

Nutrition Checklist for Planning Sandwich Menus

Use this checklist to plan each two-week menu cycle that provides sandwiches as the main meal on all or most days of the week.

The numbers of serves recommended are the minimum required to meet the nutritional needs of children in care when one main meal and morning and afternoon tea are provided.

Main Meals

AMOUNT AND TYPE OF FILLINGS

■ Each day, at least **1** sandwich filling is lean red meat. For example: beef or lamb.

■ All other sandwich fillings are a good source of iron or protein. For example: chicken, fish, baked beans, eggs or cheese

■ At least 45g of protein filling is provided for each child

Number of sandwich fillings

■ No more than 3 filling choices are offered each day

* Limiting the number of fillings encourages children to try different fillings and will help to ensure they get enough protein and iron.

AMOUNT AND TYPE OF BREAD

■ Bread with added iron is used where available, preferably wholemeal

■ 2 serves of bread is provided per child

SOURCE OF VITAMIN C

■ A raw vegetable or fruit high in vitamin C is served with sandwiches at main meals



*These can be included in sandwich fillings or served separately.

Vegetables and Fruit

■ The menu includes at least **2** serves of vegetables daily

It is recommended that a salad/vegetable platter is served with sandwiches to help meet this requirement

■ The menu includes at least **1** serve of fruit daily

*A variety of vegetables and fruit throughout the menu is important.

Dairy Foods

■ The menu includes a total of **1** serve of dairy foods daily

Serving milk at both morning and afternoon tea may be an easy and reliable way to meet this requirement.



*Cream, sour cream and butter are not substitutes for milk, yoghurt and cheese.

Morning and Afternoon Tea (Midmeals)

■ Midmeals are planned on the menu as part of the total day's intake

■ Milk, cheese, yoghurt or custard is included if necessary to meet the recommended daily serve

■ Vegetables and fruit are included if necessary to meet the recommended daily number of serves

IRON CONTAINING FOODS

■ At least 2 iron containing foods are included on the menu, in addition to the main meal sandwiches

Iron containing foods include: Wholemeal bread, bread with added iron, or wholegrain crispbreads/biscuits

• Red meat, meat and fish pastes, sardines, hommus, baked beans • Iron fortified breakfast cereal e.g. Weetbix™, Puffed Wheat™, Mini Wheats™ • Milo™, dried fruit