

# Munch Menu Review 02/06/2020

## Childcare Centre: TG's Childcare

### Accreditation Period: Winter Menu 2020

As part of the Munch Menu Grant Program, Mid North Coast Local Health District staff review participating childcare centres' menus. Your review was conducted using a 4 week menu cycle supplied by **TG's Childcare** and assessed against the *Caring for Children Guidelines* and the *Munch & Move* Assessment Criteria. Please see below the outcomes of the review, including recommendations.

## 1. Menu Structure

1.1 Menu has a 2 or more week cycle. **Met**

Comment/Actions:

4 week cycle with good variety

1.2 The menu has a good variety of foods, colours, textures between days. **Met**

Comment/Actions:

1.3 Feedback from staff, families and children is sought and incorporated in the development of the menu **Met**

Comment/Actions:

## 2. Menu Communication

2.1 Menu is displayed in full view at the Centre **Met**

Comment/Actions:

2.2 Feedback from staff, families and children is sought and incorporated in the development of the menu **Met**

Comment/Actions:

2.3 Menu changes are communicated to families, children and staff **Met**

Comment/Actions: Seasonal menu changes are made and communicated with the families

## 3. Menu for children 6-12 Month

3.1 The texture of food is progressed as per child's developmental level, families input and the Caring for Children guidelines. **Met**

Comment/Actions:

Menu is progressed from Puree to mash to meals according to child's development level

3.2 The eating plan for 6 - 12 month old infants is based on the centre menu with age appropriate modifications and input from families. **Met**

Comment/Actions:

## 4. Drinks

4.1 Breast milk, formula and sips of water are the only drinks provided to infants aged 6-12 months. **Met**

Comment/Actions:

## 5. Red Meat Meals

5.1 Lean red meat is included on the menu at least 6 times per fortnight **Met**

Comment/Actions:

Lean beef mince is used as ingredient

5.2 Processed meat is on the menu once a fortnight or less; this includes sausages, Devon, salami and frankfurts. **Met**

Comment/Actions:

Fish Fingers has been placed on the menu and sausages have been removed for the Winter menu

## 6. White Meats & Non-Meat Meals

6.1 A variety of lean white meats/non-meat meals are included on the menu up to 4 times per fortnight. **Met**

Comment/Actions:

Chicken and Tuna are offered up to 4 times per fortnight

6.2 Meat is unprocessed, not battered or commercially crumbed and attention is paid to meat leanness **Met**

Comment/Actions:

Lean Beef mince, tuna, Chicken breast are provided as main meal ingredients. Fish Fingers are offered once in the month. Please ensure you check the commercial packaging nutritional panel to ensure fat content remains below 10g fat per 100g and also make sure the sodium content is not too high. These should be treated as an occasional item.

6.3 Non-meat meals are based on eggs, cheese, tofu and legumes **Met**

Comment/Actions:

6.4 Raw vegetables or fruit high in vitamin C are served with the non- meat meal **Met**

Comment/Actions: Vitamin C containing foods are served alongside non-meat and white meat meals.

## 7. Iron-containing Foods

7.1 On each day that a red meat meal is served at least 1 other iron containing food is included on the menu. \* see the Iron rich foods resource to assist. **Met**

Comment/Actions: all breads and crackers are wholemeal/grain

7.2 On each day that a white meat or non-meat meal is served, at least 2 other iron containing foods are included on the menu. \* see "Best (non-meat) sources of Iron" to assist. **Met**

Comment/Actions: all breads and crackers are wholemeal/grain

## 8. Vegetables

8.1 The menu includes vegetable serves on 2 occasions over the day **Met**

Comment/Actions: Vegetables are provided as part of mid meals and main meals. Very good.

## 9. Fruit

9.1 The menu includes at least 1 serve of fruit daily **Met**

Comment/Actions:

9.2 Majority of fruit served is fresh or canned with dried fruit only served occasionally. **Met**

Comment/Actions:

## 10. Dairy

10.1 The menu includes a total of 1 serve of dairy foods daily. **Met**

Comment/Actions:

10.2 Reduced fat milk is served for children over 2 years of age\* **Met**

Comment/Actions: as specified on the menu

10.3 Milo is served no more than once per fortnight on a day when an alternate iron source is needed. **Met**

Comment/Actions: Milo does not appear on the menu

## 11. Breads, Cereals, Rice & Pasta

11.1 The menu includes at least 2 serves of bread, cereal, rice or pasta daily **Met**

Comment/Actions:

11.2 High fibre cereal varieties e.g. multigrain, wholemeal, high fibre white are included daily. **Met**

Comment/Actions: all breads and crackers are wholemeal/grain

## 12. Mid Meals (Morning/Afternoon Tea)

12.1 Mid meals are planned on the menu as part of the total day's intake. **Met**

Comment/Actions:

A good variety of fruits and vegetables, allowable crackers etc. are offered as mid meals.

12.2 All mid meals in menu cycle are based on core **Met**  
foods and not "extra" foods \* See the "Mid Meal  
Guide".

Comment/Actions: all muffins and scones are based on fruit or vegetables and comply with  
the munch and move criteria

## 13. Sodium

13.1 Low salt products are used where possible. **Met**

Comment/Actions: No added salt, salt reduced products are used including salt reduced soy  
sauce. Any processed meats ensure lower sodium content.

## 14. Special Diets

14.1 Modified diets are provided for those with **Met**  
allergy/ intolerances and for cultural reasons.  
Provide in Additional Information Form.

Comment/Actions: as stated. Dairy, Gluten, Soy and Lactose free alternatives are available.  
Modified diets are provided to meet individual dietary needs.

14.2 Modified diets are nutritionally adequate – **Met**  
Provide in Additional Information Form.

Comment/Actions:

**Munch Menu Criteria: Met**

## General Comments

A great menu which uses a variety of foods and vegetables and various textures.

**Menu review conducted by Jenny Wehlow 02/06/2020**

Jenny Wehlow – Health Promotion Officer

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## References

- NSW Ministry of Health. (2014). *Caring for Children Birth to 5 years (Food, Nutrition and Learning experiences)*. Sydney.
- National Health and Medical Research Council. (2013). *Australian Dietary Guidelines Summary*  
Australia: Australian Government
- Munch and Move - Program Adoption Indicators. Monitoring Guide

## Note

- *Ensure the risk of choking on food is minimised as per Caring for Children recommendations.*
- *Ensure safe food handling and hygiene as per Caring for Children recommendations.*
- *Ensure food allergies and intolerances recommendations are followed as per Caring for Children recommendations.*