Use this checklist to plan each two-week cycle of your service menu. The number of serves recommended is the minimum required to meet the nutritional needs of children when one main meal and two midmeals are provided.

Main Meals	Dairy Food
Beef/Lamb/Kangaroo ■ Lean red meat is included on the menu at least 6 times per fortnight	The menu ind of dairy foods of Serving milk at
Chicken/ Fish/ Pork/ Veal/ Non-Meat Meals A variety of lean white meat/non -meat meals are included on the menu up to 4 times per fortnight Non-meat meals are based on eggs,	an easy and rel
cheese, tofu or legumes ■ Raw vegetables or fruit high in vitamin C are served with the non-meat meal	for milk, yoghurt a **Choose reduc aged 2 years ar
Raw vegetables and fruit high in vitamin C include Image: citrus fruit image: cauliflower imag	Dreads, Cell The menu inc of bread, cerea High fibre vari- high fibre white Other breads in Lebanese, fruit bi- Midmeals are as part of the to Midmeals are as part of the to Midmeals are as part of the to Bread/cereal
Vegetables and Fruit ■ The menu includes at least 2 serves of vegetables daily	 Bread/cereal necessary to m number of serve Vegetables a necessary to m number of serve
■ The menu includes at least 1 serve of fruit daily *A variety of vegetables and fruit throughout the menu is important. The above material has been reproduced with the permission from Caring for Children – Birth to 5 years (Food, Nutrition ar	

IS

cludes a total of 1 serve daily

morning and afternoon tea may be liable way to meet this requirement.

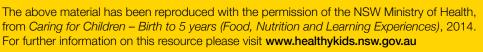


eam and butter are not substitutes and cheese

ced fat dairy food for children and over

Dreads, Cereals, Rice and Pasta		
The menu includes at least 2 serves of bread, cereal, rice or pasta foods daily		
High fibre varieties e.g. multigrain, wholemeal, high fibre white are included daily		
Other breads include: Pita, lavash, Turkish, Lebanese, fruit bread, scones, etc.		
Morning and Afternoon Tea (Midmeals)		
Midmeals are planned on the menu as part of the total day's intake		
Milk, cheese, yoghurt or custard is included if necessary to meet the recommended daily serve		
Bread/cereal based foods are included if necessary to meet the recommended daily number of serves		

and fruit are included if neet the recommended daily /es





Π