


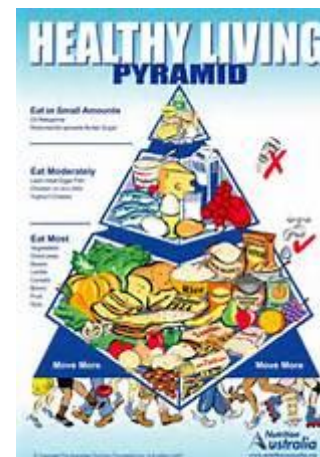


# Daily Nutritional Requirements during Child Care\*

























\*based on 50% of daily intake

	Food group	Serve size	No of serves*
	Vegetables and Legumes	1 potato ½ cup of cooked(75g) vegetables 1 cup of salad vegetables ½ cup(75g) of cooked legumes – dried beans, peas or lentils	1-2½ 
	Fruit	1 med size piece- apple, pear, banana 2 pieces smaller fruit; plums, kiwi fruit 1 ½ tablespoons of sultanas, raisins or currants 4 pieces of dried fruit – such as apricots, pears or figs 1 cup tinned fruit	¼ - 1 
	Grain (Cereal) foods	2 slices bread 1 cup of cooked rice, pasta, noodles 1 and a third cup of cereal	2 
	Lean Meat & alternatives	65-100g cooked meat or chicken 80-100g cooked fish 2 small eggs ½ cup cooked lentils	½-1 
	Dairy and Alternatives	1 cup of milk 40g of cheese 200g yoghurt ½ cup custard	½-1 
	Discretionary Foods	1 medium piece of plain cake 1 tablespoon jam / honey 1-2 sweet biscuits 30g chips	0-1 



























Ref: Village Child Care Menu Assessment, Assessed By Nutrition Australia May 2013 Updated June 2013, with incorporation of child size serves for kids 1-5 years







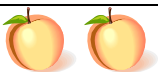

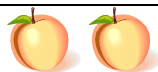
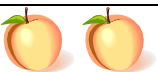


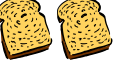
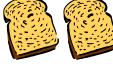
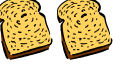










All children will be offered a glass of milk at afternoon tea. Water is available all day. Updated June 2013

Meal		Monday	Tuesday	Wednesday	Thursday	Friday
M/tea		Fruit & Veg Platter	Raisin Bread	Custard with arrowroots	Spaghetti on Toast	Fruit & Veg Platter
Lunch		Sandwiches Ham/Chicken & Tomato, Lettuce, Cheese and carrot,	Cheesy Baked Beans Nacho's	Beef Noodle Stir Fry	Mince Pie with mash	Pizza Cheese, tomato, ham, pineapple, mushroom & chicken.
Dessert		Apple & Cheese	Apple & Cheese	Apple & Cheese	Apple & Cheese	Apple & Cheese
A/tea		Corn Flake Cookies	Fruit & Veg Platter	Fruit & Veg Platter	Rice Crackers with Dips	Rice Cakes with Cream cheese
Food group	Serve					
Vegetable	2					
Fruit	2					
Breads & cereals	2					
Dairy	$\frac{1}{2}$					
Meat	$\frac{1}{2}$ -1					

## WEEK 2

Meal		Monday	Tuesday	Wednesday	Thursday	Friday
M/Tea		Blueberry Pancakes	Fruit & Vegie Platter	Fruit & Vegie Platter	Fruit & Vegie Platter	Fruit & Vegie Platter
Lunch		Fish fingers, mash potato & vegies	Honey Chicken Noodle Stir Fry with Vegies	Spaghetti Bolognaise	Baked Pumpkin Risotto	Sandwiches Ham & Tomato Lettuce, cheese & carrot, Vegemite
Dessert		Apple & Cheese	Apple & Cheese	Apple & Cheese	Apple & Cheese	Apple & Cheese
A/Tea		Fruit & Vegie Platter	Muesli & Yoghurt	Raisin Bread	Rice Crackers & Cream Cheese Dips	Jam Drops
Food group	Serve					
Vegetable	2					
Fruit	2					
Breads & cereals	2					
Dairy	½					
Meat	1					

WEEK 3

Meal		Monday	Tuesday	Wednesday	Thursday	Friday
M/tea		Blueberry Pancakes	Fruit & Vegie platter	Fruit & Vegie platter	Spaghetti & Toast	Raisin Bread
Lunch		Chicken & Spinach in Tomato Sauce & Pasta	Pizza Cheese, tomato, ham, pineapple, mushroom & chicken	Sandwiches: Tuna, Beetroot, Lettuce & Cheese Vegemite	Chicken Risotto	Tuna Mornay & Rice with vegies
Dessert		Apple & Cheese	Apple & Cheese	Apple & Cheese	Apple & Cheese	Apple & Cheese
A/tea		Fruit & Vegie Platter	Rice Cakes	Custard with Biscuits	Fruit & Vegie platter	Fruit & Vegie platter
Food group	Serve					
Vegetable	2					
Fruit	2					
Breads & cereals	2					
Dairy	$\frac{1}{2}$					
Meat	$\frac{1}{2}$ -1					

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WEEK 4

Meal		Monday	Tuesday	Wednesday	Thursday	Friday
M/tea		Blueberry pancakes	Fruit & Vegie platter	Fruit & Vegie platter	Fruit & Vegie platter	Rice cakes with Cream cheese
Lunch		Chicken Nuggets with Mash and Vegies	Sandwiches Tuna, Tomato, Lettuce, Cheese and carrot, Vegemite	Tuna Risotto	Sandwiches Devon, Chicken, Tomato, Lettuce, Cheese and carrot, Vegemite	Shepherd's Pie
Dessert		Apple & Cheese	Apple & Cheese	Apple & Cheese	Apple & Cheese	Apple & Cheese
A/tea		Fruit & Vegie platter	Rice Cakes & Cream Cheese	Crackers & Dips	Custard	Fruit & vegie platter
Food group	Serve					
Vegetable	2					
Fruit	2					
Breads & cereals	2					
Dairy	½					
Meat	½-1					

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WEEK 5

Meal		Monday	Tuesday	Wednesday	Thursday	Friday
M/tea		Fruit & Vegie Platter	Fruit & Vegie Platter	Baked Beans & Toast	Fruit & Vegie platter	Fruit & Vegie platter
Lunch		Fishcakes with Rice & Vegies	Sandwiches chicken/tuna/lettuce/tomato/cheese vegemite	Creamy-Chicken_A-La-King	Mince Balls, Vegies & Rice	Sausages & Mash with Vegies
Dessert		Apple & cheese	Apple & cheese	Apple & cheese	Apple & cheese	Apple & cheese
A/tea		Yogurt	Custard & Arrowroots	Fruit & Vegie Platter	Raisin bread	Rice Cakes
Food group	Serve					
Vegetable	2					
Fruit	2					
Breads & cereals	2					
Dairy	½					

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Meal		Monday	Tuesday	Wednesday	Thursday	Friday
M/tea		Fruit & Vegie platter	Fruit & Vegie platter	Fruit & Vegie platter	Fruit & Vegie platter	Cheesy Baked Beans & Toast
Lunch		Sandwiches Tuna/Ham/ Lettuce/Tomato/ Cheese/Vegemite/ Beetroot	Pizza Cheese, tomato, ham, pineapple, mushroom & chicken.	Lasagne	Chicken & Spinach in Tomato Sauce & Pasta	Chicken Risotto
Dessert		Apple & Cheese	Apple & Cheese	Apple & Cheese	Apple & Cheese	Apple & Cheese
A/tea		Fruity Muffins	Yogurt	Raisin Bread	Custard & Arrowroots	Fruit & Vegie platter
Food group	Serve					
Vegetable	2					
Fruit	2					
Breads & cereals	2					
Dairy	½					
Meat	½-1					