HEALTHY MENU CERTIFICATE

Amigoss Preschool - Autumn/Winter menu

Your 4-week menu submitted to the Sydney Local Health District on the 17/07/2026 is deemed to meet the recommendations outlined below:

RECOMMENDATIONS

- 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

NSW GOVERNMENT Health Sydney Local Health District

This compliance certificate is issued for a period of 12 months and will expire on 17/07/2027. Any changes made to the service menu before this time will render the certificate invalid.