

Ingredient quantity guide for long day care menus

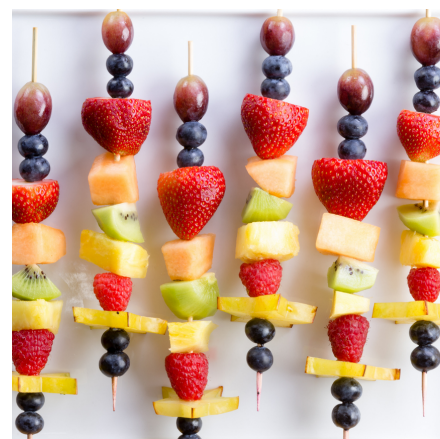
Early childhood

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 (1¼ 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.

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 (1½ 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.

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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.