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 Fo
Beef/Lamb/Kangaroo	The menu
Lean red meat is included on the menu at least 6 times per fortnight	of dairy food
Chicken/ Fish/ Pork/ Veal/	Serving milk an easy and
Non-Meat Meals	
 A variety of lean white meat/non -meat meals are included on the menu up to 4 times per fortnight 	milk yog
Non-meat meals are based on eggs,	*Cream, sour for milk, yogh
■ Raw vegetables or fruit high in vitamin C are served with the non-meat meal	**Choose rea
Raw vegetables and fruit high in vitamin C include	
	Dreads, (
citrus fruit tomato cauliflower broccoli	■ The menu of bread, ce
SD 🍯 🍋	■ High fibre high fibre wh
kiwi fruit capsicum rockmelon	Oth an hursed
	Uther bread
Iron Containing Foods	
Iron Containing Foods ■ On each day that a red meat meal is served, at least 1 other iron containing food is included on the menu	Lebanese, fru
 On each day that a red meat meal is served, at least 1 other iron containing 	Lebanese, fru Morning a
 On each day that a red meat meal is served, at least 1 other iron containing food is included on the menu 	Lebanese, fru Morning a (Midmeal
 On each day that a red meat meal is served, at least 1 other iron containing food is included on the menu On each day that a white meat or non- 	Lebanese, fru Morning a (Midmeal
 On each day that a red meat meal is served, at least 1 other iron containing food is included on the menu On each day that a white meat or nonmeat meal is served, at least 2 other iron 	Lebanese, fru Morning a (Midmeals as part of th is included if
 On each day that a red meat meal is served, at least 1 other iron containing food is included on the menu On each day that a white meat or nonmeat meal is served, at least 2 other iron containing foods are included on the menu 	Lebanese, fru IOrning a (Midmeal as part of th is included if recommend
 On each day that a red meat meal is served, at least 1 other iron containing food is included on the menu On each day that a white meat or nonmeat meal is served, at least 2 other iron containing foods are included on the menu Other iron containing foods: 	Lebanese, fru MOLNING a (Midmeals as part of th Milk, chee is included if recommend Bread/cer
 On each day that a red meat meal is served, at least 1 other iron containing food is included on the menu On each day that a white meat or nonmeat meal is served, at least 2 other iron containing foods are included on the menu Other iron containing foods: 	Lebanese, fru MOLINING a (Midmeals as part of th Bis included if recommend Bread/cer necessary to
 On each day that a red meat meal is served, at least 1 other iron containing food is included on the menu On each day that a white meat or nonmeat meal is served, at least 2 other iron containing foods are included on the menu Other iron containing foods: wholemeal bread breakfast cereal dried fruit Milo™ 	Lebanese, fru IOTNING a (Tidmeal Midmeals as part of th Milk, chee is included if recommend Bread/cer necessary to number of s Vegetable necessary to
 On each day that a red meat meal is served, at least 1 other iron containing food is included on the menu On each day that a white meat or nonmeat meal is served, at least 2 other iron containing foods are included on the menu Other iron containing foods: wholemeal bread breakfast cereal dried fruit Milo™ Vegetables and Fruit	Lebanese, fru IOTNING a (Tidmeal Midmeals as part of th Milk, chee is included if recommend Bread/cer necessary to number of s Vegetable necessary to
 On each day that a red meat meal is served, at least 1 other iron containing food is included on the menu On each day that a white meat or nonmeat meal is served, at least 2 other iron containing foods are included on the menu Other iron containing foods: wholemeal bread breakfast cereal dried fruit Milo™ Vegetables and fruit I he menu includes at least 2 serves of vegetables daily The menu includes at least 1 serve	Other bread Lebanese, fru Morning a (Midmeals as part of th Milk, chee is included if recommend Bread/cer necessary to number of s Vegetable necessary to number of s

ods

u includes a total of 1 serve ds daily

k at morning and afternoon tea may be d reliable way to meet this requirement.



r cream and butter are not substitutes nurt and cheese

educed fat dairy food for children rs and over

breads, 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	

real based foods are included if o meet the recommended daily serves

es and fruit are included if o meet the recommended daily serves





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