

# CHECKLIST

- Individual needs are catered for
- Each meal contains a food from the starchy group
- There is a good variety of foods from the starchy group each week
- Wholemeal bread is on offer as well as white
- There is a wide variety of fruit and vegetables offered each week
- At least 5 portions of fruit and vegetables are on offer each day (fruit juice only counts once a day)
- There are 3 portions from the milk and dairy group each day
- Lower fat milk and dairy foods are available
- There are 2 portions from the meat, fish and alternatives group each day
- There is a good variety of foods from the meat, fish and alternatives group each week
- Meat alternatives are included and are varied if there are vegetarians/vegans
- Oily fish is included on the menu weekly
- Foods high in fat and sugar are included only occasionally
- Fried foods are offered no more than twice a week
- A range of drinks are available during the day (8-10 cups)
- Individuals are involved in the planning of menus, preparation, cooking and shopping where possible
- Pictures or photographs are used to help understanding of menus