

The tables below will help you order and prepare foods and drinks in quantities that meet the *Menu planning guidelines for long day care*<sup>1</sup>, support children's nutrition needs and reduce food wastage at the same time.

A 'children's serve' refers to the portion of food appropriate for children aged 1–5 years. To be practical in the childcare setting, children's serve sizes have been adapted from the serve sizes in the *Australian Dietary Guidelines*<sup>2</sup>. Visit [www.heas.health.vic.gov.au](http://www.heas.health.vic.gov.au) for healthy recipes and food and drink ideas for long day care menus.

### Lean meat and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Offer 1 children's serve<sup>3</sup> of lean meat, poultry, fish or alternatives<sup>3</sup> per child per day.

*E.g. for 120 children you need 7.2kg of fish to provide enough for each child.*

	What is 1 children's serve?	60 children	80 children	100 children	120 children	150 children	200 children	250 children
Lean red meat, pork, poultry (raw)	50g boneless	3kg	4kg	5kg	6kg	7.5kg	10kg	12.5kg
Lean red meat (cooked)	30g	1.8kg	2.4kg	3kg	3.6kg	4.5kg	6kg	7.5kg
Poultry (cooked, skin off)	40g	2.4kg	3.2kg	4kg	4.8kg	6kg	8kg	10kg
Fish (raw)	60g	3.6kg	4.8kg	6kg	7.2kg	9kg	12kg	15kg
Fish (canned/cooked)	50g	3kg	4kg	5kg	6kg	7.5kg	10kg	12.5kg
Egg	1 egg	60 eggs	80 eggs	100 eggs	120 eggs	150 eggs	200 eggs	250 eggs
Legumes (dry)	35g	2.1kg	2.8kg	3.5kg	4.2kg	5.25kg	7kg	8.75kg
Legumes (cooked/tinned, drained weight)	85g (½ cup)	5.1kg (30 cups)	6.8kg (40 cups)	8.5kg (50 cups)	10.2kg (60 cups)	12.75kg (75 cups)	17kg (100 cups)	21.25kg (125 cups)
TVP <sup>4</sup>	20g	1.2kg	1.6kg	2kg	2.4kg	3kg	4kg	5kg
Tofu	85g	5.1kg	6.8kg	8.5kg	10.2kg	12.75kg	17kg	21.25kg
Hummus	60g (¼ cup)	3.6kg (14 cups)	4.8kg (20 cups)	6kg (25 cups)	7.2kg (30 cups)	9kg (37 ½ cups)	12kg (50 cups)	15kg (62 ½ cups)

<sup>1</sup> *Menu planning guidelines for long day care*, Healthy Eating Advisory Service, Department of Health and Human Services, State Government of Victoria, 2012, [www.heas.health.vic.gov.au](http://www.heas.health.vic.gov.au)

<sup>2</sup> *Australian Dietary Guidelines*, National Health and Medical Research Council, 2013, [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

<sup>3</sup> One children's serve of lean meat, poultry, fish or alternatives is equal to half a serve in the *Australian Dietary Guidelines*.

<sup>4</sup> TVP stands for Textured Vegetable Protein which is a vegetarian meat substitute.

## Fruit

Offer 1 children's serve<sup>5</sup> of fruit\* per child per day.

E.g. for 120 children you need 9kg of fresh/tinned/frozen fruit to provide enough for each child.

	What is 1 children's serve?	60 children	80 children	100 children	120 children	150 children	200 children	250 children
Fruit (fresh/frozen)	75g (½ medium piece)	4.5kg (30 pieces)	6kg (40 pieces)	7.5kg (50 pieces)	9kg (60 pieces)	11.25kg (75 pieces)	15kg (100 pieces)	18.75kg (125 pieces)
Fruit (cooked/tinned, drained)	½ cup	30 cups	40 cups	50 cups	60 cups	75 cups	100 cups	125 cups
Dried fruit*	15g	900g	1.2kg	1.5kg	1.8kg	2.25kg	3kg	3.75kg

\* Dried fruit leaves a sticky residue on teeth and can contribute to tooth decay. If included on the menu it should only be offered once per week.

## Vegetables and legumes/beans

Offer 1–1½ children's serves<sup>6</sup> of vegetables and legumes per child per day.

E.g. for 120 children you need 9-12kg of vegetables/legumes to provide enough for each child.

	What is 1 children's serve?	60 children	80 children	100 children	120 children	150 children	200 children	250 children
Vegetables (fresh/frozen)	75g	4.5-6kg	6-8kg	7.5-10kg	9-12kg	11.25-15kg	15-20kg	18.75-25kg
Vegetables (cooked/tinned, drained)	½ cup	30-45 cups	40-60 cups	50-75 cups	60-90 cups	75-112 ½ cups	100-150 cups	125-187 ½ cups
Vegetables (salad)	1 cup	60-90 cups	80-120 cups	100-150 cups	120-180 cups	150-225 cups	200-300 cups	250-375 cups
Legumes (dry)	30g	1.8-2.7kg	2.4-3.6kg	3-4.5kg	3.6-5.4kg	4.5-6.75kg	6-9kg	7.5-11.25kg
Legumes (cooked/tinned, drained weight)	75g (½ cup)	4.5-6kg	6-8kg	7.5-10kg	9-12kg	11.25-15kg	15-20kg	18.75-25kg

<sup>5</sup> One children's serve of fruit is equal to half a serve in the *Australian Dietary Guidelines*.

<sup>6</sup> One children's serve of vegetables and legumes/beans is equal to one serve in the *Australian Dietary Guidelines*.

## Milk, yoghurt, cheese and/or alternatives

Offer 2 children's serves<sup>7</sup> of milk, yoghurt, cheese or calcium fortified alternatives per child per day.

*E.g. for 120 children you need 12L of milk AND 9.6kg of yoghurt to provide enough for each child.*

	What is 1 children's serve?	60 children	80 children	100 children	120 children	150 children	200 children	250 children
Milk	100mL	6L	8L	10L	12L	15L	20L	25L
Hard cheese	15g (1 slice)	900g	1.2kg	1.5kg	1.8kg	2.25kg	3kg	3.75kg
Yoghurt	80g	4.8kg	6.4kg	8kg	9.6kg	12kg	16kg	20kg
Custard	100mL	6L	8L	10L	12L	15L	20L	25L
Evaporated milk	50mL	3L	4L	5L	6L	7.5L	10L	12.5L
Milk powder	15g	900g	1.2kg	1.5kg	1.8kg	2.25kg	3kg	3.75kg
Ricotta cheese	50g	3kg	4kg	5kg	6kg	7.5kg	10kg	12.5kg

## Grain (cereal) foods

Offer 2 children's serves<sup>8</sup> of grain (cereal) foods per child per day.

*E.g. for 120 children you need to provide 120 slices of bread AND 3.6kg of pasta to provide enough for each child.*

	What is 1 children's serve?	60 children	80 children	100 children	120 children	150 children	200 children	250 children
Bread (all types)	1 slice (40g)	60 slices (3 loaves)	80 slices (4 loaves)	100 slices (5 loaves)	120 slices (6 loaves)	150 slices (7 ½ loaves)	200 slices (10 loaves)	250 slices (12 ½ loaves)
Pita bread	½ large pocket (40g)	30 pockets (2.4kg)	40 pockets (3.2kg)	50 pockets (4kg)	60 pockets (4.8kg)	75 pockets (6kg)	100 pockets (8kg)	125 pockets (10kg)
Breakfast cereal flakes	30g	1.8kg	2.4kg	3kg	3.6kg	4.5kg	6kg	7.5kg
Breakfast cereal (wheat biscuits)	2 Weetbix™	120 Weetbix™	160 Weetbix™	200 Weetbix™	240 Weetbix™	300 Weetbix™	400 Weetbix™	500 Weetbix™
Bread roll	½ medium	30 rolls	40 rolls	50 rolls	60 rolls	75 rolls	100 rolls	125 rolls
Pasta/noodles/rice/cous cous	30g dry	1.8kg	2.4kg	3kg	3.6kg	4.5kg	6kg	7.5kg
Flour	¼ cup (35g)	15 cups (2.1kg)	20 cups (2.8kg)	25 cups (3.5kg)	30 cups (4.2kg)	37 ½ cups (5.25kg)	50 cups (7kg)	62 ½ cups (8.75kg)
Cracker biscuit/crisp bread	35g	2.1kg	2.8kg	3.5kg	4.2kg	5.25kg	7kg	8.75kg
Crumpet/English muffin	1 crumpet/small muffin	60	80	100	120	150	200	250

<sup>7</sup>One children's serve of milk, yoghurt, cheese and/or alternatives is equal to just under half a serve in the Australian Dietary Guidelines.

<sup>8</sup>One children's serve of grain (cereal) foods is equal to one serve in the Australian Dietary Guidelines

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