

Outside school hours' care menu planning checklist

Choosing a menu for outside school hours' care programs requires careful planning. Use this checklist to ensure that you have considered all aspects and are contributing to the nutritional needs of the students in your program.



To consider	Done
✓ Children are provided with food that is consistent with the Australian Dietary Guidelines	
✓ Are there are variety of different food groups supplied?	
✓ Are vegetables included every day?	
✓ Is there variety in taste, colour, texture, temperature and presentation?	
✓ Is water regularly offered?	
✓ Are foods from other cultures included?	
✓ Are resources such as time, money, equipment and staff used effectively?	
✓ Are the likes and dislikes of the children in your care taken into consideration when developing the menu?	
✓ Are special dietary needs taken into consideration when developing the menu?	
✓ Is fresh produce incorporated and seasonal variation catered for?	
✓ Is there enough food/drink for the number of children being catered for in your care?	
✓ Are food safety and hygiene requirements met?	
✓ How long is the menu cycle? Is it changed regularly?	
✓ Do parents have access to a copy of the menu?	