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| --- | --- | --- | --- | --- | --- |
| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast****Morning snack****Lunch****Afternoon snack** |  |  |  |  |  |
| **Remarks:** |
| **Evaluation Item (Please check** **the boxes as appropriate)** | **Yes** | **No** | **Not applicable** |
| 1. There is **no repetition in the combination of food ingredients** for main meals and snacks **in a week**. Seasonal ingredients that are appealing to children have been chosen.
 | □ | □ | □ |
| 1. Water is provided **every day** as the main fluid for students.
 | □ | □ | □ |
| 1. For **whole-day kindergartens and child care centres**: Fresh fruit **and** dairy products are provided in the meals every day.
 | □ | □ | □ |
| 1. For **half-day kindergartens and child care centres**: Fresh fruit **or** dairy products are provided in the meals every day.
 | □ | □ | □ |
| 1. Grains, vegetables and meat (or its alternatives, e.g. fish, poultry, egg, bean curd and beans) are provided **in lunch and dinner (if applicable)**.
 | □ | □ | □ |
| 1. **Food items provided every day** are arranged with reference made from Table 3 and Table 6. Types and quantity of food in the meals have been adjusted to supplement each other according to the recommendations to satisfy the daily nutritional requirements of children.
 | □ | □ | □ |
| 1. **All food ingredients do not contain** caffeine or artificial sweeteners.
 | □ | □ | □ |
| 1. **No** grains high in salt, oil and sugar (e.g. fried rice, fried noodles, E-fu noodles, puffed bread and pastry, pineapple bun, custard bun, French fries, sandwich biscuits, cookies and cakes, etc.) are used.
 | □ | □ | □ |
| 1. **No** dried/ canned/ preserved fruit and vegetables with added salt, oil or sugar (e.g. raisins with added sugar, canned fruit in syrup, salted seaweed, pickled Chinese mustard and dry pickled Chinese mustard, etc.) are used.
 | □ | □ | □ |
| 1. **No** full-fat dairy products or those high in fat or sugar (e.g. full-fat milk, full-fat cheese, full-fat milk powder, condensed milk and evaporated milk, etc.) are used.
 | □ | □ | □ |
| 1. **No** monosodium glutamate (MSG), chicken powder or seasonings/ready-made sauces high in salt (e.g. fermented bean sauce, fish sauce, teriyaki sauce, white sauce, tomato sauce and sauce made with canned soup, etc.) are used in cooking.
 | □ | □ | □ |
| **Evaluation Item ( Please check** **the boxes as appropriate.)** | **Yes** | **No** | **Not applicable** |
| 1. **No** poultry with skin, fatty cut of meat, processed/cured/canned meat, fish, egg and beans(e.g. beef brisket, pork jowl, pork ribs, pork bone, chicken paws, chicken wings, ham, beef ball, sausage, imitation crab meat, barbecued pork, corned beef, ready-made dim sum, canned tuna in oil, canned baked beans, lime preserved egg and textured vegetable protein, etc.) are used.
 | □ | □ | □ |
| 1. **No** oils and fats with high level of saturated fat or trans fat (e.g. butter, lard, coconut milk, vegetable oil with coconut oil/palm oil, margarine with trans fat, and cream, etc.) are used in cooking.
 | □ | □ | □ |
| 1. **No** high-sugar food items and beverages (e.g. jelly, cordial, soft drink, yoghurt drink, probiotic drink, tetra pack chrysanthemum tea, chocolate milk and instant drinks (except milk powder), etc.) are provided.
 | □ | □ | □ |
| 1. **No** high-fat cooking methods (e.g. deep-frying) are used in cooking and no deep-fried food items (e.g. deep-fried bean curd puff, deep-fried bean curd sheet, deep-fried fish ball, deep- fried fish curd and fried gluten, etc.) are used.
 | □ | □ | □ |
| 1. The school has considered whether the meals in the menu are suitable for children with special dietary needs **(e.g. dietary rules for certain cultural or religious groups, food allergy or special health conditions)** and special arrangements have been made for these children.
 | □ | □ | □ |

If "yes" boxes have been checked ('✓') for all of the above items, the menu for this cycle is in line with the recommendations of this publication and the menu is considered healthy. Conversely, if any "no" box has been checked, the school should make reference to the *Nutrition Guidelines for Children Aged 2 to 6* and promptly discuss with the stakeholders (e.g. parents and the food service staff) on ways to improve the menu so that the principles of healthy eating can be followed.

This menu Evaluation Form can be download at: [http://www.startsmart.gov.hk/en/others. aspx?MenuID=57](http://www.startsmart.gov.hk/en/others.%20aspx?MenuID=57)