Supplemental Table 1: One-week menu for the seven Australian long day care centres

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| --- | --- | --- | --- | --- | --- | --- |
| **Centre** |   | **Monday** | **Tuesday** | **Wednesday**  | **Thursday** | **Friday** |
| **1** |   |  |   |   |   |   |
|  | **MT** | Pears apples bananas milk | Pears apples bananas, milk | Pears apples bananas, milk | Pears apples bananas, milk | Pears apples bananas, milk |
|  | **L**  | Lamb and apricot chickpea curry | Curry beef Bombay | Chicken stroganoff pasta | Beef burritos | Spinach capsicum tofu risotto |
|  | **D** | Pears apples bananas | Pears apples bananas | Pears apples bananas | Pears apples bananas | Pears apples bananas |
|  | **AT** | Rice cakes & avocado dips | Pita chips, bean and salsa dip  | Pita pizza | Crackers, dips, veggie sticks | Natural yoghurt & muesli |
| **2** |   |   |   |   |   |   |
|  | **MT** | Oranges pears apples banana, milk | Oranges pears apples banana, milk | Oranges pears apples banana, milk | Oranges pears apples banana, milk | Oranges pears apples banana, milk |
|  | **L**  | Tuna and vegie slice | Cheesy veg & Macaroni  | Beef casserole | Thai green chicken curry  | Spaghetti Bolognese |
|  | **D** | Tinned apple & pea combo | Yoghurt | Apple Pie | Melon fingers | Two fruits with custard |
|  | **AT** | Cheese and ham with rice crackers | Crumpets with vegemite & jam | Banana Pikelets | Toast with vegemite & cheese slices | Muesli slice |
| **3** |   |   |   |   |   |   |
|  | **MT** | Apples, pears & oranges, milk | Apples, pears & oranges, milk | Apples, pears & oranges, milk | Apples, pears & oranges, milk | Apples, pears & oranges, milk |
|  | **L**  | Creamy tomato & vegetable pasta | Tuna & spinach fettucine | Mexican beef & salad wraps | Moroccan lamb Fettuccini | Savoury chicken & vegetables with bread |
|  | **D** | Apples, pears & oranges | Apples, pears & oranges | Apples, pears & oranges | Apples, pears & oranges | Apples, pears & oranges |
|  | **AT** | Muffins with spreads (e.g. cheese spread and Vegemite) | Cheese scones | Crusty bread with spreads (e.g. cheese spread and Vegemite) | Crispbread with tzatziki dip | Cruskits with cheese slices |
| **4** |   |  |  |  |  |  |
|  | **MT** | Apples, grapes, cheese and crackers, milk | Sultana loaf and plum jam, milk | Winter berry and coconut muffins, milk | Rice cakes with ham and cheese, milk | Banana and coconut pancakes, milk  |
|  | **L**  | Ten Veg Pasta Bake | Chicken fried rice | Irish stew | Chicken mushroom and spinach risotto | Minestrone soup with wholemeal bread  |
|  | **D** | Apples, pears & oranges | Orange melon and banana | Apples, pears & oranges | Apples, pears & oranges | Apples, pears & oranges |
|  | **AT** | Anzac Slice  | Chocolate and coconut and oatmeal cookies  | Sultanas carrots cheese and crackers | Scones with apricot jam | Seasonal fruit and yoghurt |
| **5** |   |   |   |   |   |   |
|  | **MT** | Banana, apple, orange, milk | Banana, apple, orange, milk | Banana, apple, orange, milk | Banana, apple, orange, milk | Banana, apple, orange, milk |
|  | **L**  | Chicken and vegetable pastie slice | Tuna mornay | Meat balls rice & veg | Pork lasagne  | Vegetarian frittata |
|  | **D** | Pears and yoghurt | Peaches and custard | Yoghurt | Yoghurt | Watermelon & cantaloupe |
|  | **AT** | Cheese and ham toasties | Scones | Rice cakes with spreads | Apple muffins | Toasted English muffins with butter, jam and Vegemite |
| **6** |   |   |   |   |   |   |
|  | **MT** | Oranges bananas apples pears, milk | Oranges bananas apples pears, milk | Oranges bananas apples pears, milk | Oranges bananas apples pears, milk | Oranges bananas apples pears, milk |
|  | **L**  | Chicken vegetable spaghetti | Lasagne  | Moroccan chicken & couscous | Chow Mein | Tuna khichri |
|  | **D** | Fresh fruit salad | yoghurt | Apples & pears | Melon fingers | Fruit with muesli |
|  | **AT** | Cheese & ham & rice crackers | tomato & cheese pizza | Raisin bread | Veggie sticks & beetroot dip | Muesli slice |
| **7** |   |   |   |   |   |   |
|  | **MT** | Apples oranges pears bananas, milk | Apples oranges pears bananas, milk | Apples oranges pears bananas, milk | Apples oranges pears bananas, milk | Apples oranges pears bananas, milk |
|  | **L**  | Savoury lamb & rice & bread | Chicken & cheese Macaroni | Beef bean hot pot pasta & bread | Tuna & pea corn casserole & bread | Potatoes & lentil back & bread |
|  | **D** | Fresh fruit & yoghurt | Apples oranges pears | Apples oranges pears & yoghurt | Apples oranges pears | Apples oranges pears |
|  | **AT** | Fruit muffins & milk | Rice crackers & cheese & milk | Carrot cake & milk | Raisin toast & milk | Zucchini muffins & milk |

Abbreviations: MT, Morning tea; L, Lunch; D, Dessert; AT, Afternoon tea