

Menu and Dietary Needs Cook

NQS 2.1.3 Healthy lifestyle

Use this checklist to plan each 2 week cycle of your service menu. It's based on serving 1 main meal and 2 snacks to children.

Name of the person conducting the checklist: _____ Date: _____

Lean red meat is included on the menu at least 4 -6 times per fortnight (Note NSW Health say 6 times; Vic Govt and Nutrition Australia say 4 times)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Lean white meat (Chicken/Fish/Pork/Veal) is included on the menu at least 2 times per fortnight	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Fish is included on the menu 1-2 times per fortnight	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
A vegetarian meal is included on the menu at least once per fortnight	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Vegetarian meals are based on eggs, cheese, milk, yoghurt, tofu or legumes and contain a food containing iron and a fruit/vegetable high in vitamin C Foods with iron include spinach, legumes, baked beans, peas, tofu, eggs, broccoli Fruit/vegetables high in Vitamin C include capsicum, broccoli, kiwifruit, brussel sprouts, paw paw cauliflower, orange, mandarin, berries, cabbage, cantaloupe, frozen mixed vegetables, broad beans, spinach, sweet potato, potato, pineapple, cherries, raw tomato, zucchini, green beans)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
On each day that red meat is served, at least 1 other iron rich food is included on the menu (Iron rich foods include wholemeal high fibre bread, bread with added iron, iron fortified cereal, dried fruit)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
On each day that white meat is served, at least 2 other iron rich foods are included on the menu	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
The menu includes ½ serve of meat/meat alternatives (legumes, eggs, tofu) daily	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
The menu does not include processed meats eg sausages, sausage mince, frankfurts, hot dogs, cabana, salami, strasburg, devon, middle bacon (lean ham or bacon may be included 1-2 times per week)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
The menu includes at least 1-2 serves of vegetables daily (Note NSW Health says 2 serves; Vic Govt and Nutrition Australia say at least 1-1½ serves)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
A variety of vegetables is offered each week At least 2-3 types per day and 5 different types each week	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
The menu includes 1 serve of fruit daily (Note NSW Health says 1 serve; Vic Govt and Nutrition Australia say at least ½ serve)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
A variety of fruit is offered each week At least 2-3 types per day and 5 different types each week	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Dried fruit is not offered more than once per week	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Water or unflavoured milk is offered to drink. Fruit juice, soft drinks, cordial, sports drinks, flavoured waters etc are not offered.	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Water is offered at all meals	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
The menu includes at least 1 serve of dairy daily Cream, sour cream and butter are not substitutes for milk, yoghurt or cheese. Reduced fat milks are not suitable for children under 2 years. Ensure reduced-fat dairy foods offered to older children are not high in sugar.	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
The menu includes at least 2 serves of bread, cereal, rice or pasta foods per day	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
High fibre varieties (eg multigrain, wholemeal, white high fibre) are included at least 3 times per fortnight	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Palm oil, butter, cream, sour cream, coconut cream, copha, ghee and lard are not used in cooking	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Salt is no added to cooking or available at the table	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Breakfast is based on grains and dairy.	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Breakfast cereals are low in added sugars	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Snacks are planned on the menu as part of the total day's intake	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
At each snack time, a fruit or vegetable and bread / cereal-based food appear on the menu	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Actions required