

4. Nutrient banding and minimum menu choice tables



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4.1 Breakfast items

Measure	Band 1	Band 2	Band 3	Unbanded [#]
Description	High protein	Moderate protein	Included for dietary variety	Included for dietary variety
Serve size	Various	Various	Not specified	30–45 g
Energy	700 kJ minimum	700 kJ minimum	600 kJ maximum	Not specified
Protein	10 g minimum	5 g minimum	Not specified	Not specified
Sodium	600 mg maximum	600 mg maximum	Not specified	Not specified
Minimum menu choice/day	2 including 1 × hot breakfast item	2	Not specified	Variety to be offered daily
Minimum variety/week	1 × hot cereal 5 × other options	5	Not specified	Not specified
Minimum proportion over 7 days	50%	Not specified	Not specified	Not specified
Maximum proportion over 7 days	Not specified	Not specified	30%*	Not specified
Examples	Eggs (minimum of 2 – scrambled/baked/omelette) Fortified hot porridge Smoothie Muesli with Greek yoghurt (3.5% fat)	Pancakes with fruit/syrup/cream Congee with chicken/egg Hot porridge (made with milk) Iced coffee Fruit and yoghurt	Bacon [^] Sausages [^] Vegetable sausages Hash brown	Cereals – mostly wholegrain: • wheat biscuits • sultana and bran flakes Bread/toast – mostly wholegrain served with spreads

Notes:

As per Standard 3.2 use unsaturated fats (poly/mono-unsaturated oils, margarine) where possible, and limit salt additions during cooking.

* Band 3 breakfast choices may only be offered at a maximum of two mealtimes per week.

[^] High-sodium, high-saturated fat processed meats (e.g. bacon, sausages/sausage mince, chorizo – as a major meal component) may only be offered a maximum of once per week.

[#] Unbanded breakfast choices are to be offered daily.

4.2 Soup

Measure	Band 1	Band 2	Unbanded
Description	High protein	Moderate protein	Included for dietary variety
Serve size	180–250 mL	180–250 mL	180–250 mL
Energy	600 kJ minimum	400 kJ minimum	Not specified
Protein	8 g minimum	5 g minimum	Not specified
Sodium	600 mg maximum	600 mg maximum	Not specified
Minimum menu choice/day	1	Balance to ensure minimum of 2 choices/day	Not specified
Minimum variety/week	7 soup varieties		Not specified
Minimum proportion over 7 days	50%	Not specified	Not specified
Maximum proportion over 7 days	Not specified	Not specified	30%*
Examples	Minestrone Chicken and sweet corn Tofu and egg Egg and noodle Beef, barley and vegetable Spicy chicken, lentil and cauliflower Spicy lamb Spicy black bean	Creamy pumpkin Potato and leek Tomato and red lentil Mushroom, tofu and soba noodle Creamy mushroom Chicken tom yum Wonton Moroccan lentil and quinoa soup	Clear broths

Notes:

As per Standard 3.2 use unsaturated fats (poly/mono-unsaturated oils, margarine) where possible, and limit salt additions during cooking.

* Unbanded soups may only be offered at a maximum of two mealtimes per week (excluding where clear fluid diets are required).

4.3 Main meals

Measure	Band 1	Band 2	Unbanded
Description	High protein	Moderate protein	Included for dietary variety
Suggested serve of protein component	65 g minimum cooked lean red meat 85 g minimum cooked poultry 110 g minimum cooked fish Vegetarian options*	50 g minimum cooked lean red meat 70 g minimum cooked poultry 90 g minimum cooked fish weight Vegetarian options*	Not specified
Energy	700 kJ minimum 1,250 kJ minimum for mixed salads [#]	700 kJ minimum 1,250 kJ minimum for mixed salads [#]	Not specified
Protein	20 g minimum	15 g minimum	Not specified
Sodium	600 mg maximum	600 mg maximum	Not specified
Minimum menu choice/day	2 in total, minimum 1 hot	Not specified	Not specified
Minimum variety/week	14 meals	Not specified	Not specified
Minimum proportion over 7 days	50%	Not specified	Not specified
Maximum proportion over 7 days	Not specified	Not specified	30% [^]
Examples	Roast meat or roast meat salad Lamb curry Salmon pasta mornay Baked eggs with cheese and legumes Chilli con carne – minced meat or TVP, both with beans, yoghurt/cheese	Curried lentil patties Chicken casserole Beef rissoles and gravy Mixed dahl curry and yoghurt Tofu and legume stir-fry	Pastry-based pies/rolls Hot dogs Samosas Fried rice Vegetable stir-fry

Notes:

As per Standard 3.2 use unsaturated fats (poly/mono-unsaturated oils, margarine) where possible, and limit salt additions during cooking.

* Will likely require a combination of TVP, dairy, legumes, lentils and eggs to achieve minimum protein.

[#] For higher kilojoule requirements use grains / starchy vegetables / dressings in salads because it is unlikely that sides will also be ordered with these meals.

[^] Unbanded main meal choices may only be offered at a maximum of two mealtimes per week and within this limit, high-sodium, high-saturated fat processed meats (e.g. sausages/sausage mince, bacon, prosciutto, hot dogs/frankfurts, chorizo – as a major meal component) only offered a maximum of once per week.

4.4 Sides

Starch items

Measure	Band 1	Band 2
Description	Moderate energy and protein	Standard
Serve size	120 g maximum	120 g maximum
Energy	400 kJ minimum	Not specified
Protein	3 g minimum	Not specified
Sodium	Not specified	Not specified
Minimum menu choice/day	2	Balance to ensure minimum of 4 choices/day
Minimum variety/week	10 starch varieties	
Minimum proportion over 7 days	50%	Not specified
Maximum proportion over 7 days	Not specified	Not specified
Examples	Fortified mash / sweet potato mash Legume salads (e.g. three-bean, lentil) Wholegrain and/or speciality bread (e.g. olive focaccia, naan, roti) Buckwheat/barley Pasta / cous cous / polenta	Basmati/jasmine rice Boiled potatoes Rice noodles

Note:

As per Standard 3.2 use unsaturated fats (poly/mono-unsaturated oils, margarine) where possible, and limit salt additions during cooking.

Vegetables

Measure	Band 1	Band 2
Description	Moderate energy and protein	Standard
Serve size	75 g	75 g
Energy	250 kJ minimum	Not specified
Protein	Not specified	Not specified
Sodium	Not specified	Not specified
Minimum menu choice/day	2	Balance to ensure minimum of 6 choices/day
Minimum variety/week	10 vegetable varieties	
Minimum proportion over 7 days	25%	Not specified
Maximum proportion over 7 days	Not specified	Not specified
Examples	Cheesy broccoli/cauliflower Honey carrots Salads / coleslaw with oil / honey / dairy dressings Chargrilled Mediterranean vegetables with olive oil Buttered garlic mushrooms	Steamed/baked/grilled vegetables with no added fats Side salad without dressing

Note:

As per Standard 3.2 use unsaturated fats (poly/mono-unsaturated oils, margarine) where possible, and limit salt additions during cooking.

4.5 Sandwiches and wraps

Measure	Band 1	Band 2
Description	High protein	Moderate protein
Serve size	4-point sandwich or 25 cm wrap Lean meat: minimum 50 g Cheese: minimum 25 g Egg: minimum 45 g Fish: minimum 50 g	4-point sandwich or 25 cm wrap
Energy	1,250 kJ minimum	800 kJ minimum
Protein	15 g minimum	8 g minimum
Sodium	Not specified	Not specified
Minimum menu choice/day	1	Balance to ensure a minimum of 2 choices/day
Minimum variety/week	10 sandwich/wrap varieties	
Minimum proportion over 7 days	50%	Not specified
Maximum proportion over 7 days	Not specified	Not specified
Examples	Egg, mayonnaise and lettuce Roast beef, mustard and baby spinach Chicken, cheese and avocado Tuna, mayonnaise and salad Falafel, hummus and salad	Cheese and salad Ham, salad and beetroot Marinated tofu and salad Peanut butter

Notes:

As per Standard 3.2 use unsaturated fats (poly/mono-unsaturated oils, margarine) and limit salt additions during cooking/preparation.

Where possible, avoid using high-saturated fat, high-sodium processed meats (e.g. salami, Strasburg, Devon, Mortadella, bacon) in sandwiches/wraps.

4.6 Desserts

Measure	Band 1	Band 2	Unbanded
Description	High energy	Moderate energy	Included for dietary variety
Serve size	90–120 g	90–120 g	Mousse, whips and plain ice cream: minimum 50 g Other desserts: minimum 80 g
Energy	800 kJ minimum	500 kJ minimum	Not specified
Protein	5 g minimum	4 g minimum	Not specified
Sodium	Not specified	Not specified	Not specified
Minimum menu choice/day	2	Balance to ensure minimum of 4 choices/day	
Minimum variety/week	14 dessert varieties		
Minimum proportion over 7 days	50%	Not specified	Not specified
Maximum proportion over 7 days	Not specified	Not specified	Not specified
Examples	Cheesecake Baked custard (fortified) Trifle Milkshakes (200 mL) Fruit/cheese/cracker platter	Apple strudel Fruit crumble Custard Milkshake (100–150 mL) Ice cream (premium, creamy style, free scoop e.g. 2 large free scoops)	Jelly Fruit salad Plain ice cream cup Packaged ice cream confection item (choc-coated or cone-style) Berry mousse

Note:

As per Standard 3.2 use unsaturated fats (poly/mono-unsaturated oils, margarine) where possible, and limit salt additions during cooking.

4.7 Snack items

Measure	Band 1	Band 2	Unbanded
Description	High protein	Lower energy	High energy/included for dietary variety
Serve size	Various	Various	Various
Energy	500 kJ minimum	600 kJ maximum	800 kJ maximum
Protein	5 g minimum	Not specified	Not specified
Sodium	400 mg per 100 g maximum	400 mg per 100 g maximum	400 mg per 100 g maximum
Minimum menu choice/day	2	Balance to ensure minimum of 3 choices/day	
Minimum variety/week	10 regular texture varieties, 6 TM varieties		
Minimum proportion over 7 days	50%	Not specified	Not specified
Maximum proportion over 7 days	Not specified	Not specified	30%*
Examples	Cheese and crackers Mixed unsalted nuts Yoghurt / frozen yoghurt Milkshakes/smoothies Custard tart / custard 2-point sandwich [#]	Spicy baked chickpeas Boiled egg Vegetable sticks with hummus Cottage cheese on rice or corn cakes Pureed soups 2-point sandwich [#]	Cake / muffin / slice / sweet biscuit Sliced apple with nut butter Mini 'healthy' sausage roll (lean meat/added vegetable) Vegetable juice

Notes:

As per Standard 3.2 use unsaturated fats (poly/mono-unsaturated oils, margarine) where possible, and limit salt additions during cooking.

* Unbanded snacks may only be offered at a maximum of two mealtimes per week.

[#] A 2-point sandwich (half a sandwich) may meet either Band 1 or 2, depending on the filling used.

4.8 Fruit

Measure	Band 1	Band 2
Description	Unprocessed	Processed
Serve size	150 g fresh fruit	125 mL fruit juice, 30 g dried fruit, 1 cup canned
Energy/protein	Not specified	
Minimum menu choice/day	3 across both bands	
Minimum variety/week	5 fruit varieties, including 1 seasonal fruit on rotation	
Minimum proportion over 7 days	66%	Not specified
Maximum proportion over 7 days	Not specified	33%*
Examples	Piece of fruit – 1 medium (orange, apple, banana, peach) or 2 small (mandarins, kiwifruit, apricots) Serve of fruit (grapes, berries) Fruit salad	Canned fruit in natural juice (e.g. PC cups or decanted) Dried apricots Orange/apple juice

Note:

* Band 2 fruit may only be offered at a maximum of seven times per week.

4.9 One-day menu example

Meal type	Regular texture	Pureed (IDDSI level 4)
Breakfast	Baked eggs and vegetables with cheese Porridge made with fortified milk Berry smoothie Yoghurt Breakfast cereal/bread/toast for variety Fruit serve could be included, (e.g. orange juice)	Pureed cheese omelette Porridge with fortified milk Strained berry smoothie (no fruit pieces) Smooth yoghurt (no fruit pieces) Apple or orange juice (no pulp)
Snacks	Orange Chocolate-chip mini muffin	Pureed apple Chocolate mousse
Lunch		
Soups	Beef, barley and vegetable Creamy tomato	Pureed beef, barley and vegetable Pureed creamy tomato
Mains	Salmon pasta mornay Beef rissoles with gravy	Pureed salmon pasta mornay Pureed beef rissoles with gravy
Starch	Green lentil salad Mashed potato	Pureed sweet potato Pureed fortified potato
Vegetables	Side garden salad Garlic mushrooms Silverbeet	Pureed fortified broccoli Pureed carrots Pureed and strained eggplant and tomato
Sandwiches/wraps	Cheese, refried beans and avocado with salad on wholemeal bread or wrap	
Desserts	Crème caramel Apple strudel with yoghurt	Crème caramel Pureed apple crumble
Snacks	Pear Caramel slice	Pureed pear Pureed herb or spiced ricotta whip

Meal type	Regular texture	Pureed (IDDSI level 4)
Dinner		
Mains	Roast lamb with mint sauce Curried lentil patties	Pureed roast lamb with mint sauce Pureed lentil and potato curry
Starch	Potato wedges Rice salad	Pureed fortified potato Pureed spiced rice
Vegetables	Roast pumpkin Green beans Side garden salad	Pureed pumpkin Pureed creamy cauliflower Pureed beetroot and apple
Sandwiches/wraps	Egg and lettuce on wholemeal bread or wrap	
Desserts	Trifle Fruit salad and ice cream	Pureed trifle Fortified custard
Snacks	Strawberries Frozen yoghurt	Pureed apple and strawberry Frozen yoghurt

Section 4 of the *Nutrition and quality food standards for adults in Victorian public hospitals and residential aged care services*. Please refer to the separate Appendices sections.

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