|  |  |  |
| --- | --- | --- |
| **Quantity**  **(1 point per day of full compliance for each food group (10 points over the fortnight))** | **Quality**  **(1 point per day compliant for each item (10 points over the fortnight))** | **Variety**  **(5 points for each week each component is compliant (10 points over the fortnight))** |
| **Meat/alternative compliant**  (Offer 1 child serve per child per day – 1 child serve equivalent to: 30g cooked lean meat / 1 egg / 85g legumes) | **Discretionary not on menu.**  (Discretionary foods include chocolate, jelly, commercially made biscuits, ice cream, soft drinks, fruit juice, deep fried foods and take away foods) | **Vegetarian meals**  (2 per fortnight – a vegetarian meal should contain protein such as legumes, food containing iron e.g., spinach or chickpeas, vegetables high in vitamin C) |
| **Vegetables compliant**  (Offer 1-1.5 child serve per child per day – 1 child serve equivalent to: ½ cup cooked vegetables / 1 cup salad / ½ potato) | **Wholegrains on the menu every day**  (Includes oats, brown rice, rice, and wholemeal varieties for breads and in baking) | **Vegetable variety**  (2-3 different types per day and 5 different types each week) |
| **Fruit compliant**  (Offer 1 child serve per child per day - 1 child serve equivalent to: 75g fresh fruit) | **Sweet and salty spreads and baked items not offered daily at morning or afternoon tea. Contains <5g sugar / serve.**  (Sweet spreads include jam and honey. Salty spreads include Vegemite™ and Marmite™. Baked items should contain less than 5g of sugar per serve and should not be offered daily at morning or afternoon tea) | **Fruit variety**  (2-3 different types per day and 5 different types each week) |
| **Milk/alternatives compliant**  (Offer 2 child serves per child per day – 1 child serve equivalent to: 100ml milk/ 80g yoghurt / 15g hard cheese) | **Mono- and poly unsaturated oils used in cooking, saturated fats not used in cooking, limit oils to 10g / child / day.**  (Suitable options include olive oil, canola oil, sunflower oil – avoid palm and coconut oil as well as cream, butter, and lard) | **Meat / protein variety**  (Over a fortnight – offer 4 serves of red meat, 2 serves of poultry, 2 serves of fish and 2 vegetarian meals) |
| **Grains compliant**  (Offer 2 child serves per child per day – 1 child serve equivalent to: 1 slice bread / 30g dry weight pasta or rice / 30 crisp bread or crackers) | **Salt not used in cooking or available on table, limit high salt sauces to 5g / serve.**  (Sauces such as soy sauce, fish sauce and tomato sauce can be high in salt – choose reduced salt options and use in small amounts) |  |
| **Compliance quantity = 50** | **Compliance quality = 50** | **Compliance variety = 40** |
| **Full compliance = 140\*** | | |

**Supplementary Table 1 – Menu scoring tool based on the Victorian menu planning guidelines for Long Day Care.**

\*Items in menu scoring system derived from methodology created by Dean (32), utilised by Gerritsen (11) and adjusted to the recommendations in the Victorian menu planning guidelines for Long Day Care (19) in collaboration with Nutrition Australia’s Healthy Eating Advisory Service.(48)