

## Menu Planning Checklist for Supported Residential Services

This menu planning checklist will assist you to develop and review your menu for a menu cycle week. The number of serves recommended in this checklist follows the Australian Guide to Healthy Eating to ensure the menu meets the daily nutritional requirements for adults.

One checklist should be used for each week of the menu cycle.

Please write the number of serves included in your menu for each meal time. Or circle 'yes' or 'no' for the statement.

Menu Cycle Week (please circle):            1            2            3            4

## Grains and Starchy Vegetables

<p>Aim for 2 serves per meal</p> <p>One serve =</p> <ul style="list-style-type: none"> <li>- 1 slice (40g) of bread</li> <li>- ½ roll (40g)</li> <li>- ½ cup (120g) cooked porridge</li> <li>- 2/3 cup wheat cereal flakes (30g)</li> <li>- ¼ cup (30g) muesli</li> <li>- ½ cup cooked rice or pasta</li> <li>- ½ medium potato or sweet potato</li> <li>- ½ cup corn</li> </ul>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast							
	Lunch							
	Dinner							
Are wholemeal bread and/or wholegrain breads offered: Y / N								

## Dairy

<p>Aim for 2.5 – 4 serves <b>per day</b></p> <p>One serve =</p> <ul style="list-style-type: none"> <li>- 1 cup (250mls) of milk</li> <li>- 2 slices (40g) cheese</li> <li>- ¾ cup (200g) yoghurt</li> <li>- ½ cup (120g) ricotta cheese</li> <li>- ½ cup (120mls) evaporated milk</li> <li>- 1 cup (250mls) soy/rice/almond milk with added calcium</li> </ul>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast							
	Lunch							
	Dinner							
Low fat dairy products are offered: Y / N								

<b>Fruit</b>								
<b>Aim for 2 serves per day</b> One serve = 150g - 1 medium piece of fruit i.e. apple/orange - 2 small pieces of fruit i.e. apricots/mandarins - 1 cup (150g) diced or tinned fruit		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast							
	Lunch							
	Dinner							
<b>Tinned fruit is in juice not syrup: Y / N</b>								
<b>Tinned fruit has no added sugar: Y / N</b>								

<b>Vegetables</b>								
<b>Aim for 5 serves per day</b> One serve = 75g - ½ cup cooked vegetables - 1 cup salad - ½ cup legumes/beans i.e. lentils, kidney beans		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast							
	Lunch							
	Dinner							
<b>Canned legumes have no added salt: Y / N</b>								

## Lean meats, poultry, fish, eggs, tofu, nuts, seeds and legumes

Aim for 2-3 serves **per day**

One serve =

Cooked	Raw
65g lean meats i.e. beef, lamb, pork	90-100g lean meats i.e. beef, lamb, pork
80g lean chicken	100g lean chicken
100g fish fillet	115g fish fillet

- 2 eggs (120g)
- 1 cup (150g) cooked/tinned legumes
- 170g tofu
- 30g nuts and seeds

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							

Highly processed foods									
Limited and if on the menu, appear no more than <b>once per week</b>  Examples include: - Dim sims - Hot chips - Frankfurts - Fish fingers - Instant noodles - Pizza - Commercial Quiche/Pies - Salami/Strasburg/Spam - Sausages - Sausage rolls		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Breakfast								
	Lunch								
	Dinner								

## Between meal snacks

Grains									
Grain based snack ideas include crispbread/crackers with cheese/dips; popcorn, fruit bread, bread		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Morning tea								
	Afternoon tea								
	Supper								

Dairy								
Dairy based snack ideas include cheese, milk, smoothies, yoghurt, yoghurt based dips		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Morning tea							
	Afternoon tea							
	Supper							

Fruit								
Fruit based snack ideas include fruit platter, fruit salad Aim for 2 serves <b>per day</b> One serve = 150g <ul style="list-style-type: none"> <li>- 1 medium piece of fruit i.e. apple/orange</li> <li>- 2 small pieces of fruit i.e. apricots/mandarins</li> <li>- 1 cup (150g) diced or tinned fruit</li> </ul>		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Morning tea							
	Afternoon tea							
	Supper							



## Summary of Menu

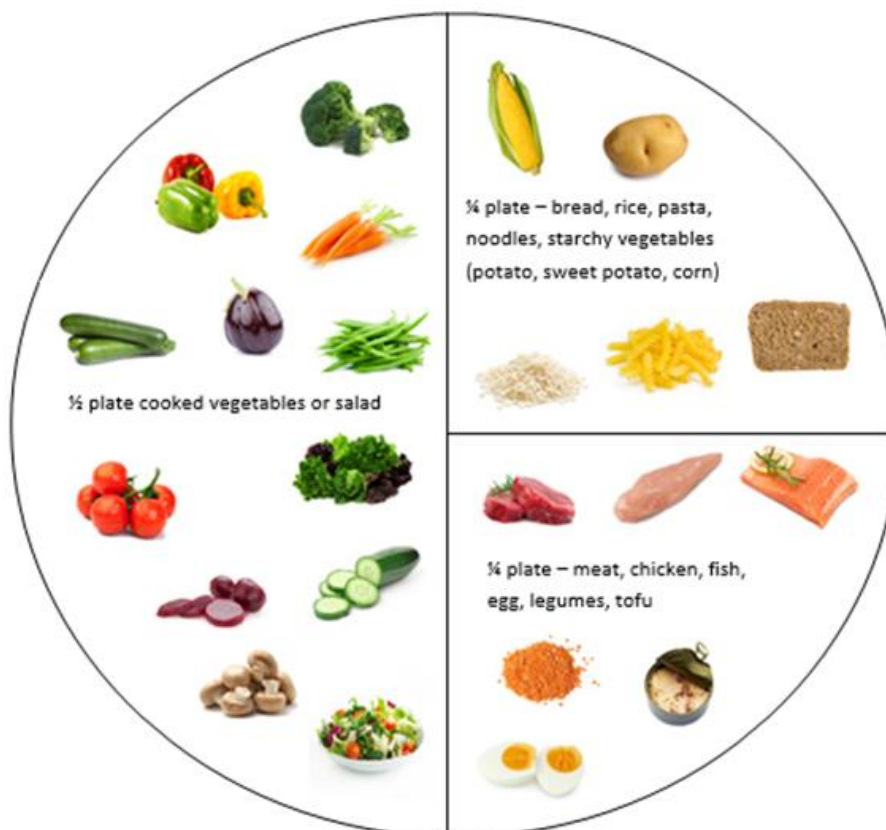
- Write in each box the number of serves per day for the week of the menu cycle (including breakfast, morning tea, lunch, afternoon tea, dinner and supper)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Grains</b> Aim for 6 per day							
<b>Dairy</b> Aim for 2.5-4 per day							
<b>Fruits</b> Aim for 2 per day							
<b>Vegetables</b> Aim for 5 per day							
<b>Lean meats, poultry, fish, eggs, tofu, nuts, seeds and legumes</b> Aim for 2-3 serves per day							
<b>Highly processed foods</b> Limit intake to once per week, if at all							



Food variety		
	Yes	No
Red meat is included in the menu at least <b>4 times per fortnight</b>		
Pork/chicken is included in the menu at least <b>2 times per fortnight</b>		
Fish is included in the menu at least <b>1-2 times per fortnight</b>		
Vegetarian meals (using eggs/tofu/legumes/cheese) are included as a <b>main meal 1-2 times per fortnight</b>		

Plate Composition – Lunch and Dinner meals		
	Yes	No
Vegetables/salads - ½ of meal		
Starchy foods - rice/pasta/potato/bread -¼ of meal		
Meat, chicken, fish, legumes, eggs, tofu -¼ of meal		



<b>Fats and Oils</b>		
	<b>Yes</b>	<b>No</b>
Oil (i.e. olive, canola, sunflower, safflower, vegetable) are used in cooking and baking.		
Butter, ghee, lard, cream are not used/limited in cooking and baking.		
Pan frying (with a <b>small</b> amount of oil) is used instead of deep frying.		

<b>Meal flavourings</b>		
	<b>Yes</b>	<b>No</b>
Is salt added to the cooking?		
Are herbs and spices added to the cooking for flavour?		
Is salt available at the table/dining room?		

<b>Drinks</b>		
	<b>Yes</b>	<b>No</b>
Water is provided at all meals.		
Water is easily available between meals.		
Sugar sweetened beverages are not provided <ul style="list-style-type: none"> <li>- Soft drink</li> <li>- Cordial</li> </ul>		
Diet versions of sweet drinks are used if providing sweetened drinks.		

<b>Menu Planning</b>		
	<b>Yes</b>	<b>No</b>
Main meals are not repeated in a two week menu cycle		
The menu contains meals which are culturally diverse		
The culture of the residents are taken into account when menu planning		
The main ingredient in a meal is not repeated on the same day i.e. beef dish at lunch and dinner		
Menu is rotated seasonally		
Menu items are supported by a recipe		
The menu is displayed for the residents to see		
There is a <b>nutritious</b> alternative choice for those who do not want the main meal		

