

Menu planning checklist

Is there a good balance and variety of foods in your menu? Use this menu checklist to see.

Menu item	Frequency	M	T	W	T	F	S	S	Total
INCLUDE									
Wholemeal/ wholegrain bread	At least 2-3 slices daily								
Wholegrain/ high-fibre breakfast cereal	At least 1 portion per day								
Rice/ pasta/ potato etc.	5 days per week								
Fruit, some raw	2 portions per day								
Vegetables/ salad- plenty of colour	3 varieties daily, may include potato								
Lean red meat- beef, mince, pork, veal, lamb	125g cooked 2-3 times weekly								
White meat- chicken, turkey (no skin)	125g cooked 1 portion per week								
Fish (not fried)	3 times per fortnight								
Cooked dried peas, beans, lentils	1-2 portions per week								
Eggs	3-4 per week								
Milk/ soy milk- low fat, high calcium (1 serve = 200ml)	1-2 serves per day								
Yoghurt (1 serve = 150g)									
Cheese (1 serve = 40g) – choose lower-fat types									
LIMIT									
Processed meats	No more than 3 per fortnight								
Pastry items	2 per week only								
Cream	Very occasionally								
Butter	Substitute with table margarine								
Salt in cooking	Use sparingly								
Salt on table	Discourage								
The target is to meet at least 15 (83%) of the stated standards every week. Where a target is not met, try to improve that aspect of the menu.									

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