Menu assessment

To complete your *Move Well Eat Well* Award or Renewal process, your menu will be reviewed by our dietitians using a [menu assessment tool](https://www.dhhs.tas.gov.au/mwew/early_childhood_services). The menu assessment is based on national *Australian Dietary Guidelines*. A dietitian will contact you to discuss your menu assessment and any recommendations.

To help with this process, please send the MWEW team:

1. A copy of your current menu in full (include all weeks of current menu rotation)
2. Recipes for each menu item. This includes recipes for all:
   * main meals
   * side dishes
   * desserts
   * snacks (e.g. platters or sandwiches)
   * drinks and dips (e.g. smoothie, tzatziki)

Recipes need to include:

* Number of children it serves (if the recipe doesn’t cover the whole service)
* Quantity of each ingredient in kilograms, table/teaspoons, cups, or number of packets e.g. one standard loaf of sliced wholemeal bread, 3 x 150g bags of rice cakes, 2 x 1kg tub of hommus etc
* For vegetables and fruit we need the types so that we can check variety. For example instead of bag of mixed vegetables, write 500g bag corn, peas and carrot.
* For grains and cereals we need to know if wholemeal options are used. This includes giving details of type of flour that is used for in house baked goods (we suggest at least half the flour is wholemeal).
* For tinned goods, stocks and gravies specify if reduced salt or no added salt options were used.

Please refer to the next page for a detailed recipe example.

If you have any questions you can contact the Move Well Eat Well dietitians [by sending them an email](mailto:movewelleatwellEC@health.tas.gov.au)

Recipe from the Healthy Eating advisory service in Victoria

**Vegetarian Lentil Bolognese (serves 60 children)**

**Ingredients**

2.1 kg dried red lentils

4 large brown onions

10 large carrots

2.5kg celery

10 large zucchini

3 tablespoons olive oil

3 cloves garlic

8 x 800g cans reduced-salt crushed tomatoes

Dried basil 1.5 tsp

Dried oregano 1.5 tsp

Spiral pasta (dry) 15 cups

4 cups grated cheese

**Method**

1. Cook lentils in a saucepan of water according to packet instructions.
2. Finely chop onion, carrot and celery.
3. Grate zucchini.
4. Drain and rinse lentils.
5. Heat oil in a large frying pan over a medium heat. Add onion, garlic, carrot, celery and zucchini. Cook, stirring for 5 minutes until onion is tender.
6. Add tomatoes, cooked lentils, tomato paste, basil and oregano.
7. Reduce heat to medium-low. Cook covered, stirring occasionally, for at least 30 minutes or until the sauce has thickened slightly.
8. Cook pasta in boiling water, following packet instructions until tender. Drain.
9. Serve pasta with sauce over the top and a sprinkle of grated cheese.