

Ingredient quantity guide for long day care menus

Early childhood

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

Tables include:

- Lean meat and poultry, fish, eggs, tofu, nuts, seed and legumes/beans
- Fruit
- Vegetables and legumes/beans
- Grain (cereal) foods
- Milk, yoghurt, cheese and/or alternatives

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.



Ingredient quantity guide for long day care menus

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

Offer 1 children's serve of lean meat, poultry, fish or alternatives per child per day.

E.g. for 5 children you need 300g of fish to provide enough for each child.

| | What is 1 children's serve? | 5 children | 10 children | 20 children | 30 children | 40 children | 50 children | 60 children |
|--|-----------------------------|----------------|----------------|-----------------|------------------|-----------------|------------------|-----------------|
| Lean red meat, pork, poultry (raw) | 50g boneless | 250g | 500g | 1kg | 1.5kg | 2kg | 2.5kg | 3kg |
| Lean red meat (cooked) | 30g | 150g | 300g | 600g | 900g | 1.2kg | 1.5kg | 1.8kg |
| Poultry (cooked, skin off) | 40g | 200g | 400g | 800g | 1.2kg | 1.6kg | 2kg | 2.4kg |
| Fish (raw) | 60g | 300g | 600g | 1.2kg | 1.8kg | 2.4kg | 3kg | 3.6kg |
| Fish (canned/cooked) | 50g | 250g | 500g | 1kg | 1.5kg | 2kg | 2.5kg | 3kg |
| Egg | 1 egg | 5 eggs | 10 eggs | 20 eggs | 30 eggs | 40 eggs | 50 eggs | 60 eggs |
| Legumes (dry) | 35g | 175g | 350g | 700g | 1.05kg | 1.4kg | 1.75kg | 2.1kg |
| Legumes (cooked/tinned, drained weight) | 85g (½ cup) | 425g (2½ cups) | 850g (5 cups) | 1.7kg (10 cups) | 2.55kg (15 cups) | 3.4kg (20 cups) | 4.25kg (25 cups) | 5.1kg (30 cups) |
| TVP* | 20g | 100g | 200g | 400g | 600g | 800g | 1kg | 1.2kg |
| Tofu | 85g | 425g | 850g | 1.7kg | 2.55kg | 3.4kg | 4.25kg | 5.1kg |
| Hummus | 60g (¼ cup) | 300g (1½ cups) | 600g (2½ cups) | 1.2kg (5 cups) | 1.8kg (7 cups) | 2.4kg (9½ cups) | 3kg (12 cups) | 3.6kg (14 cups) |

* TVP stands for Textured Vegetable Protein which is a vegetarian meat substitute.

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

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Fruit

Offer 1 children's serve of fruit* per child per day.

E.g. for 5 children you need 375g of fresh/tinned/frozen fruit to provide enough for each child.

| | What is 1 children's serve? | 5 children | 10 children | 20 children | 30 children | 40 children | 50 children | 60 children |
|---------------------------------------|-----------------------------|------------------|-----------------|-------------------|--------------------|-----------------|--------------------|-------------------|
| Fruit (fresh/frozen) | 75g (½ med piece) | 375g (2½ pieces) | 750g (5 pieces) | 1.5kg (10 pieces) | 2.25kg (15 pieces) | 3kg (20 pieces) | 3.75kg (25 pieces) | 4.5kg (30 pieces) |
| Fruit (cooked/tinned, drained) | ½ cup | 2 ½ cups | 5 cups | 10 cups | 15 cups | 20 cups | 25 cups | 30 cups |
| Dried fruit* | 15g | 75g | 150g | 300g | 450g | 600g | 750g | 900g |

One children's serve of fruit is equal to half a serve in the Australian Dietary Guidelines. * 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 of vegetables and legumes per child per day.

E.g. for 5 children you need 375-500g of vegetables/legumes to provide enough for each child.

| | What is 1 children's serve? | 5 children | 10 children | 20 children | 30 children | 40 children | 50 children | 60 children |
|--|-----------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Vegetables (fresh/frozen) | 75g | 375-500g | 750g-1kg | 1.5-2kg | 2.25-3kg | 3-4kg | 3.75-5kg | 4.5-6kg |
| Vegetables (cooked/tinned, drained) | ½ cup | 2½ - 3¾ cup | 5-7½ cups | 10-15 cups | 15-22½ cups | 20-30 cups | 25-37½ cups | 30-45 cups |
| Vegetables (salad) | 1 cup | 5-7½ cups | 10-15 cups | 20-30 cups | 30-45 cups | 40-60 cups | 50-75 cups | 60-90 cups |
| Legumes (dry) | 30g | 150-225g | 300-450g | 600-900g | 900g-1.3kg | 1.2-1.8kg | 1.5-2.25kg | 1.8-2.7kg |
| Legumes (cooked/tinned, drained weight) | 75g (½ cup) | 375-500g | 750g-1kg | 1.5-2kg | 2.25-3kg | 3-4kg | 3.75-5kg | 4.5-6kg |

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

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Grain (cereal) foods

Offer 2 children's serves of grain (cereal) foods per child per day.

E.g. for 5 children you need to provide 5 slices of bread AND 150g of pasta to provide enough for each child.

| | What is 1 children's serve? | 5 children | 10 children | 20 children | 30 children | 40 children | 50 children | 60 children |
|--|-----------------------------|-------------------|--------------------|--------------------|------------------------|----------------------|-----------------------|----------------------|
| Bread (all types) | 1 slice (40g) | 5 slices (¼ loaf) | 10 slices (½ loaf) | 20 slices (1 loaf) | 30 slices (1 ½ loaves) | 40 slices (2 loaves) | 50 slices (2½ loaves) | 60 slices (3 loaves) |
| Pita bread | ½ large pocket (40g) | 2½ pockets (200g) | 5 pockets (400g) | 10 pockets (800g) | 15 pockets (1.2kg) | 20 pockets (1.6kg) | 25 pockets (2kg) | 30 pockets (2.4kg) |
| Breakfast cereal flakes | 30g | 150g | 300g | 600g | 900g | 1.2kg | 1.5kg | 1.8kg |
| Breakfast cereal (wheat biscuits) | 2 Weetbix™ | 10 Weetbix™ | 20 Weetbix™ | 40 Weetbix™ | 60 Weetbix™ | 80 Weetbix™ | 100 Weetbix™ | 120 Weetbix™ |
| Bread roll | ½ medium | 2½ rolls | 5 rolls | 10 rolls | 15 rolls | 20 rolls | 25 rolls | 30 rolls |
| Pasta/noodles/rice/cous cous | 30g dry | 150g | 300g | 600g | 900g | 1.2kg | 1.5kg | 1.8kg |
| Flour | ¼ cup(35g) | 1¼ cups (175g) | 2½ cups (350g) | 5 cups (700g) | 7½ cups (1.05kg) | 10 cups (1.4kg) | 12½ cups (1.75kg) | 15 cups (2.1kg) |
| Cracker biscuit/crisp bread | 35g | 175g | 350g | 700g | 1.05kg | 1.4kg | 1.75kg | 2.1kg |
| Crumpet/English muffin | 1 crumpet/small muffin | 5 | 10 | 20 | 30 | 40 | 50 | 60 |

One children's serve of grain (cereal) foods is equal to one serve in the Australian Dietary Guidelines.

Adapted from Start Right Eat Right, Government of South Australia.

Ingredient quantity guide for long day care menus

Milk, yoghurt, cheese and/or alternatives

Offer 2 children's serves of milk, yoghurt, cheese or calcium fortified alternatives per child per day.

E.g. for 5 children you need 500mL of milk AND 400g of yoghurt to provide enough for each child.

| | What is 1 children's serve? | 5 children | 10 children | 20 children | 30 children | 40 children | 50 children | 60 children |
|------------------------|-----------------------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Milk | 100mL | 500mL | 1L | 2L | 3L | 4L | 5L | 6L |
| Hard cheese | 15g (1 slice) | 75g | 150g | 300g | 450g | 600g | 750g | 900g |
| Yoghurt | 80g | 400g | 800g | 1.6kg | 2.4kg | 3.2kg | 4kg | 4.8kg |
| Custard | 100mL | 500mL | 1L | 2L | 3L | 4L | 5L | 6L |
| Evaporated milk | 50mL | 250mL | 500mL | 1L | 1.5L | 2L | 2.5L | 3L |
| Milk powder | 15g | 75g | 150g | 300g | 450g | 600g | 750g | 900g |
| Ricotta cheese | 50g | 250g | 500g | 1kg | 1.5kg | 2kg | 2.5kg | 3kg |

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