




HEALTHY MENU CERTIFICATE



BOUNDARY LANE

Early Learning Centre

Your 4 week menu submitted to the Sydney Local Health District on the 26/7/2022 is deemed to meet the recommendations outlined below:



RECOMMENDATIONS

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- Lean red meat at least 6 times per fortnight
 - An extra iron food is served on days red meat is served
 - Lean white meat or vegetarian meals based on eggs, cheese, tofu or legumes are served at least 4 times per fortnight
 - Two extra iron foods are served on the days white meat or vegetarian meals are served
 - A high vitamin C fruit or vegetable is served with vegetarian meals
 - Two serves of vegetables daily
 - One serve of fruit daily
 - At least two serves of grain foods, with at least 1 serve of high fibre grain foods daily
 - Mid meals are planned as part of the total day's intake and include a variety of grains, vegetables or fruit
 - Water is offered with all meals
 - Juice is not offered
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This compliance certificate is issued for a period of 12 months and will expire on 26/7/2023. Any changes made to the service menu before this time will render the certificate invalid.