



# DAILY MENU PLANNING CHECKLIST

USE THIS MENU PLANNING CHECKLIST TO ENSURE THE NUTRITIONAL FOUNDATIONS OF YOUR MENU ARE BEING MET\*

## BREAKFAST

- Hot choices include a protein source such as eggs, bacon mince, cheese, baked beans
- If only a continental breakfast is served, a protein source such as yoghurt, cheese or peanut butter is offered
- A hot cereal such as rolled oats and at least 3 other varieties of breakfast cereal are available
- High fibre breakfast cereals are offered

## MAIN MEALS

- Residents have at least two hot choices at the main meal
- Each hot main meal choice provides 1 serve of meat, chicken, fish or eggs
- Red meat is included on the menu at least once a day
- Vegetarian meals are based on eggs, cheese, tofu, nuts or legumes (e.g. lentils)
- Salad as a main meal includes a serve of meat, chicken, fish or eggs
- A nourishing dessert is served with the main meal

## LIGHT MEALS

- Residents can choose more than one of hot meals + soup + salad + sandwich
- The hot light meal choice provides 1 serve of meat, chicken, fish or eggs
- Soups are substantial e.g. thick creamy soups, vegetable soups that contain barley, legumes etc. plus meat or chicken
- Salads include 1 serve of protein such as meat, chicken, fish or eggs
- Sandwich includes a serve of protein such as meat, chicken, fish, eggs or baked beans
- A nourishing dessert is served with the light meal

## MID MEALS

- High calorie mid meals and beverages are always offered at morning tea and afternoon tea and supper

## FRUIT AND VEGETABLE

- The menu provides for five serves of vegetables per day. Note that a salad would be equivalent to one serve of vegetables and soup with lots of vegetables would also be equivalent to one serve of vegetables
- Starchy vegetable serves are approximately 75g per serve (½ cup)
- The menu provides at least 2 serves of fruit daily. This includes fresh, canned, stewed, dried or 100% juice
- If residents prefer to have more fruit and less vegetables, this is accommodated e.g. 3 serves of fruit and 4 serves of vegetables

## DAIRY FOODS

- The menu offers at least four serves of dairy foods such as milk, custard, yogurt and cheese daily
- Calcium rich, milk-based desserts are offered twice a day
- If a dessert is low in calcium, 125ml (½ cup) custard, ice-cream or yoghurt is added
- Milk drinks are offered with all main meals and mid meals
- Drinks, desserts etc. are made with full cream milk and fortified with full cream milk powder where appropriate

## BREADS, CEREALS, RICE AND PASTA

- The menu provides four serves of bread, cereal, rice or pasta foods per day
- High fibre breads (multigrain, whole meal bread or white high fibre) are offered
- Bread is available at the main meal and the light meal