Dairy Foods	1 adult serve each day
11. Type of milk served:	Reduced fat only Full fat only <u>Full fat for children under 2 yrs. Reduced fat for children over 2yrs</u>
12. Cheese:	Full fat/fat reduced Amount purchased weekly <u>3</u> kg
13. Yoghurt:	Full fat/fat reduced Amount purchased weekly <u>5</u> kg
14. Custard	Full fat/fat reduced Amount purchased weekly _____ kg
15. How many litres of milk are purchased:	daily _____ or weekly <u>30</u>

Vegetables	2 adult serves each day
16. Number of kilograms (fresh, frozen, canned) of vegetables purchased: daily _____ or weekly <u>20kg</u>	
17. Are vegetables part of fruit platters: <u>sometimes</u>	

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

Spreads, fats and oils	1 adult serve each day
19. Type of spread:	<u>polyunsaturated margarine/monounsaturated margarine</u> /butter
20. Type of oil used:	<u>polyunsaturated/monounsaturated</u> . Type e.g. <u>sunflower, canola</u>

Week 1

Day	Morning Tea	Lunch	Afternoon Tea
Monday	Crispbreads with cheese, tomato and cucumber Milk	Honey Soy Drumsticks with seasonal vegetables Water	Mixed berries with yoghurt Milk
Tuesday	Hommus Dip with vegetable sticks & crackers Milk	Homemade sausage rolls with seasonal vegetables Water	Pear, Coconut & Raspberry muffins Milk
Wednesday	Raisin Bread with fresh fruit Milk	Spaghetti Bolognese with garlic bread Water	Fresh fruit platter Milk
Thursday	Beetroot Dip with vegetable sticks & crackers Milk	Crumbed fish with seasonal vegetables Water	Banana Loaf Milk
Friday	Cinnamon Toast with fresh fruit Milk	Beef & Noodle Stirfry Water	Salsa dip with vegetable sticks Milk